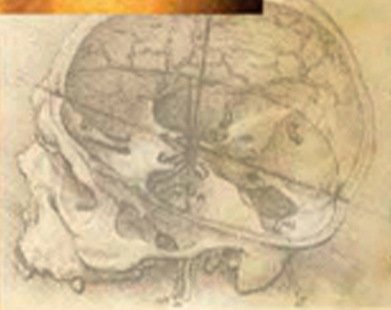


FARMACIST DESK REFERENCE



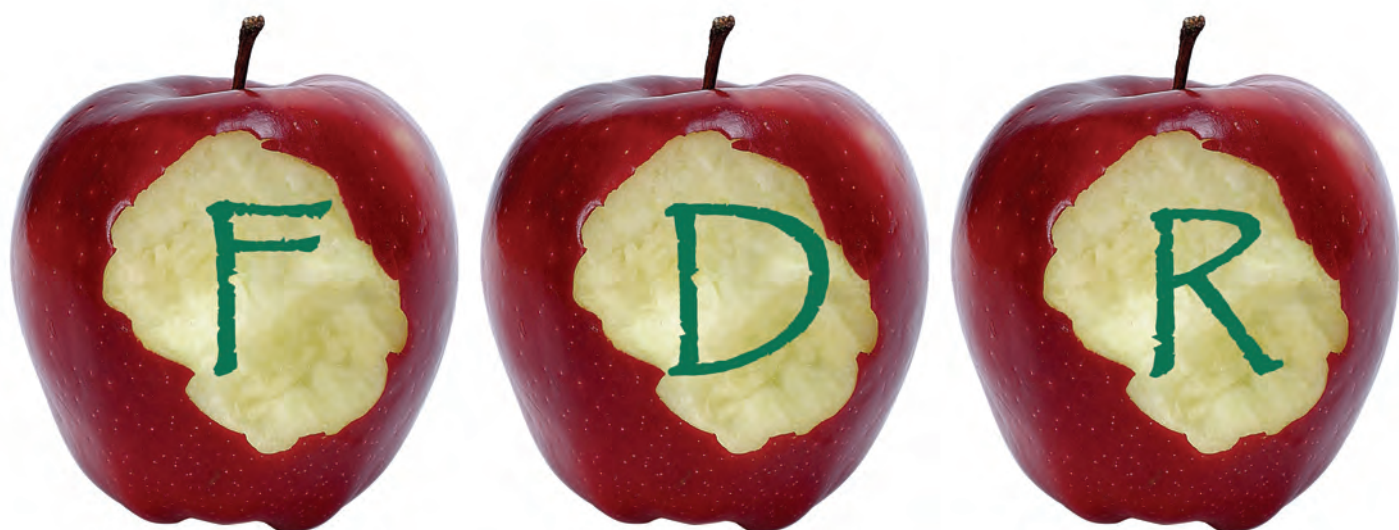
ENCYCLOPEDIA — OF — WHOLE FOOD MEDICINE VOL. II



“Anyone who conducts an argument
by appealing to authority
is not using his intelligence;
he is just using his memory.”

-Leonardo Da Vinci

FARMACIST DESK REFERENCE
ENCYCLOPEDIA
— OF —
WHOLE FOOD
MEDICINE





Disclaimer

Everything I put in this book is simply my opinion. If you do anything I recommend without the supervision of a licensed medical doctor, you do so at your own risk. The publisher and the author, the distributors and bookstores, present this information for educational purposes only. I am not making an attempt to prescribe any medical treatment, since under the laws of the United States only a state licensed medical doctor (*an MD*) can do that. It is only in my opinion that clean air, clean water, sunshine, walking, whole foods, healthy relationships and a passion for life are healthy for you. I agree that some people find fresh oranges, crisp apples and summer watermelon hideously scary. While at the same time doughnut shops, soda pops, synthetic sweeteners and fast food restaurants are the ultimate **“Disneyland of great nutrition.”** Even doctors who believe this are simply expressing their opinions. They differ-
ence is they are supported by laws put into place by paid for lobbyists to create and support State Licensing.
(See: *Farmacist History*)

I would hope that you choose the healthful path that is right for you given the tools I provide within these two volumes detailing my life’s work and purpose.

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~26 Letters~

Can you say the alphabet from beginning to end
and end to beginning, by heart?

Leonardo da Vinci could.

ABCDEFGHIJKLMNOPQRSTUVWXYZ

ZYXWVUTSRQPONMLKJIHGFEDCBA

AZBYCXDWEVFUGTHSIRJQKPLOMN

These three alphabetic presentations represent Leonardo da Vinci's
principles of the ability to increase one's imaginative intelligence.

If you love the idea of increasing and improving brain power, then you'll love
the Art of Learning piece called AmbiBraindrius.

Get it today from www.ynoteduk8.com and discover the joy of memorizing at
the Speed of Sight.



~History & Mystery~

History: The 26 Letters

Twenty-six. Not a very big number until one considers the diversity of thoughts, which can be created through the simple arrangement of the letters of the alphabet. From this unassuming collection of characters we are able to create an infinite number of words, of sentences, some well-written headlines, John Stewart's monologue and several shoe and brassiere sizes. A frightening thought when you consider that nobody bothers to regulate or license such activity. The FDR is pleased to present this, "Historical" and "Mystical" tribute to our twenty-six alphabetical characters in anticipation that it will stimulate characters with character to look to the FDR for great characters of all kinds presented by mother nature in the form of living messages (words of wisdom) we call whole foods.

Mystery: The Celtic Name Letter Key

Names, Letters and their meanings in order to gain a revelation of "character and personality" from ones name.

ALSO USE THIS TO INTUITIVELY UNLOCK THE HIDDEN MESSAGES OF SYMPTOMS OF DISEASE.



~Letters & Meanings~

The method of understanding the “hidden messages” in one’s name, should be used only as lighthearted entertainment, but do not be surprised at the secrets the letters reveal. There may be things that you do not want to accept, for there are always aspects of our character that we wish to conceal, even from ourselves. The ancient, “Name Wizards,” though, would whisper softly to you “listen well to what it tells you.”

In this system of the ancient, Celtic Seers, each letter of the alphabet has a meaning, and the total reading of a name is, logically, the sum total of its individual letters.

To begin with, arrange the letters of the name in alphabetical order; at this stage count each of the letters to make sure none have been left out. Thus “Jared Artemus Tolman” would be set out as:

AAADEEJLMMNORRSTTU

The letters that occur most often are the more important ones. “A” is clearly the most important one in the example I’m using, while “E,” “M,” “R” and “T” carry more weight in the overall interpretation of the name than the single letters. For a person bearing this name, “A” should be treated like a lucky number. Other names and words that begin with, or are dominated by that letter, should be given special consideration.

Of all the various name interpretation methods that use systems, this is certainly my favorite for a short, quick look into names. I find no contradiction in the fact that reading a name by this method produces letter explanations that appear to oppose one another. People have complex personalities, and while they might act one way today, they are likely to behave quite differently tomorrow. I think you will find it worthwhile to use this system on your own name and the names of loved ones and friends. Name means, “nature of.” We no doubt develop our dispositions and personalities around our names.



~Volume II~

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~Aa~

History: The Letter A

Originally drawn to depict the head of an ox, the letter "A" became the victim of a series of sloppy transitions by the Phoenicians and especially the Greeks. It seems the original shape, more of a "V" with a horizontal bar, was made into a single hand stroke by the Phoenicians and carelessly inverted 500 years later by the Greeks. The Greeks weren't much interested about the symbolism expressed in letter-forms but were very excited about their sound value. Apparently "Aleph" meant "ox" to the Phoenicians but the Greeks misunderstood and called it "Alpha" which should mean, "upside down ox," but it doesn't. If you're selling shoes, we'll set it to mean slightly narrower than "B." If you're selling brassieres we'll set it to mean slightly smaller than "B." Other combinations are also available, as whole foods in the FDR.

Mystery: The Celtic Name Letter Key

The letter "A" is universally acknowledged to be a symbol of excellence and achievement. It is therefore a sign that a high standard can be reached in the name-bearer's chosen field. It also indicates an insistence on excellence in others, which often means a strongly developed critical faculty. How openly this criticism is expressed depends on other aspects of the name-print. This is also a letter of initiation, showing a person who is keen to do new things. When it is the first letter of a name it is a sign of ambition. Occurring elsewhere in the name it can indicate, (an unfortunate tendency to be negative about other peoples' success), it shows a very great potential for a successful life.

ABDOMINALS

Medi-Sign Target

Lentils
(any food in a shell or pod)

FAT

Imagine a pipe accumulating years of interior build up causing a narrowing of its original diameter. Well, this is pretty much what happens to your colon over time resulting in more force required to eliminate fecal matter. Little effort should be exerted while eliminating. However, you strain because your colon's walls are lined with debris. "Straining" is indicative of a blocked colon.



Because a blocked colon leaves food behind to rot in the digestive tract, the final process of digestion is not completed. Bacteria and toxins, called candida albicans, will take place because of the rotting debris. Undigested food in the colon contributes to a multitude of diseases like colon cancer. Autopsies of people with colon cancer often times died with more than 40 pounds of undigested rotted food in their colon.

Compacted rotting food along the entire length of the digestive tract helps to form mucoid plaque. But

here's the thing, this plaque forms in the intestine which continues to produce mucous as a normal response to the undigested food. In other words, food is not supposed to just sit there and rot. Instead, our body is designed to store three meals at any given time, although most Americans are storing six to twelve meals! Mucous is not powerful enough to move the toxic, enzyme-free sludge left behind from fake, chemical-laced and high-processed foods such as, hotdogs, burgers and doughnuts.

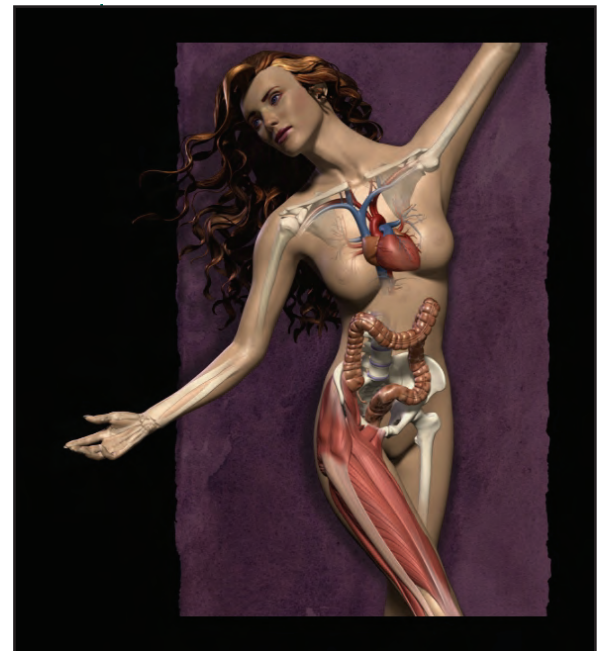
More and more mucous is produced, however, as your body's natural defense mechanism. This causes the colon to grow in diameter and create the appearance of belly fat. So, if you are doing dozens of crunches and other "ab work" and can't seem to lose the belly fat, it's probable that you have undigested food rotting in your colon.

Walk, walk and walk. The best way to permanently lose abdominal fat is to walk. Walking increases the metabolism, which is the rate by which your body uses calories stored as fat. This burns off body fat including abdominal fat.

Maintenance:

- Increase the fiber in your diet by making broccoli, beans, fruits and nuts the norm.
- Also exercise and drink plenty of clean, fresh water throughout the day.
- Say to yourself: "I can't weight to be thin!"

When there is excess fat in the



abdomen that is disproportionate to other total body fat, there is an independent predictor of risk factors and morbidity. For instance, a high waist circumference is associated with an increased risk for type 2 diabetes, dyslipidemia, hypertension and **CVD** (*cardio-vascular disease*). Because it more accurately describes the anatomical site of measurement, the term "waist" circumference is used instead of "abdominal" circumference.

When there is fat located in the abdominal region, this perhaps is associated with greater health risks than fat located in other places like the gluteus. There are three compartments of abdominal fat. They are visceral, retroperitoneal and subcutaneous. When it comes to diabetes, several studies suggest that the visceral fat component of abdominal fat is the most strong correlated with risk factors not involving diabetes. As far as insulin resistance is concerned, other studies indicate that the subcutaneous component is the most highly with insulin resistance. Abdominal fat content should be assessed and followed by measuring waist circumference.



ABS

Top 10 Reasons to Strive for a Great Set of Abs – Starting Today!

- 1. Abs attract the opposite sex!** In one survey, 32 percent of women said that abs are the muscles most likely to make them melt. *(The next closest were biceps at 17 percent!)*
- 2. Abs ward off illness!** Study after study show that the people with the largest waist sizes have the highest risk of life-threatening disease.
- 3. Abs help you sleep!** Upper-body obesity is the most significant risk factor for obstructive sleep apnea, a condition that makes you snore, inhibits good sleep and puts you at risk for heart disease.
- 4. Abs improve your sex life!** Studies show that a strong stomach with less belly fat gives you increased stamina. Particularly for guys they are known for better erections and increased appearance of length!
- 5. Abs keep you strong!** A United States Army study showed that more

than any other muscle group, a strong midsection affects the functioning of the entire body.

6. Abs instill confidence! A lean and muscular body makes you feel good about the way you look while making others feel good about you too.

7. Abs beat back pain! Millions of Americans suffer back pain each year, but studies show that even small improvements in abdominal strength can eradicate back pain for good!

8. Abs prevent other aches and pains! A strong stomach absorbs stress and strain from physical activity which saves your joints and keeps you injury-free.

9. Abs keep you young!

10. Abs help you win! If you play golf, basketball or any sport that requires movement, the core muscles in your torso and hips will give you the speed, power and stamina to conquer any foe!

ABDOMINAL AORTIC ANEURYSM (BLEEDING)

*Medi-Sign Target
Salt, Walking & Sunshine*

The main artery that supplies oxygenated blood from the heart to the body is the aorta. A bulging of the wall of a blood vessel is called an aneurysm. Aneurysms form where the wall has weakened. This is

often due to the build-up of plaque or an inherited condition or a complication of high blood pressure, called hypertension.

If aneurysms are left untreated, they may tear or burst. When the ruptures happen, they are very painful and cause massive internal bleeding with a 95 percent chance of sudden death. The affected person must be treated within minutes in order to have a chance of survival.

A few famous people who have had the unfortunate event of an aneurysm are Lucille Ball, Conway Twitty and George C. Scott.

Studies have confirmed that water, walking, sunshine and lots of high fiber foods absolutely prevent the possibilities of this condition.

ACIDOSIS

*Medi-Sign Target
Raw Food Diet
(no animals)*

Acidosis is a condition characterized by excessive acid in the body fluids. Eating meat and synthetic products sold as food is the cause.

The kidneys and the lungs regulate the acid/base status of the body (*pH*). Acidosis is caused by an accumulation of acid or a significant



“People tend to confuse activity with accomplishment.”

loss of bicarbonate. There are two major categories of acidosis being respiratory acidosis and metabolic acidosis.

To maintain normal pH, the human body is programmed to correct either respiratory or metabolic acidosis. For example, if the acidosis was caused by excessive carbon dioxide, which is an acid, the body will correct the pH by retaining bicarbonate, which is a base.

When there are excessive amounts of carbon dioxide in the body, respiratory acidosis develops. This is primarily caused by decreased breathing. Other names for this include hypercapnic acidosis and carbon dioxide acidosis.

Metabolic acidosis has several types including diabetic acidosis, which is also called diabetic ketoacidosis and DKA. This develops when ketone bodies accumulate during uncontrolled diabetes.

Other types of acidosis include, hyperchloremic acidosis, which results from excessive loss of sodium bicarbonate from the body, as in severe diarrhea. Lactic acidosis occurs when there is an accumulation of lactic acid. Lactic acidosis can be caused by many conditions, including prolonged lack of oxygen. This can be resulting from shock, heart failure, severe anemia, prolonged exercise, seizures, hypoglycemia (*low blood sugar*), alcohol, liver failure, malignancy or certain medications like salicylates.

Other factors can cause metabolic acidosis. These factors include severe dehydration, which results in decreased tissue perfusion (*decreased blood flow*); kidney disease and other metabolic diseases.

If untreated, acidosis can be dangerous. Many causes respond adequately to water fasting and whole food targeting. I’ve never seen this not work.

ACNE/ABSCCESS



When the sebaceous glands secrete too much oil, acne is the result. The oil normally flows from the glands to the skin’s surface. If, though, the dead skin cells accumulate, they can clog the pores. Since the skin reflects our internal health, acne is sometimes an indicator of toxic conditions. Too much waste product in the kidneys, liver, lungs, intestine or digestive problems can all give cause for breakouts. Other causes include, allergies, high fat diet, emotional problems and pollution.

Good overall health is reflected by clear, glowing skin. To achieve this skin, you need a balanced diet with

regular exercise, adequate sleep and avoidance of such detrimental habits like smoking. High-dose vitamin and mineral supplements may actually worsen the condition.

By altering hormone levels, stress often triggers a flare-up of acne. In turn, hormonal changes can stimulate food cravings, especially for commercial chocolates and other sweets. This means that the acne sufferers may erroneously attribute the acne to gorging on chocolates or sweets, rather than stress, the real culprit for both.



Researchers believe that nutritional yeast and foods containing zinc, like wheat germ and lima beans are helpful at clearing acne.

Skin Hydration

Because almost all biological reactions require water, it is vital to health. Health professionals advise drinking eight 8-ounce glasses of water daily to improve circulation by making blood less viscous, thus opening blood vessels. The body cannot effectively flush waste and



garlic leaves a strong smell, so don't apply it just before going out! Note: Raw garlic is very powerful and can produce a burning sensation and skin reddening, so don't over-do it topically.

- **Basic hygiene.** Make sure you wash your face with mild soap every day, and don't let your hair get greasy because the hair oil seems to make your face oil worse. It's also a good idea to regularly wash icky, sweaty hats or sweatbands you use in sports.

- **Avoid mineral oil.** This means avoid mineral oil based cosmetics and sunscreens and go for water based products when possible because they

don't clog the skin as much.

- **Diet.** Try to eat plenty of fresh greens and vegetables while staying away from oily fast food. Although acne has more to do with hormones than diet, some people find that fried foods or cheap commercial chocolate disagrees with their skin. Be aware of what you eat, so if you have a bad breakout you can recognize possible triggers.

DO NOT EAT:

Animal products: pork, lamb, beef chicken, cooked dairy products and margarine. Refined (*white*) flour products, white rice, white pasta, white bread, processed foods including canned foods, packaged foods, frozen foods, chips, donuts, cakes, biscuits, hard alcoholic beverages, soft drinks, flavored drinks, cordial drinks or any other beverages that contain sugars and other chemicals and colorings.

disease-causing toxins from the body without adequate hydration. Water helps at maintaining proper functioning of proteins, enzymes and connective tissues.

A powerful probiotic and blood cleanser is garlic. It can help your system internally to clean itself out, which means it would help to reduce acne. Garlic's most powerful medicinal effects are felt when it is eaten raw and crushed. The taste and smell of garlic may be very strong, but it is not normally offensive. Raw garlic can be sprinkled on top of a meal at the end of cooking, added to a salad, included in a sandwich, among other innovative ways of eating it.

When applied externally, the nutritional and cleansing properties of garlic also give it a reputation as being an effective acne treatment. A cut clove rubbed gently on the affected area is reported to help reduce acne. Even after washing,

DO EAT:

All sprouted seeds, grains and legumes including, mung, alfalfa, mixed salad etc. All raw and steamed vegetables (including potatoes), which are best to eat later in the day. All fresh fruits, raw nuts and seeds including almonds, sunflower seeds, pumpkin seeds and sesame seeds are best. All whole grains, rolled oats, brown rice, rye, barley, buckwheat, linseed meal, millet. Whole meal bread, whole meal pasta, brown rice. Sun dried fruits like apricots, figs, dates and peaches. All fresh vegetable and fruit juices. Herbal teas with pure water (*do not add milk or sugar*).

The number one solution: use baking soda as a facial cleanser and scrub.

ACORN SQUASH



Acorn squash is one of the hard-skinned winter squashes that is generally oval with deep furrows. The skin is usually dark green blushed with orange or gold, but they also come in solid colors like white and orange. The flesh is orange and sweet. They are available year-round but most plentiful in the autumn.



“Medical oncologists recommend chemotherapy for virtually any tumor, with a hopefulness undiscouraged by invariable failure.” -Lancet 1991, vol. 337

ACUPUNCTURE

What Is It?

Acupuncture is an ancient technique used to prevent or treat illness. It is practiced by a skilled practitioner inserting hair-thin needles into specific points on the body. Acupuncture originated in China over 2,500 years ago. It is part of the holistic system of **Traditional Chinese Medicine (TCM)**, which views health as a constantly changing flow of energy, or qi (*pronounced "chee"*). Imbalances in this natural flow of energy are thought to result in disease in TCM. What acupuncture aims to do is restore health by improving the flow of qi (*nerve energy*).

It wasn't until 1971 that United States citizens were made aware of acupuncture even though it was mentioned in the Western text (*Sir William Osler's Principles and Practice of Medicine, published in 1892, recommended it for sciatica and lumbago*) more than a hundred years ago. In 1971 a story ran in the New York Times when reporter, James Reston, was treated successfully with acupuncture after having appendicitis in Beijing. On the front page of the Times, Reston reported, "*I've seen the past, and it works!*"

This report came at a time when many Americans were looking for a more holistic, naturalistic approach to health care. It caused quite a stir among the Western medical community. Since the report in 1971, acupuncture has become a widely accepted form of treatment in the

United States, practiced by M.D.s, D.O.s (*osteopathic physicians*), D.C.s (*chiropractic physicians*) and N.D.s (*naturopathic physicians*) who have received special training in its methods, as well as by professionally trained acupuncture practitioners (L.Ac.s, M.Ac.s, O.M.D.s), who specialize only in acupuncture and related **Traditional Chinese Medicine (TCM)** therapies.



How Does It Work?

Qi flows through the body via 14 primary meridians or channels according to the principles of TCM. To strengthen the flow of qi, or remove blockages in the meridians, an acupuncturist inserts a number of tiny, sterile, flexible needles just under the skin at certain specific points (*called acupoints*) along the channels. There are four to five hundred named acupoints along the meridians. Some of the acupoints are associated with specific internal organs or organ systems. For example, if you are suffering from nausea needles might be inserted into acupoints on your wrist. Vision problems, though, might be treated with needles in the foot. Additional ear, scalp, and hand points are also commonly used by some practitioners.

Acupuncture practitioners believe

that the therapy stimulates the body's internal regulatory system and nurtures a natural healing response.

A large body of evidence is accumulating indicating that acupuncture leads to real physiologic changes in the body although Western science has neither proven nor accepted the notion of qi. For example, numerous studies have shown that insert-

ing needles into the skin stimulates nerves in the underlying muscles. Researchers believe that this stimulation sends impulses up the spinal cord to a relatively primitive part of the brain known as the limbic system and to the midbrain and the pituitary gland. This effect leads to the release of endorphins

and monoamines, which are chemicals that block pain signals in the spinal chord and brain. Research has also discovered that acupuncture can alter blood circulation within the brain increasing blood flow to the thalamus, which is the area of the brain that relays pain and other sensory messages.

Now in the United States many other studies are being conducted seeking to prove the usefulness of acupuncture for various ailments.

Health Benefits

In Asia, many illnesses have traditionally been treated by acupuncture. In the United States, though, its primary use has been to relieve chronic pain caused by such ailments as arthritis, headache, PMS, and back pain and to assist withdrawal from addictions such as drug

and alcohol dependency. Both conventional and alternative practitioners are exploring innovative applications for acupuncture.

An advisory panel for the **National Institutes of Health (NIH)** evaluated hundreds of acupuncture studies in 1997. They concluded that the therapy is an effective treatment for postoperative pain after dental surgery and for nausea induced by chemotherapy, pregnancy (“*morning sickness*”), and anesthesia. The NIH panel also called acupuncture a useful adjunct and acceptable treatment for a variety of conditions, including fibromyalgia, stroke rehabilitation, asthma, headache and carpal tunnel syndrome.

ADD/ADHD

Medi-Sign Target
Apples & Water
(no prescription drugs)



Substances that are Toxic to the Brain:


- Aluminum (*from cooking utensils*)
- Antiperspirants & fluoride
- CO2 carbon dioxide (*from cars*)
- Cigarettes
- Copper, nickel, lead
- Free radicals (*from stress & diet*)
- Lack of exercise
- Mercury (*from dental fillings*)
- Overindulgence of hard alcohol
- Recreational drugs/Prescription Drugs
- Soda pop & junk food

HELPFUL FOODS, NUTRIENTS & HERBS

Metal Detox Foods

- 👍 Apples
- 👍 Apricots
- 👍 Cayenne (*hot pepper*)
- 👍 Celery
- 👍 Cherries
- 👍 Fennel
- 👍 Flaxseed
- 👍 Flaxseed Oil
- 👍 Garlic
- 👍 Ginkgo Biloba
- 👍 Grapeseed Extract
- 👍 Grapes
- 👍 Hemp Seed Oil
- 👍 Lecithin
- 👍 Limes
- 👍 Lychees
- 👍 Nectarines
- 👍 Nutritional Yeast
- 👍 Peaches
- 👍 Pears
- 👍 Plums


- 👍 Prunes
- 👍 Raspberry Leaf
- 👍 Rhubarb
- 👍 Sage
- 👍 Spinach
- 👍 Strawberries
- 👍 Tomato
- 👍 Wheat Germ



Aluminum
Detox

2 cups Grapes
1 Apple, (cut and cored)
1 cup Strawberries

These malic acid rich fruits bind aluminum, which is implicated in memory loss and dementia. Juice these fruits in your juicing machine in the amounts listed above or, blend them in a blender. In a blender, add about fi cup of water or enough to achieve your preferred, thick shake consistency.



(See: *Pharmaceutical Drug Lords Are Now Targeting and Trolling For Your Children*)

ATTENTION DEFICIT DISORDER

**Adulterated
Deficiency
Drinks**

Attention Deficit Disorder (ADD), with or without hyperactivity, is also

“Never confuse having a career with having a life.”



“All negative emotions, though normal, are never natural to mankind.”

a neurodevelopmental disorder. ADD is the fastest growing childhood disorder in the United States. It reportedly affects an astounding nine to ten percent of all school-aged children. ADD can be found in adults as well although it is primarily thought of as a childhood disorder.

Many scientists declare the number one cause is vaccines.

What causes such a huge and sudden increase in autistic spectrum disorders and ADD? Controversies rage about whether environmental factors like the mercury found in fish and fish sandwiches especially at fast food chains can contribute to these disorders. Even more so, controversies fly about vaccinations (called thimerosal) and/or dental amalgams, lead, copper and other heavy metals and chemicals, industrial pollutants in air and water, additives and preservatives can act as catalysts that trigger these disorders.

Many scientists believe that autism, autistic spectrum disorders and ADD have similar characteristics to those of chronic metal toxicity.


The Genetic Link; From Parents who were Vaccinated

Also, many doctors believe there may be a genetic link in these disorders. Research has concluded that autism, including Asperger’s Syndrome and PDD, are related to

metal-metabolism disorder almost every time. This research suggests that an inborn (*genetic*) error of metal metabolism directly linked to vaccinated parents may be a fundamental cause of autism and autistic spectrum disorders; vaccines adversely affect sperm and ovum, in ADD as well.

Research also suggests that neurodevelopmentally challenged children are missing an enzyme, called metallothionein, which breaks down heavy metals. Without metallothionein, heavy metals accumulate in the body, resulting in an increased vulnerability to these toxins and in an impaired immune system.


Research is currently being conducted of metal-metabolism genetics to find the “autism gene.”



Focus &
Concentration

3 Tbsp	Tahini, (raw)
1	Apple, (cut and cored)
1 Tbsp	Lecithin Granules
1 cup	Pure Water

Blend the tahini (sesame seed paste) first with half the water. Use raw tahini whenever possible. Then add the apple pieces and blend some more adding only enough water to achieve a whirlpool in the blender. Then add the other dry ingredients and enough water to achieve a thick shake consistency. Add more water as required to achieve a whirlpool in the blender and a smoothie consistency.



Sesame seeds are some of our best sources of the nucleic acids RNA

and DNA, as well as DHA, which is the brain’s most important fatty acid. Sesame is also one of the best sources of omega-6 fatty acids and coenzyme Q10.

The Implications

So what does this mean for the neurodevelopmentally challenged person? Certainly it has been well documented that autism, autistic spectrum disorders and ADD run in families, and are related to other disorders such as PKU, Tourette’s Syndrome and the Fragile X Syndrome (*a disorder of the X chromosome*). The link of a genetic predisposition to neurodevelopmental disorders has been clearly established. Maybe vaccines should be outlawed, and drug companies imprisoned.

The Thimerosal Link

A positive correlation between high lead and cadmium levels in children and the presence of learning disabilities and hyperactivity has been established by medical literature. There exists a growing body of evidence that children are vulnerable to the mercury-based preservative thimerosal, used in vaccinations. Dr. Bernard Rimland, PhD. and Director of the Autism Research Institute, lists a whole page of studies linking thimerosal to autism, and he states:

“Following are some of the scientific studies that demonstrate thimerosal, a mercury-containing substance that is used as a preservative, to be harmful and a highly probable causal factor in autism. Note that these studies are consistently ignored in the medical establishment’s publications claiming there is no evidence for vaccine-caused autism.”

Toxic Metals – A Cause of Autistic Spectrum Disorders and ADD/PDD?

Today there is plenty of information supporting in no uncertain terms that toxic metals and chemicals such as mercury, lead, arsenic, cadmium, insecticides and pesticides are a causative factor in many cases of autism and ADD.

For instance Dr. Jeff Bradstreet, MD, did a study on children with autistic spectrum disorders which showed a strong association between increased mercury levels in children with autistic spectrum disorders (*Journal of American Physicians and Surgeons, Vol. 8, No. 3, Fall 2003*). Another study conducted by James B. Adams, PhD. of Arizona State University, found an over six fold increase in mercury in children with autistic spectrum disorders in his study as compared to controls.

As well, the latest thimerosal study from Denmark as reported in JAMA

Oct 1, 2003 Vol. 290 No. 13 where the researchers found “no association” between ASD and thimerosal has been disproven by SAFE MINDS; this conclusion is supported by the data from the CDC, as opposed to the Danish study, which is not. **Why do the pharmaceutical drug lords always go unpunished?**

This example states a mother who found this out the hard way. Her twin boys were diagnosed as hyperactive with ADD and severe autistic tendencies. After taking her children to the doctor, he found unacceptable levels of lead, arsenic, aluminum and cadmium in their bodies. The children went through a detoxification change of diet. This led to immediate and spectacular improvement in both children.

Eighteen months after completing the de-leading of their bodily tissue, they no longer have attention deficit or hyperactivity. They have dropped twelve out of the fourteen classical symptoms of autism they once possessed. They still do have two symptoms which have gotten significantly better after treatment.

At age three, these children were prescribed Ritalin, then Anafril, and then Clonidine. After their first efforts to remove the heavy metals, they have not needed any medications at all for their previously diagnosed disorders. The mother claims that their eye contact is great, their unusual agitation and anxieties have disappeared and though she was told that the twins might never talk, not only are they both talking now, but they attend regular classes in school. This all resulted from removing toxic metals from their bodily tissues.



Brain Booster
Tea

1 bag/tsp Ginkgo Biloba
1 bag/tsp Ginseng

Ginkgo is the most famous memory herb and ginseng dramatically improves blood circulation to the brain. Steep these herbs for 5 minutes.




Many parents, doctors and scientists believe that there is no question as to whether there is a link to heavy metals and symptoms of autism and ADD. In other words they believe that there is a direct correlation between childhood vaccinations, such as MMR and DPT, and autism spectrum disorders and ADD.

The fetus is also at risk for accumulation of mercury and other heavy metals. This is due to the metals crossing over from the vaccinated metal toxic mother into the unborn baby via the placenta. The metals with the most likelihood of doing so are iron, lead, mercury and copper. This is an explanation as to why some children who were never immunized have autism or show autistic tendencies. The fact is that heavy metals can and do build up in the body of unborn children.

The following are some recommendations given by progressive and informed health care practitioners, like Dr. Jeff Bradstreet:


1. Reduce the Load of Toxins on the Body. In other words, eliminate preservatives, additives, food color-



Attention
Dynamic
Drink


2 Tbsp Ginkgo Biloba
1 cup Strawberries
2 cups Grapes
1 Apple
2 Tbsp Ginseng Powder
Pure Water

Blend these malic acids fruits together for an energizing, mind-expanding experience. They will protect your concentration from robbers like free radicals and toxic metals. Juice the fruits in any order and stir in the ginseng & ginkgo at the end.



“I wish to inject a few raisins into the dough of the nutritional supplement delusion.”


ings, processed sugars artificial sweeteners, MSG and artificial flavorings. Also, reduce exposure to airborne chemicals, like chemical perfumes and tobacco smoke, household chemicals, and pesticides and insecticides. Drink only filtered water. Do not store food in plastic containers but instead prepare and store food in inert containers only.



Alert, Creative
& Heavy
Metals be Gone

1 cup Prune Juice
1 cup Pure Water
3 Tbsp Sunflower Seeds
1 Apple
1 tsp Flax, Hemp, &
Evening Primrose Oil
Pinch Stevia (optional)

Start by blending 1 cup of prune juice, and the sunflower seeds until smooth. Add the apple piece by piece and blend. Add the remaining ingredients and only enough water to achieve a thick shake consistency.



Eat prunes since they are our richest source of malic acid, which is a proven remover of aluminum and other toxic metals from the brain. Alzheimer's disease is affected by aluminum toxicity. Prunes are nothing more than dried plums. Whereas plums are difficult to juice, they can instead be dried and soaked. Their juice fills the soak water suffusing it with its nutritional properties.

Flax, hemp and evening primrose oils are superb sources of omega-3 essential fatty acids and particularly **Alpha-linolenic acid (LNA)**, which is the precursor for DHA, the most

abundant fat in the brain. Lecithin is our best source of phospholipids, which stimulate intelligence.

2. Free Yourself of Gelatin & White Flour Free Diets. Many times people with autism suffer from malabsorption problems related to leaky gut syndrome. This improves when gelatin and white flour are eliminated from the diet.

3. Test Your Child For Toxic Metals. This can be done by simply observing them for symptoms. There are various ways to test for heavy metals, the most accurate being a chelation challenge test. A chelation challenge test has drawbacks though like the need for it to be performed by a doctor who specializes in chelation therapy. The test consists of giving a chelating drug, commonly DMPS or DMSA, and collecting and analyzing urine over a 24-hour period. This test is a highly accurate way of knowing just what heavy metals are present in the body

The drawbacks to this method are that it requires a visit to a health care professional's office, it is expensive and there is a possibility of side effects to the chelating drugs. I wouldn't recommend it.

ATTENTION DEFICIT HYPERACTIVITY DISORDER


Artificial
Diet
Hyperactivity
Disorder

A child is given the diagnosis of **Attention Deficit Disorder (ADD)**, also called **Attention Deficit Hyperactivity Disorder (ADHD)**

when he is considered overactive, inattentive and unfocused. Note that these are all very subjective symptoms.

In boys, ADD is diagnosed four times more frequently. This is due largely in part to the maturity process of boys. In other words, boys mature more slowly than girls yet they are put in the same classes which makes the boys appear to be more active when compared to the girls.


Irritability, anger and mental confusion may also be present so these children are then labeled as having a "*Learning Disability.*" Consequently, these symptoms are virtually identical to the symptoms of hypoglycemia, which is low blood sugar. Hypoglycemia is caused by the up and down swings of insulin resulting from eating too much refined sugar.



~OBE DON'S~
IQD2

2 cups Pure Water
1 Tbsp Nutritional Yeast
2 Tbsp Wheat Germ
1/2 cup Fresh Apple Juice
1 Tbsp Lecithin Granules
1 tsp Flax, Hemp, or
Evening Primrose Oil
Pinch Stevia

First 1 cup of water, apple juice, the dry powders and wheat germ and blend. Stevia is a non-sugar, on-glucose sweetener. It is 300 times sweeter than sugar, so use it sparingly and to your taste. Add only enough water to create your desired smoothie consistency.



"Let fear give way to wonder."

This rich brew of IQ vitamins, essential oils and nucleic acids will keep you thinking quickly and clearly all day.



ADD and Ritalin

Attention Deficit Disorder and Ritalin have become almost synonymous. Up to 90 percent of children who are first diagnosed with ADD receive a prescription for Ritalin. At least a dozen other drugs are prescribed for these symptoms as well. In Ritalin alone, there has been a 500 percent increase in usage since 1991. Short-term use of these medications is associated with a 70 to 80 percent improvement in symptoms. So naturally, it appears that the drugs have solved the problem. However, these studies don't show the entire picture. Few studies have been conducted in long-term usage of Ritalin and other amphetamine-type medication. The few studies that do exist, though, do not present a very encouraging picture.

It was thought that children outgrew symptoms of ADD so they were treated with drugs, until they "outgrew" the condition. This has been proven to NOT be the case; children do NOT outgrow ADD symptoms.

An eight-year prospective study of hyperactive children was instituted in 1990. Of the children studied, more than 80 percent of them had

been treated with medications. Sixty-three percent of the group had received the benefit of psychological services and 35 percent had special educational accommodations.

The results showed that at the end of the eight years, 80 percent continued to have the ADD symptoms, while 60 percent had advanced to **Opposition Defiant Disorder (ODD)** and **Conduct Disorder (CD)** diagnoses. (Barkley R., Fischer M, et al: *The adolescent outcome of hyperactive children diagnosed by research criteria: J Am Acad Child Adoles Psychiatry* 29 (4):546-556 July 1990.)


Both ODD and CD are considered to be much worse than the ADD diagnosis. The end result is that there is little evidence of long-term success with the use of medications for hyperactivity.

Side Effects

The adverse reactions (*side effects*) for Ritalin include nervousness, insomnia, joint pains, fever, anorexia, nausea, dizziness, palpitations, headache, dyskinesia, drowsiness, increased blood pressure and pulse, rapid heart rate, angina, cardiac arrhythmias, abdominal pain, actual psychosis. There is also a major warning in the Physician's Desk Reference regarding drug dependency and heavy drug addiction.

The Physicians Desk Reference of Drug Side Effects notes that, regarding the pharmacology of Ritalin: "The mode of action in man is not completely understood." And this is what you're giving your child! The pharmaceutical manufacturers admit that they don't even know how it works. **They're just experimenting...on your child!**

Hot red peppers have numerous health benefits. They are also one of our finest sources of the IQ elevating vitamin C. Spinach is one of our best sources of coenzyme Q10 which protects neurons from damage and malfunction. You won't be disappointed by this brain nourishing liquid salad.




Jimmy Neuron!

"The liquid salad factory"

5 oz	Tomato Juice
3 oz	Spinach Juice
3 oz	Celery Juice
1 oz	Fennel
1 clove	Garlic, juiced/pressed
pinch	Cayenne (hot pepper)
1 Tbsp	Tamari (soy sauce)

Juice these by alternating the spinach, tomatoes, fennel, and celery until done, and then add the garlic, tamari and cayenne (capsicum) red pepper.



The drug Ritalin has effects similar to other stimulants including amphetamine, methamphetamine and cocaine. Annually, there are six million prescriptions for Ritalin filled. The United States pharmacists distribute five times more Ritalin than the rest of the world combined; no other nation prescribes stimulants for its children in such volume. In fact, the United Nations International Narcotics Control Board has on two recent occasions written to United States officials expressing concern about the six fold increase in Ritalin usage since 1990. Today your school dis-

"Doing a good job here is like wetting your pants in a dark suit, you get a good feeling but no one notices."

“You cannot get a baby in one month by impregnating nine women.”

trict gets paid for every child it can get on Ritalin.

Does Ritalin Cause Cancer?

Studies have been conducted suggesting that Ritalin induced liver tumors including very rare types of cancers and highly malignant types of cancers. These results were found at dosage levels close to those routinely prescribed for children.

The response by the FDA and the pharmaceutical company that makes Ritalin was predictable. The drug company wrote to 100,000 physicians informing them of the study showing that the drug caused cancer but said that they do not think it is enough of a signal that kids should be taken off the drug. They reassured the doctors that Ritalin is believed to be “safe and effective” by the FDA. Gosh, isn’t that comforting? We’re talking about your kid here. Not their kids.

Does the public school system have the right to force parents to accept the drugging of their child?



They do in America. The drug’s side effects, according to vocal opponents of Ritalin, include: zombie-like behavior, growth suppression, behavior or thought disorders (*exactly what it is supposed to treat*) seizures; headaches, blurred vision, scalp hair loss, barking like a dog and babbling profanities. It can also result in mood swings, depression, drug dependence and inclination for criminal activity.

Why would anyone give such a drug to any child?

The American Psychiatric Association describes a hyperactive child, the target child for this drug, as follows:

“One who exhibits behavior such as fidgeting, squirming, answering questions before being called on, difficulty playing quietly, engaging in physically dangerous activities such as running into the street without looking, or one who has difficulty following instructions.” **That sounds like a normal kid to me!**

I hope it’s clear that drugs do NOT cure anxiety, depression nor supposed hyperactivity. In fact, the English word pharmacy comes from the Greek word for dangerous poison. That’s what drugs are, poisonous. This is because they only treat symptoms while the underlying disease or condition continues to get worse.

Prevention and Treatment

The following steps are ways to help prevent ADD and ADHD and to reverse the factors that cause them:

1. Change the child’s diet to all natural whole foods. This

means fruit, grains and vegetables full of natural vitamins, minerals and enzymes.

2. Eliminate cooked dairy products and other animal products because these contain hormones, pesticides, antibiotics and the diseases of the animal itself.

3. Eliminate processed caffeine, sugar and other sweets, processed food, MSG, aspartame (*Nutrasweet*) and other sugar substitutes, especially Splenda, and any foods that contain preservatives, food dyes or other chemicals.


4. Eliminate eating at fast food restaurants as most of these use MSG and preservatives, plus the food in many restaurants often not only contain less nutrition but many harmful chemicals.



5. Encourage the child to eat a lot of raw fruit and vegetables because they are full of health-producing enzymes, vitamins and minerals.

6. Drink water, and fresh homemade vegetable and homemade fruit juice. Eliminate soda pop, caffeinated beverages or cooked milk from cows or any other animal. Rice Dream (*rice milk*) from your health food store is a reasonable substitute or make nut milks, or raw cow and goat milks and cheese, yogurts, kefirs, soymilks, etc.


7. No white bread. Only whole grain bread, either home baked or from a health food store.
8. No white rice. Only whole grain brown rice and other whole grains.
9. Make homemade nut butters; almond, cashew, real peanut, etc.
10. Get proper rest. Children need a lot of rest and should go to bed early.
11. Get proper exercise daily, outdoors in the fresh air and sunshine.
12. Use the brain drink "G'Day Mate." G'Day mate! You'll be saying that all day if you make this your regular wake up brew. This drink has all the vital ingredients you need for alertness and concentration.



G'Day Mate!

- 1/2 cup Apple Juice
- 2 Tbsp Tahini, (raw)
- 1 Tbsp Lecithin Granules
- 2 Tbsp Wheat Germ
- 1 Tbsp Nutritional Yeast
- 1/2 cup Pure Water
- 1 ml Ginkgo Extract
(1 drop or 1 Tbsp powder)

Use organic ingredients whenever possible and add them preferably in the order listed. Blend the first 3 ingredients for 15-30 seconds, then add the powders and water and blend again. Finally add ginkgo. This drink will still be powerful even if you do not have all the ingredients.



Lecithin, wheat germ and nutritional yeast are our finest plant sources of phosphatidylcholine and acetylcholine. Acetylcholine is the most abundant neurotransmitter in the brain. Ginkgo biloba is an ancient Chinese herb that is grown in America! It increases alpha-wave activity in the brain and the number of neuroreceptor sites. Sesame seeds (*tahini is sesame seed paste*) is one of our best food sources of coenzyme Q10, nicotinic acid, phosphorus and thiamine. All of these play a role in protecting our neurons from the damage caused by free radicals and heavy metals.

Remember, herbs and whole food nutrients are not drugs. They nourish your neurons in a way that enables higher, long-term functioning. Chemicals may fire your neurotransmitters for a quick jump-start, but leave you burned out. Real enhancement takes time. Regular consumption of the good nutrients in this drink and others will accomplish your goals. When you want to think fast...think smart.

ADDICTION

Medi-Sign Target
 7 Days on Water
 14 Days Cabala Juice

Addiction exists when the body becomes accustomed to foreign substance and it can no longer function

properly if the substance is withdrawn. Many people who use drugs, be it legal or illegal become addicted. The three most commonly used drugs are alcohol, tobacco and caffeine and these are all legal and freely available. As stated above, they do not necessarily pose an addiction problem for everyone who uses them.



Research is focusing on the question of why some people become addicted while other people do not because not everyone that drinks becomes an alcoholic; some people smoke only on weekends; and many people who drink coffee don't crave it all the time. Scientists and nutritionists are providing some answers to the complex question of chemical dependency. According to most research, the reasons for addiction lie in the brain; a group of chemicals called neurotransmitters carry the signals between neurons in the brain.

Dopamine, which is one of the neurotransmitters, plays a pivotal role in transmitting feelings of satisfaction, arousal and reward. This means that every time we experi-

"Never argue with a woman who is tired...or who is rested."

“Everyone brings joy to our home, some when they come, others when they leave.”

ence these feelings, we have the desire to replicate them by doing whatever it was that caused them before. In other words, dopamine may account for the repetition in addictive behavior because humans appear to be hardwired to want pleasure. Drugs like alcohol, nicotine, marijuana, cocaine and amphetamines are a few of the substances that increase dopamine levels in the brain. Therefore, the more they are used, the more deeply these substances are associated with pleasure and reward so the dependency becomes more profound.

The following nutrients may help people who are recovering from drug addiction. Keep in mind that vitamins found in natural raw food sources are best.

- Vitamin B complex-whole grains, brown rice, nuts, legumes, cheese, wheat germ, asparagus, nutritional yeast, broccoli, Brussels sprouts, dulse, kelp, oatmeal, plums, dried prunes, raisins and watercress.

- Drink herbal teas with chamomile, fennel seed, peppermint, red clover, rose hips, sage and yarrow to help reduce stress and protect the liver.



- Natural forms of calcium from foods will help nourish the central nervous system and help control tremors by calming the body.

- Magnesium sources like dark green vegetables, legumes, nuts and pineapple. Natural forms of zinc are pumpkin seeds, sunflower seeds, mushrooms and soybeans.

- Bioflavonoids detox the system and lessens the craving for drugs. The natural sources of bioflavonoids are: *peppers, buckwheat, black currants, and white material just beneath the peel of citrus fruits, apricots, blackberries, cherries, grapefruit, grapes, lemons, oranges, plums and elderberries.*



Detoxification

Diets designed for detoxification relieve the body of chemical toxins such as drugs, pesticides and heavy metals. Liver detoxification diets are as varied and customized to the individual as there are naturopaths prescribing them as a course towards wellness.



Liver Detox

1 cup Lemon Juice (fresh)
13 drops Lemon Oil

Mix together; drink it, put it on salads, sweet potatoes or what ever whole foods you enjoy. Do this everyday for 90 days.



ADDISON'S DISEASE

Medi-Sign Target
Any and all Green Foods

Addison's disease afflicts men and women equally and is an endocrine or hormonal disorder that occurs in

all age groups. The disease is characterized by weight loss, muscle weakness, fatigue, low blood pressure and sometimes darkening of the skin in both exposed and nonexposed parts of the body.

When the hormone cortisol and in some cases aldosterone are not produced enough, Addison's disease occurs. The disease is also called adrenal insufficiency, or hypocortisolism.

The symptoms of adrenal insufficiency usually begin gradually.

Characteristics of the disease are:

- Chronic, worsening fatigue
- Loss of appetite
- Muscle weakness
- Weight loss

About 50 percent of the time, one will notice:

- Diarrhea
- Nausea
- Vomiting

Other symptoms include:

- Low blood pressure that falls further when standing, causing dizziness or fainting.

- Skin changes in Addison's disease, with areas of hyperpigmentation, or dark tanning, covering exposed and nonexposed parts of the body. The darkening of the skin is most visible on scars, skin folds, and pressure points like the elbows, knees, knuckles and toes. Skin darkening is also visible on the lips and mucous membranes.

Side effects from Addison's disease include: depression and irritability; a craving for salty foods; hypoglycemia; and irregular menstrual cycles.

Symptoms are usually ignored until a stressful event like an illness or an accident causes them to become worse because the symptoms progress slowly. This is called an Addisonian Crisis, or acute adrenal insufficiency. In most cases, symptoms are severe enough that people seek medical treatment before a crisis occurs. Symptoms first appear during an Addisonian Crisis in about 25 percent of the people.

Symptoms of an Addisonian Crisis include:

- Dehydration
- Loss of consciousness
- Low blood pressure
- Severe vomiting and diarrhea
- Sudden penetrating pain in the lower back, abdomen or legs

Left untreated, an Addisonian Crisis can be fatal.



The Number One Solution?

A 21-day “green fast.” (See green foods in *Feeding Your Emotions*.)

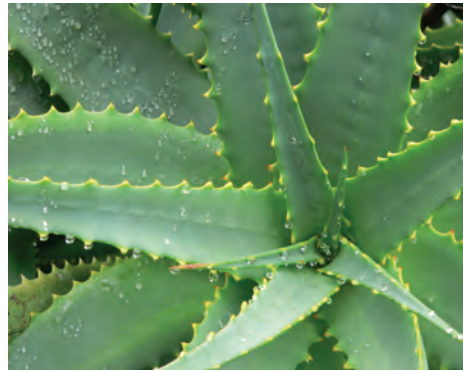
(See: *Disease: The Mystery Solved*)

AGE SPOTS

Medi-Sign Target
Aloe Vera Gel, Lemon & Onions

Age spots are just a normal part of the transformation of skin changing as it ages. They usually begin as tan spots that surface on the hands,

arms, feet or chest. They can be considered unattractive, and they are a constant reminder of our age.



Aloe vera gel is a beauty treatment that seems to have stood the test of time. When the clear liquid is pressed from the thick, fleshy leaves of the aloe vera plant, it promotes the growth of normal skin cells. The aloe vera gel that has been commercialized does not appear to work as effectively. To fade age spots on your hands and face, use aloe vera gel straight from the plant. So if you’re going to try aloe, the fresh material is your best bet.

Lemon juice has a secret of mild acidity. For this reason, reach for lemon aid when treating age spots. Dab a cotton-tip applicator into lemon juice and put onto the spots at least twice a day. The citric acid it contains is just strong enough to safely peel off the skin’s upper layer. That peeling action can remove or lighten some age spots. Citric acid is also the active ingredient in some cosmetic bleach sold to lighten freckles and nails. It does



take a month or two to see the results, though.

How about an onion rub?

Since onions have the same peeling acid as fresh lemon juice, rub a piece of sliced red onion on age spots.

AIDS/HIV

Medi-Sign Target
Honey, Wheat & Barley
Grass Juice

AIDS stands for:

Aquired
Immune
Deficiency
Syndrome

Acquired means you can get infected with it. **Immune Deficiency** means a weakness in the body’s system that protects you. **Syndrome** means a group of health problems that make up a disease.

It’s History

A.I.D.S (*acquired immune deficiency syndrome*), like so many other diseases before it, went from an unheard of disease to a global trillion-dollar industry in just a few short years. Some would have you believe AIDS began in the United States amongst gay men in 1981. Those people would also have you believe that it began in Bantu or the Belgian Congo in 1959 as a virus that jumped species from chimpanzees and sooty mangabegs sometime during World War II. It then went forward as a global epidemic hitting its stride in 1985. What if AIDS as a disease will follow the same life path as polio?

Before we called it AIDS it was IDS. When the name IDS didn’t go

“Life is not a dress rehearsal.”

“I often quote myself, it adds spice to my conversation.” -George Bernard Shaw

anywhere financially it was switched to SIDS. When SIDS didn't catch on either, it was renamed AIDS because the time was right; sinful gays were gaining in number and religion was steaming mad about it. AIDS could be promoted as **“Gods perfect retribution to the gay perverted sicko's!”** Just give some of the correct mixes (*in other words deadly waste away mixes of pharmaceuticals*) to the right bought off doctor's who give them as **“vitamins”** to famous Hollywood types (*who are also Gay and loose with their morals*) and like magic, the Global marketing is a shoe in; hundreds of billions of dollars, dedicated just for research!!



I know, I know, you think I'm uninformed and possibly stupid, but just hold on and watch what's coming as the market runs it's course. What will happen is public interest wanes and then...wham bam! A breakthrough drug/vaccine is found!! In other words, AIDS dies through a name change. When this happens, no one gets AIDS anymore; it disappears (*brilliant or what?*). It is then considered another medical victory for pharmaceutical drug lords. (*I'll bet the cure will come from _____; decided to leave the company name out*) or one of its subsidiaries. No one gets polio anymore because

they changed the name. Now it's called MS, or ALS or one of the dozen other neuro-generative diseases, but not polio because vaccines got rid of that a long time ago. In other words, money ran it's course and the time came for a name change. There are plenty of polio vaccines left, and if the market seems right, polio may have another market run.

Back to AIDS

The stage was set for the disease. The first affected was Rock Hudson, then Liberace, Michael Bennet, Arthur Ashe, Rudolph Nureyev, John Curry, Dack Rambo, and Magic Johnson. The AIDS concerts followed with the young, the old, the middle aged, the religious, the non-religious and the media. History was in the making. First, it was just gays that got AIDS, then straights, then women, then children and even Christians! These people were affected just through sex, then infected blood, then sharing drug needles, then birthing, then nursing and, who knows, someday maybe kissing.

Don't get me wrong, something hideous is going on. My opinion is that I just don't think we're seeing it all of it yet. What if HIV or AIDS is caused by exactly what 9,000 plus other diseases are caused by? What if AIDS is not a mystery bug, but really a lack of oral, dermal, anal, genital and dietary hygiene?

What if it is totally remissible through house cleaning of the body and whole foods of physiological nutritional support? What if I told you I've seen

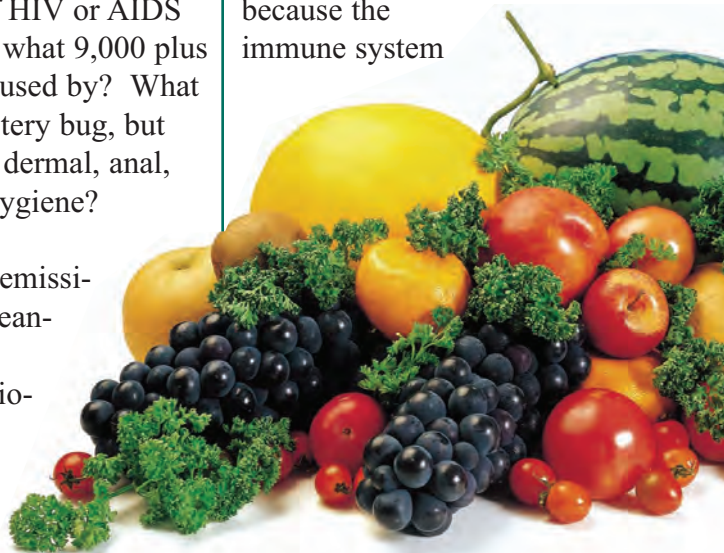
AIDS remised again and again? What if I told you that you can to? Could an AIDS person have the courage to lay down the, *“weapons of war”* long enough to give the life gifts of whole foods that target the problem a chance?

For their sake, I hope so. Once again, as in so many diseases, people die of AIDS treatment and not of AIDS.

Let's Look at AIDS a Bit

The term AIDS applies to the most advanced stages of HIV infection. The **Centers for Disease Control (CDC)** developed official criteria for the definition of AIDS and is responsible for tracking the spread of AIDS in the United States.

CDC's definition of AIDS includes all HIV-infected people who have fewer than 200 CD4+ T cells per cubic millimeter of blood. In comparison, healthy adults usually have CD4+ T-cell counts of 1,000 or more. In addition, the definition includes 26 clinical conditions that affect people with advanced HIV disease. Most of these conditions are opportunistic infections that generally do not affect healthy people. In people with AIDS, these infections are often severe and sometimes fatal because the immune system




is so ravaged by HIV that the body cannot remove certain kinds of bacteria, viruses, fungi, parasites and other microbes.

Symptoms of opportunistic infections common in people with AIDS include:

- Coma
- Coughing and shortness of breath
- Difficult or painful swallowing
- Fever
- Mental symptoms such as confusion and forgetfulness
- Nausea, abdominal cramps and vomiting
- Seizures and lack of coordination
- Severe and persistent diarrhea
- Severe headaches
- Vision loss
- Weight loss and extreme fatigue

Both children and adults with AIDS may get the same opportunistic infections. In addition, children may also have severe forms of the typically common childhood bacterial infections, like conjunctivitis (*pink eye*), ear infections and tonsillitis.



When people contract the AIDS virus, they are more at risk at developing various cancers, especially those caused by viruses such as Kaposi's sarcoma and cervical cancer. These people are also more at risk for developing cancers of the immune system known as lymphomas. These cancers are usually more aggressive and difficult to treat in people with AIDS. There are several signs of Kaposi's sarcoma. In light-skinned people, spots develop that are round brown, reddish or purple on the skin or in the mouth. In dark-skinned people, the spots are more pigmented.



The Hulk!
(Immune Strengthener)


6-10	Almonds
5	Pecans or Walnuts
2 Tbsp	Wheat Grass or Barley Grass juice
2 Tbsp	Sesame Seeds
1 tsp	Flaxseed Oil
pinch	Stevia/Honey to taste
1-2 Cups	Pure Water

Blend the sesame seeds in a dry blender until pureed into a meal. Then add half the water and blend to a smooth paste. Add the wheat grass or barley grass powder along with the stevia. Stevia is a sweet herb that is not a sugar (see stevia).

(continued)

Mix in the flax oil and nuts last. You may choose to use only one kind of nut. Add more water to achieve a thick shake consistency. For best digestion, almonds should be pre-soaked for several hours to soften them. If you like a crunchy, chewy drink, add the almonds and pecans at the end, blending only to a chop. Otherwise, blend them thoroughly. And don't forget to juice the pulp from inside the citrus rinds. Therein rests the miracle flavonoids and their magical curative powers. Buy organic fruits so you can include that rind without the pesticides.



Most people experience a gradual decline in the number of CD4+ T cells during the course of the HIV infection. This is true most of the time, although some may have abrupt and dramatic drops in their CD4+ T-cell counts. A person with CD4+ T cells above 200 may experience some of the early symptoms of the HIV disease. Others people infected with HIV have no symptoms even though their CD4+ T-cell count is below 200.

There are plenty of people who are so debilitated by the symptoms of AIDS that they cannot hold a steady job nor can they do household chores. Others with AIDS may experience phases of intense life-threatening illness followed by phases where they function normally.

Some people, a very small number, first infected with HIV ten or more years ago have not developed symptoms of AIDS.

Now, scientists are trying to determine what factors may account for their lack of progression to AIDS, like:

- Whether their immune systems have particular characteristics.
- Whether they were infected with a less aggressive strain of the virus.
- If their genes may protect them from the effects of HIV.

Since 1981, more than 600,000 cases of AIDS have been reported in the United States and as many as 900,000 Americans may be infected with HIV. More than one-quarter of those people who have the virus do not know that they are infected. AIDS is the leading killer of

“In seventeenth-century France, the punishment for believing in the existence of atoms was the death penalty.”

African-American males growing most rapidly among minority populations. According to the United States CDC, the prevalence of AIDS is six times higher in African-Americans and three times higher among Hispanics than among whites.

Transmission

The transmission of HIV is spread most commonly by sexual contact with an infected partner. The virus can enter the body through the lining of the vagina, vulva, penis, rectum or mouth during sex.

HIV is also spread through infected blood. In 1985 a method of heat-treating techniques were designed to destroy HIV in blood products and a screening was mandated for transfusions. Therefore, because of blood screening and heat treatment, today, the risk of acquiring HIV from such transfusions is extremely small.

Sharing needles is another way to contract HIV. It is frequently spread among injection drug users when one person is infected and someone else uses the same needle. It is rare for people working in the health care profession to be accidentally stuck with a needle and contaminated.

During pregnancy or birth, women can transmit HIV to their babies. Approximately 25-30 percent of all untreated pregnant women infected with HIV will pass the infection. Mothers can also spread the disease through infected breast milk. The risk of transmitting HIV to the baby is reduced significantly if the drug AZT is taken during pregnancy. If AZT treatment of mothers is combined with cesarean sectioning to deliver infants, infection rates can be reduced to as little as one per-

cent. At least this is what we are told.

No evidence exists that the virus is spread by contact with saliva, although researchers have detected HIV in the saliva of infected individuals. Studies of people infected with HIV have found no evidence that the virus is spread to others through saliva such as by kissing. However, no one knows the risk of infection from so-called “deep” kissing. “Deep” kissing involves the exchange of large amounts of saliva, or oral intercourse.

When families with the HIV virus have been studied, it has been found that HIV is not spread through casual contact like the sharing of food utensils, towels, bedding, swimming pools, telephones or toilet seats. Also, HIV is not spread by biting insects such as mosquitoes or bed-

bugs. Furthermore, scientists also have found no evidence that HIV is spread through sweat, tears, urine or feces.

To summarize, HIV can infect anyone who practices risky behaviors including:


- Sharing drug needles or syringes.
- Having sexual contact with an infected person without using a latex male condom.
- Having another sexually transmitted disease such as syphilis, herpes, Chlamydia infection, gonorrhea or bacterial vaginosis appears to make someone more susceptible to acquiring HIV infection during sex with an infected partner.

Early Symptoms

When people first become infected with HIV, many people do not develop any symptoms. However, some people have flu-like illnesses within a month or two after exposure to the virus including fever, headache, malaise and enlarged lymphnodes, which are organs of the immune system easily felt in the neck and groin.

The flu-like symptoms usually disappear within a week to a month. They are often mistaken for another viral infection. Note that people are very infectious during this period and HIV is present in large quantities in genital secretions.


The more persistent or severe symptoms may not surface for a decade or more after HIV first enters the body in adults. This is true for children within two years when they are born with HIV infection. Doesn't this allow for the possibilities of toxic plaques building from the junk



Detox it...
ReVil!

2 Tbsp	Fresh Lemon/Lime Juice
1 Tbsp	Pure Maple Syrup
pinch	Cayenne Pepper
8 oz	Pure Water

This “lemonade diet” or fast eliminates toxins and fats. The lemon acts as a cleanser and astringent; it squeezes toxins from the tissues and stimulates the liver to detoxify. The pure maple syrup provides a steady energy source with its simple sugar. The cayenne pepper gives heat to the body, aids the circulation, and acts as a diuretic, helping excess fluids to be cleared through the kidneys. Drink 8-12 glasses a day. Eat or drink nothing else except water and herb teas. (3-7 day cleanse)



foods, sodas and animals eaten to actually create the environment for the HIV virus to live, breed and multiply?

Some people may begin to have symptoms in as soon as a few months after infection, whereas others may be symptom-free for more than ten years. During the asymptomatic period, however, HIV is actively multiplying, infecting and killing cells of the immune system. HIV's effect is seen most obviously in a decline in the blood levels of CD4+ T cells (*also called T4 cells*), which are the immune system's key infection removers. The virus initially disables or destroys these cells without causing symptoms.

A variety of complications begin to surface as the immune system deteriorates. One of the first such symptoms experi-

enced by many people infected with HIV is large lymph nodes or "*swollen glands*," which are the very glands that clean the body of filth and invasive bacterial, viral, parasitic and fungal overwhelm. They may be enlarged for more than three months.

There are other symptoms often experienced months to years before the onset of AIDS include a lack of energy, weight loss, frequent fevers, sweats, persistent or frequent yeast infections (*oral or vaginal*), persistent skin rashes or flaky skin, pelvic inflammatory disease that does not respond to treatment and short-term memory loss.



Other symptoms of herpes include frequent and severe herpes infections that cause mouth, genital, anal sores, or a painful nerve disease known as shingles. Children may have delayed development or failure to thrive.

The hope for scientists is that they understand the body's natural method of controlling infection. They hope that this may lead to ideas for protective HIV vaccines and use of vaccines to prevent the disease from progressing. I'll bet they would. I'm sorry for being so cynical, but I've just seen too much.

Foods That Heal

Some scientists have tested their mettle, with success, against HIV

because the shiitake and maitake mushrooms have been proven so effective in bolstering the immune system.

An extract of the maitake mushroom's beta-glucan was able to prevent HIV from killing T cells, the immune system's crucial white blood cells in laboratory studies. So, the conclusion is that eating these mushrooms on a regular basis seems to be a very good way to keep your immune system up and running.

Researchers have just begun to map spices' healing powers since they contain a large number of compounds. The assumption is that the list of benefits from the spices will only keep growing. One example comes from the National Cancer Institute in a study on curcumin in

turmeric. It has been shown that it can help prevent HIV from multiplying. Also, when people with AIDS were given curcumin, the illness progressed at a slower rate.



Diet and Nutrition

What you eat can have a powerful impact on whether you live long and well. You can help your body keep HIV at bay by improving your nutrition. You will also improve your quality of life, your energy level, and your overall feelings of well-being. Nutrients provide the building blocks for both the body's physical structure, meaning its cells, tissues, and organs, and its function, including its immune system and other acts of daily functioning. This is generally important, but for someone living with HIV, it's particularly crucial. Cells and chemicals are created from nutrients, so a steady supply is a must for the body's contribution to viral control.

Protecting the body. Any damage to the body caused by HIV or AIDS-related infections must be repaired. Nutrients are the actual building materials with which the body creates and repairs itself, so there is an ongoing need for those materials.

"Quote me as saying I was mis-quoted." -Groucho Marx

“It is a good thing for an uneducated man to read books of quotations.” -Sir Winston Churchill

Improving quality of life. In order to feel well, good nutrition is a must. Optimal levels of nutrients are required for good energy and overall well-being. It is also important for the prevention or the management of the many symptoms that nutrient deficiencies can cause (*e.g., fatigue, appetite loss, skin problems, weight loss, mental changes [like memory problems or difficulty concentrating], nerve damage, muscle cramps, depression, anxiety and among others*).

The presence of adequate levels of certain nutrients may actually help prevent and help reverse certain drug side effects. So, in order to help people feel better and maintain a higher quality of life, nutrients are an important tool.

Managing co-infections. Many HIV-positive people also have other chronic infections to deal with, including hepatitis C and/or hepatitis B. For people with HIV and a hepatitis co-infection everything that has been listed above is doubly important. This is because the body must handle more than one chronic infection and has a particular need to support the liver to prevent it from being damaged. When people contract the HIV infection it is unfortunate that nutritional needs suffer the most. Problems that result from poor nutrition include an inadequate intake of calories and deficiencies in certain nutrients resulting in immune dysfunction and further progression of the disease.



There are several reasons for this: The *first reason* is that nutrients burn faster. As discussed above, the immune system is continuously cleaning up plaque that is infested with HIV. This is especially true when anti-HIV drugs are being used that add to the toxicity of the plaque and repairing damage caused by the virus and other infections. The result is that the body to burns nutrients faster, which can cause many nutrient levels to become low.

The *second reason* for this is that nutrients aren't absorbed properly. Poor absorption of nutrients may occur as the result of intestinal infections including HIV itself or diarrhea. Some HIV-positive people have a difficult time absorbing fat, which can prevent the absorption of important vitamins like A, E, D and K.

Poor diets. Many HIV-positive people don't eat enough of the right kinds of foods. This may be due to fatigue, appetite loss, changes in the senses of smell or taste, nausea, vomiting, infections or other problems of the mouth or throat, or simply not knowing how to eat healthfully. They may not even want to eat properly because of habitual junk food use. Like attracts like. In other words, if you are used to eating crispy cream doughnuts with soda pop, then fresh tomatoes and bell peppers are not appealing. To love fresh whole foods, you have to start eating them so that the junk food loses its addictive appeal.

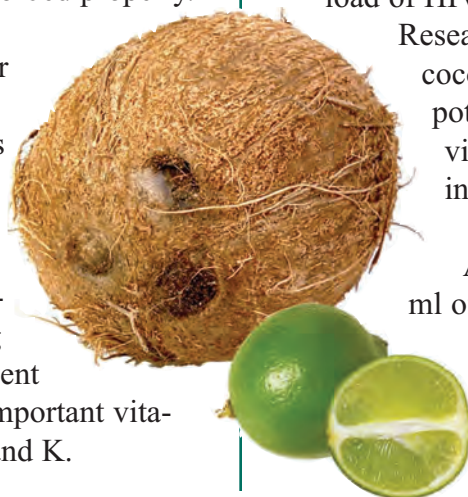
The two sources for obtaining the nutrients that we need to meet our nutritional requirements are: eating and drinking the right kinds of foods and liquids and taking sunbaths. Gulping down handfuls of supplement pills won't make up for eating a bad diet, nor will they support the best diet. Instead, supplements tend to stress the liver by adding to one's toxicity. The most important thing to do is to focus on the right diet. By combining the right, good diet along with sunlight and walking, you will have an excellent chance of surviving AIDS.

Put the Lime in the Coconut...

Can coconut oil reduce the viral load of HIV-AIDS people?

Research has shown that coconut oil could potentially reduce the viral load of HIV infected people.

A minimum of 50 ml of coconut oil would contain 20 to 25 grams of lauric acid, which indicates that the



oil is metabolized in the body to release monolaurin. Monolaurin is a probiotic and viral agent. Among the saturated fatty acids, lauric acid has the maximum viral activity. Other research on coconut oil has been conducted and the results conclude that the viral load of HIV people has been lowered.

Other research reported in India states that the coconut oil is converted by the body into monolaurin, which is a fatty acid with active viral properties that is useful in the treatment of AIDS. Monolaurin is also reportedly beneficial in the treatment of measles, herpes, vesicular stomatitis and CMV.

Organizations have now begun to send Virgin Coconut Oil to Africa for the distribution among HIV and AIDS sufferers to try and prevent the modern day Black Plague.

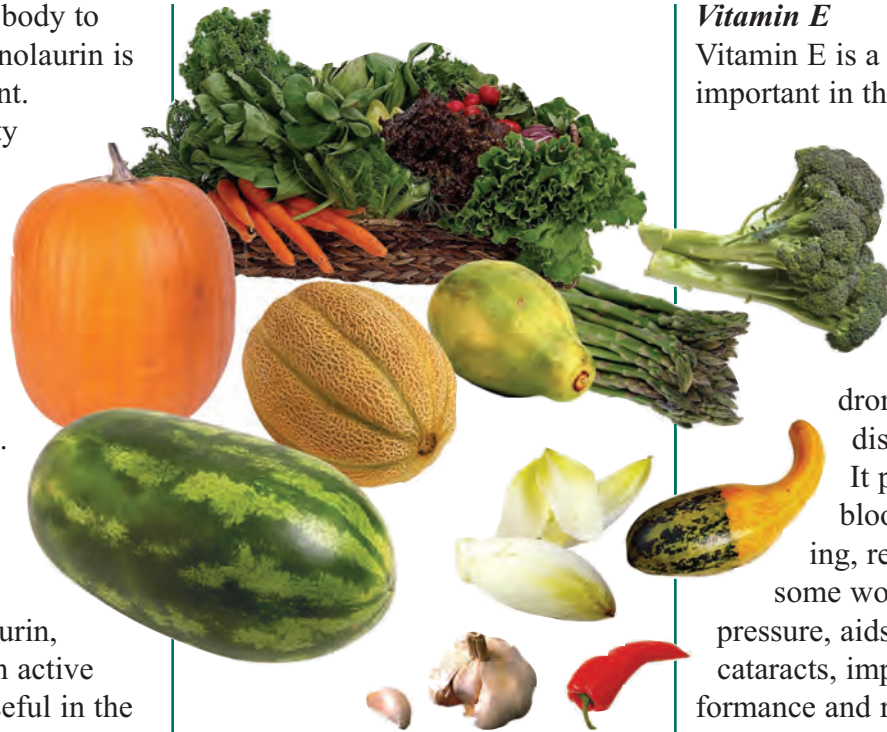
AIDS & HIV Support Foods

Vitamin A can be found in green and yellow fruits and vegetables.

Foods that contain significant amounts of vitamin A include: *alfalfa, apricots, asparagus, beet greens, broccoli, burdock root, cantaloupe, carrots, cayene, chickweed, collards, dandelion greens, dulse, garlic, kale, mustard greens, papayas, peaches, pumpkin, red peppers, spinach, sweet potatoes, Swiss chard, turnip greens, watercress and yellow squash.*

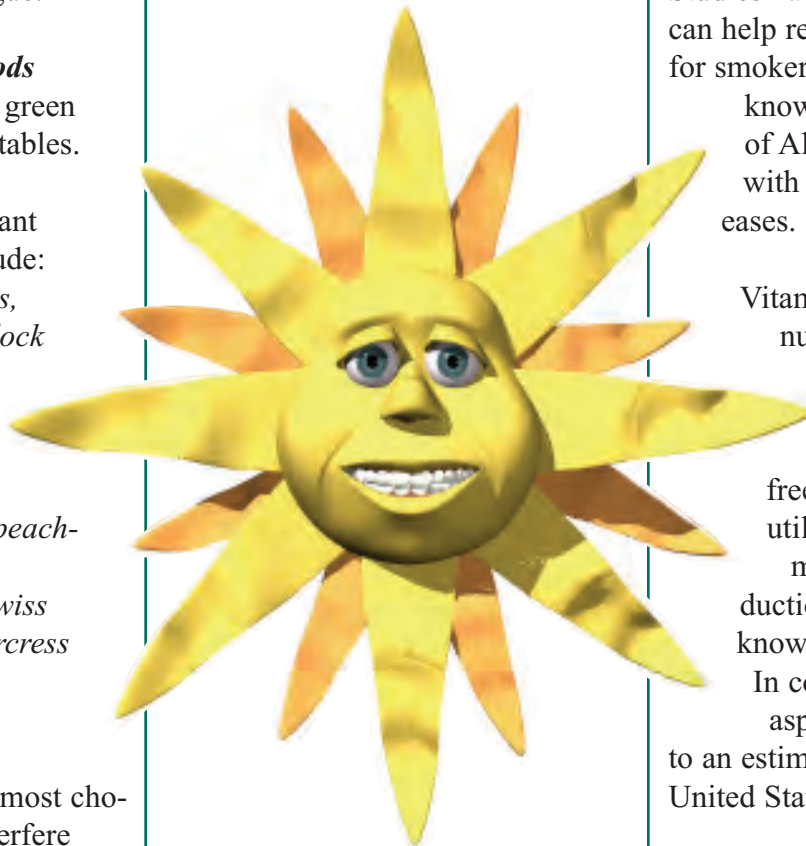
Comments

Antibiotics, laxatives, and most cholesterol-lowering drugs interfere



with the absorption of vitamin A. Eat lots of garlic, raw and cooked, and tons of onions as well.

Cautions: Get lots of sunshine! Do not take vitamin D supplements. Toxicity may result from taking supplemental vitamin D.



Vitamin E

Vitamin E is a nutrient that is important in the prevention of cancer and cardiovascular disease. It improves circulation, is necessary for tissue repair and is useful in treating premenstrual syndrome and fibrocystic diseases of the breast. It promotes normal blood clotting and healing, reduces scarring from some wounds, reduces blood pressure, aids in preventing cataracts, improves athletic performance and relaxes leg cramps. Also, vitamin E maintains healthy nerves and muscles while strengthening capillary walls. In addition, it promotes healthy skin, healthy hair and helps to prevent anemia and retrolental fibroplasias, which is an eye disorder that can affect premature infants.

Studies have shown that vitamin E can help reduce prostate cancer risk for smokers. Also vitamin E is known to slow the progression of Alzheimer's disease along with around eighty other diseases.

Vitamin E as a whole food nutrient prevents cell damage by inhibiting the oxidation of lipids (*fats*) and the formation of free radicals. It helps with utilization of vitamin A and may help to slow the production of age spots. It also is known to prevent heart attacks. In contrast the misuse of aspirin causes or contributes to an estimated 3,000 deaths in the United States each year.

"Hanging is too good for a man who makes puns; he should be drawn and quoted." -Fred Allen

When there is vitamin E deficiency it may result in damage to red blood cells and destruction of nerves. The signs of vitamin E deficiency include infertility in both men and women, menstrual problems, neuromuscular impairment, shortened red blood cell life span, spontaneous abortion (*miscarriage*) and uterine degeneration. Low levels of vitamin E in the body have been linked to both bowel cancer and breast cancer.

Vitamin E is broken into two groups known as the tocopherols and the tocotrienols because it is a family of eight different but related molecules. Within each group, there are alpha beta, gamma and delta forms. Of all eight of these molecules, it is the alpha-tocopherol form that is the most potent. Natural sources of vitamin E are more available for use by the body than the synthetic or supplement forms.

Sources

Vitamin E is found in the following food sources: *cold-pressed vegetable oils, especially wheat germ oil, dark green leafy vegetables, legumes, nuts, seeds and whole grains. Significant quantities of vitamin E are also found in brown rice, cornmeal, eggs, kelp, raw milk, oatmeal, soybeans, sweet potatoes, watercress, wheat and wheat germ. Herbs that contain vitamin E include alfalfa, dandelion, flaxseed, nettle, oat straw, raspberry leaf and rose hips. Eat lots of spinach and other greens.*

Vitamin K

Vitamin K helps in the production of prothrombin, which is needed for blood clotting. It is also essential for bone formation and

repair. Vitamin K is necessary for the synthesis of osteocalcin, which is the protein in bone tissue where calcium crystallizes. Vitamin K is also thought to help prevent osteoporosis.

Vitamin K promotes healthy liver function by playing an important role in the intestines and aiding in converting glucose into glycogen for storage in the liver. It may increase resistance to infection in children and help prevent cancers that target the inner linings of the organs. Vitamin K may aid in promoting longevity. When there is a deficiency of this vitamin it can cause abnormal and/or internal bleeding.

Vitamin K exists in three forms.

Vitamin K1 (*phylloquinone or phytonactone*) and **vitamin K2** (*a family of substances called menaquinones*) occur naturally; **vitamin K3** (*menadiolone*) is a synthetic substance. This means that we need to leave it alone.

Sources

Vitamin K is found in *asparagus, blackstrap molasses, broccoli, Brussels sprouts, cabbage, cauliflower, dark green leafy vegetables,*



egg yolks, oatmeal, oats, rye, safflower oil, soybeans and wheat.

Herbs that can supply vitamin K include alfalfa, green tea, kelp, nettle, oat straw and shepherd's purse. However, the majority of the body's supply of this vitamin is synthesized by the "friendly" bacteria normally present in the intestines.

Comments

The need for vitamin K is increased with antibiotics. Because vitamin K is synthesized by bacteria in the intestines, taking antibiotics, which kill the bacteria, interferes with this process. Antibiotics also interfere with the absorption of vitamin K.

Bioflavonoids

Eat lots of *peppers, buckwheat, black currants and the white material just beneath the peel of citrus fruits. Apricots, blackberries, cherries, grapefruit, grapes, lemons, oranges, plums, prunes and rose hips. Chervil, elderberries, hawthorn berry, horsetail, rose hips, and shepherd's purse, as teas can help immensely.*

Diet Suggestions


It is important to periodically cleanse the liver with a



detoxification diet since toxic substances can harm the liver. Fresh organic vegetables, fruits and grasses are the best way to cleanse the liver, and the rest of you, of toxins. Particularly if you have a liver problem, avoid hard alcohol, processed foods and processed sugar because these substances can further damage the liver. Steer clear of excess animal fats and fats that are adulterated, saturated or hydrogenated; they are hard to digest and pose special problems for a compromised liver.

Foods That Help

Start juicing regularly with beets and greens rich in magnesium, chlorophyll and vitamins A, C, and E, like wheat and barley grass, kale, collards, Swiss chard, parsley, alfalfa, spinach and cabbage. Fruits rich in minerals, B vitamins and vitamins A and C, like melons and citrus are especially cleansing. The heat of hot lemon tea helps arouse a




Welcome to,
"Liver pool"
Mate

(Citrus Liver Purge)

1	Grapefruit, juiced
1	Lemon, juiced
1 tsp	Olive Oil

Vitamin C both treats and prevents liver disease. This juice is supercharged with vitamin C. The small amount of olive oil serves to stimulate the flow of bile. Limit it to a teaspoon, since larger amounts can burden the liver. This is a great way to start your day.



sluggish liver. Add a teaspoon of olive oil to stimulate the release of excess bile that congests the liver. A diet rich in plant foods is easier on the liver than fatty animal foods. Sunflower seeds, soybeans, wheat germ and their oils are great sources of vitamin E.

ALANINE

Medi-Sign Target
Nuts, Seeds & Garlic

Alanine is an important source of energy for muscle tissue, the brain and central nervous system. It strengthens the immune system while helping in the metabolism of sugars and organic acids.

ALBINISM

Medi-Sign Target
Cabala Juice for 28 Days
Sunshine as able

The word "**albinism**" refers to a group of inherited conditions where the people with albinism have little or no pigment in their eyes, skin or hair. These people have inherited genes that do not make the usual amounts of a pigment called melanin.

One out of every 17,000 people living in the United States has some type of albinism. People from all races are affected by it. Most of the time, children born with albinism are born to parents who have normal hair and eye color. Many times people do not recognize that they have albinism.

One of the common myths about

albinism is that people who have it have red eyes. The truth is that there are different types of albinism that varies the amount of pigment in the eyes. So, some of the people with albinism have red or violet eyes, although most have blue eyes. Some people even have hazel or brown eyes.

Vision Problems

When a person has albinism, then a person has problems with their eyesight. Many people with albinism have low vision, while many are "legally blind." Most people, though, use their vision for reading and do not use Braille. Some have vision good enough to drive a car. When there is abnormal development of the retina and abnormal patterns of nerve connections between the eye and the brain like in albinism vision problems result. Albinism is defined by the presence of these eye problems; the main test for albinism is simply an eye exam.

Types of Albinism

The majority of people with albinism have very light skin and hair but not all do. Oculocutaneous (*pronounced Ock-you-low-kew-Tain-ee-us*) albinism involves the eyes, hair and skin, while ocular albinism involves primarily the eyes, with the skin and hair appearing similar or slightly lighter than that of other family members. Researchers have used various systems for classifying oculocutaneous albinism over the years. These systems contrasted types of albinism having almost no pigmentation with types having slight pigmentation.

Hair and skin are cream-colored and vision is often in the range of 20/200 in the less pigmented types of albinism. In types with slight pigmentation, hair appears more

"Go to Heaven for the climate, Hell for the company." -Mark Twain

“The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn.” -Alvin Toffler



yellow or red-tinged and vision often corrects to 20/60. The two main early diagnosis of albinism were “complete” and “incomplete.” Another test that researchers used was to test a strand of plucked hair to see if it would make pigment. The results from this test separated the “*ty-neg*” meaning no pigment from the “*ty-pos*” meaning some pigment. Those tests had been proven inconsistent so today the test for albinism is more extensive. The current research test uses an analysis of DNA to conclude a more firm classification system for albinism.

Type 1 albinism, also called tyrosinase-related albinism, is the type involving almost no pigmentation. It results from a genetic defect in an enzyme called tyrosinase. This enzyme helps the body to change the amino acid, which is a “*building block*” of protein that results from diet, tyrosine into pigment.

The other type of albinism called **Type 2**, has slight pigmentation that results from a defect in a different gene called the “P” gene. Several

other genes have been identified by researchers as causes of albinism. In the **Hermansky-Pudlak syndrome** of albinism, there can be problems with bleeding, lung and bowel disease. This is a less common form of albinism, but it should be suspected if a child with albinism shows unusual bruising or bleeding.

Genetics of Albinism

Both parents must carry an albinism gene to have a child with albinism. A person may have normal pigmentation but carry the albinism gene because the body has two sets of genes. For example if a person has one gene for normal pigmentation and one gene for albinism, he or she will have enough genetic information to make normal pigment. The albinism gene is “*recessive*” meaning that it does not result in albinism unless a person has two copies of the gene for albinism and no copy of the gene that makes normal pigment.

There is a one in four chance at each pregnancy that the baby will be born with albinism when both par-

ents carry the gene and neither parent has albinism. This type of inheritance is called autosomal recessive inheritance.

Each parent must carry the gene for a child to have oculocutaneous albinism. There is not, however, a simple test to determine whether a person carries a gene for albinism. After analyzing DNA researchers have found the changes that cause albinism, but these changes are not always in exactly the same place, even for a given type of albinism. This means then that the tests for the albinism gene may be inconclusive.

There is a way, though, to test in subsequent pregnancies to see if the fetus has albinism if parents already have a child with albinism. This test requires placing a needle into the uterus to draw off fluid to get amniocentesis. These cells are then examined to see if they have an albinism gene from each parent.

Vision Rehabilitation

Eye conditions common in albinism include:

- Nystagmus. Irregular rapid movement of the eyes back and forth.
- Strabismus. Muscle imbalance of the eyes (“*crossed eyes*” or “*lazy eye*”).
- Sensitivity to bright light and glare.
- People with albinism may be either far-sighted or near-sighted, and often have astigmatism, which is distortion of a viewed image.

There is lack of pigment that causes these eye problems. The surface inside the eye that receives light,

called the retina, does not develop normally before birth and in infancy. Then the nerve signals from the retina to the brain do not follow the usual nerve routes. The iris, the colored area in the center of the eye, does not have enough pigment to screen out stray light coming into the eye. This means that light normally enters the eye only through the pupil, the dark opening in the center of the iris, but in albinism light can pass through the iris as well.

Most of the eye treatment consists of visual rehabilitation. In order to improve the appearance of the eyes from strabismus, surgery may be conducted. This surgery, however, will not correct the misrouting of nerves from the eyes to the brain, so it will not provide fine binocular vision. In esotropia or "crossed eyes," surgery may help vision by expanding the visual field, which is the area that the eyes can see while looking at one point.

People having albinism may be sensitive to a glare but need light just like other people. To help outdoors, use sunglasses or tinted contact lenses. For indoors use it is important to place lights for reading or close work over a shoulder rather than in front.

For people with albinism, various optical aids are helpful. The choice of an optical aid depends on how a person uses his or her eyes in jobs, hobbies or other usual activities. The choice of optical aid may consist of bifocals, prescription reading glasses or contact lenses. Other aids include hand-held magnifiers or special small telescopes. Some people choose to use bioptics, which are glasses that have small telescopes mounted on, in or behind their regu-

lar lenses. This is beneficial so that a person can look through either the regular lens or the telescope. Smaller lightweight lenses are the new design of bioptics which some states allow for use while driving.

People with albinism live normal life spans and have the same types of general medical problems as the rest of the population. Lung disease or other related problems may affect those people living with Hernansky-Pudlak syndrome. People with albinism can enjoy outdoor activities even in summer with clothing that protects them from over exposure to the sun.

Because the condition is often misunderstood, people with albinism are at risk of isolation. Especially within communities of color, social stigmatization can occur because the race or paternity of a person with albinism may be questioned. Families and schools must make an effort not to exclude children with albinism from group activities.

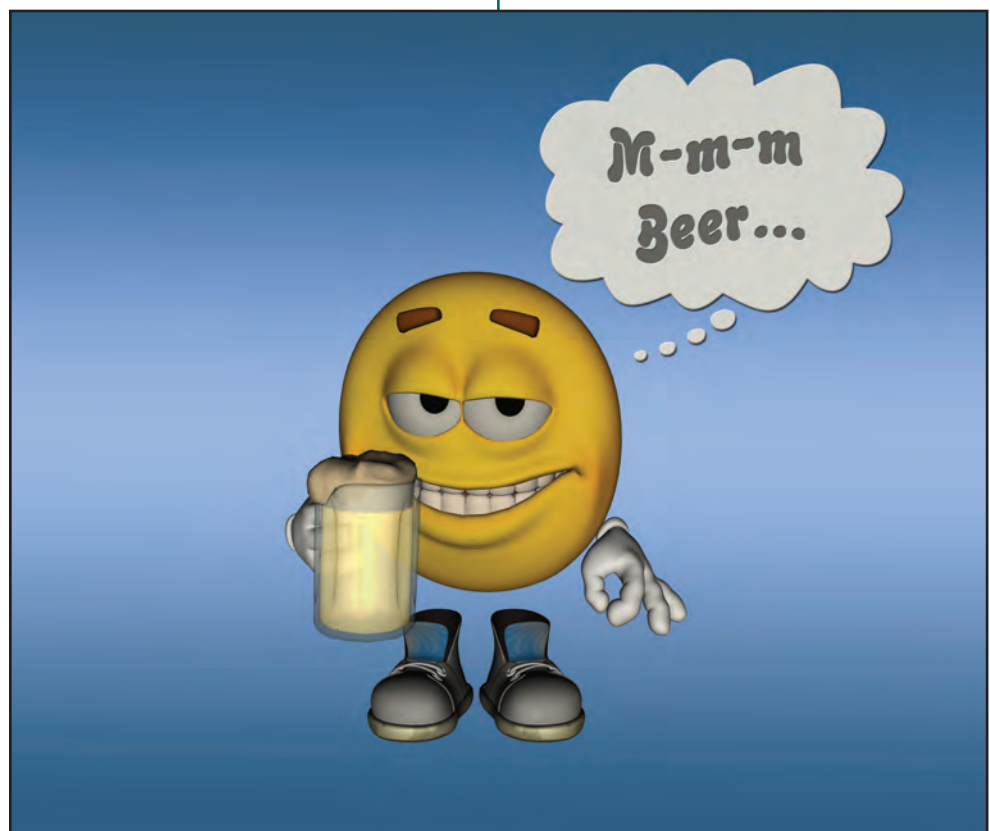
Vision has been helped in this condition by drinking one 8-ounce glass of the Kabala each day. (See: *Disease: The Mystery Solved & Astigmatism/Exercises*).

ALCOHOL

Beneficial Effects of Alcohol

It has been reported in several studies that regular consumption of moderate amounts of alcohol lowers the incidence of coronary heart disease and raises the level of high density lipoprotein cholesterol ("good cholesterol")

Beer is health food in a mug. Non-drinkers often abstain in order to improve their health, but they are 70 percent more likely to die prematurely than those people who drink four beers a day. Beer inhibits free-radical scavengers and removes poisonous heavy metal like lead, copper and mercury.



"It is a miracle that curiosity survives formal education." -Albert Einstein

Types of Alcoholic Beverages

There are two types of alcoholic beverages. The first type is a low-alcohol-content beverage produced by fermentation of sugar or starch-containing products. The second type is high-alcohol-content beverages produced by distillation of the low-alcohol-content beverages. Particularly in the case of wine, the alcohol content of low-alcohol-content beverages is increased by adding a distilled product. Port wine and Sherry are two such fortified wines.

The finished product results from the process involved as well as the resulting alcohol content. For example a "beer" involves a relatively short or incomplete fermentation process and an equally short aging process lasting only a week or two. The end result is an alcohol content generally between three and eight percent, as well as natural carbonation. In many places in the world, the non-forced ferments of beer, or mead, is not only considered a health drink but a beverage of longevity. A "wine" involves a longer, more complete, fermentation process. It also consists of a relatively long aging process lasting months, years, sometimes even decades. The end result is an alcohol content between 7-18 percent. (Note that sparkling wine is generally made by adding a small amount of sugar before bottling). Distilled products are generally not made from a "beer" that would normally be palatable as fermentation is normally completed. No aging is involved in the distilled products until after distillation. Most distilled liquors are 40 percent alcohol by volume.

The following are considered health drinks as long as the use is

not abused. In this case, "abused" means that you don't drink enough water.



Non-distilled Beverages

- Beer
 - Ales
 - Barleywine
 - Bitter ale
 - Mild ale
 - Pale ale
 - Porter
 - Stout
 - Real ale
 - Stock ale
 - Fruit Beer
 - Lager beer
 - Bock
 - Dry beer
 - Oktoberfest
 - Pilsener
 - Schwarzbier
 - Small beer
 - Wheat beer
- Caum
- Chicha
- Cider
- Kumis
- Lappish hags lovepotion
- Mead
- Perry
- Pulque
- Sake



- Wine
 - Spritzer
 - Palm wine
 - Fruit wine

These stress the body and brain.

Distilled Beverages

- Cocktails
- Liquors
- Spirits

Cider often means unfermented apple juice or sweet cider, while fermented cider is called hard cider in the United States. In the United Kingdom, the term cider is always meant to be alcoholic and in Australia it can be either.

Although beer is generally made from barley, it can sometimes contain a mix of other grains. Whisky is sometimes made from a blend of different grains. This is especially true in the case of Irish whiskey, which may contain several different grains. The style of whisky (*Scotch, Rye, Bourbon*) generally determines the primary grain used. Additional grains of barley and sometimes oats are usually added to the blend.

Vodka and gin are two common distilled beverages. Vodka can be distilled from any source with grain and potatoes being the most common. An interesting fact is that industrial cellulose is also used for the cheapest! The main characteristic of vodka is that it is so thoroughly distilled that it exhibits none of the flavors derived from its source material. Gin is a similar distillate which has been flavored by contact with herbs and other plant products, especially juniper berries. This is where gin gets its name.

In my experience, “distilled alcohol,” “hard liquors,” “spirits,” have a place in mouth washes, cleaning wounds and bathing skin. They can be used for a shot for someone with the “chills,” and for use in deodorants, and other personal care items. These beverages should not be used for internal consumption. I would also avoid overly sweet drinks, or “preppy drinks,” like Zima, wine coolers, “hard lemonade,” etc. These are not ferments. Instead only hard or distilled alcohol is typically added.

ALCOHOL ADDICTION

Medi-Sign Target

Water, Macadamia Nuts & Grapes

Alcoholism, also known as alcohol dependency, is a psychological disease that includes the following four symptoms:

- **Craving:** A strong need, or urge, to drink.
- **Loss of control:** Not being able to stop drinking once drinking has begun.



• **Physical dependence:** Withdrawal symptoms, such as nausea, sweating, shakiness and anxiety after stopping drinking.

• **Tolerance:** The need to drink greater amounts of alcohol to get “high.”

Alcoholism is now considered a psychological disease; the craving that an alcoholic feels for alcohol can be as strong as the need for food or water. An alcoholic will continue to drink despite serious family, health or legal problems. Alcoholism like many other diseases is chronic. This means that it will continue throughout the duration of a person’s lifetime; it usually follows a predictable course; and it has symptoms. A person’s lifestyle and a person’s genes increase the risk for developing alcoholism.

According to research, alcoholism does run in families. Researchers are currently working to discover the actual genes that put people at

risk for alcoholism. Risk factors include friends, the amount of stress in your life, and how readily availability of alcohol.

Remember: risk does not equal destiny. In other words, just because alcoholism tends to run in families does not mean that a child of an alcoholic parent will automatically become an alcoholic too. Some people develop alcoholism even though no one in their family has a drinking problem. By the same token, not all children of alcoholic families get into trouble with alcohol. Knowing you are at risk is important, though, because then you can take steps to protect yourself from developing problems with alcohol.

Alcoholism is only one type of an alcohol problem; alcohol abuse can be just as harmful. A person can abuse alcohol without actually being an alcoholic. This means that a person may drink too much and too often but still not be dependent on

“Beer is the evidence that God wants us to be happy.” -Ben Franklin

alcohol. Some of the problems linked to alcohol abuse include not being able to meet work, school or family responsibilities; drunk-driving arrests and car crashes; and drinking-related medical conditions. During some circumstances, even social or moderate drinking is dangerous. These instances include driving, during pregnancy or when taking certain medications.

Alcohol abuse and alcoholism are not partial to gender, race or nationality. Nearly 14 million people in the United States, meaning one in every 13 adults, abuse alcohol or are an alcoholic. Most often, more men than women are alcohol dependent or have alcohol problems. Also alcohol problems are highest among young adults ages 18-29 and lowest among adults ages 65 and older. People who start drinking at an early age for example, at age 14 or younger, greatly increase the chance that they will develop alcohol problems at some point in their lives.

A person is generally considered to be dependent on alcohol when they have experienced three or more of the following symptoms during a year:

- A growing tolerance to alcohol (*needing larger quantities to get the same effect*)
- A strong urge to drink
- Difficulty controlling drinking
- Gradual neglect of other activities
- Physical withdrawal symptoms, such as sweating, shaking, agitation



and nausea when they try to reduce drinking

- Persistent drinking even though it is obviously causing harm

Problem drinking occurs when a person is not dependent on alcohol, but drinks enough to cause actual physical or psychological harm.

Short-term Effects

Many times alcohol results in a loss of inhibitions since alcohol suppresses the part of the brain that controls judgment. Alcohol also affects physical coordination, causing blurred vision, slurred speech and loss of balance. Binge drinking, or drinking a very large amount of hard alcohol at one time, can lead to unconsciousness, coma and even death. Another side effect is the risk of asphyxiation from vomiting while

unconscious. Alcohol is implicated in a large proportion of fatal road accidents, assaults and incidents of domestic violence.

Long-term Effects

Alcohol can be a dangerous drug. Drinking too much too often will cause physical damage, increase the risk of getting some diseases and make other diseases worse.

Excessive drinking over time is associated with:

- Certain types of cancer
- Epilepsy
- Heart failure
- High blood pressure (*which can lead to stroke*)
- Irritated stomach lining and bleeding from stomach ulcers
- Liver failure
- Loss of brain cells
- Nerve damage

Excessive drinking has also been linked to:

- Infertility
- Inflammation of the pancreas
- Muscle disease
- Obesity
- Sexual problems
- Skin problems
- Vitamin deficiency

Alcohol and Pregnancy

Fetal alcohol syndrome is a serious risk facing women who drink heavily during pregnancy. This can result in growth deficiencies, nervous system problems, lowered intelligence and facial abnormalities in the child.

Another risk of drinking while pregnant is having an underweight baby. It is not known if there is an absolutely safe limit for drinking

during pregnancy, but it's best to avoid alcohol altogether.

Psychological Effects

Initially, alcohol makes people feel relaxed, although long term excessive use can ultimately increase anxiety and cause depression. Alcohol is also related to problems with sleeping, mood swings, violence and suicide. About two-thirds of suicide attempts are thought to involve alcohol.

Cutting Down

If you think you are drinking too much, keep a "drinking diary." This "diary" should record how much alcohol you drink each week. It will reveal whether you are drinking within safe guidelines and help you identify the situations that you need to avoid to cut down your drinking.

These tips may help you cut down:

- Buy beers and wines with lower alcohol content, and keep a supply of non-alcoholic drinks at home.
- Do something other than going to the pub.
- Drink more slowly or have non-alcoholic drinks between alcoholic ones.
- Find other ways to relax.
- Go out later, so you start drinking later.
- Have at least two alcohol-free days a week.
- Replace your "usual" drink with one containing less alcohol.
- Set yourself a limit of, for example three to four glasses (*men*) or two to three (*women*) for any one occasion.
- Skip the "quick drink" at lunchtime or after work.

When discussing alcoholism and alcohol abuse, hard alcohol tends to be the culprit. Light beers and low percent wines are actually ferments of health both physically and mentally and can add to social health as well. It has jokingly been said that beer has food value, but food has no beer value. I personally feel I know alcoholics that have never tasted alcohol in their lives. In other words, alcoholism seems to be a trait of ones personality and character. Hard alcohol just sets it off because of a drop in inhibition.

Macadamias for the Liver and Alcoholism

A snappy cocktail that seems to satisfy the urge to drink and to help rejuvenate the liver is made from macadamias (*preferably raw*), ripe tomatoes (*or the canned juice*), a squeeze of lemon juice, a pinch of cayenne and a thumbnail full of raw, grated ginger root. Combine 5



macadamias; 3 medium, very ripe tomatoes; 1/2 tsp. lemon juice; the pepper and ginger into a blender and mix well for 1-1/2 minutes. Add a little canned tomato juice, if necessary to thin it down a bit of it becomes too thick. Drink slowly by itself and E-N-J-O-Y! Beats the heck out of alcohol and tonifies a weak liver.

Any benefits of moderate consumption are quickly erased by overindulgence. Even a weekend of heavy drinking causes a build up of fatty cells in the liver. While this organ has remarkable recuperative powers, continued use can lead to permanent liver damage and problems in metabolizing glucose and various vitamins and minerals.

Nutritional deficiencies can lead to other more serious conditions, including anemia, nerve damage and mental problems.

Chronic overuse of alcohol takes a heavy psychological and physical toll.

Although alcoholics often do not appear to be intoxicated, their ability to work and go about daily activities becomes increasingly impaired. They are very



"Children require guidance and sympathy far more than education." -Annie Sullivan

“It was not the apple on the tree, but the pair on the ground that caused the trouble in Eden.”

susceptible to depression, mood changes and even violent behavior. On average, alcoholism shortens life expectancy, not only from suicide but also because it raises the risk of other life-threatening diseases, including cancer of the pancreas, liver and esophagus.

Chronic drinkers tend to have poor nutrition and alcohol alters digestion and metabolism of more nutrients so alcoholism can lead to malnutrition. Severe thiamine deficiency, which is marked by muscle cramps and wasting, nausea, appetite loss, nerve disorders, and depression, is extremely common.

Hangovers invariably result from over-consumption of alcohol. Exactly how much alcohol is necessary to produce that misery varies from one individual to another. Symptoms may include thirst, headache, diarrhea, gastrointestinal upset, nausea and irritability.


Other, more serious effects of alcohol include the following

Brain and nerves: Alcohol reduces blood flow to the brain and is also toxic to brain cells. Long-term overindulgence results in memory loss, nerve damage, anxiety attacks and even dementia.

Liver: Because this organ metabolizes alcohol, it is vulnerable to damage, including a fatty liver, alcoholic hepatitis and eventually scarring, or cirrhosis.

Heart: Even small amounts of alcohol may provoke cardiac arrhythmias. Long-term use of alcohol increases the risk of high blood pressure and heart disease, especially cardiomyopathy, which is an enlargement and weakening of the heart muscle.

Digestive system: Alcohol raises the stomach’s output of hydrochloric acid, which can worsen an ulcer. It also relaxes the sphincter between the esophagus and the stomach, resulting in heartburn from a back-flow of acid.




Welcome to,
“Liver pool”
Mate

(Citrus Liver Purge)

1	Grapefruit, juiced
1	Lemon, juiced
1 tsp	Olive Oil

Vitamin C both treats and prevents liver disease. This juice is supercharged with vitamin C. The small amount of olive oil serves to stimulate the flow of bile. Limit it to a teaspoon, since larger amounts can burden the liver. This is a great way to start your day.



ALFALFA SPROUTS

Medi-Sign Target
**Neurons, Neuro-Immunity
& Blood**

Shouts for Sprouts

Alfalfa is widely used in human foods, animal feeds and livestock forages around the world. Alfalfa is also used in both Western and traditional Chinese medicine. The use of the herb dates back thousands of years.



Alfalfa is a rich source of vitamins A, C, E and K and can be used to treat avitaminosis. Alfalfa is used to improve clotting and treat hypoprotrombinaemic purpura because vitamin K is critical in blood clotting. Alfalfa is also rich in the minerals calcium, potassium, phosphorus and iron. Alfalfa is a popular tonic for treating debility of convalescence when brewed into tea thanks to its abundance of nutrients. These nutrients include tricin. It is used as a commercial source of chlorophyll and carotene.

In Europe, alfalfa has a long history of folk use as a diuretic or “water pill.” For some people with blood sugar control problems, the manganese content of alfalfa gives the herb documented hypoglycaemic action. Alfalfa sprouts are good for treating endometriosis. The leaf tea is a hormone-balancing herb for stimulating milk flow in breastfeeding mothers. It also alleviates menopausal problems in older women. Alfalfa has also been used traditionally as an appetite stimulant, to promote weight gain and to stop bleeding.

Alfalfa and other sprouts have long been famous as “health food.” Recent research shows that in addition to being a superb source of nutrients, they also have an important curative ability. Sprouts like

alfalfa, radish, broccoli, clover and soybean contain concentrated amounts of phytochemicals (*plant compounds*) that can protect us against disease.

Canavanine, an amino acid analog in alfalfa, has been found to benefit pancreatic, colon and leukemia cancers. Plant estrogens are also abundant in sprouts. They increase bone formation and density and prevent bone breakdown or osteoporosis. These estrogens are also helpful in controlling hot flashes, menopause, PMS and fibrocystic breast tumors.

Alfalfa sprouts also contain a fine food source known as saponins. Saponins lower the bad cholesterol and fat but not the good HDL fats. Research has shown that this benefits arteriosclerosis and cardiovascular disease. Saponins also stimulate the immune system by increasing the activity of natural killer cells such as T- lymphocytes and interferon. The saponin content of alfalfa sprouts multiplies 450 percent over that of the unsprouted seed.

Sprouts also contain an abundance of highly active nutrients that prevent DNA destruction and protect us from the ongoing effects of aging. It wouldn't be inconceivable to find a fountain of youth here; after all, sprouts represent the miracle of birth. Alfalfa is good for arthritis. Since lupus is a form of arthritis, alfalfa is used with good results for people with lupus.

Medicinal Uses of Alfalfa
Alfalfa eliminates retained

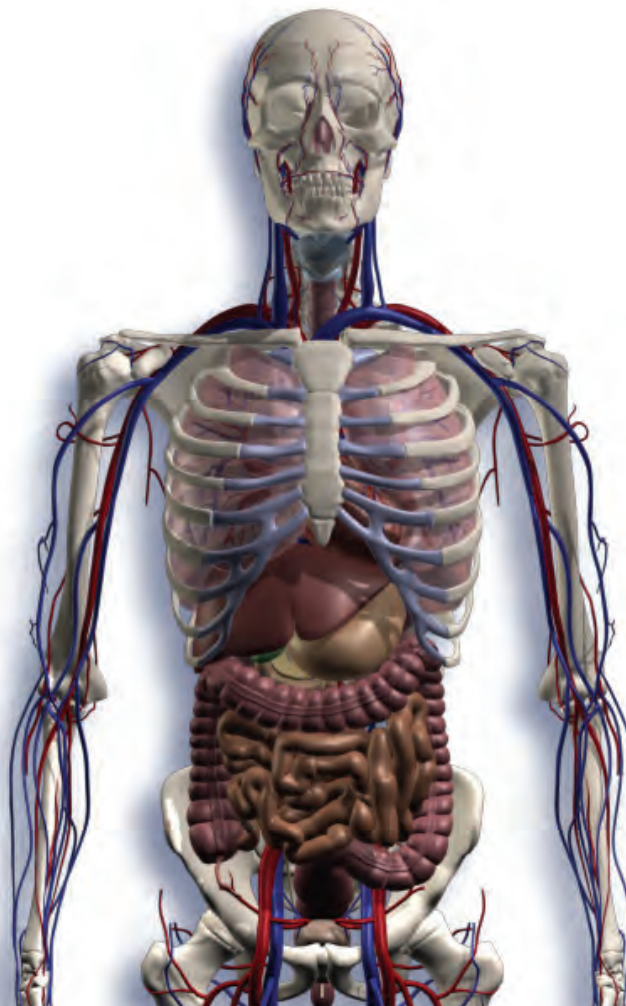


water, relieves urinary and bowel problems and helps in treating people recovering from narcotic nico-

tine and alcohol addiction. It is also useful for building the body after serious or prolonged illness or weakness, stimulates milk production, eases morning sickness by helping to balance the hormones, cleanses the blood and to lowers cholesterol levels.

Alfalfa is used in treating anemia, gout, arthritis, fatigue, insomnia, kidneys, peptic ulcers, pituitary problems, stimulating the appetite, regulating diabetes and for building general health. Kidney stones have been treated with alfalfa by the Chinese for centuries. Alfalfa sprouts contain more protein than corn and wheat. They are one of the richest sources of vitamins and trace minerals, like the necessary selenium, being high in vitamins A, D, E and K.

Research has shown that alfalfa contains constituents that may trigger a destruction of carcino-



"Natural forces within us are the time healers of disease." -Hippocrates

“Eat just enough and it will make you wise.” -John Lily

gens built up in the liver during the digestive process. Alfalfa aids in removing toxins from the body as well as neutralizing acids, which makes it an aid to digestion.

The founder of the Hippocrates Health institute, Ann Wigmore, (*since her passing, the new director, sadly enough, sells supplements*) dedicated her life to rediscover the healing and culinary properties of sprouts. At this institute, people were treated with alfalfa for different disorders.

As excellent detoxificants, sprouts were found to contribute extensively to the immune system. Sprouts are attributed rejuvenation qualities (*creative life force*) because they are biogenic. This contributes to the vitality and stamina experienced by thousands. Sprouts are rich in vitamins, minerals, proteins and relevant enzymes to assist its digestion.

Commercially available supplements synthetically prepared have no “*life force*.” This means they are not really natural, not to mention the price of the commercial vitamins compared to homegrown sprouts. Part of the “*magic*” of sprouts is that they are 100 percent organic! Only clean water is needed to get a fully-grown, crispy, tasty sprout. Germination of sprouts does not require soil, pesticides, or fungicides. It doesn’t even require light. What a contribution to our sensitive environment!

Have you ever heard of a vegetable that continues to gain vitamins after you harvest it? Sprouts do! Sprouts are living foods. Even after you harvest your sprouts and refrigerate them, they will continue to grow slowly, and their vitamin content will actually increase. Contrast that

with store-bought fruits and vegetables, which start losing their vitamins as soon as they’re picked and often have to be shipped a thousand miles or more in the winter.

Unlike other industries, such as meat, poultry and tobacco, the tiny 250 million dollar sprout industry has no public relations firm or Washington lobbyists to defend itself. Thus, the public only knows a small part of the story.

ALIMENTARY CANAL



The origin of the word “*alimentary*,” dates back to 1615, from Middle Latin “*ailimentarius*” meaning “*pertaining to food*,” and from “*alimentum*” meaning “*nourishment*.” It also has roots stemming from the word “*alere*” which means “*to nourish, maintain, rear or support*.” “*Canal*” can be traced back to about 1449. Stemming from Latin, “*canalis*” means “*pipe, grove or channel*.”

The alimentary canal, more commonly known as the digestive tract, is nine meters in length, running from the esophagus to the anus. Digestion begins at the mouth, where food is chewed and mixed with saliva. This adds moisture and the enzyme amylase to the food that is needed to begin to break down starches.

The tongue molds the food into a ball-mass known as the bolus. The bolus travels down the esophagus, through the pharynx by the peri-

staltic movement, a muscular contraction. The hormone gastrin arouses the secretion of acidic juices once the bolus enters the stomach. This further aids in the digestion of the food mass.

The food is no longer in a solid state form after the stomach carries out its role in the digestion process. It’s now a lumpy liquid called chyme. The chyme travels into a section of the small intestine known as the duodenum.

Most of the digestion occurs here at this stage due to the different enzymes released by the pancreas and by glands in the intestinal wall that affect each food molecule in the



chyme. At the end of this laborious process, each complex molecule has been broken down into its simple states called chyle.

Carbohydrates are broken down into simple sugars, protein into amino acids and fats into glycerol and fatty acids. These substances are absorbed by cells and various systems for the proper functioning of the organism. Substances that cannot be broken down by the body pass through the large intestine, or the colon, where the last of the water, ions and salts are reabsorbed. The remaining solid material, called feces, then exits through the anus. Thus, the alimentary canal is a passageway for food to be transported, absorbed and released.

As food goes through the body, it travels through the following path.

It starts in the mouth and continues on to the oesophagus. Next, it enters the stomach and then the duodenum and the ileum. The colon in the next stop followed by the rectum and finally the anus.

The rippling movements of the muscles are known as peristalsis. This process is to help the food travel along different parts of the alimentary canal.

Goblet cells protect the living cells of the alimentary canal from hard, rough food and enzymes by making mucus. The mucus covers the inside of the alimentary canal with a slimy layer over which undigested food can easily glide and prevents



enzymes from harming living cells.

Sphincter muscles are rings of muscle which control the outlet and inlet of food from the stomach to prevent blockages. They contract to squeeze the tube closed so that food stays inside the stomach while it is churned up with enzymes and hydrochloric acid.

Sphincter muscles are found at both ends of the stomach where the oesophagus enters the organ and where the duodenum leaves it. There is also the anal sphincter at the end of the alimentary canal, which opens to let feces pass out of the rectum.

Features which make the ileum good at absorbing digested food are:

It is the longest part of the alimentary canal ranging from 12 to 15 feet in length. This allows food to take a long time to pass through it so there is plenty of time for it to be absorbed.

It is also one of the narrowest parts of the alimentary canal so food is always quite near the walls making it easier for molecules to pass through the walls to the blood.

The inner surface of the ileum is thrown into folds. These increase the surface area and the larger the surface area, the faster the food is absorbed. On the folds are thousands of finger-like projections called villi, which also increase the surface area and even have their own little projections called microvilli.

There is a good blood supply to the ileum allowing for easy transportation of absorbed food to the rest of the body. Inside each villus is a blood capillary which absorbs amino acids and glucose.

Each villus also contains a lacteal. This absorbs fatty acids and glycerol and is a branch of the lymphatic system. The walls of the ileum are thin and moist to aid absorption.

ALKALOSIS

Medi-Sign Target
 Stop all Antacids &
 Eats lots of Citrus

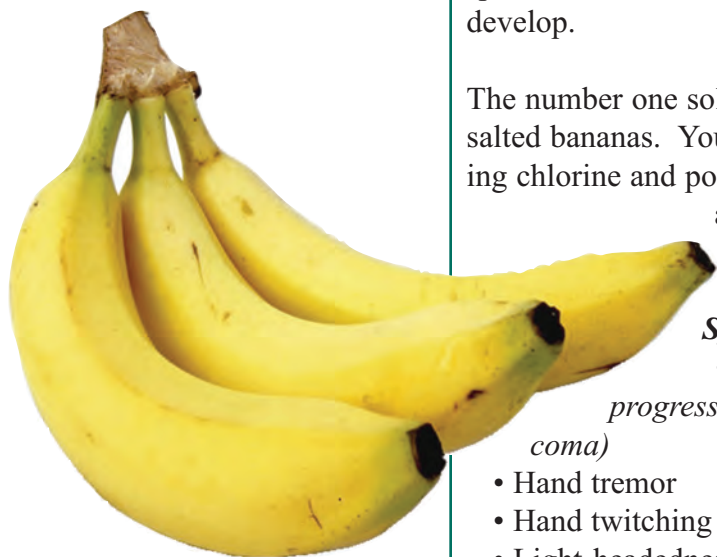
Alkalosis is excessive blood alkalinity caused by a few different conditions. One is an overabundance of bicarbonate in the blood or a loss of acid from the blood, known as metabolic alkalosis. A low level of carbon dioxide in the blood that results from rapid or deep breathing, respiratory alkalosis, is another. Metabolic alkalosis develops when the body loses too much acid or gains too much base. For example, stomach acid is lost during periods

“Whenever anyone says they are bored, I simply reply life is not boring..you are.” -Don Tolman

“A man may fish with the worm that bath eat of a king, and eat of the fish that bath fed of that worm.” -Shakespeare

of prolonged vomiting or when stomach acids are suctioned with a stomach tube as is sometimes done in hospitals. In rare cases, metabolic alkalosis develops in a person who has ingested too much base from substances such as baking soda.

Metabolic alkalosis can also develop when an excessive loss of sodium or potassium affects the kidneys' ability to control the blood's acid-base balance. For instance, loss of potassium sufficient to cause metabolic alkalosis may result from the use of diuretics, laxatives or corticosteroids.



Respiratory alkalosis develops when rapid, deep breathing, also known as hyperventilation, causes too much carbon dioxide to be expelled from the bloodstream. Anxiety is the most common cause of hyperventilation and respiratory alkalosis. Other causes include aspirin overdose, which can also cause metabolic acidosis, cirrhosis, fever, low levels of oxygen in the blood and pain.

Symptoms and Diagnosis

Alkalosis may cause irritability, muscle cramps, muscle twitching or no symptoms at all. If the alkalosis is severe, prolonged contraction and



spasms of muscles, or tetany, can develop.

The number one solution is to eat salted bananas. Your body is lacking chlorine and potassium and salt and bananas do the job.

Symptoms

- Confusion (*can progress to stupor or coma*)
- Hand tremor
- Hand twitching
- Light-headedness
- Muscle twitching
- Nausea, vomiting
- Numbness or tingling in the face or extremities
- Prolonged muscle spasms (*tetany*)

Prevention

The prevention depends on the cause of the alkalosis. Normally, individuals with healthy kidneys and lungs do not significantly experience alkalosis.

Chlorine exists in the form of a salt, known as chloride, in the human body. It is present mostly in the extracellular fluid.

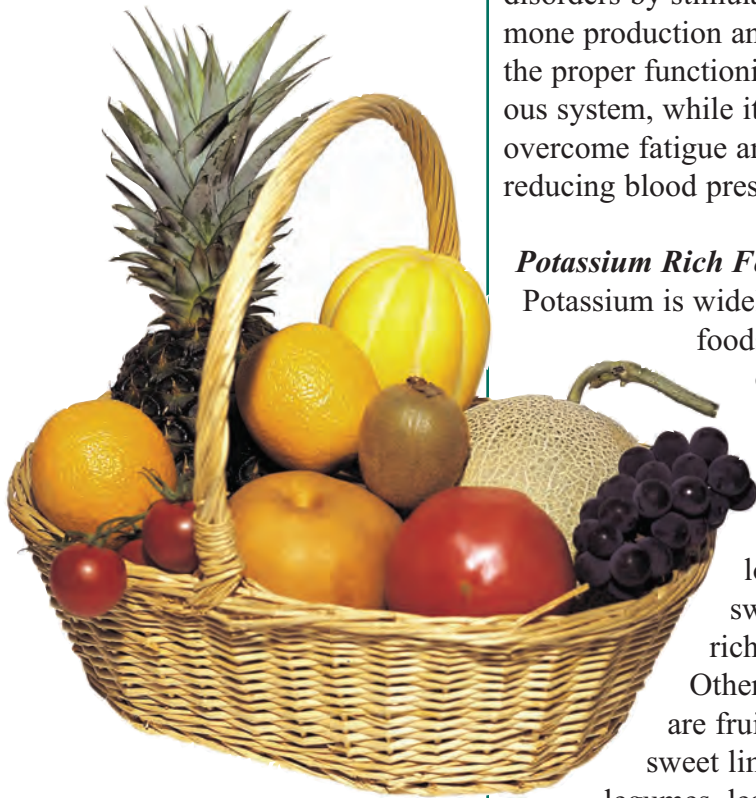
Chlorine Benefits – Functions in the Body

Chlorine is essential for the proper distribution of carbon dioxide and the maintenance of osmotic pressure in the tissues. It is necessary for the manufacture of glandular hormone secretions and prevents the building of excessive fat and auto-intoxication. Chloride regulates the alkali-acid balance in the blood and works with potassium in a compound form. Potassium-chloride is also essential for the production of hydrochloric acid in the stomach, which is needed for proper protein digestion. It is involved in the maintenance of proper fluid and electrolyte balance in the system.

Chlorine-Rich Food Sources

Chloride is found in barley, green, leafy vegetables, pulses and fruits like melon and pineapple and wheat and other grains.

The chloride that we take in is mostly in the combined form of sodium chloride. Hence, the foods that contain large quantities of sodium also contain chloride in the same proportion and vice versa.



Chloride Deficiency Symptoms

Deficiency of chloride can occur when sodium chloride is restricted during the active phase of general oedema or hypertension. The symptoms are the same that occur with sodium chloride deficiency. Excessive loss of salt from the body due to perspiration can result in heat cramps. Deficiency may lead to loss of hair and teeth and may also result in impaired digestion of foods and derangement of fluid levels in the body.

Potassium Benefits – Functions in the Body

Potassium is important as an alkalizing agent as it maintains a proper acid-alkaline balance in the blood and tissues and prevents hyperacidity. It is also essential for muscle contraction making it important for the proper functioning of the heart, in particular for maintaining a normal heartbeat. Potassium also promotes the secretion of hormones and helps the kidneys in detoxifying the blood. It prevents female hormonal

disorders by stimulating the hormone production and is involved in the proper functioning of the nervous system, while it also helps to overcome fatigue and assists in reducing blood pressure.

Potassium Rich Food Sources

Potassium is widely distributed in foods. Pulses such as cowpeas, black gram, green gram and red gram and vegetables like lotus stems and sword beans are rich in potassium. Other good sources are fruits such as bael, sweet limes and peaches, legumes, leafy vegetables and one of the best being bananas.

Potassium Deficiency Symptoms

Potassium deficiency is very unlikely in healthy individuals because normal food supplies contain sufficient quantities of this mineral. However, potassium deficiency may occur during gastrointestinal disturbances accompanied by severe vomiting and diarrhea, diabetic acidosis, potassium-losing nephritis and potassium loss during steroid therapy. Mental and physical stress can also lead to potassium deficiency.

Potassium is one of the most impor-

tant minerals and is essential for the life of every cell. It is also among the most generously and widely distributed of all the tissue minerals.

It is found principally in the intracellular fluid. A small amount of potassium in the extracellular fluid is necessary for normal muscular activity as well.

Potassium is a bluish-white metallic element and is highly reactive so it is never found free in nature. It plays an important role as a catalyst in energy production and in the synthesis of glycogen and protein. Liberal use of hard alcohol, diuretics and sugar can lead to depletion of potassium.

Potassium absorption occurs mainly in the small intestine. About 90 percent of potassium is excreted in the urine in healthy people on a normal diet. Increased amounts of potassium are found in the urine whenever the tissues are losing potassium. Perhaps the most important cause of this loss is a breakdown of cellular proteins such as occurs in diabetes, under-feeding and after an injury.

Apple Cider Vinegar is one of the oldest, most powerful, healing home remedies imaginable. It breaks down fat and is widely used to lose weight. It has also been reported that a daily dose of apple cider vinegar in water has soaring blood pressure under control in two weeks! A wonderful side effect of drinking apple cider vinegar every day is that it brings a healthy, rosy glow to one's complexion,

which is great news if you suffer from a pale countenance.



“Eat, drink and love; the rest’s not worth a filip.” -Lord Byron

“Reminds me of my safari in Africa. Somebody forgot the corkscrew and for several days we had to live on nothing but food and water.” -Mark Twain (1835-1910)

pH Balance

It has been suggested that apple cider vinegar has such curative abilities because it causes one's pH levels to become more alkaline or more acidic.

Scientists have measured ninety different substances in apple cider vinegar including thirteen types of carboxylic acids, four aldehydes, twenty ketones, eighteen types of alcohols and eight ethyl acetates as well as much more. It also contains important minerals, trace elements and vitamins as well as acetic acid, amino acids, enzymes, lactic acid, propionic acid, as well as roughage in the form of potash and apple pectin. Some other minerals and trace elements found in apple cider vinegar are calcium, chlorine, copper, fluorine, iron, magnesium, phosphorous, potassium, silicon, sodium and sulfur.

ALLERGIES

Medi-Sign Target

water, Apples, Legumes & Green Foods

What Are Allergies?

Allergies are abnormal, immune-system reactions to things that are typically harmless to most people.

Allergic reactions can be mild, like a runny nose, or severe, like difficulty breathing. An asthma attack, for example, is often an allergic reaction to something that is breathed into the lungs of a person who is susceptible.

Some types of allergies produce multiple symptoms, and in rare cases, an allergic reaction can become very severe. This severe



reaction is called anaphylaxis (*ah-nuh-fuh-lak-sis*). Some of the signs of anaphylaxis are difficulty breathing, difficulty swallowing, dizziness, loss of consciousness as well as swelling of the lips, tongue and throat or other parts of the body. Anaphylaxis usually occurs minutes after exposure to a triggering substance, but some reactions may be delayed by as long as four hours. Luckily, anaphylactic reactions don't occur often and can be treated successfully if proper procedures are followed.

Why Do People Get Allergies?

The tendency to develop allergies is often hereditary, which means it can be passed down through your genes (*thanks a lot, Mom and Dad!*). However, just because a parent or sibling might have allergies, that doesn't mean you will definitely get them, too. A person usually doesn't inherit a particular allergy, just the likelihood of having allergies.

Some of the most common allergens

Food allergies are most common in infants and often go away as a child gets older. Many simply cause annoying symptoms like diarrhea,

an itchy rash and a stuffy nose although some food allergies can be serious. Most agree that the foods that people are most commonly allergic to are milk and other dairy products, eggs, peanuts and tree nuts, seafood and wheat, soy.



The venom, or poison, in insect bites and stings causes allergic reactions in many people. These allergies can be severe and may cause an anaphylactic reaction in some people.

Airborne particles are often called environmental allergens and are the most common allergens. Some examples of airborne particles that can cause allergies in people are animal dander, which are flakes of scaly, dried skin and dried saliva from your pets, dust mites, which are tiny bugs that live in house dust, mold spores, and pollen from grass, ragweed and trees.

Antibiotics, or medications used to treat infections, are the most common types of medicines that cause allergic reactions. Many other medicines, including over-the-counter medications, those you can buy without a prescription, can also cause allergic reactions.

Chemicals found in some cosmetics or laundry detergents can cause people to break out in an itchy rash known as hives. This is usually because the person has a reaction to the chemicals in these products. Dyes, household cleaners and pesticides used on lawns or plants can

also cause allergic reactions in some people.

Avoidance

In some cases, like food allergies, avoiding the allergen can be a life-saving necessity. The only way to treat food allergies where the reaction is extreme is to avoid the allergen entirely. For example, people who are allergic to peanuts should avoid not only peanuts, but also any food that might contain even tiny traces of them.

Avoidance can help protect people against non-food or chemical allergens, too. In fact, for some people, eliminating exposure to an allergen is enough to prevent allergy symptoms.

Here are some things that can help you avoid airborne allergens:

- Keep family pets out of certain rooms, like your bedroom, and bathe them if necessary.

- Remove carpets or rugs from your room. Hard floor surfaces don't collect dust as much as carpets do.

- Don't hang heavy drapes and get rid of other items that allow dust to accumulate.

- Clean frequently. If your allergy is severe, you may be able to get someone else to do your dirty work!

- Use special covers to seal pillows and mattresses if you're allergic to dust mites.



- If you're allergic to pollen, keep windows closed when pollen season is at its peak, change your clothing after being outdoors and don't mow lawns.

- Avoid damp areas, such as basements, if you're allergic to mold and keep bathrooms and other mold-prone areas clean and dry.

The main reason for a person to experience an allergic reaction is that their body makes a special type of protector cell called Immunoglobulin E (*IgE*), which can react with environmental substances, allergens, in a harmful way.

When allergens and *IgE* cross they release histamine, which produce symptoms in the chest, eyes, nose, skin, etc. The most common allergens are animal dander, house dust, house-dust mites, molds, pollens, some drugs and many foodstuffs, especially eggs, fish, milk and nuts. Bee and wasp stings may cause allergic reactions which lead to fatality in rare cases. Cosmetics, dyes, feathers, perfumes and wool may also act as allergens.

CHEMICAL ALLERGIES

From fabrics to flooring, from makeup to medicines, your world is full of chemicals and many can cause adverse allergic reactions. Chemical allergies typically affect the skin but can also be cause of irritation to mouth and respiratory tract.

These chemicals are everywhere, including in your home. The typical residence can contain upwards of 200 different contaminants, espe-

cially if it's an energy-efficient home built after the late 1970's.

One of the most widespread and troublesome is formaldehyde, found in carpeting, dyes, foam insulation, paper, particle board or wallboard, permanent-press clothing, plaster, polishes and waxes. Formaldehyde can irritate the eyes and mucous membranes lining the respiratory tract although you may not see it or smell it. High levels of nitrogen dioxide, a gas released from gas ranges, pilot lights and kerosene and gas space heaters, also can lead to breathing problems, cough, eye irritation and nasal congestion.



The best way to avoid any symptoms associated with these indoor chemicals is to eliminate their sources. Since that may be impossible due to the structure of your home, here's what you can do.

Don't add to the problem.

Increasing ventilation will help to remove some of these irritants, even in tight homes. Open windows, vent space heaters and cooking appliances to the outside and circulate outdoor air indoors.

Use ceiling fans. Air that moves purifies itself.

Protect yourself. Wear protective gloves and clothing when you're

"Cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers."
-Allen Levin, MD, UCSF

working with chemicals known to be harmful like dyes, paint thinners and other solvents. Wash clothing immediately afterward.

Consider cosmetics. If you suspect you're allergic to the cosmetics you're using, switch to those labeled hypoallergenic. That designation means they are specifically formulated to be less likely to cause an allergic reaction.

Diagnosis and Treatment.

Identification of the offending chemicals can be extremely difficult and requires a detailed history, including a diary of when symptoms occur and any obvious chemical exposures. Treatment consists mainly of avoidance of the offending chemicals.

FOOD ALLERGIES

The stomach and the digestive system are also frequent targets for allergies. Having an allergy to foods can result in constipation, diarrhea, stomach pains or vomiting. Eczema and hives may be produced after ingesting food to which one is allergic. Food allergies may also trigger asthmatic attacks and, rarely, generalized anaphylaxis. Food anaphylaxis is most commonly seen with ingestion of nuts and iodinated shellfish such as lobster and shrimp.

Allergic Reactions

Food normally doesn't provoke a response from the human immune system, which is the body's defense from microbes and other threats to health. According to researchers at the National Institute of Allergy and Infectious Diseases, two parts of the immune system response are involved in food allergies. One is the production of a protector cell called immunoglobulin E (*IgE*) that circulates in the blood. The other

part is a type of cell called a mast cell. Mast cells occur in all body tissues but especially in areas that are typical sites of allergic reactions, including the gastrointestinal tract, lungs, nose, skin and throat.

People usually inherit the ability to form *IgE* for foods. Those more likely to develop food allergies come from families in which allergies such as asthma, eczema or hay fever.

A predisposed person must first be exposed to a specific food before *IgE* is formed. Tiny protein fragments prompt certain cells to produce specific *IgE* for that food as the food is digested for the first time. The *IgE* then attaches to the surface of mast cells. The next time the particular food is eaten, the protein interacts with the specific *IgE* on the mast cells and triggers the release of chemicals such as histamine that produce the symptoms of an allergic reaction. The individual may experience an itchy tongue or mouth and may have trouble breathing or swallowing if the mast cells



release chemicals in the nose and throat.

If mast cells in the gastrointestinal tract are involved, the person may have diarrhea or abdominal pain. Skin mast cells can produce hives or intense itching.

Protein fragments found in foods are responsible for an allergic reaction when they are not broken down by cooking or by stomach acids or enzymes that digest food. These proteins can cross the gastrointestinal lining, travel through the bloodstream and cause allergic reactions throughout the body.

The timing and location of an allergic reaction to food is affected by digestion. For example, an allergic person may first experience a severe itching of the tongue or "tingling lips." Cramps, diarrhea or vomiting may follow. The allergens can cause asthma, drop in blood pressure, eczema or hives as they enter the bloodstream and travel throughout the body. The onset of these symptoms may vary from a few minutes to an hour or two after the food is eaten.

Most Likely Suspects

Food allergy patterns in adults differ somewhat from those in children. The most common foods to cause allergies in adults are crab, lobster, shrimp and other shellfish, eggs, peanuts, which are one of the chief foods responsible for severe anaphylaxis, walnuts and other tree nuts.

In children, eggs, milk, peanuts, soy and wheat are the main causes of an allergic reaction. Children typically outgrow their allergies to milk, eggs, soy and wheat, while allergies to fish, peanuts, shrimp and tree nuts usually are not outgrown.

"There is nothing for a case of nerves like a case of beer."

A Growing Problem

The prevalence of food allergy is growing and probably will continue to grow along with all allergic diseases.

Research over the last three decades indicates that the number of people with allergies is skyrocketing in developed and developing countries but not in underdeveloped areas.

The fewer germs in that are in the environment, the more time the immune system can devote to worrying about things like allergens. Recent studies indicate that growing up in a large family or daycare center actually decreases the likelihood of developing an allergy.

People with a food allergy typically walk around with a little bit of fear all the time. Follow these steps in order to decrease worry.

Become a wise shopper. Learn the technical and scientific names for foods that you or your child is allergic to. Milk, for example, can be present in foods under many names such as caseinate or whey, and eggs could be listed as albumin or ovomucin. If you encounter names you're not familiar with on a label, look them up before you eat the food or call the manufacturer and ask about the ingredients. Read label ingredient information every time you buy a food product. Manufacturers sometimes change ingredients without warning.

Beware of cross-contamination. If you're cooking an allergy-free dish

for one child, be sure you don't stir it with the same spoon you're using for other dishes that might contain an allergen.

Be especially careful to wash all cookware, dishes and tableware thoroughly with soap and water and rinse them well to be sure no allergen remains. It's a good idea to put all your cooking materials in the dishwasher and run them through a regular cycle.



Involve your child. Allergic children should know what foods they're allergic to and be taught to be aware of their own bodily symptoms.

Explain to your child that certain foods make their body react, and that they should avoid them. For a young child, it may help if the two of you cut pictures of offending foods out of magazines and mount them on a poster. Explain symptoms to your child and tell them that they should let you or another adult know immediately if they feel those symptoms.

Role-play situations. Your child may worry about avoiding temptation or may experience peer pressure to eat forbidden foods. Role-playing possible scenarios can help

him learn how to handle whatever comes up.

For example, pretend you're a friend of your child's at a birthday party, cajoling your child to taste ice cream although they're allergic to milk. Have your child practice saying no and explaining that the food will make him sick. Reinforce the positive. Compliment your child every time she turns down an allergy-causing food. This builds independence and self-esteem, which is important because it will ultimately be their responsibility to monitor their own diet as they get older.

For common allergies, here is a partial list of some ingredient words and foods to avoid.

Eggs: albumin, mayonnaise, ovalbumin, ovomucin, ovomucoid, Simplesse. A shiny glaze on baked goods also may indicate the presence of eggs.

Milk: artificial butter flavor, butter, butterfat, buttermilk, casein, caseinates, cheese, cream, curds, dry milk solids, lactalbumin, lactose, milk derivative, milk protein or milk solids, rennet casein, sour cream, sour milk solids, whey, yogurt. There may be milk present if the label indicates caramel color or flavoring, high protein flour, margarine or natural flavoring.

Wheat: bran, enriched flour, farina, gluten, graham flour, high gluten flour, high protein flour, wheat bran, wheat germ, wheat gluten or wheat starch, whole wheat flour. Wheat may be present if the label indicates: gelatinized starch, modified food

"Despite widespread use of chemotherapies, breast cancer mortality has not changed in the last 70 years."

-New England Journal of Medicine, vol. 292



starch, modified starch, starch, vegetable gum or vegetable starch.

Tree nuts: almonds, brazil nuts, cashews, filbert, hazelnuts, gianduja, hickory nuts, macadamia nuts, marzipan, nut butters, nut oil, nut paste such as almond paste, pecans, pine nuts, pistachios, walnuts. Also avoid natural extracts such as almond extract or wintergreen extracts.

Peanuts: cold pressed peanut oil, mixed nuts, peanut butter or peanut flour. Peanuts may be present in chili, candy, Chinese and Thai dishes, egg rolls, marzipan or soups.

Soy: miso, soy flour, soy nuts, soy protein or soy sauce, textured vegetable protein (TVP) or tofu. Soy may be present if the label indicates vegetable broth, gum or starch.

Alert caregivers. Schedule a meeting with your child’s teachers, school administrator, counselor, nurse, cafeteria personnel and office staff before the school year begins. Explain to this team what foods cause a reaction, what precautions should be taken and emergency procedures and furnish the same information for any family members or babysitters who take care of your child.

Create a special alarm signal. Have your child create a signal to let the teacher know that they are having a reaction. Tell family, friends and school personnel what the signal is. This signal could be a code word or a gesture such as pointing to the throat.

Take special care when eating out. Allergens can be present in foods where you don’t expect them. Make sure you know what ingredients are in prepared food. Pack your child’s lunch, and explain clearly to your child why he can’t swap lunches with friends unless you can review the school menu with school personnel ahead of time.

Plan before parties. Talk to the host so you know what will be served and the host will be aware of your child’s allergies before your child attends a party or school function where food will be served. Send along special treats that your child can eat if your child is allergic to anything on the menu.

Avoid bakery items. Baked goods are notorious for including possible problem foods such as eggs, milk nuts and other ingredients. It’s much safer to bake items yourself, either from scratch or using mixes with labels you’ve carefully scrutinized.

Buy a medical emergency necklace. If your child suffers from severe food allergies, the kind that can cause anaphylaxis, have them wear a medical emergency necklace and carry a personalized emergency-care card. You can buy one at a jewelry or drugstore.

The two things that can overcome allergies are:

1. Extended mono diets with periods of water fasting (*see fasting*).
2. Repeated exposure to the food causing the reaction. Start by holding it and smelling it, then in time, licking it, then tasting it and eventually swallowing some. It appears food allergies are the body’s response to extreme shortage of a specific nutritional component. I have seen this work for people dozens of times.

HAY FEVER

(*Allergic Rhinitis*)

Symptoms include headaches, itching in the eyes, nose and throat, pain in the head and sinuses, red, post-nasal drip and runny or stuffy nose. A clear, watery, discharge from the nose and eyes can also occur along with sneezing and nervous irritability.

Causes

Hay fever is most frequently caused by breathing in plant pollens such as ragweed and grass pollen, which are the worst offenders. The problem tends to be seasonal in the spring or



fall, according to plant cycles. Hay fever is a reaction of the mucous membranes of the air passages, eyes and nose to such seasonal pollens. Dry, windy, days, riding in an open car and working in the garden sometimes increase symptoms. Morning and evening hours are the most uncomfortable due to the body trying to clean out toxins and dust. If the person is eating too much or eating foods, such as cooked milk, ice cream, refined sugar and white-flour products, too much meat the overloaded system cannot deal properly with additional task of resisting the effects of airborne pollens.

Water and salt nasal sprays can help relieve symptoms as well as drinking one teaspoon of salt to one gallon of chilled water. Stop using all supplements, as they tax the body's systems.

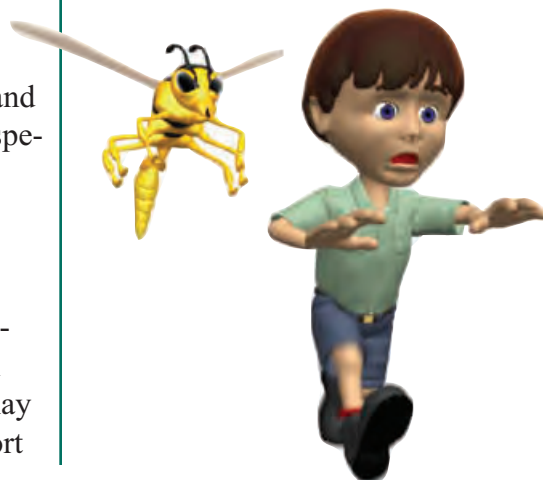
INSECT ALLERGIES

Severe, allergic reactions to bee and wasp stings are most common, especially in the United States. Such reactions to insect bites include hives, running nose and eyes, swelling of the throat, attacks of asthma and, in severe cases, fainting. Also an entire extremity can swell when bitten locally. You may become unconscious within a short

space of time should you be highly sensitive to bee or wasp stings. Immediate action should be taken to get you expert medical treatment, preferably at the nearest hospital. This is one of the rare times that I would ever suggest this. Hospitals are very dangerous places.

OCCUPATIONAL ALLERGIES

The term occupational allergy is generally used to describe episodes of allergic reactions that occur after working with industrial dusts, fumes, gases or vapors. Furthermore, substances like nickel found in coins, chromium found in cement, rubber, different dyes, formaldehyde and glues may result in eczema that occurs at the site of contact with the skin. Inhalants such as grain dust may affect farmers who are frequently exposed to it.



Acupressure

Acupressure is given through clothing on pressure points. It helps to stimulate the flow of energy and improve circulation throughout the body. It is based on the idea that energy flowing throughout the body may be manipulated by pressure to treat disease or improve health. Acupressure requires no needles but instead, relies on the thumbs, palms, heels of the hands and elbows to apply pressure.

Chiropractic Care

Although chiropractic is not a treatment for allergies, it does permit the immune system to function more effectively, therefore placing less stress on the nervous system. Allergies are simply a hypersensitive immune system responding to the environment. The nervous system seems to be the controlling factor for the immune system and chiropractic frees up the nerves so that they are not irritated and hypersensitive to stimuli.

Reflexology

Reflexology is a therapy that works on the principle that there are reflexes on the feet and hands that correspond to all glands, organs and other parts of the body. The touch and pressure receptors of the nervous system transfer the sensation to the receptive areas of the body by stimulating these reflexes with the thumb and forefingers. This can activate the body's own natural healing system by improving the nerve and blood supply and helping nature to normalize the various functions of the body.

The stimulus of pressure is usually applied to the adrenal reflex area to create a healthful response by the body to allergies, asthma and sinus problems. The adrenal reflex area is

“Life extension: time adds experience to knowledge and wisdom to curiosity.”

"Be true to your teeth or your teeth will be false to you."

found on the palms of both hands, halfway down the long first metacarpal bone of the hand below the thumb. To find the area, put your right thumb on top of your left thumb. Reposition the right hand moving the right thumb down, toward the wrist. Your hand is now positioned so that your right index finger can curl around the hand and exert pressure at the midpoint of the long bone. Rest your fingertip on the palm of the hand and press. If the area feels sensitive you have found the spot.



A detoxification diet will generally help remove some or all of the allergy-causing toxins if a substance has registered in the body as a toxin. Whether the toxins are chemicals, food, pets or other environmental irritants, a juice and water detoxification diet purifies and nourishes your system while providing allergy relief. Vegetable juices are preferred in this instance over fruit juices because vegetables have a lower sugar content.

Foods That Help

The key to managing allergies is in controlling the amounts of histamine that is released into the body. Quercetin, a class of water-soluble plant pigments called bioflavonoids, is very helpful. Foods rich in quercetin include onions, apples, black tea and onions while leafy green vegetables and beans are secondary sources of this helpful bioflavonoid.

Vitamin C is also a natural remedy.

Ironically, pharmaceutical antihistamines, which are often prescribed as a traditional remedy for allergy relief, use up your body's reserve of vitamin C and deplete you in many other ways as well. If allergy sufferers turn first to food sources such as vegetable and fruit juices, not only can they receive relief but also preserve precious supplies of immunity-building vitamin C.

Flaxseed oil is rich in vitamins C, B1, and E and helps relieve some allergies while offering increased stamina and energy.

It is essential to drink enough water and juices to alleviate and prevent allergies. Dehydration is considered to be an underlying cause of allergies. Many wheat grass users report that their allergies have been alleviated.

Foods for Irritants:

- 👍 Apples
- 👍 Barley grass
- 👍 Beans
- 👍 Cantaloupe
- 👍 Citrus fruits
- 👍 Flaxseed oil
- 👍 Leafy green vegetables
- 👍 Onions
- 👍 Strawberries
- 👍 Water
- 👍 Wheat grass

(See: *Apple cider vinegar*)



Freedom Foods

- 2 Tbsp Flaxseed
- 1/2 cup Lemon Juice
- 1 Cantaloupe
- Oranges
- Grapefruit

Juice these fabulously healthy fruits for their vitamin C, quercetin and bioflavonoids. What a delicious way to keep the allergies under control. Make sure to scrape out the white pulpy part of these fruits, where most of the bioflavonoids reside. This is a great place to add flaxseed oil to your diet, which helps some allergies. Do this everyday for 90 days.



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ALLSPICE

Medi-Sign Target
Blood Purifier

Named quite literally for its pleasing aroma, allspice smells like a combination of ginger, nutmeg, cinnamon and ginger. In many parts of the



world, allspice is referred to as pimento, though this is a bit of a misnomer; upon original discovery, Spanish explorers thought the allspice berry was black pepper (*pimienta in Spanish*). The best allspice in the world comes from the lush soil and moderate climate of Jamaica. It is the only spice that is exclusively cultivated in the Western Hemisphere. Wild trees indigenous to South and Central American rainforests have been over-forested and replaced with plantations in Central America and Mexico.

Allspice has a variety of culinary uses; however, it's the practical and medicinal applications that are the most interesting. South American Indians added allspice to flavor chocolate; Mayans used allspice in their embalming rituals; and Russian soldiers in the Napoleonic war of 1812 put it in their boots to keep their feet warm. Little did they realize the long-lasting impact of their actions. The allspice did the job to keep their toes warm but concurrently curtailed unpleasant foot odors, a discovery still in wide use by the cosmetic industry. The next time you see "spice" on a men's cologne product, thank those Russian soldiers. The cologne (*and other toiletry products*) probably has allspice oil in it!

Allspice has properties that assist

with digestion and the expulsion of gas from the intestines. For this reason, it is widely used in natural preparations for treatment of gastrointestinal discomforts. The oil of allspice is actually irritating to the skin, but in the sense that it causes vasodilatation (*expansion of blood vessels*), thereby increasing the skin's blood flow to make the skin feel warmer. Tannins present in allspice produce a subtle yet effective anesthetic; when coupled with the warming properties, allspice is an excellent homeopathic remedy for treatment of sore muscles, arthritis, and other similar muscle and joint pains.

ALMOND

Medi-Sign Target
Brain, Testicles & Ovaries

Interior Brainfood

1. Almonds have maintained religious, ethnic and social significance



throughout history. The Bible's book of Numbers tells of Aaron's rod that blossomed and bore almonds, using them as a symbol to represent the divine approval of Aaron by God.

2. Explorers consumed almonds while traveling the "Silk Road" between Asia and the Mediterranean. Almond trees flourished in the Mediterranean region before long to include such areas as Greece, Italy, Israel, Morocco and Spain.

3. The Romans showered newly-weds with almonds as a fertility charm. There have been documented findings that nutmeats and dried fruits were treated as delicacies of this time, due to the cultivation of these foods not being as prevalent as it is today. Imagine the value of something as small as a nut being a cherished gift for so many centuries!

4. The almond tree was brought to California from Spain in the mid-1700's by the Franciscan Padres. The moist, cool weather of the coastal missions, however, did not provide optimum growing conditions. It wasn't until the following century that trees were successfully planted inland.

5. By the 1870's, research and cross-breeding had developed several of today's prominent almond varieties. The almond industry was firmly established in the Sacramento and San Joaquin areas of California's great Central Valley by the turn of the twentieth century.

6. California's almond yield has doubled in the past 20 years. More than

"Maybe your life, wasn't meant to be ordinary..."

“After a year in therapy, my psychiatrist said to me, “Maybe life isn’t for everyone.”

a half million acres in the lush San Joaquin and Sacramento valleys are under almond cultivation, stretching 400 miles between Bakersfield and Red Bluff, California. The modern industry of today reveals a different look at almonds. Focused on highly advanced methods of production sorting, hulling and processing, the industry still maintains its down to earth goodness invoked by this simple nut. Over the past three decades, extensive research exploring the health benefits of almonds has given validity to the fact that almonds are a healthy snack alternative, (Duh!).

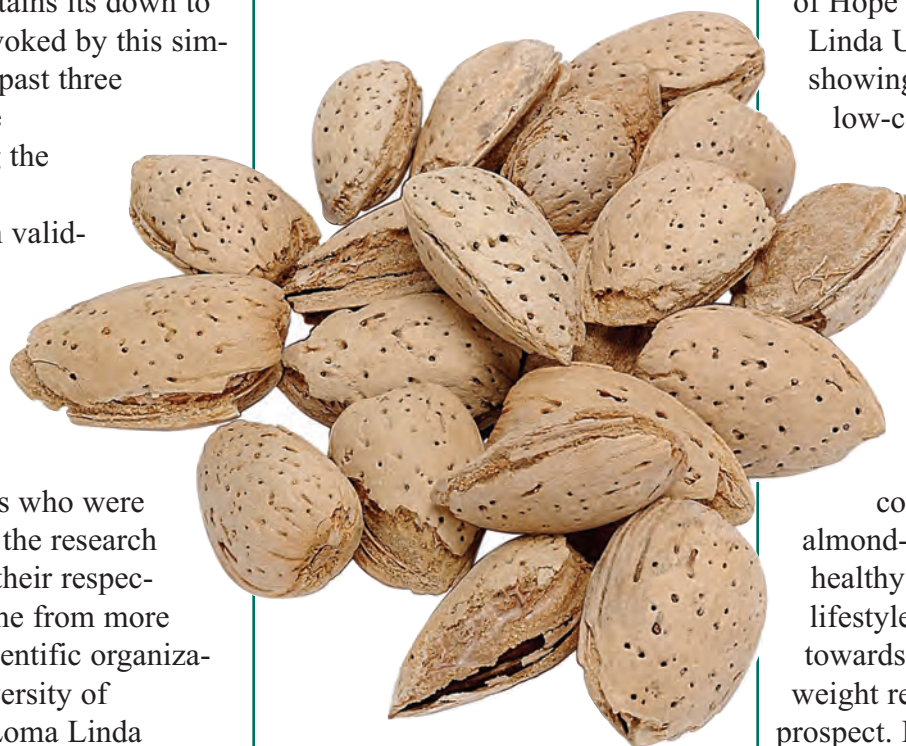
The project leaders who were commissioned for the research rank at the top of their respective fields and come from more than 20 global, scientific organizations such as University of California (UC), Loma Linda University (LLU), University of Toronto (U of T), Tufts University, Michigan State University, Purdue University, City of Hope Medical Center, King’s College London, Peking Medical University and others.

There is emerging research demonstrating that almonds as nutrient-rich, satiating food may play a role in weight control and maintenance, followed by the latest information on almond phytochemicals and their potential role in cancer prevention.

Heart Health Benefits

In September of 2002, the American Heart Association’s journal published the first almond study in a medical journal. The study showed that in people with elevated chole-

sterol, almonds significantly lowered bad cholesterol levels. In June of 2003, a second study published in the American Journal of Clinical Nutrition on men and women with normal cholesterol levels showed that a high-almond diet decreased total cholesterol, reduced LDL and improved HDL levels.



The Food and Drug Administration

On July 15, 2003, the FDA approved the first qualified health claim for conventional food, saying that **“eating one and a half ounces [about one-third of a cup] of most nuts, including almonds, may reduce the risk of heart disease when they’re part of a diet low in saturated [animal] fat and bad [acidic] cholesterol [which only comes from animals.]”**

Almond Composition

Along with clinical studies, there is a concentrated and ongoing effort to update almond composition data including the USDA revision of the nutrient database for almonds. Almonds are a nutrient-dense,

whole food and are a good source of dietary fiber, heart-healthy monounsaturated fat, high-quality protein and are cholesterol free.

Almonds and Weight/Diabetes

In November of 2003, the International Journal of Obesity published research findings by City of Hope Medical Center and Loma Linda University in California showing that an almond-based low-calorie diet (LCD)

improves abnormalities associated with the metabolic syndrome. The epidemic of overweight and obesity and increased prevalence of the metabolic syndrome and type II Diabetes is of serious public health concern. The prospect that almond-intervention as part of a healthy dietary plan and ideal lifestyle habits may play a role towards maintaining weight or weight reduction is an exciting prospect. It is also a foundation for research in many domains related to almond energetics, long term weight loss studies and almond composition and digestion.

Description

The almond that we think of as a nut is technically the seed of the fruit of the almond tree, a glorious medium-size tree that bears fragrant pink and white flowers. Like its cousins, the peach, cherry and apricot trees, the almond tree bears fruits with stone-like seeds, or pits, within. The seed of the almond fruit is what we refer to as the almond nut.

Almonds are off-white in color, covered by a thin brownish skin and encased in a hard shell. Almonds are classified into two categories,

sweet ones which are scientifically known as *Prunus amygdalu var. dulcis*, and bitter ones which are scientifically known as *Prunus amygdalu var. amara*.

Sweet almonds are the types that are eaten. They are oval in shape, usually malleable in texture and wonderfully buttery in taste. They are available in the market either still in their shell or with their shell removed. Shelled almonds are available whole, sliced or slivered in either their natural form with their skin, or blanched with their skin removed.

Bitter almonds are used to make almond oil that is used as a flavoring agent for foods and liqueurs such as Amaretto. They are otherwise inedible as they naturally contain toxic substances such as hydrocyanic acid. These compounds are removed in the manufacturing of almond oil. It would be hard to name very many vitamins, minerals or other nutritional components that almonds don't have. They are a nutrient power house.

Health Benefits

- Almonds Lower LDL-Cholesterol and Reduce Your Risk of Heart Disease
- Almond's Healthy Fats Help You Lose Weight
- Daily Consumption of Almonds Help You Eat a Healthier Diet, they change what you desire to eat.
- Manganese, Copper & Riboflavin – More Help with Energy Production
- They Promote Colon Health
- Help Prevent Gallstones

- A Protein Powerhouse

Almonds help reduce inflammation of blood vessels.

Almonds lower's your cholesterol as much as a statin drug according to the American Journal of Clinical Nutrition in February.

ALMOND OIL

Medi-Sign Target
Brain, Heart & Blood Vessels

"Oleum Amygdalae," the fixed oil, is prepared from either variety of almonds and is a glyceryl oleate, with slight odor and a nutty taste. It is almost insoluble in alcohol but readily soluble in chloroform or ether. It may be used as a pleasant substitute for olive oil.



The sweet almond itself contains practically no starch and may therefore be made into flour for cakes and biscuits for people suffering from diabetes mellitus or any other form of glycosuria. Almond extract is also a popular substitute for vanil-

la extract among people with diabetes.

Sweet almonds are used in marzipan, nougat and macaroons, as well as other desserts. Almonds contain 35 percent by weight USDA Vitamin E and are high in monounsaturated fat, the "good" fat responsible for lowering LDL cholesterol.

ALZHEIMER'S

Medi-Sign Target
Nuts, Seeds, Whole Grains,
Water & Salt

Alzheimer's disease requires the following approaches in treatment.

Eliminate any sources of aluminum exposure including cookware, utensils, foil, underarm deodorants, (*all anti-persperants*), drinking water and any juices and drinks packaged in aluminum-lined cartons. Stop consuming vitamins and bottled water that have aluminum across the top.

Blueberries stem and may even reverse age-related memory loss. One study called the Tufts University study found that old rats navigated the maze faster and had better balance and more coordination.



"Humans choose to look everywhere for their enlightenment except their own core."

“My doctor gave me two weeks to live. I hope they’re in August.”

Power Source: Anthocyanins

These nutrients increase communication between aging brain cells and fend off free radicals. According to the USDA, blueberries have the highest occurrence of anthocyanin power of the 20 most common fruits and berries. Also, food estrogens seem to play a role. Some researchers think that tofu and other soy products, which are rich in plant estrogens, think they may provide at least some of the same benefits as estrogen replacement. Other sources of plant estrogens, which are available at many grocery stores, include flax seed and wild yams.

Plenty of reasons can account for why a person would be diagnosed with “Alzheimer’s” or dementia including:

- Heavy metals and plaque
- Illegal drugs
- Lack of oxygen (*as the body gets older, less oxygen is absorbed*)
- Prescription drugs
- Strokes (*whether known about or not*)

There are other factors, though, that can cause dementia that are not well known. For example, aspartame, otherwise known as NutraSweet, Equal, Splenda and many other names, can kill enough brain cells to cause dementia. Also, it is not known how important trans-fatty acids (*hydrogenated oils*), found in margarine, Skippy peanut butter and almost all processed foods, may be in causing brain damage.

Brain damage can appear in many forms. For example, the same things that cause dementia may also be responsible for Parkinson’s disease, Lewy Body disease and so on.

In orthodox medicine it is important to recognize that that it is far more

interested in treating symptoms than in finding the cause of disease. This is especially true if the cause is the pharmaceutical industry, the chemical industry or the food industry.

Aside from this, few people understand that it has been known for several decades that heavy metals trapped in plaque are the main cause of Alzheimer’s and dementia, and perhaps Parkinson’s and other brain diseases.

(See: Disease: The Mystery Solved)

Instead of lead being the major culprit of Alzheimer’s and dementia today, mercury and aluminum hold that title. The maximum amount of mercury that the Environment Protection Agency (EPA) allows people to be exposed to is 5,000 times smaller than the permissible amount of lead exposure. In other words, the EPA apparently considers mercury to be 5,000 times more toxic than lead. So where does this mercury come from? Researchers have shown that trace amounts of mercury can cause the type of damage to nerves that is characteristic of the damage found in Alzheimer’s disease. When conducting this study, the level of mercury exposure was well below those levels found in many humans with mercury/silver amalgam dental fillings.

A study conducted at the University of Calgary Faculty of Medicine concluded that exposure to mercury caused the formation of “*neurofibrillar tangles*.” These are one of the two definitive markers of Alzheimer’s disease. The other definitive marker is “*amyloid plaque*” which has been proven to be caused by mercury also.

The silver filling that dentists’ use, called dental amalgam, is

by far the biggest culprit of mercury poisoning. Thus it is the biggest reason for Alzheimer’s and dementia in the world today.

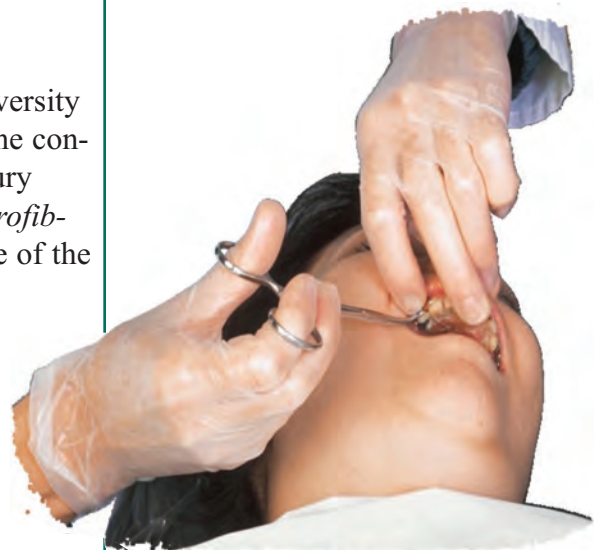
Mercury has been proven to be a highly toxic substance. So how can dentists in the United States be so thoughtless as to place one of the deadliest toxins in existence “*two*” inches from our brain? Mercury fillings are against the law in many countries of Europe.

Due to deterioration of brain tissue, Alzheimer’s disease (AD) or primary dementia of Alzheimer’s type is a neurodegenerative disease which results in a loss of mental functions.

The disease was thought to be uncommon, until the 1960’s when it was realized that much of what had been regarded as the normal process of aging was actually the result of this disease.

Clinical Features

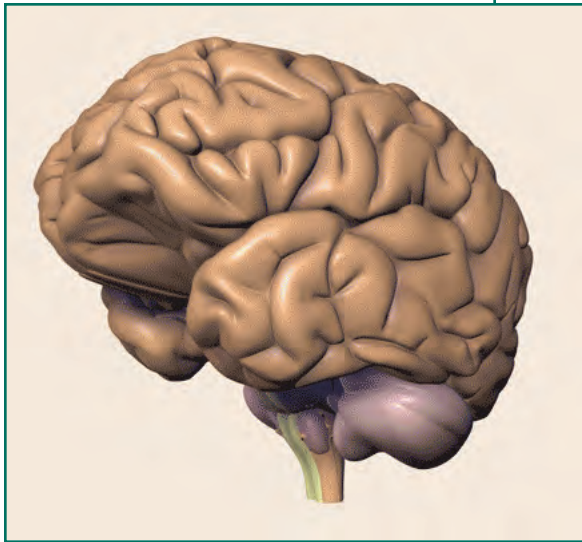
The classical first symptom of this disease is memory loss. Alzheimer’s disease can include behavioral changes, such as mental, disorientation, sudden periods of



ance, abusive and violence, in people who have no previous history of such behavior.

Pathology

Microscopy: There are several changes found in the brain during AD. They are listed below in the order that they appear.



brain termed neuropil threads (*plaque*).

- Inside nerve cell processes that surround amyloid plaques, which are termed dystrophic neurites or plaque neurites.
- Amyloid plaque accumulation in the walls of small blood vessels in the brain. Termed amyloid angiopathy, which is also called congophilic angiopathy plaque's.

General non-specific findings include:

- Diffuse neuropathology, nerve cells, their processes and synapses are lost from key brain regions. This results in atrophy of the affected areas and enlargement of the ventricles, from plaque.

- The deposition of an abnormal protein (*amyloid beta*) outside nerve cells in the form of amyloid. These are called diffuse plaques and amyloid also forms the core of more organized plaques called senile or neuritic plaques. The degree of amyloid correlates with the severity of the disease.

- The accumulation of abnormal filaments of protein (*plaque*) inside nerve cells in the brain. The protein is called tau and is normally present to stabilize microtubules. In AD, an abnormally phosphorylated form of tau protein accumulates as paired helical filaments.

Tau accumulates in various forms:

- As masses of filaments inside nerve cell body termed neurofibrillary tangles (*plaque*).
- Inside nerve cell processes in the

- Loss of synaptic contacts between neurons is related to the regulation of cell adhesion proteins by presenilins. The presenilins have been identified as part of the processing pathways that produce the amyloid beta protein (*plaque*).



Neurochemistry

The neurotransmitters serotonin, acetylcholine, norepinephrine and somatostatin are at decreased levels. Glutamate levels are usually elevated.

(See: *Excitotoxins under Disease: The Mystery Solved*).

Disease Mechanism

There are three major competing hypotheses existing to explain the cause of the disease and all explain the chemistry of plaque!

The "*cholinergic hypothesis*" is the oldest hypothesis. It states that Alzheimer's begins as a deficiency in the production of acetylcholine, a vital neurotransmitter. Much early therapeutic research was based on this hypothesis, including restoration of the "*cholinergic nuclei*." On the basis of this hypothesis, the possibility of cell-replacement therapy was investigated.

Medications of Alzheimer's during the first-generation are based on this hypothesis. They work to preserve acetylcholine by interfering with acetylcholinesterases, which are enzymes that break down acetylcholine. Results from these medicines have not been promising. They have served to only treat symptoms of the disease and have neither halted nor reversed Alzheimer's in all of the cases. So the results from the first-generation of medications have led to the conclusion that acetylcholine deficiencies may not be directly causal. They many, instead, be a result of widespread brain tissue damage. This damage then is so widespread that cell-replacement therapies are likely to be impractical because plaque is the cause.

Still there are two additional

"Wine makes daily living easier, less hurried, with fewer tensions and more tolerance." -Benjamin Franklin

“The trouble with eating Italian food is that five or six days later you’re hungry again.”

hypotheses for Alzheimer’s each having their believers. They are called the “*tauist*” and the “*baptist*” by the scientific publications of Alzheimer’s disease. “Tauists” believe that the tau protein abnormalities (*plaque*) come first and lead to a full disease cascade. “Baptists” believe that beta amyloid deposits are (*plaque*) the causative factor in the disease. For example, the presence of the APP gene on chromosome 21 is believed to explain the high incidence of early-onset AD pathology in people with Down syndrome (*trisomy 21*).

The “*baptist*” theory is finding new supporters due to recent discoveries of impaired vascular and cerebrospinal fluid transport of beta amyloid plaques out of the brain tissues. This results in a greater risk for plaque formation. A third protein, alpha synuclein, which has already been shown to be important in Parkinson’s disease, has also been demonstrated to be associated with amyloid plaques in AD.

This does not always correlate perfectly with clinical Alzheimer’s, though. In other words, not all people who have plaques and/or tangles manifest symptoms of the disease. Recent research is focusing on the possibility that plaques and tangles arise as a defense against another, as yet undiscovered, substance that causes the symptom of the problem.

Researchers are questioning the idea that the plaques and tangles might not be the problem, but rather a symptom of the problem. The plaques and neurofibrillary tangles

might be doing an adequate job of “*containing*” the disease until they simply are overwhelmed. Could the real problem be what we eat? Things like foodless foods, lifeless drinks and soda pop, medicines, supplements and dead animal carcasses?

There is compelling evidence that genetic predisposition underlies the development of Alzheimer’s disease. The most obviously genetic cases are also the rarest, though, because most cases identified are “*sporadic*” with no clear family history. It is probable that environmental factors, like what people eat, have to interact with a genetic susceptibility to cause development of disease.

Head injury has been consistently shown to be linked to later development of AD. Recognizable symptoms have been shown to correlate well with early onset of Alzheimer’s. The most commonly accepted explanation for this is that larger brains simply may have more cells that can afford to be lost.

Inheritance of a specific variation of the ApoE epsilon 4 gene is regarded as a risk factor for development of disease, but large-scale genetic asso-

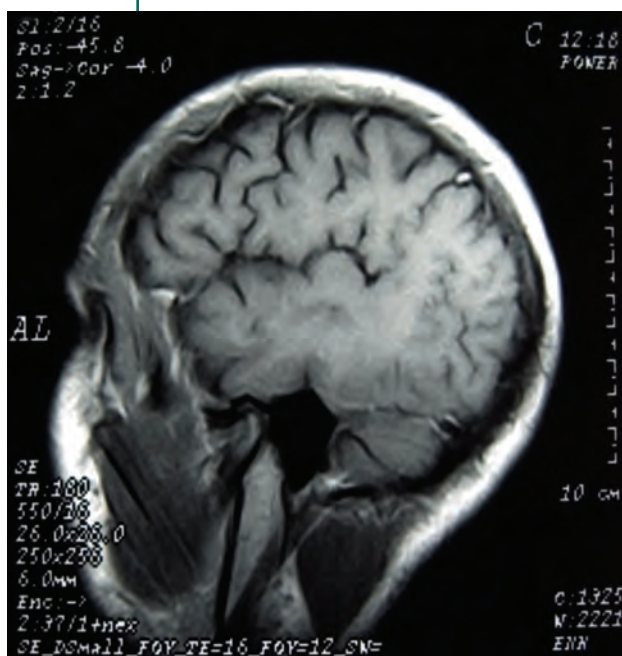
ciation studies raise the possibility that even this does not indicate susceptibility so much as how early one is likely to develop Alzheimer’s.



Studies have linked aluminum to the progression of Alzheimer’s, but the results from these studies have not been confirmed and are not widely accepted by Alzheimer’s experts. Remember the Aluminum Industry has powerful lobbyists in Washington. Don’t use aluminum foil, aluminum baking powder, self-rising flour, pickling salts, aluminum pots or cans. Also note that some drugs such as acetaminophen, naproxen, and the “*COX-2 inhibitors*” were found to have no demonstrated benefit and some evidence of cardiac harm.

Whole food vitamin E and vitamin C have been shown to slow the progression of Alzheimer’s disease.

Exercise has appeared to be inversely related to the development of Alzheimer’s meaning that the more someone exercises the less likely they are of developing the disease. This is also related to the research that exercise helps reduce stroke risk.



Diabetic Insulin Increases Dementia

Improved nutritional status of the B vitamin folic acid was found to reduce Alzheimer's incidence. This study was conducted of nuns and was called the "Nun's study." This study also revealed nuns who, in life, showed little or no dementia, but upon autopsy were found to have extensive Alzheimer's plaques. The unimpaired nuns' brains were free of evidence of stroke, including micro-strokes. However, nuns whose brains revealed both plaques and stroke damage were severely impaired in functioning while alive.

Partaking in activities that prevent stroke may also help at preventing Alzheimer's. The discovery of the co-founding role of stroke supports other research showing that quitting smoking, weight reduction and avoidance of diabetes all reduce Alzheimer's risk.

Diabetes greatly increases Alzheimer's risk. One factor at work may be that the enzyme charged with removing excess insulin from the blood, the **Insulin Degrading Enzyme (IDE)**, also has the responsibility for removing Beta-amyloid plaques from the brain.

Research has suggested that turmeric or curry spice might have a preventative value as it clears inflammation and plaques.

Studies show there seems to be a connection between the cholesterol level inside the brain cells and the

deposition of toxic amyloid plaques which make the brain cells die. This kind of cholesterol comes from eating animals.

Nutrition and Alzheimer's

B vitamins have been shown in some studies to help in control of homocysteine and consequently Alzheimer's.

Acetylcholinesterase Inhibitors

As a result of Alzheimer's Acetylcholinesterase (*AChE*) inhibition was thought to be important because there is selective loss of forebrain cholinergic neurons.

Inhibitor examples include:

- Tacrine – no longer clinically-used
- Donepezil
- Galantamine
- Rivastigmine

Recently, a controversy has erupted about cholinesterase

inhibitors and how they can contribute. The pharmaceutical companies dispute the findings of the study. This has been shown in the involvement of glutamatergic neuronal excitotoxicity in the aetiology of Alzheimer's disease.

(See: *Disease: The Mystery Solved*).

Vaccine: Why not stop eating foods that cause plaque?

There are ongoing tests of an Alzheimer's disease vaccine. This was based on the idea that if you could train the immune system to recognize and attack beta-amyloid plaque, the immune system might reverse deposition of amyloid and thus stop the disease. Initial results in animals were promising. However, when the first vaccines



were used in humans, brain inflammation occurred, and the trials were stopped.

Nutrition and Alzheimer's Deficiencies

Vitamin B12 could be a possible nutritional prevention or treatment.

Natural food sources of vitamin B12 are:

- Nutritional
- Sea vegetables, (such as dulse, kelp, kombu and nori)
- Soybeans and soy products

Natural food sources of Vitamin E are:

- 👍 Brown rice
- 👍 Cold pressed oils
- 👍 Cornmeal
- 👍 Dark green leafy vegetables
- 👍 Dulse
- 👍 Eggs
- 👍 Kelp
- 👍 Legumes
- 👍 Nuts

"The idea that seeing life means going from place to place and doing a great variety of obvious things is an illusion natural to dull minds." -Charles Horin Cooley

"I have learned to spell hors d'oeuvres, Which grates on many people's nerves."



- 👍 Oatmeal
- 👍 Seeds
- 👍 Sweet potatoes
- 👍 Watercress
- 👍 Wheat germ
- 👍 Whole grains

Choline: For blood and brain levels. Natural food sources are egg yolks, legumes, soybeans and whole-grain cereals.

Vitamin C: Increases body level neurotransmitters. Natural food sources are found in berries, citrus fruits, and green vegetables. Good sources are asparagus, avocados, beet greens, black currants, broccoli, Brussels sprouts, cantaloupe, collards, dandelion greens, dulse, grapefruit, kale, lemons, mangos, mustard greens, onions, oranges,

papaya, green peas, sweet peppers, persimmons, pineapple, radishes, strawberries and spinach.

Folic acid: Foods assist plaque removal, as do the above listed foods. Natural sources are brewers yeast, asparagus, barley, brown rice, dates, green leafy vegetables, lentils, legumes, mushrooms, oranges, split peas, root vegetables, wheat germ, whole grains and whole wheat.

Sunshine and walking for Alzheimer's daily can never be stressed enough.

Plaque Detoxification Baths

Use a half a cup of sea salt in hot water for 15 to 20 minutes and then scrub the skin gently with a natural fiber. Within a few minutes the water will turn murky and "dirty." The darkness to the water is heavy metals coming out of the skin alu-

minum and mercury. Do this once a week during a detox and once a month for maintenance.



"Eliminating" Aluminum Detox

- 2 cups Grapes
- 1 Apple (cut & cored)
- 1 cup Strawberries

These malic acid rich fruits bind aluminum, which is implicated in memory loss and dementia. Juice these fruits in your juicing machine in the amounts listed above or, blend them in a blender. In a blender, add about five cup of water or enough to achieve your preferred, thick shake consistency.



AMARANTH

Medi-Sign Target
Strengthens All Cells Outer
Membranes

Amaranth was used by the ancient Aztecs as a valuable food and in their worship rituals. It has recently come to the attention of world health workers because they have discovered that in areas of Africa and Latin America, where it is consumed, there is no malnutrition. Amaranth has the ability to thrive in poor soil even during drought conditions. It is also highly nutritious. It along with plants like quinoa are considered part of a "beneficial lost storehouse" of the world's agriculture and diet. Protein and calcium



requirements can help to be filled with amaranth.

Amaranth is also helpful for people with consistently elevated needs, like nursing or pregnant women, infants, children or people who do heavy physical work. Even when it is used alone, amaranth has protein complexes that are more than adequate for most individuals; however, amaranth is also unusually high in lysine, an amino acid that is low in wheat and most other grains. So a very high amino-acid/protein profile exists when there is a combination of amaranth and low-lysine grain. This profile is even higher than that

found in meats although most people do not even need a profile like that.

High levels of both protein and calcium are available for that mentioned above, as well as for people in transition to vegetarian food. Amaranth is a costly seed, (*in recent years six to ten times the price of wheat*), but it is a concentrated food and may actually be more palatable in a combination that dilutes its intense flavor.

Amaranth benefits the lungs. It is high in protein, fiber, amino acids (*lysine and methionine*), vitamin C and calcium. It contains more calcium and the supporting calcium cofactors like magnesium and silicon than milk. In this form, its calcium is utilized efficiently. It's used in breads, cakes, soups and grain dishes. Pop it like popcorn or toast for a nutty flavor, or sprout it and use it in salads. The body can use this seed calcium, where as ground up rocks from the ocean floor is highly suspect, coral and all. Amaranths calcium, protein and magnesium content are off the charts.



Most amaranth sold commercially is pale yellow, although the color of amaranth seeds may range from buff to dark purple. Sometimes there are black seeds because often the seeds of a related plant that grows among cultivated amaranth are mixed in. These can be very bitter, but since they are so tiny, their flavor will not dominate that of the paler grains.

Because the harvesting amaranth is a labor-intensive process, it's a relatively expensive product. Some large supermarkets do stock amaranth alongside rice, barley and other grains. If, however, you don't find it there, look for amaranth at a health-food store.

- There are approximately 60 species of amaranth and each plant is capable of producing 40,000 to 60,000 seeds.
- It resists heat and drought, has no major disease problems and is among the easiest of plants to grow.
- It appears that this is a plant that is well worth growing and knowing all of its benefits and uses.

Uses of Amaranth around the world:

1. It is popped and mixed with a sugar solution to make "*alegria*" in Mexico. When milled and roasted, the amaranth seed is used to create a Mexican drink called "*atole*." Both fried and boiled leaves are used as a vegetable.
2. Peruvians use fermented amaranth seed to make "*chicha*" or beer. Both fried and boiled leaves are used as a vegetable. In the Cusco area, the flowers may be used to treat toothache and fevers. It is a food colorant for maize and quinoa.
3. In India, amaranth is known as "*rajeera*" meaning the King's grain. It is popped then used in confections called "*laddoos*," which are similar to Mexican "*alegria*."
4. Amaranth seeds made into gruel called "*sattoo*" or milled into flour to make chappatis which are eaten in Nepal.

"The only reason I would take up exercising is so that I could bear heavy breathing again."

5. In Ecuador, the flowers are boiled and the boiled water is added to rum to create a drink that “purifies the blood.” It is also said to help regulate the menstrual cycle.

Beauty Tip

When the juice of amaranth is applied over the face with a pinch of turmeric powder it bleaches the skin, prevents it from drying and wrinkling, cures pimples and makes the face look fresh. When milk and lime juice are added to the mixture, it is an effective skin tonic that increases suppleness and beauty. Massage the mixture delicately over the face and neck, and leave on for half an hour. Wash it off with luke-warm water every night before going to bed.

AMINO ACIDS

Medi-Sign Target
Nuts, Seeds & Grains

Amino acids are the “Building Blocks” of the body. Amino acids not only are building cells and repairing tissue, they help your body to avoid overwhelm of undesirable bacteria and viruses; they are part of the enzyme and hormonal system; they build nucleoproteins (*RNA & DNA*); they carry oxygen throughout the body and participate in muscle activity; and they form over 50,000 proteins and 15,000 enzymes in the body. Nuts are not another junk food snack, but are actually an excellent source of protein and other healthful nutrients.

People who regularly eat nuts are less likely to have:

- Breast cancer
- Diabetes

- Heart disease
- Hot flashes
- Memory and thinking disability

Known amino acids result after the protein is broken down by digestion. Eight are essential, which means that they cannot be manufactured by the body, the rest are non-essential, which means that they can be manufactured by the body with proper nutrition.

Amino acids are the molecular units of nitrogen that make up proteins. All proteins affect your mood and are various compositions of twenty specific naturally occurring amino acids.



The Twenty Amino Acids:

- Alanine
- Arginine
- Asparagine
- Aspartic acid
- Cysteine
- Glutamine
- Glutamic acid
- Glycine
- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Proline

- Serine
- Threonine
- Tryptophan
- Tyrosine
- Valine

AMNESIA

Medi-Sign Target
Raw Tahini, Walnuts,
Almonds & Pecans

Amnesia is a term used to cover the partial or complete loss of memory. Memory loss is the inability to recall people, objects, places or events that took place in the recent or distant past. Mostly of the time it is a temporary condition and covers only a part of a person’s experience, such as immediate memory. The causes of amnesia range from psychological trauma, brain damage, a blow to the head or conditions like a brain tumor, a stroke or swelling.

Alternative Names:

Forgetfulness; amnesia; impaired memory; loss of memory

Amnesia can come on suddenly or slowly and be permanent or temporary depending on the cause.

Normal aging may result in trouble learning new material or requiring longer time to recall learned material although aging does not lead to memory loss unless diseases are involved.

Common Causes:

- Alcoholism
- Alzheimer’s disease
- Drugs such as barbiturates or benzodiazepines
- Electroconvulsive therapy (*especially if prolonged*)
- General anesthetics such as

“The waist is a terrible thing to mind.”

halothane, isoflurane, and fentanyl

- Head trauma or injury
- Hysteria often accompanied by confusion
- Neurodegenerative illness
- Seizures
- Stroke or transient ischemic attack (TIA)
- Temporal lobe brain surgery
- Transient global amnesia



In **anterograde amnesia**, new events are not transferred to long-term memory, so the sufferer will not be able to remember anything that occurs after the onset of this type of amnesia for more than a few moments. In opposition of anterograde amnesia is retrograde amnesia. This is where someone will be unable to recall events that occurred before the onset of amnesia. These terms categorize symptoms rather than indicate a particular cause or etiology. Both of these categories can happen in the same person. They commonly result from damage to the brain from injury to the medial or temporal lobes especially the hippocampus.

Traumatic amnesia is generally due to a head injury like a fall, or a knock on the head. Traumatic amnesia is often transient. The duration of the amnesia is related to

the degree of injury and may give an indication of the prognosis for recovery of other functions. Mild trauma, such as a car accident could result in no more than mild whiplash, but it might cause the victim to have no memory of the moments just before the accident due to a brief interruption in the short/long-term memory transfer mechanism. Traumatic amnesia is also sometimes used to refer to long-term repressed memory that is the result of psychological trauma.

Korsakoff's syndrome can cause memory loss due to alcoholism. This is caused by brain damage due to a vitamin B1 deficiency. It will be progressive if hard alcohol intake and nutrition patterns are not modified and then will only improve a little over time. Other neurological problems are likely to be present.



Lacunar amnesia is the loss of memory about one specific event.

Fugue state is also known as dissociative fugue and is also called emotional/hysterical amnesia. It is caused by psychological trauma and is usually temporary. Infantile amnesia is also called childhood amnesia. It is the common inability to remember

events from your own childhood. Sigmund Freud attributed fugue to sexual repression, but others have theorized that this may be due to language development or immature parts of the brain.

Global amnesia is total memory loss often resulting from a traumatic event. Post-traumatic stress disorder can also involve the spontaneous, vivid retrieval of unwanted traumatic memories.

Posthypnotic amnesia is where events during hypnosis are forgotten, or where past memories are unable to be recalled.

Source amnesia is a memory disorder in which someone can recall certain information, but they do not know where or how they obtained it.

Memory distrust syndrome is a term invented by the psychologist Gisli Gudjonsson to describe a situation where someone is unable to trust their own memory.




Other possible sources of Amnesia:

- Aluminum (from cooking and eating utensils)
- Anti-persperants & fluoride in toothpaste and drinking water
- Cigarettes
- Co2 carbon Dioxide (from care)
- Copper, Nickel, Lead
- Free Radicals (from stress & diet)

"I have flabby thighs, but fortunately my stomach covers them."

“If you want to look young and thin, hang around old fat people.”


- Lack of exercise
- Mercury (from dental fillings)
- Overindulgence Drugs
- Recreation drugs



Shake 2 Recall

1-2 cups	Grapes
1	Apple
1 cup	Strawberries
4 tbsp	Raw Tahini

These malic acid rich fruits bind aluminum, which is implicated in memory loss and dementia. Juice these fruits in your juicing machine in the amounts listed above or, blend them in a blender. Add about fi cup of water or enough to achieve your preferred, thick shake consistency.



Sesame is one of our best sources of omega-6 fatty acids and coenzyme Q10. *Open Sesame!!*

ANEMIA

Medi-Sign Target
Nutritional Yeast, Honey,
Bee Pollen & Legumes

Anemia literally means “without blood.” It is a lack of red blood cells and/or hemoglobin. This results in a reduced ability of blood to transfer oxygen to the tissues. Hemoglobin, meaning the oxygen-carrying protein in the red blood cells, has to be present to ensure adequate oxygenation of all body tissues and organs.

The three main causes of anemia include **excessive blood loss** (*hemorrhage*), **excessive red blood cell destruction** (*hemolysis*) or **deficient red blood cell production**.

The most common disorder of the blood is anemia, and it is caused by a variety of underlying causes. Anemia is classified according to the size of the red blood cell: **decreased** (*microcytic*), **normal** (*normocytic*) or **enlarged** (*macrocytic or megaloblastic*).

Because the symptoms can be vague, anemia goes undetected in many people. Most commonly, a feeling of weakness or fatigue is reported and sometimes a shortness of breath is reported. Very severe anemia prompts a compensatory response where cardiac output is markedly increased. This leads to palpitations and sweatiness and can lead to heart failure in elderly people.

Pallor, which is the pale skin and mucosal linings, is only notable in cases of severe anemia; therefore, it is not a reliable sign.

Microcytic Anemia

Iron deficiency anemia is the most common type of anemia overall. Much rarer causes, apart from communities where these conditions are prevalent, are hemoglobinopathies such as sickle cell anaemia and thalassemia.

When the dietary intake or absorption of iron is insufficient, *iron deficiency anemia* is caused. Iron is an essential part of hemoglobin, and low iron levels result in decreased incorporation of hemoglobin into red blood cells. In the United States, 20 percent of all women of childbearing age have iron deficiency

anemia. This is compared with only two percent of adult men. The major cause of iron deficiency anemia in these women is blood loss during menses. Iron deficiency anemia is often due to bleeding lesions of the gastrointestinal tract in older people.

Normocytic Anemia

Normocytic anemia can be caused by acute blood loss, chronic disease or failure to produce enough red blood cells. This is opposed to hemoglobin, which causes microcytic anemia. Chronic renal failure or liver failure cause normocytic anemia; in renal failure this is due to decreased production of the hormone erythropoietin.

Certain hormonal deficiencies, like testosterone deficiency (*hypogonadism*), can cause normocytic anemia. Lastly, sideroblastic anemia is caused by abnormal production of red blood cells as part of myelodysplastic syndrome, which can evolve into hematological malignancies (*especially acute myelogenous leukemia*).

Aplastic anemia, which is bone marrow failure, is anemia caused by the inability of the bone marrow to produce blood cells. Aplastic anemias are much rarer than dietary deficiency or genetic defect anemias and progress rapidly.

Macrocytic Anemia

- The most common cause of macrocytic anemia is megaloblastic anemia due to a deficiency of either vitamin B12 or folic acid (*or both*) due either to inadequate intake or insufficient absorption. Folate deficiency normally does not produce neurological symptoms, while B12 deficiency does. Pernicious anemia is an autoimmune condition where

the body lacks intrinsic factor, required to absorb vitamin B12 from food.

- Alcoholism can cause macrocytic anemia.

- Drugs that inhibit DNA replication, such as methotrexate, can also cause macrocytic anemia. This is the most common etiology in nonalcoholic people.

Possible Complications

When anemia occurs, it diminished diminishes the capability of individuals to perform physical labor. This is a result of one's muscles being forced to depend on anaerobic metabolism. The lack of iron associated with anemia can cause many complications, including hypoxemia, brittle or rigid fingernails, cold intolerance, impaired immune functioning and possible behavioral disturbances in children.

Brittle or rigid fingernails may be a result of abnormal thinness of nails due to insufficient iron supply.

Cold intolerance occurs in one in five with iron deficiency anemia and becomes visible through numbness and tingling.

Another possible complication is impaired immune functioning leading to increased likelihood of sickness.

Finally, chronic anemia may result in behavioral disturbances in children as a direct result of impaired neurological development in infants, and reduced scholastic performance in children of school age even surfacing as attention deficit disorder.



Anemia During Pregnancy

Because of the subtleness of the symptoms women sometimes attribute the symptoms to the stresses of their daily lives not knowing they have this disorder. This means possible complications for the fetus including growth retardation, prematurity, intrauterine death, rupture of the amnion and infection. During pregnancy, women should be especially aware of the symptoms of anemia, as an adult female loses an average of two milligrams of iron daily. This means that pregnant women should intake a similar quantity to make up for the loss. Also women lose iron with each pregnancy and with each period. So the possible consequences for the mother include: cardiovascular symptoms, reduced physical and mental performance, reduced immune function, tiredness and reduced peripartal blood reserves.

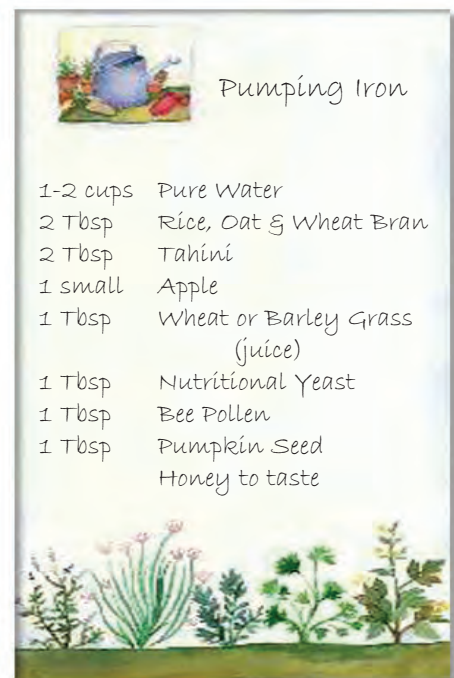
Diet and Anemia

Consumption of **food rich in iron** is essential to prevention of iron deficiency anemia.

Sources all green, leafy vegetables, almonds, beans, wild blackberries and black cherries, dried apricots, prunes, raisins and other dried fruits; egg yolk, potato peeling broth, whole wheat, parsley, parsnips, spinach, Swiss chard,

goat's brown cheese, artichokes, asparagus, nettle tea, leeks, lamb's lettuce, white onions, rice bran, whole rye meal, seaweed and yams.

Certain foods have been found to **interfere with iron absorption** in the gastrointestinal tract, and these foods should be avoided. They include; *processed coffee, commercial chocolate, soft drinks, hard alcohol, synthetic ice cream and candies.*



Foods rich in vitamin B12 and iron: *kelp, wheat and barley grass, rice bran, nutritional yeast, wheat bran, bee pollen, soy foods, yogurt and alfalfa sprouts.*

Chlorophyll-rich drinks made from grasses, alfalfa, parsley, watercress and spinach are valuable for people suffering from anemia.

Chlorophyll is the "blood" of plants. Its structure is similar to hemin, a component of the hemoglobin in blood that carries oxygen. The chlorophyll molecule is bound by magnesium, while hemin is bound by iron. This means that ane-

"If you are going to try cross-country skiing, start with a small country."

mic people are able to build iron-rich blood simply by increasing their intake of chlorophyll. Getting kids to drink green drinks is also important, because children are vulnerable to anemia during periods of rapid growth and when they give in to poor eating habits.

Sources of folic acid are especially important for healthy prenatal development. These include *nutritional yeast (the highest), wheat germ, soy foods, bee pollen, grasses, wheat bran, walnuts, spinach, kale, legumes and beets.*

~Anemia~
"I'll Be Back"

Chlorophyll Cocktail

2 tbsp	Rice
2 oz	Kale or Collard Greens (juice)
2 oz	Alfalfa sprouts (juice)
2 oz	Spinach (juice)
1 oz	Wheat grass (juice)

It doesn't get any greener than this! This drink contains the highest dietary sources of chlorophyll, arguably the most effective nutrient for treating anemia.

Alfalfa and all the grasses top the list with incredible amounts of this "blood" of plants, which is liquid sunshine distilled into food through photosynthesis. These are also our finest sources of vitamin B12. Spinach and kale are great sources of folic acid. If you lack one or two of the ingredients, this drink will still be effective.

ANEURYSM

Medi-Sign Target
Green Foods, Walking, Salt & Water

(Plaque damage or invasive injury)
An aneurysm (*or aneurism*) in Greek means a dilatation. They are a localized dilation or ballooning of a blood vessel. Aneurysms most commonly occur in the arteries at the base of the brain called the circle of Willis. They also occur in the aorta, which is the main artery coming out of the heart. This is also called an aortic aneurysm.

The layer of the artery that is in direct contact with the flow of blood is the tunica intima, commonly called the intima made up of mainly endothelial cells. Below this is the tunica media, known as just the media. This "middle layer" is made up of smooth muscle cells and elastic tissue. The outermost layer, which is furthest from the flow of blood, is known as the tunica adventitia, or just the adventitia, and is composed of connective tissue.

Types

Aneurysms are also described according to their shape for example saccular or fusiform. Aneurysms can be broken down into two groups: true aneurysms and false aneurysms. A true aneurysm involves an out-pouching of all three layers of a blood vessel: the intima, the media and the adventitia. True aneurysms can be due to congenital malformations, infections or hypertension. A false aneurysm, also known as a pseudoaneurysm, involves an outpouching of only the intima. Pseudoaneurysms can be due to trauma involving the intima

of the blood vessel, and are a known complication of percutaneous arterial procedures (*surgeries*).

Locations

Anywhere that there is an artery, aneurysms can occur. About 95 percent of non-intracranial aneurysms arise distal to the origin of the renal arteries at the infrarenal abdominal aorta, which is a condition mostly caused by atherosclerotic plaque. The thoracic aorta can also be involved. One common form of thoracic aortic aneurysm involves widening of the proximal aorta and the aortic root, which leads to aortic insufficiency.

- While most aneurysms occur in an isolated form, the occurrence of berry aneurysms of the anterior communicating artery of the circle of Willis is associated with autosomal dominant polycystic kidney disease (*ADPKD*).

- The third stage of syphilis also manifests as aneurysm of the aorta, which is due to loss of the vasa vasorum in the tunica adventitia.

The occurrence and expansion of an aneurysm in a given segment of the arterial tree involves local hemodynamic factors and factors intrinsic to the arterial segment itself.

For circulating blood, the human aorta is a relatively low-resistance circuit. The lower extremities have higher arterial resistance, and the repeated trauma of a reflected arterial wave on the distal aorta may injure a weakened aortic wall and contribute to aneurysmal degeneration. Systemic hypertension may contribute to the formation of injury and accelerates the expansion of known aneurysms.

"In Mexico we have a word for sushi: bait."

The Laplace Law is the coupling of aneurysmal dilation and increased wall stress. Specifically, the Laplace law states that the (arterial) wall tension is proportional to the pressure times the radius of the arterial conduit ($T = P \times R$). This means that when diameter increases, wall tension increases, which contributes to increasing diameter. As tension increases, the risk of rupture increases. Increased pressure, systemic hypertension, and increased aneurysm size aggravates wall tension. This therefore increases the risk of rupture.

Aneurysm formation is probably the result of multiple factors affecting that arterial segment and its local environment and the collection of plaque.

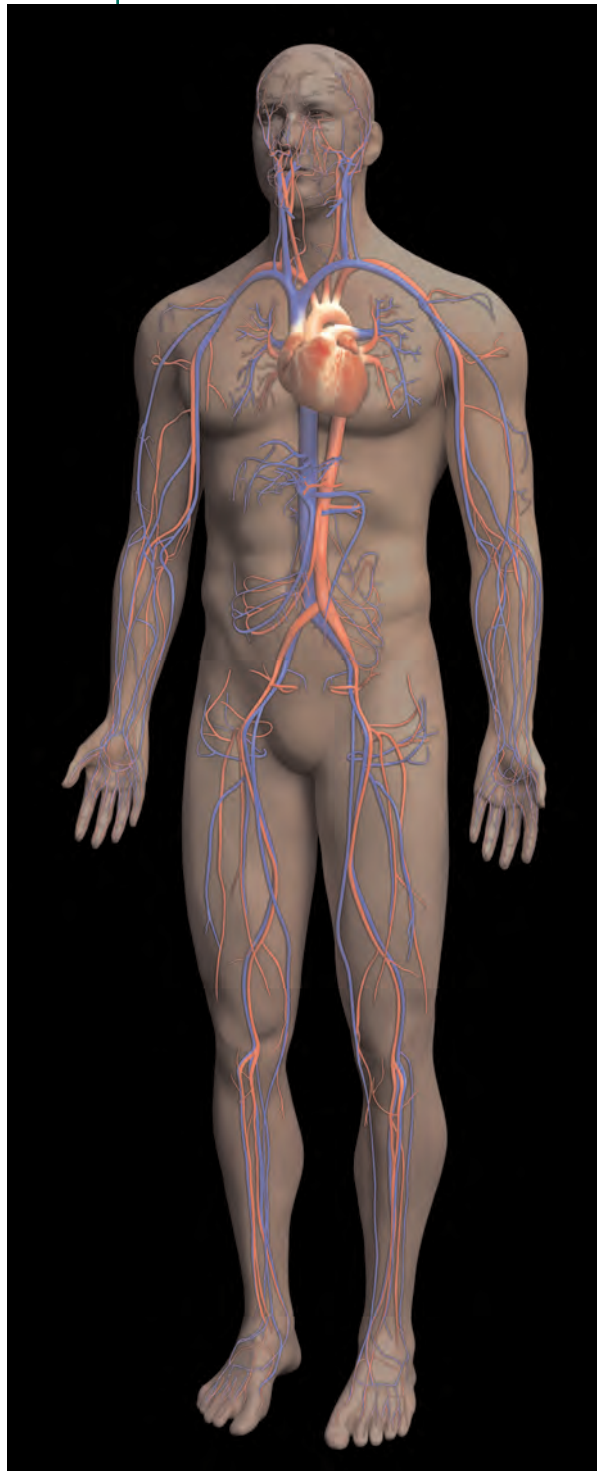
Treatment of Brain Aneurysms

In the past, a relatively complex surgical intervention was required for a brain aneurysm. The operation was called clipping and a trepanation was performed. Afterwards a titanium clip was affixed around the aneurysm's neck. This operation was associated with a low survival rate because of the high risk of death of infection or death of brain tissue. Today, a new method associated with a higher survival rate is used. It is currently more common in Europe than in the United States, though. This is a non-invasive intervention with a catheter carrying a very thin platinum coil named GDC for Guglielmi

Detachable Coil. This is inserted through the vein of the person's groin. The catheter is then used with an angiogram for guidance through the vein up into the affected area of the brain so that the aneurysm sac can be fitted with the GDC.

When this happens, it usually takes less than three days for the aneurysm to become occluded, or

blocked with embolized blood, thereby preventing potential or further bleedings. There is still a risk of re-bleeding after this period, however.



Foods to prevent aneurysms:
Tomatoes, tomatoes, tomatoes!
and the following...

- 👍 Alfalfa sprouts
- 👍 Banana
- 👍 Bilberry
- 👍 Carrots
- 👍 Celery
- 👍 Eggplant
- 👍 Flaxseed oil
- 👍 Garlic
- 👍 Grapefruit
- 👍 Kumquat
- 👍 Leafy greens
- 👍 Lentils
- 👍 Mushrooms
- 👍 Nutritional yeast
- 👍 Oat & rice bran

"Guess what? The chemicals that forms when meat is cooked to 'well-done' are listed as carcinogens, along with cigarettes, arsenic and DDT, by the National Institute of Environment Health Sciences."

“The opposite of talking isn’t listening. The opposite of talking is waiting.”

- 👍 Olive oil
- 👍 Onions
- 👍 Peanuts
- 👍 Pineapple
- 👍 Sesame seeds
- 👍 Soy products
- 👍 Spinach
- 👍 Yellow-orange vegetables
- 👍 Watermelon
- 👍 Wheat grass

Other herbs for lowering blood pressure include allspice, Oregon grape (*barberry*), bilberry, black cohosh, cat’s claw, chili, devil’s claw, dong quai, goldenseal, gotu kola, olive leaf, rosemary, stevia, valerian and greens tea. Herbs that help the artery walls from accumulating plaque include hawthorn, cat’s claw, ginkgo biloba, saffron, and reishi mushroom. Chilies and coltsfoot prevent the absorption of dietary cholesterol and chili (*cayenne*) prevents abnormal blood clotting by stimulating the breakdown of fibrin infused plaque.

No Balloon's Today, Bobby!

Cardio-Cocktail

- 2 oz Wheat grass Juice
- 3 oz Celery Juice
- 2 oz Kale or Collard Greens Juice
- 2 oz Spinach Juice
- 1 oz Lemon Juice
- 1 Tbsp Tamari
- pinch Cayenne (chili) Pepper

Tubular Health

Drink plenty of juice from chlorophyll-rich, high-energy greens as this is one of the best things you can do for your cardiovascular system. This recipe will give you the long-range solution to a healthier heart when eaten regularly. Wheat grass juice is a great energy drink and great source of magnesium. Drink this on an empty stomach and sip slowly. Try the type of soy sauce called tamari and cayenne pepper as additives to this drink. The roadway



through which blood is transported to all parts of the body is an artery and vein. Arteries carry oxygen-rich blood away from the heart to the rest of the body, while veins return blood to the heart after the oxygen has been used.

These blood vessels can also develop disorders that restrict the steady flow of blood. Vessels can become blocked by fatty deposits or plaque, which consists of cholesterol and calcium. This is a process called atherosclerosis, and it often develops over a period of years. Because of the plaque, blood vessels can become swollen and painful, or the walls can become thin and possibly rupture.

There are several conditions and habits, many of which are controllable, that increase a person’s chance for vascular disease.

The risk factors for vascular disease are the same as heart disease, and include:

- Being overweight
- Diabetes
- Family history of atherosclerosis – (*plaque’s*)
- High animal ingested cholesterol
- High blood pressure from viscous or thick blood
- Over age 50 or post-menopausal
- Sedentary lifestyle
- Smoking

Vascular Disease:

The Straight Facts

- An estimated 8-15 million Americans have vascular disease.

- At least half experience no symptoms.

- Vascular disease can reduce life expectancy by causing heart attacks, strokes, ruptured blood vessels or kidney failure.

- Vascular disease leads to about 100,000 amputations each year.

- Vascular disease increases the risk of developing heart disease by six times.

ANGER/RAGE



The overall effects of anger are enormous. Frustration tells us “*I’m not getting what I want*” and eventually anger is related to violence,

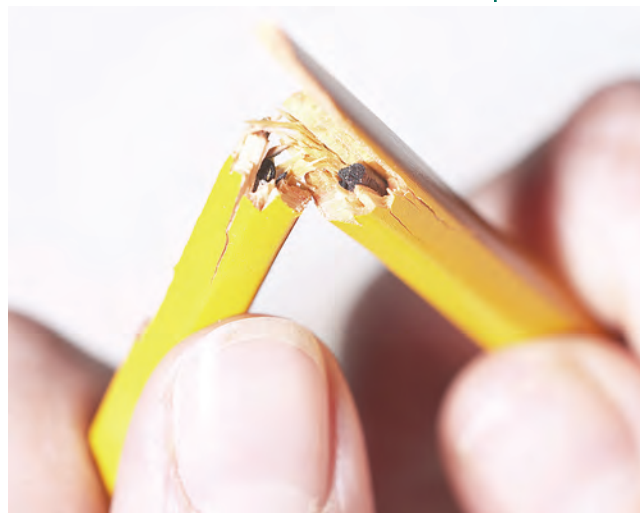
crime, spouse and child abuse, divorce, stormy relationships, poor working conditions, poor physical health, headaches, hypertension, GI disturbances, heart attacks, emotional disorders, and so on.

Anger results from things like hurt pride, unreasonable expectations, or repeated hostile fantasies. Besides getting our way, we may unconsciously use anger to blame others for our own shortcomings, to justify oppressing others, to boost our own sagging egos, to conceal other feelings and to handle other emotions as when we become aggressive when we are afraid. Any potential trigger for anger and aggression stems from frustrating situation especially when we think someone else is to blame for our loss.

So, what is frustration?

It is the feeling we get when we don't get what we want; when something interferes with our gaining a desired and expected goal. It can be physical like a flat tire; our own limitations like paralysis after an accident; our choices like an unprepared for and flunked exam; others' actions like parental restrictions or torturing a political prisoner; others' motives like deception for a self-serving purpose; or society's injustice like being born into poverty and finding no way out.

Anger then is a feeling in response to frustration or injury. In other words, you don't like what has happened and usually you'd like to get revenge. Anger is an emotional-physiological-cognitive internal state; it is separate from the behavior it might prompt. In some instances, angry emotions are beneficial. This is in an instance like if we are being taken advantage of because anger will motivate us to



take action, not necessarily aggressive, to correct the situation.

Aggression is action like attacking someone or a group; it is intended to harm someone. It can be a verbal attack like insults, threats, sarcasm; attributing nasty motives to them; or a physical punishment or restriction. What about thoughts and fantasies in which we humiliate or brutally assault our enemies? Is that aggression? What about violent dreams? Such thoughts and dreams suggest anger, of course, but are not aggression as I have defined it here.

Aggression is usually a result of anger, and it may be "cold" and calculated. Take, for example, the bomber pilot, the judge who sentences a criminal, the unfaithful spouse, the merchant who overprices a product or the unemotional gang attack. To clarify aggression, some writers have classified it according to its purpose: instrumental aggression meaning to get some reward, not to get revenge; hostile aggression meaning to hurt someone or get revenge; and annoyance aggression meaning to stop an irritant. When our aggression becomes so extreme that we lose self-control, it is said that we are in a rage.

There must be a distinction made

between aggression and assertiveness. Assertiveness is tactfully and rationally standing up for your own rights not intending on harming others. There must also be a distinction made between anger and hostility. Hostility is a chronic stage of anger. Anger is a temporary response, which we all have, to a particular frustrating situation; hostility is a permanent personality characteristic, which certain people have.

12-step program that can help people learn to deal with their angry emotions:

1. Monitor your cynical thoughts by maintaining a "hostility log." This will teach you about the frequency and kinds of situations that provoke you.
2. Acknowledge any problems in coping with anger.
3. Seek the support of important people in your life in coping with



"Instead of viewing the second half of life as a time of progressive deterioration, it is actually a time for growth – including greater wisdom, heightened creativity, increased emotional and mental capacities, and even renewed physical well-being."

“It has been my experience that folks who have no vices have very few virtues.”

your feelings and in changing your behavior patterns.

4. By keeping your hostility log you are able to realize when and where you are having aggressive thoughts, so that when you find yourself in these situations, you can utilize such techniques as deep breathing, positive self-talk or thought stopping, which can help you interrupt the anger cycle.

5. Put yourself in the other person’s shoes. This will help you gain a different perspective. Keep in mind that we are all humans, and subject to making mistakes.

6. Learn how to laugh at yourself and see humor in situations.

7. Learn how to relax. Although you may have heard that expressing anger is better than keeping it in, remember that frequent outbursts of anger are often counter-productive and may alienate others.

8. It is also important that you practice trusting other people. It’s usually easier to be angry than to trust, so by learning how to trust others you are less likely to direct your anger at them.

9. Good listening skills improve communication and can facilitate trusting feelings between people. This trust can help you deal with potentially hostile emotions; reducing and possibly eliminating them.

10. Learn how to assert yourself. This is a constructive alternative to aggression. When you find yourself angry at another person, try to explain to them what is bothering you about their behavior and why. It takes more words and work to be assertive than it does to let your

anger show, but the rewards are worth it.

11. If you live each day as if it were your last, you will realize that life is too short to get angry over everything.

12. Start forgiving those who have angered you. By letting go of the resentment and relinquishing the goal of retribution, you’ll find the weight of anger lifted from your shoulders.



What causes a person to experience anger?

There are basically two ways of experiencing anger. You can feel angry with yourself over not having done as well as you had hoped on an examination, or you can have the other kind of anger which is directed at someone else or some object. In other words, you can stub your toe walking over a carpet and be angry about that, or you can be angry at a sales person in the store, or with a spouse or girlfriend/boyfriend as a result of an argument or dispute. Internal anger means directing it at yourself, while external anger means anger toward another person.

What are some ways of dealing with anger?

A good way to deal with anger is directing the feeling to the person involved. If your angry feeling are directed at yourself and you are angry with yourself about something, try to express those feelings to a friend, a colleague or a counselor to kind of get it off your chest. It’s important to talk about any type of anger you’re feeling.

What are some of the non-productive ways of dealing with anger?

A non-productive way of dealing with anger is to keep your feelings inside or “**sandbagging.**” This means avoiding the person for whom the anger is directed, side-stepping the issue, keeping the anger inside, instead of being direct with a person. Being indirect and sarcastic you are sandbagging. Many people fear hurting someone else’s feelings if they share angry feelings, yet by holding on to anger, the other person ends up feeling hurt and relationships are damaged. Directly or indirectly, having a lot of angry feelings that are pent up could lead to punitive kinds of behavior or resentment. People that you are involved with like a boyfriend, girl-



friend or a spouse know when you are angry because there are ways that you show it indirectly. When you don't express that anger directly to them, it can become resentment and the frustration can cause people to withdraw from each other.

Many people are not even aware they are angry, or that they're not expressing it. How does a person become aware of whether they're expressing their anger or not?

If you are short tempered meaning that if you are honking your horn at traffic, if you are not able to concentrate on your work like you want to, these are all ways of knowing that something is wrong. Agitated feelings are good clues to unexpressed anger. Also, there are occasionally some physical symptoms that go along with unexpressed anger, like migraine headaches, peptic ulcers, upset stomach and tension headaches. Usually your body tells you that something is wrong. You are bottling something up, and you are not expressing those angers.

Is there a decision-making process related to expressing anger?

When you have angry feelings, you have to decide if this is the right time and the right place to express these feelings. You may in fact be in the company of others when you have these angry feelings, and you may want to find a nice quiet place where you can explain and express those feelings, or tell those feelings to the person you feel has caused them or at least is directly involved with you. So, it very much is a decision.

How about the trust factor? Would you have to trust somebody before

you express angry feelings to them, or does trust have anything to do with it?

If we trust someone, expressing anger is a lot easier although not imperative. For instance, we may feel angry toward a clerk in a store or a salesperson, and we don't know what the level of trust is. I think the most important thing is to trust yourself. Trust your feelings and let your feelings out.



For the person who hasn't learned too much about expressing anger, are there preliminary steps that one can start taking to learn more about their angry feelings?

Yes, there is and considering it a series of steps is the easiest way to look at it. The first step is to be aware if something is going on where you are finding yourself agitated, if you are snapping at friends, if you're not doing well in your work. You know something is

wrong. Give yourself time, take a few moments, and locate the source. Locating the source is the second step. Is it something you have or haven't done? Is it something inside that is going on? Or is it the result of an interaction with a friend, boyfriend, girlfriend, or spouse? The third step would be to choose the right time and the right place to express that anger. If it is anger that is inside you directed at yourself, then find a friend, and check it out. See if they have the time to listen to you. Get it off your chest. If it is the result of an interaction with a certain other person, then find the right time and the right place and let them know that this is something important to you to express. And finally, number four would be to tell them your anger in the most simple, direct way you can think of. And always remember that you have the responsibility to express your anger. The other person may not respond the way you want them to – they may not be willing to hear it – but the important thing is that is their responsibility. You only have the responsibility to tell them and that's about it.

(See: *Feeding Your Emotions*)

ANGINA

**Medi-Sign Target
Water, Salt, Banana's &
Olive Oil**

Other Names for Angina:

- Acute coronary syndrome
- Angina pectoris
- Coronary artery spasms
- Prinzmetal's angina
- Stable or common angina
- Unstable angina
- Variant angina

“Signatures: 3D animal evolution of garden fruits and veggies into man.”

“Some people stay longer in an hour than others do in a month.”

Angina is chest pain or discomfort that occurs when your heart muscle does not get enough blood. Angina may feel like pressure or a squeezing pain in your chest or indigestion. The pain may also occur in your shoulders, arms, neck, jaw or back.



Angina is a symptom of coronary artery disease (*CAD*), the most common type of heart disease. *CAD* occurs when plaque builds up in the coronary arteries called atherosclerosis. As plaque builds, the coronary arteries become narrow and stiff and blood flow to the heart is reduced. This decreases the oxygen supply to the heart muscle.

Stable Angina

Stable angina is the most common type. It occurs when the heart is working harder than usual.

- There is a regular pattern to stable angina.
- After several episodes, you learn

to recognize the pattern and can predict when it will occur.

- The pain usually goes away in a few minutes when you rest.
- Stable angina is not a heart attack but makes it more likely that you will have a heart attack in the future, if you don't change your food and exercise patterns.

Variant Angina

Variant angina is caused by a spasm in a coronary artery causing the walls of the artery to tighten. This narrows the artery, causing the blood flow to the heart to slow or stop. Variant angina may occur in persons with and without *CAD*.

Other causes of spasms in the arteries that supply the heart with blood

are:

- Cigarette smoking
- Cocaine use
- Emotional stress
- Exposure to cold
- Medications (*vasoconstricting*) that constrict or narrow blood vessels

Over six million people in the United States have angina.

People with coronary artery disease (*CAD*) or who have had a heart attack are more likely to have angina.

Unstable angina occurs more often in older adults.



Variant angina is rare because it accounts for only about two out of 100 cases. People with variant angina are often younger than those with other forms of angina.

How Can I Prevent Angina?

Make Lifestyle Changes

You can lower your risk of heart disease and angina by making healthy lifestyle choices:

- Eat a healthy diet to prevent or reduce high blood pressure; lots of water, one gallon a day, and no animals in your diet. Maintain a healthy weight.
- If you smoke, quit.
- Exercise, go for walks (*nothing forced*).
- Lose weight if you are overweight or obese.

Awesome Angina Foods

Wheatgrass, mushrooms, leafy greens, yellow-orange vegetables, celery, carrots, spinach, bilberry, grapefruit, pineapple, banana, kumquat, watermelon, lentils, peanuts, nutritional yeast, oat and rice bran, garlic, onions, alfalfa sprouts, soy products, eggplant, sesame seeds, flaxseed oil and olive oil.

ANIMAL BITES

Medi-Sign Target
Salt in Wound



DOGS

Dogs surpass all other mammals in the number of bites inflicted on humans in the United States. Here the dog population exceeds 50 million. Most dog-bite injuries are minor. In 1994 there was a telephone survey of United States households concluding that less than four million dog bites occur that are non medical. This is compared to around eight million are medically treated. Studies also show that most dog bites are from pets or other dogs known to the victim. Males are more likely than females to be bitten, and children face a greater risk than adults. About 10-20 Americans a year are killed by dogs and most of them are children under 10 years old. Unfortunately, these numbers grow about three percent per year.

Minor dog bites can be treated at home by washing the wound with soap and water and then applying pressure to the injured area with a clean towel to stop the bleeding. The next step is to apply hydrogen peroxide and a sterile bandage to the wound. To reduce swelling and fend off infection, ice should be applied and the injured area kept elevated above the level of the heart. Finally, until it heals, the wound should be cleaned and covered with ointment twice a day.

CATS

To prevent cat bites, warn children to maintain distance from strange cats and limit rough play with all cats because this may anger them.

The mouths of cats and dogs contain many of the same microorganisms. Cat-scratch disease, which is an unpleasant but unusually not life-threatening illness, can be transmitted through scratches and bites with the Bartonella henselae bacterium.



The arms and hands are the most commonly found places for cat bites. Sharp cat teeth typically leave behind a deep puncture wound that can reach muscles, tendons and bones, which are vulnerable to infection because of their compara-

tively poor blood supply. This is one reason why cat bites are much more likely than dog bites to become infected. Infection may also result because people are less inclined to view cat bites as dangerous injuries that need immediate attention. Until it is healed, clean and bandage it two to three times a day.

ANISE

Medi-Sign Target
Veins & Mucosal Lining of
the Alimentary Tract

The anise family is closely related to the carrot family, including dill, fennel, coriander, cumin and caraway. Many of these relatives have been described as having a licorice flavor, to some extent, but anise is the true taste of licorice. In fact, the oils are distilled into the flavoring for licorice candy not from the herb licorice, which has a different taste.

Anise is native to the eastern Mediterranean region, the Levant and Egypt. The early Arabic name was anysum from which was derived the Greek anison and the Latin anisun.

Since ancient times, it is one of the oldest known spice plants used both for culinary and medicinal purposes. There is even evidence that anise was used in Egypt as early as 1500 B.C. The Romans used anise to aid digestion by eating anise-spiced cakes after heavy meals. It was then spread throughout Europe by Roman legions. In the book of Matthew in the Bible there is mention of paying tithe with anise. Anise was listed by King Edward I in the 1300s as a taxable drug and

“Great truths were once great blasphemies, bright light blinds unprepared minds.”

merchants bringing it into London paid a toll to help raise moneys to maintain and repair London Bridge.

Of all the qualities attributed to anise I like what one writer warned: “*it stirreth up bodily lust.*” This is accredited to the same spice that could ward off the Evil Eye or keep away nightmares if placed under one’s pillow.

Anise is used in the manufacture of many commercial cough syrups and sore throat medications, used to flavor other medicines and to scent soaps and perfumes. Anise may also be an effective bait for rats, mice and fish. Dogs are also attracted by anise. It is often an ingredient in dog food and the seeds may be used, by people that detest blood sport, to put hounds off the scent.

The roots and leaves of anise are edible. The seeds are grey-green to brownish, ribbed and ovate that smell and taste like fennel. Some seeds retain the fine stalk that passes through the center of the fruit.

The seeds quickly lose flavor, so buy seeds whole and grind as required. Also keep them out of light in an airtight container. If they are to be used as a breath sweetener, roast them lightly before chewing the seeds.

Do not confuse anise with star anise, which is used in Chinese dishes. Anise is primarily associated with cakes, biscuits and confectionery, as well as rye breads. It is used in much the same way as fennel to flavor, soups and root vegetable dishes. Numerous alcoholic

drinks and cordials are flavored with aniseed, particularly French pastis, Pernod and Ricard, Greek ouzo, Spanish ojen, Turkish raki, Italian anesone, Arab arrak and Egyptian kibib.



Attributed Medicinal Properties

Anise has carminative properties that have been known for generations called “*Tut-te See-Hau*” by American Indians, meaning “it expels the wind.” Anise helps with digestion and sweetens the breath, so it is chewed after meals in parts of Europe, the Middle East and India.

Anise is a mild expectorant so it is used in cough mixtures, lozenges, toothpastes and mouthwashes. Other benefits are that it is a cleanser, it overcomes cramps and spasms, as well as a soporific and a few seeds taken with water will often cure hiccups. Anise tea increases milk production in nursing moms and it also overcome colic.

Plant Description and Cultivation

Anise is an erect, tender annual on thin roots, growing up to two feet tall. The lower leaves are broad,

toothed and triangular with upper leaves that are smaller, divided and narrow. The anise flowers are small and white.

Seeds grow well in early spring in a sunny, sheltered climate. It does not like pot growing or to be transplanted and will not produce ripe seeds in northern climates without a long, hot summer. When the anise seed color is grey-green, the seeds are harvested.

The stems are cut and hung upside down for the seeds to fall below.

Other Names of Anise

Aniseed, Sweet Cumin

- French: *anis*
- German: *Anis*
- Italian: *anice*
- Spanish: *anis*
- Greek: *anis*
- Indian: *saunf, sompf, souf*

ANOSMIA

Medi-Sign Target
 Peppers & Nasal Salt Rinse

ANOSMIA comes from the Greek; an (*no*)-osmia (*smell*).



“They say such nice things about people at their funerals that it makes me sad to realize that I’m going to miss mine by just a few days.”



The ability to sense thousands of different odors is a normal occurrence and something that many people take for granted. To a few people, though, this natural skill is lost due to a disorder of the olfactory system so any smelling is prohibited. Having the ability to smell through human evolution has been fundamental for survival. It enables us to identify healthy food sources and detect danger. Today this skill is not as necessary in developed countries because of the abundant food supplies. Nevertheless, the loss of the sense of smell can have profound psychological and somatic consequences and this is a fact that is little recognized by the general public or medical profession.

Scents can bring about an improvement of life for individuals. This can be the smell of food, fragrances or associating a particular odor with an event or person. For instance, we all know the smell of our loved ones. Smell has other functions also including taste. Try eating something while holding your nose, so a loss of smell often leads to a loss of taste. Smell is also involved in relaying emotions. For example, it can signal emotions such as fear and anxiety, and may be involved in other less understood aspects of human communication and sex. The lack of the sense of smell can

lead to disturbances in our lives like anxiety, a loss of appetite and depression. The inability to detect smoke can be dangerous and lead to subsequent harm. Another danger is from food poisoning since it is more prevalent in people who cannot detect rotten food.

Some cases of loss of smell maybe permanent while others only temporary depending on the cause. Some abnormalities in smell can signal the existence of several diseases of the nervous system such as Parkinson's and Alzheimer's Disease. Loss of the sense of smell may be idiopathic, meaning without any identifiable cause.

Some loss of smell occurs normally with aging. In most cases, there is no obvious or immediate cause. The past two decades have seen encouraging results although knowledge and understanding about the sense of smell is limited.

Temporary loss of the sense of smell is common with colds and nasal allergies, such as hay fever (*allergic rhinitis*). It may occur following a viral illness.

The sense of smell is often lost with disorders that prevent air from reaching the part of the nose where smell receptors are located (*the cribriform plate, located high in the nose*) like nasal polyps, nasal septal deformities and nasal tumors.

Other disorders that may cause a loss of the sense of smell include tumors of the head or brain, head trauma and a wide variety of endocrine, nutritional, Alzheimer's dementia, and nervous disorders.

Many medications may change or decrease the ability to detect odors.

Most people who lose the sense of smell can differentiate salty, sweet, sour, and bitter tastes because they are sensed on the tongue. They may not be able to distinguish other flavors though. Some spices like pepper may stimulate facial nerves and may be sensed rather than smelled.

Common Causes:

- Drugs (*such as amphetamines, estrogen, naphazoline, phenothiazines, prolonged use of nasal decongestants, reserpine*)



"It is either true or not true, and if it IS true — it is true whether you believe it or not!"

- Lead poisoning
- Nasal decongestants
- Nasal or brain tumors
- Nasal or sinus surgery
- Natural aging process
- Nicotine overdose
- Radiation therapy
- Recent viral upper respiratory infection
- Tracheostomy

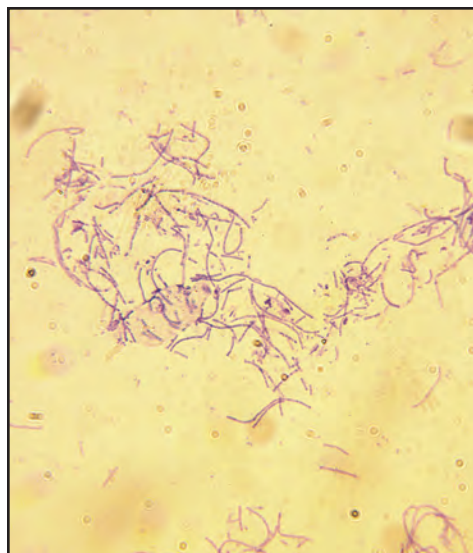
1. Train the brain to smell again. Essential oils can train the nose to regain its function. Oils like peppermint, clove, cinnamon, orange, rose, and many others sniffed for one minute at a time six to ten times a day can get the job done. The effluvial molecules of odor float through the air and attach on olfactory sites creating a constant frequenting of fragrance that can re-awaken odor recognition. I have seen this work many times.



2. Eat hot red peppers, the nose will rise and shine.

ANTHRAX

Medi-Sign Target
Garlic, Onions,
Horseradish & Oregano



Anthrax (*Latin anthrax, carbuncle, from Greek, malignant boil*) is an acute infectious disease caused by the spore-forming bacterium *Bacillus anthracis*. Anthrax usually occurs in animals like cattle, sheep, goats, camels, antelopes and other herbivores, but it can also occur in humans when they are exposed to infected animals or tissue from infected animals.

Where anthrax occurs in animals, it is most likely to occur in humans. These include South and Central America, Southern and Eastern Europe, Asia, Africa, the Caribbean and the Middle East and it has occurred in the United States. It is usually due to an occupational exposure to infected animals or their products when it affects humans. Workers who are exposed to dead animals and animal products from other countries where anthrax is more common may become infected with *B. anthracis* (*industrial anthrax*).

Anthrax infection can occur in three forms: cutaneous (*skin*), inhalational and gastrointestinal. *B. anthracis* spores can live in the soil for many years, and humans can become infected with anthrax by handling products from infected ani-

mals or by inhaling anthrax spores from contaminated animal products. Anthrax can also be spread by eating undercooked meat from infected animals although it is rare in the United States.

Symptoms of disease vary depending on how the disease was contracted, but symptoms usually occur within seven days.

Cutaneous: About 95 percent of anthrax infections occur when the bacterium enters a cut or abrasion on the skin. This includes handling contaminated wool, hides, leather or hair products of infected animals. Skin infection begins as a raised itchy bump that resembles an insect bite but within one to two days develops into a vesicle and then a painless ulcer, usually one to three centimeters in diameter, with a characteristic black necrotic (*dying*) area in the center. Lymph glands in the adjacent area may swell. About 20 percent of untreated cases of cutaneous anthrax will result in death. Deaths are rare with appropriate microbial hygiene and whole foods that target it.

Inhalational: Initial symptoms may resemble a common cold although it is usually fatal. After several days, the symptoms may progress to severe breathing problems and shock.

Intestinal: The intestinal disease form of anthrax may follow the consumption of contaminated meat and is characterized by an acute inflammation of the intestinal tract. Initial signs of nausea, loss of appetite, vomiting, fever are followed by abdominal pain, vomiting of blood and severe diarrhea. Intestinal anthrax results in death in up to 60 percent of cases.

Anthrax can be found globally. Certain regions of the world South and Central America, Southern and Eastern Europe, Asia, Africa, the Caribbean and the Middle East report more anthrax in animals than others.

Anthrax is not known to spread from one person to another person. Communicability is not a concern in managing or visiting people with inhalational anthrax.



The number one solution is fresh garlic.

Garlic was used successfully as a prophylactic before vaccines were developed. In tests, garlic has been found to be a more potent than penicillin, ampicillin, doxycycline, streptomycin and cephalexin, some of the very same “antibiotic” drugs used in the treatment of anthrax. Garlic, besides anthrax, was found to be effective against nine strains of E.coli, Staph and other bugs. “The antibiotic activity of one milligram (a clove) of allicin, the active ingredient in fresh cut garlic, equals 15 units of penicillin.” Koch and Lawson, *Garlic: (The Science and Therapeutic Application, 2nd edi-*

tion, Williams & Wilkins, Baltimore 1996).

“The anthrax bacterium’s toxicity emanates form its ability to kill macrophage cells that are part of the immune system. Studies have shown that sulfur-bearing nutrients and vitamin from garlic, broccoli, cauliflower, onions and horseradish contain (alpha lipoic acid, N-acetylcysteine, and MSM) which elevate levels of glutathione, a natural antioxidant within the body, counters the toxicity produced by anthrax.” (Molecular Medicine, November 1994; Immunopharmacology, January 2000; Applied Environmental Microbiology, May 1979).

The number two solution is rice bran.

Iron removal retards the growth of the plague. The biological activity of the botulinum toxin depends upon iron and metal chelators. “Phytic acid (IP6), naturally occurs in rice bran, is the most potent natural iron chelator and has strong antibiotic and antioxidant action. (Free Radical biology Medicine, Volume 8, 1990; Journal Biological Chemistry, August 25, 1987) IP6 has been found to have similar



iron-chelating properties as desferrioxamine, a drug commonly used to kill germs, tumor cells or to remove undesirable minerals from the body.” (Biochemistry Journal, September 15, 1993)

The number three solution is oil of oregano and ground oregano.



The antibacterial, antiseptic actions of plant oils have been described in recent medical literature and may be helpful in fighting biological toxins. Oil of oregano is a potent natural antibiotic even more powerful than many prescription antibiotics. One study showed that oregano completely inhibited the growth of 25 germs such as staphylococcus aureas, escherichia coli, Yersinia enterocolitica and Pseudomonas aeruginosa. Oregano has been shown to be effective in eradicating intestinal parasites in humans. Wild oregano, which is quite different from the variety on most kitchen spice racks, has over 50 antibacterial compounds.

“Philosophy is questions that may never be answered. Religion is answers that may never be questioned.”

Oregano oil can also kill toenail fungus and allows nails to grow back in normally and release that awful foot smell and yellow thick skin.

The number four solution is...

Blend clove oil, cinnamon oil, and eucalyptus together-put 3 drops in the palm of the hands. Rub hands together until it is heated, then cup your hands over nose and mouth and breathe deeply in and out four to five times. Repeat this three times a day. Floating anthrax can be blocked by placing a cotton cloth over the nose and mouth.

ANXIETY

*Medi-Sign Target
Warm and Comfort Foods
(Organic Chocolate)*

Anxiety is a feeling of apprehension or a lingering fear. The cause of this uneasiness is not always known or recognized which adds to the distress: Everything stresses me out. I am always worried.

Alternative Names:

Feeling uptight; Stress; Tension; Jitteriness; Apprehension

Stress is a normal part of everyone's life and is not a disease. Stress in small quantities is good because it can make us more productive. For example, the fear of an audience can help you speak and present at a higher level.

Too much stress, though, is unhealthy and counterproductive.

Persistent and unrelenting stress is called anxiety.



Anxiety is an emotion often accompanied by various physical symptoms. These physical symptoms include: twitching or trembling, muscle tension, headaches, sweating, dry mouth, difficulty swallowing, dizziness, a rapid or irregular heart rate, increased rate of respiration, diarrhea or frequent need to urinate. Other common symptoms are fatigue, irritable mood, sleeping difficulties, decreased concentration, sexual problems and nightmares.

Sometimes an illness may masquerade as anxiety.

Some people are more sensitive to stress and are more likely to develop anxiety disorders. These disorders can sometimes be caused either by genetic predispositions or by previous exposure to certain stresses, particularly early childhood exposures. The question of how stressful the current environment is can also determine the anxiety.

Common Causes:

- Actual danger: very often stress is an appropriate reaction.
- Cardiac problems.
- Drugs including cold remedies (*Cough/Cold Combinations – oral*), sympathomimetics, decongestants (*Antihistamines and Decongestants – oral*), bronchodilators, tricyclic

antidepressants, and thyroid supplements.

- Emotional stress such as grief and depression often lead to anxiety.
- Hyperventilation syndrome.
- Low blood sugar.
- Medication side effects.
- Poor diet (*deficiency of Vitamin B12*).
- Physical stress such as a medical illness.
- Substance abuse or withdrawal (*including hard alcohol*).
- Thyroid problems (*hyperthyroid disease mostly*).
- Tumor of the adrenal gland (*pheochromocytoma*)—only in very rare circumstances.
- Withdrawal from drugs (*including nicotine*).

Anxiety Disorders

At times, everyone experiences the normal human emotion of anxiety. Many people feel anxious or nervous when faced with a problem at work, before taking a test or making an important decision. When anxieties interfere with the ability of the person to lead a normal life, though, this is called an anxiety disorder.

An anxiety disorder is a serious mental illness. For people with anxiety disorders, worry and fear are constant, overwhelming and can be crippling.



APPENDICITIS

*Medi-Sign Target
Colonics & Raw Food Diet*

The appendix is a small, worm-like attachment at the beginning of the colon. The appendix was believed to have no purpose so it was removed as a preventative measure. It is now believed to help in the immune system of the intestinal tract, as a vermifuge for parasites. Because of this quality, it is likely to become infected just as the tonsils are in the throat. The appendix can become irritated from a blockage that will cause a build-up of bacteria which can lead to infection. Constipation and hardened stool can cause this type of blockage.

Prevention is worth a pound of cure. Eating green leafy vegetables, which are discussed below, is the best way to prevent appendicitis. If you find you have symptoms of appendicitis already, there are some plants that have been known to help reduce the effects. These herbs include: detoxifying and fever-reducing herbs (*Flos lonicerae*, *Fructus forsythiae*, *Herba taraxaci*, *Patrinia scabioseafolia*, *Gypsum fibrosum*), circulation-enhancing herbs (*Semen persicae*, *Radix paeoniae rubra*, *Squama manitis*, *Spina gleditsiae*), and laxatives (*Rhizoma rhei*, *Mirabilitum depuratum*). People who use the appropriate foods, enemas and senna, have found relief from their symptoms and cleared up their appendicitis quickly, typically in 24-48 hours.

Prevention Methods

Acupuncture

Some Chinese believe appendicitis

is caused by blockages in the circulation of blood and flow of vitality. Acupuncture, they believe, will help relieve pain, improve blood flow and control peristalsis, which is the wave-like movement of muscles in the intestines.

Nutrition

Preventing constipation by eating a healthy diet that emphasizes raw, fresh vegetables, fruits, whole grains and at least eight glasses of liquid a day will provide the fiber needed to minimize the risk of the appendix becoming infected. These foods also provide enzymes, which help boost the immune system. Another way to prevent constipation is by taking two tablespoons of flax seeds a day. This will keep the stools soft and prevent constipation. Take garlic regularly to boost the immune system. You should also eat lactic acid fermented foods like natural, unsweetened yogurt, kefir and sauerkraut regularly to keep the bacterial culture in the colon healthy.

To lessen the chance of developing appendicitis, eat a diet high in fiber while avoiding refined foods. If appendicitis is suspected, do not use commercial laxatives, avoid using a heating pad, do not eat or drink, and do not take pain relievers because

they may mask symptoms and complicate the condition.

Appendicitis usually occurs because a firm piece of stool blocks the pea-size opening of the appendix allowing bacteria and other parasites to flourish inside. Fiber is beneficial in fighting appendicitis because it absorbs water. A high-fiber diet causes the stool to become larger, softer and less likely to break apart, thus preventing stray particles from blocking the appendix. Getting more fiber in your diet also forces the stool to move faster through the digestive tract.

Starting your day with organic fruit is a great way to obtain more fiber in your diet. Whole-grain foods are loaded with natural fiber and consuming them is another way to boost your fiber. Watch out for foods like white bread, white rice and white flour because they are processed and bleached, so they have no nutritional value at all.

For example, a slice of organic whole-wheat bread has two grams of fiber. This is four times the amount that a whole loaf of white bread has. A half-cup of cooked barley has three grams of fiber, and a half-cupped of cooked oatmeal has



“We don't need tealeaves, tarot cards, or goat entrails to see the future, we need passionate ideas, dreams and the courage to act in the face of risk.”

“Children today are tyrants. They contradict their parents, gobble their food, and tyrannize their teachers.”

-Socrates (470-399 B.C.)

three grams as well. Legumes are even better sources of fiber. A half-cup of cooked split peas has eight grams of fiber. Kidney beans have about six grams of fiber, while a half-cup of boiled black beans has almost eight grams.



Legumes have the most sheer fiber, but fruits and vegetables are still a significant source. A half-cup of broccoli has two grams of natural fiber and apples and oranges have three grams. Don't forget dried fruit. A half-cup of raisins has four grams of fiber, while ten dried apricot halves have three grams.

The majority of the fiber in fruits does not come from the juicy flesh, but instead from the peel. So, the next time you are eating fruits and vegetables, eat them with the skin intact. Since you don't eat the skin on citrus fruits, they are the exception to this rule. To get the most fiber from these fruits, peel the skin and eat them whole. Thankfully, most of the fiber in oranges, grapefruit and other citrus fruits is found in the fruit itself.

The white pulp of the skin of citrus clears arterial sludge like Drano to

house pipes; scrape it and eat it. Whole foods and teas can clean the problem up completely with a little help from colonics and home enemas which can abate the symptoms almost immediately.

Old school medical approaches taught doctors to just cut it out. We've advanced since then; drugs can make more money more easily.

Prevent Appendicitis

Whole Foods: Eat 'em up!

- 👍 Apples
- 👍 Apricots
- 👍 Alfalfa
- 👍 Barley
- 👍 Figs
- 👍 Flaxseed
- 👍 Grapefruit
- 👍 Kelp
- 👍 Leafy Green Vegetables
- 👍 Legumes
- 👍 Lemons
- 👍 Nutritional Yeast



- 👍 Nuts
- 👍 Oats
- 👍 Plums/Prunes
- 👍 Psyllium
- 👍 Sesame Seeds
- 👍 Sunflower Seeds
- 👍 Watermelon
- 👍 Wheat Grass

Drinks:

- 👍 Cascara Sagrada Tea
- 👍 Senna
- 👍 Water

Oils:

- 👍 Castor Oil
- 👍 Olive Oil
- 👍 Sesame Oil

Appendicitis Detoxification Diet

The purpose of the detoxification diet is to create better elimination through the release of waste. It also allows people to see what they feel like when they eat better. Finally it begins the process of healing the organs.

Breakfast

- Glass of juice
- Raw or cooked fruit
- Soy milk
- Soy, rye or multigrain toast

Lunch

- Salad
- Soup
- Potato
- Sauteed or Steamed vegetables

Dinner

- Salad
- Soup
- Brown rice or millet, tofu, beans, sauteed or steamed veggies

APPLES

Medi-Sign Target The Whole Body

Apples were Egypt's meal in the Opening of the **M** ceremony, the **OM**.

The, "Queen of all Foods,"
pe' le' el – to eat of Gaea herself

Apples:

- Blocks diarrhea
- Cushions joints
- Keeps doctors away
- Improves lung capacity
- No need for "health" insurance
- No need for pharmaceutical drug lords
- Prevents constipation
- Protect your heart
- Slows aging process

The easiest way to add a dose of nutrition to your day is by crunching on a tasty apple. The first experienced you had with an apple was probably as a baby when its delightful flavor was introduced to you as applesauce. Now, whether it is a Granny Smith, a MacIntosh, a Tolman or a Red Delicious, you think of apples as old friends.

Apples are grown throughout the world and are high in fiber, vitamins, minerals and 12,000 other phytolitic health guardians. They are fat free, cholesterol free and supplement free. Apples were called, "Gods healing angles," by the ancient, diet-conscious Essenes. So, do your smart part of a healthy lifestyle by eating apples.

Regulates Your Day

You won't worry about staying reg-

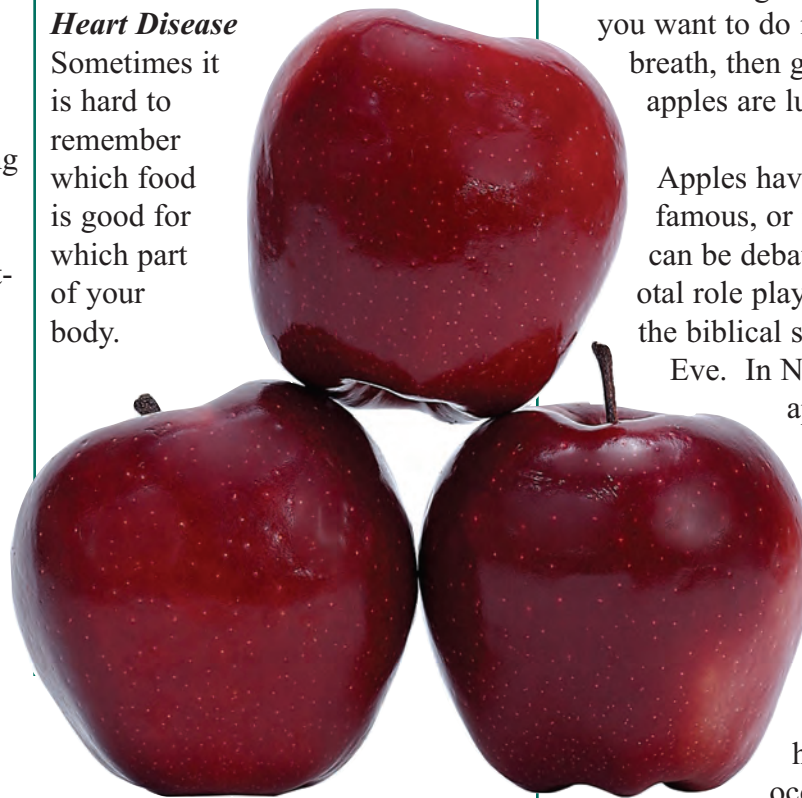
ular anymore. Apples can help whether your problem is visiting the bathroom too often or not often enough.

Preventing constipation, many believe, is one of the easiest ways to prevent all sorts of illnesses. The diseases caused by chronic constipation are called, "Pressure diseases." Appendicitis, diverticular diseases, hemorrhoids, hiatal hernias and even varicose veins can all be caused by straining to pass small, hard stools. "These are what I call deer turds or rabbit pellets."

The most important nutrient in keeping your bowels working like a well-oiled machine is fiber and just one apple with its skin contains lots of it.

No More Stroke or Heart Disease

Sometimes it is hard to remember which food is good for which part of your body.



Examine an apple carefully the next time you pick it up. It is shaped a bit like a heart. This should help you remember that apples are good for your heart, and the rest of your

body. With your arms out, you stand in the shape of a 5-pointed star. An apple has, at its center, a 5-pointed star; apples are one of the foods that target the entire body.

Protects Your Joints

Very few people get arthritis in areas of the world where fruits and vegetables make up a large part of the diet. Pair an apple with other boron-rich foods like a few tablespoons of peanut butter and a large handful of raisins. This will not only make for a delicious snack, but you will make your joints happy too!

Helps You Breathe Deeply

Your lungs are assaulted every day by cigarette smoke, pollution, pollen and other air-borne nasties. You may also from asthma, emphysema or a similar lung condition. If all you want to do is take a deep breath, then grab an apple; apples are lung food!

Apples have long been famous, or infamous. This can be debated given the pivotal role played by an apple in the biblical story of Adam and Eve. In Norse mythology, apples were given a more positive persona; a magic apple was said to keep people young forever. A more recent appearance in history for apples occurred in the

1800's in the United States when Johnny Appleseed, who despite the mythological quality of his tale was a man named John Chapman, walked barefoot across an area of 100,000 square miles planting apple

"Keep one eye on the future, and plant both feet firmly in the air."



trees that provided food and a livelihood for generations of settlers.

- Dating as far back as the New Stone Age, the healthful image of apples probably was founded by Greek myths. In these myths, apples are a symbol of knowledge and immortality. In one myth, Hercules achieves immortality by eating a sacred apple. In other myths, apples are associated with the healing gods Apollo, Hercules and Dionysus.

- A second century Roman physician, Galen and Hippocrates discovered apple's digestive qualities and a custom of serving fresh fruit, particularly apples, at the end of a meal arose.

- The medieval physician's bible, called The Salerno Medical School's Prescription for Health, taught healing applications of cooking apples for disturbances of the bowels, lungs and nervous system, to mention just a few.

- Apple juice was one of the earliest prescribed drinks to overcome depression.

- John Gerarde documented apple's healing powers in 1597. Apples were used as treatments for ailments from “a hot stomache” and inflammations of all types, and as a beauty therapy.

- Apples are believed to have originated in a mountainous area between what is now the Black and Caspian Sea in an area called the Caucasus. They have existed for the length of recorded history. The people of that region are commonly considered the ancestors of most of the peoples of modern Europe, Persia, Afghan and India apparently taking apples along with them.

- Apples' fortunes waxed and waned throughout history. Cultivation and enjoyment of apples was an essential part of civilized life during the Persian Empire. They were grown as much for their aesthetic pleasures as they were for

good food. The Persians passed their affirmation of apples along to the Greeks when they assumed power in the third century B.C. Then, the Romans took the Persian and Greek love for the apple westward into Europe where it rose to the level of both art and science.

- Apple growing declined in popularity for a while. The monastic orcharding traditions of the Christian church through the twelfth century may have actually saved the varieties and techniques up to that point. In the East, fruit growing was saved and actually expanded by the rise of Islam, the tenets of which encouraged botany.

- Renaissance Italy in the fifteenth-century showed a rise in apple growing for both food and spectacle. Cooking was becoming advantageous and there was a decline of earlier religious concerns about Eve. France and England followed suit, and apples remained highly popular in Europe well into the 1800's.



Eat the Apple Skin as Well

Unpeeled apples provide their most plentiful nutrients just under the skin, so be sure to eat the apple with its skin on.



Apples, Symbols and a little more History

The Apple of Discord was thrown into the wedding of Thetis and Peleus by Eris, the goddess of strife and discord, who had not been invited to the wedding. The apple was inscribed with kallisti "To the Prettiest One." Paris, elected to choose which goddess should have it and gave it to Aphrodite. This offended Hera and Athena, with consequences of the Trojan War, etc. The "Apple of one's eye" means the symbol of what is most cherished. "Apple-polisher" means one who curries favor like brown-nosing the teacher.

In esoteric cults and white magic the apple is the feminine symbol par excellence. It is associated with Venus and in Greek myth, French pomme, of Pomona, goddess of abundance.

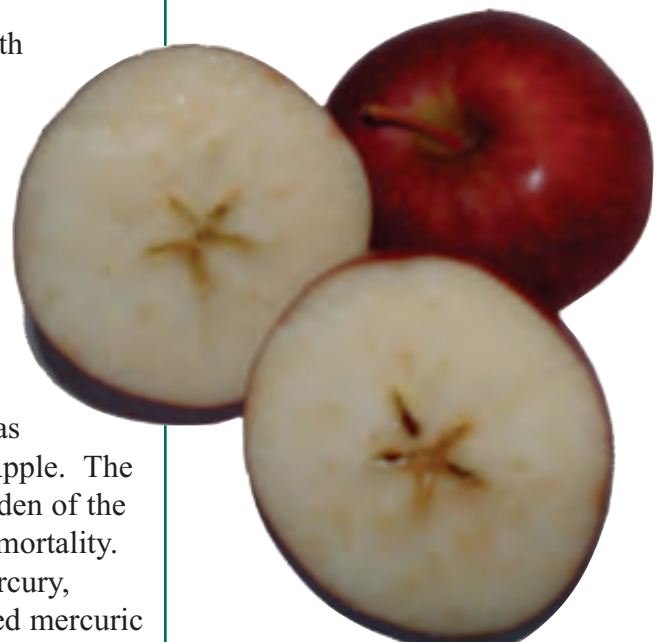
When the apple is cut vertically into two exact halves, you can see some resemblance to the female genital system. Alternatively, if you cut it in half horizontally you could, like the Pythagoreans, see it as a perfect five-pointed star. This is the pentagram, a key to the occult sciences, in that it reveals the secret of the knowledge of good and evil, and here the Eve legend surfaces again. No doubt it is merely coincidence...or is it? The Latin word for apple, malum, is a homonym of the Latin word for evil. Snow White received an apple, and magicians used the pentagram for casting spells. The apple of the Song of Songs was supposed to represent the Divine Word, perhaps

because of the pentagram it contained. The enchanter Merlin taught while sitting beneath an apple tree, and apples were eaten in Brittany before prophecies were made. In the time of Rameses II, the Egyptians gave apples "laid on wattles" to the highest priests who were the guardians of knowledge.

Frequently associated with the color yellow or gold, the apple, already bearing an ambiguous weight of symbolism, took on the powers of that color. This may have either been beneficial or maleficent, as with sulphur, either celestial or satanic. It was the alchemists' Golden Apple. The golden apples of the Garden of the Hesperides conferred immortality. Sulphur, transmuting mercury, makes it into cinnabar, red mercuric

sulphide, also a symbol of eternal life.

The apples of the Hesperides continued their career in Celtic tradition. In Irish legend, a woman of the Other World gave apples to the hero to nourish him for a month, never losing strength, and to confer immortality on him in that time. Scandinavian gods were also made immortal by the apple. The search for the fruits of eternal life was one of the tasks imposed by the Gaulish, blacksmith god, Lug, on the three sons of Tuleran as penance for the murder of their father. In the Elysian Fields of the Isle of Avalon, the word means "apple orchard" in Celtic, King Arthur waited among the dead heroes for his time to come. There a woman of the Other World plucked a branch of an apple tree for a gift before taking him to the eternal kingdom beyond the seas. It is interesting to recall, in this connection, that mistletoe grows on apple trees; it was cut by druids on the night of Samhain, October 31st, midnight. The 1st of November, the day of the dead, preceding the Celtic New Year, thus causing the New Year to begin on 1st January is a Christian pseudo-



"Don't let things happen, go out and happen to things."

tradition of times and seasons.

Alexander the Great was interested in the power of longevity which apples were credited with procuring. On the expedition, which he also sought the Water's of Life, he found apples allegedly capable of prolonging the lives of the priests who fed on them and nothing else to as much as 400 years. Alexander must not have eaten enough of them because he died of malaria at the age of 33.

Finally, there is that darker side of the symbol which I mentioned above. The golden apple awarded by Paris in the beauty contest, which began the Trojan War, became the apple of discord. The golden apples thrown down by Hippomenes were harmful to the nymph Atalanta in that she broke her vow of chastity, but beneficial in revealing love to her. The myth is a familiar one: the virgin huntress wagered that she could win a race against any of her suitors, who would pay for her victory with his life. As Hippomenes ran, he threw the wonderful fruits over his shoulder. He outstripped her in her desire to pick up the three golden apples, and finally he won over the gifts; Atalanta lost the race, her athletic reputation and then her virginity.

It has been claimed that the apple of Eden was actually an apricot. The theory is based on the fact that apricots grew in the Near East before apples did. The apricot did not reach Armenia from China and cross the fertile crescent towards the south-east of the Mediterranean until caravans made contact with the Semites living in northern Assyria around the third millennium. The apple had already invaded the

Middle East by that time. Eventually they reached Europe, moving from the east with the human waves coming down from Central Asia. It made its conquest as the hordes made theirs; a stow-away hidden in their provisions. Apple pips, spat out all along the way, gave rise to wild South Caucasian and European apple trees with small, sour fruits, *Malus silvestris* and *M. pumila*, clumps of which still mark out the great emigration routes. These probably gave rise to *Malus paradisiacal*, the FRENCH paradise apple, used later as a rootstock.



Apple trees almost always revert to the wild form instead of breeding true to the mother tree whether they are sown by chance or intentionally. Similarly, a cherry stone does not grow a cherry tree identical with the tree from which the fruit was picked, but a wild cherry. Mutations to improve the fruit are obtained first by hybridization, then by grafting a budding branch of a tree that has already developed well

on a rootstock. Like many fruit trees, pollen of another variety by birds or insects is required for the apple to bear fruit. Unfertilized flowers will be sterile or abort their fruit. Apples, though, are a love child, and the tree likes nothing better than company. Several different apple trees growing together will all give more fruit than if they were grown separately. With aid of the wind and bees, the more apple orchards a region has, the more they will produce.

It has sometimes been claimed that the Romans brought apple trees to Gaul. Apples were already being eaten by the Neolithic lake-dwellers of Switzerland and northern Italy from trees that had been dispersed in the course of the great invasions. Traces have been found in their villages of fruits, which cannot have been particularly nice, but were apples rather than crabs. When the Romans brought their own apples to Gaul, they learned to further improve their fruit.

Moving out of the realm of those legends that the apple seems to attract, it has long been recognized that the Etruscans knew about grafting before the Romans did. No one is absolutely sure where the industrious Etruscans came from when they arrived to colonize central Italy; their civilization appeared around 750 BC, and they loved apples.

Hippocrates (*circa 400 BCE*), the Greek physician considered the father of medicine, was a proponent of nutritional healing. His favorite remedies were apples, dates and barley mush.

“The happiest time in any man’s life is just after the first divorce.”

AKANE

This apple is juicy and crisp, tart and invigorating. The flavor is somewhat reminiscent of the Jonathan apple.

ALEXANDER

It is recognized more for culinary use than as a fresh-eating apple and is especially good for sauce. It is lightly scented and somewhat sweet.

ARKANSAS BLACK

Arkansas Black is one of the prettiest apples to look at because of its deep red color and symmetrical shape. It seems like it could keep forever and the taste improves in storage. Not a bland apple, it is crisp, strongly flavored and aromatic.

ASHMEAD KERNEL

This apple has won numerous taste tests over the years in England and in America, but it is much more strongly flavored than the apples most Americans are used to eating.

BALDWIN

At the turn of the century, Baldwin may have been the most popular apple in America. It is a medium to large, red and attractive, with coarse, crisp flesh apple. It is juicy, sometimes very juicy, and can be a very good fresh-eating apple. It stores extremely well and is a desirable variety for pies.

BOSKOOP

Boskoop is an apple that may be too strongly flavored for Americans on a bland diet because it bites back. It was discovered in Holland in the 1850's and has been grown in



the United States since at least the 1890's. It is firm and crisp, tart and somewhat dry, full flavored, very aromatic and gets sweeter in storage.

BEACON

A Beacon is a beautiful apple that has lively, juicy flavor and is good for baking.

BEN DAVIS

Ben Davis is one of the oldest American varieties. It was at one time widely planted in all parts of the country, especially in the South.

BLACK GILLIFLOWER

Black Gilliflower, or Sheepnose, is a distinctive looking apple. It has a conical, uniform shape and reddish color that sometimes darkens to

almost black. It can be a good fresh-eating apple. It originated in the late 1700's in Connecticut.

BLUE PEARMAIN

Blue Pearmain is a large, heavy apple that has a startling, unusual blue appearance. It is a classic early American dessert apple, full-flavored and rich, and was a favorite of Thoreau.

BRAEBURN

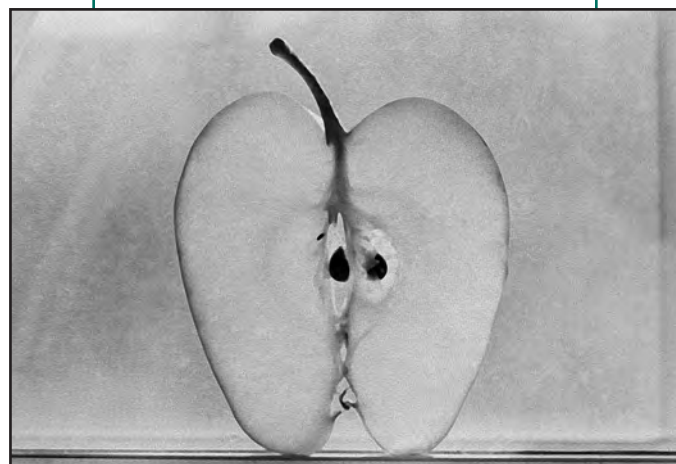
Braeburn is considered by many apple lovers to be the best tasting apple of all the newer varieties. It has a rich, full blend of sweet and tart, lots of juice and is very crisp. The Braeburn was discovered in New Zealand as a chance seedling. It is usually orangish-red blush over a yellow-green background in color and high in culinary quality. It has won the Northwest Fruit tasting four times. It shows high current and future demand in the domestic market as well as being a good export potential. The shelf life of a Braeburn is long, about eight months in regular storage.

BURGUNDY

Burgundy is newer variety that has an intense deep red color, and can be very attractive. It is a good fresh-eating apple.

CALVILLE BLANC

The Calville Blanc is an old French variety, where it is still held in high esteem as the premier gourmet apple. It is light red with an irregular shape. It is reportedly higher in vitamin C content than oranges. It can be tart and has a very strong, distinctive flavor.



"Man is the only animal who causes pain to others with no other object than wanting to do so."

“Take care of your body with steadfast fidelity.”



CAMEO

The Cameo was discovered as a chance seedling in a Washington State orchard in the 1980's. It is sweet with a zingy crunch, and can hold its texture for long periods. Look for the variety's characteristic white spots on the skin.

CHENANGO STRAWBERRY

Chenango Strawberry, also called Strawberry Chenango, can be a very good fresh-eating apple at its peak. It is a delicate and attractive fruit that is slightly tart and juicy.

CORNISH GILLIFLOWER

Cornish Gilliflower is unusual in appearance and flavor, but it is definitely worth a try should you encounter it. It has a spicy aroma, plenty of juice and a sweet, rich flavor.

CORTLAND

Cortland is a large, red apple with fine, smooth, white flesh that is slow to brown, which makes it a superb choice for salads. It can be a very good fresh-eating apple if it hasn't been off of the tree too long. The flavor is mild and slightly tart.

COX ORANGE PIPPIN

Cox orange pippin is considered by many apple fanciers as the finest dessert apple variety of all time. It has won numerous taste testing awards over the years. It was discovered as a chance seedling in

England in the early 1800s, and it has been England's favorite fresh-eating apple ever since. It isn't red, shiny or very large, but don't be put off by its appearance, it has amazing flavor.

CRITERION

Criterion is a fairly new variety that is descended from Golden Delicious, Red Delicious and Winter.

DAYTON

Dayton's taste isn't overwhelming. Instead it has a nice balance of sweet and tart flavors and a crisp, juicy texture.



Don't worry if it is splashed with a significant amount of bright green coloration because this is not an indication of ripeness. McIntosh lovers should give this one a try.

DUCHESS

Duchess may be a little too tart for some tastes, and it is not usually thought of as a dessert apple. Still, it has an interesting flavor right off of the tree and is an excellent performer in the kitchen.

ELSTAR

Elstar originated in Holland and is a cross between two dessert varieties, Golden Delicious and Ingrid Marie. It is very popular in Europe and is best as a fresh-eating apple. It may not have a lot of red coloration and the skin may be a little rough, but neither of these effect the quality of the apple.

EMPIRE

Empire is a cross between Red Delicious and McIntosh and combines the best qualities of each.

FIRESIDE

Fireside is a great fresh-eating apple with a great name. It is mainly seen in northern orchards because it originated from Minnesota. It doesn't get as red as McIntosh, Cortland, Empire, Jonathan or other northern varieties when ripe, but rather is splashed with quite a bit of green. The coloring doesn't affect the flavor, which by the way is excellent. You may notice some peening on the skin that look like tiny little dents. This is not a defect; instead it's just part of this apple's interesting character.

FRANKLIN

The Franklin is an attractive looking fruit that is the result of a cross between McIntosh and Red Delicious. It has mild, pleasant flavor that is much better than Red



Delicious but not quite as spicy as McIntosh.

FUJI

Fuji is one of the most successful recent introductions. It has an unusual combination of low-acid sweetness with crunchy, juicy flesh and a pleasant aroma described as “warm” by some observers. Fuji is becoming immensely popular around the world.

GALA

Gala is certainly one of the gaudiest looking apples. It features intense red or orange color and a beautiful, conical shape. Gala is sometimes called a “gourmet apple” and is one of the fairly recent introductions that are specifically aimed at the segment of the public that has been demanding better flavor in store-bought apples.

GINGER GOLD

Ginger Gold has good acceptance by kids with its juicy “snap” and sweetness. Some say it is reminiscent of pears in texture and flavor. It is a good balance of sweet and tart with a fresh, clean, refreshing taste.

GOLDEN DELICIOUS

The Golden Delicious is one of the most popular apple varieties in the world. It is also one that it is not easy to dislike because of its agreeable taste, texture, aroma and appearance. It isn’t a bold apple, rather an old and easy-going friend.

GOLDEN RUSSET

Golden Russet is considered by many to be the best cider apple of all time. It is a good choice if you are interested in trying a more challenging apple than what you typically find in the store.



GRANNY SMITH

The Granny Smith is not a bad fresh-eating variety. It is a little tart, but not sour, Granny is marketed for the most part as a cooking apple.

GRAVENSTEIN

The Gravenstein apple is highly prized for sauce and baking. It is a beautiful red and yellow striped apple.

GRIMES GOLDEN

The Grimes Golden has a rich spicy flavor and a perfumed skin. It can be a gourmet delight when it is at its best. The flavor is difficult to describe, but some likening it to the Coriander.

HARALSON

Haralson is a mild, pleasant apple that does well when it is baked. It has a faint citrus scent with a tender juicy flesh.

HOLSTEIN

Holstein is an offspring of Cox Orange Pippin, but it has a flavor and aroma that may be even more intense. Hard, coarse, dense, juicy flesh in an orange russeted package, Holstein is not for the timid since it is a variety that bites back.

HONEYCRISP

The one drawback to the Honeycrisp apple is that it is hard to find. The demand is far exceeding supply right now for this relative newcomer from Minnesota. Honey crisp is the one variety of apple that can be recommended with absolute

confidence because it is so good as a fresh-eating apple and has such wide appeal. This apple has a crisp, dense, juicy flesh and a balance of tart and sweet flavors. The flavor apples to many antique apple lovers as well as those with a less adventurous palate.

HONEYGOLD

Honeygold is a Minnesota Golden Delicious crossed with a Haralson cross. It is similar to the Golden Delicious.



“The mill cannot grind with the water that’s past.”

“Sometimes the most urgent and vital thing you can possibly do is take a complete rest.”

HUBBARDSTON NONESUCH

Hubbardston is an apple with a lot of character from New England. As early as the 1830s, this apple has been well known and highly sought after. Like many varieties from the past, it is dense, complex and rich in flavor.

HUDSONS GOLDEN GEM

The Hudsons Golden Gem is lopsided, small, with rough skin and a yellow color, but wait until you taste this gem.

IDA RED

Ida Red is a real workhorse variety because it is tangy, firm, hard and tart. “*Old Reliable*” lasts forever, or seems to anyhow, and keeps its quality in storage.

JERSEY MAC

For a short time after picking, Jersey Mac can be an outstanding variety even one of the best. After picking, it quickly subsides to being just a good apple rather than a great one, so grab them quickly. It is a beautiful looking apple, bright red and green, glossy and perfectly round.



JONAGOLD

The Jonagold is a cross between the Jonathon and the Golden Delicious, and it retains some of the best features of both. It has a sprightly, juicy flavor like Jonathon and a sweetness and aroma similar to that of Golden Delicious. In Europe, Jonagold consistently places high in taste tests. It’s subtle and complex taste can be a real treat for a couple of weeks after picking.

JONAMAC

The Jonamac is a beautiful red and green, medium sized McIntosh with Jonathon cross that is a great fresh-eating apple.

JONATHAN

Jonathon is a 200 year old variety from New York State. It has achieved enduring and broad popularity just like McIntosh and Northern Spy. Jonathon lovers swear by it. It has a spicy, tangy, somewhat tart flavor and crisp, juicy flesh. It is no wonder that Jonathon consistently ranks in the top ten among leading

varieties grown in the country.

**KANDIL SINAP/
CANDLE SNAP**
Kandil Sinap is interesting in appearance and excellent in taste and probably originated in Turkey. It is receiving a certain amount of attention from

specialty growers, and you may occasionally find it at an orchard that specializes in heirloom and novelty varieties.

KIDD’S ORANGE RED

Kidd’s Orange Red was developed J. H. Kidd of New Zealand. He is the same man who developed the Gala apple. Kidd’s Orange Red is a cross between Cox Orange Pippin and Red Delicious. It has a little more character than Gala and is an excellent dessert apple with a sweet aroma and good balance between tart and sweet flavor. It can have quite a bit of russeting on the skin, but, as the saying goes, don’t judge a book by its cover.

KING DAVID

King David is an older obscure variety from Arkansas that is having a revival. Excellent for pies and sauce, although if you don’t mind the tough skin, it can be an excellent fresh-eating apple with its spicy, wine-like flavor.

KNOBBED RUSSET/ UGLY DUCK

Knobbed Russet has bumps and irregularities and is one ugly looking apple. Some apple lover’s say that the worse it looks, the better it tastes. Not a tame variety, this one may put you off at first with its odd appearance and aggressive flavor.



Beneath the rough skin is an apple of the highest dessert quality.

LADY

Lady is one of the oldest cultivated varieties known, going back at least to the 17th century and possibly even as far back as Roman times. It is a good fresh-eating apple and a lot of fun. With bright red, smooth skin splashed with intense medium green, it is used for Christmas decoration on wreaths and centerpieces.

LODI

Lodi is a waxy looking, bright green, smooth-skinned apple that is an excellent early variety for kitchen use, especially for sauce.

MCINTOSH

Nothing quite compares with the Mac for fresh eating. The crispy, juicy, tangy, firm, yet tender, white flesh is perfumed and spicy in a way that no other variety can match. Mac is a good kitchen apple, although it doesn't hold shape when cooked. True McIntosh fans won't consider any other variety, and they eat them all winter long.

MACOUN

Macoun is firm, aromatic and juicy like its parent, the McIntosh. It has a loyal following of fans that scour farm markets in early October to find this unique variety.

MAIDEN-BLUSH

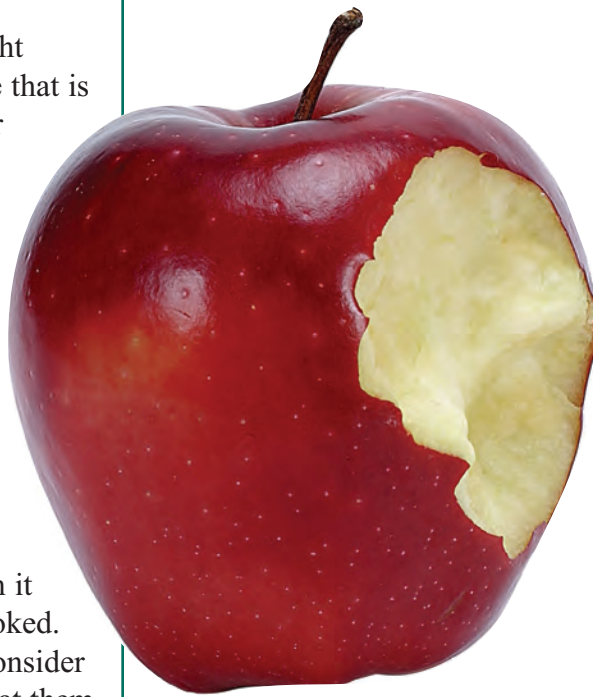
Grower Versil White asks, "Do you know why you never see Maiden Blush anymore? Because you never see a maiden blush, anymore." This variety has fallen out of popularity, which is a shame. It is a beautiful apple with a wonderful aroma.

MELROSE

Melrose is a cross between a Jonathon and a Red Delicious. With rich flavor and coarse, juicy flesh, the Melrose is a good fresh-eating apple, especially when left to age a little while after picking.

MOLLIE DELICIOUS

Mollie was developed in the 1960s at Rutgers. It is a cross between a Gravenstein and a Golden Delicious. This suggests a mild apple, and mild it is.



MUTSU (CRISPIN)

Mutsu is a variety developed in Japan that is growing in popularity in the United States. It is an excellent dessert apple. Large and greenish-yellow, Mutsu is packed with juice with a perfect balance between sweet and tart. It makes great sauce, especially if the peel is left on for more flavor.

NEWTOWN PIPPIN

Newton Pippin is one of the best tasting early American varieties. It was discovered as a seedling on Long Island in 1759. Thomas Jefferson grew the Newton Pippin and Benjamin Franklin took samples

to the English royal court. It was at one time considered the best variety in the world, and was one of the most storied and influential. It has a sweet, rich flavor that improves with age while it is great in the kitchen. Unfortunately, it doesn't have the high-gloss appearance that American consumers have come to expect, hence the Granny Smith has driven it from the shelves. But, if you are going to buy an all-purpose apple to eat rather than stare at, the Newton is your variety.

NORTHERN SPY

"Spies are for Pies!" The Northern Spy is one of the oldest American varieties; it is the quintessential baking apple. Overlook the irregular shape and variable coloration, because this apple is not for display. A little too robust as a fresh-eating apple for many, but it still has many fans that enjoy it in hand.

PAULA RED

Paula Red may be the best early, fresh-eating, red apple widely available, especially in the northern states.



"Almost everything that is great has been done by youth."

RED ASTRAKHAN

Red Astrakhan is an early cooking variety presumed to have originated in Russia. It was then imported from Sweden by way of England in 1835. It was at one time a very popular apple for home use. Its superior culinary qualities are its claim to fame.

RED DELICIOUS

The Red Delicious is the most controversial and widely distributed American apple. Red Delicious retains its shiny, deep-red, good looks, so it is sold in every possible state of internal disintegration. Too often, store bought Reds are little more than cardboard flavored, mealy mush beneath their glamorous skin. Still, Americans continue to buy it more than all other varieties combined. It can be a pretty good apple under the right conditions. When buying them, look for locally grown apples in season and don't insist on a uniformly dark red color. By doing these, the chances of getting a better apple will improve in your favor because many growers are now growing strains for flavor more than looks. Don't defeat their efforts by rejecting apples that don't look as though they came from a plastic injection-molding machine. Remember this simple rule, art is a matter of visual esthetics and food is a matter of taste, not the other way around.

REIN DES REINETTE

Rein des Reinette is another famous French gourmet dessert apple.

RHODE ISLAND GREENING

Rhode Island Greening is an old American variety that was discovered in the 1600s. It is a large, green tart apple of very high quality.



It is a great baking apple and for decades was the best-selling variety for use in the kitchen.

ROME BEAUTY

Rome Beauty is a good keeper, fair for fresh eating and reliable in the kitchen. Rome is one of those varieties that owes its popularity more for its looks than its taste.

ROXBURY RUSSET

Dull green, russeted, and rough-skinned, Roxbury Russet is the antithesis of what modern consumers expect in fruit. It was a popular dessert apple in the United States for 300 years until appearance became more important in an apple than taste. Like most russets, this variety has rich, dense flesh that stays crisp all winter.

SNOW (FAMEUSE)

Snow is a beautiful old variety that probably originated in Quebec. It is very similar to the McIntosh, and many believe that it is an ancestor of the Mac. Snow is not an apple that can be grown profitably anymore, and there are many similar high-quality apples available including, of course, the McIntosh.

SPARTAN

The Spartan is a distinctive eating apple with a loyal following. Spartan has a lot of good qualities inherited from its parents, McIntosh and Newtown Pippin.

SPITZENBURG

Discovered in Esopus, New York in the late 1700's, Spitzenburg has long been considered by many observers the finest American dessert apple.

Thomas Jefferson and

Washington Irving grew this variety for enjoyment. It is hard, dense and crisp with a rich, full flavor like many older varieties and has a distinctive flavor described as "nut-like."

STAYMAN

The Stayman's tender, juicy flesh makes this a good choice for fresh eating and cooking.

SUMMER TREAT

Summer Treat is possibly the best sweet summer apple for fresh eating. If you like a variety with a sweet, uncomplicated taste, Summer Treat is a good apple to start the season. Don't wait, as peak flavor for this variety doesn't last long.

"Rest is a good thing, but boredom is its brother."



SWISS GOURMET (ARLET)

The Arlet is hard and tart with just the right touch of sweetness. It is a cross of Golden Delicious and Ida Red, which was developed in Switzerland. It is being called "Swiss Gourmet" in the United States and certainly qualifies as an example of the new high-quality gourmet varieties now gaining favor.

TOMPKINS KING

The "King of Tompkins County," as it is sometimes called, is best known as a cooking apple. It can be very interesting eaten fresh with a rich and aromatic flavor.

TOLMAN SWEET

~My Families Heirloom~

Tolman Sweet was originally named **Tolman Sweeting** and has the synonyms *Brown's Golden Sweet*, *Tolman's Sweet* and *Tolman*. It is thought to be a cross of Sweet Greening and Old Russet from Massachusetts.

The Tolman Sweet is medium sized

and rectangular to conic in shape. It has pale-yellow skin sometimes with red blush and lines of russet and a suture line. The flesh is firm, dry to moderately juicy and of a pronounced sweet flavor, and it bruises easily.

The Tolman Sweet tree has long drooping branches and yields full crops annually. It is a late bloomer but early bearer. The dull, oval-shape leaf is a bluish-green with regular, moderately distinct serrations and a heavy pubescence. The leaf is folded and distinctly waved. Tolman Sweet is susceptible to fireblight. It is an exceptionally good apple for baking and is particularly suitable for cider making because it contains 14.6% sugar that ferments to 7% alcohol. The tree is a good grower, long-lived and very hardy. It ripens in late September and early October.

The Druids used the Tolman Apple in the Stonehenge festival celebration of Sam Hain on October 31st in honor of the "High Gift" of their ancestors who kept heirloom seeds from whence they had come. Sam Hain is gaelic for "summers-end". The Druids and Celts only celebrat-

ed two season's summer and winter (*hot and cold*). Their New Year started with the warm day's of October's end and cold nights of November's beginning. Tolman Apple's were grown and tended on the Isle of Avalon, which means "apple orchard" – the Legendary Land of Immortals. They used to plant a Tolman apple tree over the ashes or body of a dead loved one.

Then at the, "Fire Festival" at Stonehenge when the sun was at 15° Scorpio – the Tolman apple cider was broken out, passed around, and the party got started! Believing those who had passed away were somehow present in the blood of the apples they drank.

A Family Diary Records:

"Sir Thomas Tolman's daughter 'Tre' wen', brought the seeds and rootstock from Salisburg to Massachusetts in 1804."

A Foot Note

It has been said that "Creativity is the ability to see that which is waiting to exist." Sometimes I wonder if creative's of the past somehow prod me at some level of my being to uncover that which did once



"Individualism is rather like innocence: There must be something unconscious about it."

“What upsets me is not that you lied to me, but that from now on I can no longer believe you.”

exist, but does no longer, yet yearns to be in existence once again. I tend to feel such passion over the littlest things, things that most others feel prompted to ignore. I guess a simple mind finds joy in simple things.

I embrace ideas that stimulate thought no matter how threatening or challenging to my own levels of personal comfort. For this cause I have been referred to as a multi denominational humanist. No doubt, people, individuals, and the human collective, are my greatest joy and love. Wm Shakespeare in the 1600s wrote, *“what a piece of work is man, how express and admirable, in action how like an angel, in apprehension how like a god.”* So poetic, so beautifully stated, so true!

In my 17 year search for a lost formula of a once sacred meal called Pulse in the English, and Phi Pi in the Greek Mystery Schools. I came across an ancient riddle of the *“Iris flower”* carved above the right eye of the sphinx in El Giza at Thebes. The more widely known riddle of the sphinx itself as recorded in Greek literature has it that when anyone passed by the sphinx would ask, *“What has one voice, and yet becomes four footed, then two footed, then three footed?”* If you didn’t know the correct answer the sphinx ate you. Legend has it that Oedipus gave the correct answer: *“Man. Man walks on all fours when young, tow feet when able, and uses a cane or staff as a third leg in old age.”* The sphinx is the earth; unlock her mysteries and you will not die is the metaphor. Very few tho’ are familiar with the riddle



of the Iris Flower above the right eye of the sphinx. The word iris means rainbow.

Without ruining your own search of the iris riddle I will tell you it lead me to a study of onomatology, the meaning and history of names. This study caused me to find the history of my family name: Tolman. In the oxford English Dictionary it says, *“A Tolman is a doorway created by two pillars of stone connected at the top by a pillar laid flat, acting as a lintel or crossbeam.”* What today is called **Stonehenge** (*door of stone*) was, prior to 1610, called the Tolman a memorial of Salisbury plain in England (*also spelled Dolman*). Deeper research uncovered the lost use of the Tolman’s of the past. They held bells or carillons in place so they could be played for purposes of gathering together in a spirit of music and dance for physical healing, emotional ventilation, and mental elevation; creating a healthy harmony by using rhythm and tone. Phrases like *“for whom the bell’s toll”* – *“church bells”* were carillons hung upside down in a *“bell tower.”* Doesn’t every home of today have a *“door bell?”* And what’s the history of wedding bells? The Toll-man, later spelled Tolman was the instrumentalist of carillon ses-

sion, at Sam Hain. The Tolman filled the carillon with apple cider made of Tolman apples (*the witches brew or Gaea’s milk*) and intoned the bowl as everyone sang songs of joy for abundant harvest.

TWENTY OUNCE

The Twenty Ounce is uncomplicated with a mild, clean, fresh taste and is one of the best mid-season cooking apples. Look for large or very large, oblong fruit with red stripes on a greenish background. It is normal for it to have has extensive peening on the skin, which looks like hundreds of tiny little dents. This is a very mild apple and is accepted well by children.

WAGENER

Wagener is a good all around fall apple for sauce, baking and fresh eating. It is somewhat similar to Northern Spy. It is oddly shaped and colored.

WEALTHY

Wealthy is a good all-purpose kitchen apple and a good fresh-eating variety in season. Many ‘old-





timers' say this is the best apple for pies.

WESTFIELD SEEK-NO-FURTHER
Seek-No-Further is an old New England variety that has been held in high esteem as a dessert apple for 200 years. It is probably the crispest of mid-season varieties and has a thick skin and complex, rich flavor with an interesting aroma.

WINESAP
Winesap is a "must try" variety. It has been described as the perfect distillation of a crisp fall day. It is a relatively small, round, deep red apple with a somewhat tough skin and firm, crisp, yellow flesh. It is a very juicy variety and the flavor is a strong, yet perfectly balanced blend of sweet and tart. The aroma and flavor have a distinctive wine-like richness.

WINTER BANANA
The Winter Banana is a beautiful and exotic variety that was discovered over 100 years ago in Indiana. It does, indeed, have a flavor that reminds some of bananas. It has a delicate and subtle flavor that is a

treat for eating out of your hand.

WOLF RIVER
Once in a while you'll see a gigantic apple the size of a small pumpkin in the fruit market. More than likely, you are looking at Wolf River, from Wisconsin. It is more than a novelty, as it excels in the kitchen, especially for making apple butter and for drying. It can also be a good fresh-eater, under the right conditions. For eating fresh, look for the ones with more color and get them early in the season.

YORK (YORK IMPERIAL)
York was discovered near York, Pennsylvania around 1830, and is still widely grown in south central Pennsylvania and southward along the Shenandoah Valley and Blue Ridge mountains. It keeps extremely well and is popular as a culinary variety. It is probably a little too tame for most people when eaten fresh, but it does have its adherents. It earned the appellation "Imperial" for its keeping quality, not its flavor.

APPLE CIDER VINEGAR

Medi-Sign Target
All 7 Physiological Systems

Apple cider vinegar is one of the oldest, most powerful, healing home remedies imaginable for allergies.

Apple cider vinegar is one of the most important remedies in healing the body if you can get over the taste. It has a number of reported uses including a complete relief of pollen, food, pet allergies and sinus infections.

If you live in a highly polluted area like Los Angeles where allergies and sinus infections are rampant, your system may better balance itself with a small dose of apple cider vinegar each day.

Apple cider vinegar in itself is alkaline because of its "ash" content, which means if the apple cider vinegar was burned, what is left over becomes ash. When you check for the pH of that ash and dissolve it with water, the content is alkaline. Whenever our body digests anything, it undergoes oxidation, which is similar to burning. The end result is that you can determine whether the end product was alkaline or acid. Apple cider vinegar has fungal, bacterial and viral properties, primarily coming from the malic acid and acetic acid portion of the vinegar. Apple cider vinegar acts as a buffer in the body because the acetic acid reacts with base or acid compounds to form an acetate. This, therefore, renders them chemically bioavailable for the body's utilization. Additionally, apple cider vinegar can reduce the toxicity of



"I now perceive one immense omission in my psychology – the deepest principle of Human Nature is the craving to be appreciated."

certain compounds by converting the toxin into an acetate compound which is less toxic. This is why they are ideal for insect bites and certain skin allergies. While apple cider vinegar is considered alkaline, a chemically pure vinegar, it is neither acid nor basic forming as it leaves no ash as the entire portion when burned evaporates completely.

Any part of the body can be involved in allergic reactions. The most common areas include the nose and chest with symptoms such as hay fever, rhinitis or asthma although the skin and eyes also can show symptoms.

APRAXIA

Medi-Sign Target
1 Quart of Raw Juice Daily

What is Apraxia?

Apraxia, in mild cases called “*dyspraxia*,” is a neurological disorder. It is characterized by having the desire and physical ability to perform skilled movements and gestures but losing the ability to execute or carry them out. Apraxia can arise from many diseases or damage to the brain and results from dysfunction of the cerebral hemispheres of the brain, especially the parietal lobe.

The several type of apraxia may occur alone or together. The most common type is buccofacial or orofacial apraxia. This causes the inability to carry out facial movements on commands like licking lips, whistling, coughing or winking. Other types of apraxia are: **limb-kinetic apraxia**, which is the inability to make fine, precise

movements with an arm or leg; **ideomotor apraxia**, which is the inability to make the proper movement in response to a verbal command; **ideational apraxia**, which is the inability to coordinate activities with multiple, sequential movements, like dressing, eating, and bathing; **verbal apraxia**, which is the difficulty coordinating mouth and speech movements; **constructive apraxia**, which is the inability to copy, draw, or construct simple figures; and oculomotor apraxia, which is the difficulty moving the eyes on command.

The language disorder, aphasia, may accompany apraxia. Corticobasal ganglionic degeneration is a disease that causes a variety of types of apraxia especially in elderly adults.

Is there any treatment?

Physical, speech or occupational therapy are generally the treatment for individuals with apraxia. If apraxia is a symptom of another disorder, the underlying disorder

should be treated. Detoxification of heavy metals and plaques can be of high benefit. (*see Detox heavy metals*).

People with apraxia often see a speech-language pathologist who works with them to improve speech abilities and overall communication skills. To produce sounds correctly and sequence sounds into words, the muscles of speech often need to be “retrained.” This occurs through exercises designed to allow the person to repeat sounds over and over and practice correct mouth movements for sounds. The apraxia sufferer may need to slow their speech rate down or work on “*spacing*” their speech so that they can produce all of the sounds necessary for their message. Alternative means of communication may be necessary in severe cases. These alternative methods can be the use of simple gestures, more sophisticated electronic equipment or even using full on sign language.



“A truth that’s told with bad intent beats all the lies you can invent.”

What is the prognosis?

The apraxia prognosis for individuals varies and depends partly on the underlying cause. Some individuals improve significantly, while others may show very little improvement.



Foods to concentrate on:

- 👍 Alfalfa sprouts
- 👍 Avocado
- 👍 Bee Pollen
- 👍 Berries
- 👍 Black Currants
- 👍 Blueberries
- 👍 Broccoli
- 👍 Cabbage
- 👍 Carrots
- 👍 Clover Sprouts
- 👍 Dried apricots
- 👍 Eggplant
- 👍 Fresh vegetables
- 👍 Garlic
- 👍 Ginger

- 👍 Grapes
- 👍 Leafy green vegetables
- 👍 Legumes
- 👍 Nutritional Yeast
- 👍 Nuts
- 👍 Onions
- 👍 Pineapple
- 👍 Pink Grapefruit
- 👍 Potatoes
- 👍 Pumpkin
- 👍 Red Cabbage
- 👍 Red Grapes
- 👍 Red Pepper (*hot*)
- 👍 Red Wine
- 👍 Seeds
- 👍 Spinach
- 👍 Sprouts (*beans*)
- 👍 Sweet Potatoes
- 👍 Turmeric
- 👍 Tomatoes
- 👍 Watermelon
- 👍 Whole Grains



Talk to Me!
A Mental Tune-Up

1/2 cup	Apple Juice
2 Tbsp	Tahini, raw
1 Tbsp	Lecithin granules
1 Tbsp	Wheat Germ
1 Tbsp	Nutritional Yeast
1/2 cup	Pure Water
1ml	Ginkgo Extract (1 dropperful)



APRICOT

Medi-Sign Target
Liver, Skin & Deplaques
Cancer Sites



Benefits:

- Cancer
- Controls Blood Pressure
- Saves Your Eyesight
- Slows Aging Process
- Shields against Alzheimer's

Alexander the Great found apricots growing wild in Asia which is where he fell in love with them. He brought some to Europe with him when he returned from his military expeditions.

Because the apricot is the first fruit of the season to ripen, the ancient Romans gave the apricot its name from the Latin word for "precious." The apricot spread from Europe to America to Australia all the while the name stuck.

The apricot is loaded with beta-carotene, iron, fiber, vitamin C and several B vitamins and over 8,000 other nutritional components making it a fantastic fruit. Dry apricots are a great snack because upon drying an apricot, its nutrients get more concentrated.

"I like men who have a future and women who have a past."

Eating apricots will help you with the effects of aging, protect your eyesight, ward off cancer and prevent heart disease whether they are fresh or dried.

Apricots, especially dried ones, are another source of lycopene, which is the amazing carotenoid that can help prevent prostate, breast and several other cancers. Munching on apricots throughout the day can boost your lycopene quicker than you think even though they are not nearly as good a source of lycopene as the tomato; about 30 dried apricots have the same amount of lycopene as one tomato. Apricots are also a beta-carotene which is good source of the most famous carotenoid. The consumption of this powerful nutrient reduces your risk of some types of stomach and intestinal cancers. To get these benefits, eat about six fresh apricots a day.

Halts Heart Disease

Your levels of iron, potassium, beta-carotene, magnesium and copper can rise by eating dried apricots as a snack. These important nutrients help control your blood pressure and prevent heart disease. Three grams of fiber is also contained in as little as five dried apricots which helps your body rid itself of the bad cholesterol.

Chases Away Cataracts

Your vision can be affected by what you eat. The importance of vitamin A has been confirmed. It has been confirmed by studies the importance of vitamin A for cataract prevention. The conclusion, overall, is a well-balanced diet is needed for healthy eyes. Apricots are considered a good source of beta-carotene, which your body converts to vitamin A, and other nutrients, being just what you are looking for.

Adds to a Long Life

Some people claim the secret to living to be 120 years of age are apricots, believe it or not! This idea comes from the Hunzas, a tribe living in the Himalayan Mountains of Asia. In Hunza, some common health problems, like cancer, heart disease, high blood pressure and high cholesterol, do not exist. Researchers are now wondering if apricots are partly responsible,

might eat burgers, fries and drink sodas. Research does suggest, though, that the little fruit may assist you in living a better life. Dried apricots, with their B vitamins, may protect you from Alzheimer's and mental problems associated with aging, such as memory loss.

Storing Solutions

Apricots are the finest from June to



being the main part of their diet. The Hunzas eat fresh apricots during season, while they dry them to eat during their long, cold winter.

A Word of Caution

Some commercially dried apricots are preserved with sulfites. Most people are not effected though these preservatives, but for some asthma suffers life-threatening reaction may occur. Asthma suffers need to be aware of the sulfite warnings on packages of the dried apricots. Play it safe by buying the non-treated type or stick with fresh apricots.

Eating apricots does not guarantee you a long life, though, since you

August, coming from the states of Washington and California and can be found in your local grocery store. The tastiest are the ones that look and feel plump with the bright orange skin. The yellowish or green ones along with the hard, shrunken or bruised ones should be avoided. Smell them! Apricots will ripen at room temperature in your home the same as a peach. Wrap apricots in a paper bag when they are ripe, this will keep them fresh for several days.

To satisfy your cravings for apricots during the winter months purchase imported fruits from South America or maybe enjoy canned water

“What probably distorts everything in life is that one is convinced that one is speaking the truth because one says what one thinks.”



packed apricots, jams, spreads and nectars.

Apricots are delicious fruits, with surprises in store. The fruit still answers to a false name and is as temperamental is its tree. It was thought for a long time that the apricot was a kind of plum coming from Armenia that botanists continue to follow Linnaeus in calling it *Prunus armeniaca*. It is a member of the Rosaceae family.

Apricots come from China, similar to the peach, and it too has a history going back 5000 years. Even after five thousand years of domestication, it has not been entirely tamed. Spreading from China to northern India, the Punjab and Tibet, is where it ripens perfectly on sunny slopes up to altitudes of 3000 meters. Why, then, is it such an unreliable crop in our temperate regions, to the despair of nurserymen? A fruit tree should, in principle, bear well at least one out of two years, but this ancient mountain-dweller is coy and late frosting or strong winds can destroy all hope of the early blossom. The Mediterranean climate is liked by the apricot. This is particu-

larly true of the Roussillon area.

Drought is an enemy of the apricot tree, which likes limy or even stony soil. Drought will undo the grafting of the tree in a single night, giving it a fatal seizure that shrivels it up within a few days. The apricot tree does not accept ordinary fertilizer or manure either. The careful adjustment of the volume of fertilizer must be right for the nature of the soil.

The apricot's name, which until the fifteenth century was *aubercot*, in French, does not have just one simple etymology but a combination of several, involving considerable juxtaposition of ideas. Portuguese have *albricoque*, Spanish have *albaricoque* and Italians have *albicocca*, all coming from the Arabic *al barqouq* or *al birquq*, for the Iberian Peninsula owed much to the Arab gardeners of Andalusia. An Arabic word meaning "early-ripe," deriving from the Latin *praecox* or *praecoquIm malum* (*in Greek, praecoxon*), an early-ripening fruit, the Romans gave the apricot its name when it was brought back by legionaries who returned from the Near East in the first century. Since it was easy to eat, they also called it *aperitum*, which means fruit that opens easily. It is associated with Greek *abros*, delicate, the apricot does not travel well and it ripens very fast. Ideas that there was a connection with Latin *apricus*, ripe, may have given

rise to the "p" in English "apricot," which combining with the French meaning *cot* ending. In German and in Russia it is *abrikos*. All the roads lead to Rome, though, where apricots spread through Europe. In Latin, apricot means "precious."

The fruit, kernels, oil and flowers have been used in medicine for many years. "Apricot Gold," made from the kernels of the trees, which grow in certain areas of China, is a famous medicine in China. The medicine has been reputed for its powers to prolong life. Chinese believe apricots react sympathetically to women's ailments. The apricot flowers are a common ingredient in Chinese cosmetics.

- **Constipation** – Highly valued as a gentle laxative, the fruit may be beneficial in the treatment of constipation. This is due to its contents of cellulose and pectin. The cellulose is not digested and acts as roughage. The indigestible part of the food, which helps the bowel movement and the pectin, absorbs and retains water, thereby increasing bulk to feces and stimulating smooth bowel movement. People who suffer from chronic constipation can find apricots greatly beneficial. The desired result from the fruit can generally be achieved by six to eight apricots per day.



"Once conform, once do what others do because they do it, and a kind of lethargy steals over all the finer senses of the soul."

“Every truth passes through three stages before it is recognized. In the first, it is ridiculed, in the second it is opposed, in the third it is regarded as self-evident.”

- **Indigestion** – An apricot has an alkaline reaction in the system. Apricots aid in digestion, if consumed before a meal. Organically grown fruit, marmalade, is also a valuable treatment of nervous indigestion.

- **Anemia** – Apricots are an excellent food remedy for anemia with an amount of copper in the fruit making iron available to the body, producing hemoglobin could be increased in the body by liberally using apricots.

- **Fevers** – The apricots’ fresh juice, mixed with glucose or honey, is a very cooling drink in times of fevers, quenching thirst and eliminating waste products from the body. Supplying vitamins and minerals it tones up the eyes, stomach, liver, heart and nerves.

- **Skin Diseases** – The fresh juice of the apricot leaves are useful in skin diseases. Benefits may result in scabies, eczema, sunburn and itching of the skin due to cold exposure, when applied.

ARGININE

Medi-Sign Target

Liver & Muscles

Eat Your Peanuts!

(Non-Essential Amino Acid)
Studies show that improved immune responses to bacteria, viruses and tumor cells promote wound healing and regeneration of the liver. This causes the release of growth hormones considered crucial for optimal muscle growth and tissue repair.

ARGYRIA

Medi-Sign Target

Brazil Nuts, Water, Salt & Lots of Sunshine

A dermatological condition, Argyria, changes skin in pigment from its natural color to a greyish-blue.

Although these are not colloidal silver, the condition occurs as a result of cumulative exposure to silver nitrates and or silver chloride.

Argyria’s number one cause is silver mining. The condition is so rare it hardly deserves mentioning.

Consumption of homemade colloidal silver, by gallons possibly could cause it to happen, if 16 ounces were taken at five o’clock each day for more than a year.

At one point in time, it was thought that Argyria had no cure. Now though it is known that the number one solution is to stop exposing yourself or ingesting any type of silver.



Eat 1/2 pound of Brazil nuts each day.

Eat one food with high-levels of vitamin E each day such as wheat germ and wheat germ oil, barley, corn, soybean, and their unrefined oils, whole grains and all nuts, real peanut butter and lots of green foods helps.

Drink 1-1/2 gallons of water each day. Make certain to wash the debris from the body. Eat one cup of baby carrots daily.

If it is cloudy, use a tanning bed, but make sure to get at least 30 minutes of full body sunshine a day.

AROMATHERAPY

Medi-Sign Target

Health Comes of a Happy Heart!

Aromatherapy:

more correctly Aromacology

The Nose Knows Gno’s

Healing Scents Make Sense of Cents

Have you ever wondered what your life would be like if you lacked the ability to smell? It may not be as difficult as trying to navigate in a room being blindfolded, or performing daily tasks without the use of your thumbs, but you would still be missing plenty. Your sense of taste would be gone and your brain is wired to interpret signals from your olfactory center to tell you what pleasures or hazards may be lurking in your surroundings. In fact, you could say that much of what you know about the world, and how you relate to it, depends on your sense of smell.



The Physiology of Smell

The only sense, fully developed, in humans, at birth is olfaction playing an important role in infant's abilities to recognize and bond with their mothers. Smell may prompt the "chemistry" felt between two adults. Scientists have identified substances called pheromones in human body scent. These act as chemical messengers to the brain to stimulate, among other responses or behaviors, sexual attraction to a potential mate. The nasal passages lining contains at least five million odor-sensing cells the nose seems to be equipped well to detect smells on its own. Some scientists have speculated that, like other animals, we as people may also have nasal sensory devices known as vomeronasal organs helping them detect these subtle fragrance molecules. Certain



odors undoubtedly have an impact on the way we think and feel. Smelling freshly baked bread, for example, may conjure up fond memories of home and hearth. Floral or spicy aromas, may induce a romantic mood. Recognizing this effect many European and Asian

facilities, and in the United States, on a smaller scale, are investing in "indirect perfuming" enhancing productivity in the workplace and to promoting recovery in hospitals.

In the 1920's a French chemist, Rene Maurice Gattefosse, coined the term "aromatherapy." Gattefosse suffered a serious burn to his arm, while working to refine a new perfume. He turned to the nearest cool liquid available to relieve his pain, which was a vat of lavender oil. Reportedly the chemist was rewarded with immediate relief and a speedy recovery without scarring. Occurring to Gattefosse, essential oils are not only useful in perfumery, but also as a healing agent. In 1937, Gattefosse referred to this emerging therapeutic field as "aromatherapie" in recognition of the antiviral, antiseptic, bactericidal and anti-inflammatory properties of essential oils.

Essential oils are the nerve/intelligence fluids of plants, being *complex, volatile substances containing plant hormones, nutrients and thousands of other bio-chemicals that scientists haven't documented yet.* *When smelling or applying essentials oil to the skin, they are absorbed and carried through the bloodstream to their intended target.*

Essential oils have a balancing effect on the body, mind and emotions. Having a wide range of healing properties, pure essential oils are used with ease and convenience by all. The natural plant fluid oil offers gentle alternatives to the dangers of "synthetic drugs." This aspect can be particularly beneficial for the chemically sensitive. You don't have to be in therapy to use essential oils. That's why "aromatherapy" is a misleading term creating

"experts" having you believe that essential oils are a mystery that can only be understood with years of experience and specialized training. This is how many aromatherapists are justified. Neither, essential oils, nor their uses were invented by Gattefosse.



Plant derived aromatic massage oils and salves were used by the ancient Greeks, Egyptians, Arabic and Chinese enhancing mental, emotional and physical health. The father of Western medicine, Hippocrates, believed that "The way to health is to have an aromatic bath and massage every day." The 3,000 year old traditional Indian medicine (Ayurveda) regarded aromatic massage and baths as an important component of its healing. Spas today incorporate the benefits of essential oils in a form of massage known as "aromassage."

Even though a massage is relaxing and helps increase circulation and eliminates impurities, combining with deep massage the relaxing aromatic properties of essential oils, may influence your physical health and emotional outlook. Never having this type of massage you're in for a feely, smelly treat, grab a towel and a partner and enjoy!

"When we feel that we lack whatever is needed to secure someone else's esteem, we are very close to bating him."

“Almost all our faults are more pardonable than the methods we resort to hide them.”

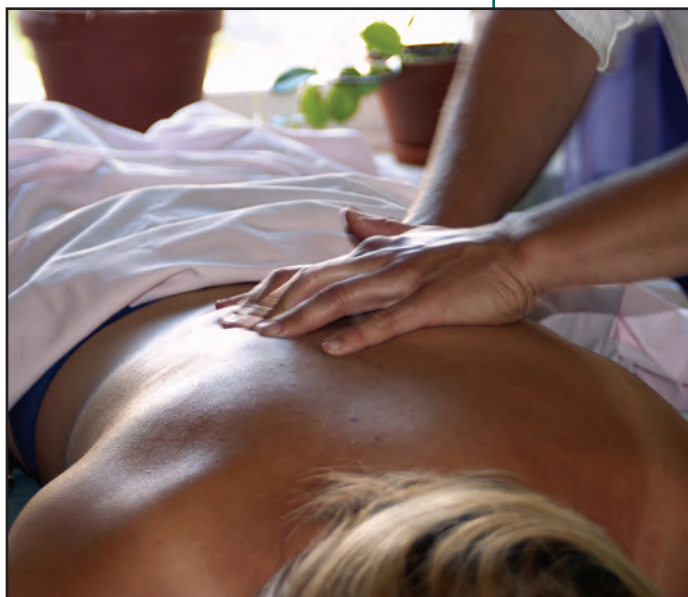
Aromassage can be any massage method using essential oils, **on the skin** called *aromatouch*. They can also be dispersed **in the air** called *aromacology*. Massage techniques are available in many excellent books. For those who have not been educated in this, the goal is gentle, yet firm, strokes. Remember that too much oil can be a bad thing because it can cause your hands to slip and diminish the effectiveness of the massage.

Effleurage and **petrissage** are two beneficial basic techniques.

Effleurage uses the palm of the whole hand, not just the fingers, in a series of short or long soothing strokes. Relax your hands but keep them firm, trying not to lift the first hand at the end of each stroke to begin another. To keep the movement uninterrupted the other hand should be ready to replace the first.

Effleurage is the commonly used technique to relieve muscle tension and improve blood flow.

Petrissage is like kneading dough. Gently use the fingers to roll muscle and fatty areas, but do not pinch. In this type of stroke most of the pressure should come from the thumbs.



To improve circulation and increase lymphatic flow to release stored toxins, this technique is very effective.

Not All Oils are Created Equally

Making sure that the essential oils you are using are pure, botanically-based and not synthetic fragrance oils is the first rule. Essential oils vary in price, depending on the type of plant they are extracted from and the manufacturing. In other words, if the price of the essential oil is low, your best bet is to assume that the product is also.

Also needed is a “carrier” or “messenger;” oil to add to, or blend your essential oils. These can be irritating when applied directly to the skin. Quality messenger oils such as jojoba, sweet almond, grape seed, apricot kernel, or peach kernel should be used. While oils such as vegetable or olive are sometimes recommended, I personally find that these tend to “cling” to skin rather than be neatly absorbed. The best ratio for mixing a massage oil blend is three to five drops of essential oil per each teaspoon of carrier oil.

There are several ways to incorporate aromacology into your massage session like adding a few drops of essential oil to a pan of warm water left in the room, or spraying the room with a mister where four to six drops of essential oil and a cup of water have been mixed. A diffuser is one of the



most satisfactory ways of dispersing the fragrance molecules of an essential oil. Diffusers are equipped with a metal, glass or ceramic container that holds several drops of an essential oil. The diffusers then release the three to six drops into the air via the heat of a candle. Electric air diffusers are not heated and miss the wonder of emotional ambience that is otherwise created.

You personal preferences and needs should be complemented by your selection of essential oils. For instance, if you feel a need to de-stress, lavender or mints like peppermint or spearmint are good choices. If you’ve been lacking energy and need to refocus, lemon or rosemary should be your choice. Remember, though, it is personal choice.

Your Nose Knows!

Although an aromatherapist can recommend a fragrance for a massage, having a scent used on you that you find personally pleasing can always

give a better effect. The most common oils used in massage are bergamot, rose, chamomile, frankincense, geranium, lavender, neroli and sandalwood. They are used mostly because they are non-irritating to the skin and pleasing to most people.

If you're just starting out buying essential oils, just follow your nose.

Materia Medica

Essential oils provide the complete materia medica for high-level if behavior is a distilled result of the mind, body and emotional connection. You do not have to be ill or in need of therapy to use the nerve fluids of highly concentrated aromatic plant essences for positive effect.



Aromacology is the love and study of qualities in plant oils. It embraces the potential and existing entelechinetic levels of optimal mental, physical and emotional performance, harmony and balance. Currently, you have a level of life, health and well being. Sustain this well being and promote it instead of fighting illness, negativity and an impoverished attitude.

Soil 2 oils

Retro Novum Organon
This is a new look at an old school of thought.

Endopediologists (*earth walkers*) are the **new agronomists** (*soil scientists*) of today.

They have found, studied and labeled over 21,000 types of soil in the United States alone since 2003. All soils seem to fall into wide groups that ancients called hot, cool, sandy, dry, moist, soft, hard, etc. Plants use water, sunlight and their own predetermined natures in order to uptake the nature of the soil in which they grow. In this dynamic process, they produce their own nerve fluids of intelligence.

What are Plant Oils Made of?

The word **chemistry** is in Greek "*chemia*" meaning **plant juice**. Then the word *chemia* is a derivative of the Persian word "*kimiya*" meaning **plant tonic**. In Medieval Latin, the oils of the juice and tonics were called Paracelsus quinta essentia or quintessence, the **fifth element**: that which comes of air, fire (*light*), earth and water. This is the purest, most perfect, condensed concentration of embodiment giving form to the immaterial, the nature or spirit of something; hence, essential oils. Essential oils take a higher pathway of abundance, bounty and fullness. Essential oils lift, achieve and fulfill. To have it all and more, which allows one to give back.

Photoelectric Medicinal- Foods



"I see men as trees walking."
-Blind man to Jesus

Plants locked to one spot on the ground are not helpless. Research has proven that they do indeed communicate through the use of chemistry, frequency, colors, odors and movement of leaves. They defend themselves to protect their surrounding resources in the same way by attacking hostile plant species, insects and even animals. Plants are resourceful and adaptive.

An old oak can have ten different branches carrying ten different genetic messages. Having this advantage allows some trees to live for 2000 years. Trees are chemical wizards producing airborne pheromones, hormones and protective allelochemicals that insects eat. Through the droppings of the insects, they scare off other plants

"He who is outside his door already has the hard part of his journey behind him."

that would use the resources of the tree. Apparently, essential oils give the mind, body and emotional fabric the same chemical abilities to ward off bacteria, parasites, invaders and scavengers of nearly every kind. Water, sunshine, frequency and movement form the natures of plants and people. Essential oils confirm that life is more than just chemistry and they contain the mystery and wonder of these things.



Orgon Means Life

All life has electric properties. In cell membranes, the ion channels cause a voltage difference across the membrane of nearly 1/10th of a volt. So, if you were to line up 20 neuron cells properly, you get about a 1.5 volt charge, which is enough to run a small flashlight. Just like receivers of energy measurements do, we react to electrical sun spots 93 million miles away. Electric impulses can mend difficult-to-heal bones. Now we can measure the electrical properties of not only the essential oil itself, but the individual components that make up the oil. We are electrical beings, all 76 trillion cells of your physical bodies. Orgon means life force; life is electric. Orgonic is the quality of

adding life force. I like to say that whole foods and whole food products and essential oils are all orgonic because they add to your life force. It may sound shocking, but they electrify you!

Essential oils and people are a lot alike in frequency and infrared radiation as well as chemically and electrically. Plants and humans are both alive; plants sustain humans. We eat them, use them in many ways and breathe in their out-breath; they breathe in ours. The chemical DNA of plants is virtually the same as ours, as are the cells, organelles, membrane and nucleus. Our blood uses a chelating chemical called heme to carry oxygen released from plants in the blood while plants use chlorophyll. Chemically, the only difference between the two processes is that a magnesium ion replaces an iron ion. In part, our plant-like similarities explain how plants and their oils act like keys that sustain and promote potential physical, emotional and mental performance. Distillations of certain parts of certain plants and their nerve fluids (*essential oils*) appear to act at the same site on cells, much as our own neurotransmitters and hormones do, like similar keys fitting the same lock.

Phi Mint 1

What I call the Ancient Sacred Oils
Phi Mint 1 is a menthaceous herb whose stock and stems are perfectly square. The leaves from the peppermint plant are cultivated, harvested and extracted to obtain the aromatic neuro-cerebral pungent oil. In order to honor an ancient wisdom, use a phi measure of white blossom pep-

permint to purple blossom peppermint.

Anecdotal evidence: *Cooling, refreshing, stimulating, mild topical pain relief, memory enhancement, as well as nasal, lung, ad head-clearing qualities.*



Pi Orange 2

Orange oil comes from the peel of the fruit. The scent of orange oil is sweet and it promotes a bright and positive social mood. It is light, tangy and crisp, and is a great skin food.

Anecdotal evidence: *Promotes restful sleep, positive feelings, mucus clearing, nervine, overall body strengthener, digestive, bright outlook, aphrodisiac.*

Ova Lemon 3

Lemon was used to calm pregnant women and to relieve morning sick-



“What is said when drunk has been thought out beforehand.”

ness. Even today, lemon oil is used to treat nausea and stimulate appetite and circulation. The purifying qualities of lemon have been documented for thousands of years. They include treating colds and sore throats and cleansing. Lemon oil can be used as a skin cosmetic, a conditioner, a mild deodorant and exfoliate.

Anecdotal evidence: *Tooth whitener, hair lightener, bacterial cleanser, skin tonic, astringent, diuretic, cooking, refreshing, uplifting.*

Tetra Basil 4

Basil has been cultivated for at least 4,000 years in India. It was there considered a sacred herb and a protection against illness. Sweet basil oil is said to aid concentration and clarify the mind. It was obtained from the flowers and leaves of basil. Out of 150 varieties of basil, I use four leaf groups; hence, tetra basil. Avoid use during pregnancy.

Anecdotal evidence: *Digestive, circulatory, respiratory, soothing muscle relaxant, uplifting, aphrodisiac, mental stimulation.*

Star Eucalyptus 5

The eucalypt is dubbed the fever



tree. It has a strong, balsamic odor that increases the healthfulness of the air and environment. This is particularly true around dank, swampy, marshy illness-riddled districts because its roots helped to dry out waterlogged soils. Eucalyptus was used as a malaria preventative in Sicily. The eucalyptus leaves are used in distillation.

Anecdotal evidence: *Head clearing, refreshing, invigorating, respiratory, decongestive, cleansing, cooking, reduces inflammation and spasms, and acts as an analgesic.*

DV Tea Tree 6

This tree's leaves were used by the aborigines of Australia to help heal wounds and to make a tea. The common name comes from the European colonists who loved the tea. Captain Cook used the tea to overcome scurvy in his men. Tea tree has a lemony scent. It is beneficial for head-clearing effects, assisting in skin and fungal conditions, respiratory infections and female bacterial yeast infections. It is an effective insect, particularly mosquito, repellent for humans as well as cats and dogs.

Anecdotal evidence: *Respiratory, decongestive, skin, digestive, cleansing qualities.*

Septa Lavender 7

Lavender oil for thousands of years has been the most widely used and versatile healing oil. It is effective, easy to use and is the only essential oil that can be 100 percent safely applied undiluted to the skin. Lavender oil is really a treat for the skin because it prevents scarring, especially stretch marks, and promotes health and healing. Lavender



is a great sanitizer and is used in eye lotions, mouthwash and skin tonics. From restful sleep to emotional stability, arthritis, rheumatism and headache relief, you'll love your septa lavender essential oil.

Anecdotal evidence: *Head clearing, respiratory, nervine, relaxant, digestive, skin health, sedative, analgesic, decongestive.*

Worlds Without End

Star Stuff and Phytophraphy

Interplanetary Messages and Cosmic Messengers of Light

When as a child you gazed into the night sky in awe of all those thousands of twinkling points of light, you were seeing suns just like ours. Some of them are a thousand times or more larger than ours. Beyond the faintest star in the sky, are billions and trillions more out of view.

Here is a secret of creation that science has discovered: Your body and this paper you are now holding are the remnants of a star that once was, but now is as you and the paper are. All of matter is simply condensed or fossilized sunlight. Light contains intelligence; it contains the written text of all creation and life. Plants read the text and interpret the message into a chemical language of frequency that our cells can see, hear, taste, smell, touch and understand. There is cellular recognition of the message.

"We judge ourselves by what we feel capable of doing, while others judge us by what we have already done."

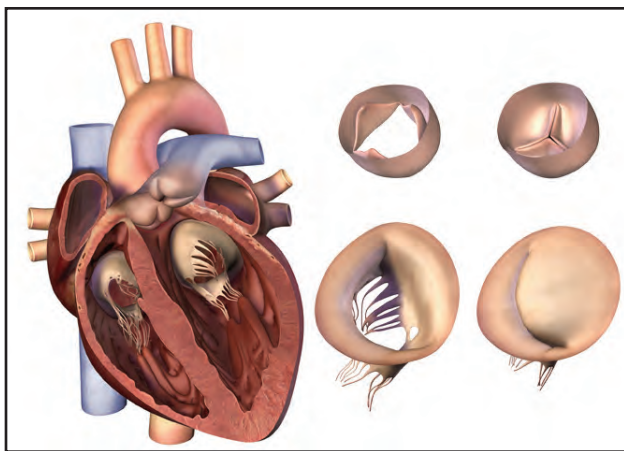
Essential oils are messages of light carried in the form of liquid crystals as lubricating brain oil for neurons to read in great pleasure. All messages have a messenger to carry and deliver them properly. Nuts and vegetable oils are the perfect intelligence couriers; for this cause, I call them messenger oils, instead of carrier oils. The ancient Hermes, Mercury or Apollo was symbolized as the winged foot, a messenger flying at the speed of light and thought. He was honored in the use of oils.

ARRHYTHMIA/ HEART ATTACK

Medi-Sign Target
Exaggerated Coughing,
Water & Salt



Angina is a common predictor of heart attacks. It is a pain in the chest usually experienced upon exertion or after eating. Because there is not sufficient blood reaching the heart, pain occurs due to the atherosclerosis or a narrowing of the arteries. Most heart attacks are caused by the formation of a blood clot in a coronary artery that has been narrowed by atherosclerosis.



The supply of blood carried by the artery and that portion of the heart subsequently dies because the clot blocks it.

Ventricular fibrillation is what happens mechanically at the time of death from a heart attack. It is an erratic heartbeat that interrupts delivery of oxygenated blood to the brain. The heart expiring results from the condition of the autonomic nervous system that governs involuntary actions like breathing, digestion and heartbeat. When the autonomic nervous system is in sympathetic mode, which has a contractility effect, as opposed to the parasympathetic, which is relaxing, fibrillation is more likely to happen. Death from heart attack is due to an artery spasm in some cases. Artery spasms occur when the sympathetic nervous system is dominant and the adrenals are overactive. Also, heart arrhythmias, or irregular heartbeats, can be the result of an activated sympathetic system.

Heart disease can be halted and reversed through changes in the diet and lifestyle even though genetic predisposition can play a role in heart disease. Stress not only raises serum cholesterol but also increases the activity of the sympathetic nervous system and the adrenal glands. Smoking also affects the nervous system; it damages the arteries by

constricting blood vessels, which inhibits blood circulation and the oxygenation of tissues. In sensitive individuals, excessive caffeine puts the sympathetic system and the adrenals into overdrive and should be avoided. If caffeine is a must, it should be limited to two cups daily.

Obesity can affect the heart by straining the heart muscles and making high blood pressure stress the arteries.

Diets should be monitored to include the correct types of fat and other foods to keep the arteries from developing atherosclerosis and to dissolve any plaque that has already formed. Omega-3 fats, the highest concentrations being in walnuts, flaxseed, rapeseed (*source of canola oil*) and purslane, a green leafy vegetable, inhibit blood clotting, encourage activity of the parasympathetic nervous system, increase blood flow, protect against heart arrhythmias, dissolve clots, lower blood triglycerides, raise HDL cho-



“Nothing is more damaging to a new truth than an old error.”

lesterol and have inflammation soothing properties. Fruits and vegetables contain nutrients that prevent plaque from building up on the arterial walls, reduce blood pressure and strengthen heart muscles. Foods that are blood thinners include the omega-3 fatty acids, vitamin E, garlic, onions, and cayenne. Exercise is vitally important in maintaining the integrity of the arteries and heart muscles as well as facilitating the circulation of oxygenated blood.

Foods

Fresh fruits, apple, pineapple, fresh vegetables, green leafy vegetables, spinach, asparagus, carrots, shiitake mushrooms, oyster mushrooms, onions, nuts, brazil nuts, walnuts, seeds, whole grains, brown rice, corn, legumes, soybeans, soymilk, peanuts, garlic, cayenne, ginger, turmeric, extra virgin olive oil, cold pressed organic canola oil, ground flaxseeds.



Juices

Beet, carrot, celery, cucumber, dark berries, grapes, pineapple and tomato.

Ylang Ylang massage, for heart palpitations; a relaxant.

Lavender, peppermint and rosemary are good for strengthening heart muscles.

ARROWROOT

Medi-Sign Target

Bone, Bone Marrow & Stimulates Stem Cell Production

Roots and tubers are not only hearty and nourishing but have also been an important food category for thousands of years. Known as nature's buried treasures, roots and tubers are geophytes, a botanical term for plants with their growing point beneath the soil.

Roots are generally known to be the part of plants that grow downward so that they can absorb moisture and nutrients while anchoring the plant to the ground. Examples of root vegetables include beets, carrots, celeriac, parsnips, sweet potatoes and turnips.

When there is formation in the base of the root like a swollen tip, it is usually a tuber. Tubers store energy in the form of starch to support new stem growth. Examples of tubers include potatoes, Jerusalem artichokes, jicama and yams.

Rhizomes like arrowroot on the other hand look like roots, but they are actually swollen under-

ground stems that can generate both new roots and stems.

Roots and tubers have widely varying characteristics and flavors ranging from earthy to sweet. They are also nutritious, economical and versatile.

The arrowroot is also called the Chinese potato. It looks like a small onion and can be about that size or as large as a coconut. When it is cooked it resembles a mealy potato. When using arrowroot, be sure to peel it. Arrow root is used for flour, which is pure bone food.

ARTHRITIS

Medi-Sign Target

Fasting for 21 Days on Water & Walking

When suffering from arthritis, a well-designed exercise program can decrease the pain and stiffness you feel but also increase your range of motion.

Some exercises like running and floor aerobics can increase joint pain, while others like swimming, water aerobics and biking can reduce joint pain. Exercising also has positive effects on the cartilage too because it increases the blood flow. This will bring nutrients into the joint and remove waste products. When you build strong muscle around the joints, it helps reduce the chance of injury.

Strengthening and Range of Motion Exercises

Each of your joints should expand to its full range of motion on a daily basis. Daily activities like housework, climbing stairs, lifting and

"In a calm sea every man is a captain."

“Man is ice to truth and fire to falsehood.”

bending do not put your joints through their full range of motion normally.

Strengthen the muscles surrounding your joints in order to better protect your joints through exercise. There are two basic types of exercise that can help with pain relief. They are **stretching** and **strengthening**. Stretching helps you to stay flexible while preventing stiffness and joint deformities and strengthening helps to make the joints stronger so that movement is less painful.



Here are some tips to help those just starting out:

Do these exercises slowly. Do not bounce or jerk.

- Start with no more than five repetitions of each exercise. Also take at least two weeks to increase to ten repetitions.
- Do the exercises in an order that does not require you to get up and down a lot.
- Always do the same number of exercises for both sides of your body.

Exercises for your back:

To stretch:

- Lie on the floor with your knees bent and your feet flat on the floor
- Bring one knee toward your chest, lifting your foot up off the floor. If you need to, tuck your hands under your thigh to help lift the leg.
- Hold this for ten seconds and then lower the leg slowly.

To strengthen:

- Lie on the floor with your knees bent and your feet flat on the floor.
- Tighten your stomach muscles and your buttocks to push the small of your back against the floor. This is known as the pelvic tilt.
- Hold this for ten seconds and relax.

Exercises for your knees:

To stretch some muscle groups and to strengthen others:

- Lie on your back with your legs straight.
- Straighten your knee completely to tighten the muscle just above your knee. If you are doing this correctly, your heel should come up off the floor.
- Hold for a count of five and relax.
- Sit in a chair and cross your legs above the ankles. Your legs can be either straight or bent.

- Push forward with the back leg and backward with the front leg, pressing evenly so that your legs do not move.

- Hold for ten seconds and release.

Exercises for your hips:

To stretch:

- Stand straight and hold onto a sturdy table or counter.
- Move the outside leg as far out to the side as it will go. Keep your foot in place and roll your knee in then out, leading with your heel. To strengthen:
- Stand straight, face and hold onto a sturdy table or counter.
- Move one leg backward and up behind you, keeping the knee straight. Do not arch your back or lean forward.



- Hold for a count of ten, then slowly release.

Exercises for your ankles:

- Bend and point your toes while watching TV or talking on the phone.

Exercises for your shoulders:

- Grasping a stick or mop handle at each end, raise it as high over your head as possible. You can do this exercise sitting, standing or lying down.

Joint Protection

Your body knows when it is in pain so listen to it and stop any activity that causes ongoing pain. Alternate heavy or repeated tasks with easy tasks or breaks in your daily schedule and change tasks often.

To carry load, use larger, stronger joints. For example, carry a purse on your shoulder instead of with your fingers. Also do not stay in the

that can help you cope with the tasks of daily life. For instance, use a chair with a straight back, high seat and arms, so you can push on the arms when getting up. If your doctor recommends them, use a cane, crutches or a walker to reduce stress on weight-bearing joints. So that you can push or pull instead of carry heavy items, use carts like luggage carts.

Heat and Cold

To temporarily relieve the pain and stiffness of osteoarthritis, apply heat or cold to sore joints. Heat helps to relax aching muscles. Cold can numb the area to reduce pain.

Follow these tips:

- Time your use of heat or cold to give the best relief from pain or stiffness.
- Don't use heat or cold for more than 15 to 20 minutes each time.
- Don't use heat combined with rubs or creams.



baths or showers, hot packs, hot towels, hot tubs, heated pools and paraffin wax.

Cold methods include: bags of frozen vegetables, cold compresses, an ice cube or cubes wrapped in a towel, ice bags and cold packs. Arthritis is the collective name of several disease (*Osteoarthritis, Rheumatoid Arthritis, Gout*) that affect the joints of the body. The number one cause is toxic congestive plaques made from wrong foods, wrong drinks and too little exercise. All forms of arthritis cause joint stiffness, pain and swelling.

The most common form of arthritis called **osteoarthritis** occurs when the cartilage cushioning of the joints has worn down from too little exercises and acidic plaque. When there is pain, it is usually from a loss of cartilage and bone touching bone. This normally happens in the ankles, knees and hips but also in the spine, neck, fingers, wrists and elbows.

Rheumatoid Arthritis is a chronic inflammatory condition of the joints. This happens when the spaces between the bones are not lubricated, and the area becomes inflamed. Sometimes extra fluid leaks into the joints causing swelling. Although the joints are the main target of Rheumatoid Arthritis, it can affect the whole body.



same position for an extended period of time; periodically, get up and walk.

It is important to be resourceful and to take advantage of the many items

- Always put a towel or cloth between your skin and heat or cold packs.

Heat methods include: electric blankets and mitts, heating pads, hot

“An unfulfilled vocation drains the color from a man's entire existence.”

“We are much harder on people who betray us in small ways than on people who betray others in great ones.”

Gout is a form of arthritis that occurs when excess uric acid is not eliminated from the body through urination. Then the same uric acid crystallizes and settles in the joints. This causes swelling and pain.

Causes

Arthritis can be caused by many factors including, aging, injury or overuse of the joints or more commonly under use of the joints. Also, research points to food reactions and imbalances caused by environmental toxins as sources of all types of arthritis. Some forms of arthritis can be reversed by determining which reactions are triggering painful joint reactions and eliminating those actions. Highly acidic causing foods like meats and especially pork seem to provoke arthritis.

Gout appears to be related to animal food sources. Avoiding meat and cooked dairy may reduce the excessive uric acid that triggers this type of arthritis.

Diet Suggestions

A vegetarian diet of complex carbohydrates, fresh fruits and vegetables and whole grains can help eliminate



the causes of arthritis as well as soothe some of the symptoms. Additionally, a diet free of chemicals, sugar and processed food can eliminate possible allergic reactions that aggravate some forms of arthritis. Fat, especially animal fat, can also lead to autoimmune reactions and gout. A low fat diet is recommended for anyone who suffers from rheumatoid arthritis and gout. A high intake of whole food nutrients is also known to slow down the deterioration rate of joints. This is especially true of cherries and other berries.

Foods That Help

Foods with copper in them are sources of relief. This is because copper helps maintain healthy connective tissues and collagen fibers. Some people with rheumatoid arthritis often wear a copper bracelet for relief. Legumes including barley, lentils, soya beans and split peas; mushrooms; and nuts including almonds, Brazil nuts, hazelnuts, pecans, pistachio, walnuts and pine nuts all contain copper in highly usable and delicious forms.

Plums, tempeh, wheat grass, dark green and orange-yellow vegetables, wheat germ oil, nuts, seeds, vegetable oils, whole grains and green tea possess valuable properties for counteracting degeneration and inflammation of body tissues. Omega-3 fatty acids from most nuts and seeds work also.

Because alfalfa works as a blood purifier, eating or juicing with alfalfa, alfalfa sprouts, and other foods high in chlorophyll helps eliminate the excessive uric acid that causes gout.

Enjoy sunbaths or helio-healing and salt water soaks in the tub or ocean.

Acupressure

Depending on your symptoms, manipulating various pressure points may help you. **Here are a few to try:**

- Press the point on your spine between the third and fourth thoracic vertebrae, near shoulder level.
- Press the point on the outside border of your calf, in the depression on the outside of your knee, approximately an inch from the crest of the shinbone, in a groove or natural depression in a muscle.



Aromacology

- Apply the following oils to the affected areas: chamomile, camphor, eucalyptus, lavender or rosemary.
- To relieve muscle tension, rub the affected areas with tinctures of lobelia and cramp bark.
- Nut oils and cayenne increase blood circulation and ease the pain of the affected areas.

Hydro-healing

- Try swimming or other water exercises in a heated pool because water supports the body and can reduce stress so that you can work on moving affected joints.

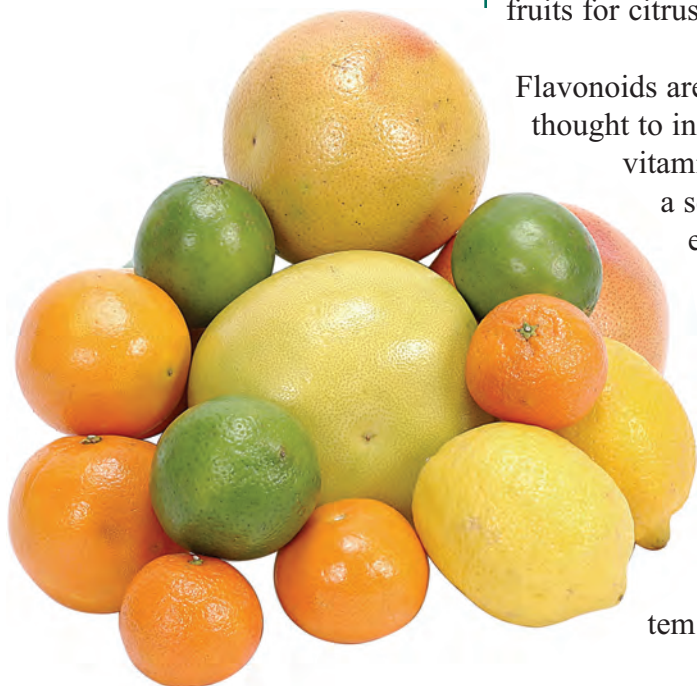
- To lessen arthritic symptoms, avoid foods such as meat, and cooked dairy products. Eat cherries or dark red berries to stimulate collagen production.

- To ease the pain of rheumatoid arthritis, stick to a no bad fat, no meat-protein, vegetarian diet. Researchers found that rheumatoid arthritics who eliminated meat, eggs, cooked dairy products, pastas, processed sugar and foods such as white bread, improved dramatically within a month. Also eliminate partially hydrogenated fats and synthetic oils. Complement your diet instead with walnuts and other oily nuts containing omega-3 fatty acids, which they all do.

Isometrics

- To loosen joints in your hand, do the spider Push-Up. Press your fingertips together firmly, palms two to three inches apart. Push palms toward each other while touching your fingertips. Do this 20 times.

- To ease stiff finger joints, do the Thumb Squeeze. Curl your fingers into a fist around your thumb. Gently squeeze and slowly release. Do this 10 times with each hand.



- Stretch your hips and back with the dog and cat positions. While on your hands and knees, inhale as you lower your back and lift your head and buttocks (*Dog*). Then, exhale as you arch your back and drop your head and buttocks (*Cat*). Do this nine times.

- And Remember...Get plenty of rest.

- Use heating pads, warm compresses, and hot tub soaks.

- Lose weight, especially if you have arthritis in your lower back and legs.

- Eat plenty of fruits high in citrus flavonoids to reduce inflammation and high-fiber, low-calorie foods to help control weight.

- Cut down on vegetable oils and eliminate fatty beef and pork, which can add to inflammation.

Helpful Foods for Arthritis

Eat at least two servings of fresh green and yellow vegetables to provide beta carotene, vitamin C and other nutrients to reduce cell damage. Eat grapefruit and other fresh fruits for citrus flavonoids daily.

Flavonoids are substances that are thought to increase the effects of vitamin C. They may have a soothing inflammation effect.

The Weight Factor: Obesity greatly

Have at least one high zinc food per day. Peas and other legumes for zinc, a mineral essential for proper immune system function. Other

good sources include wheat germ, whole-wheat products and raw milk.

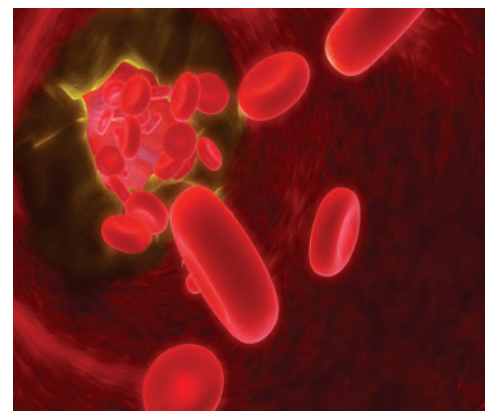
Studies indicate that beef, other types of red meat, and fatty foods and refined vegetable oils high in omega-6 polyunsaturated fatty acids can worsen arthritis inflammation in some people. However, omega-3 fatty acids, found in flax seeds, dark leafy green vegetables, beans and legumes can help symptoms of arthritis.

No condition responds faster to fasting than arthritis.

Read about arthritic plaques. (See: *Disease: The Mystery Solved*)

ARTHRO-SCLEROSIS

Medi-Sign Target
No Meat &
A Raw Food Diet



Artherosclerosis is caused mainly by high, bad, dietary fat and cholesterol, which are animal and refined oils, lack of exercise and high stress.

Traditional Treatment

Vegetarian diet, exercise and reduce stress.

Cardiovascular disease, as believed by some researchers, is primarily

"The friendship that can cease has never been real."



“The height of cleverness is to be able to conceal it.”

caused by chronic deficiencies of vitamins and other essential nutrients with defined biochemical properties, like coenzymes, cellular energy carriers and phyto nutrients. When there is chronic depletion of these essential nutrients in endothelial and vascular smooth muscle cells, it impairs their ability to function properly.

(See Arthritis & Disease: The Mystery Solved)

Our Diet – Then and Now

Many now common diseases like cancer, arthrosclerosis, hypertension and diabetes were virtually unknown about a century ago. Then people relied on foods that were fresh from the farm, meaning more whole raw foods, unrefined and generally in their original form. This picture changed drastically when refined sugar (*e.g. soda pop*) was introduced in the late 1800’s, followed by canning in the early 1900’s and processed foods in the 1940’s.

When foods are canned and processed, it is not the same as food in the original form. In fact, commercialization produces a longer shelf life that translates into higher

profit for food manufacturers. The chemical structure of nutrients is changed while the natural vitamins, minerals, enzymes and co-factors are striped in the process. In other words, what goes in is different from what comes out of the processing plant.

Make no mistake;

processed food is not the same as naturally occurring “raw” food because raw food is high in fiber and nutrients. Instead, the modern day diet is high in refined sugar and trans-fat, things that the body definitely does not need.

Everyday, over two pounds of food is in taken. Over a lifetime, this equates to over 20 tons. Is it possible that what you feed yourself has no bearing on your health? From initial insult to disease state, the normal degenerative process of the body takes about 20 years to progress. A continuous intake of processed food and sugar leads to a variety of age related degenerated diseases starting at about age 40. This is 20 years after the body hits peak performance at age 20.

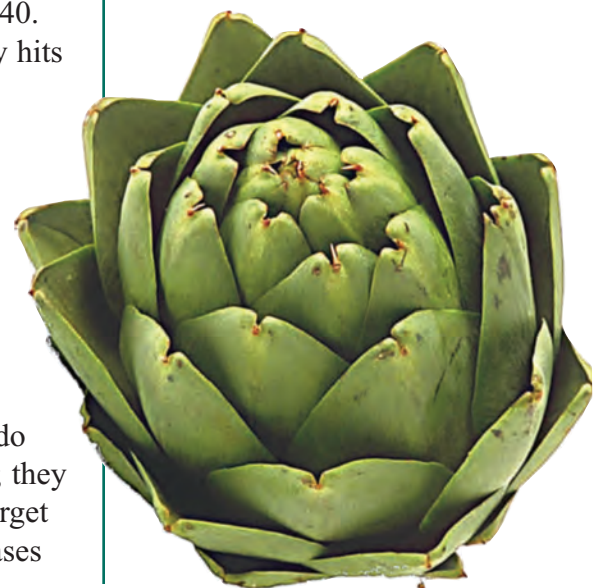
Arthrosclerosis and diabetes, some modern-day diseases, are actually diet-related disorders. You are what you breathe, eat and digest. For optimum cellular function, proper nutrition is critical. Whole foods are designed to do this through your daily meals; they are specifically designed to target age related degenerative diseases

such as diabetes, cardiovascular disease, high cholesterol, hypertension and cancer. They do this by normalizing sugar, reducing oxidative stress and improving the immune function; they keep you younger and living longer.

Eat berries, citrus fruits and green vegetables. Good sources include asparagus, avocados, beets, greens, black currants, broccoli, Brussels sprouts, cantaloupe, collards, dandelion greens, dulse, grapefruit, kale, lemons, mangos, mustard greens, onions, oranges, papayas, green peas, sweet peppers, persimmons, pineapple, radishes, rose hips, spinach, strawberries, Swiss chard, tomatoes, turnip greens and watercress. Alfalfa, burdock root, cayenne, chickweed, eyebright, fennel seed, fenugreek, hops, horsetail, kelp, peppermint, mullein, nettle, oat straw, paprika, parsley, pine needle, plantain, raspberry leaf, red clover, rose hips, skullcap, violet leaves, yarrow and yellow dock.

ARTICHOKE

Medi-Sign Target
 Liver, Kidneys, Brain &
 Basal Ganglia



Artichokes contain a compound that can prevent certain cancers and heal a damaged liver. This is especially true of the globe artichoke which has a long history as a diuretic, an aid to digestion and a good way to lower blood sugar.

Scientists have reported that the edible parts of the artichoke rid the body of infections and inflammation like liver and kidney ailments and lower total cholesterol. A constituent of the artichoke, cynarin, was formulated into a synthetic drug for lowering blood cholesterol.

The artichoke is prized as one of the world's oldest medicinal plants. In ancient Egypt, it is clearly seen in drawings involving fertility and religious sacrifice meaning that they placed great value on the plant. The artichoke was also valued by the Greeks and Romans because they used it as a digestive aid. It was also valued by the royalty in the 16th century Europe by becoming one of their favorite foods.

Throughout time, the artichoke has held many positions. They have been an aphrodisiac, a diuretic, a breath freshener and even a deodorant. Artichoke leaves have been

used as blood cleansers and choleric to improve bile production and secretion and to detox the liver and the skin.

Traditional Usage:

- Abdominal Discomfort
- Appetite Stimulant
- Bile Stimulant
- Biliary deficiency
- Bitter tonic Herb
- Bloating
- Cellular Regeneration
- Cleansing
- Detoxifying
- Digestive Disorders
- Diuretic
- Dyspepsia
- Flatulence
- Gastrointestinal Disorders
- High Cholesterol
- Lowering LDL Cholesterol
- Nausea
- Vascular Disorders

Overview

Artichoke has been used traditionally as a food and medicine since early Greco-Roman times. The artichoke leaf was employed as a diuretic and digestive herb in ancient Rome. Artichokes were



known to treat gastrointestinal complaints stemming from bile deficiency as well as to increase appetite in Germany. They recognized that "bitter" stimulate bile flow, increased bile solubility and cleansed the liver of fatty deposits.

Research has also shown that artichokes help in the treatment of hepato-biliary dysfunction and digestive complaints, like the sensation of fullness, loss of appetite, nausea and abdominal pain.

Although artichokes are not native to California, nor was California the first state to grow the crop, but California currently produces nearly 100 percent of what this country consumes in artichokes.

Historical Thistle

In Arabic, the plant is called "*al Qarshuf*," which may or may not explain the etymology of the English word, artichoke.

As early as the third century B.C., artichokes were cultivated in Italy and Sicily. The artichoke was mentioned in the Greek book of remedies, called the "*Herbal of Dioscorides*." This book, later translated into Latin and titled "*De Materia Medica*," said that the artichoke was not only an aphrodisiac, but it could insure the birth of male children if consumed by a pregnant woman.

Artichokes were preserved in honey and vinegar by the Romans so that they could enjoy them in the off season.

Around 800 A.D., the Moors in



"The gratitude of most men is merely a secret desire to receive greater benefits."

Spain began cultivating artichokes. From 800 A.D. to the 15th century, artichokes were improved in monastery gardens and evolved into the species we consume today.

France was introduced to the artichoke in the 16th century by Catherine de Medici of Florence. When she married King Henry II and brought artichokes with her.

Crossing the Atlantic

Artichokes were not overly common in the early American colonies. However, Martha Washington included a recipe for “*Hartichoak Pie*” in her 17-century “*Booke of Cookery*.”

The French immigrants of the Louisiana Territory in the 1800’s created the first commercial artichoke fields. In the later part of the 17th century, French and Spanish colonists established commercial fields in California.

“*The Artichoke Center of the World*” is now claimed to be in Castroville, Monterey County, CA.

To prepare whole globe artichokes for cooking, remove all but five to ten millimeters or so of the stem and cut away about a quarter of each “leaf” with scissors. When this is done, it removes the thorns that interfere with handling the leaves when eating. The artichoke should then be boiled or steamed until it is tender, or about 15-45 minutes. If the artichoke is to be boiled, salt can be added to the water.

Eating

Pull off the leaves of the artichoke one by one after cooking. The fleshy, edible part is delicious, but it is quite sparse in the proportion to that which is discarded. It is this



part that is sold cut up, picked and bottled as “*artichoke hearts*.” It will be seen that the art of eating this food is in itself a satisfying and time consuming matter, which has wider implications than mere nourishment.

Other Methods

Globe artichokes can be harvested while still small. They can be cooked and eaten whole. They can be boiled and deep fried in batter. Smaller artichokes can be quartered, tossed with oil, and roasted. Immature artichokes can also be pickled or canned. Globe artichokes may also be used to flavor liquor.

Other Uses

Artichokes are also an attractive plant for brightly floral displays. Sometimes they are grown in herbaceous borders for its bold foliage and large purple flower heads.

Scientists think artichokes might someday be useful to people with noninsulin-dependent diabetes. In the future, people might use plants, like artichokes, to keep their blood sugar production in check. Of course there are millions doing this right now and have for thousands of years!

Artichokes greatly vary in size. It doesn’t depend on the quality or maturity of the fruit. Instead it is determined by the part of the stalk that the buds grow on. In other words, large artichokes grow on center stalks, smaller artichokes grow on side branches and “*baby*” artichokes that weigh about two ounces grow at the base. A great way to eat the large artichokes is to stuff them. The medium size artichokes are great when mixed with sauces for appetizers. The baby appetizers are great for salads or antipastos.



“*Striving to better, oft we mar what’s well.*” -William Shakespeare



Artichoke shapes also vary from spherical to oval-shaped and cylindrical to conical-shaped.

Regardless what size or shape, the artichoke should be compact and heavy for its size, with leaves, or scales, that are fleshy, thick, firm and tightly closed. If the artichokes look dry and woody, or have begun to spread apart, the artichoke is past its prime. One sign of worm damage is if the stem has tiny holes. The holes are probably more extensive inside the artichoke.

When the artichokes are harvested in the spring, they should be a soft green. When they are harvested in the fall and winter, they may have bronze-tipped leaves or a slightly blistered, whitish outer surface. It is called the “winter-kissed” effect, by the growers. It is the result of exposure to a light frost in the fields; it

does not affect the taste or tenderness of the artichoke. Make certain to not confuse blackened or wilted leaves, or dark bruised spots, with the normal bronzing of frost-touched artichokes.

Artichokes come packaged in cans and jars or frozen in most supermarkets. When they are bought this way they have the advantage of being ready to eat, because all the inedible parts have already been removed. The canned artichoke hearts usually come packed in brine. Before eating them, rinse and drain them before serving to reduce their high sodium content. Marinated artichoke hearts, sold in jars, are preserved in a seasoned oil or oil-and-vinegar mixture, which will add to their calorie count. You can remove some of the fat by pouring off the oil and letting the artichokes drain in a colander.

Storing Solutions

Artichokes are quite perishable even though they appear to be hardy. Store the artichokes in the refrigerator, in a plastic bag, for no more than four or five days. To keep them moist, sprinkle a few drops of water into the bag and then close the top. Do not rinse or wash the vegetables, or cut or trim them, before storing.

ARUGULA

*Medi-Sign Target
The Vascular System*

Arugula is a cruciferous vegetable known for having large amounts of folate and calcium. It is unusual for leafy vegetables to have so much calcium. For example, arugula has eight times more calcium than iceberg lettuce. It also contains more beta-carotene and vitamin C than any other salad green. Like all such vegetables, it contains cancer-removing phytochemicals called indoles.

Arugula is in the same family as cabbage and broccoli. Arugula’s pungent flavor adds interest to salads when mixed with other greens; it can also be sautéed and tossed with pasta. Arugula is also known as: rocket, rucola, rocket-salad or roquette.

Availability

It was at one time only found in Italian markets, but now arugula is sold at many supermarkets and greengrocers. Although it is more plentiful in late summer, it is available year round.

The leaves of arugula look like dan-

“Love your neighbor, yet pull not down your hedge.”

“The first undertakers in all great attempts commonly miscarry, and leave the advantages of their losses to those that come after them.”



delion greens or slender oak leaves. When you buy the leaves, they are usually banded together. Look for bright green leaves that are delicately crisp, and stems that are neither withered nor slimy. When the leaves are young and tender they are less likely to have a pungent flavor. However, when they are grown in very hot weather, arugula will have a strong taste.

Storing Solutions

Refrigerate unwashed arugula in a plastic bag and loosely close it to admit some air.

ASPARAGINE

Medi-Sign Target
Power & Fertility

(Non-Essential Amino Acid)

The highest concentration of asparagine is in asparagus. It has the mix qualities of both aspartic acid and glutamic acid as it has two molecules of nitrogen as opposed to one.

ASPARAGUS

Medi-Sign Target
Kidney Function, Male
Sexual Desire & Increased
Semen Volume

Asparagus was believed to have aphrodisiac effects because of its shape.

The asparagus plant is rich in the compound amino acid asparagines. This is where asparagus gets its name.

Because asparagus is grown wild in Evesham England, it is still known by some as Sparrow Grass. Asparagus also grows wild throughout the southern coast of England. Asparagus is also grown all throughout Germany. In fact, some people consider it to be the best in the world. The official date to end the asparagus season in Germany is June 24.

Asparagus is the leading supplier among vegetables of folic acid among other things including:

- A good source of potassium
- A great source of fiber
- A significant source of thiamin
- A significant source of vitamin

B6

- An excellent source of folacin
- Contains no fat or cholesterol
- Contains glutathione (*GSH*)
- Copper
- Folacin
- Magnesium
- Nutrient dense
- One of the richest sources of rutin, a nutrient that strengthens capillary walls
- Pantothenic Acid
- Vitamin B6
- Vitamin E



Asparagus is used in India, East Africa and Malaysia as an aphrodisiac. There is may be known as safed musli.

Differences between white, green and purple asparagus
 White asparagus is grown covered in mounds of sandy soil so that it never sees the light of day. Green asparagus grows freely in flat beds. Because it is exposed to the sunlight, it develops the chlorophyll that turns it green. Other varieties are naturally purple or pink but may also be kept white if they are deprived of sunlight. Sometimes, if just the tips of the asparagus are exposed to sunlight, you will see white asparagus with the tip being green, purple or pink.

Because white asparagus lacks chlorophyll it has a milder asparagus taste than the heartier green version. The purple variety, colored by a pigment called anthocyanin, has a more bitter taste than either white or green.

As with almost any food except Twinkies, there are variations in taste depending on where the food was grown or produced, the climate, soil conditions, etc. This means that you may be able to find as much taste variation between two spears of green asparagus grown in different soils as between a white and green spear grown in similar conditions.

Since ancient times the fleshy green spears of asparagus are both succulent and tender and are considered a



delicacy. With the oncoming of spring, the vegetable arrives. The first crops are picked as early as February, however, their season generally is considered to run from April through May in California. The growing season in the Midwest and East extends through July.

Asparagus is a perennial, an almost leafless member of the lily family. The spears we buy in the store are actually the shoots from an underground crown. Although it takes up



to three years for crowns to develop enough to begin producing shoots, they can produce for up to 20 years.

Health Benefits No Birth Defects

Make asparagus a frequent addition to your meal especially if you are thinking about becoming pregnant. A cup of asparagus supplies folate, a B-vitamin essential for proper cellular division because it is necessary in DNA synthesis.

The fetus' nervous system cells do not divide properly without folate. Inadequate folate during pregnancy has been linked to several birth defects, including spina bifida. Despite folate's wide availability in food, folate deficiency is the most common vitamin deficiency in the world. Its name comes from the Latin word *folium*, meaning "foliage" because it's found in green leafy vegetables.

Heart Health

For a healthy cardiovascular system folate is essential. Folate is involved in the methylation cycle, a biochemical event in which a methyl group, which is one atom of carbon and three atoms of hydrogen, is transferred from one molecule to another. Methylation reactions are the body's biochemical "spark plugs" in a wide variety of very important reactions. For example, methylation is crucial for the proper transcription of DNA, and transforms norepinephrine into adrenaline and serotonin into melatonin.

"There is no kind of idleness by which we are so easily seduced as that which dignifies itself by the appearance of business."

“Nothing great was ever achieved without enthusiasm.” -Ralph Waldo Emerson

When the methylation cycle flows smoothly, the amino acid methionine is transformed into homocysteine, which is quickly converted into cysteine, and then back into methionine. Folate, along with vitamins B6 and B12, is necessary for the conversion of homocysteine into cysteine. When folate levels are low, blood levels of homocysteine rise which is a situation that significantly increases the risk for heart disease.

Homocysteine promotes atherosclerosis by reducing the integrity of blood vessel walls and by interfering with the formation of collagen, which is the main protein in connective tissue. Elevations in homocysteine are found in approximately 20-40 percent of people with heart disease. It is estimated that consumption of folate daily would reduce the number of heart attacks suffered by Americans. Just one serving of asparagus supplies all that is needed.

A Natural Diuretic

Asparagus is a very good source of potassium and it is a diuretic. Asparagine is also responsible for the strong odor often produced in the urine after asparagus is eaten, which is a harmless and temporary effect.

Asparagus may be used to treat problems involving swelling, arthritis, rheumatism, and PMS-related water retention.

Food for Healthy Gut Flora

Asparagus contains a special kind of carbohydrate called inulin that we don't digest, but the health-promoting friendly bacteria in our large intestine, such as Bifidobacteria and Lactobacilli, do. When our diet contains good amounts of inulin, the growth and activity of these friendly bacteria increase. When populations of health-promoting bacteria are large, it is much more difficult for unfriendly bacteria to gain a foothold in our intestinal tract.



How to Select and Store

Asparagus stalks should be rounded with neither fat nor twisted but firm, thin stems with deep green or purplish closed tips. The cut ends should not be too woody, although a little woodiness at the base prevents the stalk from drying out.

Once asparagus is trimmed and cooked, it will lose about half its total weight, so buy about one-half pound per person when purchasing the fresh vegetable for use as a main dish. Occasionally, you can buy ghostly white asparagus that has a

milder flavor than green asparagus.

For the best flavor, use asparagus within a day or two after purchasing. Store them in the refrigerator with the ends wrapped in a damp paper towel, and be sure to place the asparagus in the back of the refrigerator away from any light, since folate is destroyed by exposure to air, heat or light.

Asparagus can be considered the “luxury” vegetable because of its uniquely delicate flavor and texture.

Varieties


In the United States, two varieties, called Martha Washington and Mary Washington, make up the bulk of the commercial asparagus crop. Although occasionally you'll see fresh white asparagus in gourmet shops, in the United States, white asparagus is most often seen canned. “I personally wouldn't eat it. I mean, why?”

When asparagus is not kept cold, it deteriorates rapidly, so buy asparagus where it is kept refrigerated or displayed on trays with the stalks standing in cold water. When buying in outdoor markets, the trays should be shaded from the sun.

Some people prefer the thick stalks, and some people prefer more slender asparagus. Ultimately though size is not directly related to quality. Stalks that measure at least 1/2” in diameter at the base are usually



preferable. Asparagus is usually sold in bundles, but if you can buy it loose, select spears of uniform size. These will then cook evenly. If you prefer, you can just eat them raw with dips, lemon, etc.




Arise

"It can Bring Back the Dead!"

1/2 cup	Orange juice
1/2 cup	Grapefruit juice
1/4 cup	Cherry juice
2	Artichoke
4	Asparagus

Process the leaves and the pulp of the artichoke along with the raw asparagus. Blend the fruit juices along with the artichoke and the asparagus in the blender. Serve chilled.



Benefits

Artichoke juice stabilizes the body's metabolism.

Asparagus is good for the kidneys. Grapefruit juice is good for those suffering from high blood pressure, sluggish liver, gallstones, arthritis, obesity, ailments of the respiratory tract and the digestive system.

Cherry juice controls the uric acid in the body.

Orange juice, while having essential vitamins, acts as a laxative too.

ASPARTAME

Aspartame is also known as NutraSweet, Equal, Spoonful and a dozen other names. Organizations such as the **American Dietetic Association (ADA)** have flooded the scientific community with flawed and fraudulent industry-sponsored studies funded by the makers of aspartame. This is like what the beef industry did with soy.

THE FOLLOWING ARE EXCERPTS FROM TWO NEWSPAPER ARTICLES:

Soda Pop! Gatorade! Gum! Sugar Free? Think Again!

"In October of 2001, my sister started getting very sick, she had stomach spasms, she was having a hard time getting around, and to walk was a major chore. It took everything she had just to get out of bed; she was in so much pain.

By March 2002, she had undergone biopsies, and was on 24 various prescription medications. The doctors could not figure out what was wrong with her. She was in so much pain, and so sick, she knew she was dying.

She put her house, bank accounts, life insurance, etc., in her oldest daughter's name, and made sure her younger children were to be with her oldest daughter. She wanted her last hooray, so she planned a trip to FL (basically in a wheelchair) for March 22nd.

On March 19th, I called her to ask her how one of her tests went, and she said they didn't find anything on the test, but they believe she had MS. I thought, "Oh, my." Then I recalled an article a friend of mine emailed to me, and I asked her, "Do you drink Diet pop?" She told me yes, as a matter of fact she was getting ready to crack one open that moment. I told her not to open it, and stop drinking the diet pop, and I emailed her the following article.

She called me within 32 hours after our phone conversation and told me she stopped drinking the diet pop, and she could walk; she could go up the stairs, and the muscle spasms had gone away. She said she didn't feel 100 percent but sure felt a lot better. She told me she was going to her doctors with this article and would call me back when she got home. She called me and her doctor was amazed, he is going to call all of his MS people to find out if they consumed artificial sweetener.

In a nutshell, she was being poisoned by the aspartame in the diet soda, dying a slow death. When she got to FL March 22nd, she was well on her way to recovery, and she is walking!!!! No wheelchair!!!! This article saved her life!!!!"

The life saving article: If it says **"SUGAR FREE,"** on the label, **DO NOT EVEN THINK ABOUT IT!!!** I have spent several days lecturing at the World Environmental

"Whoever has his foe at his mercy, and does not kill him, is his own enemy."

the blood sugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it passes the blood brain barrier and deteriorates the neurons of the brain, causing in diabetics as well as in people not suffering from diabetes, various kinds of brain damage, seizures, depression, manic depression, panic attacks, rage and violence. The Aspartame in thousands of pallets of Diet Coke and Diet Pepsi consumed by men and women fighting in the Gulf War may be partially to blame for the well-known Gulf War Syndrome.

Dr. Roberts warns that it can cause birth defects i.e. mental retardation if taken at the time of conception and early pregnancy. Children are especially at risk for neurological disorders and should NOT be given NutraSweet. I can relate different case histories of children having mal seizures and other disturbances being on NutraSweet.

Unfortunately, it is not always easy to convince a mother that aspartame is to blame for her child's illness. Only by trial and success will she be able to warn other mothers to take their children's health in their own hands.

Stevia, a sweet herb, NOT A MANUFACTURED ADDITIVE, which helps in the metabolism of sugar and would be ideal for diabetics, has now been approved as a dietary supplement by the FDA.

For years, the FDA has outlawed this sweet food because of their loyalty to MONSANTO. Books on this subject are available: EXCITOTOXINS: THE TASTE THAT KILLS – written by Dr. Russell Blayblock (*Health Press 1-800-643-2665*) and DEFENSE AGAINST ALZHEIMER'S DISEASE – written by Dr. H. J. Roberts, also a diabetic specialist. These two doctors will be posting a position paper with some case histories on the deadly effects of Aspartame on the Internet.



According to the Conference of the American College of Physicians *"we are talking about a plague of neurological diseases caused by this deadly poison."* Here is the problem: There were Congressional hearings when aspartame was included in 100 different products. Since this initial hearing, there have been two subsequent hearings, but to no avail. Nothing has been done. The drug and chemical lobbies have very deep pockets. Now there are over 5,000 products containing this chemical, and the PATENT HAS EXPIRED!!!! I assure you, MONSANTO, the creator of Aspartame knows how deadly it is.

They fund among others, the American Diabetes Association, the

American Dietetic Association, and the Conference of the American College of Physicians. This has been exposed in the New York Times, but again to no avail. These associations cannot criticize any additives or convey their link to MONSANTO because they take money from the food industry and have to endorse their products.

Senator Howard Metzenbaum wrote a bill that would have warned all parents of infants, pregnant mothers and children of the dangers of aspartame. The bill would have also instituted independent studies on the problems existing in the population like seizures, changes in brain chemistry and changes in neurological and behavioral symptoms.

It was killed by the powerful drug and chemical lobbies, letting loose the hounds of disease and death on an unsuspecting public. www.aspartametruth.com

Erik Millstone, a researcher at the Science Policy Research Unit of Sussex University has compiled thousands of pages of evidence, some of which have been obtained using the Freedom of Information Act 23, showing:

1. Laboratory tests were faked and dangers were concealed.
2. Tumors were removed from animals and animals that had died were *"restored to life"* in laboratory records.

"In prosperity our friends know us; in adversity we know our friends."

“The shortest and best way to make your fortune is to let people see clearly that it is in their interests to promote yours.”

3. False and misleading statements were made to the FDA.

4. The two United States Attorneys given the task of bringing fraud charges against the aspartame manufacturer took positions with the manufacturer’s law firm, letting the statute of limitations run out.

5. The Commissioner of the FDA overruled the objections of the FDA’s own scientific board of inquiry. Shortly after that decision, he took a position with Burson-Marsteller, the firm in charge of public relations for G.D. Searle Pharmaceuticals.

A Public Board of Inquiry (PBOI) was conducted in 1980. There were three scientists who reviewed the objections of Olney and Turner to the approval of aspartame. They voted unanimously against aspartame’s approval.

The FDA Commissioner, Dr Arthur Hull Hayes, Jr. then created a five person Scientific Commission to review the PBOI findings. After it became clear that the Commission would uphold the PBOI’s decision by a vote of three to two, another

person was added to the Commission, creating a deadlocked vote.

This allowed the FDA Commissioner to break the deadlock and approve aspartame for dry goods in 1981. Dr Jacqueline Verrett, the Senior Scientist in an FDA Bureau of Foods review team created in August 1977 to review the Bressler Report, which is a report that detailed G.D. Searle’s abuses during the pre-approval testing said that it was obvious that somewhere along the line, the officials were trying for a whitewash.

In 1987, Verrett testified before the United States Senate stating that the experiments conducted by Searle were a “disaster.” She stated that her team was instructed not to comment on or be concerned with the overall validity of the study. She stated that questions about birth defects have not been answered. She continued her testimony by discussing the fact that DKP has been shown to increase uterine polyps and change blood cholesterol and that increasing the temperature of

the product leads to an increase in production of DKP.

What is the FDA doing to protect the consumer from the dangers of aspartame?
Less than nothing!

In 1992, the FDA approved aspartame for use in malt beverages,



breakfast cereals and refrigerated puddings and fillings. In 1993 the FDA approved aspartame for use in hard and soft candies, non-alcoholic flavored beverages, tea beverages, fruit juices and concentrates, baked goods and baking mixes, and frostings, toppings and fillings for baked goods.

In 1991, the FDA banned the importation of stevia leaf. The powder of this leaf has been used for hundreds of years as an alternative sweetener. It is used widely in Japan with no adverse effects. Scientists involved in reviewing stevia have declared it to be safe for human consumption which is something that has been well-known in many parts of the world where it is not banned. Some people believe that stevia was banned to keep the product from taking hold in the United States and cutting into sales of aspartame. *(Duh)*

What is the United States Congress doing to protect the consumer from the dangers of aspartame?
Nothing!

What is the United States Administration, also known as the President, doing to protect the consumer from the dangers of aspartame?
Nothing!

Aspartame consumption is not only





a problem in the United States, but it is being sold in over 70 countries throughout the world.

Here it is, in a Nutshell

The weight gain is only a very small part of what aspartame does to you. Aspartame is a toxic chemical that changes the brain's chemistry even causing seizures. This chemical changes the dopamine level in the brain, and it is particularly deadly for anyone suffering from Parkinson's disease.

This is why aspartame is extremely poisonous. Wood alcohol is one of the toxic ingredients of aspartame. When the temperature of aspartame exceeds 86 degrees F, the wood alcohol in the aspartame is converted to formaldehyde, and then to formic acid. This formic acid causes metabolic acidosis.

Cyanide, arsenic and formaldehyde are all grouped in the same class of poisons. The only difference is that formaldehyde takes a little longer to

kill quietly. In the process of killing people, it causes all kinds of neurological problems (*More drug sales*).

There are 92 documented symptoms of aspartame poisoning leading to coma and death. Because aspartame attacks and destroys the nervous system, the majority of these symptoms are neurological.

Lupus is a symptom of aspartame. It has become almost as rampant as MS especially with Diet Coke and Diet Pepsi drinkers.

People do not usually know that aspartame is the culprit when developing Lupus or MS. Because they don't know, they continue to use aspartame, which then aggravates the Lupus, causing it to become life threatening.

The severity of Lupus and MS, decreases, if aspartame is stopped early enough.

ASPARTIC ACID

*Medi-Sign Target
The Athletic Powerhouse*

(Non-Essential Amino Acid)

Aspartic acid aids in the expulsion of harmful ammonia from the body. When ammonia enters the circulatory system it acts as a highly toxic substance. It is then harmful to the central nervous system. Aspartic acid has been shown by recent studies to increase resistance to fatigue and increase endurance.

ASTHENIA

*Medi-Sign Target
Hot Water Soaks &
Lots of Raw Food*

Asthenia means a loss or lack of bodily strength; weakness; debility.

It can be used to describe anything from being worn-down to anorexia to neurodegenerative conditions like multiple sclerosis.

In those conditions, it can be lessened through detoxification, relaxation and rejuvenation of baleneology, which is the art, science and methods of using waters to heal. These waters include: water fitness; hydro-healing for pool exercise like swimming, games, water, walking, etc.; spring water to drink; and water-spas. You can add florals, essential oils and salts to hot water for cytophyllactic uptake, or skin induction of nutrients. In other words, the nutrients can soak through the skin. You can spray mist the face and skin with "fra-

"Evil deeds do not prosper; the slow man catches up with the swift."

“Calamities are of two kinds. Misfortune to ourselves and good fortune to others.”

grant” water for mental elevation of attitude for physical strength. Also, get lots of rest and even do water fasting.

All of this has the following benefits:

- Alternative medicine for sports injuries.
- Alternative nutritional induction.
- Balance enhancement.
- Functional retraining for work.
- Improvement of peripheral circulation.
- Increased joint range.
- Increased muscle strength.
- Movement pattern improvement.
- Recovery from surgery (e.g. joint replacement), or complex trauma.



- Re-education of walking patterns.
- Relief of pain and muscle spasm.
- Support of otherwise completely immobile people.

Buy a hot tub and use it!

Water healing is a natural cure for arthritis and fatigue: Possibly the only way to save you from the surgeon’s knife is through water. So, put your achin’ joints in front of the jets...

Water is thought to bring about pain relief through the hydrostatic force. This may result from taking stress off the affected joint or relaxation.



It is most commonly prescribed for people with psoriatic arthritis or for rheumatoid arthritis.

Anyone suffering from debilitating pain, diabetes, depression, chronic fatigue syndrome or other illnesses have significantly improved their quality of life using balneology. (See: *Chronic Fatigue*)

ASTHMA

Medi-Sign Target
Red Potato Juice, Walking,
Water & Salt

Number 1 Cause:
dehydration.

Number 1 Food:
4 oz. of red potato juice.

Asthma is a chronic disease that affects the tubes that carry air in and out of your lungs. The inside walls of your airways are inflamed with asthma. These airways become sensitive when this occurs and everything irritates the lungs. They then get narrower and less air flows through to your lung tissues causing wheezing, coughing, chest tightness and troubled breathing.

You can control asthma to have minimal and infrequent symptoms. To do this, you need to stay clear of things that bother your airways. When you do this, you can prevent serious symptoms and take part in all activities. If you do not control your asthma, however, you are bound to suffer symptoms that can keep you out of work or other activities you’d like to be involved in.

When you have an asthma attack, your symptoms get worse. The muscles around the airways tighten,

making the airway openings narrower so less air can flow through. The airways become more swollen and narrow; inflammation increases; and cells produce more mucus than usual. When the extra mucus increases, it narrows the airways. These changes cause the symptoms of asthma and make it harder to breathe. In a severe asthma attack, the airways can close so much that not enough oxygen gets to vital organs causing a medical emergency. This needs to be taken seriously since people can die from severe asthma attacks.

What Causes Asthma Attacks?

Certain elements make asthma worse and can lead to an attack like exercise, pollutants, irritants and viral infections. In some cases, people only have asthma in conjunction with exercise or a viral infection. Below lists several other elements that can worsen asthma.

Irritants

- Animal dander (*from the skin, hair, or feathers of animals*).
- Air pollution.
- Cigarette smoke.
- Cockroaches.
- Cold air or changes in weather.
- Dust mites (*contained in house dust*).
- Mold (*indoor and outdoor*).
- Pollen from trees and grass.
- Scented products/synthetic fragrances.

- Strong emotional expression (*including crying or laughing hard*), and stress.

- Strong odors from painting or cooking.

Others

- A condition called **gastroesophageal reflux disease (GERD)** that causes heartburn and can worsen asthma symptoms, especially at night.
- Infections.



- Irritants or allergens that you may be exposed to at your work such as special chemicals or dusts.
- Medications such as aspirin and beta-blockers.
- Sulfites in food (*dried fruit*) or beverages (wine).

This list is not exhaustive and some

people may have trouble with one or more of these symptoms. Your doctor can help you identify which items affect you and can help you get proper treatment to counteract the symptoms.

Nearly 15 million people in the United States have asthma. Nearly five million of these people are children. Allergies and asthma are closely linked and most people with asthma have allergies. Asthma is hereditary meaning that children born into a family with a history of asthma will likely have asthma.

Asthma is more common in children than adults although it affects people of all ages. In children, more males have asthma than females but in adults more females than males have asthma. Asthma affects people of all races.

Common asthma symptoms include:

- **Coughing.** Coughing from asthma is often worse at night or early in the morning, making it hard to sleep.
- **Wheezing.** Wheezing is a whistling or squeaky sound when you breathe.
- **Chest tightness.** This can feel like something is squeezing or sitting on your chest.
- **Shortness of breath.** Some people say they can't catch their breath, or they feel breathless or out of breathe. You may feel like you can't get enough air in or out of your lungs.
- **Faster breathing or noisy breathing.**

"Trust only movement. Life happens at the level of events, not of words. Trust movement."



The four levels of asthma severity classification are:

- **Mild Intermittent** (*comes and goes*) – in this case you have asthma symptoms twice a week or less, and you have symptoms at night twice a month or less.

- **Mild persistent asthma** – in this case you have asthma symptoms more than twice a week, but no more than once in a single day. You have symptoms at night more than twice a month. You also may have asthma attacks that affect your activities.

- **Moderate persistent asthma** – in this case you have asthma symptoms every day, and you have symptoms at night for more than once a week. Asthma attacks may affect your daily activities.

- **Severe persistent asthma** – in this case you have symptoms throughout the day on most days, and you have nighttime symptoms often. In severe asthma, your physical activity is likely to be limited.

Other lung problems often accompany asthma like nasal and sinus problems. When the nose drains, it makes asthma worse, especially at night. Perform routine nasal washes and saltwater nasal washes. A nasal wash will clean mucus and irritants from the nose and decreases swelling.

To do a nasal wash, the first step is washing your hands. Next, make a fresh nasal wash solution out of saltwater or saline. Mix one-half teaspoon uniodized salt in an eight ounce glass of warm water with a pinch of baking soda.

Use the entire eight ounces of saltwater during the nasal wash if you are congested; otherwise four ounces should be enough. Do not reuse the solution; make a new one every time. Make sure to use a bulb syringe.

Organic Apple Cider Vinegar is so good that Pill & Capsule people attack it!

All natural apple cider is another product to use as a powerful healing home remedy. The taste of the vinegar may be a bit bitter, but if you can add honey aid in the taste, you will find it perhaps the most important remedies in healing the body. It helps cure many diseases like acne, high cholesterol, chronic fatigue, Candida, sore throats, contact dermatitis, arthritis and gout and is a general energy tonic and a dietary drink. Apple cider has also been known to keep blood pressure out of control by taking a daily dose of it for two weeks. Glowing complexion is another benefit to apple cider vinegar.

Organic apple cider vinegar has curative abilities because it causes pH levels to become more alkaline or, in the case of too much alkalinity, more acidic. Apple cider vinegar contains thirteen types of carboic acids, four aldehydes, twenty ketones, eighteen types of alcohols, eight ethyl acetates etc. It also contains

important minerals, trace elements and vitamins as well acetic acid, propionic acid, lactic acid, enzymes, amino acids as well as roughage in the form of potash and apple pectin. The minerals and trace elements it contains are potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon and fluorine. The vitamin content includes vitamin C, which is important for asthma sufferers, vitamin E, vitamin A, vitamin B1, vitamin B2, vitamin B6, pro-vitamin beta-carotene and vitamin P (*bioflavonoids*).

Here are even more ways to ease asthma:

- **Acupuncture** – Researchers have found that acupuncture often leads to significant improvement of asthma and other chronic lung conditions.

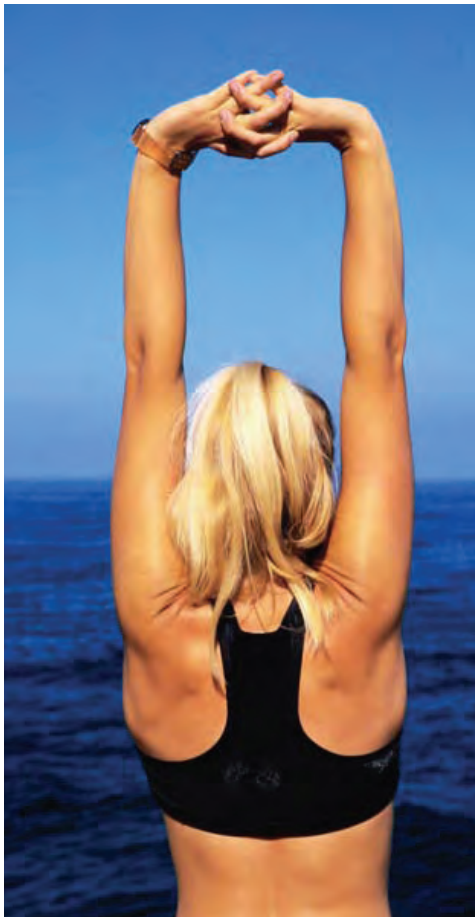
- **Yoga** – A number of studies have found that yoga training improves overall well-being, promotes greater relaxation and increasing exercise tolerance.



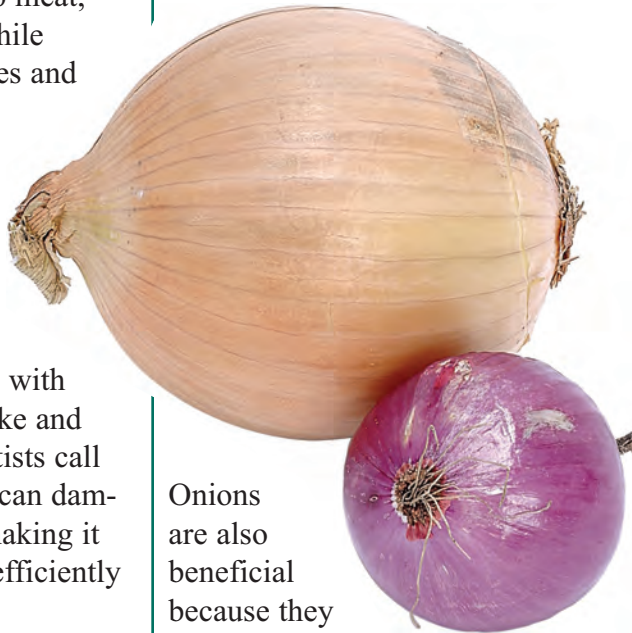
“Never contend with a man who has nothing to lose.”

• **Diet changes** – Studies have shown that a vegetarian diet significantly improves asthma. Researchers believe this diet may work because it increases common nutrient loads and other helpful botanical chemicals as it reduces pro-inflammatory chemicals that are abundant in animal foods. If you would choose to be a vegetarian, you would have to give up meat, and cooked dairy foods while increasing fruits, vegetables and grains.

Squash and other foods rich in vitamin C can be powerful breath savers for people with asthma. This is easy to understand why. Modern life is filled with car exhaust, cigarette smoke and other pollutants that scientists call oxidants. These oxidants can damage tissues in the lungs, making it hard for them to work as efficiently as they should.



Foods like squash are rich in oxidative removers like vitamin C. It has been shown that the more vitamin C you get, the lower the risk of getting asthma or other respiratory diseases; diets with high vitamin C have fewer lung ailments. This is because the vitamin gets transported to the lining of the lung and serves as a protector.



Onions are also beneficial because they are known to give people with asthma or other respiratory ailments clearer airways. This is due to the sulfur compounds in onions that inhibit the irritated inflammation response like that seen in asthma. More research stands to be done on the onion's asthma ability, but you can see the effect for yourself. Rub a cut onion on your skin the next time you have an insect bite for immediate relief.

Spicy foods help open air passages, enabling asthmatics to breathe better. These include hot sauces like Tabasco, cayenne and jalapeño peppers, garlic and horseradish.

Selenium is a trace mineral, which means that you don't need a lot of it. For people with asthma, research suggests that a little selenium goes a long way. Brazil nuts have the

highest amount of selenium. Eat at least three ounces a day as a preventative.

When pollen, pollution, or other airborne irritants enter the lungs, the immune system releases chemicals to protect you. The chemicals that are meant to defend you, though, can actually do a lot of harm by making airways become inflamed and swollen. While this is happening, the body releases clouds of free radicals, which are the harmful oxygen molecules that make the inflammation even worse. This is the reason why people with asthma tend to have their airway inflamed for long after the attack is over. With this, saltwater can help tremendously.

Another Path

To help relieve breathing problems, a couple of minutes of firm pressure on the upper chest can help relieve asthma. To do this, press the Lu 1 points to breathe easier. To find the Lu, or Letting Go points, make fists in front of your chest with your thumbs pointing up. Then place your thumbs on the outer portion of your chest, pressing on the muscles that run horizontally below your collarbone. When doing this, you will find a sensitive, knotted spot on each side of your chest. Underneath each spot is Lu 1. Let your head hang forward, then breathe slowly and deeply as you press the points with your thumbs for two minutes.

Juice Therapy

Onions have long been used in the treatment of asthma because they contain compounds that relax bronchial muscles and prevent spasms. Blend two ounces of onion juice with two ounces of carrot juice and two ounces of parsley juice.


Then drink this blend twice daily.

“An object in possession seldom retains the same charm that it had in pursuit.”

“Success is going from failure to failure without a loss of enthusiasm.”




Try eating garlic and potatoes with lemon juice. Slice them fresh into 1/4” thick rounds, squeeze lemon juice on them and add a little salt and eat up to breathe easy.



Breathe Baby,
Breathe!

5 oz	Celery Juice
2 oz	Kale or Collard Greens Juice
2 oz	Alfalfa Sprouts or Parsley Juice
1 clove	Garlic, juiced
1 oz	Lemon Juice
1/3	Onion Juiced

This all-green chlorophyll cocktail will have a powerful quieting effect on your respiratory system. Make sure you sit down and sip it slowly.



High chlorophyll diets promote detoxification of the liver and colon. For any asthma treatment program, optimum functioning of these two vital organs is crucial. These foods are some of the highest dietary sources of calcium and magnesium, which are minerals necessary for the health and balance of the nervous system. A healthy nervous system

reduces stress and constriction in the lungs. Magnesium and garlic both alleviate bronchial spasms.

ASTIGMATISM



Medi-Sign Target
Carrots & Carrot Juice



Astigmatism is a refraction error of the eye characterized by an aspherical cornea in which one axis of corneal steepness is greater than the perpendicular axis. Astigmatism can cause difficulty in seeing fine detail. It can, however, be corrected by glasses with a cylindrical lens, which is a lens that has different radii of curvature in different planes; contact lenses; or refractive surgery. The best method of correction is knotted string exercises.

When either the cornea or the lens of the eye is not perfectly spherical it results in astigmatism. This

means that the eye has different focal points in different planes. For example, the image may be clearly focused on the retina in the horizontal plane, but in front of the retina in the vertical plane. In some cases vertical lines like walls, may appear to the person to be leaning over like the tower of Pisa.

Types of Astigmatism:

- Simple astigmatism; Simple hyperopic astigmatism; Simple myopic astigmatism.

- Compound astigmatism; Compound hyperopic astigmatism; Compound myopic astigmatism.

- Mixed astigmatism.

Adolf Fick developed the first glass contact lens in 1887 to correct astigmatism.

Eye Exercises

To help astigmatism, try doing eye exercises with a 15 foot string with knots tied every 12 inches looped onto a door knob. Then, sit in a chair, and focus on each knot until you can see it as clearly as you are able. Do this all the way to the door knob. Then, reverse it and work your way back. Do this three times, in the morning and again at night, a day for 90 days. Eat and drink lots of orange foods, especially carrots, and their juices.



ATHERO-SCLEROSIS

*Medi-Sign Target
3 Grapefruits Daily &
No Dead Animals*

Atherosclerosis – Plaque Disease

Atherosclerosis is a disease of arterial blood vessels or veins that have been surgically moved to function as an artery. In Greek, *thera* means a porridge or thick paste. The plaque changes from a foamy appearance under high power light microscopy to sclerosis when it hardens.

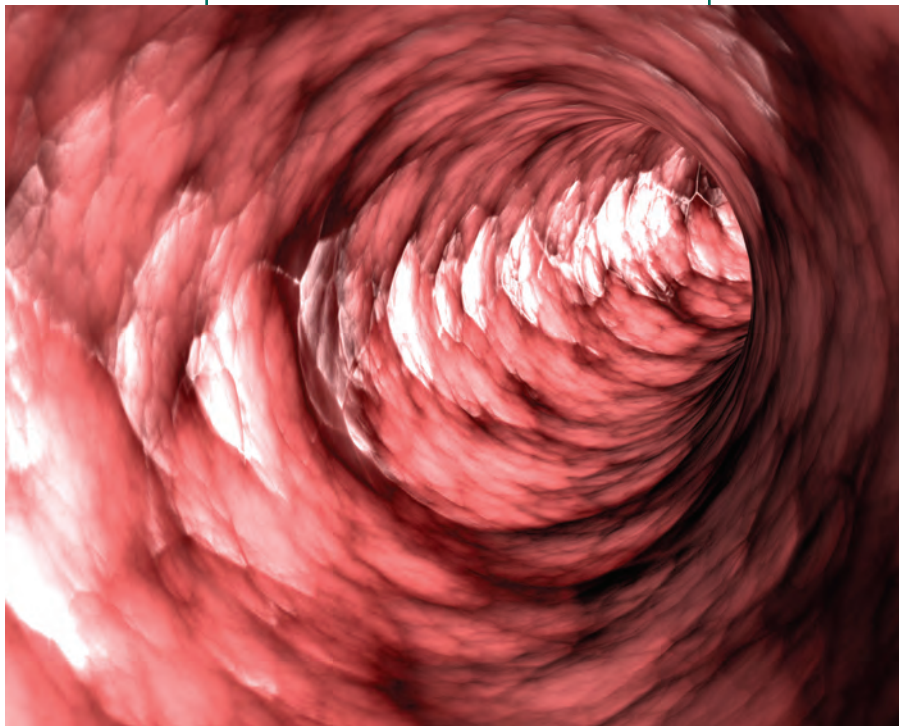
It is an oversimplification how Atherosclerosis is commonly referred to, “*hardening*” or “*furring*” of blood vessels. Atheromas, also called vascular lesions develop in the vessel wall, and in late stages may reduce or restrict blood flow in the lumen (*stenosis*), as well as rupturing and leading to downstream tissue damage.

Symptoms

Atherosclerosis normally begins in later childhood and is usually found in most major arteries. It is not detected by most diagnostic methods during life, though. It becomes serious when it interferes with the coronary circulation supplying the heart or cerebral circulation. This is what supplies the brain, and is considered the most important underlying cause of strokes, heart attacks,

various heart diseases including congestive heart failure and most cardiovascular diseases in general. Peripheral Artery Occlusive Disease often occurs with atheroma in the arm or leg arteries.

In 2004 in the United States, about 65 percent of men and 47 percent of women first discovered that they had atherosclerotic cardiovascular disease with a heart attack or sudden cardiac death.



You have been told you have atherosclerosis, congestive heart failure, blood problems, stroke, high cholesterol, hypertension, heart attack? Well then, I may give a heartfelt greeting to you! Did you know that there are as many heart-related conditions as there are heartbeats in an hour? Heart disease has the ignominious distinction of being the number-one killer in America. It includes a wide range of ailments involving both the heart and circulatory system. Congestive heart failure, heart attack, stroke, atherosclerosis (*hardening of the arteries*), and hypertension (*high blood pressure*)

are some heart conditions that affect every segment of the population. So, be good to your heart, from here on out!

Congestive heart failure means that the heart cannot pump blood effectively in and out of the heart. The result is swelling and congestion in the bodily tissue. A heart attack happens when a blood clot forms in the coronary artery. This means that flow of blood from the heart is

stopped causing some or all of the heart tissue to die. A stroke, on the other hand is the successive interruption of blood and oxygen to the brain.

The inner walls of the arteries become less elastic and more rigid, and they become clogged more easily with accumulated plaque as we age. The waxy substance of cholesterol not only clogs arteries but also increases the risk of

blood clots and gallstones. The increased narrowing of the arteries is atherosclerosis, which eventually interferes with or stops blood flow. Abnormally high arterial blood pressure is hypertension. This is a major factor in heart health.

Causes

It is understandable that heart disease has a large number of causes because the heart has so many important functions and working parts. **In addition to heart defects, some of the more common causes of heart disease include:** *aging; lifestyles that include smoking, excessive hard alcohol consumption,*

“Anyone can hold the helm when the sea is calm.”

“It is not impossibilities which fill us with the deepest despair, but possibilities which we have failed to realize.”

stress, lack of exercise; and by far the number one cause is a poor diet rich in animal parts and carcasses. Poor diet results in a number of suspected causes of heart disease, including nutrient deficiencies, obesity, too much fat and cholesterol accumulation (*animal*).

Anything that can “clog” arteries, interfere with regular, strong blood circulation, or damage heart tissue is considered heart disease. High cholesterol, high blood pressure, and atherosclerosis can also lead to progressively more serious and debilitating heart ailments as well as ailments in other parts of the body. Heart disease can also be increased by diabetes and hypothyroidism. Excess cadmium, zinc, cobalt, elemental potassium and calcium supplements can compromise the heart, and prolonged, strenuous endurance exercise can hinder the heart.

T - O = V

Tubes – Obstructions = Vitality
The challenge with the heart is to keep blood flowing smoothly in and out of the heart and throughout the body. Try this diet for optimum heart health. Whole grains and high-fiber, low-fat, nutrient-rich fruits and vegetables that are high in plant proteins should make up the major part of our menus. Eliminate from your body, strong coffee, hard alcohol, cooked dairy products, processed sugars and animal body fats because they can only complicate the work of the heart and protect your from damaging cholesterol.

Foods That Help

When you have high blood pressure, juicing with chlorophyll-rich green foods like wheatgrass can help alleviate heart ailment. Yellow-orange vegetables deliver valuable carotenoids and tons of nutrients for a more healthy heart. Carrots and spinach help prevent stroke while mushrooms and celery help with blood pressure.

Bilberry, or huckleberry, helps keep arteries clear by reducing swelling, increasing capillary strength and blood circulation. It also prevents abnormal clotting. Grapefruit and pineapple are also effective artery “scrubbers” that prevent atherosclerosis by breaking down plaque. Bananas, kumquats and watermelon are full of phytolitic potassium and help lower blood pressure.



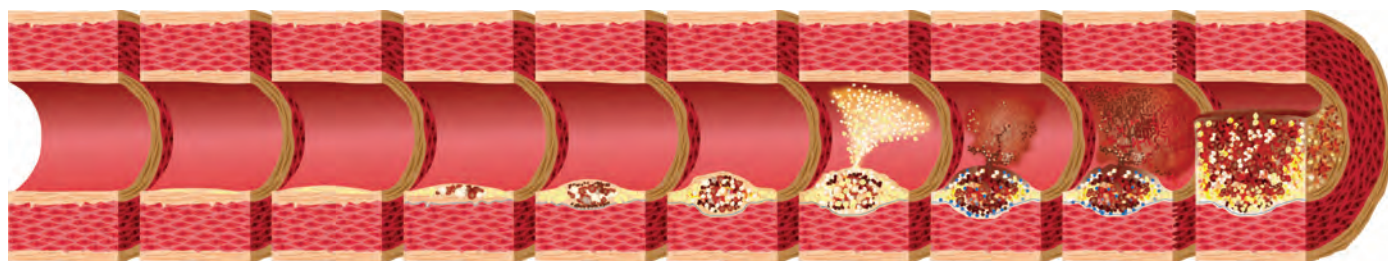
Peanuts contain resveratrol, a plant fat that prevents and corrects atherosclerosis. Bran, especially oat bran, increases the good cholesterol (*HDL*) and lowers the bad (*LDL*) cholesterol.



Garlic, onions and aged garlic benefit the heart. Garlic helps by lowering fibrinogen levels, reducing the risk of heart attack and the danger of thrombosis caused by abnormal blood clotting.

Soy lecithin has great amounts of vitamin B, choline and inositol. It is a major remedy for preventing and treating atherosclerosis. When people with elevated cholesterol counts were given soy (*lecithin*) for 30 days, their total cholesterol and triglycerides were reduced by 33 percent as were their *LDL* (bad) cholesterol by 38 percent. Their good *HDL* cholesterol, though, improved by 46 percent.

Rice bran contains the plant fat gamma oryzanol, which increases good *HDL* cholesterol and discourages bad *LDL* cholesterol. Also, alfalfa, sesame seeds, eggplant, soybeans, and soy products help the body reject rather than absorb




dietary cholesterol. Moderate consumption of red wine and beer also prevents bad LDL cholesterol from forming and keeps the arteries clear.

Turn to the sea for more heart helpers. Sea plants such as kelp and kombu can lower blood pressure. Black seed currant, flaxseed and olive oil also are rich in super- and poly-unsaturated fatty acids.

Goodbye Plaque Foods


- 👍 Alfalfa Sprouts
- 👍 Banana
- 👍 Bilberry
- 👍 Carrots
- 👍 Celery
- 👍 Eggplant
- 👍 Flaxseed Oil
- 👍 Garlic
- 👍 Grapefruit
- 👍 Kumquat
- 👍 Leafy Greens
- 👍 Lentils
- 👍 Mushrooms
- 👍 Nutritional Yeast
- 👍 Oat & Rice Bran
- 👍 Olive Oil
- 👍 Onions
- 👍 Peanuts
- 👍 Pineapple
- 👍 Sesame Seeds
- 👍 Soy Products
- 👍 Spinach
- 👍 Watermelon
- 👍 Wheatgrass
- 👍 Yellow-Orange Vegetables



*Cocktail
Ala Cardio*

2 oz	Wheatgrass Juice
3 oz	Celery Juice
2 oz	Kale or Collard Greens Juice
2 oz	Spinach Juice
1 oz	Lemon Juice
1 Tbsp	Tamari
pinch	Cayenne Pepper

Drink on an empty stomach and sip slowly. Tamari is a kind of soy sauce. Use a pinch of cayenne to taste. This drink will still be powerful even if you do not have all the ingredients.



Drink plenty of juice from chlorophyll-rich, high-energy greens because this is one of the best things you can do for your cardiovascular system. Taken regularly, this recipe will give you the long range solution to a healthier heart. Wheatgrass juice is one of the highest energy foods on the plant and, together, these greens are our finest sources of the important heart mineral magnesium.



Recommendations:

- You've had your fun, no more junk foods or animals to eat. Have them as pets instead.
- Eat high-fiber foods. Fruits, vegetables and grains should be your primary foods.
- Eat plenty of foods rich in vitamin E to improve circulation. Good choices include dark green leafy vegetables, legumes, nuts, seeds, soybeans, wheat germ and whole grains.
- Use only pure cold-pressed olive oil or unrefined canola oil as good fats in the diet. These will aid in lowering cholesterol. Do not heat these oils.
- Do not eat any candies, chips, lard, fried foods, gravies, high-cholesterol foods, junk foods, pies, processed foods, red meat or saturated fats.
- Avoid commercial ice cream, and all foods containing white flour and/or sugar.
- Do not use stimulants such as colas and tobacco. Also, eliminate hard alcohol and highly spiced foods.
- Maintain a healthy weight for your height. Obesity causes unfavorable changes in serum lipoprotein levels.
- Reduce stress and learn techniques to help you handle stress that cannot be avoided.
- Get regular moderate exercise; a daily walk is perfect.
- Do not smoke.

"The common excuse of those who bring misfortune on others is that they desire their good."

Considerations:

- Whole food chelation therapy can break up arterial plaque and improve circulation. Oats and rice bran are two of the best chelators.

- Hyperbaric oxygen is used in some countries to treat arteriosclerosis.

- A change of diet is more effective, but many doctors recommend angioplasty or bypass surgery for people with hardening of the arteries, particularly for those with disabling angina. Angioplasty is a procedure in which blocked vessels are reopened by flattening cholesterol and debris against artery walls. Bypass surgery involves taking healthy blood vessels from elsewhere in the body, usually the leg, and inserting them to detour around a diseased coronary artery. Unless people undergoing these procedures have significant nutritional and lifestyle changes, however, the disease process (*atherosclerosis*) will continue. Then it is only a matter of time before the fatty deposits begin to build up again.

- Impotence can result from this disease.

- Omega-3 and omega-6 essential fatty acids (*EFAs*) can be beneficial for the cardiovascular system. They aid in reducing hypertension, migraine headaches, arthritis and other conditions. Omega-3 EFAs are found in canola oil, flaxseed oil and walnut oil. Omega-6 can be obtained from raw nuts, legumes, seeds, grape seed oil, primrose oil, sesame oil and soybean oil.

ATHETOSIS

Medi-Sign Target
Mushrooms, Salt & Water

Athetosis describes repetitive involuntary, slow, sinuous, writhing movements, which are especially severe in the hands and may have postural disturbance.

Athetotic movements are around the axis of the limb, as distinct from choreiform movements, which are at right angles to the axis. The lips, jaw and tongue may also be involved leading to facial grimaces and dysarthria.

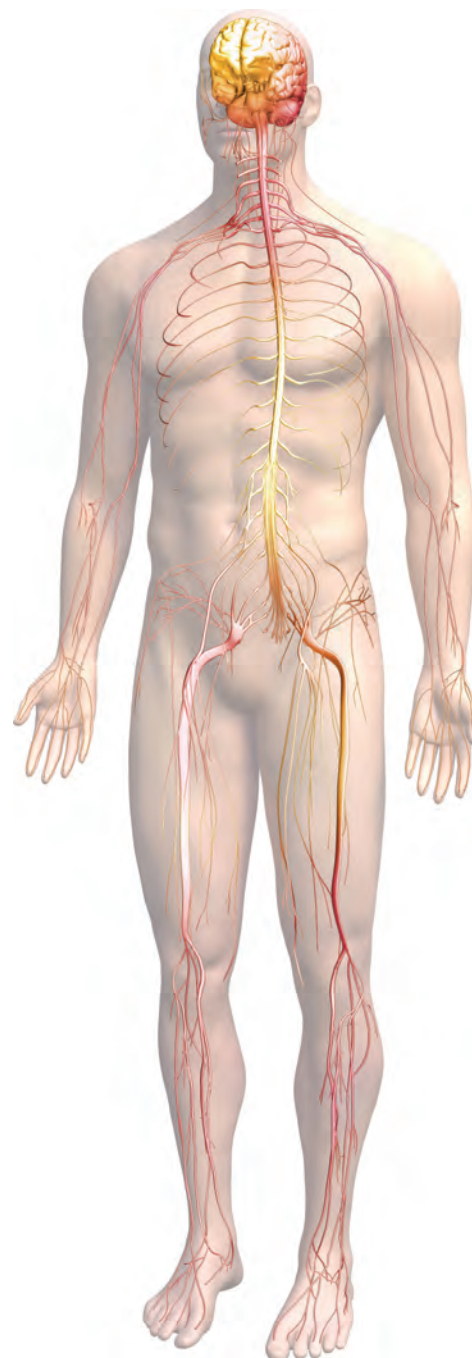
Particularly the outer part of the

putament, these movements are usually congenital but may result from focal lesions to the corpus striatum.

Athetosis is a neurological state that is less defined than the spastic state. The basic sign of athetosis is the appearance of spontaneous involuntary movements.

Three types of involuntary movements exist:

1. Choreic movements, which are quick and abrupt, irregular without rhythm and big amplitude.



“He was a self-made man who owed his lack of success to nobody.”

2. The tremors, which are quick, weak rhythms.

3. Myoclonia, which is an extremely variable rhythm. Most often it consists of simple muscular contractions.

Try eating a diet without meat, fish or seafood. Eat lots of raw nuts, about one pound per day. One large meal of mushrooms, preferably button, morels, shiitake or Portobello each day. Drink lots of salt infused water by putting one tablespoon per gallon a day.



ATHLETE'S FOOT

*Medi-Sign Target
Salt & Tea Tree Oil
Foot Soaks*

Athlete's foot is an infection of the foot caused by a dermatophyte, a microscopic fungus that lives on dead tissue of the hair, toenails and outer skin layers that thrive in warm, moist environments like shoes, stockings and the floors of public showers, locker rooms and swimming pools. Athlete's foot is transmitted through contact with a

cut or abrasion on the bottom of the foot. Infections cause raised, circular pimples or blisters that resemble the lesions caused by ringworm. Infections are often named for the part of the body they infect. For instance tinea pedis refers to an infection of the feet.

Athlete's foot is most commonly found in teenage to mid-life men. Many times it is caused by habits they have regarding personal hygiene and their daily activity like exposure in public places. Some people have this fungus, but it does not affect them. The fungus thrives on moist, warm environment which is why this condition usually occurs in between toes due to an accumulation of moisture.

- It may also spread between individuals. Not changing your socks on a regular basis can also encourage the build up of fungi in between the toes.
- People with excessively sweaty feet are more prone to this condition.

Signs and Symptoms

There are four common forms of athlete's foot. Gradually, the edges of the infected area become milky white and the skin begins to peel. A slight watery discharge also may be present.

In ulcerative athlete's foot, the peeling skin worsens and large cracks develop in the skin, making the person susceptible to secondary bacterial infections. This type of infection can spread to other parts of the skin



by scratching or contamination of clothing or bedding.

The third type of athlete's foot is often called "*moccasin foot*." In this type, a red rash spreads across the lower portion of the foot in the form of a moccasin. The skin in this region gradually becomes dense, white and scaly.

The fourth form of athlete's foot is inflammatory. It is a series of raised bumps or ridges develops under the skin on the bottom of the foot, typically in the region of the metatarsal heads. Itching is intense and less skin peeling occurs.

People with acute athlete's foot can develop similar symptoms on their hands, typically on the palms. Diagnosis is made by visual observation of the symptoms.

When you practice good hygiene you reduce the risk of getting athlete's foot. Daily washing of the feet with soap and water; drying carefully, especially between the toes; and changing shoes and socks regularly to decrease moisture, help prevent the fungus from infecting the feet. Also, try using foot powder or salt soaks for the feet.

The fungus is also carried on fragments of skin or other particles that contaminate floors, mats, rugs, bed

"As always, victory finds a hundred fathers, but defeat is an orphan."

“Fear not those who argue but those who dodge.”



linens, clothes, shoes and other surfaces. Also, plastic and rubber shoes in particular provide a welcoming environment for fungal growth and infection along with person-to-person contact. The transmission can occur in a house, but more often they occur in public areas like locker room, saunas, swimming pools, communal baths and communal showers. Remember that not everyone who carries the fungus develops the symptoms.

Here some tips you can use to help avoid athlete’s foot:

- Avoid walking barefoot in public places.
- Reduce perspiration by using organic baking soda.
- Wear light and airy shoes.
- Wear rubber sandals when using public showers or pools, or when you go to the gym.
- Wear socks that keep your feet dry and change them frequently.
- Bath frequently, but keep your feet dry and use foot powder in shoes and hose.

The best way again, to prevent against athlete’s foot is to keep your feet dry. If you do get athlete’s foot, however, careful hygiene and the

regular use of natural remedies should alleviate symptoms.

If you already have a case of athlete’s foot: Tea tree essential oil is very effective medicine for skin problems, like bacterial infections and fungus like nail fungus

and athlete’s foot. Put a few drops of tea tree oil on the areas affected by athlete’s foot four times a day. Once the problems seems to be all cleared up, continue treatment for another two to four weeks to be sure you’ve caught it all.



Oil of oregano has the same properties.

Try soaking your feet in tea. To do this, fill a large bowl with a quart of boiling water and add six tea bags. After the tea has cooled enough to be comfortably warm, soak your feet for a half hour or an hour. The tannic acid in tea kills some of the fungus and is soothing for painful, itchy feet. Also, soak your feet in warm salt water for ten minutes

until the problem is under control, although this might sting a little on cracked skin.

It is also helpful to pour organic apple cider vinegar on infected feet. After allowing the vinegar to dry, rinse the feet with water and dry them thoroughly.

Baking soda is useful to use on your feet and between your toes after you shower and dry your feet and toes thoroughly is helpful. These things should be done every day until the athlete’s foot is gone and continued for at least a month afterward.

Acidophilus contains good bacteria. You can eat three servings of acidophilus yogurt (*make sure it is acidophilus yogurt*) each day or take Lactero-Flora. Acidophilus yogurt is available in most health food stores, or get plain, live culture; unsweetened.

Grapefruit seed extract – Grapefruit seed extract, which is available at health food stores, is reported to have significant fungal effects. Add drops of grapefruit seed extract to a wet palm and apply it to the feet two to three times per day.

Garlic – Put crushed garlic into dry socks before bed. Raw garlic can help to kill the athlete’s foot fungus over night.



Yogurt: A little Dab'll Do You

Dabbing regular, plain yogurt on the infected areas can help reduce the symptoms of athlete's foot.



Refined Sugar: A Must to Avoid

Refined sugar is a toxin for the immune system, and eating too many sweets and other sugar-rich foods allows athlete's foot fungus to flourish.

Athlete's foot is a fungal infection related to ringworm and jock itch, and grows in warm dark moist places. Keep affected areas clean and dry and exposed to air and sunlight as much as possible. Tea tree oil is as effective as pharmaceutical "antifungal" products as well as herbal drying powder.

ATROPHIC VAGINITIS

Medi-Sign Target
Plain Live Cultured Yogurt
as a Vaginal Infusion

Atrophic vaginitis is a condition primarily found in postmenopausal women, as well as those whose ovaries have been surgically removed. This disorder can result in the formation of adhesions and increase a woman's susceptibility to infection. Itching, burning, painful

intercourse and a thin, watery discharge that may occasionally be tinged with blood are all common symptoms.

Atrophic vaginitis is an inflammation of the vagina. It is estimated that this condition is responsible for ten percent of all women's health-care visits to their practitioners. There are three general causes of vaginitis: hormonal imbalance, irritation and infection. Hormone-related vaginitis includes the atrophic vaginitis generally found in postmenopausal or postpartum women and, occasionally, in young girls before puberty. Moreover, irritating substances will cause irritant vaginitis. Infectious vaginitis is usually caused by bacterial vaginosis (*BV*), candidacies (*yeast infection*) or trichomoniasis and is most prevalent in women of the reproductive-age.

Within normal vaginal flora, there is a strain of friendly bacteria known as lactobacillus acidophilus. By preventing overgrowth of unfriendly bacteria and candida, lactobacilli help maintain the vaginal microflora. Lactobacilli produce lactic acid, which acts like a natural probiotic. These friendly bacteria also compete with other organisms for the utilization of glucose. The production of lactic acid and hydrogen peroxide by lactobaobacillus acidiohilus or the topical application of such yogurt or lactobacillus acidophilus into the vagina may help treat vaginitis. Yogurt, about 2 table-spoons inserted into the vagina has an almost 100% cure rate.

Douche's also work well, especially a hydrogen peroxide douche or garlic douche, which is made by crushing one clove and setting it in hot water for at least ten minutes and then letting it cool before using.

An important fact that both men and women need to be aware of is that men can actually cause vaginal infections and cervical cancers in their sexual partners due to a lack of genital and sexual hygiene. Smegma forms on the glands of the penal shaft to help keep the organ fresh and clean. But if smegma is not washed off each day it can breakdown, decay and actually attract bacterial infections that can then be passed on orally and vaginally. Males that have been circumcised tend to have the least amount of problems with smegma, and in fact may have little to none. Thus, good hygiene for both men and women is an absolute must when it comes to eliminating the developing and spreading of infection.

ATROPHY

Medi-Sign Target
Nuts, Seeds, Whole Grains,
Walking & Weights

Muscle atrophy refers to the wasting away or loss of muscle tissue due to disease or lack of use. ***Life is movement; you've got to move!***

The majority of muscle atrophy in the general population is a direct result from disuse. However, this particular type of atrophy can be reversed with vigorous exercise. This type of atrophy is typically found in people with sedentary jobs and senior citizens who have decreased activity and thus, are apt



"An obstinate man does not hold opinions — they hold him."

“No trumpets sound when the important decisions of our life are made. Destiny is made known silently.”

to lose muscle tone and develop significant atrophy. People who are bed-ridden can undergo a considerable amount of muscle wasting. Intriguingly, astronauts who are free of the gravitational pull of Earth, can develop decreased muscle tone and loss of calcium from their bones following just a few days of weightlessness.

Generally there are two types of muscle atrophy that results from disease rather than disuse. The first type is that which results from damage to the nerves that supply the muscles. The second type results directly from a disease of the muscle itself.

Examples of diseases affecting the nerves that control muscles would be poliomyelitis, amyotrophic lateral sclerosis (*ALS or Lou Gehrig's disease*) and Guillain-Barre syndrome. Muscular dystrophy, myotonia congenita, myotonic dystrophy, as well as other congenital, inflammatory or metabolic myopathies are examples of diseases that affect the



muscles primarily. Even minor muscle atrophy usually results in some loss of mobility or power.

Common Causes

- Some atrophy occurs naturally with aging
- Cerebrovascular accident (*stroke*)
- Spinal cord injury
- Peripheral nerve injury (*peripheral neuropathy*)
- Other injury
- Prolonged immobilization
- Osteoarthritis
- Rheumatoid arthritis
- Prolonged corticosteroid therapy
- Diabetes (*diabetic neuropathy*)
- Burns
- Poliomyelitis
- Amyotrophic lateral sclerosis (*ALS or Lou Gehrig's disease*)
- Guillain-Barre Syndrome
- Muscular dystrophy
- Myotonia congenita
- Myotonic dystrophy
- Myopathy

Home Care

When at home it is recommended that an individual apply moist heat to the muscles along with taking whirlpool baths and doing resistive exercises. (*see asthenia*).

A diet consisting of fresh fruit and veggie juices, nut butters, beans, lentils, legumes, walnuts, hazelnuts, pecans, almonds and raisins will be very beneficial.

(*See: Disease: The Mystery Solved*)

Where a full range of motion is achieved, active exercises are recommended. Conversely, exercises using braces or splints are recommended for those who cannot actively move one or more joints.



AUSTRALIAN BLUE SQUASH

Medi-Sign Target
Skin, Muscles & Liver

Australian Blue is a large squash that consists of a gray-blue exterior and orange, pumpkin-flavored flesh that can be used as a substitute for pumpkin.

AUTISM

Medi-Sign Target
No Soda Pop,
Eat Don's M5 Meal Daily

Autistic Spectrum Disorder (ASD) is a neurodevelopmental syndrome that includes:

- Classical autism
- Asperger's Syndrome
- Pervasive developmental disorder (*PDD*) with autistic tendencies.

The rate of autism and autistic spectrum disorders in children today has escalated from as low as one in 10,000 people not that many years ago to as high as one in 150 today. These statistics provide support for the latest talk about an autism epidemic.

Autism is classified as a type of pervasive developmental disorder (PDD). Autism is a lifelong condition that interferes with a person's ability to communicate with and relate to others. This typically results in some degree of social isolation.

Differences in autistic infants can be noticed as early as birth. Typical examples include the infant arching their back away from their caregiver in order to avoid any physical contact or instantly going limp when someone tries to pick them up. As infants, they are often described as either passive or overly agitated babies. A baby who is passive is described as being quiet most of the time while making very little, if any, demands on his/her parents. On the other hand, an overly agitated baby cries a great deal, sometimes non-stop, during his/her waking hours. It is also common of infants with this condition to begin to rocking or banging their head against the crib.

In the first few years of life, some autistic children start talking, crawling and walking, much earlier than the average child, while others may be delayed.

Approximately one-half of autistic children develop normally until somewhere between the ages of eighteen months and three years. It is not till then that some autistic symptoms begin to emerge. Usually these symptoms arise soon after being vaccinated.

During childhood, many autistic children may fall behind their peers of the same age in the areas of communication, social skills and cognition. In addition, dysfunctional behaviors such as rocking, hand

flapping, hand-biting, head-banging, sleeping and eating problems, poor eye contact, insensitivity to pain, hyper/hypo-activity and attention deficits may start to appear in autistic children.

A defining characteristic in children with autism is that they become overly insistent on routines. Normally, if any one of their routines is changed even the slightest



bit, the child may become upset and have a tantrum. Some common examples include: drinking and/or eating the same food items at every meal, wearing certain clothing or insisting that others wear the same clothes and going to school using the same route.

Many autistic children live at home and usually, only the most severe individuals will live in institutions. When autistic individuals reach adulthood, their housing usually will depend upon their current condition

and how well they can lead a normal life. Some autistic people will live at home with their parents, others will live in residential facilities or in a group home and still others will live entirely independently. Some autistic adults even go on to graduate from college and receive graduate degrees. It is also not uncommon for an autistic adult to develop adult relationships and even marry. In the work environment, many autistic adults can be reliable and conscientious workers.

Causes

There is currently no known exact cause of autism, but there is growing evidence that it can be caused by a variety of problems. If the parents of an autistic child were vaccinated, then it is possible that genetics may play a role in their development of autism.

Evidence also supports the theory that autism may be linked to a weakened or compromised immune system. Other research has shown that depression and/or dyslexia are quite common in one or both sides of the family when autism is present. Evidence has also indicated that viruses can be responsible for causing autism.

After exposure to rubella during the first trimester of pregnancy, the risk of having an autistic child increases. Cytomegalovirus has also been associated with autism. Additionally, there is a growing concern that viruses associated with vaccinations, such as the measles component of the MMR vaccine and the pertussis component of the DPT shot, may be a direct cause of autism. Toxins and pollution in the air have also caused growing concern and been thought to be able to lead to autism.

"If you're eating meat, you are paying others to commit acts so cruel that if committed against dogs or cats they would warrant felony cruelty charges in most U.S. states."

“Millions of pigs and chickens are still being fed the remains of diseased animals – in violation of World Health Organization recommendations and the laws of Japan and Europe.”



Physical Abnormalities

Several common brain abnormalities have been located in individuals with autism by researchers. These specific abnormalities are found in the neural structure of the brain and tend to be accompanied with abnormal biochemistry.

The amygdala and the hippocampus are the two areas of the brain that are found underdeveloped in autistic people. Unfortunate for them, these two specific areas are responsible for controlling emotions, aggression, sensory input and learning. When a test was conducted on autistic people, researchers found a deficiency of the Purkinje cells located in the cerebellum. Two areas in the cerebellum, vermal lobules VI and VII, were found to be smaller than normal. One or both of these areas of the cerebellum are believed to be responsible for attention.

With respect to biochemistry, many autistic individuals have unusual levels of serotonin in their blood and cerebral spinal fluid. Some individuals have elevated levels, while others have relatively low levels. Evidence also proves that some autistic individuals level of beta-endorphins, an endogenous opiate-like substance in the body, are elevated.

Evidence is also mounting that proves the gut or intestinal tract is impaired in autistic children. Researchers have documented yeast overgrowths (*candida albicans*), low levels of phenyl sulfur transferase and the presence of the measles virus in their intestinal tract. It is recommended that plain yogurt and kefir be used to help minimize this.

Sensory Impairments

Sensory impairment is common in many autistic individuals. They usually have one or more of their auditory, visual, tactile, taste, vestibular, olfactory (*smell*) or proprioceptive senses damaged. These senses may interfere in the person's daily life cycle, be hypersensitive or hyposensitive. As a result, it may be difficult for individuals with autism to process incoming sensory information properly. Due to their impaired senses, it may be difficult for an autistic individual to withstand normal stimulation. For example, some autistic individuals become defensive and do everything possible to avoid all forms of body contact. Hypersensitive hearing is also another example of a type of sensory abnormalities common in autistic individuals. Approximately forty percent of autistic individuals experience discomfort when exposed to certain sounds or frequencies. It is often noted that these individuals will cover their ears after hearing sounds such as a baby's cry or the sound of a motor. In contrast, because some of these children appear unresponsive to sounds, some parents will actually suspect that their children is deaf.

Different Treatments to Control Autism

Various types of traditional and non-traditional treatments have been tried by individuals to attempt to

reduce autism in children. No drugs available at this time have been shown to be consistently effective in treating the various symptoms of autism. Ritalin proves to be the most widely prescribed medication for autistic children. Ritalin is a stimulant used to treat Attention Deficit/Hyperactivity Disorder. There are no double-blind controlled studies to demonstrate its effectiveness for those with autism and thus, this drug has not been proven effective. **Gosh, I wonder why?**

Applied Behavior Analysis (*ABA*), which changes the child's behavior, and the use of foods high in vitamin B6 and magnesium are the two treatments that have currently received the most success. The individual must undergo a variety of processes in order to modify his or her behavior. The person will gradually change or improve his or her behavior regarding social interaction including communication and social behavior, while slowly eliminating the bad behaviors. Unfortunately, this type of technique only helps certain children.

Increased general well being, aware-



ness and attention has been found in approximately forty-five percent of autistic children who consume magnesium along with foods rich in vitamin B6. Numerous reports have also recently shown that there are also many benefits of the nutrient **Di-methylglycine (DMG)**.

According to many anecdotal reports, DMG appears to help the person's general well being, as well as enhance communication skills. (See: *Don's M5 Meal at the end of this section.*)

Candida albicans, a type of yeast, has been found in varying amounts in the intestinal tracts of some people with autism. It is thought that high levels of *Candida albicans* may be a contributing factor to many of their behavioral problems. One scenario claims that when a child develops a middle ear infection, the antibiotics that help fight the infection may destroy microbes that regulate the amount of yeast in the intestinal tract. As a result, the yeast grows rapidly and releases toxins in the blood, which may influence the functioning of the brain. (See: *Yeast infections/Candida albicans*)

Recently, much attention has been given to food intolerances and food sensitivities as possible contributors to autistic behaviors. Many families, after removing certain food items from their children's diet, have observed various behavioral changes. Moreover, researchers have recently detected the presence of abnormal peptides in the urine of autistic individuals. Theory has it that the presence of these peptides may be due to the body's inability to breakdown certain proteins into amino acids. These particular proteins are gluten (*e.g., wheat, barley, oats*) and casein (*found in human*

and cow's milk). Thus, many parents have removed these substances from their children's diets. In many cases, the parents then observed dramatic and positive changes in the health and behavior of their children. However, the upside typically does not last long and here is part of the reason why.

Yes, there are many foods that meet the requirements and contain no gluten or casein. Products like: *Coca-Cola and other sodas, traditional Gummy Bears, hamburger patty from McDonald's, old fashioned hot dogs, Starburst candy, Lays potato chips, Jell-O, sugar-laden GF/CF cookies, just carbohydrates – no protein in sight, and the like*. Nevertheless, the problem with these foods is that they offer little or no nutritional value at all. Moreover, foods like these can play havoc on an already damaged digestive system of special needs children, especially those with autistic enterocolitis and immune disorders.

TRY ALTERNATIVE SWEETENERS!

For those kids that need to reduce their amount of sugar intake, it is

necessary to always cut the requirement for sugars in half when baking. Stomach of special needs individuals do better when using natural sugars like maple syrup or honey, which have a stronger flavor and thus, require less.

Eventually re-introduce whole grains and raw milk, yogurts, sour cream and sauerkraut into the stomach and you will be surprised at the no negative response and high level health that results.

As mentioned earlier, many autistic individuals have sensory impairments. Sensory integration is often used to overcome dysfunctional tactile, vestibular and proprioceptive senses. Swinging a child on a swing in various ways to help normalize the vestibular sense and rubbing different textures on the skin to normalize the tactile sense are among some of the different techniques used. In addition, an autistic woman, Dr. Temple Grandin, developed a hug machine that provides the individuals with deep pressure. This pressure appears to have a calming effect on the person. Many autistic individuals are also



“I’m going to stop punishing my children by saying, ‘Never-mind! I’ll do it myself.’”

“He who sleeps in continual noise is wakened by silence.”

sensitive to sounds in their environment. Some individuals may actually hear sounds beyond the normal range and certain sounds may even be perceived as painful. Auditory integration training is an intervention that is often used to reduce these sensitivities. During this intervention, the child listens to music for ten hours. Among other sensory intervention, visual training is used and is designed to normalize one’s vision. Several different methods of visual training have been devised. Dr. Melvin Kaplan developed one popular program that involves wearing ambient (*prism*) lenses and performing movement exercises. This program appears to reorganize and normalize the visual system of the autistic individual.



The needs of autistic individuals vary greatly

due to the fact that it is such a complex disorder. After fifty years of research, traditional and contemporary approaches are enabling us to understand and treat these individuals to the best of our ability. It is also important to mention that parents are beginning to realize that the symptoms of autism are treatable and that there are many things that can make a significant difference.

As mentioned above, nutrition is a topic that must be considered when dealing with autism, especially the intake of vitamin B6. Overall, the effectiveness of natural treatment for autism is dependent on the person. In order to determine the specific approach necessary to meet the individual’s needs, several attempts would need to be done and the child’s appropriate responses record-

ed. Natural treatment for autism may include all or some of the following:

Dietary changes:

- Eat a variety of foods that are unrefined, free of additives, fresh and contain little or no sugar.
- Eat a yeast and mold-free diet for a minimum of six weeks.
- Avoid the following allergenic foods for a minimum of four weeks: *cooked dairy products, baker’s yeast, processed sugar and shellfish.*



Foods to eat:

- Papaya
- Pineapple
- Yogurt

A change in the child’s behavior will be seen in just a few weeks if all the above steps are followed. In some cases, depending on severity, the child’s body may actually heal itself and cause the condition to be terminated for good.

Maintaining a good diet along with constant behavior assistance, the autistic person can live without the symptoms of autism and become a productive member of society.

Earlier, the text spoke of behavior assistance along with a whole food diet. In order for the child, or any-



one who has been diagnosed as having autism, to see any effects with these or any type of changes, they need to be willing to change the way they live so that the various approaches will work.

Just what types of changes will need to be made in the individuals life, will depend on the degree of change necessary. Some autistic people will need to make more changes than others.

Other Natural Suggestions:

- Drink steam-distilled water with added organic apple cider vinegar.
- Get regular moderate exercise. A good example is walking for fifteen to twenty minutes in the sun every day.

• Do deep breathing exercises daily to improve your blood oxygen supply to the brain.

• Do not skip meals, and try to eat frequent small meals instead of just three large

meals a day.

Other areas of your life that may have to be changed include:

• Follow a predictable schedule. Autistic individuals do not adapt or tolerate change or surprises well. Try to minimize these types of distractions.

• Maintain a structured environment. Moving things out of place,

even by millimeters, can be very upsetting to an autistic person.

- Be aware of unusual sensitivities. Due to their sensory impairment, there is no real way of knowing what a person with autism actually receives from his or her senses. Clothes may feel like sandpaper, broken bones may not hurt, whispers may be roars, hugs may be assaults, etc. Normal expectations must be set aside and entirely new rules adopted.

- Avoid all distractions. Even slight disturbances may completely disengage an autistic person from the task at hand.



- Organize all tasks. Even the simplest of tasks may need to be broken down into fragments and directed one-at-a-time to keep the individual on track.

- Try using behaviorist methods. These methods involve rewarding desirable behaviors in order to increase those behaviors.

Non-standard Approaches

Other techniques that may help your autistic child include the following:

- **Non-verbal communication skills** – use methods such as signing, typing, body language and other forms of communication. These methods may be helpful to a child who will not or cannot speak.

- **Holding** – long periods of holding a child, whether or not the child responds, may enhance bonding.

- **Auditory integration** – planned exposure to a variety of sounds is believed to enhance brain development. The kinds of music the child enjoys, classical, for example, appear to be beneficial.

It is important to keep in mind that some autistic children have a mind like a computer that allows them to process thoughts and ideas in ways we may not be able to. Therefore, when it comes to schooling, they will tend to be more advanced than the average child. Unfortunately in today's school system, autistic children have it tough because of the tests they are given and the classroom they attend. However, that is all about to change. Education Department officials have decided children with the most severe learning problems can be held to a different academic standard than their peers. This will help ease pressure on schools that are struggling to make yearly progress.

The new department rule to be announced within days would affect a limited number of students deemed to have “*significant cognitive disabilities*” by their states. This new rule would allow students to be tested against standards appropriate for their intellectual development. And, more significantly, their scores would be counted as part of their school's performance. Golly, it only took 200 years to figure this out.

Not only will this help the autistic child, but the child's parents will benefit from this too. The child will no longer be placed in a classroom environment that tends to be detri-

mental to the child's behavioral, academic, psychological and emotional development. Read the revolution at www.ynoteduk8.com

It is important that one knows how to handle a autistic child when it comes to taking disciplinary measures. So how do we handle the aggressive behaviors that many children with autism exhibit when they are disappointed or frustrated?



Here are some tips that may help:

- The best type of discipline is positive reinforcement. Thus, parents should rely on providing incentives for desirable behavior before using punishment to control undesirable behavior. For example, the “*token economy*” schemes used in many classrooms can be adapted and used in the home successfully. It is also recommended that parents learn about alternative strategies for addressing the roots of problem behavior. These include things such as relaxation techniques, running, drinking water, swimming, etc.

- Punishment must fit the crime. Whenever possible, the only punishment should be experiencing the natural and logical consequences of an undesirable action.

“No snowflake in an avalanche ever feels responsible.”

"Marriage has no guarantees. If that's what you're looking for, go buy a car battery."

- Parents must agree on basic guidelines for stopping undesirable behavior. They must decide whether physical punishment is ever acceptable, what form discipline will take and under what circumstances it will be taken out.

- Physical punishment should only be used in a controlled fashion, only as a last resort. Simply things such as using water spray bottles and just spraying two or three times will work.

- Parents must develop a common set of effective disciplinary measures for undesirable behavior.

- Parents must agree to avoid using any type of verbal abuse towards the child or each other, such as using hurtful names.

- Parents need to support each other as much as possible in order to try and remain as calm as possible during behavior problems. If a parent is losing control, he or she should feel free to turn the situation over to the other partner long enough to take a "parental time-out."

- Parents must not give one partner the permanent role of disciplinarian. The old "wait 'til Daddy gets home" scenario lets one parent off the hook, and encourages children to be fearful and manipulative. For children with neurological problems, delayed discipline can be particularly confusing.

- Parents should agree to look closer for hidden causes if an undesirable behavior happens repeatedly, and neither incentives nor disincentives seem to curb it.


- Most importantly, parents must

present a united front, even when they do not actually agree. Arguments over discipline should not occur in front of the child.

These suggestions are not only effective for parents, but they may be adapted easily for teachers, child-care workers and others who are in close contact with the autistic child. They offer an excellent approach to discipline, which is often a major point of conflict within the family unit.

Autism can be handled as long as you know about it, what causes it, and how to deal with it. Do not be afraid of your autistic child. Give them the stimulation they need, the educational requirements they need to fulfill and they will grow in love and become an outstanding human being.

"The combination creates the wonder of the Big 5"




Don's
M5

More Marvelous Magical Miracle Meals

- Kidney beans
- Jasmine rice
- Soybeans
- Pearl barley
- Black sesame seeds

I call this the Big Bad Breakfast, learners lucky lunch and super souper supper; have some at every meal or make it the meal and watch the symptoms disappear.

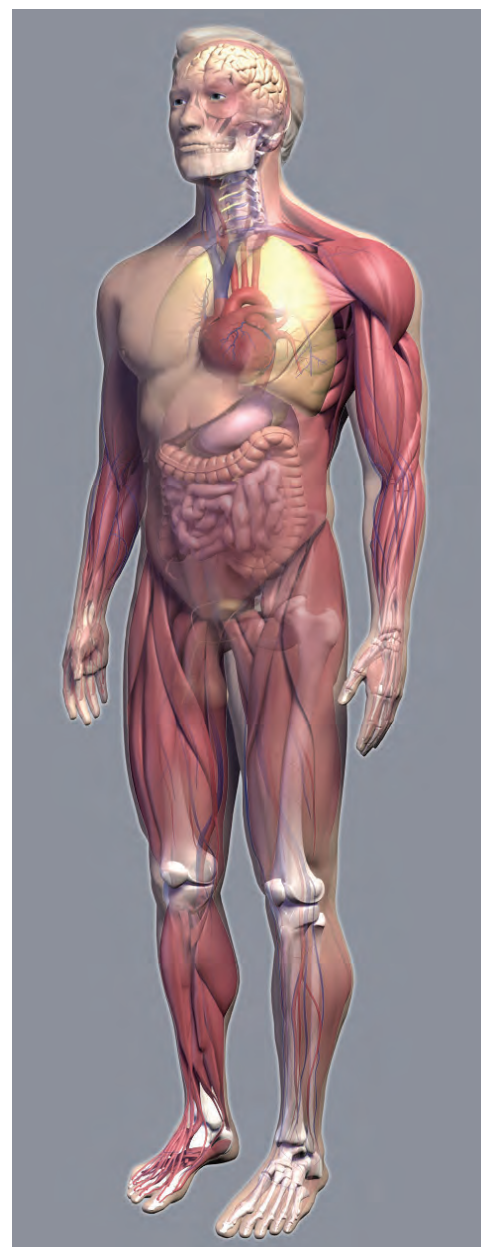


AUTOIMMUNE DISEASE

Medi-Sign Target

Apples, Fresh Juices & Walking

Autoimmune disorders result in the destruction of one or more types of body tissues, abnormal growth of an organ or changes in organ function. One or even multiple organs or tissue types may be affected by the disorder. The organs and tissues commonly affected by autoimmune disorders include blood components



such as red blood cells, blood vessels, connective tissues, endocrine glands such as the thyroid or pancreas, muscles, joints and skin.

A person may experience more than one autoimmune disorder at the same time. **Examples of autoimmune (or autoimmune-related) disorders include:**

1 Multiple Sclerosis: The body's immune system appears to turn on the central nervous system and keeps the nerves from telling the body to do things like walk, talk or write. Multiple Sclerosis is often called simply "MS." Some people with MS will need to use a wheel chair to get around (*if they don't make some drastic changes...See: Disease: The Mystery Solved*).

2. Insulin-Dependent Diabetes Mellitus (Type 1 or "Juvenile Diabetes"): The body's immune system appears to turn on the insulin-making cells in the pancreas and destroys them. Due to a lack of enough insulin, the body cannot control how much sugar is in the blood. Someone with Insulin dependent diabetes needs daily shots of insulin to live.

3. Rheumatoid Arthritis: The body's immune system seems to turn on the tissues around the joints in the body. This disease causes the tissues to swell up, creating pain and stiffness. It also can be detrimental to the heart, lungs and eyes.

4. Dermatomyositis: Appears on the skin.

5. Fibromyalgia: The body's immune system appears to turn on the muscles, tendons and ligaments, which causes pain and fatigue.

6. Lupus: The body's immune system appears to turn on the joints, skin, kidneys, heart, lungs, blood vessels and brain. It is often very difficult to tell whether or not someone has lupus. Some common signs include a bright rash of the face, pain in the joints, unexplained fever, chest pain when you breathe and unusual loss of hair.

7. Asthma

8. Chronic Fatigue Syndrome



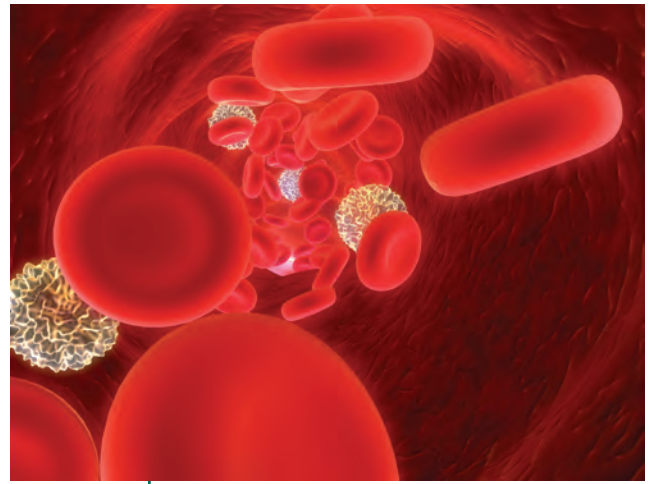
9. Allergies to Drugs and Food

10. Addison's Disease

11. Inflammatory Bowel Disease

12. Reiter's Syndrome

13. Grave's Disease and Hashimoto's Thyroiditis: The body's immune system appears to turn on the thyroid gland. The thyroid gland is the major control that determines how the body uses energy. These diseases can result in weight loss or gain, increased perspiration, increased sensitivity to heat changes and changing of a woman's menstrual flow.



T and B Cells

Most of the cells that comprise the immune system are white blood cells. Lymphocytes are one type of white blood cell that includes T cells and B cells. **T cells** coordinate the overall immune response and aid in the destruction of infected cells. **B cells** are best known for making markers. Markers bind to an antigen and mark the antigen for destruction by other immune system cells, such as macrophages meaning "large eaters."

Symptoms

The symptoms of each autoimmune disease vary widely depending on the type. Often, a group of very nonspecific symptoms accompany autoimmune diseases, especially those of the collagen vascular type, and include:

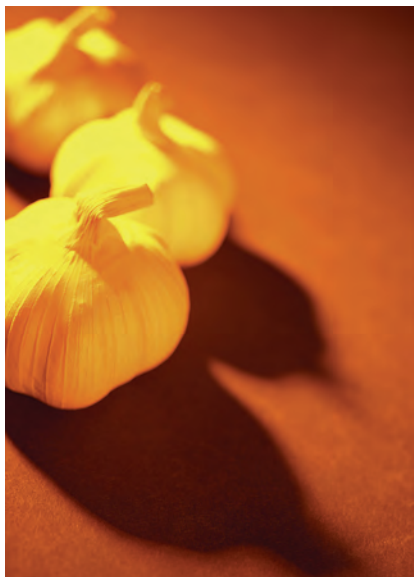
- Fatigue.
- Dizziness.
- Malaise (*nonspecific feeling of not being well*).
- Fever, low-grade temperature elevations.
- Destruction of an organ or tissue resulting in decreased functioning of an organ or tissue (*for example, the islet cells of the pancreas are destroyed in diabetes*).
- Increase in the size of an organ or tissue (*for example, thyroid enlargement in Grave's disease*).

"There is nothing so strong as gentleness, and there is nothing so gentle as real strength."

“If you burn them, they feel it. If you give them electric shocks, they feel it. Animals feel pain in the same way and to the same degree that we humans do.”

Continued exposure to heavy metals and environmental pollution that overload the immune system is one consideration for the cause of such diseases. On a daily basis, we take in pesticides, herbicides, chemical fertilizers, industrial wastes, cigarette smoke and automobile exhaust. Our air, water and food in particular are full of toxic substances. Therefore, these toxins without a doubt play a role in immune dysfunction.


All autoimmune diseases are related in some way. Many diseases of today are autoimmune because of the increase in cleanliness, which ultimately lead to a decrease in the number of filth diseases that plagued the last century. The only current filth disease that plagues our society is constipation or any blockage of bodily systems. **T-O=V** (*tubes minus obstruction=vitality*). The various healing modalities are just techniques to get blockages out. Malnutrition can also be a direct result of blockage. Whole foods, lots of water, sunshine and walking help to remove the blocks. It is pertinent that your cells receive nourishment and eliminate wastes because if you block these processes, disease will be the end result. Thus, healing typically consists of cleansing and nourishment.



Autoimmune diseases were not prevalent 100 years ago but filth diseases were. Today, autoimmune diseases are more common, even among young people, and are basically internal filth diseases. **Why would your body attack itself?** The body is hermetically sealed by skin. Our bodies also serve as an environment that house bacteria. Things such as friendly skin flora, the lining of the lungs and the lining of our intestines help protect us from unfriendly bacteria.

- Eat as little processed foods as possible.
- Do not eat hydrogenated oils and avoid using margarine.
- Eat less high-glycemic carbohydrates like white bread, white rice and sugary foods.
- Avoid cooked dairy. Moreover, if you do eat dairy foods, switch to organic, raw versions, and be sure to include yogurt.
- Focus on fresh whole foods as much as possible, such as fresh vegetables, whole grains, fruits, nuts and seeds.
- Try to eat an immune-enhancing food every day. These include garlic, maitake mushrooms, broccoli and sea greens (*like dulse, and kelp*).
- Try to avoid pesticides and hormones by choosing organic produce and raw dairy products whenever possible.
- Re-establish the gut eating ferments by adding sauerkraut, butter-milk, yogurt, sour cream, home-made beer, etc to your diet.

- Get a sufficient amount of exercise. Exercise is actually an immune enhancer. It creates immune enhancing chemicals and increases oxygen.




Rooster Booster

“Flu the Coop”

7	Carrots
1	Apple
2	Stalks of Celery
	Handful of Parsley
2 cloves	Garlic
1/3	Beet with greens

Juice the garlic first. Next juice the celery and parsley together. To juice the parsley, tuck the stems into the groove of the celery sticks. Finish juicing with the carrots and apples.



This drink will prevent the flu and boost your immune system

AUTONOMIC NEUROPATHY

**Medi-Sign Target
Salt, Water & Exercising**

Autonomic neuropathy is a group of symptoms caused by damage to nerves that supply the internal body structures that regulate functions such as blood pressure, heart rate, bowel and bladder emptying and

digestion. Autonomic neuropathy affects mostly the internal organs because it is a disease of the non-voluntary, non-sensory nervous system. Autonomic neuropathy can be associated with diabetes, alcohol abuse, nerve injury and the use of certain medications. Get Chiropractic adjustments.

AVOCADO

Medi-Sign Target

Womb, Cervix, Fetus

Development & Nerve Food

According to legend, a Mayan princess ate the first avocado in 291 B.C. Fortunately, in today's society one does not have to be royalty any more to reap the rewards of this tasty tropical fruit.



Because of its shape and the leather-like appearance of its skin, the avocado is colloquially known as the Alligator Pear. Avocado is derived from the Aztec language called **Nahuath**. The word "*ahuacalt*" is their word for womb or cervix. However, these traces to the word are scant and have since been translated as "*testicle*", which does not really work because the Aztec's looked upon trees as feminine Goddesses bearing fruits, gifts of life and sustenance.

The Aztecs taught that the womb and cervix was the sign of nature of the avocado and that a swollen seed was like a woman who is pregnant. Ironically, it takes the avocado 9 months, 40 weeks, to go from blossom to ripened fruit. Studies show that avocados actually protect women from cervical and breast cancers and complications of delivery in pregnancy. Pronounced like, *ohwa-ka-to*, hence avocado is what the Spaniards heard, their word for, "*advisor*."

Unlike many fruits, the avocado fruit does not ripen on the tree, but instead, will fall off in a hard, "*green*" state. It will then ripen quickly on the ground. Depending on the amount of oil that the fruit has, the taste may vary greatly from one to the other. Generally, the fruit is picked once it reaches a mature size, and will then ripen in a few days. It has also been noted that they will ripen faster if they are stored with other fruit such as bananas, because of the influence of ethylene gas, a plant hormone. Rather than being picked and stored, the fruit can be left on the tree until required, but it must then be picked as soon as possible for commercial reasons.

While dozens of cultivars exist, the two that are commonly available are "**Hass**" (*commonly misspelled 'Haas'*) and "**Florida**." The former is the most common cultivar, with a dark rippled skin, and rich, creamy flesh. It accounts for more than eighty percent of the crop grown in California. There are several other cultivars related to "Hass," including "*Bacon*," "*Fuerte*," "*Gwen*," "*Pinkerton*," "*Reed*" and "*Zutano*."

Hass avocados are commonly avail-

able throughout the year, but they are most plentiful and enjoyed during different seasons in different locations. In California, the spring and summer are the most favorable periods, and in Florida, October is the month to watch for. You can find Fuerte, Zutano and Bacon varieties, however, during the fall and winter months.

Avocados are the fruit that come from the Persea Americana, which is a tall evergreen tree that can grow up to 65 feet in height. There are dozens of varieties of avocados,



"Common sense is instinct, and enough of it is genius."

“Bore: a person who talks when you wish him to listen.”

which fall into three main categories: Mexican, Guatemalan and West Indian. Each category of avocados differs in their size, appearance, quality and susceptibility to cold.

Depending upon the variety, avocados can vary in weight from as light as eight ounces to as heavy as three pounds. The avocados yellow-green flesh is the edible portion, which has luscious, buttery consistency and a subtle nutty flavor. The pit part is inedible, but the skin when ground, dried and taken as a powder has the ability to be eaten.

- Contrary to popular belief, avocados are not fattening.
- Raising good (HDL) blood cholesterol, stabilizing blood sugar and providing glutathione to cleanse the liver are only some of the many health benefits that avocados have.

- Avocado’s always make the list of the top ten super foods established by so called experts.

Your skin can also benefit from a regular serving of guacamole. Natural oils in avocados perk up a poor complexion, make brittle nails strong again and improve dry skin. Avocados contain special oils that aid in the regeneration of hair follicles and therefore, people with severe hair loss should eat three avocados daily, because they will in turn stimulate the growth of new hair.

Potassium in Diet

Potassium assists in muscle contraction and in maintaining fluid and electrolyte balance in body cells,

which makes it a necessary mineral in daily nutrition. Potassium is also an important player in sending nerve impulses as well as releasing energy from protein, fat and carbohydrates during metabolism. Hypokalemia, a potentially fatal condition, can be caused by a shortage of potassium. The best way to get an adequate amount of potassium in your diet is to eat a variety of foods that contain potassium. Many fruits and vegetables contain potassium and surprisingly, avocados contain twice the amount of potassium as bananas. Oleic acid, a monounsaturated fat



present in avocados, has been found to be helpful in the lowering of cholesterol. A study of individuals with cholesterol levels that were fairly elevated, people who ate a diet high in avocados demonstrated clear health improvements. Following a seven-day diet that included avocados, individuals had significant lowering in LDL and total cholesterol, as well as an eleven percent increase in health-enhancing HDL cholesterol.

Avocados also offer a good source for potassium, a mineral that helps to regulate blood pressure. You can take positive steps in combating circulatory diseases like high blood pressure, heart disease or stroke, simply by making sure you have sufficient potassium in your diet.

Note that the U.S. Food and Drug Association has authorized a health claim stating that: “Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.” Not only that, but one cup of avocado has an incredible amount of the water-soluble B-vitamin folate, a nutrient that helps product and maintain new cells, and is important for the health of your heart.

Researchers tracked over 80,000 women for 14 years using dietary questionnaires to figure out the relationship between folate intake and heart disease. Women who consumed more of the whole food folate had a 55 percent lower risk of having heart attacks or fatal heart disease. Other research has shown that people who consume folate-rich diets have a significantly lower risk of cardiovascular disease or stroke than those who do not consume as much of this nutrient.

Avocados are not only a rich source of monounsaturated fatty acids including oleic acid, which has recently been shown to offer remarkable protection against breast cancer, but these fruits also contain the highest amount of the carotenoid lutein of all commonly eaten fruits. They also contain measurable amounts of related carotenoids (*zeaxanthin, alpha-carotene and beta-carotene*) and significant quantities of tocopherols (*vitamin E*).

Inhibits Prostate Cancer Growth

According to a laboratory study published In the January 2005 issue of the Journal of Nutritional Biochemistry, an extract of avocado that contained these carotenoids and

tocopherols, stalled the growth of both androgen-dependent and androgen-independent prostate cancer cells.

However, when researchers worked to expose the prostate cancer cells to lutein alone, the single carotenoid did not keep the cancer cell from growing and replicating. Not only was the entire matrix of carotenoids and tocopherols in avocado necessary for its ability to kill prostate cancer cells, but the researchers also noted that the high amount of monounsaturated fat in avocado is a critical factor. Fat must be around in order to make sure that these bioactive carotenoids will be absorbed into the bloodstream, due to the fact that carotenoids are lipid soluble. Just as Nature intends, avocado delivers the whole health-promoting package.

Enhances Absorption of Carotenoids from Vegetables

By only tossing in a few slices of avocado in your salad or mixing some chopped avocado into a salsa recipe, you will not only add a rich, creamy flavor, but will also significantly increase your body's ability to take in health-enhancing carotenoids that vegetables offer.

In the March 2005 issue of the *Journal of Nutrition*, researchers tested the hypothesis that, because



carotenoids are lipophilic — that is, soluble in fat and not water — then consuming carotenoid-rich foods along with monounsaturated-fat-rich avocado might improve their bioavailability.

Adding avocado to a salad of carrot, lettuce and baby spinach or to salsa not only significantly increase the study participants' absorption of carotenoids from these foods, but the increased carotenoid availability occurred even when a very small amount — as little as two ounces — of avocado was added. Adding avocado to salad increased absorption of alpha-carotene, beta-carotene and lutein by factors of 7.2, 15.3, and 5.1 times, respectively, than the average amount of these carotenoids absorbed when a salad without avocado was consumed. Adding avocado to salsa increased lycopene and beta-carotene absorption 4.4 and 2.6 times higher, respectively, than the average amount of these nutrients absorbed from salsa free of avocado. A splendid way to improve your body's ability to absorb carotenoids, while also receiving other nutritional benefits, is to consume a little avocado along with carotenoid-rich fruits and vegetables. Since the avocados have quite a variety of nutrients including vitamins, minerals and heart-healthy monounsaturated fat, they make the perfect snack.

Even though avocados seem too be too luscious to actually be healthy, they actually contain the fat that is highly monounsaturated. This type of fat is the kind



that is beneficial and is associated with a healthy heart. Avocados also help the heart in the fact that they are rich in vitamin E. Moreover, the avocado actually supplies sixty percent more potassium than the banana, which is thought of as an exemplary potassium source. These velvety “vegetable fruits” are also high in fiber and provide substantial amounts of folate (*folic acid*), vitamin B6 and pantothenic acid. It should also be noted that they do provide some iron, copper and magnesium.

On the phytochemical front, avocados contain glutathione. Glutathione is known for its ability to strengthen the immune system and remove cancers. In addition, avocados also contain a significant amount of a cholesterol-lowering phytosterol called beta-sitosterol.

Varieties

In California and Florida, there are two-dozen avocado varieties grown. They range in size from a few ounces to several pounds, in color with skins bright green to black and

“Life consists not in holding good cards but playing those you hold well.”

“He is rich or poor according to what he is, not according to what he has.”

in texture from smooth to pebbly. The most widely available nationwide are the California varieties, which are considerably higher in fat and thus “creamier” and more flavorful.

Florida avocados on the other hand, are larger than most California varieties. They have shiny, medium-green skins and are more watery than California types. Therefore, ounce for ounce, they contain less fat but also contain less flavor.

Availability

Most of the year, avocados are available in markets due to the staggered growing seasons of the different varieties in Florida and California.

Generally, California fruit peaks in spring and summer while Florida’s season extends from June through March, with its peak in October.

Shopping

When buying avocados try to select heavy, unblemished ones. Many markets will sell avocados that are hard and unripe because then they are less likely to bruise and spoil. If the avocado is rock hard, it will need a few days to ripen. An avocado is ripe enough to slice if it yields slightly to gentle pressure. If pressing the fruit leaves a small dent, it is too ripe to slice, but is suitable for mashing. One can tell if the fruit is overripe if pressing leaves a large dent, and the flesh will be darkened and spoiled.

Storing Solutions

At room temperature, hard avocados

will ripen in three to six days. In order to speed up the process, place them in a paper bag, preferably with a tomato. Hard avocados should never be put in the refrigerator because then they will never ripen. However, once avocados are ripe, they should be put in the refrigerator and used within two to three days. Generally, Florida fruits are somewhat more perishable than those from California.



Benefits:

- Flushes Cholesterol
- No More High Blood Pressure
- Prevents Stroke
- Protects the Heart
- Defends the Blood Sugar Levels
- Curbs Cancer
- Smooths skin

Treat Yourself to an Avocado Facial
It is often said that beauty is only skin deep. Luckily, avocado has moisturizing power to help make your skin more attractive. For years, people have used avocado as a natural facial treatment, especially to help heal dry skin. It is simple enough that it can even be done in your own home. Just remove your makeup and wash your face with warm water and soap or your favorite cleanser. Mash some avocado and mix it with a little raw milk, oatmeal and lemon or lime

juice. Then apply the mixture to your face. Leave it on for ten minutes before rinsing it off with lots of water.

If you have dry skin, or just want to pamper yourself, reach for an avocado –the bumpy fruit that smoothes your skin.

Storing Solutions

Ripe avocados should be soft enough to “give way” to gentle pressure. If you cannot find a ripe avocado in the store, choose a heavy, unblemished one and let it ripen in a paper bag for a few days at room temperature.

To get at the good stuff, cut an avocado lengthwise around the seed and rotate the halves to separate. Using a spoon or sticking it with a toothpick, remove the seed and then scoop out the flesh.

An avocado will discolor quickly when exposed to air. Therefore, it is recommended that one use it as soon as possible. In addition, squeezing lemon or lime juice on the cut avocados will help prevent discoloration.

If you would like to take advantage of this nutritional powerhouse, try the following healthy suggestions:

- Mash the soft fruit and mix with salsa.
- Float avocado cubes in a bowl of hot tomato soup.
- Spread avocado with jam on a bagel.
- Toast a tortilla-wrapped avocado wedge.
- Mash potatoes with a peeled and seeded avocado.
- Crown crackers with chunks of avocado.

- Fill egg white halves with guacamole for a new twist on deviled eggs.

You may also add avocado slices to salads or sandwiches or even just eat the fruit plain. For a healthy alternative to mayonnaise, butter or cream cheese, try mashed avocado.

Avocado Overcomes

Asthma

Vitamin C, present in fruits and vegetables, is a powerful nutrient and inflammation soother. This activity may influence the development of asthma symptoms. A large preliminary study has shown that young children with asthma experience significantly less wheezing if they eat a diet high in fruits rich in vitamin C.

Bruising

Many Americans eat insufficient amounts of foods containing vitamin C; the disease caused by vitamin C deficiency, scurvy, causes easy bruising. While very few people actually have scurvy, even minor deficiencies of vitamin C can increase the incidence of bruising. People who experience easy bruising may want to try eating more fruits and vegetables – common dietary sources of vitamin C.

Capillary Fragility

Eating plenty of flavonoid – and



vitamin C-rich fruits and vegetables helps to support the structure of capillaries.

Cataracts

Some, but not all, studies have reported that eating more foods rich in beta-carotene or vitamin A was associated with a lower risk of cataracts. Synthetic beta-carotene supplementation has not been found to reduce the risk of cataract formation. It remains unclear whether natural beta-carotene from food or supplements would protect the eye or whether beta-carotene in food is merely a marker for other protective factors in fruits and vegetables high in beta-carotene.

High Homocysteine

A controlled trial showed that eating a diet high in fruits and vegetables containing folic acid, beta-carotene, and vitamin C effectively lowered homocysteine levels. Healthy people were assigned to either a diet containing a pound of fruits and vegetables per day, or to a diet containing 3 1/2 ounces (99g) of fruits and vegetables per day. After four weeks, those eating the higher amount of fruits and vegetables had an 11 percent lower homocysteine level compared with those eating the lower amount of fruits and vegetables.

Kidney Stones

Potassium reduces urinary calcium excretion, and people who eat high amounts of dietary potassium appear to be at low risk of forming kidney stones. The best way to increase potassium is to eat fruits and vegetables. The level of potassium in food is much higher than the small amounts found in supplements, that the body can't use anyway. Multiple sclerosis (MS) In one survey, researchers gathered informa-



tion from nearly 400 people (half with MS) over three years. They found that consumption of vegetable protein, fruit juice, and foods rich in vitamin C, thiamine, riboflavin, calcium, and potassium correlated with a decreased MS risk.

Stroke

Researchers have found an association between diets low in potassium and increased risk of stroke. However, the association of increasing dietary potassium intake and decreasing stroke mortality only occurred in black men and hypertensive men in one study. Others have found an association between increased risk of stroke and the combination of low dietary potassium plus high salt intake. Increasing dietary potassium has lowered blood pressure in humans, which by itself should reduce the risk of stroke; however, some of the protective effect of potassium appears to extend beyond its ability to lower blood pressure. Maintaining a high potassium intake is best achieved by eating fruits and vegetables.

Benefits circulation, lowers choles-

“Music can name the unnameable and communicate the unknowable.”

terol, dilates blood vessels. It's main fat, monounsaturated oleic acid (*also concentrated in olive oil*), acts as an nutrients to block artery-destroying toxicity of bad-type-LDL cholesterol. One of the richest sources of glutathione, a powerful nutrient shown to block thirty different carcinogens and to block proliferation of the AIDS virus in test tube experiments.

History

Avocados are native to Central and South America and have been cultivated in these regions since 8,000 B.C. In the mid-17th century, they were introduced to Jamaica and spread through the Asian tropical regions in the mid-1800s.

Cultivation in United States, specifically in Florida and California, began in the early 20th century. While avocados are now grown in most tropical and subtropical countries, the major commercial producers include the United States (*Florida and California*), Mexico, the Dominican Republic, Brazil and Colombia.

AVOCADO OIL

Medi-Sign Target
Nerve Sheaths & Skin

Avocado oil in its pure form is rich in vitamins A, B, B2, B5 (*Panthenic acid*), vitamin D, E, minerals, protein, lecithin and fatty acids. Avocado oil has healing and regenerating qualities. It is used for dry skin and for people having eczema or psoriasis. It also helps treat damaged skin from the sun or skin that is dehydrated. Overall it helps with skin regeneration and softening of skin tissue. Avocado



oil can also be used as a scalp conditioner. To use, apply the oil directly to the lotion or soap. Also, avocado oil has the highest smoke point of any plant oil. Therefore, it is useful for high heat cooking.

AYURVEDIC MEDICINE

Because of cultural language differentiation, there are three body types with different names. They are, according to today's science, ectomorph, mesomorph and endomorph. William Sheldon in the 1940's, wrote two books on somatypes. The ayurvedic teachings call these the three doshas and name them vata, pitta and kapha.

The three body types are described below:

ECTOMORPH

- Delicate build
- Delicate build
- Flat chest
- Has trouble gaining weight
- Large brain
- Lightly muscled
- Muscle growth takes longer
- Stoop-shouldered
- Tall
- Thin
- Young appearance

MESOMORPH

- Gains or loses weight easily
- Grows muscle quickly
- Hard, muscular body
- Overly mature appearance
- Rectangular shape
- Thick skin
- Upright posture

ENDOMORPH

- Generally gains muscle easily
- Over-developed digestive system
- Round shape
- Soft body
- Trouble losing weight
- Underdeveloped muscles

People generally fit within one of the three bodily categories of ectomorph, mesomorph or endomorph regardless of age, race or gender. These are the three body types that make up the physique in which your body's genetics are inclined to follow. Your body type actually has more to do with bone structure and your body's frame than the muscle tissue itself. There is one thing that people have in common. We all seem equally unsatisfied with our body types.

This means that the skinny people want to be beefier; the beefy people want to be leaner; the bulky people want to be more ripped; and the thin, ripped ones want to be more massive.

ECTOMORPH

The ectomorph body types consist of every man who ever played in the NBA, with the exception of Charles Barkley and Shaquille O'Neal. This is an exaggeration, but ectomorphs are generally lean and mean but have a hard time packing on the muscle.

By eating, eating and eating some more, you have the best chance of

"Speciesism is the 'most extreme' form of racism because animals are the least able to defend themselves and the easiest to victimize."

dealing with the stingy genetics of the ectomorph. It's encouraged to eat an extra thousand or two calories. Favor carbohydrates and consume lots of protein in the form of beans, legumes, nuts and seeds for five meals a day. This is the best way to sprout growth into the muscle mass you're looking for.



Do not be stingy when it comes to lifting weights. This is because intensity plus strength equals size, and you should be churning out intensely productive sets designed to tear up the muscle tissue and spurt new growth.

ENDOMORPH

In comparison to the ectomorphs, imagine every offensive and defensive lineman in the NFL, and you'll be thinking of many endomorphs.

Stocky is generally a term used to describe endomorphs. Many endomorphs have short but thick, thick limbs and heavy bones. They often desire a leaner, more defined look. They should try cutting the fats down to a minimum. Protein sources like avocados, bananas, soy to egg whites and seeds. Meanwhile, an endomorph's intake should consist of about seven smaller-portioned meals throughout the day, a sly method of boosting metabolism and burning fats and calories.



Cardiovascular regimens are essen-

tial for endomorphs looking to trim down. This means doing everything from swimming to biking thirty minutes per day, four days a week, will keep the jelly out of the belly. When weight training, do sets of several repetitions at a moderate weight with limited time spent between sets.

MESOMORPH

Perhaps the luckiest of the three body types are the mesomorphs. They have the tendency to be muscular and ripped, while maintaining the best

attributes of both the ectomorphs and the endomorphs.

Mesomorphs must basically follow the general guidelines of healthy eating and exercising to maintain the desirable physiques that their genetics have so kindly blessed them with. Per day, a mesomorph should be taking in around six frequent meals. Overconfidence may be the most imposing obstacle for the mesomorph. Because a mesomorph can generally build muscle and shed away fat with considerable ease, he often becomes lazy and apathetic to eating binges and lulls in exercise. He does this because he maintains faith that his favorable genetics will bail him out

of bad health. However, a mesomorph must blend a sturdy diet and solid exercise program into the everyday routine.



This is another perspective: THE THREE DOSHAS TAKE IT A LITTLE FURTHER...

The Three Doshas again are Vata, Pitta, Kapha You may want to research this further as it can help to unlock the "signature" of you, self knowledge, by understanding the signs of your nature.

The teachings of the doshas are the science of Ayurveda. It is one of the oldest extant traditions of healing, healthy living and longevity. The thought that each of us is unique comes from Ayurveda; that we have different genetics, different metabol-

ic constitutions, different rhythms, different likes and dislikes and different responses to nourishment and the environment around us. Ayurveda provides guidelines to help identify our constitutional nature, thus enabling us to choose and live wisely on the earth.

A method of understanding how to stay healthy stems from the doshas. In other words, it helps understand how to live a life of balance. The cosmos and the human body are variants of the same energy principle according to Ayurveda. The human constitution, prakriti, is comprised of the five elements manifested within the body as three forces-doshas.

When you know which dosha is dominant in your body it helps you to understand your metabolic constitution and its physical rhythms. All Ayurvedic knowledge begins with the doshas. The word dosha in Sanskrit literally means "fault" or "defect" because doshas become visible when they are in a state of imbalance. When the doshas are out of balance, they manifest as disor-

"Around the world, as more water is diverted to raising (cattle), pigs and chickens; instead of producing crops for direct consumption, millions of wells are going dry."

“Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand – and melting like a snowflake.”

ders in the body. We cannot detect the doshas, however, in a state of balance. But, when we are in a state of disequilibrium the doshas become visible as mucus, bile, odorous flatulence and other bodily discharges. These imbalances can quickly become full blown disease if we ignore these early signs of disorder.

Signs of Nature

There are many different attributes for each body type.

VATA: Governs the ether's space and air elements.

- You will be either tall, lanky or unusually short.

- You will be non-muscular with thin limbs.

- Your movements will be quick and often erratic.

- Your skin will generally be grayish, thin and cool.

- Your hair is dry, frizzy and or dark.

- You will have brown, grey or unusual color eyes.

- Your nails will be dry, grayish or ridged.

- Your appetite is irregular.

- Your sleep is poor and variable.

Emotional Characteristics

- You can be fearful, indecisive, nervous and perceptive.

- You learn quickly and forget quickly.

- You are talkative with erratic speech.

- Your dreams are fearful and erratic.

- Sexually you are variable.

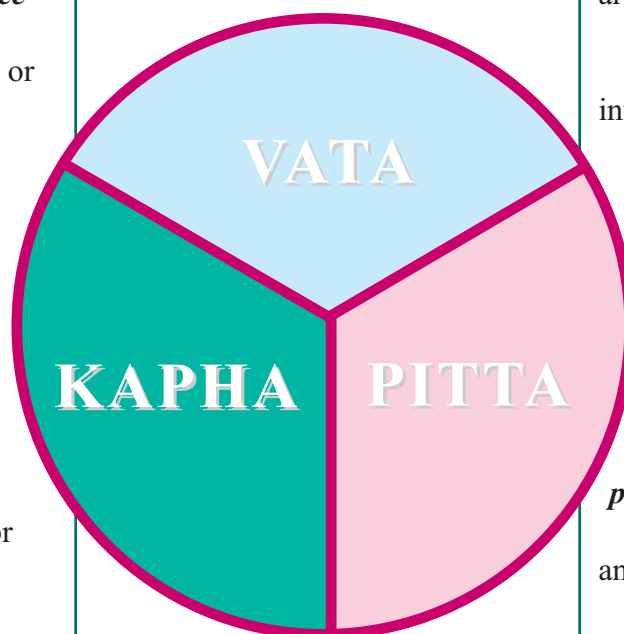
According to Ayurvedic nutrition there are six food tastes and each dosha has specific tastes that balance and maintain their constitution.

VATA tastes are:

(i) Pungent

(ii) Bitter

(iii) Astringent



PITTA: Governs fire and water elements.

- You will be medium and well proportion physically.

- Your skin is warm, reddish and easily sunburns.

- Your movements are precise.

- Your hair is straight, reddish and can be premature balding or grey.

- You will have green, hazel, light brown and attentive eyes.

- Your nails will be clear, well formed and pliable.

- You will have a strong appetite.

- You sleep moderately.

Emotional Characteristics

- You can be angry or arrogant.

- You are intelligent and desire success.

- You learn quickly and forget slowly.

- Your speech is decisive and articulate.

- Your dreams are violent and intense.

- You are intense sexually.

PITTA tastes are:

(i) Sour

(ii) Salty

(iii) Pungent

KAPHA: Governs earth and physicality.

- Your physique is heavy, broad and evenly proportioned.

- You find it easy to gain weight and hard to lose it.

- Your skin is cool, fair, oily and tans easily.

- Your hair will be thick, blonde or very dark and wavy.

- You will have very dark, blue or brown eyes which are large.

- Your nails will be square and even.

- You will have a consistent appetite.

- You will sleep long and sound.

Emotional Characteristics

- You can be greedy, stubborn and also calm and stable.
- You learn slowly and forget slowly.
- Your speech is cautious and slow.
- If you dream they are long and sensual.
- Sexually you are warm and enduring.

KAPHA tastes are:

- (i) Sweet
- (ii) Sour
- (iii) Salty

Since there is no real “white day” or “white month” and “white” people have no clue as to their myths, gods and origins. White people embrace gods from Palestine to Mexico, to the American Indians and to India. Since India is hot and has been since The Beatles, I include this:

Ayurveda is a holistic system of medicine from India that uses a holistic constitutional model. Its aim is to provide guidance regarding food and lifestyle so that healthy people can stay healthy and folks with health challenges can improve their health.

There are several aspects to Ayurveda:

1. Due to its use of a constitutional model, its recommendations will often be different for each person regarding which foods and which lifestyle they should follow in order to be completely healthy.
2. Everything in Ayurveda is validated by observation, inquiry, direct

examination and knowledge derived from the ancient texts.

3. It understands that there are energetic forces that influence nature and human beings. These forces are called the Tridoshas.

4. Because Ayurveda sees a strong connection between the mind and the body, a huge amount of information is available regarding this relationship.

Origin

Originating in India thousands of years ago, ayurveda is an intricate system of healing. The ancient book of wisdom known as the Vedas is where we can find historical evidence of Ayurveda.

Over 60 preparations were mentioned that could be used to assist an individual in overcoming various ailments in the Rig Veda. Although the Rig Veda was written over 6,000 years ago, Ayurveda has been around even longer than that.

Ayurveda is more than just a medical system; it is a science of life. In other words, we are all part and parcel of nature. This is just as the animals and plants live in harmony with nature and utilize the Laws of Nature to create health and balance within their beings, we, too, adhere to these very same principles. Because of this, it is fair to say that Ayurveda is a system that helps maintain health in a person by using the inherent principles of nature to bring the individual back into equilibrium within their true self. So, because we have always been gov-

erned by nature’s laws, in essence Ayurveda has been in existence since the beginning of time.

Meaning

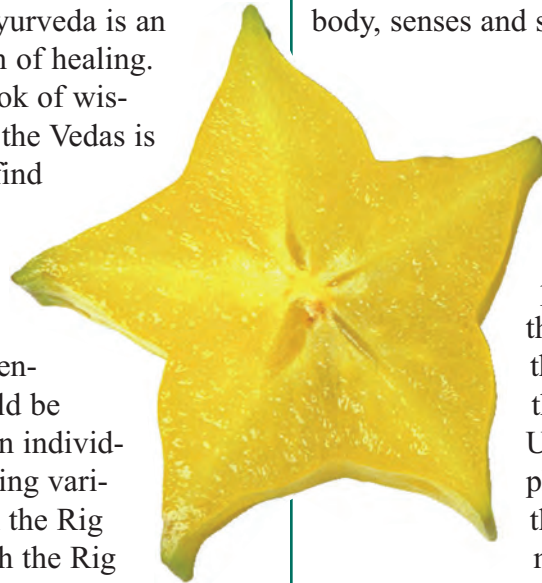
Ayurveda means to know about life. This is because Ayurveda is made up of two Sanskrit words: **Ayur** which means *life* and **Veda** which means the *knowledge of*. To fully comprehend the vast scope of Ayurveda we need first to define “*Ayur*,” or life. The ancient Ayurvedic scholar, Charaka, explains that Ayur is comprised of four essential parts being the mind, body, senses and soul.

Mind, Body and Senses

Although we tend to identify mostly with our physical bodies, there is more to us than what meets the eye. Underlying our physical structure is the mind. The mind not only controls our thought processes but helps assist us in carrying out day-to-day activities such as respiration, circulation, digestion and elimination. Without the body, there is no mind or senses.

To regulate our physiology, the mind and the body work in conjunction with one another. We must use our senses as information gatherers in order for the mind to act appropriately to assist the physical body. The mind can be thought of as a computer and the senses as the data that gets entered into the computer.

Two important senses that aid in the digestive process are smell and taste. This means that when the



“The job of the artist is always to deepen the mystery.”

mind registers that a particular food is entering the gastrointestinal tract, it directs the body to act accordingly by releasing various digestive enzymes.

If we should overindulge the taste buds with too much of a certain taste, such as sweet, our mind's ability to perceive the sweet taste may be impaired. This then makes the body challenged at its ability of processing sweet foods. In order to allow the mind and body to integrate their functions and help keep us healthy and happy individuals, we need to maintain the clarity of our senses.

Soul

According to Ayurveda, before we exist in physical form with the help of the mind and senses, we exist in a more subtle form known as the soul. In India, the ancient seers believed that humans were comprised of a certain energetic essence that precluded the inhabitation of our physical entity. They even thought that we may occupy many physical bodies throughout the course of time but our underlying self, or soul, remains unchanged. At the time of death, we see what helps illustrate this concept transpiring. Many desires a person has will cease to be present as the individual nears the time to leave the physical body. In other words, when the soul no longer identifies with the body, the desire to eat food or indulge in a particular activity that used to be a great source of satisfaction vanishes.

These are just a few examples of how we are made up of these four components that we call life.

Principles

Ayurveda presents the theory that a person is a unique individual made



up of five primary elements. These elements are ether (*space*), air, fire, water and earth. Like the way that these five elements are in nature, these five elements are contained within people.

These elements have the ability to become an influence when any of them are present in the environment. Food and weather are two such examples of the presence of the elements. While all of the five primary elements are contained within people, the combination of the elements has the ability to create various physiological functions. For example, ether and air combine to form what is known in Ayurveda as the Vata dosha.

Vata governs the principle of movement and therefore can be seen as the force. This force directs nerve impulses, circulation, respiration and elimination. The combination of fire and water are the elements that form the Pitta dosha.

The process of transformation or metabolism is the Pitta dosha. An

example of Pitta function is the transformation of foods into nutrients that our bodies can assimilate. Pitta is also responsible for metabolism in the organ and tissue systems as well as cellular metabolism.

When the water and earth elements combine, they form the Kapha dosha.

The responsibility for growth is within Kapha. It adds structure unit by unit. The Kapha dosha also offers protection. The cerebral-spinal fluid that protects the brain and spinal column is a type of Kapha. Another type of Kapha dosha is the mucous lining of the stomach when it protects the tissues.

Every person is made up of unique proportions of Vata, Pitta and Kapha. The dosha ratios vary with each individual. Because of this, Ayurveda sees each person as a special mixture that accounts for our diversity. Treatment protocol designed specifically to the individual addressing a person's health challenges is what the Ayurveda does. It gives us a model to look at each individual as a unique makeup of the three doshas. When any of the doshas (*Vata, Pitta or Kapha*) become accumulated, Ayurveda will suggest specific lifestyle and nutritional guidelines to assist the individual in reducing the dosha that has become excessive. A cleansing process known as Pancha Karma is recommended to eliminate the unwanted toxins if toxins in the body are abundant.

Ayurveda helps to address specific health concerns as well as explanations into why one person responds differently than another person. This is the understanding of Ayurveda.



~B b~

History: The Letter B

The earliest drawn "B" was actually a symbol representing the word "house," basically a triangle placed above a square. Eventually the square took on the look of a second triangle and finally the right side of the form was softened by two curves. As you can see, it no longer resembles a house and this probably suits architects just fine. "Experts" say that vitamin B is abundant in a dead animal liver; I say, throw the liver in the garbage and fix some whole grains, which have useable vitamin B, with onions and garlic and a touch of tarragon. The FDR has more "B's" than you can shake a stick at!

Mystery: The Celtic Name Key

The letter "B" indicates the ability to compromise. It reveals a faculty for accepting a majority view and abiding by a general decision. In a positive sense the letter indicates maturity and tact. It has a negative side, which could be interpreted as a lack of will power or determination. As a dominant letter it hints very clearly at a good team member but not a leader. The letter is also connected with domesticity.

BACK

The Backbone

The backbone is made of many small bones called vertebrae, individual ones are called vertebra. The semi-movable joints are between the vertebrae. Because there are so many vertebrae there are many semi-movable joints. Each one moves very slightly but when they move together it makes the movement more obvious.

What would happen if humans didn't have bones?

You'd be floppy like a beanbag. Could you stand up? Forget it. Could you walk? No way. Without bones you'd be just a puddle of skin and guts on the floor. Bones have two purposes. Some, like your backbone, provide the structure that enables you to stand erect instead of lying like a puddle on the floor. Other bones protect the delicate, and sometimes soft, insides of your body.



The backbone, or vertebral or spinal column, though called a "bone," is really a flexible structure made of 26 bones. As a baby, you have 33 vertebrae, or back bones, but the lower four fuse to form the coccyx. The next lower five then fuse to become the sacrum. The

backbone itself serves several important functions like providing structure from which all other upper body structures branch. It also protects the spinal nerve, which is the "highway" that all the information your brain sends to your body travels. If the spinal column were to be damaged, also damaging the spinal nerve, it would be like the highway collapsed, and all landmarks past that point could no longer be visited. This is what is known as paralyzation from that point in your back and down.

The backbone is approximately 28 inches, or 70 cm, long and is separated into five regions. The last two, the coccyx and sacrum, are separated by the fused vertebrae. The remaining three are distinguished mostly by concavity with respect to your front. The remaining regions are: the cervical curvature made of seven vertebrae and concave; the thoracic region made of 12 vertebrae and convex and the lumbar sound curvature made of five vertebrae and concave.

BACK PAIN

*Medi-Sign Target
Chiropractic Adjustments &
Bent Leg Push-ups*

Types of Low Back Pain

Low back pain is one of the most common conditions and one of the leading causes of physician visits in the United States. In fact, at least four out of five adults will experi-

ence low back pain at some point in their lives.



Ironically, the severity of the pain is often unrelated to the extent of physical damage. A simple back strain with muscle spasms can cause excruciating back pain that can make it difficult to walk or even stand. This is in contrast to a large herniated disc or completely degenerated disc which can be completely painless. There are many structures in the low back that can cause pain and the causes of low back pain can be very complex. The following parts of spinal anatomy can cause pain:

- The large nerve roots in the low back that go to the legs and arms may be irritated.
- The smaller nerves that innervate the spine in the low back may be irritated.
- The large paired lower back muscles, known as the erector spinae, may be strained.
- The bones, ligaments or joints may be injured.
- The intervertebral disc may be injured.

It is important to note that many

“Opportunity may only knock once, but temptation leans on the doorbell.”

types of low back pain have no known anatomical cause. The pain is still real, though, and needs help and attention. However, usually low back pain can be linked to a general cause, like muscle strain, or a specific and diagnosable condition like a degenerative disc disease or a lumbar herniated disc.

Chiropractic manipulation or physical therapy can help the vast majority of lower back pain conditions get better with time.

The number one solution for back pain is bent leg push-ups. Do 20 in the morning and 20 in the evening. Another ancient method of self adjustment is sneezing. The sneeze response is one of the body's natural chiropractic responses. Sniffing ground black pepper and sneezing has helped thousand to walk again. With each sneeze it may hurt, but eventually will come relief, until finally there is remission of pain.



EXERCISE FOR BACK PAIN

Healing Through Back Pain Exercise

Active forms of back pain exercise and physical therapy are typically necessary to rehabilitate the spine and help alleviate back pain. A regular back pain exercise routine provides the means to help avoid recurrences of low back pain. It helps reduce severity and duration of potential future episodes of low back pain.

Done in a controlled, gradual and progressive manner, the natural stimuli for the back to heal are active back pain exercises. Movement distributes nutrients into the disc space and soft tissues in the spine to keep the discs, muscles, ligaments and joints healthy. The converse is true too, which means the lack of exercise can worsen back pain by leading to stiffness, weakness and deconditioning.

Generally, a back pain exercise program should encompass a combination of stretching exercises including: hamstring stretching; strengthening exercises, like dynamic lumbar stabilization exercise, McKenzie exercise or other back exercise programs; and low impact aerobics, like walking, bicycling, water therapy or swimming. The back pain exercise and rehabilitation program will be very different depending on the

level of pain.

Stretching as part of a back pain exercise routine

Almost everyone can benefit from stretching the soft tissues, which are the muscles, ligaments and tendons in the back and around the spine. Limitations in motion can accentuate back pain because the spinal column, contiguous muscles, ligaments and tendons are all designed to move. People with chronic back pain may find it takes weeks or



months of stretching to mobilize the spine and soft tissues. They will find, though, that meaningful and sustained relief of low back pain typically follows the increase in motion.

Hamstring stretching exercise

The hamstring muscles seem to play a key role in low back pain. It seems as though people who have low back pain tend to have tight hamstrings, and people with tight hamstrings tend to have low back pain. It is clear that hamstring tightness limits motion in the pelvis and can place it in a position that increases stress across the low back although it is not known which comes first. Therefore, stretching the hamstring muscles typically helps decrease the intensity of a person's back pain and the frequency of recurrences.

A hamstring stretching exercise routine should include, one to two times each day, applying pressure to lengthen the hamstring muscle for 30-45 seconds at a time. Since a bouncing motion will trigger a spasm response in the muscle being stretched, the pressure on the muscle should be applied evenly and bouncing should be avoided. The hamstring muscle may be stretched in a number of different ways.

My grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle."

“Pleasure and action make the hours seem short.” -William Shakespeare

Options for hamstring stretching exercises, listed from most difficult to least difficult, include:

- The most common technique is with legs relatively straight, simply bend forward at the waist and try to touch the toes and hold this position.

- If the first approach is not liked well by the back, less strain is applied by sitting on a chair and placing the legs straight out in front on another chair. Reach forward to try to touch the toes. One leg at a time may be stretched.

- One of the least stressful stretching techniques is to wrap a towel behind the foot and lie on the floor. Pull the leg up and straighten by holding onto the towel wrapped behind the foot. One leg at a time may be stretched.

- Another less stressful option is to place the buttocks against the wall and lie on the floor. Then place the foot against the wall and try to push the knee straight. One leg at a time may be stretched.

The hamstring muscle will gradually lengthen, reducing stress to the low back with time. Stretching should

not be linked to another back pain exercise routine, since those exercises may not be done on a daily basis.



It is best to stretch every morning when getting up and before going to bed in order to make stretching exercise a part of your daily regimen. Think of stretching exercises as good back hygiene.

For specific conditions, there are two primary forms of back exercise for strengthening and/or back pain relief that tend to be used. These include the McKenzie exercises and dynamic lumbar stabilization exercises. When appropriate, these two forms of physical therapy exercise may also be used together.

1. McKenzie exercises for back pain relief.

These back exercises are named after a physical therapist in New Zealand. He made note that extending the spine through exercise could reduce pain generated from the disc space. Theoretically, extension exercises may also help reduce a herniated disc and reduce pressure on a nerve root.

For folks who are suffering from leg pain due to a disc

herniation, also called a radiculopathy, extending the spine with McKenzie back exercises may help reduce the leg pain by “centralizing” the pain or moving the pain from the leg to the back. Back pain is usually more tolerable than leg pain for most people. If a person is able to centralize the pain, they may be able to continue with conservative treatment like exercise and avoid a surgical discectomy.

The exercises should be done frequently, meaning every one to two hours when the pain is acute. Also, try to avoid flexing the spine by bending forward during exercising.

McKenzie exercises may also be helpful for those that have back pain due to degenerative disc disease. Extending the spine can serve to relieve the pressure on the disc while, in contrast, sitting or flexing forward can accentuate low back pain for people with degenerative disc diseases. Note that the opposite is true in elderly folks who have facet osteoarthritis and/or lumbar stenosis. This means that extending the spine can jam the facet joints on the back and increases pressure across the joints, so these people will typically feel better sitting yet have more pain with extension.

2. Dynamic lumbar stabilization exercises for back pain relief.

With this back exercise technique, you try to find the position that allows you to feel most comfortable or to find your “neutral” spine. The back muscles are then exercised to teach the spine how to stay in this position. This back exercise technique relies on proprioception, or



the awareness of where your joints are positioned. These back exercises for pain relief can help keep the back strong and well positioned when performed on an ongoing basis.

In conjunction with these stabilization exercises, the McKenzie exercises may also be done. The stabilization exercises help strengthen the back and the McKenzie exercises serve to reduce back pain. Stabilization exercises can be rather rigorous and therefore may not be well tolerated by everyone. For the elderly in significant pain, it may be advisable to use other less strenuous means of physical therapy and back exercise.

Both rehabilitation and maintenance of the lower back through reconditioning and low-impact aerobic exercise is very useful. People who regularly undergo aerobic exercise will have fewer episodes of low back pain, and will experience less



pain when an episode occurs. Well-conditioned people are also more likely to stay functional, in other words, people who continue working and carry on with recreational activities. In contrast those people with chronic low back pain who choose not to work on low-impact aerobic exercise should expect to experience the gradual loss of functional capabilities.

In order to increase the heart rate and keep it elevated the aerobic exercise should be continuous. Moreover, it is thought that 30-40 minutes of aerobic exercise has the added benefit of increasing the production of endorphins, which are pain ridding molecules produced by the body. Also, the release of endorphins probably creates the well-known “runner’s high” that occurs during exercise.

There are several types of aerobic exercise that are gentle on the back and are highly effective in providing conditioning when done on a regular basis.

- **Walking for exercise.** In general, walking for exercise is very gentle on the back and walking two to three miles three times per week is very helpful.
- **Stationary bicycling for exercise.** If walking is painful, stationary bicycling is also effective and may be less stressful on the back.
- **Water therapy for exercise.** Doing exercise in the water provides for effective conditioning while minimizing stress on the back.

Water therapy for back exercise

Beginning aerobic exercises in the water allows for more mobilization with less pain for the person

because of the unweighting the spine. You may transition to land exercises, sometimes as the water therapy exercise progresses.



Water therapy exercise is especially useful for people in too much pain to tolerate land exercises, for the elderly or for people who have osteoarthritis.

Chiropractic/Osteopathic

Another option for people with low back pain is chiropractic and osteopathic conservative treatment. The overall philosophy for chiropractic and osteopathic manipulations is that joint dysfunction in the lower, or lumbar, spine can produce low back pain. Mobilizing the lumbar spine joints through manipulations, commonly referred to as “adjustments,” can decrease low back pain. Some conditions respond well to mobilization because they represent joint dysfunctions that respond well to chiropractic or osteopathic manipulations.

Chiropractic and osteopathic manipulations can be especially helpful in relieving pain for facet joint

“A gentleman is a man who can play the accordion but doesn’t.”

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” -Thomas Jefferson

injuries, osteoarthritis and sacroiliac joint dysfunction.

Back Braces

Motion of the lumbar, which is the lower spine, can delay healing in fractures or in post-operative fusions. Limiting the motion of the spine enhances the healing process for bone in both conditions, and will also usually decrease low back pain and discomfort.

Two types of back braces are commonly used to limit the motion in the spine:

- Corset braces, which are elastic braces.
- Rigid braces

1. Corset braces (elastic braces)

After a lumbar fusion, a corset brace is sometimes recommended to limit motion of the spine. The brace helps limit motion in the back while the fusion sets up by not allowing you to bend forward. A back brace can be helpful in obtaining a solid fusion because bone grows better where there is little motion. This is especially true in cases where no instrumentation, or a device to aid in stability, is used. Sometimes people wear corset braces when they have jobs that involve heavy lifting. These braces essentially work by limiting motion and acting as a reminder to use proper body posture when lifting. When the corset brace is worn, the lifting needs to be done



with the back remaining straight and the large leg muscles doing the lifting.

2. Rigid braces

Rigid braces, are form-fitting plastic braces like Boston Overlap braces or Thoracolumbar Sacral Orthosis (TLSO). The rigid brace is able to limit about half of the motion in the spine provided that it is well fitted. Fractures and broken bones can often be treated with a rigid brace. Rigid braces are not very comfortable because they are heavy and hot. Although they should be worn when awake, they may be removed when lying down.

Weight Loss for Back Relief

People who are overweight or obese and suffer from back pain may

not be aware that their excess weight is actually contributing to their back pain. It is known that people who are overweight often are at greater risk for back pain, joint pain and muscle strain than those who are not obese, even though it has not been thoroughly studied exactly how excess weight can cause or contribute to back pain.

Other symptoms shown by persons who are obese or severely overweight may include fatigue, as well as difficulty breathing and shortness of breath during short periods of exercise, in addition to back pain. When the fatigue and shortness of breath causes a person to avoid activity and exercise, this can indirectly lead to back pain as lack of

exercise contributes to many common forms of back pain.

Problems Caused by Obesity

Nearly one-third of Americans are classified as obese. For those people, episodes of musculoskeletal pain, specifically back pain, are prevalent. More obese people say they are disabled and less able to complete everyday activities than people with other chronic conditions.

For people who are overweight, attention to overall weight loss is important. This is because every pound adds strain to the muscles and ligaments in the back. The spine can become tilted and stressed unevenly in order to compensate for extra weight. As a result, over time, the back may lose its proper support and an unnatural curvature of the spine may develop.



The low back, in particular, may be aggravated by obesity by pain and problems. This occurs for people with extra weight in their stomachs. This is due to the excess weight pulling the pelvis forward and straining the lower back, thus creating lower back pain. Women especially who are obese or who have a large waist size are particularly at risk for lower back pain.

A herniated disc occurs when discs and other spinal structures are damaged from having to compensate for the pressure of extra weight on the back. Obese or overweight people may experience sciatica and low back pain from a herniated disc. In addition, when extra weight is pushed into spaces between bones in the low back area, pinched nerves and piriformis syndrome may result.

When extra body weight strains joints, arthritis of the spine that causes back pain may be aggravated.

It's always best to avoid surgery.

Weight may affect the effectiveness of back surgery. The obese are at higher risk for complications and infections after surgery compared to those who are not obese. Paying attention to weight loss before undergoing back surgery may improve the healing process after surgery especially for seriously overweight people.

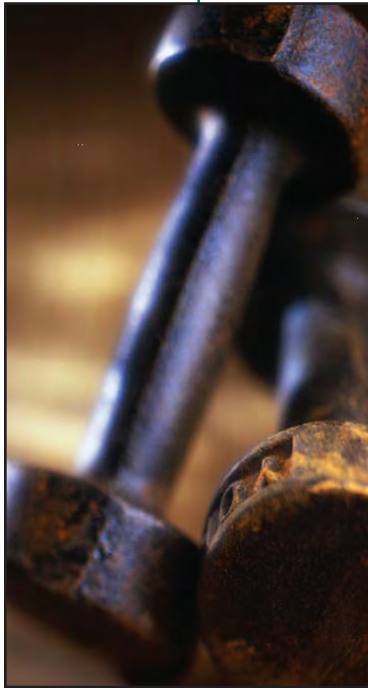
It is also important to evaluate where excess fat is carried on the body. For example, those people who carry more weight around their midsection are at greater risk for obesity-related health problems, like low back pain. For women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches, weight loss for health considerations is often advisable.

Acupuncture Considerations

There is evidence to demonstrate that acupuncture has beneficial pain-

relieving qualities in adults. Acupuncture may be a useful treatment for low back pain, headache, myofascial pain, osteoarthritis, carpal tunnel syndrome, dental pain and chemotherapy.

As with any treatment option, though, acupuncture is not without its risks and costs. Before making any sort of decision as to whether or not it is a possible treatment option, one should be well aware of the factors involved in acupuncture.



An acupuncture treatment program will likely consist of one hour treatments for anywhere from three to ten sessions. The cost for this treatment is usually between 45 and 100 dollars per session. This, of course, depends on the practitioner and the local market conditions too.

As with any medical treatment, there are certain contraindications for acupuncture treatments, including:

- A seizure disorder.
- Bleeding disorder such as hemophilia or use of blood thinners.
- Drug or alcohol intoxication.
- If pregnant, needling in the abdominal area or lumbosacral region should be avoided. Also, avoid any acupuncture that might stimulate the early delivery of the fetus or lead to abor-

tion. Not all these points are located on the abdominal area or lumbosacral region.

- Infections skin disorder or disease.
- Use of a pacemaker.

There have been numerous accounts and studies of the benefits that acupuncture has for back pain. Acupuncture is quite safe as compared to other treatments. Whether acupuncture is a viable option is ultimately up to the individual.

EXERCISE BALL THERAPY FOR LOW BACK PAIN

Exercise ball introduction

The exercise ball is also called a Swiss ball or physio ball. It is a conservative treatment option for back pain sufferers and is designed to help prevent further episodes of low back pain as part of a rehabilitation program. The exercise ball helps strengthen and develop the core body muscles that stabilize the spine, thus it is effective in rehabilitation of the back.

An element of instability is introduced to the exercise with the exercise ball that one would not normally get in a floor exercise. To keep balanced on the exercise ball, the body responds naturally and automatically to this instability. Over



“I believe that professional wrestling is clean and everything else in the world is fixed.”

“If God had intended us to drink beer, he would have given us stomachs.”

time, the muscles used to keep in balance on the ball become stronger; thus allowing individuals to build strength in important back muscles and abdominal muscles without them knowing.

The exercise ball also uses what is called proprioception, which is an awareness of where one’s hand or foot is in relationship to space. The instability of the exercise ball provides the body with constant opportunities to evaluate its orientation in space. This helps to develop and train the body’s natural awareness. Enhanced proprioception provides the body with increased balance and stability.

It is also theorized that the type of spinal movement induced by using the exercise ball, which is small range and adjustment of balance may help reduce pain by stimulating the body to produce increased amounts of natural pain inhibitors.

The benefits of physio ball exercise for people with low back pain include:

- Enhanced balance and coordination of core muscle groups used to stabilize the spine and control proper posture while using the exercise ball.
- Greater flexibility and range of motion of the spine.
- Improved muscle strength.
- Increased tendency to maintain a neutral spine position during exercise.

- Simple and versatile way to start moving again after back pain episode.

The exercise ball is also highly beneficial for general fitness, strength training, weight training and exercise for pregnant women.



About Exercise Balls

The exercise ball came to be known as the “Swiss ball” in 1965. Switzerland is one of the earliest noted places that used an exercise ball as a group of physical therapists used it in their work with children with cerebral palsy. The exercise ball has other names including, a gymnastic ball, gym ball, stability ball, therapy ball, physio ball or blue ball because many are blue. Exercise balls vary in size. Trainers suggest using an exercise ball that fits each person’s height and leg length, where the hips and knees are at or slightly greater than a 90 degree angle with thighs parallel to the ground or point down slightly and feet flat on the floor. It is best to work with an exercise physiologist or

other spine specialist for a proper fit before using or purchasing an exercise ball.

They come in different varieties also. They may be inflatable, made out of vinyl or plastic or solid foam rubber. If you choose to use an inflatable exercise ball, remember that it can be punctured, so it is important to avoid wearing anything sharp like jewelry or a belt buckle when using the ball. The exercise balls that are made of plastic can be harmed by exposure to heat or excess sunlight. Some manufacturers are now making exercise balls that stop it from exploding if a puncture occurs.

Instead it allows the air to leak out slowly. One factor in choosing an exercise ball is its durability and ability to maintain its shape under pressure. When looking to purchase an exercise ball, the manufacturer should provide test load figures to the retailer detailing how much weight the exercise ball will hold.

If you should purchase an inflatable



exercise ball, it may be sold in a deflated condition. This means that an air pump is required to fill it. A pump can often be purchased with the exercise ball. Remember to follow the instructions about air pressure and fill levels. A benefit that many people consider when buying an exercise ball is that they are portable which can be compared to the heavy exercise equipment that is not. An exercise ball can even make a trip when traveling because many of them can be deflated.

Tips for preventing back strain

- Don't lift by bending over. Instead, lift an object by bending your hips and knees and then squatting to pick up the object. Keep your back straight and hold the object close to your body. Also make sure to avoid twisting while lifting.
- When you must move heavy objects, push rather than pull.
- Break up the time with stops to stretch if you must sit at your desk or at the wheel of a car or truck for long hours.
- Wear flat shoes or shoes with low heels that are one inch or lower.
- Exercise regularly. An inactive lifestyle contributes to lower back pain.

What can cause low back injuries?

Low back injuries like muscle strain or spasm, sprains of ligaments which attach bone to bone, joint problems or a slipped disk may be caused by many factors. The most common cause is using your back muscles in activities you're not used to, like lifting heavy furniture or doing yard work.

When the disk between the bones bulges and presses on nerves it is a slipped disk. This is often caused by twisting while lifting. However, many people won't know what caused their slipped disk.

What can I do for relief when I've hurt my lower back?

When your back hurts, the best position for relief is lying on your back on the floor. Put pillows under your knees, with your hips and knees bent and your feet on a chair, or just lie on the floor with your hips and knees bent. This takes the pressure and weight off your back.

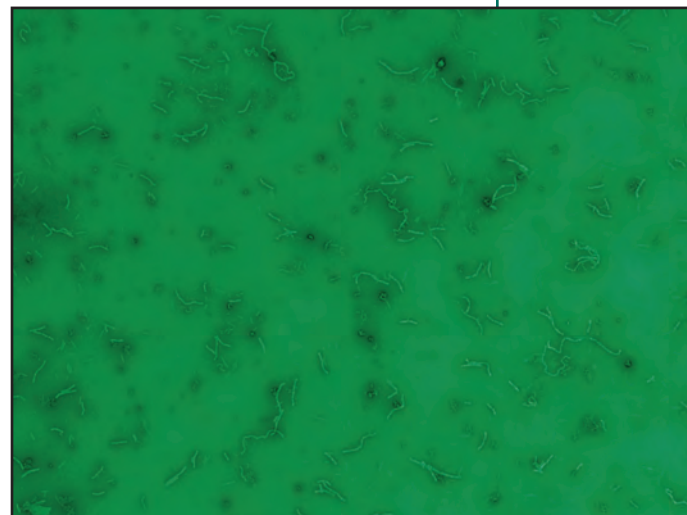
You may need one to two days of this sort of rest if you're resting a hurt back. Resting longer than this can cause your muscles to weaken, which can slow your recovery; walk around for a few minutes every hour even if it hurts.

BACTERIA

Medi-Sign Target
Raw Honey

Bacteria grow in a wide variety of habitats and conditions.

When most people think of bacteria, they think of disease-causing organ-



isms, like the Streptococcus bacteria growing in culture in this picture, which were isolated from a man with strep throat. While pathogenic bacteria are notorious for such diseases as cholera, tuberculosis and gonorrhea, such disease-causing species are a comparatively tiny fraction of the bacteria as a whole.

Because bacteria are so widespread, it is only possible to make the most general statements about their life history and ecology. Bacteria may be found on the tops of mountains, the bottom of the deepest oceans, in the guts of animals and even in the frozen rocks and ice of Antarctica. They have the ability to go dormant for an extended period of time which is a factor that has enabled them to spread so far and last so long.

Bacteria have a wide range of environmental and nutritive requirements.

Based on their responses to gaseous oxygen, most bacteria may be placed into one of three groups. Aerobic bacteria thrive in the presence of oxygen and require it for their continued growth and existence, while other bacteria are anaerobic and cannot tolerate gaseous oxygen,

"It is better to be a mouse in a cat's mouth than a man in a lawyer's hands."

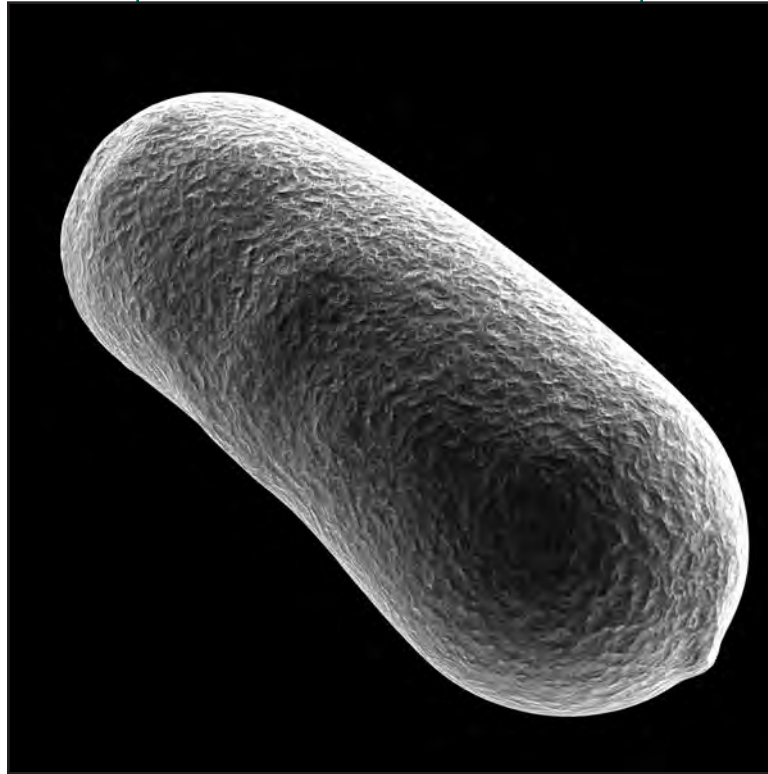
like those bacteria that live in deep underwater sediments or those that cause bacterial food poisoning. The third group of bacteria are the facultative anaerobes. These bacteria prefer growing in the presence of oxygen but can continue to grow without it.

Bacteria may also be classified by the mode in which they obtain their energy. The two categories of bacteria are classified by the source of their energy. They are heterotrophs and autotrophs. Heterotrophs derive energy from breaking down complex organic compounds that they must take in from the environment including saprobic bacteria found in decaying material, especially dead animals as well as those that rely on fermentation or respiration.

The other group, called the autotrophs, fix carbon dioxide to make their own food source. This may be fueled by light energy called photoautotrophic, or by oxidation of nitrogen, sulfur, or other elements called chemoautotrophic. Photoautotrophs are quite common and diverse, while chemoautotrophs are uncommon. Photoautotrophs include the cyanobacteria, green sulfur bacteria, purple sulfur bacteria and purple nonsulfur bacteria. The sulfur bacteria are particularly interesting. This type of bacteria uses hydrogen sulfide as a hydrogen donor instead of water like most other photosynthetic organisms including cyanobacteria.

Bacteria play important roles in the global ecosystem.

Both the land and water ecosystem, depend heavily upon the activity of bacteria; the cycling of nutrients such as carbon, nitrogen and sulfur is completed by their ceaseless labor.



In the form of dead and rotting organisms, the organic carbon would quickly deplete the carbon dioxide in the atmosphere if not for the activity of decomposers. Even though this may not sound too bad, remember that without carbon dioxide, there would be no photosynthesis in plants and no food. The carbon contained in tissues becomes unavailable for most other living things when organisms die. Decomposition is the breakdown of these organisms, the release of nutrients back into the environment and one of the most important roles of the bacteria.

Another important activity of bacteria is the cycling of nitrogen. Plants rely on nitrogen from the soil for their health and growth. They cannot acquire it from the gaseous nitrogen in the atmosphere. The pri-

mary way in which nitrogen becomes available to them is through nitrogen fixation by bacteria such as rhizobium, and by cyanobacteria like anabaena, nostoc, and spirulina.

As part of their metabolism, these bacteria convert gaseous nitrogen into nitrates or nitrites and the resulting products are released into the environment. Plants like liverworts, cycads and legumes have modified their structure to house the bacteria in their own tissues. Other denitrifying bacteria metabolize in the reverse direction, turning nitrates into nitrogen gas or nitrous oxide. Colonies of these bacteria may deplete the soil nutrients and make it difficult for crops to grow when

they occur on crop lands.

BACTERIAL INFECTIONS

Medi-Sign Target
Raw Honey, Salt, Water & Fermented Foods

When the bacteria are eating or breaking down filth in the body mostly from plaque, they create bacterial infections. They are doing their job, they are not attacking you. You're eating habits and lifestyle or an accident has given them a home.

When the presence and growth of microorganisms damage host tissue, bacterial infections are the result. The extent of infection is generally determined by how many organisms

“What happens if you get scared half to death twice?”

are present and the toxins they release, which is determined by an inviting environment.

Worldwide, internal filth and the accompanying bacterial infections are responsible for more deaths than any other cause.

Symptoms can include inflammation and swelling, pain, heat, redness and loss of function. The most important risk factors are burns, severe trauma, low white blood cell counts, people on immunotherapy treatment and anyone with malnutrition or vitamin deficiency meaning a bad diet.

Generally, bacteria are spread from an already infected person to the newly infected person. The most common invasion routes are inhalation of airborne bacteria, ingestion into the stomach from dirty hands or utensils or through contaminated food or water. You can also contract the bacteria through direct contact with an infected area of another person's body, contaminated blood or by insect bite.

The body has its own protection against such bacteria. They include, naturally occurring chemicals like the lysozymes found in tears, gastric acid of the stomach, pancreatic enzymes of the bowel and fatty acids in the skin. The body's immune response becomes involved only if the infective organism manages to invade the body. Nonspecific immune response, which is the body's second line of protection, consists primarily of inflammation. The body also has a third line of protection known as the



specific immune response that relies on the activation of lymphocytes, which send T- and B-cells to try to recognize the specific type of organism involved. T-cells marshal cytotoxic cells, which are sent to destroy the organism, and B-cells produce the immunoglobulins that can destroy specific types of bacteria. Prevent infection by following principles of good health.

LIMITATIONS OF MODERN ANTIBIOTICS

They make the so called enemy stronger.

Antibiotics were incredible effective in the treatment of many bacterial infections when they were discovered in the 1940s. Over time many antibiotics have lost their effectiveness against certain types of bacteria because stronger strains have developed, mostly through the expression of "resistance genes." In 1998 a potentially deadly bacterium known as *Staphylococcus aureus* ("staph"), which causes widespread nosocomial, which are infections contracted in a hospital or clinic from doctors and nurses, infections, failed to respond to the most potent antibiotic, vancomycin. This failure did not

simply occur once, but three times in widely separated geographic areas.

There are several ways in which bacteria become resistant to antibiotic therapy. One way is that some bacteria have now developed "efflux" pumps. When the bacterium recognizes invasion by an antibiotic, the efflux pump simply pumps the

antibiotic out of its cells. However, resistance genes code for more than pumps. Some lead to the manufacture of enzymes that degrade or chemically alter and therefore inactivate the antibiotic. Where do these resistance genes come from?

Usually, bacteria get them from other bacteria. In some cases they pick up a gene containing plasmid from a "donor" cell. Also, viruses have been shown to extract a resistance gene from one bacterium and inject it into a different one. Some bacteria "scavenge" DNA from dead cells around them.

Occasionally, scavenged genes are incorporated in a stable manner into the recipient cell's chromosome or into a plasmid and become part of the recipient bacterium. A few resistance genes develop through random mutations in the bacterium's DNA.

Research shows great promise for a novel concept: fermented foods! Introduce salt and good bacteria into body. Bad bacteria can't live in salt; and good bacteria from ferments can, and they clean up the food source that is the filth that bad bacteria love.

"Two farmers each claimed to own a certain cow. While one pulled on its head and the other pulled on its tail, the cow was milked by a layner."

The Last Line of Antibiotic Defense (according to pharmaceutical research): Scientists see an



increasing role for aminoglycosides in clinical practice as the problems of antibiotic resistance become ever more global. Aminoglycosides are chemical compounds that are present in a variety of antibiotics. Some of these are derived naturally from microorganisms, while others are synthesized. Their broad antimicrobial spectrum and ability to act synergistically with other drugs makes them very useful in treating serious nosocomial, which are hospital-induced, infections, from which 150,000 die each year.

For serious Gram-negative bacilli infections like Mycobacterium avium, aminoglycosides are given. Also included on the list of infections are Mycobacterium tuberculosis, Pseudomonas aeruginosa and enterococcal endocarditis. Aminoglycosides exhibit a significant postantibiotic effect for up to eight hours after antimicrobial action falls to zero. This makes them superior to other classes of antibiotics.

Common side effects of aminoglycosides may include a loss of hearing, clumsiness, dizziness, increased or decreased urination, increased

thirst, loss of appetite and nausea or vomiting. The following medications compose the aminoglycoside family: streptomycin, amikacin, gentamicin, kanamycin, netilmicin, and tobramycin. These antibiotics are administered by a physician to take by inhalation solution, irrigation solution or injection.

In the feces of most humans and some animals are the enterococci bacteria. In healthy people, two strains of enterococci, the

Enterococcus faecalis and the Enterococcus faecium may cause urinary tract infections or wound infections. These can typically be cured by a diet of citrus, onions, garlic, horseradish and lots of water. In severely ill people in a hospital setting, these same two strains may cause life-threatening conditions such as bacteremia which is infection of the blood stream, endocarditis which is infection of the heart valves, and meningitis which is infection of brain fluid.

All enterococcal bacteria found in hospitals and doctors offices were effectively killed by vancomycin (*Vancocin*), an antibiotic administered by bolus injection that was considered the last line of defense against the most life-threatening bacterial infections until the mid-1980s. Since then, though, several strains of enterococci that are vancomycin-resistant have appeared in hospitals and clinics all over the world. **In the United States alone, the problem is so serious that over 14,000 people die each year from antibiotic-resistant bacteria picked up in the hospital.**

Another potentially lethal bacterium

found in hospitals and medical offices is *S. aureus*. Staphylococcus was at one time responsive to treatment with methicillin. Now, almost all strains of Staphylococcus are resistant to methicillin and are becoming increasingly resistant to vancomycin as well. With only limited success, hospitals are struggling to improve hygiene and take more aggressive action to contain contaminated areas. Both staphylococcal and enterococcal strains of bacteria resistant to the most potent antibiotics have been found in otherwise healthy people outside the hospital setting. Fortunately, they don't appear to be dangerous.

Pharmaceutical companies continue to develop new and stronger antibiotics as the last line of defense to combat the problem. Currently only one that has been approved for use by the FDA in 1999 named Synercid, has proven safe with limited effectiveness, for treatment of staphylococcal and enterococcal infections. This is like so many drugs that are, "*scientifically proven safe,*" that have to be pulled when shown dangerous if the drug kills or



"I drink to make other people interesting."

mains enough people. Synercid is administered intravenously as a drug of last resort.

NATURAL ALTERNATIVES

- Alkylglycerols
- All Ferments (*especially sauerkraut and plain yogurt*)
- Amino Acids
- Enzymes
- Fruit Juice
- Grapefruit Seed Extract
- Honey and Bee Propolis
- Lactoferrin
- Oregano Oil
- Plant Microbials
- Salt Water (*to drink*)
- Sarsaparilla Root
- Trace Elements (*nuts and seeds*)

EAT YOUR YOGURT



Lactoferrin

Lactoferrin is a subfraction of cow, goat milk and whey with well-documented viral, microbial, cancer and immune modulating/enhancing effects. A complex protein made up of many smaller protein subfractions, also called peptides, is whey. Many of these subfractions are found. For example, lactoferrin makes up only 0.5-1 percent or less of whey protein derived from cows' milk; three percent in goats milk; mothers' milk, on the other hand, will contain up to 15 percent lactoferrin.

Lactoferrin is found throughout the

human body. It occurs in all secretions that bathe mucous membranes, like saliva, tears, bronchial and nasal secretions, hepatic bile and pancreatic fluids. It is an essential factor in the immune response. Lactoferrin is concentrated in oral cavities where it will come in direct contact with pathogens, like viruses, bacteria, etc., and kill or greatly suppress these pathogens through a variety of different mechanisms. There are specific receptors for lactoferrin found on many key immune cells, in fact, like lymphocytes, monocytes and macrophages.

Lactoferrin is known to be directly involved in the upregulation of natural killer (NK) cell activity. One study with baby pigs found that only 17 percent of the pigs died when fed lactoferrin and injected with a toxin called *Escherichia coli*. This is opposed to 74 percent of the pigs that died without the lactoferrin.

The best-known role for lactoferrin is as an iron-binding protein. It's referred to as hololactoferrin in its iron-bound form and apolactoferrin in its iron-depleted form. Studies have found that as a microbial agent it is the apolactoferrin form that has the most powerful effects.

Able to inhibit a wide range of pathogenic bacteria and other microbes, lactoferrin is a powerful microbial. The mechanism appears to lie with lactoferrin's ability to bind iron because it is known to have an extremely high affinity for this metal. Many pathogenic bacteria need a supply of free iron to multiply. When they are in the presence



of lactoferrin, they are strongly inhibited or killed. One study added lactoferrin to the drinking water of mice and subjected them to the toxic microbe called *S. aureus*. The study found that in the mice getting the lactoferrin as two percent of their caloric intake, kidney infections were reduced by 40-60% and bacterial counts were reduced five- to twelve-fold.

Lactoferrin, both in vitro and vivo strongly inhibited the toxic bacteria *Helicobacter pylori* as reported by another study.

Lactoferrin showed a dramatic increase in good microflora like *Bifidobacterium bifidum* (*Bifidus*) and a decrease in bad bacteria, like *E. coli*, *Streptococcus* sp., *Clostridium* sp. and others when fed to adult animals and human infants. The result was desirable intestinal flora, which is known to be essential for optimal health, immunity and resistance to disease. In addition to

"The Irish are a fair people — they never speak well of one another."

its ability to enhance the growth of good microflora in the intestine, some research also suggests that lactoferrin is able to stimulate intestinal cell growth and may lead to better digestive functions. In addition to its immunomodulating effects, this natural peptide in milk has powerful probiotic properties.

Studies have found lactoferrin to inhibit a wide range of Gram-positive and Gram-negative bacteria, yeasts and even certain intestinal parasites. The following have all been found to be strongly or partially inhibited in the presence of lactoferrin: Cholera, E. coli, Shigella flexneri, Staphylococcus epidermidis, P. aeruginosa, Candida albicans among others.



Oregano Oil

Oil of oregano is a powerful filth cleaner and considered one of the most potent, harmful bacteria removers of all the essential oils. Carvacrol and thymol, the two active ingredients in oregano, are phenols, meaning they are agents that kill microscopic bacteria. For centuries in Far Eastern and Middle Eastern cultures, oregano oil has been used to treat respiratory infections, chronic inflammation, urinary tract infections, dysentery, jaundice and even to increase sexual excitability. Medicinal oregano

grows wild in mountainous areas of Greece and Turkey and is rich in minerals such as calcium, magnesium, zinc, iron, potassium, copper, boron and manganese. Containing these minerals only adds to its healing value. Oregano oil has become popular in recent years as an alternative to prescription antibiotics.

Grapefruit Seed Extract

Grapefruit seed extract is derived from the bioflavonoids found in the seed and pulp. In several vitro studies, its germic action has shown a growth-inhibiting effect on bacteria, fungi, parasites and viruses. Accidentally, the effectiveness of grapefruit seeds was rediscovered by a doctor who noticed that the seeds did not decompose in his compost pile. Closer examination revealed that the grapefruit seeds killed any microorganism that tried to decompose it. Laboratory studies have shown it to be effective in inhibiting bacteria such as S. aureus, E. coli, P. aeruginosa and M. tuberculosis. Grapefruit seed extract has various uses, including an internal bactericide, water disinfectant, skin cleanser and first-aid spray. Also, grapefruit seed extract is a treatment for house pets and livestock that may be susceptible to bacterial infections from a variety of sources.

Sarsaparilla Root

Through its biotic activity, sarsaparilla root, Smilax officinali, neutralizes microbial substances. By acting as a diuretic and diaphoretic by promoting perspiration, sarsaparilla encourages excretion of toxins and

waste materials and acts as protector from various poisons. Heavy metallic contaminants in the blood can be extracted from the system with the judicious use of sarsaparilla. An added benefit of its use is that sarsaparilla exerts strong power over fibers and tissues of the nervous system.



Alkylglycerols

A family of compounds named Alkylglycerols (AKGs) have been found to play a crucial role in the production and stimulation of white blood cells. They occur in cow, goat and mother's milk. AKGs help give nursing mammals, including breast-fed babies, protection against infection until their own immune systems can develop fully. They are thought to act as immune boosters against infectious diseases.

Caution: Because it may cause overproduction of blood platelets, do not take shark liver.

Enzymes

Bromelain (*pineapple*), a proteolytic digestive enzyme. It can potentiate, augment and strengthen the entire immune system.

Amino Acids

Arginine can strengthen components of the immune system. It is a crystalline basic amino acid derived

“Always acknowledge a fault frankly. This will throw those in authority off guard and allow you opportunity to commit more.” -Mark Twain

from nuts, seeds and grains. Arginine promotes the synthesis of nitric oxide that is believed to help protect against bacterial infections. The role of nitric oxide was studied in host defense against *Klebsiella pneumoniae* infection of the lung. The results suggested that nitric oxide plays a critical role in bacterial host defense against *K. pneumoniae*. This is due in part by regulating macrophage phagocytic and microbicidal activity.

by preventing cell division and inhibiting protein synthesis.

Caution: Bee products, other than honey, should not be given to children under the age of three.

Trace Elements

A South African study concluded that trace minerals have been found to potentiate microbial healing agents and are critical in the maintenance of a healthy immune system.

Plant Microbials

- Intestinal Flora
- Oxygenation Healing

Researchers around the world are taking another look at folk medicine, herbal remedies and other alternatives to pharmacological drugs and have found the bacterio-

logical value of herbal extracts from many parts of the world. **Examples of useful herbal remedies include:** Goldenseal, an effective natural biotic; raw garlic, containing potent bacterial effects; Kyolic, an aged garlic product that does not kill bacteria directly, but boosts immune function enabling the body to rid chronic bacterial infections.

Restoring Intestinal Flora

Antibiotics destroy friendly bacteria in the intestinal tract that are needed to digest food and prohibit the growth of fungal infections and pathogenic bacteria in the first place. Fortunately, these beneficial bacteria can be restored by eating whole foods, especially ferments.

Oxygenation Healing

For conditions that have low oxygen in the tissues causing or complicating the outcome, hyperbaric oxygenation helps the body heal. Repetitive hyperbaric sessions can help many different conditions such as anemia, burns and crush injuries. Hyperbaric oxygenation has also improved compromised skin grafts. The use of hyperbaric oxygen therapy (HBO) has become more widespread in recent years for difficult-to-heal infections. This is because antibiotics very often fail to clear resistant strains of pathogens. Treatable infections include actinomycosis, osteomyelitis, diabetic wounds, gangrene and other deadly soft tissue infections.

HBO consists of a single person chamber, in which only one person is entirely enclosed in a pressure chamber. Inside the person is breathing oxygen at a pressure greater than atmospheric pressure. These treatments each last about 60 minutes. HBO is regarded as a therapeutic modality because significant physiological mechanisms are activated as a result. Compared to normal breathing, HBO delivers 10-15 times the oxygen. HBO is used in the formation of new capillaries around a wound area and to treat anemia, ischemia and some poisonings.



Fruit Juice

Cranberry juice has proven to be an effective non-drug therapy against urinary tract infections. It keeps bacteria from attaching to the walls of the bladder and urinary tract because of the active ingredients of the juice. Research concludes that cranberry juice also helps to prevent the formation of dental plaque that can eventually lead to tooth decay. The recommended daily intake of this juice is one quart a day.

Honey and Bee Propolis

As confirmed by research, honey was well known to have bacterial healing properties before the discovery and eventual destruction by antibiotics. In addition, electron microscope studies show that bee propolis has a potent bacterial effect



“A stitch in time would have confused Einstein.”

With hyperbaric therapy, which is the flooding of the body with oxygen, it tends to remove other gases, like carbon monoxide and acute cyanide poisoning. HBO inhibits the growth of a number of anaerobic, as well as aerobic, organisms by enhancing phagocytic activity. This effect is useful in disorders involving immunosuppression, and it complements the improved action of host disease-removing factors.

CONCLUSION

Ironically, the advent of the new “miracle drugs,” the antibiotics developed in the 1940s and since, also set the stage for drug-resistant bacteria that do not respond to antibiotics. Avoiding or neutralizing bacterial infections requires a strong, effective immune response. Research demonstrates preventive benefits from whole foods. Whole foods can provide effective treatment when FDA-approved antibiotics fail.



“Work is the curse of the drinking class.” -Oscar Wilde

BACTERIAL MENINGITIS

Medi-Sign Target
Salt, salt & More Salt
Water & Fermented Foods



• Bacterial meningitis is a serious infection of the fluid in the spinal cord and the fluid that surrounds the brain.

• Bacterial meningitis is most commonly caused by one of three types of bacteria: Haemophilus influenzae type b, Neisseria meningitidis, and Streptococcus pneumoniae bacteria.

• The bacteria are spread by direct close contact with the discharges from the nose or throat of an infected person.

• Prevention depends on rapid diagnosis and prompt treatment of close personal contacts.

What is Bacterial Meningitis?

Meningitis is an infection of the fluid that surrounds the brain and the fluid in the spinal cord. Meningitis is usually caused by an infection with a virus or a bacterium. Because of the differences in the seriousness of the illness and the treatment needed, knowing whether meningitis is caused by a virus or a bacterium is important.

VIRAL MENINGITIS is also called aseptic meningitis and is usually relatively mild. It clears up within a week or two without specific treatment.

BACTERIAL MENINGITIS is much more serious. It can cause severe disease that can result in brain damage and even death.

What Bacteria cause Bacterial Meningitis?

Bacterial meningitis is most commonly caused by one of three types of bacteria: Haemophilus influenzae type b (*Hib*), Neisseria meningitidis, and Streptococcus pneumoniae. Hib was the leading cause of bacterial meningitis before the 1900s. New vaccines being given to children as part of their routine immunizations have reduced the

occurrence of serious Hib disease. Today, *Neisseria meningitidis* and *Streptococcus pneumoniae* are the leading causes of bacterial meningitis. Meningitis caused by *Neisseria meningitidis* is also called Meningococcal Meningitis. Meningitis caused by *Streptococcus pneumoniae* is called Pneumococcal Meningitis.

Garlic can prevent some types of meningitis from spreading and infecting other people, so it is important to know which type of bacteria is causing the bacterial meningitis.

Where is Bacterial Meningitis found?

Bacterial meningitis is found worldwide. The bacteria often live harmlessly in a person's mouth and throat. However, in rare instances, they can break through the body's immune defenses and travel to the fluid surrounding the brain and spinal cord. It is there that they begin to quickly multiply. Once this happens, the thin membrane that covers the brain and spinal cord, known as the meninges, becomes swollen and inflamed. This leads to the classic symptoms of meningitis.

How do people get Bacterial Meningitis?

People get meningitis through the bacteria that are spread by direct close contact with the discharges from the nose or throat of an infected person. Fortunately, none of the bacteria that cause meningitis are very contagious; they are not spread by casual contact or by simply breathing the air where a person with meningitis has been.

What are the signs and symptoms of Bacterial Meningitis?

In people two years old and older, common symptoms include high fever, headache and stiff neck. These symptoms can develop over several hours, or they may take one to two days. Other symptoms can include nausea, vomiting, sensitivity to light, confusion and sleepiness. Sometimes, in the advanced disease, bruises develop under the skin and spread quickly.



The typical symptoms of fever, headache, and neck stiffness may be hard to detect in newborns and infants. Some signs of meningitis in them are inactivity, irritability, vomiting and poor feeding. People of any age can have seizures as the disease progresses.

Who is at risk for Bacterial Meningitis?

It is most common in infants and children although anyone can get bacterial meningitis. People who have had close or prolonged contact with a person with meningitis caused by *Neisseria meningitidis* or Hib can also be at increased risk. This includes people in the same household or day-care center, or anyone with direct contact with discharges from a meningitis person's mouth or nose.

How is Bacterial Meningitis Diagnosed?

Bacterial meningitis is usually diagnosed through growing bacteria from a sample of spinal fluid obtained through a spinal tap. A spinal tap is when a doctor inserts a needle into the lower back and removes some fluid from the spinal canal. Again, identification of the type of bacteria responsible for the meningitis is important for the selection of correct treatment.

What complications can result from Bacterial Meningitis?

Advanced bacterial meningitis can lead to brain damage, coma and death. Survivors can suffer long-term complications, including hearing loss, mental retardation, paralysis and seizures.

How common is Bacterial Meningitis?

In some parts of the world like the United States, bacterial meningitis is relatively rare and usually occurs in isolated cases; clusters of more than a few cases are uncommon.

In parts of Africa, widespread epidemics of meningococcal meningitis occur regularly. In 1996, the biggest wave of meningococcal meningitis outbreaks ever recorded hit West Africa with an estimated 250,000 cases and 25,000 deaths in Niger, Nigeria, Burkina Faso, Chad, Mali and other countries.

Is Bacterial Meningitis an emerging infectious disease?

Cases of bacterial meningitis have decreased since 1986 with the decline in Hib disease.

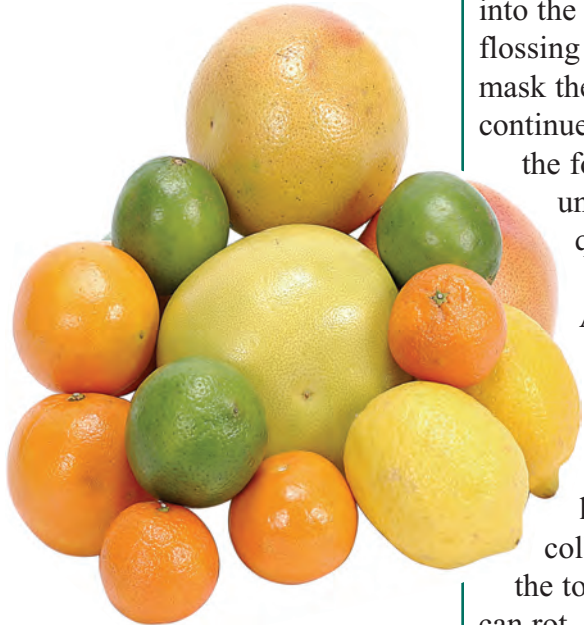
Meningococcal meningitis is a continuing threat in day-care centers and schools because healthy children and young adults are suscepti-

“Great moments in science: Einstein discovers that time is actually money.”

ble and death can occur within a few hours of onset.

Whole Food Care Includes:

At least a half gallon of water daily. Enemas, lots of citrus, salt and fresh juice.



Onions, garlic, broccoli, sauerkraut, greens of every kind and flavor. Absolutely no meats of any kind. No soda pop or processed sugars, no synthetic sweeteners. No foods containing gelatin.

BAD BREATH (HALITOSIS)

Medi-Sign Target
Chew Dill Seeds & Cloves
then spit them out.

Whether you call it bad breath or halitosis, it's an unpleasant condition that's cause for embarrassment. Some people with bad breath aren't even aware there's a problem.

What you eat affects the air you exhale. Certain food odors such as

garlic and onions, don't bother me in the least, but can contribute to what some folks find as objectionable breath odor. Personally I find "meat in the belly" breath, a lot more offensive. The food is transferred to the lungs where it is expelled once the food is absorbed into the bloodstream. Brushing, flossing and mouthwash will only mask the odor temporarily. Odors continue until the body eliminates the food. Dieters may develop unpleasant breath from infrequent eating.

Another cause of bad breath is when you don't brush and floss daily because particles of food remain in the mouth, collecting bacteria. Food that collects between the teeth, on the tongue and around the gums can rot, leaving an unpleasant odor.

Bad breath can also be caused by xerostomia, which is dry mouth. This occurs when the flow of saliva decreases. Saliva is necessary to cleanse the mouth and remove particles that may cause odor. The causes of dry mouth include various medications, salivary gland problems or continuously breathing through the mouth. If you suffer from dry mouth, the most obvious solution is to increase your fluid intake especially of water.

Tobacco products cause bad breath.

Bad breath may be the sign of a local infection in the respiratory tract, chronic sinusitis, post-nasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, liver or kidney ailment.



Maintaining good oral health is essential to reducing bad breath.

If you think you have constant bad breath, keep a log of the foods you eat and make a list of medications you take because some medications may play a role in creating bad breath.

Brush twice a day.

Brush your teeth twice a day to remove food debris and plaque and make sure to brush your tongue, too. Once a day, use floss or an interdental cleaner to clean between teeth.



"This would be a better world for children if the parents had to eat the spinach." -Groucho Marx

Mouth washes are generally cosmetic and do not have a long-lasting effect on bad breath. If you must constantly use a breath freshener to hide unpleasant mouth odor, try the following:




Chew Cloves

Throughout their history, Iraqis have chewed cloves to freshen breath. Not everyone likes the taste of cloves, but they do contain substances that are anathema to bacteria. The bacterial agents are oily and can be derived from the clove in the form of essential oil. This can be incorporated into mouth washes, toothpastes, etc. Clove oil also has analgesic properties, and is used by dentists for all sorts of things. This is why the smell may remind you of your dentists' office. Other essential oils that have some bacterial activity in the mouth include eucalyptus, cinnamon and mint. Since most Westerners associated minty taste with freshness, most breath freshening products have this flavor. Chewing parsley has also been recommended.

Dill Seeds


Try chewing some dill seeds the next time you experience halitosis. You'll be pleasantly surprised to see how quickly they sweeten and freshen your breath. You might also want to try fennel seeds for a while. Do this and you'll have breath fresh enough for someone who loves you a lot to kiss you.



Sweet Breath
Tea

2 cups	Water
1/2	Lemon, squeezed
1 tsp	Fennel
1 tsp	Dill Seeds

Drinking hot tea stimulates a sluggish liver and flushes toxins. Of all the citric fruits, lemon is the most potent detoxifier for the liver and gall bladder. Fennel and dill seeds are both highly aromatic herbs used for treating halitosis.





Constipation is the number one contributor to bad breathe. Try replacing animal protein with an increased amount of high fiber foods. Fruits and vegetables are particularly beneficial because they are rich in fiber and contain a wealth of healthful enzymes that are thought to cleanse the breath.

Chew on crunchy, raw fruit and veggies throughout the day; good choices include apples, pears, carrots and sprigs of fresh parsley. Parsley is a natural breath freshener. It is also a rich source of chlorophyll, the chemical that makes plants green and is one of nature's most potent breath fresheners.

Also regularly consume fermented foods, such as live-culture yogurt products because they contain intestinal-friendly bacteria, including acidophilus (*Lactobacillus acidophilus*).

Drink plenty of fluids

Aim for at least eight glasses of water a day to keep the mouth moist. Consume plenty of vitamin C foods to enhance gum health.

What You Should Eat & Why

A diet rich in fiber from whole grains, fresh fruits and raw, leafy vegetables helps digestion and reduces your chances of having bad breath. Eating apples, oranges and celery helps keep your teeth clean and disperse the bacteria in your mouth.

Acidophilus

Acidophilus (*Lactobacillus acidophilus*) is found in fermented foods like live-culture yogurt products. It helps restore the natural balance of friendly bacteria in the digestive tract because an imbalance of intestinal bacteria may contribute to bad breath.

Leading Food Sources of Acidophilus: Yogurt

Fiber, Insoluble

To stop constipation, eat foods rich in fiber. Regular bowel movements remove toxins that can potentially cause bad breath. By lingering in the body, large amounts of putrefying, bacteria-laden digested food typically from meats are given a chance to get absorbed into the bloodstream, pass into the lungs and then be exhaled.

Leading food sources of insoluble fiber include: figs, brown rice, fresh peas, beans, wheat, raisins,

"The Pharmaceutical Drugs are like an axe in the hands of a pathological criminal."

"It's not easy to juggle a pregnant wife and a troubled child, but somehow I managed to fit in eight hours of TV a day."

-Homer Simpson

currants and prunes.

Vitamin C

Vitamin C, when consumed regularly, protects gum tissue against cell damage and speeds healing. Poor gum health may contribute to bad breath.

Leading food sources of vitamin C:

Red cabbage, oranges, kiwi fruit, red bell peppers, tangerines and other mandarins, strawberries and potatoes!

BAGS UNDER EYES

Medi-Sign Target
 Drink Water, Potato &
 Cucumber Eye Patches



Bags under the eyes suggest a buildup of impurities and/or dehydration. The monthly cycle is an opportunity for the body to cleanse and rejuvenate itself. After age 40, though, the body's natural ability to detoxify becomes weaker.

Bags under the eyes are often caused by digestive impurities. These are caused by a sluggish digestion, making the main organ involved the liver.

Diet & Lifestyle Tips

- It is important to get extra rest and avoid stress, especially for women experiencing menstrual discomfort.

- Drink plenty of water; avoid carbonated drinks.

- Avoid stimulants such as caffeine and alcohol, if sleep does not refresh you.

- Add coconuts, raisins, papaya and sweet juicy fruits to your diet.

- Sweets? Use agave nectar, honey or maple syrup.

- Avoid red meat and lard fried foods.

- Avoid drinking fluids just before bed.

- Favor only natural beauty products.

- Do not smoke, and avoid second hand smoke.

- Get plenty of sleep.

- Place a washcloth dipped in warm water over your eyes for five minutes once or twice daily.

- Make sure you are laughing every day because it gives exercise to facial muscles.

- For puffy and swollen eyes, make facial steam or facial wash with warm, salty water.

- For tired eyes use silk eye pillows

- For inflamed baggy eyes, soak cotton pads in cold milk with rose water and place over closed eyes for five to ten minutes.

- Hold a frozen spoon on the bags of the eyes.

Food Items to Avoid

- Splenda

- Aspartame (*synthetic sweetener and neurotoxin*)

- MSG - Mono Sodium Glutamate

- Food grown using pesticides

- Genetically modified food

- Sugar, cane sugar, corn syrup, commercial chocolate and other foods containing similar concentrated sweeteners

- Refined oils

- Baking powder

- Foods like hamburgers, pizza, hotdog, nachos, etc.

Food Items to Favor

- Unrefined sea salt

- Vegetable Juices – juicing

- Fats mono saturated

- Turbanado, stevia, maple syrup, raw honey, agave nectar.

- Essential fatty acid foods

- Calcium, iron, minerals rich foods

- Trace Mineral foods



- Organic foods
- Flaxseed oil
- Whole grains, nuts and seeds.
- Fresh fruits

Nobody looks good with puffy bags under their eyes.

Raw cucumber or potato slices will help tighten baggy, puffy eyes. All you need is a cucumber or potato and a knife or slicer!



Cut two slices or, if you prefer, five to ten very thin slices, making several for each eye. Either method works.

1. Spritz eye area with water.
2. Lying down, place the cucumber or potato slices on your eyelids and leave in place for at least ten minutes for best results.

BAKING SODA

*Medi-Sign Target
Skin, Body Cleanser &
Deplaquer*

I call it, "Making Yoda" – it's like Jedi Magic.

Baking soda, a naturally occurring mineral formally known as sodium bicarbonate or soda ash, can do

much more than raise bread. Enterprising homemakers have long relied on the versatile white powder for everything from cleaning and deodorizing to soothing minor aches and pains. The medicinal and self-care uses for baking soda were even recognized by the United States Pharmacopoeia (*USP*) more than 150 years ago.



Many home chefs today don't realize that baking soda is actually a component of the valuable leavening agent known as baking powder. This is how it works: When mixed into a dough or batter, the components of baking powder which are baking soda, starch and cream of tartar work together to create a reaction that causes the mixture to rise when it's heated.

As a neutralizer. Many uses of baking soda stem from the fact that it's a chemical buffer or a pH-balancer. As a mild base or alkali itself, baking soda can neutralize most acid solutions; it can also convert extremely basic solutions to ones that are less so.

The "Purple Pill" makers hate baking soda!

For years, baking soda was recommended because of its antacid effects, mainly to neutralize stomach acids that can cause heartburn, acid indigestion and related discomforts. As it mixes with the hydrochloric acid in the stomach, baking soda triggers a chemical reaction, and its

end products are salt (*NaCl*, or *sodium chloride*), carbon dioxide (*CO2*) and water.

The water is harmless, and the carbon dioxide gets released as a gas, producing a familiar burp once the acid is neutralized. The salt strengthens the

immune system as a cleanser. When dissolved in water, baking soda, a mild alkali, acts like soap and can help remove grease and dirt. Its mildly abrasive qualities make baking soda an effective scouring agent as well meaning that it can help clean out body plaque as well.

When it comes to self-care uses, these cleansing properties make baking soda effective for polishing teeth without scratching the tooth surface and diminishing bad breath by sprinkling a little on the toothbrush bristles. It can even be tried for exfoliating skin when acne is a problem, just add a little to a facial cleanser in place of using a commercial facial scrub.

Numerous commercial toothpastes and bad breath gums and lozenges feature baking soda, although you should feel free to try your own homemade formulas as well. It's



"Men have become the tools of their tools."

“All humor is derived from pain, ergo nothing in Heaven is funny.” -Mark Twain

fun, and it's more meaningful to you and your family.

As a deodorizer. Baking soda can deodorize just about anything, from underarm and foot odors to kitchen sinks. In these situations, it works as a pH-balancer, bringing acidic (*think sour milk*) and basic odors to a neutral, more odorless, state. For foot and underarm odors, mix eight ounces of baking soda with two tablespoons of cornstarch to prevent clumping, and apply when needed.

The same deodorizing actions are at work when you place an open box of baking soda in your refrigerator to absorb odors and keep it smelling fresh.

As an itch soothing agent. When baking soda is added to bath water, sunburn sufferers often have a notable reduction in pain. To do this, place one cup (*eight ounces*) of baking soda under the running bath faucet so it dissolves completely. Soak in a lukewarm tub for about 30 minutes. Such a bath will soothe the pain, and you won't have to undergo the stinging sensation of a shower. In addition, baking soda can be used in cool, but not cold, bath water to soothe skin irritations and lessen itching associated with prickly heat, bee stings and other minor skin irritations. A paste made with just enough water to get the desired sticky consistency placed on an insect bite or sting and allowed to dry is a time-tested approach for drawing out and neutralizing poisons.

People with skin allergies who tend to react to commercial laundry detergents might find washing cloth-



ing and bedding in baking soda is less irritating.

Tobacco Dependence

One teaspoon baking soda in a glass of water twice a day.

1. Toothpaste – as a mildly abrasive tooth cleaner and mouthwash in one. It is “*Dentist approved*”
2. Potscrubber – make it into a paste and scrub stainless steel, iron or copper pots with it.
3. Clean porcelain sinks and tubs.
4. The old one – put an opened box in the refrigerator to absorb odors.
5. Use instead of powder in your shoes to absorb moisture and odors.
6. Neutralize battery acid quickly in case of spills.
7. Use gently as an exfoliating facial scrub.
8. Soothe bee stings, and other insect bites by spreading a paste of baking soda and vinegar on it.
9. Use in bath water to relieve irritated skin. This one works well for babies, too.

10. Fix-acid. Mix a half teaspoon in about four ounces of water and drink all at one time. It will cause you to “*burp*,” as it neutralizes stomach acid the same way it does other acids.

11. Use in diaper pails to keep them fresh.

12. Use in garbage cans and wherever odor is a

problem.

13. Test garden soil for acidity by mixing one cup soil with two cups water, then stirring in 1/4 cup of baking soda. If you have a volcano erupting in your container, your soil is very acid. If you just have a little fizz around the edges, you have a minimally acidic soil.

14. Carpet deodorizer – sprinkle on carpet, and leave overnight, then vacuum in the morning. Offending odors will be gone.

15. Put a generous amount of baking soda in a dish and after using steel wool, wring it out and store it in the dish of baking soda. Cuts down on rust, and is ready to scour away!

16. If you have allergies to laundry products, try using baking soda to wash your clothing and especially bedding.



17. Use baking soda to scrub crayon off of a white no wax floor. It works wonderfully, and best of all it is nontoxic so the two year old scribbler can help clean up his artistic endeavors.

18. Dump onto acid spills/stains such as vomit after you've picked up any solid matter. The baking soda will wick the liquid up out of the carpet as well as neutralize the acid. Pick up the wet clumps before vacuuming, though, or it gets gross in the beater bar of your machine.

19. Put sunburned kids or yourself in a cool, but not cold, baking soda bath for half an hour. This also works well for chicken pox and mosquito bites.

20. Use it with warm water to wash the inside of the refrigerator.

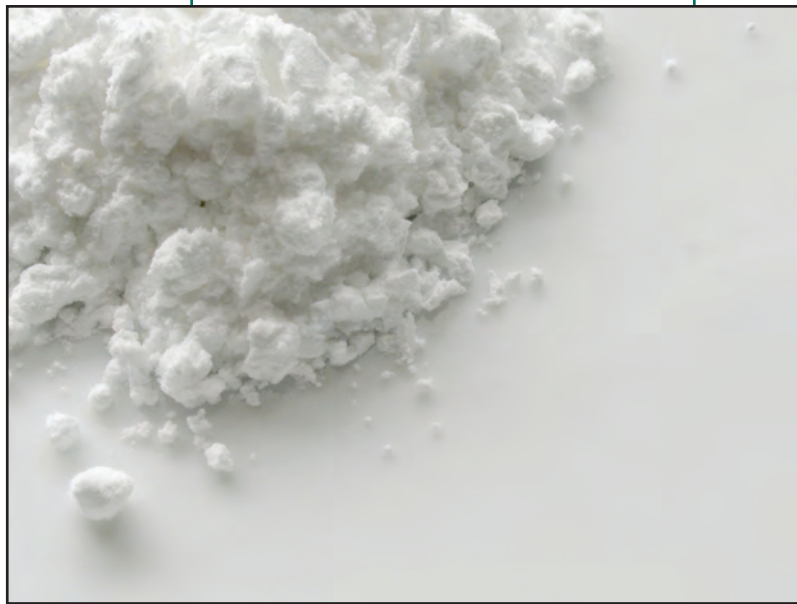
21. Clean stainless steel sinks with paste made of dishwashing liquid and a generous amount of baking soda to take brown stains out!

22. I found that pouring a little baking soda into my cat's litter box keeps the odors out longer. Also my cat had a little accident on the carpet. Getting rid of the urine smell was awful. Nothing worked until I mixed in Lemon Essential Oil with the Baking Soda. Now you can't even tell. I have an OLD cat who has taken to urinating on the cement floor in my basement, in one spot only. This can get quite annoying and smelly. I had been sprinkling the area with baking soda hoping to abate the smell. To further clean up

the area I decided to apply a splash of vinegar. The foaming action and a little scrubbing cleaned it up quite well!

23. Sprinkle directly on coffee or tea stains in cups and mugs, rub gently with sponge or washcloth and rinse. Stains are gone!

24. Add a small handful to dish water, it softens hands and makes dishes squeaky clean.



25. Put about 1/4 cup in the laundry. It helps soften and boosts cleaning power.

26. Use baking soda to clean the stove and tile behind it. It does a great job on grease!!

27. Use it to relieve the itch from poison ivy by making a paste with water and spreading it on the affected area and letting it dry. This also promotes healing by drawing out the poison.

28. Kills Fleas! Mix equal parts of table salt and baking soda together and sprinkle over the carpets. Instruct several children or volunteers to run all around on the carpets

until the soda and salt is no longer visible. Let this set overnight. Vacuum carpets carefully, going over it more than once. All adult fleas should be dead or too thirsty to breed. Fleas go through at least one life cycle in which they are impervious to nuclear devices, so you will need to salt and soda your carpets two more times to kill all the fleas and potential fleas. Dusting your dog with baking soda several hours before a bath will kill a lot of fleas and a lot of odor. But be sure to wash or rinse the baking soda off of the dog or the dog could be at some risk of skin trouble.

Caution! Do not try this on a rainy day! You will wake up to wet carpets as the salt pulls the moisture out of the air. If you live in a damp climate, sprinkle soda and salt in the morning and vacuum three to five hours later.

29. It's used widely in B and C rated fire extinguishers and is an excellent grease fire stopper. It will mix with the grease to cause it not to combust further and put the fire out quickly.

30. For plastic repair, using small amounts of baking soda with SUPER GLUE works as a filler for cracks, and makes for an excellent bond with balsa as well as many porcelains BUT...glue the pieces together, then apply the dusting of baking soda, and then apply the glue to smooth things out.

31. In your hand, mix hair shampoo with a small amount of baking soda. Shampooing with this mixture easily removes old and heavy hair spray/spritz, residues, etc.

"I saw the sequel to the movie Clones, and you know what? It was the same movie!"

B - FOODS & SYMPTOMS

“They show you how detergents take out bloodstains, a pretty violent image there. I think if you’ve got a T-shirt with blood-stain all over it, maybe laundry isn’t your biggest problem. Maybe you should get rid of the body before you do the wash.”

32. Put some in the dishwasher to help eliminate streaks and spots from the extremely hard water.

33. Use some on a damp cloth to remove dust from the plastic parts of the electronic equipment.

34. It’s excellent for cleaning shower curtains – in or out of the washing machine.

35. Sprinkle some on the mattress before making the bed because it removes all odors!

36. Sprinkle on the pages of books that have become damp. It will remove mildew if rubbed gently and left in the sun for a while. Brush off or ‘fan’ the pages of the book in a light breeze.

37. Cleans tea stains from plastic glassware.

38. Whenever you see ants in the kitchen, or any room, after cleaning the floor, just sprinkle a thin line of baking soda along the ant trail, and along the molding on the floor, very close to the wall, and ants disappear for good. Also works when sprinkled on the front door threshold or saddle. It prevents ants from entering the house that way.

39. Optometrist’s ask folk’s to gently rub soft contact lenses with baking soda and water. Do this every other month because it “sweetens” them by removing all the impurities.

40. Cover your sterling silver jewelry with baking soda. Rub the jewelry with your bare fingers or a soft

cotton cloth. This is done in the open silver markets in Mexico.

41. Pouring about one cup of it down any drain or toilet will help maintain a healthy septic tank. It keeps the PH from going out of wack and helps maintain a good environment for the bacteria. It is also good for freshening a drain and toilet.

42. It gets scuff marks off of the kitchen floor as well as off of shoes!



43. Use for artificial grass carpet because the lawn will dry quickly after the rain.

44. Use for fire ant burns by mixing baking soda and water then soaking the affected area.

45. Use as an effective silver cleaner by adding 1/2 cup baking soda, hot water and tarnished silver to a bowl and soaking.

46. If you mix it and hair conditioner in your hand and only condition the ends of your hair it will give your hair more volume, body, and health.

47. Use for a deodorizing agent for animal smells like ferrets. Just pour baking soda under the bedding after every cleaning.

48. For those people living in the northwest or other damp areas where moss builds up on your shingles, take baking soda and sprinkle it all over your roof top. It’s not necessary to put it on thick and you don’t need to brush it in. You should see results the following day.

49. Use for descuffing car marks. Use a damp cloth with a little baking soda and watch the mark come right off.

50. Use as homemade gas remover. Put a tablespoon of baking soda in the cooking beans while they are soaking. This will cause the flatulence to be kept to a minimum

51. Mix a teaspoon of it and a teaspoon of Epsom salts in a glass of water to alkalize your entire body and clean the blood stream.

52. To relieve an upset stomach put a pinch of baking soda and a pinch of salt into a cup of mint tea. It’s not the best tasting thing in the world but it will ease and relieve an upset stomach.

53. Takes permanent marker off of sneaky two year olds skin...and fridge...and washer...and dryer...and dishwasher...and floor...and...

54. When you are washing your car, add some to a wet sponge and apply it to the dead bugs on your windshield and front end. Also do the same to tar spots.

BALDING

Medi-Sign Target
Nuts, Seeds, Grains &
Leafy Greens

A normal part of the hair growth cycle is shedding. At any given time, 90 percent of scalp hair is in a two to six year growth phase; ten percent is in a two to six month dormant phase. When the dormant phase ends, hair is shed. New hair subsequently emerges from these follicles. Throughout a normal growth cycle, many hairs are shed. Loss of 50 to even 100 hairs daily is not cause for alarm but noticeable thinning indicates significant hair loss or balding. Although hair loss and balding are not life threatening, they can cause emotional distress.

Hair loss results from aging, genetic predisposition, thyroid imbalance, eating disorders, illness, hormonal effects of birth control pills, pregnancy, menopause and certain medications. Balding runs in families so the most common cause of hair loss is a hereditary condition known as androgenetic alopecia (AGA).

In both men and women, hair loss caused by AGA is characterized by a gradual shrinking of hair follicles, which shortens the life cycle of hair. As the growth cycle phase progressively shortens, newly grown hair is shorter and thinner until new hair growth eventually ceases entirely. These hair-thinning conditions can be treated.



Types of Hair Loss:

Alopecia Areata
Chemotherapeutic Hair Loss
Female-Pattern Baldness
Male-Pattern Baldness
Scarring Alopecia
Telogen Effluvium
Trichotillomania

ANATOMY AND PHYSIOLOGY (STRUCTURE AND FUNCTION)

In the epidermis, which is a hair follicle, each hair originates in a deep pouch-like structure that penetrates the dermis. A hair root extends down into the hair follicle and widens into an indented bulb at its base. The papilla, which is the center of hair growth, extends into the indentation that contains capillaries and nerves that supply a hair. Newly dividing cells at the base of the hair multiply, forcing cells above them upward. Cells gradually die and harden into a hair shaft as they move upward. A hair shaft has two layers: cuticle and cortex. The cuticle or the outer layer consists of flat, colorless, overlapping cells.

The cortex is the inner layer. Pigment and keratin, which is a tough protein, are contained in the cortex.

The cortex forms the bulk of a hair shaft. Coarse hair such as scalp hair contains an additional inner core called the medulla. Hair is lubricated by sebaceous glands located in hair follicles. Illness or stress can lessen pigment secretion and cause hair shafts to whiten. Age-related whitening is genetically determined and hair color is determined by pigment and air spaces in the cortex and

medulla. Hair color and texture are inherited characteristics. Humans scalp hairs generally shed every two to four years while the human body hairs shed more frequently.

A wholesome diet, rich in silica, calcium and iron, will help reduce or prevent hair loss. Green, leafy vegetables, especially sea vegetables, are good mineral sources, and raw oats provide silica. Also dried fruits and cherry juice are rich sources of iron.

Thinning hair or hair loss can be a sign of a problem in the gastrointestinal tract for women. It can be a sign of insufficient stomach acids. Also it can mean a deficiency of protein, zinc and other nutrients. To help this problem, eat yogurts and kefir because they contain acidophilus.

A low-fat diet can slow down the balding process in men. Some researches indicate that the male pattern baldness is tied to increased testosterone levels during puberty. A high-fat, meat-based diet raises testosterone levels, which may adversely affect hair follicles. An

“Men and nations behave wisely once they have exhausted all the other alternatives.”

“Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut.” -Ernest Hemingway



example is the male pattern baldness was very rare prior to World War II when the diet was lean and healthy in Japan. Now, the Japanese consume a more fatty, Westernized diet and baldness is increasing substantially among Japanese men. Eating less meat may not stop hair loss; but it might help slow down the hair loss.

One of the most common causes of hair loss is anemia. Eat plenty of iron-rich foods, like whole grain cereals, dark green leafy vegetables, eggs, dates and raisins.

Since the hair is comprised mostly of protein, encourage hair growth by adhering to a diet rich in protein. A diet for this purpose includes nutritional yeast and wheat germ. Along with protein, these foods are also high in B vitamins, which is an important nutrient for hair.

Soy proteins have been found by European studies to reinforce hair and stimulate its growth; hair growth increased

by 15 percent in one study. Tofu and soy milk are good sources of soy protein. Other good sources of protein are: cheese, eggs, beans, nutritional yeast and yogurt.

Silica is another important nutrient for hair health because silica therapy has been found to slow hair loss. To help prevent baldness, add organic silica to shampoo to stimulate healthier hair growth and assure beautiful shine, luster and strength.

Silica is found in the outer coverings of potatoes, green and red peppers and cucumbers. Bean sprouts are also high in silica. Eat whole foods including sprouts.

Vitamin C improves the absorption of iron. Include a good serving of fruits and vegetables in your diet.

Vitamin E is important for healthy hair growth. Eat avocados, nuts, seeds and olive oil on a regular basis.

If hair loss is due to thyroid dysfunction, eat more foods rich in vitamin A and iodine. Eat vegetables such as carrots or spinach in unrefined, cold-pressed seed oils such as flax, walnut or pumpkin seed and sea salt. Take turnips, cabbage, mustard, soy beans, peanuts, pine nuts and millet if there is a deficiency of iodine.

Caution: Excessive intake of Vita-



min A as a supplement can cause hair loss.

Foods to Eat

Foods to build the spleen/pancreas:

Brown rice, oats, sweet rice and mochi, which is pounded sweet rice; root vegetables, like carrots, rutabagas, parsnips, ginger, turnips and onions; winter squash, black beans, pumpkin, black pepper and brown rice syrup.



To build or strengthen the blood:

Seaweed (*wakame, arame, hiziki*), when consumed daily, can prevent hair loss for many; ocean microalgae/phytoplankton's plant; vegetables; beans; whole grains; nuts and seeds; and leafy green vegetables; also try green tea extract. Foods to Avoid Sugary foods and drinks, trans fatty foods, animal protein, cyano bacteria (*spirulina, cholera, etc.*). For inhibiting hair loss associated with aging and genetics, a healthy diet, low in fat and high in fiber, fresh fruit and vegetables can have a major role. In Asian countries, where vegetables are prevalent in standard dietary practices, pattern-type hair loss is rare. To prevent hair follicles from entering a permanent dormant state botanically based nutrients may be used.



Saw Palmetto

Saw Palmetto (*Serenoa repens*) is a palm-like plant that is native to North America that has an extract derived from saw palmetto berries containing fatty acids and sterols. Saw palmetto is commonly used to treat benign prostatic hyperplasia because it inhibits testosterone's action on the prostate. Extracts of saw palmetto block 5-alpha-reductase, reduce DHT uptake by follicles and block binding of DHT to androgen receptors. The liposterolic extract of saw palmetto combined with beta-sitosterol, which is a phytosterol common to many plants and grains, creates improvement.

BAMBOO SHOOTS

Medi-Sign Target
Artery Cleaning, Colon
Cleansing & Tube Cleaner

Health to the Top

What are Bamboo Shoots?

Bamboo is a member of the grass

family. Bamboo shoots are young, new canes that are harvested for food before they are two weeks old or one-foot tall. Bamboo shoots have a taste similar to corn but are crisp and tender like the asparagus. Asian cuisine uses them frequently. Although commercially canned

bamboo shoots are common, fresh, locally grown bamboo has a far better flavor and texture.

Storage

In the refrigerator, fresh bamboo shoots can be stored for up to two weeks. If the shoots are stored longer than this, a bitter taste develops. This same bitter taste develops if they are exposed to sunlight so store whole, unpeeled bamboo shoots in the crisper drawer of the refrigerator. Fresh shoots can also be cooked then frozen.

Using Bamboo Shoots

Before using, bamboo shoots need to be peeled and cooked. Do not eat bamboo shoots totally raw because they taste bitter. Before heating, trim the roots, peel the outer leaves called sheath leaves and remove any tough flesh of the shoots. Tender leaves can be left attached and eaten. The shoots should be cut across the grain into one-eighth inch slices. The shoot can be cut into any pattern if it is very tender.

To cook, heat bamboo shoots in boiling water in an uncovered pan

for 20 minutes. Make sure to leave the pan uncovered because this allows for the compounds that cause bitterness to evaporate into the air. If there is any bitter taste to the shoots after cooking, boil them in fresh water for five more minutes.



Where to Find Bamboo Shoots

In the Pacific Northwest, some farmers are now growing bamboo for shoots. Typically from May to June, you can find fresh, locally grown bamboo shoots at early farmers markets and select stores and restaurants. Available at most grocery stores are canned bamboo shoots and frozen shoots are available some stores.

How Nutritious are They?

They are a good source of fiber. Fiber helps keep cholesterol levels in check and plays a huge role in preventing colon cancer.

They are also a good source of potassium. Potassium is a heart-healthy mineral; it helps to maintain normal blood pressure and a steady heart beat.

When it comes to phytochemicals, which are natural substances found in plants, bamboo shoots are great.

"It is dangerous to be right when the government is wrong."

“The artist is nothing without the gift, but the gift is nothing without work.”

Bamboo shoots contain lignans and phenolic acids. Lignans, a component of fiber, exhibit a number of important properties that are undergoing research. Lignans appear to have cancer, bacterial, fungal and viral activity. Phenolic acids have mild inflammation soothing properties and are potent oxidative neutralizers which help prevent cancer and blood vessel injury that can start atherosclerosis. Along with these nutrients, vitamin B6 and tons of other minerals are found in bamboo shoots.

Why Eat It

In Chinese dishes, you’ve probably eaten crisp strips of bamboo shoots. They are literally the shoots, meaning the young, sprouting stems of a bamboo plant. Bamboo is a type of grass, not a tree. Sometimes the shoots are cut when they first appear, but they may also be “hilled,” meaning they are piled with soil as they grow. This prevents the development of the green pigment chlorophyll and the shoots remain pale. In supermarkets, you can usually find only canned bamboo shoots, which have been peeled



and cut into strips. However, Chinese grocery stores often carry the fresh, whole shoots, which are cone-shaped, and about four inches long.

The fresh shoots are a good source of thiamin, vitamin B6, and potassium. However, canning the shoots strips them of most of their vitamins and minerals.

Preparation

After rinsing, canned bamboo shoots can be added directly to stir-fries because they are precooked and need only to be heated. Fresh bamboo shoots should be boiled

until tender, then husked and cut up; they can be stir-fried or served as you would asparagus.

BANANA

Medi-Sign Target
Penile Function, Builds Blood
Volume, Bones & Muscle

So A-Peeling!

Benefits:

- Blocks Diarrhea
- Controls Blood Pressure
- Protects your Heart
- Quiets a Cough
- Strengthens Bones
- Tons more...

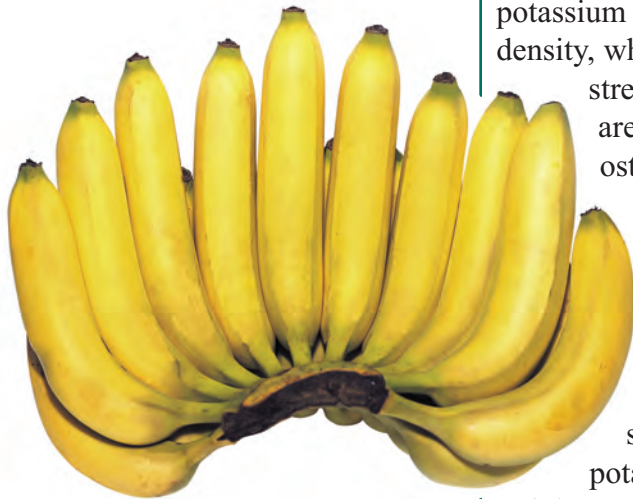
Before you peel that banana; take a moment to appreciate all its wonderfully healthy qualities. Each banana is full of potassium, folate and vitamin B6 for your heart and bones. It also contains vitamins A and C for protection. The banana is also packed with fiber for regularity and melatonin for adjusting your internal clock. In fact, bananas are one of the foods selected to display the American Heart Association’s stamp of approval which is *peachy-neato!* This means that they meet the AHA’s standard for saturated animal fat and cholesterol because they have none.

Bananas come in 500 varieties and are probably the cheapest fruit in your grocery story. You might run across the Cuban red, ice cream, lady finger, horse or actually an apple banana. The banana is believed to have originated in Asia and contain large seeds at one time. Somewhere along the line, though, a seedless variety sprang up, much to



the delight of monkeys and human monkeys everywhere!

Bananas are an inexpensive, wholesome fruit that comes in its own germ-proof package. Even though it doesn't matter even a tinkers damn, bananas contain only around 100 calories each. Bananas are essentially one of those real foods, like all of those that you can eat without guilt.



Heart Diseases Don't Like Bananas

By simply making them part of a well-rounded diet, you can give heart disease the heave-ho.

Bottoms Out Blood Pressure

If you have heart disease, you can send those blood pressure numbers into a nose-dive by eating plenty of fruits and vegetables. Along with no meats, it is the calcium in green leafy vegetables and the potassium in fruits like bananas that seem to make the difference.

Builds Better Bones

You might not think a soft, curved fruit could keep your bones strong and straight, but bananas can do just that! This is in thanks to their high potassium content, which is a mineral your body needs in order to absorb calcium.

Here is how it works: Calcium needs potassium. If you don't have enough potassium, calcium gets lonely and leaves the body. Even if you are drinking plenty of raw milk and eating a lot of dairy products and citrus, without enough potassium, you might not be getting all the calcium you need.

Researchers have found that elderly men and women who get lots of potassium have higher bone mineral density, which is a measure of bone strength. This means they are less likely to develop osteoporosis, which is a disease that makes healthy bones look like Swiss cheese. If you can eat potassium-rich foods every day, you will be well on your way to stronger bones. So, eat potatoes, raw milk, orange juice and bananas.

Dry's up Diarrhea

Your body loses vital fluids and minerals when you suffer from diarrhea. If you become weak and dizzy, it is a sign you have lost enough to become dehydrated. Severe diarrhea can even affect your heart. Simply drinking a couple glasses of water, however, will not get your system back to normal; you need something more. This something more is the perfect reason for eating a banana because the potassium gets right to work helping control the balance of water in your cells.

Quiets a Cough

If you have a cough that just will not quit and a

burning sensation in your throat after meals, you may suffer from heartburn and acid reflux. For a soothing natural solution, eat a banana.

Storing Solutions

Since they will ripen on their own, you can buy your bananas ready to eat or green. Just keep them on the counter for a few days until they are a happy shade of yellow.

A banana is the most unique of all fruit because unlike any fruit it does not come from trees at all but from large plants that are giant herbs and are related to lilies and orchids.

They are good mood food because research also shows that serotonin and norepinephrine in bananas may naturally help sufferers overcome depression.

Convenience and nutritional value of bananas make them a good post-exercise snack. During long exercises your body uses vitamins and



"Too bad the only people who know how to run the country are busy driving cabs, cutting hair, or listening to talk radio."

“Depression is merely anger without enthusiasm.”

minerals and a banana replaces these nutrients as well as giving you the energy you need.

Bananas are good for babies, too. They are often the first solid food given to infants. Bananas are easy to digest because they have no fat and very few babies are allergic to bananas. They are also one of children’s favorite snacks because of their taste and they meet the energy needs of the growing children.

Bananas have long been recognized for their antacid effects that protect against stomach ulcers and ulcer damage.

Bananas are one of the best fruits to eat when attempting to lose weight. They are full of nutrients for increased energy and vitality. Bananas are also low in calories and fat, plus they have a high water content and potassium levels. A diet high in potassium foods and lower in processed foods can help reduce water weight.

The potassium content helps build muscle tissue so the high amount of protein in bananas mixed with the plant sugars gives the banana a high energy reputation.

Some research attributes the banana for overcoming conditions such as anemia, ulcers, depression and even hangovers.

- **Anemia:** High in iron, bananas

can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

- **Blood Pressure:**

This unique tropical fruit is extremely high in potassium, making it the perfect food for helping to beat blood pressure. This is true so much that the banana industry has been allowed to make official claims for the fruit’s ability to reduce the risk of blood pressure and stroke by the Food and Drug Administration.

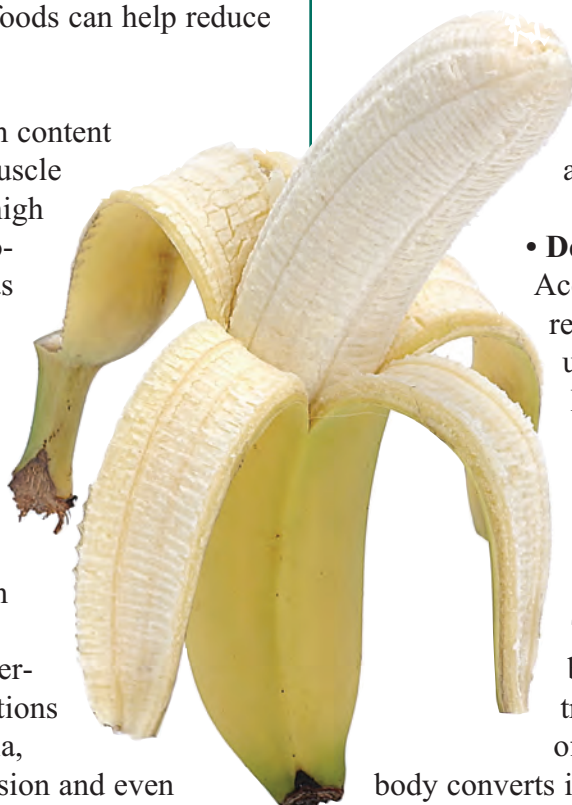
- **Brain Power:** Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

- **Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

- **Depression:**

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the

body converts into serotonin known to make you relax, improve your mood and generally make you feel happier.



- **Hangovers:** One of the quickest ways of curing a hangover is to make a banana milk shake sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the raw or soy milk soothes and re-hydrates your system.

- **Heart-burn:** Bananas have a natural antacid effect in the body so if you suffer from heart-burn, try eating a banana for soothing relief.

- **Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

- **Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

- **Nerves:** Bananas are high in B vitamins that help calm the nervous system. Avoid panic-induced food cravings, by controlling our blood sugar levels. You can do this by snacking on high carbohydrate foods such as bananas every two hours to keep levels steady.

- **PMS:** Forget the pills, eat a



because they contain the natural mood enhancer, called tryptophan.

- **Smoking:** Bananas can also help people trying to give up smoking, as the high levels of Vitamin C, A1, B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

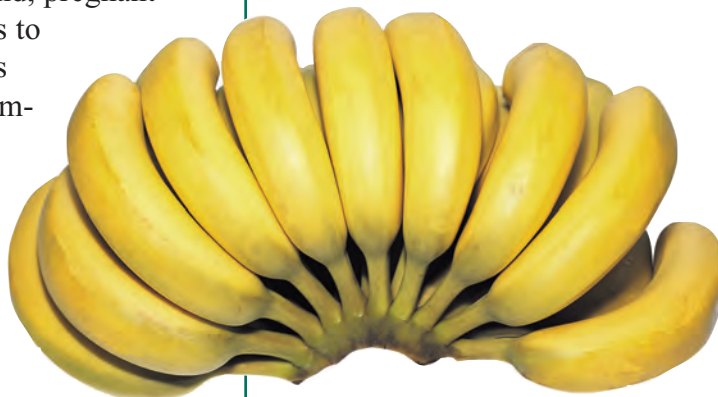
- **Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water-balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

- **Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

- **Temperature Control:** Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. For example, in Thailand, pregnant women eat bananas to ensure their baby is born with a cool temperature.

- **Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers



So you see, a banana really is a natural remedy for many ills. In fact, bananas have an exciting nutritional story. One banana has the fiber, vitamin C and potassium we need every day for good health! When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. Don't count out apples, though, because they have tons of nutritional components that bananas don't have. So, ***eat them both, and more!***

The number one thing bananas do is increase length and girth of the male penis. You'd think more men would lay down the pop and burgers and eat more bananas!



Banana
Ice Cream

2 Bananas
(frozen or raw, just add ice)

1/2 cup Raw or Soy Milk

1 Tbsp Honey (optional)

Place banana into a blender, add raw or soy milk and honey if desired. Blend until creamy or retain some small bits of fruit.





"Copy from one, it's plagiarism; copy from two, it's research."

BARLEY

Medi-Sign Target
Cell Strengtheners & Muscle
Fiber Strengtheners

Benefits:

- Battles Diabetes
- Combats Cancer
- Controls Blood Pressure
- Lowers Cholesterol
- Prevents Constipation

Barley is a star at reducing blood serum cholesterol levels by hindering the liver's ability to produce it. Cooked in cereal or found in bakery goods such as breads and muffins, barley can be consumed several times a week.

Because of its cholesterol reducing powers, barley has long been known as a "heart medicine" in the Middle East. Containing potent nutrients, such as tocotrienols, barley has viral and cancer-fighting abilities.

What do Spartacus and Budweiser have in common? Barley. The hearty grain that gladiators ate to give them strength is also used by breweries to create a popular product and build a strong market.

Barley's popularity and status as a health food goes back thousands of years. Greeks cultivated it as long ago as 7000 B.C. The ancient Chinese, Egyptian and Roman cultures



made it an important part of their diet as well. People also used barley for medical purposes such as treating boils, stomach disorders and urinary tract infections.

Today, barley can be found in many soups, cereals, beer and animal feed. The health benefits that this ingredient give to those who ingest is range from fighting heart disease and cancer to diabetes and should earn it a more prominent place in your diet. After all, barley practically overflows with fiber and contains key minerals like potassium, phosphorus, magnesium and iron.



BASIL

Medi-Sign Target
Neo Cortex & it's Blood
Supply

(Ocimum basilicum)

Sweet basil, with its wonderful aroma and flavor, is one of the most popular and widely grown herbs in the world. Surprisingly, unlike the



Italian cooking that we associate basil with, the herb actually originated in the far eastern countries of India, Pakistan and Thailand.

With its many benefits and easy maintenance, every herb gardener should have a plant or two. It is an attractive plant that works well in vegetable, herb and flower gardens. Basil also makes a great kitchen windowsill plant or even looks great in hanging baskets. Plant it alone or in a striking combination with flower, such as nasturtiums, zinnias or marigolds. Placing pots of basil around the deck or porch will allow everyone to enjoy the aroma.

Many rituals and beliefs from around the world surround this popular herb. The French call basil "herb royale." In Italy, it is a sign of love, romance and fine dining. Jewish folklore suggests it adds strength while fasting. It has even been reported that basil was found in Christ's tomb after his resurrection. Greek Orthodox use basil to prepare holy water and place pots of the herb below church alters. In Europe and India basil is placed in the hands of the dead to ensure a safe journey, while the Egyptians and Grecians believe it will actually open the gates of heaven for a person passing on.

Maybe all of us should get out our garden tools, plant some basil and prepare!

"If a mime is arrested, do they tell him he has a right to talk?" -Dennis Miller

There are many varieties of basil: *Sweet Basil, Bush Basil, Dark Opal Basil, Lemon Basil, Holy Basil, Vero Basil, Purple Ruffle Basil* and the list goes on. For culinary purposes, Sweet Basil and Bush Basil are the best choices.

Basil has been known for many years as an herbal remedy for diseases of the brain, heart, lungs, kidneys and the bladder. It aids primarily in the digestive and nervous systems. Basil has uplifting, energizing mood lifting properties.

To benefit from this powerful herb, infuse basil and use it as a tea for indigestion. You may also want to inhale basil tea to relieve cold symptoms. A tonic can also be made by steeping basil leaves in wine for several hours. The dried leaves can be used as snuff to relieve headaches and colds.

Basil is also a good insect repellent.



To repel flies, place a pot of basil outside your door. Crushed basil leaves can be rubbed on cuts, insect bites and stings or use basil essential oil on a bee sting. Make sure to only apply one drop, though. More than that may irritate the skin.

Some of the many common ailments basil can treat are anxiety, concentration, indigestion, respiratory problems, colic, tight coughs, asthma,

nervous headaches, migraines, muscle tension, nerve pain, memory loss, insomnia, infection, a stuffy head, colds, sinusitis, sore throats, bronchial congestion, appetite loss, gas, diarrhea and nausea.

Health Benefits

Research studies on basil have shown unique health-protecting effects in two basic areas; basil's flavonoids and volatile oils.

- DNA Protection Plus Bacterial Properties
- Soothes Inflammation
- Nutrients Essential for Cardiovascular Health

BASMATI RICE

*Medi-Sign Target
Neuro-Immune Cells*

Basmati, the most famous aromatic rice, is grown in India and Pakistan. When cooked, this rice has a nut-like fragrance and a delicate, almost buttery flavor. Unlike other types of rice which plump when they are cooked, basmati grains elongate.



Lower in starch than other long-grain types, basmati turns out flaky and separate. Although it is most commonly used in Indian cooking, basmati can also be substituted for regular rice in any favorite recipe, although it is fairly expensive compared to domestic rice.

BAY LEAF

*Medi-Sign Target
Imagination, Intuition &
Dreams*



The bay tree is indigenous to Asia Minor, but was spread to the Mediterranean and then to other countries with similar climates. According to legend, the Delphi oracle chewed bay leaves or sniffed the smoke of burning leaves to promote her visionary trances.

Bay, or laurel, was famed in ancient Greece and Rome as Emperors, heroes and poets wore wreaths of these leaves. The Greek word for laurel is *dhafni*, named for the myth of the nymph Daphne. As the story goes, Daphne feared Apollo's plans to rape her and attempted to flee



“Originality is the art of concealing your sources.”

“A lie gets halfway around the world before the truth has a chance to get its pants on.” -Sir Winston Churchill

from him. In order to elude her lover, Daphne was transformed into a laurel tree by Gaea. Hearing this news, Apollo made the tree sacred and thus it became a symbol of honor.

It was also believed that the laurel provided safety from the deities responsible for thunder and lightning, as the emperor, Tiberius, always wore a laurel wreath during thunderstorms. This association with honor and glory continue today. There are poet laureates, as Apollo was the God of poets, and bacca-laureate, meaning “*laurel berries*,” which signifies the completion of a bachelor degree. Doctors are also crowned with laurel because of its cure-all powers. Triumphant athletes of ancient Greece were awarded laurel garlands and these honorable leaves have been given to winners at the Olympic games since 776 BC. Grand Prix winners are also bedecked with wreaths of laurel.

Culinary Uses

Bay leaves are widely used throughout the world. They may be best known from use in bouquets, as a garnish or in soups, sauces and stews. Bay leaf is also often included as a pickling spice.

BEANS & PEAS

Medi-Sign Target

All 7 Neuro-Endocrine Centers, Chakras & Kidneys

Benefits:

- Helps Hemorrhoids
- Lowers Cholesterol
- Prevents Cancer
- Prevents Constipation
- Stabilizes Blood Sugar



A well-known member of the legume family, beans are one of the best sources of protein, and for that reason, are sometimes called “*the poor man’s meat*.”

Besides having powerful protein punch, beans are also packed with fiber to keep you regular and keep your cholesterol and blood sugar down. They even contain a lot cancer-fighting nutrients such as phytochemicals.

Despite their star quality, many people shun beans. In fact, the more modern a country is, the less likely its people are to eat beans. Bean consumption is often directly related to income, with richer people eating less. An unattractive, but healthy, side affect to legumes is their ability to cause gas, which may keep many far away from this remarkable food. Between their image as a food for poor people and the gas issue, beans have a serious public relations problem!

We are, though, trying to get the word out that you can eat beans and still keep your friends! You can easily reduce the amount of gas the legumes produce by changing the water a few

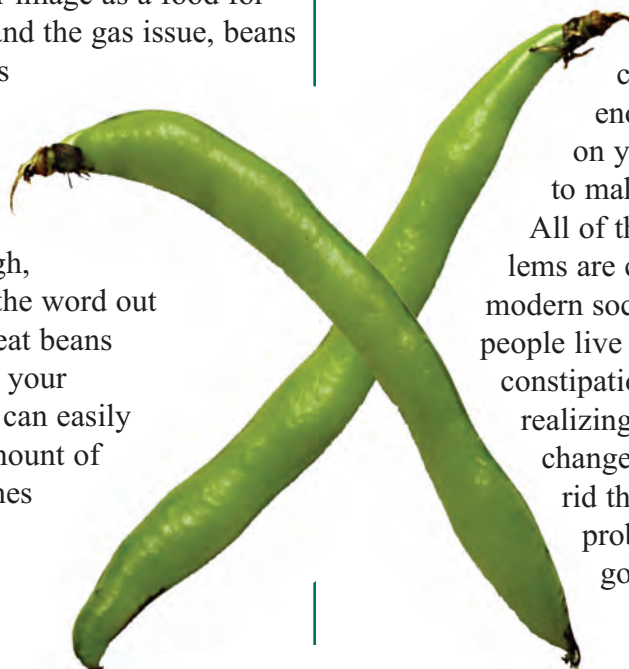
times while you are boiling them. Adding a little baking soda to legumes after cooking them is another alternative to make them “*wind free*.”

Beans are a good source of iron. Eating foods high in vitamin C, like citrus fruits, dark leafy vegetables and tomatoes, can help you absorb more of the iron. Choosing beans is a great way to squeeze more fruits and vegetables into your diet.

Clears Constipation and Heals Hemorrhoids

Constipation is not only uncomfortable, it can cause hemorrhoids and diverticulosis, which is a weakening of the walls of the intestines. This condition is caused by compact stools and straining. Eventually, the weakened walls form little pouches that can trap digested food and become infected. This can cause terrible pain and leave scar tissue which can lead to even more constipation.

Hemorrhoids form when pressure causes your veins to stretch out of shape. Varicose veins are also linked to constipation, since strain-



ing to pass dry stools can put enough pressure on your leg veins to make them leak. All of these problems are common in modern societies. Many people live with chronic constipation, never realizing that a change in diet could rid them of the problem for good.

However, in parts of the world where people eat a lot of plant food, like legumes, constipation and the diseases that it cause are very rare. That is due to the fact that cell walls of plants cannot be digested. In other words, a lot of fiber is available in the body to keep stools ready for a quick, painless exit. Adding a delicious meal of rice and beans or black bean soup to your weekly menu could help keep you far from constipation and its harmful effects.

Flushes Out Cholesterol

Beans are also good for your heart. By replacing meat with beans you have put a good dent in your daily intake of cholesterol. And, on top of that, they fill you up! The heart-smart work of beans does not stop there. The fiber in legumes acts like a bouncer at a club by keeping big, bad thug-like cholesterol particles from entering your arteries or heart.



Cuts Your Cancer Risk

What you eat could be a life or death decision. That is because diet is linked to more than 80 percent of cancers in North America and what a person consumes is something they can control. Research shows that people who eat red meat can lower their risk of colon cancer by eating legumes three times or more a week. More research needs to be done, but scientists are focusing on substances in legumes called lignans



and phytochemicals, which they believe may be natural cancer inhibitors.

Storing Solutions

Uncooked beans are easy to find at the grocery store and the simple cooking directions are on the bag. Just remember to keep gas at bay, change the water you boil the beans in a few times during the cooking process. Try combining different types of beans like black beans, Great Northern Beans and kidney beans. Add vinaigrette dressing for a cool summer salad.

BEAN SPROUTS

*Medi-Sign Target
Cell Life, Longevity &
Deplaquer*

Bean sprouts have outstanding nutritional value. Not only are they rich in protein they contain vitamins A, B, C and E, as well as various minerals and enzymes. They are a very good choice to protect against cancer, fatigue and help to strengthen the immune system.

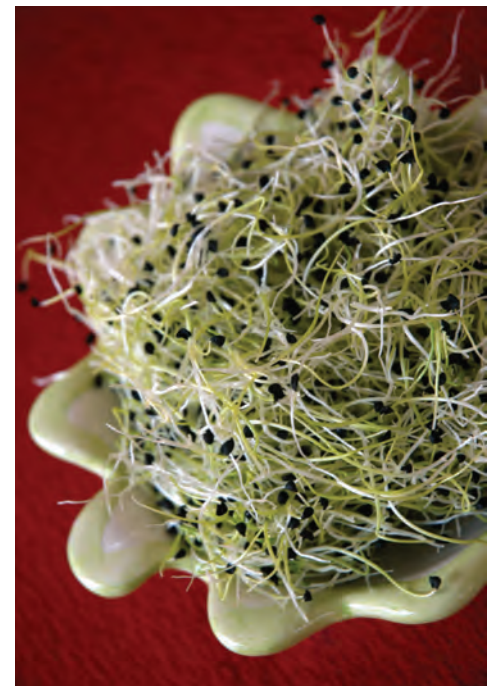
What Are Sprouts?

Sprouts are the germinating form of seeds and beans and are easy to produce. They require no soil, only water and cool temperatures. Sprouts will start to emerge in two to seven days, depending on the type of seed or bean.

In addition to raw alfalfa sprouts, other varieties include clover, sunflower, broccoli, mustard, radish, garlic, dill and pumpkin, as well as various beans varieties, such as mung, kidney, pinto, navy and soy and wheat berries.

Many are sold individually, while some are sold in mixtures. While versatile, sprouts also are favored for their nutritional value. Like other fresh produce, sprouts are low in calories and fat and provide substantial amounts of key nutrients, such as vitamin C, folate and fiber.

A study done in 1997 at Johns Hopkins University suggested that raw broccoli sprouts may be particularly rich in sulforaphane. This compound may mobilize the body's natural cancer remising abilities and aid in reducing the risk of developing cancer.



"Get your facts first, then you can distort them as you please." -Mark Twain (1835-1910)

“Vote early and vote often.” -Al Capone



Sprouts have been around for thousands of years, but have only recently become popular in this country. Mung beans have been used in cooked Chinese dishes for years. Today, sprouts in the United States are a \$250 million market. According to the International Sprout Growers Association, some 475 U.S. sprout growers produce 300,000 tons of sprouts every year, while as many as 10 percent of Americans eat sprouts regularly.

Bean Sprouts come in many shapes, sizes and colors and offer a diverse range of flavors and textures. You may never have thought of some of these beans as sprouts but they are, and they may change your life!

Bean Basics

- Seed to Sprout in two to five days
- Yield = two:one minimum, four:one maximum
- Seed Shelf Life at 70° = two to 10 years
- Sprout Shelf Life = two to six weeks

Nutritional info:

- All Essential Amino Acids
- Calcium
- Iron
- Magnesium
- Niacin
- Phosphorus
- Potassium
- Protein: 20-30%
- Vitamins A, B, C and E
- As well as thousands of other nutrients

The definition of this remarkable food is the crisp, tender sprouts of various germinated beans and seeds. Mung bean sprouts are the most popular kind and were mentioned earlier for their use in Chinese cooking. However, other seeds and beans such as alfalfa and radish seeds, lentils, soybeans and wheat berries, may also be sprouted.

For optimum crispness, sprouts should be eaten raw. They may also be stir-fried or sautéed, but should only be cooked for 30 seconds or less. If cooked longer, the sprouts will wilt.

Though you may grow your own fresh sprouts, they're available in most large supermarkets. As a shopping tip, choose crisp-looking sprouts with the buds attached and make sure to avoid musty-smelling, dark or slimy-looking sprouts.

Mung-bean sprouts should be refrigerated in a plastic bag, but kept for no more than three days. More delicate sprouts, like alfalfa sprouts, should be refrigerated in the ventilated plastic container which they're usually sold in and kept for no more than two days. Canned mung-bean sprouts are available in most supermarkets, and offer a good way to

keep sprouts longer but do not have either the texture or flavor of fresh.

People may still joke about sprouts as the typifying “health” food, but over the past decade these crisp tendrils have become a common sight at salad bars and in the produce sections of supermarkets. Their culinary appeal has been long appreciated in Asian countries and lies in the refined crunchiness they add to dishes. Backed up by a fresh, delicate flavor, sprouts can be enjoyed whether cooked or eaten raw and continue to be touted as a wonder food that contains concentrated sources of essential nutrients.

Varieties

Each kind of sprout has its own shape, taste and texture. The following are some of the more common types that you would likely find at supermarkets or greengrocers.



ADZUKI BEAN

These very sweet, lentil-shaped beans form fine, grass-like sprouts, with a nutty taste and texture. Add them to stir-fries or eat them raw.

ALFALFA

These thread-like white sprouts with tiny green tops and a mild, nutty flavor, are a favorite in salads and on sandwiches. Alfalfa is often

shipped in the containers in which it has been grown and then packaged in plastic bags or boxes by distributors.

CLOVER

An alfalfa sprout look-alike, most clover sprouts are produced from tiny, red clover seeds which resemble poppy seeds.

DAIKON RADISH

Often marketed as kaiware, these upright sprouts have silky stems, leafy tops and a peppery-hot taste. They add tang to salads, sandwiches and cooked dishes.

MUNG BEAN

This is the classic bean sprout most people are familiar with. These thick white sprouts are a staple in Asian dishes and are excellent in stir-fries, soups and salads.

SOYBEAN

Larger and more strongly flavored than mung bean sprouts, soy bean sprouts are used in salads and casseroles and offer a rich source of protein.

SUNFLOWER

These are mildly flavored, like alfalfa, but much crunchier.

BED SORES

*Medi-Sign Target
Pack with Raw Honey*

AKA: *Decubitus Ulcers, Pressure Ulcers, Pressure Sores, Bed Sores, Dermal Ulcers, Pressure Wounds.*

What are bed sores?

Bed sores are ulcers that occur on areas of the skin that are under pres-

sure from lying in bed, sitting in a wheelchair and/or wearing a cast for a prolonged period of time. They can occur when a person is bedridden, unconscious, unable to sense pain or immobile.

Afflicting the bedridden and handicapped, these purplish skin ulcers result when skin is squeezed against bony parts of the body such as heels or hips. In some cases, the damage extends deep into muscle and bone, causing extremely serious infection.

Why does a bed sore develop?

A bed sore develops when blood supply to the skin is cut off for more than two to three hours. As the skin dies, the bed sore begins to form as a red, painful area, eventually turning purple. If left untreated, this skin can break open and become infected and extend deep into the muscle. Once a bed sore develops, it is often very slow to heal. The most common places for bed sores to develop are the buttocks area on the sacrum or iliac crest, or on the heels of the feet.

Preventing bed sores

Bed sores can be prevented by inspecting the skin for areas of redness, which is the first sign of skin breakdown. **Other methods of preventing bed sores and preventing progression of existing bed sores include:**

- Frequent turning and repositioning.
- Keeping the wound clean.
- Protecting the wound with med-

icated gauze or other special dressings.

- Providing soft padding in wheelchairs and beds to reduce pressure.
- Providing good skin care by keeping the skin clean and dry.
- Removing pressure on the affected area.



Treatment:

- Change to high plant protein diet rich in vitamins and minerals such as Zinc, vitamin C and iron.
- Whirlpool may be used to help remove dead tissue and stimulate circulation.
- Prolonged pressure on the ulcer will make it worse, so change position by shifting your weight at least every two hours.
- Irrigation of the wound with saline solution.
- Topical ointments, garlic and olive oil, etc.
- Good nutrition.
- Good hygiene.
- Linens should be kept clean and dry.

“Cleaning anything involves making something else dirty, but anything can get dirty without something else getting clean.”

- Frequent turning of immobilized or bed bound individuals/
- Special mattress may help/

People who have bedsores, also called pressure ulcers, need to be under close care. Those with diabetes must be especially alert for this condition. Here are some other treatments you might want to know about if you’re caring for someone who is suffering from bed sores or may be developing them.



A Sweet Cure?

For extreme cases of bedsores, don’t be surprised if the doctor reaches for the sugar jar instead of the medicine cabinet. Sugar has been found to help hard-to-heal areas such as bedsores by acting as a scavenger of sorts. The sandy, white substance heals by picking up dead bacteria and white blood cells. This debris is later flushed away when the wound is cleansed with water.

Sugar also absorbs moisture from the wounds and creates an unfavorable environment for bacterial growth. Honey works just as well, if not better.

BEDWETTING

Medi-Sign Target
1 tsp. Raw Honey at
Bedtime

Bedwetting, or nocturnal enuresis, refers to the passage of urine during sleep. Enuresis and incontinence are the medical terms for wetting, whether in the clothing during the day or in bed at night.

For infants and some young children, urination is involuntary. Wetting is normal for them as they have not yet developed a control over it. Most children achieve some degree of bladder control by the time they are four years old. Daytime control is usually first, with nighttime control mastered later.

The age at which bladder control is expected varies considerably.

- Some parents expect dryness at a very early age, while others not until much later.
- Factors that affect the age at which wetting is considered a problem include the following:
 - The child’s sex.
 - The child’s development and maturity.
 - The child’s overall physical and emotional health.
 - The culture and attitudes of the child, parents and caregivers.

It is assumed that very young children will wet the bed. Therefore, the term “*bedwetting*” is usually reserved for children, and even adults, who are beyond the age at which nighttime bladder control is expected.

- This is often defined as children older than five years, even though 15-20 percent of five-year-old children still wet the bed.



- Most children simply outgrow bedwetting.
- The child who wets the bed needs parental support and reassurance.
- Most of these children will eventually be able to stay dry. Bedwetting will stop at a rate of about 15 percent a year.
- Dryness can be expected in most seven-year-old children. Bedwetting is a very common problem.
- About five to seven million children in the United States wet the bed.
- It occurs in both sexes about equally, although some studies have shown it to be more common in boys than girls.
- About 40 percent of three-year-old children wet the bed frequently.
- Although the problem can continue to adulthood, it is by far most common in school-aged children. Only about one percent of adults have persistent bedwetting issues.
- While we refer to “*children*” here, it is with the understanding that much of this information also applies to adults with a bedwetting problem.



Bedwetting is a treatable condition.

• While children with this embarrassing problem and their parents once had few choices except waiting to “grow out of it,” there are now treatments that work for many children.

• Several devices, treatments and techniques have been developed to help these children stay dry at night.

While bedwetting can be a symptom of an underlying disease, a large majority of children who wet the bed have no medical cause for their problem. In fact, a true organic cause is identified in only about one percent of children who wet the bed.

That does not mean that the child who wets the bed can control it or is doing it on purpose. Nor does it mean that children who wet are not lazy, willful or disobedient.

There are two types of bedwetting, primary and secondary. Primary refers to bedwetting that has been ongoing since early childhood without a break. A child with primary bedwetting hasn’t had a dry night for any significant length of time. Secondary bedwetting is bedwetting that starts up after the child has been dry at night for six months or longer.

In general, primary bedwetting

probably indicates immaturity of the nervous system. A bedwetting child does not recognize the sensation of the full bladder during sleep and thus does not awaken during sleep to urinate into the toilet.

The cause is likely due to one or a combination of the following:

- The child cannot yet hold urine for the entire night.
- The child does not waken when his or her bladder is full.
- The child produces a large amount of urine during the evening and night hours.
- The child has poor daytime toilet habits. Many children habitually ignore the urge to urinate and put it off as long as they possibly can. Parents are familiar with this as they’ve seen the leg crossing, face straining, squirming, squatting and groin holding that children use to hold back urine.

Secondary bedwetting can also be a sign of an underlying physical or emotional problem. A child who exhibits secondary bedwetting is much more likely to have other issues or symptoms, such as daytime wetting. Common causes of secondary bedwetting include the following.

• **Urinary tract infection.** The resulting bladder irritation can cause pain or further irritation with urination. This is known as dysuria. A

stronger urgency or frequency to urinate is also a sign. A urinary tract infection in a child often indicates another problem, such as an anatomical abnormality.

• **Diabetes.** Having to urinate frequently is a common symptom of diabetes. People with this disease have a high level of sugar in their blood. The body increases urine output to try to get rid of this excess sugar.

• **Structural or anatomical abnormality.** An abnormality in the organs, muscles, or nerves involved in urination can cause incontinence or other urinary problems that could show up as bedwetting.

• **Neurological problems.** Abnormalities in the nervous system, or injury or disease of the nervous system, can upset the delicate neurological balance that controls urination.



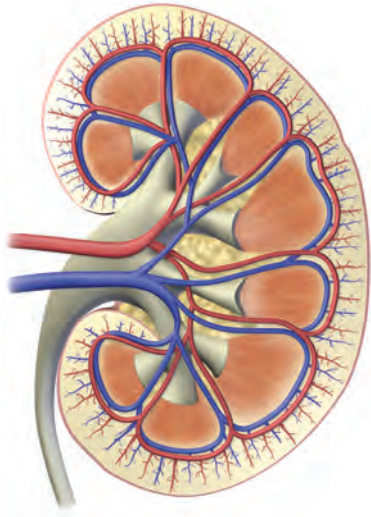
• **Emotional problems.** A stressful home life where the parents are in conflict can sometimes cause children to wet the bed. Major changes, such as starting school, a new baby, moving to a new home or even physical or sexual abuse can also be the cause of bedwetting.

Bedwetting tends to run in families. Many children who wet the bed have a parent who did, too and stop bedwetting on their own at about the same age the parent did.

80 percent of people who wet their beds, wet only at night. They tend

“As scarce as truth is, the supply has always been in excess of the demand.”

“Why is the alphabet in that order? Is it because of that song?” -Steven Wright



to have no other symptoms other than night wetting. If any of these other symptoms are present, this could suggest psychological causes or problems with the nervous system or kidneys and may be more than routine bedwetting.

- Wetting during the day.
- Frequency, urgency or burning on urination.
- Straining, dribbling or other unusual symptoms with urination.
- Cloudy or pinkish urine, or blood stains on underpants or pajamas.
- Soiling, or being unable to control bowel movements, which is also known as fecal incontinence or encopresis.
- Constipation.

Frequency of urination is different for children than for adults.

- While many adults urinate only three or four times a day, children urinate much more frequently, in some cases as often as 10-12 times each day.

- “Frequency” as a symptom

should be judged in terms of what is normal for that particular child.

- Fecal impaction may show up as constipation. Both fecal impaction and constipation cause straining, which can injure the nearby urinary sphincters, which are the muscles that control flow of urine out of the body.

- Fecal compaction is when feces becomes so tightly packed in the lower intestine and rectum that passing a bowel movement becomes very difficult or even impossible.

- The hard, tightly packed feces in the rectum can press on the bladder and surrounding nerves and muscles, interfering with bladder control.

- Neither fecal impaction nor constipation is that unusual in children.

Number One Solution

The best thing you can do is to eat raw, unfiltered, unprocessed honey. The best suggestion is a teaspoon right before bedtime. Some of the other top foods to eat if you are suffering from fecal impaction are kelp, blackstrap molasses, sunflower seeds and wheat germ.



BEE STINGS

*Medi-Sign Target
Fresh Onion on Sting Site*



Nearly everyone has been stung by an insect at one time or another. It is an unpleasant experience that people hope not to repeat, but for most people, the damage inflicted is temporary pain. Only one or two people in every 1,000 are allergic or hypersensitive to bee or wasp stings. The information that follows pertains to stings from fire ants as well. Stinging insects are limited to the order Hymenoptera, which includes wasps, bees and ants.

The stinger is a modified egg-laying apparatus, thereby granting the stinging power to only females.

Most hymenopterans live solitary lives, with their behavior more likely to be flight than fight. Social hymenopterans, including yellowjackets, bumble bees, honeybees and fire ants, have individuals in the colony whose task it is to vigorously defend the nest. In addition, foraging members of the colony will also sting if they are disturbed or injured as they go about their activities. Some types, such as the yellowjackets, are much more liable to attack than are others.

Single Stings

Stingers are effective weapons because they deliver a venom that causes pain when injected into the skin. The major chemical responsible for the pain of a honey bee sting is called melittin. It induces pain by stimulating the nerve endings of pain receptors in the skin. The result is a very painful sensation, starting as sharp pain that lasts a few minutes and dwindling to a dull ache. Tissue around the affected area can still be sensitive a few days later.

The body responds to stings by liberating fluid from the blood to flush venom components from the area. This causes redness and swelling at the sting site. Unless this is the first time that the person has been stung by that particular species of insect, it is likely that the immune system will recognize the venom and enhance the “flooding” procedure. This can lead to very large swelling around the sting site or in a whole portion of the body and leave it quite itchy. Try not to rub or scratch the sting site because microbes from the surface of the skin could be introduced into the wound and could result in an infection.



When the sting is caused by a honeybee, the stinger usually becomes barbed in the skin and remains there once the insect leaves. Remove the

stinger as quickly as possible. Venom continues to pump from the stinger for 45 to 60 seconds following a sting. Much has been written about the proper way to remove a bee stinger, but newer information indicates that it doesn't matter how you get it out as long as it is removed as soon as possible. The severity of the sting is reduced if removed within 15 seconds of the attack.

Anaphylaxis, if treated in time, can usually be reversed by injecting epinephrine, or adrenaline, into the body. Individuals who are aware that they are allergic to stings and feel they may come in contact with these insects should carry epinephrine in either a normal syringe sting kit or an auto-injector, also known as an Epi-Pen. Epinephrine is obtainable only by prescription from a physician.

Avoiding Stings

Bees and wasps can react or be attracted to certain odors in the environment. It is a good idea to not use perfume, cologne or scented soaps if you are going into an area of bee and/or wasp activity. Unless someone accidentally collides quite hard with or swats at a bee or wasp, it is not likely to sting.

Stinging incidents often occur when nesting areas of social insects are disturbed. Be observant of the area around you. If you see insects flying to and from a particular place, avoid it.



After being stung, your wound may still be throbbing. You'll want to relieve this pain as quickly as possible. The following substances have proven themselves effective, but you must act quickly after being stung for them to work.

Cold. An ice pack, or even just an ice cube, placed over the sting can cut down on swelling and keep the venom from spreading.

Heat. Ironically, heat can also make you feel better by neutralizing one of the chemicals that causes inflammation. Just take a hair dryer and aim it at your sting or run it under hot water.

Ammonia. Sometimes dabbing household ammonia on the sting does the trick. If it's going to work, it will relieve the pain very promptly.

Baking soda. Apply a paste of baking soda and water.

Mud. If you don't have anything else handy, you can use a trick that has been around for thousands of years. Mix a little clay soil and water into a mud paste. Apply and cover with a bandage or handkerchief. Leave this muddy cast on until the mud dries.

“I dote on his very absence.” -William Shakespeare (1564-1616)

Run for shelter. If pursued by a buzzing horde, run indoors or jump into water or head for the woods. Stinging insects have trouble following their prey through a thicket of the forest.

Take up painting. As a last resort, you might become a painter. House painters rarely get stung, because the turpentine they use repels stinging insects.

The number one solution is a slice of fresh cut onion held on the bite site.

BEETS

Medi-Sign Target
Heart & Blood

The Vegetable Jewel

(Beet root or Beta vulgaris cicla)
Behold the beautiful beet, the jewel of the vegetable kingdom. One glimpse at her amethyst physique, and we know that this bauble was surely fashioned to tempt! Who could ever resist such a pregnant package, and who would want to once her curative secrets are revealed?



Betaine is the carotenoid responsible for the beet's ruby red heart. But the outside is just the begging of the story as underneath this pigment lies a vast network of phytochemical activity.

Your grandma probably used beets to prevent gallstones and to treat gout and jaundice. Fresh beet juice has a long history as a valuable elixir for anemia and disorders of the bladder and kidney.



"Beet of a Different Drum"

7 oz	Carrot Juice
3 oz	Beet Juice
1 oz	Parsley
1 clove	Garlic, juiced
1/2 inch	Ginger
1/2	Lemon, juiced

This vegetable juice is good for supporting vitality and is used for detoxification and strengthening liver function.



Benefits:

- Conquers Kidney Stones
- Controls Blood Pressure
- Protects your Heart
- Strengthens Bones
- Works for Cancer

The next time you crave a sweet treat, try beets. Instead of reaching for a sugary snack full of empty calories, grab a beet instead, which is full of valuable nutrients. They also have the highest sugar content of any vegetable. In fact, 40 percent of the world's refined sugar comes from beets!



Believe it or not, people from ancient Greece to Renaissance Italy tossed the beautiful beet root away, eating only the beet's green leaves. According to historic records, it wasn't until the end of the 1700s that people started munching on the root and reaping the benefits.

Beets are loaded with potassium, magnesium, beta-carotene and folate, one of the B-vitamins. These nutrients can help keep your heart healthy and your bones strong and even prevent cancer.

Beet leaves, especially when small, crisp and fresh, are delicious and nutritious. Instead of tossing them in the garbage, trim off the tough part of the stem that hangs below the leaf. Heat up some olive oil and your favorite seasonings in a frying pan, sautéing the leaves until they are soft. Dig in and enjoy!

Halts Cancer

Traditionally thought, a woman who drinks hard alcohol every day, even small amounts, was more likely to get breast cancer. But, according to a recent study of almost 90,000 women, a high daily intake of folate lowers your risk. The greatest benefit came to those who drank only a little more than one hard alcoholic drink a day. Researchers say hard, distilled alcohol interferes with the transport and metabolism of folate,

"Time is never wasted when you're wasted all the time."



rich in three nutrients, potassium, magnesium and beta-carotene. All three help keep your bones strong.

Storing Solutions

Canned beets are easier to prepare, and they taste almost as good as fresh ones. But if it's the nutrients you're looking to store, canned beets may not be your best bet. Fresh beets have at least twice as much potassium, folate and other nutrients the canned ones.

which impairs it from reaching your body's tissues. And let us not forget the beta-carotene! Several studies suggest that a diet rich in carotenoids, like beta-carotene, prevent lung cancer and prostate cancer.

Heads Off Heart Disease

Folate is another heart-healthy nutrient due to its powers to lower the level of homocysteine in your blood. Homocysteine, a by-product of animal protein metabolism, can damage and narrow your arteries, which may lead to heart attacks and strokes.

Beets High Blood Pressure

Eating a few beets, and other foods high in potassium, like dried apricots and avocados, helps control your blood pressure. By keeping your potassium levels up, your blood pressure will stay down.

Ends Kidney Stones

If you want to cut your risk of getting kidney stones, fill your plate with potassium-rich foods, like beet roots and beet leaves. For a new twist on a green salad, toss in some beet leaves, just make sure to wash them thoroughly and trim off their tough stems.

Strengthens Your Bones

If you are concerned about osteoporosis, eating beets can put your worries at ease. The red roots are



Do not let fresh beets intimidate you. They are easy to prepare. Try baking them like a potato or shred them fresh into a salad.



BEETURIA

Medi-Sign Target

Celebrate!
Life is Colorful!

The production of pink or red urine following **beet root** ingestion is known as beeturia. This phenomenon is often misinterpreted as hematuria, which is blood in the urine. However, it is the red beet root pigment that colors the urine due to the pigment passing intact along the gastrointestinal tract as it does in some individuals. A proportion is absorbed and excreted in the urine, while the remainder passes out in the stool.

How many experience beeturia?

Beeturia occurs in about 10-14 percent of the human population. Some individuals experience beeturia variably after ingesting beets, while others consistently experience it after eating beet root.

It has also incorrectly been suggested and studies have contested that beeturia is linked with food allergies and malabsorption syndromes or that beeturia is dose-related.

"You can't depend on your eyes when your imagination is out of focus." -Mark Twain (1835-1910)

“There are some places that the road doesn’t go in a circle. There some places where the road keeps going.”

-Bud Parker, Pleasantville

The type of beet root eaten probably determines the extent of the beeturia. Individuals who may produce an intense coloration with one variety of beet, may also produce urine with a virtually normal coloration with a different variety. For example, the pigment concentration of the “*Detroit Rubidus*” variety is twice than that of the “*Firechief*.” Vinegar in pickled beets appears to enhance the experience of colored urine as well.

Beeturia is not dangerous nor a disease indicator.

BELCHING

Medi-Sign Target

1 tsp. Baking Soda in a glass of Water

Burrrrr-p!

“Better out than in I always say.”
-Shrek

BELCHING OR ERUCTATION

Just-Be Aware of Air

Dictionaries describe eructation as “the voiding of gas or of a small quantity of acid fluid from the stomach through the mouth.”

Belching occurs when the stomach air travels up into the esophagus and is expelled through the mouth instead of going down into the intestines. As in gastroesophageal reflux disease (*GERD*) or heartburn, this process requires that the one-way valve between esophagus and stomach, the lower esophageal sphincter or LES, relax and allow the regurgitation of air upward into the esophagus and then out through the mouth making a sound.

Belching after a meal, especially a

big one, is absolutely normal. It occurs as a result of air being swallowed while eating. In addition, swallowed air accumulates in stomach in between meals. Once the food reaches the stomach, it displaces the air already present, causing one to belch.

The upward expulsion of air is facilitated by relaxation of the LES. This relaxation can occur especially from foods like onions, mints, tomatoes and alcohol. Cultural acceptance of the belching varies. While considered to be uncouth in the western society, a belch after a hearty meal is considered a compliment for the chef in some eastern cultures. “*Not bad manners. Just great food!*”

Aerophagia means “swallowing of air.” It primarily occurs while eating, drinking, chewing gum and smoking, but can increase exponentially during anxiety. When a person becomes anxious, “normal” aerophagia and belching is extended. While breathing in, they suck air into the food pipe in addition to the wind pipe, call the trachea.

Chronic belching is generally not due to any disease. Rather, it is a

subconsciously learned process. In most cases, air is swallowed into the esophagus as described above, but is promptly expelled out as a belch before it has had a chance to reach the stomach. This develops into a habit that occurs in anxious persons.

Many times, people believe that the belching indicates that there is something wrong with the digestion. Frequently, they ascribe relief of their digestive symptoms caused by other conditions to belching.

Certain measures to decrease aerophagia, such as eating slowly, not chewing gum and avoiding things such as carbonated beverages, mints, onions, chocolates and alcohol are frequently prescribed in chronic belching, but are usually of little benefit. Stress reduction and relaxation are the keys.

Magenblase Syndrome

- This poorly defined disorder involves increased fullness and bloating after a meal as described above. The symptoms resolve after one belches.

Gas-Bloat Syndrome

- This occurs in people who have



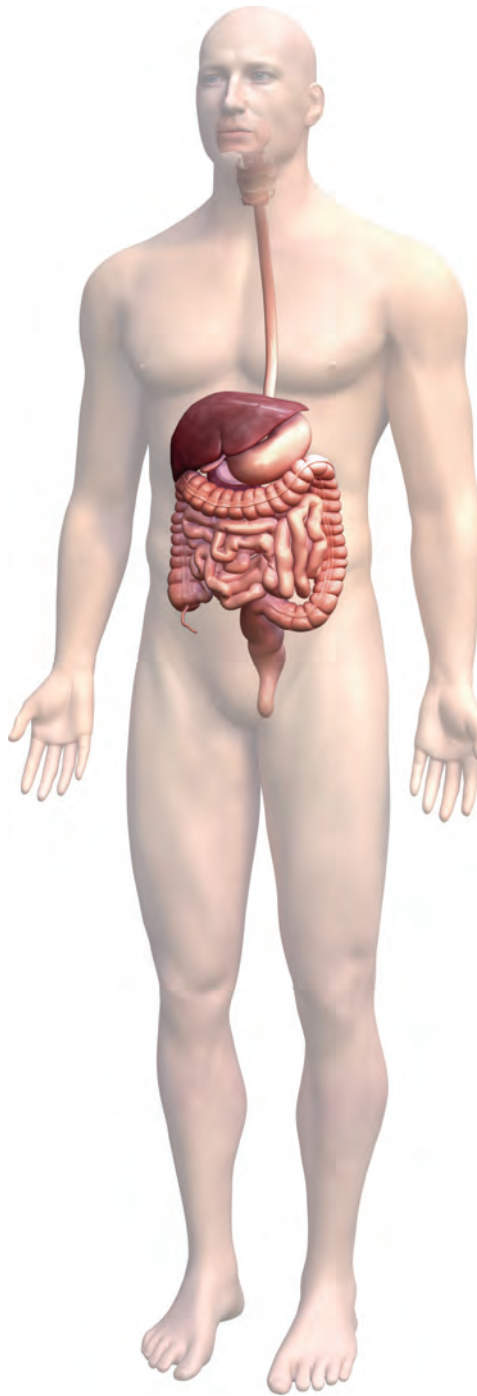
been operated on for gastroesophageal reflux disease (*GERD*) or heartburn. The most common operation is Nissen's fundoplication. This procedure involves wrapping stomach flesh around the valve at the junction of esophagus and stomach (*LES*) to make it tighter and prevent the upward flow of acid.

A natural consequence of the surgery is that the tightened valve does not allow for upward expulsion of air either, thus preventing belching and leaving people full of gas and bloated especially after a meal. This can lead to discomfort for these people due to their inability to belch and get rid of that gas. Not only do they develop abdominal cramps, but many also pass large amounts of flatus resulting in socially embarrassing situations. Most would rather burp than fart.

This syndrome occurs in 25-50 percent of people after the fundoplication surgery, but symptoms resolve over time in most cases. Gas-Bloat syndrome may also occur in people who are learning to use their upper food pipe, or esophagus, for their speech after their voice box, called the larynx, has been surgically removed due to cancer. This new form of speech involves sucking air into esophagus and then expelling it immediately in the form of words, causing increased aerophagia in these people.

- Avoid carbonated beverages.
- Eat slowly and chew your food completely before swallowing.
- Always eat with your mouth closed.
- Avoid chewing gum.

- Do not drink out of cans or bottles and do not drink through a straw.



- Avoid foods with high air content such as beer, ice cream, soufflés and whipped cream.

It's been noted that chronic air swallowers can belch forever, since belching tends to beget more belching, so it's best to try and nix this nervous habit. Even chronic nervous swallowers can be helped.

Say good-bye to gassy goodies. We will all eat a little too much a little too quickly and burp. Chronic belching happens when people belch hour after hour, day after day.

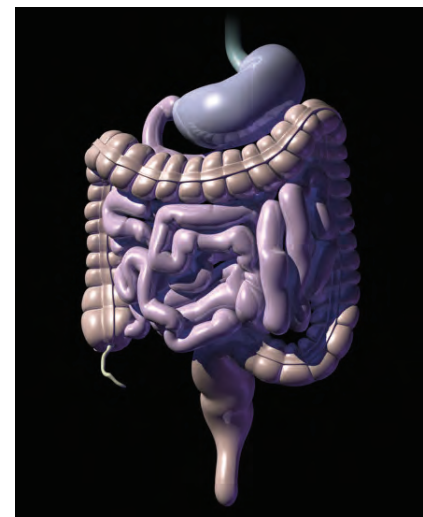
For those people, it may be useful to decrease their intake of foods that produce upper digestive system gas. Generally speaking, those include fats and oils such as salad oil, margarine and sour cream.

A little baking soda and water can calm the air.

BERIBERI

Medi-Sign Target
Nuts, Seeds, Grains & Legumes

Beriberi is a disease caused by a deficiency of thiamine, which is vitamin B1. It affects many systems of the body, including the muscles, heart, nerves and digestive system. Beriberi literally means, "I can't, I can't" in Singhalese, which reflects the crippling effect it has on its victims. It is common in parts of Southeast Asia, where white rice is the main food and is primarily seen in people with chronic alcoholism in the United States.



"Good judgment comes from experience, and experience comes from bad judgment."

Description

Beriberi puzzled medical experts for years as it ravaged people of all ages in Asia. Doctors first thought it was caused by something in food. It wasn't until the early 1900s that scientists discovered that rice bran, the outer covering that was removed to create the polished white rice preferred by Asians, actually contained something that prevented the disease.

Thiamine was the first vitamin identified and in the 1920's, extracts of rice polishing were used to treat the disease.

In adults, there are different forms of beriberi, classified according to the body systems most affected. Dry beriberi involves the nervous system, while wet beriberi affects the heart and circulation. Both types usually occur in the same per-



“It's not what we don't know that burts, it's what we know that ain't so.”

son, with one set of symptoms predominating.

A rare form of cardiovascular, or wet beriberi, is known as “*shoshin*.” This condition involves a rapid appearance of symptoms and acute heart failure. It is highly fatal and is known to cause sudden death in young, migrant laborers in Asia whose diet consists mainly of white rice.

Cerebral beriberi, also known as Wernicke-Korsakoff syndrome, usually occurs in chronic alcoholics and affects the central nervous system, including the brain and spinal cord. It can be caused by an alcoholic binge or severe vomiting, which will aggravate a chronic thiamine deficiency.

Infantile beriberi is seen in breast-fed infants of thiamine-deficient mothers who live in developing nations.

Although severe beriberi is uncommon in the United States, less severe thiamine deficiencies do occur. About 25 percent of all alcoholics admitted to a hospital in the United States show some evidence of thiamine deficiency.

Diagnosis

Early symptoms of beriberi, such as fatigue, irritation, nausea, constipation and poor memory may exist, but the deficiency may still be difficult to identify.

Prognosis

The longer the deficiency exists, the sicker the person becomes. If gone untreated, beriberi is fatal. Most of the symptoms can be reversed and full recovery is possible once thiamine levels are returned to normal.

Prevention

A balanced diet containing all essential nutrients will prevent a thiamine deficiency and keep the development of beriberi at bay. Those who consume large quantities of junk food like soda, pretzels, chips, candy and high carbohydrate foods made with unenriched flours may be deficient in thiamine and other vital nutrients and more at risk for developing beriberi.



Food Sources

The best food sources of thiamine are nutritional yeast, peas and beans, whole or enriched grains and breads.

BERRIES

Medi-Sign Target
Blood, Neuro-Immunity,
Breasts & Nipples

“Be Berry, Berry Healthy!”
“They're Berrylicious too.”

Berries contain:

- A synergy of multiple nutrients and phytonutrients
- Carotenoids
- Fiber
- Folate
- Iron
- Magnesium
- Manganese



of the basi meaning “*fundamental*.”

Vaccines were literally taken from the worlds first Cornicopiate Pharmacy, literally meaning “*Garden Farmaceuticals*,” a whole food pharmacy, which studied food for use as medicinal produce. The 76 treatises contained in corpus Hippocraticum are brilliant observational reductions of nature spread over millennia and captured by Hippocrates, the modern day father of medicinal health procedures, before the take over of the

medical community by a deadly virus called the pharmaceutical industry.

Today, vaccines are typically made from pustulant animal fluidiums of infection and toxic metals. At best, vaccines are simply controversial. At worst they are harmful. Instances of autism, seizures and death have been directly linked to today’s pharmaceutical vaccinations.

I’ve never heard of one human that vaccinated themselves by eating berries suffer from negative side effects or die.

BINGE EATING

*Medi-Sign Target
High Water Content Foods*

Binge eating disorder is a newly recognized condition that probably affects millions of Americans. People with binge eating disorder feel a loss of control over their eating and frequently eat large amounts

of food. This disorder is different from binge-purge syndrome, which is known as bulimia nervosa. People with binge eating disorder usually do not purge afterward by vomiting or using laxatives. They don’t want to appear as “*sick-o’s!*”

How Does Someone Know if He or She Has Binge Eating Disorder?

Most of us overeat from time to time, and many people feel they frequently eat more than they should. Eating large amounts of food, however, does not mean that a person has binge eating disorder. Doctors are still debating the best ways to determine if someone has binge eating disorder, but have found that most people with serious binge eating problems have:

- Frequent episodes of eating what others would consider an abnormally large amount of food.
- Frequent feelings of being unable to control what or how much is being eaten.

Several of these behaviors or feelings:

1. Eating much more rapidly than usual.
2. Eating until uncomfortably full.
3. Eating large amounts of food, even when not physically hungry.
4. Eating alone out of embarrassment at the quantity of food being eaten.
5. Feelings of disgust, depression or guilt after overeating.

How Common is Binge Eating Disorder, and Who is at Risk?

Of all the known eating disorders, binge eating is probably the most

- Niacin
- Phytoestrogens
- Polyphenols (*anthocyanins, ellagic acid, quercetin, catechins*)
- Potassium
- Riboflavin
- Salicylic acid
- Vitamin C
- Vitamin E

The Perfect Vaccine

The word **vaccine** literally means *berries*. Vaccine, vaccinate, vaccinator and vaccination come of the Latin word *vaccini(um)* which means, “*to inoculate for the prevention of disease with the use of blueberries, whortleberries, cranberries, strawberries and the like.*” On another note, the word berry comes



“Dogs are the leaders of the planet. If you see two life forms, one of them’s making a poop, the other’s carrying it for him, who would you assume is in charge?” -Jerry Seinfeld

“Dad always thought laughter was the best medicine, which I guess is why several of us died of tuberculosis.”

common, although it has only recently been recognized as a distinct condition. Most people with binge eating disorder are obese. Being obese means one is more than 20 percent above a healthy body weight. But even normal-weight people also can be affected by this disease. Binge eating disorder probably affects two percent of all adults, or about one to two million Americans. Among mildly obese people in self-help or commercial weight loss programs, 10 to 15 percent have binge eating disorder, with rising percent in those with severe obesity.

Binge eating disorder is slightly more common in women, with three women affected for every two men. While its frequency in most ethnic groups is not yet known, the disorder affects blacks as often as whites. Obese people with binge eating disorder often became overweight at a younger age than those without the disorder. They also may have more of a problem with yo-yo dieting, frequent episodes of losing and regaining weight.

The causes of binge eating disorder are still unknown, but studies do show that up to half of all people with binge eating disorder have a history of depression. While it may be unrelated altogether, researchers don't know whether depression is a cause or effect of binge eating disorder. Many people report that anger, sadness, boredom, anxiety or other negative emotions can trigger a binge episode. Impulsive behavior and certain other psychological problems may be more common in people with binge eating disorder.

The effect dieting has on binge eating disorder is also unclear. While findings vary, early research suggests that about half of all people with binge eating disorder had binge episodes before they started to diet. Still, strict dieting may worsen binge eating in some people.



Though in the early stages of study, researchers also are looking into how brain chemicals and metabolism, the way the body burns calories, affect binge eating disorder.

What are the Complications of Binge Eating Disorder?

The major complications of binge eating disorder are the diseases that accompany obesity. These include diabetes, high blood pressure, high cholesterol levels, gallbladder disease, heart disease and certain types of cancer.

People with binge eating disorder are extremely distressed by their binge eating. Most have tried to control it on their own but have not succeeded for very

long, missing work, school or social activities to binge eat. Obese people with binge eating disorder may intentionally avoid social gatherings because they often feel bad about themselves and are preoccupied with their appearance. Most feel ashamed and try to hide their problem. Binge eaters often try to hide their disorder by gorging at night and are so successful that close family members and friends don't know they binge eat.

Should People With Binge Eating Disorder Try to Diet?

People who are not overweight or only mildly obese should probably avoid dieting, since strict dieting may worsen binge eating. However, many people with binge eating disorder are severely obese and have medical problems related to their weight. For these people, losing weight and keeping it off are important treatment goals. Whether or not they want to lose weight, most people with binge eating disorder benefit from honestly owning up and addresses their eating behavior.

Things to Do Instead of Binging

- Go for a walk. It's the number one solution.



- Learn to relax and slow down.
- Practice new behaviors and activities, such as self-improvement classes and hobbies for the early evening hour.
- Don't eat after 6 p.m.
- Just eat, without combining reading, working, watching T V, etc.
- Talk to yourself. *"What is the pay off for binging this time?" "What isn't working?" "What do I need that I'm not getting?"*
- Leave the binge environment, especially when frustrated, under pressure, stressed or bored.
- Get enough rest and expand positive relationships.
- Do another enjoyable activity
- Begin an enjoyable task or project immediately after eating a meal.



- Carry food to work rather than buying it there. Pack healthy, raw, satisfying food.
- Call a friend who knows about your problem and have him/her just listen
- Learn your triggers, learn your danger zones.

Eat lots of celery, melons, apples and other high water content foods or try spicy hot food and snack on them every hour. Drink lots of water. Sleep, if you can.

BI-POLAR

Medi-Sign Target
21 Days on any and all
Apples

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in a person's mood, energy and ability

to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are severe. They can result in damaged relationships, poor job or school performance and even suicide. The good news is, bipolar disorder can be relieved, and people with this illness can lead full and productive lives.

More than two million American adults, or about one percent of the population age 18 and older in any given year, have bipolar disorder. Some people have their first symptoms during childhood, and some

develop them late in life, but bipolar disorder typically develops in late adolescence or early adulthood. It is often not recognized as an illness, but like diabetes or heart disease, bipolar disorder can be a long-term illness.

Manic-depression distorts moods and thoughts, incites dreadful behaviors, destroys the basis of rational thought, and too often erodes the desire and will to live. It is a biological illness, yet one that feels psychological in the experience of it. Bipolar is an illness that is unique in conferring advantage and pleasure, yet one that brings in its wake almost unendurable suffering and frequently, even suicide.

What Are the Symptoms of Bipolar Disorder?

Bipolar disorder causes dramatic mood swings. A person can go from overly "high" and/or irritable to sad and hopeless and then back again, often with periods of "normal" mood in between. Along with these mood swings, comes a severe change in energy. The periods of highs and lows are called episodes of mania and depression.

Signs and symptoms of mania, or a manic episode, include:

- Increased energy, activity and restlessness.
- Excessively "high" or overly good, euphoric mood.
- Extreme irritability.
- Racing thoughts and talking very fast, jumping from one idea to another.
- Distractibility, can't concentrate well.

"Do Not Disturb signs should be written in the language of the hotel maids."

“It’s not the size of the dog in the fight, it’s the size of the fight in the dog.” -Mark Twain

- Little sleep needed.
- Unrealistic beliefs in one’s abilities and powers.
- Poor judgment.
- Spending sprees.
- A lasting period of behavior that is different from usual.
- Increased sexual drive.
- Abuse of drugs, particularly cocaine, alcohol and sleeping medications.
- Provocative, intrusive, or aggressive behavior.

• Denial that anything is wrong If elevated mood occurs with three or more of the other symptoms most of the day, nearly every day, for one week or longer, a manic episode is diagnosed. If the mood is irritable, four additional symptoms must be present.

Signs and symptoms of depression, or a depressive episode, include:

- Lasting sad, anxious or empty mood.
- Feelings of hopelessness or pessimism.
- Feelings of guilt, worthlessness or helplessness.
- Loss of interest or pleasure in activities once enjoyed, including sex.
- Decreased energy, a feeling of fatigue or of being “slowed down”.
- Difficulty concentrating, remembering or making decisions.

- Restlessness or irritability.
- Sleeping too much, or can’t sleep.
- Change in appetite and/or unintended weight loss or gain.
- Chronic pain or other persistent bodily symptoms that are not caused by physical illness or injury.
- Thoughts of death or suicide, or suicide attempts.

If five or more of these symptoms last most of the day, nearly every day, for a period of two weeks or longer, a depressive episode is diagnosed.

Hypomania is a mild to moderate level of mania. Hypomania may feel good to the person who experiences it and may even be associated with good functioning and enhanced productivity. Thus even when family and friends learn to recognize the mood swings as possible bipolar disorder, the person may deny that anything is wrong. Hypomania can become severe mania in some people or can switch into depression without the proper treatment.

Psychotic symptoms, or symptoms of psychosis, are sometimes present in severe episodes of mania or depression. Common psychotic symptoms are hallucinations, hearing, seeing or otherwise sensing the presence of things not actually there, and delusions, false, strongly held beliefs not influenced by logical reasoning or explained by a person’s usual cultural concepts. The extreme mood at that state in time tends to be reflected in the psychotic symptoms. For example, delusions of grandiosity, such as believing one is the President or has special pow-



ers or wealth, may occur during mania. Delusions of guilt or worthlessness, such as believing that one is ruined and penniless or has committed some terrible crime, may appear during depression. People with bipolar disorder who have these symptoms are sometimes incorrectly diagnosed as having schizophrenia, another severe mental illness.

It may be helpful to think of the various mood states in bipolar disorder as a spectrum or continuous range. At one end is severe depression, followed by moderate depression and then mild-low mood. When this mild-low mood is short-lived, many people call it “the blues” but, this state is termed “dysthymia” when it becomes chronic. Then there is normal or balanced mood, followed by hypomania, which is a mild to moderate mania, and finally severe mania.

Descriptions offered by people with bipolar disorder give valuable insights into the various mood states associated with the illness:

Depression: *"I doubt completely my ability to do anything well. It seems as though my mind has slowed down and burned out to the point of being virtually useless...[I am] haunt[ed]...with the total, the desperate hopelessness of it all..."*

"Others say, it's only temporary, it will pass, you will get over it, but of course they haven't any idea of how I feel, although they are certain they do. If I can't feel, move, think or care, then what on earth is the point?"

Hypomania: *"At first, when I'm high, it's tremendous...ideas are fast...like shooting stars you follow until brighter ones appear..."* *"All shyness disappears, the right words and gestures are suddenly there...uninteresting people, things become intensely interesting. Sensuality is pervasive. The desire to seduce and be seduced is irresistible. Your marrow is infused with unbelievable feelings of ease, power, well-being, omnipotence, euphoria...you can do anything...but, somewhere this changes."*

Mania: *"The fast ideas become too fast and there are far too many...overwhelming confusion replaces clarity...you stop keeping up with it. Memory goes. Infectious humor ceases to amuse. Your friends become frightened...everything is now against the grain...you are irritable, angry, frightened, uncontrollable and trapped."*

Suicide

Some people with bipolar disorder become suicidal. Anyone who talks about suicide or even thinks of com-



mitting suicide should be taken seriously and needs immediate attention. Risk for suicide appears to be higher earlier in the course of the illness. Therefore, recognizing bipolar disorder early and learning how best to manage it may decrease the risk of death by suicide.

Signs and symptoms that may accompany suicidal feelings include:

- Talking about feeling suicidal or wanting to die.
- Feeling hopeless, that nothing will ever change or get better.
- Feeling helpless, that nothing one does makes any difference.
- Feeling like a burden to family and friends.
- Abusing alcohol or drugs.
- Putting affairs in order such as organizing finances or giving away possessions to prepare for one's death.
- Writing a suicide note.
- Putting oneself in harm's way, or in situa-



tions where there is a danger of being killed.

If you are feeling suicidal or know someone who is:

- Make sure you, or the suicidal person, are not left alone.
- Make sure that access is prevented to large amounts of medication, weapons or other items that could be used for self-harm.

While some suicide attempts are carefully planned over time, others are impulsive acts that have not been well thought out. Either way, it is important to understand that suicidal feelings and actions are symptoms of an illness. With proper work, the person can be helped and suicidal feelings can be overcome.

What Is the Course of Bipolar Disorder?

Episodes of mania and depression typically recur across the life span. Between episodes, most people with bipolar disorder are free of symptoms, but as many as one-third of people have some residual symptoms. A small percentage of people experience chronic unremitting symptoms despite treatment.

Bipolar I is the classic form of the illness, and is identified when recurrent episodes of mania and depression exist. Some people, however, never develop severe mania but instead

"The average person thinks he isn't."

“Eagles may soar, but weasels don’t get sucked into jet engines.”

experience milder episodes of hypomania that alternate with depression. This form of the illness is called bipolar II disorder. Rapid-cycling bipolar disorder occurs when four or more episodes of illness occur within a 12-month period. Some people can experience multiple episodes within a single week, or even within a single day. Rapid cycling tends to develop later in the course of illness and is more common among women than among men.

People with bipolar disorder can lead healthy and productive lives.

Both children and adolescents can develop bipolar disorder. It is more likely to affect the children of parents who have the illness.



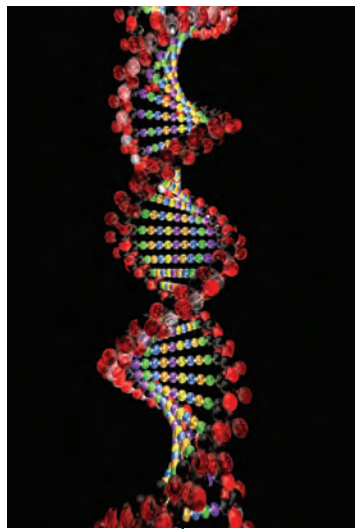
Children and young adolescents with the illness often experience very fast mood swings between depression and mania many times within a day, unlike many adults with bipolar disorder, whose episodes tend to be more clearly defined. Children with mania are more likely to be irritable and prone to destructive tantrums than to be

overly happy and elated. Mixed symptoms also are common in youths with bipolar disorder. Older adolescents who develop the illness may have more classic, adult-type episodes and symptoms.

Bipolar disorder in children and adolescents can be hard to tell apart from other problems that may occur in these age groups. For example, while irritability and aggressiveness can indicate bipolar disorder, they also can be symptoms of attention deficit hyperactivity disorder, conduct disorder, oppositional defiant disorder or other types of mental disorders more common among adults such as major depression or schizophrenia. Drug abuse may also cause similar symptoms to bipolar disorder. Through several kinds of studies, scientists are learning about the possible causes of bipolar disorder. Most scientists now agree that there is no single cause for bipolar disorder, rather, many factors act together to produce the illness.

The key to finding out what cause bipolar disorder may lie in specific genes, which are the microscopic “building blocks” of DNA inside all cells that influence how the body and mind work and grow. Because bipolar disorder tends to run in families, researchers have been searching for specific genes passed down through generations that may increase a person’s chance of developing the illness.

But genes are not the whole story. Studies of identical twins, who share all the same genes, indicate that



both genes and other factors play a role in bipolar disorder. If bipolar disorder were caused entirely by genes, then the identical twin of someone with the illness would always develop the illness, and research has shown that this is not the case. Although, if one twin has bipolar disorder, the other twin is more likely than another sibling to develop the illness.

In addition, findings from gene research suggest that bipolar disorder, like other mental illnesses, does not occur because of a single gene. It appears likely that many different genes act together, and in combination with other factors of the person or the person’s environment, to cause bipolar disorder. Finding these genes, each of which contributes only a small amount toward the vulnerability to bipolar disorder, has been extremely difficult.

New brain-imaging techniques allow researchers to take pictures of the living brain at work, to examine its structure and activity, without the need for surgery or other invasive procedures.

Brain-imaging studies are helping scientists learn what goes wrong in the brain to produce bipolar disorder and other mental illnesses. These techniques include magnetic resonance imaging (*MRI*), positron emission tomography (*PET*) and functional magnetic resonance imaging (*fMRI*). There is evidence from imaging studies that the brains of people with bipolar disorder may differ from the brains of healthy individuals. As the differences are

more clearly identified and defined through research, scientists will gain a better understanding of the underlying causes of the illness, and eventually may be able to predict which types of treatment will work most effectively.

How is Bipolar Disorder Treated?

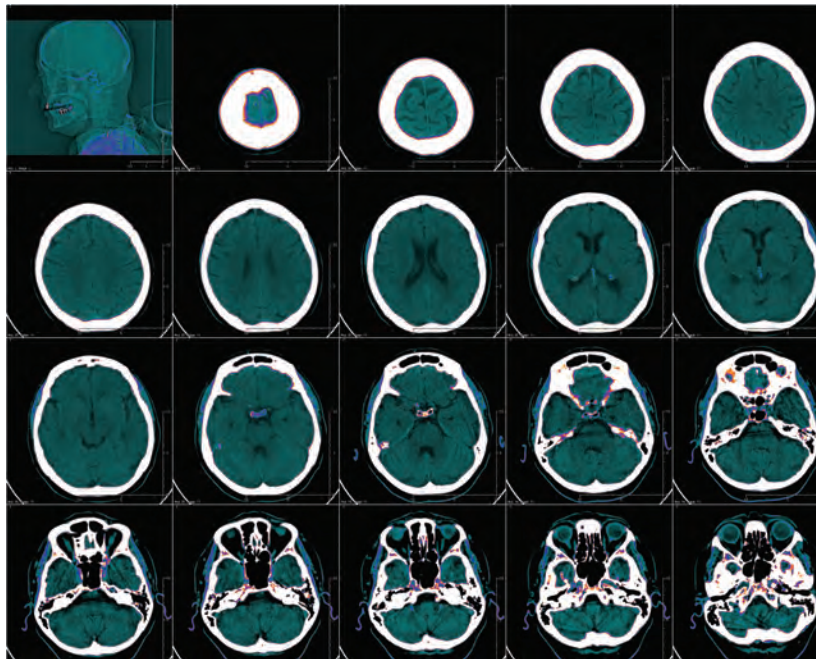
There are also things you can do through self-care. Most people with bipolar disorder, even those with the most severe forms, can achieve substantial stabilization of their mood swings and related symptoms. Long-term prevention is strongly recommended and almost always indicated because bipolar disorder is a recurrent illness.

Keep a chart of daily mood symptoms, foods, sleep patterns and life events. This may help people with bipolar disorder and their families to better understand the illness.

First let's look at what Psychiatrists Prescribe:

- Lithium, the first mood-stabilizing medication approved by the U.S. Food and Drug Administration (FDA) for treatment of mania, is often very effective in controlling mania and preventing the recurrence of both manic and depressive episodes. While it can stabilize moods, it is also very toxic and has dangerous side effects which can lead to death.

- Anticonvulsant medications, such as valproate (*Depakote*) or carbamazepine (*Tegretol*), also can have mood-stabilizing effects and



may be especially useful for difficult-to-treat bipolar episodes. Valproate was FDA-approved in 1995 for treatment of mania. Pay attention to the harsh side effects.

- Newer anticonvulsant medications, which are all also very toxic, including lamotrigine (*Lamictal*), gabapentin (*Neurontin*) and topiramate (*Topamax*), are being studied to determine how well they work in stabilizing mood cycles.

- Children and adolescents with bipolar disorder generally are treated with lithium, but valproate and carbamazepine also are used. Researchers are evaluating the safety and efficacy of these and other psychotropic medications in children and adolescents. There is evidence that valproate leads to adverse hormone changes in teenage girls and polycystic ovary syndrome in women who began taking the medication before age 20.

- Women with bipolar disorder who wish to conceive or who become pregnant, face special chal-

lenges due to the harmful effects of existing mood stabilizing medications on the developing fetus and the nursing infant. There is a possibility of birth defects and retardation. Therefore, the benefits and risks of all available treatment options should be discussed.

Thyroid Function

People with bipolar disorder nearly always have abnormal thyroid gland function. Too much or too little thyroid hormone alone can lead to mood and energy changes.

People with rapid-cycling bipolar tend to have co-occurring thyroid problems. One drug leads to another and another and another, as lithium treatment causes low thyroid levels in some people, resulting in the need for thyroid medication.

Medication Side Effects

Before starting a medication for bipolar disorder, always talk with your pharmacist about side effects. Depending on the medication, side effects may include weight gain, nausea, tremor, reduced sexual drive or performance, anxiety, seizures, hair loss, movement problems or dry mouth.



Today, 93% of kidney transplant patients and 82% of heart transplant patients live at least one year beyond their operation (90% of these operations are not necessary).

“I remember the time I was kidnapped and they sent back a piece of my fingers to my father. He said he wanted more proof.” -Rodney Dangerfield

Studies have shown that talking is a powerful psychosocial intervention and can lead to increased mood stability, fewer, if any, hospitalizations and improved functioning in several areas. The number, frequency and type of “talks” should be based on the needs of each person to help them explore ways to learn to change inappropriate or negative thought patterns and behaviors associated with the illness.

Recognize signs of relapse so that early intervention can be sought before a full-blown illness episode occurs.

Family talk can reduce the level of distress that may either contribute to or result from the ill person’s symptoms. This can lead to improved interpersonal relationships and to regularize daily routines. Regular daily routines and sleep schedules help protect against manic episodes.

Other Treatments:

- Omega-3 fatty acids found in nuts, seeds and grains show great promise. Eat one half pound of mixed raw seeds and nuts daily.

Do Other Illnesses Co-occur with Bipolar Disorder?

Alcohol and drug abuse are very common among people with bipolar disorder. Research findings suggest that many factors may contribute to these substance abuse problems. Self-medication of symptoms, mood symptoms brought on or perpetuated by substance abuse and risk factors that may influence the occurrence of

both bipolar disorder and substance use disorders can all be triggered by alcohol and drug use.

Anxiety disorders, such as post-traumatic stress disorder and obsessive-compulsive disorder, also may be common in people with bipolar disorder.



- Often people with bipolar disorder do not realize how impaired they are, or they blame their problems on some cause other than mental illness.

- A person with bipolar disorder needs strong encouragement from family and friends.

- A person who is in the midst of a severe episode may need to be hospitalized for his or her own protection and for much-needed treatment, even if the hospitalization is against his or her wishes.

- Like other serious illnesses, bipolar disorder is also hard on spouses, family members, friends and employers.

- Family members

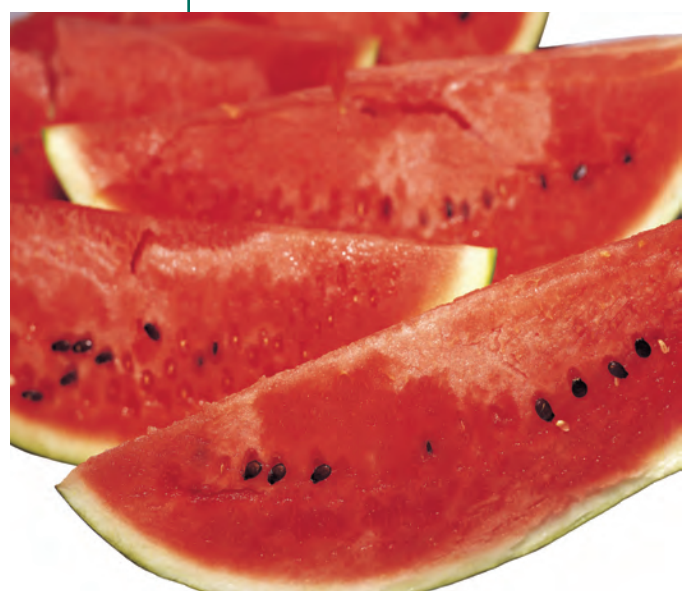
of someone with bipolar disorder often have to cope with the person’s serious behavioral problems and their lasting consequences, such as wild spending sprees during mania or extreme withdrawal from others during depression.

- Many people with bipolar disorder, as well as their family and friends, benefit from joining support groups such as those sponsored by the National Depressive and Manic Depressive Association (NDMDA), the National Alliance for the Mentally Ill (NAMI) and the National Mental Health Association (NMHA).

The number one self-care solution

is positive self talk, a sport, walking each day and 14-21 days on a fresh juice fast. **Eat raw whole plant foods for one year.** A diet of just watermelon and juice with nothing else but water can flip this kind of condition into stability. **Avoid** soda pop, processed sugar, meat, artificial sweeteners, colors and toxic preservatives.

(See: *Feeding Your Emotions*)



BITTER MELON SQUASH

Medi-Sign Target

Deplaques Blood &
Expels Parasites



Common names are bitter melon, papaiila, melao de sao caetano, bitertergourd, balsam apple, balsam pear, karela, k'u kua kurela, kor-kuey, ku gua, pava-aki, salsamino, sorci, sorossi, sorossie, sorossies, pare, peria laut or peria.

Main Actions

- Kills Bacteria
- Kills Cancer Cells
- Kills Leukemia Cells
- Kills Viruses
- Lowers Body Temperature
- Prevents Tumors
- Reduces Blood Pressure
- Reduces Blood Sugar
- Treats Diabetes

Other Actions

- Balances Hormones
- Cleanses Blood
- Detoxifies
- Enhances Immunity
- Enhances Libido
- Expels Worms
- Mildly Laxative
- Promotes Milk Flow
- Reduces Inflammation

BLACK BEANS

Medi-Sign Target

Brain Organs & Blood Cells



During the entire year, you can find both dried and canned black beans. Dried beans can be commonly found prepackaged or in bulk bin containers.

Black beans are also called 'turtle beans', most likely because their shell-like appearance could best be described that way. With an earthy flavor that has been called similar to that of mushrooms, black beans have a soft texture that hold their shape while being cooked.

History

Scientifically black beans and other beans, like kidney beans, pinto beans and navy beans, are all known as *Phaseolus vulgaris*. This name refers to the genus and species of the plant. Known as "common beans," navy, kidney and pinto are different varieties, all grouped within the species *vulgaris* and sharing a common bean ancestor in Peru. Migrating Indian tribes spread the beans throughout Central and South America.



Introduced into Europe in the 15th century by Spanish explorers returning from their voyages to the New World, black beans were subsequently spread to Africa and Asia by Spanish and Portuguese traders. As they are a very inexpensive form of good protein, many cultures throughout the world adopted them. Today, black beans continue to be an important staple in the cuisines of Mexico, Brazil, Cuba, Guatemala and the Dominican Republic, with the largest commercial producers of dried common beans based in India, China, Indonesia, Brazil and the United States.

Black beans, as well as most other legumes, are an excellent source of cholesterol-lowering fiber. Mixed with whole grains such as rice, black beans offer a almost fat-free, high-quality protein. While you might already be familiar with beans' fiber and protein, this is not all that black beans have to offer. Black beans' high fiber content keeps blood sugar levels from rising too quickly after a meal, making these beans a great choice for people with diabetes, insulin resistance or hypoglycemia.

All moist surface linings in the human body secrete natural protector/inhibitors (antibiotics).

“Where lipstick is concerned, the important thing is not color but to accept God’s final word on where your lips end.”

-Jerry Seinfeld

React to Sulfites? Check out Black Beans

Black beans are a fabulous source for molybdenum, a trace mineral and integral component of the enzyme sulfite oxidase, which handles the detoxifying of sulfites. Sulfites are a type of preservative often added to prepared foods like delicatessen salads and salad bars. Persons who react to sulfites in these foods may experience rapid heartbeat, headache or disorientation if sulfites are unwittingly consumed. Your reaction to sulfites may be because your molybdenum stores are insufficient to detoxify them. Get a cup of black beans and all will be well.

- A Fiber All Star
- Loaded with Protective Nutrients
- Protection From Cancer
- Lowers Your Heart Attack Risk
- Black Beans Give You Energy to Burn While Stabilizing Blood Sugar
- Iron for Energy
- Manganese for Energy Production
- Protein Power Plus

BLACKBERRY

Medi-Sign Target
Breastes & Blood

The blackberry is a widespread and well known shrub. Growing to 10 feet tall and producing a soft-bodied fruit popular to munch fresh and for use in desserts, jams and sometimes



wine, this berry is a bramble fruit of the genus *Rubus* and family *Rosaceae*. Several *Rubus* species are called blackberry and since the species easily hybridize, there are many cultivars with more than one species in their ancestry.

Marionberry, which is said to “capture the best attributes of both berries and yields an aromatic bouquet and an intense blackberry flavor,” is a cross between Chehalem and Olallieberry blackberries. Olallieberry, sometimes spelled ollalieberry, is a cross between loganberry and youngberry.



The blackberry has a scrambling habit of dense, arching stems carrying short, curved, very sharp spines, with the branches rooting from the node tip when they reach the ground. It is very pervasive, colonizing large areas in a relatively short time in woods, scrub, hillsides and hedge rows. It will tolerate poor soil and is an early colonizer of wasteland and building sites. It has palmate leaves of three to five leaflets with flowers of white or pink appearing from May to August, ripening to a black or dark purple fruit, hence the name “blackberry.”



Why Eat Them?

The blackberry is actually an old fruit, prescribed by the Ancient Greeks for gout, mentioned in the Bible and commonly written about in British folklore. Plump, sweet blackberries grow wild across most of North America and are a good source of manganese and tannins.

The soft, juicy fruit grows on thorny bushes or trailing vines, revealing the wild blackberry’s relations to the rose. Just like a raspberry, the blackberry is called an “aggregate fruit” because each berry is really a cluster of tiny fruits, or drupelets. Each droplet has a seed and, unlike raspberries, blackberry drupelets remain centered around the core even after the berry is picked.

Blackberries are considered to be an astringent because of their high tannin content. Studies show that tannins tighten tissue, lesson minor bleeding and may help to alleviate diarrhea and intestinal inflammation. Traditionally, blackberries have been used to alleviate hemorrhoids and scientists have also reported tumor reducing properties associated with tannins found in blackberries. German health authorities recommend blackberries for mild infections including sore throats and mouth irritations.

Storing Solutions

Blackberries, and berries in general, are among the most perishable of fruits. They can turn soft, mushy and moldy within 24 hours. Blackberries are best used the same day that they are gathered or purchased.

BLACK CURRANT, BORAGE AND EVENING PRIMROSE OILS

Medi-Sign Target
Hormone Production & Brain Function



These popular "health oils" are rich sources of the essential fatty acid GLA (*gammalinolenic acid*), a vital ingredient for making important hormones, such as prostaglandins. They have been touted as cure-alls



for many ailments. The fact that most of them are extracted by chemical processing may render these tonics less healthy than advertised. Proponents of these oils claim that some people, especially aging persons, may be unable to convert dietary essential fatty acids to GLA. GLA-containing oils, as well as the essential fatty acid DHA, are popular ingredients of a flurry of brain-boosting nutrients collectively known as "targeted nutritional intervention" (TNI) and are being studied for use in children with Down Syndrome. Black currant oil has two advantages over evening primrose oil. First, it is less expensive and second, it is one of the few oils that contain omega-3 in addition to omega-6 fatty acids.

BLACK EYE

Medi-Sign Target
Mango, Papaya & Pineapple

A black eye is caused when blood and other fluids collect in the space around the eye and is a common result of some injury to the face or the head. Swelling and dark discoloration result around the affect area, hence the name, "black eye."

Most black eyes are relatively minor injuries. Many heal on their own in a few days, although sometimes, they signify a more serious injury.

Despite the name, "black eye," the eye itself is not usually injured. Think of it as a bruise around the eye. The tissues near the eye may be significantly discolored and swollen without any injury to the eye itself.

Like a bruise, as a black eye heals, the swelling around the eye decreases with the coloring gradually fading away.

- With mostly fat underneath it, the skin around the eye is very loose, making it an ideal site for fluid to accumulate. The effects of gravity also help to swell this part of the face. This is the same reason why many people wake up with "puffy" eyes in the morning.



- When there is an injury to the face, the skin around the eye is one of the first places to swell. Depending on the location and type of injury, one or both eyes may be affected.

You think your black eye bugs you now? In the early 1900's, people used to put a leech on a black eye to suck out the blood. It's a good thing you didn't get your shiner back in those days! Leeches got

A sulphur compound, called 'allicin', is formed when you crush a garlic clove. This is a protector/inhibitor said to attack two dozen kinds of bacteria, plus numerous fungi.

squashed as the treatment of choice once people found livestock worked more to their liking. Sirloin steak is what my father used. When I was a kid, I used to get a lot of black eyes and my father, being a hunter and cow keeper, used to put steaks on them, just as you've seen in the movies.

People no longer use leeches for treatment, thank goodness, and it is also unnecessary to use steak on your eye. The best, and most effective, ways to block a black eye are much simpler than that.



Pack it in ice. People had the right idea, but it was the coldness of the steak, not the meat itself, that did the trick. In fact, a vegetarian would have gotten the same results by using iceberg lettuce!

Cold works in two ways. It helps keep the swelling down and helps decrease the internal bleeding, which is what causes the black-and-blue color, by constricting the blood vessels.

Apply an ice pack for the first 24 to 48 hours. If your eye is swollen shut, use it for 10 minutes every two hours the first day. To make an ice pack for the eye, put crushed ice in a plastic bag and tape it to the forehead. This will prevent you from

putting pressure on the eye.

Enjoy the show. Most black eyes will last about a week, and it's a colorful week at that. Once the eye bruises, there's not a whole lot you can do except control the swelling. Even makeup can't disguise it totally.

The injury will more than likely start out black, but as it starts to heal, it will turn green, then yellow and finally disappear.

Don't blow your nose. If it was a severe blow that caused your black eye, something more than just bumping into a door, blowing your nose could cause your face to blow up like a balloon. Sometimes the injury fractures the bone of the eye socket, and blowing your nose can force air out of your sinus adjacent to the socket. The air gets injected under your skin and makes the eyelids swell even more, which can also increase the chance of infection.

Give it a Hawaiian punch by eating pineapple and papaya. An enzyme found in those fruits changes the molecular structure of the blood, so it's more easily absorbed by the body.

Let vitamin C show its muscle. For anyone who bruises easily, getting plenty of vitamin C in your diet is a must. It's been well documented that vitamin C promotes healing. Vitamin C-rich foods such as broccoli, mangoes, peppers and sweet potatoes, as well as pineapple and papaya, speed the healing process.

BLACK-EYED PEA

*Medi-Sign Target
Blood, Brain & Kidney*



Black-eyed peas, or cowpeas, are high in fiber, calcium, vitamin A, folic acid and magnesium as well as a good source of iron, thiamin, riboflavin, niacin, potassium and zinc. Select beans that appear dry and avoid those that look or feel slimy or are cracked.

Introduced in the early 18th century from the Old World to the Southern United States, it has become a staple of Southern cooking and an important catch crop, soil enhancer and forage.

Black-eyed pea, sometimes called China bean, is grown commercially in India and China and has a high-protein subsistence crop in Africa. Black-eyed pea is classified in the division *Magnoliophyta*, class *Magnoliopsida*, order *Rosales* and family *Leguminosae*.



"Tough times never last; tough people do."

BLACK PEPPER

Medi-Sign Target

Colon Function & Tongue/Tastebud Enhancer



Almost every type of recipe you can think of has a tad of black pepper. Once presented to the gods as a sacred offering and used as currency, we're lucky that this most popular of spices is available throughout the year.

A smooth woody vine that can grow up to 33 feet in hot and humid tropical climates, the pepper plant is the source for black pepper in kitchens and table tops the world over. These plants start to bear small white, clustered flowers after three or four years and develop into berries known as "peppercorns". Ground peppercorns produce the spice we call "pepper".



Better Digestion and Healthier Intestines

Black pepper, or *Piper nigrum*, improves digestions by stimulating the taste buds in such a way that an alert is sent to the stomach to increase hydrochloric acid secretion. Hydrochloric acid is necessary for the digestion of proteins and other food components in the stomach. When the body's production of hydrochloric acid is insufficient, food may sit in the stomach for a long period of time.

This may lead to heartburn or indigestion, or it may pass into the intestines, where it can be used as a food source for unfriendly gut bacteria. The bacteria's activities produce gas, irritation and/or diarrhea or constipation.

Black pepper has long been recognized as a **carminative**, which is a substance that helps prevent the formation of intestinal gas. This property is likely due to its beneficial effect of stimulating hydrochloric acid production. Additionally, black pepper has **diaphoretic** properties by promoting one's body to sweat, and diuretic properties, which promote urination.

Black pepper has demonstrated impressive oxidant and bacterial effects — one more way in which this wonderful seasoning promotes the health of the digestive tract. Not only does black pepper help you derive the most benefit from your food, the outer layer of the peppercorn stimulates the breakdown of fat cells, keeping you slim while giving you energy to burn.

BLADDER CANCER

Medi-Sign Target

21 Days on Water & Saltwater



Definition

Bladder cancer is a disease in which the cells lining the urinary bladder lose the ability to regulate their growth and start dividing uncontrollably. This abnormal growth results in a mass of cells that form a tumor.

Description

Bladder cancer is the fifth most common cancer in the United States. The American Cancer Society (ACS) estimates that in 1998, approximately 55,000 new cases of bladder cancer were diagnosed, and its orthodox treatment will cause at least 12,500 deaths. The disease is higher in Caucasians and three times more common among men than women.

The urinary bladder is a hollow, muscular organ that stores urine from the kidneys until it is excreted out of the body. Two tubes called the ureters bring the urine from the kidneys to the bladder. The urethra carries the urine from the bladder to the outside of the body.

With a 75 percent chance that new tumors will develop in other areas

Four out of 5 people with gallstones do not know they have a problem.

of the bladder, bladder cancer has a very high rate of recurrence even after superficial tumors are completely removed.

(See: *Disease: The Mystery Solved*).

Causes & Symptoms

Although the exact cause of bladder cancer is not known to scientists, smoking is considered the greatest risk factor for bladder cancer as smokers are twice as likely to get the disease as nonsmokers are.

Workers who are exposed to certain chemicals that are used in the dye industry and in the rubber, leather, textile and paint industries are believed to be at a higher risk for bladder cancer. The risk of bladder cancer increases with age. Most cases are found in people who are 50-70 years old.

Frequent urinary infections, kidney, bladder stones and other conditions that cause long-term irritation to the bladder may increase the risk of getting bladder cancer. A past history of tumors in the bladder could also increase one's risk of getting other tumors.

One of the first warning signals of

bladder cancer is blood in the urine. Sometimes, there is enough blood in the urine to change the color of the urine to a yellow-red or a dark red. Painful urination, increased frequency of urination and a feeling of the need to urinate but not being able to do so, as well as a change in other bladder habits are some of the signs of possible bladder cancer. All of these symptoms may also be caused by conditions other than cancer.

Since smoking doubles one's risk of getting bladder cancer, avoiding tobacco may prevent at least half the deaths that result from bladder cancer. Taking appropriate safety precautions when working with organic cancer-causing chemicals is another way of preventing the disease.

If a person has had a history of bladder cancer, or has been exposed to cancer-causing chemicals, then he or she is considered to be at an increased risk of getting bladder cancer. Similarly, kidney stones, frequent urinary infections and other conditions that cause long-term irritation to the bladder also increase the chance of getting the disease.

(See: *Kidney Stones/Self care*).

BLADDER INFECTION

Medi-Sign Target

Fermented Foods & Saltwater

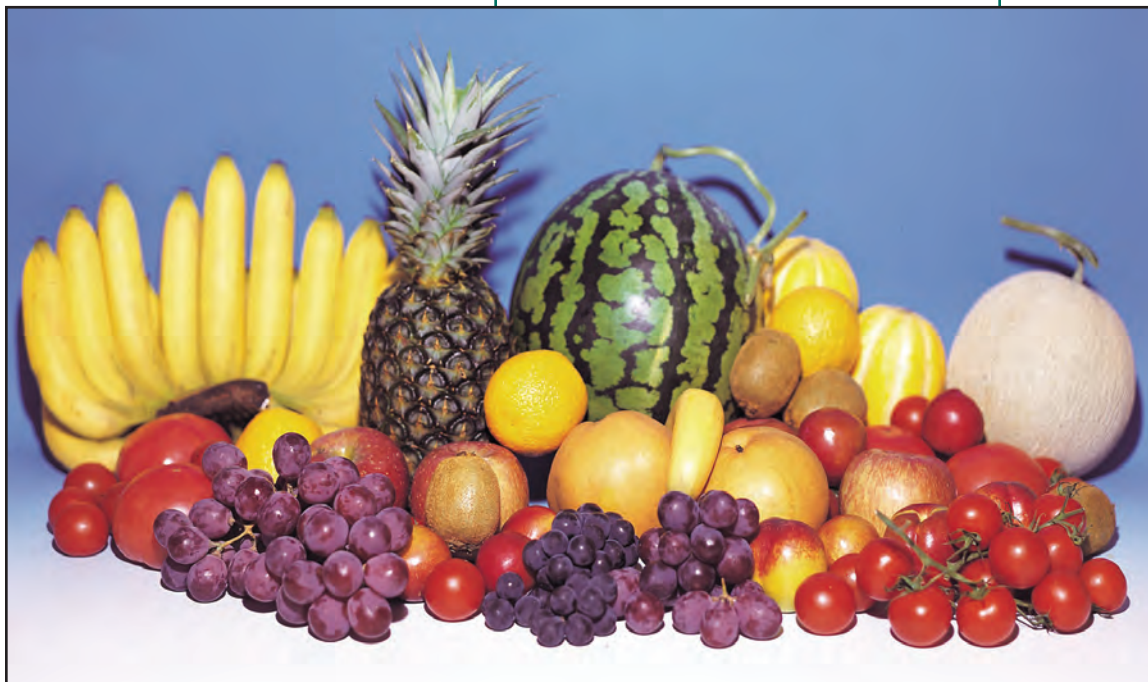
Don't get scared or confused if you hear a doctor refer to a bladder infection as a **Urinary Tract Infection (UTI)**. They are the same condition, a bacterial infection that affects any part of the urinary tract. Although urine contains a variety of fluids, salts and waste products, it normally does not have bacteria in it. UTI occurs when bacteria get into the bladder and multiply in the urine.

The most common type of UTI is a bladder infection, which is also often called cystitis. Cystitis means an inflammation of the bladder. The other, more serious kind of UTI, is a kidney infection, or pyelonephritis.

Although they cause discomfort, urinary tract infections are usually quickly and easily treated, but it's important that they are treated

promptly. You can not get a urinary tract infection from someone else, although females who are just becoming sexually active often get UTIs.

UTIs are usually caused by bacteria that are found in the intestines and sometimes on the skin around the rectal and vaginal areas. Yes, that means from fecal contamination. Nearly 85 percent of UTIs are caused by the bacteria



“My mother had morning sickness after I was born.” -Rodney Dangerfield

Escherichia coli, or E. coli, for short. When the bacteria pass through the urethra, the narrow urine canal that connects the bladder to the outside, they can get inside the bladder and cause an infection. Due to the differences in the shape and length of the urethra in different people, some females get urinary tract infections more frequently. A female with a shorter urethra may get more UTIs. Males generally get fewer UTIs than females because they have longer urethras. Instead, they tend to get urethritis, which you can figure out for yourself. Just think of the male anatomy.

There are several ways bacteria can get into the urethra. During sexual intercourse, or anytime the vaginal area is rubbed, the bacteria in the vaginal area can be pushed into the urethra, which causes irritation in the bladder. You can get a bladder infection from oral sex, too. Infections are also common in women who wear tight synthetic jeans. *(Hey, I just report the facts, sorry girls).*

Symptoms

There are a number of symptoms associated with UTIs. Bladder infections are characterized by an urgent desire to empty the bladder. Symptoms include frequent urination, burning or pain during urination, bladder spasms and the feeling of having to urinate even though little or no urine actually comes out. In some cases, you may have bloody or foul-smelling urine or even a mild fever.

A kidney infection may involve more serious symptoms, including fever, chills and nausea. Most peo-



ple with kidney infections also experience back pain just above the waist. They may experience cloudy or bloody urine, abdominal pain and burning and frequent urination. It's important to drink lots of water because each time you urinate, the bladder cleanses itself a little bit more. Cranberry juice also has been shown to have positive effects on UTIs. DO NOT use "Juice Cocktail." That has too much sugar and is not concentrated enough with cranberries. Many brands are now 100 percent cranberry juice. Just make sure the one you buy is. Quality cranberry juice produces hippuric acid in the urine which acidifies the urine and prevents bacteria from sticking to the walls of the bladder. Craisins or dried cranberries do the trick, too.



A UTI should completely clear up within seven days to two weeks. It's probably a good idea to avoid sexual intercourse until the symptoms have been gone for two weeks, which will allow the inflammation to disappear completely.

You Can Prevent UTIs

There are several ways you may be able to prevent UTIs.

After urination, females

should wipe from front to back with toilet paper. After bowel movements, be sure to wipe from front to back to avoid spreading bacteria from the rectal area to the urethra. Another thing you can do to prevent bladder infections, whether you're a male or female, is to go to the bathroom to empty your bladder frequently. Avoid holding your urine for long periods of time.

Males and females should also keep the genital area clean and dry. Frequent bubble baths can cause irritation of the vaginal area. Girls are advised to take showers or baths without bubble bath. Avoid prolonged exposure to moisture in the genital area by not wearing nylon underwear or wet swimsuits. Remember that wearing underwear with cotton crotches is also helpful.

If you are sexually active, urinate within 15 minutes after intercourse, if not right after, and gently wash the genital area to remove any bacteria. Avoid sexual positions that irritate or hurt your urethra or bladder, and if you need lubrication during sex, use a veggie oil like virgin olive. Finally, drink lots of water. Six to eight glasses a day keeps your bladder active and bacteria-free. Pure cranberry juice will help keep the urine acidic, creating an

There are more than one million tubes in the human kidney.

B - FOODS & SYMPTOMS

environment unsuitable for bacteria to multiple in.

Remember, that although urinary tract infections are uncomfortable and often painful, they are very common and easily treated with self care.

You've been spending a lot of time groping your way to the bathroom. You need to go a lot. When you get there, not much happens, and if it does, it burrrnnns.

What are we talking about? A health problem that's made a special sorority out of an awful lot of American women. Five out of every ten will come down with a bladder infection at some point in their lives. Men can get them, too, but it's so rare that bladder infections, also known as urinary tract infec-

tions, are considered a female malady.

It's absolutely one of the most common.

Up to 50 percent of all women will have at least one bladder infection at some time during their lives, and 20 percent or more will have multiple infections. It's not uncommon for many women to have one or two a year.

Bladder infections are really infections of the urine itself. In most cases, it's the bladder's equivalent to a bad sunburn, with the bacteria irritating the wall of the bladder.



The single most important tip for comfort and health, drink lots of fluids.

Some women get a UTI and think, "Aha! It only burns when I go to the bathroom." They then reason that they won't have to go if they don't drink, so they don't, which is absolutely the worst thing they can do.

The reason: The longer any amount of urine stays in the bladder, the more bacteria there are in it. E. coli doubles its population about every 20 minutes.

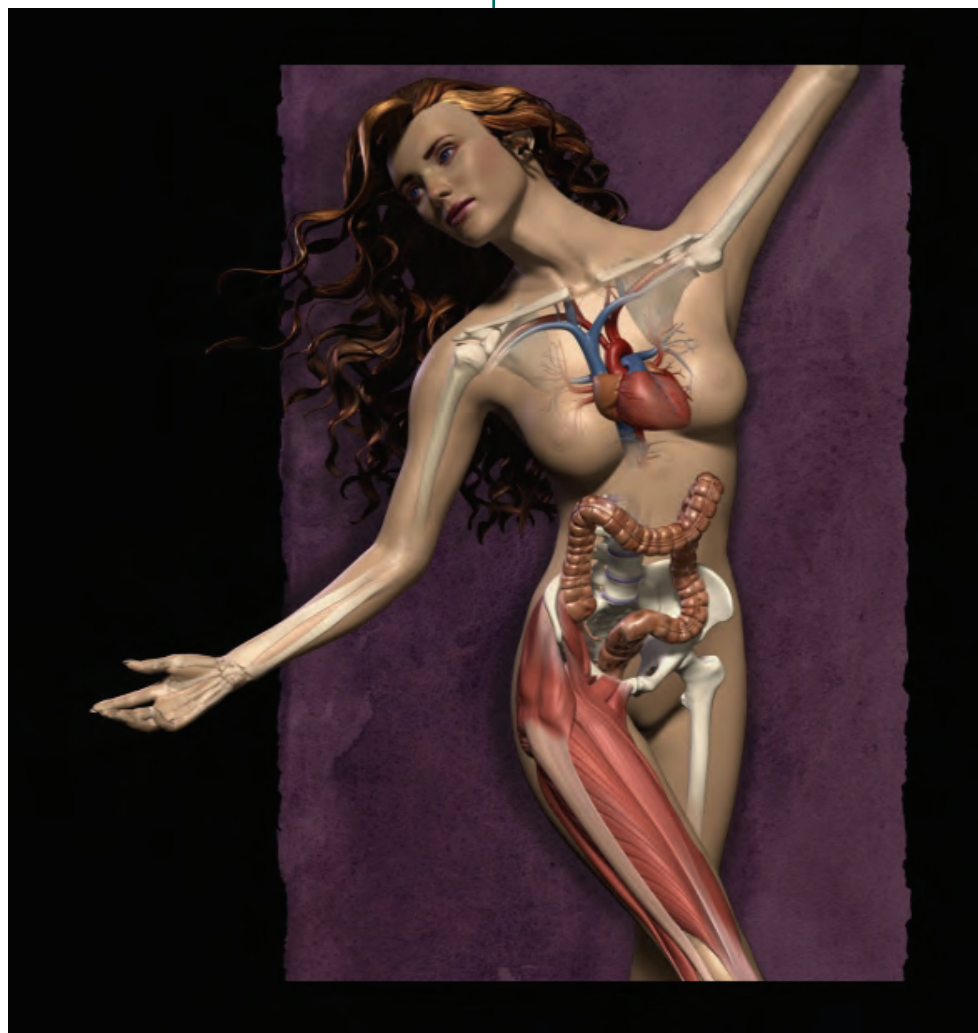
Absolutely the best thing a woman can do for the infection is drink fluids to flush out the bacteria that are causing the inflammation.

Message: The more you drink, the sooner the pain will stop. As a hint: If your urine's clear, you're drinking enough. If it's colored, you're not.

Take a hot bath. This helps relieve pain for many women. I don't think anyone's researched the exact mechanisms involved, but a hot bath often seems to help where there's inflammation.

Back away. Wiping from front to back helps prevent infection from recurring. You want to move bacteria away from, not toward, the vagina and the opening of the urethra. Wiping the wrong way is one of the most common causes of infection and a good way to get repeat infections. It is pure common sense.

Go to the bathroom before intercourse. This helps flush out bacte-



"I am not young enough to know everything."



ria that may be present in the vagina; bacteria that otherwise might be pushed into the bladder by intercourse.

Go to the bathroom after intercourse. The natural saline of urine helps to protect you.

There's no doubt that UTIs are more common in sexually active women. But that's more the result of not knowing how to protect themselves, not the sexual activity itself. If bacteria have been pushed into the bladder, urinating will flush most of them out.

Reconsider the diaphragm. There are two reasons why diaphragms have been documented as major contributors to those who have stubborn, repeated bladder infections. Bacteria colonize the diaphragm itself, which is then inserted deep into the vagina, and the diaphragm interferes with bladder emptying, which means that bacteria already there aren't flushed out.

Use pads instead of tampons. No one's absolutely certain why certain women seem more susceptible to multiple infections, but vaginal

manipulation of some sort such as sex, inserting the diaphragm, putting a tampon in, always seems to precede it.

I would advise those people experiencing chronic infection at the time of menstruation to quit using tampons and replace them with pads.

Practice good hygiene. Good hygiene means wearing cotton underwear that keeps you dry, avoiding tight pants that decrease ventilation and most of all, keeping sensibly clean.



If you don't bathe to remove bacteria in the perineal region, the region between vagina and rectum, obviously you run the risk of repeated infection. But too much can be as bad as too little. Douching constantly can both introduce bacteria into the vagina and rinse out the normal, "friendly," noninfectious vaginal bacteria. These can then be replaced with bacteria such as infectious E. coli. Irritation of the urethra may also occur, which may feel like another UTI. Strong antibacterial soaps can do the

same thing as well as change the vaginal flora enough to make the individual more susceptible to infection.

The point: *Douche to be clean, but don't be obsessed.*

BLEEDING

*Medi-Sign Target
Cabbage & Oats*

Some bleeding disorders are hereditary, such as hemophilia. Others develop as a result of nutritional deficiencies, the use of aspirin and other medications that suppress clotting and as the consequence of certain diseases, including some cancers. Most of these bleeding disorders stem from some type of thrombocytopenia, the medical term for a reduced number of platelets, which are the blood cells instrumental tool in clotting.

Symptoms can vary, but they typically include easy bruising, excessive bleeding from even minor cuts and frequent nosebleeds. Bleeding gums unrelated to dental problems are common. Women who are affected by a bleeding disorder may experience very heavy menstrual periods.



"Some physiologists contend that salt is an 'emotional stimulant'."

Treatment varies according to the underlying cause. Use of aspirin or other drugs that suppress normal platelet function or production is the most common cause of platelet abnormalities. Ceasing to take the offending medication usually solves the problem.



Nutritional Influences

In the United States, bleeding disorders due to nutritional deficiencies are uncommon although, they do occur in some situations. For example, vitamin K is necessary in order for the blood to clot normally. This vitamin is made by bacteria that live in the human intestinal tract and is also found in cabbage, potatoes, spinach and other green leafy vegetables and whole grains. Antibiotic therapy destroys the intestinal bacteria that make vitamin K, resulting in bleeding problems. Increasing intake of foods high in vitamin K may help, but more often fermented foods are the ultimate answer. Omega-3 fatty acids found in salmon and other oily fish and not plant foods, actually suppress platelet function. People who eat fish or take doses of fish oil supplements have an increased risk of developing bleeding problems. The risk is compounded if they are also taking aspirin. Vitamin C strengthens blood vessel walls and a deficiency of this nutrient can result in bleeding gums and easy bruising. Vitamin C deficiency is rare in the United States but may occur in alcoholics or people whose diet is

devoid of fruits and vegetables.

Chronic blood loss can lead to anemia, which is a blood disorder that is characterized by inadequate levels of red blood cells. An individual suffering from anemia should eat a diet full of whole food sources which supply extra folate, iron, salt and vitamins B12 and C.

These ideas work for chapped hands, cracked lips, hives, sore or bleeding nipples and weathered skin. They can also be effective in treating bleeding ulcers, excessive menstruation, intentional bleeding and pregnancy bleeding.

Eat plenty of cabbage, oats, potatoes, spinach and other whole grains, for vitamin K, which stops bleeding.



Citrus and other fresh fruits, such as vegetables, provide good amounts of Vitamin C in one's diet. The presence of which causes fermentation in the stomach, establishing a healthy gut.

Avoid alcohol, aspirin and other drugs that suppress blood platelets and clotting.

Emergency First Aid

For excessive and profuse, open-wound bleeding, nothing on earth works as well as stinging nettle. It's almost unbelievable. The next best solution is flour and a compress.

BLISTER

Medi-Sign Target
Lavender Oil

A blister is a bubble of fluid under the skin. The clear, watery liquid inside a blister is known as serum, which leaks from neighboring tissues as a reaction to injured skin. If the blister remains unopened, serum can provide natural protection for the skin beneath it. Small blisters are called vesicles. Those larger than half an inch are bullae. Blood blisters are filled with blood rather than clear fluid.

There are numerous reasons that blisters occur.

- **Irritation** – Blisters can be caused by physical factors that irritate the skin, such as extreme cold or heat, friction, which is rubbing the skin, or irritating chemicals. Blisters on the feet can result from shoes that are either too tight or rub on the skin in a particular area. Blisters also can be caused by contact dermatitis, a skin reaction to some type of chemical irritant. Intense cold can trigger frostbite, which often produces blisters once the skin is warmed again. And any type of burn, including sunburn, can produce blistering.



“The early bird gets the worm, but the second mouse gets the cheese.”

• **Allergies** – A form of dermatitis or eczema known as allergic contact dermatitis, is caused by an allergy to a chemical. A common example is contact with plants such as poison ivy, poison oak and poison sumac.



• **Infections** – One infection that causes blisters is bullous impetigo, which is an infection of the skin caused by **staphylococci**, better known as staph, bacteria. Viral infections of the lips and genital area due to the **herpes simplex virus**, types 1 and 2, also have blister-causing potential. Chickenpox and shingles, which are caused by the **varicella-zoster virus**, or VZV, and coxsackievirus infections, which are more common in childhood, can produce painful blisters as well.

• **Skin Diseases** – Numerous skin diseases cause blisters, including erythema multiform which is an inflammation of the skin commonly caused by a reaction to a medication or infection. There is a group of skin conditions that includes dermatitis herpetiformis, pemphigoid and pemphigus, that are thought to result from an immune response directed at one's own skin. This condition is also called autoimmune disease. Inherited forms of blistering skin conditions also exist, such as epidermolysis bullosa, in which pressure or trauma commonly leads

to blisters, and porphyria cutanea tarda, where sun exposure provokes blistering.

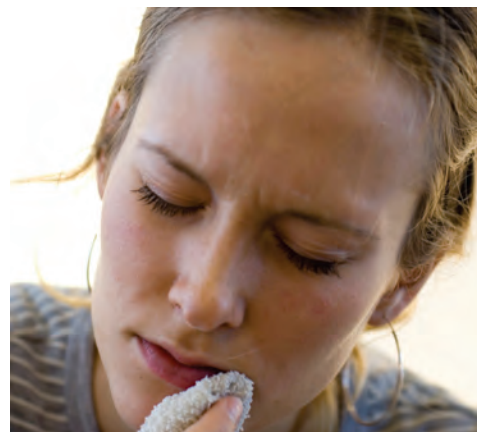
• **Medications** – Many medications, such as **nalidixic acid**, also known as NegGram, and **furosemide**, or Lasix, can cause mild, blistering skin reactions. Others, such as the **doxycycline**, or Vibramycin, can increase the risk of blistering sunburn by increasing the skin's sensitivity to sunlight. In more dramatic cases, medications can trigger more severe, even life-threatening, blistering disorders, such as erythema multiform or toxic epidermal necrolysis, also known as TEN. This is an illness that causes severe skin damage and typically involves 30 percent or more of the body's surface.

• **Infections** – When blisters are caused by an infection, the symptoms depend on the type of infection.

Examples include:

• **Bullous impetigo:** The affected skin can redden and the blisters may burst easily.

• **Herpes simplex infection:** Tiny blisters, commonly known as fever blisters or cold sores, appear when herpes simplex type 1 is present.



They typically appear on the lips, leaving the affected skin itchy, red, swollen and tingling before the blisters appear. When the blisters eventually break, they leak fluid and painful sores develop. Herpes simplex type 2 is the most common cause of genital herpes, a sexually transmitted infection, although, type 1 also can cause genital herpes. Generally, small red bumps appear before blisters develop in the affected area. Typically the vaginal area or penis, the buttocks and thighs, or around the anus are the site of a herpes outbreak. Other symptoms can include burning with urination, fever, headache and muscle aches.

• **Varicella zoster virus:** When this virus causes chickenpox, the infection starts with a diffuse, itchy rash that develops quickly into itchy blisters. Varicella zoster can also cause shingles, also known as herpes zoster. People with shingles may experience small, painful blisters that usually erupt in a linear pattern along the length of an infected nerve.

• **Coxsackie viruses:** Coxsackie virus A16 can cause a condition commonly called hand-foot-and-mouth syndrome, in which painful blisters often occur on the hands, soles of the feet and in the mouth.

Expected Duration

How long blisters last depends on their cause. For example, blisters caused by irritation generally go away within a few days without treatment. Those triggered by infections and skin diseases can remain for weeks or even months. With an autoimmune blistering disorder, blistering may be long-lasting or chronic. In skin infections, such as herpes simplex virus infection, the blisters can come back periodically.

“A simple truth is stronger than a powerful complex falsity.”

Inherited causes of blistering skin disease also are long-lasting.

Prevention

There are many simple strategies to prevent blisters caused by skin irritation. You can wear comfortable shoes that fit well with socks that cushion the feet and absorb sweat. Be careful with sun exposure if you are taking medications that are known to cause sun sensitivity, such as **doxycycline**, which is sold under many brand names. Stop taking them as soon as you can. Use mittens, hats and heavy socks to protect your skin against freezing temperatures and chilling winds during winter months. Avoid irritants and allergens that tend to trigger eczema as much as possible. These include certain hygiene products, such as bubble baths, feminine hygiene sprays and detergents, certain metals in jewelry, especially nickel and irritating plants such as poison ivy.



To prevent blisters caused by infections, wash your hands often and never touch skin sores, cuts or any open or broken areas of skin on other people. Never have sex, even with a condom with, someone with active herpes to reduce the risk of herpes simplex. Try to keep children from sharing toys and utensils that have touched another child's

mouth to avoid the spread of childhood infections. There is no known way to prevent many of the blistering diseases such as the hereditary forms and the autoimmune, or bullous, diseases.

Treatment

It is usually best to just leave the blisters alone. The blister protects the underlying skin, so breaking blisters open can increase the chance of infection. Protect them with a bandage and cover them until they heal on their own. The liquid in the blister will be re-absorbed and the skin will flatten naturally. If a blister breaks, wash the area with soap and water and apply a bandage. You may want to drain a blister and apply honey or juice from a cucumber or melon to prevent infection if a blister is very large or painful. The treatment for blisters caused by eczema, infections and other diseases varies. Some cases

of eczema can be treated topically with curry. Herpes simplex infections and shingles, also known as herpes zoster, are sometimes treated with crushed garlic and olive oil.

Chickenpox and coxsackievirus generally are left to go away on their own. The itching caused by chickenpox can be relieved with water and baking soda. Medication must be discontinued immediately if it is

causing a medication-related erythema multiform.

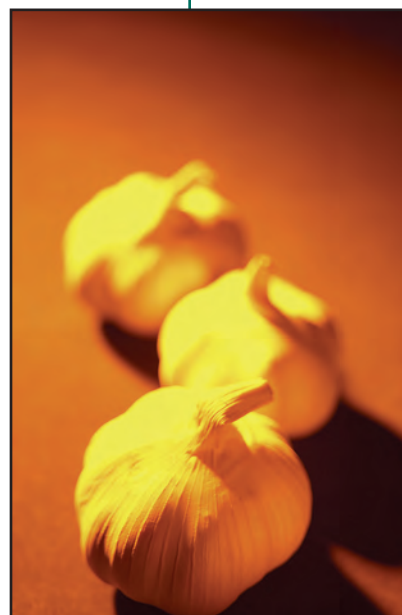
In many cases, blisters will disappear when the cause is removed or the infection has gone away, usually in a matter of days or weeks. In most herpes infections, fever blisters on the lips or genital herpes can return in the same spot weeks, months or even years after the first blisters appear.



The essential oil of lavender is thought to regenerate skin cells, speeding healing from a blister. Lavender is one of the few essential oils that you can apply directly to the skin without diluting it in a messenger oil. Just put a few drops of pure oil, not fragrance or perfume, on the blister and cover it with an adhesive bandage. Apply the oil two or three times a day until the blister is healed.

Hydro-healing

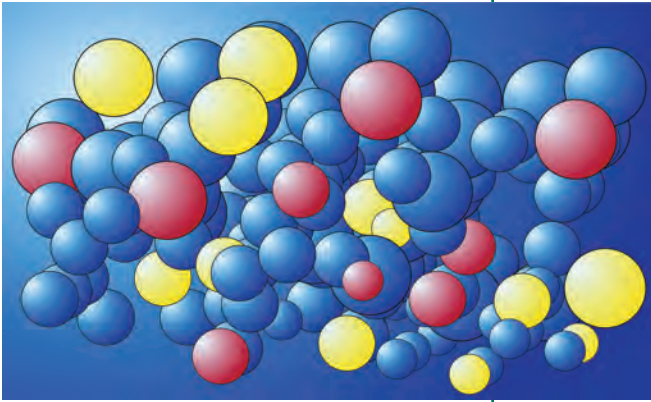
Putting a cool washcloth on the area can help relieve the pain, itching or general discomfort of a blister.



“I would love to speak a foreign language but I can't. So I grew hair under my arms instead.”

BLOOD SUGAR

*Medi-Sign Target
Cinnamon & Cinnamon Tea*



The blood sugar level is the amount of sugar, or glucose, in the blood. It is also known as the serum glucose level and is expressed as millimoles per litre, abbreviated, mmol/l.

Blood glucose levels normally stay within narrow limits throughout the day at about four to eight mmol/l, but are higher after meals and usually lowest in the morning. The blood sugar level moves outside these limits if a person has diabetes. Even with good control of diabetes, the blood sugar level will still at times drift outside this normal range.

Why control blood sugar levels?

For reasons that are not well understood, when very high levels of blood glucose are present for years, damage of the small blood vessels can occur.

This in turn increases your risk of developing late-stage diabetes complications such as:

- Retinopathy (*eye disease*)
- Nephropathy (*kidney disease*)
- Neuropathy (*nerve disease*)
- Cardiovascular disease, such as *heart attack, heart failure, hyperten-*

sion, stroke and problems caused by poor circulation, such as gangrene, which is present in the worst cases.

With Type 1 diabetes, these complications may start to appear 10 to 15 years after diagnosis.

Type 2 diabetes is often present for years before it is recognized and diagnosed, meaning that a person could experience complications much sooner than 10 years after they find that they have this disease.

You significantly reduce your risk of these complications by stabilizing the blood sugar level. It can be done easily with a whole food diet and exercise.

Most people with Type 2 diabetes don't need to carry out regular blood glucose checks

This is because while good control of diabetes is important, cardiovascular complications, such as angina, heart attack and stroke, are the main cause of serious illness and death in



people with this type of diabetes.

People with Type 2 diabetes will benefit from clearing factors that contribute to their cardiovascular risk by:

- Controlling blood pressure more rigorously with water and walking.
- Lowering cholesterol levels by not eating meat.
- Increasing or starting exercise.
- Stopping smoking.
- Eating whole food fibers.

One of the easiest things you can do to improve blood sugar and increase insulin is to add up to a half-teaspoon of cinnamon to your diet each day.

Some of the research highlights about the cinnamon-blood sugar connection are the following:

- A human study published in Diabetes Care looked at 60 people with type 2 diabetes, 30 men and 30 women with an average age of 52. They were divided into six groups. Groups one, two and three consumed one, three or six grams of cinnamon daily. Groups four, five and six, on the other hand, were given placebo capsules corresponding to the number of capsules consumed for the three levels of cinnamon.

After 40 days, all three levels of cinnamon intake reduced fasting blood glucose ranging from 18 to 29 percent, triglycerides 23 to 30 percent, LDL cholesterol seven to twenty-seven percent and total cholesterol 12-26 percent.

- The researchers concluded that,

"Stupid is as stupid does." -Forest Gump

B - FOODS & SYMPTOMS

“The results of this study...suggest that the inclusion of cinnamon in the diet of people with type 2 diabetes will reduce risk factors associated with diabetes and cardiovascular diseases.”

- The active insulin-enhancing compounds in cinnamon are found in the water-soluble portion and not the oil. Not only have they been found to increase glucose metabolism by up to 20-fold, but they also have oxidation protection activity.



More Health Benefits of Cinnamon

Cinnamon increases vitality and balances energy. It is particularly good for people who tend to have a hot upper body and colder lower body. I see this quite often, especially among women entering menopause.

Symptoms are flushed face, sweating, insomnia with cold and dry legs and feet.

Cinnamon improves the digestion of fruits, milk, and other dairy products.

Cinnamon is also good for anemia, arthritis, bloating, diarrhea, gas, painful menstrual periods and poor digestion.


If you're pregnant or breast-feeding, don't take extra cinnamon then the amount normally found in food.

Helpful Foods & Herbs

- 👍 All fruits
- 👍 Beets
- 👍 Broccoli
- 👍 Chili (*cayenne*)
- 👍 Citrus fruits

- 👍 Dandelion
- 👍 Fennel
- 👍 Fenugreek seed
- 👍 Flaxseed
- 👍 Ginseng
- 👍 Goldenseal
- 👍 Guar seed
- 👍 Guava
- 👍 Licorice root
- 👍 Navy beans
- 👍 Nutritional yeast
- 👍 Nuts
- 👍 Parsley
- 👍 Parsnips
- 👍 Potatoes
- 👍 Spinach
- 👍 Strawberries
- 👍 Sweet peppers
- 👍 Water
- 👍 Wheat bran
- 👍 Wheat germ
- 👍 Whole grains

“The statistics on sanity are that one out of every four Americans is suffering from some form of mental illness. Think of your three best friends. If they're okay, then it's you.”




Cinnamon Tea

1/4 tsp	Ground Cinnamon
1 cup	Boiling water
	Black tea bag (optional)
	Stevia (optional)

Place the cinnamon in a cup. Add the boiling water and steep for 10 minutes. Sweeten with honey/stevia if desired.

The active compounds aren't lost with heating, so you can also try adding cinnamon to water before heating and boiling them together.



- If you don't like the look or texture of tea made with ground cinnamon, try making a tea by bringing water to a boil with a piece of cinnamon bark added to it.

- Try sprinkling cinnamon on salads, oatmeal or fruit, like peaches and bananas.




Dia-Beet-Ease

1 slice	Beet
1 bag or tsp	Ginseng
1/2 teaspoon	Cinnamon

Boil water, add everything and steep for 10 minutes.






"Sweet Stability"

1-2 cups	Pure Water
1 small	Apple
1 Tbsp	Nutritional Yeast
2 Tbsp	Bran, Oat or Wheat
2 Tbsp	Wheat Germ
2 Tbsp	Sunflower or Pumpkin Seeds
1/2 cup	Orange Juice
pinch	Stevia Powder

First, blend the small apple (or half of a big one) in the water. Then add the remaining ingredients one or two at a time.



This smoothie is loaded with fiber from the apple and bran, chromium support from yeast, vitamin C and wheat germ. Sunflower seeds provide long-term energy enhancing the blood's ability to maintain its sugar. Stevia is a naturally sweet herb that is unrelated to sugar and does not affect blood glucose levels.



Plumb Bob the Sugar Leveler

4 oz	Tomato Juice
2 oz	Celery Juice
2 oz	Spinach Juice
2 oz	Artichoke Juice
1 oz	Asparagus Juice
1 oz	Alfalfa Sprouts Juice
1 oz	Lemon Juice
2 Tbsp	Tamari
1 tsp	Flaxseed Oil



This powerful elixir is loaded with the healing potential to keep your blood sugar balanced. Pick ripe tomatoes since they will make for a better tasting drink. Tamari is a natural soy sauce available in health food stores, and its saltiness helps counter cravings for sugar.

Beans and Blood Sugar

The plentiful soluble fiber in beans is a boon to your blood sugar. Beans can help you balance blood sugar levels while providing steady slow-burning energy if you have insulin resistance, hypoglycemia or diabetes. The fiber in beans keeps blood sugar levels from rising too rapidly after a meal.

BLUEBERRY

*Medi-Sign Target
Brain & Visual System*

The most intriguing news about blueberries is that they can actually reverse the loss of short-term memory that happens as we age. They also act as an unusual type of pro-biotic by blocking attachment of bacteria that cause urinary tract infections. They contain chemicals that curb diarrhea and also have viral activity and are high in natural aspirin.

BLUEBERRY HEALTH BENEFITS RECEIVES BIG PRAISE IN SCIENCE STUDIES AND MEDIA

Natural Blues are the Right Color to Bring out Your Best

Want to retain your memory? Try a blueberry. Want to lower your risk factors for some cancers? Make blueberries part of your diet. How

about a great natural source of nutrients for optimum health? That's right, true blues.

The long list of health benefits associated with blueberries is becoming as well known among the general public as it has been for many years in the health and research communities and with professional growers. From Newsweek to the Wall Street Journal and beyond, it's almost impossible now not to hear something good, make that great, about blueberries! Of course Grandma knew this all along.



For easy reference, the list from many sources of reported blueberry benefits includes:

- Improved vision
- Clearing arteries
- More nutrients for disease protection
- Strengthening blood vessels
- Enhanced memory
- Stopping urinary tract infections
- Reversing age-related physical and mental declines
- Promoting weight control.

Oxidation Protection Researchers at the USDA Human Nutrition Center (HNRCA) have found that blueber-

"One way to relieve a migraine headache is to soak your hands in hot water."

“If we knew what we were doing, it would not be called research, would it?” -Albert Einstein

ries rank number one in nutrient activity when compared to 40 other fresh fruits and vegetables. Anthocyanin is the pigment that makes the blueberries blue and is thought to be responsible for the major health benefit of preventing cancer.

Blueberries and Eyesight

A number of studies in Europe have documented the relationship between bilberries, the European cousin of blueberries, and improved eyesight. The improved eyesight is thought to be connected with the anthocyanin in the blue pigment which is also available in the blueberry. One study in Japan documented that blueberries helped ease eye fatigue.

With flavors that range from mildly sweet, to tart and tangy, blueberries are natural stars bursting with nutrition and flavor while being very low in calories. This fruit is in season and at its best from May through October.

Blueberries are the fruits of a shrub that belong to the heath family. Other related bushes include the cranberry and bilberry as well as the azalea, mountain laurel and rhododendron. Blueberries grow in clusters and range in size from that of a



small pea to a marble. They are deep in color, ranging from blue to maroon, to purple-black and feature a white-gray waxy “bloom” that covers the surface serving as a protective coat. The skin surrounds a semi-transparent flesh that encases tiny seeds.

History

Native to North America, blueberries grow throughout the woods and mountainous regions in the United States and Canada. It is rarely found growing in Europe, and only recently was introduced in Australia.

About 30 different species of blueberries exist, with different ones growing throughout various regions. For example, the Highbush variety can be found throughout the Eastern seaboard from Maine to Florida. The Lowbush variety is found growing naturally throughout the Northeast and Eastern Canada, while the Evergreen variety extends throughout states in the Pacific Northwest.

Blueberries played an important role North American Indian food culture, being an ingredient in pemmican, a traditional dish composed of the fruit. They were not, however, consumed in great amounts by the colonists until the mid-19th century. This seems to be related to the fact that people did not appreciate their tart flavor.

Blueberries were not cultivated until the beginning of the 20th

century, becoming commercially available in 1916. Cultivation of blueberries was spearheaded by a botanist at the United States Department of Agriculture who pioneered research into blueberry production. His work was forwarded by Elizabeth White, whose family established the first commercial blueberry fields.

BODY LANGUAGE

A real social skill

Up to 93 percent of communication is non-verbal. This form of communication includes eye movement, facial expressions, hand gestures, posture, tone of voice and more. The presence of body language can be especially felt in emotional situations, as the messages behind body language usually prevail over the worded message.

The eyes communicate more than any other part of the human anatomy. Staring or gazing at others can create pressure and tension in the room. Gangs have fought over the way someone looked at them.



Research suggests that individuals who can routinely out gaze another develop a sense of control and power over others not so inclined. Maintained eye contact can show if a person is caring, sincere and trustworthy. Shifty eyes or too much blinking can suggest deception. People with eye movements that are relaxed and comfortable, yet attentive to the person they are conversing with, are seen as more sincere and honest.

Eyebrows. Certain muscles draw the eyebrows down and toward the center of the face if someone is annoyed. If a person is empathetic and caring during dialogue the eyebrows will not show the annoyed facial grimace.

Smiles. There are 50 or so different types of human smiles. By analyzing the movements of over 80 facial muscles involved in smiling, researchers can tell when a smile is true. Look for a wrinkle in the skin at the middle, outside corner of the eyes and if it is not there, the smile is probably fake. Authentic smiles are smiles that “crest” or change



rapidly from a small facial movement to a broad open expression, of course we’re natural experts at this.

Bodily cues are the most reliable of all nonverbal signals of deception. This is because a person generally has less conscious control over these than other signals. Hand-to-face gestures and shrugs are strong markers of deception. Playing with or touching things nearby during conversations has been found to be associated with deception. Deceivers also are likely to have increased illustrator activity, which is quick, animated use of hands or arms during speech.

Vocal cues can predict deception. More and lengthier pauses during conversation or a lot of sounds such as “uh,” and “um,” as well word repetitions are all signs that the person is nervous for some reason. Less lengthy answers or explanations where they would be expected to be are also signs a person is not being truthful.

Space is important. Personal space is needed and if it is invaded intentionally and at times by oversight can cause an individual to feel uncomfortable or threatened. Studies have shown that individuals that do not respect others space are less popular and often rejected.

Gestures communicate. Hand signals can communicate without the use of any speech. Touching communicates. Touching can be friendly or it can be aggressive. The way a person stands reflects their level of confidence and comfort level.

Examples of Body Talk

Brisk, erect walk...

Displays confidence

Standing with hands on hips...

Conveys readiness or aggression

Sitting with legs crossed, foot kicking slightly..

Signals boredom

Sitting, legs apart...

Shows one is open and relaxed

Arms crossed on chest...

Portrays defensiveness

Walking with hands in pockets and shoulders hunched...

A sign of dejection



Hand to cheek....

Can portray evaluation and thinking

Touching or slightly rubbing one’s nose...

Can infer rejection, doubt or lying

Rubbing the eye...

Can be from doubt or disbelief

Hands clasped behind back...

Signals anger, apprehension or frustration

Locked ankles...

Can also be a sign of apprehension

Brainwaves come in four lengths: alpha, when we let go of anxiety; beta, when we puzzle over problems; theta, when we come up with bright ideas; and delta, when we sleep.

“My father carries around the picture of the kid who came in his wallet.” -Rodney Dangerfield

Head resting in hand with down-cast eyes...

Signals boredom

Rubbing hands...

Shows anticipation

Sitting with hands clasped behind head and legs crossed...

Beams confidence and superiority

Open palm...

Portrays innocence, openness and sincerity

Pinching bridge of nose with eyes closed...

Can be a sign of a negative evaluation

Tapping or drumming fingers...

Conveys impatience

Steepling fingers...

Shows that one is authoritative

Patting or fondling hair...

Is usually a sign of the lack of self-confidence or insecurity

Tilted head...

Shows interest

Stroking chin...

Says that a person is trying to make a decision

Looking down or turning away one's face...

Suggests disbelief

Biting nails...

Hints to insecurity or nervousness

Pulling or tugging at ear...

Conveys indecision



Eye contact is one of the most important aspects of dealing with others, especially people we've just met. Maintaining good eye contact shows respect and interest in what they have to say. In the United States, we tend to keep eye contact around 60-70 percent of the time. By doing this you won't make the other people feel self-conscious, like they've got a bit of vegetable stuck between their teeth or a dew drop hanging from the nose. Instead, it will give them a feeling of comfort and genuine warmth in your company, any more eye contact than this and you can be too intense, any less and you give off a signal that you are lacking interest in them or their conversation. Be aware however, that there are wide cultural differences in the politeness of eye contact, so be careful in other countries.

Posture is the next thing to master. If you get your posture right, you'll automatically start feeling better. Next time you notice that you're feeling a bit down, take a look at how your standing or sitting. Chances are you'll be slouched over with your shoulders drooping down and inward. This collapses the chest and inhibits good breathing, which in turn can help make you feel nervous or uncomfortable.

Head position is a great one to experiment with on yourself and others. When you want to feel confident and self-assured keep your head level both horizontally and vertically. You can also use this straight head position when you

want to be authoritative and what you're saying to be taken seriously. Conversely, when you want to be friendly and in the listening, receptive mode, tilt your head just a little to one side or other. You can shift the tilt from left to right at different points in the conversation.



Arms give away the clues as to how open and receptive we are to everyone we meet and interact with, so keep your arms out to the side of your body or behind your back. This shows you are not scared to take on whatever comes your way and you meet things "full frontal." In general terms, the more you use





Legs are the furthest point away from the brain. Consequently they're the hardest bits of our bodies to consciously control. They tend to move around a lot more when we are nervous, stressed or being deceptive. It's best to keep them as still as possible in most situations, especially at interviews or work meetings. Also be aware of the way you cross your legs. Do you cross at the knees, ankles or bring your leg up to rest on the knee of the other? This is more a question of comfort than anything else. Just be aware that the last position mentioned is known as the "Figure Four" and is generally perceived as the most defensive leg cross, especially if it happens as someone tells you something that might be of a slightly dubious nature or moments after. As always, look for a sequence or pattern in body language.

your arms with big movements, the more outgoing you are. The quieter you are, the less you move your arms away from your body. Try to strike a natural balance and keep your arm movements midway.

When you want to come across in the best possible light, crossing the arms is a no, no in front of others. Obviously, if someone says something that gets your goat, then by all means show your disapproval by crossing them!



The angle of the body in relation to others gives an indication of our attitudes and feelings towards them. We angle toward people we find attractive, friendly and interesting and angle ourselves away from those we don't. It's that simple!

We often just tilt from the pelvis and lean sideways to someone to share a bit of conversation. For example, we are not in complete control of our angle at a movie theater because of the seating, nor at a concert when we stand shoulder to shoulder and are packed in like sardines. In these situations we tend to lean over towards another person.

Hand gestures are so numerous, making a brief guide hard to create. When the palms are slightly up and outward, the gesture is seen as open and friendly. Palms-down gestures are gener-

ally seen as dominant, emphasizing and possibly aggressive, especially when there is no movement or bending between the wrist and the forearm. The placement of the palm is very important when it comes to handshaking and where appropriate we suggest you always offer a handshake upright and vertical to convey equality.

Distance from others is crucial if you want to give off the right signals. Stand too close and you'll be marked as "pushy" or "in-your-face." Stand or sit too far away and you'll be "keeping your distance" or "stand-off-ish." Neither is what we want. It's best to observe a group to gauge how closely all the other people are standing to each other. Also notice if you move closer to someone and they back away, you're probably in their personal space, or comfort zone a bit too much. "You've overstepped the mark" and should pull back a little.



Even your ears play a vital role in communicating with others. While most people can't move them much, if at all, it is how you use them that is important. "You've got two ears and only one mouth, so try to use them in that order." If you listen twice as much as you talk you come across as a good communicator who knows how to strike up a balanced conversation without being me, me,

"You know Lloyd, just when I thought you couldn't get any dumber, you go and do something like this..."
AND TOTALLY REDEEM YOURSELF! - Dumb and Dumber

me or the wallflower. Unless people really want only you to talk, try listening to others as well.



Mouth movements can give away all sorts of clues. We purse our lips and sometimes twist them to the side when we're thinking. We may also use this movement to hold back an angry comment that we don't wish to reveal. Nevertheless, it will probably be spotted by other people and they will get a feeling that you were not too pleased. There are also different types of smiles and each gives off a corresponding feeling to its recipient.

BODY ODOR

Medi-Sign Target
Use Olive Oil, Salt & Peppermint as a Body Scrub



Conventional wisdom suggests that perspiration is the cause of body odor. However, perspiration by itself is basically odorless. It is the bacteria and odors coming from other sources that are the real cul-

prits. Anaerobic bacteria, which flourish when your body doesn't have enough oxygen, may well be the cause of your body odor. As the body's metabolism goes to work, it gives off odors. This is the body's way of ridding itself of waste products. Any imbalances in metabolism will result in stronger odors.

While talking about waste products, you must consider toxins as a possible cause of body odor. In today's world we are bombarded with toxins in the air, our food and homes that accumulate in the body when the organs of elimination cannot dispose of them. The liver and intestines may be clogged up, causing odors to emanate from the body. I suggest a thorough detoxification program by cleansing the colon, liver, and kidneys.
(See: Liver Detox)

Other causes of odor may be dietary imbalances resulting in constipation or a deficiency of magnesium or zinc. Some people who eat large quantities of meat or who are junk-food vegetarians have a very distinctive body odor which can be quite offensive due to variations in people's body chemistry. Some individuals cannot metabolize foods containing large amounts of choline, such as fish, liver and other animals. The result is a repulsive smell. If you believe you are one of these people, eliminate these foods from your diet and see if the odor ceases. Certain foods and drinks, such as alcohol, certain spicy foods, coffee, curry, garlic, and onions are also prime causes. Fried and baked goods may contain rancid fats and

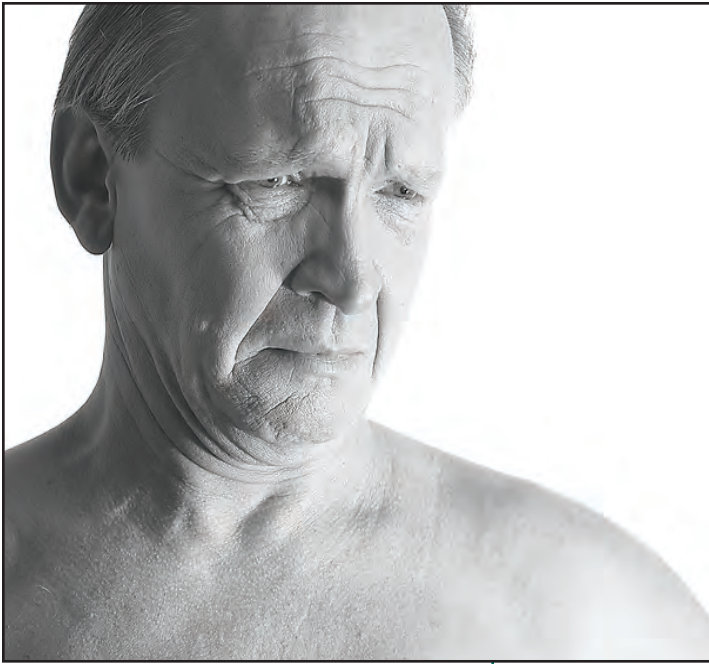
oils that lead to body odor. Nearly all of this can be remedied by daily showers, drinking lots of water, eating high fiber foods and walking to keep the colon clean. Try having a colonic or even home enema's work.



Sweat glands, or apocrine glands, under the arms and in the groin secrete a substance that is the major cause of body odor not related to food or drink. This substance, made of carbohydrates, lipids and protein, is often secreted by a surge in sex hormones caused by tense moments or emotional stress. This substance is quickly joined by bacteria, causing odor. Children today are starting puberty much earlier, and this change in hormones may lead to body odor in children younger than in previous times. Estrogen dominance may trigger the earlier puberty and is often caused by petrochemical products. Drinking sodas out of plastic bottles is one of the leading causes of estrogen dominance.

There may also be underlying causes of excessive sweating, such as diabetes, emotional stress, such as anger, fear and excitement, liver disease, low blood sugar, menopause, metabolic dysfunction and parasites. Excessive sweat may be on the forehead, palms, soles of the feet or the underarms.

“A study in the Washington Post says that women have better verbal skills than men. I just want to say to the author of that study: ‘Dub.’”



Some other possible cause of body odor:

- Kidney disease
- Liver disease
- Fungal infections
- Refined sugar and synthetic sweeteners feeds bacteria and fungus on the skin

Dietary

Dietary changes are also very important in eliminating various sources of odor. Certain drinks such as coffee and hard alcohol and foods like exotic spices, garlic, meat and onions can lead to body odor. Try eliminating these from your diet for a week or two and see if this makes a difference. Although you can usually smell your own body odor, many people don't realize they have a problem because they have become accustomed to it. Have someone you can confide in do a "smell test" before and after you start eliminating certain foods. That may be the only way you will find out. Garlic, onions and spices are very healthful and wonderfully delicious foods, however, if you find they are the cause of body odor, try drinking one teaspoon of bicarbonate of soda in eight ounces of water

after your meal. Eating sprigs of parsley also eliminates garlic and onion odor.

Tobacco

Tobacco use is a major cause of body odor. Not only does it come back through your lungs, but it comes through the skin. It is likely that it mixes with other elements in your body's chemistry to

create a distinct odor. If you stop smoking, it may take several weeks for the body to rid itself of odor causing substances.

Remedies

Alcohol or Witch Hazel: Wipe your armpits with grain alcohol or witch hazel instead of deodorant.

Alum: Stop using antiperspirants. They clog your sweat glands and contain aluminum chlorohydrate, which may lead to future health problems.

Apple Cider Vinegar: Apple cider vinegar eliminates under arm body odor when used in place of deodorant because it reduces the pH of the skin. Bacteria can't live in areas with low pH.

White Vinegar: Place some on a cotton ball and apply to the underarms instead of deodorant. The vinegar smell is gone in minutes and you should be smell-free all day.

Baking Soda: Baking soda, the odor-eating standby, can be used instead of deodorant. Just apply the powder to your dry armpits. It will

kill bacteria and help absorb perspiration. Cornstarch can also be used instead or mixed with the baking soda.

Alfalfa or Parsley: Chewing alfalfa, parsley and other leafy greens will help neutralize body odor. This is probably due to the deodorizing effect of the chlorophyll.



Radishes: Juice about two dozen radishes, add one-fourth of a teaspoon of witch hazel and put in a squirt or spray-top bottle. Use as an underarm deodorant or to reduce foot odor.

Rosemary Oil: It's an excellent deodorizer. Put eight to ten drops of the essential oil in one ounce of water and apply it where needed.

Sage: Drinking a cup of sage tea daily to reduce sweat gland activity can work wonders. This is especially true for those who perspire excessively due to tension. Use one and a half teaspoons of dried sage or two tea bags in one cup of water and steep for ten minutes. Drink in small doses throughout the day.

- Fresh sage leaves blended with tomato juice has also been found to be very effective.

"May the force be with you."

"I come from a stupid family. During the Civil War, my great Uncle fought for the West!" -Rodney Dangerfield



Tea Tree Oil: Deodorizes. Make a deodorant by putting two drops of the essential oil into one ounce of water and apply where needed.

Turnip Juice: Turnip juice will reduce underarm odor for up to 10 hours. Grate a turnip and squeeze the juice through cheesecloth until you have two teaspoons. Wash your armpits first and vigorously rub one teaspoon of the mixture on each one.

Wheat Grass: Drinking two ounces of fresh wheat grass does the trick. The chlorophyll will dramatically reduce body odor.

The Inside Job

Start off by drinking six ounces of tomato juice per day for one week. Cut down to 12 ounces every two to three days the following week. Once the odor has cleared, drink this juice on an as needed basis. The salt in this juice evens out the PH balance as well.

Be a Ginger Binger

Get one big piece of ginger and mash it up. Put it in a handkerchief or anything so you can squeeze to get the water from it. After showering, apply it under your armpit with cotton. Body odor should disappear within two weeks. Save the ginger water in the refrigerator after every time you use it.

Be Lemony Fresh all Day

Take a lemon and cut it in half and place it over the part of the body that the odor is coming from. You can use this on the hands, under-arms or the entire body. Leave it on or shower it off, whichever works best for you!



BODY TYPES/SHAPES

It has always been assumed that men have a much easier time with their bodies than women do. Even in many male magazines the emphasis is still on the perfectly formed female body rather than the man's. The critics often point out that the stereotype of, "men look and women are looked at," are continually reinforced as a result.

More recently research has indicated a change in the way men and women are starting to view the male physique. One psychological investigation found that the average man is feeling a bit intimidated by the images surrounding them. Researchers say that the expansion of male pin-ups,



Body Odor Spray

3 Tbsp	Vanilla Extract
1 C	Water
1 tsp	Grain Alcohol

In a bottle (spray, preferably) put the specified amount of ingredients in the bottle and shake. After bathing/showering, spray this all over and smell like vanilla all day! (Great to put on you clothes too!) It's very pleasing.





advertising products from underwear to aftershave has been making ordinary men feel inferior and uncomfortable about their bodies, in the same way that female models have made women feel for decades.

The study found that the emphasis on the muscular body had originated in the gay community and transferred into the mainstream over the last 10 years. Women were now being invited to look on men purely for their physical attributes as part of an equally "look-ist" or superficial consumer culture. More gay men said they felt the pressure to conform to the images. Others said they believed women did not place as much importance on physical attraction as men.



of body shape with personality type has long been viewed with skepticism at best.

Can body shape be changed?

Dissatisfaction with body shape is one of the main reasons men vary their lifestyle. Usually this involves diet change and exercise but increasingly may involve cosmetic surgery. Pectoral implants, jaw enhancements and liposuction are becoming more commonplace. For those more interested in lifestyle change the activities you choose will have some effect on your morphology, with "morph" meaning "shape."

"Now you wouldn't believe it if I told you, but I can run like the wind blows." -Forrest Gump

THREE BODY SHAPES

Your body shape will basically fall into one of these three categories:

- **Ectomorph:** characterized as tall and slim or thin.
- **Endomorph:** rounded and with a generous waist size.
- **Mesomorph:** muscular and athletic looking.

There was a time when personality

was thought to be associated with body shape. Ectomorphs were considered to be quiet and morose individuals, endomorphs rather jolly and mesomorphs a bit on the crude and vulgar side. Charles Dickens used these characteristic when creating the personalities in his works. Of course, these traits can be found to fit particular people with certain body types, although anyone can display these characteristics, no matter what their body type. Not surprisingly, this simple association

The Slim Look

Aerobic exercises that involve all the muscle groups such as running, swimming and yoga are useful. Employing a steady rate of exercise and avoiding rapid bursts of activity are thought to be important.

The Muscular Look

Isolating each muscle group in turn and operating on a principle of short explosive bursts of activity is a basic principle. Weight-bearing exercises and repeated cycles within

“If a man stands in the middle of the forest speaking and there is no woman around to bear him...is he still wrong?”



a given muscle group are necessary, as is relaxation after no more than seven repetitions.

The Well-Rounded Look

Do not avoid exercise and do not eat too much.

As men get older their metabolism slows down. Fat likes to gather around the belly of men and while it deposits easily, this fat can be incredibly hard to shift.

The middle-age spread can be tackled with a sensible mix of exercise and healthy eating. Most men will see fairly dramatic improvements over time, particularly if they also concentrate on posture.

Differences between men and women

For women, body fat is the critical issue. For men fat

and muscle tend to be equally important. For a thin man, it is quite possible to be too thin and too fat at the same time in the sense that he has both less muscle and more fat than he would like. As a result of the motivation to reduce fat and increase muscle men's weight-change strategies are not always as healthy as they might be. Steroid use and other muscle enhancers for example are not healthy choices. Doping is as common as breathing these days.

Body Shapes for Women

Being female has never been easy, especially when you consider the traps and tortures inflicted on girls and women for the sake of someone's idea of beauty. Here's a look at some of the life-threatening ways girls and women have tried to reshape themselves.

Feet

Starting in the eleventh century, the Chinese practiced foot-binding on female infants in wealthy families.

The feet were tightly bound to prevent growth. The toes sometimes dropped off and a deep cleft formed between the heel and the front of the foot. These unnaturally small feet were considered a sign of beauty. Foot-binding was done to distinguish natural-footed working women from wealthy women of leisure, whose bound feet confined them to the house because walking was so painful. This practice was outlawed in the 20th century.

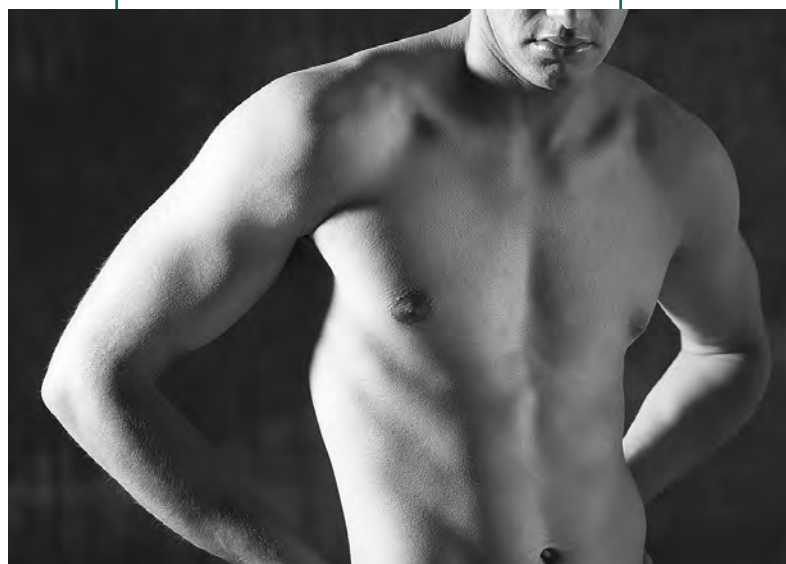
Waists

In the late 1800s, some women had their two lowest ribs surgically removed. This way, with the help of a corset, they could achieve an even smaller waist than women who had a normal number of ribs.

Breasts

During the 1960's, some American women had liquid silicone injections to enlarge their breasts. This dangerous procedure often backfired as the silicone would solidify and travel through the body, causing infections and odd lumps in surprising places. Today, some women have saline-filled pouches surgically implanted beneath their natural breasts to push them forward. The risks of this kind of surgery include pain, infection, leaking implants, a

build-up of scar tissue and an implant tightening up so that the breast appears deformed. Also, implants do not last forever. Many rupture or deflate within a few years, or sometimes just a few months, and additional surgery will be required. Some women have died due to complications of this procedure.





Necks

Among the Padaung women of Burma, long necks are signs of beauty. Young girls wear brass or iron rings around their necks in order to stretch them. Beginning with five rings when the girl is young, the number increases to a total of 22 in adulthood. The bones of the neck are pulled apart and the rings can never be removed without the risk of death. These “beautiful” necks are stretched to lengths of 14 inches.

Lips

In Africa, girls of the Sras Djunge begin to stretch their lips by implanting wooden disks at the age of four. As the girls grow, they use larger disks and their lips stretch so far that they are barely able to talk and can consume only liquids.



Some lips measure over 15 inches long.

Body Weight

Today, many American girls and women starve themselves in the name of beauty. Many people believe that an obsession with body weight, especially in the media, is why so many girls develop eating disorders, which there are a number of different kinds.



Anorexia nervosa is an eating disorder characterized by self-starvation. Bulimia is when a person eats but later throws up the food, which can actually be healthier depending on what was eaten. It’s a disorder if you have no control over it.

All kinds of eating disorders include unhealthy attitudes toward food and a poor self-image and all are dangerous. The dangers include dental problems, heart problems, malnutrition, an increased risk for such diseases as diabetes and arthritis and even death. Thousands of girls and women die of eating disorders each year. If your own feelings about food and your body have begun to worry you, or if you are worried about a friend, tell someone you trust. Reaching out is the first step toward health.

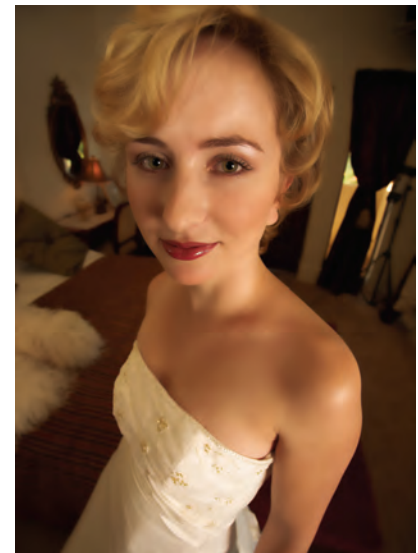
Food For Thought

- Fat was once called “the silken layer.”

- The Victorians associated plumpness with health, attractiveness and a happy outlook.

- Fat is a sign of fertility. The soft roundness of a woman’s belly, breasts, hips and thighs are a sign that she is a fertile adult.

- This soft, female roundedness has been considered attractive and desirable in most cultures throughout most of human history.



- Ultra-skinny models weigh 25 percent less than the average American woman.

- Models in magazines can look very different in real life. In magazines, lighting, clothing, make-up, photo re-touching and other special effects contribute to an unreal look.

- Surveys show that women tend to be much more critical of other women’s bodies than men are.

- If Barbie the doll were a human, she would probably have to crawl on all fours, because her tiny feet could not support her long legs and oversized chest, and I love it! *Just kidding, kinda.*

- Real bodies come in every shape and size.

“How can I possibly be expected to handle school on a day like this?”

B - FOODS & SYMPTOMS

In one perspective there are six basic, body-shape frames that ladies fall into.



The “A Frame”

The “A Frame” lady is also known as the “Spoon Shape.” These individuals carry extra weight in the lower region of the body, mainly in the hips, thighs and buttocks, while their waist and bust are small. Balance needs to be met by widening the shoulder girth and the back.

Cardio – This body type should zone in on lower body cardio to rid the excess weight in the lower region, such as walking, cycling, or use of the elliptical machine. Resistance training should be kept light to moderate. Avoid the stepper, as it can build more size to the legs.

Resistance Training – To bring balance and harmony, add more poundage to the Shoulder Presses, Lateral Raises and Pulldowns. Keep your repetitions on the lower end for your upper body, anywhere in the six to eight range.

The “V Frame”

The “V Frame,” also known as the “Cone Shape” lady, has shoulders that are two or more inches wider than her hips. She usually has large

bust, narrow hips and thin legs. Balance needs to be met by bringing the lower body up to speed with the upper body.

Cardio – The stepper is a good form of cardio to burn calories and add thickness to the legs. The treadmill on an incline is also suitable, but this body type is best to avoid

the elliptical machine, as it will lean the legs up too much.

Resistance Training – To increase leg size, concentrate on quality thigh training. Basic power movements should compose the bulk of your leg exercises, such as Squats, Leg Presses and Stiff Deadlifts. Shaping exercises such as Extensions and Lunges are good finishers. Use moderate to heavy poundage and keep the repetitions on the lower end in the six to eight range.

The “H Frame”

The “H Frame” lady has an athletic build, but has a large waist and shoulders and lacks symmetry. This body shape is squared off and blocky. Those who possess the “H Frame” really need to direct attention to their symmetry by minimizing the waist.

Cardio – Cardio choices should be focused on trimming the upper body and bringing out the symmetry. Such cardio tactics should include the treadmill on an incline and the stepper.

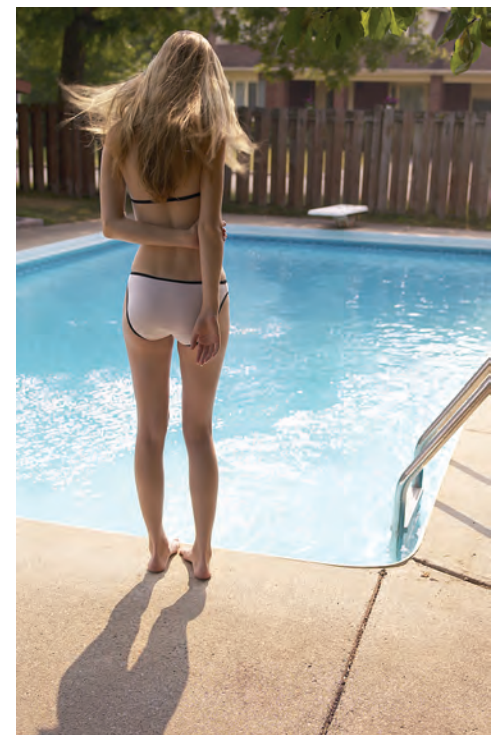
Resistance Training – Proper lower body training is needed for balance to bring it up to par with the wide shoulders. Concentrate on Squats, Leg Press and Stiff Deadlifts as the bulk of your training, and use the Extension and Lunges as finishers. Use moderate to heavy poundage in the six to eight repetition range.

The “Ruler”

The “Ruler” body shape’s measurements of the chest, waist and hips are fairly equal. This lady is lean, has a high metabolism and doesn’t gain weight very easily.

Cardio – Cardio should be kept to a minimum, preferably the stepper, and more focus should go on the resistance training.

Resistance Training – Training should be intense and brief. Each muscle group should be trained once weekly. The focus should go into intensity and building symmetry through proper shoulder, back, and leg training. Use heavy compound movements such as Bench Presses, Shoulder Presses, Lat Pulldowns, Squats, etc. You want to put



“Do you mind if I don’t smoke?”



emphasis on building muscle, therefore keep the repetitions in the six to eight repetition range.

The “8 Frame”

The “8 Frame,” also known as the “Hourglass,” is genetically gifted. They are the proper height and weight for their body. Their bust and hips are the same size, with the waist being 10 inches smaller and said to be the perfect figure from modeling experts. This lady’s gains are evenly distributed, as well as fat loss. This really is Barbie.

Cardio – Cardio should be balanced with training. Any cardio technique is fine, and keeping a variety is best.

Resistance Training – This is the ultimate body frame for bodybuilding and/or fitness. A balanced training program with a variety of exercises works well. Many find changing the workout program every six to eight weeks productive, and an assortment of repetition ranges keeps the body off guard.

The “Oval Frame”

The “Oval Frame,” also known as the “apple,” is average height or shorter, large bust, has thin legs and gains weight in the midsection.

Cardio – Routine cardio, such as the treadmill on an incline or the stepper, are necessary to generate overall weight loss. The elliptical machine should be avoided as it leans out the legs too much.

Resistance Training – Weight training should be focused on the legs to create balance with the upper body. Include more Squats, Leg Presses and Stiff Deadlifts to bring the lower body up to speed with the upper body. Maintain repetitions in the six to eight range for balance.

How do you find your ideal size and weight? Ultimately it’s up to you. At what weight or waist size are you most self-accepting, happiest and self-assured? The ancient, classical Greeks adored the beauty of measure, the aesthetics of proportion. They taught their citizens and measure the wrist and then multiply that measure by 4 for small frame, 4.5 for medium frame and 5 for large frame. They embraced three presentations of physical culture, the Artemisian, the Olympian and the Herculean one for beauty, one for speed and one for strength, although, some appeared to have it all.

Your Body Type and Cellulite

From a different perspective, there are four different body types,

Android, Gynaeoid, Thyroid and Lymphatic. These four body types have unique hormonal and metabolic characteristics. Some body types gain weight easily and are also more susceptible to cellulite.

Android Type

The Android body type has broad shoulders and strong muscular limbs. The trunk is somewhat straight up and down and there is not much of a waist. The pelvis is narrow and the hips do not flare. Android types have an anabolic metabolism, which means that they tend to be “body – building” and will gain weight in the upper part of their body so that they may become apple-shaped. Most of their weight gain occurs on the front of the abdomen. They build muscle mass easily and make good athletes, while they tend to produce more male hormones than do the other body types. Android types also seem to crave foods that are high in cholesterol and salt. The body turns cholesterol into steroid hormones, which will have a body building effect. This may lead to some cellulite in the abdominal area, trunk and upper buttocks, but not below the hips.



“C’mon, all the long-distance lines are down? What about the satellite, is it snowing in space?” -Groundhog Day

‘Now law, business, engineering; these are noble pursuits, and necessary to sustain life. But poetry, beauty, romance, love; these are what we stay alive for.’ -Dead Poets Society

Gynaecoid Type

The Gynaecoid body type is the curvy shape with small to medium shoulders tapering to a small waist and then flaring below to wide curvaceous hips. Weight gain occurs only on the thighs and lower buttocks and gives a very feminine and curvy shape. Many gynaecoid types will have a big problem with cellulite accumulating around the upper thighs and buttocks. If they try to lose weight with just any old low-fat, low-calorie diet, it can be quite frustrating because weight will tend to come off easily from areas where there is not a problem, while the thighs and buttocks retain their fatty deposits and cellulite. They often have a hormonal imbalance called “*estrogen dominance*” which means that there is too much estrogen compared to progesterone. They often crave foods combining high amounts of fat and sugar, which will increase their sensitivity to estrogen, leading to more cellulite in the buttocks and thighs. They do well with plant hormones, like legumes and phytoestrogens, which have a balancing effect and help them to reduce their estrogen dependent weight gain.

Thyroid Type

The Thyroid body type is characterized by a fine narrow bone structure and long limbs. This body type often has a “*race-horse*” or “*grey hound*” appearance. Many dancers and models belong to this body type. Thyroid types often crave stimulants such as caffeine, nicotine and artificial sweeteners and may miss meals. They often have problems with unstable blood sugar levels, which can cause fatigue and cravings for sugar and stimulants. Generally speak-



ing, thyroid types do not gain weight easily and have a very high metabolic rate. Of all the body types they are least likely to develop cellulite and if it does occur, it is on the buttocks and back of the thighs.

Lymphatic Types

Lymphatic body types gain weight all over the body, and have a “*cuddly baby doll*” appearance. Weight gain occurs very easily because lymphatic types have a very low

metabolic rate. They also have a dysfunctional lymphatic system resulting in generalized fluid retention, which makes them look fatter than they are. They are prone to deposits of fat swollen with lymphatic fluid, which can cause severe cellulite. This type of cellulite gives them thick puffy limbs so that it is hard to see their bone structure. They often avoid exercise and crave dairy products, both of which will exacerbate their cellulite, if enough water and fiber foods aren’t consumed.



In The Past

Years ago it was recognized that there were different body types and they were categorized according to their shape only. This was before we understood the hormonal and metabolic differences between the body types. For your interest, I will describe them for you. **Android** was called the mesomorph, **Thyroid** was called the ectomorph and **Lymphatic** was called the endomorph. **Gynaecoid** was not described, as it was probably considered a combination of several types.

BOILS

*Medi-Sign Target
Hot Packs,
Lance & Apply Salt*

The skin is a channel for elimination, just as the bowel is a channel for elimination.



What is a boil?

A boil, also referred to as a skin abscess, is a localized infection deep in the skin. A boil generally starts as a reddened, tender area. The area becomes firm and hard over time. Eventually, the center of the abscess softens and becomes filled with infection-cleaning white blood cells that the body sends from the blood stream to eradicate the infection. This collection of white blood cells, bacteria and proteins is known as pus. The pus will eventually “form a head,” which can be lanced to open or spontaneously drain out through the surface of the skin.

There are several different types of boils.

- **Furuncle or carbuncle:** This is an abscess in the skin caused by the bacterium *Staphylococcus aureus*. A furuncle can have one or more openings onto the skin and may be associated with a fever or chills.

- **Cystic acne:** This is a type of abscess that is formed when oil

ducts become clogged and infected. Cystic acne affects deeper skin tissue that the more superficial inflammation from common acne. Cystic acne is most common on the face and typically occurs in the teenage years.

- **Hidradenitis suppurativa:** This is a condition in which there are multiple abscesses that form under the arm pits and often in the groin area. These areas are a result of local inflammation of the sweat glands. Ten days of water fasting can clear this.

- **Pilonidal cyst:** This is a unique kind of abscess that occurs in the crease of the buttocks. Pilonidal cysts often begin as tiny areas of infection in the base of the area of skin from which hair grows, known as the hair follicle. With irritation from direct pressure, the inflamed area enlarges to become a firm, painful, tender nodule making it difficult to sit without discomfort. These frequently form after long trips that involve prolonged sitting. Some folks call this a pain in the ass.

Why do boils occur?

There are many causes of boils. Some boils can be caused by an ingrown hair, while others can form as the result of a splinter or other foreign material that has become lodged in the skin. Acne and some other types of boils are caused by plugged sweat glands that become infected.

The skin is an essential part of our immune defense from materials and microbes that are foreign to our body. Any break in the skin, such as a cut or scrape, can develop into an abscess should it then become infected with bacteria.

Who is most likely to develop a boil?

Anyone can develop a boil. However, people with certain illnesses or medications that impair the body’s immune system are more likely to develop boils. Among the illnesses that can be associated with impaired immune systems are diabetes and kidney failure. Diseases, such as hypogammaglobulinemia, that are associated with deficiencies in the normal immune system can increase the tendency to develop boils.

Many medications can suppress the normal immune system and increase the risk of developing boils. These medications include cortisone medications such as prednisone and prednisolone and medications used for cancer chemotherapy.



What is the treatment for a boil?

Most boils can be solved at home. Ideally, you should begin as soon as a boil is noticed since early treatment may prevent later complications. The primary solution for most boils is heat application, usually with hot soaks or hot packs. Heat application increases the circulation to the area and allows the body to

“Live long and prosper.” -Spock

"Probably the earliest flyswatters were nothing more than some sort of striking surface attached to the end of a long stick."

Deep Thoughts

better deal with the infection by bringing white blood cells to the site of infection.

As long as the boil is small and firm, opening the area and draining the boil is not helpful, even if the area is painful. Once the boil becomes soft or "forms a head" that is a small pustule noted in the boil, it is ready to be drain. Pain relief can be dramatic once the boil is drained. Most small boils, such as those that form around hairs, drain on their own with soaking. On occasion, and especially with larger boils, the larger boil will need to be drained or "lanced." The larger boils frequently contain several pockets of pus that must be opened and drained separately.

What can be done to prevent boils and abscesses?

There are some measures that you can take to prevent boils from forming. The regular use of non-chemical or synthetically perfumed soaps can help to prevent bacteria from building up on the skin. This can reduce the chance that the hair follicles will become infected and prevent the formation of boils. Use witch hazel as an astringent cleanser. When the hair follicles on the back of the arms or around the thighs are continually inflamed, regular use of an abrasive brush, such as a loufa brush, in the shower can be used to break up oil plugs that build up around hair follicles.

Pilonidal cysts can be prevented by avoiding continued, direct pressure or irritation of the buttock area when a local hair follicle becomes inflamed. At that point, regular soap and hot water cleaning and drying can be helpful.

For acne and hidradenitis suppurativa, a total change of diet may be required on a long-term basis to prevent recurrent abscess formation. Water fasting and even mono diets for seven to ten days can do wonders. The number one solution, however, is sunshine.

Boils can be drawn to a head by putting the inside of banana peel over it with a bandage to hold it in place.

BOK CHOY

Medi-Sign Target

Bones



Bok Choy is high in calcium, folic acid, vitamin A, vitamin C and tons of mineral. It's nutritional contents are very similar to that of cabbage. Bok choy, otherwise known as bak choi, paak choi, Chinese chard cabbage and Chinese mustard cabbage is a vegetable that resembles celery although it is actually a member of the cabbage family. It has thick, white stalks and dark green leaves that have a round shape.

Bok choy has been cultivated in China for centuries and is now commonly grown in Alberta, Canada and in California. Bok choy is also grown in Europe where it was introduced in the 1700's.

BOTULISM

Medi-Sign Target

Fermented Foods

Human botulism is a serious but relatively rare disease. The disease is an intoxication caused by extremely potent toxins preformed in foods. The toxins are produced by the bacterium *Clostridium botulinum*.

Person-to-person transmission of botulism does not occur. There are seven recognized types of botulism. Four of these, types A, B, E and rarely F, cause human botulism. The other four, types C, D and G, cause illness in birds, fish and mammals. The sporulated form of the bacterium is commonly found in soils, aquatic sediments and fish, and the spores are heat-resistant. Under anaerobic conditions, botulinum spores can germinate, causing the bacterium grow and produce the toxin.

Ingestion of the toxin present in improperly prepared food is dangerous and may be fatal. Botulism is mainly a food-borne intoxication but it can also be transmitted through wound infections or intestinal infection in infants.

Symptoms

The symptoms are not caused by the organism itself, but by the toxin that the bacterium releases. They usually appear within 12 to 36 hours after

exposure, but onset of symptoms can range anywhere from four hours to eight days. Incidence of botulism is low, but the mortality rate is high if treatment is not immediate and proper. Five to ten percent of cases are fatal.

The characteristic early symptoms and signs are marked fatigue, vertigo and weakness usually followed by blurred vision, dry mouth and difficulty in swallowing and speaking. Vomiting, diarrhea, constipation and abdominal swelling may also occur. The disease can progress to weakness in the neck and arms, after which the respiratory muscles and muscles of the lower body are affected. The paralysis may make breathing difficult. There is no fever and no loss of consciousness.

Similar symptoms usually appear in individuals who shared the same food. If given proper and immediate attention, including intensive respiratory care, most people do recover.

Food-borne botulism occurs when the organism *Clostridium botulinum* is allowed to grow and produce toxin in food. It is then eaten without sufficient cooking to inactivate the toxin. *Clostridium botulinum* is an “anaerobic bacterium,” which means it can only grow in the absence of oxygen. Therefore, the growth of the bacteria and the formation of toxin tend to occur in products with low oxygen content and the right combination of storage temperature and preservative parameters.

This happens most often in lightly preserved foods such as fermented, salted or smoked fish and meat products and in inadequately



processed home canned or home bottled low-acid foods such as vegetables that have been stored. The food traditionally implicated differs between countries and will reflect local eating habits and food preservation procedures. Occasionally, commercially prepared foods are involved.

The different types of intoxication due to the botulinum

The Botulinum Toxin has been found in a variety of foods, including low-acid preserved vegetables, such as beets, green beans, mushrooms and spinach. Fish, including canned tuna, as well as fermented, smoked and salted fish are also prone to carry the bacteria as are meat products, such as chicken, ham and sausage.

Inhalation Botulism, following inhalation of the toxin in an aerosol, has occurred in laboratory workers. In these cases, neurological symptoms may be the same as in food-borne botulism, but the incubation period might be longer.

Waterborne Botulism could theoretically also result from the ingestion of the pre-formed toxin. The risk of contracting the disease this way is considered low since the water-treatment processes inactivate the toxin. Adverse effects of the pure toxin have been reported as a result of its medical and/or cosmetic use.

Infant Botulism is rare. It occurs when infants ingest spores, which germinate to produce bacteria that reproduce in the gut and release the toxin. In most adults and children older than about six months, this would not happen because the natural defenses that develop

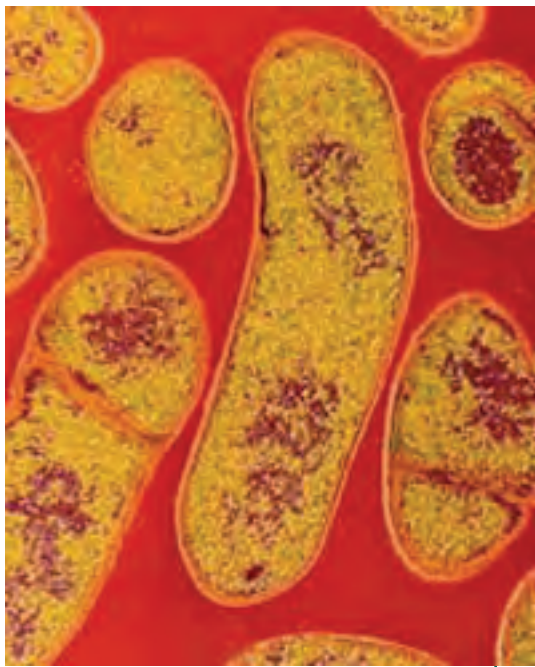
over time prevent the germination and growth of *Clostridium botulinum*.

Symptoms in infants include constipation, an altered cry, loss of appetite, striking loss of head control and weakness. Infant botulism has been associated with honey contaminated with botulism spores. Mothers are warned not to feed raw honey to their infants, as *Clostridium botulinum* spores in honey have in a few cases resulted in infant botulism.



Botulism of undetermined origin usually involves adult cases where no food or wound source can be identified. It has been suggested that these cases are comparable to infant botulism and may occur when

“At last we meet for the first time for the last time.”



the normal gut flora has been altered as a result of surgical procedures or antibiotic therapy.

Wound Botulism is a rare disease and occurs when the spores get into an open wound and are able to reproduce in an anaerobic environment. The symptoms produced are similar to the food-borne form, but may take up to two weeks to appear.

Prevention

Prevention of botulism is based on good food preparation and preservation practices and hygiene. Botulism may be prevented by inactivation of the bacterial spores in heat-sterilized, canned products or by inhibiting growth in all other products. Commercial heat pasteurization, vacuum packed pasteurized products as well as hot-smoked products, may not be sufficient to kill all spores and therefore safety of these products must be based on preventing growth and toxin production. Refrigeration temperatures combined with salt content and/or acidic conditions will prevent the growth or formation of toxin. If exposure to the toxin via an aerosol is suspected, in order to prevent additional exposure, the clothing

must be removed and stored in plastic bags until it can be washed with soap and water. The person must shower thoroughly.

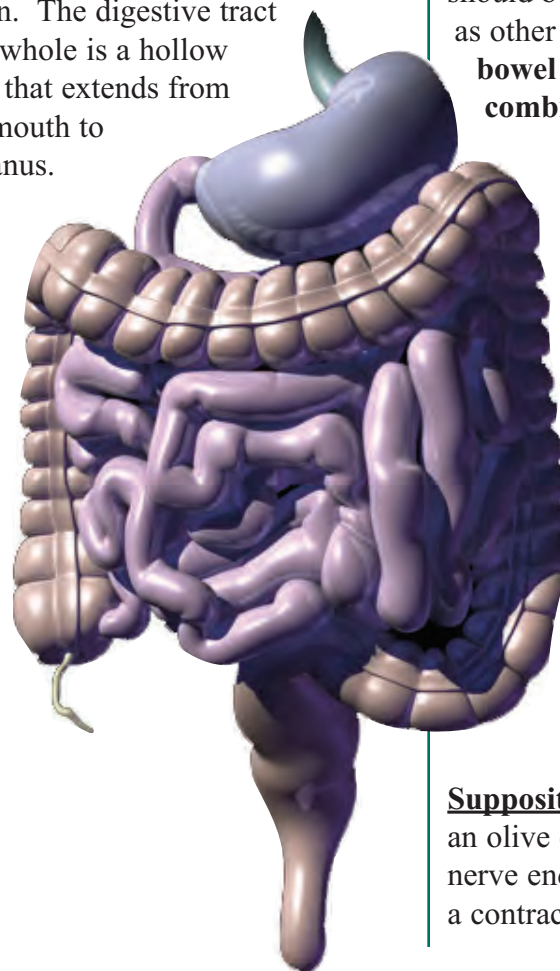
Botox injections

The bacterium *Clostridium botulinum* is the same bacterium that is used to produce Botox, a pharmaceutical used as injections for clinical and cosmetic use. However, what is used in Botox treatments is the purified and diluted A neurotoxin. Treatment is administered in the medical setting, tailored according to the needs of the person and is usually well tolerated. Only occasionally are there some side effects.

BOWEL

Taking Care of Your Bowels

The bowel is the last portion of your digestive tract and is sometimes called the large intestine or colon. The digestive tract as a whole is a hollow tube that extends from the mouth to the anus.



The function of the digestive system is to take food into the body and to get rid of waste. The bowel is where the waste products of eating are stored until they are emptied from the body in the form of a bowel movement, also known as stool or feces.

A bowel movement happens when the rectum, last portion of the bowel, becomes full of stool and the muscle around the anus, called the anal sphincter, opens. The infirm or people who are bed ridden or injured need to develop a consistent bowel-emptying program.

FOR THE INFIRM

Methods for emptying the bowel.

Each person's bowel program should be individualized to fit his/her own needs. The type of disease or nerve damage, for example, upper or lower motor neuron, should be taken into account as well as other factors. **Components of a bowel program can include any combination of the following.**

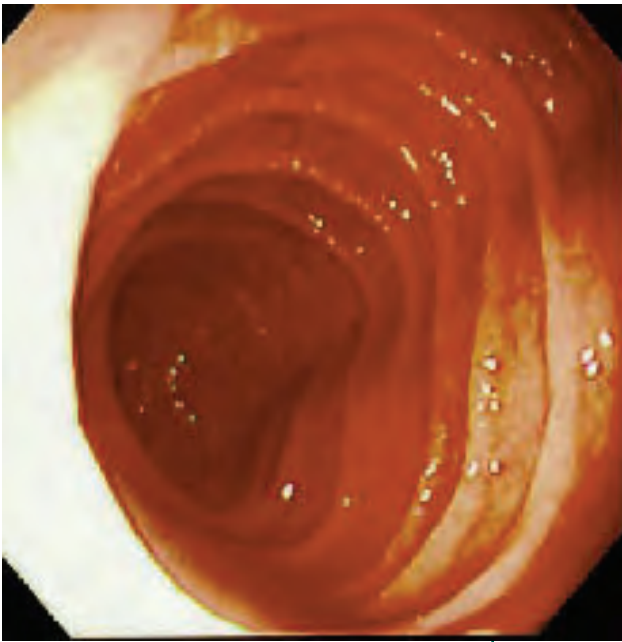
Manual Removal:

Physical removal of the stool from the rectum. This can be combined with a bearing down technique called a valsalva maneuver. *“I just call it taking a good poop...just kidding.”*

Digital Stimulation:

Circular motion with the index finger in the rectum, which causes the anal sphincter to relax.

Suppository: Using something like an olive oil infusion, stimulates the nerve endings in the rectum, causing a contraction of the bowel or glycer-



digital stimulations should be performed in any one session. Those with a flaccid bowel frequently omit the suppository or mini-enema and start their bowel programs with digital stimulation or manual removal. Most bowel programs require 30-60 minutes to complete.

Bowel programs vary from person to person according to their individual preferences and needs. Some people use only half

ine, which draws water into the stool to stimulate evacuation.

Mini-Enema: Softens, lubricates and draws water into the stool to stimulate evacuation.

What is a bowel program?

Most people perform their bowel program at a time of day that fits in with their prior bowel habits and current lifestyle. The program usually begins with insertion of either a suppository or a mini-enema, followed by a waiting period of approximately 15-20 minutes to allow the stimulant to work. This part of the program should preferably be done on the commode or toilet seat. After the waiting period, digital stimulation is done every 10-15 minutes until the rectum is empty. In order to avoid damage to the delicate rectal tissue, no more than four

of a suppository, while some require two suppositories and some use no suppository or mini-enema at all. A person may choose to do the entire program in bed, while others sit on the toilet from the beginning. Some find that the program works better if they can eat or drink a warm beverage while it is in progress. What is most important is that you discover what works best for you.



Factors that can affect success

Any one of, or combination of the factors listed below, can affect the success of a bowel program. Changing one factor may produce results almost immediately, or it may take several days to see the results. Changing more than one factor at a time makes it difficult to determine the effects of individual factors and may increase the time it takes to develop a stable bowel program.

- **Previous Bowel History:** What have your bowel habits been in the past?

- **Timing:** Do you do your bowel program in the morning or evening? At the same time every day? After a meal or warm beverage? What is the interval between programs – half a day, one day or two days? You should do a bowel program at least every two to three days to reduce your risk of constipation, impaction and colon cancer.

- **Privacy and Comfort:** Does someone else share your bathroom? Do you have enough time to complete your program?

- **Emotional Stress:** Has your appetite been affected? Are you able to relax?

- **Positioning:** Where do you do your program, on a commode chair, raised toilet seat, on the toilet, or in bed? It will probably work better when you are sitting up because of gravity.

“The weather is here, I wish you were beautiful.”

"I saw a bank that said '24 Hour Banking,' but I don't have that much time."



• **Fluids:** How much and what type of fluid do you drink? Prune juice or orange juice can stimulate the bowels. Another type of fruit juice may work best for you.

• **Food:** How much fiber or bran, bread, bulk, cereals, fruits, vegetables and whole grain breads do you eat? Some foods such as dairy products, white bread, white potatoes and white sugar products can contribute to constipation.

• **Medication:** Some medicines such as codeine, Ditropan, probanthine, and aluminum-based antacids like Aludrox can cause constipation, while others including some antibiotics, such as ampicillin, and magnesium-based antacids such as Mylanta and Maalox can cause diarrhea.

• **Illness:** The flu, a cold or an intestinal infection may affect your bowel program while you are ill. Even if your digestive system is not directly affected, your eating habits, fluid intake or mobility may change, which can alter your bowel program.

• **Activity Level and Mobility:** How much exercise do you get? How much time do you spend out of bed?

• **Weather:** Hot weather increases the evaporation of body fluids, which can lead to dehydration and constipation.

• **External Massage:** Massaging the lower abdomen in a circular, clockwise motion from right to left increases bowel activity.

• **Valsalva or bearing down:** This technique is not recommended for people with cardiac problems.

• **Assistive or Adaptive Devices:** Devices such as a suppository inserter, finger extension or digital stimulator may be required to assist you in establishing a successful bowel program.

BOYSENBERRY

Medi-Sign Target
Blood & Breasts



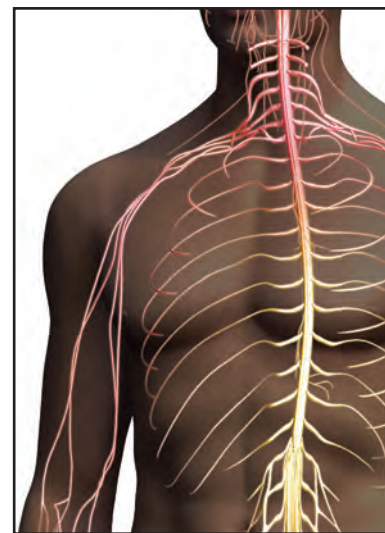
(Rubus Idaeus)

Boysenberries were hybridized in California by Rudolph Boysen around 1920. It's thought that he a crossed loganberry, blackberry and Cuthbert raspberry. Originally farming in the Napa Valley, he moved to Anaheim in Orange County, California. From here, Walter Knott propagated them further in 1934. As their popularity grew, Mrs. Knott began making preserves, which ultimately became the world-

famous Knotts Berry Farm in Buena Park, California.

BRACHIAL PLEXUS INJURY

Medi-Sign Target
Peppermint Oil Topicals,
Heat Packs & Rest



Brachial plexus injury affects the nerves that travel from the neck and down the arm. These peripheral nerves are called the brachial plexus nerves. They leave the spinal chord and travel between the vertebrae and the back and into the shoulder, giving the arm its ability to function. A brachial plexus injury usually causes intense pain from the neck down to the arm on the affected side. Rest and heat packs can do the trick of healing this condition.

BRAZIL NUT

Medi-Sign Target
Prostate, Ovaries, Neurons,
Brain & Deplaquer

*Pure Cancer Food...
It's a knock-out!*

Selenium is also a powerful nutrient linked to lowering cancer and heart disease rates. Brazil nuts are also a very good source of zinc, which is essential to digestion and metabolism.



Brazil nuts can be of particular use in the vegetarian diet as an added source of protein.

Brazil nuts are nutrient-dense, which means that, they contain a wide variety of nutrients in relation to their size. Brazil nuts are chock full of significant nutrients, including fiber, phosphorous, protein, magnesium, selenium and thiamin. There is also a decent amount of calcium, copper iron, niacin, potassium, vitamin B6, vitamin E and zinc. Brazil nuts are also a source of arginine, which is an amino acid that plays a role in blood clot formation, and flavonoids, important compounds that are protective for both coronary disease and cancer.

Brazil nuts are actually large seeds of giant trees that grow in the Amazon jungle. The Brazil nut tree is enormous, frequently attaining the height of 150 feet or more, and it can reach ages of 500-800 years old! The tree is called "*castanheiro do para*" in Brazil and is found throughout the Amazon rainforest in Brazil, Colombia, Ecuador, Peru and Venezuela.

The fruit is a large, round, woody capsule or pod, about the size of a large grapefruit and is very heavy. The fruit pods grow at the ends of thick branches. As they ripen from January until June, they fall

from the tree with a loud crashing sound as they tumble 150 feet through the canopy like cannon balls.

Inside each fruit pod, wedged in like orange segments, are 12 to 25 Brazil nuts, each within its own individual shell. Mature Brazil nut trees can produce approximately 300 or more of these fruit pods annually.

With such a high oil content, fresh Brazil nuts will even burn like miniature candles when lit. The oil is extracted from the nuts and used by indigenous and rural people for cooking oil, lamps, soap and livestock feed.

The empty seed pods, often called "*monkey's pots*," are used to carry around small smoky fires to discourage attacks of black flies, as cups to collect rubber latex from tapped trees, and as drinking cups. The husks of these seed pods have also been used in Brazilian folk medicine to brew into tea to treat stomachaches, and the tree bark is brewed into tea to treat liver ailments.

BREAD

Medi-Sign Target
Emotions & Social Bond

The History of Bread

Humans have eaten some form of bread since the Neolithic era, when cereal grains were crushed and mixed with water to form a thick paste that could be cooked over the fire and consumed. The Egyptians, in approximately 2600 BC, were lucky enough to have a sufficient amount of wild yeasts in the air from the beer brewing to accidentally discover its uses in leavening bread.

Workers were often paid in loaves of bread. Paintings in the pyramids show that the dead were buried with loaves of bread to provide sustenance in the afterlife. The British Museum has one of these loaves, which is over 4000 years old!



Greek sailors and merchants brought the Egyptian flour back to Greece, where bread baking flourished. Rome took over the enterprise after their conquest of Greece, and formed the first Baker's Guilds in 150 BC.

"Well, what if there is no tomorrow?, there wasn't one today." -Groundhog Day

Guilds were not only a way to garner professional respect, but a way to protect the public. The baker's guilds in England were held to strict standards, with harsh punishments for overcharging and/or adulterating the bread.



Much of the bread returned to unleavened loaves during the early-Middle Ages, although the Normans reintroduced leavened bread in 1191. By the early 13th century, millers became more important. Their job of turning wheat to flour not only allowed for more gradations of flour, but the practice of keeping up to a quarter of the flour produced made millers quite wealthy and thus of great importance in their towns and villages.

The lack of millers in the early days of colonial America, along with the lack of wheat, posed problems for the housewife. How to make bread without the basic ingredients? The presence of corn quickly led to the invention of cornbread, alternately referred to johnny-cake or journey cake. Even after wheat became common, those in the Southern colonies had trouble making loaves of bread rise due to the high heat

and humidity that killed off the necessary wild yeasts. Biscuits became the favored flour-based bread, while cornbread remained popular as well.

The advent of roller flour mills in the 1800's led to even more highly processed flour. This contributed to lighter and whiter loaves, even if not as nutritious as the coarser whole wheat kind. By 1825, a German baker was able to create cakes of yeast, package them for mass sale and make the baking of bread easier for ever after.

Even today, there are those who swear that breads baked without commercially processed yeasts are superior. They go through a great deal of trouble in order to coax the wild yeasts out of the air by fermenting their flour and water starter mixture. This is a tricky process and one that can easily lead to failure. Too much cold or too much heat and the batch will 'die'. However, it will make you appreciate the great efforts of housewives in days long past to put the staff of life on the table.

Bread is a good source of protein, but it also contains calcium, iron and vitamins. Wheat breads are good for their fiber content, which helps keep the bodies digestion system regulated.

People with allergic reaction to molds may have a reaction to bread. This food also

lacks vitamins and minerals that can be made up with other food groups. Remember that "*Man cannot live on bread alone.*"

Bread is really not that fattening. White bread and enriched white bread should be avoided, but many breads are good for you. Rye bread is a good source of iron and thiamine. Pumpernickel may be an unusual name but is a good source of fiber and contains iron and thiamine. Whole-wheat breads are a great source of B vitamins, fiber, iron and thiamin.

Bagels, English muffins and pitas are all good sources of iron, although they are higher in empty calories.

There are various forms of bread from all parts of the world. Some Italian-originated bread is Chapatti and the Indian Ciabatta. Cornbread is originated from the Southern United States. Matzo is Jewish bread served at Passover meals. Naan originated in India, and tortilla is Mexican bread.

There are numerous kinds of breads to try. Breads are a part of a nutritional diet that helps you to have a healthy body.



BREAST CANCER

*Medi-Sign Target
Water, Salt, Raw Foods,
Sunshine & Go Bra-less*



- Stop eating animals and cooked dairy products.
- Avoid Smoke, yours and others.
- Drink water that is distilled, purified natural spring or R.O.

Don't Feed Your Tumor's Sweet Tooth

Whether the sugar you eat is sucrose, refined white sugar, or fructose, maltose or dextrose, which are the sugars that are also used as commercial sweeteners, it all turns into blood sugar, known as glucose. Some alternative practitioners believe that cancer cells rely on a metabolic process that is driven by glucose. One of the first things to do is to get off the sugar. You can

do that by staying away from sugary desserts and not adding sugar to any food.

Exercise. Start a walking program, gradually increasing the pace and distance until you're walking briskly for two miles, four times a week.

Is There a Link between Bras and Breast Cancer?

A study has revealed a causative factor for breast cancer that can increase your risk of getting the disease by 100 times, which is wearing a bra for more than 12 hours a day.

This remarkable finding is accredited to Sydney Ross Singer, an applied medical anthropologist. Dr. Ross and his wife, Soma Grismaijer, wrote ***"Dressed to Kill: The Link between Breast Cancer and Bras."*** Singer and Grismaijer interviewed more than 2,000 women with breast cancer and another 2,000 women without breast cancer, asking them a series of questions about their use of bras. Here's what they found.

A woman who wears a bra 24 hours a day is 113 times more likely to get breast cancer than a woman who wears a bra less than 12 hours a day. This statistical link is stronger than the link between cigarettes smoking and lung cancer.

A woman who never wears a bra is 21 times less likely to get breast cancer than a woman in the general population.

Singer hypothesizes that the straps, side panels, underwire, and other structures of the garment cut off drainage from the lymphatic system,

which helps remove toxins and waste products from the cells. The longer you wear a bra, the more hours those toxins are trapped in your breasts. After many years of bra use, the end result can be a breast tumor.

Needless to say, the medical establishment hasn't embraced this theory. The current medical model for the cause of breast cancer is biochemical and genetic, ignoring the simple mechanical fact of what clothing constriction can do to the body.

There are some alternative physicians, however, who think Singer's idea is correct. *"Bras and other tight clothing can impede the flow of the lymph fluid out of the breast,"* says Michael Schachter, M.D., director of the Schachter Center for Complementary Medicine in Suffer, New York. Thus, wearing a bra contributes to the development of breast cancer as a result of cutting off lymphatic drainage so that toxic chemicals are trapped in the breast. The take-home message to women from Singer's research is *"wear bras as little as possible."* Singer advises women to try his *"risk-free, cost-free lifestyle experiment"* for preventing the disease by either going bra-free or wearing a bra less than 12 hours a day, which definitely means not wearing it to bed.



"Having family makes you appreciate your friends."

“You’re gonna eat lightning and crap thunder.” -Burgess Meredith as Mickey in Rocky



Of all the citric fruits, lemon is the most potent detoxifier. It kills some types of intestinal parasites such as roundworms and dissolves gallstones. Limonene, the volatile oil responsible for the distinctive lemon aroma, even helps treat some forms of cancer especially breast cancer. If taken in the morning, lemon juice is known to improve liver function and has been used to help eliminate kidney stones. The organic acids in all citrus fruits stimulate digestive juices and relieve constipation.

He also says to avoid bras with underwires and other stiff, breast shaping components, as well as push-up bras. When selecting a bra, be sure it’s the right size. One tip from Singer and Grismaijer is to select a bra that’s not too tight. When you try it on, you should be able to slide two fingers under the shoulder straps and the side panels. The bra also should not leave marks or dents on your skin. If it does, it’s too tight. Women need to realize that wearing bras is a cultural phenomenon, not a natural one.

Foods for Breasts

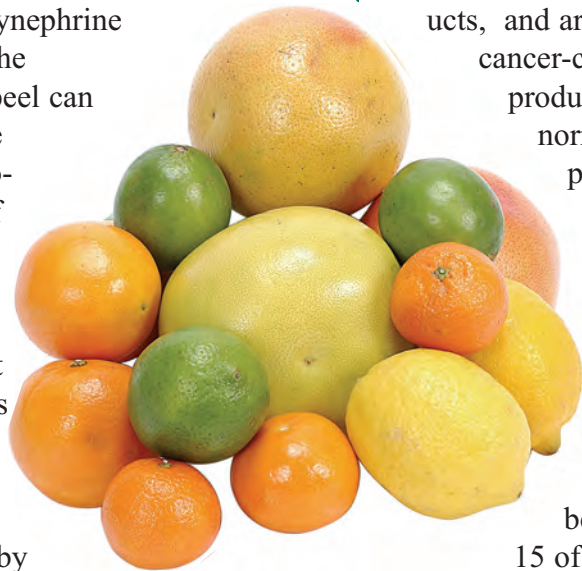
Natural sources of CoQ10 are **broccoli, peanuts and spinach.**

Health Benefits of Great Foods:

If you thought it was only the vitamin C in citrus fruits that make them such a healthy choice, listen up. Deep inside the white rind and membranes of these fruits lies a miraculous group of plant compounds, including bioflavonoids, citric acids and pectins. To benefit from these compounds, make sure you dig deep into the rind when juicing citrus.

Oranges are great protectors against bruising, colds, flu, heart disease and strokes. The alkaloid synephrine found in the orange’s peel can reduce the liver’s production of cholesterol.

Grapefruit juice eases constipation and improves digestion by increasing the flow of gastric juices. It can also save you pounds. Research shows the pectin content of grapefruit reduces appetite by slowing the emptying of the stomach. Grapefruit pectin also reduces the accumulation of atherosclerotic plaque in people afflicted with atherosclerosis, as well as strengthens blood vessels and capillaries. In a study conducted in Copenhagen, pectin even halted the metastasis of prostate cancer. Owing to its significant stores of the bioflavonoid naringenin, grapefruit arrests the



spreading of breast cancer cells and prevents the metastasis of melanoma. Grapefruit juice helps reduce fever and soothes coughs and sore throats. Consumed at night, grapefruit juice promotes sleep and alleviates insomnia.

Stop eating death, such as dead calves, chickens, fish, pigs and water insects like lobster and shrimp.

Eat plant fiber. Studies indicate that the substances in plants, phytoestrogens, are able to prevent the estrogens circulating in your body from causing breast cancer. Good sources of phytoestrogens include alfalfa sprouts, apples and soy products, and are believed to block cancer-causing substances produced by the body’s normal metabolic process.

Avoid mid-cycle

drinking. A study at the National Cancer Institute found that just two hard-alcohol mixed drinks a day between days 12 and

15 of a woman’s menstru-

al cycle will elevate estrogen levels anywhere from 21 to 31 percent. *Who in the hell knows when they are in mid-cycle?*

Get Sunshine!

The evidence is becoming quite compelling that sun exposure that causes us to make vitamin D will help lower the risk of many cancers, including some of the most common ones around such as breast and prostate cancer.

Vitamin D is not actually a vitamin, but a steroid hormone precursor that



is primarily formed when our skin is exposed to sunshine.

Women who limit their exposure to sunshine will have lower vitamin D levels and an increased risk of breast cancer, in addition to an increased risk of osteoporosis. *Go topless girls!!*

Researchers at St. George's Hospital in London have found that breast tissues produce their own cancer-knock-out compound, known as calcitriol, that destroys breast cancer tumors. In order to make calcitriol, however, tissues in the breast need Vitamin D, and the best way to get Vitamin D is to expose your skin to natural sunlight. In other words, the research is finding that the human body can cure cancer all by itself, but only if it has the raw materials available. Especially sunshine!

The population of industrialized pharmaceutical countries has been brain-washed into thinking the sun is evil for decades. They've been told to cover up their skin and to avoid being exposed to natural sunlight. They've coated themselves with toxic, cancer-causing, sunscreens and taken extreme measures to avoid sunlight.



This advice, however, has turned out to be completely wrong. Natural sunlight is absolutely essential for good health. Without it, you are far more susceptible to cancer, depression, obesity, osteoporosis and many other diseases.

Sunlight is a natural cure that helps the body maintain a high state of health.

But what about sunburns, you ask? I speak from experience on this issue. People are only susceptible to sunburns when they have nutritional deficiencies caused by consuming processed foods, refined sugars, soft drinks, white flour and other similar substances. A person on the standard American diet receives a sunburn very easily. But if that same person follows a sound, wholesome diet for several months, avoids all processed foods and supplements, they will not burn their skin in the sunlight. Even red heads using organic soy butter can get a beautiful healthy tan.

On the Vitamin D issue, deficiencies in this vitamin are widespread. As a result, perhaps tens of millions of

men and women each year are killed by a completely avoidable disease, prostate cancer and breast cancer. With sufficient Vitamin D from natural sunlight, very few men ever experience prostate cancer. With women, both breast cancer and osteoporosis are entirely preventable, and sunlight is one of the keys to this prevention, as well as remission.

It's sad that many doctors are still telling their patients to avoid the sun. It is precisely the sun that holds the cure to many diseases that is now considered epidemic in the Western world. We need more sunshine, not less, and while there is certainly such a thing as too much sunshine in one setting, the fact is that almost nobody living in modern cities gets even the minimum daily requirement of sunshine.

This fact is even truer for people who have darker skin. Those of African descent are especially prone to Vitamin D deficiencies since their skin naturally blocks a significant portion of sunlight radiation. This is why black men have a much higher rate of prostate cancer than white men. Furthermore, black men who live in Northern climates, like London or Canada, have it even

worse. It's virtually impossible for them to get enough Vitamin D since there's not much sun to be found where they live. Keep in mind, dark skin was an adaptation for people living near the equator, where sunshine is far more powerful.

"I'm leavin', on a jet plane, don't know when I'll be back again." -John Denver

Recent research suggests that adding these foods to your diet could significantly lower your risk of breast cancer.

1. Yellow orange vegetables. Eating foods high in beta-carotene has been linked in many studies to lower rates of breast cancer.



2. Cruciferous vegetables such as broccoli, cabbage, cauliflower, radish, rutabaga, turnips and turnip greens, all contain indole -3-carbinol, which lowers women's levels of a type of estrogen that promotes breast cancer.

3. Warm a mug of organic, hormone-free raw milk, known as Alta Dena, add one tablespoon of ground almonds, pumpkin seed or walnuts or one-fourth of a table spoon of natural almond extract and enjoy it at bedtime. Why not fat-free milk? Because there's an intriguing compound in milk fat, including butter, known as conjugated linoleic acid, which rids breast cancer cells.



8. Eat a bowl of dark cherries. Cherries are a top source of a compound that may inhibit mammary cancers.

9. Compounds called limonoids, found in the peel and white membrane of oranges, inhibit breast cancer. Eat whole fruit oranges and tangerines.



4. Eat tomatoes, including raw, cooked, dried, soups, juice and sauces, or even Ketchup to fill up on a compound called lycopene. Diets high in lycopene are linked to lower rates of breast and prostate cancer.

5. Concord grapes have cancer remissive powers, as do sun dried raisins.

6. Eat omega-3 rich nuts and seeds such as flax, pumpkin and walnut. Research suggests that women with higher tissue levels of omega-3s have lower rates of breast cancer. You should also avoid dead fish.

7. Women whose diets are higher in vitamin D have less breast cancer. Go for full body sun exposure at least 20 minutes a day.

Look for herbal teas made with orange or lemon peel. Use real orange and lemon essential oils in cooking and health drinks.

10. Avoid refined grains and choose whole grains instead. Studies have shown that women who ate more refined grains had more breast cancer. Another study showed women who ate one serving a day of a cereal high in wheat bran lowered their level of breast cancer-promoting estrogen.

11. Use butter over margarine. As mentioned before, butter contains CLA's. One study suggests that a diet higher in trans-fats may increase the risk of breast cancer. Margarine, most french fries, both frozen and fast-food and many processed and fried foods made with hydrogenated fats are a top trans fat source. If you prefer margarine, use a trans-fat free brand or cold pressed olive or coconut oil.

12. Drink green tea, hot or cold. Green tea is rich in EGCG, a compound that inhibits breast cancer cells. Caffeinated brands have twice as much potency as decaffeinated, while most bottled brands have little. Mix with herbal teas and lemon peel to taste or naturally sweeten

with a little Concord grape juice, super low glycemic Agave or sweet leaf.

13. Instead of commercial “olive oil” dressings, usually made with a mixture of oils, make your own easy dressing with half virgin olive oil and half balsamic vinegar. Studies have shown that Mediterranean women who eat lots of virgin olive oil have low rates of breast cancer.



14. Garlic kills breast cancer cells. Eat it raw in foods. But if you’re going to cook garlic, always peel and chop, then let it rest for 10 to 15 minutes before you heat. Heating right away doesn’t allow time for the cancer-inhibiting compounds to develop.

15. In one study, women who ate a serving of spinach at least twice a week had half the rate of breast cancer of women who avoided it.

16. Flavorful veggie burgers and veggie sausage won’t form the same compounds that meat does when it’s being cooked and those compounds may explain why women who eat lots of red meat and lots of very well done meat always to get more breast cancer.

17. Why flaxseed? Because it has 75 times more lignin precursors, an awesome plaque remover and compounds that inhibit mammary tumors.

18. Add soy. Soy’s isoflavonoids work as weak estrogens, blocking the more powerful estrogens from stimulating estrogen sensitive cancer cells.

19. Phyto herbs, like don quai, fennel, black cohosh are also weak estrogens that compete with stronger estrogens for estrogen receptor sites.

20. JUST DO IT! Like the Goddess Athena Nike!

BREAST-FEEDING

For most women, it is a pleasure.

Breast-feeding itself is a calming act. Sitting or lying down several times a day while you are snuggling a secure, comfortable baby is sure to make even a hyperactive person slow down. But the most high-strung of us may need nature’s other little benefit, brain drugs.

During the Breast-feeding process, your brain will manufacture chemicals that will calm you, give you a feeling of well-being and promote maternal behavior. Your baby’s sucking stimulates nerve endings in the areola, which send messages to your hypothalamus and pituitary

gland in your brain. These messages cause the glands to start releasing oxytocin and prolactin, breast-feeding hormones that will begin to calm and relax you.

A study published in the Journal of Nurse Midwives indicated that breast-feeding women have less anxiety than their formula-feeding counterparts.

You Will Lose Weight Faster

Breast-feeding burns fat. Women who breast feed burn over 600 calories a day. 600 calories! That’s like getting two hours of aerobic exercise each day. A study published in the Journal of American Dietician Association shows breast-feeding melts off inches around your hips and buttocks. The reference is below.

Breast-feeding is Ecological

Breast milk comes in its own handy container, cute special packaging and no refrigeration required! Seriously, formula feeding does have an impact on the use of natural resources such as glass, metal, paper and plastic and also provides waste for landfills. Compared to breast milk, it’s just horrible.

Your child is less likely to die from S.I.D.S

Studies have indicated that Breast-feeding is protective against **Sudden Infant Death Syndrome (SIDS)**.

Do children that are breast-fed have a higher IQ than children that are fed formula? Is this some sort of unsupported statement by radical Breast-feeding supporters? Has our support of Breast-feeding outstripped the facts?



“There seems to be no sign of intelligent life anywhere.” -Buzz Lightyear

Nothing could be further from the truth. Perhaps one of the most important stories that hasn't made your local paper but has been on the news is that there is a demonstrated, direct relation between a child's intelligence and cognitive ability and how long that child was breast-fed. Some studies show an increase in intelligence for each additional month the child was breast-fed.

Could you give your child a more important gift than a better brain? The findings are hardly surprising when we consider that the brain is only one-third of the way formed at birth. Breast milk has been evolutionarily honed over millions of years to complete building the brain during the first two years of life.

"Breast-Fed Make Better Grades"

Rueters News Agency
January 5, 1998

"Breast-feeding and Later Cognitive and Academic Outcomes"

Pediatrics Vol. 101 No. 1
Electronic Article
January 1998

Breast Milk and Ear Infections

It's well known that Breast-feeding, especially for the first four months of an infant's life, is associated with fewer ear infections. Is that due to the breast milk itself, or is it

because of some difference between the way breast-fed and bottle-fed infants nurse? It has been theorized that something about the way breast-fed infants nurse helps keep the ears' eustachian tubes functioning more effectively, protecting the ears against infection. A new study of 315 infants who were fed breast milk from a bottle shows that these infants had fewer ear infections than infants who got formula from a bottle.

Conclusion: It's not just the mechanics of breast feeding but something in the breast milk itself that helps protect against ear infections, says the medical journal *Infectious Diseases in Children*.

Otitis Media

Infection of the Middle Ear

Otitis Media is the most frequent diagnosis recorded for children who see their doctors. Two out of three children under the age of three experience at least one episode of acute otitis media. An inner ear infection is the most common cause of hearing loss in children.

The infection is most often cause by bacteria, although in some cases, it is viral. Breast-feeding has been shown to prevent otitis media in children. Some researchers suggest this is because when a mother breast-feeds her child, she passes on immunities to her baby that help prevent otitis media.

Researchers from the State University of New York's School of Medicine and Biomedical Sciences revealed how exclusively breast-fed children



have a decreased risk of otitis media in a study published in October 1997.

More than 300 infants were included in the study. Physical examinations were done and information about the exclusiveness of breast-feeding, parental smoking, day care attendance and family history of ear infections was collected.

The researchers found that the incidence of first ear infections for infants between six and twelve months of age increased from 25 to 51 percent for those exclusively breast-fed. The incidence for formula-fed infants of the same age increased from 54 to 76 percent.

Peak incidence of acute otitis media and otitis media effusion, when pus is discharged from the inner ear, was inversely related to rates of breast-feeding beyond three months of age.

Infants who were exclusively formula fed had a twofold, elevated risk of first episodes of inner ear infections compared to infants who were exclusively breast-fed for at least six months. The researchers found that formula-feeding was the



"If you ever fall off the Sears Tower, just go real limp, because maybe you'll look like a dummy and people will try to catch you because, hey, free dummy."

most significant predictor of inner ear infections, although the amount of time spent at day care was also a risk factor.

Inner ear infections often result from upper respiratory infections. Therefore, children who spend time in day care often get more upper respiratory infections.



The ultimate conclusion made by the researchers was that breast-feeding, even for short durations, about three months, reduced the onset of otitis media episodes in infancy.

Diarrhea

Children less than 12 months of age had a lower incidence of acute diarrheal disease during the months they were being breast-fed than children that were fed with formula during the same period.

Enhances the neuro-immune response as well

NEC Confirmed

Necrotizing Enternal Colitis was rare among babies born at more than 30 weeks gestation, whose diet included breast milk. It was 20 times more common in those fed formula only.

Herpes Simplex

Mothers' milk plays a role in the protection of newborns from Herpes Simplex virus II contamination.

Respiratory Syncytical Virus (RSV)

Breast feeding was associated with a lower incidence of RSV infection during the first year of life.

Gastroenteritis is five times more common in bottle fed infants. Breast milk Offers Babies Protection

April 2001 – Breast milk helps babies, particularly premature

babies, protect themselves from oxidative stress, which is linked to respiratory distress syndrome, hemorrhag-

es, eye disorders and other problems. Researchers have discovered that breast milk has twice the levels of protective nutrients than commercial formula. They have also seen that there is no difference between the amounts of nutrients in breast milk of mothers who delivered prematurely and those who delivered full-term.

Your child will be leaner for life for breast feeding.

According to a 1992 study conducted at the University of California at Davis, the growth patterns of normal, healthy breast-fed different from those of formula-fed infants. This research was dubbed the DARING study (*Davis Area Research on Lactation, Infant Nutrition, and Growth*).

FORMULA LABEL, WANT A SCARE?

Here's one of the best reasons to breast-feed: The lable of a formal reads, "*enzymatically hydrolyzed reduced minerals...*" These include such things as gelatin made

from hooves, brains and other left-over animal parts. "...*whey protein concentrate, palm olein, soy, coconut, high-oleic safflower oils, lactose, maltodextrin, potassium citrate, calcium phosphate, calcium chloride, salt, potassium chloride, magnesium chloride, ferrous sulfate, zinc sulfate, copper sulfate, manganese sulfate, potassium iodide, soy lecithin, mono and diglycerides, inositol, choline bitartrate, sodium ascorbate, alpha tocophyeryl acetate, naicinamide, calcium pantothenate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, folic acid, phylloquinone, biotin, vitamin D3, vitamin B12, taurine and L-carnitine*" 90% of the list is not from food sources.

You will save \$1,000 a year in feeding costs alone if you choose to breast feed.

The costs of formula, bottles, nipples, liners and miscellaneous utensil add up quickly. In their recent policy statement, The American Academy of Pediatrics reported that the 1993 cost of purchasing infant formula was \$885 for the first year alone. Considering the superior product is available for free, and that there are millions of mothers with infants at any given time in our country, that money is a huge waste of our GNP as well as our tax dollars.



"A bright brain, you don't like me and I don't like me and I don't like you, but let's just do this and I can get back to killing you with beer." -Homer Simpson

“Ned, I would love to stand here and talk with you, but I’m not going to.” -Groundhog Day

It was reported that the US government spends over \$600 million a year to provide formula for its WIC (*Women, Infants and Children*) supplemental food program. WIC actually provides free infant formula to 37 percent of all infants born in the USA. The formula is of course free to the mothers, but the formula companies are still getting their \$600 million. I wonder what we are spending on breast-feeding support under this program?



ZERO!

This figure doesn't even touch on the increased health costs of the formula fed baby. A 1995 study by Kaiser-Permanente Health Maintenance in North Carolina found that the formula-fed baby averaged \$1400 more annually in medical costs than their breast-fed counterparts.

Here's a thought, if you take the approximately \$2000 you would spend on formula and supplies during your child's infancy, put it into the child's bank account or trust fund, at 9 percent interest you'll have over \$10,000 when your child

turns 18! Your Breast-feeding can help pay for whatever. Maybe even a vacation for you!

Breast-feeding vs. Multiple Sclerosis

The association between bottle feeding and multiple sclerosis was investigated in a case-control study by the Pediatrics Department at the University of Naples in Italy. People with multiple sclerosis were less likely than controls to have been breast-fed for a prolonged period of time.

Breast-feeding Protects Against Leukemia

Study finds the longer babies breast-feed, the lower their risk of leukemia.

AFRAID OF BREAST FEEDING?

1. A breast-feeding mother has to be obsessive about what she eats.

Not true! A breast-feeding mother should try to eat a balanced diet, but does not need to eat any special foods nor avoid certain foods. A breast-feeding mother also does not need to drink milk in order to make milk, nor does she need to avoid beer or wine, cabbage, garlic and spicy foods.

There are situations when something the mother eats may affect the baby, though this is unusual. Usually “colic,” “gassiness” and crying can be improved by changing breast-feeding techniques, rather than changing the mother's diet.

2. A breast-feeding mother has to eat more in order to make enough milk.

Not true! Women on even very low calorie diets usually make enough milk. At least until the mother's calorie intake becomes

critically low for a prolonged period of time. Generally, the baby will get what he needs. Some women worry that if they eat poorly for a few days this also will affect their milk. There is no need for concern. Such variations will not affect milk supply or quality.

It is commonly said that women need to eat 500 extra calories a day in order to breast-feed. This is also not true. Some women do eat more when they breast-feed, but others do not. Some even eat less, without any harm done to the mother or baby or the milk supply. The mother should eat a balanced diet dictated by her appetite. Rules about eating just make breast-feeding unnecessarily complicated.

3. A breast-feeding mother has to drink lots of fluids.

Not true! The mother should drink according to her thirst. Some mothers feel they are thirsty all the time, but many others do not drink more than usual. The mother's body knows if she needs more fluids, and tells her by making her feel thirsty. Do not believe that you have to drink at least a certain number of glasses a day.

4. A mother who smokes is better





Nipples that are painful and bleeding are not worse than nipples that are painful and not bleeding. It is the pain the mother is having that is the problem. This nipple pain can often be helped considerably. Sometimes mothers have

not to breast-feed. *Not true!* A mother who cannot stop smoking should still breast-feed. Breast-feeding has been shown to decrease the negative effects of cigarette smoke on the baby's lungs, for example. Breast-feeding confers great health benefits on both mother and baby. It would be better if the mother not smoke, but if she cannot stop or cut down, then it is better she smoke and breast-feed than smoke and formula feed.

5. A mother should not drink alcohol while breast-feeding. *Not true!* Reasonable alcohol intake should not be discouraged at all. Very little alcohol comes out in the milk. The mother can take some alcohol and continue breast-feeding as she normally does. Prohibiting alcohol is another way we make life unnecessarily restrictive for nursing mothers. Wine and beer are the smart choice, not hard alcohol.

6. A mother who bleeds from her nipples should not breast-feed. *Not true!* Though blood makes the baby spit up more, and the blood may even show up in his bowel movements, this is not a reason to stop breast-feeding the baby.

bleeding from the nipples that is obviously coming from inside the breast and is not usually associated with pain. This often occurs in the first few days after birth and settles within a few days. The mother should not stop breast-feeding for this. If bleeding does not stop soon, the source of the problem needs to be investigated, but the mother should keep breast-feeding.

7. A woman who has had breast augmentation surgery cannot breast-feed. *Not true!* Most do very well. There is no evidence that breast-feeding with silicone implants is harmful to the baby. Occasionally this operation is done



through the areola. These women do often have problems with milk supply, as does any woman who has an incision around the areolar line.

8. A woman who has had breast reduction surgery cannot breast-feed. *Not true!* Breast reduction surgery does decrease the mother's capacity to produce milk, but since many mothers produce more than enough milk, some mothers who have had breast reduction surgery sometimes can breast-feed exclusively.

However, if the mother seems not to produce enough, she can still breast-feed, supplementing with a lactation aid so that artificial nipples do not interfere with Breast-feeding.

9. Premature babies need to learn to take bottles before they can start Breast-feeding. *Not true!* Premature babies are less stressed by breast-feeding than by bottle-feeding. Even a baby small than 1200 grams can start at the breast as soon as he is stable, though he may not latch on for several weeks. Still, he is learning and he is being held which is important for his well-being and his mother's. Actually, weight or gestational age does not matter as much as the baby's readiness to suck, as determined by his making sucking movements.

There is no more reason to give bottles to premature babies than to full term babies. When supplementation is truly required there are ways to supplement without using artificial nipples.

"I'll tell you what's on my mind; it's butt cold out here, and I'm fresh out of beer." -Grandpa

“Half this game is ninety percent mental.” -Yogi Berra

10. Babies with cleft lip and/or palate cannot breast-feed. *Not true!* Some do very well. Babies with only a cleft lip usually manage fine. But many babies with cleft palate do indeed find it impossible to latch on. If breast-feeding is not even tried, the baby won't breast-feed for sure. The baby's ability to breast-feed does not always seem to depend on the severity of the cleft. Breast-feeding should be started, using the principles of proper establishment of breast-feeding as much as possible. If bottles are given, they will undermine the baby's ability to breast-feed. If the baby needs to be fed, but is not latching on, a cup can and should be used in preference to a bottle. Finger feeding occasionally is successful in babies with cleft lip/palate, but not usually.



11. Women with small breasts produce less milk than those with large breasts. *Nonsense!*

12. Breast-feeding does not provide any protection against becoming pregnant. *Not true!* It is not a foolproof method, but no method is. In fact, breast-feeding is not a bad method of child spacing, and gives reliable protection especially during the first six months after birth. It's almost as good as the pill if the baby is under six months of age, if Breast-feeding is

exclusive and if the mother has not yet had a normal menstrual period after giving birth. After the first six months, the protection is less, but still present. On average, women breast-feeding into the second year of life will have a baby every two to three years even without any artificial method of contraception.

13. Breast-feeding babies need other types of milk after six months. *Not true!* Breast milk gives the baby everything there is in other milks and more. Babies older than six months should be started on solids mainly so that they learn how to eat and so that they begin to get another source of iron, which by seven to nine months, is not supplied in sufficient quantities from breast milk alone. Thus cow's milk or goat will not be necessary as long as the baby is breast-feeding. However, if the mother wishes to give milk after six months, there is no reason that the baby cannot get cow's milk or goat's. As long as the baby is still breast-feeding a few times a day, and is also getting a wide variety of solid foods in more than minimal amounts other animal milks are fine. Most babies older than six months who have never had formula will not accept it because of the taste.

BREAST-FEEDING PAIN

Medi-Sign Target
Lanolin or Shea Butter on
Nipples

Your breasts are much more than a meal ticket for your baby,. Study after study has shown that breast-fed babies consistently seem to fare better than their formula-fed counter-

parts. In later years, they may score higher on IQ tests, and they're more immune to a host of problems ranging from diaper rash to cancer.

While a mother's milk seems to offer junior a smorgasbord of benefits, it isn't always a picnic for her. If you're nursing, your breasts may get hard, heavy, achy and swollen, causing your nipples to feel more than just a little bit chewed up. Still, you probably want to continue breast-feeding if you want your baby to have the benefits. Here are some remedies that will help to make the whole process smoother.



Eat garlic. Breast pain aside, the hardest part of breast-feeding may be trying to convince the little tyke to eat well. Some babies may not ingest enough milk for a good meal as they gnaw, bite and “play” with nipples instead. Mothers who eat a clove of garlic two hours before nursing get an odor in their milk that prompts infants to suck longer and possibly ingest more milk. The babies will experience no abdominal cramps or other problems associated with spicy foods. Try eating garlicky dishes before nursing if straight garlic isn't your idea of a tasty snack.



Go for depth. The nipple should be deep in the baby's throat. This way, there is no movement of the nipple when the baby sucks.

Use both breasts. Nurse on one side until it appears that the baby is losing interest. Then, offer your baby the other side. Start with the side you ended with the next time you feed. Some babies, especially newborns, won't take both breasts at one feeding. If this happens, wait for about an hour until the baby rouses a little and offer the other side.

Try soothing with your own milk. If your nipples are hurting, express a little bit of milk and rubbing it in is another effective treatment. Milk left at the end of the feeding is very high in lubricants and contains a probiotic substance.

Keep nipples from drying out. That means no soap on your nipples when you're showering. The little bumps around the areola are glands that produce oil with natural cleansers and protection in it, meaning, you don't need to use soap.

To prevent further irritation, don't towel nipples dry after your shower. Let them air-

dry. The problem may also be one or both of the following.

Either the baby may also not be positioned and latched properly, or the baby is not suckling properly.

Incidentally, babies learn to suck properly by getting milk from the breast when they are latched on well.

Fungal infection, due to *Candida albicans*, may also cause sore nipples. The soreness that caused by poor latching and ineffective suckle hurts the most as you latch the baby on and usually improves as the baby nurses. Women describe a knifelike pain from these first two causes. The pain from the fungal infection goes on throughout the feed and may continue even after the feed is over. This pain is often described as burning, but doesn't necessarily have to possess this character. A tipoff that the pain may be due to a yeast infection is the sudden, unexplained onset of nipple pain when feedings had previously been painless. Pain may also just come on gradually or may be superimposed



on pain due to other causes. If cracking appears, this may be due to a yeast infection as well. To cure, rub yogurt on the nipples when not nursing.

Latching

- Get the baby to open up his mouth wide. To do this, run your nipple, along the baby's upper lip, lightly, from one corner to the other still pointing the nipple to the roof of the baby's mouth. Some mothers find easier to run the baby along your nipple. Wait for the baby to open up as if yawning. The baby's chin should touch your breast first as you draw him closer. The nipple shouldn't point to the middle of his mouth, but rather to the roof.

- Use the arm that is holding him to bring him onto the breast as the baby opens his mouth. Don't worry about the baby's breathing. If he is properly positioned and latched on, he will breathe without any problem. He will pull away from the breast if he cannot breathe, so don't be afraid to be vigorous.

- If the nipple still hurts, use your index finger to pull down on the baby's chin in order to bring the lower lip out. It is usually not necessary, but you may have to do this for the duration of the feed.

- The same principles apply whether you are sitting, lying down or using the football hold. Get the baby to open wide. Don't let the baby latch onto to just the nipple. Try to get as much of the areola, the brown part of breast, into the mouth as possible. It isn't necessary, however, for the entire areola to be covered.

“You know it's hard to hear what a bearded man is saying. He can't speak above a whisker.”

- There is no “normal” length of feeding time.

- A baby properly latched on will be covering more of the areola with his lower lip than with the upper lip.

Improving the baby’s suckle

The baby learns to suckle properly by nursing and by getting milk into his mouth. The early use of artificial nipples or poor latching on from the beginning can cause the baby’s suckle to be ineffective or not appropriate for breast-feeding. Some babies just seem to take their time developing an effective suckle. Suck training and/or finger nursing and feeding may help.

What is a plugged duct? A plugged milk duct is one that is not draining properly, causing pressure to build around the duct. The breast is usually tender and it may even be red in color. Usually only one breast has a plugged duct, which may be pea-like in size or larger than a quarter. You may even have more than one plugged duct at a time. This condition will not leave you feeling sick or feverish.

The following ideas may help clear the plugged duct:

- Breast-feed often. Try every two or three hours or eight to twelve times in 24 hours. Feed on the affected breast first to help completely empty it.

- While breast-feeding on the affected side, change the positioning of the baby. Go from the football to the cradle hold. Position your baby so that it seems as if his nose is pointing toward the plugged duct area.

- Gently massage the affected breast before and during feedings.

Using a firm, circular motion, start under the arm and move toward the nipple.

- Before feedings, apply a warm, moist compress, or warm wet towel, on the area for five to ten minutes.

- Soak the affected breast about three to four times a day by leaning over a basin of warm water and massaging the area at the same time. This can also be done while you are in the bathtub.

- Soak it in a glass of warm beer.

- Avoid tight clothes, especially underwire or tight bras.

How will I know when the plugged duct is gone? The plugged duct area will slowly decrease in size as the tenderness and redness disappears.

What should I do to avoid getting a plugged duct?

- Start breast-feeding with the



breast you finished with at the last feeding. To remember which breast to start with the next time, put a safety pin on the bra strap of the breast you finished with.

- Always offer both breasts each feeding. Be sure the first breast is completely emptied before you offer the second breast.

- Breast-feed often, eight to twelve times in 24 hours, for the first six to eight weeks after your baby is born. This may slow down to about eight times in 24 hours after your baby is eight to twelve weeks old.



BREASTS SAG

*Medi-Sign Target
Push-ups Daily*



Gaining Support

For centuries, women have been trying to fight time and gravity with the brassiere. There is, however, a much better weapon, and it lies close to their hearts. Strengthening your pectoral muscle is the best defense against a downward trend.

You can't actually build up the breasts themselves. They're composed of fat and other soft tissue, which doesn't respond to exercise. But you can work your pecs, the muscular mats that cover the upper chest and the ribs and support your breasts. Firmer, more substantial pecs will bring your bust line both up and out.

Pump Up Your Pecs

Swim for your chest. Swimming is great for boosting your bust. The crawl, the butterfly and the breast stroke all exercise the important supportive pectoral muscles.

You should start to notice results if

you do the following exercises three or four times a week for two months.

Stand facing a wall with your toes touching it. Take one or two steps back. Place your palms flat against the wall at chest height and shoulder width apart.

Bend your elbows toward the outside to move your body toward the wall as one unit. Be careful not to bend at waist.

Straighten your arms by pushing back off the wall, feeling it work in your chest muscles. Start with one set of 10 to 15 pushups. Over the course of two months, gradually try to build up to three sets.

Stand a little farther back from the wall as you get stronger. This will make the pushups a little more difficult.

Give this tougher version a try if you should find yourself looking for a bigger challenge.

Home and Garden Workouts

Here are three common home maintenance tasks that, with some slight symmetry modifications, can actually improve your pecs and help to keep your breasts out in front.

Vacuum voluptuously.

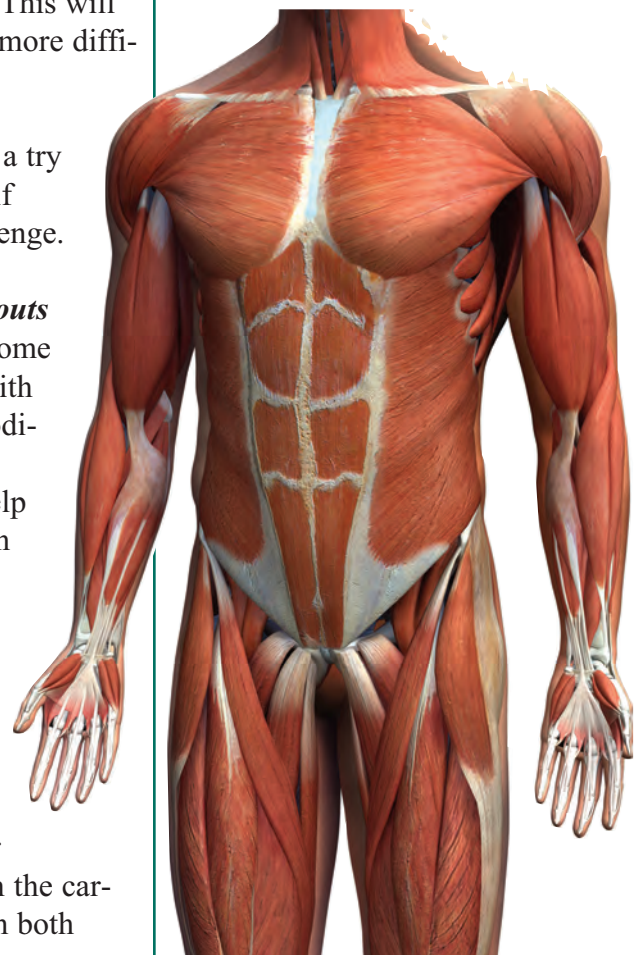
The back-and-forth arm stretch of vacuuming actually pumps your pectorals a bit. For maximum benefit, extend your normal reach as you clean the carpet. You want the pecs on both

sides of your chest to get the same workout, so make sure to use both arms equally.

Rake leaves and sag leaves! The annual fall-leaf burden can actually be a bust-maintaining activity. The motion of extending the rake and pulling it toward you works the vital chest muscles.

Here, too, keep symmetry in mind when extending your reach. It may be tough to rake leaves with your dominant hand placed lower on the shaft of the rake, but give it a try, even if you rake a little more slowly. Remember, you're not just raking leaves, you're building up your body, too.

Good chest panes. Washing windows may be the single worst task of home maintenance. However, the movement required to wash windows is a pectoral plus, which may



"You got to be careful if you don't know where you're going, because you might not get there." -Yogi Berra

“A psychiatrist asks a lot of expensive questions your wife asks for nothing.”

keep you going from pane to pane. For figure enhancement, extend your arms farther than you normally might. Remember, you’re not just letting the sun shine in, you’re also maintaining your figure.

What causes sagging of breasts?

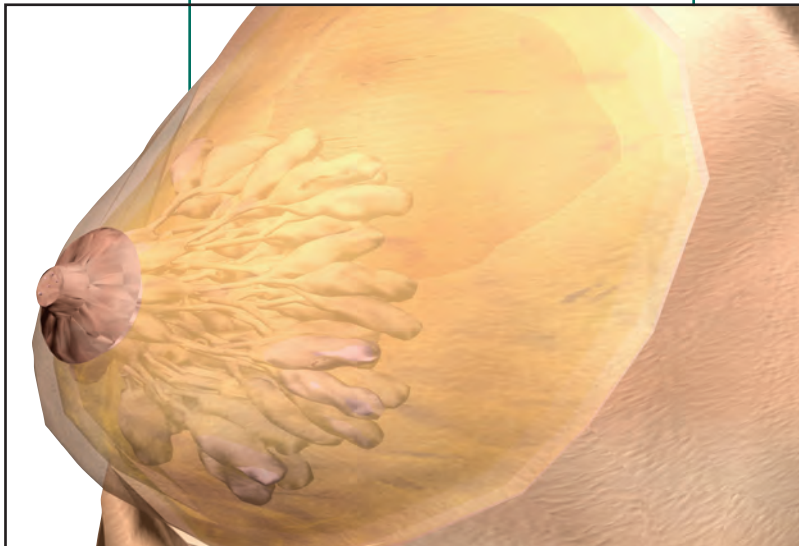
Sagging or drooping of breasts is a natural, inevitable process that happens to all women at some point, except those with fairly small breasts. Breasts can start drooping a little at any age, but the most notable sagging happens with the process called breast involution. Breasts may NOT have muscles in them, but they do have ligaments and connective tissue.

When the gravity pulls the breasts down, those ligaments and the skin can stretch, causing the breasts to droop. Severity depends on the elasticity of your skin and of your ligaments, as determined by your genes diet, and the normal aging processes. Obviously large breasts will sag easier since more gravity is pulling them down.

Breast involution is a process where the milk-making system inside the breast shrinks because it’s not needed anymore. This happens either after weaning, right after pregnancy if you don’t breast-feed at all, or during menopause. The breast can look “empty” and saggy when the tissues inside breast shrink, and the skin surrounding it doesn’t. Sagging usually remains, but over time, some fat gets deposited back to the breast, causing it to look somewhat fuller.

Will bras keep the breasts from sagging?

Bras will keep your breasts from sagging while you’re wearing them, but not for the remainder of time as there is no showing that bras prevent sagging. Even the bra industry seems to know this, as the following quote illustrates: **“We have no evidence that wearing a bra could prevent sagging, because the breast itself is not muscle, so keeping it toned up is an impossibility. What it can do, particularly for larger-breasted women, is obviously to provide the comfort and the support. So, if a woman wants a particular breast profile, she will buy a**



particular brand, and that is what they’re designed for. There’s no permanent effect on the breast from wearing a particular bra. The bra will give you the shape the bra’s been designed to give while you’re wearing it. Of course, when you take it off, you go ‘au naturel.’” Executive John Dixey at Bras, Bare Facts documentary.

However, there is some support for the idea that breasts in bras actually sag more once the bra is taken off. How could this be since the purpose of bras is to lift the breasts upward? Basically, when the breast don’t have to bear their own weight, the

ligaments which support them, atrophy, or get thinner and weaker, when breasts are immobilized within bras.

There are many studies showing that ligaments and tendons in limbs do atrophy when the limb is immobilized. Bras obviously prevent the natural slight up-down movement of breasts when we walk, allowing the shoulders to bear the weight of breasts. It may be a matter of “use it or lose it,” if breast ligaments behave like limb ligaments. The only study ever published on the subject of bras and sagging was done in Japan in 1991. The study suggests that a bra can actually increase breast sagging rather than the opposite.

“Eleven adult female subjects aged 22-39 years wore a certain brassiere for three months while anthropometry and moire fringe photographs on the anterior trunk were taken regularly once a week. After the three months, the brassiere was not worn for another three months.

Then the measurements and photogrammetry were repeated for comparison using superimposed moire configurations. The results are summarized as follows. Regardless of slim or obese trunk, subjects with pendent breasts showed the highest degree of breast form ‘correction’ from wearing the brassiere. In all subjects, after three months of brassiere constraint, the underbust circumference was smaller but the chest circumference became enlarged, the distance between the right and left nipples became wider, and the breasts tended to hang down. This change was more marked in obese

subjects with pendent breasts. And when this type of subject wore a 'well-fitted' brassiere for a long time, her breast form became developed, that is, her breasts hung down more." Ashizawa K, Sugane A, Gunji T Institute of Human Living Sciences, Otsuma Women's University, Tokyo, Japan: Breast Form Changes Resulting From A Certain Brassiere Journal of Hum. Ergol.(Tokyo) 1990 Jun; 19(1):53-62.



There's no need to wear one for the purpose of preventing sagging. It just won't work. The unspoken rules of the society, however, may force you to wear a bra to work or to social occasions. Remember, also, that breasts will benefit from bra-free time, so it is good to take the bra off whenever you can. I tell women all the time to please take their bras off, but they just keep shopping and ignoring me. What's that all about?

Beating Breast Sag

Although good breast care primarily is a means of keeping your breasts healthy, for some women it also means keeping your breasts smooth and firm.

There are two ways to sag when women pass their thirties. When large breasts sag, the nipples do a swan dive and head toward your waist. When small breasts sag, the

nipples gracefully sink back toward your chest. A 50-year-old woman once told me, *"One way you look like a cow that needs milking. The other way you look like a boy. It may not be what God, nature and Victoria's Secret intended, but sag can be the reality of the post-30 breast."*

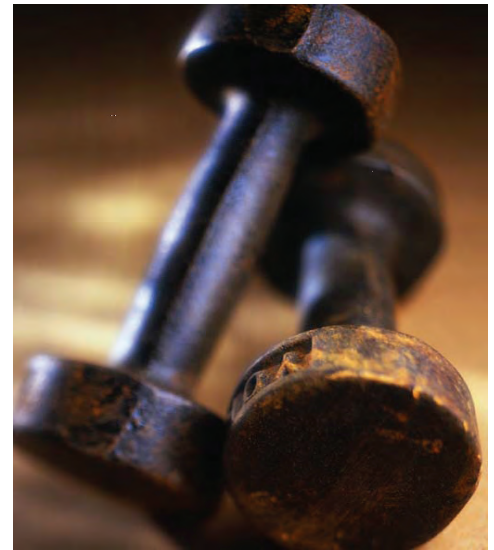
The elastic tissue in the breast begins to degenerate somewhere between the ages of 30 and 40. The elastic tissue in the breast begins to degenerate the breast fibers, which act like rubber bands and provide that resilient bounce as you walk. These fibers will still stretch, but they won't snap back quite as well. The result is saggy breasts with a few stretch marks

thrown in for good measure.

Hormonal changes, both during pregnancy and as you reach menopause, add to the problem by making breasts sag more.

During pregnancy, the hormones estrogen and progesterone, secreted by the ovary and the placenta, stimulate development of the 15 to 20 lobes of milk-secreting glands embedded in the breast's fatty tissue. These changes are permanent. The glands will still add bulk and firmness to the breast once they are empty and no longer needed to produce milk.

When menopause arrives, however, the drop in estrogen and progesterone signal the breast that its milk ducts and lobes can retire. As a result, the breast shrinks, adds fat and begins to sag over and above the demands of gravity.



Fortunately there are several ways to prevent, and sometimes reverse, both sag and stretch marks. Think weights. There's no way I know of to build up the breast's fatty tissue. To get that same effect, you can build up the pectoralis muscles underlying the fatty tissues

To prevent or reduce sag, get a couple of two or three pound weights and work those muscles five times a week. With a weight in each hand, extend your arms sideways and do 15 small, backward circles about a foot in diameter. Widen the circles slightly and do another 15. Widen them again and repeat. Slowly work your way up to 50 circles for each repetition.

Roll your shoulders. Put your weights down and with your arms hanging at your sides, roll your shoulders backward, down and forward in a circular motion 15 to 20 times. Do this five days a week.

Hit the deck. Start off trying to do 10 push-ups and work your way up to 20. This may take up to six months, but you're more likely to do them regularly if you add one push-up at a time. Get on your hands and knees. Raise your feet six inches off the floor, and lower your

"You're not drunk if you can lie on the floor without holding on." -Dean Martin

“Words are the physicians of a mind diseased.” -Aeschylus

upper body down to within an inch of the floor. Do these five days a week as well.

Shrink the stretch marks. Rub in organic cold-pressed coconut butter if you’ve just had a baby and the stretch marks on the top and sides of your breasts are red and inflamed.

Breast Sag

Try the fly. To build more muscle, try what’s called the dumbbell fly, using a pair of one- to three-pound weights.

To start, pick up one weight in each hand and lie back on the floor. Extend your arms out at shoulder level on the floor with your palms up, clutching your weights. The weights should be parallel to your body.

Draw both arms straight up together above your body, keeping your elbows slightly bent, so that the weights meet over your chest. Pretend you were drawing a semicircle or half-moon over your body by returning the weights out to your sides at shoulder height.

Repeat the exercise 12 to 15 times and rest for 90 seconds. Repeat the entire cycle two more times. As you become stronger, you’ll be able to handle more weight.

This means that you should be able to gradually increase your weight by one to two pounds while moving to three sets of decreased repetitions of eight to ten in order to work your muscles gradually.

Try a chest press. A variation on the



fly that also builds chest muscle is the chest press. This time, pick up a five-pound dumbbell in each hand and lie back on the floor. Extend your arms and hold the dumbbells up in the air over your chest, parallel to your body. Bend your elbows and lower the dumbbells toward your chest, as your elbows move out to the sides at shoulder level. Extend your arms straight back up over your chest and repeat the exercise 12 to 15 times. Rest for 90 seconds and do a second set of 12 to 15 repetitions. Repeat the cycle a third time.

As with the previous one, when this exercise become easy increase your weights by one or two pounds. The goal is the same as above, eight to ten repetitions in three sets with as much weight as you can safely and comfortably handle.

Round out your workout. All these

exercises may be great for your chest, but you need to round out your workout with an exercise that strengthens your back muscles. Otherwise, you’re likely to become round-shouldered and weaken your back. Pick up a five- to ten-pound weight in your left hand, then lean on a bench or a low, sturdy table by placing your right knee and right hand down on its surface. Your left foot should be on the floor.

Bend your left elbow, bring the weight up to your armpit and try to squeeze your left shoulder blade toward your spine. Slowly lower the weight back down until your arm is fully extended as you resist gravity. It won’t be easy, but resist letting the weight fall by squeezing with your

left shoulder blade as the weight returns to the starting position.

Repeat the exercise 12 to 15 times, rest for 90 seconds. Repeat the cycle twice more.

BREATHE

The average person reaches peak respiratory function and lung capacity in their mid 20’s. Respiratory capacity then begins to dwindle, losing between nine and twenty-seven percent for every decade of life! Unless you are doing something to maintain or improve your breathing capacity, it will decline, taking with it, your general health, life expectancy and your spirit of joy as well.

Lung volume, FEV1, is the primary marker for how long you will live. Heart attacks, cancer, strokes, pneu-

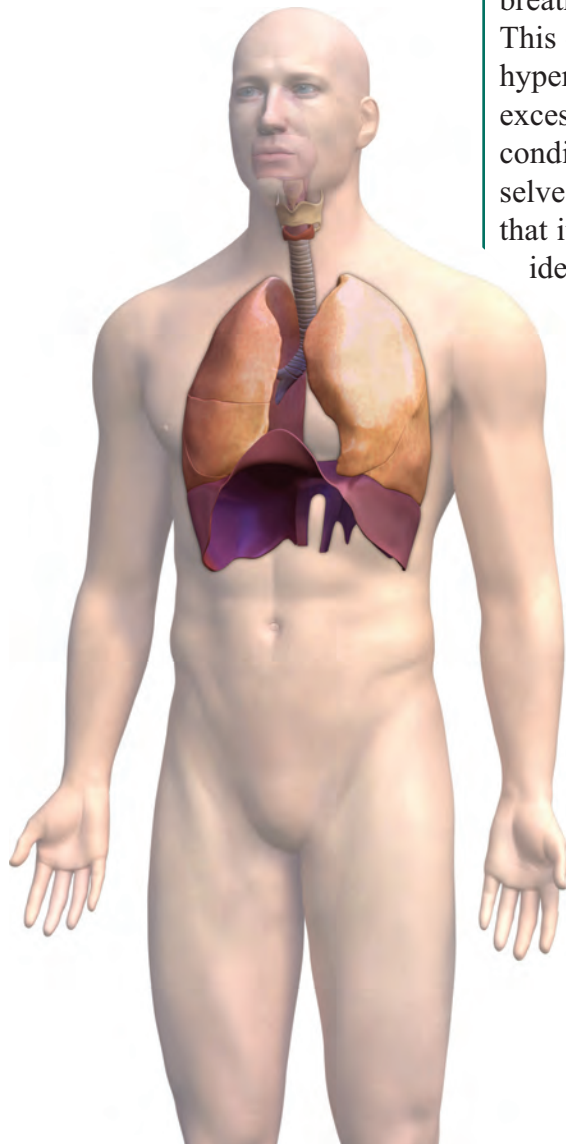
monia, asthma, speech problems and almost every disease known to mankind is worsened or improved by how well you breathe or the quality of your respiration.

Energy

Most of us access only ten to twenty percent of our full breathing capacity, yet ninety-nine percent of our energy should come from breathing. This can leave us short of energy and compromise our optimum health and well being.

The Importance of Breathing through Your Nose

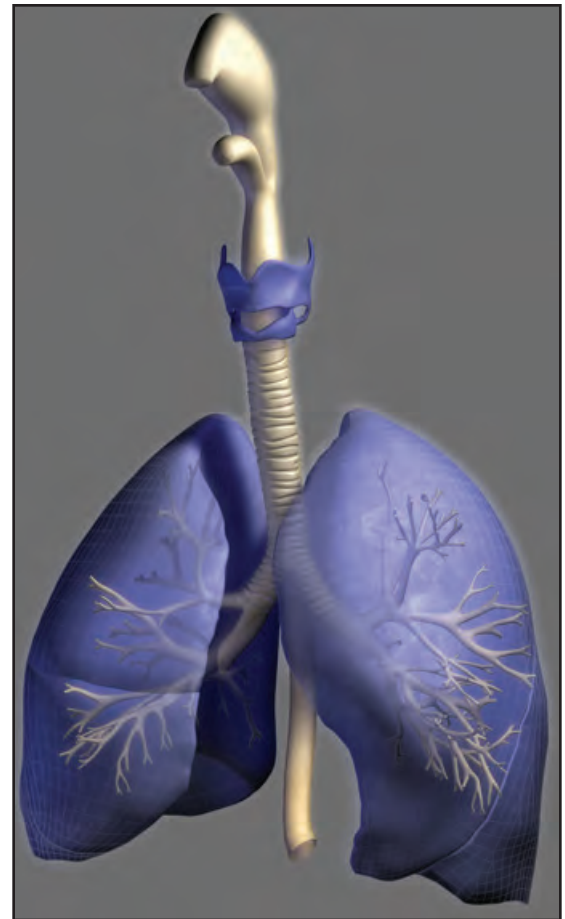
Our breathing was designed to take place mainly through our nose, except for emergencies. The hairs that line our nostrils filter out parti-



cles of dust and dirt that can be injurious to our lungs when we breathe through our nose. When too many particles accumulate on the membranes of the nose, we trap them by automatically secreting mucus or sneeze to expel them. The mucous membranes of our septum, which divides the nose into two cavities, further prepare the air for our lungs by warming and humidifying it.

There is another important reason for breathing through the nose; maintaining the correct balance of oxygen and carbon dioxide in our blood. We usually inhale and exhale air quickly in large volumes when we breathe through our mouth. This often leads to a kind of hyperventilation, breathing excessively fast for the actual conditions in which we find ourselves. It is important to recognize that it is the amount of carbon dioxide in our blood that generally regulates our breathing.

Research has shown that if we release carbon dioxide too quickly, the arteries and vessels carrying blood to our cells constrict and the oxygen in our blood is unable to reach the cells in sufficient quantity. This includes the carotid arteries which carry blood and oxygen to the brain. The lack of sufficient oxygen going to the cells of the brain can turn on our sympathetic nervous system, our “fight or flight” response, and make us tense, anxious, irritable and depressed. Remember to breathe through your nose when possible. Each nostril opens or constricts depending on the brains mes-



sages of anatomical needs, which is most noticeable during nasal congestion.

Breathing Tips for a More-Effective Aerobic Workout

Would you like to get more health benefits from your aerobic workout? Would you like to burn more fat during your workout? Would you like to reduce exercise-related fatigue and injury? Would you like to increase your endurance and stamina? Would you like your workout to help improve your breathing?

If your answer is “yes” to any or all of these questions, then there is one simple thing you can do. Don’t let yourself become “breathless” during your workout. We undermine our breathing coordination, burn sugar instead of fat for fuel and become tight and tense, which can promote injury, when we become breathless.

“There is no psychiatrist in the world like a puppy licking your face.”

“When brains are needed, brains won't help.”



The simplest way to know whether you are exercising too intensely and becoming breathless is to try to speak several sentences out loud while you're working out. Your workout is no longer “aerobic” if you can't do it without gasping for breath. It is, or is about to become, “anaerobic,” which means that it is proceeding without oxygen and you are no longer burning fat for fuel.

Inhaling and exhaling only through your nose is a simple way to ensure that you are working out at a level that will not make you breathless. If you try this, you will quickly discover, especially at the beginning, that you will have to work at a less intense rate during your workout. Gradually, your breathing coordination will improve and you will be able to do more and progress more rapidly.

Eventually, you'll have more power and last longer than others who don't know this almost forgotten secret of the Ancient Olympiad. Breathing through your nose is a great regulator of CO₂ to oxygen ratio, and you actually run internally better on more CO₂ than oxygen.

BRITTLE NAILS

*Medi-Sign Target
Cauliflower & Moisten
Nails with Olive Oil*

Brittle nails are fingernails and toenails that peel and break easily. It can cause separation or breaking of the protein layers that make up fingernails and toenails.

The signs and symptoms of brittle nails include:

- Peeling at the nail tips
- Easy breaking
- Inability to grow the nails out



Extreme dryness of the nail is the main cause of brittle nails. Some individuals have a genetic predisposition to brittle nails. Nails become drier and more brittle as people age. Dry air, common with winter's low humidity and use of indoor heat, can cause also nails to dry out. Long, hot baths and showers can dry nails out as well. Your nails are a reflection of the health and wellness of your body. Heart, digestive or even a fungal disorder can be detected just by looking at your fingernails.

Diseases and conditions that can cause brittle nails include:

- Hypothyroidism, a condition caused by low levels of thyroid hormone.
- Raynaud's phenomenon, a disorder that affects the arteries of the arms and legs.
- Skin diseases, such as psoriasis.
- Endocrine disorders, such as Sjogren-Larsson syndrome, which also causes dry skin.
- Frequent handwashing, which may be associated with the person's job.
- Prolonged exposure to cold, dry weather.

- Sunburn or windburn.

- Excess exposure to chemicals, such as nail polish remover.

- Repeated injury to the nail tip can also lead to brittle nails.

Chow down on cauliflower. A little-known nutrient called biotin can thicken nails to help prevent splitting and cracking. Biotin is absorbed into the core of the nail, where it encourages a better, thicker nail to grow. Cauliflower, peanuts and lentils are rich sources of biotin. One study showed that people consuming biotin foods daily had marked increases in nail thickness after six months. Snack up and nail it!



Get cookin' with cooking oil. Also very effective is a regular soaking in vegetable oil. It replenishes the moisture lost from having your hands in and out of water frequently. Many commercially sold nail care products have alcohol-containing fragrances that can dry out nails, making vegetable oils a better choice.

Soaking in oil isn't necessary. Just brush on the oil and massage it into the nail. Put some safflower or vegetable oil in a clean, empty nail polish bottle and brush it on nails several times a day. Don't forget to put a drop of oil on the underside of the nail at your fingertip.

Nail strengtheners may be touted as the way to turn weak and brittle nails into unbreakables, but in reality, most claims for these products are excessive.

Nail strengtheners supposedly contain an ingredient that binds to damaged nails, making them thicker. By simply applying something to the surface of the nail, you can't change its structure. At best, nail strengtheners protect the nail plate so they won't peel, merely camouflaging the brittleness.

Trim nails

short. Longer nails are more likely to crack or tear so If you're plagued by brittle nails, trim them shorter. Trim your nails right after washing or bathing when they're

softer and less likely to crack or break.

Massage your fingertips. To improve blood circulation around your nails, regularly massage your fingertips. Do it three or four times a day or at least in the morning and evening. Use coconut or soy oil to moisturize as you massage.

Once you have determined which is best for your particular body's need, use some time in the evening to take a "nail bath."

Remember, the skin is our most absorbent organ.

1. Allow your nails to soak in a small bowl of oil or gently rub the oil into the nails.
2. Cover with cotton gloves, cotton socks.
3. Sleep.

Top Three Oils to Treat Your Nails Right.

1. **Coconut Oil.** One of the few significant plant sources of lauric acid. This medium-chain fatty acid, which is also found in human milk, enhances brain function and the immune system.
2. **Palm Kernel.** When unrefined, this high saturation oil is the one of the most stable of oils providing strength and ultimate saturation to the skin.
3. **Virgin Olive Oil.** The most stable vegetable oil, high in vitamin E, provides support to the liver and gallbladder, no matter how you take it into the body.

Now, take a minute and think about how those chemically enhanced skin and nail products are affecting your body!



"The sun is nature's Prozac."

“When you don’t have an education, you’ve got to use your brains.”

Pale, brittle, spoon-shaped or nails with ridges down the length can signify anemia. This lack of iron can be due to inadequate nutrition. To help cure, eat more iron-rich foods such as eggs, green-leafy vegetables, blackstrap molasses, almonds, whole grain breads and cereals, avocados, beets, dates, lima beans, pumpkins, peaches, pears, prunes, watercress, soybeans and raisins. Anemia can also be caused by bleeding from menstruation, hemorrhoids or because you take aspirin. It may also be that your bone marrow simply isn’t making the right kind of blood.

BROCCOLI

Medi-Sign Target
Brain, Basal Ganglia & Neuro-Immune Cells

King of the Cabbage Clan

Broccoli is one of the favorite vegetables of health-alert Americans, combining a hearty structure, fresh appearance and ease of preparation with its high nutritional content. While it is available year-round, broccoli is best from October



through May when it has great flavor and is of the highest quality.

Broccoli is part of the cabbage family and closely connected to cauliflower, with cultivation beginning in Italy. Its Italian name, “*broccolo*” means “*cabbage sprout*.” In Latin, “*brachium*” means “*branch*.”

Named after the Italian province of Calabria where it first grew, the most popular type of broccoli sold in the United States is known as Calabrese, or Italian green.



Broccoli has other vegetables related to it, such as broccolini (*a mix between broccoli and kale*), and broccoflower (*a cross between broccoli and cauliflower*). Sprouts have also recently become popular as a result of studies uncovering their high concentration of the cancer phytochemical, sulforaphane.

- A Birth Defect Protector
- A Cardio-Protective Vegetable
- An Immune System Booster
- Balances Out Blood Pressure
- Cancer Protection
- Cataract Prevention
- Closes Down Prostate Cancer
- Crushes Colon Cancer
- Improves Heart Health
- Keeps Vision Keen
- Lowers Lung Cancer Risk
- No Breast Cancer
- Protection from Rheumatoid Arthritis
- Protection from Ulcers
- Stronger Bones with Broccoli

BRONCHITIS

Medi-Sign Target
Fresh Air, Salt & Water

Bronchitis: the lungs’ cleaning response to overload.

Just when you thought you were finally over a cold, your chest starts to feel sore and you develop an irritating cough. Later, you might get the chills or a slight fever.

If these signs and symptoms sound familiar, you might have acute bronchitis, a condition that occurs when the inner walls that line the main air passageways of your lungs become infected and inflamed. Virtually everyone will have bronchitis at least once as bronchitis often fol-

lows a respiratory infection such as a cold.

Most cases of acute bronchitis disappear within a few days without lasting effects, although coughs may linger three weeks or more. A more serious health problem needing medical attention such as asthma, chronic bronchitis or emphysema may be what's plaguing you if you have repeated bouts of bronchitis.

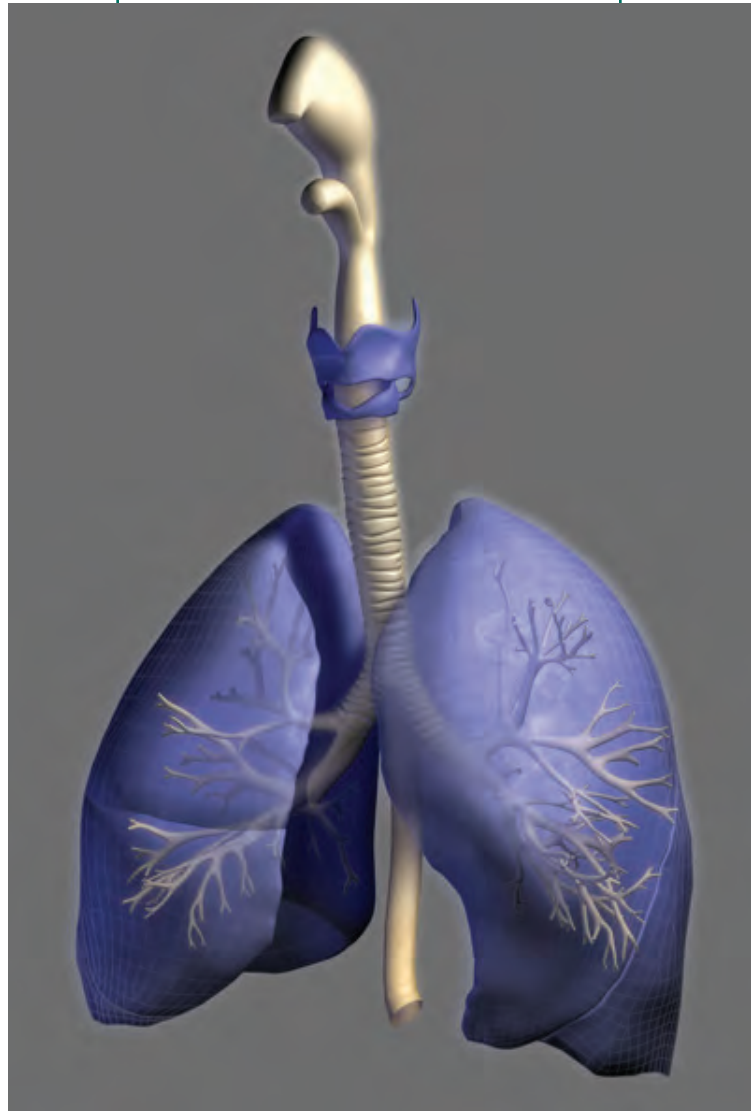
Signs and Symptoms

A cough that brings up yellowish-gray or green mucus, also known as sputum, is one of the main signs of bronchitis. Mucus itself isn't abnormal. Your airways produce at least an ounce of normal secretions every day. Continuously cleared into your throat and swallowed with your saliva, these secretions usually don't accumulate. When the main air passageways in your lungs, the bronchial tubes, are inflamed, however, they often produce large amounts of discolored mucus that comes up when you cough. Mucus that isn't white or clear usually means there's a secondary infection.

These signs can be deceptive. You don't always produce sputum when you have bronchitis. Parents with a sick child may not know there's a secondary infection because children often swallow coughed-up material

Bronchitis may be accompanied by common signs and symptoms of an upper respiratory infection, including:

- Breathlessness
- Congestion
- Overall malaise
- Slight fever and chills
- Sore throat
- Soreness and a feeling of constriction or burning in your chest
- Wheezing



Sometimes chronic sinusitis, an ongoing infection in the lining of one or more of the cavities in the bone around your nose, can mimic bronchitis. Signs and symptoms of chronic sinusitis are similar to those of bronchitis and include a thick, yellow or green postnasal discharge and a chronic cough that's triggered when you try to clear your throat of mucus draining from your sinuses.

Causes

The same viruses that cause colds often cause acute bronchitis. Noninfectious bronchitis can also develop from exposure to your own or someone else's cigarette smoke or even from pollutants such as household cleaners and smog.

Bronchitis can also occur from a condition known as gastroesophageal reflux disease, or GERD where acids from your stomach consistently back up into your food pipe. Workers exposed to certain dusts or fumes may develop an acute disease that generally clears up when exposure to the irritant stops known as occupational bronchitis.

Chronic bronchitis occurs when inflammation and thickening of the lining of your bronchial tubes become permanent. Signs and symptoms include shortness of breath and a continual cough that produces large amounts of mucus. You're generally considered to have chronic bronchitis if you cough most days for at least three months a year in

two consecutive years. Smokers with chronic bronchitis cough almost every day, even if it's just to "clear their throats" in the morning.

Chronic bronchitis is an ongoing, serious disease unlike acute bronchitis. Smoking is the major cause, but air pollution and dust or toxic gases in the environment or workplace can also contribute to the condition.

"You'll never plough a field by turning it over in your mind."

This chronic inflammation of the airways leads to asthma in some people.



Risk factors

People who smoke or who live with a smoker are at greatest risk of both acute and chronic bronchitis. Children whose parents or siblings smoke are especially susceptible to bronchitis, as well as to asthma, pneumonia, colds and ear infections, or otitis media. Other factors that increase your risk of bronchitis include:

- **Low resistance.** This may result from another acute illness, such as a cold, or from a chronic condition that compromises your immune system. Greater vulnerability to infection affects older adults, infants and young children.

- **Gastroesophageal reflux disease.** Stomach acids that persistently back up into your esophagus are likely to cause a chronic cough, usually through a reflex mechanism.

- **Exposure to certain irritants on the job.** You run the risk of developing occupational bronchitis if you work around certain lung irritants, such as flax, hemp or cotton dust. Exposure to chemical fumes from ammonia, strong acids, chlo-

rine, hydrogen sulfide, sulfur dioxide or bromine can also be to blame. The cough associated with occupational bronchitis may nonproductive, or dry. Occupational bronchitis usually clears up when you're no longer exposed to these irritating substances.

Complications

For most, a single episode of bronchitis usually isn't cause for concern, although it can lead to pneumonia in some people. Older adults, infants, smokers and people with chronic respiratory disorders or heart problems are at greatest risk of this complication.

Repeated bouts of bronchitis should be taken seriously. They may signal chronic bronchitis, asthma or other lung disorders. If you're a smoker or if you're exposed to someone else's tobacco smoke over a long period of time, having chronic bronchitis also increases your risk of lung cancer.

Treatment

Bronchitis usually results from a viral infection, leaving antibiotics ineffective and possibly harmful.



Instead, the following are the cornerstones of treatment for acute bronchitis:

- Get plenty of rest.
- Drink extra liquids.
- Suck garlic infused honey for cough. Avoid cough supplement medicine.

It's best not to suppress a cough that brings up mucus. Coughing helps remove irritants from your lungs and air passages. **Don't stop the body's cure.**



Prevention

If you have frequent, repeated bronchitis, the culprit may be something in your environment. Cold, damp locations, especially in combination with air pollution or tobacco smoke, can make you more susceptible to acute bronchitis. You may need to consider changing where and how you live and work if the problem is severe.

These measures also may help prevent bronchitis and protect your lungs in general:

- Avoid smoking and exposure to secondhand smoke. Tobacco smoke



increases your risk of chronic bronchitis and emphysema.

Self Care

Besides the basic treatments of rest, try liquids, garlic and honey. This next suggestion can also help make you more comfortable, speed recovery and prevent complications of acute bronchitis:

- Use a humidifier in your room. Warm, moist air helps relieve coughs and loosens mucus in your airways. To avoid the growth of bacteria and fungi in the water container, be sure to clean the humidifier according to the manufacturer's recommendations.

BRUCELLOSIS

Medi-Sign Target

Honey, Garlic, Onions & Hot Peppers

Alternative names: *Rock fever, Cyprus fever, Undulant fever, Gibraltar fever and Malta fever.*

Brucellosis is an infectious disease caused by the bacteria of the genus *Brucella*. These bacteria are primarily passed among animals, causing disease in many different vertebrates. Various *Brucella* species affect sheep, goats, cattle, deer, elk, pigs, dogs and several other animals. By coming in contact with animals or animal products that are contaminated with these bacteria, humans can become infected. Brucellosis can cause a range of symptoms that are similar to the flu and may include fever, sweats, headaches, back pains and physical weakness. Severe infections of the central nervous systems or lining of the heart may occur. Long-lasting or chronic symptoms that include recurrent fevers, joint pain and fatigue can also be caused by brucellosis.

How common is brucellosis?

Only 100 to 200 cases of brucellosis occur each year in the United States. However, brucellosis can be very common in countries where animal disease control programs have not reduced the amount of disease among animals.

Where is brucellosis usually found?

Brucellosis is more common in countries that do not have good standardized and effective public health and domestic animal health programs, although it can be found worldwide. Areas currently listed as high risk are the Mediterranean Basin, including Portugal,

Spain, Southern France, Italy, Greece, Turkey and North Africa, South and Central America, Eastern Europe, Asia, Africa, the Caribbean and the Middle East.

How is brucellosis transmitted to humans, and who is likely to become infected?

Humans are generally infected in one of three ways, by eating or drinking something that is contaminated with *Brucella*, breathing in or inhaling the organism or by having the bacteria enter the body through skin wounds. Eating or drinking contaminated milk products is the most common way to be infected by it. When sheep, goats, cows or camels are infected, their milk is contaminated with the bacteria, which can be transmitted to persons who drink the milk or eat cheeses made of it. For people in certain occupations, such as those working in laboratories where the organism is cultured, inhalation of *Brucella* organisms can be a significant hazard. Contamination of skin wounds



"Ideas must work through the brains and arms of men, or they are no better than dreams."

“Reading, after a certain age, diverts the mind too much its creative pursuits. Any man who reads too much and uses his own brain too little falls into lazy habits of thinking.”

may be a problem for persons working in slaughterhouses or meat packing plants or for veterinarians. Hunters may be infected through skin wounds or by accidentally ingesting the bacteria after getting deer, elk, moose or wild pigs that they have killed.

Can brucellosis be spread from person to person?

Direct person-to-person spread of brucellosis is extremely rare. Mothers who are breast-feeding may transmit the infection to their infants. Sexual transmission has also been reported. If the infant or person at risk is treated for brucellosis, their risk of becoming infected will probably be eliminated within three days. Although uncommon, transmission may also occur via contaminated tissue and organ transplantation.

Is there a way to prevent infection?

Yes. Do not consume milk, cheese or ice cream while traveling to other countries. If you are not sure that the dairy product is clean, don't eat it. Hunters and animal herdsman should use rubber gloves when handling viscera of animals.

Meals of garlic, onions, horseradish, cayenne, jalapeno's, bell peppers and their seeds are all bacterial knockouts.

BRUISES

*Medi-Sign Target
Spinach & All Green Foods*

(Ecchymoses)

You fall off your bike, bang your shin on the coffee table that you swore you would move months ago



or run into a wall, you can wake up with a wallop of a bruise. A bruise is a common skin injury that results in a discoloration of the skin. Black and blue marks occur when blood from damaged blood vessels, deep beneath the skin, collects near the surface of the skin. A purplish, flat bruise that occurs when blood leaks out into the top layers of skin is referred to as an ecchymosis

Bruises Causes

People typically get bruises when they bump into something or when something bumps into them.

- Rigorous exercisers, such as athletes and weight lifters, can develop bruises that result from microscopic tears in blood vessels under the skin.
- Unexplained bruises that occur easily or for no apparent reason may indicate a bleeding disorder, especially if the bruising is accompanied by frequent nosebleeds or bleeding gums.
- Unexplained bruises can often appear on the shin or the thigh, for example, but are actually the result of bumping into a bedpost or other object and failing to recall the injury.
- Elderly people bruise more fre-

quently due to thinner skin and weakening of the tissues that support the underlying blood vessels.

Bruises Symptoms

• Initially, a fresh bruise may actually be reddish. Within a few hours, it will then turn blue or dark purple. As it heals, the bruise will take on a yellow or green hue

- A bruise is commonly tender and even painful for the first few days. The pain will usually cease as the color fades away.
- There is no risk of infection with a bruise because the skin is not broken as with a scrape or cut.

Bruises Treatment

The treatment for a bruise is most effective right after the injury while the bruise is still reddish.

- A cold compress, such as an icepack or a bag of frozen vegetables, should be applied to the affected area for 20 to 30 minutes in order to speed healing and reduce swelling. Do not apply the icepack directly to the skin, but rather, wrap in it a towel.
- If the bruise takes up a large area of the leg or foot, the leg should be kept elevated as much as possible during the first 24 hours after the injury.
- After about 48 hours, apply a warm washcloth to the bruise for about 10 minutes, two or three times a day. The heat may increase blood flow to the bruised area, allowing the skin to reabsorb the blood more

quickly. Ultimately, the bruise will fade in color all on its own.

Why do bruises occur more frequently in some people than in others?

The injury required to produce a bruise varies with age. While it may take quite a bit of force to cause a bruise in a young child, even minor bumps and scrapes may cause extensive bruising or ecchymosis in an elderly person. Blood vessels become more fragile as we age and bruising may even occur without prior injury in the elderly.

The amount of bruising may also be affected by medications which interfere with blood clotting and thus cause more bleeding into the skin or tissues. These drugs include many prescription arthritis medications called non-steroidal anti-inflammatories such as ibuprofen/Advil, Nuprin and naproxen or Aleve, as well as over-the-counter medications, such as aspirin. Another bruise-causing drug is Warfarin, also known as Coumadin or “*rat poison*,” is often prescribed by doctors to prevent clotting in people who have had blood clots in their legs or heart. Warfarin can cause particu-

larly severe bruising, especially if the level of the medication becomes too high. By increasing the fragility of the tiny blood vessels in the skin, cortisone medications, such as prednisone, promote bruising as well. In addition, people with inherited clotting problems, such as in hemophilia, or acquired clotting problems, such as in people with liver diseases like cirrhosis, can develop extensive bruising or even life-threatening bleeding.

What if the bruise doesn't get better or the area stays swollen?

On occasion, the area of a bruise will continue to be painful, become firm and may actually start increasing in size instead of healing. There are two major causes for this. First, if a large collection of blood is formed under the skin or in the muscle, the body may wall the blood off causing what is called a hematoma. A hematoma is nothing more than a small pool of blood that the body has walled off. Lemon juice and raw grated red potato packs can clear them up. If they are at the surface of the skin they can be peeled or picked off. Peppermint oils help bruises immensely.

A second and much less common problem occurs when the body deposits calcium in the area of injury. Calcium is the material that makes up the majority of our bones. This area becomes tender and firm. This process is called heterotopic ossification or myositis ossificans. Iron rich foods help people who bruise easily. Lots of green and red vegetables work nicely.

The body may signal its need for vitamin C for many reasons by bruising easily:



1. Not eating enough fresh fruits and vegetables; a common omission by the elderly.
2. Being exposed to pollutants, allergens or heavy metals.
3. Taking one or more drugs which destroy or use up huge amounts of this vitamin.
4. Long-time stress such as a severe illness, frustration or depression.
5. Frequent emotional outbursts such as anger.
6. Smoking.

A diet rich in fruits and vegetables will banish bruises by supplying both the needed vitamin C and a related nutrient, bioflavonoids, which is especially concentrated in the white pulp of citrus fruit.

Best sources of vitamin C in foods are *rose hips, acerola cherries, guavas, black currants, parsley, green peppers, watercress, chives, strawberries, persimmons, spinach, oranges, cabbage, grapefruit, papaya, lemons, cantaloupe, green onions and limes.*



“A brain is worth little without a tongue.”

BRUSSEL SPROUTS

Medi-Sign Target
Blood Flow to Brain



Brussels sprouts are available year round and are the perfect miniature versions of the cabbage, to which they are closely related. They are, however, at the peak of their growing season from autumn through early spring.

Brussels sprouts are members of the Brassica family and therefore kin to broccoli as well as cabbage. They grow in bunches of 20 to 40 on the stem of a plant that grows from two to three feet tall.

Health Benefits

- Cancer Phytochemicals, especially sulforaphane.
- For Healthy Skin and Immune Function, Think Brussels Sprouts.
- A Birth Defect Protector.

Like a white knight in shining armor!

• Fiber-rich Brussels Sprouts Support A Healthier Colon.

• Protection from Rheumatoid Arthritis.

BUBONIC PLAGUE

Medi-Sign Target
*Cinnamon Oil under the
Nose and in the Diet*

Almost half of the people of Western Europe died in a great sickness known as the Bubonic Plague. This disease caused people's skin to turn a dark gray color, leading to the name "*the Black Death*." It apparently began in China's Gobi Desert, killing about 35 million Asian people. Rats returned home with European sailors after their voyages to Asia. Fleas living on the blood of infected rats then transferred the disease to the European people.

In 1347, Italian merchant ships returned from the Black Sea, one of the links along the trade route between Europe and China. Many of the sailors were already dying of the plague. Within days the disease had spread from the port cities to the surrounding countryside and reached as far away as England within a year.

Very poor sanitary conditions and crowded surroundings left the Europeans very susceptible to disease. The Europeans also often ate stale or diseased meat because refrigeration had not yet been invented. Bad medical advice aided in the advance of the plague. People were often advised to not bathe because open skin pores might let the disease in.

Death from the plague was horrible, but swift. The Italian writer Boccaccio said victims often "*ate lunch with their friends and ate dinner with their ancestors in paradise*." The first signs of the plague were generally aching limbs and vomiting of blood. The lymph nodes, which are glands found in the neck, armpits and groin, would also begin to swell. The swelling continued for three or four days until the lymph nodes burst. The swiftness of the disease, the enormous pain and the grotesque appearance of the victims, all served to make the plague especially horrifying.

Some Europeans believed the plague was a sign from God. Groups known as flagellants tried to atone for the sins of the world by inflicting punishments upon themselves. They also had a tendency to persecute Jews and even clergymen who spoke out against them. Pope Clement VI condemned the flagellants, but they continued to reappear



“Get an enema for your brain. It will do better than your colon.”

in times of plague. Today, flagellants may be focused on the AIDS virus.

The Bubonic Plague continued to occasionally affect cities for hundreds of years. It still common among rodents and people in isolated places continue to die from this “*Back Death*.”

The unfortunate plague led to the boom of the **Information Age**. Books were just catching on before the onset of the Bubonic Plague, but there was not enough linen or fabric for papermaking. Without knowing it, the millions who died of the plague provided the clothing that was needed to the produce books that opened the door to an Age of Information. Those who were assigned to collect the clothes of the dead protected themselves using essential oils, especially oil of cinnamon. The religiously pious called these folks thieves, while everyone else called them heroes. This historical occurrence was the source of the phrase “*rags to riches*” and “*making the best of a bad situation*.”

BUCKWHEAT

Medi-Sign Target
Pancreatic Cells

A Diabetics Dream Come True!
Whether served as an alternative to rice or made into porridge, you can make buckwheat throughout the year.

While many people think that buck-



wheat is a cereal grain, it is actually a fruit seed that is relative to the rhubarb and sorrel plants. The name “*buckwheat*” is supposedly derived from the Dutch word *bockweit*, for “*beech wheat*,” reflecting buckwheat’s beechnut-like shape and its wheat-like characteristics. There are two popular buckwheat varieties found in the United States, common and tartary. Bee are drawn to their fragrant and attractive flowers and produce a special, strongly flavored, dark honey.

Similar size to wheat kernels, buckwheat features a unique triangular shape. Due to this shape, special milling equipment is required to the remove the outer hull in order for buckwheat to be edible. Available either unroasted or roasted, roasted buckwheat is oftentimes called “*kasha*,” from which a traditional European dish is made. While unroasted buckwheat has a soft, subtle flavor, roasted buckwheat has more of an earthy, nutty taste. By turns served as a rice alternative or porridge, cooked buckwheat ranges in color from tan-pink to brown.

Buckwheat can be ground into flour and is available in either light or dark forms — the darker variety

being more nutritious. When used in baking, buckwheat is often mixed with some type of gluten-containing flour, such as wheat, since it doesn’t contain gluten itself. In the United States, buckwheat flour is often used to make buckwheat pancakes, a special treat for people with wheat allergies. Buckwheat can also help bring diabetes under remission.

BULIMIA

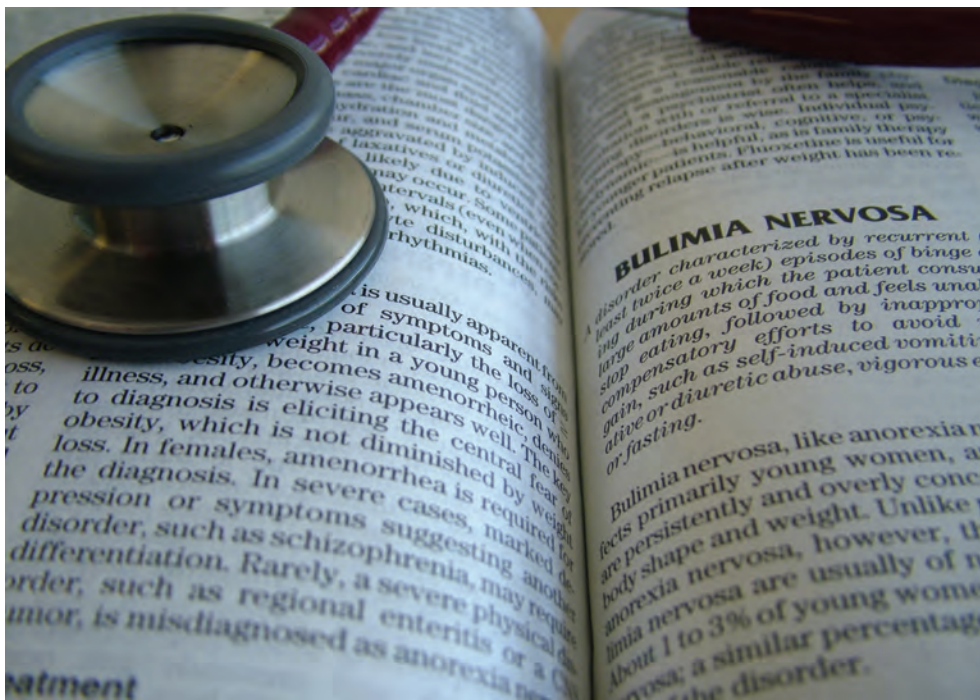
Medi-Sign Target
High Water Content Foods

Bulimia: Hideous emotional brain disease or an act of wisdom and self-responsibility?

Bulimia, also called bulimia nervosa, is a medically defined, psychological eating disorder. Bulimia is characterized by episodes of binge-eating followed by, “*inappropriate*” methods of weight control, such as vomiting or excessive use of laxatives and diuretics. A binge is an episode where an individual eats a much larger amount of food than most people would in a similar situation. It is often mistaken that binge eating is not a response to intense hunger. Contrarily, it is usually a response to depression, stress or self esteem issues. During the binge episode, the individual experiences a loss of control. However, the sense of a loss of control is also followed by a short-lived calmness. The calmness is often followed by self-loathing due to the judgment of

“It is good to rub and polish our brain against that of others.”

“My own brain to me is the most unaccountable of machinery—always buzzing, humming, soaring, roaring, diving, and then buried in mud. And why? What’s this passion for?” -Virginia Woolf



people who vomit. The cycle of overeating and purging usually becomes an obsession and is repeated often. Bulimics also usually obsess over excessive shape and weight.

It wasn't until the 1980's that bulimia was diagnosed as an “eating disorder.” On the other hand, Ancient societies like the Egyptians, Greeks, Roman's, Mayan's, Inca and others did it as a matter of course. During seasonal celebrations that included



huge feasts as part of the festivities, these societies had “vomitories” set up for the convenience of their citizens. “Eat and purge, eat some more.” It was the way they partied. People with bulimia look perfectly normal and that's because they are. Most of them are of normal weight, and some may even be overweight. Women with bulimia tend to be high achievers, extremely creative and very intelligent.

It is often difficult to determine whether a person is “suffering” from Bulimia” because bingeing and purging is often done in secret. In fact, quite the opposite is true for most suffering from bulimia, who usually feel a natural high from it. Kind of like the cat who ate the mouse.

These people consume huge quantities of food, sometimes up to 20,000 calories at a time. The foods on which they binge tend to be foods labeled as “comfort foods” and include things such as sweet foods high in calories or smooth, soft foods like ice cream, cake and pastry. An individual may binge anywhere from twice to several times

daily, depending on mood or emotional needs. Life doesn't just go on, it goes on better.

Medical wisdom says, and I don't buy it, that if you have a family member with an “Eating Disorder of Bulimia,” your family member needs a lot of support. Suggest that your family member see an “eating disorder expert.” Be prepared for denial, resistance and even anger. A doctor and/or counselor can help them battle and fight and rage against their eating disorder and can ever prescribe drugs to aid in the control.

Causes?

There is currently no definite, known cause of bulimia. Researchers believe it begins with dissatisfaction of the person's body and extreme concern with body size and shape. I agree with that, or they just love to eat and don't want to have to deal with the load. Usually individuals, “suffering” from bulimia have low self-esteem, feelings of helplessness and a fear of becoming fat. Maybe for some its more “acceptable” to staple your stomach shut or have a glass ball inserted.

Medical complications from bulimia, we are told that:

- Erosion of tooth enamel because of repeated exposure to acidic gastric contents.
- Dental cavities, sensitivity to hot or cold food can happen as well.
- Swelling and soreness in the salivary glands from repeated vomiting.
- Stomach Ulcers.
- Ruptures of the stomach and esophagus.



- Abnormal buildup of fluid in the intestines.
- Disruption in the normal bowel release function.
- Electrolyte imbalance.
- Dehydration.
- Irregular heartbeat and in severe cases heart attack.
- A greater risk for suicidal behavior.

- Decrease in libido.

I HAVE NEVER SEEN ANY OF THIS IN THESE FOLKS

Published Risk Factors for contracting Bulimia:

There are certain professions where eating orders are more prevalent and thinness is usually emphasized. They include modeling, dancing, gymnastics, wrestling, long-distance running and cycling.



Bulimia in the News

Dr. Walter Kaye, a University of Pittsburgh psychiatry professor, has recently found evidence that bulimic women are possibly born with altered brain chemistry, which puts them at higher risk for eating disorders even long after they've recovered from bulimia.

Researches say that a new study adds to evidence that bulimia occurs at least partially from a chemical malfunction in the brain and not merely from excessive desire to remain thin. This gave license to researching and funding new brain altering drugs. Real eating disorders do in fact exist, and I for one just believe that bulimia is not one of them.

I believe, soda pop, prescription's, nutritional "miracle supplements" and "eating animals" are "real eating disorders." They are not natural. Babies are trained to eat animals, pills and drink sodas. If people want to stay thin they should drink lots of water, walk, get sunshine and eat some whole foods every hour. An apple, an orange, bell pepper, banana, etc. In just three days you fall in love with the new feelings of you and it's healthy.

BULGUR

Medi-Sign Target
Intestinal Health & Function



"If the brain were so simple we could understand it, we would be so simple we couldn't."

A processed form of cracked wheat with a more pronounced flavor, bulgur is produced by a method similar to that used for converted rice. The whole-wheat kernels are steam cooked and dried. The grain is then cracked into three different granulations. Traditionally, the coarsest grain is used for pilaf, the medium for cereal and the finest, for tabbouleh. Bulgur requires less cooking time than cracked wheat and can even be “cooked” by soaking without heat.

BUNION

*Medi-Sign Target
Saltwater Soaks and
Coconut Rub*

Bunions are one of the most common forefoot deformities, occurring with a displacement of the bone under the first toe. This causes the big toe to move towards the smaller toes, revealing a bony prominence on the side of the person’s foot known as the bunion joint. Over a period of time the big toe may come to rest under or occasionally over the second toe.



Bunions are more likely to occur in women than men due to the tighter-fitting shoes women often wear. This condition can cause a variety of different soft tissue and bony complaints which may result in severe pain.

Symptoms may be present along the inside margin of the foot and include redness, swelling and pain. The person’s feet may become too wide to fit into their normal size shoe and may experience moderate to severe discomfort wearing tight shoes. A bunion may lead to “hammer toe” occurring in the second toe. This is when the toe contracts and presses on the shoe causing a corn on top of the second toe.

Corns and calluses may occur on the soles of the feet, in between toes and on the bunion joint. Stiffness known as Hallux Rigidus can occur at the big toe due to secondary arthritis. Other foot conditions such as in-grown toe nails can also be a problem. In severe cases, the bunion joint may have a fluid filled sack called a Bursitis, which can be very painful and become infected.

CAUSES OF BUNIONS

- The most important causative factor is poor fitting footwear. This accounts for a higher incidence among women than men.

- Family history of bunions.

- Abnormal foot function, excessive pronation, which refers to excessive rolling in of the foot at the ankle joint while you are walking.

- Rheumatoid or osteoarthritis.

- Genetic and neuromuscular diseases, which can result in a muscular imbalance such as Down’s syndrome.

- If one leg is longer than the other, the longer leg is more inclined to develop a bunion.

- If the ligaments in the feet are very weak.

- In some cases, bunions can occur due to trauma or injury to the feet.

BUNION TREATMENT

- Wear wide fitting shoes, preferably with a leather upper which will allow a stretch.

- Avoid high heeled shoes.

- If your bunion becomes painful, red and swollen, try using ice on the joint and elevate the foot on a stool.

- Apply a commercial bunion pad, making sure it is not too rigid or medicated.

- Bunion Night Splints can reduce the size of the bunion.

- A Bunion Shield can reduce the pain over the bunion.

- Apply a moisturizer such as organic soy butter or hard coconut oil heel balm twice daily to hard

“Why isn’t the number 11 pronounced onety one?”

skin or corns and use a pumice stone to reduce the thickness of the hard skin

- Soak the foot in saltwater that is as hot as is comfortable.

BURDOCK/ GOBO ROOT

Medi-Sign Target
Skin and Organ Deplaquer
& Vermafuge

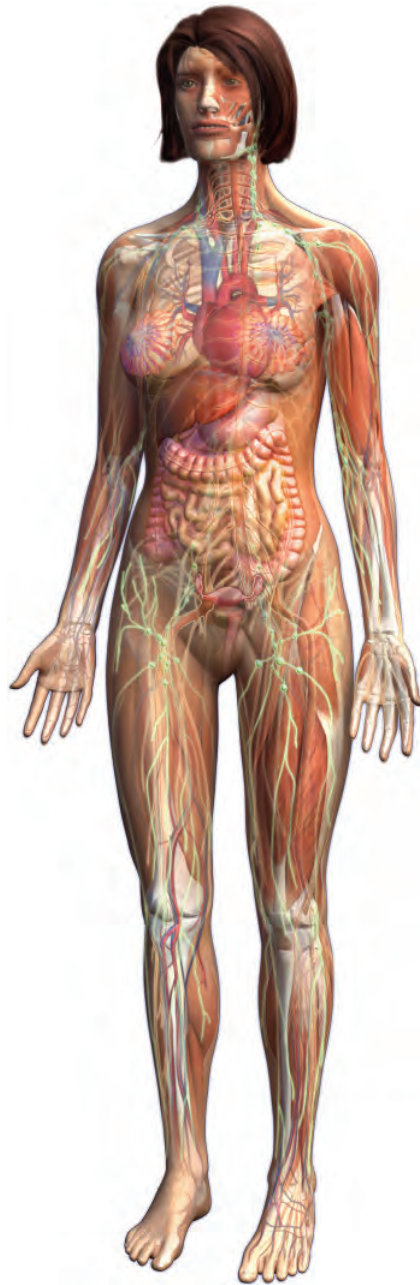
Burdock, scientifically known as *Arctium lappa*, is also commonly called Bardane, Clotburr, Beggars Buttons, Nature's Velcro, Gypsy Rhubarb, Wu Shih and Niu Bang (seeds) and Burr. This carrot-like root comes from the plant *Arctium lappa*, a biennial herb grown in China, Europe and the United States. Consumed as a vegetable and known as "Gobo" in Japan, Burdock has been employed as a popular folk medicine around the world.

Historically, Burdock seeds have been crushed to make a popular tincture used to purify the blood, to treat gout, ulcers, arthritis and rheumatism as well as to help with skin conditions such as acne and psoriasis. The root has been used as a popular cancer remedy in India and Russia, while in China it is believed to be an effective aphrodisiac, useful in treating impotence and sterility.

Known, primary constituents of Burdock include polyacetylenes, chlorogenic acid, taraxosterol, arctigen, inulin, lactone, essential oil, flavonoids, tannin, mucilage, resin, potassium, iron and calcium. Its seeds contain essential fatty acids.

Used to inducing sweating as an aid in neutralizing and eliminating toxins from the body, the volatile oils of Burdock seed are said to be an effective diaphoretic. This activity is widely utilized by herbal practitioners in the support treatment of liver problems, gallstones, flu and to support the kidneys in filtering acids from the blood stream.

Studies of Burdock show that it is high in minerals, making it a good source of iron. Data also indicates that 45 percent of the plant's mass, particularly the root, is a good



source of the carbohydrate inulin. Burdock is also a good source of essential oils.

Burdock is typically available in combination with other herbs as a tea or in tinctures. Burdock is considered a very safe herb and food product, as well as an effective diuretic. Reported cases involving toxic effects were first thought to be caused by the consumption of burdock tea, but were later determined to be caused by contamination of the burdock root with belladonna root which contains atropine. In light of such issues, when using burdock root determine the source and quality of the root before you purchase.

Burdock is also considered a mild laxative by aiding in the elimination of uric acid. The herb contains polyacetylenes that have bacterial and fungal properties. By improving the function of many organs of elimination such as the liver, kidneys and bowels, many health conditions can be improved through the use of Burdock.

Known historical applications also included **topical uses for bruises, dandruff, glandular swelling, gout, joint pain, knee swelling, oily skin and ringworm.** *Add to a bath for sore joints and gout, compress for glandular swellings, knee swellings, sprains and bruises, rinse into hair for dandruff, use as a facial toner for oily skin, and apply bruised leaves to ringworm.*

Historical culinary applications include young leaves being cooked in several changes of water and eaten as a pot herb, pre-flowering stalks may be peeled and eaten raw or cooked as a vegetable, root can be added to soup, stew, stir fry and

"If you study to remember, you will forget, but, If you study to understand, you will remember."

“Why do croutons come in airtight packages? Aren't they just stale bread to begin with?”

sukiyaki and roots can be roasted and used as a coffee substitute.

The genus name *Arctium* is from the Greek *arktos*, meaning “bear” in reference to the shaggy burrs. *Beurre* is French for “butter” as French women would wrap their cakes of butter in leaves of Burdock to transport it to the marketplace. Burdock was used as a medicine to help people cope with pollution during the Industrial Revolution.

The Swiss inventor, George de Mestral who invented Velcro™ was inspired by the Burdock burrs that covered his dog. He saw tiny curved hooks when he observed the burrs under a magnifying glass. In Hawaii, the roots are sometimes given as a “gag” wedding gift because of the herb’s aphrodisiac powers.

Through its blood purifying actions, burdock has a history as a favorite for healthy skin from the inside out and for uses around the world ranging from treatment of baldness to cancer. It is commonly found in waste areas of North America and roots should be dug in the fall.

Constituents:

Root: Lignana, Polyacetylenes, amino acids, essential oil, inulin, fatty acids, phenolic acids.

Seed (not commonly used): arctiin, arctigenin, gogosterin, essential oil, fatty oil.

Traditional Uses:

Cancer – One of the ingredients in both the Hoxey and Essaic formulas for cancer.

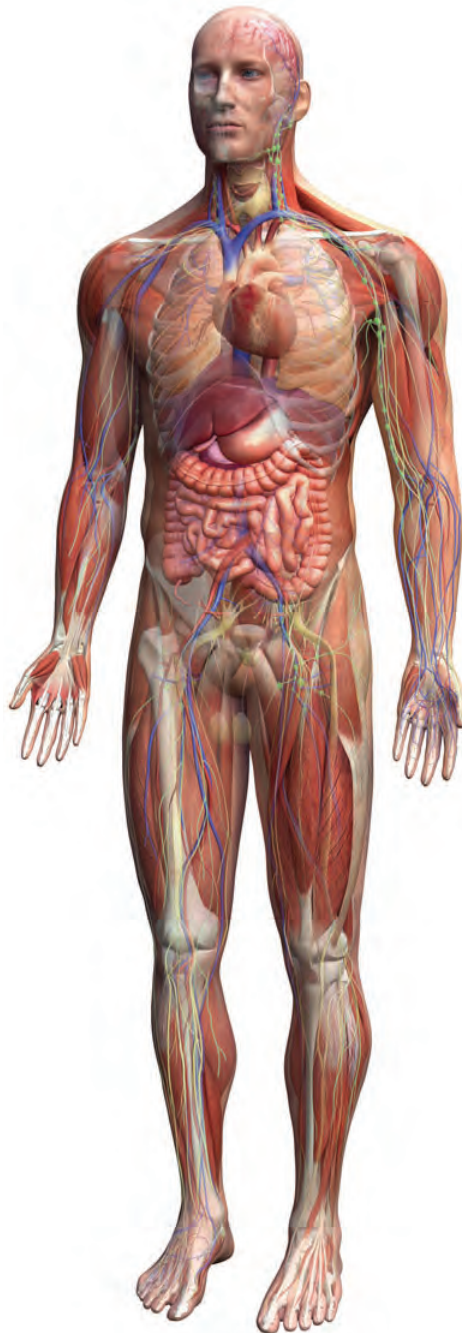
Current Uses:

- Systemic action, from within the body for skin ailments such as psoriasis,

dry flaky skin, acne and dandruff.

- Arthritis and rheumatism.
- Blood cleanser and tonic.
- Detoxification and cleansing, improves liver function.

In Summary, The burdock is a member of the thistle family and is a common pasture weed throughout North America that prefers damp soils. It grows to more than three feet tall and is also called Personata,



Happy Major, Lappa, Fox’s Clote, Thorny Burr, Beggar’s Buttons, Cockle Buttons, Philanthropium and Cockle Burr.

The roots, young stems and seeds of the Burdock plant are all edible. Young stalks are boiled to be eaten like asparagus, while raw stems and young leaves are eaten in salads. Parts of the Burdock plant are eaten in China, Hawaii and among the Native American cultures of this continent.

It is the root of the Burdock plant that is harvested for folk medicinal use. The roots are about an inch wide and can grow up to three feet long. They should be harvested in the fall of the first year or the spring of the second. During the second year, the plant produces burrs.

Burdock root contains vitamins B complex and E. Trace minerals are potassium, phosphorous, chromium, cobalt, iron, magnesium, silicon, zinc and sodium. It does not elicit rapid insulin production and therefore provides a helpful sugar for diabetics and hypoglycemics.

Both European and Chinese herbalists have long considered burdock root’s “lightly warming, moistening effect” as an excellent tonic for the lungs and liver. It reportedly improves digestion by stimulating toxic waste through the skin and urine. The Chinese use the Burdock root as an aphrodisiac, tonic and rejuvenator. It is also good against arthritis and rheumatism.

The anecdotal beneficial effects of this herb include increasing circulation to the skin which helps to detoxify the epidermal tissues. Burdock root has been reported to destroy bacteria and fungus cultures

and well as treatment for psoriasis and acne, among other skin conditions.

Tumor shrinking properties have also been reported. Burdock is one of the finest blood purifiers in the herbal system, being classified as an alterative, diuretic and diaphoretic. It helps the kidneys to filter out impurities from the blood very quickly and clears congestion in respiratory, lymphatic, urinary and circulatory systems.

BURNS

Medi-Sign Target

Fresh Air to Burn Site, mild Salt, Water & Honey

Description: Injury to the skin, and sometimes other organs, from contact with heat, radiation, electricity or chemicals.

Causes: Rise in skin temperature form a heat source, such as fire, steam or electricity. Open flame and hot liquid are most common causes and lead to tissue injury caused by chemicals or radiation, including sunlight. Lighting strikes can cause internal burns with minimal external signs.

Prevention: Fireproof your home. Install smoke alarms, plan emergency exits and have regular fire drills. Observe safety precautions around heat or radiation and wear protective gear.

Don't touch uncovered electrical wires. Teach children safety rules for matches, fires, electrical outlets, cords and stoves. Put safety caps on unused outlets if you have small children. Discard frayed cords and

remember not over stay your welcome with the full, summer sun.

Signs & Symptoms

Burns are classified as first, second and third degree, depending on severity of the burn, the amount of tissue affected and the depth of the injury.

- **First degree burns** are limited to the upper skin layer and are the least severe. They produce redness, tenderness, pain, swelling and slight fever, as well as minimal tissue damage. The burned area whitens when light pressure is applied to it but does not blister. Pain resolves in 48 to 72 hours.

- **Second degree burns** affect deeper skin layers. Symptoms are more severe and usually include blisters. The base of the blisters may be red or white and are filled with clear, thick fluid. Second degree burns heal within 10 to 14 days.

- **Thrid degree burns** involve all skin layers. Skin can be white and soft, or appear as though it is cooked, being black, charred and leathery. If the burned area is pale, it can sometimes be mistaken for

normal skin in fair-skinned people. The burn, however, does not blanch on pressure. There may be no pain in the initial stages and the burnt area may have no feeling when touched. Third degree burns are usually not painful because the nerve endings in the skin have been destroyed, and areas typically cannot heal spontaneously.

Risk Factors

- Stress, carelessness, medications, smoking in bed or excess alcohol consumption, all of which make accidents more likely.
- Occupations involving exposure to heat or radiation, such as fire fighting, police work or defense-factory work.
- Working with faulty wiring.
- Hot water heaters set too high.

Diagnosis & Treatment General Measures:

- Remove all clothing, especially if it is smoldering, covered with hot tar or soaked with chemicals. In the case of chemicals, such as alkalis, acids and organic compounds, wash the skin off immediately with large amounts of water.



“True education in the world is that gotten by struggling to get a living.”

B - FOODS & SYMPTOMS

“If a pig loses its voice, is it disgruntled?”

- Grated potatoes help to cool it.
- Immerse first degree and small second or third degree burn areas in ice cold water for ten minutes to reduce pain and swelling.

Repeat as often as needed.

- Keep the burn area clean. Soak in a tub or use lukewarm compresses once a day. You may add two tablespoons of baking soda to the tub to help soak off crusting areas, but only use plain water for compresses.

- Prop the burn area higher than the rest of the body if possible.

- Hospitalization is recommended for all large third degree burns and some second degree burns. Hospitalization is also necessary with burns involving the face, hands, genitals and feet of people under two or over seventy years of age. Be vigilant in watching over anyone going into a hospital, as hospitals can be very dangerous.

- Surgery to graft skin over 3rd degree burns.

Activity:

- Depends on location and extent of the burn. Getting a burn person up and moving as soon as possible is an important part of the recovery.

Prognosis

Healing depends on the depth and the location of the burn. In first degree and superficial second-degree burns, the dead skin sloughs off and a new layer of epidermis grows over quickly from the base of

the burn, to cover the layers below. The dermis, or the deeper layer of the skin, is not destroyed in the superficial burns, which allows healing to occur with little or no scarring. Skin usually repairs itself in one to three weeks.

Healing takes place slowly and scarring is considerable in the deeper



burns in which the dermis is injured. The burnt area tends to contract and as a result distorts the skin and may interfere with function especially if occurs across a joint. Third degree burns usually require skin grafting.

Mild burns of the esophagus, stomach and lungs usually heal without any problems. However, in the case of severe burns healing occurs with scarring and narrowing of the organs. Scarring can cause difficulty with swallowing and may prevent the transfer of oxygen from the air to blood in the lungs.

Most people recover if the extent of burns, including third degree burns, is limited to 50 percent of the

body's surface. For less-severe burns, skin usually repairs itself within one to three weeks.

Chemical Burns to the Skin

Many chemicals are strong enough to quickly burn the skin and are often referred to as being “caustic.” All chemicals should always be stored away from children.

Some common chemicals that may cause skin burns include:

- Acids. Some common acids include tile cleaner, swimming pool acids and acid inside car batteries. Muriatic acid is especially strong.
- Cement, dry or wet
- Drain cleaners such as “Drain-O.” Many are strong alkali products.
- Gasoline
- Lime

- Strong oxidizers, such as chlorine

First aid for skin exposure to a caustic chemical is simple. Rinse with running water and continue rinsing for a minimum of 15 minutes. This is best done with a garden hose or by stepping into a shower. Remove contaminated clothing if possible from the affect area while flushing.

After rinsing for 15 minutes, call the Poison Control Center for further advice. It helps to have the chemical container with you when this call is made.

Do not try to “neutralize” a chemical, by putting something such as an

alkali chemical onto skin that has been exposed to an acid. This will often produce a large amount of heat and may increase the burning.

Do not put any “burn medication” onto the burned skin. Salves, grease or butter may hold the chemical to the area, increasing the exposure. Do not apply a bandage.

Most burns are minor injuries that occur at home or work. It is common to get a minor burn from hot water, a curling iron or by touching a hot stove. Home treatment is usually all that is needed for healing and to prevent other problems, such as infection.

There are many types of burns:

Heat burns, or *thermal burns*, are caused by fire, steam, hot objects or hot liquids. Scald burns from hot liquid are the most common burns to children and older adults.

Electrical burns are caused by contact with electrical sources or by lightning.

Chemical burns are caused by contact with household or industrial chemicals in a liquid, solid or gas form. Natural foods such as chili peppers can cause a burning sensation because they contain a substance irritating to the skin.

Radiation burns are caused by the sun, tanning booths, sunlamps, X-rays or radiation therapy for cancer treatment.

Friction burns are caused by contact with any hard surface such as roads, which leads to “road rash,” or carpets and gym floor surfaces. They are usually both an abrasion or scrape and a heat burn. Friction burns to the skin are seen in athletes

who fall on floors, courts or tracks. Motorcycle or bicycle riders may also get friction burns if involved in road accidents while not wearing protective clothing.

Inhalation injuries occur from direct inhalation of heat, or more commonly from carbon monoxide or poisoning from other toxic gases.

Burns injure the skin layers but can also injure other parts of the body, such as muscles, nerves, lungs and eyes.

Burns in children

Babies and young children may have a more severe reaction from a burn than an adult. A burn in a baby or young child may cause a severe fluid loss, while the same size and depth of a burn in an adult may cause only a minor loss of fluids from the body.

A child’s age determines what the levels of supervision and safety of his or her environment should be. At each stage of a child’s life, look

for burn hazards and use appropriate safety measures. Most burns happen in the home and simple safety measures might prevent accidents, decreasing the chance of anyone being burned.

Most burns are accidental, although when a child or vulnerable adult is burned, it is important to find out how the burn happened. If the reported cause of the burn does not match how the burn looks, abuse must be considered. Self-inflicted burns will require treatment as well as an evaluation of the person’s emotional health.

Infection is a concern with all burns and signs of infection should be watched for during the healing process. Home treatment for a minor burn will reduce the risk of infection. Deep burns with open blisters are more likely to become infected.

Self Care

Immerse the burned area in cool water for about 15 minutes as soon



“While we try to teach our children all about life, our children teach us what life is all about.”

“If people from poland are called poles, why aren't people from holland called boles?”



as possible after the burn occurs,. If this isn't practical because of the location of the burn, apply cool compresses but take care not to rupture any blisters. A blister is nature's Band-Aid and will help to keep infection out. Apply aloe vera gel once the burn is cool. Keeping an aloe vera plant on your kitchen window sill allows you to have fresh aloe vera gel readily available. Just slice apart a leaf and apply directly. Alternatives to aloe vera gel are lavender oil or a clean dressing soaked in cool chamomile tea. Add ice to the tea to cool more rapidly. This will reduce pain and inflammation and soothe the skin.

Self-Care Remedies

If neither aloe vera nor chamomile tea are available, place several slices of raw potato on the burned area. The starch in the potato can help soothe the damaged skin. Replace with fresh slices every two or three minutes before applying the dressing.

Another handy remedy for mild burns is milk or cream. Soak a clean piece of terry cloth or cotton flannel in milk and apply the com-

press for about 15 minutes. Repeat this procedure once every two to six hours, rinsing the skin in between applications.

One dairy product not to use is butter. Butter traps heat, slows healing, and increases the risk of later infection due to its oil-based. The same can be true for burn ointments.

Raw, unpasteurized honey, on the other hand, is awesome and has been used for centuries to treat burns and infections.

While they're healing, clean the burns daily using mild soap and rinsing well. Be gentle, taking care not to break any blisters. Cover the affected area with sterile, gauze dressing to protect against bacteria and keep it dry.

Drink plenty of fluids to replace important fluids

and electrolytes that are lost and needed in the healing process. A good source for this electrolyte solution is salt, found in sport drinks use. By choosing water and salt, however, you avoid all kinds of artificial colors and chemicals.

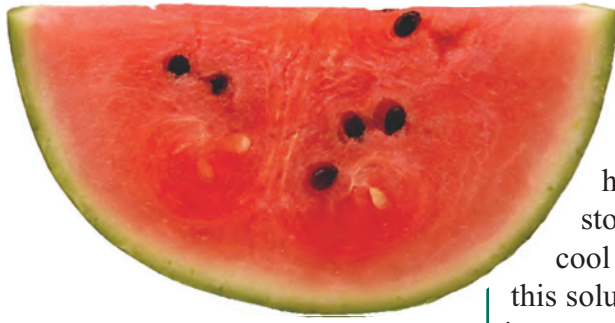
Avoid hot showers and direct sunlight until the area has fully healed.

Some More Great Stuff

Chill out, but not too much. You probably will instinctively reach for cold water to soothe a new burn. Just don't make it too cold. Using ice water can risk making the burn even worse, as extreme cold can kill just as many skin cells as extreme heat. That's why frostbite damage is very similar to the skin damage caused by a bad burn. Cool, not cold, water will act as a temporary painkiller and stop the burning from spreading through your tissues. Instead of running to the freezer, head to the kitchen faucet.

Elevate it. One way to help take the sting out of that singe is to position yourself so that the burned area is above the level of your heart. Apply the inside of a ripe banana peel to the burn and bandage it.





Watermelon works like a miracle on first, second and third degree burns. Eat it, drink it or soak the burn in it!

Acorns and Oak for Burns

If one was unfortunate enough to have made contact with poison ivy and sumac, the Iroquois had a pretty nifty way for treating the serious burns and rashes. They would gather up a sufficient quantity of acorns, split them with a heavy stone or the blunt end of a tomahawk and throw them into a large iron kettle full of boiling water.



Several hours later, after the mixture had boiled down to half of its original amount, it was strained and the strong tannic acid solution was saved for medicinal uses. Some of this healing water would then be applied to any severe burn or rash on the skin in the form of a poultice, as well as bathing the afflicted area often.

Today the same remedy can still be used with great success. Put two dozen or so cracked acorns in one

and a half gallons of hot water. Allow it to boil down to half this amount, uncover for a couple of hours, strain the mixture and store in sealed quart jars in a cool place until needed. Can

this solution actually work in healing severe burns of any kind? Some medical doctors reading this might have their doubts, but clinical evidence suggests otherwise. The July 1926 issue of *Annals of Surgery* contained a lengthy and detailed report of 17 pages by two Cleveland physicians who successfully treated extremely serious burns in children and adults with nothing but tannic acid, letting the before and after pictures speak for themselves. In the confines of your own home, you can also do the very same thing for yourself and loved ones by using the above acorn solution or the following the oak bark solution below.

Simmer two-thirds of a cup of coarsely cut, dried oak bark in one quart of boiling water, for 20 minutes on low heat. Remove from the heat and allow it to seep for an additional hour. Strain and drink one cup every other day for liver injury and to prevent hardening of the arteries. You can also use to wash and dress wounds and major burns when cold. Strips of clean gauze may be soaked in either solution to dress burns with and should be changed every few hours.

Quick Remedy for Burns and Scalds

A really fast remedy calls for a handful of clean, chopped radishes to be put into a food blender with some crushed ice and thoroughly

pureed until a nice, thick, even mixture is produced. Apply the mixture directly to a burn or scald and cover loosely with clean muslin and tap to hold in place. This brings almost immediate relief from pain and considerably slows infection.



BURRO BANANA

Medi-Sign Target
Increases Penis Size & Function

Also called a Chunky banana, this fruit resembles a shorter and squarer banana with the flavor of a tangy, lemon-banana mixture.

When ripe, the skin of the burro banana is yellow with black spots. The flesh is creamy white or yellow and the fruit will be soft with some firmness toward the center.

The true origin of bananas, the world's most popular fruit, is found in a region of Malaysia. Bananas traveled from there to India by way of curious visitors, where they are mentioned in the Buddhist Pali writings dating back to the sixth century BCE.

"I pay the schoolmaster, but 'tis the schoolboys that educate my son." -Ralph Waldo Emerson

“If 4 out of 5 people SUFFER from diarrhea...does that mean that one enjoys it?”

In 327 BCE, during his campaign in India, Alexander the Great relished his first taste of the banana, an usual fruit he saw growing on tall trees and is credited with bringing the banana from India to the Western world.

According to Chinese historian Yang Fu, China was tending plantations of bananas in 200 CE. These bananas grew only in the southern region of China and were considered exotic, rare fruits that never became popular with the Chinese masses until the 20th century.

Eventually, this tropical fruit reached Madagascar, an island off the southeastern coast of Africa. Beginning in 650 CE, Islamic warriors traveled into Africa and were actively engaged in the slave trade. The Arabs were successful in trading ivory and abundant crops of bananas, along with the thriving business in slave trading. Through their numerous travels westward, via the slave trade, bananas eventually reached a small area along the West Coast of Africa known as Guinea.



By 1402 Portuguese sailors discovered the luscious tropical fruit in their travels to the African continent and populated the Canary Islands with their first banana plantations.

Tomas de Berlanga, a Portuguese Franciscan monk, continued the banana's travels westward, by packing the rootstocks onto his ship. In the year 1516, the monk brought them to the Caribbean island of Santo Domingo from the Canary Islands. It wasn't long before the banana became popular throughout the Caribbean as well as Central America.

The banana's popular name is attributed to Arabian slave traders.

Unlike the eight-to-twelve-inch giants that have become familiar in American supermarkets today, the bananas that were growing in Africa as well as South-east Asia were small, about as long as a man's finger; hence the name "banan," which is Arabic for "finger." The Spaniards, who saw a similarity to the plane tree that grows in Spain, gave the plantain



its Spanish name, platano.

It was almost three hundred and fifty years later before the bananas arrived in the United States, giving Americans their first taste of this popular treat. At a celebration held in Pennsylvania in 1876, commemorating the hundredth anniversary of the Declaration of Independence, bananas were wrapped in tin foil and sold for 10 cents each.

Instructions on how to eat a banana appeared in the Domestic Cyclopaedia of Practical Information and read as follows, "Bananas are eaten raw, either alone or cut in slices with sugar and cream, or wine and orange juice. They are also roasted, fried or boiled and are made into fritters, preserves and marmalades."

BURSITIS

Medi-Sign Target
 Fresh Cherries, Cherry
 Syrup & Dried Cherries



Bursitis is the inflammation of a bursa, which normally provides a slippery surface that is almost friction-free.

A problem arises when a bursa becomes inflamed. The bursa loses its gliding capabilities and becomes more and more irritated when it is moved.

When the condition called bursitis occurs, the normally slippery bursa becomes swollen and inflamed. Because the bursa is already in a confined space, the added bulk due to the swelling causes even more friction. The smooth gliding bursa also becomes gritty and rough. These factors all make movement of an inflamed bursa painful and irritating.

What is a bursa?

The function of a bursa is to decrease friction between two surfaces that move in different directions. Every person has hundreds of bursa scattered throughout the body.

The bursa can be thought of as a Zip-lock bag with a small amount of oil and no air inside. Imagine rubbing this bag between your hands. The movement of your hands would be smooth and effortless. A bursa functions in the same way as a smooth, slippery surface between two moving objects.

You tend to find a bursa at points where muscles and tendons glide over bones. Without the bursa between these surfaces, movements would be painful.

What causes bursitis?

Bursitis usually results from a repetitive movement or prolonged and excessive pressure. People who rest on their elbows for long periods or those who bend their elbows frequently and repetitively can develop bursitis. A custodian using a vacuum for hours at a time has the possibility of suffering from elbow bursitis, also called olecranon bursitis. Similarly in other parts of the body, repetitive use or frequent pressure can irritate a bursa and cause inflammation.

Another cause of bursitis is a traumatic injury. A person may develop bursitis following trauma, such as a car accident or fall. Usually a contusion causes swelling within the bursa. The bursa then begins to develop inflammation, resulting in bursitis. Once the bursa is inflamed, normal movements and activities can become painful.

Systemic inflammatory conditions, such as rheumatoid arthritis, can make people susceptible to developing bursitis.

What complications can occur because of bursitis?

There is a small risk that an inflamed bursa can become infected. Infection is most often a concern when the inflamed bursa is close to the skin, which is the case with olecranon bursitis. Infection is extremely rare in situations such as trochanteric bursitis or shoulder bursitis, where the inflammation is deeper within the body.

- Open wounds around the area of bursitis.
- Redness of increasing warmth the skin.
- Other signs of infection such as fevers, chills and sweats.

• **Trochanteric (Hip) Bursitis**

Trochanteric bursitis, also called hip bursitis, is a common problem of pain and inflammation over the outside of the hip and thigh area.



“Let us reform our schools, and we shall find little need of reform in our prisons.”

“Teamwork divides the task and doubles the success.”

• **Prepatellar (Kneecap) Bursitis**

Also known as Housemaid’s Knee Syndrome, Prepatellar bursitis, is a condition of swelling and inflammation over the front of the knee. This is commonly seen in people like carpet layers and gardeners who kneel for extended periods.

Below is some advice for bursitis treatment and for avoiding recurrences of this problem.



In order to aid healing you should:

• **Rest and Protect the Area**

The first steps of bursitis treatment are to keep pressure off of the affected area, while trying to limit the activity of that joint. Some individuals benefit from placing an immobilizing brace or elastic bandage, such as an Ace wrap, around the joint until the inflammation subsides. Movement and pressure of the inflamed area will only cause exacerbation and prolongation on symptoms.

• **Apply an Ice Pack**

An important aspect of bursitis treatment is cing the area of inflammation. The ice will help to control the inflammation and decrease swelling. The bursa can return to its usual state and perform its usual function after

minimizing the inflammation and swelling.

To prevent the return of bursitis symptoms:

• **Strengthening and Physical Therapy**

Proper strengthening techniques can teach you to use your muscles in a safe and more efficient manner, helping you avoid bursitis. For example, people with shoulder bursitis can learn ways to move the shoulder that will not cause inflammation. Do not begin exercises until the inflammation of bursitis has resolved!

• **Take Breaks**

Make sure that you alternate repetitive tasks with breaks to relieve pressure. Don’t perform one activity continuously

for hours at a time.

• **Cushion Your Joints**

Use protective cushions if your work involves an activity such as prolonged kneeling. Try roofers’ pads, which can be purchased at hardware stores.

The steps listed above are usually adequate bursitis treatment, and



most people have resolution of their symptoms. Learning to avoid activities that may cause a bursitis flare-up can also be important. Bursitis due to underlying conditions such as arthritis and gout recur more frequently. The best management in these situations is to do your best to avoid flare-ups of gouty or arthritic episodes. Also, try to avoid activities which you have learned cause bursitis. An at-home remedy of apple cider vinegar and cherry juice can knock it out.

BUTTER

Medi-Sign Target
Joints, Nerves, Emotions of Happiness & Contentment



Butter...Eat up!

This is the everlasting delight of the gourmand, which is the faithful ally of the culinary arts and the constant symbol of good living and good health, contains all the nutrition of raw whole milk. The Greeks and Romans used butter for medicine, while the Egyptians used it as a dressing for their hair and in love-making.

Butter has had a sacred quality throughout time and across the globe. From the ancient Fertile Crescent to the present day, butter has symbolized the powerful, life giving and sacred, the good, the

happy, the healthy and pure. It has sustained lives, cultures and civilizations for millennia. Butter brought beauty, as it was used by all cultures as a skin moisturizing lotion, sometimes mixed with herbs and essential oils.

Butter is a culinary treasure as old as King Tut's tomb. Judges 5:25 reads, *"She brought forth butter in a lordly dish."* Pure butter is produced today essentially the same as it was in King Tut's time, though butter is now made of milk from cows instead of camels or water buffaloes.

It takes 21 pounds of fresh, wholesome cow's milk to make each pound of butter. We have record of its use as early as 2,000 years before Christ. The Bible is interspersed with references to butter, the product of milk from the cow. Not only has it been regarded immemorial, as a food fit for the gods, but its use appears to have been divinely recommended, promising its users certain immunities against evil. Butter was the only food ever defined by

an Act of the U.S. Congress prior to the enactment of the Food, Drug and Cosmetic Act of 1938.

The word butter comes from *boutyron*, which seems to mean *"cow-cheese"* in Greek. Some scholars think, however, that the word was borrowed from the language of the northern and butterphagous Scythians, who herded cattle. Greeks mainly used the milk of sheep and goats, which was relatively low in butter, or butyric, fat, to make cheese.

Naturally, it is presumed that in four thousand years there has been considerable improvement in the manufacture of butter. Although, we know little more about the method by which Sarah produced butter for the angels than we know of the method employed in the construction of the pyramids. The Arabs and



Syrians give us the earliest details of method of manufacturing butter. These people appear to be as well satisfied with their original process of making butter as they are with other habits, which have remained unchanged for centuries. As far as we know, the original practice of the Arabs and Syrians was to use vessel made from baked clay for a churn. The *"churn"* was then suspended from tent poles and swung until the *"butter comes."* This is the earliest known process of making butter.

Buried in the bogs of Ireland are some of the most common archaeological finds in the area; barrels of ancient butter. The Norsemen, the Finns, the Icelanders and the Scots had done the same, they all flavored butter heavily with garlic, knuckled it into a wooden firkin and buried it for years in the bogs, so long, in fact, that people were known to plant trees to mark the butter's burial site. They thought the longer it was left, the more delicious it became. A further advantage was the safety of supplies from robbers or enemies in wartime. Most of the Irish archaeological specimens date from the seventeenth and early eighteenth centuries. Although some sources imply that bog butter turned red, the firkins in the Irish National Museum contain *"a grayish cheese like substance, partially hardened, not much like butter and quite free*



"Learning is finding out what you already know." -Richard Bach

from putrefaction.” This is due to the cool, non-septic, anaerobic and acidic properties of peat bogs, which are bacteria and virus free. Butter and crushed garlic help to overcome village plagues.

Writing on dairying in 1695, Englishman, John Houghton, speaks of the Irish as rotting their butter by burying it in bogs. Burying butter in the peat bogs of Ireland may have been for the purpose of storing against a time of need, to hide it from invaders or to ripen it for the purpose of developing flavor in a manner similar to cheese ripening.

Archeologists found a deposit of butter buried and wrapped in a skin in County Leitrim and another packed in a tub with perforated wooden handles in County Tyrone, Ireland. It is believed that the practice of burying butter in Ireland ceased about the end of the 18th century but many of the specimens found are far older, dating back from anywhere between the 11th and 14th centuries. The large number of specimens found suggests that the burying of butter must have been a widespread practice in Ireland. Some of these ancient findings weighed more than 100 pounds! Similar deposits of buried butter were also discovered in Finland.

Dairy work was always done by European woman and included milking, making cream and butter and also the sophisticated art of making cheese. The word “dairy” is from Middle English “*dey*,”

meaning a female servant. The dairy was associated with the house as opposed to the lands. In the Western imagination “inside” has always been female and “outside” male, making the man’s place in the public eye while the woman’s was at home. Milk was also perhaps considered self evidently a woman’s affair, hence Dairymaids and Dairy Queens.



History records that a primary object of keeping cows was to supply the needs of the family for milk and butter. Butter was essential in the diet of most people and was produced almost universally in olden times. It wasn’t until several centuries later that the consumption of fresh butter became established custom. The art of making butter, therefore, originated in the home.

As communities expanded and frontiers were pushed back with the growth of nations, many families were gradually forced to procure their supplies of milk and butter from farmers located in their vicinity. Butter making on farms became more and more important as cities sprang up and populations became more congested. Important trading areas developed as our larger cities developed, resulting eventually in

such establishments like the Boards of Trade and later the Mercantile Exchanges in New York and Chicago. The farm production of butter began to assume definite shape as early as 1791.

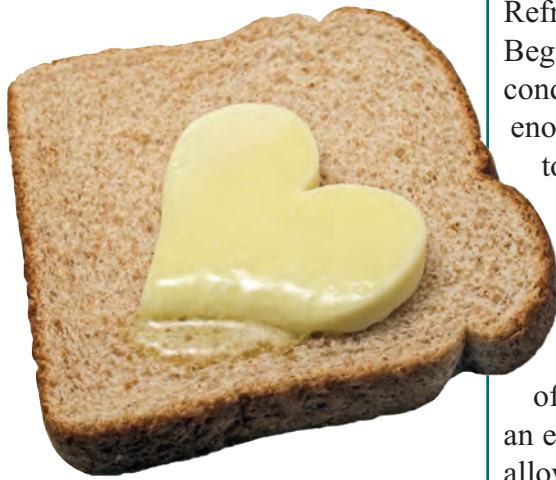
The Philadelphia market long enjoyed high reputation for fine dairy butter. It was not uncommon for such “Philadelphia butter” to sell at a dollar per pound or even higher, while the prevailing market prices were around 20 cents or less per pound. This fine Philadelphia butter was defined as:

“Our idea is that butter, such butter as would give a man an appetite to look at, to smell of and taste of, is as far removed from an oily, fatty or tallow substance as possible...a firm, fine-grained article

of rich golden color, sweet, nutty aromatic smell and unctuous taste, put up in pound or half-pound lumps, whether square or round and which, when opened out from its moist, then white linen wrapper, invites both the senses of smell and taste.”

In the late 19th century, judging by the manner in which it was done, marketing the butter was thought to be the easiest or least important part of the whole process. If the maker was near a market, it was often put into half-pound or pound lumps and printed or stamped with some emblematic device, such as a sheaf of wheat, a cow, a beehive or the maker’s initials. After the final working, a lump was cut off with the clapper, which is roughly a spoon, and placed upon the scales and either added to or taken from,

“Teamwork is working together-even when apart.”



always being sure to give over, rather than under, a pound. It was then taken from the scale by one clapper in the right hand and was worked over into a ball by a few expert touches with the other clapper in the left hand. While held on the left-hand clapper, the stamp-mould is dipped in cold water to prevent its sticking to the lump and then pressed firmly upon it. Withdrawn, a beautiful raised impression of the stamp is left upon it, adding to its attractions.

The fashion was to make the lumps square, which was more convenient for use and for packing in the market tray. After it was stamped, the butter was set-aside in a cold place to thoroughly harden. A tray in the springhouse water was best. Each pound or roll was wrapped in a linen cloth taken out of ice water or cold spring water and laid upon the shelf of the tray or tub once it was time to market. In the winter, the butter was often kept in a square box with several shelves and a sliding lid. In the summer, it was common to have a large tub made of cedar, with an inner tin vessel, a well in each end for broken ice, an oilcloth covering and shelves on each side of them on which the butter was placed and removed as it was sold.

Refrigeration was not common. Beginning in 1806, Boston traders conducted extensive commerce in enormous blocks of Arctic ice, towed to destinations all over the Atlantic world. The first refrigerated rail car cooled by natural ice brought butter from Ogdensburg, New York, to Boston in 1851. Ice most parts of the world, however, remained an expensive commodity, never allowing it to be the basis of industrial freezing. The solution was the compressed-gas cooler, perfected for brewing in Australia in the 1870's and later used worldwide.

The linen wrappers or napkins used in the Philadelphia market for covering the print butter were often washed, ironed and returned by customers to the dealers in their market stalls. In other areas, the rolls, pats or prints produced on dairy farms were wrapped in freshly laundered pieces of cloth rags of either white or colored and printed fabrics. This led to the adoption of the rather descriptive term, "*shirt-tail wrappers*." Cheesecloth was adopted early as an economical wrapper, taking the place of the linen wrappers or napkins used in Philadelphia. These were later replaced with a "*butter*" or "*dairy cloth*" made expressly for the purpose of wrapping rolls, pats and prints.

The butter was then wrapped in clean, white paper which had been coated on both sides with a preparation of egg whites and fifteen grains of salt to each egg. The paper then dried

and was heated before the fire or with a hot iron just before it was applied to the rolls of butter.

In California in 1870, butter was sent to market in barrels, half-barrels and in two-pound rolls placed in packages. The rolls were made three inches in diameter and nearly seven inches long. A mold used for the purpose of forming these rolls had two iron handles crossing each other on a pivot and was used similarly to a pair of nippers. Butter was compressed in the mold into a solid roll by applying pressure on the two handles. Each roll of butter was wrapped in cloth and smoothed by rolling with a wooden paddle. The wrapped was made of fine cambric cloth cut in strips long enough to surround the roll and wide enough to leave about one-half inch of cloth at each end. The wrapped rolls were then set on end in an oblong box of either cedar or redwood and securely held in place with the cover fastened down. Such rolls were supplied the San Francisco market.

In 1877 Vermont, if the butter was to be packed into tubs, it was best not to put in small pieces at a time and pound it in. Here, they developed a lever to fill half of the tub at a time and press it firmly down.



"If you have both feet planted on level ground, then the university has failed you."

This helped retain the grain of the butter. The butter maker would put the butter up in pound prints. The butter got a dull look from not being made with a mold. Using a stout paddle, they would press the butter into the form of a brick, pressing cross lines on one side with the edge of the paddle. Each pound would be wrapped in a piece of white cloth. Print butter would be shipped in a neat, clean package, nicely painted on the outside. In 1894, the “*World’s Largest Creamery*” was located at St. Albans, Vermont which reported to having made 25,000 pounds of butter daily. In those earlier days, butter making was largely the province of the farm wife.

A “*cool hand*” was the term used for giftedness in butter making. Kneading butter required swift, firm movements and a low temperature, hence the name, “*cool hand.*” When a farmer from an English county like the famous dairy-producing land of Cheshire, sought a wife, he chose brawn over delicacy every time. In one village it was traditional for a young girl to lift the immensely heavy lid of the parish chest with one hand to show how desirable she was.

She would first skim the cream from the surface milk, allowing it to “*set*” in shallow bowls or pails. The cream was then usually churned in the old familiar wooden cooper-made dash churn invariably referred to as an instrument of torture by those who, as boys, had to operate them. Other forms of churns were introduced from time to time, such as rocker churns, swing churns, circular churns which had revolving paddles and square box churns swung by diagonal corners. None of them, however, became suffi-

ciently popular to displace the dash churn until the barrel churn was later developed for factory use.

These farm wives of earlier days often used their butter as barter at the general stores in small country towns or trading centers exchanging it for merchandise needed at home. The more enterprising storekeepers would encourage the ladies whose products they recognized as being of superior quality to use different types, and ever-increasing sizes of containers, as packages for their product. Wooden pails holding five or ten pounds were used as well as earthenware crocks. Popular in New England and New York State in the 1880’s, Bradley butter boxes of circular construction with wooden slipcovers were made of spruce or maple-veneer. Tapered spruce tubs were also used to some extent on farms. As other materials, such as paperboard, were not generally available, wooden containers came into general use. Woodworking was extensive in those earlier days. Even the first utensils used on butter-making farms were mostly made of wood.



While some store proprietors encouraged farm wives to pack their product in tubs, Bradley boxes and the like, most of the farm butter brought into the general store was in the form of “*pats*” or “*rolls.*” Butter “*rolls*” became known as cash-weight rolls because of this packing. As more and more farm butter was produced, local markets could not consume it all locally and therefore started shipping it to ladlers and renovating plants located in central points. The best butter was sorted out and reworked, packed and sent to the market under various trade names, while the poorer grades were sent to renovating plants where the butter was melted, and the butterfat was mixed with skim milk and reworked. The renovating plant was placed under Federal supervision and required a special license. Colored oleomargarine was offered for sale as butter as Adulteration of butter became a menace. The demand for fresh butter increased as the Nation continued to grow and expand its frontiers. The start of the factory system for making butter is not well established. However, the experience to by D. Hall in a letter to the Editor of Chicago Dairy Produce in 1899 is illustrative of how the trend to creamery operations developed.

Around the years 1859 and 1860, farmers began looking for some way to widen out in the dairy business, as our neighbors in the adjoining county were building cheese factories and reaping the benefit of a foreign market for their output. The war breaking out in 1861, however, gave a backseat to the prospect locally. In 1869 and 1870, dairymen began to combine butter making and cheese factories. We built a pool about 20 feet square, placing a partition each way through the mid-

dle, so each end could be drained and cleaned without disturbing the others. Of course all factories must

salt and salt-Peter, going over the whole lot once a week, so as to keep the firkins full of brine.

milk system of creamery operation was satisfactory. However, as more farmers took up dairying, enterprising manufacturers developed and offered small hand separators for use on the farms. These machines separated the cream with either hand or other power, which was cooled and ready for its transport to the creamery. This left the skim milk with the farmer, which was valuable as feed for calves and hogs. The introduction of the hand separator revolutionized the creamery business. Big plants were established over wide territories and frequently cream was shipped hundreds of miles to the factory, which was made possible by the growth and expansion of the railroads. This system of creamery operation became known as *"the gathered cream system"* chiefly because of the long hauls or as *"centralized creamery system"* as the big factories could be located in strategic railroad or trade centers. Incidentally, the centralized system



"Perhaps some of you readers will ask how did we ship... at this time? I will say that in 1867 we got, by furnishing heavy bonds, a railroad through our valley and from then on it seemed that all roads wished to come our way."
-1867 Producer

The early creameries in this country followed what was termed *"the whole milk system."* This was the practice whereby farmers delivered their whole milk supplies to the factory or creamery daily or at frequent intervals. In the very early creameries, the whole milk would be collected in so-called Cooley cans. When sufficiently full of whole milk, these cans were placed in pools of spring water to cool and cream, or The cream was then skimmed off with hand dippers until sufficient quantity was collected and then it was churned. Following the introduction of the DeLaval Cream Separator from Sweden into this country in 1879, centrifugal separators were used for removing the cream from the whole milk.

have running water. It was thought that unless a good spring could be had there was no use of a factory. We took milk both morning and night. The night's milk was strained in the long, shotgun cans and placed in the pool. In the morning these were removed and the cream taken off with the funnel skimmer. The milk was turned into vats, while the morning's milk was weighed and strained in with it. This gave us what we claimed was a slight skimmed cheese. The cream was churned in the old-fashioned dash churn, which was the old lever worker. All creamery men are familiar with this particular job. When this work was partly done, the butter was set aside for three to six hours, then reworked and packed in firkins and placed in a cellar. Instead of putting the cloth and salt on top, we bored a hole in the top head of the firkin and filled the space with strong brine made from

As long as the milk was brought from territories fairly contiguous to the creamery, the whole



"To teach is to learn twice."

B - FOODS & SYMPTOMS

became common practice in the Mid-West where the greatest expansion in the creamery business took place.



Iowa and later "wrote history" by winning the Grand Sweepstakes at the Philadelphia Centennial Exposition in 1876. This victory advised the world that good quality creamery butter could be made west of the Allegheny Mountains and even west of the Mississippi River. Elgin, Illinois later became the Butter Capital of the World due to its renown, fine creamery butter. Iowa, and later Wisconsin and Minnesota, also came in for their just share of recognition as quality butter producing states. From Illinois and Iowa, the creamery operations

creamery is the Bonnyville Creamery in Bonnyville, or Alberta, Canada. At this time, butter bought at the grocery store came in two categories, "dairy," made by the farmer's wife or "creamery," made by the factory or plant.

The Bonnyville Creamery was constructed and began operation in 1924. Prior to this time, pioneer settlers in the area, used the cream produced by their cows mainly for home consumption. Any surplus of raw cream could be sold to customers in Bonnyville. The home churned butter was sold or bartered at the general store for the farmer's necessary supplies. In the first year of operation, the newly established creamery produced over 56,000 pounds of butter with Mr. A. Blanchard as the first butter maker. Fifty-two thousand pounds of this total were sold through the Provincial Department Marketing Service for 31.27 cents per pound. The Department had outlets in Alberta and British Columbia with shipments also being made to England, China and Japan.

The question as to when and where the first creamery was started has never been satisfactorily resolved. Records indicate that a factory was established by Alanson Slaughter at Walkill, New York in 1861. Another is recorded in Middletown, New York in 1863, with others in New York State the following year. Factories were also started in Illinois in 1867. All of these plants made both butter and cheese.

spread rapidly throughout the western United States, across the prairie states and out to the Pacific Coast. When prices were attractive, California later sent some of her product to eastern markets.

The factory system of butter-making made rapid strides and received tremendous impetus through the introduction of the centrifugal cream separator and the invention of simple method. This was a method by which the exact butter fat content of milk and cream could be determined by the creamery operator. Before the days of this Babcock test, milk was purchased in bulk regardless of its fat value. With its discovery in 1890 and its subsequently rapid adoption by the dairy industry, a factor of control was introduced which in its absence would have doubtlessly retarded progress in dairy operations.



The Elgin Butter Company was established in Elgin, Illinois in 1871 following the visitation of Dr. Joseph Tefft and others to Orange County, New York. They had come to learn the essentials of butter making as practiced in that celebrated district which, at the time, had its high reputation for the best quality dairy butter. This creamery was engaged in the manufacture of butter only and got its start by utilizing the surplus milk from the condensed milk factory of Gail Borden located in that city. In 1872, John Stewart erected a creamery in Manchester,

Another example of a local

"Imagination continually frustrates tradition, that is it's function."

Annual production increased significantly to 388,000 pounds by 1940. In those intervening Depression years, many needy cream shippers will remember Cliff's helping hand with cash advances. The cream was delivered to the creamery in a variety of containers from eight and five gallon cans down to five pound lard pails and creamers. No matter how small, the cream cheques provided many farmers' wives with a bit of "pin money" for desired purchases.

BUTTERCUP SQUASH

Medi-Sign Target
Liver, Skin & Muscles



Buttercup is a winter squash with a distinctive look. Shaped like a small, dark green pumpkin with narrow stripes of bluish-gray, the buttercup sports a "cap" on its blossom end. The orange flesh is finely textured, creamy and mild. The taste is similar to a sweet potato when cooked. Look for buttercup squash from late summer through winter.

BUTTERMILK

Medi-Sign Target
A Ferment for Bones & Blood Vessels

Richness Without the Fat

With a name like "buttermilk," you would expect this thick, creamy and delectably tart drink to be very high in fat. Despite the name, buttermilk is lower in fat than regular milk, making it a healthful alternative to milk, cream and mayonnaise in everything from salad dressing to baked goods.

A cup of buttermilk made from skim milk has about two grams of fat. Buttermilk made with reduced-fat, or 2 percent milk, contains five grams of fat. By contrast, one cup of regular milk has approximately eight grams of fat. This one simple change of replacing some of the milk in your diet with buttermilk can cut out substantial amounts of fat. Just be sure to check the label before putting buttermilk in your shopping cart, since some brands are quite a bit lower in fat than others. You can buy buttermilk in skim, low-fat (one percent), and reduced fat versions. They simply add water to make skim and one and two percent, then charge more for it! Save money by buying whole milk and just add water to make your own.

Buttermilk is among the best calcium sources you can find.

Skim Past Heart Disease

You're probably already eating foods like apples, oats and beans if you're concerned about cholesterol. Milk, as it turns out, is another food that can send cholesterol south.

Researchers at Kansas State University in Manhattan, Kansas, and Pennsylvania State University in University Park had 64 people drink a quart of skim milk a day. After a month, the people with the highest cholesterol levels saw their cholesterol drop almost 10 points, almost a seven percent reduction. Because every one percent drop in cholesterol translates into a two percent reduction in death from heart disease, milk helped these subjects reduce their risks of heart attacks or strokes by nearly 14 percent.

"Studies have shown that raw milk contains substances that reduce the liver's production of cholesterol," say Arun Kilara, PhD., professor of food science at Penn State and one of the researchers on the study. Another great thing about raw milk is its abundance of calcium, which may help reduce blood pressure as



"College isn't the place to go for ideas." -Helen Keller

well as cholesterol. In the University Park study, drinking raw milk was able to lower systolic blood pressure, the top number, on average, from 131 to 126 after eight weeks, while diastolic pressure, the bottom number, dropped from 82 to 78.

Researchers aren't sure how much milk you should drink when trying to lower cholesterol or blood pressure. However, a good place to start would be with four glasses a day, which was the amount used in the study. Try drinking an eight-ounce glass of raw milk with each meal and also have one as a snack.

BUTTERNUT SQUASH

Medi-Sign Target
Liver, Skin & Facial Wrinkles

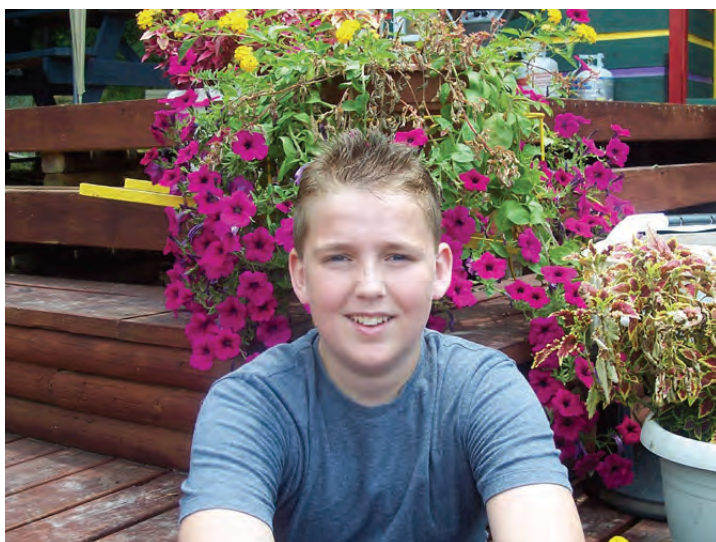
Like the other winter squashes, butternut has a lot more nutritional value to offer than summer squashes and zucchini. Butternut's deep-orange flesh is richer in complex carbohydrates and, as you might guess by its color, in beta-carotene. Butternut squash is also a very good source of dietary fiber and supplies vitamin C, magnesium, manganese, and a good amount of potassium.

Its dense, rich-tasting flesh is another good reason to eat butternut squash. Baked and mashed with a little maple syrup or brown raw sugar and sweet spices, the squash tastes very similar to pumpkin pie. Chunks or cubes of squash can be baked or can



be added to hearty stews. Butternut has a softer skin than other winter squashes, making it easier to cut up.

“If you can read this, thank the one that taught you.”



THOR TRITON TOLMAN



STERLING WALKER TOLMAN



History: The Letter C

Camels are partially responsible for the letter "C." The Phoenician alphabet depicted a camel with a simple letterform consisting of an upward stroke angled to the left suggesting the camel's long neck. The Greeks changed this form slightly and adapted the name "Gamma" from the Phoenician name "Gimel," which means camel. The Romans gave the letter its curved shape and, sometime around the year 300, began adding a horizontal bar when the letter was to convey a "G" sound. Thus the letter "G" was born, but that's a whole different note sheet. It is interesting to note that camels are cud-chewing animals. Once this is noted, you should also know that cud is a mouthful of previously swallowed food, which is regurgitated from the stomach to be chewed a second time. Fortunately, most humans don't do this but be careful because there are some indiscriminating people who regularly follow this ritual with, "pill and capsule hype."

Mystery: The Celtic Name Letter Key

"C" is a sign of steadiness and consistency, both in terms of physical effort that can be applied and emotional commitment that can be made. This letter indicates a good employee, who eventually settles in one job for many years. More importantly, perhaps, it reveals a steadiness and lack of change in emotional relationships. This positive reliability is counter-balanced to some extent by a certain dullness and lack of imagination.

CABBAGE

Medi-Sign Target

Arteries, Veins, Capillaries
& Brain

Benefits:

- Prevents Birth Defects
- Prevents Cancer
- Prevents Constipation
- Helps Hemorrhoids
- Promotes Weight Loss
- Protects Your Heart

Cabbage is a descendant of wild sea plants grown along the coast of England and other parts of Europe.

This head-shaped vegetable is an important food in both Europe and Asia.

The Irish are well-known for cabbage, and the Germans contributed sauerkraut.

Koreans have been making a cabbage meal called kimchi (*pronounced kim CHEE*) for 3000 years.

This dish, made of fermented cabbage, radishes, hot peppers, lettuce and garlic, is even eaten as breakfast by some people.

The cabbage family is part of the brassica group that contains several vegetables including broccoli and cauliflower. The cabbage plants are classified by the arrangement of their parts; if the leaves are tightly folded to form a ball, it is head cabbage. Brussels sprouts are plants that resemble miniature heads. Kale and collards have leaves that are loose and open. Napa, or Chinese cabbage, is light green or white and looks like romaine lettuce. Bok choy is a vegetable that looks more

like thick, white celery with leaves, yet it is still cabbage. Even stranger is kohlrabi, which looks like a turnip but is still part of the family.

Brassica vegetables are super hero foods for cancers. They are also good sources of fiber and vitamin C.

- Karate-chops Cancer (*especially colon*)

- Chases Away Constipation

Beauty Tip

Follow this recipe to make a mask that will counteract any inclination of dryness and wrinkles and give your skin a flower-like

bloom: grind a couple of cabbage leaves and extract juice. Dissolve one-fourth teaspoon of yeast in it and stir in one teaspoon of honey. Mix well and apply thickly over face and neck. Keep it for 15 minutes.

Remove with cotton-wool soaked in water.

Description

Green, red and savoy describe the three major types of cabbage. The color of green cabbage ranges from pale green to dark green, while red cabbage has leaves that are either crimson or purple with white veins running through them. The savoy cabbage has a yellowish-green color. Both green and red cabbage have smooth textured leaves, but the leaves of savoy cabbage are more ruffled.

Because cabbage's inner leaves are protected from the sunlight by the surrounding leaves, they are often-times lighter in color. Red and green cabbage have a more defined taste and crunchy texture as compared to savoy cabbage's more delicate nature.

Some historians believe that Celtic wanderers brought wild cabbage to Europe around 600 B.C. It in high regard by the ancient Greeks and Romans as a general panacea capable of treating a host of health conditions.

Peptic Ulcer Treatment

It is well documented that raw cabbage juice is quite effective in treating peptic ulcers. One study showed that one quart of the fresh juice per day, sipped throughout the day, resulted in total ulcer healing in an average of ten days. The high content of glutamine in cabbage — an amino acid that is the preferred fuel for the cells that line the stomach and small intestine — is likely the reason for cabbage juice's efficacy in healing ulcers.

CABBAGE (RED)

The reddish purple leaves of red cabbage grow in tightly packed heads. A 3-1/2 ounce serving of red cabbage provides all your daily vitamin C needs. It is available year



“Anatomical fact: A smile takes 13 muscles. a frown takes 64.”

round and is also one of the cruciferous vegetables that may help prevent certain forms of cancer.

CACTUS (PRICKLY PEAR)

Medi-Sign Target

Pancreas, Liver, Heart & Skin

Opuntia is a genus in the cactus family Cactaceae. Both pears and chollas are included in this genus of about 250 species distributed throughout most of the New World.

The young stem segments, called nopales, are edible. Also, the fruit of **opuntias**, called tuna, is edible, although it has to be peeled carefully to remove the small spines on the outer skin before consumption. It is often used to make candies and jelly.

As a symbol of the Rio Grande valley, the prickly pear cactus (*genus Opuntia*) is proudly displayed on the Mexican flag. It boasts thorny pads, colorful large flowers and succulent fruits. For centuries, native peoples living in the deserts of Mexico, the southern United States and parts of South America relied on this robust desert plant for food and healing.

Many of these traditions were carried on by European settlers, who then also transported the plant's seeds to Europe and around the world. Prickly pear cactus now grows in harsh desert locales from South Africa and Australia to Africa and the Mediterranean region. Also commonly referred to as "*nopal*" or "*penca*," the plant has been adapted

for numerous uses by different cultures, many of which have been passed down through time.

The most intensively used parts of the plant are the pads and the fruits. The pads, or the flattened stem which grow quickly, protrude from the plant at odd angles. Small clusters of tiny stickers cling to each pad. After the stickers and spines have been trimmed away, the pad can then be peeled and prepared for cooking as any vegetable would. Popular cooking techniques include broiling or sautéing the pad, or chopping it raw and adding it to soups and salads. Once the pectin-rich pads are heated, they tend to become gooey, acquiring a texture similar to okra.

The spiny red



fruits, or "*tunas*," are cylindrical in shape and about the size of a child's hand. The crimson fruits were once popular for making red dye, and are now often used to make jelly, juice and pickles. In Mexico the fruits are the basis of a sweet syrup that is used like honey or hardened into

taffy. Cactus pear cheese is a delicacy made by cooking and cooling the fruits.

This native species has also become a popular landscaping plant because it's colorful and attracts birds. The fresh pads are commonly eaten by animals for nourishment, and in times of drought, range animals rely on the cactus pads for food and water. In parts of Africa, the sap from the pads has long been used to repel mosquitoes.

Health Benefits

Traditional healers have used the prickly pear in many ways. The gooey gel (*sap*) extracted from its pads can be applied much like aloe vera gel; spread on minor cuts, sunburns or skin irritations to promote healing and soothe any inflammation. They also claim that pureeing the young pads produce an effective laxative. Folk healers have been known to warm the pads for use as heating "*pads*," applying them to aching backs as well as chests rattled by the congestion of a common cold.

In addition, specially prepared extracts of the prickly pear cactus have been developed in recent years, and are being touted for treating hangovers and boosting recovery from vigorous exercise, among other uses. The extract is usually made from *opuntia ficus indica*.

Specifically, prickly pear cactus can help to:

- **Treat adult-onset (type 2) diabetes.** One of the plant's most compelling traditional uses is for managing diabetes, a chronic condition commonly caused by obesity. With diabetes, the body loses its ability to effectively use glucose, the blood

"Truth is such a rare quality, a stranger so seldom met in this civilization of fraud, that it is never received freely, but must fight its way into the world." -Hilton Horema

sugar that the body's cells need for energy. The high blood sugar that results can cause many health complications.

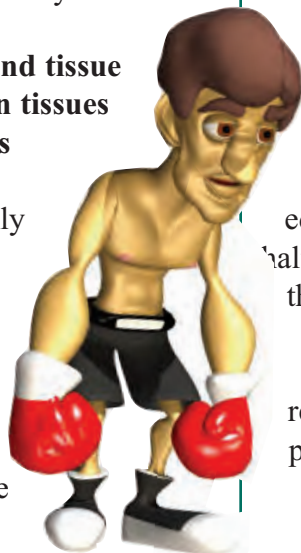
Mexico and other Latin American countries use prickly pear cactus as a traditional treatment of diabetes. According to lore of the Valley of Mexico, the Aztecs and other locals consumed prickly pear cactus in various forms to control or actually cure this type of diabetes as long ago as the 15th and 16th centuries.

Formal research studies done confirm that this ancient approach is sound. Results indicate that high doses of cooked pads can indeed reduce blood sugar levels. However, it is still not exactly clear how prickly pear works, nor is it clear how much is needed to have an effect. One theory is that the high soluble fiber from the pad's gooey pectin absorbs sugar in the body and then enables the body to very slowly release sugar throughout the course of the day.

• **Boost muscle and tissue recovery from torn tissues caused by vigorous exercise.**

A very recent use for prickly pear cactus involves the skin of the fruit. Manufacturers of this extract claim that it can accelerate the ability of the human body to withstand physical stress because of the plant's ability to survive in some of the harshest desert environments on earth.

The claim supports that the cactus skin can do this by speeding up the synthesis of natural restorative com-



pounds in the body called Heat Shock Proteins (*HSPs*); hence, protecting the body against excessive exercise-induced muscle and tissue injury. Under normal conditions, it takes the body two to three hours following physical stress to elevate its natural supply of HSPs. But, by eating the skins before exercise, HSP levels should be ready to rise as soon as 15 minutes after a workout begins.

Good For

- Arteriosclerosis
- Colon Cleansing
- Digestion/Liver Function
- Gastric Ulcers/Gastrointestinal Disorders
- Hyperglycemia (*High blood sugar*)
- Hyperlipidemia (*High cholesterol/Fat levels*)
- Obesity

• To relieve rheumatic and asthmatic symptoms, take a broken off pad, pass over an open fire to burn off the spines, then split in half, warm (*20 seconds in a microwave oven*) and bind to the chest with a cloth.

• Similarly, earaches are treated by cleaning a pad, cutting it in half, warming it and placing it over the ear...a very effective remedy!

• Likewise, hemorrhoids are relieved with a pad of prickly pear, cleaned, split and warmed.

• Also, the gooey juice of prickly pear cactus is used as a very soothing skin lotion for minor rashes, sunburn and windburn.

• A poultice made from cleaned prickly pear cactus can treat snakebites, insect bites, burns, rashes, sunburn and minor abrasions.

Edible cactus is also known as nopales (*no-PAH-les*), nopalitos or cactus pads. This vegetable is increasing its popularity in the United States where it's found at Mexican grocery stores, specialty produce markets and farmer's markets. It is already popular in Mexico and other Central American countries, parts of Europe, the Middle East, India, North Africa and Australia.

CADMIUM TOXICITY



Cadmium is a widespread heavy metal in the environment and in our bodies. It is very poisonous. Humans only excrete cadmium in very small amounts.

Cadmium can cause damage to all types of body cells. It does so by damaging the cell membrane. Cadmium increases the permeability of the cells. One of the consequences of cadmium intoxication is that the transfer of other heavy metals into the cells is facilitated. In the acute stage, cadmium intoxication causes enteritis where a slow accumulation of cadmium is stored mainly in the kidneys, but the liver and bones are other sites for cadmium storage.



"The worst experience of my life was great!"

Dead animals and junk food products account for more than 90 percent of human exposure to cadmium. Although a major reason for cadmium accumulation in the body is environmental; from tobacco smoke. A study in 1990 showed that acute cadmium toxicity from food is rare, but chronic exposure at lower levels increases cadmium in certain body organs.

The human body absorbs approximately half of the 16-24 mcg. of cadmium produced from one cigarette. In addition to this, five to 10 percent of the cadmium from our food and other sources is absorbed. Therefore, a substantial amount of cadmium is stored in our body system over a number of years.



Prolonged accumulation of cadmium in the body stains the teeth. It can cause damage to the nervous system, decrease the detoxicative power of the body and cause high blood pressure. Atherosclerosis and damage to the immune system are also caused from cadmium. Most importantly, though, the bodily productions are affected like, decreased fertility, anemia, emphysema and cancer.

Children who are exposed to large concentrations of cadmium in their environment often have learning disabilities. Increased concentrations of cadmium have been found in the placenta of women who have given birth to children with low birth weight, neural damage and Down's syndrome.

Symptoms

Alopecia, anemia, arthritis, cancer, cardiovascular disease, cerebral hemorrhage, cirrhosis of the liver, diabetes, emphysema, enlarged heart, high cholesterol, hypoglycemia, hypertension, impaired growth, impotence, infertility, inflammation, kidney disease, learning disorders, lung disease, migraines, osteoporosis, renal disease, schizophrenia, strokes and vascular disease.



Sources

Air pollution, batteries, ceramic glazes / enamels, cigarette smoke (*first and second hand*), food (*if grown in cadmium contaminated soil*), fungicides, mines, paints, power and smelting plants, seafood and tap and well water.

Cadmium Cleansers

Watermelon is an excellent detoxifier. It also contains lycopene and beta carotene which are useful nutrients. The seeds are also extremely nutritious. They contain plentiful supplies of minerals such as zinc and selenium.

Dietary measures can include sulfur-rich foods like, cabbage, garlic, beans and egg yolk. Fasting is also an extremely effective measure.

Garlic appears to be a particularly effective source of the detoxifying sulfhydryl group compounds, and it may contain some beneficial trace elements such as germanium.

I would recommend a cabbage diet where almost every meal for an entire week is cabbage like cooked cabbage, raw cabbage and sauerkraut. Not only do the sulfur com-

pounds clear out toxins, but there also seem to be a lot of cellular protection affects.

Cilantro, an herb that is popular in Mexican and Far-Eastern cuisine, is believed to help remove heavy metals especially mercury and cadmium. An infusion of tea made from a small amount of the herb is one way of taking it.

If you can afford to go to a Terme or Hot Springs, the sulfur-rich waters will do you wonders. Soak each day until the symptoms disappear.

Another useful natural detoxifier is Asafoetida an Indian spicy tuber. It is extremely sulfur-rich and is very beneficial as a detoxing agent. It is reputed to be as good as garlic at removing cadmium and mercury.

Prevention is always better than cure, so avoid junk food and drink pure water.

Healthy Kidneys and an intact Blood-Brain Barrier are essential to protect the delicate brain cells from damage from neurotoxic substances accumulating and poisoning brain cells. Many substances find it much easier to get into the brain than to escape through the kidneys. Mercury and aluminum are two such substances.

CAFFEINE DEPENDENCY

Medi-Sign Target
Avoid Soda Pop, Energy
Drinks & Supplements

"Having a sharp tongue can cut your throat."

“What happened when a gust of wind blew off the General’s wig? There was bell toupee!”

Caffeine from a bean is completely fine. But when you take it, chemically process it and put it in soda pop or sports drinks, it becomes an addictive drug, not coffee’s natural caffeine.

Coffee is not addictive; people do not go through withdrawal because of it. Instead it is an emotional routine. People love waking up to coffee in the morning because of the feeling they get from it. They also love the good stool it creates.

Even popular coffee houses use “infused” coffee beans. So, you may want to go easy on the coffee, black tea, soda, chocolate and other caffeine-containing foods when you’re trying to recover from anemia or fatigue because processed caffeine inhibits iron absorption. One drink of processed caffeinated soda a day can decrease your chances of becoming pregnant. It decreases fertility in men and women – but not in a healthy way, if that’s what yer lookin’ for.

Eliminating processed or infused caffeine from your diet is a must. It is a direct stimulant of the GI tract, and it can trigger or aggravate irritable bowel syndrome. So your best bet is to stay away from processed caffeine whether it is in infused coffee beans, tea, cola or chocolate.

Processed caffeine is a powerful drug, and it works its fatigue-banishing, brain-clearing wonders by stimulating your adrenal glands to pump out adrenaline, the hormone that launches your nervous system into action. But that hormone is pure stress, a biochemical emergency button installed by nature for threatening situations, and the constant, unnatural over-drive can wear out your body from your brain cells

to your bones. What’s worse is that your body soon grows accustomed to its dose of caffeine, so you need more of the drug to produce the same energized effect.

If your body doesn’t get its caffeine quota, it can go through a week or two of withdrawal symptoms, including headaches, fatigue and intense cravings for caffeine. Constipation, anxiety and a dim bulb where you used to have bright ideas are also withdrawal symptoms.



Alternative healers say that there are some healthy, natural stimulants that you can use instead of caffeine both during and after the withdrawal period.

Inhaling stimulating Ascential oils can give you that heady feeling. Take a quick sniff of oils such as rosemary, peppermint, basil or juniper. Sniffing an essential oil is the fastest route to the bloodstream and can provide an instant brain boost.

If you use real, non-messed with coffee beans.

- Drink 2-4 cups in the morning and let it go.

• No-more until tomorrow – you’ll be fine.

- Make it yourself-make it weak.

Enjoy More Energy When You Kick Processed Caffeine Dependency

Double mocha tall iced. That’s the language of buckin’ star’s caffeine country! Whoo-eee!

The adult inhabitants of this country drink close to 800 million (*that’s right, over half a billion*) cups of concentrated caffeine-containing coffee every day. Younger citizens and the dietary religious prefer their caffeine in chocolate bars and in colas served in cups the size of small buckets.

For the ailing, there is caffeine in nonprescription medications for headaches, weight loss, and menstrual cramps. For the overheated, there are almost as many varieties of sports drinks and iced teas that are sweetened with synthetic sweeteners or processed sugars and spiked with processed caffeine on supermarket shelves as there are sweat glands in the human body.

Since caffeine is a central nervous system stimulant, the people in this country are electrified: always on, brains jazzy as neon, bodies humming like generators.

Unfortunately, quite a few of them also end up electrocuted all because of the caffeine being concentrated or processed.

Some studies show most coffee beans are now laced with lots of chemicals, even nicotine; some coffees smell like ashtrays. Check it out!

CALABAZA SQUASH

Medi-Sign Target
Breasts, Skin & Liver



Calabaza Squash (*kah-lah-BAH-sah*) is a large squash familiar to those in Latin America and the Caribbean. It also is known as the West Indian pumpkin. The skin color can vary from green to tan to sunset-orange. They are sweet, succulent and fine grained. Calabaza is an acceptable substitute for recipes calling for butternut or hubbard squash.

CALCIUM

Medi-Sign Target
Brain Function more than
Bones

Calcium is the most abundant mineral in the human body. The teeth and bones contain 99% of the body's calcium. The remaining 1% is in the extracellular fluids and blood. Chloride, magnesium, potassium, sodium and sulfur join calcium as one of the six macrominerals in the body. The macrominerals account for 4-5% of total body weight, but approximately half of this weight comes from calcium.

Functions Calcium is needed for:

- Building strong bones and teeth
- Clotting the blood
- Nerve impulse transmission
- Proper thyroid function
- Regulating the heart beat

Calcium is important for good health including strong bones. Calcium deficiency, though, is one major cause of osteoporosis. However, it is not the only cause, and not everyone who has osteoporosis is calcium deficient. Excessive amounts of calcium in relation to other minerals may do more harm than good. **Do not supplement calcium. Avoid toxic calcium overload by eating whole foods.**



A major symptom of a deficiency of calcium is skeletal abnormalities like osteopenia, osteomalacia, osteoporosis and rickets. Osteomalacia is a failure to mineralize the bone matrix resulting in a reduction of the mineral content of the bone. In children, osteomalacia is known as rickets. When children have rickets, their bones become soft and flexible bending in ways normal bones would not. Features of rickets include bowed legs, beaded ribs, large foreheads, sunken chests (*pectus excavatum*), protruding chests (*pectus carnitum*) and hyperextendable joints.

The bones act as a reservoir for calcium; when the amount of calcium in the blood supply dips too low, calcium is borrowed from the bones. It is returned to the bones from calcium supplied through the diet. When diets are low in the mineral, there may not be sufficient amounts available to be returned to the bones. Over time, this net loss can lead to osteopenia or osteoporosis.

Other symptoms of calcium deficiency include:

- Hypertension (*high blood pressure*)
- Insomnia
- Premenstrual cramps
- Tetany

Low calcium intakes have also been linked to premature births and some forms of cancer including colon and breast cancer. People are also likely to develop osteoporosis if they don't get sunshine or if they drink soda pop.

Sources of Calcium: *Almonds, apricots, asparagus, beans, brazil nuts, broccoli, cabbage, chick peas, collards, cottage cheese, dandelion greens, dark green leafy vegetables,*

"The highest reward for a persons toil is not what they get for it, but what they become by it."

“I was eating a lot of dehydrated food – then I got caught in a rainstorm and gained 125 pounds!”

dulse, figs, filberts, kale, kelp, mustard greens, nutritional yeast, oats, prunes, raw cows milk, sesame seeds, soybeans, spinach, tofu, turnip greens, watercress, whole wheat bread and yogurt.

CALORIES

Medi-Sign Target
Energy, Power & Strength

What Calories Do

Enzymes break carbohydrates into glucose and other sugars, the fats into glycerol and fatty acids and the proteins into amino acids as our bodies “burn in cold fusion” the calories in food. These molecules are then transported through the bloodstream to the cells where it is decided whether they are for immediate use or sent on to the final stage of metabolism in which they are reacted with oxygen to release their stored energy.

CAMPYLOBACTER INFECTION

Medi-Sign Target
Salt, Honey & Water

What is campylobacteriosis?

Campylobacteriosis is an infectious disease caused by bacteria of the genus *Campylobacter*. The illness typically lasts one week. Most people who become ill with campylobacteriosis get diarrhea, cramping, abdominal pain and fever within 2 to 5 days after exposure to the organism. The diarrhea may be bloody and can be accompanied by

nausea and vomiting. Some persons who are infected with campylobacter do not have any symptoms at all. In persons with compromised immune systems, campylobacter occasionally spreads to the bloodstream and causes a serious life-threatening infection.

How does food or water get contaminated with Campylobacter?

This infection is common in the developing world and travelers to foreign countries are also at risk for becoming infected with campylobacter.



Surface water and mountain streams can become contaminated with infected feces from cows or wild birds. Many chicken flocks are silently infected with campylobacter; that is, the chickens are infected with the organism but show no signs of illness. Campylobacter can be easily spread from bird to bird through a common water source or through contact with infected feces. When an infected bird is slaughtered, campylobacter can be transferred from the intestines to the meat. More than half of the chicken in the United States market has campylobacter on it. Campylobacter is also present in the giblets (*organs*), especially the liver.

What can be done to prevent the infection?

There are some simple food-

handling practices for preventing campylobacter infections especially thorough cooking of all poultry and other foods of animal origin and common sense kitchen hygiene practices.

When outbreaks occur, community education efforts can be directed at proper food handling techniques. If many cases occur at the same time, it may mean that many people were exposed to a common contaminated food item or water source which might still be available to infect more people. Some data suggest that campylobacter can spread through a chicken flock in their drinking water. Providing clean water sources for the chickens might prevent campylobacter infections in poultry flocks and thereby decrease the amount of contaminated meat reaching the market place. **Some folks, though, actually find the inner strength to just stop eating dead chickens and their guts.**

(See: *Bacterial Infections*)

CANCER

Medi-Sign Target
No Animals, Raw Food & Sunshine

Foods high in fiber are vital for protection from cancer of the breast, colon, prostate, rectum, and uterus.

Soya beans and ferments can protect you from cancer. This is particularly true in cases of breast cancer due to plant hormones



called phytoestrogens. However, wearing bras can help to cause accumulated lymph toxins that cause breast cancer.

Pulses (*beans, peas, etc*) contain insoluble and soluble fiber that promotes regular bowel movements, which help remiss and lessen the risk of cancers of the colon and rectum.

Cancer was thought to be a disease that would be eradicated easily, hence the foundation of the American Cancer Society. It was founded in 1913, as a “temporary” organization that would soon cease to exist. Almost seven decades later, though, the Society is the richest private charity in the world.

Within the last few decades, an unorthodox school of thought has emerged which considers cancer a preventable metabolic accumulation of toxic plaque; remove the plaque, remove the cancer.

Daily, though, the medical establishment tries to suppress the methodologies of the unorthodox school of thought with warfare raging in the newspapers, medical journals, doctors’ offices and in courts.

Beneath it all are different interpretations of the nature of cancer. Orthodox medicine assumes there are many varying causes and treatments for cancer because each type of cancer is biologically distinctive and there are many types of cancer cells.

In contrast, proponents of the metabolic approach, who embrace various internal change concepts, feel

that a cancer cell is an aberration of a naturally occurring cell. Deficiencies of specific vitamins, minerals and free-floating enzymes, as well as stressors because of plaque, cause these cells to malfunction; thus, disabling their ability to be protected by normal bodily defenses.

Inherent in the opposing belief systems, is the alternative sage’s deep seated-confidence in the wisdom of nature. This conviction is that in the cosmic scheme of things, nature knows how to heal itself with clean air, sunshine, walking, non-toxic relationships and passion. Combining those factors with nature’s fruits, vegetables, grains, legumes, nuts, seeds and ferments will cause, maintain and return a state of disease free health and robust vitality.



Orthodox medicine holds a stubborn belief in man-made chemicals which interrupt natural body functions and try to kill the cancer cell. It does this while destroying the body’s ability to rid itself of the disease. Medical treatments kill people, not cancer.

(See: *Disease: The Mystery Solved*)

CANE JUICE

Medi-Sign Target
Brain & Pancreas



Available throughout the year, vaporated cane juice is a healthy alternative to refined sugar. While both sweeteners are made from sugar cane, evaporated cane juice doesn’t go through the same degree of processing that refined sugar does. Unlike refined sugar, it keeps more of the nutrients found in sugar cane.

Description

Evaporated cane juice is a good alternative for cooking and can be used just like sugar for sweetening foods and beverages. Some considered it to be more wholesome, thus it is included as a sweetener in a host of processed, natural foods. It may also be known by a variety of other names including crystallized cane juice, direct consumption sugar, dried cane juice, milled cane sugar and, in Europe, unrefined sugar.

You can find evaporated cane juice in a variety of forms that vary in texture and flavor — yet all share the characteristic of being darker in color than white refined sugar.

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.” -Lombardi

DEMERAR

Coarser grained, somewhat sticky crystals with a clear molasses flavor.

MILLED CANE

Golden-colored, small-grained crystals with a subtle molasses flavor.

MUSCOVADO

Very fine crystal sugar that has a unique molasses flavor.

Another alternative natural cane sugar is rapadura, or panela, which has its traditional roots in Latin American countries although not technically considered an evaporated cane juice. Rapadura undergoes even simpler processing than evaporated cane juice with the sugar cane being easily boiled to remove its water content.

Over the past few centuries, a move toward “white gold,” or refined sugar, occurred, resulting in the building of many sugar refineries. Only relatively recently in the United States has there been a renewed interest in more natural and less processed form of sugar cane, do in large part to an increased focus on whole foods and nutrition.

Health Benefits

Every once in a while, people do need something sweet. So what you do you choose? Hopefully, not the confections made with white, refined sugar. Staying away from foods with white sugar makes sense because studies have shown that challenging conditions like adult-onset diabetes and colon cancer are tied to this over-processed food product.

What are your options — artificial sweeteners?

OK, the truth is that artificial sweeteners are even worse for your health

than white sugar. Some people attribute negative side effects such as Attention Deficit Disorder (ADD), autoimmune conditions, headaches and poor concentration to using some of these products. Other artificial sweeteners have been shown to increase the risk of illnesses like cancer and neuro-degenerative diseases.

It appears that you need to deny your need for sweets or choose between the frying pan and the fire? Luckily, there’s another choice. Specific sweeteners, like natural dried cane juice, are more natural and less refined than standard white table sugar. The use of this substance, in moderation, has not been associated with any negative side effects or dangerous medicinal conditions, so you don’t have to deny your need for something sweet and tasty. As long as you use it carefully, dried cane juice, along with honey and pure maple syrup, is a natural source of sweetener that can be part of a healthy diet.

CANKER SORES

*Medi-Sign Target
Activated Charcoal*



Canker sores, also known as mouth ulcers and aphthous ulcers, are little white bulges that open into stinging, red circles of pain and can be excruciatingly uncomfortable. They appear on the inside of your cheeks or lips or the loose part of your gums for a week or so.

Experts disagree on what causes them, but the culprits that turn up frequently in studies include food allergies, immune dysfunction, nutritional deficiencies, stress and viral infections. In particular, being short on iron, vitamin B12, or folic acid may bring on canker sores. *(Don’t confuse them, though, with the somewhat similar-looking cold sores, which are caused by the herpes virus and populate the outside part of your lips and the hard areas of your gums.)*

This is how to stop stress from causing canker sores and how to soothe any sore that you may already have.

Activated Charcoal

Stop Sores before They Start

At the first sign of tingling, warmth or other discomfort of a canker sore inside your mouth, put a tablet of activated charcoal on the effected area. You should keep it on until the sensations go away, which should happen within about 15 to 20 minutes. The charcoal works to absorb the virus, which will stop the eruption. People love this remedy; literally, hundreds of people have used it successfully to prevent canker sores. There is one drawback, though. The charcoal turns the treated area black and may turn your stools slightly black. There is nothing toxic or dangerous occurring; the charcoal just dyes your stools. Fun?

“I don’t believe in an afterlife, so I don’t have to spend my whole life fearing hell, or fearing heaven even more. For whatever the tortures of hell, I think the boredom of heaven would be even worse.” -Isaac Asimov

Reduce your stress by showing yourself some kindness; by doing something you love to do. This is a very important part of disease prevention, including the prevention of canker sores.

CANOLA OIL

Medi-Sign Target
Skin

This oil originated in Canada and has become known as the Canadian oil or canola. Canola oil is second only to flaxseed oil as the highest vegetable source of the essential omega-3 fatty acids making it one of the heart-healthy oils. Like flax oil, it contains both omega-3 and omega-6 fatty acids but in a different ratio. Canola oil contains an omega-6 to omega-3 ratio of 2:1. Flax oil is 0.3:1. Canola oil is reported to keep platelets from sticking together, lower serum triglyceride levels and reduce cholesterol levels. Because of the high omega-3 content, heating canola oil above 120°F may change some of the fatty acids into trans fats, though. This will raise total cholesterol and lower the levels of good cholesterol.

The rapeseeds are often sprayed with pesticides so make sure to buy organic canola oil.

CANTALOUPE

Medi-Sign Target
Breasts, Skin & Brain

If CIA agents were to launch a Great Cantaloupe Investigation, they

would quickly unveil a mystery: a cantaloupe is not really a cantaloupe. Instead, muskmelons have been masquerading as cantaloupes in the United States for many years.

A cantaloupe, or rockmelon (*Cucumis melo reticulatus*), is the North American name for a variety of muskmelon. In Europe, the distinction is commonly made between cantaloupes, which have green or orange flesh with deep grooves and a hard warty rind, and muskmelons. The muskmelons that most Americans call “cantaloupes” have a distinctly netted or webbed rind.

In the first century CE, a Roman naturalist and writer named Pliny The Elder wrote about a plant called melopepo (*meaning, apple – gourd*). He describes a plant that grows on a vine lying on the ground; it does not hang like the cucumber. He also said that its fruit were spherical and yellowish, and he even notes that the fruit detaches easily from the stem. These are all qualities that describe the cantaloupe.

Origin

Cantaloupe was named after the commune Cantalupo in Sabina. Sabina is located in the Sabine Hills near Tivoli, Italy, a summer residence of the Pope. It

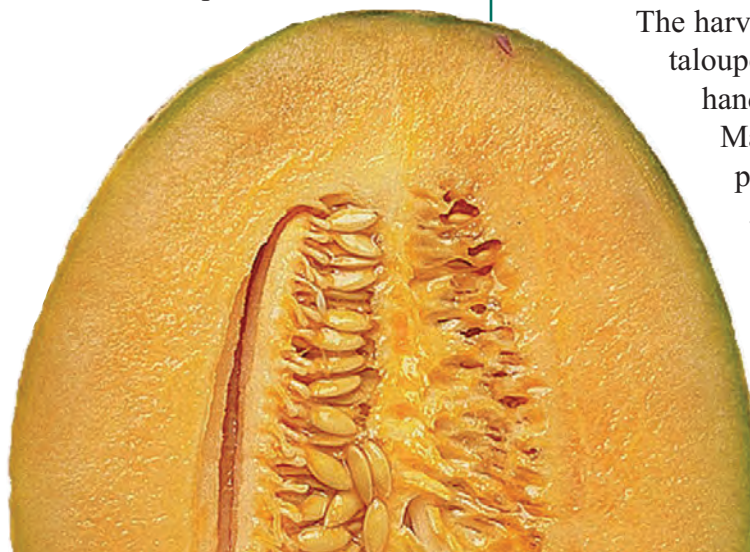
was originally cultivated around 1700 from seeds brought from Armenia, which is part of the homeland of melons.

The North American cantaloupe, or muskmelon, was thought to have been brought by Columbus on his second voyage to the New World in 1494. It was then crossed with the French variety of cantaloupe by the W. Atlee Burpee Company.

Taking its present shape, it was introduced in 1881 as the “*Netted Gem*” because of being a round melon with firm, orange, moderately sweet flesh. It also has a thin, reticulated and beige to light-brown rind. The more uncommon varieties with redder and yellower flesh exist, but are not considered to be as flavorful as the more common orange variety.

The most widely cultivated variety of true cantaloupe is almost exclusive to France and is called the charentais. It looks different from the North American variety because of its lightly ribbed, pale green skin. Pope Innocent XIII, who reigned from 1721 to 1724, is said to have enjoyed sipping a kind of port wine from the cavity of a half-melon at the beginning of a meal as an apéritif.

The harvesting of cantaloupes is done by hand beginning in May although the peak season is June through August. Nature has created the perfect system of determining when the melons are just ripe for picking.



“The worst bankrupt in life and in the world is the person who has lost his enthusiasm for being alive.”

“Thank goodness I was never sent to school; it would have rubbed off some of the originality.”

When the sugar content reaches its peak a buffer layer develops between the stem and the melon forming a shield that prevents more nutrients from entering the melon. Only those melons that separate easily from the vine with light pressure are considered mature.

Cantaloupes belong to the family Cucurbitaceae, which also includes nearly all melons and squashes. Like all melons, cantaloupes grow best in sandy, well-aerated, well-watered soil that is free of weeds.

Nutrition

Cantaloupe is the ideal summer fruit. Its cooling ability is not so surprising when we realize its weight is 95% water while the sugar content is only 5%.

Cantaloupe is a dieter’s delight! It’s extremely low in calories, has zero fat and its flavor is positively ambrosial. Cantaloupe really shines when it comes to vitamin A, iron, potassium and calcium. Though it’s hardly mentioned, cantaloupe also provides vitamin B and folic acid.

CARBOHYDRATES

Medi-Sign Target
Nature’s Carbohydrates
Feed the Brain

Carbohydrates supply the body with energy it needs to function. They are found almost exclusively in plant foods, like peas, beans, fruits and other vegetables. Fruits are one of the richest natural sources of simple carbohydrates. Foods rich in complex carbohydrates include peas, beans, other vegetables and whole grains.



Due to complex chemical reactions in the brain, eating carbohydrates has a mild tranquilizing effect on the body. They can be beneficial for people who suffer from seasonal affective disorder and/or depression.

Glucose, which is the name for the kind of sugar that ends up in our blood, is a source of energy for the brain.

Galactose is another simple sugar, also a carbohydrate, which can be converted to sugar in the liver. It is a major component of the myelin sheaths that cover the axons of the brain’s neurons. Carbohydrates are fuel for the brain.

CARDAMOM

Medi-Sign Target
Male/Female Sexual Desire
& Intestinal Cleanser

(Elettaria cardamomum)

Cardamom is one of the world’s ancient spices. It grows wild in the forests of the Western Ghats in Southern India where it originated. It now also grows in Sri Lanka, Guatemala, Indo China and Tanzania. The ancient Egyptians chewed cardamom seeds as a tooth cleaner, and the Greeks and Romans used it as a perfume. The Vikings came upon cardamom about one thousand years ago, in Constantino-

ple, and introduced it into Scandinavia, where it remains popular to this day.

Cardamom is an expensive spice, second only to saffron. Because of its expense, it is often adulterated. There are many inferior substitutes from cardamom-related plants, like Siam cardamom, Nepal cardamom, winged java cardamom and bastard cardamom. It is only *Elettaria cardamomum*, though, that is the true cardamom. Indian cardamom is known in two main varieties: Malabar cardamom and Mysore cardamom. The Mysore variety is more aromatic because it contains higher levels of cineol and limonene.

Spice Description

Cardamom comes from the seeds of a ginger-like plant. The small, brown-black sticky seeds are contained in a pod in three double rows with about six seeds in each row. The pods are between 1/4”-3/4” long. The larger variety is known as “black,” although they are brown, while the smaller variety is green. White-bleached pods are also available. The pods are oval or oblate and roughly triangular in cross section. Their dried surface is rough and furrowed. The large “blacks” have deep wrinkles. The texture of the pod is of tough paper. Pods are



available whole or split and the seeds are sold loose or ground. To keep the cardamom flavorful, buy the whole pods instead of the ground variety.

Bouquet: Pungent, warm and aromatic.

Flavor: Warm and eucalyptine with camphorous and lemony undertones. Black cardamom is blunter because the eucalyptus and camphor suggestions are very pronounced.

Culinary Uses

The pods can be used whole or split when cooked in Indian substantial meals such as pulses. Otherwise, the seeds can be bruised and fried before adding main ingredients to the pan. They can also be pounded with other spices as required. Keep the pods whole until use. The pod itself is neutral in flavor and not generally used. It can, though, impart an unpleasant bitter flavor when left in dishes.

Cardamom is used mainly in the Near and Far East. Its most common Western manifestation is in Dutch "windmill" biscuits, Scandinavian-style cakes and pastries and in akvavit. It is in curries, is essential in pilaus (*rice dishes*) and gives character to pulse dishes. Cardamom is often included in Indian sweet dishes and drinks. At least partially because of its high price, it is seen as a "festive" spice. Other uses of cardamom are in pickles, in punches and mulled wines. Cardamom flavors custards and some Russian liqueurs. Cardamom, like nuts, is chewed habitually where freely available, as in the East Indies and in the Indian masticatory betel pan. It is a flavoring for Arab and Turkish coffee, which are served with an elaborate ritual.

Attributed Medicinal Properties

A stimulant and carminative, cardamom is not used in Western medicine for its own properties. Instead it is used as a form of flavoring. It is also mixed with other substances to cause a synergetic relationship for the basis of medicinal preparations for indigestion and flatulence. Featured regularly in Arabian Nights, the Arabs attributed aphrodisiac qualities to it. The ancient Indians regarded it as a cure for obesity. It has been used as a digestive since ancient times. A medicinal, or perhaps aphrodisiac, cordial can be made by macerating seeds in hot water.

CARDIAC ARREST

*Medi-Sign Target
Strong Coughing & Water*



Cardiac arrest is the sudden, abrupt loss of heart function with a victim that may or may not have a diagnosed heart disease. It's also called sudden cardiac arrest or unexpected cardiac arrest. Sudden death, also called sudden cardiac death, occurs within minutes after symptoms appear.

What causes cardiac arrest?

Coronary heart disease is the most common underlying reason for people to die suddenly from cardiac arrest. Most cardiac arrests that lead to sudden death occur when the electrical impulses in the diseased heart become rapid, called ventricular tachycardia, or chaotic, called ventricular fibrillation, or both. This irregular heart rhythm, called arrhythmia, causes the heart to suddenly stop beating. Some cardiac arrests are due to extreme slowing of the heart called bradycardia. Other factors besides heart disease and heart attack that can cause cardiac arrest are choking, drowning, electrocution, respiratory arrest and trauma. Cardiac arrest can also occur without any known cause. To prevent sudden cardiac death, underlying problems like coronary artery disease, diabetes, elevated cholesterol, high blood pressure and smoking need treated.

Heart experts including the American Heart Association (AHA) have now recommended omega-3 in the prevention of heart attack, stroke and sudden cardiac death. The decreased mortality associated with foods may be in part due to a reduction by omega-3 fatty acids of fatal arrhythmias leading to cardiac arrest.

If you or someone you know is suddenly having a heart attack, have them cough repeatedly, loudly and strongly, in order to save them. Have them then drink 1/2 gallon of water immediately as they are able to. *It works.*

"Impatience is a form of control."

CAROB

Medi-Sign Target

Parastaltic Action & Soothes
Emotions

Carob is also called locust, or St John's, because he ate locust pods, bread and honey.

Carob is a whole food. Carob has excellent nutritional value as well as health benefits obtained by substituting carob for cocoa and synthetic sweeteners in our diet. Along with up to 80% protein, it contains barium, calcium, copper, iron, magnesium, nickel phosphorus, potassium manganese, and the vitamins A, B, B2, B3 and D. It can also be used medicinally for the treatment of coughs and diarrhea.

Carob is rich in tannins that have an astringent or binding effect on the mucous membranes of the intestinal tract, which is good for treating diarrhea. A double blind clinical trial suggested it may be particularly useful for young children and infants with diarrhea. Some health-care professionals recommend carob powder mixed with applesauce, for flavor, when given to children. Carob can also be used for treating adult diarrhea.

CARPEL TUNNEL SYNDROME

Medi-Sign Target

Hot Water Salt Soaks & Ice

The carpal tunnel, a narrow, rigid passageway of ligament and bones at the base of the hand, houses the

median nerve and tendons. Carpal tunnel syndrome occurs when the median nerve, which runs from the forearm into the hand, becomes pressed or squeezed at the wrist. The median nerve controls sensations to the palm side of the thumb and fingers, except for the little finger. It also controls impulses to some small muscles in the hand that allow the fingers and thumb to move. The median nerve can be compressed when thickening from irritated tendons or other swelling narrows the tunnel. The result may be pain, weakness or numbness in the hand and wrist that radiates up the arm. Carpal tunnel syndrome is the most commonly and widely known of the entrapment neuropathies in which the body's peripheral nerves are compressed or traumatized, although painful sensations may indicate other conditions



Symptoms of carpal tunnel usually start gradually. Frequent burning, tingling, itching or numbness in the palm of the hand and the fingers may occur. This is especially true in the thumb, the index and middle fingers. Some carpal tunnel sufferers say their fingers feel useless and swollen, even though little or no swelling is apparent. Since many people sleep with flexed wrists, the carpal tunnel symptoms often first appear during the night.

A person with carpal tunnel syndrome may wake up feeling the need to "shake out" their hand or wrist. Some people are unable to tell the difference in touch between hot and cold.


As symptoms worsen, people might feel tingling in their wrists during the day. Decreased grip strength may make it difficult to form a fist, grasp small objects or perform other manual tasks. The muscles at the base of the thumb may waste away in chronic or untreated cases.

Carpal tunnel syndrome is often the result of a combination of factors that increase pressure on the median nerve and tendons in the carpal tunnel, rather than a problem with the nerve itself. In some cases, no causes can be identified although many times the disorder is due to a congenital predisposition. In other

words, the carpal tunnel is simply smaller in some people than it is in others. Other contributing factors include trauma or injury to the wrist that causes swelling. These factors can include: development of a cyst or tumor, fluid retention during pregnancy or menopause, hypothyroidism, mechanical problems in the wrist joint, overactivity of the pituitary gland, repeated use of vibrating hand tools, rheumatoid arthritis, a sprain or fracture and work stress.

Begin doing gentle hand exercises when the tingling begins.


One exercise is a simple circle exercise of rotating the wrist that requires you to move your hands around in gentle circles for about two minutes. This will exercise all the muscles of the wrist. It also restores circulation and gets your



Knumb Me

10	Garlic cloves (crushed)
3	Hot peppers (crushed)
1 tsp	Clove Oil
2 cups	Olive Oil

Mix the crushed garlic and crushed hot peppers with the clove oil. Let this mixture soak in the olive oil for at least 7 days before you use it. Then massaged into the wrist, this can alleviate pain as well as help to break apart and remove arthritic plaque.



wrist out of the bent position that normally brings on the symptoms of carpal tunnel syndrome.

After you finish with the first exercise, take your hands off the keyboard and put them into the air. Raise your arms above your head and rotate your arms, while rotating your wrists at the same time. This helps to put your shoulder, neck and upper back into a better position. It also helps to relieve the stress and tension. Another exercise is to rest your hands on a desk or a table, and rotate your head for about two minutes.

Make sure to bend your neck backward and forward, and then tip your head to either side. Also do some neck turns, looking over your right shoulder, then your left shoulder. It is important to make exercise as routine as eating. To exercise every day and relax all the muscles in the body that are giving you problems is essential. This is even true when you're not in pain. Motion exercis-

es, such as the ones described, should be done at least four times a day.

THE STRAIGHT FACTS ON STAYING PAIN-FREE

Then, when working...

Keep your hands and wrists as straight as possible since carpal tunnel results when pressure is constantly applied to the median nerve when the wrist is flexed up or down. If the wrist is repeatedly flexed and extended, the pressure is increased. Not bending your wrists when you are typing or driving, for example, may seem unnatural, but over time and with practice the awkward feeling will subside.

On the other hand...It Could Be Arthritis

Wrist and hand pain is not always the result of carpal tunnel syndrome and could actually be the sign of arthritis. If a crackly or crunchy feeling happens in your wrist when you exercise, it may not be a sign of carpal tunnel syndrome; it may instead be a symptom of congealed calcified plaque.

Put the pain on ice. Cold packs will work to bring the swelling down.



Put the squeeze on your pain.

Doing squeezing motions with the fingers will help to relieve the tin-

gling feeling. To do this, press your fingers into your palm, then stretch them way back and hold. Repeat.

If you begin waking from sleep because of pain in your hands, try the same exercises that you do during the day. Tingling or pain might also be an indication that a night splint might help.

Try a splint for relief. Use a wrist splint that keeps your wrist straight to relieve symptoms of carpal tunnel syndrome. These splints help take pressure off the nerve. Buying a wrist splint is not as easy as buying a glove, though. A splint that gives support without being completely rigid is one with a metal insert and Velcro fasteners. The splints made from plastic usually are hard and are also hot and sticky. Whatever kind of splint you choose, it should fit into the palm of your hand while leaving the thumb and fingers free.

Use the right grip. If you have to carry anything with a handle for long periods, be sure the grip is not too small or too large, but fits your hand. If the grip is too small, build it up with tape or rubberized tubing. If the grip is too large, get another handle.

CARROT

Medi-Sign Target
 Eye Function, Occular
 Chiasma & Visual Cortex

CARROT'S CURE CRAZY CREEPY CRAWLIES!!

Dissolves accumulations such as stones and tumors; diuretic; eliminates putrefactive bacteria in the

"We cannot hold a torch to light another's path without brightening our own."

“It is impossible for a man to learn what he thinks he already knows.” -Epictetus



intestines that cause poor assimilation; improves liver functions; stimulates the elimination of wastes treats indigestion including excess stomach acid and heartburn; strengthens the spleen-pancreas; used for diarrhea and chronic dysentery; contains an essential oil that destroys pinworms and roundworms!

Carrots are alkaline-forming. They also clear acidic blood conditions including acne, tonsillitis and rheumatism. They are one of the richest sources of beta-carotene, which protects against cancer as well as treats night blindness, ear infections, earaches and deafness.

Carrots ease coughs including whooping cough. They heal burns when the juice is applied directly. They help ripen measles and chicken pox for early recovery. Carrots are useful for skin lesions and lung, digestive tract and urinary tract infections. Carrots increase the milk supply of nursing mothers and help regulate all hormones. They strengthen the connective tissues and aid calcium metabolism. Their siliceous fiber and ability to liquefy the bile make them useful in treating constipation.

When children eat carrot sticks on a daily basis, it helps strengthen their teeth. In some cases, they reduce overcrowding of the teeth by encouraging the development of the lower jaw.

Eating grated carrots are best for parasites and dysentery. They have

also been used as a poultice over cancerous growths to reduce inflammation, odor and remission.

Eating cooked carrots are beneficial when the discomfort is diarrhea. When cooked and pureed or as a soup, they can benefit infants with weak digestion.

Carrots contain alpha-carotene, beta-carotene, gamma-carotene, lutein, lycopene, xanthophylls and zeaxanthin. They are all nutritional marvels, but beta-carotene has stolen the spotlight with its numerous cancer preventing properties. Carotenes in general possess life extension properties that protect us from the toxic effects of free radicals.

Carrots are best known for helping our eyes. Beta-carotene, lutein, and zeaxanthin all concentrate in the retina of the eye.

Juice Em²

Have a 24 carrot cocktail today
(and everyday)!

CARSICK/ TRAVEL SICKNESS

Medi-Sign Target
Look out the Window

Travel Sickness (Motion Sickness)
Travel sickness, or motion sickness, is an unpleasant experience whether you travel for business or pleasure.

Travel sickness can occur in about any mode of travel like cars, planes, boats, buses, cruise ships or by animal.

What causes travel sickness?

Travel sickness, in any form, is usually caused by the brain confusing received messages. Even though our eyes see very little motion, the inner ear detects the vehicle's movement. The brain then receives two types of conflicting messages, from the eyes and the equilibrium (*inner ear*). This confuses the brain, and it sends conflicting messages to other organs. This, in turn, causes you to feel uncontrollably ill.



Symptoms may include:

- Depression
- Drowsiness and weakness
- General feeling of discomfort
- Headache
- Nausea and vomiting
- Sweating, excessive salivation, pale skin

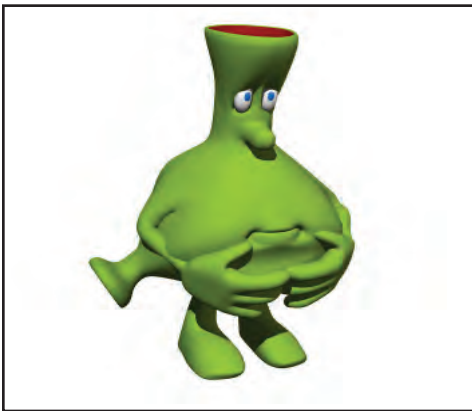
What signs should I look out for?

- Dry and funny tasting mouth
- Feeling removed and confused
- Headaches
- Unexplainable quietness

These feelings are followed by uncontrollable rushes of vomiting and an overall sick feeling.

The best way to treat travel sickness is to actually prevent the symptoms from occurring in the first place.

- Apply cool packs of ice to the eyes and neck.
- Avoid reading.
- Avoid spicy or greasy food.
- Look forward, or out a window, keeping the eyes fixed on the horizon.
- Peppermint oil works wonders.
- When traveling by car, sit in the front seat rather than in the back seat.
- When traveling by plane, request seats in the most stable part of the airplane, which is over the wing.



Help for kidz

- Bring along books or songs on cassettes or CD's; your child can listen while looking out the window.
- Encourage your child to focus on a distant point outside the car.
- Limit activities such as reading or playing hand-held video games, where the eyes stay focused within the car.
- Play car games like "I Spy" that get the child to look outside.

- For toddlers in car-seats, position the seat so that the child can see outside.

1. Avoid Rear Seats

- Many families now have mini-vans. Kids seem to feel the van's motion more in the rear seat.
- Facing backward is to be avoided too. Some station wagons have back-facing seats in the rear.

2. Fresh Air

- A child on the verge of queasiness may feel better if the window is open.
- Also, no one should be smoking in a vehicle with kids inside!

- Avoid strong-smelling foods or snacks.

3. Settle the Stomach

- A child with queasiness may feel better if he munches on a dry cracker.
- An empty stomach is not best for avoiding motion sickness.
- Avoid greasy and hard-to-digest food.

4. Smoother Driving

- The less braking and swaying the better.
- A suspension system in poor shape can make things worse.

5. Make FREQUENT STOPS!

- Plan enough time on your trip to stop and let your child(ren) get out of the car.

6. Watch for Early Signs of Motion Sickness

- Make sure to listen to whether your child says he's feeling sick or

dizzy. Also, pay attention if she loses her appetite, or appears pale or sweaty.

CASHEW

Medi-Sign Target

Fetus Development, Bones & Blood



The delicately flavored cashew nut makes wonderful nut butter. It is a wonderful addition to stir-fry dishes and salads.

Actually, cashew nuts are kidney-shaped seeds that adhere to the bottom of the cashew apple. These apples can look like a developing fetus and are the fruit of the cashew tree, which is native to the coastal areas of northeastern Brazil. Cashew apples are not highly appreciated in the United States, but they are seen as great delicacies in Brazil, the Caribbean, India and South Africa.

To be fit for eating, cashews are always sold shelled because the interior of the shells contains a caustic resin. Known as cashew balm, it must be carefully removed. This caustic resin is used in industry to make varnishes and insecticides.

Health Benefits

- Bone up and relax with cashew magnesium
- Copper for energy production,

"To different minds, the same world is a hell, and a heaven." -Ralph Waldo Emerson

bones and blood vessels

- Heart-protective monounsaturated fats
- Help prevent gallstones

CATARACTS

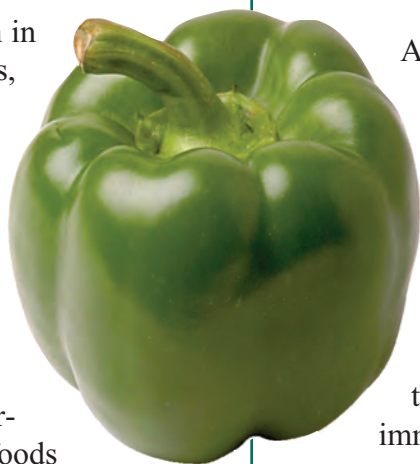
Medi-Sign Target

Raw Goat and Cow Milk & All Fermented Foods

A cataract is a condition in which the lens of the eye becomes milky or dark with plaque and reduces or shuts off vision.

Foods that help prevent cataracts are:

Foods that are rich in vitamin C; apricots, black currants, cabbage, cherries, chives, grapefruit, green peppers, guavas, oranges, parsley, persimmons, rose hips, spinach, strawberries, watercress, etc. Other foods are also beneficial such as; cheeses, corn oil, cottage cheese, eggs, human milk, raw cow's milk and sunflower seeds.



CATNIP

Medi-Sign Target

Prevents Premature Birth & Soothes Anxiety Disorders

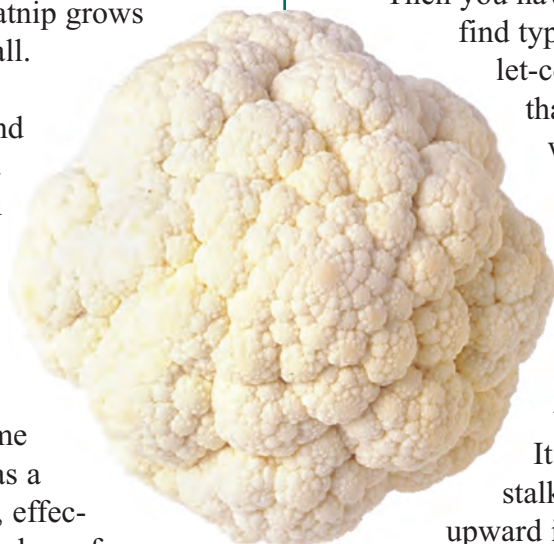
Catnip, taken as a hot infusion, helps to prevent miscarriages and premature births while calming morning sickness. It promotes sweating and is beneficial for colds, flu's, fevers infectious childhood diseases, colic, diarrhea and flatu-

lence. It is soothing to the nervous system and calming to the stomach. In diluted form, it is sometimes used as an enema to cleanse and heal the lower bowel.

Catnip is harvested when essential oil production reaches its peak and leaves and fragrant flowers are carefully air-dried to preserve the essential oils at their best. Felines are attracted to this aroma causing a harmless "high." Although many cats will eat catnip, scientists say they're reacting to the smell rather than the taste. Felines may bite, chew, rub against and roll in catnip to release the volatile oil trapped within the leaves.

About 80% of adult cats, including lions, pumas and leopards, react to this plant! It is irresistible, intoxicating and an analgesic soporific. The tendency to like or ignore catnip is inherited, and it's true that some cats are immune to its influence.

Catnip, *Nepeta cataria*, is a mint family member said to be an import that went wild and now flourishes everywhere. Catnip grows to be about 2' tall. The leaves are downy above and below and are a little larger than peppermint leaves. By the 1890's, Ojibwe women were drinking catnip, or its native name Gajugensibug, as a pleasant tasting, effective tea to bring down fevers.



CAULIFLOWER

Medi-Sign Target

Brain Function, Bones & Deplaquer

- Banishes Bruises
- Guards against Heart Disease
- Keeps you Healthy
- Protects from Breast Cancer
- Protects from Prostate Cancer
- Strengthens Bones

"Cauliflower," Mark Twain once said, "is nothing but cabbage with a college education." He's right in many ways. Along with other cruciferous vegetables like Brussels sprouts, broccoli and kale, cauliflower and cabbage both add a powerful nutritional punch to your diet. But while the humble cabbage has fed the masses for centuries, many people may view cauliflower as a more elegant vegetable.

Cauliflower has unique colors and a neat appearance causing it to stand out from other plain vegetables in the supermarket produce section. There are different kinds of cauliflower like your typical cauliflower with its fancy cream-colored florets.

Then you have the hard-to-find types like the violet-colored variety that turns green when cooked and the kind that grows the shade of broccoli. Perhaps the most exotic cauliflower is the Romanesca. It's lime-green stalks that spiral upward into points, like the spires of a castle.

"Research has shown that boredom with school is closely related to frustration and that the effect of too much frustration is invariably, withdrawal, rebellious opposition or aggressive rejection of the whole show."

Remember though, not only is cauliflower an interesting addition to your plate, it is loaded with vitamin C, folate, vitamin K and fiber; all nutrients that can protect you from osteoporosis, bruises and heart disease. Just like the other cruciferous vegetables, cauliflower stands up to cancer. In over 21 studies, cauliflower's pack of nutrients seemed to protect your lungs, stomach and colon from cancer.

CAVITIES

Medi-Sign Target

Brush with Salt & Bicarbonate of Soda

Cavities form from having food particles left in the mouth and on the surface of your teeth. The bacteria in your mouth devour the food and a by-product of their feast is acid, which can eat a hole, or cavity, in the tooth's enamel. Left untreated, the cavity can cause considerable pain. It can also destroy the dentin, pulp and the tooth's nerve.

What foods cause cavities?

Although many kinds of food can cause cavities, foods high in processed sugar, starch and simple carbohydrates are particularly problematic because they provide the bacteria with a high-energy source.

Diet, including consumption of poor food choices, plays a major role in tooth decay. For example, according to the Department of Nutrition and Food Studies, soda consumption has increased from 22.2 gallons of cola per person per year in 1970 to more than 53 gallons per person per year in 2000. It then went to 62 gallons per

person as of 2005. How can I avoid cavities? Regular brushing of the teeth, at least twice a day for two to four minutes per time, and flossing can significantly reduce the chances of tooth decay. Brushing removes bacteria as well as the food debris that bacteria thrive on. What else can I do to prevent cavities? Wash off food particles that remain on the teeth by following each meal or snack with water.

Eating cheese can help to prevent tooth decay researchers say. They aren't certain why this works, but it may be that cheese contains compounds that neutralize acids in the mouth before they do damage. Other foods like peanut butter counteract the acids in the mouth that wear down the tooth enamel. Be careful, though, to buy plain, all-natural peanut butter without added sugar of any kind. In other words make sure it's made from peanuts, unlike Skippy which is flavored Crisco shortening.

Other tooth-saving foods include:

- 👍 Eggs
- 👍 Nuts and seeds
- 👍 Olives and dill pickles
- 👍 Raw milk, plain yogurt and aged cheese's

If you need fillings from a dentist, get ceramic, not metal.



CELERY

Medi-Sign Target

Bones



*Celery...celer ah'...celery...
Sing it Bob!*

Along with carrots, onion and potatoes, celery has become a common household staple. With a crunchy texture and distinctive flavor it is a popular addition to salads and many cooked dishes.

Celery can grow to a height of 12 to 16 inches and is comprised of leaf-topped stalks arranged in a conical shape that unite at a common base. It belongs to the Umbelliferae family, of which members include carrots, fennel, parsley and dill. Celery is primarily associated with its prized stalks, the leaves, roots and seeds, but can also be used as a food and seasoning as well as a natural medicinal remedy.

Health Benefits

Since celery contains coumarins and pthalides, it can help in cancer prevention and help to lower cholesterol and blood pressure. Celery also contains vitamin C and hundreds of other active compounds that enhance health.

Pthalides

Recently, scientists have discovered

“Everywhere I go I’m asked if I think the university stifles writers. My opinion is that they don’t stifle enough of them. There’s many a best-seller that could have been prevented by a good teacher.” -Flannery O’Conner

“Setting an example is not the main means of influencing another. It is the only means.” -Albert Einstein

how celery reduces blood pressure, a quality recognized by practitioners of Chinese medicine for many years.

Pthalides serve to relax the muscles of the arteries that regulate blood pressure. This allows these vessels to dilate. Pthalides also reduce stress hormones, one of whose effects is to cause blood vessels to constrict. When researchers injected 3-n-butyl pthalide derived from celery, the blood pressure dropped 12 to 14 percent. To obtain an equivalent dose orally would be to eat about four stalks of celery.

- Cancer Prevention
- Cholesterol-lowering Benefits
- Diuretic Activity

CELIAC DISEASE

Medi-Sign Target
Mother's Milk & All
Fermented Foods

Celiac disease, also known as celiac sprue, nontropical sprue and gluten-sensitive enteropathy, is a disease concerning the digestive system in that it damages the small intestine and interferes with absorption of nutrients from food. The protein gluten, found in wheat, rye and barley, cannot be tolerated by people with celiac disease. When people with celiac disease eat foods containing gluten, their immune system responds by damaging or losing the villi, tiny finger-like protrusions, on the lining of the small intestine. Nutrients from food are absorbed into the bloodstream through these villi. Without villi, a person becomes malnourished regardless of the quantity of food eaten.

Celiac disease is considered an autoimmune disorder because the body's own immune system causes the damage. It is also classified as a disease of malabsorption because nutrients are not absorbed.

Celiac disease is a genetic disease, meaning that it runs in families. Sometimes the disease is triggered, or becomes active for the first time, after surgery, pregnancy, childbirth, viral infection or severe emotional stress.

What are the symptoms?

Celiac disease affects people differently as some people develop symptoms as children, others as adults. One factor thought to play a role in when and how celiac appears is whether and how long a person was breast-fed; the longer one was breast-fed, the later symptoms of celiac disease appear and the more atypical the symptoms. Other factors include the amount of gluten eaten and the age at which one began eating foods containing gluten.

Symptoms may or may not occur in the digestive system. For example, one person might have diarrhea and abdominal pain, while another person has irritability or depression. In fact, irritability is one of the most common symptoms in children. Other symptoms are especially concerning for children because they need the nutrients to develop properly.

Symptoms of celiac disease may include one or more of the following:

- Behavior changes
- Bone pain
- Chronic diarrhea
- Delayed growth

- Failure to thrive in infants
- Fatigue
- Gas
- Missed menstrual periods (*often because of excessive weight loss*)
- Muscle cramps
- Pain in the joints
- Painful skin rash, called dermatitis herpetiformis
- Pale, foul-smelling stool
- Pale sores inside the mouth, called aphthous ulcers
- Recurring abdominal bloating and pain
- Seizures
- Tingling numbness in the legs (*from nerve damage*)
- Tooth discoloration or loss of enamel
- Unexplained anemia (*low count of red blood cells*)
- Weight loss

Not everyone with celiac disease shows symptoms because the undamaged part of their small intestine is able to absorb enough nutrients to prevent any symptoms. However, people without symptoms are still at risk for the complications of celiac disease.

The Ingestion of Wheat

The “*Celiac Affliction*” was first reported by Gee in 1888, however it was not until 1950 that wheat was proposed to be the cause of celiac disease. During World War II when wheat grains were scarce in Hol-



land, a Dutch physician named Dicke observed that children with celiac disease improved on a wheat-poor diet. Since then the offending substance has been named as gluten, the large water-insoluble protein. Extraction of gluten with alcohol has further narrowed activity to smaller proline-rich proteins called gliadins, which are capable of precipitating disease in previously asymptomatic celiacs. Other grains like barley, oats and rye have this protein and therefore these grains are also capable of exacerbating celiac disease. The specific peptide sequence of the gliadins responsible for triggering intestinal inflammation has not yet been identified.

What are the complications of celiac disease?

A person with celiac disease is at risk for several diseases and health problems because of damage to the small intestine and the resulting problems with nutrient absorption.

- Lymphoma and adenocarcinoma are types of cancer that can develop in the intestine.
- Osteoporosis is a condition from poor calcium absorption in which the bones become weak, brittle and prone to breaking.
- Miscarriage and congenital malformation of the baby, such as neural tube defects, are risks for untreated pregnant women with celiac disease because of malabsorption of nutrients.
- During the years when nutrition is critical to a child's normal growth and development, short stature may result when childhood celiac disease prevents nutrient absorption. However, children who are diag-

nosed and treated before their growth stops may have a catch-up period.

- Seizures, or convulsions, result from inadequate absorption of folic acid. Lack of folic acid causes calcium deposits, called calcifications, to form in the brain, which in turn cause seizures.
- Avoiding all foods with wheat, barley, rye or oats. Oats may later be gradually reintroduced into the diet.
- Not drinking beer, even nonalcoholic versions.

What can be done?

- Eating meals that include rice, corn and buckwheat.



The number one solution for celiac disease is a changed diet.

This diet should consist of tons of fermented foods that are not wheat based especially homemade yogurt, kefirs, sour cream and cottage

cheese. Also plenty of veggies, nuts, seeds and fruits are beneficial. Slowly reintroduce grains into the diet starting with a mix of flax and oats, then tiny amounts of others until the body is fine with them. This works if one is consistent and patient.

There is nothing wrong with the listed foods that people with celiac disease have to avoid. They are all powerful healthful foods for people without the disease. So, the problem is not the food; the problem is in the individual.

CEREBRAL ANEURYSM

Medi-Sign Target
Grapefruit & the White
Pulp Pectins from the
Peeling...just eat it!

Causes, incidence, and risk factors

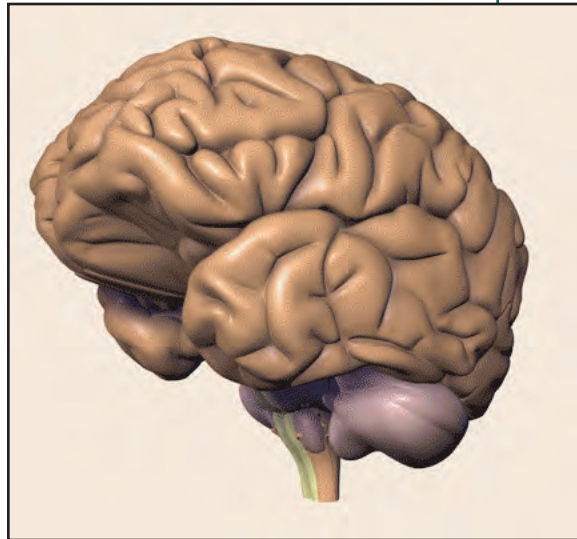
An aneurysm is an artery that has ballooned out, and the process, which could take years, dilates and renders the wall of the artery thin and fragile making it susceptible to leaks and rupture. Aneurysms in the brain occur when there is a weakened area in the wall of a blood vessel. This is typically caused by plaque build up. The blood pressure inside the artery exerts a tremendous dynamic force against the arterial wall, like water in a dam, and any leak rapidly leads to a rupture, causing massive and often fatal hemorrhage.

A saccular aneurysm, or berry aneurysm, is usually small in size. More common in adults, the aneurysm resembles a sack of blood attached to one side of the blood vessel by a narrow neck. Multiple

"A fool's brain digests philosophy into folly, science into superstition, and art into pedantry." Hence university education. " -George Bernard Shaw

“The sound heard when people crack their knuckles is actually the sound of nitrogen gas bubbles bursting.”

berry aneurysms are not unusual. They most happen in the large arteries at the base of the brain although they can occur in any part of the brain. Berry aneurysm is also associated with polycystic kidney disease and coarctation of the aorta. Rarely, berry aneurysm can run in families.



Other types of cerebral aneurysm may involve widening, or dilatation, of the entire circumference of the blood vessel in an area. Or they may appear as a ballooning out of part of a blood vessel. These types of aneurysms can occur in any part of the brain with plaque being the major cause. Complications from the aneurysm cause symptoms to appear. The most frequent type of bleeding, or subarachnoid hemorrhage, is the most common complication. Weakness, numbness, or other loss of nerve function, or neurological deficits, may occur because of pressure from the aneurysm on adjacent brain tissue. They may also occur because of reduced blood flow caused by a spasm of other blood vessels near a ruptured aneurysm.

What causes an aneurysm?

Aneurysm results from an inherent weakness of the wall of the artery. This could be genetic, degenerative

or ischemic, meaning poor blood supply to the arterial wall. It can then be aggravated over time by factors like untreated or uncontrolled hypertension, high blood pressure, lifting weights or heavy objects, or viscous plaque.

Aneurysm not only involve the brain but frequently involve the abdominal aorta, largest artery in the belly, the thoracic aorta, largest artery in the chest as it takes off from the heart, femoral artery, groin or popliteal artery, back of the knee. Actually aneurysm can develop in practically any artery in the body.

Is an aneurysm dangerous?

Yes, it is dangerous if it grows large enough, which is two times or more than its normal diameter. The other common danger of an aneurysm is thrombus, or blood clot formation within the dilated, ballooned out, artery. A piece of this clot could tear off and travel to an extremity like an arm, hand, leg or foot, or to vital organs, like the brain, lungs, or kidney.

Is stroke due to ruptured aneurysm?

A ruptured cerebral artery aneurysm could definitely result in stroke when it breaks open. The more common cause is cerebral ischemia, or lack of blood, due to blockage of plaque, or hardening of the artery, in the carotid artery. This artery normally supplies blood



to the brain. Perhaps due to an embolus, or blood clot, that originates from a diseased carotid artery that has formed arteriosclerotic plaques. A blood clot or a piece of this plaque in the carotid artery could travel to, and block, the cerebral artery, resulting in stroke. (See: *Aneurysm*)

CEREBRAL PALSY

Medi-Sign Target
Coconut Oil, Olive Oil,
Nuts & Seeds

The word “cerebral” means pertaining to the brain, while “palsy” refers to uncontrolled muscle movement or weakness or paralysis; thus the term “cerebral palsy” actually refers to a number of conditions in which the brain controls the muscles of the body. The reasons of cerebral palsy are varied and can affect each person differently, meaning the need of each person affected with cerebral palsy differs.

Cerebral palsy is not hereditary. A baby can have cerebral palsy if the

mother is affected with infectious disease like rubella, there is lack of oxygen at the time of birth or if the brain is injured at a very early age.

(See: *Disease: The Mystery Solved*)

Based on the types of disorder faced by the affected person, cerebral palsy can be grouped under three main headings:

SPASTICITY

Affected Area; *Motor Cortex*

Muscle Tone; *High*

Muscle Type; *Tight/Stiff*

Movements; *Rigid; Scissoring of hands and legs*

ATHEOSIS

Affected Area; *Basal Ganglia*

Muscle Tone; *Fluctuating*

Muscle Type; *Jerky Movements*

Movements; *Slow, writhing movements*

ATAXIA

Affected Area; *Cerebellum*

Muscle Tone; *Low*

Muscle Type; *Shaky at distal ends*

Movements; *Lack of co-ordination and balance*

Cerebral Palsy can also be classified according to the parts of the body that are affected:

Monoplegia – *One limb is affected.*

Diplegia – *The legs are more affected than the hand.*

Triplesia – *Any three limbs are affected.*

Quadriplegia – *Whole body is affected. There may also be significant impairment of facial muscles which are used in feeding and in speaking.*

Hemiplegia – *One side of the body is affected.*

Double Hemiplegia – *Whole body is affected and the hands are more affected than the legs. Feeding and speech problems are also seen in most children.*

Problems

- The main problem is always one of movements.

- Problems of movement in Cerebral Palsy cases vary from very slight to very severe.

Together with movement problems, children with Cerebral Palsy may have one or more of the following problems:

1. Epilepsy
2. Hearing Defects
3. Mental Retardation
4. Visual Defects

Causes

- Difficulties during birth of the baby.
- Illness or infection during pregnancy.
- Infections like encephalitis of meningitis affecting the child.
- Injury to the child's brain.

Help:

• A child with cerebral palsy is never too young to help – **THE YOUNGER THE BETTER.**

- **CORRECT** physiotherapy helps to minimize the physical problem.

- Special education gives the child confidence and develops his skills to be more independent.

- Even if no immediate help is available, treat your cerebral palsied child as normally as possible.

Foods: *Walnuts, pecans, all legumes, sunflower seeds, pistachios, all nut butters, avocados, lots of coconut and coconut oil as a body rub and to eat.*



CERVICAL CANCER

Medi-Sign Target

Go Raw Food Vegetarian, Nuts, Ferments & Vaginal Yogurt Infusions Nightly



Who gets it and what are its causes?

Cervical cancer is the second most common cancer among women with over 400,000 new cases diagnosed each year. **It's a real moneymaker,** kind of like appendix and tonsil operations used to be.

A possible cause of cervical problems comes from engaging in sexual activity at a young age. The cells lining the cervix do not fully mature until the age of 18 and, therefore, are more susceptible to cancer causing-agents and viruses, especially from males who lack genital hygiene. The natural secretion that moistens and protects the glands of the penis is called penis smegma. When the penis is not washed regularly, smegma develops viruses and bacteria. During intercourse, they can be deposited onto the cervix where the moist environment gives them a home for propagation.

More than 90% of women with cancer of the cervix are infected with the human papilloma virus (HPV),

“The man who commissioned the Mona Lisa refused it.”

“Polar bear fur is not white. Their hair shafts are hollow and transparent, but reflect light making them appear white.”

which is the single most important factor for cervical cancer. HPV usually causes warts in the genital area. Having unprotected sex allows the virus to be passed from one person to another. Having multiple sexual partners increases one's risk of getting this cancer. This is because the greater number of sexual partners a person has means a greater risk of acquiring HPV infection. Even if a woman has only one sexual partner, but the man has several partners, he is considered a “*high-risk male*” and can transmit HPV to the women.

Smoking causes abnormal changes in cells and these cells have a higher likelihood of becoming cancerous. This may be why smoking is considered a risk factor for cervical cancer. There are also studies that show that use of oral contraceptives “*the pill*” put a woman at a higher risk of developing this cancer.

What are the symptoms?

The early symptoms of cervical cancer are bleeding or spotting between periods or after intercourse. Most women, though, have no early symptoms.

Eventually, a woman who has cervical cancer will notice abnormal vaginal blood-stained discharge at unexpected times. These times can be between menstrual periods, after intercourse or after menopause. Abnormal vaginal discharge may be cloudy, bloody or contain mucus. In advanced stages there may be pain.



The way to prevent cervical cancers is to avoid the risk factors. When engaging in sexual activity use appropriate precautions to avoid HPV infections. For more protection, a saline warm water douche after sex or just two to three times a week provides huge protection.

Stop Smoking

Smoking is a known risk factor for many cancers. Smoking exposes your entire body to many cancer-causing chemicals not just your lungs. The toxins from the smoke are absorbed by your lungs and then carried throughout the body by the bloodstream. In women smokers, tobacco by-products have even been found in their cervical mucus. A very common male complaint is the “*cigarette butt, ashtray smell*” of the vagina of women who smoke.

Whole food Vitamin E & Cervical Cancer

The richest sources of Vitamin E are: dark green vegetables, extra virgin olive oil, nuts (*especially almonds*), cold-pressed sunflower and safflower oils, wheat germ, whole grain bread and whole grain cereals.

Raw Foods & Cervical Cancer

In nutritional value, raw food like uncooked fruits, vegetables, seeds, etc., are superior to cooked foods. All forms of cooking reduce some of the nutritional qualities of any food. Many vitamins such as vitamin C, vitamin B and vitamin E are destroyed when food is cooked. Cooking also destroys vital enzymes and essential fatty acids become unstable in high temperatures. A greater emphasis on raw fruits and vegetables is recommended by the United States Academy of Sciences based on a survey done of over 10,000 research papers. Vitamins A, C and E, which are found in all fresh green leafy vegetables and fruit, have been shown to prevent cancer.

Fruit, Vitamin C & Cervical Cancer

A link was found between high levels of vitamin C and low levels of cancer by The National Cancer Institute (USA). This paper entitled “*Vitamin C and Cancer Prevention: The Epidemiologic Evidence*” sites 46 different studies looking at the role of vitamin C.

Folic Acid & Cervical Cancer

Women with cervical dysplasia, especially those who have been on the pill, have lower levels of folic acid than those who do not. Foods high in folic acid include bran, citrus fruits, dark green leafy vegetables, fresh squeezed orange juice, nuts, potatoes, turnips and whole grains.

Vegetables & Cervical Cancer

Vitamin A and beta carotene are found in carrots, broccoli, spinach and eggs. Vitamin B2, riboflavin, is found in cereals, green leafy vegetables and milk. Vitamin B3, niacin, is found in whole grains and milk.

Vitamin C is found in citrus fruits, apples and green leafy vegetables, while vitamin E is found in nuts, seeds, cold pressed vegetable oils, soya and lettuce. The mineral selenium is found in grains, seaweed and nuts. The Laboratory for Cancer Research has found that rosemary, green tea and curcumin, or the spice used to turn a curry yellow, all suppress cancer growth.

Selenium (Brazil Nuts) & Cervical Cancer

A research done at the University of California has stated that between 250-300 micrograms of selenium can protect against most cancers. Most people consume only about 100 microgram's a day. Supplements of selenium can be toxic, though. It has been found that doses of 900 microgram's per day can make your hair fall out. These dosages also affect males and the nervous system (*Red Book 1989*). Selenium works best in conjunction with vitamin E. Both are protectors and by using them together you can increase the production of inhibitor cells in your body by up to 30 times. By doing this, you greatly enhance your immune system. An interesting study done across the United States found that those States with low levels of selenium in the soil had the highest incidents of cancer, whereas those States with high levels of selenium in the soil had the lowest rates of cancer.

A further report in the British Medical Journal 1985 suggested that dietary selenium deficiency is associated with an increased risk of fatal cancer and that low vitamin E intake may enhance this risk. Selenium is found in asparagus, garlic, mushrooms, Brazil and cashew nuts,

nutritional yeast and sesame seeds. In West Germany a study of 101 people with skin cancer was conducted at the University of Bonn. Blood selenium levels were compared with a control group of healthy people. They found that people with skin cancer had significantly lower levels of selenium. Researchers then concluded that low levels of selenium may have contributed to the cause of skin cancer but they were definitely present during the onset of skin cancer. Skin cancer relates to cancer of the cervix because the cervix is made of membranous tissue like the skin. Seaweed: Breast cancer is much lower in Japan than in the US or in the UK. This may be because the Japanese regularly consume seaweed in their diet.

Seaweed is thought to bind pollutants, inhibit the formation of carcinogens, reduce cholesterol and perform as a protector.



Cabbage and cruciferous vegetables: Cabbage, broccoli, cauliflower, Brussels sprouts and kale all contain "secondary plant constituents." These are compounds that seem to inhibit the onset and growth of cancers.

Brazil nuts have the highest naturally occurring incidence of selenium. Six of these nuts a day is a cancer knockout.

Macrobiotic Diet & Cervical Cancer.

Eat beans, legumes, lentils, nuts and seeds.



Meat & Cervical Cancer

There are countless studies revealing that meat like beef, fish, poultry and pork, are related to all forms of cancers. One study was conducted in Israel over 25 years, and it found that as the consumption of animal fat increased, so too did the rate of cancer deaths. Another study conducted in Hawaii found that there was a positive correlation with consumption of animal fat and animal protein when specifically considering cancer of the uterus.

Interestingly, many studies are indicating that a vegetarian diet helps protect against all forms of cancer. This is because in vegetarian populations there is no meat consumption and meat consumption is positively linked to the incidence and mortality of cancer. Some of the explanations being offered for these findings include the conditions in which the animals are reared. Many animals are raised in intensive farms with the proliferate use of hormones and antibiotics are used by the meat industry. However, many physiologists agree that humans are not by nature omnivores but rather herbivores like other primates; the levels of fat and protein in meat is not conducive to good health and does cause cancers.

(See: *Disease: The Mystery Solved*)

"The sight of oranges in all three Godfather films signal that death (or a close call) is about to happen."

CHALAZION

Medi-Sign Target

Warm Compresses, Garlic,
Onions & Honey

**Chalazion: What am I guy,
if I'm NOT a sty?**



What Is It?

A sty, also called hordeolum, is a small abscess of the oil gland associated with an eyelash hair follicle. It typically contains staphylococcus aureus bacteria; the cause of staph infections. When a sty develops, a small area of the upper or lower eyelid or the corner of the eye becomes red, tender and swollen. Swelling in the eye subsides gradually, over a period of days, after the sty develops an opening and pus is able to drain.

A chalazion, like a sty, is a swelling within the eyelid caused by inflammation of an oil gland. A chalazion differs from a sty in that it does not contain an active bacterial infection. A chalazion is sometimes the after-effect of a sty. It is often less tender, but it lasts longer.

Natural oils from the eyelid's oil glands must drain through ducts out to the eyelashes. If debris blocks this normal drainage, it may cause a sty or chalazion. Blpharitis, or a long-standing inflammation of the edges of the eyelid, is sometimes to blame for the accumulation of debris. This will lead to crusts, redness, thickening and scales.

A sty or chalazion begins as a tender red lump or bump within the eyelid at the base of the eyelash. This sty or chalazion may cause tearing, light sensitivity and the sensation of having something in the eye. Swelling usually involves only a small area of the lid. Sometimes, though, it can lead to irritation and redness of the whole eyelid. When the pus collection expands to become visible just beneath the skin, a small, yellowish spot eventually appears in the center of a sty. When the sty ruptures and pus drains through an opening in the skin, pain usually is relieved.

A chalazion may be red and swollen for a few days at first, but eventually it changes to a painless, slowly growing, round mass in the eyelid. The skin around this firm, rubbery lump can be moved loosely over the swelling.

A sty or chalazion can be diagnosed by looking at it. Both sties and chalazions usually go away on their own.

Expected Duration

A sty usually goes away in a week or two. Chalazions generally take longer but disappear after a month or more. Warm compresses can help both sties and chalazions go away sooner.

Prevention

To prevent sties and chalazions practice good hygiene; keep your hands clean, don't rub your eyes and don't share eye makeup. This is particularly important for people who have had sties or chalazions more than once. Pus should never be removed by squeezing. A sty that fails to drain can be lanced open.

If you are prone to recurring sties, bone up on Garlic and onions. Drain the sties with warm compresses. At the first sign of a sty or chalazion, place a warm, damp washcloth over your closed eyes for at least five minutes at a time and four times a day for two weeks. This will help the sty break open or the chalazion to become absorbed.

Wrap the washcloth around a hot baked potato or a boiled egg to keep it warm.

Hands off. As with a pimple on your face, if you try to pop a sty, it may rupture beneath the surface only further aggravating matters.

Take a vacation from eye makeup. Let your eye heal and your clogged oil glands clear before you apply any eye makeup again. This means no mascara, eyeliner or shadow. If you continue to wear makeup, you may end up with several sties and chalazia instead of just one.

CHANCROID

Medi-Sign Target

Sexual Hygiene with Saline

Chancroid is a sexually transmitted disease (STD) caused by a bacteri-

um. It is common in tropical countries but rare in other parts of the world.

Vacationers, be careful. Any sexually active person can be infected with chancroid. It is more commonly seen in men than in women, particularly uncircumcised males.

Chancroid is spread by sexual contact with an infected individual. A small cut or scratch could increase the chances of contracting this disease since the bacteria are more likely to invade the sexual organs at the point of a pre-existing injury. The likelihood of transmission is greater if a person is very sexually active and does not practice personal hygiene.

The first sign of infection is usually the appearance of one or more sores or raised bumps on the genital organs. Sores are surrounded by a narrow red border which soon becomes filled with pus and eventually ruptures, leaving a painful open sore. In 50 percent of untreated cases, the chancroid bacteria infect the lymph glands in the groin. Within five to 10 days of the appearance of primary sores, the glands on one side, sometimes both sides, of the groin become enlarged, hard and painful. The result is a rounded painful swelling which may eventually rupture.

After exposure, symptoms usually appear four to seven days. Open sores contain bacteria and any contact with these sores can result in infection making chancroid contagious.

Untreated chancroid often results in ulcers occurring on the genitals for sometimes weeks or months.

Does past infection with chancroid make a person immune?

No it does not. In fact, reinfection can readily occur immediately after chancroid has been cured. There is also no evidence of natural resistance.

How can the spread of chancroid be prevented?

- Limit the number of your sex partners.
- Use a condom.
- Carefully wash the genitals after sexual relations.

Lesions and ulcers can be expected to heal within two weeks because chancroid may be successfully treated with pre & pro biotic foods.



What to use.

Create a salt water soak in a bathtub. Use saline douches with one tsp to a quart of water. Eat fresh garlic and sautéed onions with mushroom meals. Use hydrogen peroxide rinses in the morning and at night.

CHAPPED LIPS

**Medi-Sign Target
Water, Salt & Lanolin Lip
Balm**

Chapped lips can have several causes, including dry weather, overexposure to the sun, lip biting and sucking, riboflavin (*vitamin B-2*) deficiencies and ill-fitting dentures.

The saliva will evaporate your lips and leave them dry so avoid licking your lips.

Drink plenty of water to prevent dehydration.



Consider moistening the air in your home with a humidifier.

Keep in mind that cracks at the corners of your mouth can indicate riboflavin deficiencies.

Eat nutritional yeast on grits or wheat germ cereal. Eat lots of legumes and beans of every kind. Try a 32-bean soup for lunch each day for 30 days. Also, apply bag balm to your lips in the in the morning and the evening.

CHAPPED SKIN

**Medi-Sign Target
Cold-Pressed Coconut
Butter & Olive Oil**

Chapped skin has a rough texture which sometimes causes the skin to crack. The skin becomes dry, sore and cracked when the natural oils

“Polar bears’ blubber can measure 4.5 inches thick. They are so insulated that they give off no detectable heat and do not show up in infrared photographs.”

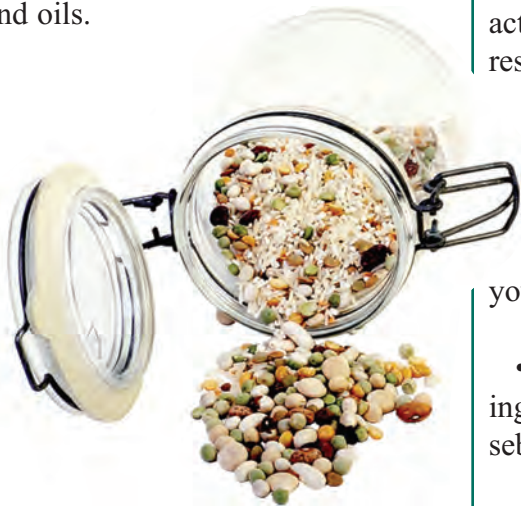
are depleted and the defense system is overburdened.

The causes for chapped skin are:

- Extended exposure to the elements especially the wind, cold and sun.
- Friction of clothing, often due to harsh detergents present in the fabrics rough, tight-fitting clothing.
- Lack of fluids or oils in the form of essential fatty acids.
- Neglect.
- Not using rubber gloves when cleaning, scrubbing or holding the hands in water for extended periods.
- Repeated contact with soaps, chemicals and water.

Nutrition for Chapped Skin

- For skin growth and repair, eat carrots, tomatoes and green, leafy vegetables for vitamin A.
- Use unrefined vegetable oils for the essential fatty acids to promote moist skin.
- Eat whole grains, legumes, wheat germ and nutritional yeast for pantothenic acid, vitamin B5. This is needed for the synthesis of fats and oils.



Common Sense Remedies for Chapped Skin

- In winter, use a humidifier or place bowls of water near the heater to counteract the moisture loss created by central heating.
- A healthy diet is essential for healthy skin. Vitamin C is required for collagen production, while beta-carotene is converted into vitamin A, a substance essential for maintaining skin tissue. Vitamin E is vital for skin condition, and vitamin B helps repair the skin.
- Make sure to get sufficient sleep at night as the skin's cellular repair activity is at its optimum during this resting phase.
- Exercise benefits skin because it boosts circulation and encourages blood flow; regular exercise will nourish and cleanse your skin from within.
- Dry brush your skin in the mornings to stimulate circulation and the sebaceous glands.
- Every day at bedtime, take the

white of an egg, mix in one ground almond and apply this to the face. When it feels dry, wash it off with water and apply home-made nourishing cream of cow butter, soy butter or cocoa butter.

- Moderate sun exposure is healthy for the skin. It activates the production of vitamin D in the body which will promote healthy skin.
- Half an hour before you take your bath, massage yourself either with warm olive, avocado or coconut oil. After bathing, blot yourself dry. Make sure to not rub vigorously with a bath towel.
- Apply home-made cold-pressed oil every night before going to bed. It is a good idea to use cold-pressed oils every night after crossing the age of 25 if you want to cherish the youthful loveliness of a flawless complexion.



- Do not wear wool or other rough clothing next to your skin because they will aggravate it causing itching and scaling.
- If you have developed scales the best remedy is to take a saline bath. Add six pounds of sodium chloride, which is table salt or rock salt, to 25 gallons of warm water in a tub. Soak in this water for about 15 to 20 minutes twice a day. Blot dry and

"A wonderful bird is the pelican, his bill will bold more than his belican. He can take in his beak food enough for a week, but I'm damned if I see how the belican." -Margaret Tolman's favorite diddy

then massage gently either with almond or olive oil. This simple treatment often brings about a great reduction in chapping and scaling, while giving considerable relief from itching.

Choosing mild detergent is a good idea. Some very strong detergent soaps, particularly those with additives, cause chapping. After all, the word “detergent” means “to take out oil.” Avoid using strong detergents on your child’s clothing until the chapped areas have cleared up. Consider trying, All (Clear), Dreft or Ivory Snow instead of harsh detergents. The detergent residues on freshly laundered clothes are just as likely to take out oil as the detergent in your washer.

Toss out dryer sheets. The residue from dryer sheets mixed with fabric softener can also cause chapped skin. It stays on the clothes and may leach moisture out of your child’s skin. Instead of using sheets, switch to a liquid softener, or try one that’s combined with your detergent. Drink more water, stay hydrated, and use extra virgin olive oil on your skin.

CHAYOTE SQUASH

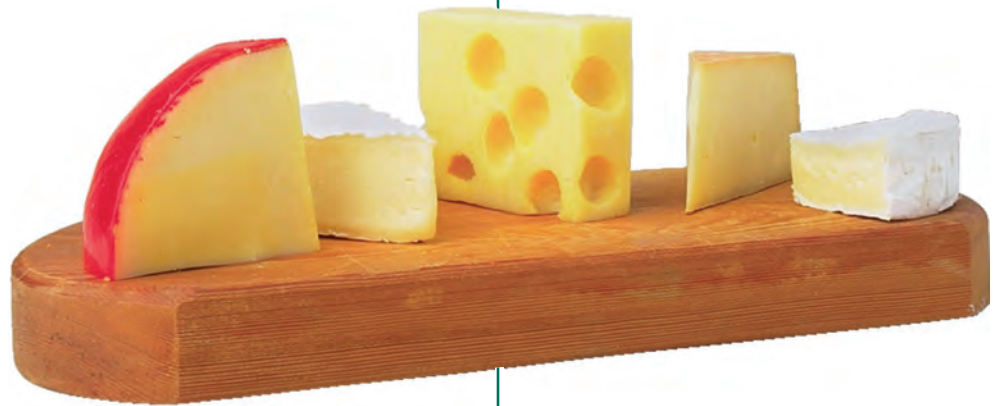
Medi-Sign Target
Heart Function



Chayote (*chay-O-tay*) is a mild, firm-textured, squash-like vegetable. Some say it tastes like a cucumber or zucchini. Although Chayotes can be many colors, the one most common is pale green. Chayote has one large seed that is soft and edible. Chayote seeds taste like a cross between a lima bean and an almond when they are cooked. Chayote is available year-round.

CHEESE

Medi-Sign Target
A Ferment for the Emotions
& Bones



Cheese, Raw

To turn milk into natural cheese, it is first cultured, like buttermilk or yogurt, with bacteria. It is then curdled or broken into **curds**, which are solids, and whey, which are liquids. This is done by the use of a culturing agent such as the enzyme rennin, or rennet. When shopping, look for veggie sources. The whey is drained from the curds, which, depending on the type of cheese being made, may be pressed to remove more moisture. This fresh cheese may then be sold as is, aged or ripened to further dry it and develop its flavor.

Varieties

RAW COTTAGE CHEESE

The traditional and certainly healthy “dieter’s delight,” cottage cheese exhibits the first stage of all cheese making; the separation of milk or cream into curds and whey. To make cottage cheese, the curds are drained and sometimes pressed to form a soft, white, spoonable cheese. Creamed cottage cheese is small curds and added cream, while dry curd cottage cheese is usually slightly salted. It is also available in an unsalted variety and there are even lactose-free versions.

CREAM CHEESE

This is the familiar creamy white cheese liberally spread on whole

grain, wheat and multi-grain toast and bagels. It comes in a range of fat contents. Full-fat cream cheese can be from 90% calories, and non-fat cream cheese can have no fat. In between the two extremes are reduced-fat cream cheese, also called Neufchatel cheese or “1/3-Less Fat” cream cheese, and low-fat cream cheese.

In 1872 in New York State, cream cheese was invented. The “Philadelphia Brand” was born by a cheese distributor who soon commissioned the enterprising dairyman to produce the cream cheese in volume. In 1928 the company was bought out by Kraft Foods and still remains the most widely recognized

“There is no love sincerer than the love of food.” -George Bernard Shaw

There is a seven letter word in the English language that contains ten words without rearranging any of its letters, "therein": the, there, be, in, rein, ber, here, ere, therein, herein."



brand of cream cheese in the United States.

Cream cheese is similar to French Neufchatel in that it is made from cow's milk. It differs from Neufchatel in that it is unripened and often contains emulsifiers to lend firmness and lengthen shelf-life. Cream cheese is an unaged cheese and is thus categorized as a fresh cheese. As a result, it has a relatively short shelf life. The flavor is mild, fresh-tasting and sweet, yet has a pleasing slight tang. Cream cheese has a smooth and creamy texture and spreads easily at room temperature. It is sold in foil-wrapped blocks or in a soft-spread form which has air whipped in to make it spread able right from the refrigerator.

Cream cheese selection and storage

Fresh cheeses are highly perishable, and cream cheese is no exception. It should always be kept refrigerated. This is one cheese that you do not want aged. Check the expiration date and buy the freshest you can find.

Farmer cheese, also called hoop, pot, or bakers' cheese: This cheese can be described like if cottage cheese were placed in a form and the liquid were pressed out, it pro-

duces a firm, rather grainy white loaf, with a mildly tart flavor. Farmer cheese can be sliced or crumbled, and is a good baking ingredient. Sometimes farmer cheese is combined with chopped chives or with fruit to make a savory or sweet cheese.

MASCARPONE

This Italian curd cheese is like the thickest whipped cream and is usually served as a dessert topping.

MOZZARELLA

This familiar pizza cheese is fresh, meaning that it is not aged, but it undergoes a process that differentiates it from other fresh cheeses. The warmed curds are kneaded. The resulting cheese can be separated into layers or strips. Freshly made mozzarella is sold in Italian grocery stores and is now available in many supermarkets, is a soft, bland, delicate cheese. Factory-made mozzarella, which is drier and has more salt in it for longer shelf life, can be sliced or shredded and used as a topping for pizzas, pastas and sandwiches.

Fresh mozzarella only comes in whole-milk form; it contains less water.

RICOTTA

Whey remaining from making other types of cheese was originally the sole ingredient in ricotta, but American ricotta is now made from a combination of whey and whole or skim milk. Ricotta is like a fine-textured cottage cheese and can be eaten by it's self, although it is more commonly used in Italian pasta dishes and desserts. It comes in

whole milk, part-skim and fat-free forms. The part-skim version has about 40% less fat than the whole-milk cheese. Ricotta has, ounce for ounce, four times more calcium than cottage cheese, which it closely resembles.

STRING CHEESE

Although snack-size sticks of mozzarella are now sold under this name, true string cheese originated in Syria and often comes in a braided rope. The flavor is similar to mozzarella, but it is saltier.

CHEMOTHERAPY

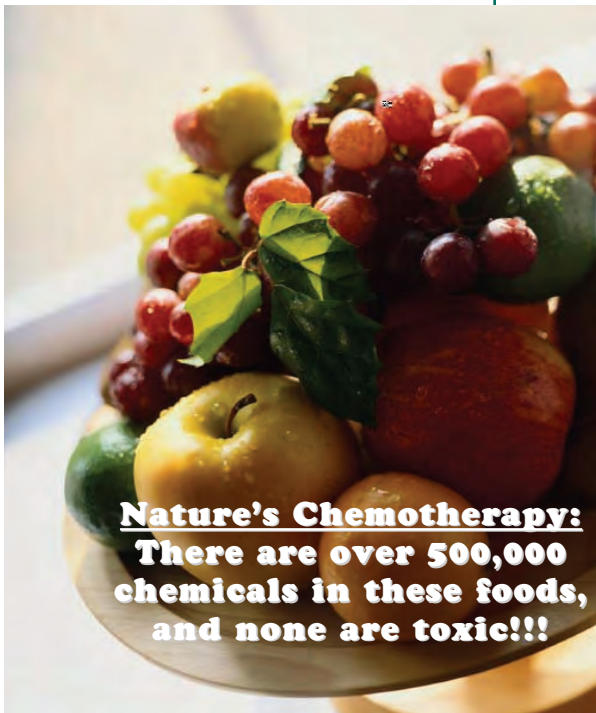
*Medi-Sign Target
Plant Chemistry Heals and
Doesn't Kill*



CHEMOTHERAPY: *He who sups with the devil should have a long spoon.*

Over the years I have studied C.F.I., the Cancer Financial Industry; a crusade of study that I began after personally witnessing dozens of unnecessary deaths from surgery, chemotherapy and radiation. I have been shocked by the "weapons of mass destruction," this most ruthless and dangerous of financial industries has relentlessly deployed against the public.

During the course of my research into the real cancer war, I discovered there were questions you shouldn't ask, and questions the "experts" most definitely want to avoid. Around the world, I would speak on TV and radio shows about the safe, natural and medically proven alternatives to being infused with radiation (*who doesn't know that radiation causes cancer?*) and chemotherapy (*some of which, like Alkeran, are banned, as inhumane chemical, warfare agents that cause cancer*), yet these questions were blustered over with academic drivel, and never answered by the "experts" who were wheeled along and set-up to counter me.



**Nature's Chemotherapy:
There are over 500,000
chemicals in these foods,
and none are toxic!!!**

- Why are hundreds of thousands of cancer people feeling the need to look for cancer treatment alternatives at all? Is it because they've seen what traditional treatments do to a person? That they do not work for the majority of the cancers? That they sense there must be an easier way? That these treatments fail and speed them into early death?

- Why does the cancer industry and their charities employ the five-year survival rule to falsify their success rates? How can you die in your sixth year of cancer and still be accounted as cured?

- Why do we have cultures on the Earth today (*without a single medical degree amongst them*) and they have no trace of cancer in their culture? Read Albert Schweitzer, Sir Robert McCarrison, Dr. Weston Price, Dr. Francisco Contreras, etc. and discover the real reason why their work is an embarrassment to medical science.

- If the human body becomes what it absorbs, why don't they train our doctors in whole food nutrition?

- If the tumor is the cancer and therefore the oncologist's target (*chemo, radiation and surgery all target the tumor*), why doesn't removing or destroying the tumor always cure the cancer? Why in the majority of cases (96%) does it return?

- Is the advice we receive from cancer charities tainted with the chemical breath of the drug industries monetary donations?

- Why are almost all chemotherapy drugs themselves hideously toxic carcinogens? Fighting fire with fire almost always leads to more fire. Sometimes water is the obvious answer!

- Why, in spite of the hundreds of billions that have been poured into cancer, do we have the worst cancer survival rates of all industrialized nations?

- Why do thousands continue to overcome their cancer using whole foods, and yet nothing is ever mentioned in the media, including the medical studies that showed how they did it?

- Are these people, and the doctors who treat them to fasting and whole foods, all wrong? Perhaps they never had cancer in the first place?

Were the lab's wrong?

- Why are people who seek alternative treatments for cancer suddenly "gullible, sad individuals" who cannot make up their own minds and are having the wool pulled over their eyes?

- Why are cancer clinics around the world, which use simple, whole food treatments for cancer, being shut down and vilified by pharmaceutically sponsored initiatives?

- When it comes to cancer and the diagnosis of it, who can we really trust?

- What if, "preventative tests for disease" is nothing more than the, "hook and bait" to get you into the slaughter house for skinning?

- What if most lab tests are over 70% inaccurate?

- What ever became of those pesky apricot kernels and vitamin B17 from other seeds and nuts?

- Why do we support hundreds of predatory organizations, raising cash for more chemical research that will never work, or worse, kill many thousands more? Is it really because we think they are charities?

111,111,111 x 111,111,111 = 12,345,678,987,654,321

“No words in the English language rhyme with orange, silver or purple.”

• Are you aware that studies show the majority of oncologists polled would not themselves take their own treatments if they developed cancer?

There is an old proverb: Fools ask questions wise men cannot answer. In the meantime, “fools” keep disobeying their medical masters with whole food treatments for cancer, and those pesky testimonials keep coming in.

I honestly believe that many doctors really and truly believe that they are doing the best that can be done to treat cancer. They have been conditioned and taught to believe that surgery, radiation therapy and chemotherapy are really the only scientific and possible ways to treat cancer. They believe this even if the proofs are only those of drug company research, which is the case with nearly every medical research study that is published.

They honestly, sincerely believe that the methods they use are beneficial. They believe in the treatments they use, even when the benefits of these treatments may be uncertain, minimal or have serious side effects that produce pain and distress. They believe that cancer is a disease that has but one ending which is **DEATH! Cancer is final! It is incurable!**

The medical profession has fossilized into a way of doing things that does not, “rock the boat.” Accepted medical procedures are their standards. They require that treatments to be used be “proven,” documented and repeatable. Being



fellows in the “medical club” is an important aspect of being a, “professional.”

Anything that may reduce the size of a tumor and hopefully make it disappear, justifies the use of whatever treatment helps make this possible, even if the benefits are only temporary like they didn’t get to the cause of the tumor. In other words, why did the body grow that little container in the first place? Was it trying to store something, in order to keep it contained?

This justifies treating you – the “patient” – with combinations of drugs and/or surgery that will make you extremely ill, and probably leave you with a lifetime (1-5 years) of problems that you have never dreamed possible. This is considered scientific and right. Those treatments do not have to be painless, free of side effects or even provide benefits to you, the “patient.” You are no longer a person or even a “civilian” you are a numbered “patient.”

It is unfortunate, but true, that doctors treating cancer have become accustomed to seeing their treat-

ments cause awful side effects with their “patients.” This experience becomes routine! People become numbers rather than living, breathing human beings. It becomes commonplace for, “patients,” to die from the treatments as much as from the disease. The response is always the same, “We did all we could.” And that’s true...for once. Yuck!

You hear medics discussing something called “Quality of Life.” To the medical profession this “quality of life” is a broad term that includes whatever condition results, and what shape you are in, after receiving their treatments. What can you expect when you are trying to keep the patient alive “at all costs” (Usually the patient’s insurance or pocketbook). Surely, it is normal to expect that a dread disease will require extreme measures to “fight” it. “Patients” have to expect this! And so it goes on and on ‘til death do you part. Don’t go to war. Don’t get into the “fight.” Lay down our weapons; it’s your body for heaven’s sake! Don’t be a gang member, or a sheep lead to the slaughter. **The number one solution** is a strong will to live. **The number two solution** is clean air, sunshine, walking and a raw food diet.

(See: *Disease; The Mystery Solved*).

Hey Honey! Bee Pollen Propolis, Royal Jelly Nature’s Chemotherapy
Bee pollen is a mixture of bee saliva, plant nectar and plant pollen. It differs from the sort of pollen that is implicated in allergies. Propolis is collected by bees from flowers, trees and vegetables. It is mixed with their own secretions, including beeswax, to form a gummy, resinous substance. Royal jelly is a viscous, honey-like liquid secreted by bees to feed their infants and queen. The

queen lives on it her entire life, and it is thought to be the reason for her longevity and larger size. Queen bees live up to five years, whereas the common female worker bees live only forty days. Honey is very healthful and delicious, but is no match for the nutritional potency of its sister bee products.

Bee's gather potent, safe, nutritional chemicals from ten's of thousands of plants in a single day, lets see a pharmaceutical drug lord and his hive of workers do that.



Users claim that bee pollen improves their athletic performance and relieves fatigue. Centenarians in Dagestan attribute their longevity to a lifelong practice of eating bee pollen and royal jelly. The Swedes and the French, who also eat lots of bee pollen, claim that it makes them look more youthful. It may improve the appearance of our skin and retard wrinkles by increasing the flow of blood to skin cells and by stimulating the growth of new skin tissues.

Bee pollen is an important food for men with enlarged prostate or prostatitis. In double-blind studies and long-term treatments, urological researchers reported that bee pollen reduced enlarged prostates in 53% of men with severe and chronic

symptoms of prostatitis.

Bee products can also benefit cancer people. Propolis has been proven effective in killing liver cancer cells, while lung cancer patients who ate bee pollen lived longer and were better able to tolerate chemotherapy.

The oxidant and microbial activity of propolis and royal jelly also make them awesome probiotics. They contain potent bacterial proteins that make them effective for everything from the common cold to candida albicans, e-coli, salmonella and AIDS.

Nutrients

Bee pollen is 35% protein, including lots of lysine, leucine, and valine. It contains 2% fat made up of healthy phosphatidylcholine and linoleic acid. Bee

pollen also contains a wealth of minerals including iron, zinc, potassium, magnesium, calcium, copper, sodium, and selenium. It also contains an equal percentage of vitamins, especially riboflavin, nicotinic, pantothenic and folic acids, B2, inositol, lots of vitamin C and even some B12. Bee pollen also contains the essential chromosomal nucleic acids DNA and RNA, as well as a whopping 5,000 different healthful enzymes and phytochemicals, including lycopene, quercetin, carotenes, and flavonols. Propolis contains a wealth of polyphenols. Royal jelly is high in B vitamins and is a beneficial fatty acid.

Give them a try and see what all the buzz is about.

CHERRIES

Medi-Sign Target

Heart, Blood, Capillaries & Pain Remover



Benefits:

- Cancer
- Eases Arthritis
- Ends Insomnia
- Get out Gout
- Protects your Heart
- Pain Relief
- Shields against Alzheimer's
- Slows Aging process

Sweet and tart cherries date back to 300 B.C. and have been enjoyed for centuries. North America was introduced to cherry trees from European settlers. In 1852, the "Cherry capital of the world" was started when the first cherry orchard was planted near Traverse City, Michigan.

Cherries, especially the tart ones, are great for pies, juices and jams. Sweet cherries are great for eating right off the stem. Dried cherries, which are similar to raisins, are great for eating. These fruits are not only in great taste but plenty healthy also.

"The largest tumor ever removed intact weighed 303 lbs."

“Human thigh bones are stronger than concrete.”



Cherries contain flavonoids, fiber, potassium and traces of vitamins A and C, so they have plenty of look-outs to guard your health. They are also known to rid inflammation and cancer.

Soothes Arthritis and Gout

Cherries can relieve pain. Cherries have long been used as a folk remedy for gout, and now they carry the clout of scientific evidence. Twenty tart cherries were tested and the conclusion was: they were as effective as other pain-killing remedies, including aspirin, ibuprofen and other nonsteroidal, anti-inflammatory drugs. These fruits were actually much better, and they carried no toxic side effects. For pain relief, try eating a bowl full of cherries. If you don't feel up to eating a whole bowl of cherries, you can get the same benefit from much fewer dried ones. When it comes to pain relief, one dried cherry equals about eight fresh ones.

Sidesteps Cancer

Cherries contain a mighty cancer chemical called perillyl alcohol that has been shown to inhibit tumors.

Puts Insomnia to Bed

Are you having trouble sleeping? Cherries are your key to dreamland. Melatonin, a hormone that helps you sleep, is found within cherries. Cherries to this point have the highest amount of melatonin measured in any fruit to date. Melatonin acts either as a direct sleep-inducing substance or by opening what experts refer to as “*the sleep gate*,” which puts you in the right frame of mind to sleep. Eating cherries just before bedtime will give you the most benefit.

Storing Solutions

Like a Chinese restaurant, cherries offer both sweet and sour flavors. When shopping for either variety, look for ones that are brightly colored and plump. Sweet cherries should be more firm than sour cherries. You can buy them with or without stems. Those cherries with stems last longer, but those cherries without stems are cheaper. Storage for cherries can be a plastic bag in the refrigerator.

Varieties of sweet cherries include Bing, Lambert, Tartarian and Royal Ann, which are often used to make maraschino cherries. Varieties of sour cherries include Early Richmond, Montmorency and Morello. A typical cherry tree has about 7,000 tart cherries. In other words, a cherry tree has enough tart cherries to make 28 pies.

BING

There are many commercial varieties of sweet cherries. The leading sweet cherry is the Bing. It is a large, round, extra-sweet cherry with purple-red flesh and a deep red skin that verges on black when fully ripe.

LAMBERT

The second most popular sweet cherry is the Lambert. This type of cherry is smaller, heart-shaped, red and very similar in taste and texture to the Bing cherry.

RAINIER

The Rainier cherry is a sweet cherry with yellow or pinkish skin. It is milder and sweeter in taste than the Bing cherry and grown in limited quantities.

ROYAL ANN

Royal Ann is another light-skinned variety of cherry. It is often canned or made into maraschino cherries.

SOUR CHERRIES

Montmorency, the best known sour cherry, is normally canned or frozen for use as pie fillings or sauces just like most commercially grown sour varieties of cherries are. Occasionally, though, you can find fresh sour cherries during the summer months at farmers' markets and roadside stands. Sour cherries are bright scarlet and smaller than sweet cherries.

CHESTNUT

Medi-Sign Target
Heart & Blood



Benefits:

- Cancer Prevention
- Controls Blood Pressure
- Lowers Cholesterol
- Promotes Weight Loss!
- Protects your Heart


Chestnuts have been a prized nut as far back as 1600 BC for the Chinese. The Japanese and Europeans also enjoyed them for centuries. Until the early 20th century, chestnuts flourished and were popular in North America too. The blight struck and virtually wiped out the entire North American chestnut. So today most of the chestnuts seen in North America are imported. It is easy to see why this particular nut has been so popular. Chestnuts reveal under a smooth, hard shell and bitter skin a delicious sweet meat with a taste similar to corn. Chestnuts also offer help for your heart, weight and even cancer.

CHICKEN POX

Medi-Sign Target
Saltwater Baths & Eat Raw
Honey

Chickenpox, or varicella, is a contagious disease caused by a virus. The technical name for this virus is varicella-zoster, which is a member of the herpes virus family. Chickenpox is relatively harmless childhood disease. The symptoms of chickenpox can include a fever, runny nose, sore throat and an itchy skin rash. This rash can appear anywhere on the body. These symptoms normally subside within one to two weeks. The good news is that the disease confers permanent immunity. This means once a child contracts the virus, they will not contract it again.


Aspirin should not be given to treat the pain and fever that accompany chickenpox. This is because aspirin has been associated with Reye's syndrome, which is a life-threatening neurological disorder. Reye's syndrome has no known definite cause, but it has been associated with the use of aspirin by children who have viral infections like chickenpox or influenza.



No Harm
No Fowl

1 cup Apple Cider Vinegar
 1/2 cup Baking Soda
 2 Tbsp Virgin Olive Oil

Have a good (bath) soak with this for 15 to 20 minutes. After the bath, apply coconut butter or soy butter. This relieves itching better than anti-itch formulas, and since it doesn't crust like those other drying agents, there's less chance of scarring.



When I first heard press reports about the new chickenpox vaccine, I remember thinking to myself, "That's crazy. How in the world will they sell a new vaccine with unknown long term dangers to the public? Nobody's scared of chickenpox." But very soon my question was answered. While reading a popular parenting magazine one day, I noticed a slick multi-page advertisement that compared the cost of this vaccine to lost wages of the working parent who must miss a week of work to care for their sick child. It was a shock to see the health of our children so shamelessly traded for the "work ethic" of our culture.

At that point, having studied a bit more about the history of vaccination and the evolution of public perception about specific illnesses once a vaccine is introduced, I remember making a comment to a friend. I said, "Just wait, in twenty or thirty years when childhood cases of chickenpox become rare due to the lack of news coverage, everyone will be talking about what a DANGEROUS disease chickenpox was!" As it turns out, I was wrong. It didn't take twenty or thirty years, it happened almost as soon as the vaccine was released. The truth is that no one has ever died of chickenpox, but pharmaceutically spun articles and news reports began appearing that emphasized that chickenpox is not a benign disease. First they said that there were about ten deaths a year due to chickenpox. A year later, I saw an article that claimed that there were a hundred deaths a year due to chickenpox. Next was a heart-rending article, splashed all over the newspapers complete with color pictures. This was all for a poor child who had a "normal" case of chickenpox but then developed some serious heart complication. The child's doctor was quoted as saying, "Chickenpox is NOT harmless!"



"I eat my peas with honey, I've done it all my life; it makes the peas taste funny but it keeps them on the knife!"
 -Margaret Tolman

“There are only two ways of telling the complete truth – anonymously and posthumously.” -Thomas Sowell

I’m sure sales of the vaccine increased after that story came out. It’s funny how in the previous fifty years, prior to introduction of the vaccine, the media never had a story like that to run!

What the media never seem to mention in all these alarmist articles is that most of the children who die from chickenpox were already immuno-compromised; they already had their chicken pox vaccine. Many of these children are suffering from cancer or leukemia. Also nobody even thinks to question what other lifestyle choices these families are making that may place their child at greater risk. A question might be is the child exposed to cigarette smoke? Or, does the child consume a lot of sweets, hydrogenated fats, refined carbohydrates and/or animal protein (*in other words the typical American diet*) that may be depressing his immune system?

In addition, most people are unfamiliar with the fact that there are numerous accounts by parents whose children developed neurological or immune problems shortly after a vaccination. These parents, however, could not get their doctor to even consider that the vaccine was responsible for their children’s problems. The parents could also not get their doctor to report it as a vaccine adverse event to the government agencies that keep track of such data. No wonder the CDC bean-counters are so quick to claim that the dangers of the natural diseases are a greater risk to children than the dangers of the vaccinations! When are parents going to stop destroying their children, or a least stop putting them directly in harms way? Already many states are considering

adding chickenpox to the list of immunizations required for entry into school. This is hideously ridiculous! Why should any parent be forced into presenting their healthy child for administration of a biological agent with still-to-be-determined, long-term risks (*but risks that are most certainly there!*). These parents are expected to do this in order to possibly prolong the lives of a very few already sick children, who might be less likely to get chickenpox if there were fewer active cases in the community.

Furthermore, what will be the risk to these children’s babies? The vaccine, which takes a series of three shots to provide immunity, cannot possibly protect a newborn from the illness. It would be pretty naive to believe that a mother who had only received the vaccine, but never actually contracted the disease to develop full immunity, would actually be able to pass on sufficient immunities to her newborn.

Maybe some parents believe that they can’t keep their children from eating a junky diet, so they need this and other vaccines to protect them from possibly becoming quite ill. Because of a poor diet, a child’s immune system may not be able to adequately protect itself from serious harm from common diseases.

In a free country, though, does that mean that families who DO take personal responsibility for their health and DO eat healthy whole-foods, plant-based, low in processed foods and trans-fatty acids diets MUST forfeit their right to an undamaged immune system? Families are faced with this dilemma all because the masses, persuaded by drug manufacturers, choose to put their faith in science over

nature. Children’s bodies are meant to be exposed to dirt, germs and pets, etc; it builds their bodies self protection systems.

How is Chicken Pox treated?

- Baking soda bath.
- Coconut oil as needed to the skin.
- Warm water-hydrogen peroxide rinses for sores in mouth.
- Keep the sores clean by bathing daily. If the sores look infected, wash them well with a light saline solution 1/4 tsp to 2 cups warm water. They’ll be just fine!

CHICORY (CURLY ENDIVE)



Chicory, also known as curly endive, is the name of a wide variety of greens including, Belgian endive, escarole, fris e and radicchio. Curly endive is normally the preferred name when listed as an ingredient. Chicory is crisp. It has curly, green leaves and a pale heart.



Chicory increases in bitterness with age, so it is best eaten when young. It is usually mixed with other milder greens because it is considered too strong to be eaten alone. Roasted chicory comes from the roots of some chicory varieties. Popular in Louisiana, roasted chicory is used to flavor or extend coffee. Chicory is available year-round.

CHILDBIRTH



BIRTHING IS NOT A DISEASE!

Signs of Labor

Remember the signs of true labor so that you will know when you are having the “*real thing*.”

- Contractions at regular and increasingly shorter intervals that become stronger in intensity.
- Lower back pain that doesn't go away. You might also feel premenstrual and crampy.
- Your water breaks. This can be a large gush or a continuous trickle. It is accompanied by contractions.
- A bloody, brownish or blood-tinged, mucous discharge appears. This is the mucous plug that blocks the cervix. Labor could be at any time, or days away.
- Your cervix is dilating, or opening up, and becoming thinner and softer, also called effacement. During a pelvic exam, your health care provider will be able to tell if these things are happening.

Birth Options: Several options are available for where you will have your baby. These include at home, in a birth center or, the most dangerous, at a hospital. Birth centers usually can administer oxygen and are able to repair episiotomies. They also have basic equipment to start emergency treatment if it is necessary.

Hospitals have more advanced medical equipment to care for a baby whose health or life is in danger. They will be able to provide a cesarean section, or epidurals, for just thousands of dollars. If your pregnancy is considered to be at high risk as in women who smoke, use drugs or have medical complications due to a known condition,

home births are not recommended. So, get a life for nine months, if not for you, for the baby.

You also can choose what type of health care provider you would like to deliver your baby. An **obstetrician (OB)** is a medical doctor who specializes in prenatal care and in delivering babies in a hospital. A **certified nurse-midwife (CNM)** also specializes in prenatal care, labor and delivery. A CNM can deliver your baby at the hospital, in a birth center or at home. There are other types of midwives to choose from as well. Some women also choose to have a doula assist with labor and delivery. A **doula** is a *professional support person who helps give physical encouragement, such as advice on breathing, relaxation, movement and positioning during labor*. Doula's also give continuous emotional support and comfort to women and their partners during labor and birth. Doula's and midwives often work together during a woman's labor.

Childbirth preparation classes are also an option. One of these choices is Lamaze, which emphasizes minimal medical intervention, teaches coping methods for labor and delivery and helps guide new parents in the many decisions they will make before and during the birthing process. This is great stuff.

Managing Pain - Really think about this one.

A concern for most mothers is the amount of pain to anticipate during labor. Unfortunately, pain is a variable that cannot be determined; it differs for every person. During the labor process, your health care provider may ask you if you need pain relief and will help you decide what option is the best for you.

“The average person thinks he isn't.”

Your options may include: a **local** or **intravenous analgesic**, a **pain relieving drug**; an **epidural, injection** which blocks pain in the lower part of your body; **spinal anesthesia**, used when the delivery will require forceps; or a pudendal block, numbs the vulva, vagina and anus during the second stage of labor and during delivery.

These things do kill pain, but they are known to impair the baby's brain as well. I know this for a fact because it happened to my first child. She is 30 with the capacity of a four year old. We had our other babies at home after that. I have ten beautiful children. My oldest is a sweetheart; I wish I had it to do over. Nuff said.

Since then, I have had the opportunity to assist with over 150 home births with no complications. Your progression through the different stages of labor and delivery will determine how quickly the baby is coming, and whether you have time to get to the hospital, birth center or back home to deliver. Having information about your choices for birthing will help with some of the stress you may feel during labor.



CHIVES

Medi-Sign Target
Blood Tube (Veins & Capillaries) Strengthener



Chives influence the kidneys, liver and stomach. They dry sweaty conditions, increase energy circulation and are noted for treating blood coagulations like bruises and swellings, especially when these occur from injuries. They are also good for treating the pain of the cold type of arthritis by applying the juice from either the whole crusted chive plant or its leaves. For best results, eat fresh or lightly cooked chives or drink chive tea.

Both the stalks and roots are used in the East and West to treat high blood pressure and are a safe remedy for high blood pressure during pregnancy.

Chives (*Allium schoenoprasum*) are a member of the onion family (*Alliaceae*) used as an herb and grown for their leaves. Chives have a much milder flavor than onions or garlic. They are referred to only in the plural, because they grow in clumps rather than alone.

Chopped raw, chives

are typically used for seasoning salads and omelet's, or as a topping for baked potatoes. In Chinese cuisine, long cuts of chives are commonly used as a garnish in a number of stir fry dishes. They are often tossed in after cooking is complete for both color and their mild flavor.

CHLAMYDIA (TRACHOMATIS)

Medi-Sign Target
Yogurt Vaginal Infusions;
Eat Garlic & Onions

Chlamydia is a common sexually transmitted disease (*STD*) caused by the bacterium, chlamydia trachomatis, which can damage a woman's reproductive organs. Serious complications causing irreversible damage like infertility can "silently" occur before a woman recognizes a problem, even though symptoms of chlamydia are usually mild or absent. For men, chlamydia can cause discharge from the penis.

Chlamydia is the most frequently reported bacterial *STD* in the United States. In 2002 the 50 states plus the District of Columbia reported 834,555 chlamydial infections. This amount is skewed by under-reporting because most people with chlamydia are not aware of their infections and do not seek testing. Also, testing is not often done if people are treated for their symptoms. So, an estimated 2.8 million Americans are infected with chlamydia each year. Women are frequently re-infected when their sex partners are not treated.

Chlamydia can be transmitted during vaginal, anal, or oral sex. Chlamydia can also be passed from

"After all is said and done, more is said than done."

an infected mother to her baby during vaginal childbirth.

Any sexually active person can be infected with chlamydia. The greater the number of sex partners, the greater the risk of infection.

Teenage girls and young women are at particularly high risk for infection because the cervix, the opening to the uterus, is not fully matured.

Men who are sexually active with other men are also at risk for contracting chlamydia because it can be transmitted by oral or anal sex.

Because about three quarters of infected women and about half of infected men have no symptoms, chlamydia is known as a “*silent*” disease. If symptoms do occur, they usually appear within 1 to 3 weeks after exposure.

In women, the bacteria initially infect the cervix and the urine canal, urethra. Symptoms in women might include an abnormal vaginal discharge or a burning sensation when urinating. When the infection spreads from the cervix to the fallopian tubes, tubes that carry eggs from the ovaries to the uterus, some women still have no signs or symptoms. Other women have lower abdominal pain, low back pain, nausea, fever, pain during intercourse or bleeding between menstrual periods. Chlamydial infection of the cervix can spread to the rectum.

Men with signs or symptoms might have a discharge from their penis or a burning sensation when urinating. Men might also have burning and itching around the opening of the penis. Pain and swelling in the testicles are uncommon.

Men or women who have receptive anal intercourse may acquire

chlamydial infection in the rectum, which can cause rectal pain, discharge, or bleeding. Chlamydia can also be found in the throats of women and men having oral sex with an infected partner.

Treatment

- Salt, salt, salt, and more salt.
- Lots of water to drink even salt water - 1 tsp. per 1/2 gallon of water.
- Salt water soaks in a tub.
- Saline douche’s twice a day, a.m. and p.m. 1 tsp to 1 quart of warm water.



- Eat lots of fresh garlic and uncooked onions on salads.

CHOLERA

Medi-Sign Target
Drink Saltwater and Eat
Onions, Honey & Garlic

Cholera, also called Asiatic cholera, is an infectious disease of the gastrointestinal tract caused by the *Vibrio cholerae* bacterium. These bacteria are typically ingested by drinking water contaminated by improper sanitation or by eating improperly cooked fish especially shellfish.

Symptoms

Symptoms from cholera include abdominal cramps, dehydration, diarrhea, nausea and vomiting. Further symptoms from the dehydration include anuria, circulatory collapse, cyanosis, loss of tissue turgor, muscle cramps, severe metabolic acidosis with potassium depletion, sunken eyes and wrinkled skin, thirst and weakness. Death from this illness is generally due to the dehydration and circulatory volume shock; it can occur within hours. The mortality rate of cholera tends to be high when it is left untreated.

An intravenous rehydration regimen is usually the aggressive treatment given for cholera. This treatment continues until the diarrhea ceases. Treating cholera by drinking salt water is also an effective. When treatment is given, the mortality rates plummet.

Susceptibility

Because carriers of the cystic fibrosis gene don’t lose water as quickly, they are protected from the severe effects of cholera. This explains the high incidence of cystic fibrosis among populations which were formerly exposed to cholera.

Recent genetic research has determined that a person’s susceptibility to cholera and other diarrheas is affected by blood type. People with type O blood are the most suscepti-



“Faith is believing what you know ain’t so.” -Mark Twain

“In the first place, God made idiots. That was for practice. Then he made school boards.” -Mark Twain

ble. People with type AB are the most resistant; virtually immune. With the remaining A and B blood types, type A is more resistant than type B.

About one million vibrio cholerae bacteria must be ingested to cause cholera in normally healthy adults. Increased susceptibility may be observed, though, in those with a weakened immune system, a system with decreased gastric acidity from antacids, or those who are malnourished.

Origin

Cholera likely originated in India or elsewhere in Asia with the Ganges River serving as a contamination reservoir.

Discovery

Cholera was first described in a scientific manner by the physician Garcia de Orta in the 16th century. Italian anatomist Filippo Pacini isolated the bacterium in the mid 1800's although his results were not widely known. Later, John Snow found the link between cholera and drinking water, and Robert Koch identified vibrio cholerae as the bacillus causing the disease.

Prevention

Although cholera can be life-threatening, it is easily preventable and treatable. In the United States, because of advanced water and sanitation systems, cholera is not a major threat. The last major outbreak of cholera in the United States was in 1911. However, everyone, especially travelers, should be aware of how the disease is transmitted and what can be done to prevent it.

Simple sanitation is usually sufficient to stop an epidemic. **There are several points along the trans-**

mission path at which the spread may be halted:

- **Sickbed:** Proper disposal and treatment of waste produced by cholera victims.
- **Sewage:** Treatment of general sewage before it enters the waterways.



- **Sources:** Warnings about cholera contamination posted around contaminated water sources.

- **Sterilization:** Boiling, filtering and chlorination of water before use.

The most effective means to stop the transmission of cholera is filtration and boiling. Education and sanitation are the limiting factors in the prevention of cholera epidemics. For complete remission of cholera, overdose on garlic.

CHOLESTEROL



Cholesterol is a substance in which 80% is made by the liver and 20% comes from plants. Cholesterol is a fat that helps all 76 trillion cells maintain their shape. Cholesterol protects the myelin sheathes of the

nerves fibers. People get into, “troubles,” with cholesterol when they eat animal carcasses. In death, cholesterol is spent. When you eat it, it’s no longer cholesterol made by your body. Instead it is called bad cholesterol. Good cholesterol is primary; it hasn’t gone into making a living independent entity. Good cholesterol comes from milk and products like raw cheese, yogurt, eggs and lots of plant foods. Your body uses it to work its magic. If you eat too much spent (*BAD*) cholesterol, your body is overwhelmed and can wind up in trouble. The fats turn into clogging masses that block arteries, cover brains and eat away nerves and organs.

You have a choice. Stop eating so many animals, kick up your grains and veggies or take drugs. The drugs can kill you.

These are the naked facts: 73% more gastrointestinal cancers and 800% more deaths occurred in people taking the drug “Cholestyramine” (*it has many names*). Those taking this drug had 45% more incidence of gallstones than those not taking it and 44% more required gallstone-related surgery, with all the risks of that operation.

The anti-cholesterol drug-takers had 22% more bile duct disease and 170% more heartburn. There were 175% more deaths as a result of accident or violence among the drug takers including, 100% more suicides, 100% more homicides and 220% more accidents.

Now the drug-pushers want cholesterol tests and a monitoring of cholesterol levels for everybody age two and older. They seem determined to get us away from good

nature-made whole foods like raw milk, free range eggs, real butter and yogurt, kefir, sour cream and cottage cheese. Even though, as some authorities say, only one out of every 500 people need to be concerned (*sufferers from familial hypercholesterolemia, an inherited super-high cholesterol condition*) everyone on earth ought to eat these; **they are natural cholesterol-lowering foods:**

1. Apples eaten on a daily basis have been shown in various studies here and in Europe to lower blood serum cholesterol. Researchers put test subjects on two to three apples a day.

2. Barley is a star at reducing blood serum cholesterol levels; barley scores by lowering the liver's ability to produce cholesterol. It can be used several times a week as a cooked cereal or in bakery goods.



3. Beans of every kind with as little as a cup, lowered cholesterol. (*No sugar*).

4. Carrots of medium size with 3 eaten daily.

5. Chili Peppers reduce blood serum cholesterol level by suppressing the liver's ability to produce cholesterol.

6. Eggplant serves a special func-

tion in cholesterol control. Eggplant appears to block blood levels of cholesterol from rising when fatty foods have been eaten.

7. Garlic, a daily ration of five fresh cloves minced into other food, has been shown to lower blood serum cholesterol, to normal levels in just 14 days.

8. Grapefruit Pectin, the white fiber of the rind gelatinous stuff that holds jelly together, can lower cholesterol.

9. Raw Milk lowers cholesterol, as demonstrated by several researchers.

10. Oat Bran, a water-soluble fiber is one of the most effective foods for reducing cholesterol.

11. Virgin Olive Oil keeps cholesterol in line by taking two teaspoons daily.

12. Onions...they rock!

13. Plaintains

14. Soybeans and products derived from them like soy milk, lecithin and tofu help break down fatty deposits so that they can be flushed from the body more readily and, in the process, also lower blood cholesterol.

15. Spinach



16. Yams and Sweet Potatoes, which contain tons of water-soluble fiber in addition to beta-carotene, contribute to cholesterol control. Yams proved the best of twenty-eight fruit and vegetable fibers for binding with cholesterol and removing it.

17. Yogurt is a real winner in lowering cholesterol.

CHORDOMA

Medi-Sign Target
A 20-40 Day Fast on
Water and they are Gone!

Chordomas are benign, slow-growing tumors that are usually seen in people 50 to 60 years old. They are most commonly located at the base of the skull and the lower portion of the spine. They tend to invade the adjacent bone and put pressure on nearby neural tissue even though they are benign. These are rare tumors, constituting only 0.2% of all primary brain tumors.

Symptoms

Although the symptoms normally relate to the size and location of the tumor, the following signs may be helpful. For people with tumors involving the skull, the most common symptoms are headache and double vision. For tumors involving the spine, symptoms could include back pain and progressive problems with leg strength, leg sensation or bowel/bladder problems. Juice and water fasting can shrink these tumors and even totally remiss them.

(See: *40 Days: The Noumenon of Fasting*)

"If you look like your passport photo, you're too ill to travel." -Willkommen

“I do not take a single newspaper, nor read one a month, and I feel myself infinitely the happier for it.” -Thomas Jefferson

CHROMIUM

*Medi-Sign Target
Stabilizes Blood Sugar*

Chromium is needed for energy because it is involved in the metabolism of glucose. This essential mineral maintains stable blood sugar levels through proper insulin utilization and can be helpful for both people with diabetes and people with hypoglycemia.

Sources:

Brown rice, cheese, dried beans, mushrooms, nutritional yeast, potatoes and whole grains.

CHRONIC FATIGUE

*Medi-Sign Target
Increase Salt and
Rejuvenate with Fasting*

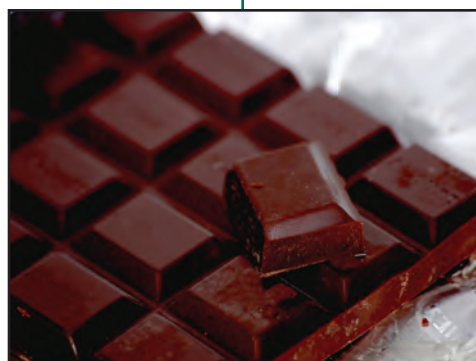


Fortunately, there are a number of simple causes of fatigue. If we would eliminate these causes, fatigue would normally disappear.

A rarely understood cause of fatigue is overeating. It would seem that meals would be the very thing to help cure fatigue, but the reverse is actually the case. While a heavy supper may enable some to sleep the sleep of the drugged, it does not cause refreshment; putting the morning person in a partial stupor.

Too little exercise is another common cause of fatigue. Again it would appear that exercise would cause fatigue in itself. Not so! As the out-of-condition person begins to exercise, chronic fatigue may disappear like magic. The less you do, the less you can do. The more you do, the more you are capable of doing.

Another cause of weakness and fatigue is the use of too little water. Drinking water will perk you up just as a wilted flower perks up in water. Chronic dehydration is often caused by diuretics such as coffee, tea, cola, chocolate and over-eating. Eating concentrated, rich, or heavy food or consuming protein food supplements promote chronic dehydration.



There are other conditions of the body associated with fatigue like thyroid problems, blood sugar problems and many chronic diseases.

You may feel fatigue if your blood iron or hemoglobin level is either too high from supplements or too low from not enough green foods. Many people are aware that a low hemoglobin level is associated with fatigue, but it is the rare person who understands that rich, heavy blood also causes fatigue. Pushing around

the heavy blood is a tax on the heart and arteries, useful of energy and results in fatigue. In order to bring the hemoglobin down try these additives: more exercise, eating more fruits and vegetables prepared simply or eaten raw, avoidance of all rich or concentrated foods, avoidance of overeating, consumption of plenty of water and prevention of stresses.

Stressful stimuli are known to be fatigue producers include working in a noisy environment, being in a stressful or anxious state, having periods of lack of rest, and depression. One of the first indications of depression is fatigue. Overweight, overwork, and depression are often related, and may cause fatigue.

An irregular schedule causes the body to not have the ability to control the expenditure of energy; this means fatigue.

Constipation uses up energy and can cause fatigue by the constant transmission of electrical signals from the gastrointestinal tract to the central nervous system.

Poor air, especially in the bedroom while sleeping, is a common cause of early morning fatigue as well as headache. If exhaled impurities are taken again into the blood, the body must expend double energy to throw them off. Concentrated foods like refined oils, processed sugars and all animals are another cause of fatigue.

Because we are designed for pleasure the recovery time from certain

fatigue is quick after the excesses of one's pleasures.

Make a self-evaluation and correct all those things that are known to be causes of fatigue.

Check Your Medicine Cabinet

Medication may also be a culprit of fatigue because the bottom line is that most medications can have fatigue as a side effect.

The label isn't a certain determiner to whether your medicine is causing your fatigue. If fatigue isn't a relatively common side effect, it may not be listed. If you have become more tired since taking prescription or over-the-counter medication, talk to your doctor or pharmacist about how to stop taking them.

CILANTRO LEAVES

*Medi-Sign Target
Cleanser & Nerve Tonic*

*Great nutrients, superb flavor...
if you like it!*

- Improve Digestion
- Prevent Infection
- Relieve Colic
- Soothe Arthritis Pain

CINNAMON

*Medi-Sign Target
Brain Function &
Pancreatic Function*

Historians will tell you that in the ancient world, people were dying for cinnamon...literally. Considered

more precious than gold, cinnamon was used in Egypt to preserve bodies after death.

Cinnamon comes from a bushy evergreen tree that grows in Sri Lanka, India, Indonesia, South America and the West Indies. This fragrant spice, wildly popular for its ability to perk up a pie, has a new role. Recent evidence shows that cinnamon can also make mincemeat out of germs.

The inner bark of this tree is dried and used as a spice, while the oil is distilled and used in food, liquors, perfumes and drugs.

Cinnamon is a strong stimulator of insulin activity, very helpful for those with Type 2 diabetes, also a mild blood thinning activity.

Health Benefits

- Blood Sugar Control
- Clotting, Blood Thinning
- Kills Germs Dead
- Microbial Activity
- Peps up Digestion
- The Scent Boosts Brain Function

Although it is available throughout the year, the fragrant, sweet and warm taste of cinnamon is a perfect spice to use during the winter months. The two varieties of cinnamon, Chinese and Ceylon, have a similar flavor. The cinnamon from Ceylon is slightly sweeter, more refined and more difficult to find in local markets.



CIRCULATION BLOCKAGE IN LEGS

*Medi-Sign Target
Walking, Water & Salt*

Circulation blockage in the legs, intermittent claudication, is pain in the legs caused by atherosclerosis, hardening of the arteries, of the lower extremities.

Because atherosclerosis decreases the supply of blood and oxygen to the legs, people with intermittent claudication experience leg pain after walking a certain distance.

What are the symptoms of intermittent claudication?

Initial symptoms of intermittent claudication develop during walking and are quickly relieved by rest. These symptoms are pain, aching, cramping or fatigue of the muscles in the lower limbs. Symptoms typically occur in the calf but may also be located in the foot, thigh, hip or buttocks. In more advanced stages, the painful symptoms are present even at rest and are worsened by elevating the legs.

Lifestyle Changes that may be Helpful

Smoking is directly linked to intermittent claudication. So people who have intermittent claudication, or wish to prevent it, should not smoke.

The best way to treat circulation blockage in the legs is walk each day and become more active.

Exercise, rehabilitation therapy and

"Middle age is when you've met so many people that every new person you meet reminds you of someone else."

-Ogden Nash

weight loss are also recommended.

The best things to eat are grains, seeds, wheat germ, and any kind of nut.

CIRCULATORY PROBLEMS

Medi-Sign Target

Citrus, Legumes, Water & Salt

If nutrients and oxygen-carrying blood cannot efficiently pass through arteries to and from your 76 trillions of cells because your circulation is limited, **you may soon be out of circulation with one or more serious, if not critical, medical disorders:**

- Agina pectoris, obstruction of arteries to the heart and cramping with pain in the chest
- Heart infarct, an area of heart tissue which has died because blood supply has been cut off
- Cerebral thrombosis, blockage of a blood vessel to the brain
- Impeded blood flow to the leg
- Diabetic complications
- Emphysema
- Kidney disorders
- Deterioration of the eye's retina

• A disease characterized by rigid muscles, muscle weakness, slow movements and tremors.

(See: Parkinson's Disease)

- Senility
- Stroke
- Varicose veins

Exercise: Good Stuff! Add water, lots of it and ya gotter did.

Individuals who cannot manage stress properly often resort to vigorous physical exercise to relax. This is excellent because physical activity helps release stress and, at the same time, keeps arteries and capillaries supple and youthful.

Inactive capillaries often collapse. Then they cannot provide enough food and oxygen to muscles, which they're supposed to service.

A simple, no-cost-for-equipment exercise like brisk walking for a half hour or more daily can send the blood rushing to the farthest outposts of the body. Brisk walking, bike riding, jogging, running or swimming may be a better alternative for

more athletic individuals yearning for greater physical activity.

Foods That Help Keep Arteries Clear

Beets, black soybean, buckwheat, citrus peel, lentil, omega-3 oils, rye, soybeans and water.

CIRRHOSIS

Medi-Sign Target

1 Cup Lemon Juice Daily, Macadamias & Grapes

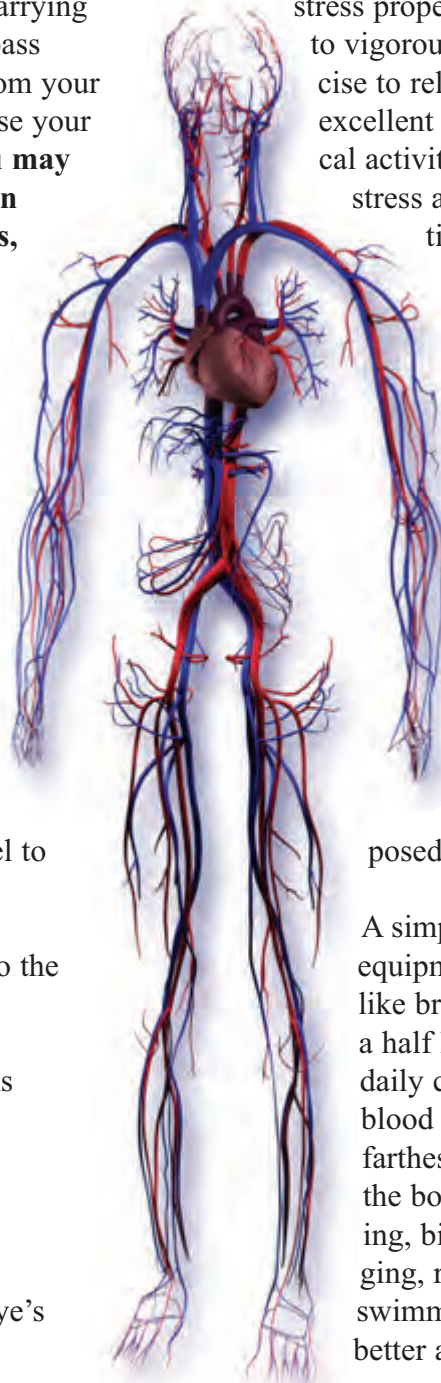
Causes and Symptoms

Symptoms of alcoholics include: a puffy face with bloodshot eyes, hoarse voice, rapid pulse, vomiting, delirium and impaired judgment. They are also suspicious, irritable and over-emotional. Excessive drinking damages the liver and gradually leads to cirrhosis as well as disorders of the stomach and bowels. It can cause damage to the brain cells and also affects the heart, which becomes weak and flabby.

Alcoholism begins with the occasional drink that gradually progresses to a habit and leads to a state where the person cannot do without alcohol. Some people drink alcohol to enliven social gatherings under social pressure. Other people use alcohol as an escape from the responsibilities or stresses of life.

Remedies

Grapes: The most important home remedy for alcoholism is an exclusive diet, for a month or so, of grapes. Since this fruit contains the purest form of alcohol, grapes are an ideal yet healthy substitute for distilled alcohol. Alcoholics should take three meals a day of fresh grapes at five-hourly intervals. The



success of this treatment for ceasing to drink depends on the determination of the alcoholic.

Apples: Apples are another effective remedy for alcoholism. A generous intake of apples help to remove intoxication and reduce the craving for wines and other intoxicating liquors.

Dates: Dates are considered beneficial in the treatment of alcoholism. The person should rub four or five dates together in a half glass of water then drink it. This remedy should be taken twice daily for a month. It will bring definite relief.

Celery: The juice of raw celery has also been found useful in alcoholism. It is a neutralizer to alcohol so it has a sobering effect on the person. Half a glass of celery juice mixed with an equal quantity of water should be taken once daily for a month.

Fresh lemon juice: One cup daily can restore liver function to normal in 90 days or less assuming that no alcohol is ingested at that time.

Eat complex carbohydrates such as brown rice, whole grain bread and pasta. A sensible whole food, high carbohydrate diet can at least help to prevent further deterioration.



CITRUS

*Medi-Sign Target
Breasts, Deplaquer &
Shrinks Tumors*

**Lemon, Orange and Grapefruit:
for cancers, heart problems, strokes
and nerves.**



If you thought it was only the vitamin C in citrus fruits that make them such a healthy choice, listen up. Deep inside the white rind and membranes of these fruit are the miraculous group of plant compounds of bioflavonoids, citric acids and pectins. So the next time you pick citrus, dig deep into the rind when juicing it.

BLOOD ORANGE

In the Mediterranean, a third of all oranges are blood oranges. The name "blood orange" refers to the internal flesh having reddish purple spots. These fruits are smaller than a baseball and particularly sweet tasting. In Florida, the blood oranges are a novelty because the reddish coloring is not as prevalent as it is in California with the same cultivars. The calcareous soils of Florida do not bring out the color like soils in other areas of the country. Nonetheless, the taste is the same.

It isn't clear as to why the fruit spots. It is thought that the soil does have something to do with this, though. The fruits grown in California are nearly entirely reddish-purple with little or no "orange" coloring in the flesh. Three of the most popular varieties are Tarocco, Sanguinelli and Moro. The Sanguinelli blood orange, found in Spain in 1929, is characterized by its red-pigmented skin, very few seeds and sweet and tender flesh.

Americans traveling in France, Italy or Spain would drink a glass of regular blood orange juice, sometimes believing it to be a mixture of regular orange juice with raspberry and other juices.

The Sanguinelli variety produces small fruit size and is more compact than most other sweet oranges. Trees grown in the interior valleys of California seem to produce fruit with the most consistent color.

How They Get Their Color

A pigment called anthocyanin is found in blood oranges. This is unusual because it is not typically found in citrus fruits but rather in other red fruits and flowers. Both the inside of the orange and the outside can be darkly pigmented.

CLEMENTINE

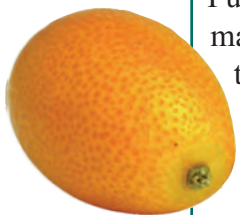
Clementines are also called Algerian tangerines. They are small, sweet-tasting and are seedless. The membranes covering the carpels are thinner than other tangerines, and the texture of the fruit is very delicate. Most clementines are imported from North Africa and Spain.

Season: November through April.

"Suppose you were an idiot and suppose you were a member of Congress. But I repeat myself." -Mark Twain

KUMQUAT

Fresh kumquats can be eaten raw and whole. This is especially true of the Meiwa type of fruit. They have the nutrition inherent to other citrus.



Many canned kumquats are exported from Taiwan and often served as dessert in Chinese restaurants. To preserve a kumquat, wait until they lose some of their moisture and acquire a richer flavor. They are easily preserved whole in honey syrup. Kumquats are excellent for making marmalade, either alone or half-and-half with calamondins.

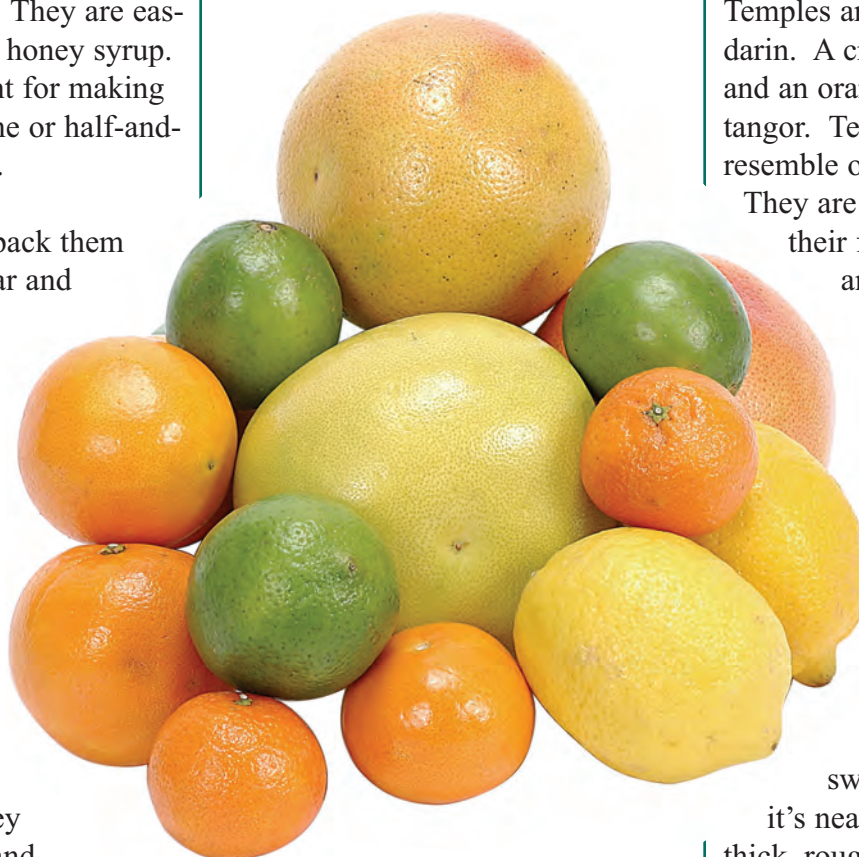
To pickle a kumquat, pack them in jars of water, vinegar and salt that are partially sealed for four to five days. Then change the brine, seal and let them stand for six to eight weeks. To make sweet pickles, cut the kumquats in half and boiled them until they are tender. Then drain them and boil again this time with a mixture of honey syrup, vinegar, water and maple syrup. You can add cloves and cinnamon to your liking. Then bake the mixture until it is thick and transparent. Another way to cook a kumquat is by chopping them and mixing them with honey, orange juice, salt and butter for kumquat sauce.

PUMMELO

For the Brain

Pummelo is also known as pamplemousse, pomelo, Bali lemon, Limau besar and shaddock depending on

the region where it is grown. Pummelo's nutritional benefits match that of other citrus fruits, but they seem to target brain function. As an ancestor of the common grapefruit, this large, exotic citrus fruit originated in the East and is still grown in Asian in countries including China, Japan, India, Fiji, Malaysia and Thailand. It is also now grown in the Caribbean and in California and Florida of the United States.



Pummelos come from the pummelo tree, which can grow to heights of up to 50 feet. These trees produce very attractive, fragrant and large white flowers. The flowers are often used in Asia to make perfumes. The pummelo fruit, which can be eaten raw, is like the grapefruit in that it is tangy in taste, but it is a little sweeter.

Pummelo's are easily spottable by their large size and thick outer skin.

The inside of a pummelo is white or pink with thick membranes surrounding the flesh. The skin of a pummelo is commonly used as an ingredient in preserves. Pummelo skin is also used medicinally in some cultures like in Southeast Asia. There raw pummelo skin pieces are given to people to eat when they are having problems with excessive coughing or with epileptic seizures.

TEMPLE

Temples are also called a royal mandarin. A cross between a tangerine and an orange makes this fruit is a tangor. Temples are very seedy and resemble overgrown tangerines.

They are very sweet and juicy; their flavor is similar to that of an orange. Season: January through March.

UGLI FRUIT

This citrus fruit was bred by crossing a grapefruit with an orange or tangerine. The ugli fruit is grapefruit-sized but loose-skinned like a tangerine. It has pinkish-orange flesh, it's

sweeter than grapefruit and it's nearly seedless. The skin is thick, rough and puffy. It's coloring it normally somewhere between greenish-yellow to orange. Ugli fruit now grows in places like Florida although it originated in Jamaica. It can be found in specialty produce markets in the winter and early spring. The ripest fruits for eating are those that give slightly to finger pressure. Just like you eat oranges and grapefruit in salads, deserts and breakfast, eat ugli fruit the same way.

"I was in New Zealand watching women chatting as they bung laundry on the clothesline; warm sunshine, fresh air, friendship. How lucky are we to have dryers?"

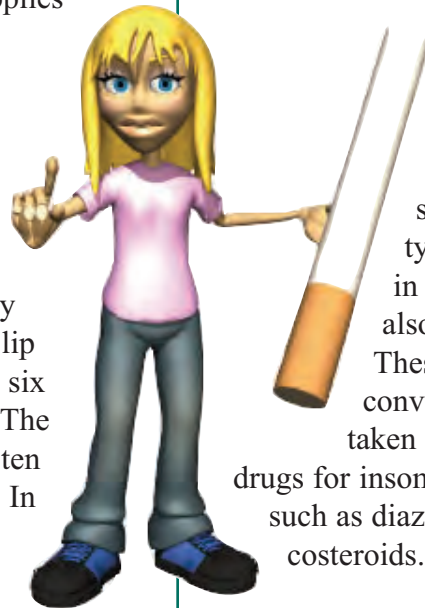
CLEFT LIP

*Medi-Sign Target
Micro-Surgeries Until
Repaired*

A cleft is a separation in a body structure. Clefts that occur in the oral-facial region often involve the lip; the roof of the mouth, called the hard palate; or the soft tissue in the back of the mouth, called the soft palate. There are two major types of oral-facial clefts. They are cleft lip/palate and isolated cleft palate. Babies with cleft lip/palate have a cleft lip which usually is accompanied by cleft palate. In isolated cleft palate, the cleft palate occurs by itself, without cleft lip or other malformations. These two forms of oral-facial clefts are considered separate birth defects. Here we refer to each specific type of cleft by name, and use the term oral-facial cleft when the information applies to both.

When Do Oral-Facial Clefts Develop, and How Common are They?

These separations normally are present in early fetal development. The lip usually closes by five to six weeks after conception. The palate usually closes by ten weeks after conception. In approximately one in every 1,000 babies born, the lip or the lip and palate together fail to close. Cleft lip/palate occurs more often among Asians (*about 1.7 per 1,000 births*) and among certain groups of American Indians (*more than 3.6 per 1,000 births*). It occurs less frequently among African-Americans



(*approximately 1 per 2,500 births*). Males are affected more frequently than females. Cleft palate occurs alone less often, appearing in approximately one in 2,000 babies. Unlike the risk for cleft lip/palate, the risk for isolated cleft palate appears to be similar across all racial groups. Females are affected more than males in cleft palate making this another difference. A well-established risk factor that can cause fetal alcohol syndrome with associated craniofacial-oral-dental birth defects is hard alcohol.

Environmental insults or teratogens can produce severe human birth defects involving the face, jaws and teeth. If these teratogens were eliminated before conception and during pregnancy, many thousands of craniofacial-oral-dental birth defects could be prevented every year. This would result in significant human benefits and cost savings.

A major risk factor for cleft lip, with or without cleft palate, is smoking. Other types of drugs taken in pregnancy may also increase the risk. These include anti-convulsives, usually taken for epilepsy, and drugs for insomnia and anxiety such as diazepam and corticosteroids.

Other possible causes include infections during pregnancy and deficiency of the B vitamin folic acid.

Micro surgeries can assist the severity of this condition.

CLOVES

*Medi-Sign Target
Bone & Joints*



Cloves have cleansing and vermifuge properties, and acts as a digestive aid. They have oil that is applied for relief of toothache and mouth pain. This oil is also a soother for rheumatic diseases. They contain a compound called eugenol, a powerful nutrient that can help keep your arteries clear of cholesterol. This agent is a great relief from infections also.

In Latin, the word "clove," or clavus, means "nail." The clove is native to the Spice Islands of Indonesia. It is cultivated in Brazil, the West Indies, Mauritius, Madagascar, India, Sri Lanka, Zanzibar and Pemba. As early as 400 B.C. the Chinese wrote of cloves. There is even a record from 200 B.C. of courtiers keeping cloves in their mouths to avoid offending the emperor while addressing him. The Romans had their cloves delivered to them by Arab traders.

Health Benefits

A main benefit from cloves is the production of eugenol. This has made cloves the subject of numerous health studies, including studies

"The learned are seldom pretty fellows, and in many cases their appearance tends to discourage a love of study in the young." -H. L. Mencken

“If I had known I was going to live this long I would have taken better care of myself.” -Mickey Mantell

on the prevention of toxicity from environmental pollutants like carbon tetrachloride, digestive tract cancers, and joint inflammation.

Eugenol extracts from clove have often been used in dentistry in conjunction with root canal therapy, temporary fillings, and general gum pain in the United States. This is because eugenol and other components of clove, including beta-caryophyllene, combine to make clove a mild anaesthetic as well as bacterial agent. For these beneficial effects, you’ll also find clove oil in some over-the-counter sore throat sprays and mouth washes. I say, “Why not make your own?”

With their intense orangy scent and piquant flavor, cloves nicely complement autumn-ripe vegetables like pumpkin and squash. They also do well in rice dishes and baked goods.

Phytochemicals: Beta-carotene, beta-pinene, beta-sitosterol, campesterol, carvone, caryophyllene, chavicol, cinnamaldehyde, ellagic acid, eugenol, gallic acid, kaempferol, linalool, methyleugenol, methylsalicylate, mucilage, oleanolic acid, stigmasterol, tannin, vanillin. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, zinc, vitamins A, B1, B2 and C.

COCCIDIODOMYCOSIS

Medi-Sign Target
Water, Salt & Honey
Infused Garlic

Coccidioidomycosis is the infection caused by the dimorphic fungus *Coccidioides immitis*. The disease

is only endemic in regions of the Western Hemisphere. In the United States, the endemic areas include southern Arizona, central California, Southern New Mexico and west Texas. The endemic region extends southward into Central and South America. An arid climate, alkaline soils, hot summers, few freezings and yearly rainfalls ranging between five to 20 inches characterize these areas. Outbreaks occur following dust storms, earthquakes and earth excavation where dispersion for arthroconidia is favored.

Inhalation of the spores, arthroconidia, is the cause of coccidioidomycosis. Once in the lungs, the arthroconidia transform into spherical cells called “spherules.” An acute respiratory infection, that normally resolves quickly, occurs seven to 21 days after exposure. However, the infection may instead result in a chronic pulmonary condition or disseminate to the meninges, bones, joints or subcutaneous and cutaneous tissues. About 25% of the people with disseminated disease have meningitis.

Coccidioidomycosis occurs in a primary and in a secondary form. Due to inhalation of wind-borne spores, the primary form varies in severity from symptoms like the common cold to symptoms like influenza. The secondary form is a virulent and severe, chronic, progressive and granulomatous disease resulting in involvement of cutaneous and subcutaneous tissues, viscera, the central nervous system and lungs.

Treatment consists primarily of rest with water, salt, garlic and time.

This combination is the perfect assistance to allow your body to heal itself.

COCOA

Medi-Sign Target
Heart & Emotions



Chocolate has had a long history as a favored food of many cultures including the Aztec and Mayan. Today, commercial chocolate is considered a luxury food that should be eaten sparingly as it can contribute to migraines, acne and obesity.

Cocoa is a rich source of procyanidin flavonoids including epicatechins and its derivatives. The protective content is significantly higher in cocoa than in tea. Oligomeric polyphenols in cocoa are stronger than monomeric polyphenols in tea also. Oligomeric polyphenols inhibit reactive oxygen species which can damage cell membranes. This can then lead to diseases such as arteriosclerosis, cancer and the ageing process.

Any health benefits?

Studies are now indicating that there are components in the cocoa beans used to make chocolate that are good for us and may help prevent

heart disease, cancer and other degenerative illnesses. It is worth considering these studies, as the findings are very interesting. All the studies used ground cocoa beans in the form of a warm drink.

Heart

Phytonutrients called flavonoids that are found in cocoa have two positive effects. One effect is that they block arterial damage caused by free radicals or unstable molecules. These free radicals, may damage the arterial walls by blocking the artery wall lining. The second indicates that chocolate inhibit platelet aggregation which could cause a heart attack or stroke. There have also been studies indicating that cocoa flavonoids relax the blood vessels which inhibit an enzyme that causes inflammation.

Nutrients and other active components of cocoa beans:

- **Protein** – needed for cell maintenance and repair.
- **Fat** – varies, but generally about 30% fat, of which about 50% is plant based saturated fat or called good fats.
- **Vitamin E** – a fat-soluble vitamin essential for cell membranes.
- **Calcium**, phosphorus and magnesium – minerals essential for strong bones and teeth.
- **Iron** – needed to form haemoglobin, the oxygen-carrying compound in blood.
- **Caffeine and Theobromine** – nervous system stimulants.
- **Copper** – assists iron metabolism, formation of melanin (*in hair*

and skin) and functioning of the central nervous system.

- **Flavonoids** – cocoa beans, a main ingredient of chocolate, especially dark chocolate, contain more than 600 plant nutrients that can protect against heart disease and cancer.



The link to migraines

Migraines are debilitating headaches caused by spasms and constrictions of the arteries leading to the brain. The underlying mechanisms remain unclear, but a number of triggers seem to be needed to start the migraine process. Certain foods including commercial chocolate because of added alkalis, sulfites, nitrates, theobromine, etc., are commonly cited as triggers. However, for some sufferers, chocolate can't start the migraine process by itself. Numerous international trials have found that other factors like hormones and stress as a result of tiredness, excitement or anger need to be present at the same time.

Acne and pimples

A recent Melbourne study has shown that around 70% of people believe that certain foods can cause

or exacerbate acne. Chocolate was indicated as one of the main food culprits. To date, there is no published scientific evidence to back up this long-held belief. Sometimes, though, people need to go with experimental evidence and not wait for experts because scientists do not always get funding to do research when it could be negative toward an industry. Some scientists now do suggest that a high glycemic index food, combined with a high intake of refined carbohydrates, like sugars, white flour etc., “may” be linked to pimples. These are all ingredients that commercial chocolate has!

Obesity

Obesity is not caused by specific foods. Instead, general overeating and inactivity are the cause. If a person regularly eats more food than their body needs, they will store the excess energy as body fat. Chocolate is energy-dense.

Regularly eating energy-dense foods can be a fast way to gain excess weight. It would be wrong, however, to say that regularly eating chocolate will lead to obesity.

Chocolate can be eaten in moderation by a person with a healthy diet and lifestyle without fear of weight gain. Traditional Mexican cuisine uses dark chocolate in savory vegetable dishes. Chocolate eaten this way has a lower energy density, which is desirable if watching your weight, because it is being ‘diluted’ by the less energy-dense vegetables.

Diabetes

Studies have shown that small amounts of chocolate can be eaten by people with diabetes without any significant adverse impact on their glucose control.

“It's sloppiness in speech caused by ignorance or apathy? I don't know and I don't care.” -William Safire

Cocoa versus chocolate

Try drinking ground or organically prepared chocolates instead of eating commercial chocolate to boost your intake of nutrition while keeping your fat intake low.

Commercial Chocolate is not a "health food"

While there may be some healthy things in commercial chocolate, it does have other components that are not good for you especially when there are too many of them in your diet. Chocolate should not be described as some sort of 'health food.' At the same time, the evidence so far can help take away the guilt of eating chocolate in moderation. So, eat all you want of the organic cocoa bean prepared by you or a trusted supplier.

Dark chocolate vs. milk chocolate

Dark chocolate is more cocoa nutrient dense than milk chocolate and is not as chemically added to.

COCONUT

Medi-Sign Target

All 76 Trillion Cells & A Panacea Food like Apples

The coconut's scientific name is *cocos nucifera*. Early Spanish explorers called it coco, which means "monkey face" because the three indentations, or eyes, on the hairy nut resembled the head and face of a monkey. *Nucifera* means "nut-bearing." The coconut has fed and nourished worldwide populations by providing a nutritious source of meat, juice, milk and oil. On many islands, coconuts are the majority of the food eaten and therefore are essential in the diet. Nearly one third of the world's population

depends on coconut to some degree for their food and their economy.

The coconut is highly nutritious and rich in fiber, vitamins and minerals. It is classified as a "functional food" because it provides many health benefits beyond its nutritional content. Coconut oil is of special interest because it possesses healing properties far beyond that of any other dietary oil. It is extensively used in traditional medicine among Asian and Pacific populations. Pacific Islanders consider coconut oil to be the cure for all illness. The coconut palm is so highly valued by them as both a source of food and medicine that it is called, "The Tree of Life." Only recently has modern medical science unlocked the secrets to coconut's amazing healing powers for themselves...hey, they may catch up.



In traditional medicine around the world coconut is used to treat a wide variety of health problems including the following: abscesses, asthma, baldness, bronchitis, bruises, burns, colds, constipation, cough, dropsy, dysentery, earache, fever, flu, gingivitis, gonorrhea, irregular or painful menstruation, jaundice, kidney stones, lice, malnutrition, nausea, rash, scabies, scurvy, skin infections, sore throat,

swelling, syphilis, toothache, tuberculosis, tumors, typhoid, ulcers, upset stomach, weakness, and wounds.

Coconut In Modern Medicine

Modern medical science is now confirming the use of coconut in treating many of the above conditions. Published studies in medical journals show that coconut, in one form or another, may provide a wide range of health benefits. **Some of these are summarized below:**

- Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS and other illnesses.
- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea and other diseases.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash and other infections.
- Expels or kills tapeworms, lice, giardia and other parasites.
- Provides a nutritional source of quick energy.
- Boosts energy and endurance, enhancing physical and athletic performance.
- Improves digestion and absorption of other nutrients including vitamins, minerals and amino acids.
- Improves insulin secretion and utilization of blood glucose.

"If today was a fish, I'd throw it back in."

- Relieves stress on pancreas and enzyme systems of the body.
- Reduces symptoms associated with pancreatitis.
- Helps relieve symptoms and reduce health risks associated with diabetes.
- Reduces problems associated with malabsorption syndrome and cystic fibrosis.
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
- Helps protect against osteoporosis.
- Helps relieve symptoms associated with gallbladder disease.
- Relieves symptoms associated with Crohn's disease, ulcerative colitis and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.



- Supports and aids immune system function.
- Helps protect the body from breast, colon and other cancers.
- Is heart healthy; improves cholesterol ratio reducing risk of heart disease.
- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Functions as a protector to cells from oxidation.
- Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease.
- Coconut oil does not deplete the body's nutrient reserves like refined oils do.
- Improves utilization of essential fatty acids and protects them from oxidation.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Relieves symptoms associated with benign prostatic hyperplasia (*prostate enlargement*).
- Reduces epileptic seizures.
- Helps protect against kidney disease and bladder infections.

- Dissolves kidney stones.
- Helps prevent liver disease.
- Is lower in calories than all other fats.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
- Helps prevent obesity and overweight problems.



- Applied topically helps to form a chemical barrier on the skin to ward off infection.
- Reduces symptoms associated with the psoriasis, eczema and dermatitis.
- Supports the natural chemical balance of the skin.
- Softens skin and helps relieve dryness and flaking.
- Prevents wrinkles, sagging skin and age spots.
- Promotes healthy looking hair and complexion.

"There is more to life than increasing its speed." -Gandhi

- Provides protection from damaging effects of over-exposure to ultraviolet radiation from the sun.
- Helps control dandruff.
- Does not form harmful by-products when heated to normal cooking temperature.
- Has no harmful or discomforting side effects.
- Is completely non-toxic to humans.

COCONUT OIL

Medi-Sign Target
Heart, Brain & Skin

The Skinny on Fat

Fats are not all alike. To lose body fat, replacing the fats you now eat with coconut oil may be the wisest decision you could make. We often think that the less fat we eat, the better off we'll be. However, you don't necessarily need to reduce your fat intake; you simply need to choose a fat that is better for you. In other words you need to choose a fat that doesn't contribute to weight gain. You can lose unwanted body fat by eating more plant saturated fat, in the form of coconut oil, and less polyunsaturated fat, in refined vegetable oils. Coconut oil has many remarkable qualities one of which is that it can help you lose weight. Yes, there is a dietary fat that can actually help you take off unwanted pounds. Coconut oil can quite literally be called a weight loss fat.

- Boosts your daily energy.
- Helps you lose weight, lowers cholesterol.
- Helps those with diabetes, thyroid, chronic fatigue.
- Improves Crohn's, IBS, and other digestive disorders.
- Reduces your risk of heart disease and other diseases.
- Rejuvenates your skin, prevents wrinkles.

Coconut oil is truly one of the healthiest oils you can consume. It contains no trans fat and is rich in lauric acid, which is known for having viral, bacterial and fungal properties. Coconut oil can even help to prevent wrinkles when used on your skin.

Because coconut oil contains saturated fat, there is a widespread misconception that it is bad for you.

Dispel any lingering notions you may have that all saturated fats are dangerous; only animal saturated fats are, plant saturated fats are not.

Depending on how many carbon molecules the fats contain, they are categorized as short, medium, or long-chain. Close to two-thirds of the saturated fat in coconut oil is made up of medium-chain fatty acids, which have microbial properties. These fats are easily digested by the body for quick energy and are beneficial to the immune system. Far from being dangerous, the saturated fat in coconut oil is actually health promoting.

So how could such a bad reputation emerge from an oil that is so good for you? The answer comes down to simple economics and politics. A powerful hate-saturated fat movement began based on some flawed studies performed over four decades ago, which sometimes used primarily hydrogenated coconut oils.

Remember that hydrogenated oils are oils with trans-fatty acids. These have been altered from their original chemical composition and have been shown to raise cholesterol levels. They also have been shown to lead to heart disease and other health problems. You should not consume hydrogenated oils, whether it is coconut or another vegetable oil.

Around this time the refined oil industry began to denounce all saturated fats and heavily promote polyunsaturated fats such as refined canola, corn, soybean, safflower, and other seed and nut oils. However, these refined oils easily become rancid when exposed to oxygen and produce



large amounts of damaging free radicals in the body. What is not commonly known is that these oils can actually cause aging, cancer, clotting, inflammation and weight gain.

Fortunately, researchers have begun to realize coconut oil's health-promoting qualities, and it has started to gain some positive media exposure. Note, though, that coconut oil can vary widely in terms of the types of coconuts used and the manufacturing processes used to make the oil, among other factors. All of these factors play a major role in the effectiveness of the oil.

Most commercial coconut oils are RBD (refined, bleached and deodorized). RBD oils contain the medium chain fatty acids; however, they also contain chemicals used in processing.

Use only virgin coconut oil, not only certified organic, but also, including no GMO ingredients, bleaching, deodorizing, refining or hydrogenation, and come from fresh coconuts (not "copra" or dried coconuts like most oils) that come from a rural region of the Philippines untainted by urban pollution.

COFFEE

*Medi-Sign Target
The Adrenals*

Coffee Kills: Not!! (Except Parasites)

Coffee as a health drink? Are you sure? Yes, this is a brazen plug for fair trade organic coffees. Some people are unaware of the healthy nature of coffee; **it's a "bean" for**



Pete's sake! Coffee can ruin the parasite's environment making it an important factor in disease protection from the bad bacteria and parasites.

Have you ever considered that coffee can do this? Many studies show no negative health effects and even health benefits when drinking a few cups of coffee per day. This is even as compared to no coffee intake at all.

Studies have shown coffee consumption offers significant risk reduction in many diseases. They include: type two diabetes, Parkinson's disease, certain cancers like colon cancer and pregnancy complications along with others.

Why do so many people believe the opposite? The media features negative sensational stories about coffee consumption. These studies seem to show problems



with excessive consumption. They are not, however, adjusted to include tobacco use, junk diet and hard alcohol consumption in their results. Also, negative studies that are flawed and have subsequently been disproved or withdrawn are just more exciting to report. When you hear of any study,

make sure to do research on your own to find out how the results are interpreted and what is unreported.

Coffee has health benefits with a wonderful flavor, enjoyment and even romance. Coffee also is an easy ethical choice so as not to exploit third world farm workers fair trade. So, if you drink coffee, organic coffee should be on your must buy list. Most, but not all, of coffee's negative impact comes from its high concentration of caffeine a psychoactive drug. Caffeine can be a mood elevator and mental energizer depending on an individual's biological makeup. Coffee improves mental performance in some, is an emergency remedy for asthma and dilates bronchial passages.

"We don't know a millionth of one percent about anything." -Thomas Edison

“He who hesitates is not only lost, but miles from the next exit.” -Jim Price upon moving to Southern California

“Processed caffeine,” on the other hand, can trigger headaches, anxiety and panic attacks in some. In excess, it may cause psychiatric disturbances, promote insomnia and aggravate heartburn. It promotes bowel movements in many, causes diarrhea in others and can promote fibrocystic breast disease in some women. Processed chemical caffeine is used in soft drinks, sports drinks, OTC drugs, prescription drugs and is even infused into some commercial coffee beans.

Decaffeinated coffee is a chemical mess; avoid it!

COLD

Medi-Sign Target

*Exercise, Fresh Air, Peppers
& Salt*

Colds: Find a cure and millions upon millions will die because a cold is the body’s method of elimination by dumping toxins, viruses and bacterial overwhelm.

Eating foods high in vitamin C is the number one best thing you can do for a cold.

A great thing to do for colds and a sore throat is to eat sliced onions. Eat them raw or cooked slowly, do not brown them though. Put them then in water until they are almost a syrup and add a squirt of lemon and a tablespoon of honey and mix well. Some people strain the onion out, and others drink it down with the syrup.

Garlic is also a renowned remedy for colds.

Drink vitamin C-rich juice like orange, tomato, grapefruit or



pineapple. This can help you get over a cold if you need to drink at least five glasses a day. Studies show it takes that much whole food vitamin C to reduce sneezes and coughs in cold sufferers.

Serve a steamy bowl of comfort.

Any hot liquid can help cut through congestion. Tomato soup and lemon juice work. You may like to add a little cayenne even.

Keep a glass of water on your nightstand

because taking sips of water during the night is another way to moisten the nose and help breathing. This will also help to combat the dehydration that can result from a cold.

Try a ginger brew. For chills, drink tea made with a teaspoon of ground ginger in boiling water.

Eat south of the border. Hot Mexican or Indian foods are good

congestion busters so break up congestion with a bowl of meatless chili or other spicy foods contain-

ing horseradish, hot pepper sauce, hot mustard or curry. As a rule of thumb, if it makes your eyes water, it will also make your nose run, which clears it up.

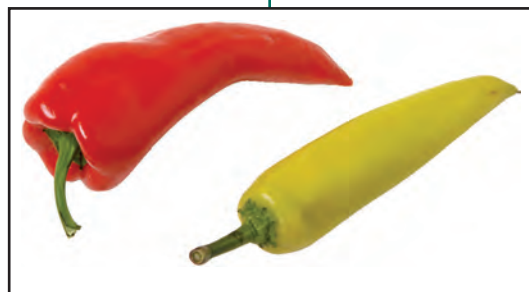
Pump your legs. A daily 45-minute walk can help speed recovery from colds. A daily walk helps shake up and spread out the cells of your immune system making them more vigilant. Don’t push yourself, though, because exhaustive exercise can actually impair the immune system. If you pace yourself so that you can comfortably talk while you walk, you’re going at the right speed.

Snort salt water. For a stuffy nose, nasal sprays are safer and better than oral decongestants and other drugs. Dissolve a teaspoon of salt in a pint of water, and then use a nose dropper to drop it in your nose. Gently blow your nose on a tissue. Sit in a sauna or hot tub. There’s no sure way to prevent a cold, but the Swedes may be on the right track. Researchers found that if you indulge in a sauna twice a week or more, you’re less likely to catch a cold because the high temperature blocks the cold viruses from reproducing.

Make your home tropical. A major issue in causing colds is not so much the cold weather, but it’s the stale air and lack of humidity.

When our nose and tonsils are dry, they cannot trap floating particles and germs efficiently and it becomes increasingly difficult to

sneeze, cough and expel germs from the body. Turning down the thermostat and turning on a





room humidifier keeps virus-laden mucus flowing out of the body. Air electrically dies when it doesn't move; it stagnates like water. Air re-electrifies, purifies and freshens as it moves every 16 feet though.

Chill out. People reporting low stress levels are two times less likely to develop a cold than those reporting high stress levels according to a study involving more than 400 people.

The number one cause of colds is breathing trapped lifeless air like the air in cars, offices, homes and other closed buildings. Even in the winter, open the doors, windows and vents even for just 15 minutes or use ceiling fans, box fans or hand held fans just so you're moving the air.

COLD HANDS AND FEET

Medi-Sign Target
Hot Salt Water Soaks &
A Raw Food Diet



Because they may lead to increased narrowing of blood vessels over time, you should avoid unhealthy fats found in meats, cooked dairy products, lard fried and processed foods.

Make sure to include plenty of healthy fats like extra virgin olive oil, seeds, nuts, and avocados because they seem to improve circulation in the long term. Also, avoid processed caffeine, like soda pop, as this generally leads to constriction of blood vessels.

Train yourself with a warm soak. This may sound obvious, but to keep blood flowing to your fingertips, place your hands in warm water before venturing into the cold weather. This is because the cold environment normally makes your peripheral blood vessels constrict, but the sensation of the warm water makes them open.

When you repeatedly get the blood vessels to open despite the cold, you are effectively "training" your hands to counter the constriction reflex. Most people can go into the cold without losing circulation in their hands after about 50 times of trying this.

Scorn cigarettes – even their secondhand smoke. Cigarette smoke decreases blood flow by narrowing the blood vessels of the fingers and toes; thus increasing circulation problems. These effects can be especially hard on people with Raynaud's. In fact, if you have Raynaud's, it's a good idea to even stay away from other people who are smoking.

Watch what you drink and how much you drink. Dehydration aggravates chills by reducing your

blood volume. So, be sure to drink at least eight ounces of water, cider, herbal tea or broth before venturing outdoors, and likewise drink as much when you return indoors.

COLD SORES

Medi-Sign Target
Ear Wax as a Topical

Signs and symptoms of cold sores include:

- Small, painful, fluid-filled blisters on a raised, red, painful area of your skin.
- Pain or tingling, called the prodrome. It often precedes the blisters by one or two days.
- Usual duration of seven to ten days.

Cold sores usually appear on your lips although occasionally, they occur on your nostrils, chin or fingers. It's rare, but they may occur inside your mouth only on your gums or hard palate, the roof of your mouth. If the sore appears on other soft tissues inside your mouth, it may be a canker sore, but it's not a cold sore.

Symptoms usually last seven to ten days after exposure to the herpes simplex virus although they may not start for as long as 20 days after exposure. The blisters form, break and ooze before a yellow crust forms and finally removes itself to uncover pinkish skin that heals without a scar.

Causes

Certain strains of the herpes virus cause cold sores. Herpes simplex

"I'm trying to arrange my life so that I don't even have to be present."

“There is no pleasure in having nothing to do; the fun is having lots to do and not doing it.” -John W Raper

virus type one usually causes cold sores, and herpes simplex virus type two is usually responsible for genital herpes. Either type of the virus can cause sores in the facial area or on the genitals, though. Cold sores come from another person who has an active lesion through transmission by things like shared eating utensils, razors or towels.

Once you’ve had an episode of cold sores, the virus lies dormant in the nerve cells in your skin and may emerge again as an active infection on or near the original site. An itch or heightened sensitivity may precede each attack. Factors that could cause a recurrence are fever, menstruation, stress and exposure to the sun.

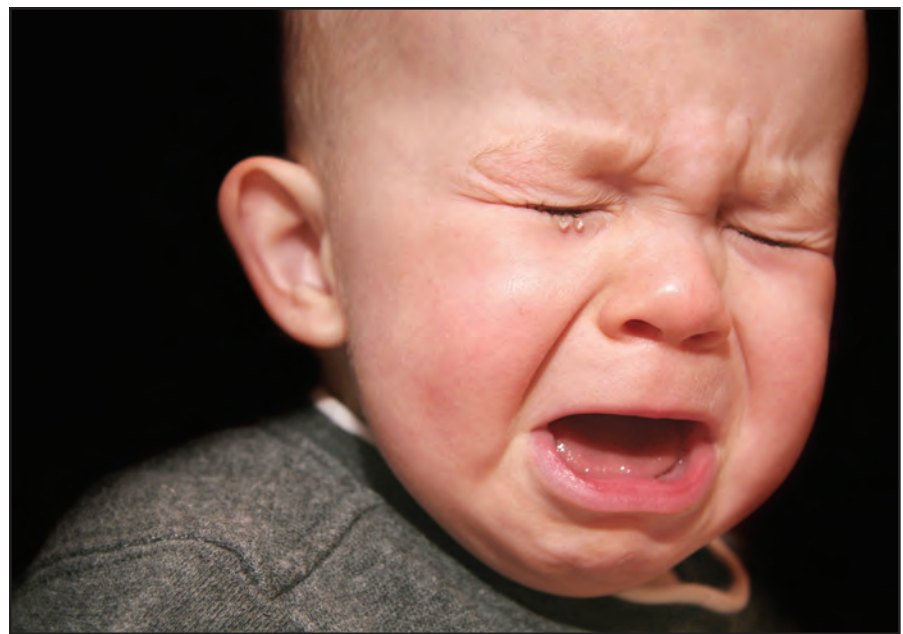
The number one solution to cold sores is your earwax. It cold cocks it in one night. Kinda sounds sick...but it’s true.

The minute you feel a cold sore coming on, you may want to try rubbing the spot all day.

COLIC

**Medi-Sign Target
Movement &
Vacuum/Dryer Noise**

Colic: uncontrollable crying over 3 hours for 3 days or more.



In general, babies start exhibiting colic symptoms around three weeks of age. It usually is at its worst around six weeks of age and then stops around three or four months of age. Even though it is a relatively short time period in your baby’s life, that three or four months will seem like years to the parents who have to “deal” with their screaming baby.

Try the colic carry.

To try this maneuver, extend your forearm with your palm up and put your baby chest down on your arm. Make sure that his head is in your hand and his legs are on either side of your elbow. Keep the baby in this position, support him with your other hand and walk around the house. This will definitely help the baby.

Burp that babe.

Some colicky babies may be more difficult to burp because they have more abdominal gas.

Be aware of the position of the baby when feeding him. If he is being fed while sitting upright, that is good. Remember to burp him frequently. When bottle-feeding the baby, burp after every ounce and try

a variety of nipple types like the Playtex disposable nurser. Breast-feeding is best, always. It kills me when women don’t breast-feed.

Check out the diet connection.

There may be some foods the mother eats while breast-feeding that do not agree with the baby’s system. Try to pay attention to any such foods. Some of the culprits may be the “processed caffeine” drinks, chocolate, strongly spiced foods and pork.

Wrap him up.

For some reason, wrapping a baby snugly in a blanket has a calming effect. Wrapping a babe is very popular in some cultures, and sometimes it helps to stop colic. Don’t worry; it won’t spoil an infant who wants physical contact.

Use a vacuum instead of a lullaby.

Although science has failed to explain this mystery, and it’s true that nature detests a vacuum, colicky babies seem to love it. One technique that parents try is to tape-record the sound of a vacuum cleaner and play it back when the baby gets fussy. Another technique is to simply start vacuuming the carpet

and hope the child outgrows colic while the carpet is still intact. To two-time colic, put the baby in a front pack and vacuum at the same time. This makes the colicky baby fall fast asleep.

Do the dryer dribble.

Put the baby in an infant seat and rest it against the side of running clothes dryer so the baby gets the buzzing sound and vibration through the seat. If you think that sounds too far-fetched, wait until baby fusses for another three hours or so. There is something about the vibration that really soothes a colicky baby.

Warm that tummy.

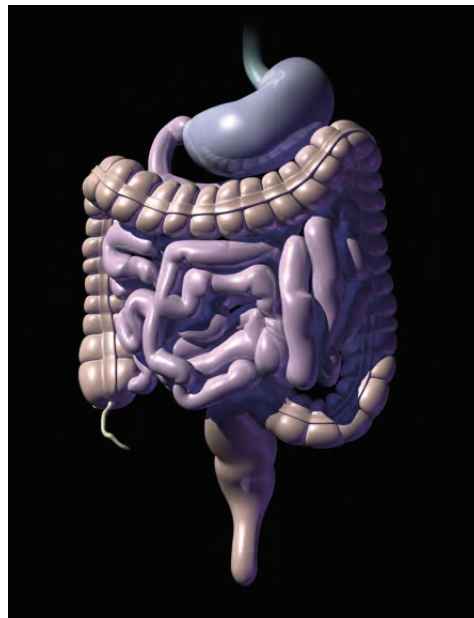
Put something warm over the babe's tummy like a hot-water bottle or heating pad set on low. Make sure you put a towel between the baby and the hot-water bottle to make sure he doesn't get burned. Swing into action. Motion-type rhythms help colic. Many babies will at least be quiet for a few minutes while they are swinging. If you learn to eat fast, that twenty minutes of peace could mean a Sunday dinner.

If the swing is not effective or available method, try this: Lay the babe in front of you on his back. Start at his rib cage and gently rub him going down the abdomen using one hand then the other for about six to eight strokes. Then slowly bring his knees toward his chest and down again three to four times in successive movements. Lastly, start at the lower left abdomen and make a semi-circle by following the lower border of the ribs from left to right and down to the lower right abdomen. This movement will look like a half moon stroke when complete.

Sometimes changing the diet, a baby bulb syringe enemas or a warm bath helps. Occasionally, milk intolerance or a food allergy may be the culprit of colic. Experiment a little with diet and note any changes.

COLITIS

Medi-Sign Target
Fermented Foods & Colonics



Colitis is caused by not enough whole foods especially legumes and whole grains. If you have been diagnosed with chronic colitis, you are already familiar with some of its unpleasant symptoms like diarrhea, abdominal pain and rectal bleeding.

Colitis is one of a group of conditions known collectively as inflammatory bowel disease. Ulcerative colitis causes open sores in the large intestine and almost always results in bloody, watery stools. Plain colitis, which is less severe, doesn't involve ulcers and tends to be confined to the upper part of the large intestine.

Although having a chronic inflammatory condition like colitis is no picnic, there is encouraging light on your health horizon. You can keep colitis under control and ease some of the discomfort with good care, proper diet and a less stressful approach to life. Flare-ups do happen, though, and when they do, the first thing you'll be looking for are some fast-track roads. The best thing to do is to phase out fiber during the flare-ups because you want to pass as little undigested residue through the bowel as possible. As soon as the flare-up is over, return to a normal or high-fiber diet.

For pain, try: cayenne, chamomile, comfrey, ginger, papaya, peppermint, psyllium husks or slippery elm.

Use friendly fruits especially melons during flair-ups. Sweet potatoes smooth things out.



The number one solution is to use fermented foods like homemade sauerkraut, yogurt, buttermilk, raw kefirs, sour cream, homemade beer, etc.

"In Rome I am weighed down by a lack of momentum, the inertia of a spent civilization. In New York I feel plugged into a strong alternating current of hope and despair." -Ted Morgan

COLLARD GREENS

Medi-Sign Target
Lungs & Brain

Collard greens, unlike their cousins kale and mustard greens, have a very mild, almost smoky flavor and are a staple to the southern United States. Although collard greens share the same botanical name as kale, they have their own unique qualities. Like kale, collards are one of the non-head forming members of the Brassica family. The dark blue-green leaves that are smooth in texture and relatively broad, separating them from the wavy edged leaves of kale.

Kale, cauliflower, broccoli and collards are relatives of the wild cabbage — a plant from Asia Minor thought to have been consumed as food since prehistoric times. Eventually, it spread into Europe and was introduced by groups of Celtic wanderers around 600 B.C. Since the times of the ancient Greek and Roman civilizations, collard greens have been cultivated. Its first mention of collard greens in the United States goes back to the late 17th century, although they may have been introduced earlier. Collards are a key food in traditional southern American cuisine.

Health Benefits

As members of the Brassica genus of foods, collards stand out as a great cancer food; especially in breast and ovarian cancers.

- Rich in removing cancer phytonutrients.

- Broad cellular protection.
- Calcium, a mineral for a lot more than strong bones.
- Help protect colon cells from cancer-causing chemicals.



- Help prevent the bone loss that can occur as a result of menopause or certain conditions such as rheumatoid arthritis.
- Help prevent migraine headaches in those who suffer from them.

- Reduce PMS symptoms during the luteal phase, or the second half, of the menstrual cycle.
- Optimizing Immune Function with loads of zinc.
- Protection against emphysema.
- Create cardiovascular protection.
- A healthy transition through menopause.

If you or someone you love is a smoker, or if you are frequently exposed to secondhand smoke, make collard greens because they are rich in vitamin A.

Give yourself the gift of health with collard greens.

COLON CANCER

Medi-Sign Target
Fermented Foods & A Raw Plant Food Diet

Ninety-eight percent of colon cancer is caused by a low fiber diet and not enough water. A low fiber diet is very bad, but when it is coupled with a high intake of animal carcasses, ground up or not, you've got problems; the more animals a person eats the more prone to bowel cancer they are.

Eat only fiber-rich whole wheat bread. Stop eating wonder bread and Twinkies and other white flour processed foods.

Some of the best foods to eat to prevent and help put colon cancer in remission are: broccoli, Brussels sprouts, cabbage, cauliflower and

“*Tumescence is the period between pubescence and senescence.*” -Robert Byrne

turnips. Other beta carotene-rich veggies are also good like carrots, sweet potatoes, tomatoes, red peppers, orange peppers and yellow bell peppers among others.

Top-grade, chemical and additive-free yogurt made from raw certified milk bought at health food stores is great. It usually is well-tolerated by even the milk intolerants and helps reduce toxic waste matter enzymes, which can lower the body's ability to slough off cancer-causing plaque.

Vegetables, fruits and grains are a few of the champions guarding us from "*toxic sludge build-up*," an epidemic disease which now claims the lives of one in three Americans. (See: *Disease: The Mystery Solved*)

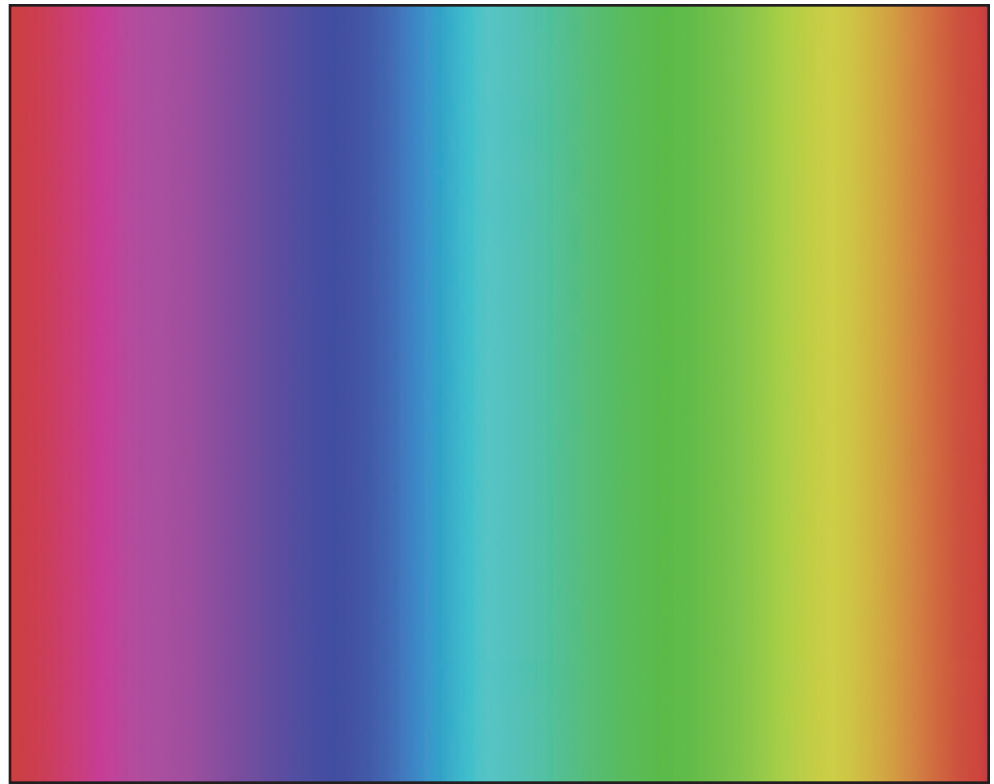


COLOR BLINDNESS

Medi-Sign Target
Carrots & Carrot Juice

Color Blindness is Passed Down

Color blindness is almost always an inherited trait, which means you get it from your parents. You get inher-



ited traits through genes, which determine everything about your body, including how tall you'll be and whether your hair will be straight or curly.

Parents, eye doctors and even some school nurses test for color blindness by showing a picture made up of different colored dots, like the one above. If a person can't see the picture or number within the dots, he or she may be color-blind.

Boys are far more likely to be color-blind. Think of 12 boys you know. One of them is probably at least a little color-blind. So girls, the next time a boy asks you if something matches, you'd better lend him a hand!

Color blindness is an inaccurate term for a lack of perceptual sensitivity to certain colors. Absolute color blindness is almost unknown. Red, green and blue are the three types of color receptors in our eyes although we also have black and white ones. They are more sensitive

than the color receptors, which is why we have poor color perception in the dark.

Color blindness comes as a result of a lack of one or more of the types of color receptors. Most color perception defects are for red or green or both and is a result of a lack of red receptors.

Yellow-blue is the second most common form of color blindness although it's extremely rare. Also, it is possible to have the color receptors missing entirely, which would result in black and white vision.

Twenty-one days of drinking nothing but carrot juice and eating orange sweet potatoes with crushed garlic helped two guys I know of get full color vision. One was a "*spotter*" in airplanes for camouflaged ground targets meaning that people with color vision couldn't see them, and he could. He love's his new full color world. Will this work for everyone? Who knows.

"Hope is the feeling you have that the feeling you have isn't permanent." -Jean Kerr

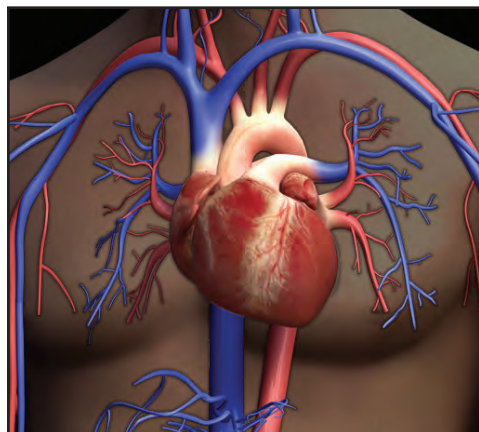
“He not only overflowed with learning, he stood in the slop.” -Sydney Smith on Macaulay

CONGESTIVE HEART FAILURE/ HEART DISEASE

Medi-Sign Target
 Swear off Animal Carcasses
 and Go Raw Food
 Vegetarian & Ferments

What is it?

Congestive heart failure (*CHF*) means that your heart has lost some ability to pump blood. This can cause shortness of breath, weakness and fluid buildup. CHF is serious, but many treatments can help you feel better. Knowing a lot about CHF, means you have a good chance of staying out of the hospital.



What causes CHF?

The most common causes of CHF are:

- Heart attacks
- Plaque
- Too much hard alcohol
- Uncontrolled high blood pressure
- Viral infection of the heart

What can I do to help my CHF?

Although drinking alcohol seems to be helpful in some people with heart disease, drinking too much may cause heart failure. Stick to moderate amounts of weak beer and wine.



Keep your blood pressure well controlled. High blood pressure strains your heart and further weakens it.

Exercise; you'll be healthier if you do.

Common arthritis medicines like naproxen (*brand name: Naprosyn*) and ibuprofen (*brand name: Advil*) can cause fluid retention. Don't take them.

An estimated 4.8 million Americans have CHF with an estimated addition of 400,000 per year. Half of the people diagnosed with CHF and get on medications will be dead within five years.

CHF is the most common diagnosis in hospital patients age 65 years and older. In that age group, one fifth of all hospitalizations have a primary or secondary diagnosis of heart failure.

Although the magnitude of the problem of CHF is large now, it is expected to get much worse.

Incidence of CHF is as equally frequent in men as women. After a person reaches 65 years of age, the annual incidence approaches 10 per 1,000. Incidence is twice as common in persons with hypertension as opposed to a normotensive person. It is five times greater in persons who have had a heart attack com-

pared to persons who have not. Typically, CHF people will not change their diets; they take pills instead.

Survival following diagnosis of CHF is worse in men than women. Even in women, though, only about 20 percent survive much longer than eight to 12 years and one in five persons die within one year. CHF remains a highly lethal condition. With the use of angiotensin-converting enzyme (*ACE*) inhibitors as a possible exception, advances in the treatment of hypertension, myocardial ischemia and valvular heart disease have not resulted in substantial improvements in survival once CHF ensues. **“I'd rather die than give up meat!”** is the testy battle cry.

The death rate for congestive heart failure increased most between 1968 and 1993. These increases are in contrast to mortality declines for most heart and blood vessel diseases. In 1993, there were 42,000 deaths where CHF was identified as the primary cause of death, and another 219,000 deaths where it was listed as a secondary cause on the death certificate. The death rate for CHF in 1993 was nearly 1.5 times higher in black men and women than in white men and women.

Investigations also are being done into improving heart transplantation for CHF people because this is sometimes the only option doctors give their patients. There is, however, a shortage of donor hearts. A possible solution to this critical shortage may be the use of a heart from another animal. This procedure is called xenotransplantation, and it once was made difficult because of the rejection of the heart by the CHF patient's immune system. However, new technologies

have been forged that can overcome such a barrier. For example, scientists have been able to alter genes in the heart of a pig to diminish the immune system reaction in a baboon. Scientists still need to discover how to turn such genes on and off to prevent human rejection, though.

Maybe at some point vegetables, fruits and juice cleansing used to remove arterial sludge will be more desirable than meat and transplants. Who knows?

(See: *Disease: The Mystery Solved*)



CONSTIPATION

Medi-Sign Target

Colonics, Raw Foods, Water,
Salt & Oils From Foods.

No Supplements or Drugs

Types of Constipation

There are two basic kinds of constipation. The first is called atonic, which is a lazy bowel. The second is spastic, which is the narrowing of the colon with small, ribbon-like stools. For atonic constipation, a high fiber diet and increased fluid intake is recommended. Once the problem has gone away it will be necessary to retrain the bowel, as explained below. Spastic constipation may be caused by nervousness,

anxiety or an obstruction like plaque and parasites.

CONSTIPATION: Death begins in the colon

You are suffering from constipation if your bowel movements are infrequent, uncomfortable and the stools are small and hard. Regularity of bowel movements is important although the frequency may vary. For optimum health, you should have one to three good bowel movements a day. It is quite surprising to know that many people have a bowel movement only every few days, or even once a week. This is certainly not good because decaying fecal material and toxins in your intestines can contribute to many other diseases. It is vital to get fecal material out as quickly as possible; transit time is everything!

As mentioned above, the waste matter in the colon may contain toxins, and the longer they are in your intestines the greater the chance they have to develop other diseases, such as colon and colorectal cancer. Other intestinal problems caused by constipation are diverticulosis,

which are pouches in the intestinal walls that catch waste material and hold it while it putrefies, and diverticulitis, the swelling and inflammation of these pouches.

Take this simple test to see if you have a bowel problem: if your stools float, they have enough fiber; if they sink, you don't.

Constipation has causes so discovering the cause will point the way toward using the appropriate remedy.

- Poor dietary habits of eating junk and foodless foods
- Lack of exercise and a sedentary lifestyle.
- Lack of fiber in your diet. Fiber adds bulk to your stools, stimulates proper bowel contractions and promotes healthy bacteria in the colon. One of the problems here is the high intake of refined white flour and animal meals in the modern diet. Products with refined flour have little or no fiber, and subsequently the intestines have nothing to help the



"If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee." -Abraham Lincoln

“I may have my faults, but being wrong ain't one of them.” -Jimmy Hoffa

normal wave-like, called peristalsis, motion pass digested material through the body.

- An insufficient amount of fluid intake. In this case, coffee, tea and sodas do not count toward fluid intake and can actually exacerbate the problem. Drinking 8 eight ounce glasses of water is recommended for everyone, not just those with constipation. Constipation is a sign of chronic dehydration. One of the main functions of the large intestine is to take excess water out of the excrement so that it is not too loose. When the body does not consume enough water, the excrement becomes hardened, leading to constipation.

- Many of today's over-the-counter laxatives cause you even more problems than the constipation. They kill friendly intestinal bacteria, lessen the absorption of nutrients, get rid of necessary vitamins and create addicts out of users; they are easy to get hooked on!

- Medications like some of the ones used to reduce blood pressure and cholesterol, among others do not work. They are dangerous.

- Bowel diseases.

- Metabolic disorders.

- Exposure to toxic substances, such as pesticides, insecticides and heavy metals, etc.

- Coral calcium and other calcium supplements (*they create tumors*).

- Some people who are anemic and take iron.

- Poor liver function. The liver, which produces about a quart of bile

a day to help digestion, removes the toxins from our body. It may become congested by exposure to toxic substances, alcohol, prescription, recreational drugs or hepatitis. Nutrients that can spur better liver function include: lemons, dandelion, milk thistle, turmeric and artichoke. A liver flush would be beneficial. (*See: Cirrhosis*)

- Lack of certain digestive enzymes produced by the pancreas. This problem often occurs as we age.

- Lack of certain kinds of fat in the diet. Many people who try to avoid all fats in their diet end up with a deficiency of essential, unsaturated fats, such as the omega 3 and omega 6 fatty acids. Dry, scaly skin around the eyes and red eyes are other symptoms you may exhibit if you are deficient in the essential fats. If these are your symptoms, you need to eat, nuts, seeds, grains, avocado, unrefined oils. *Git 'er Done!*

More Causes:

- Vitamin D supplements.

- Pregnancy.

- A deficiency in whole food folic acid.

- Endocrine problems, especially hypothyroidism, or low thyroid function.

Hypothyroidism slows down many bodily functions, including contractions necessary to make the bowels function properly.

Natural relief for constipation

- Whole foods prevent constipation, piles and diverticulitis.

- Beans, legumes and grains contain insoluble and soluble fiber to help guard against constipation.

- Whole grain cereals and bread provide insoluble fiber and help constipation.

- Fruits like prunes, raisins, apricots, figs and apples.

Try a natural laxative like psyllium or ground flax.

Use fluids to fuel the fiber. Drink at least one gallon a day of fluids, especially water.

Get your body moving and your bowels will, too. Exercise can help that lazy bowel to function better; move it to lose it!

Listen when your body talks. If nature calls, answer her on the first ring! Sometimes people who are constipated ignore 'the urge' and wait until later actually aggravating the problem. When your body tells you it's time to go, head for the bathroom as soon as possible.



Drug-Free Relief from Constipation

Anything from three bowel movements a day to three a week is normal. That's the word from no less an authority than the National Institutes of Health. Alternative doctors will tell you that what is generally considered normal is not necessarily healthy.

A minimum of one complete, soft bowel movement a day is healthy.

If you have fewer bowel movements, toxins from the stool can be reabsorbed into the bloodstream causing or complicating many different health problems.

It doesn't take a conventional or alternative doctor to tell you that not having a daily bowel movement is just plain uncomfortable. This is why Americans spend \$725 million a year seeking relief with laxatives.

Just because you can buy laxatives over the counter, however, doesn't mean that they're without risk. In fact, consistent use of a laxative weakens the muscles of the bowel so that you can actually become addicted to them. This means that you will have trouble having a bowel movement without taking one. Laxatives can also drain your body of energy-giving minerals and protein.

Most importantly, though, you don't need them.

Almost everyone can clear up constipation with drug-free methods.

Fiber: Double Your Intake

Most Americans get only half the daily amount of fiber that they need

to prevent constipation. To get enough fiber, eat a minimum of five servings of fruits and vegetables, three servings of whole-grain foods and one serving of beans a day.

Water: Stimulate the Intestines
Drink a lot of water!



You can also get the benefits of citrus without the peel. Squeeze the juice of a lemon into an eight ounce glass of warm or hot water and drink it first thing in the morning to help stimulate a bowel movement.

Healthy Oils: Lubricate Your Pipes

Olive, canola, and other monounsaturated and polyunsaturated oils act as digestive lubricants and are very helpful in clearing up constipation.

Try a tablespoon or two of oil on your high-fiber salad for a perfect constipation breaking meal.

When Food Isn't Enough

A high-fiber diet accompanied by plenty of water is usually enough to beat constipation. But if you can't seem to get enough fiber in your diet on a daily basis, or if your bowels still

seem sluggish in spite of your efforts to eat more fiber, there are plenty of alternative remedies to help you get them moving.

Experiment with the following remedies to see which work best for you.

Psyllium: Concentrated Fiber

Some people may need to take fiber to alleviate constipation. Be sure to follow it with a full glass of water.

Prune Juice: Chemical Action

Prune juice contains compounds that appear to stimulate the intestinal action needed for bowel movements. Mix prune juice half-and-half with water and drink it once a day.

Break Up the Log Jam with Colon Massage

Massaging your colon, which is the final section of the digestive tract, where constipation occurs, is a simple, completely natural and highly effective method of helping your elimination. Here's how:

Lie on your back with your feet flat on the floor and your knees bent.

Beginning in the abdominal area on the right side just above your hip, use the fingertips of both hands to press as deeply as is comfortable, then move your fingertips in a circular, massaging motion.



"The future isn't what it used to be."

Continue upward to just below your ribs. Then, using the same pressing, circular motion, move across your abdomen just above your belly button. Continue to massage down to your left hip.

Next, move to the about three inches to the right and one inch down. Repeat the entire massage.

Do the massage for five to 20 minutes a day. You're helping to push through the fecal matter that's stuck in the colon as well as restoring circulation and muscle tone.

POTTED REMEDIES

Aloe: Soothing the Way

Aloe gel lubricates the intestines, helping the bowels move more easily. It's also a natural laxative. For someone who is very constipated, eat a tablespoon or two of the gel three times a day until the constipation is relieved. Buy an aloe plant and peel the skin to get at the gel.

Magnesium: You May Need Extra

Magnesium deficiency contributes to constipation because the mineral relaxes the intestinal muscles.

Wellness Program

For constipation, we suggest you try some of the remedies listed below and follow the wellness program.

As a general rule, if you are prone to being constipated you will need to make some dietary and lifestyle changes to get your bowels to function properly.

Take these steps:

- Exercise
- Fiber

Dietary Changes

• The basis of your healthy diet and long-term wellness program should be to change your diet by eating a high-fiber diet with plenty of fresh fruits and leafy green vegetables, legumes, whole grains, nuts and seeds.

• Eliminate sugar and white flour from your diet.

• No soda pop

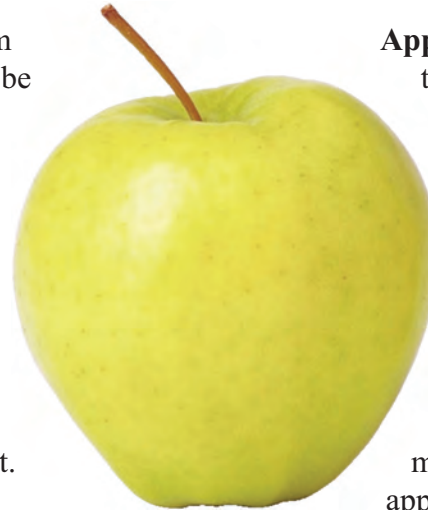
• Avoid constipating foods and drinks, such as white flour, process cheese, fried foods, sweets, beef, pasteurized milk, all junk food and carbonated drinks.

• For problems of constipation as well as diarrhea, it is important to maintain a good bacterial flora in the intestines so they can function properly. Overuse of laxatives, antibiotics and enemas can remove the beneficial bacteria from the intestines. Take yogurt containing live cultures, or whey, kefir or buttermilk to enhance the presence of friendly bacteria.

• Juice fasting is one suggested way to eliminate toxins from the body and get various systems going again.



FOLK REMEDIES



Apples have a laxative effect and contain pectin, which will add bulk to your stools, and their cleansing action will encourage bowel movements. Drink apple cider vinegar as a fermented version

of apples. They have some of the same beneficial properties. Take two teaspoons twice a day with a glass of water.

Bananas are high in fiber and can help restore normal bowel function.

Beets – Take two small beets, scrub them clean, and eat them in the morning. You should have a bowel movement 12 hours later.

Bran – Put at least 1/3 cup of bran on your cereal each morning.

Carrot juice – This juice will get the bowels functioning properly because of the essential oils in carrot juice. It has an effect on the mucous membranes in the stomach. Take juice several times a day. This will help regain proper digestion. This is good for children, too.

Dates – Soak six dates in a glass of hot water. When they are cool, drink the water and eat the dates.

Epsom or Rochelle salts – Drink a mixture of one teaspoonful in a half glass of water before bed. This is very bitter, but very efficient.

Flaxseed – This is a safe laxative.

“If it weren't for Philo T. Farnsworth, an Idaho farmer and inventor of television, we'd still be eating frozen radio dinners.” -Johnny Carson

Mix one or two rounded teaspoons of flaxseed in a glass of water and take after meals.

Fruit – Eat at least three raw fruits daily. The citrus helps promote regularity. Strawberries, prunes and spinach are laxatives.

Garlic – It soothes, cleanses and reduces inflammation. Garlic is also very rich in potassium, which is essential for proper contractions of muscles, including the intestines. The muscles can become partially paralyzed which results in constipation when they don't undergo proper contractions. The potassium is also important in the body's electrolyte system. Dice some garlic and take with juice, milk, soup, honey or salad two or three times a day. You may also cook the garlic.

Honey has mild laxative properties. Start by taking a tablespoon three times a day or add it to foods or drinks. Licorice is a laxative. Make a tea out of licorice and drink it before meals to enhance the production of stools. This is not recommended for use by pregnant women as it may increase the risk of premature delivery. It's an old wives tale, but I trust historical experience...quite often.

Nutritional Yeast/Wheat Germ – Take half a teaspoonful each of nutritional yeast and wheat germ with all meals. After several days if you haven't gotten the needed results, increase the amount by 1/4 teaspoon two or three times until you do.

Olive oil – Take one tablespoonful

of olive oil in the morning, and one tablespoonful an hour after dinner for results.

Pepper – Make a massage oil of black pepper, marjoram and rosemary to rub into the abdominal area. To do this, use one drop of each in a light carrier oil.

Persimmon – Eat a persimmon if they are available.

Rhubarb – The vegetable helps with regularity because it is a good source of water and fiber. Adding bulk with rhubarb to your stool will keep your bowels moving.

Sauerkraut – Drink an eight ounce glass of warm sauerkraut juice followed immediately by an eight ounce glass of unsweetened grapefruit juice.

Senna – Drink an infusion of senna once daily, as needed. This is not recommended for use by pregnant women because senna contains anthraquinone, which may increase the risk of uterine contractions.

Spinach – Drinking a pint of spinach juice daily has often corrected constipation in a short period of time.

Sunflower seeds – They promote regularity. Take a handful of raw, shelled, unsalted seeds every day.



CONVULSIONS

Medi-Sign Target
All Green Foods and Tubers.
No Processed Sugars or Synthetic Sweeteners.

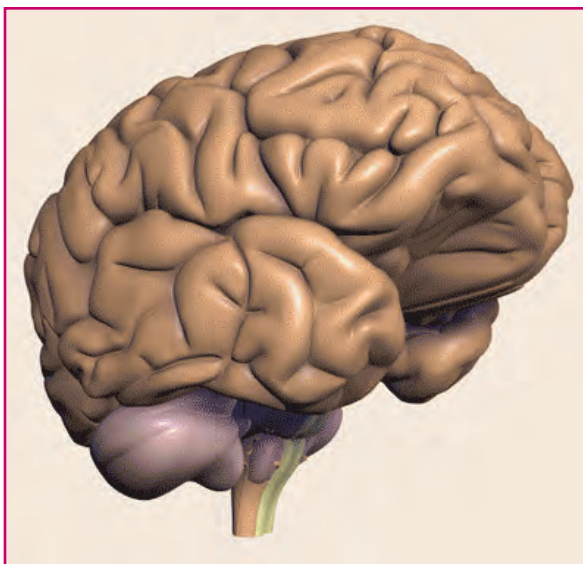
Convulsions, or seizures, are temporary alterations in brain function due to temporary activity of a group of brain cells. They express themselves into a changed mental state, tonic or clonic movements and various other symptoms. They are typically classified as being motor, sensory, autonomic, emotional or cognitive.⁴

Convulsions can cause involuntary changes in body movement or function, sensation, awareness or behavior associated with sudden and involuntary contraction of muscles. A convulsion can last from a few seconds to status epilepticus, a continuous seizure that will not stop without intervention. However, a seizure can also be as subtle as numbness of a part of body, a brief loss of memory,

sparkling of flashes, sniffing an unpleasant odor, a strange epigastric sensation or a sensation of fear.

There are more than 20 different types of seizures. The cause of the seizure can be many factors like epilepsy and related seizure disorders, abscesses, head trauma, intoxication, infection, metabolic disturbances, tumors, withdrawal from sedatives symptoms and space-occu-

"Nothing is illegal if a hundred businessmen decide to do it." -Andrew Young



called an absence seizure. Typically these happen suddenly, often with myoclonic jerking around of the eyes. They can be induced by hyperventilation and may present learning difficulties.

- **Partial seizure:** This is also known as a *focal* seizure. It is usually a motor or sensory seizure that is restricted to one side of the body.

pying processes in the brain. Seizures during of after pregnancy can be a sign of eclampsia.

Some medications produce an increased risk of seizures and electroconvulsive therapy (*ECT*). These deliberately set out to induce a seizure. **Many seizures that appear to have unknown causes, can usually be linked to soda pop.**

Depending on where in the brain the disturbance in electrical activity occurs determines the symptoms experienced by a person. Some seizures may be frightening to onlookers. A person having a tonic-clonic seizure, also known as a grand mal seizure, may cry out, lose consciousness and fall to the ground. They may also convulse, often violently. A person having a complex partial seizure may appear confused or dazed and will not be able to respond to questions or direction. Some people have seizures that are not noticeable to others. Sometimes, the only clue that a person is having an absence, also known as petit mal, seizure is rapid blinking or a few seconds of staring into space.

Some seizure types are:

- **Petit mal seizure:** This is a very brief loss of consciousness, also

- **Partial complex seizure:** Often also considered frontal lobe and temporal lobe seizures. It is characterized by a brief loss of consciousness, behavioral and emotional symptoms, loss of memory and automatisms.

- **Generalized tonic-clonic seizure:** This is also called a grand mal seizure. It is a motor seizure of both sides of the body. It rarely involves auras. It can be preceded by a sense of general depression. The tonic phase involves vocalization, severe hyperextension, possible respiratory arrest, cyanosis and reflex bladder/bowel emptying. The clonic phase involves rhythmic generalized jerking, followed by unconsciousness. During the post-seizure, most people have aches, pains, headache, lethargy and a bitten tongue.

- **Atonic seizure:** Also known as a “drop attack,” during which brief loss of muscle tone and consciousness cause abrupt falls.

- **Myoclonic seizure:** Characterized by abnormal, jerky movements on both sides of the body at the same time. It is not definite whether a febrile seizure has to be regarded as an epileptic disorder

or not. In general, a person who has two or more episodes of seizures has epilepsy also known as a seizure disorder. Many people with epilepsy have “auras.” These are telltale sensations prior to their seizure like strange lights, unpleasant smells or odd sensations. The most dangerous situation regarding seizures is a person, who is going into seizures of any kind continuously, with little or no time separating one from the next. This person is said to be in “*status epilepticus*.” If an individual has a generalized grand mal seizure, the first thing a witnesses must do is understandably calm down, stop panicking and help the victim. They need to ensure that the victim’s airway is clear and open to maintain breathing. This is done by putting the individual into a semi-supine position and applying strong upward pressure on the chin. And so the individual does not harm himself, potentially sharp or dangerous objects should be moved from the vicinity.

1. When a seizure occurs, the main goal is to protect the person from injury by trying to prevent a fall, laying the person on the ground in a safe area and clearing the area of furniture or other sharp objects.

2. Cushion the person’s head.

3. Loosen tight clothing, especially around the person’s neck.

4. Turn the person on his or her side. If vomiting occurs, this helps make sure that the vomit is not inhaled into the lungs.

5. Look for a medical I.D. bracelet with seizure instructions.

6. Stay with the person until recovery.

In an infant or child, if the seizure occurs with a high fever, cool the child gradually with tepid water.

- **DO NOT** immerse the child in a cold bath.
- **DO NOT** restrain the person.
- **DO NOT** place anything between the person's teeth during a seizure. This includes your fingers.
- **DO NOT** move the person unless he or she is in danger or near something hazardous.
- **DO NOT** try to make the person stop convulsing. He or she has no control over the seizure and is not aware of what is happening at the time.

• **DO NOT** give the person anything by mouth until the convulsions have stopped and the person is fully awake and alert.

The leading cause of seizures today is synthetic sweeteners. Avoid aspartame, Splenda and the 35 other brand names of these products. Instead, high calcium plant foods can assist in recovering of the seizures and epilepsy.

High calcium foods restore brain function and overcome return episodes.

COPPER

Medi-Sign Target
Hair & Skin

Copper has many functions including keeping nerves and joints healthy while aiding in the forma-

tion of bone, hemoglobin and red blood cells. It also works with zinc and vitamin C to form elastin, an important skin protein. Copper is involved in the healing process, energy production, hair and skin coloring, taste and sensitivity.

Sources of Copper: Copper is found in your kitchen and plumbing but is also in: *almonds, avocados, barley, beans, beets, garlic, green leafy vegetables, lentils, mushrooms, nuts, oats, oranges, peaches, pears, pecans, pumpkins, prunes, radishes, raisins, sesame seeds, soybeans and whole grains.*



CORIANDER SEEDS

Medi-Sign Target
Pancreatic Function & Neurons

Coriander has a long history of folk uses from a mild digestive aid to stomach-calming teas to muscle-soothing salves. These benefits are attributed to the action of tiny amounts of an aromatic volatile oil found in coriander seed and minutely in the plant's leaves.

The essential oil has been shown to rid some fungal and bacterial infections, and the dried seed has shown

diuretic properties like the water pill. Coriander is nutritional being rich in vitamins and minerals, and some studies show it lowers blood sugar.

Specifically, Coriander Seed can help to:

- Calm Upset Stomach
- Control of Blood Sugar, Cholesterol and Free Radical Production
- Phytonutrient-dense Herb
- Relieve Flatulence
- Revive Appetite
- Spice Up Your Life and Subdue the Salmonella

Coriander, both in the whole and ground powder form, is available throughout the year. It provides a fragrant flavor that is reminiscent of both citrus peel and sage.

The two seeds of the coriander plant when dried are the portions used as the dried spice. The seeds are yellowish-brown in color with longitudinal ridges when they are ripe.

Attributed Medicinal Properties

Coriander seed oil is strongly bacterial against several organisms and is beneficial to the nervous system. The seed is a stimulant, that repress-



"It was such a lovely day I thought it was a pity to get up." -W. Somerset Maugham

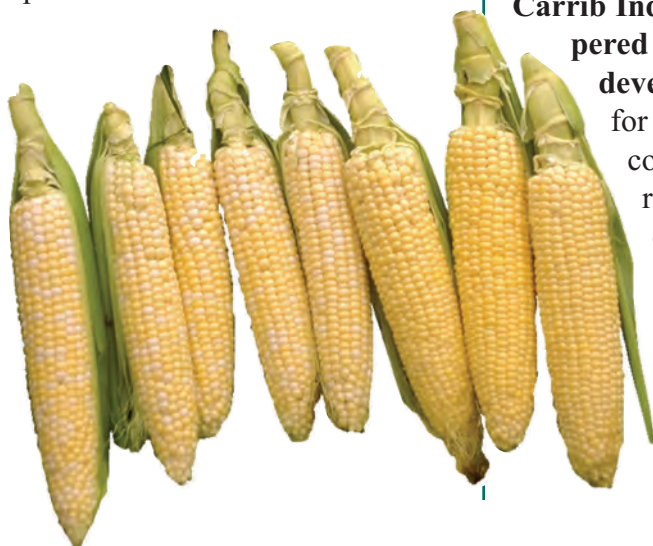
es flatulence, and helps the stomach and intestines with digestion. Coriander cakes were once the medicine taken against “*St. Anthony’s fire*,” or “*Rose*,” a severe streptococcal skin infection now called “*erysipelas*,” which caused many deaths before the advent of coriander oil.

In Asia the herb is used against piles, headache and swellings. The fruit is used in colic, piles and conjunctivitis. The coriander oil is used in colic, rheumatism and neuralgia. The seeds are used as a paste for mouth ulceration and a poultice for other ulcers.

CORN

Medi-Sign Target
Teeth, Bones & Cell Wall
Integrity

Corn is one of the top nutritionally dense foods in the world. What vegetable is more synonymous with the coming of summer than freshly picked corn on the cob? Although corn is now available in markets year-round, it is the locally grown varieties that are best. You can purchase the local corn during the summer months and it not only tastes the best but is usually the least expensive and the healthiest.



Corn grows in “*ears*,” each of which is covered in rows of kernels that are protected first by the silk-like threads called “*corn silk*,” and finally, encased in a husk. *Zea mays* is the scientific name for corn. This reflects its traditional name, maize, by which it was known to the Native Americans as well as many other cultures throughout the world.

Description

An icon of American culture, corn represents our Native American traditions and serves as a symbol of both summertime fun and a night out at the movies. In the form of corn syrup, it is also an added ingredient in many other foods that we consume in our daily diets. This corn syrup is not consumed healthfully.

Although we often associate corn with the color yellow, this vegetable actually comes in host of different varieties that range in colors like red, pink, black and blue.

History

In Central America amongst the Carrib Indians is thought to be the origination point of corn. Around 7,000 years is how far back we can trace the corn meals meaning it was a food even for primitive peoples. Corn as a vegetable on the cob was developed; it was not made. **The Carrib Indians say God whispered in their ears how to develop it;** hence the name for corn is an “*ear*” of corn. Botanists cannot replicate how it was developed.

When Christopher Columbus and other explorers came to the New World, they saw corn growing through-

out the Americas, from Chile to Canada. It was eaten both as a vegetable as well as a grain in the form of cornmeal. Prized corn was spotted or striped with colorful kernels, not just yellow and white varieties.

Health Benefits

- A high-fiber food
- Cancer activity equal to or even higher than that of vegetables and fruits
- Corn for cardiovascular health
- Maintain your memory with thiamin (*vitamin B1*)
- Support for energy production, even under stress

Preparation Ways

- Boiling
- Corn off the cob
- Popped
- Roasting

CORN OIL

Medi-Sign Target
Blood Builder



This popular oil contains mostly unsaturated fat. It is usually highly refined and hydrogenated, though. Like other polysaturated oils, corn oil does lower total cholesterol. While it lowers LDL, it also lowers HDL cholesterol a bit. The end result is still an improved HDL-to-LDL ratio.

CORNS & CALLUSES

Medi-Sign Target
Apply Crushed Garlic,
Lemon Juice & Water



A corn or callus, normally formed in response to pressure of friction, is an area of hard, thickened skin on the foot. They are part of the body's defense system to protect the underlying tissues. Calluses can become painful if the cause of pressure is not relieved. If pressure becomes concentrated in a small area, a 'hard' corn may develop. A corn has a central core.

Corns and calluses normally form on ball of the foot, under the big toe, the tips and the tops of toes. 'Soft' corns may develop between the toes, where the skin is moist from sweat or inadequate drying. Sometimes, the pressure of the corn or callus may produce inflammation, which can result in acute pain, swelling and redness.

Corns and calluses may be a sign that you have an underlying foot disorder, such as a joint that is out of alignment.

The symptoms of corns and calluses can include:

- Thickened patch of hard skin on the foot.
- Hard, small bump of skin that may have a central core.
- White and rubbery bumps of skin called 'soft' corns often between the toes.
- In some cases, the callus pushes into the foot, rather than spreading across the skin's surface.
- Pain when pressure or friction is applied to the area.

Anyone can develop corns or calluses, but some groups are particularly at risk, including:

- Elderly people – because ageing skin loses elasticity and fatty tissue.
- People who spend a lot of time standing up – because of the continuous weight-bearing pressure on their feet.
- People with feet that roll inwards (*flat feet*) – flat feet place excessive pressure on the ball of the foot beneath the big toe, and the inside of the heel.
- A person with foot complaints (*such as a hammer toe, bunions or arthritis*) – because a bony prominence can rub against the shoe or neighboring toes.
- People who regularly wear shoes that are narrow, tight, ill-fitting or high-heeled.

Support your arches. People with high arches are particularly susceptible to corns. If you are concerned about your arches, check for corns on three pressure points on your feet that carry your weight: on the ball of the foot, right below the smallest toe and on the heel. If this is your problem, try store-bought arch supports.

Be a beachcomber. Walking bare-foot can get rid of your calluses. A beach walk can help the sand acts as a natural pumice stone and file down your calluses.

Don't use medicated corn pads. These pads have "medication" called salicylic acid, which turns the corn white and blister-free, so it can peel off. What happens frequently is that the acid is so strong it goes through the corn and eats at the toe, causing an ulcer in the toe. **So, these pads are a lot of the time more trouble than they are worth.**



Barefoot Cruise

5-6 Garlic Cloves
1/2 tsp Lemon Juice
1/2 tsp Water

Apply this paste to all hard-skin areas. Wrap your entire foot with a warm towel, and then cover with a plastic bag. After sitting still for at least ten minutes, remove the coverings and file the callus with a pumice stone. Caution: Don't try this remedy if you are sensitive to garlic.



"Many a man owes his success to his first wife, and his second wife, to his success." -Jim Backus

“The Jewish position on abortion is that a fetus until it gets out of medical school.”



Soaking your feet in Epsom salts and warm water should relieve pain. Soak them twice a day, for ten minutes each time.

For footwear, think round. Many women who wear pointy-toed shoes get corns on the fourth or smallest toe. Even without corns, you're much better off with round-toed shoes with a large toe box. If corns are a recurring problem, get a pair of open-toed shoes or sandals and wear them as often as possible. There is less discomfort because there is less friction on the toes. This way you are less likely to develop new corns.

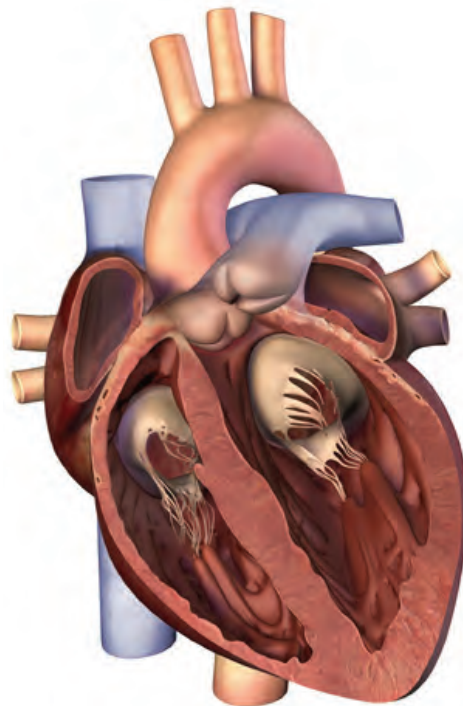
Pump up the padding. If the corn continues to hurt when you walk, place “horseshoe” foam pads around it, but be careful that these pads don't pressure the skin around the corn too much. Put a bandage over the corn to help reduce friction when wearing nylons that can irritate the skin.

- Soak the foot in warm water until the hardened skin softens.
- Gently use a pumice stone or callus file over the area.
- Repeat several times if needed.
- Protect the area with a bandage or light pad. Foam can be trimmed to fit the spot and relieve pressure.

CORONARY ARTERY DISEASE

Medi-Sign Target
Grapefruit, Olive Oil & Raw Foods

Coronary heart disease (CHD) is sometimes called coronary artery disease (CAD). A coronary artery is a blood vessel that carries blood to your heart. Arteries are like narrow tubes. The flow of blood and oxygen through the arteries can be blocked or slowed by a fatty build-up of a substance called plaque. This can happen in any artery, but it's more serious when it happens in the coronary arteries. When this happens your heart doesn't get the blood and oxygen it needs to work properly. CHD can lead to serious health problems including pain or pressure in the chest and heart attack.



The most common symptom of CAD is angina or “*angina pectoris*.” Angina can be described as

a discomfort, heaviness, pressure, aching, burning, fullness, squeezing or painful feeling. It is mistaken for indigestion or heartburn. Angina is usually felt in the chest, but it may also be felt in the left shoulder, arms, neck, throat, jaw or back.

Other symptoms that can occur with coronary artery disease include:

- Faster heartbeat
- Nausea
- Palpitations (*irregular heart beats, skipped beats or a “flip-flop” feeling in your chest*)
- Shortness of breath
- Sweating
- Weakness or dizziness

What can I do to prevent coronary artery disease?

- Start your day out right. Have some form of grain, like whole-grain bread or whole-grain cereal, and fruit for breakfast.
- Think of grains and vegetables as your main dish in lunches and dinners.
- Add beans to leafy salads, pasta salads and stews. Chick peas, kidney beans and navy beans have been shown to reduce LDL cholesterol levels.
- Try soy products. Soy has come a long way in the last few years. Today, you can find soy products in many grocery stores and health food stores. Try veggie-soy burgers, soy pepperoni, tofu, soy milk or even nut milks.
- Serve raw or cooked fruits with low-fat yogurt for dessert.
- Try virgin olive oil or canola oil instead of oils high in polyunsaturated fats, like refined corn oil and

margarine for cooking. Both olive oil and canola oil are high in monounsaturated fat, which decreases LDL and total cholesterol levels.

- Eat only small amounts of sweets.
- Cook with garlic. Several studies have shown that garlic reduces LDL cholesterol and lowers blood pressure.
- Eat nuts that improve cholesterol levels and are rich in monounsaturated fat, like hazelnuts, almonds, pecans, cashews, walnuts and macadamia nuts. Garnish food with one tablespoon of chopped nuts per person. Snack ‘em throughout the day.

What else can I do if I have CAD?
Go walking 5 times a week.

1. Eat less of these foods:

- Potato chips, french fries and other “junk” foods.
- Cooked vegetables, processed cheese or cream sauces.



- Lard Fried foods, bacon, sausage and organ meats, like liver.
- Cheesecake, pastries, doughnuts, ice cream, margarine and cooked milk.

2. Instead, eat more of these foods:

- 👍 Whole-grain breads and pasta, brown rice, bagels.
- 👍 Fresh, frozen, baked or steamed fruits and vegetables.
- 👍 Steamed, baked or fresh foods.
- 👍 Soy products and dried beans.
- 👍 Egg’s.
- 👍 Fig bars, graham crackers, air-popped popcorn, and yogurt.
- 👍 Virgin Olive oil or canola oil.

Using 2 tablespoons of virgin olive oil per day in place of other fats may be enough to produce this LDL lowering effect. This means our arteries have a better chance of staying clear.

COTTONSEED OIL

Medi-Sign Target
Use on Furniture

Cottonseed oil is one of the most inexpensive, readily available and widely used oils. It is added to many processed foods like cereals and potato chips. **Yet, cottonseed oil is on our list of worst oils for several reasons.** Firstly, cotton is a crop that is heavily sprayed with pesticides, so cottonseed oil may be loaded with pesticides. Secondly, cottonseed oils are likely to be hydrogenated to extend shelf life.

COUGH

Medi-Sign Target
Saltwater, Peppermint Oil & Honey



There are 3 kinds of coughs:

Productive. This brings up mucus or phlegm.

Nonproductive. This is a dry cough.

Reflex. This is a cough that comes from a problem somewhere else, like the ear or stomach.

Causes

- Allergies and postnasal drip
- Asthma
- Dry air
- Infections. Examples are bronchitis, colds, and the flu. (See: Colds & Flu)
- Tobacco smoke.

“Take is cheap because supply exceeds demand.”

Other causes include having something stuck in your windpipe and acid reflux from the stomach that comes with heartburn.

Lounge with a lozenge. Make ‘em yourself using honey, peppermint, eucalyptus oils and mashed raisins. Roll them into little balls, suck and relax. This decongests and reduces swelling.

Water your cough. Drink plenty of water while you’ve got that troublesome tickle. Keeping the body hydrated will help thin the mucus.

Nurture your nostrils. Oftentimes coughing is a response to some nasal irritation. Use saline nasal sprays and vaporizers to inhale the steam from a boiling pot of water.

Up with phlegm. Hacking up phlegm, what’s called a productive cough, is your body’s way of getting rid of mucky mucus. Make sure you don’t swallow it. Spit the phlegm into a tissue and throw the tissue away, if you’re a girl. Guys should go for a new record, by hauking it as far as you can, just not where people walk.

A new study shows a diet high in fiber from fruits like apples and grapes and soy foods may reduce the incidence of chronic respiratory symptoms. This is especially true in coughs with phlegm.

COUSCOUS

Medi-Sign Target
Brain Cells

Couscous is popular in North Africa and is made from semolina that has



been precooked and dried. It is high in B vitamins and iron and different from both Western and Asian pasta because the tiny grains resemble rice or grits more than they do noodles. There are quick cooking, “instant,” couscouses available that simply require steeping in boiling broth or water. There are also larger couscouses, which are the size of a small pea, called toasted Israeli couscous that require longer cooking.

CRACKED WHEAT

Medi-Sign Target
All Cells

This product is made from wheat berries that have been ground into coarse, medium and fine granulations for faster cooking. Cracked wheat can replace rice or grains in most recipes, and it has an agree-



ably wheaty flavor. It cooks in about 15 minutes and retains a slight crunchiness afterward. It can be a breakfast cereal, mixed into baked goods or substituted for bulgur in tabbouleh, a Middle Eastern cold grain salad, among other dishes.

It’s possible to make cracked wheat at home by processing wheat berries in a heavy-duty blender. Process two cups of wheat at a time on high speed for about four minutes.

CRADLE CAP

Medi-Sign Target
Massage with Olive Oil

Cradle Cap: No worries mate!

What is it?

Cradle cap is temporary and harmless condition of the scalp in babies, characterized by greasy, yellow, scaly patches on the skin of the scalp.

What causes it?

The cause is unknown. It is not due to infection, allergy or inadequate washing.

What are the symptoms?

Greasy, yellow scaling patches that may, eventually, cause the baby’s scalp to be covered in a thick, scaly layer. The condition is not itchy and the child is not distressed by it.

What can I do at home?

The following treatment can be effective in controlling the problem, but it may have to be repeated. The baby can be made

“After analyzing cancer survival statistics for several decades, Dr Hardin Jones, a professor at the University of California, concluded,...people are better off, untreated.”

more comfortable by loosening or removing any clothing covering the scalp.

- Rub a little olive oil into the baby's scalp before bed. Comb the hair with a fine-toothed comb in the morning.
- When the scales have been removed, wash the baby's hair with a mild baby shampoo.
- Cradle cap is a temporary condition, which will disappear by itself after a while.

CRANBERRY

Medi-Sign Target
The Bladder



The cranberries are a group of ever-green dwarf shrubs in the genus *Vaccinium* subgenus *Oxycoccus*, or sometimes, in the distinct genus *Oxycoccus*. They are found in acidic bogs throughout the cooler parts of the Northern Hemisphere. Cranes favor cranberries; hence their name. Although, some sources claim the name is really "craneberry" because when the flower expands, its stem, calyx and petals resembled the neck, head and bill of a crane. In North-Eastern Canada a cranberry is also referred to as a mossberry.

COMMON CRANBERRY OR NORTHERN CRANBERRY (*Vaccinium oxycoccus* or *Oxycoccus palustris*) is widespread throughout the Northern Hemisphere, including northern Europe, northern Asia and northern North America. It has small leaves with dark pink flowers and purple central spike that are produced on finely hairy stems. The fruit is a small pale pink berry, with a sharp, acidic flavor.

SMALL CRANBERRY (*Vaccinium microcarpum* or *Oxycoccus microcarpus*) is in northern Europe and northern Asia. It differs from *V. oxycoccus* in that the leaves are more triangular, and the flower stems are hairless.

AMERICAN CRANBERRY (*Vaccinium macrocarpon* or *Oxycoccus macrocarpus*) native to the northeastern part of the North America from Canada to North Carolina. It differs from *V. oxycoccus* in that the leaves are larger.

The cranberries are related to the bilberries, blueberries and huckleberries, all in *Vaccinium* subgenus *Vaccinium*. The berries differ because of a stouter, woodier stem, taller shrubs and the bell-shaped flowers not having the petals reflexed.

Uses and cultivation

Cranberries are popular for harvesting in the Nordic countries and in Russia. They have been eaten by arctic peoples for hundreds of years. Scotland used to wild harvest the berries but cannot now because of the loss of their habitat and scarcity of the berry. In North America, Native Americans were the first to recognize and use the cranberry as a source of food, some calling them 'sassamanash.' Certain tribal leg-

ends tell of how cranberries were a gift from the Great Spirit sent to earth in the beak of a crane. In Massachusetts around 1620, the Native Americans are reported to have introduced the cranberry to starving English settlers, who incorporated the berry into the traditional Thanksgiving feast. Soon there after, some areas passed laws to protect the wild berries; only certain people could harvest them at certain times and lawbreakers were heavily fined. Then around 1816, American Revolutionary War veteran Henry Hall allegedly was the first to cultivate the cranberry commercially, in the Cape Cod town of Dennis.



Commercial cranberry fields today are diked in order to be flooded. When the berries are ripe, they float, making harvesting a matter of flooding the field, shaking the bushes a bit, and skimming off the berries into waiting trucks. Usually cranberries are served as a compote or jelly, but sometimes they are incorporated in other ways like cranberry juice. The berry is often used in baking things like muffins and cakes. Today, modern science is proving what the Natives and Pilgrims knew from experience, that

"Cogito ergo spud. I think, therefore I jam." -Tolman

“Put simply, chemotherapy is an intravenously administered poison that kills all living matter.”

cranberries are good for you. The list of benefits is long, like prevention of urinary tract infection, gum disease, stomach ulcers, heart disease, cancer, spinal paralysis among others. New research is being conducted daily.

Cranberries are a good source of ellagic acid, a compound that has raised high hopes in cancer research. Ellagic acid has been shown to prevent tumors from growing and to disarm cancer-causing agents.

Cranberries have strong nutrient properties with unusual abilities to prevent infectious bacteria from sticking to the cells lining the bladder and urinary tract. Thus, it helps prevent recurring urinary tract (bladder) infections. Cranberries also have viral activity.

CREAM

Medi-Sign Target
Intestines & Emotions



Cream is the fatty layer that rises to the top of unhomogenized milk. Cream was once the sine qua non of gourmet cooking. Today’s misdirected health-conscious cooks have found ways to make rich tasting sauces, soups, and desserts without cream, by using artificial and synthetic ingredients. But a small quantity of any type of cream, does add a unique flavor and texture to recipes.

SWEET CREAMS

Examples are: half-and-half, a mixture of milk and cream; light cream, coffee cream or table cream; light whipping cream and heavy cream.

SOUR CREAMS

Cholesterol-free sour cream alternative is made with skim milk and refined vegetable oil.

CRETINISM

Medi-Sign Target
Sea Salts, Mushrooms, all Nuts, Seeds & Hard Squash

Cretinism is a condition produced in infants and children due to the lack of a thyroid hormone. It usually results from a congenital defect, like the absence of the thyroid, presence of only a rudimentary gland or inability of the gland to produce thyroxine. It can develop later, however, if there is a lack of iodine in the diet, or if the thyroid is diseased or surgically removed. Retardation of physical and mental development is a serious cause if the condition is left untreated; the growth is stunted and the physical stature attained is that of a dwarf. Also the skin is thick, flabby, and waxy in color while the nose is flattened, the abdomen protrudes and there is a

general slowness of movement and speech. Growth may become normal and mental facility greatly improved if it is discovered early enough and treated with sufficient iodine intake throughout life. If the condition commences after adulthood is reached, it is called myxedema.

Causes: Endemic cretinism is caused by iodine deficiency, occasionally exacerbated by naturally occurring goitrogens. Congenital hypothyroidism can be caused by any of the following:

- Dysgenesis of the thyroid gland
- Agenesis (*complete absence of thyroid gland*)
- Ectopy (*lingual or sublingual thyroid gland*)
- Maternal autoimmune disease (*transient or permanent*)
- Iatrogenic causes – Maternal use of thioamides, iodine excess and radioactive iodine therapy

Prevention

Eat lots of mushrooms. They contain a high incidence of naturally occurring iodine. Use sea salt with naturally occurring iodine. Also, eats lots of pumpkin seeds, walnuts, flax, turnips, cabbage, mustard greens, millet and pine nuts.



CROHN'S DISEASE

Medi-Sign Target

Fasting, Colonics & 1 Shot
Glass of Olive Oil Daily

S - W = CROHN'S

"The smoothage, minus water, equals disease."

An estimated more than one million Americans have ulcerative colitis or Crohn's disease, the two most common forms of inflammatory bowel disease (*IBD*). These two often painful and debilitating diseases cause chronic inflammation of the digestive tract.

YOU ATE YOUR OWN PROBLEM

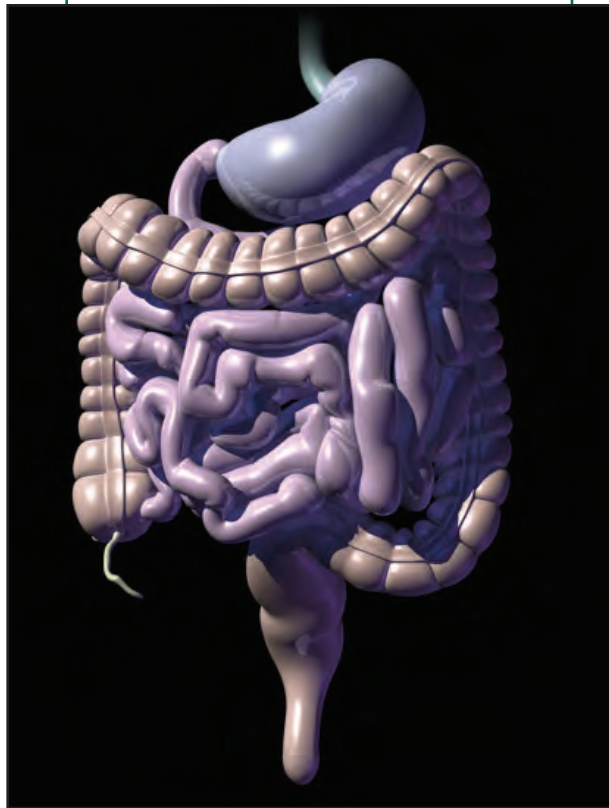
Don't miss this now:

The nine million cows in the United States, for the most part, are not healthy. Half of the herds in the United States have cows affected with bovine leukemia virus and half the herds have cows infected with a disease called Crohn's disease, which is caused by a bacterium called mycobacterium paratuberculosis. The irritable bowel syndrome that 40 million Americans have came from this.

Every person with Crohn's disease tests positive for *mycobacterium paratuberculosis*. Every one! One hundred percent! This was published in 1965 for the Proceedings for the National Academy of Science. So we're talking about real science here, not things I'm making up. You've got thousands of studies published in scientific

journals; thousands of converging lines of evidence that tell us that eating dead cows is not good.

Crohn's disease causes inflammation in the small intestine. Although it can affect any part of the digestive tract from the mouth to the anus, it usually occurs in the lower part of the small intestine, called the ileum. The inflammation extends deeply into the lining of the affected organ. The inflammation can cause pain and can make the intestines empty frequently, resulting in diarrhea. Crohn's disease is an inflammatory



bowel disease (*IBD*), the general name for diseases that cause inflammation in the intestines. Crohn's disease can be difficult to diagnose because of the similarities in the symptoms to other intestinal disorders such as irritable bowel syndrome and ulcerative colitis. Ulcerative colitis causes inflammation and ulcers in the top layer of the lining of the large intestine.

Crohn's disease affects men and

women equally and seems to run in some families (*because they all eat the same stuff*). About 20% of people with Crohn's disease have a blood relative with some form of *IBD*, most often a brother or sister and sometimes a parent or child.

Crohn's disease may also be called ileitis, enteritis or a poor diet.

What causes Crohn's disease?

No theory about what causes Crohn's disease has been proven although there are many. The most popular theory is that the body's immune system reacts to a virus or a bacterium by causing ongoing inflammation in the intestine.

People with Crohn's disease tend to have abnormalities of the immune system, but doctors do not know whether these abnormalities are a cause or result of the disease. We do know that Crohn's disease is not caused by emotional distress.

What are the symptoms?

Diarrhea and abdominal pain, often in the lower right area, are the most common symptoms of Crohn's disease although rectal bleeding, weight loss and fever may also be evident. Bleeding may be serious and persistent, leading to anemia. Children with Crohn's disease may suffer delayed development and stunted growth.

• **Fake fatty foods like:** cooked dairy product, fried or battered food, lard, fast food, margarine, meat gravies, meats, processed snacks like cookies and crackers, and refined vegetable oil, trigger and cause the abdominal symptoms. If you develop gas and diarrhea after you eat fatty or greasy foods, you

"Orthodox (anti-cancer) therapies have harmful if not fatal side effects, but medical professionals continue to inflict them on their patients as a matter of course." -Dr. Leonard Smith Oncologist

‘In summoning even the wisest of physicians to our aid, it is probable that he is relying upon a scientific ‘truth’, the error of which will become obvious in just a few years’ time.’

may be suffering from malabsorption, a condition in which fat is not easily absorbed and passes quickly through the intestine. To help with this, avoid eating fatty foods and instead use easily absorbed fat.

- Abdominal discomfort can also be caused by eating foods high in fiber. They increase diarrhea because they are not fully digested. Then, when these foods enter the intestine, they trigger contractions. Limiting fiber during a flare-up can keep symptoms in check. However, there is no concrete evidence that a long-term, low-fiber diet can permanently decrease the symptoms of Crohn’s. In fact, it’s actually how you get Crohn’s!

- Alcohol and caffeine stimulate the intestines and can intensify diarrhea. Try to avoid them when your symptoms act up. Bit the bullet by drinking water and eating real food so that your body can heal. (See: *Earth: Body Sculpting*)



CROUP

*Medi-Sign Target
Fresh Air, Cold Air, Salt,
Liquids & Rest*

The term croup does not refer to a single illness. Instead it refers to a group of conditions involving inflammation of the upper airway that leads to a bark-like cough particularly when a child is crying.

Symptoms may occasionally be caused by bacteria or an allergic reaction, although most causes are from a virus. The viruses most commonly involved are adenovirus, respiratory syncytial virus, influenza, measles and parainfluenza virus, which accounts for most cases.

Most children with viral croup are between the ages of three months and five years old. Croup is most likely to occur during the early spring and winter months. Symptoms are most severe in children younger than age three. Homes with no ceiling fans or box fans in winter are the number one cause of croup because dead air resides there. Most viral croup cases are mild and can be treated at home.

Croup can on occasion be severe and even life-threatening. Some children are more prone to developing croup, like those who were born prematurely or who were born with narrowed upper airways. Spasmodic croup refers to a condition

similar to viral croup, except that there are no accompanying symptoms of an infection. The cough frequently begins at night in a no-airflow closed room with a sudden onset. The child usually does not have a fever. The symptoms are treated the same for either form of croup.

Stay calm. You should stay calm because you want your child to stay calm. When the child is agitated the symptoms of croup worsen. Because he gasps for more breath, he breathes faster. If you can calm him, he’ll breathe slower and more air can get in and out.

Turn on the hot water. If your child is having breathing difficulties, turn on the shower to make the bathroom really steamy. The child will be able to breathe more easily in the steam. No one is really sure why this works, but it may decrease the inflammation so that the swelling goes down. Heating water on a stove can do this also.

Hit the cold air. A curious thing about croup is what happens when panicky parents bundle their child into the car for the drive to the hospital; the problem suddenly stops. For some reason, cold air, like steamy air, can be really beneficial. You may be able to help your child just by opening the window if it’s a cool night, or by taking him into an air-conditioned room in the summer.

Use a humidifier. Your cool-mist vaporizer should be on high. You can either let the vaporizer douse the entire room, or direct it toward the child. You need to get a lot of moisture into the air before this will be effective.

Control the fever. Children who

have a fever tend to breathe faster to cool off their bodies, so their breathing becomes more difficult. A bulb enema will stop the fever. Make sure to give plenty of fluids. We all lose some fluid from the body with each breath, but for the child breathing harder and faster with croup, a real problem can arise. Frequently give the child saline water and honey. Any clear liquid like veggie broth or apple juice will help restore fluids to the child's body.

Sleep with the child because croup is scary. It might be best to sleep in the same room as your child for your own piece of mind because you'll be right there if he experiences breathing difficulties. For some reason, croup tends to get worse at night. It may be because the body produces less of the hormone cortisone at night. There's some evidence that cortisone can help on a miniscule level with croup. If you can't sleep in the same room as the child, use a monitoring device that will alert you if there's any problem.

Do not smoke, especially in the house.



Do not use medications designed for the common cold, which may include anti-histamine (such as chlorpheniramine [for example, *Chlor-Trimeton*] or diphenhydramine [for example, *Benadryl*])

and decongestants (such as pseudoephedrine [for example, *Sudafed* or *Triaminic*] or oxymetazoline [for example, *Afrin* or *Neo-Synephrin*]).

Give plenty of fresh citrus juice, water, salt, and raw or steamed veggies, rest and hugs.

CUCUMBER

Medi-Sign Target
Skin, Penis Function &
Vermafuge



Cucumbers should be eaten freely by people who live in a desert or in other hot climates because it is the most cooling food proving to be 20 degrees cooler than other crops in the same garden. Cucumbers are indicated for fevers, constipation, skin eruptions, high blood pressure, rheumatism, obesity acidosis and a mild diuretic.

Cucumbers counteract toxins and lift depression; cleanses the blood; influences the heart, spleen-pancreas, stomach and large intestine; quenches thirst, moistens the lungs, purifies the skin; and acts as a digestive aid, especially in the form of pickles.

The juice from cucumbers relieves all burns, especially sunburn. Drinking the juice helps treat kidney and bladder infections. Consuming whole cucumbers or the juice cools most other inflammatory or heat

conditions, including stomach inflammation, conjunctivitis, sore throat, acne, inflamed skin diseases and discharges. Even when cucumbers are cooked, the cooling property is active.

To beautify the skin, place a pack of grated cucumber on the face. If placed over the eyes, it relieves hot, inflamed, swollen, dry or irritated eyes.

Cucumber contains erepsin, a digestive enzyme that breaks down protein and cleanses the intestines. This property also enables cucumber to destroy worms, especially tapeworms.

- A Radiant Complexion
- High Blood Pressure

CUMIN

Medi-Sign Target
Testicles, Ovaries &
Deplaquer

Even though the tiny cumin seed looks rather unassuming, its prominent, nutty peppery flavor packs a punch. Cumin adds flavor to chili and other Mexican and Tex-Mex dishes, and plays an important role in Indian and Middle Eastern cuisine where it is a key component of curry powder. Whole and ground cumin are both available yearround.

Cumin seeds resemble caraway seeds — oblong in shape, longitudinally ridged, and yellow-brown in color. This is not surprising, since both cumin and caraway, as well as parsley and dill, belong to the same plant family (*Umbelliferae*).

One can find Biblical references to

“The next time you are asked to donate to a cancer organization, bear in mind that your money will be used to sustain an industry which has been deemed by many eminent scientists as a qualified failure and by other's as a complete fraud.”

“Whole foods have longstanding success in cancer prevention and treatment, yet the orthodox medical profession continues to deny their benefits.”



cumin as a seasoning for soup and bread, and also as a currency used to pay tithes to the priests. For the ancient Egyptians, cumin was not only used as a culinary spice, it was also an ingredient used to mummify pharaohs.

Health Benefits

Since cumin is good tasting and full of health benefits, it explains why it made it into the stellar ranks of Indian, Middle Eastern and Mexican cooking.

- Cancer Prevention
- Iron for Energy and Immune Function
- Seeds of Good Digestion

Used in a poultice, it relieves swelling of the breast or the testicles.

CUTS & SCRAPES

Medi-Sign Target
Salt & Honey

What's the best way to treat a cut or scrape?

Make sure the wound is free of glass, dirt and other foreign material. If you see anything abnormal, flush it out with cool running water or use tweezers to carefully remove

the foreign object.

Apply direct pressure by using a clean bandage or towel to stop any bleeding. Once the bleeding stops, gently wash the wound with soap and water for five minutes. If your child strenuously objects, try soaking the wound in the bathtub.

Should I use an anti-septic?

Antibiotic ointments such as Polysporin or Bacitracin can actually slow the healing process. So instead rinse with hydrogen peroxide and cover with honey.

What's the best way to bandage a cut or scrape?

It's best to not bandage small cuts and scrapes because they'll heal faster unbandaged. For deeper cuts and scrapes, use an ordinary adhesive bandage, but make sure the skin is clean and dry.

If you are covering a cut, position the bandage so it gently pulls the edges of the skin together, but try to make sure the bandage isn't too tight to cut off circulation. Remove it daily to examine how the wound is healing and replace the bandage if the skin still looks raw or open. The sooner it stays exposed, the quicker it will heal.

After a scab forms on a scrape or a cut closes, you no longer need a bandage. If your child has a tendency to pick at scabs, however, you may want to keep using a bandage

to (*tie his little hands up*) just kidding, protect the area.

If the injury becomes swollen, tender or infected, wash it with mild soap and water and cover it with honey. Honey will not let bacteria live.

What if a cut won't stop bleeding?

If the cut or scrape is deep and bleeding, apply pressure with a clean cloth, paper towel or bandage until it stops.

How do I know if a cut needs stitches?

Cuts that are more than 1/4 inch deep, have jagged edges or gape open, usually require a butterfly bandage. For cuts caused by dirty objects or for deep puncture wounds, a doctor

may recommend a tetanus booster. Two of my cousins from the same family died from the tetanus shots given for minor wounds. You'd think at the very least my Aunt or the doctor would have learned from the first child. I certainly would never recommend a tetanus shot.

Clean the wound. This is important in preventing infection and decreasing the chance of permanent discoloration or tattooing. Wash the area with water and soap if available. The object is to dilute the bacteria in the wound and remove debris. Also, if you don't remove stones or sand from the cut, they can leave pigment under the skin, which acts like a tattoo. Gently clean your cut twice a day.





Strap it up. When the bleeding stops or slows, tie the wound firmly with a cloth or wrap it with an elastic bandage so there is pressure against the cut. Make sure to not cut off circulation, though. If the cut is on an arm or leg, you can check circulation to that area by squeezing a fingernail or toenail. The nail should turn white, then when you release it, pink again. If necessary, loosen the bandage a little.

Be wary of over-the-counter drugs that contain neomycin or ointments that contain a lot of preservatives. They can cause an allergic reaction. If you have an allergic reaction to the ointment, your scrape will get red and itchy and may become infected.

CYSTEINE

Medi-Sign Target
Blocks Microwaves &
Radiation

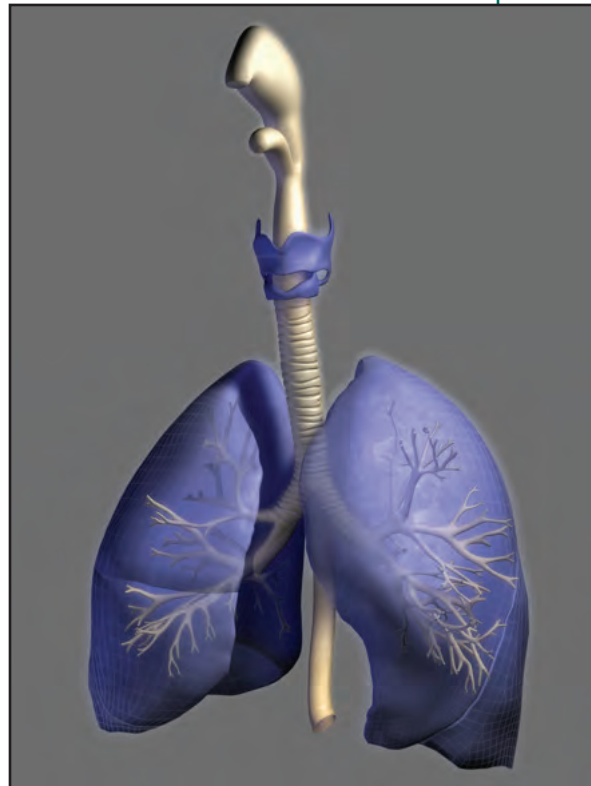
(Non-Essential Amino Acid)

Cysteine aids the body in protection against radiation and pollution and it functions to heal oxidation. It can help slow down the aging process, deactivate free radicals and neutralize toxins. It aids in protein synthe-

sis and presents cellular change. It is necessary for the formation of the skin, which aids in the recovery from burns and surgical operations. Hair and skin are made up 10-14% Cystine.

CYSTIC FIBROSIS

Medi-Sign Target
Raw Milk, Red Raw
Potatoes & Peppermint Oil



Cystic Fibrosis (CF) is a "multi-system" disease, meaning that it affects many bodily organs. Most of them deal with the lungs and the gut, though.

There is a constant flow of mucus over the surfaces of the air passages in the lungs of a healthy person. This flow removes debris and bacteria. In someone with CF, this mucus is excessively sticky and can't work properly. In fact, the sticky over production of mucus

provides an ideal environment for bacterial growth. Bacterial chest infections are a serious risk for people with CF.

About half of the people with CF have repeated chest infections and pneumonia. If they are not treated early and properly, they become very difficult to treat.

Symptoms include; persistent coughing, excess production of sputum (*saliva and mucus*), wheezing, and shortness of breath with ordinary activities.

Other problems associated with CF can include:

- Small growths (*polyps*) in the nose.
- Increased roundness of finger and toe nails with loss of the shallow groove between the bottom of the nail and skin (*clubbing*).
- An enlarged liver and spleen.
- Diabetes.
- Infertility in men, because the tube that carries sperm, or the vas deferens, may fail to form.

- Fertility problems in women, due to thicker mucus making fertilization difficult.

This inherited disease commonly affects breathing and digestion. Most affected individuals survive to about age 30, though some die in childhood and others live to age 40 or beyond. Digestive problems are also a side effect due to blockage of digestive chemicals from the pancreas. Affected children often have

"The age of imagination has on one side, those interested in new ideas and on the other side, those who feel threatened by them."

C - FOODS & SYMPTOMS

a large appetite, although they gain weight or grow slowly.

Though the stamina in CF children is generally reduced, some children are well enough to attend school, participate in some exercise and recreational activities and go on to college and rewarding careers. Others, however, are too ill to attend school regularly.

Best Solutions

👍 Hot peppers, garlic, red potatoes eaten raw with lemon juice and salt.



👍 Two ounces of red potato juice a.m. and p.m. for six months.

👍 Horseradish grated and in salads, soups, etc.

👍 Essential peppermint oil to drink in tea and breathe has done wonders for these kids and adults.

Some folks have written me letters after doing this and swear the disease is totally remitted, although medical experts say that it's impossible.

“The most powerful force on earth is imagination.”



Notes



~D d~

History: The Letter D

First drawn to resemble the door of a tent, "D" was written as a simple triangle. The Roman influence once again inflicted a curved stroke and the contemporary character was created. No one knows exactly why the lowercase figure developed opposite to the capital figure, as it would make very good sense for the lowercase "d" to have its straight side on the left to match its counterpart capital. Scribes are probably to blame for this since it was their contribution to the development of the alphabet to create small letters with more rounded forms making scribing an easier job. Roman stonecutters, by the way, were responsible for creating, "serifs" which seemed to finish off their work, and probably covered up a few mistakes. While everyone is bound to make a few mistakes, everyone who helped type the FDR tried not to.

Mystery: The Celtic Letter Key

The letter is a rather negative symbol, a closed door, which must be fought against by the name-bearer, particularly if it is the dominant letter. It indicates a tendency to give in and not fight for survival. It is the letter of laziness, also of small-mindedness. More positively, the letter is associated with travel, but even this may be a metaphoric kind of traveling, a flight of fancy that represents an attempt to escape from problems. Other elements in the name-print will be able to overcome the influence of this letter, but the name-bearer should guard against apathy and indifference. Learn to open the door!

DANDRUFF

Medi-Sign Target
Hydrate & Moisturize with
Olive Oil

Everyone has dandruff. It is a natural process caused by the turnover and renewal of skin on the scalp and even elsewhere, for that matter. It becomes a cosmetic problem when shedding of old skin exceeds our ability to remove it. It shows up as dry flakes on our collar, and it clogs our comb. The itching caused by dandruff can be a problem too.



On average, the scalp skin replaces itself about once every 28 days. If turnover should speed up to every 11 days, the net result is obvious dandruff. If turnover rate is increased still further like in psoriasis, where the replacement is every 4 days, a patch of red, thick, adherent scale develops. There are other times called seborrheic dermatitis when larger flakes and itchy red areas are scattered around the scalp along the hairline including in the

ears and eyebrows. There has been an association with the yeast *Pityrosporum ovale*, a member of our natural flora, and dandruff and seborrhea.

Dandruff should not be treated with just shampoo but diet as well. Dandruff occurs partially because the skin oils in the scalp are thick and acidic largely from a diet of saturated fat, or animal fat. These thick secretions of skin and dried oil flake off, essentially defining dandruff. If you should get a person to clean up their diet, however, by exchanging the junk food and animal fats with the good fats found in nuts and seeds, dandruff often greatly improves or disappears.

Dandruff may also be a sign that circulation is blocked. To remedy this problem, massage the scalp with sesame oil for five to ten minutes once a week. Apply the oil before your evening shower and then wash it out in the shower.

DATES

Medi-Sign Target
Ovaries & Pancreatic Cells



- An excellent source of potassium
- A good source of iron and calcium
- High in fiber

Dates are one of the oldest cultivated trees having been grown in North Africa for at least 8,000 years. Being known for their sweetness, luckily, the trees are extraordinarily fruitful, producing up to 200 dates in a cluster.

Fresh dates are classified as soft, semi-soft and dry, depending on their moisture content. In the United States most varieties are semi-soft, which are marketed fresh as well as dried after part of their moisture has evaporated.

Dates are among the sweetest of all fruit having 60 to 70 percent of their total weight as sugar. Their potassium level is several times higher than other fruits high in potassium like the banana and the orange. Dates also contain iron, niacin, vitamin B6 and fiber.

The date has a long, narrow seed, papery-thin skin and sweet flesh. Dates grow in thick clusters on date palm trees. Their length varies from one to two inches, depending on the variety, and their color varies when ripe from golden brown to deep brown. Fresh dates are available from late summer through mid-fall.

MEDJOL DATE

Until 1927, the medjool date was originally grown in Morocco only for royalty because of their soft, sweet, succulent flavor and velvety texture. Then disease struck threatening to destroy the trees, and Morocco sent 11 off-shoot to the United States to prevent them from becoming extinct.

These are the largest dates grown in North America and they are considered the ultimate delicacy. Jumbo medjools are twice as large as the other dates, yet they have a relative-

“The left one is not the right one.”

ly small pit. They are great for eating alone or stuffing with your favorite filling like cheese, pecans, cream cheese or peanut butter.

DEGLET NOOR DATE

The deglet noor variety of date is a chewy, drier date with a slightly nutty flavor, not as sweet as our other varieties. They are excellent to snack on.

HALAWI DATE

Halawi are originally from Iraq and their name means sweet. They are medium sized, soft golden brown with a rich creamy sweet flavor and a caramel like texture.

KHADRAWY DATE

Khadrawy dates are also originally from Iraq. They are a small dark mahogany date with a dry flaky skin. They have a high moisture content, less sugar and a mild flavor.

DEPRESSION

*Medi-Sign Target
Sunshine, Walking & all
Yellow Foods*

What you eat can either lift your mood or sink your mood. Moreover, what you don't eat can have as great an impact as what you do.

In your brain there are 200 billion brain cells called neurons and everything you do from thinking and feeling to taking a walk is influence by neurons.

In a study in England, researchers gave people with clinical depression 200 micrograms of folic acid, the amount in about 3/4 cup of cooked spinach, or a placebo. After one

year, those taking the folic acid saw their depression lift significantly. In some cases their depression was lifted by as much as 40 percent.

Is life without your morning bagel not worth living? Does your passion for pasta know no bounds? Eat up; your moods will thank you for it. Eating whole wheat and whole grains are the best. Diets high in carbohydrate-rich foods have been shown to increase brain concentrations of the amino acid tryptophan. The tryptophan then is converted in the body to mood-boosting serotonin. Green-leafy vegetables can also boost your serotonin levels.

This could be why many people view their comfort foods as those high in carbohydrates. These foods can help ease feelings of depression, anxiety, and fatigue. For others, not eating carbohydrates may leave them grouchy and depressed.

You've probably experienced the droopy, let-down feeling that sometimes occurs after sipping a large cappuccino or binging on your favorite cookies. This is not your imagination. For sensitive individuals, the consumption of too much sugar or caffeine definitely contributes to feelings of depression.

Experts aren't sure why sugar gives some people the blues, but it may be related to the amount on sugar you consume. While indulging in an occasional candy bar or doughnut can trigger a "sugar buzz" that temporarily boosts your spirits, a steady diet of sugar seems to be linked with depression.

DEPRESSION

Life (oweeee!) might be

compared to a roller coaster. Rich man, poor man, beggar man, thief; doctor, lawyer, Indian chief. Everyone has ups and downs. Even the top experts on depression occasionally get bottomed out.

What these depression experts know from experience, though, is that nearly all cases of depression, including the most serious ones, can be reversed. For the not-so-serious cases, like *the blues*, *the blahs*, or *the I-just-don't-want-to-get-out-of-bed days*, some very simple techniques can work wonders. So if you're feeling down in the dumps, melancholy, like life is dragging you down and dragging you out, try one of these proven methods for making your spirits soar.

Sit back and enjoy (or at least tolerate) the tumble. Benjamin Franklin said that nothing is certain in this world but death and taxes. He missed something...sadness.

Realize that feeling a little sad is no big deal. Understand that the down feelings are temporary. In other words, don't get sadder because you're sad.

Do something active. Hanging around the house and moping is sure



"How much better is it to weep at joy than to joy at weeping!" -William Shakespeare

“A good friend will come and bail you out of jail, but a true friend will be sitting next to you saying, ‘That was awesome.’”

to make you more depressed. So this home remedy involves getting away from home. It doesn't really matter much what you choose to do as long as it's something active. So, go for a walk, take a bike ride, visit a friend, play a game of chess, read a book or become a Big Brother. Please note, though, that turning the knob on the television set is not being active.

Search your memory for fun things to do. The best way to pick an activity is to start by jotting down a list of things you enjoy. The problem, of course, is that nothing looks too enjoyable when you're down and out. What to do? List activities that you used to enjoy, pick one and do it!

Talk it out. It's always helpful to share your feelings with someone. Find friends who care about you and tell them what's on your mind.

Helping Others through Depression:

What's the best thing to do if someone close to you gets depressed?

“Listen,” more than anything; your friend needs an ear. If someone you care about seems depressed and hasn't said anything about it, go ahead and ask, “Do you feel depressed?” Follow this up with open-ended questions like, “When did you first start feeling this way?” This is a good question, because determining when a depression began often helps uncover the incident or incidents that might have sparked it.

As your friend opens up and starts talking about his depression, do your best to create a safe environ-



ment. Don't trivialize the situation by saying things like “Oh, cut it out, you have no reason to be depressed.”

Don't offer easy solutions like “You know, all you need is...” Instead, let the person find his own solutions, using you as a sounding board for ideas.

Do try to get the depressed person involved in physical activities like exercise.

Do try to keep the person interested in finding solutions because remember, depression could be defined as a loss of interest in all things.

Have a good cry. If talking about your problems leads to tears then let them flow. Crying is a wonderful release especially if you know what you're crying about.

Sit down and analyze the situation. A lot of times, if you can pinpoint

the source of your depression, you'll feel better. Once you understand the problem, you can begin to figure out how to fix it.

Try and try again - then quit. As kids and adolescents, we have ideas of what life will bring, and sometimes we hang on to them even when life dictates that these ideas are unrealistic. Chasing elusive goals can lead to depression. This is when you simply have to say “I've given it my best shot then give up.”

THE ALTERNATE ROUTE

The Nutrition Prescription

Nutrition, more than anything else, controls your state of mind. The most beneficial nutrients for depression is whole food B vitamins and amino acids.

Exercise. Numerous studies show that exercise can help overcome the blues. If you are already in good physical shape because of regular exercise, but you're in poor mental shape, consider going for total exhaustion. This a good way to discharge your tensions.

Pick up a box of crayons. A great way to express your feelings is by writing them down, or better yet, by drawing them. If you sit down immediately after something upsets you and start to draw, you might be surprised at the insight you'll gain into your emotions. Use lots of color. A choice of red could suggest anger; black, sadness; and gray, anxiety.

Adjust the facts, ma'am.

Sometimes when you start to gauge your assumptions against reality, you may find things aren't as you think they are. For instance, if you suspect your lover may be cheating

on you, which is a good reason to be depressed, go ahead and ask. You may be wrong.

Do you suffer from?

- Persistent sad, anxious or empty feelings?
- Feelings of hopelessness and/or pessimism?
- Feelings of guilt, worthlessness and/or helplessness?
- Loss of interest or pleasure in ordinary activities, including sex?
- Sleep disturbances (*including insomnia, early-morning waking and/or oversleeping*)?
- Eating disturbances (*changes in appetite and/or weight loss or gain*)?
- Decreased energy, fatigue and/or a feeling of being “*slowed down*?”
- Thoughts of death or suicide or suicide attempts?
- Restlessness and/or irritability?
- Difficulty in concentrating, remembering and/or making decisions?

Find something really boring to do.

What you may need to snap you out of the blues is simply something to distract you; to shift your attention away from your woes. To do this, pick something dreadfully boring to do and do it. Like what? Well, you could clean your bathroom tiles with a toothbrush, or study the same leaf again and again and again.

Slow down. Life in the twentieth century can be mighty hectic at

times. If you suspect your depression is from over scheduling, you may simply need to relax. Give yourself more time for things like warm baths or massages.



Avoid making major decisions.

You can't really trust your judgment when you're depressed. Major life decisions should be put off till you're feeling better because if you should make the wrong decisions, it can only drag you down further.

Treat others with respect. Being depressed, you may be inclined to be snippy with other people. Don't do it, for others may be snippy right back, which is the last thing you need when you're down.

Stay out of department stores.

Just as snapping at other people can have a boomerang effect on your depression, so can shopping binges. That is, while they can be loads of fun, they can come back to haunt you when the bills come in.

Close the refrigerator. Eating binges of junk food also have a boomerang effect. While a junk binge might make you feel good at the moment, it can add depressing inches to your waistline. Get out of the house, if you have to, to overcome the urge to eat.

Vigorous exercise can be an effective antidote to bouts of depression. During exercise, the brain produces pain killing chemicals called endorphins and enkephalins. When certain endorphins and other brain chemicals are released in response to exercise, people say they feel really good. This may explain why exercise and sunshine are the best ways to rid yourself of depression. Music can also have a powerful effect on mood and useful for alleviating depression.

(See: *Feeding Your Emotions*)

DERMATITIS

Medi-Sign Target
Salt Baths, Sunshine & Raw
Oils; Internally and
Topically

Dermatitis is a common non-contagious inflammatory skin disease. It is characterized by redness, itching, swelling and blistering. Chronically, the outermost skin layer may appear thickened and become dry, scaly and sensitive. There are multiple forms of dermatitis, the most common being atopic dermatitis, contact dermatitis and seborrhea dermatitis. Complicated by an invasion of external toxins (*irritant's or allergens*). Internal and external toxins combine and accumulate in the skin and produce a variety of lesions.

“Our bodies are our gardens, to which our wills are gardeners.” -William Shakespeare

“You’re rather attractive for a beautiful girl with a great body.”

Heal from inside. Clean toxins inside your body to get rid of dermatitis and improve your immune system to prevent dermatitis from coming back. To relieve itching and promote healing mix goldenseal root powder with wheat germ oil, then add a little honey until it is the consistency of loose paste, apply this mixture to affected area.

Sea salt bath. Restore minerals to your skin. It can help heal damaged skin barrier caused by dermatitis or improper topical treatment.

Diet. To avoid the aggravation of your dermatitis, you need to eliminate certain food, which might generate toxins inside your body. These foods include hard alcohol, seafood and red meats.

Add brown rice, millet peanuts, soy foods, wheat, and raw dairy products to your diet. Avoid sugar, white flour, fats, lard fried foods, and processed foods.

Use a natural body butter containing nut, seeds, and vegetable oils that heal, daily.



For dermatitis of scalp, make a strong, concentrated tea of rosemary, comfrey, tea tree oil (*ad tea*

tree after tea is made) dried nettles, and witch hazel, and apply it to the scalp after shampooing with a natural shampoo.

Leave on scalp for ten or fifteen minutes. Massage tea tree oil into the skin after contact with water or irritants.

(See: *Disease: The Mystery Solved.*)

DIABETES

Medi-Sign Target
Raw Whole Food Diet,
Fasting, Walking & Snack
Cashews

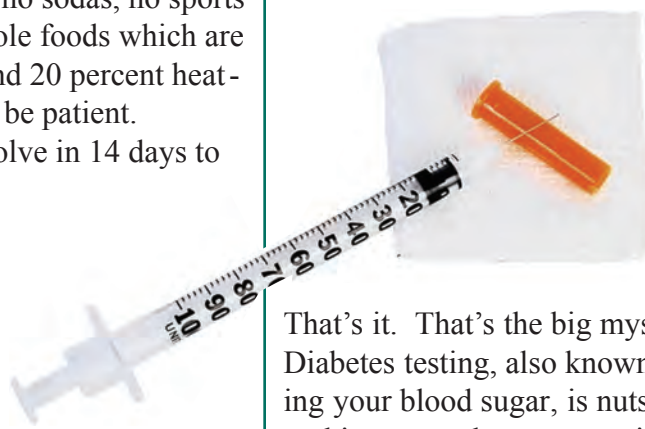
No junk, no pop, no sodas, no sports drinks. Only whole foods which are 80 percent raw and 20 percent heated. Exercise and be patient. Diabetes will resolve in 14 days to six months.

Only two types of sugars exist and they are the multi-billion dollar, medical mystery of Diabetes.

1. Simple sugars, called fast sugars, are all processed, refined or artificial, synthetic sugars. Simple sugars cause diabetes. Their molecular size is so small that they cross the blood brain barrier quickly, hence their name, “fast” sugars. This causes the brain to tell the pancreas to release insulin. Insulin in the blood stream sends messages to the body, which tell it that it is in “*extreme danger*” and to “*lie down.*” Insulin zaps your energy so you’ll have to rest or take a break. It also tells your body to “*put*

on layers of fat to protect yourself,” and the body responds to the message.

2. Complex sugars are “*slow*” sugars. They are unrefined and occur in nature as fruits, nuts seeds, grains, and contrary to public option, even sweet potatoes and honey. They cross the blood-brain barrier slowly, sending a message through the blood to the body that all is safe and well. This causes the pancreas to release glucagons, which energize you, making you want to walk, run and play. Glucagons even cause you to burn stored fat.



That’s it. That’s the big mystery. Diabetes testing, also known as testing your blood sugar, is nuts. It’s nothing more than an open invitation to turn your health, your money and your life over to a lifetime of ritual invasion.

People have long recognized that what you eat can play a critical role in both preventing and controlling Type II diabetes. Perhaps the best way to understand the effects of one’s diet on diabetes is to look at two similar groups of people who differ primarily in what they eat.

Consider the Pima Indians. Researchers discovered that the Pimas, who live in Mexico and eat a lot of corn, beans and fruits, are seldom overweight and rarely develop diabetes. By contrast, the Pima

Indians in Arizona eat an Americanized diet that is high in sugar and fat. They commonly develop diabetes by the age of 50.

Just as a bad diet can aid in the cause of diabetes, a good one can help control or even prevent it. A good diet consists mainly of high-fiber, high-complex carbohydrate foods such as taro, poi, greens and fruits. Carbohydrates, which are found nearly all foods except animals - fish, pigs, cows and poultry - are the body's main source of energy.

There are two types of carbohydrates, **starches** and **simple** carbohydrates. Starches, include foods like rice, beans, potatoes and pasta. Simple carbohydrates, called **sugars**, include the natural sugars found in milk, fruits and vegetables, as well as honey. The body turns both complex (*slow*) and simple (*fast*) carbohydrates into glucose, which is either immediately converted into energy or stores until needed. Contrary to former belief, most people with diabetes should eat a diet that's higher in carbohydrates, particularly the complex kind. Fruit is it. Eat up!

A high-fiber diet has been shown to relieve everything from constipation to heart disease. It also plays a powerful role in controlling blood sugar.

There are two types of fiber, **soluble** and **insoluble**. Insoluble fiber, which does not dissolve in water, speeds food through the intestine, thereby preventing constipation. It's the soluble form of fiber, however, that stabilizes blood sugar. Soluble fiber helps prevent glucose from being absorbed into the blood too

quickly by forming a gummy gel in the intestine. This in-turn helps keep blood sugar levels from rising or dipping too drastically.

Nutritional approaches have worked to reverse diabetes. When the body is viewed as a system, and its inputs, outputs and processes are examined, the mystery disappears.



Diabetes starts out as an "*insulin resistance*" condition before it turns into an "*insulin insufficiency*" condition. The major cause of the condition lies in the heat-processed fats and oils we have been consuming for decades in this society.

The bottom line is that millions of years of evolution, or for some, creation, have never prepared the body to recognize and avoid the transmogrified fatty acids. Therefore they act, quite literally, as metabolic poisons. In the same way that cyanide connects with hemoglobin and prevents oxygen from doing so, transmogrified fatty acids are built into the cell walls, preventing the chemically-active versions from doing so.

There are many cells, though, and there are always some good fats among the bad ones and vice versa,

so it takes a long time to see serious effects. One effect that is clearly visible though is excess weight gain. Because every cell requires fatty acids to function, when you eat bad fats, you eat six times more than you would with high-quality fats in the diet.

In addition to transporting oxygen and nutrients to and through the cell walls and the "*active*" parts of the brain, nervous system, hemoglobin, hormones and immune system, it is the electrons' fats supply (*in the right time, at the right place*) that is responsible for synapses firing, hormones communicating, destruction of invaders by immune cells, etc. It's clear that good health requires eliminating the bad fats and supplying the good ones.

The Role of Chromium

Chromium is needed to activate insulin. Without it, insulin won't work. Chromium is generally found in foods that contain sugar, therefore placing the mineral you need to metabolize the sugar right there at the same time. Pretty cool. Except that when we refine things to make white foods like white sugar, white flour and white rice, we remove all the chromium and any other minerals. Left behind are the sugar and starch that make the food products taste great, but they no longer include the chromium needed to metabolize them.

That wouldn't be so bad if we were taking chromium in from other sources.

The result is an overproduction of insulin as the body attempts to handle the sugar in the blood stream, coupled with a deficiency of chromium.

"The shortest distance between two points may be a straight line, but the real trick is figuring out how to get the two points closer together."

Reversing Diabetes

When you go to the doctor, diabetes becomes a death sentence. You get medications to “control” the problem. You take insulin injections for the rest of your life and make sure your blood-sugar testing kit is always within reach. But eventually, you know it’s going to kill you.

Nutritional whole-food practitioners, on the other hand, have been reversing diabetes for decades. Their “miracle cures” result from a simple fact, given the right whole-food nutrients, the body is fully capable of healing itself.

Nutritional whole-food practitioner, Farmacists, make sure that the body gets the nutrients it needs, while making sure to avoid the metabolic poisons that are so prevalent in the American food supply. The result, predictably, is yet another “miracle” that modern medicine can’t explain. It’s another sad reflection on a long list of medical ignorance. At the very least, one would expect modern medicine to understand how such cures work when they repeatedly occur.

Some of the protocols that nutritional whole-food practitioners do are:

- Correct fatty acid intake
- Fasting
- Raw foods

These protocols, and others like them, limit sugar, supply whole-food chromium to activate insulin and make the body’s cells receptive to insulin once again by providing high quality fats. So, of course they work!



Correcting Fatty Acid Intake The trans-fats, or the bad guys, come from:

- **Margarine and partially hydrogenated oils.** These are found in cookies, most breads, and many refined foods.
- **Refined oils.** Most of the oils on the supermarket shelves have been treated so they won’t spoil. At best, this means they have been rendered chemically inactive, making them useless in the body. At worst, treatments turn them into metabolic poisons.
- **Fried foods.** Commercial, deep, lard-frying is the worst. Also bad is frying in refined vegetable oil.



Note: For home cooking, butter is semi-ok, because butter is straight-line, not horseshoe-shaped. Heating butter does not really change it.

To reverse the condition, it is necessary to eliminate the bad fats and supply good fats. *In addition, it is necessary to do everything possible to avoid the worst secondary conditions. These result from the excessive sugar-induced oxidation, which can damage the eyes and many other bodily functions.*

When the diet is optimal, it still takes about two years for the complete healing cycle. That’s how long it takes for the soft tissues of the body to be replaced. Where do you find good fats?

- Take a tablespoon of unrefined oils from the health food store every morning in a glass of water.
- Avocado, olives, raw seeds and raw nuts. (See: Oils)

Fasting

To speed up the healing process, you may also want to consider fasting. A lot of housecleaning goes on during a fast and many triglycerides (*fatty acids*) are eliminated. Fasting can speed up the process of eliminating bad fats that have already accumulated.

Raw Foods

Consistent consumption of raw vegetables and fruits has a surprisingly beneficial and speedy effect on diabetes, provided the person has not taken insulin or, at most, only small quantities of it for a year or two. Whole foods help when the person has taken large doses of insulin for several years, but the process does take longer.

“I decree it to be an annual holiday to be observed by the entire group. Severe Admonishment shall come to those who abstain from the folly. So let it be written, so let it be done!” -Dave Grimm

Several raw vegetables contain insulin, especially Jerusalem artichokes. In their raw state, most vegetables contain the precursor of insulin.

Five chemists and three physicians in America carried out a protracted examination of 4,000 diabetics and concluded that only one percent actually needed insulin. The rest of them recovered on whole foods alone.

By definition, A raw plant food eliminates 100 percent of the bad, fatty acids from the diet and supplies the pure and natural fatty acids that are required for health. In addition, they come with, what amounts to, their own insulin supply. *Again, if you have started taking insulin, it really makes sense to eat raw foods.*

Finally, raw foods and other unprocessed, natural foods supply the chromium needed to potentiate insulin, along with other vitamins and minerals. Together, they all work to heal you.

(See: Fasting: Words from Gaea)

DIABETES MELLITUS: TYPE 1

In Type 1 diabetes, the body has little or no insulin. This happens because the immune system, which normally rids harmful bacteria or viruses, has destroyed the insulin-producing cells in the pancreas, a gland located just behind the stomach. Similar immune problems occur on different body tissues in a number of other diseases, which are known as autoimmune diseases. Such diseases include multiple sclerosis and rheumatoid arthritis.

Normally, your pancreas produces insulin continuously, raising its output in response to the increase in blood sugar that occurs after you

eat. This extra insulin “unlocks” your cells so that more sugar can enter, providing your body with energy as well as maintaining a normal level of sugar in your blood.

Your liver also plays a key role in maintaining a normal blood sugar level. If you have more glucose than your cells need for energy, your body can remove the excess glucose from your bloodstream and store it in your liver as glycogen, a form of stored glucose. When your body runs low on glucose, which happens if you haven’t eaten for a while, your body can tap into the stored glucose and release it into your bloodstream.



When your pancreas functions normally, your blood glucose fluctuates in response to exercise, stress, infections, food and a variety of other factors. But your hormonal system, which includes the insulin-producing pancreas, continuously makes complex adjustments that keep your blood sugar levels within set limits.

Typical symptoms may include:

- Increased thirst and frequent urination

- Extreme hunger
- Weight loss
- Blurred vision
- Fatigue



Lots of walking, running and sport, as well as water and raw, whole foods can help manage your condition and lead to a long, vital, healthy life.

DIABETES MELLITUS: TYPE 2

During digestion, your body breaks down carbohydrates from foods such as bread, rice, pasta, vegetables, fruits and milk products into various sugar molecules. One of these sugar molecules is glucose, the main energy source for your body. Glucose is absorbed directly into your bloodstream after you eat, but it can’t enter your cells without the help of insulin.

Your pancreas, a gland located just behind your stomach, produces insulin continuously. When the amount of blood sugar increases after eating, insulin production also increases. The extra insulin “unlocks” your cells so that more sugar can enter, providing your body with energy and maintaining a normal level of sugar in your blood.

Your liver also plays a key role in maintaining a normal blood sugar level. If you have more glucose than your cells need for energy, your body can remove the excess from

“Things without all remedy should be without regard; what’s done is done.” -William Shakespeare

“Artificial Intelligence is no match for natural stupidity.”

your bloodstream and store it in your liver as glycogen. Then, when you run low on glucose, which happens if you haven't eaten for a while, your body can tap into the stored glucose and release it into your bloodstream.

When your pancreas is functioning normally, the amount of glucose in your blood fluctuates in response to a number of factors, including the type of food you eat, exercise, stress and infections. The complex relationship among insulin, glucose, your liver and other hormones ensures that your blood sugar stays within set limits.

In type 2 diabetes, your pancreas makes some insulin **but one or two other problems develop:**

- Your muscles and body tissue become resistant to insulin.
- Your pancreas doesn't make enough insulin.

When your cells become resistant to insulin, they refuse to accept it as the key that unlocks the door for sugar. As a result, sugar accumulates in your bloodstream. Excess weight, inactivity and animal-fatty tissues create a plaque which is why the cells become insulin-resistant.

This plaque can lead to:

- Flu-like symptoms
- Weight loss or weight gain
- Blurred vision
- Slow-healing sores or frequent infections
- Nerve damage (*neuropathy*)
- Red, swollen, tender gums



Stop eating crap. Get a life off the couch. Lose the doughnuts, sodas, candy and synthetic chemical sweeteners, go for a walk and kiss Type 2 goodbye!

DIABETIC NEUROPATHIES

Medi-Sign Target
Stricked Raw Food Diet,
Salt & Walking

Diabetic neuropathies are neuro-pathic disorders that are associated with diabetes mellitus. These condi-

tions usually result fromna diabetic microvascular injury involving small blood vessels that supply nerves (*vasa nervorum*). Diabetic neuropathies

occur in both Type 1 and Type 2 diabetes, and they are most common in those whose blood glucose, or blood sugar, levels have not been controlled well. Raw, whole foods are the answer.

DIAPER RASH

Medi-Sign Target
Saltwater Rinse & Apply
Coconut Oil



Diaper rash can come from excess moisture, chafing or rubbing skin, prolonged contact of urine or feces with skin, yeast infection, allergic reaction to diaper, soap or laundry detergent or an allergy to new food.

Some natural remedies that may help are: Sea salt in bath before bed, which works over night. This treatment may need to be repeated. Also, try applying extra virgin olive oil when changing if the rash almost never happens. Apply natural aloe vera gel when changing for hard-to-clear rashes. You may also want to keep a plant in the window sill.

DIARRHEA

Medi-Sign Target
Saline Enema

Diarrhea is loose, watery stools occurring more than three times in one day. This common problem usually lasts a day or two and goes away on its own without any special treatment. However, prolonged diarrhea can be a sign of other problems. People with diarrhea may pass more than a quart of stool a day.

Diarrhea can cause dehydration, which means the body lacks enough fluid to function properly. Dehydration is particularly dangerous in children and the elderly and must be treated promptly to avoid serious health problems. People of all ages can get diarrhea. The average adult has a bout of diarrhea about four times a year. Make sure to drink one half-gallon of water throughout the day in order to avoid dehydration.

What causes diarrhea?

Diarrhea may be caused by a temporary problem, like an infection, or a chronic problem, like an intestinal disease. A few of the more common causes of diarrhea are:

- **Bacterial infections.** Several types of bacteria, consumed through contaminated food or water, can cause diarrhea. Common culprits include *Campylobacter*, *Salmonella*, *Shigella* and *Escherichia coli*.

- **Viral infections.** Many viruses cause diarrhea, including rotavirus, Norwalk virus, cytomegalovirus, herpes simplex virus and viral hepatitis.

- **Food intolerances.** Some people are unable to digest some component of food, such as lactose, the sugar found in milk.

- **Parasites.** Parasites can enter the body through food or water and settle in the digestive system. Parasites that cause diarrhea include *Giardia lamblia*, *Entamoeba histolytica*, and *Cryptosporidium*.

- **Reaction to medicines,** such as antibiotics, blood pressure medications and antacids containing magnesium.

- **Intestinal diseases,** like inflammatory bowel disease or celiac disease.

- **Functional bowel disorders,** such as irritable bowel syndrome, in which the intestines do not work normally.

Some people develop diarrhea after stomach surgery or removal of the gallbladder. The reason may be due to the change in how quickly food moves through the digestive system

after stomach surgery or because an increase in bile in the colon can occur after gallbladder surgery.

In many cases, the cause of diarrhea cannot be found. As long as diarrhea goes away on its own, an extensive search for the cause is not usually necessary.

People who visit foreign countries are at risk for traveler's diarrhea, which is caused by eating food or drinking water contaminated with bacteria, viruses, or sometimes, parasites. Traveler's diarrhea is a particular problem

for people visiting developing countries. Visitors to the United States, Canada, most European countries, Japan, Australia and New Zealand do not face much risk for traveler's diarrhea.

What are the symptoms?

Diarrhea may be accompanied by cramping abdominal pain, bloating, nausea or an urgent need to use the bathroom. Depending on the cause, a person may have a fever or bloody stools.

Diarrhea can be either acute (*short-term*) or chronic (*long-term*). The acute form, which lasts less than 4 weeks, is usually related to a bacterial, viral or parasitic infection. Chronic diarrhea lasts more than 4 weeks and is usually related to functional disorders like irritable bowel syndrome or inflammatory bowel diseases like celiac disease.



Diarrhea in Children

Children can have acute or chronic forms of diarrhea. Causes include bacteria, viruses, parasites, medications, functional disorders and food sensitivities. Infection with the rotavirus is the most common cause of acute childhood diarrhea.

Rotavirus diarrhea usually resolves in three to nine days.

Diarrhea can be dangerous in newborns and infants. In small children, severe diarrhea lasting just a day or two can lead to dehydration. Because a child can die from dehydration within a few days, the main treatment is rehydrating the child.

Although water is extremely important in preventing dehydration, it does not contain electrolytes. To maintain electrolyte levels, you could have broth or soups, which contain sodium, and fruit juices, soft fruits or vegetables, which contain potassium.



Tips About Food

Until diarrhea subsides, try to avoid cooked milk products and foods that are greasy or very sweet. These foods tend to aggravate diarrhea.

As you improve, you can add soft, bland foods to your diet, including bananas, plain rice, potatoes, toast,

“The man that bath no music in himself, nor is not moved with concord of sweet sounds, is fit for treasons, stratagems and spoils...let no such man be trusted.” -William Shakespeare

crackers and carrots. For children, try the **BRAT** diet - **B**ananas, **R**ice, **a**pplesauce and **T**oast.

DILL

Medi-Sign Target
Brain, Dreams & Intuition

The word “*dill*” comes from the Norse “*dilla*,” meaning “*to lull*.” Drinking dill tea is recommended to overcome insomnia. A native to Europe, it is a Russian favorite and can be cultivated near the Arctic Circle. Both the seeds and the leaves are edible.

It was known as a medicinal herb to the ancient Greeks and Romans. Soldiers placed burned dill seeds on their wounds to promote healing. Medieval Europe could not grow it fast enough for love potions, casting spells and for protection against witchcraft. “*Therewith her Veruayne and her Dill, That hindreth Witches of their will*” (Drayton, *Nymphidia*, 1627). Carrying a bag of dried dill over the heart was considered protection against hexes.

Attributed Medicinal Properties

Dill seeds contain carvone as an essential oil. Dill is considered carminative, stomachic and slightly stimulant. Dill water is given to children for digestive problems. Also, it “*destroyeth the hiccups*.”

To brew a stomach-soothing tea, use two teaspoons of mashed seeds per cup of boiling water. Let the seeds seep for ten minutes. Drink up to three cups a day.

Dill is one of the easiest herbs to grow and would make a great first-herb for someone who has never grown herbs before.

When growing in containers, use a deep one to accommodate the long roots, remembering you will eventually have a plant that is three feet tall. Plants grown in containers may require staking.

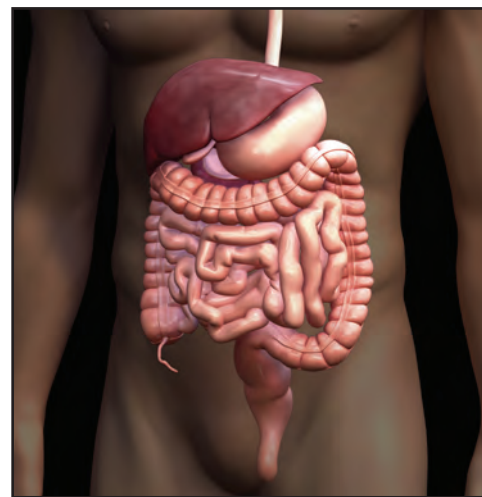
Culinary Uses

The taste of dill leaves resembles that of caraway, the seeds being pungent and aromatic. Freshly-cut, chopped leaves enhance the flavor of dips, herb butter, soups, vegetables and salads. Both the flowering heads and seeds are used in flavored vinegars, oils and pickling.



DIVERTICULITIS

Medi-Sign Target
Drink and Eat Whole Food
Oils, Raw Food Diet &
Especially Ferments.



Diverticulosis refers to a condition in which the inner, lining-layer of the large intestine (*colon*) bulges out, or herniates, through the outer, muscular layer. These outpouchings are called diverticula. Diverticulitis refers to the development of inflammation and infection in one or more diverticula.

Description

Diverticula tend to occur most frequently in the last segment of the large intestine, the sigmoid colon. They occur with decreasing frequency as you move further back toward the beginning of the large intestine.

The chances of developing diverticula increase with age, so that by the age of 50, about 20 to 50 percent of all people will have some diverticula. By the age of 90, the developed some diverticula is almost inevitable.

Most diverticula measure about three mm to just over three cm in diameter. Larger diverticula, termed giant diverticula,

are quite infrequent but may measure as large as 15 cm in diameter.

Causes & Symptoms

Diverticula are believed to be caused by overly forceful contractions of the muscular wall of the large intestine. As areas of this wall spasm, they become weaker and weaker, allowing the inner lining to bulge through. Diverticula commonly occur in the anatomically weakest areas of the intestinal wall, which are next to blood vessels that course through the wall.

Diverticula are most common in the developed countries of the West, North America, Great Britain, northern and western Europe. This is thought to be due to the tendency towards the low-fiber diet of these countries. A diet low in fiber results in the production of smaller volumes of stool. In order to move this smaller stool along the colon and out of the rectum, the colon must narrow itself significantly and does so by contracting down forcefully. This causes an increase in pressure, which, over time, weakens the muscular wall of the intestine and allows diverticular pockets to develop.

The origin of giant diverticula development is not completely understood, although one theory involves gas repeatedly entering and becoming trapped in an already-existing diverticulum. This process causes stretching and expansion of the diverticulum.

The great majority of people with diverticulosis will remain symptom-free. Many diverticula are quite accidentally discovered during examinations for other conditions of the intestinal tract.

Some people with diverticulosis have symptoms such as constipation, cramping and bloating. It is unclear whether these symptoms are actually caused by the diverticula themselves, or whether some other gastrointestinal condition, such as irritable bowel syndrome, might be responsible. A complication of diverticulosis occurs because many diverticula develop in areas very near blood vessels. This can lead to bleeding, a serious risk of diverticulosis. Even though this is an infrequent complication, the bleeding can be quite severe. Seventy-five percent of such bleeding episodes occur due to diverticula located on the right side of the colon. About 50 percent of the time, such bleeding will stop on its own.

One of the most common and potentially serious complications of diverticulosis is inflammation and infection of a particular diverticulum, called diverticulitis.



Diverticulitis is three times more likely to occur in the left side of the large intestine. Since most diverticula are located in the sigmoid colon, the final segment of the large intestine which empties into the rectum, most diverticulitis take place in the

sigmoid. The elderly have the most serious complications from diverticulitis, although very severe infections can also occur in people under the age of 50. Men are three times as likely as women to develop diverticulitis.

Diverticulitis is believed to occur when a hardened piece of stool, undigested food and bacteria, called a fecalith, become lodged in a diverticulum. This blockage interferes with the blood supply to the area and infection sets in.

An individual with diverticulitis will experience pain, especially in the lower left side of the abdomen, and fever. The abdominal muscles may begin to spasm in response to the infection and the irritation of nearby tissues within the abdomen.. About

25 percent of all people with diverticulitis will have some rectal bleeding, although this rarely becomes severe.

Walled-off pockets of infection, called abscesses, may appear within the wall of the intestine or even on the exterior surface of the intestine. When a diverticulum weakens sufficiently and is bulging with infected pus, a perforation in the intestinal wall may develop.

The severe infection called peritonitis may occur when the infected contents of the intestine spill out into the abdomen.

Peritonitis is an infection and inflammation of the lining of the abdominal cavity, or the peritoneum. Other complications of diverticulitis include the formation of abnormal connections between two organs

“Totus mundus agit historem...All the world's a stage.”

“In everyone’s life, at some time, our inner fire goes out. It is then burst into flames by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.” -Albert Schweitzer

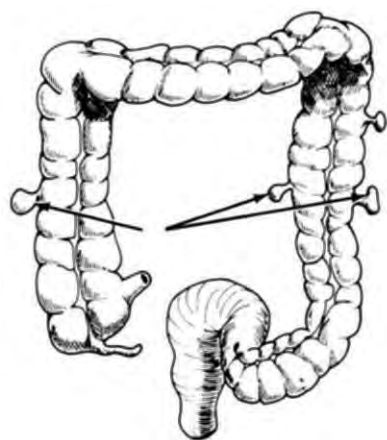
which normally do not connect. For example, fistulas can occur, which is the connection between the intestine and the bladder. Scarring outside of the intestine can also result from diverticulitis, which squeezes off a portion of the intestine, obstructing it.

Prevention

While there is no absolutely certain way to prevent the development of diverticula, it is believed that high-fiber diets are of help. Foods which are recommended for their high fiber content include whole grain breads and cereals and all types of fruits and vegetables.

A low-fiber, high-meat diet can lead to diverticulosis

Diverticulosis is a condition in which small pouches or pocket-like openings develop in the walls of the colon. This happens when a person’s stool is too hard and bowel muscles have to strain to move it along. The straining muscles create increased pressure in the colon, which causes pouches to form at weak spots along its walls. This condition generally affects people who are 50 years of age or older. Though the main cause of diverticulosis is not really known, it is believed that a low-fiber diet may be the dominant factor, while high meat consumption may also play a role.



Diverticulosis did not become a problem in the United States until the early 1900’s, when processed foods were being introduced into the American diet. Whole grain cereals were replaced by white flour, which is very low in fiber content. High-fiber vegetable intake also began to decrease as consumption of more high-energy, low-nutrient foods such as refined sugar, began to increase.

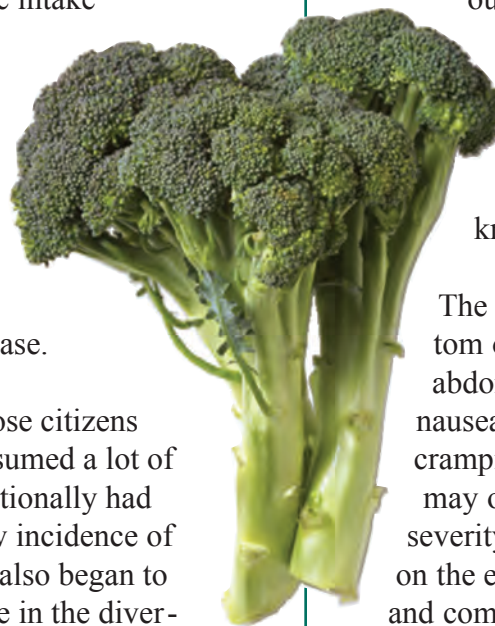
Countries whose citizens generally consumed a lot of fiber and traditionally had a very low incidence of diverticulosis also began to see an increase in the diverticulosis during the mid to late 1900’s. This was also when the intake of refined, processed foods increased while the intake of fruits and vegetables decreased. In general, diverticulosis is more common in developed or industrialized countries where low-fiber diets are consumed and less common in countries where people eat diets containing high levels of fiber.

Studies have found that people with diverticulosis, in addition to eating a low-fiber diet, also eat more meat and cooked dairy products than people who do not have the condition. This may be because a diet high in meats may lack fiber-rich foods such as vegetables and beans. Meat itself does not play a role on stool weight and transit time.

High meat consumption also increases bacterial metabolism in the colon. This increases the level of metabolites that weaken the walls

of the colon, thereby increasing the risk of developing diverticulosis.

Most people who have diverticulosis do not suffer from any symptoms. But symptoms such as abdominal pain can develop suddenly and without warning due to infections caused by bacteria that lodge in the small pouches. When this happens, the condition is then known as diverticulitis.



The most common symptom of diverticulitis is abdominal pain. Fever, nausea, vomiting, chills, cramping and constipation may occur as well. The severity of symptoms depends on the extent of the infection and complications.

Increasing the amount of fiber in the diet reduces symptoms of diverticulosis and prevents complications of diverticulitis. Increasing fiber keeps the stool soft and lowers pressure inside the colon so that bowel contents can move through easily. Until recently, foods with small seeds and insoluble fiber were not recommended to people who were diagnosed with diverticulosis. These foods were thought to increase the risk of infection in pouches that are formed. Studies now show that they are safe and cause no complications.

The American Dietetic Association recommends that everyone should eat 20 to 35 grams of fiber each day. Fiber is the part of grains, vegetables, fruits and legumes that the body cannot digest.

There are two types of fiber, **soluble fiber** and **insoluble fiber**. Soluble fiber dissolves in water and takes on

a soft, jelly-like texture in the intestines. Soluble fiber is found in foods such as oat bran and fruits such as apples and peaches.

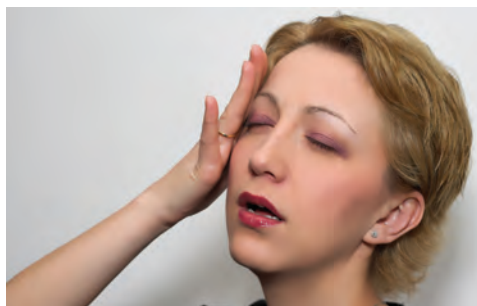
Insoluble fiber passes almost unchanged through the intestines. Insoluble fiber is found in foods such as whole wheat bread, nuts and broccoli. Both kinds of fiber help make stools soft and easy to pass, thereby preventing constipation and ultimately decreasing the risk of developing diverticulosis.

(See: *Earth: Body Sculpting*)

DIZZINESS

Medi-Sign Target

An Eye Patch & Warm Oil
in Ears



Dizziness is an uncomfortable inner feeling of confusion. Because the word is used to describe so many different sensations, we need to have a firm grasp of exactly what a person means when he or she complains of dizziness. Our first task then, is to extract a personal description.

We need to determine if dizziness is vertiginous or not. Vertigo is a specific spinning sensation; an illusion of motion. You may remember as a child spinning like a top and the sensation you would have when you stopped. This is vertigo. It was fun then but it can be disconcerting when it happens on its own. You

may recall nausea, veering and staggering. You tended to veer a certain way depending on your direction of spin. If you had spun around with a friend you may have witnessed nystagmus, the jiggling of his eyes, at the time he had vertigo.

You can observe nystagmus if you watch a person look out the window in a train or car. As they move past telephone poles or trees you see a repeating jumping eye movement. The eye slowly goes in one direction and quickly back to its original position in the opposite direction.

Is the dizziness vertiginous or non-vertiginous? This is a basic question we spend considerable time trying to nail down. Many people won't commit themselves. Vertigo can be compared to love. When it's there you know. If you can't say whether you have vertigo, chances are you don't.

Non-vertiginous dizziness is in a separate category. If you veer in one direction or the spinning seems to be in one direction, either clockwise or counterclockwise, this is consistent with vertigo. For many people, vertigo is worse when they are in a particular position, laying supine, for example, or with one ear down. Nausea and vomiting often accompany severe vertigo.

What if you have dizziness but not vertigo? Then things get more hairy. You may suffer from common light-headedness, which occurs when not enough blood is getting to your brain. This is what you feel when you get up too fast. A certain small amount of transient light-headedness is normal, but some-

times light-headedness is more persistent. This occurs with anemia from blood loss or volume loss from sweating, leaves your body short on fluids.

Medicines that affect blood pressure regulation include anti-hypertensives, diuretics and antidepressants. Some people experience visual darkening or near fainting when they stand. Light-headedness with near fainting is common in the frail elderly and in adolescents in a growth spurt. It is part of diabetes when it affects peripheral nerves responsible for blood pressure and Parkinson's disease. Light-headedness is usually worst in the morning or after a long period of recumbency.

When you stand, your circulation has to make adjustments. Your body is a fluid-filled container, where blood naturally gravitates to your legs. When you stand, automatic responses, mediated by the sympathetic nervous system - adrenaline, the heart, veins and arteries - come into play. Blood suddenly needs to be shunted up to the head. Arteries, have muscle in their walls, which constrict, maintaining blood pressure and causing the heart to beat faster and harder.

As you get older, or if you're sick or affected by drugs, this response tends to be less brisk. This is what is meant by orthostatic hypotension. One criterion for orthostatic hypotension is a systolic or upper



"We know what we are, but we know not what we may be." -William Shakespeare

blood pressure drop of more than 20 mm in the lying versus the standing position.

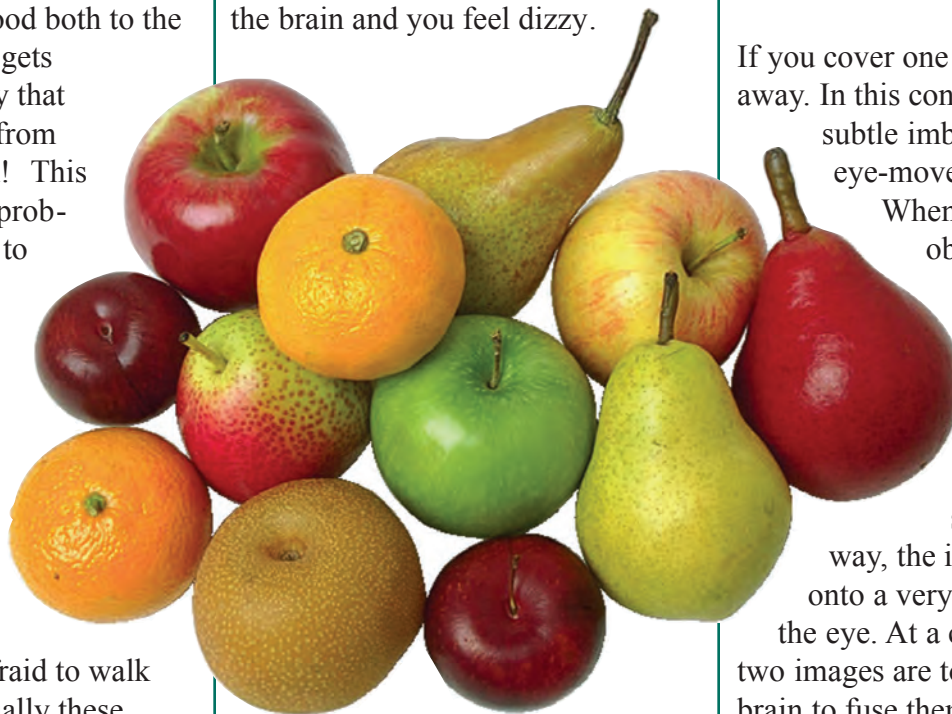
When a lightheaded dizziness leads to Syncope, or an actual loss of consciousness, we look for problems that affect the function of the heart and blood vessels, which lead to poor blood circulation. The Carotids and Vertebral arteries supply blood to the brain and partially clog and harden from atherosclerosis.

One interesting problem is the subclavian steal syndrome. The subclavian artery carries blood both to the arm and the brain. It gets blocked in such a way that blood actually flows from the brain into the arm! This causes dizziness and problems with circulation to the head. Many processes impairing peripheral nerve function alter blood pressure regulation.

Many people who say they feel dizzy are really just feeling unsteady on their feet. They may be afraid to walk or even to drive. Usually these fears are well-founded and these people may be likely to fall. Something may have affected their balance mechanisms or coordination when they tried to walk. A stroke in the brain or multiple sclerosis may be to blame. Multi-sensory deficit, the accumulation of multiple separate problems over time, may be the cause in the elderly. The sense of dysequilibrium can also come from burnt-out chronic vertigo. It's important to talk about any ancillary symptoms. You may experience certain numbness and tingling in the fingers, toes and around your

mouth. Nervousness or agitation accompanies this and air hunger, a feeling that you can't get your breath.

These symptoms are associated with hyperventilation. In hyperventilation syndrome, you breathe more than you need to. It's a physical problem connected to a drop in Carbon Dioxide, a gas your lungs try to get rid of, in the blood. When Carbon Dioxide goes down blood vessels in head, extremities automatically constrict. The smaller blood vessels then don't deliver enough blood to the brain and you feel dizzy.



Hyperventilation usually occurs when you're nervous. Very often you will have trouble putting your finger on specifically what is aggravating you. Over breathing may not be apparent to you or another observer because you're simply breathing more than your body needs to. Breathe into and out of a brown paper bag can help remedy the problem. If hyperventilation is recurrent, a test called a blood gas will show low carbon dioxide concentrations during the episode. No permanent harm or profound physi-

cal consequences will arise because of hyperventilation. Occasionally, similar symptoms occur in young women with Mitral Valve Prolapse, an anomaly of a heart valve where one can experience palpitations or a racing, irregular or strong heartbeat. This problem usually isn't serious either.

Diplopia or double vision warns of a more serious problem. A lot of people equivocate but it is easy to tell whether you have it or not. Simply, you're seeing two of things where you should be seeing one.

If you cover one eye, diplopia goes away. In this condition, there is a subtle imbalance in the tiny eye-movement muscles.

When you look at an object with two eyes, it is focused or thrown on the same exact spot on both of your retinas. When one eye is turned slightly the wrong way, the image is thrown onto a very different area of the eye. At a certain point, the two images are too far apart for the brain to fuse them together as one and you see double.

Diplopia is more serious symptom that may point to diseases affecting the brainstem, which is a warning of a serious stroke and other processes.

Slurred speech or Dysarthria point to a process affecting the brain itself, especially if they are associated with dizziness and vertigo. Any numbness on one side of the face or body is of more concern. Here we exclude numbness and tingling connected with hyperventilation.

A lot of people have a vague diffuse weakness when they are dizzy. This is of less concern. Nervous people tend to be weak in the knees. Clumsiness or unsteadiness can be a problem. Frequently accompanying dizziness are nausea and vomiting, Tinnitus, which is a very annoying ringing or roaring in one or both ears, and hearing loss, especially when it occurs on one side as in listening to the telephone receiver with one ear or experiencing trouble understanding speech.

Sometimes, you may have a generalized pressure or full sensation associated with sinus problems. This clues us in to a problem with the balance organs in your ears rather than elsewhere in the brain.

The last kind of dizziness is vaguely described. It isn't light-headedness, nor a near fainting episode nor is there true vertigo. The person just figures that there is something wrong but can't describe it.

Memory for the dizzy events may be affected, leading us to suspect partial alteration of consciousness which can occur with some kinds of epileptic seizures.

Dizziness can be a premonitory sensation before a seizure or an epilep-



tic aura. This is rare. Another possibility is that the subject is not very verbally adept as often happens in children who are dizzy or with someone with poor verbal skills. Dizziness can even occur from being nervous in a doctor's office.

The majority of persons with vague dizziness have an anxiety equivalent. They are just nervous. This may seem ridiculous at first glance but a number of good studies have shown this to be true and laboratory tests for other causes are almost always negative. When a vague nondescript headache accompanies dizziness, it nearly always indicates anxiety.

Dizziness, especially vertigo, can sometimes also occur as part of a migraine headache syndrome. Lastly, dizziness may be a panic attack equivalent, a kind of agoraphobia or fear of being outside in a public place.

People who report severe dizziness say it is often accompanied by other symptoms, palpitation, anxiety, sweating, on leaving the safety of their own home, perhaps in going out in a car or in a supermarket or being out in a public place where they may not be able to get into safety. They feel there is no escape, should an episode happen to occur. This sensation is most often described as "dizziness," though it is truly a form of phobia or anxiety. As you can see, the history of the complaint can point to a certain direction, which is the first step in helping yourself with your problem.

It can be as simple as an eye patch for two weeks and warm oil in the ears with cotton balls.

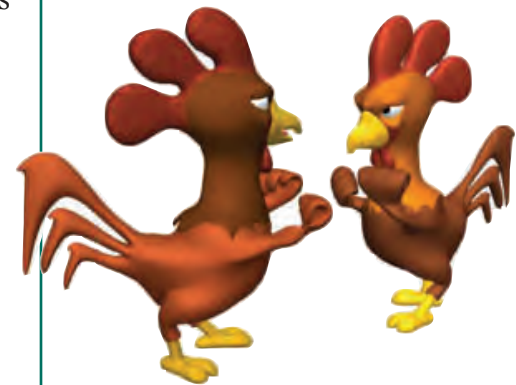
(See: *Disease: The Mystery Solved & Ears: Candling*)

DOMESTIC VIOLENCE

*Medi-Sign Target
The Courage to Leave*

What is Domestic Violence?

Domestic violence, also called battering, is any emotional, physical or sexual abuse by an "intimate partner." Intimate partners can be people who are married or not married, heterosexual, gay or lesbian, living together, separated or dating.



Domestic violence is a pattern of behavior, repeated over time, by which one partner controls and harasses the other through fear and the threat or use of violence. It rarely happens "just once," almost always getting worse over time. Domestic violence will almost always continue, even when the partner promises that it won't. This is part of the sick cycle.

Any abuse in a relationship situation can be described as domestic violence. The abuse is most commonly perpetrated by a male towards his female partner. It can be physical assault, rape or other sexual assault or emotional and psychological abuse such as demeaning and making threats. Very often the abuse is a combination of these. It occurs in

"Nothing gives one person so much advantage over another as to remain cool and unruffled under all circumstances."

-Thomas Jefferson

“Life isn’t about finding yourself. Life is about creating yourself.” -George Bernard Shaw

all socioeconomic, cultural and educational backgrounds.

Domestic violence is the major cause of injury to women in the 15 to 44 age group in the US. The most common victims of sexual assault and domestic violence are the 15 to 25-year-olds. This abuse is the cause of one-third of the murders of women. It was not until the women’s movement of the 1970’s that domestic violence became a matter for the courts.

Experts believe that it is widely under-reported because family matters are still thought of by many as private, even when they include violence. There is often an element of denial of the situation, and those involved are frightened of the legal consequences. Some research indicates that nearly 30 percent of those in relationships are believed to have suffered from violence at some stage.

Men can also experience domestic violence. Because they are more likely to report it than women are, it can seem that the percentage of men who suffer from domestic violence is higher than the actual incidence of abuse. However, data indicate that women are six times more likely to be victims than men.

Historically, women have been regarded as the property of men. Wife beating was acceptable and even considered necessary in medieval times. Patriarchal, or male-dominated, societies with traditions that allow husbands to punish wives physically and afford

women a lower socioeconomic status than men still exist in many parts of the world. Even where these traditional laws have been replaced there are still vestiges of male proprietary rights over the women and children in their family. Jewish, Muslim, and Christian are prime examples of this male dominational doctrine.



There is usually more than one reason why violence occurs in a relationship. Causes include low income, alcohol or substance abuse, growing up in a violent family, unemployment and low job satisfaction, sexual difficulties and not knowing other ways to cope or behave. The age of the couple involved can also be a factor. Violence is more common in couples under 30 years of age.

The effects of domestic violence are both physical and emotional. Physical injuries include bruises, cuts, burns, stab wounds, broken bones and miscarriage. Consequent emotional problems include eating disorders, alcohol and substance abuse, psychological disturbances, anxiety and depression.

A women who wants to leave an abusive relationship, particularly if she comes from a lower socioeconomic background, may often have to choose between the abuse and living on the streets. Shelters and refuges that have been established for women and children in this situation are frequently filled to capacity, which can add to a woman’s

dilemma. Victims will often leave a violent relationship and then return because of the economic, emotional, cultural and social difficulties that they encounter once they leave.

Escaping from a violent situation is the best course of action when children are involved. Research reveals that domestic violence is the fastest-increasing crime in the United States. It also indicates that children who come from violent homes where they are either the witness-

es to domestic violence, the victims of it or both, are likely to grow up to become violent adolescents and adults.

Once a woman, with or without children, has found a place in a shelter or refuge, she will then have access to a number of different programs, including legal aid and counseling. There are also an increasing number of treatment programs being established to which courts may send offenders.

We must be able to impact the root of the problem. Domestic violence in any relationship will not just disappear on its own. Without intervention, it will not end. We can directly impact violence in the home by working directly with people

who abuse others. When working with victims and survivors, one must always insure that they are in no way held responsible for what has happened to them. However, without directly working with the people who are responsible for the violence, it is always been difficult to create a lasting impact. Even though we may impact a survivor's life and assist her/him with information, renewed self-determination, support and encouragement to stay safe and to keep their children safe, without working with the ones who caused the violence in the first place, we know that too often, the violence will simply be bestoyed on someone else in the future.

The Domestic Violence Treatment Program

Counseling programs focus on working with batterers to change abusive patterns in an atmosphere that is caring, compassionate and safe. They work on behavior alternatives that stop the cycle of violence. They also help people to grow in ways that enable them to live lives free of violence and abuse by:

Stopping the violence cycle of the abuser through:

- The development of personal power
- Acceptance of responsibility
- Letting go of the need for unhealthy power and control
- Issues of gender and development
- The development of a healthy self identity
- Anger management
- Effective communication
- Assertiveness
- Emotional awareness
- Self trust
- Body awareness
- Stress reduction

- Positive relationship skills
- Conflict resolution

If these don't work try these:

• **Rise and smile.** Start your day with a smile and see how long you can go.



• **Be a humor hunter.** Make a point of seeking out life's amusing little treasures every day. Read cartoon books like *"The Far Side"* by Gary Larson and *"Dilbert"* by Scott Adams. Dip into a funny book. Get a funny audiotape to listen to in the car. It doesn't matter which writer or comedian you choose. The point is to make humor a small daily goal. Memorize great jokes. Watch the Comedy Channel. Put yourself in the path of funny people.

• **Magnify mayhem.** Exaggerate minor nuisances to the point they're stupid. It's all just puppy Doo Doo! This is known as catastrophizing. If

you are struck in traffic, for example, you might first think, *"Great! My boss will be mad."* Then, *"She'll fire me for missing her meeting."* Then, *"Won't she be sorry when she finds me still sitting here next week, still clutching the steering wheel with cobwebs in my hair!"*

This game of exaggeration gives you distance from your little stress-es, keeping them from becoming major stress.

• **Create a joy journal.** To convert doldrums into delights, consider scribbling down phrases, quotes or observations that make you laugh. Stockpile them. Tape them on your computer or refrigerator door and read them whenever you feel down or angry.

• **Stock up on silliness.** Keep a clown's red rubber nose or a pair of Groucho Marx glasses handy. The next time deadlines, telephone calls or your boss's demands send your stress level soaring, open the drawer and slip on the fake nose or glasses. Stop and take a gander at yourself in the mirror. Watch how quickly your attitude changes.

If these don't work...suck on St. John's Wart (*oops*) wort! It's nature's prozac – OR, remember, as it's been said, if you truly love something, let it go. Then, if it comes back, KILL IT! (*Kidding, kinda*).

Domestic violence can come from a grandeur scale. I wrote this years ago in a story that was published and felt the need to include it.

A master-slave relationship is no different than the relationship of captor and hostage, assailant and

"If I could reach up and hold a star for every time you've made me smile, the entire evening sky would be in the palm of my hand."

“How ‘bout a nice greasy pork sandwich served in a dirty ashtray?”

victim or leader and follower. You grew up, David, watching your father abuse your mother, physically and emotionally. This filled you with confusion and rage. You could never understand why she took it, why she didn't leave. Not having experienced the conditions and situations that created your mother's perception of reality, you could see clearly her options, her choices and her escape. She, sadly enough, could not see them. You excused your confusion by simply believing she wanted and liked the whole thing. You were wrong, David. She was truly trapped in the invisible reality of her feelings and her beliefs.

Today, I share with you the steps that led to her belief that she had no choices, the steps that bonded her so tightly to her tyrant husband. I do this so you may understand how in the same ways, society binds many so tightly that they do not see their options for escape, so much so that the thought of leaving society seems life-threatening to them. It is a process of continuing education from mass media, parents, religious leaders, schoolteachers and society in general.

A man intent on controlling a woman often tries to isolate her, to control what she does, who she sees, who she talks to, what she reads and watches, what she wears and where she goes. He may try to prevent her from getting a job, make her ask for money or give her a small allowance from the money she makes. He is likely to force sex

upon her. He sometimes reverts to physical abuse such as throwing or pushing her. He may even threaten her or subject her to verbal abuse. He will humiliate her by telling her no one else wants her, that she's unattractive and lucky to have him and that another man would treat her worse. He makes rules for her to follow, then convinces her that she would mess up her life without his rules. He tries to make her think she is the cause of his aggravations and bad luck, and that she is responsible for his rages. He tells her he could change if she were more obedient and sensitive to his needs. He may threaten to take the children away if she leaves.



Because women are sensitive and nurturing, she finds this rationale believable. She deeply internalizes all of his incredible propaganda. She may plead for forgiveness, praising her man and thanking him for taking care of her. She fails to recognize the danger of the relationship to her very survival. She misinterprets his possessive control as love.

This personality practices his cunning ways on his unfortunate victim by giving just enough hope, just enough reward to make her believe he can change, that things will improve. His attacks are laced with shows of repentance and small kindnesses, which create the chains of intense and sinister bonds that profoundly brainwash the victim into a cyclic love-hate syndrome that generates personal death and hell.

Captors use four conditions to generate this same syndrome in prisoners of war. First, the hostage perceives the terrorist as having the power of life and death over him. Second, he believes there is no escape and survival depends on his captor. Third, he is isolated from outsiders, creating the unrealistic assumption that the captor's perspective is the only viable approach. The fourth and final step is a show of kindness to the hostage by the captor.

When violence is alternated with warm, friendly kindnesses, the traumatic bonding becomes awesome in its strength and power. Children of abusive parents do not want to be separated from them. Pets will cleave to cruel owners. In the absence of loving and supporting relationships, victims bond to their abusers as whores do to pimps. Victims internalize the window of reality of their captors. They protect and side with them, identify and even imitate them.

The overt displays of power and kind actions of abusive husbands are nothing more than a mask. It

covers a fundamental weakness and hides the fear that the attacking husband feels of being abandoned himself. The very nature of his dominance is to twist and hide this reality.

Now David, I have told you these things so you might see that in the same way that a man will abusively bond a woman to him, dark political movements will traumatically bond many people to its society and its institutions. Their citizens show all of the signs of emotional paralysis. They believe the lies and accept their own incompetency, believing they cannot survive economically without the present society's structure. They are heard to say, "Of course our present society isn't perfect, but where is a better one? With all of its faults and problems, it is still the best system around." Like an abused woman, they cannot think clearly or they would question the need for such a controlling factor in their lives. What is being perceived as security is in reality a situation that can become deadly to all life, lethal to the animals, the plants and forests, the soil, the air, the water and the people.

Does a religious institution hold your eternal life in its hands? Are you made to feel guilty? Are you told to confess and ask for forgiveness? With a show of repentance are you forgiven by an earthly tribunal which you then serve, imitate and identify with? Are you isolated to this belief system, and told that to investigate other avenues of spiritual learning would be detrimental to your salvation? Are you told that you need to know only what is contained in the

doctrine of your faith for your eternal salvation? Do you find yourself associating only with people of the same persuasion? When a confessional system is created and an unquestioning leadership supremacy with infallible decrees established, then you truly are in the clutches of hell and death, you are enslaved.



Now David, be mindful that not all captors and assailants are blatant and so obvious in their control. The manipulation and control of one person by another can be a subtle thread that permeates the relationships. This is accomplished by looks, words, phrases, traditions, dogmatic teachings, gestures and assumptions that are so embedded

in what people have come to accept as normal, that they are all the more potent for being subconscious, rather than conscious.

When an abused person realizes there is no moral obligation to the attacker or controller, not even an obligation to correct or change him, only an obligation to one's self, the marriage or traumatic bonding is over.

The truth is that society and all of its institutions have been killing and poisoning and destroying you for thousands of years. Some have tried to point this out, but to no avail. Most won't listen. The majorities still side with society, their husband and taskmaster. They placate. They praise. They are docile, obedient servants. Their subservience is necessary to maintain and promote society's ways, its courts, banks, hospitals, churches and its military and political leaders.

And if anyone did leave society right now, would they be thrown into irreparable poverty? There are always choices. It takes two for tyranny to exist. When one stops, the game is over. Tyranny ends when slaves stop responding.

You probably cannot imagine life without the husband of government, churches, the courts, the hospitals, the banks; a life of non-traditional, non-historic, non-habitual, non-customary, nonconforming paths. But as battered people, you have nothing to lose and absolutely everything to gain. You don't have to wait until you die to get your castle in the sky. You can have it this year, this month, this

"My bowels wait for no one." -Antonio Atobelli

“The longer I live the more beautiful life becomes.” -Frank Lloyd Wright

week, if you choose it. You will soon develop in your growth to a point where life without zest and fulfillment will disgust you.

When I tell you that you can have this vital existence now, I will not leave you wondering as to how, but rather you shall learn to know all things past, present and future through your gift of the sight of memory.

You will learn to change your daily behavior, thoughts and perceptions. You will learn that in today’s age, self-education is the only true education. This is an age of information access. Information that was once on the earth and in the hearts of people has been lost and is no more, but soon shall be again. The greatest of all knowledge is the knowledge contained within, in the record of one’s own flesh. To act upon living ordinances in your body of flesh, your personal lot of living earth, a living temple work that unlocks the pages of time and experience, is to perform the Magnus Opus, the Great Work, a marvelous work and a wonder, for the wonder of immortality shall fill one’s frame unto the building of a temple of strength, a house of Good made of the elements of your mother the Earth, the Goddess of Heaven, the Creatress of Immortal Godlings, both male and female.

True liberty, absolute freedom of thought, which can lead to an immortal condition, depends upon The Great Work. Deprogramming one’s self from society’s brainwashing is the single most crucial task before you. Not to drop out of society physically, but rather mentally with eyes wide open. It is also the most difficult because you feel small and out of focus, a person

without a country. When you first step into the path of life from the path of death it is what is best for you is also best for everyone around you. Your free, imaginative and inventive mind sets light on fire with new possibilities. You begin to act with the authority that comes from within.

Soon you will be part of a group of people that are forming communities of extended families built upon a new concept of life, a new order of abundance and peace and the elegance of simplicity. You will begin to see that just as the sun and moon and stars have a profound effect upon your lives, your lives in turn have just as profound an effect upon each other.

Remember David, there are many within who are watching your labors. Remember what I have taught you and act upon your knowing.

(See: Feeding Your Emotions)

DON’T CONTINUE TO BE A VICTIM!

DOWN SYNDROME

Medi-Sign Target
A Great Diet, Exercise & Oils of Primrose, Borage & Black Currant...
LOTS OF LOVE!

You have probably seen people who have Down syndrome. They have certain physical features, such as a flatter face, upward slanting eyes and a somewhat larger tongue.

They may also have medical problems, such as heart defects, and they

usually have some mental retardation, which means they may have trouble learning. But despite their challenges, kids with Down syndrome can go to regular schools, make friends, enjoy life and get jobs when they’re older.



JEZALIA DAWN TOLMAN

My wife Amber and I have a little girl, Jezalia (*Jezy*) who is Down’s. She is an absolute joy to the entire family. In many ways she seems brilliant. She has a lot of joy and happiness on our 40 acre home. Jezy has been very healthy after her first six months of her life. Lots of fruits, veggies and juices have made her strong and vital.

To understand why Down syndrome happens, you need to understand a little about chromosomes. What’s a chromosome? They are thread-like structures within each cell and are made up of genes. Genes provide the information that determines everything about people, from hair color to whether they are girls or boys.

Most people have 23 pairs of chromosomes, for a total of 46. But something goes wrong with the chromosomes for a baby with Down syndrome. He or she either has an extra chromosome, 47 instead of 46,



Do a Lot of People Have Down Syndrome?

About one out of every 800 babies born has Down syndrome, no matter what race or nationality the parents are. It is not contagious, so you can't catch it from someone else. You are born with it. No one gets Down syndrome later in life.

or one chromosome has an extra part. This extra genetic material causes problems with the way their bodies develop.

Some babies with Down syndrome also may have problems in their stomachs or a blockage in their intestines that prevents them from digesting food properly. Kids with Down syndrome are more likely to get infections that affect their lungs and breathing. When these kids do get infections, they often last longer. They may have eye or ear problems or digestion problems like constipation. Some may develop leukemia, a type of cancer. Each person with Down syndrome is different and may have one, several or all of these problems.

We've mentioned a little about the features people with Down syndrome often have. In addition to the eyes and face, they may have small or misshapen ears, a large space between the big toe and the second toe and a crease that goes across the palms of their hands. It's important to note, though, that not all people with Down syndrome look alike or have all these features.

Now you know that Down syndrome is caused by a problem with a chromosome. You might already know that we get our chromosomes from our mother and father. Remember the 23 pairs of chromosomes-half are from your mom and half are from your dad.

But we aren't sure why this chromosome problem happens in some babies. It's nothing the mom or dad did before the child was born. Anyone can have a baby with Down



syndrome, but the older the mother, the greater the risk.

Is There a Cure?

At one time, most kids with Down syndrome did not live past childhood. Many would often become sick from infections. Others would die from their heart problems or other problems they had at birth. Today, most of these health problems are minimal and most kids who have it will grow into adulthood.

Someone with Down syndrome has a good chance of living to be 50 years old or more.

But there is no known cure yet for Down syndrome. It is something a person will have all of his or her life. But people continue to do research in the hope of finding ways to prevent Down syndrome or at least improve the health and lives of people who have it.

BLACK CURRANT, BORAGE AND EVENING PRIMROSE OILS

These are popular "health oils" because they are rich sources of the essential fatty acid GLA, gammalinolenic acid, a vital ingredient for making important hormones, such as prostaglandins. Black currant oil has two advantages over evening primrose oil. For one, it is less expensive, and it is one of the few oils that contain omega-3 in addition to omega-6 fatty acids. These oils have been touted as cure-alls for many ailments. The fact that most of them are extracted by chemical processing may render these tonics less healthy than advertised. Proponents of these oils claim that some people, especially aging persons, may be unable to convert dietary essential fatty acids to GLA. GLA-

"Amor vincit omnia...Love conquers all."



sports and participate in activities, such as music lessons or dance classes.

Because they look different, some kids may tease or bully kids who have Down syndrome. But these kids have feelings just like anybody else. When they

containing oils, as well as the essential fatty acid DHA, are popular ingredients of a flurry of brain-boosting nutrients collectively known as “targeted nutritional intervention,” TNI, and are being studied for use in children with Down Syndrome.

What’s Life Like for Kids With Down Syndrome?

Many kids with Down syndrome go to regular schools and may attend regular classes. Some need special classes to help them in areas where they have more trouble learning. Their parents work with teachers and others to come up with a plan for the best way for each child to learn. Kids with Down syndrome like their playtime, too. They play

get teased, it hurts their feelings. They want to be accepted and have friends. If you know someone with Down syndrome, you can be a big help by not teasing him or her. Instead, offer a helping hand and a friendly word of encouragement. They also love hugs.

You might wonder what kids with Down syndrome do after they graduate from high school. They often go to work. You may have seen a person with Down syndrome on the job maybe helping in an office, a grocery store or restaurant. In fact, they are known for their enthusiasm, reliability and dedication. For all their hard work, they can feel a sense of accomplishment.

DRUGS

*Medi-Sign Target
Colonics, Salt & Water*

Addiction is said to exist when the body becomes accustomed to foreign substance and can no longer function properly if the substance is withdrawn. Not everyone that uses drugs, illegal or legal, becomes addicted to them. The three most commonly used drugs alcohol, tobacco and caffeine, are legal and freely available, but they do not pose an addiction problem for all those who use them.

Not everyone that drinks becomes an alcoholic; some people smoke only on weekends; many people who drink coffee don’t crave it all the time. Research is focusing on the question of why some people become addicted while others do not. Scientists and nutritionists are providing some answers to the complex question of chemical dependency. According to most research, the reasons for addiction lie in the brain. A group of chemicals called neurotransmitters carry the signals between neurons in the brain.

One of these neurotransmitters, dopamine, plays a pivotal role in transmitting feelings of satisfaction, arousal and reward. Every time we experience these feelings, we have the desire to replicate them by repeating whatever it was that caused them before. This may account for the repetition inherent in addictive behavior. We appear to be hard-wired to want pleasure. Alcohol, nicotine, marijuana, cocaine and amphetamines are a few of the substances that increase dopamine



Jezaía & Don Tolman

“Smash forehead on keyboard to continue.”



black currants and white material just beneath the peel of citrus fruits, apricots, blackberries, cherries, grapefruit, grapes, lemons, oranges, plums and elderberries.

Detoxification

A detoxification diet is intended to relieve the body of chemical toxins such as

levels in the brain, and the more they are used, the more deeply these substances are associated with pleasure and the more profound the dependency.

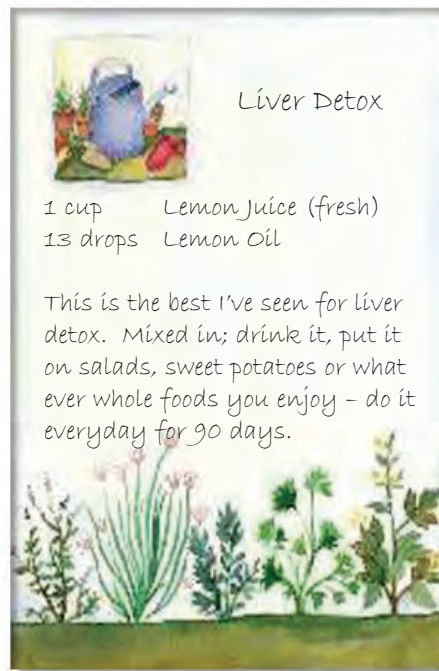
The nutrients listed may help those recovering from drug addiction. Vitamins from natural raw food sources are best.

Vitamin B complex-whole grains, brown rice, nuts, legumes, cheese, wheat germ, asparagus, brewers yeast, broccoli, Brussels sprouts, dulse, kelp oatmeal, plums, dried prunes, raisins and watercress.

Herb teas with chamomile, fennel seed, peppermint, red clover, rose hips, sage and yarrow. Vitamin B 12 is not found in many vegetables or sea vegetables such as dulse, kelp, kombu and nori nor in soy products like tofu and tempeh.

These will help remove stress and protect the liver. Natural forms of calcium from foods will help nourish the central nervous system and help control tremors by calming the body. Magnesium sources are dark green vegetables, legumes nuts and pineapple. Natural forms of zinc are pumpkin seeds, sunflower seeds, mushrooms and soybeans. Bioflavonoids detox the system and lessens the craving for drugs. Natural sources are peppers, buckwheat,

drugs, pesticides and heavy metals. Liver detoxification diets are as varied and customized to the individual as there are naturopaths prescribing them as a course towards wellness.



DRUG OVERDOSING

*Medi-Sign Target
Colonics, Salt & Water*

A drug overdose occurs when you consume more drugs than your body can tolerate. Overdose is a relative term, with symptoms that range from the uncontrollable nodding of

heroin, to the shakes of crack, cocaine powder and meth, to unconsciousness and death. Drug users are constantly flirting with the risk of a drug overdose. There is a fine line between the high they're seeking and serious injury or death.

Mixing drugs such as heroin, pills and alcohol is the most common cause of death by overdose. Drugs taken together can interact in ways that increase their effects. With depressants, drugs that slow you down, the risk of passing out or stopping breathing increases. With stimulants, drugs that speed you up, the risk of seizures or heart attacks increases. Changes in your health or body can put you at risk for an overdose. Getting sick or losing weight affects your tolerance and your body's ability to adjust to the drug. Using alone also increases the chance of fatality overdosing because there is no one there to call for help or take care of you if you pass out.

All drugs have the potential to be misused, whether legally prescribed by a doctor, purchased over-the-counter at the local drug store or bought illegally on the street. Taken in combination with other drugs or with alcohol, even drugs normally considered safe can cause death or serious long term consequences. Accidental drug overdose may be the result of misuse of prescription medicines or commonly used medications like pain relievers and cold remedies. Symptoms differ depending on the drug taken.

While many victims of drug overdose recover without long term effects, there can be serious consequences. Some drug overdoses can cause the failure of major organs like the kidneys or liver, or failure

"It's kind of fun to do the impossible." -Walt Disney

of whole systems like the respiratory or circulatory systems. People who survive drug overdose may need kidney dialysis, kidney or liver transplant, or ongoing care as a result of heart failure, stroke or coma. Death can occur in almost any drug overdose situation.

Drugs are generally classified as either:

• **Prescription Drugs**

These require a doctor's authority to purchase them. Some common examples are "Valium," "Morphine" and "Benzodiazepines," which are sleeping tablets.



• **Non-Prescription Drugs**

These are drugs which may be purchased without prescription. They consist of headache compounds, cough elixirs and similar mild medications and can be purchased at virtually any chemist or retail outlet. Common examples are "Panadol," "Aspro," "Vick's Cough Syrup," alcohol and nicotine, which can be purchased in the form of cigarettes.

• **Illicit Drugs**

These are drugs that are imported, grown or manufactured illegally. All illicit drugs are dangerous and usually imply a degree of dependence, or in some cases, addiction. Examples are heroin, cocaine, amphetamines, "ecstasy", marijuana, meth and LSD. Although these

drugs are illegal, all are used in prescription drugs.

The number one solution is a diet of nothing but fresh bananas, pineapple and fresh squeezed orange juice. Nothing else, not even water for 14 days.

DRY EYES/ EYE PROBLEMS

*Medi-Sign Target
Carrot Seed Oil & a Soaked
Flaxseed under the Eyelid*

It's great to learn that drinking water, eating the right foods, simple eye exercise, and relaxation methods can be just as powerful in many cases, if not better than, medicines, lasers and surgery.

**PREVENTION OF COURSE
IS THE BEST KEY.**

First of all, tears are critical to eye health.

Tears are not just water. They have three separate components:

1. **Oil** from the Meibomian oil glands in the eyelids
2. **Mucous** from the goblet cells deep inside the eyelid
3. **Watery tears**, which are the "aqueous" tears from the lachrymal gland and accessory lachrymal glands located in the conjunctiva of the eyelids.

ARE YOUR EYES DRY?

Natural Eyedrops Work Best For Dry Eyes

If you're like most Americans, when

your eyes are dry, red, burning or gritty, you reach for over-the-counter eye drops such as Visine or Murine to make them feel better. Unfortunately, it's likely that you're making the problem worse.

Many people use these products for dry eyes and should not be doing so. These products "get the red out" by constricting the blood vessels in your eyes, which doesn't do anything to effectively moisten them.

Having dry eyes is a problem that you definitely want to solve. Dry eyes are more than a nuisance. Chronically dry eyes can damage the tissue of the eye, possibly even scarring the cornea and leading to irreversible loss of vision.

The first step in restoring moisture to your eyes is to use eye drops, but they have to be the right kind; natural and preservative-free artificial tears.



Artificial tears preserve your eyes without preservatives.



"Scan-disc is now checking your hard drive. You can start praying."

The first line of defense in treating dry eyes is to replace the tears that are not there with artificial ones. Of the many dozens of different types of artificial tears available, I feel the best is carrot seed oil. Use by putting one drop in each eye at night.

Eyes Dry? Practice Blinking

To stay lubricated, the eye needs to blink about 12 times a minute, or once every five second. People who use computers stare intensely at the screen and blink as seldom as once a minute. The lubrication that they get is second-rate. The result is dry, red, burning eyes.



How can you fix computer-caused dryness? Deliberate blinking. Practice blinking when you're at the computer. Each time, make sure that you close your eyes so that you can't see and keep them closed for just a second. If you consistently slowdown your blinks, your subconscious mind will soon take over the task, and you'll be blinking the way you should.

Hydro-healing: Soak your eyelids

It's very common for people with dry eyes to have blocked oil glands in their eyelids, a condition that makes tears less stable and more

likely to evaporate quickly. To solve the problem, soak and wash your eyelids twice a day.

1. Environment: Take a careful look at your home, especially bedroom and workplace. Is it too dry? Is there any humidity? Are there plants? If you suffer from dry eye symptoms especially in the winter, place a humidifier in your bedroom. Any changes in your environment, such as adding a humidifier to your heating system will be helpful. Have lots of live plants.

2. Evaluate your diet:

Are you drinking enough water? Drink at least six to eight glasses of water a day, and dump the sodas and hard alcohol. Include soy and other legumes and seeds, such as flaxseed, in your diet. These provide essential fatty acids to protect cells and stabilize the tear film. Green, leafy vegetables and grains supply the necessary B vitamins. Omega-3 and -6 fatty acids, which come from plants such as flaxseed, nuts and the oil of evening primrose and borage are loaded with these good fats. Try putting flaxseed oil on potatoes and salads.

Infection, vitamin and mineral deficiencies and foods and environmental factors can lead to damage of the eyes. Changes in the eyes can also be caused by diseases in other parts of the body. Artificial sweeteners, caffeine, alcohol, sugar, lactose, tobacco, steroids, mercury, excessive computer use and direct sunlight can all cause eyestrain and, more threateningly, rob the eyes of perfect vision. Avoiding the entire list of hazards can protect the eyes as well as the rest of our bodies. In particular, avoid smoking to reduce

the risk of developing macular degeneration and cataracts. Conjunctivitis is usually caused by bacteria, viral infection, allergies and other irritants. Lack of water in the tear ducts is usually the cause of dry eye.



Foods That Help

Grapes, grape seeds and the berry family of blueberries, raspberries, blackberries and strawberries, contain plentiful amounts of anthocyanidins and pro-anthocyanidins. These belong to the same family as isoflavonoids and bioflavonoids. These wonderful phyto-medicines protect our eyes against cell degeneration by improving the integrity of the capillaries that supply blood to the retina.

Fresh wheatgrass juice, strained and dropped into the eyes, is a home remedy used to relax eye muscles and soothe eyestrain. Green, chlorophyll-rich vegetables in general should be added to the diet for eye health because they contain vitamins A, B, C and E. Yellow-orange vegetables, such as carrots, pumpkins and sweet potatoes, are also rich in pro-vitamin A, beta-carotene, which the body converts to vitamin A. Juices made from carrots, kale, spinach, tomatoes and melons are a delicious way to get

"I learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

these eye-essential carotenoids. As a source of protectors and pro-vitamins A, carrot juice guards against eye infections and prevents cellular deterioration from free radicals.


Kale and spinach are especially good protection against macular degeneration. Eating whole grains and nuts adds fiber and minerals to the diet as well as a good supply of vitamin E, which protects cells, including eye cells, from damage.

Flaxseed oil can improve our perception of color eyesight because of their docosahexaenoic acid content. Flaxseed oil is a rich source of alpha linolenic acid, which the body converts into DHA. A tea made from fennel or its seeds, clears and refreshes the eyes and is claimed to improve vision. Fenugreek seeds also improve general eye health. Reishi mushrooms have been known to clear inflammation associated with conjunctivitis.

Nutrients and Herbs That Help

Ginkgo biloba is often cited for its powerful abilities that neutralize the free radicals that cause eye damage and degeneration. Ginkgo biloba also brings nutrients to the eye by improving circulation, as do gotu kola, hawthorn berry, marjoram, cayenne pepper, ginger and garlic.


Topical treatments for conjunctivitis that are soothing and healing include sterile, cold water, vitamin C solutions, calendula tea, goldenseal ointment and chamomile compresses. Drinking eyebright tea, as its name implies, helps to relieve conjunctivitis symptoms as well as general eye inflammation and fatigue. Applying eyebright topically is not recommended because contact of eyebright with the eyes can cause itching and redness.




Eye Blend

1/2 cup	Blueberries
1/4 cup	Raspberries
1/4 cup	Blackberries
1/2 cup	Strawberries
1+ cups	Soy milk

Make this drink whenever fresh berries are in season. Just add soy milk and blend until smooth. If you cannot find all the berries, you can make this recipe with only blueberries and strawberries.




Blueberries are closely related to the most healing of “eye” herbs, which is bilberry. All these berries contain plentiful amounts of anthocyanidins and pro-anthocyanidins, powerful flavanols that nourish the cells of the retina. They protect against cell degeneration, in general, and therefore also possess cancer and life extension properties. Cranberries and grapes are also rich sources.




Eye Power Tea

1 bag or tsp	Bilberry
1 bag or tsp	Eyebright

Steep for 5 minutes, but do not boil. For variety and flavor, add other helpful “eye” herbs such as fennel, hawthorn berry and marjoram.




These two herbs are famous for general eye care and for relieving symptoms of inflammation and fatigue. They bring nutrients to the eye by improving circulation. The major natural tea manufacturers package these teas in bags, but they are also available in capsules. Whichever way you consume these beneficial herbs is fine. The loose tea can be found in herb stores and requires a strainer.



Green Eye Monster Juice!

2 oz	Wheatgrass juice
5 oz	Carrot juice
2 oz	Kale juice
2 oz	Spinach juice
3 oz	Tomato juice
1/2 inch	Ginger root
1 clove	Garlic
pinch	Cayenne pepper

The juice is about as green as you can get. Wheatgrass by itself is powerful eye healer. If any of the ingredients in this juice are unavailable, it will still be powerfully healing.



Eating orange and green foods for the eyes are miracle workers. A bag of baby carrots a day keeps the eye doctor broke.



“Enter any 11-digit prime number to continue...”

DRY HAIR

Medi-Sign Target

Olive Oil & Avocado mixed together and put into hair for 30 min.

Dry hair is a relative symptom. Dry hair may be described as hair with insufficient moisture and oil content needed to maintain a normal sheen and texture. Dry hair may result from excessive washing, harsh detergents, a dry or hostile environment, inadequate diet or underlying diseases.

Abnormal hair texture, sheen and even abnormal hair color may be seen in various states of malnutrition, such as kwashiorkor, or zinc deficiency, and marasmus. Metabolic diseases such as hypothyroidism and Menkes kinky hair syndrome produce brittle, dry hair.

Common Causes

- Excessive washing, harsh detergents or alcohols, excessive blow-drying
- Environmental dryness
- Anorexia nervosa
- Malnutrition
- Hypothyroidism
- Hypoparathyroidism

Home Care

- Shampoo less frequently – perhaps only once or twice a week
- Add conditioners
- Avoid blow drying and harsh styling products

Oil it up If the ends of your hair are dry, but not your scalp, apply the heated oil only to the ends of your hair. Leave it on for 10 to 15 min -



utes and then wash with a shampoo designed specifically for dry hair.

If you have a dry scalp, warm up some castor oil by putting a small amount into a pot and heating it on a very low setting until it is warm to the touch. Then, massage it into your scalp. Wrap your head in a hot, steamy towel for 15 minutes and wash. To get this effect, you can run towels through the washing machine using hot water but no detergent, or you can wrap your oiled-up head in a dry towel and sit under a hair dryer set on low for 10 minutes.

Castor oil is very hard to get out of your hair, so you'll need to wash your hair with hot, but not scalding, water and plenty of suds. If you don't have castor oil on hand, olive, mineral, avocado or even vegetable oil should work just as well.

Mayonnaise makes an excellent conditioner. Leave the oily, white goo in your hair for anywhere from 5 minutes to an hour before washing it out.

DRY MOUTH

Medi-Sign Target

Water & Sucking on Rock Salt

MOUTH-WATERING RELIEF FOR DRY MOUTH

Water overload is your number one solution.

A temporary bout of dry mouth is nothing to worry about. In fact, worrying is probably what's causing your problem to begin with. Stress and nervousness can leave your mouth feelings like the Sahara. If that's the case, here are a couple of tips from alternative healers to help with occasional dry mouth.

Breathing: The Darth Vader Solution

You can fix stress-caused dry mouth by breathing through your nose.

Just breathe deeply in and out through your nose for about 10 minutes. This method of breathing fills the lower parts of your lungs, which, in turn, activates that parasympathetic nervous system, the part of your nervous system that calms you down.



Eating natural sources of Vitamin C.

Vitamin C is found in berries, citrus, fruits and green vegetables. Good sources include asparagus, avocados, beet greens, black currants, broccoli, Brussels sprouts, cantaloupe, collards, dandelion greens, dulse, grapefruit, kale, lemons, mangos, mustard greens, onions,

“Choose a job you love and you will never have to work a day in your life.”

“Are you going to do something, or just stand there and bleed?” -Kurt Russell as Wyatt Earp in Tombstone

oranges, papayas, green peas, sweet peppers, persimmons, pineapple, radishes, rose hips, spinach, strawberries, Swiss chard, tomatoes, turnip greens and watercress. Herbs that contain vitamin C include alfalfa, burdock root, cayenne, chickweed, eyebright, fennel seed, fenugreek, hops, horsetail, kelp, peppermint, mullein, nettle, oat straw, paprika, parsley, pine needle, plantain, raspberry leaf, red clover, rose hips, skullcap, violet leaves, yarrow and yellow dock.

DRY SKIN

Medi-Sign Target
Rub on Coconut Oil, Drink the Dry Skin Shake



Ordinary dry skin, or xerosis, usually isn't serious, but it can be uncomfortable and unsightly, turning plump cells into shriveled ones and creating fine lines and wrinkles long before you're due.

Fortunately, most dry skin results from environmental factors that can be wholly or partially controlled. These include exposure to hot or cold weather with low humidity levels and to wind, long-term use of air conditioning or central heating, excessive bathing, especially tub baths and the use of strong soaps or detergents. Metabolic changes that

occur with normal aging or with certain medical conditions also can affect the moisture content of your skin.

Dry skin can be a temporary problem, one you experience only in winter, for example, or it can be a lifelong concern. Although skin is often driest on your arms, lower legs and the sides of your abdomen, this pattern can vary considerably from person to person. What's more, signs and symptoms of dry skin depend on your age, your health status, your locale, the amount of time you spend outdoors and the cause of the problem.



If you have dry skin due to environmental factors or normal aging, you're likely to experience one or more of the following:

- A feeling of tightness or tautness, especially after showering, bathing or swimming.
- A loss of plumpness. Your skin may appear shrunken or dehydrated.
- Skin that feels and looks rough rather than smooth.

- Itching, or pruritus, that sometimes may be intense.

- Slight to severe flaking or scaling.

- Fine lines or cracks.

- Severe redness.

- Deep fissures that may bleed.

The following measures can help keep your skin moist and healthy:

- **Wash 'n' Go.** For most people, a once-daily bath or shower is enough to maintain good hygiene. If your skin is very dry, bathing every other day may be best. Keep in mind that the longer you're in water, the more protective oils you lose. For that reason, and because it takes just a few minutes to wash thoroughly, limit baths and showers to 15 minutes or less. Also, use warm, rather than hot, water. Less is more when it comes to washing your face, too. Although it may be difficult to break the habit of cleansing your face morning and evening, once a day should be enough to remove dirt and oil. If your skin doesn't feel fresh on this abbreviated schedule, modify it by rinsing with cool water in the morning and using a cleanser only at night.

- **Avoid harsh, drying soaps.** If you just don't feel clean without soap, choose mild soaps that have added vegetable or nut oils and fats. Avoid deodorant and antibacterial detergents, which are especially harsh. You might want to experiment with several brands until you find one that works particularly well for you, or make your own. It's easy. A good rule of thumb is that your skin should feel soft and smooth after cleansing, never tight

or dry. Try to use soaps and cleansers of any type only on your face, underarms, genital area and your hands and feet.

After a bath or shower, rub yourself down with raw organic coconut or soybean oil.

DYSLEXIA

Medi-Sign Target

Master the 52 Phoneme's & Relax...you're a Genius!

The Gift of Dyslexia

The gift of dyslexia is the ability to think multi-dimensionally. While the ability to see in pictures and to change one's point of focus or reference point is a handicap in reading, it can also be a source of creativity and brilliance.

Many famous people have been dyslexic. The list includes *Albert Einstein, Thomas Edison, Alexander Graham Bell, Leonardo daVinci, Walt Disney, Winston Churchill, Hans Christian Anderson, Woodrow Wilson, Whoopi Goldberg, Danny Glover, Tom Cruise, Dan O'Brien, the U.S. Olympic decathlete gold medallist and many others.* The question is whether these individuals succeeded in spite of dyslexia, or in some way because of it.

For example, Albert Einstein said he came up with the theory of relativity because he imagined himself riding on a light wave. This task requires a radical shift of perspective that might be much easier for a dyslexic than someone without the dyslexic trait. Recall that dyslexics can see perspectives that a normal person cannot. According to research, dyslexics also process information

much faster than others. Both these traits would be helpful for certain creative endeavors.

Dyslexics often excel as engineers, plumbers, inventors and at crafts or artistic pursuits because they can manipulate objects in their head for the purpose of drawing them, designing them or repairing them.



Since the number of dyslexics is increasing, one wonders whether dyslexia could be an evolutionary change in which new brain functions are manifesting in more and more children. The problem for most dyslexics is they are labeled, *"learning-disabled"* in school and are so frustrated they often have to quit their education in order to pursue and develop their formal abilities without the judgment and pain of remedial training by *"specialists."*

Dyslexia: Is a non-disease of today's formal academic educational

standards. Forte Numen is what I call Dyslexia. It means, *"strength of genius."*

Originally a *"catch"* word, which covers various disorders, the term *"dyslexia"* came to refer to all types of reading, writing and spelling problems.

All educators and psychologists will use the term, Dyslexia. As it is now generally understood, Dyslexia refers to its key feature, a substantial difficulty in gaining effective reading skills.

Dyslexia was originally thought of as a disability produced by poor sight, but it is now seen as a result of abnormal brain function. There is no proven genetic basis for the condition, but current research into families with many affected members suggests that it may be inherited. The degree of intellectual ability plays no part, as dyslexia sufferers often score above average in non-language based intelligence tests. Unlike the ability to speak, which is innate in humans, reading skills are learned.

Children with normal vision learn to read after a gradual acquisition of pre-reading skills such as the ability to follow a sequence of characters, the development of a vocabulary of language, the identification of sounds and the recognition that sounds can be represented by letters.

This last process is one which dyslexic children are unable to develop. They are unable to decode speech into the individual sound components, known as phonemes

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man." -George Bernard Shaw

used to build words. There are 52 phonemes in the English language.

To pronounce the word pit, for example, you have to be able to associate the individual letters p, i and t with the sounds they represent before one can recognize the written word. Where the brain cannot hear the individual sounds it cannot make the association between sounds and letters and reading skills will not properly develop.

Dyslexia is suspected when reading skills fail to match a child's intellectual level, with the key indicator being the inability to decode phonemes. This inability may affect one child in five severely enough to persist into adulthood, and at this level it may not improve with time or instruction, causing "academic standards" to fall gradually behind.

Identification

Before confirming a diagnosis of dyslexia it is important to investigate other possible reasons for delayed reading development, including poor hearing, poor sight, emotional disorders, environmental or family problems and especially poor teaching. Dyslexia produces poor readers and writers in children who are otherwise intellectually able, even above average. It has been identified in other cultures with written languages different in form and structure from English, notably Chinese, and it can affect speech.

Treatment

Treatment should always be attempted. It will usually take the form of special instruction aimed at developing awareness of phonemes before moving on to improving word recognition, pronunciation and read comprehension. With early

identification and special instruction it is possible to make dramatic improvements in reading ability in most affected children.

Many words, nouns for example, are easy to picture such as house, car, cat and dog. Others such as a, the and and have are far more difficult to picture. Most teachers, even in special education programs, do not know how to help a person picture these words. As the dyslexic individual tries to make sense of these symbols, they shift their perspective. This causes letters on a page to move around, reverse themselves and even to disappear completely.

Here is a series of events that occur when a dyslexic individual attempts to read or write as a normal person would:

1. The person encounters an unrecognized word, symbol or object.
2. The person begins to examine the object or word from many different points of view. This causes words or letters to reverse, turn upside down or disappear as the person changes their focal point.
3. Incorrect information is collected about the word or object.
4. Mistakes are made in learning or reading.
5. The mistakes cause emotional reactions and frustration.
6. Compulsive solutions are adopted, such as intense concentration.
7. These compulsive solutions inhibit the learning process and lead to frustration and low self-esteem.

Teaching Dyslexics to Read and Write

Correcting the symptoms of dyslexia involves several steps. First, a perceptual ability test to rule out other conditions. Most who take the test are found to perceive differently but are not brain-damaged in any way.

Correction involves explaining to the dyslexic individual how his or her brain works. A series of exercises can help the dyslexic person to:

1. Make a pictorial representation of all words and symbols.
2. Stabilize the point of reference.

These two basic skills are usually mastered in about 30 hours of basic instruction, with a few follow up exercises. After the training, dyslexics often make dramatic progress in reading and writing. Some skip up several grade levels in reading within a few weeks. For more specific details go to www.ynoteduk8.com.



“Given the option, be in charge.”



~E e~

History: The Letter E

It is the most frequently used letter in the English alphabet. In fact, the most frequently used letter in the previous sentence. And that sentence. But in the one just before this one, the letter "T" was used most frequently. During World War II, an American flag bearing the letter "E" was presented to army and navy contractors who met or surpassed production schedules. The "E" stood for "Excellence." This is contrary to baseball's use of the letter "E," which stands for "Error." While some errors are worse than others, the absolute worst occurred in the summer of 1931 when Joe Sprinz of the Cleveland Indians tried to catch a ball dropped from an airplane at 800 feet. The ball was caught but his jaw was broken. He obviously didn't respect $V = M$ or $E = MC^2$. But, the whole foods mentioned in the FDR will give you lots of Energy.

Mystery: The Celtic Letter Key

The letter "E" is a symbol of recovery, showing the ability to get back to normal after physical or emotional setbacks. An essential characteristic in most people's name-prints, it includes a certain amount of optimism. When things are going well the letter indicates that the name-bearer will be looking ahead and making plans for improvements. The negative side of the letter can be summed up by the word muteness. This is a tendency to let others have say, but not to speak about one's own views. Nevertheless, as a dominant letter, it shows someone who will be able to cope resolutely with the ups and downs of life.

EAR INFECTIONS/ EARACHES

*Medi-Sign Target
Saltwater Irrigation*

Your middle ear is a pea-sized chamber behind your eardrum, the tympanic membrane, a small circle of tissue that vibrates in response to sounds. It contains three tiny bones called ossicles that send vibrations from your eardrum to your inner ear. This is where they are converted into the nerve impulses representing sound. These impulses are what allow you to hear.

A narrow passageway connects called the Eustachian tube connects your middle ear to the back of your nose and your throat. Normally, this tube helps equalize the pressure inside and outside your ear and helps to drain fluids from your middle ear.



Most ear infections begin with an upper respiratory infection like a cold. This can cause swelling and inflammation in the eustachian tubes and can cause fluid to build up behind the eardrum. This fluid itself isn't necessarily a problem; it's the bacteria and viruses bred here that is.

An acute ear infection is very painful.

Acute ear infections typically produce a lot of pain and are usually accompanied by a fever, loss of appetite, feeling of dizziness or loss of balance.

Candling can help.

Ear candling, or ear coning, is a century's old technique that has seen increasing interest in the past decade throughout the holistic community. This technique is thought to have originated with the Egyptians for spiritual cleansing and physical cleaning.

Called cyclosyphonology in classical Greece, the Egyptians original style of coning used hollow reeds or rolled papyrus. Today, coning/candling uses a hollow candle, much like a large straw. Although they differ, most candles are made of 100% unbleached cotton, or muslin, fabric coated with purified paraffins and/or bees' wax. There are also some specialty candles that contain herbs and oils.

Candling applies simple laws of science. When the candle is properly seated in the ear, the flame of the candle creates a draw or vacuum that pulls the wax, fungus, candida yeast, and other particles of debris out of the ear and up into the bottom of the candle. The vacuum is caused by the warmed air from the flame and the colder existing air moving through the hollow chamber of the candle. The movement and compression between the ear canal and the candle chamber generate air flow with increasing velocity, thus producing the "sucking" vacuum.



As the particles are drawn from the ear and into the bottom of the candle, the airflow becomes disrupted. This is why it is important to remove the candle and "tap out" the contents.

Why candle?

The purpose of candling is to remove wax buildup, especially the heavy impacted wax that normal cleaning cannot remove. The Ear, Nose and Throat Journal of U of U Medical lab reported that candling helps with bacteria in the ears including anaerobic bacteria, influenza A and B, staphylococcus aureus and streptococcus pneumonia.

A lifetime of residues can build up in the ear canal!

Candling can be done on all ages of people. Results from candler include children and even babies. Often candling has been used as a last effort for treating chronic ear infections and to avoid ear tubal placement, which are leading causes for hospital admittance in youngsters. As well as treating the ear, candling can work on the sinus and lymph system by removing impurities there as well.

Because of all the intricate crevices in the ear, unbelievable amounts of debris can accumulate within it.

"Well done is better than well said." -Benjamin Franklin

This buildup within the ear creates a breeding ground for problems, and can also interfere with correct hearing. The sound waves become blocked by impacted wax built up against ear ducts. This lifetime accumulation may explain some of the hearing problems we develop as we age. It is reported that 20% of adults between 65 and 74 have hearing problems.


Candling is simple when done with a partner. Generally, three candles are used in each ear. This amount varies from person to person, as does the frequency of candling. The one being candled is to lay on his/her side or to place their head sideways on a table. Make sure they are comfortable, as candling can take between 15-20 minutes per candle, depending on the type of candle. The one end of a candle should be placed snugly into the ear. You may opt to insert the candle through a paper plate covered with aluminum foil to protect the face and hair first. The candle must fit snugly in the ear to allow proper air draw. As the bottom fills, gently tap it out in a bowl and carefully cut back the burned wick. The "suction" sound is like the hum of a seashell being placed against the ear. When the candle has burnt down to about three inches above the ear, pull it out and douse it into a shallow bowl of water. You can tap it on a plate to inspect the debris if desired.

After candling, it is recommended to gently rinse the ears and place a couple drops of oil of garlic into the ear. The normal wax will be replaced within 24 hours so during that time, it is best to protect the ears from wind, cold, and excessive amounts of water.




Ear 1

Grind a few Holly basil leaves and extract some juice. Apply 2 drops inside the ear.





Ear 2

Boil 3-4 cloves of Garlic in some water. Mash them and add a pinch of salt. Wrap this poultice in a flannel or woolen cloth and place on the aching ear.

Ear 3

A bulb syringe with 1 tsp of salt in warm water and a bulb syringe, just stock your head over a sink, (ear towards the drain) and give yourself an ear enema - you'll be shocked at the crap in your head - no wonder people think you're full of ---.



EBOLA

Medi-Sign Target
Garlic, Saltwater & Honey

Ebola hemorrhagic fever (*Ebola HF*) is a severe, often-fatal disease in humans and non-human primates, like monkeys and chimpanzees, that has appeared sporadically since its initial recognition in 1976.

The disease is caused by infection with Ebola virus. It was first recognized in Africa and named after a river in the Democratic Republic of the Congo, which was formerly known as Zaire. The virus is one of two members of a family of RNA viruses called the Filoviridae. Three of the four species of Ebola virus identified so far have caused disease in humans. These species are: Ebola-Zaire, Ebola-Sudan, Ebola-Ivory Coast and Ebola-Reston, which is the only one out of the four to not have caused disease in humans but in non-human primates.

How is Ebola virus spread?

Humans do not carry the Ebola virus so infection is incidental. Because the natural reservoir of the virus is unknown, it has not been determined the manner in which the virus first appears in humans. However, researchers have hypothesized that the first person becomes infected through contact with an infected animal.

In an outbreak setting, which is often called the index case, when the first person is infected it can be transmitted in several ways. People can be exposed to Ebola virus from direct contact with the blood and/or secretions of an infected person like

"Only those who risk going too far can possibly find out how far one can go." -T.S. Eliot

“The reason most people play golf is to wear clothes they would not be caught dead in otherwise.” -Roger Simon

through feeding, holding and otherwise caring for an individual where close contact is required. This is why the virus has often been spread through the families and friends of infected persons. People can also be exposed to Ebola virus through contact with objects, such as needles, that have been contaminated with infected secretions.

Nosocomial transmission has been associated frequently with Ebola HF outbreaks. It includes both types of transmission described above, but it is used to describe the spread of disease in a health-care setting like a clinic or hospital. For example, in African health-care facilities, people are often cared for without the use of a mask, gown, or gloves. The exposure to the virus has occurred when health care workers treated individuals with Ebola HF without wearing these types of protective clothing. In addition in these clinics, when needles or syringes are used, they may not be cleaned properly or may not be disposable. So, the needles are then reinserted into multi-use vials of medicine; if needles or syringes become contaminated with virus and are then reused,



numbers of people can become infected.

Ebola-Reston appeared in a primate research facility in Virginia. It may have been transmitted from monkey to monkey through the air in the facility. Even though under research conditions, all Ebola virus species have displayed the ability to be spread through airborne particles, called aerosols, it has not been documented among humans in a real-world setting, like a hospital or household.

What are the symptoms of Ebola hemorrhagic fever?

The signs and symptoms of Ebola HF vary on the individual. Symptoms of the disease, according to the frequency with which they have been reported in known cases, are as follows:

Within a few days of becoming infected with the virus:

High fever, headache, muscle aches, stomach pain, fatigue, diarrhea, sore throat, hiccups, rash, red and itchy eyes, vomiting blood and bloody diarrhea

Within one week of becoming infected with the virus:

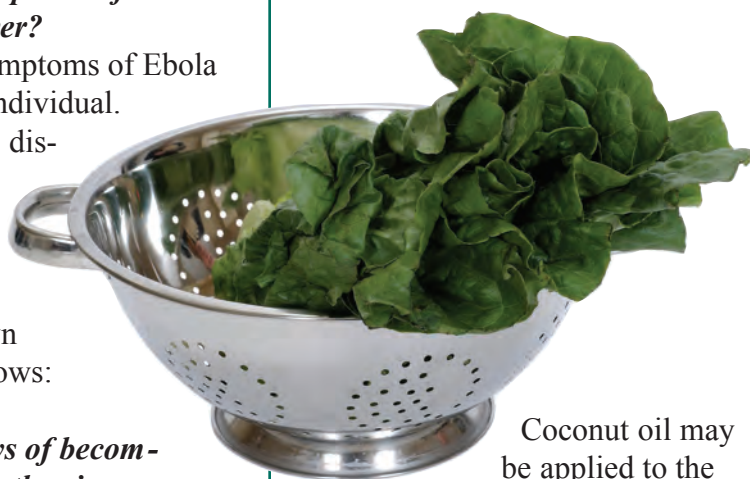
Blindness, bleeding, chest pain, shock, and death

Garlic and horseradish may be the only possible remedies because it creates an internal environment that the Ebola virus cannot thrive in. It’s what I would eat exclusively along with large amounts of salt and water if I were to ever become infected.

ECZEMA

**Medi-Sign Target
Hot Oatmeal Bath, Coconut
& Soy Oil Rub**

Eczema is characterized by scaling, thickened patches of skin that can become red and fissured and may also appear as tiny blisters, called vesicles, that rupture, weep, and crust over. The most troublesome, prevalent, and often constant symptom of eczema is itching.



Coconut oil may be applied to the patches containing eczema. Drinking carrot juice and spinach juice in combination is highly beneficial for eczema. Also, drink plenty of water and take fruit juices like freshly squeezed orange juice.


Beware of dry air. Eczema is aggravated by dehumidified air, especially during winter months when forced-air heat circulates in the home.

Forced-air heat is somewhat more drying than other types of heat. Since dry air tends to aggravate the itching of eczema, or dermatitis, keeping indoor air moist should be a primary concern of sufferers and their families. Try countering dry

air with a good humidifier so that forced-air heat is not as much of a problem.

Don't expect a single room humidifier to do it all, though. People think that if they put a humidifier in their house, they've taken care of it. Humidifiers are like air conditioners, you really need a big unit to do anything. If you sleep next to it, you've found the key; put it next to your bed.

Like it lukewarm. The long-held belief that people with dermatitis should avoid bathing is most likely wrong. Regular bathing reduces the chances of infection and helps soften the skin.



Oatmeal Bath

2 cups Oatmeal
1 Bathtub

Take an oatmeal bath. Pour oatmeal into a tub of lukewarm water.

For an additional soothing treat, use as a soap substitute, wrap colloidal oatmeal available in supermarket pharmacy section, in a handkerchief, place a rubber band around the top, dunk it in water, wring it out, and use as you would a normal washcloth.

Go for the oil. Regular soap does not need to be avoided in your bath as long as an oil moisturizer is applied after its use to keep the skin from drying out. Try extra virgin, coconut and soy butter oils.

Avoid antiperspirants. Metallic salts such as aluminum chloride, aluminum sulfate, and zirconium chlorohydrate are the active ingredients in many antiperspirants. These have been known to cause irritation in people with sensitive skin. Usually it's the antiperspirant, as opposed to the deodorant, that's irritating.

Take comfort in cotton. Cotton clothing worn next to the skin is much better than either wool or polyester, especially wool. Avoid synthetics or itchy fabrics, as well as tight or ill-fitting clothes. In addition to looking tacky, such clothing can trigger itching.

Stay away from fake nails. Recent research at the Cleveland Clinic Foundation has shown that acrylic manicure products can cause frequent and obvious cases of dermatitis. Such acrylics may be present in artificial fingernails, fingernail extenders or sculptured nails and can cause eye, nose and respiratory irritation in addition to allergic contact dermatitis. Avoid contact with these products if you suspect you have allergic reactions from them.

Compress to Soothe. Cold, wet dressings can help soothe and relieve the itching associated with contact dermatitis. I tell people to try cold milk or cream instead of water. It seems to be a lot more soothing.

Avoid quick changes in air temperature. If you have eczema, rapid temperature changes like going from a warm room out into cold winter air, or even from an air-conditioned room to a hot shower, can trigger itching. Wear layers of cotton clothing to protect yourself. Also, persons with eczema should



Milk Soak

Put milk into a glass with ice cubes and let it sit for a few minutes. Then pour the milk onto a gauze pad or thin piece of cotton and apply it to the irritated skin for 2 or 3 minutes. Resoak the cloth and reapply, continuing the process for about 10 minutes.

always avoid hot baths or showers. A little forethought can help cut down on this type of itch trigger.

Use white to wipe. For controlling the itch of contact dermatitis, white toilet paper is best because the dyes irritate.

Beware of baby lotions. Sometimes baby lotions aren't the best for childhood eczema. Some of the artificial, chemical fragrances and active ingredients in baby lotions, like lanolin and mineral oil, are common causes of a skin allergy.

Instead try cold pressed oils, ointments of soy or coconut.

Wash once, rinse twice. This is the formula for doing laundry for people with eczema or dermatitis



"Even the smallest person can change the course of the future." -Fellowship of the Ring

because you've got to make sure the detergent is washed out thoroughly.

Don't over-detergent your clothes when washing and always use a second rinse cycle to get out all soap.

EDEMA

Medi-Sign Target *Salt & Water*

Fluid retention is part of everyday living for the body. The fluids are mostly water and contain a mixture of waste products, minerals and a wide variety of metabolic chemicals. It is not exaggeration that the living body is made up mostly of water; after living is no longer and all the water leaves us, there is only a handful of what was us, left.

We acquire water through our diet of foods and liquids. Many people do not actually drink water itself, so most of our body fluids come from the foods we eat.

Water gets out of our system through the kidneys, bowel, lungs and skin. We also lose water through noticeable and unnoticeable, also known as insensible, sweating.

Depending on fluid balance and fluid retention, body weight can vary as much as three to five pounds a day.

Fluid retention can vary with disease conditions that affect circulation. Some conditions include hypothyroidism, high and low blood pressure, heart and kidney disorders and diseases of the arteries and veins. Women seem to carry the

most excess retention because of the effect of female hormones on the body's metabolism and circulation.

To gage your own weight based on fluctuation in fluid retention, check your weight first thing in the morning and at bedtime.

Remember that this can vary based on your diet. Vegetables, fruits and carbohydrates have more water in them than fats and proteins. Salt intake makes a difference because a lack of salt causes your body to retain water. Your physical activity will make a difference also; the more active you are, the more water you get rid of.

Don't forget that gravity has an

effect on the amount of fluids you will notice within yourself. For instance, after you have been in bed all night, you will see and feel more swelling in your face and hands. By bedtime, though, this fluid will gravitate to your feet and legs, so you will see and feel it there. When it is very prominent, you can press your thumb firmly against the side of the shinbone, hold for a half-minute and note a thimble-sized dimple that was left behind.

Water, water is everywhere. It just needs to be of the right amount and in the right places.

Edema is resolved by using lots of salt and drinking lots of water.



"I installed a skylight in my apartment...the people who live above me are furious."

EGGS

Medi-Sign Target
Eyes



You're a Good Egg

I personally do not support a junk food diet, but do support a wholesome food raw lacto/ovo vegetarian diet. Some people feel an egg is a liquid chicken. That is like saying an acorn is an oak tree. Let's see you build a house or cabinet out of acorns. These same folks feel eating an egg is the same as killing a chicken. Again, that's like saying eating an apple, killed the tree. But go with what you feel or believe.

Eggs are a good source of inexpensive, high-quality protein and the structure of humans and animals is built on protein. We depend on eggs, milk and vegetable protein for our required amino acids. Our bodies then rearrange the nitrogen to create the pattern of amino acids we need.

Eggs also contribute choline to our diets. Although our bodies can produce some choline, we cannot make enough to make up for an inadequate

supply in our diets. Choline deficiency can also cause deficiency of another B vitamin, folic acid, which is critically important for health.

A good supply of choline is definitely a nutrient needed for good health. Choline is a key component of many fat-containing structures in cell membranes, whose flexibility and integrity depend on adequate supplies of choline.

Two fat-like molecules in the brain, phosphatidylcholine and sphingomyelin, account for an unusually high percentage of the brain's total mass, so choline is particularly important for brain function and health.

Choline is also a highly important molecule in a cellular process called methylation. Many important chemical events in the body happen by methylation, in which methyl groups are transferred from one place to another. Genes in the body can be switched on or turned off in this way, and cells use methylation to send messages back and forth. Choline, which contains three methyl groups, is highly active in this process.

Choline is also a key part of acetylcholine, a neurotransmitter that carries messages to and from nerves. Acetylcholine is the body's primary chemical means of sending messages between nerves and muscles.

One yolk of an egg contains choline and phosphatidylcholine. It is the phosphatidylcholine that is the most common form in which choline is incorporated into cell membrane phospholipids.

Choline has an impact on cardiovascular health in addition to its significant effects on brain function and the nervous system. It is one of the B vitamins that help to convert homocysteine, a molecule that can damage blood vessels, into other benign substances. Eggs are also a good source of vitamin B12, another B vitamin that is of major importance in the process of converting homocysteine into safe molecules.

Helping to Prevent Blood Clots

Eating eggs can help prevent blood clots and lower the risk of heart attacks and strokes. It can provide protection against the food-borne pathogen, E. coli.

Another benefit of eggs is that a protein building block called, peptide, found in egg whites binds to the food-borne pathogen, E. coli, thus preventing infection. Eggs are an excellent source of vitamin K, selenium, iodine, and vitamin B2. They are also a good source of protein, molybdenum, phosphorous, vitamin B5 and vitamin D.

Eggs provide vitamin A, and eating them help to maintain good night vision. Because of the vitamin D, eating them helps in calcium absorption. The vitamin E intake for riboflavin also provides significant amounts of zinc, magnesium, phosphorus, calcium and iron.

Eggs are good for your eyes!

Macular degeneration, a serious age-related eye disease, can be protected against by the lutein and

"It's a date. You eat 'em." -Indiana Jones

“I’ve always had an idea that my retirement would be the greatest contribution to science the world has ever known.”

-Captain Spaulding

zeaxanthin in eggs. A recent study published in the American Journal of Clinical Nutrition argues that egg yolk’s fats allow the carotenoids in egg yolks to be better absorbed. Unlike what was earlier thought, lutein in eggs may be found in even higher amounts than in green vegetables like spinach.



Combine eggs with spinach to maximally boost your lutein absorption. Try dressing your spinach with a little olive oil and a chopped hard-boiled egg when eating your spinach steamed, sautéed or fresh in spinach salad. For a flavorful, quick meal, try eggs over spinach and mushrooms.

Eggs are soft to chew and easy to digest. Easily digestible eggs are also soft. This means that they are a good protein food choice for the very young as well as anyone with chewing problems or ill-fitting dentures. Creamy custards are especially well suited to those who need especially easy-to-swallow foods.

EGGPLANT

Medi-Sign Target
 Tumor Reduction,
 Deplaquer & Womb



Eggplant reduces swelling; clears stagnant blood by dissolving congealed blood and accumulations such as tumors resulting from stagnant blood especially in the uterus; and reduces bleeding with hemostatic action. It is used for bleeding hemorrhoids, blood in the urine, and bleeding in general. It is a rich source of bioflavonoids that renew arteries and prevent strokes and other hemorrhages.

ELDERBERRY

Medi-Sign Target
 Cells,
 Especially Breast Cells

Elder or Elderberry (*Sambucus*) is a genus of fast-growing shrubs or small trees that used to belong in the honeysuckle family (*Caprifoliaceae*), but are now classified in the moschatel family (*Adoxaceae*).

They bear bunches of small white or cream colored flowers in the spring. These flowers are followed by

bunches of small red, bluish or black berries. The berries are a very valuable food resource for many birds.

Common North American species include the **American elder** (*Sambucus Canadensis*) in the east and **blueberry elder** (*Sambucus glauca*) in the west. Both of these species have blue-black berries.

The common European species is the **common elder** or **black elder** (*Sambucus nigra*) that has black berries.

The **red-berried elder** (*Sambucus racemosa*) is found throughout the colder parts of the Northern Hemisphere. European and Asian plants are treated as (*S. racemosa* var. *racemosa*), and North American plants as (*S. racemosa* var. *pubens*). As the name suggests, the berries are bright red.

Elderberry flowers and berries can both be made into wine. In Hungary an elderberry brandy is produced that requires 50 kg of fruit to produce one liter of brandy. The berries are mildly poisonous and cause vomiting, so don’t eat them raw especially if they are unripe. When cooked, the mild cyanide toxicity is destroyed, and the berries can be made into jam or pies.



The flowers are made into a syrup or cordial in Hungary and Romania (*in Romanian: socata*), which is diluted with water before drinking. The popularity of this traditional drink has recently encouraged some commercial soft drink producers to introduce elderflower-flavored drinks.

EMPHYSEMA

Medi-Sign Target

Mustard Leaf Salads, Hot Peppers, Peppermint Oil, Garlic Onions, Salt & Water

Emphysema is a lung disease that involves damage to the alveoli, or air sacs. With emphysema, the air sacs are unable to completely deflate, called hyperinflation, and are then unable to fill with fresh air to ensure adequate oxygen supply to the body.

The most common cause of emphysema is cigarette smoke. The release of chemicals from within the lungs that damage the walls of the air sacs is thought to be caused by cigarette smoke and other pollutants. This damage becomes worse over time, affecting the exchange of oxygen and carbon dioxide in the lungs.

A naturally occurring substance in the lungs called alpha-1 antitrypsin may protect against this damage, however, people with alpha-1 antitrypsin deficiency are at an increased risk for this disease.

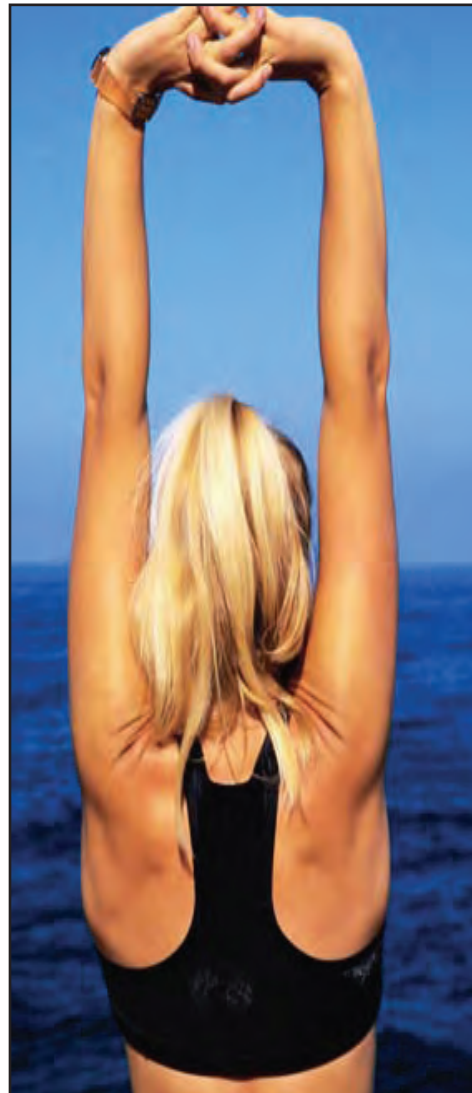
Symptoms

The main symptoms of emphysema are shortness of breath and a reduced capacity for physical activity. Both of these symptoms are

likely to become worse as the disease progresses. Over time, breathing while lying down may become difficult, and it may become especially hard to breathe during and after respiratory infections, like colds or the flu.

Other signs and symptoms of emphysema include:

- Chronic, mild cough. You may produce sputum or phlegm when you cough.
- Loss of appetite and weight loss. It's a vicious cycle. Emphysema can make eating more difficult because eating can rob you of your breath. The result is that you simply may not feel like eating much of the time.



- Fatigue. You're likely to feel tired both because it's more difficult to breathe and because your body is getting less oxygen.

Stay away from passive smoke. When the smoke from your own cigarettes can harm you, so can the air in a smoky dance hall or your spouse's cigarette smoke. A non-smoking spouse can develop lung cancer by inhaling the cigarette smoke from a smoking spouse after many decades of living together.

Avoid allergens. When you have emphysema it's doubly important to stay away from allergy inducers that affect your breathing.

Control what you can. Increase how efficiently you breathe, use your muscles and approach your work. For instance, if you can rearrange your kitchen to do in five steps what used to take you ten steps, it is better.

Exercise. Regular exercise is vitally important to the emphysema sufferer.

What kinds are best?

Walking is probably the best overall exercise. Also exercise to tone the muscles in your upper extremities. Try using one or two pound hand weights to work the muscles in the neck, upper shoulders and chest. This is important to the lung disease sufferer because they use their neck and upper respiratory chest muscles more than other people.

People who have asthma and emphysema seem to really benefit from swimming because the activity allows them to breathe humidified air.

Eat a little and often. As emphyse-

“The purpose of all learning is to throw away the book.”

“If you take cranberries and stew them like applesauce they taste much more like prunes than rhubarb does.”

-Groucho Marx as Captain Spaulding

ma progresses and there is more obstruction to airflow, the lungs enlarge with trapped air. These enlarged lungs push down into the abdomen leaving less room for the stomach to expand.

This is why six small meals will make you feel better than three large ones. Your best bet is to reach for foods that pack a lot of punch into small volume like high-protein selections of nuts, seeds, grains, beans, lentils and all legumes.



Also be aware, that prolonged digestion draws blood and oxygen to the stomach and away from other parts of the body, which may need them more. Ever notice how it can be harder to breathe after you eat?

Maintain your ideal body weight. Some emphysema sufferers gain weight and retain fluid. It takes more energy to carry extra body weight. The closer you are to your ideal weight, the better it is for your lungs.

The true emphysema tends to make the person very skinny because they

have to breathe harder and expend more energy. If you're underweight, conscientiously add high-protein foods like nuts, seeds, legumes and grains.

Become a champion breather. There are several things you can do to get the maximum oomph from each breath you take.

Breathe from your diaphragm. This is the most efficient way to breathe and babies do it naturally. If you watch them, you'll see their bellies rise and fall with each breath. Not sure whether you're breathing from your diaphragm or your chest? Lie on your back and watch what happens when you breathe.

Keep those airways open. You can strengthen your breathing muscles if you blow out slowly through pursed lips for 30 minutes a day. Try to exhale twice as long as it took you to breathe in. This will help you rid the lungs of stale air so fresh air can enter.

You can also buy a device from your pharmacy that offers resistance when you blow against it. It looks like a little plastic mouthpiece with a ring on the end. When you turn the ring, the opening at the mouthpiece changes size. Start with the largest opening, take a deep breathe in and blow out. Once you master one setting, move on to another one.

Try whole foods that have high vitamins C and E but do not supplement.

Relax. If you cognitively view the disease as a threat, you'll arouse some physiological mechanisms that

can make your emphysema worse. When you're in a constant state of alarm, you're demanding a lot of oxygen. Alarm is created by the thought process, which you can control, meaning you can also control the physiological mechanisms.

Shift your focus to the present. When you find yourself feeling guilty about bring on your disease, shift your orientation to the present and concentrate on what's happening now. You can't deal with events that happened in the past; you can only learn from them. Remember that anger and self-blame are normal, so the best bet is to talk about it and let it go.

Set small goals. One way to shift your focus from "emphysema is incapacitating" to "emphysema is something I have control over" is to set realistic small goals for yourself. Exercise is a great way to boost your confidence. Set some real objective goal's based on your ability. Use charts and graphs to measure your progress. This gives you a very objective measure of your ability to do something.

Have a family member play "coach." Your significant other can become your coach and help you through those times when you're short of breath by using the basic relaxation technique. They can sit down with you and ask you about your thought processes just before and during the episode. People with emphysema are psychologically very normal; once they verbalize what they're thinking, they can see it's pretty ridiculous. The moment they start laughing, they relax and their breathing comes back.

Don't isolate yourself socially. You need to avoid generalizing about the

shortness of breath. Some emphysema sufferers think, “*Well, I probably can’t do this.*” Because they’re scared they might get out somewhere and get short of breath, they quit going places they’d normally enjoy. Don’t let it isolate you.

Pace yourself. The other thing emphysema sufferers have to learn to do is to take their own time. They really can do what they want to do, but they have to do it at their own pace. Learning to walk slower is not an easy thing to do.

Work smarter. Little things can make a big difference. Can you rearrange your workspaces so you can get more done with less effort? What about setting your table with dishes directly from the drying rack instead of putting them away?

Try this: Use a three-shelf utility cart to help you with your housework. Small efficiencies like these pay back with extra energy. Coordinate your breathing to your lifting. Housework will be easier if you remember to lift while you exhale through pursed lips. Inhale while you rest. Similarly, if you have to climb steps, climb while you exhale through pursed lips and inhale while you rest.

Don’t use unnecessary sprays. You don’t need to add to your respiratory problems by inhaling unknown substances. Use liquid or gel-type hairdressings and roll-on or solid deodorants. Avoid aerosol-spray household cleaners.

Let loose, on your clothing, that is. Choose clothing that allows your chest and abdomen to expand freely.



That means no tight belts, bras, or girdles. Women may find camisoles more comfortable than bras. Men and women might substitute suspenders for belts. Red pepper helps protect lung tissue from damage at the cellular level. Secondly, it helps thin mucus and moves it out of the respiratory tract.

Red pepper is far from the only spicy plant with expectorant value. The ancients used all of the hot spices to help with thinning mucus to propel it out of the lungs. Particularly, they used ginger, mustard, horseradish and garlic.

Cardamom (*Elettaria cardamomum*). This herb is very high in cineole, a potent expectorant compound. If I had emphysema, I’d add a teaspoon or two of powdered cardamom to fruit juice or tea.

Other herbs high in cineole (*in descending order of potency*) include spearmint, ginger, peppermint, tansy, cinnamon, turmeric, lemon leaf, fennel, eucalyptus and licorice.

Peppermint contains nine expectorant compounds. In addition, its main active component, menthol, reportedly has mucus-thinning properties. Use basil (*Ocimum basilicum*). Eat pasta sauce made with garlic and fresh basil.

Add lemon to oregano and basil. Basil is not widely known as an expectorant. It, like black tea, contains six expectorant compounds and one theophylline that can help mucus move up from deeper in the lungs. It also contains some caffeine, which studies have shown has some mood lifting value. That combination with its stimulant effect can help people with emphysema feel better.

ENAMEL

Medi-Sign Target

Celery, Bok Choy,
Horseradish & Salt



Enamel covers the vast majority of the visible surface portion of a tooth. It is true that tooth enamel is the hardest tissue found in the human body. Enamel is over 95% mineral in composition. Most of this mineral is a compound called hydroxyapatite which, as you probably already know, has high calcium content.

Dentin

You may be surprised to learn that teeth are not solid enamel. Only the portion of a tooth that nature intended to be exposed is covered by enamel. Both its root and inner aspects, which are the bulk of the tooth, are composed of another calcified material called dentin. Dentin

“Every once in awhile, give the silent wheel some grease.”

“How happy I could be with either of these two, if both of them just went away.”

also contains the mineral hydroxyapatite, but to a lesser degree than enamel. Only about two thirds of the content of dentin is mineral so, relatively speaking, dentin is “softer” than enamel.

When you eat or drink foods containing processed and artificial sugars or processed starches, plaque is formed. The bacteria in plaque produce acids that attach to tooth enamel. The stickiness of the plaque keeps these acids in contact with your teeth. After many such attacks, from what you eat, the enamel can break down and a cavity forms.

Any part of a tooth can decay, from the roots below the gum line to the chewing surface. A tooth has an outer layer, called the enamel, a middle layer, called dentin, and a center, called pulp. The damage progressively gets worse depending on the layers of the tooth affected. If plaque bacteria reach and damage the pulp, the tooth will likely die. This is because the pulp contains nerves and blood vessels. An abscess may form in the bone at the end of the root after a decayed tooth dies.

Cavities have been identified as a bacterial infection caused by specific bacteria. Acid and around 500 different products are formed by the bacteria. This acid produced from plaque interacting with food deposits on your teeth will slowly dissolve the calcium in your teeth. The tooth enamel is 97% calcium meaning that this will cause tooth decay by bacteria called streptococcus mutans. Some of the other products cause gum disease and bad breath.

The acid dissolves the calcium molecules from the tooth surface

because the acidic plaque rests against the tooth. The surface will eventually form a hole when enough calcium dissolves from the tooth surfaces forming a cavity. An active lesion demineralizes the tooth and can be diagnosed based upon color, surface texture and x-rays. White spots can be active lesions if they are not glossy and feel rough.

Your mouth and tooth in question become susceptible to decay because of:

- A diet is rich in processed foods and synthetic sweeteners.
- Bacteria that produce acid.
- Poor brushing and flossing habits.



- The presence of risk factors, such as smoking or secondhand smoke.

In its early stages, tooth decay usually does not cause symptoms. When tooth decay has been present for a while, though, toothache is the most common symptom. It is caused by infection or irritation of the pulp.

The pain may become worse when you:

- Breathe in cold air
- Brush your teeth
- Chew food or gum
- Eat hot or cold foods or drink hot, cold, or acid-containing liquids
- Eat sweets

Other common symptoms of tooth decay include:

- A broken tooth or a tooth that is sensitive to pressure
 - Bad breath or a foul taste in the mouth
 - Loose fillings
 - White, gray, brown, or black spots on the teeth
- Severe tooth decay may cause a pus-filled sac, or abscess, to form in the bone at the base of a tooth.

Symptoms of abscess include:

- Deep throbbing pain
- Fever
- Swollen glands
- Swollen jaw

A child is susceptible to decay as soon as a baby’s first teeth appear, usually by age six months or so. This condition is often referred to as Baby Bottle Tooth Decay or Early Childhood Caries (*cavities*). In some unfortunate cases, infants and toddlers have experienced severe tooth decay that has resulted in dental restorations or extractions. The good news is that decay is preventable.

Commercial toothpastes can actually cause dental problems.

Avoid toxic chemicals like whiteners, fluorides and tartar controls. Most people are shocked to learn that tooth decay is the result of poor oral hygiene. We assume that since we brush our teeth at least once a day, we are preventing tooth decay in our mouth. What we don’t real-

ize, though, it that in the vast majority of cases, the brushing routine is inadequate because it doesn't reach the back of the mouth and between the teeth properly. If flossing were part of the daily routine chances are a lot more tooth decay would be avoided. Far too many of us, however, feel that flossing is too time consuming.

Salt and bicarbonate of soda is a knock-out!

Tooth decay often begins with gum inflammation that turns into gingivitis and then periodontal disease. A sour taste with bad breath can be the result of acids from bacteria that feed on plaque and food debris. They irritate the gums, causing them to shrink and recede eventually eating into the tooth enamel. This process triggered by the acids is called demineralization and it results in a hole in the tooth enamel. Once this has happened, tooth decay can proceed fairly rapidly.



Any kind of food can give the bacteria a meal. The fallacy is if you don't eat sweets or soda that you can't get tooth decay. Any food can set up a cycle of plaque and bacteria in the mouth that will eventually lead to calcified tartar plaque deposits and produce acid that will eat away at your tooth enamel.

An effective oral hygiene routine consisting of brushing at least twice a day and entirely flossing once every 24 hours is the best way to protect yourself against tooth decay. Oral irrigation machines are very helpful for flushing out hard to reach plaque and tarter also. A couple of examples would be the Water Pik and the Hydro Floss.



A powered toothbrush is recommended by some dentists because it can remove plaque and bacteria more effectively than an ordinary toothbrush. After eating if you are stuck without at toothbrush, rinse your mouth thoroughly with water until you can brush your teeth. Don't, however, be tempted to rinse your mouth with a drink such as soda pop, as this may very well add to the problem.

Bicarbonate of Soda and Salt

Try mixing bicarbonate of soda and salt mixed 4-bicarbonate to 1-salt, for teeth cleaning and as an oral rinse.

Gum disease affects many people, in fact, by age 35, three out of four adults develop some form of gum disease. It can occur at any age, but recent studies indicate a greater incline in those over 35. The disease is painless and if untreated will destroy the gums and bone surrounding your teeth and may eventually lead to tooth loss.

How can you avoid gum disease and its unpleasant consequences? The answer is simple. Exercise good judgment by brushing properly with salt and soda and floss every day.

Gingivitis and periodontitis are the two stages of gum disease. Gingivitis is an inflammation of the gums caused by bacteria in plaque. The gums become red, swollen and bleed when brushed.

Normal bacteria in the mouth form a thin film of plaque on the tooth surfaces. This is that sticky feeling on your teeth when you wake up in the morning. Calculus, or tarter, can form if plaque is not removed every day. Once tarter is formed, it can only be removed with special instruments by your dentist or hygienist. Gingivitis is curable with treatment from your dentist, followed by proper brushing and flossing at home.

Periodontitis can form if the gingivitis is not corrected. Periodontitis is a low grade infection of the gums. Because of the amount of calculus accumulated around the teeth, even a high quality tooth brush may not control the disease. Toxins and volatile sulfur compounds are created by bacteria in this calculus.

Periodontal pocket can result from the toxins destroying the bone and gums around the teeth and are a perfect environment for infection. A pocket is an abnormal deepening of the natural crevice or space between the teeth and gums. These spaces or crevices in healthy gums are normally one to three mm deep. In periodontal pocket, they can surge deeper, and if the pocket progresses beyond the normal depth of three mm and reaches a depth of five mm it is known as moderate periodontal disease. The leading cause of bad

“Well timed silence hath more eloquence than speech.”

“Try to learn something about everything and everything about something.”

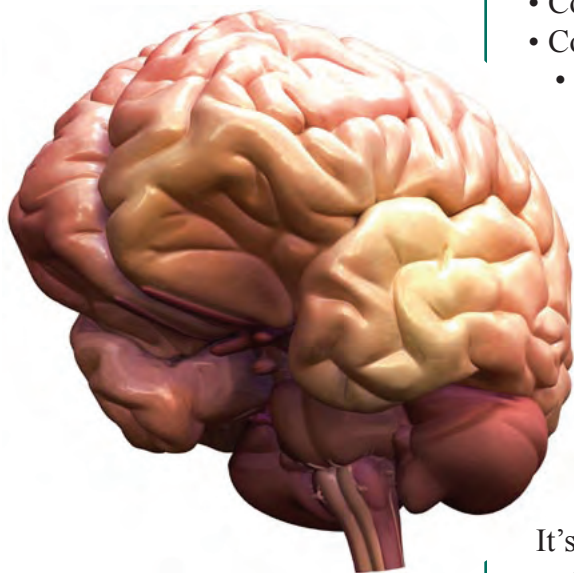
breath is the volatile sulfur compounds produced by the bacteria.

A commonality amongst us is that we want to look and feel our best; we get new hair styles, set aside time for the gym and buy new clothes. High self esteem enables us to feel good and make a good impression on others. An important part of self esteem is your smile. A beautiful smile, clean teeth and fresh breath are important assets for business and your personal life. Unfortunately, periodontal gum disease can destroy self esteem. People may actually shy away due to mouth odor and unsightly gums.

ENCEPHALITIS

Medi-Sign Target

**Raw Honey, Garlic, Onions
& Horseradish**



Encephalitis literally means an inflammation of the brain, but it usually refers to brain inflammation caused by a virus. It's a rare disease that only occurs in approximately 0.5 per 100,000 individuals. It most commonly occurs in children, the elderly and others with weakened

immune systems (*i.e., those with HIV/AIDS or cancer*).

Although several thousand cases of encephalitis, which is also called acute viral encephalitis or aseptic encephalitis, are reported to the U.S. Centers for Disease Control and Prevention (CDC) every year, experts suspect that many more may go unreported because the symptoms are so mild.

Symptoms in milder cases of encephalitis usually include:

- Fever
- General sick feeling
- Headache
- Loss of energy
- Poor appetite

In more severe cases of encephalitis, a person is more likely to experience high fever and any of a number of **symptoms that relate to the central nervous system including:**

- Coma
- Confusion
- Convulsions (*seizures*)
- Disorientation
- Drowsiness
- Hallucinations
- Memory loss
- Nausea and vomiting
- Personality changes
- Problems with speech or hearing
- Severe headache
- Stiff neck

It's harder to detect some of these symptoms in infants, but there are still **some important signs to look for including:**

- A full or bulging soft spot (*fontanel*)
- Body stiffness
- Crying that doesn't stop or that seems worse when an infant is picked up or handled in some way
- Vomiting

Sometimes encephalitis has characteristic signs and symptoms beforehand because it can follow or accompany common viral illnesses. Often, though, it appears without warning.

What Causes It?

Encephalitis can be spread in several different ways because it is caused by many types of germs. Of the many different kinds of viruses that can cause encephalitis, one of the most dangerous and the most common is the herpes simplex virus (*HSV*). HSV is the same virus that causes cold sores around the mouth. When this virus makes it to the brain it may be fatal. Fortunately, HSV encephalitis is rare but, half of the cases newborns infected end fatally as does 28% of individuals after the newborn period.

Some forms of encephalitis are transmitted by insects or animals. Encephalitis can be caused by lyme disease and rabies, which can be carried by ticks and other animals. Another insect transmitter is the mosquito. They can the viruses for several types of encephalitis, including West Nile encephalitis, St. Louis encephalitis, and Western Equine encephalitis. In the United States over the last several years, there's been concern about the spread of West Nile virus. This is transmitted to humans by mosquitoes that pick up the virus when they bite infected birds. (*This is a theory*).

Milder forms of encephalitis can follow or accompany common childhood illnesses like measles, mumps, chickenpox, rubella (*German measles*) and mononucleosis. Chickenpox among other viruses spread mostly via the fluids of the nose and throat, usually during a cough or sneeze.

Encephalitis can result from a bacterial infection, such as bacterial meningitis, although it is less common. It may also be a complication of other infectious diseases like rabies or syphilis. In people with weakened immune systems, certain parasites, like toxoplasmosis, can also cause encephalitis.

Is It Contagious?

The viruses that cause encephalitis can be contagious, but brain inflammation itself is not. Keep in mind that because a child gets a certain virus does not mean that he or she will develop encephalitis. Still, to be safe, children should avoid contact with anyone who has encephalitis.

How Is It Treated?

Some children with very mild encephalitis can be treated at home. Since antibiotics are not effective against viruses, they are not used to treat the disease.

Most people with encephalitis make a full recovery. In a small percentage of cases, permanent brain damage can occur from swelling of the brain leaving lasting complications like learning disabilities, speech problems, memory loss or lack of muscle control. In these cases, speech, physical or occupational therapy may be necessary.

Rarely, encephalitis can lead to death, but only if the damage is severe. Infants younger than one year old and adults older than 55 are at the greatest risk of death from encephalitis.

How Long Does It Last?

For most forms of encephalitis, the



severe symptoms, or the acute phase, usually last up to a week. Full recovery can take much longer, often several weeks or months.

In areas where mosquito bites and other insects can transmit encephalitis children should:

- Avoid being outside at dawn and dusk when mosquitoes are most active.
- Wear protective clothing like long sleeves and long pants.
- Use insect repellent like deet oil, citronella, garlic etc. Be careful when using deet since it is toxic.

Also, all standing water around your home should be drained, including buckets, birdbaths and flowerpots because these are breeding grounds for mosquitoes.

Ticks can also spread viruses that can cause encephalitis.

Some things you can do to avoid tick bites:

- Limit your child's contact with soil, leaves and overgrown vegetation.

- Have your child wear long-sleeved, light-colored shirts and long pants.

- Check your child and your pets frequently for ticks.

1. Colonics for fevers.
2. Garlic, onion, peppers, cayenne, horseradish and all melons can knock it out. Avoid meat and junk foods and especially Splenda and aspartame.

ENDIVE

Medi-Sign Target
Bones



(Cichorium intybus) The word "endive" comes with some confusion. The English and the Germans mean it to be the sharp-tasting salad plant with serrated leaves. The French, Belgians and Americans view it as the cone-shaped, white to yellow plant resembling a small ear of corn.

"Familiarity breeds contempt, and isolation breeds a noxious hybrid of arrogance and ignorance."

“Opportunity is missed by most people because it is dressed in overalls and looks like work.” -Thomas Edison

It is also and more frequently called Belgian endive because the Belgians have been the plant’s major developers and promoters. More confusion comes in when we know that it is called chicory to the French, the Belgians and the North Americans, while in England and Germany chicory means Belgian endive! Furthermore, there is wild chicory.

This plant blossoms with distinctive bright blue flowers along roadsides in both Europe and North America. It’s roasted or ground root is sometimes substituted for coffee, or added to coffee.

An accident is responsible for the Belgian endive that we eat today. The story goes that a Belgian farmer was growing chicory for its root. The root was used as a coffee substitute in Europe. He threw some of these roots into the soft soil of a dark shed and forgot them. Three weeks later, he found that tight blanched heads had grown. So, Belgian endive has been systematically cultivated since. Endive is also a nutrient champion.

ENDOMETRIOSIS

Medi-Sign Target

Nuts, Seeds, Green Foods & all Plant Oils

Endometriosis is a common and often painful disorder of the female reproductive system. A specialized type of tissue that normally lines the inside of your uterus, called the endometrium, becomes implanted outside your uterus. This happens most commonly on your fallopian tubes, ovaries or the tissue lining your pelvis. Endometrial tissue rarely may spread beyond your pelvic region.

During your menstrual cycle, hormones have the lining of your uterus thicken to prepare for possible pregnancy. If a pregnancy does not occur, your hormone levels decrease, causing the thickened lining of your uterus to shed. This produces bleeding that exits your body through the vagina; hence your monthly period.

When endometrial tissue is located in other parts of your body, it continues to act in its normal way by thickening, breaking down and bleeding each month as your hormone levels rise and fall. Because there’s nowhere for the blood from this mislocated tissue to exit your body, it becomes trapped and surrounding tissue can become irritated.

Trapped blood may lead to the growth of cysts. Cysts then may form scar tissue and adhesions, which are abnormal tissue that binds organs together. This process can cause pain in the area of this misplaced tissue, usually the pelvis, especially during your period. Endometriosis can also cause fertility problems like preventing pregnancy due to the scars and adhesions.

Flax (*Linum usitatissimum*).

Flaxseed contains generous amounts of compounds called lignans, which help remit endometrial and breast cancer. Endometriosis is not the same as endometrial cancer, but because both involve uncontrolled growth of endometrial tissue, I’d suggest that you try flaxseed for preventing or treating endometriosis.

Flaxseed might be particularly help-

ful for anyone who is not a vegetarian. Vegetarians have high blood and urine levels of lignans. Eating meat, however, suppresses lignans substantially. So if you’re accustomed to meat in your diet, you may need an extra supply of lignan to compensate for this suppressant effect, which is what led to your condition in the first place, probably.



Peanuts (*Arachis hypogaea*).

When peanuts are analyzed, it turns out that they contain many of the same healthful substances as soybeans and other beans and legumes.

Chow down.

Given two foods with equal potential for health benefits, the one you enjoy should be better for you. That’s assuming, as immunologists claim, that pleasure is good for the immune system. Let’s face it, who doesn’t prefer peanuts to soybeans?

There’s an extra bonus if you select Spanish peanuts. The papery red membrane around Spanish peanuts is the original source of oligomeric procyanidins (*OPCs*), or substances that also may help control hormone-dependent cancers and possibly endometriosis.

Alfalfa sprouts contain phytoestrogens, so use them liberally on salads. They are green vegetables, and eating more green vegetables lowers cancer risk.

EPILEPSY

Medi-Sign Target
Salt, Bananas, Green Leafy
Foods 6 times a day

Epilepsy is a general term that includes various types of seizures. People with diagnosed epilepsy have had more than one seizure, and one kind of seizure. Epilepsy is a brain disorder. It occurs when the electrical signals in the brain are disrupted. This change in the brain leads to a seizure. **Seizures can cause brief changes in a person's:**

- Awareness
- Body movements
- Emotions
- Senses, such as taste, smell, vision or hearing

Some people may only have one single seizure during their entire lives. One seizure does not mean that a person has epilepsy. People with epilepsy have repeated seizures.

There are two types of seizures each with its own set of symptoms. **Partial seizures** are the most common type of seizure in adults with epilepsy. They occur when changes in electrical signals begin in one area of the brain.



Three kinds of partial seizures are:

- Simple partial seizures. This type of seizure affects a small area of the brain. It lasts no more than a few seconds in most cases. Simple partial seizures do not affect consciousness; sometimes the person just notices unusual feelings.

- Complex partial seizures. These seizures occur through a larger area of the brain. A loss of consciousness occurs; sometimes the person will stop speaking, act strangely, or have repetitive movements.

Secondarily **generalized seizures**. Simple and complex partial seizures that start in one part of the brain can spread through the entire brain called secondarily generalized seizures. Once the entire brain is affected, there can be a loss of consciousness and shaking of all of the limbs.

Generalized seizures occur when the changes in electrical signals spread through the entire brain at once.

The most common generalized seizures are:

- Generalized tonic-clonic seizures, also known as a grand mal seizure. It causes rapid movements of all limbs for one to two minutes or more. It also causes a person to become unconscious with recovery sometimes taking hours.

- Absence seizures, also known as petit mal seizures. They occur mostly in children. It causes staring and changes in the level of consciousness.

In 70% of people with epilepsy, the cause is unknown. However, in some cases of epilepsy, seizures either run in families or are caused

by short-term or lasting scarring or damage to the brain from:

- Alzheimer's disease or other diseases that change the brain's structure
- Brain abscess
- Brain surgery
- Brain tumors
- Hardening of the arteries or any condition that keeps blood or oxygen from getting to the brain
- Head injury
- Serious brain infections, such as meningitis
- Stroke

For a person with epilepsy, certain things can "trigger" a seizure, including:

- Alcohol
- Certain medications
- Fevers (*in children*)
- Flashing lights or strobe lights
- Infection
- Lack of sleep
- Starvation or dehydration
- Stress
- Withdrawing from an addictive drug (*including alcohol*)

The number one cause of epilepsy in young people today is soft drinks. You should avoid soda pop and any other product that has synthetic sweeteners such as aspartame, Splenda, etc.

The number two cause is not enough plant based whole food calcium with vitamin C present.



"If not every day, at least once a week, spend time being creative. Draw, write, play music; whatever, but produce something and make it personal!"

After every seizure, blood calcium is extremely low. Without calcium, neurons short circuit into chaos. We call this a seizure.

ESTROGEN

Medi-Sign Target

Seeds, Legumes &
One Stone Fruits

A number of different foods and herbs are sources of natural plant estrogens and can be very helpful during menopause. The following is a list of some of the best food sources of estrogen. These foods are also high in vitamins, minerals, fiber, essential fatty acids and they are low in saturated fat. In other words, they are nutritious and should be part of your diet on a regular basis.

Alfalfa, Anise seed, Apples, Baker's yeast, Barley, Beets, Carrots, Cherries, Chickpeas, Clover, Cowpeas (*black-eyed peas*), Cucumbers, Dairy Foods, Dates, Eggs, Eggplant, Fennel, Flaxseeds, Garlic, Hops, Licorice, Oats, Olive oil, Olives, Papaya, Parsley, Peas, Peppers, Plums, Pomegranates, Potatoes, Pumpkin, Red beans, Red clover, Rhubarb, Rice, Sage, Sesame seeds, Soybean sprouts, Soybeans, Split peas, Sunflower seeds, Tomatoes, Wheat and Yams.

Estrogen Inhibiting Foods

If you are suffering from breast cancer, PMS, fibroids, ovarian cysts, and other situations that estrogen might exacerbate, the following estrogen inhibiting foods might be of interest to you.

Berries, Broccoli, Buckwheat, Cabbage, Citrus Foods, Corn, Figs,

Fruits (*except apples, cherries, dates, pomegranates*), Grapes, Green beans, Melons, Millet, Onions, Pears, Pineapples, Squashes and Tapioca.

It is generally accepted that high levels of estrogen are associated with: cancer of the breast, uterus and cervix; cystic breast disease, uterine fibroids and endometriosis; heavy bleeding and premenstrual syndrome; depressed thyroid function; and fluid retention and weight gain.

Cruciferous vegetables are an essential daily must for protection against diseases that may be induced by exposure to environmental estrogens. Since raw cruciferous vegetables contain goitrogens, it is best to eat them fermented because fermentation neutralizes these thyroid-depressing substances; cooking neutralizes the goitrogens, but also deactivates I3C. In fact, low rates of breast cancer in Polish women have been attributed to their daily consumption of sauerkraut.

EYE CANCER

Medi-Sign Target

All Yellow & Green Foods;
Salt & Water

Eye cancer is quite rare. Melanoma and lymphoma are the two main types that can affect adults. Retinoblastoma is a type of eye cancer that nearly always affects children from an inherited faulty gene that leads to cancer developing.

There are other types of eye cancers such as basal cell eye cancer, but they are even rarer than melanomas or lymphomas of the eye. Rarely, a

cancer can spread to the eye from another part of the body called a secondary eye cancer.

This is most likely to happen with breast and lung cancers.

Melanoma is a type of skin cancer that can affect the inside or outside of the eye.

Melanoma inside the eye is "*intraocular*;" melanoma outside the eye is "*extraocular*."

Melanoma of the eye can start in the: Iris, the colored part around the pupil

Ciliary body, the muscle that controls the focusing of the eye

Choroid, one of the layers lining the inside of the eye

Conjunctiva, covering of the front of the eyeball

Foods that greatly help prevent eye cancer are deep yellow and dark green vegetables and fruits: apricots, cantaloupes, carrots, peaches, pumpkin, sweet potatoes, squash, yams, yellow melons and zucchini squash.



“Um, he’s sick. My best friend’s sister’s boyfriend’s brother’s girlfriend heard from this guy who knows this kid who’s going with a girl who saw Ferris pass-out at 31 Flavors last night. I guess it’s pretty serious.”



History: The Letter F

Long ago "F" was actually "digamma" which had a "W" sound. This was prior to the Latin "F" which was drawn much as "F" is today. Originally, "F" was a portrayal of a hook as in fishing, probably around 1300 B.C. Historically, "F" was drawn to show a sound of "PH;" hence our current words beginning with "PH" and which command pronunciation as "F." Don't hold your lungs. "F" stands for "fathom" which is a standard unit two yards long. Common among ship captains, a fathom shows how far down a particular point is. "F" is usually as common in words or copywriting as a lot of alpha-symbols. This paragraph is unusual and hard to fathom for it contains many "F's." In fact, if you look, a highly common alpha-symbol is missing. Don't miss reading Wisdom's Symptoms. Also do this: How many "F's" are in this next sentence?

*Finished files are the result of years of scientific study
combined with the experience of years.*

(Most count three)

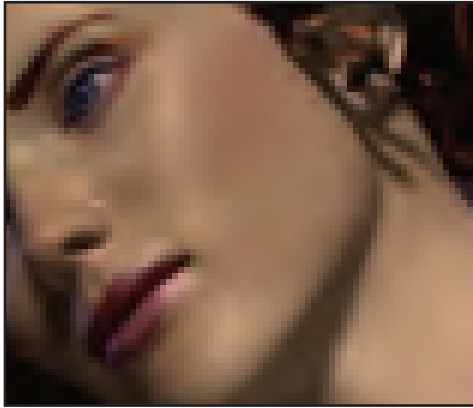
Mystery: The Celtic Name Key

"F" contains an indication of violence - perhaps a deep-rooted but strongly suppressed wish to be involved in violent action. It hints at a sadistic streak, which may nevertheless, be kept tightly under control. Here, too, are signs of contempt for rules and regulations, and willingness on occasions to go beyond the law. As a dominant letter, "F" is dangerous, but it can virtually be cancelled out by other personality factors. Coupled with ambition, however, it can lead to ruthlessness. Uncontrolled, the name-bearer will be given to violent changes of mood and sudden rages.

FACIAL NERVE DISORDER

Medi-Sign Target

Garlic, Onions, Avocado'e & Bone Tapping



Facial Nerve Disorders

Facial Nerve Disorders, including paralysis, develop from a variety of causes. Most are idiopathic, meaning the cause remains unknown. Twitching, weakness and paralysis of the face are symptoms of this disorder, not a disease within itself. Abnormal movement or paralysis of the face can result from infection, injury or tumors.

(See: Lymphatic Immune System)

What Is the Facial Nerve?

The facial nerve resembles a telephone cable containing about ten thousand individual nerve fibers. Each specific facial muscle receives impulses from each fiber. Information passing along the fibers of this nerve allows us to laugh, cry, smile or frown; hence the name, "the nerve of facial expression."



Facial weakness occurs when there is nerve damage. If these nerve fibers are irritated, movements of the facial muscles appear as spasms or twitching. The facial nerve not only carries nerve impulses to the muscles of the face, but also to the tear glands, saliva glands and muscle of the stirrup bone in the middle ear, otherwise called the stapes. It also transmits taste from the front of the tongue. Since the function of the facial nerve is so complex, many symptoms may occur when the fibers of the facial nerve are disrupted. A disorder of the facial nerve may result in twitching, weakness, paralysis of the face, dryness of the eye, dryness of the mouth or in disturbance of taste.

How Does the Facial Nerve Work?

The anatomy of the facial nerve is very complex. The facial nerve goes through the base of the skull to the muscles of facial expression. After leaving the brain, the facial nerve enters the temporal bone of the ear through the internal auditory canal, which is in very close association with the hearing and balance nerves. Along its inch-and-a-half course through the small canal within the temporal bone, the facial nerve winds around the three middle ear bones in back of the eardrum, and then through the mastoid, which is the bony area behind the part of the ear that is visible. After the facial nerve leaves the mastoid, it passes through the salivary gland in the face and divides into many branches, which supply the various facial muscles. The facial nerve has many branches

that are distributed through the course of the temporal bone. They go to the tear gland, to the stapes muscle, to the tongue and to the saliva glands.

Bone Tapping

One of the most profound recoveries from facial nerve paralysis, twitching and palsy is bone tapping. Tap the bone surrounding the area with the tip end of the middle finger for one to two minutes, two to three times a day. Within just three to four weeks, you'll notice improvement. Tap the bridge of the nose as well to speed recovery.

FARINA

Medi-Sign Target

Brain Cells & Nerves



A gift from Areya the Earth Goddess

Farina is also sold as Cream of Wheat. Farina is made from the endosperm of the grain, which is milled to a fine granular consistency and then sifted. This cereal is sometimes enriched with B vitamins and iron, although the bran and most of the germ are removed. Farina is usually served as a breakfast cereal, but can also be cooked like polenta.

"When you don't have any money, the problem is food. When you have money, it's sex. When you have both, it's health. If everything is simply jake, then you're frightened of death."

FATS

Medi-Sign Target

Nerves & Emotions

~Build Your Emotional Base~

Your body uses fat to transport vitamins as well as to create some important substances out of fats. Think of fats as building bricks; the better the bricks, the stronger the building. If there are only broken or damaged bricks available, the contractor will use them, but the house won't be as strong and eventually there will be problems.

Good fats are the naturally occurring, traditional fats that haven't been damaged by high heat, refining, processing or other man-made tampering like "partial hydrogenation." The best of these kinds of fats are found in nuts, avocados, seeds and, believe it or not, fresh creamery butter.

Animal fats have a bad reputation. Many observers believe it is not animal fat from milk, butter, cream, etc, but the combination of animal bodies as food and low-fiber junk foods that is the problem. Fats from non-organically raised, non free-range animals should be used with prudence or not at all because of the horrible factory-farming methods, antibiotics and steroid use. Among the worst of the "bad" fats are margarine and the fats found in anything fried in lard. If you see "partially hydrogenated" on any food label avoid it like the plague. Refined vegetable oils are also on the bad fats list. These oils oxidize easily and have been processed with

high heat, which removes all the healthy nutrients like vitamin E. Extra virgin cold-pressed olive oil, however, is a "good" fat.

Certain essential fats such as omega-3s, found in nuts, and the occasional omega-6, found in evening primrose oil and walnuts, have been used to treat everything from bipolar depression to skin problems. Sometimes we can benefit from them during weight-loss programs. The terms "omega-3" and "omega-6" are technical terms having to do with the last occurrence of a carbon double bond in the fatty acid chain (*omega means "last"*). **In general, when you see things like "omega-3" on the label, it's a good sign that you're not eating food. Whole foods don't have labels; you just peel an orange and eat it.**



Saturated Fats

Saturated fats raise total blood cholesterol as well as LDL cholesterol, which is the bad cholesterol. Saturated fats are mainly found in animal products such as meat, dairy, eggs and seafood. Some plant foods are also high in saturated fats such as coconut, palm oil and palm kernel oil, but the body responds healthfully to plant saturated fats, free range eggs and raw dairy because these are primary where flesh is secondary.

Trans Fats

Trans fats are invented, not natural. Scientists began to "hydrogenate" liquid oils so that they could withstand the food production process and have a better shelf life. As a result of hydrogenation, trans fatty acids form. Trans fatty acids are found in many commercially packaged goods. These are products like cookies, crackers, commercially fried food (*french fries from fast food chains*), other packaged snacks (*microwaved popcorn*), vegetable shortening and hard stick margarine. They even make synthetic oils out of polyester such as, olestra. Hydrogen + oil = plastic that melts at low temperatures. This is why there is so much disease from hydrogenated foods. Most commercial peanut butter, for instance, is flavored shortening cooking plastic.

The Good Fats

Monounsaturated Fats

Monounsaturated fats lower total cholesterol and LDL cholesterol, which is the bad cholesterol, and increase the HDL cholesterol, which is the good cholesterol. Nut, unrefined canola and olive oils are high in monounsaturated fats.

Polyunsaturated Fats

Polyunsaturated fats also lower total cholesterol and LDL cholesterol. Corn, soy, safflower and sunflower oils are high in polyunsaturated fats. Omega 3 fatty acids belong to this group.

- Bad fats don't grow on trees or in gardens; they are raised in factories and led to slaughter. Bad fats are also made in clean, sanitary manufacturing plants and then bottled and sold to commercial food processors and grocery stores.

"If life was fair, Elvis would be alive and all the impersonators would be dead."



• Food processors add the bad fats to hundreds of products found on the grocers' shelves. These are products like bread, crackers, cookies, cakes, snack foods, dips, spreads, dressings and so on. In addition to being added to processed foods, bad fats are attractively packaged and sold directly to people just like you and me. There are over 300,000 items people eat that don't qualify as food.

• We buy the bad fats in bottles, cans and jars and use them for baking, frying, melting and spreading on our food.

Understanding fat is an important part of good nutrition. Fat is essential to proper functioning of the body and should constitute 25-30% of the diet. It is important to realize that not all fats are created equally. Some have been shown to be protective against disease, and some have been shown to increase disease. Everyone should be concerned with the types and amounts of fat in their diet, no matter what age, gender or weight they happen to be.

Fat supplies the body with essential fatty acids, such as linoleic acid, which is responsible for proper

growth and development. In addition, fatty acids are the basic components for several hormone-like components. They are used to maintain healthy skin, hair and transport fat-soluble vitamins (*A, D, E and K*). Fat cells also act as insulation against cold temperatures and cushion nerves and organs.

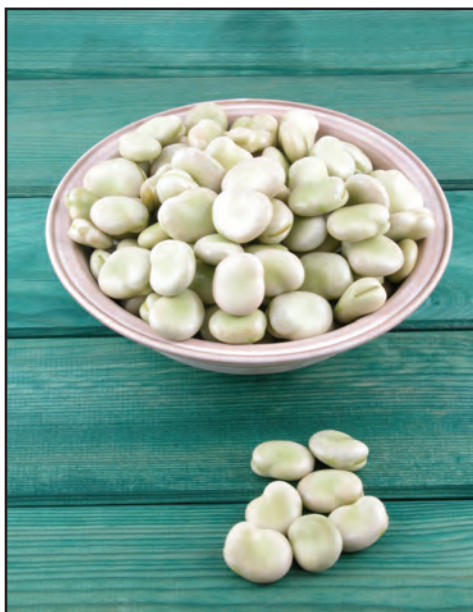
List of Good Fats:

- 👍 Avocado
- 👍 Extra virgin olive oil
- 👍 Flax seeds
- 👍 Grape seed oil
- 👍 Nuts-Almonds, pecans, cashews, macadamia (*raw*)
- 👍 Sesame seed
- 👍 Virgin coconut oil
- 👍 Wheat germ oil

FAVA BEAN

Medi-Sign Target

Neurons, Nerves & Red Blood Cells



Fava bean is also known as horse or broad bean. Although not well

known in North America, this hearty, ancient legume grows readily on most continents. They are huge beans with tough outer skin that you should peel off after soaking. They have a creamy texture. Their nutty, sweet earthy flavor is often used in soups, marinated in salads or puréed into pâté with rosemary, olive oil, garlic, lemon and fresh herbs. Try with blanched cauliflower pieces, vinegar, olive oil, chopped red onion and balsamic vinegar. Fava bean juice is commonly used to help cure diarrhea.

Health benefits: diuretic effect strengthens the spleen-pancreas, lowers blood pressure and cures hypertension. Fava bean sprouts are good for promoting digestion.

Parkinson's Disease

Fava beans contain naturally occurring L-dopa, which is a precursor to the neurotransmitter dopamine. L-dopa is also available as a drug used to treat Parkinson's disease. Anecdotal cases of symptomatic improvement after fava bean consumption have been described in people with Parkinson's disease. In one small clinical trial, 250 grams, almost 9 ounces, of cooked fava beans produced a significant increase in L-dopa blood levels. This correlated with a substantial improvement in movement control lasting at least four hours in some of the subjects.

However, people taking medications like Sinemet and L-dopa should be aware that fava bean consumption may increase L-dopa levels excessively. Therefore, Parkinson's disease patients should talk with a doctor before adding fava beans to their diet ***because you may not need the drugs anymore...bummer.***

"I worked in a health food store once. A guy came in and asked me, "If I melt dry ice, can I take a bath without getting wet?""

FENNEL

Medi-Sign Target

Bones & Nerves



When raw, fennel's flavor is sweeter and more delicate than anise, and when cooked, it becomes even mellow almost elusive. The fennel bulb, stalks and flowery greens are all edible. Fennel seeds come from a non-bulbous fennel and are used in flavorings. Look for fennel from late fall to early spring.

FENUGREEK

Medi-Sign Target

Pancreatic Cells
Regeneration



Fenugreek spice, common in the Middle East and available in many U.S. food markets, has diabetic powers. It helps to control surges of blood sugar and insulin. It also helps diarrhea, ulcer, cancer, blood pressure and helps prevent intestinal gas.

FEVER

Medi-Sign Target

Enema's/Colonics &
No Meat

Don't fight it. If you do have a fever, remember this: Fever itself is not an illness; it's a symptom of one bodily process of healing. In fact, it's one of the body's defense mechanisms from infection.

Fever serves a useful purpose. It shortens an illness, increases the power of biotics and makes an infection less contagious. These possibilities should be weighed against the discomfort involved in letting a slight fever run its course. An enema or colonic stops the toxic overwhelm immediately, and the fever disappears within minutes. If the fever returns, do it again and like magic, it's gone! This is especially true in infants and children.

If you feel the need for extra relief, try the following steps. Liquefy your assets. When you're hot, your body perspires to cool you down. If you lose too much water, though, as you might with a high fever, your body turns off its sweat ducts to forestall further water loss. This makes coping with a fever more difficult. The moral of this story is... *drink up. Drink water and lemon or just water. You might also try fruit and vegetable juices.*

Botanical teas. Although any tea will provide needed fluid, several are particularly suited for fever. You should look for the following unusual botanicals in health food stores. One mixture combines equal parts

dried thyme, linden flowers and chamomile flowers. Thyme has cleansing properties, chamomile reduces inflammation and linden promotes sweating. Steep one tea-spoon of the mixture in one cup of boiling water for five minutes, strain and drink warm several times a day.

Linden tea. This tea by itself is good and can induce sweating for fever relief. Use one tablespoon of flowers in one cup of boiling water. Prepare as above and drink hot often.

Willow bark. This bark is rich in salicylates, which are aspirin-related compounds, and is considered "nature's fever medication." Brew it into a tea and drink it in small doses.

Black elder. This is another old-time fever treatment. Black elder is sometimes preferable to willow bark. Again, brew into a tea and drink as desired. Ice. If you're too nauseated to drink, you can suck on ice. For variety, freeze fruit juice in an ice-cube tray. To entice a feverish child, embed a grape or strawberry in each cube.



"I'm desperately trying to figure out why kamikaze pilots wore helmets."

‘Did you ever see the customers in health-food stores? They are pale, skinny people who look half dead. In a steak house, you see robust, ruddy people. They’re dying, of course, but they look terrific.’ -Bill Cosby

Get compressed relief. Wet compresses help reduce the body’s temperature output. Ironically, hot, moist compresses do the job. When you start to feel uncomfortably hot, remove those compresses and apply cool ones to the forehead, wrists and calves. Be sure to keep the rest of the body covered. If the fever rises above 103°F, do not use hot compresses at all. Instead, apply cool ones to prevent the fever from getting any higher. Change them as they warm to body temperature and continue until the fever drops.

Sponge off. Evaporation also has a cooling effect on body temperature. Cool tap water helps the skin dissipate excess heat. Although you can sponge the whole body, pay particular attention to spots where heat is generally greatest, like the armpits and groin. Keep the rest of the body covered and with a sponge wipe one section at a time. Body heat will evaporate the moisture, so you don’t need to towel off.

Dress the part. Use common sense as far as clothing and blankets go. If you’re very hot, take off extra covers and clothes so body heat can evaporate into the air; if you have a chill, bundle up until you’re just comfortable. Be especially careful to monitor infants, who cannot undress themselves if they become overheated. In fact, overdressing a



child or leaving him in a hot place like a car, can actually cause a fever.

Create a healing atmosphere. Do your best to make the sickroom conducive to healing. Don’t overheat the room; the temperature should not exceed 65°F. Allow enough fresh air to promote recuperation but not to create a draft, and keep the lighting subdued so it’s properly relaxing.

Eat if you want to. Don’t fret over whether you should feed a fever or starve one. I prefer juice fasting until the fever is nearly back to normal. Others feel that you should eat during a fever because the body’s increased heat uses up calories. Ultimately the choice is yours and hinges on your appetite. Just remember to keep up your fluid intake.



through the digestive tract and assist the muscles of the digestive tract. Consuming high fiber foods prevent and treat constipation. In addition, dietary fiber can play an important role in the prevention or treatment of various diseases and disorders including obesity, diabetes, cardiovascular disease, colon cancer, diverticular disease and irritable bowel syndrome, as well as constipation.

Soluble and Insoluble Fibers
 Dietary fiber is usually classified as soluble or insoluble. Soluble fibers dissolve in water and consist of pectins, gums and some hemicelluloses. Whereas insoluble fibers do not dissolve in water and consist of cellulose, lignin and some hemicelluloses. Soluble fiber works in reducing the risk of cardiovascular disease and diabetes by regulating blood sugar levels and by reducing total blood cholesterol. Insoluble fiber reduces the risk of colon cancer, prevents diverticular disease and treats constipation.

Sources of Soluble and Insoluble Fibers
 Ideally, we should incorporate both soluble and insoluble fibers in our diets. Good sources of soluble fiber include oats, barley, legumes, dried beans, peas and some vegetables

FIBER/ELECTRIC

Medi-Sign Target
 7 Nutritional Fibers
 Clean the 7 Body Systems

~Lifts and Supports Moods~

Dietary Fiber
 Dietary fiber is found only in plant foods. Plant food is composed of a group of these structurally related substances: cellulose, hemicelluloses, lignin, gums and pectin’s. Good sources of dietary fiber include whole grains, vegetables, fruit, nuts, seeds, mushrooms, molds and ferments.

Dietary fibers are used to increase fecal bulk, soften stools, stimulate the healthy movement of foodstuffs

and fruits. Good sources of insoluble fiber include nuts, seeds, some vegetables, whole grain products like breads, cereals, rice and pasta.

Fiber generates micro-electric energy for movement. All seven known dietary fibers are either completely or partially fermentable by intestinal bacteria. For example, pectins and gums are completely fermentable and cellulose and lignins are partially fermentable. **The end products of this natural fermentation are short-chain fatty acids like acetate, propionate, and butyrate used for micro-electric energy sources by the epithelial cells and larger cellular constructs of tissues and organs.**

Fiber helps to keep our bowel movements regular and to ward off

diseases. **Carcinogens in our intestines bind to fiber's and move through our colon more quickly than they otherwise would, negating colon cancer. Fiber also helps our body transport out cholesterol reducing our risk for heart disease to zero.**

Populations that eat greater amounts of fiber-rich foods are healthier. While all of the reasons for this are not exactly known by scientist, it may be because the fiber-rich foods themselves are healthier...duh. Perhaps fiber's greatest value, however, is in helping to keep us slim.

Fiber makes us feel full sooner and longer because it stays in our stomach longer, slowing down our rate of digestion. Due to its greater fiber content, a single serving of whole grain bread can be more filling than eight servings of white bread. Fiber also moves fat through our digestive

system faster so that less of it is absorbed.

Fiber is the part of plant-based foods that your body can't digest. Meat and dairy products contain no fiber and refined grains have had most of their fiber removed. To increase your intake of fiber, eat more whole and natural foods and less processed foods.

Some good examples of fiber-rich foods include:

- Brown rice
- Fruits
- Legumes (beans, lentils, peas)
- Vegetables
- Whole grains (*wheat, oats, barley*)



Products labeled "*whole grain*" are made with the complete grain kernel whether the grain remains intact as in oatmeal, or it is ground to make bread, pasta or cereal. "*Cracked wheat*" is also made from the complete kernel. Don't be misled, though, by wording like "*100% wheat*," "*multi-grain*," or by color, either. Most "*wheat bread*" is

almost identical to "*white bread*" except that caramel coloring has been added to make it look more natural.

Refined grains like white rice and those used to make white bread and sugary breakfast cereals have had most of their fiber and nutrients striped away. They turn into blood sugar (*glucose*) so fast that, like sugar itself, they can cause a spike in our insulin level telling our body that plenty of energy is readily available and that it should stop burning fat and start storing it.

However, the greater concern with the insulin spike is not that it tells our body to start storing fat; the greater concern is that the insulin

spike is followed by a drop in insulin level that leaves us feeling tired and hungry and wanting to eat more. This is because whatever we eat that we don't burn up eventually gets turned into fat anyway.

The unfortunate result of this scenario is that it makes us want to eat something else with a high sugar content. When we do, we start the cycle all over again - like attracts like - water makes you want more water; soda pop makes you want more soda pop. Eating foods with plenty of fiber will help keep our blood sugar level more consistent.

Adding more fiber to your diet will likely help you lose weight and improve your health. Rapid fiber increases may result in gas or diarrhea until your body adjusts, it's natural. Be sure to drink plenty of fluids when adding fiber to your diet. While fiber is usually helpful

("If you can't bear me, it's because I'm in parentheses.")

“Is there anything more beautiful than a beautiful flamingo, flying in front of a beautiful sunset? And he’s carrying a beautiful rose in his beak, and he’s also carrying a very beautiful painting with his feet. And also, you’re drunk.”

to your digestive system, without adequate fluids it can cause constipation instead of helping to eliminate it. Eat whole foods, drink water...pretty simple.

FIBROCYSTIC DISEASE

Medi-Sign Target
Nuts, Seed & All Oils

A Non-Disease

Fibrocystic breast disease is very treatable and preventable for many women. Recent research has offered new hope. It has shown a strong connection between the wearing of bras to benign fibrocystic lumps, cysts and pain. For example, it has been found that over 90% of women with fibrocystic changes find improvement when they stop wearing their brassieres. This exciting new “treatment” has NO side effects, costs nothing and is something that women try for themselves by making a personal and ALL-NATURAL clothing choice.

Best things to eat: *Almonds, asparagus, avocados, barley, brazil nuts, broccoli, cabbage, cashews, corn, hazelnuts, oats, olive oil, peanuts, safflower nuts, sesame oil, sunflower seeds, walnuts, wheat germ and whole wheat.* Nuts have essential fatty acids that prevent breast ailments. Stay away from



trans fatty acids, found in hydrogenated oils, and saturated fats in animals.

FIBROIDS

Medi-Sign Target
Water & Juice Fast
for 21 Days

Fibroids are benign, non-malignant, tumors of the womb. Fibroids are present in 20 per cent of women of reproductive age but uncommonly detected in women under 30.

They are growths of varying size of smooth muscle and fibrous tissue that may become very large. They sometimes lie just under the inner lining, deep in the muscle wall or near the outer surface. Occasionally they are almost free inside the womb only being attached by a narrow stalk. They are enclosed in fibrous capsules and do not spread to other parts of the body. Often several occur together.

Malignant, cancerous, growths on the smooth muscles inside the womb can develop called leiomyosarcoma of the uterus, though, only in very rare cases.

Symptoms

The majority of fibroids show no symptoms. Some may cause prolonged, heavy menstrual bleeding, symptoms of pressure on the bladder that cause frequent urination, interference with pregnancy, labor or delivery. On

very rare occasions, they can also cause infertility although normally they are harmless.

If problems arise take to a vegetarian, whole food diet to stop their growth and just or water fasting to shrink and remit them.

FIBROMYALGIA

Medi-Sign Target
Walking, Salt Bathes, Water,
Oils & Organic Chocolate

Fibromyalgia often means a low magnesium level in the sufferer. Adequate amounts of magnesium promote proper cellular functioning and energy production.

The leading food sources of magnesium are: *almonds, amaranth, avocados, barley, Brazil nuts, buckwheat, organic chocolate, pumpkin seeds, quinoa, spinach and sunflower seeds.*

Easing the Ache

If you’re certain that fibromyalgia is your ailment and not a similar condition like chronic fatigue syndrome, these at-home strategies can enhance comfort.

Get moving - even if you hurt. For someone who is

hurting all over, it’s hard to believe that exercise is the best treatment, but it’s true. The good news about the pain of fibromyalgia is that the pain has no purpose, meaning that even though you hurt, exercise



won't do any damage. Exercise can significantly control the pain of fibromyalgia.

Start slowly and set realistic goals. Try for one brisk five-minute walk. Then gradually increase the time and intensity until you're walking briskly for 20 minutes three times a week.

Try warm-water exercise. Many people avoid aquatic exercise because the thought of getting into a cold pool is too much. Check with your local Y or with the health clubs in your area about special "aqua-cize" programs held in heated pools. Water at body temperature, or temperature between 90° and 100°F, is best.

Hop into a hot tub. Fibromyalgia can be soothed by heat. Soaking in a hot bath or a hot tub with a whirlpool are very effective. While in the water, try some stretching.

Avoid Sugar. This includes all artificial sweeteners and synthetic white sugar, which provide only empty calories and no nutritional value. Processed sugar also depletes the immune system for up to 14 hours after ingestion. As an alternative to sugar try Stevia, a natural sweetener that does not impact blood sugar levels. It is also great for diabetics.

Sodas/all Carbonated Drinks. Sodas are dehydrating. Carbonated drinks acidify the body and leach calcium out of our bones. Especially avoid diet sodas and anything with nutra-sweet/aspartame, which adversely alters the chemistry of the brain. **Alternatives: drink more purified spring water.**

Packaged foods. Try avoiding foods with many chemical ingredi-

ents. Highly processed and packaged foods are very acidic. Instead, eat foods that come out of the ground, or off a tree or plant. Avoid fully or partially hydrogenated oils; they contribute to cancer and heart disease and are often found in cookies, crackers and breads. Read labels on foods as manufacturers will say "low fat" or even "no fat," but if you look closer they may contain partially hydrogenated oils.

Environmental Factors

Exposure to low-doses of the thousands of chemicals, heavy metals and naturally occurring toxins and microorganisms found in food, air, water and personal environments



potentially have a major impact on health. Examples include chemical-based cleaning products; personal-care products like commercial toothpaste, shampoo, soaps, etc.; and synthetic chemicals off-gassing from the construction materials in our homes like new carpets, paints and plastics.

Become aware and attentive to the "chemical menace" in your personal products and environments. Most health food stores offer non or low-chemical versions of all personal care and hygiene products. By

accumulating chemicals, metals and toxins into your body faster than the detoxification pathways can eliminate them, eventually symptoms, degeneration and disease will begin. "Targeted" nutritional support for the liver, kidneys, lungs and large intestine can reverse health conditions caused by toxicity. It can also prevent future disease and related health conditions from occurring.

Another important factor is drinking and bathing water. Tap water can be a major source of metals, toxins and chemicals especially chlorine. Have your water tested to see what it actually contains. For drinking, use only filtered or "spring" water; for showering and bathing, use filtered water. Whole home under-counter/above-counter water filters and shower filters are available on many Internet sites and health-oriented retail stores, as well as any Wal-Mart.

Stress

Stress is a direct underlying factor to all dis-ease and disease. Your body cannot differentiate between "good" and "bad" stress. Sometimes "good" things like a promotion at work or getting married can be very stressful. Other "bad" stressors include financial stress, emotional stress, fear, anxiety, lack of sleep, caffeine overload, excessive work schedules and lack of exercise.

All stress can negatively affect your health. Stress negatively affects the adrenal, thyroid and thymus glands, which eventually leads to fatigue and lowered immune function. To reduce stress, it is very important to first identify major sources of stress in your life and modify or eliminate these situations.

"Ahhhhhh..."

“I put instant coffee in a microwave oven and almost went back in time.”

Begin a regular physical stress reduction program like gentle exercise, swimming, walking, dancing, or through a hobby or community service. Get your mind off of your troubles and have some fun. Sometimes the “*little boy or girl*” in each of us gets so fed-up with stressful life situations that your body responds with pain to show you that life changes are needed.

Nutrients that have been shown to support the functions of the glands of the body that deal with stress include, nearly every raw food on the planet, especially avocados, legumes, nuts, olives, organic chocolate and seeds.

FIDDLEHEAD FERN

Medi-Sign Target
Balance, Choclea of the Ear



Fiddle head fern, often referred to as ostrich fern, is a young, edible, tightly coiled fern that resembles the spiral end of a violin (*fiddle*).

Shoots are in their coiled form for only about two weeks before they unfurl. Fiddlehead ferns are a rich, deep green color and are about two

inches long and 1-1/2 inches wide. They have a flavor like an asparagus-green bean-okra cross and a chewy texture.

Fiddleheads should be washed and the ends trimmed before being cooked; steam, simmer or sauté them. They may be served cooked or used raw in salads. Fiddlehead ferns are a good source of vitamins A and C.

FIGS

Medi-Sign Target
Testicles

Figs are a symbol of male fertility. Like testicles, they hang in two's and are full of seeds that are contained in a sack. Studies show figs increase sperm motility and quantity.

Figs are of the most nutritious, edible fruits. A half-cup of figs has as much calcium as a half-cup of milk. Calcium is needed for strong bones and teeth. Figs have more fiber than any other common fruit with 28% of the fiber being soluble fiber. Studies have shown that soluble fiber aids in the loss of weight.

Plato called figs a food for athletes. The Greeks were well aware of the fig's value and compared them to gold. In fact, they were never picked before the priests, known as “*sycophants*,” declared that they were ripe and could be gathered.

The fig is the first tree mentioned in the Bible. When Adam and Even had eaten the forbidden fruit and realized they were naked, they sewed fig leaves together to make aprons. Figs were presumably abundant in Eden, so maybe the “*fruit of knowledge*” was actually a fig tree instead of an apple, orange or apricot tree. It would make sense and put a stop to the argument! Moreover, the fig and the fig tree are important symbol and sacred in all ancient religions and are generally linked to knowledge.

The symbols of figs precede those of the tree. Figs are thought of as abundance and initiation. Ancient Egyptian priests ate them during their consecration ceremonies, and the first desert hermits ate them too (*their nutritional value is obvious*). The seeds in the fig are supposed to signify unity and the universality of true understanding, knowledge and sometimes faith. The same idea is found in the symbolism of the pomegranate.

Both extract of figs and the fig compound, benzaidehyde, help to prevent cancer. According to Japanese test, figs have helped shrink tumors in humans. Also laxative, ulcer, bacterial and parasitic powers are contained within figs.



FLAXSEED

Medi-Sign Target
Mucosal Cell Function &
Deplaquer

For around 8,000 years, humans have consumed flaxseed as a source for sustaining energy. Before 5000 BC, Egyptians carried flaxseed in their medical bags. In some of his writings, Hippocrates stated flaxseed was used for the relief of abdominal pains.

During the eighth century, King Charlemagne passed laws requiring the consumption of flaxseed by his subjects to ensure their good health.

During recent centuries, flaxseed use has grown across Europe, Africa and North America. Although it is used throughout history, its full nutritional value is still a mystery and gaining popularity within the nutritional world.

Just for starters, flaxseed seems to help many health threats like: cardiovascular health and digestion, the inhibiting of tumor formation, a decrease in the symptoms of menopause, and increase in stamina, the reduction of the inflammation of arthritis and the production of silky smooth skin and shiny hair.

The flaxseed has a nutty, butter flavor and contains many nutrients. It is one of the richest sources of alpha-linolenic acid, one type of fatty acid in the omega-3 family, considered super-unsaturated fat or a "good" fat. The Omega-3 fatty acids, also found in leafy vegetables and nuts, help reduce the risk of heart disease by lowering elevated blood fat (*serum triglycerides*) and



reducing blood pressure. Flaxseed also helps lower cholesterol because it is a great source of insoluble and soluble fiber.

Along with the all-important Omega-3 fatty acids and added fiber, flaxseed also contains a phytoestrogen, a naturally occurring plant estrogen called lignans. Lignans also benefit health with the prevention of bone loss, reduced risk of colon cancer, reduced risk of estrogen related breast cancer and decreased symptoms of menopause. Flaxseeds and soybeans both are two of the richest food sources for plant estrogens.

Flaxseed and flax oil can be found in health food stores and larger grocery stores where you can often purchase it in bulk. You can also usually find many sources of ready-to-eat foods containing flaxseed. The seeds and the oil both have benefits. Most people prefer to use the seeds, though, for the additional high fiber and lignin content.

Flax Facts

- Whole seeds can be stored at room temperature for up to one year. If you suspect they are old, taste a few. If they are off in flavor and not pleasantly nutty, discard them.

- Ground flaxseed should be stored in an airtight opaque container and refrigerated or frozen. Refrigerated ground flaxseed should be used within 30 days.

- Store flax oil in the refrigerator in a container that blocks light.

- Stir one tablespoon of ground flax into your morning hot cereal after cooking.

- Sprinkle ground flax over a salad, cooked vegetables or cold breakfast cereal.

- For a crunchy topping, garnish homemade baked goods such as muffins, yeast and quick breads with ground flax.

FLAXSEED OIL

Medi-Sign Target
Blood Builder

What Is It?

Flaxseed oil, also known as linseed (*Linum usitatissimum*), has a long history of being a healing herb. It was first cultivated in Europe for treatment with inflamed skin and constipation. Today this oil is known to be therapeutic. It is rich in essential fatty acids, or EFAs, and is known for treating many illnesses from heart disease to lupus.

"Call this an overgeneralisation if you must, but old people are no good at everything."

"Whose cruel idea was it to put an 's' in the word 'isp'?" -Dennis Miller

Health Benefits

The EFAs in flaxseed oil are the key healing components. EFAs are needed by the body to function properly, but the body can't manufacture them on its own. EFAs work throughout the body to protect cell membranes, keeping them efficient at admitting healthy substances while barring damaging ones.

Flaxseed oil contains alpha-linolenic acid as one of its EFAs, and it is known as an omega-3 fatty acid. These are omega-3s found in dead fish, although plant primary is not dead fish, they are not the same. Plant primary nutrition is what our cells recognize. It appears to reduce the risk of heart disease and numerous other ailments.

Just one teaspoon of flaxseed oil is an excellent source of primary omega-3 fatty acid because it is equivalent to more than twice the amount most Americans get through their diets. Flaxseeds also contain omega-6 fatty acids in the form of linoleic acid; omega-6s are the same healthy fats found in vegetable oils.

Although it must be kept refrigerated, liquid flaxseed oil is the easiest form to use.

Specifically, flaxseed oil (and flaxseeds) may help to:

- Control constipation, hemorrhoids, diverticular disorders and gallstones.
- Counter inflammation associated with gout, lupus and fibrocystic breasts with its Omega-3.
- Lower cholesterol.
- Minimize nerve damage that causes numbness and tingling as well as other disorders.

- Promote healthy hair and nails.
- Prostrate problems, male infertility and impotence.
- Reduce cancer risk and guard against the effects of aging.
- Treat acne, eczema, psoriasis, sunburn and rosacea.
- Treat menopausal symptoms, menstrual cramps, female infertility and endometriosis.



FLUID RETENTION

*Medi-Sign Target
Lots of Salt & Water*

Fluid retention is most often caused by a lack of fluids in your diet. Fluid retention is recognized by your body holding water resulting in swollen hands and feet.

To overcome fluid retention, drink lots of water and pick up your salt intake. Your body may be afraid to release water because you are not letting any in.

A good cleanser for your body is natural apple cider vinegar because it helps your body to rid itself of poisons and gets your system back in balance. Mix two teaspoons of vinegar and one or two teaspoons of honey in a glass of hot or cold water.



Get into deep water. As any skin diver knows, water pressure forces fluid out of tissues and into the bladder. You can get similar results by exercising in a swimming pool.

Avoid using diuretics. Diuretics set up the potential for something called rebound edema. This is a cycle for minor fluid retention, the diuretics turn on a lot of salt and water-retaining hormones. When you stop taking them, the high levels of hormones cause a lot more sodium and water retention, thus the cycle continues.

While you're at it, shake a leg. Spent salt and excess fluid can escape the body through exercise with sweating, increased respiration and increased urine flow. Walking is the magic.

FLU/INFLUENZA

*Medi-Sign Target
Too Much Sugar &
Animal Carbohydrates*

Flu: pharmaceuticals phantastically phenomenal phantom phantasy phluke.

Influenza, also called the flu, is an



infection that causes fever, chills, cough, body aches, headaches, earaches and sinus problems. The flu is caused by the influenza virus. A virus is a microorganism, which means it's so small that you can't see it without a strong microscope.

For most people, the flu is a drag, but it goes away in a week or two. For some people, though, the flu can make them very sick.

These people include:

- Babies and toddlers under two years of age
- People older than 65
- Adults and kids who have health problems like diabetes and asthma

CDCA RELEASE
Outsmart this hideous virulent bug!

Individual immunity and the particular strain of flu virus circulating in a given year play a large role in determining who will knuckle under to the flu.

Do the following! (NOT!)

Get a flu shot. Every year, scientists develop a vaccine against the most recently circulating strain of the virus. *(Wow! An annual pharmaceutical marketing miracle; an industry's dream come true! There is a Santa Clause after all.)*

One flu over the cookoo's nest

Oh by the way, flu vaccines are made from eggs created by pharmaceutical factory manufactured chickens fed over 10,000 drug chemicals and dozens of antibiotics. So, if you are allergic to eggs, don't get flu shots.

Do you remember the swine flu shots that killed over 10,000 people?

MASS MEDIA SAYS:

Avoid crowds. Because the virus spreads easily, stay away from movies, theaters, shopping centers and other crowded places during an epidemic.

Come in from the cold

Kiss at your own risk. Kissing is one of the most efficient ways for the flu to spread. In fact, just sleeping in the same room with a spouse is asking for trouble. So, if possible, move to another room for the duration of the epidemic.

Keep up your strength; don't get tired or run-down. Paint the living room, clean the attic, or build a basement playroom some other time, not during flu season.

Reach for pain relief. Aspirin, acetaminophen or ibuprofen. *(Although these could lead to Reye's syndrome, a life threatening neurological illness, especially in children who take aspirin).*

Flagrant Flu Flummery

All of the above is the flummery, deceptive ignorant non-sense, of flu now the truth...you can test it yourself.

Never want to have "flu" again? Ever wonder why the, "flu season," is from the beginning of the holiday season until three weeks after the New Years?

It's called, flu-idic cadaverinous pustulant fermentation (*Dietary filth*). People starting at Thanksgiving, "pull out" the fun festive feasting. They gorge themselves on the carcasses of turkeys, chickens, pigs, pheasants, cows, baby cows, sheep, rodents (*yes rodents*), fish, fish eggs, oysters, crabs, shrimps, lobsters (*water insects*) and more. Then come desserts: pies of every kind; fudge; chocolates, in every conceivable presentation; cookies; decorative candies by the bowlful; soda pop; lots of hard alcohol; and more and more. People attend home parties, office parties, industry parties, church parties, which are the worst for foodless foods, typically. They also attend, club parties, association parties, neighborhood parties and community parties. Afterwards they take acid reflux pills, headache pills, pain pills, gas pills, bloat medications and more are swallowed on top of the regular daily annual medications. Don't forget the miracle supplement pills, capsules, tonics and potions that are meant to save you and keep you healthy as well.



"Always remember that I have taken more out of alcohol than alcohol has taken out of me." -Sir Winston Churchill

“Wait a sec...I think I just...yea, I just had an idea.” -Jim Carrey

From ground up mountain and deep water ocean rocks to “bio-massives” that are dirt from the deserts, foothills and woods. From the Chinese herbals and Native American Indian Rituals performed over newly bottled vitamin A capsules, to the structured water, functional water and powdered water -



Flu is the result. If you fight flu, you fight yourself. The vomiting, the fever, the chills, the headaches, the dizzy weakness, is your body's health systems trying to protect you from your own weaknesses and ignorance. You don't “get the flu” you cause the flu!

A case in point. Literally tens of thousands of people know me, thousands know my wife and children. I have ten children; seven were born at home, three in hospitals, this was not my choice-because that choice is the mother's. None of my children have been to a doctor or to a hospital because of illness, ever. My seven children and I who are whole food vegetarians have never had the flu – ever. They range in ages from five to 31. My wife, Amber, had the flu from time to time, almost every year, until age 19 when we married, and she became a whole food vegetarian as well. She has never had it since. Our close friends who eat meat nearly always get the flu during the holidays have done the following to test it. They are shocked when they don't get the flu. Here it is.

First, it is my strong opinion based on years of experience and observation, people don't “die of the flu,” ever. They die of the, “treatments” of the flu as is the case with so many diseases. Flu “symptoms” are the methods of the body's healing its autogenic response uses to get you from chaotic overwhelm back to a peace state, homeostasis. When you take anything other than air, water, sunshine, walking or whole foods for nausea, fever, chills, headaches, etc., you are curing (*stopping*) the



body's cure. That is how people get in deep trouble, especially if they medicate and supplement for long periods of time.

NEVER HAVE THE FLU AGAIN

Each year do this from October 31st, to January 13th:

1. Starting on, “All Hollow's Eve,” October 31st, drink one gallon of water every day until January 13th. Do the same time frame for the following:
2. Snack every two hrs throughout the day on whole foods; knock off the three squares a day thing till the 14th of January.
3. Be a whole food vegetarian from Halloween until January 13th.
- 4 If number three is too tough, eat bites of your favorite animal followed by lots of veggies, beans and legumes. Transit time for meals is everything.
5. Stop all supplements; instead go for a 20 to 40 minute walk.
6. Talk to your doctor and get off of or cut down every drug you're on.
7. If you pig out at feast meals, excuse yourself and go purge. That's right, do what the Ancient cultures did at their feasts; they always set up for the guest's what were called, vomitoriums. Don't suffer your indulgence, stick your finger down your throat and get rid of the offensive mass. If you think

that's offensive or hard, try the flu.

8. Drink more and eat less at feasts if you can.

If you over do it and get flu symptoms (*healing*), try this to ease them...

Here's how to help yourself:

Don't take any supplements or medications even over the counter ones, yeh, they can give what appears as relief by stopping the healing response, but it is only buried, masked, and you will deal with at a later time as a chronic condition (*cancer, heart disease, diabetes, etc.*)



- Rest, lounge and drink lots of fluids.
- Gargle with salt water for sore throat about every two hours.
- Drink one quart of mild saline; 1/4 teaspoon per quart of water.
- Sit in a hot tub or hot bath
- Use ceiling fans and humidifiers and, as an added joy, your favorite essential oil fragrance.

- Put olive oil or soy butter on your sore nostrils, do it every time before and after you blow your nose, even start doing it before it gets that way.

- Do hot water and salt foot soaks, they really do work.

- Dress warm but get fresh air – lots of it.

FLUORIDATION



Fluoridation: Teeth to die for

About half of the United States' drinking water supply is fluoridated to try and reduce dental cavities in children. Is this state of affairs justified? Is it safe?

Unbeknownst to most Americans including most dentists, physicians and scientists, ingesting fluoride is harmful. In 1988, an article was published in the Chemical and Engineering News stating that since 1950, when the Public Health Service first endorsed fluoridation, opposition toward fluoridation has been suppressed. This suppression was led by power tactics including threats, ridicule and frank censorship toward people knowledgeable about fluoride's destruction.

Facts About Fluoride

So, what are some of the facts about fluoride? Fluoride is more poisonous than lead and just slightly less

poisonous than arsenic according to the Clinical Toxicology of Commercial Products handbook. It is a cumulative poison that accumulates in bone over the years. It has been reported that fluoride can cause skin eruptions and other side affects like atopic dermatitis, exzema, urticaria, gastric distress, headache and weakness. Once the fluoride has stopped being taken, these symptoms subside.



Another study found that hip fractures and bone fragility are linked to fluoride in the water. This is from the Journal of the American Medical Association, which published three separate articles on the matter. Proctor and Gamble reported that fluoride resulted in a significant increase in genetic damage. Also fluoride has been linked to around 10,000 fluoridation-linked cancer deaths yearly in the United States. These types of cancer include, liver cancer, oral tumors and bone cancer. Since 1991, the New Jersey Department of Health found that the incidence of osteosarcoma, a type of bone cancer, was far higher in young men exposed to fluoridated

"It must be symbolism; 'cause otherwise it's just stupid."

*‘I was born by Caesarian section...but not so you'd notice. It's just that when I leave a house, I go out through the min-
dow.’ -Steven Wright*



water as compared to those who were not.

Fluoride has also been linked to, even at dosages of one part per million, damage of the immune system, contributing to calcification of soft tissues, worsening arthritis and, of course, causing dental fluorosis in children. These are unsightly white, yellow or brown spots that are found in teeth exposed to fluoride during childhood, which over half of the children living in fluoridated areas have. Malnourished people, particularly children, usually targeted for fluoridation, are at greater risks to experience fluoride's harmful effects.

Surprisingly, the most recent studies do not even show that water fluoridation is effective in reducing tooth decay. The United States Public Health Service records indicate that tooth decay was virtually the same in fluoridated and non-fluoridated areas expressing that there is no significant effect from taking fluoridation when comparing it to tooth decay.

With the scientific information pres-

ent, what could possibly be the push for fluoridation? Fluoride was regarded as an environmental pollutant prior to 1945 responsible for many lawsuits against industries like the aluminum industry and the phosphate fertilizer industry. These industry's waste products contained large quantities of fluoride that destroyed crops and animals, leading to the lawsuits. At that time, public view was that fluoride was an environmental pollutant that needed to be eliminated from the environment.

Public relations campaigns can work wonders as it did for the fluoride campaign. Fluoride was transformed from an environmental pollutant to an essential part of clean and healthy teeth; the science was poor, but the P.R. campaign was great. To be against fluoride was like being against motherhood or apple pie. Industries made millions from selling this environmental pollutant to water companies and toothpaste companies. More importantly to the company, it saved billions of dollars that would be required to clean this environmental pollutant.

So, what can you do to protect yourself from fluoride?

The first thing to do is to avoid fluoridated water. Most city water is artificially fluoridated. Boiling water removes chlorine, but concentrates fluoride. Water filters do not remove fluoride, unless there is a reverse osmosis component.

At the dentist, children should avoid fluoridated vitamins, fluoride treatments and fluoridated toothpaste. The concentration of fluoride in water is one ppm, in toothpaste 1,000 ppm and in fluoride dental rinses 10,000 ppm. Another way to protect yourself from fluoride is to write to your legislatures telling them to get fluoride out of the water supply.

FOOD POISONING

*Medi-Sign Target
Drink Water, Force Yourself
to Puke & Have an Enema*

Food poisoning is from eating organisms or toxins in contaminated food. Most cases of food poisoning are from common bacteria like Staphylococcus or E. coli.

Food poisoning can affect only one person, or it can occur as an outbreak in a group of people who all ate the same contaminated food. Food poisoning is relatively rare in the United States. Worldwide, though, it affects between 60 and 80 million people resulting in around six to eight million deaths.

Food poisoning occurs many times at picnics, school cafeterias and large social functions; during situations where food may be left unre-



frigerated for too long or food preparatory utensils and techniques are not clean. It mostly occurs from undercooked meats or dairy products that have sat out too long like mayonnaise mixed in coleslaw or potato salad.

Food poisoning can be caused by:

- Bacillus cereus
- Botulism
- Campylobacter
- Cholera
- E. coli enteritis
- Fish poisoning
- Listeria
- Salmonella
- Shigella
- Staph aureus
- Yersinia

The people at greatest risk for food poisoning are infants and the elderly. Also at risk are people with a serious medical condition like kidney disease or diabetes, or people with a weakened immune system. Those who travel outside of the United States to areas where there is more exposure to food poisoning causing organisms are also at risk. Pregnant and breast-feeding women must be especially careful.

Symptoms

The symptoms from the most common types of food poisoning generally start within two to six hours within eating the responsible food. That time may be longer or shorter, up to a number of days, depending on the toxin or organism responsible for the food poisoning.

The possible symptoms include:

- Abdominal cramps
- Diarrhea (*may be bloody*)
- Fever and chills
- Headache
- Nausea and vomiting
- Weakness (*may be serious and lead to respiratory arrest, as in the case of botulism*)

Botulism is a very serious form of food poisoning that can be fatal. It can originate from improper home canning.

Fill up on fluids. The bacteria irritate your intestinal tract and trigger a great deal of fluid loss, possibly from both ends. You'll need to drink plenty of fluids to prevent becoming dehydrated. Water is the best replacement fluid followed by other clear liquids like apple juice or veggie broth.

DON'T LET IT HAPPEN AGAIN!

Decrease your chances of getting food poisoning by not eating these:

- Raw protein food like fish, fowl or meat. Avoid sushi and oysters on the half shell, raw meat can harbor bacteria.
- Cracked jars or swollen, dented cans of lids, clear liquids that have turned milky or cans or jars that

spurt or have an "off" odor when opened. These all could contain dangerous bacteria. Discard them carefully so that household pets cannot come in contact with them.

If you feel sick: Don't interfere with progress. Your body is trying to flush the toxic organism out of your body. Sometimes taking "anti-diarrheal" products like Imodium or Lomotil can interfere with the body's ability to rid the infection. Stay away from them, and let nature take its course. If you feel like you need to do something, sip water through a straw.

Reintroduce bland foods. Usually within a few hours to a day after the diarrhea and vomiting have subsided, you'll be ready for some "good" food. But go easy.

FOOT ODOR

Medi-Sign Target
Salt & Apple Cider Vinegar
Soak, Go Barefoot

Foot odor is caused by bacteria or fungi that rots old skin. Your skin turns over every 28 days. A new cell starts on the bottom layer of



"I have an existential map; it has 'You are here' written all over it."

“Nobody who ever gave his best regretted it.” -Victor Hugo



skin, then another skin cell forms beneath it. This process continues until the bottom cell reaches the top and is sloughed off as dander or dandruff.

If you don't wear socks, the old skin remains in the shoes; it rots and emits an offensive odor. Socks prevent the old skin from getting into your shoes and washing socks gets rid of the old skin and prevents them from smelling.

The bacteria that rot your old skin grow when the skin is wet. Powder in the toes of your socks before you put them on will help to keep your feet dry during the day and prevent bacteria from growing. Avoid wearing the same pair of shoes more often than every third day so they can dry out between uses.

Wash – often. This may sound elementary, but you should keep your feet scrupulously clean, the experts agree. Use warm, soapy water and wash your feet as often as needed, which may be several times a day if you perspire a lot or notice an odor.

Scrub gently with a soft brush, even between your toes, and be sure to dry your feet thoroughly.

Do Your Feet Work Harder Than You Do? Believe it or not, sometimes feet perspire because they work harder than they should. A structural defect like flat feet or a job that keeps you hopping all day could be the underlying culprit. Either of these things would increase the activity of your foot muscles. The harder your feet work, the more they perspire in an attempt to cool themselves.

Although feet that perspire do not necessarily smell bad, the wetness is an invite for bacteria that do produce odor. The sweat produced can be reduced if you correct the underlying problem with an arch support or some other orthotic shoe insert. If the muscles don't have to work as hard, they don't give off as much heat.

Powder your toes. After washing, apply foot powder, cornstarch or fungal spray. Also try to treat your shoes with talcum powder or cornstarch to keep your feet cool and dry.

Change your socks – often. The logical approach to excessively sweaty, odoriferous feet is to change socks as frequently as possible. This means even three or four times a day. Always wear socks made of natural fibers like cotton because they are more absorbent than synthetic materials. Double up on them. Try wearing two pairs of socks at a time to reduce perspiration. This may seem like a contradiction, but the air spaces that form between the two layers of material actually enhance cooling. Wear cotton socks next to the skin and a

woolen pair on the outside. Avoid synthetics because they only encourage perspiration.

Show shoe sense. Closed shoes aggravate sweaty feet and set up a perfect environment for bacteria to grow, leading to more odor and more sweat. Choose sandals and open-toed shoes when appropriate. Stay away from rubber and plastic shoes, which don't allow feet to breathe easily. Never wear the same shoes two days in a row. It takes at least 24 hours for shoes to dry out thoroughly.



Take frequent soaks. Soaking agents can help keep feet dry, which also controls odor.

Tea. Tannin, which can be found in tea bags, is a drying agent. Boil three or four tea bags in one quart of water for about ten minutes. Then add enough cold water to make a comfortable soak.

Soak your feet. For 20 to 30 minutes, dry them and apply corn starch as foot powder. Do this twice a day until you get the problem under control. Repeating it twice a week

thereafter should keep odor from recurring.

Kosher salt. For extra-sweaty feet, soak in a solution of 1/2 cup kosher salt, which is coarser than ordinary table salt, in one quart of water.

Sodium bicarbonate. This makes the foot surface more acidic, thereby cutting down on the amount of odor produced. Use one tablespoon baking soda in one quart of water. Soak twice a week for about 15 minutes at a time.

Hot and cold water. Alternate hot and cold foot baths because this procedure constricts the blood flow to your feet, reducing perspiration. Fix yourself a third footbath of ice cubes and lemon juice. Finally, rub your feet with alcohol to cool and dry them. In hot weather, when your feet perspire a lot, you could probably do this every day. Warning: diabetics and those with impaired circulation should not use this treatment.

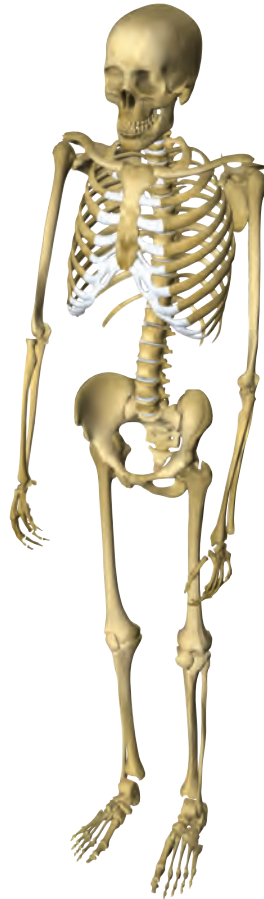
Heed sage advice. Europeans sometimes sprinkle the fragrant herb sage into their shoes to control odor. Perhaps a dash of these dry, crumbled leaves will do the trick for you.

Try inserts. Some shoe inserts, like Johnson's Odor-Eaters, contain activated charcoal, which absorbs moisture and helps control odor.

Stay cool. The sweat glands in your feet, similar to those in your armpits and palms, respond to emotions. Whether it is good or bad emotion, it can trigger excessive sweating. That, in turn, can increase bacterial activity in your shoes, leading to extra odor. So try not to get frazzled.

FRACTURES/ BREAKS

*Medi-Sign Target
Rest, Celery & Bok Choy*



Is it a Fracture or a Break?

A broken bone, despite what you may have heard, is not worse than a fracture; they both mean the same thing.

In fact, the word fracture, according to the Oxford English Dictionary is defined as *"the act of being broken."* There are different types of fractures and broken bones, but these words mean the same thing!

Fractures occur because an area of bone is not able to support the energy placed on it. This is quite obvious, but it becomes more complicated.

Therefore, there are two critical factors in determining why a fracture occurs:

- The energy of the event
- The strength of the bone

The energy can be acute, high-energy like a car crash, or chronic, low-energy like a stress fracture.

The bone strength can either be normal or decreased like osteoporosis. A very simple problem, the broken bone, just became a whole lot more complicated!

Do this:

- Eat half a pineapple every day until it's completely healed. Pineapples contain Bromelain, an enzyme that helps to reduce swelling and inflammation. Do not eat canned or processed pineapples.



- It is very important to regain bone strength as soon as possible to avoid future injuries and to insure a solid bone fusion.

"Absorb what is useful, add what is uniquely your own." -Bruce Lee

“There is nothing like a dream to create the future.” -Victor Hugo

- Do not eat red meat and avoid colas and all products containing processed caffeine.

- Avoid eating foods with preservatives; they contain phosphorous, which can lead to bone loss. Soda pops typically contain phosphorous.

- Boron + Calcium + Magnesium + Potassium + Zinc. They are essential to repair bone damage and to maintain a good muscle and heart condition. Eat grains, nuts and seeds.



Butt out. Smoking can delay the healing of bones up to five months longer for serious fractures and less for minor breaks. If you're a smoker, expect a longer-than-average healing time.

Put a bag of frozen vegetables on the fracture for about 20 minutes, and remove it for ten. Make sure you put a washcloth between your skin and the ice bag to prevent an ice burn. Since you want to avoid pressure on the area, the cold compress should be applied gently.

Do this even if you can't take off a soft cast. You can apply ice to the outside of the cast, and it will help chill the area underneath.

Broken Bones

This one is where the medical technology of today can be brilliant.

Your bones are tough stuff, but even tough stuff can break. Like a wooden pencil, bones will bend under strain, but if the pressure is too much or too sudden, bones can snap.

You can break a bone by falling off a skateboard or crashing down from the monkey bars. When a bone breaks it is called a fracture. There's more than one way to break or fracture a bone. A break can be anything from a hairline fracture, which is a thin break in the bone, to the bone that's snapped in two pieces like a broken tree branch.

- A complete fracture is when the bone has broken into two pieces.
- A greenstick fracture is when the bone cracks on one side only, not all the way through.
- A single fracture is when the bone is broken in one place.
- A comminuted (*kah-muh-noot-ed*) fracture is when the bone is broken into more than two pieces or crushed. (*Think community-many!*)
- A bowing fracture, which only happens in kids, is when the bone bends but doesn't break.
- An open or compound fracture is when the bone is sticking through the skin.

What Happens When You Break a Bone?

It hurts to break a bone! It's different for everyone, but the pain is often like the deep ache you get from a super bad stomachache or

headache. Some people may experience sharper pain especially with an open fracture. If the fracture is small, a kid may not feel much pain at all. Sometimes, a kid won't even be able to tell that he or she broke a bone!

Breaking a bone is a shock to your whole body. It's normal for unaffected parts of your body to receive strong messages. Sometimes people feel dizzy, woozy, chilly or faint until their bodies adjust. A lot of people cry for a while. Still others don't feel any pain right away because of the shock of the injury.

If you think you or someone else has broken a bone, the most important things to do are to:

- Stay calm
- Make sure the person who is hurt is as comfortable as possible
- Tell someone
- If there is no one around, call 911 or the emergency number in your area

The worst thing to do for a broken bone is to move it because it will hurt the person and can make the injury worse! In the case of a broken arm or leg, you may be able to cushion or support the surrounding area with towels or pillows.

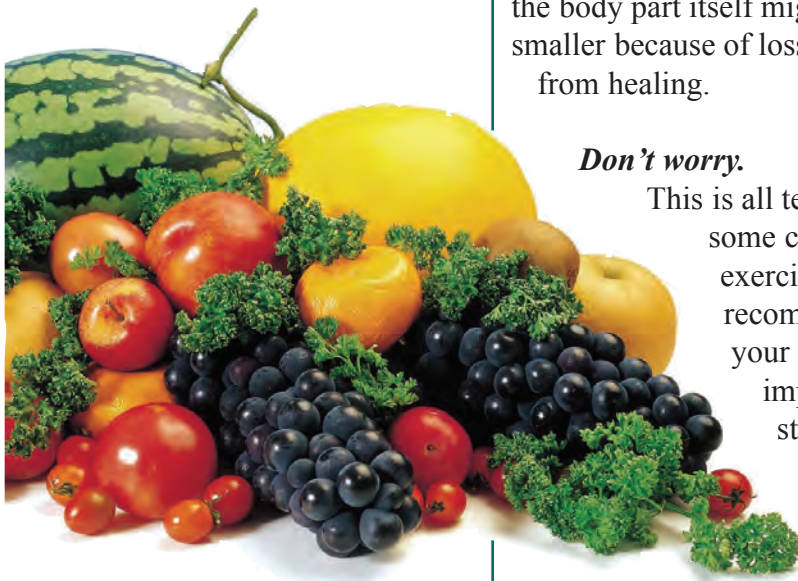
One super-important tip: If you're not sure what bone is broken or you think the neck or back is broken, do not try to move the injured person at all. Wait until a trained person has arrived!

What Does the Doctor Do?

The doctor needs to know what type of fracture it is in order to treat it.

This is when a doctor uses an X-ray. This gives the doctor a map of where the bones are compared to where they should be, so that they can be reset.

With breaks in larger bones or when a bone breaks in more than two pieces, the doctor may need to put in a metal pins to help set it. You will be unconscious for this operation. Afterwards, when the bone has healed, the doctor will remove the pins.



After your bone has been set, a cast needs to secure it. The cast normally lasts one to two months; the time it takes for a break to mend. Casts are made of bandages soaked in plaster, which harden to a tough shell. This is why they last so long!

Sometimes casts are made of fiberglass or plastic. Some are even waterproof, meaning showering and swimming is allowed. Sometimes they come in colors or patterns that you can choose. If not, buy some markers!

How Do Broken Bones Heal?

Your bones are natural healers. New cells and tiny blood vessels will be produced at the location of

the fracture. These will rebuild the bone. The cells cover both ends of the broken part of the bone and close up the break until it's as good as new.

What Should You Do When the Cast Comes Off?

A saw that does not hurt your skin will be used to remove the cast. Once the cast is off, the injured area will probably look and feel strange. The skin might be pale, dry or flaky. Body hair might look darker, and the body part itself might look smaller because of loss of muscle from healing.

Don't worry.

This is all temporary. In some cases, special exercises may be recommended by your doctor for improvement of strength and flexibility.

Go slow and ask the doctor if there are any activities you should avoid like hanging from the monkey bars. Ask the doctor how long you will need to wait before return to a sport.

How can you be sure you don't break any more bones?

Realize that accidents do happen. To minimize these risks, wear safety helmets, pads and the right protective gear. Also you should build strong bones.

How do you do that?

- Get a lot of physical activity, especially stuff like jumping and running.

- Feed your bones the calcium and vitamin D they need to stay strong. That means getting your share of calcium-rich foods and drinks and sunshine. Your entire skeleton is new every two years due to bone that is constantly in a state of turnover even when not damaged or injured. We continually absorb and replace the cells that make up our bones. Because of this natural turnover, the process of healing bone also comes about quite naturally.

Underlying Problems The most common cause of fractures is from trauma. Especially in the elderly, broken bones often occur where an underlying process has weakened the bone, however. This is called a "pathologic fracture," which means that there is some pathology, or disease process, that caused the bone to be weak and highly susceptible to fracture. Common diseases that lead to pathologic fracture include osteoporosis and tumors.

FRIGIDITY/LOW SEX DRIVE



Frigidity, properly known as sexual arousal disorder (SAD), is a condition where a woman or man is unable to achieve or sustain sexual arousal. Unresponsiveness, rare experiences of orgasm and complete avoidance of sexual activity are some characteristics. This does not mean that any woman who is not regularly experiencing orgasms through coitus (vaginal sex) is frigid. SAD is the express condition where a woman is rarely, if at all,

"Pay no attention to that man behind the curtain." -Frank Morgan as The Wizard in The Wizard of Oz

“I always wanted a friend like Yoda, you know, someone who was pure knowledge.” -Lincoln Karim

able to experience an orgasm through any form of sexual stimulation (e.g., *cunnilingus*, *masturbation*, etc.).

SAD can be from either a psychological or physical condition and is often very complex.

Psychological causes may include: lack of knowledge about sexual techniques, stress, deep-seated religious beliefs from childhood and conflict with a partner. These factors are usually accompanied by anxiety, fear, depression or guilt about sexual activities.

Physical causes may include: hormonal imbalances, such as hypothyroidism, low progesterone levels and low testosterone levels; excess weight; lack of exercise; menopause; surgery, particularly ovarian or uterine; exhaustion; childbirth; conditions that inflict pain during intercourse; abnormal physical structures in, on, or around the woman’s body; and obstructions.

Some women find intercourse painful due to poor lubrication, inadequate stimulation, some illness or infection and so on. This pain causes women to shrink and fear from sexual contact with the partner. Vitamin deficiency can cause a lack of estrogen levels and lead to improper lubrication. Low sexual desire can also be due to a chronic illness, the use of some medications, low testosterone levels or a certain medical condition.

Taking the time to investigate which fruits and vegetables appeal most in terms of their fragrance, shape,

touch, texture and of course, taste, allows us to see our sustenance with new eyes. With these characteristics in mind, gathering the ingredients for a “*sensual*” new way of eating can be fun.

HERE ARE SOME TIPS



Feast on fruits. Fruits are filled with nutrition and many are thought to have aphrodisiac properties. Apples, apricots, bananas, cherries, coconut, dates, figs, grapes, mangoes, papayas, peaches, pears, plums, pomegranates, quince, raspberries and strawberries are included in erotic literature around the world. Whichever fruits you choose, enjoy them often, and with a new appreciation of their attributes.

While you’re at it, try some vegetables. Asparagus, carrots, celery, corn, cucumbers, carrots, eggplant and several other phallic-shaped vegetables have long been prized for their aphrodisiac effects. They may be hard to think of as “*erotic*,” but at the very least they will fill your body with vitamins and minerals. The avocado is a vegetable that is definitely sensual. This is even what the Spanish conquistadors

thought as they helped spread its reputation throughout the world as a powerful stimulant.

The tomato, or “*love apple*,” a potent source of the powerhouse lycopene, was once a highly sought-after libido enhancer. Other foods that may turn up the heat and fortify the body include: alfalfa sprouts, avocados, beans, chives, eggs from free range hens only, garlic, leeks, nuts, olive oil, onions, parsley, peppers, pumpkin seeds, seeds, sesame oil, soybeans, soy oil, spinach, truffles, turnips, watercress and wheat. Serve these foods often for optimal sexual health.

Avoid red meat (*cows*), poultry (*birds*), pork (*pigs*) and products containing sugar.

Avoid smoggy conditions. Smog is highly toxic and dangerous. It affects the whole immune function and hormonal activity in the body.

FROST BITE

Medi-Sign Target
Warm Saltwater Soak
Immediately





Know the signs. Frostnip is the least severe form of frostbite and typically leaves skin somewhat numb and white.

The most frequently frostnipped are the cheeks, tip of the nose and ears. Peeling and blistering are also possible after the affected area is warmed.

Superficial frostbite, a more serious condition, is more likely to produce peeling and blistering after warming. Frostbite is an injury in which the tissues of the body freeze causing damage to the tissue. The skin is also frozen harder than with frostnip, but not so deeply that all is lost.

Frostbite is the body's way of trying to preserve heat by shutting down circulation to an extremity. Unfortunately, as you develop frostbite, you might not even know that you have it because of the numbness.

MEDICAL ALERT

Hypothermia: The Cold Inside

The human body was designed to operate at an internal temperature of 98.6°F. A six 1/2-degree drop, hardly noticeable in air temperature,

could be enough to kill a human being. Below 92°, cardiac arrest can occur.

Hypothermia is simply defined as low body temperature. It begins in its mildest stage at about 96°. Symptoms of hypothermia include shivering, slow pulse, lethargy and a general decrease in alertness. If body temperature drops low enough, muscles turn rigid and the person may lose consciousness.

Falling into an icy pond would bring on hypothermia in less than an hour, but most cases result from prolonged exposure to cold temperatures. Elderly people are at increased risk for hypothermia because their bodies regulate temperature less effectively.

If hypothermia occurs:

- Move the person to a warmer place.
- Wrap the person with blankets.
- Give the person warm liquids, but no alcohol. Alcohol gives an artificial feeling of warmth.

Hide from the wind. Obviously,

getting out of the elements into a warm place is a good idea, but if that's impossible, at least get out of the wind. Wind-chill factors contribute significantly to frostbite.

Think before warming. Don't use dry, radiant heat, like a heat lamp or campfire if your skin appears to be frostbitten. Frostbitten skin is easily burned.

Use yourself. If you can't get indoors, take advantage of your own body heat. To warm fingers and hands, for example, place them under your armpits. Rolling yourself into a ball also makes you more energy efficient.

Frostbite: Don't Delay Action

Severe frostbite demands attention because tissue is dying. This opens the door to some dark possibilities like infection and loss of fingers or toes, in extreme cases, loss of an arm or leg.

Deep frostbite makes the skin cold, hard, white and numb. When rewarmed, the skin may turn blue or purple. It also may swell and blisters might form. The idea, of course, is to treat frostbite quickly and effectively so none of that happens. Here's what you should do.

Thaw quickly. The trend now is to very painfully thaw severe frostbite as fast as is safely possible. Typically this is done in warm water 104° to 108°F; water conducts heat better than air.

Do not allow a frostbitten part to refreeze. Never. The water crystals are bigger when the part refreezes, which causes even more tissue damage.

Use your head to save your foot.

"Listen, you smell something?" -Ghostbusters

F - FOODS & SYMPTOMS

“Some stock fund managers are so down on the market, they have moved a substantial percentage of their investors’ holdings out of stocks and into cash. Next, they plan to move that cash into a suitcase, and then into Mexico.” -Jon Stewart

It’s not advisable to walk on frozen feet, but it’s better than allowing a frozen foot to thaw and refreeze. So, if you think walking may be your only route to survival, try it. Don’t, however, take a shoe or boot off a frostbitten foot. The foot could blister and swell, and you wouldn’t be able to get the boot back on.

Don’t rub with snow. It just causes friction with the skin, plus, you lose more heat when you get extremely wet.

Don’t get wet. Heat loss is greatly accelerated by contact with water.

Make Mom proud. Wear mittens instead of gloves because mittens are warmer. Also wear a stocking cap to protect your ears.

Don’t drink. You only think alcohol is warming you from the inside out.



Alcohol actually causes more heat loss.

Don’t smoke. Smoking decreases peripheral circulation, thereby making the extremities more vulnerable.



Hang loose. To protect circulation, wear loose clothing and don’t wear any jewelry on your fingers.

Use the “buddy system.” You watch a friend’s face, specifically the ears, nose and cheeks, for any noticeable change in color, and he or she does the same for you.

Avoid contact with metal. Just a few moments with your bare hand on a metal

wrench can lead to frostbite in severe cold.

Stay in your vehicle. If you get stranded in your vehicle on a sub-freezing night, don’t venture to the unknown. Instead stay where you are because you could develop hypothermia or an abnormal drop in body temperature. Many of the stranded people who’ve tried to walk for help and were found, were found dead.





~Gg~

History: The Letter G

It's one of only four letters in the English alphabet, which did not reach its full development two thousand years ago. If you're reading this note sheet much after the year 1990, add accordingly to the "2000 year ago" reference. The other letters are "J," "U," "W" and "G" share development with "C" as mentioned on another note sheet. Both share their shapes to that of the Phoenician's original symbol for the camel. Robert Louis Stevenson wrote that when he was a child the capital "G" always impressed him as genii swooping down to drink out of a handsome cup. I wasn't familiar with his use of "genii," so I looked it up. He was probably referring to angels." I would like for you to think of your guardian angel for, "quality of life," as the FDR (oh by the way, there are 6 "F's" in the exercise under "F").

Mystery: The Celtic Name Letter Key

Movement is the essential concept contained in the letter "G." It indicates a restlessness of mind and body, dissatisfaction with settled situations. This will be nagging constantly at the name-bearer, causing thoughts of a new job or new partner to be lurking in the mind. As a dominant letter "G" clearly indicates someone who would be happiest traveling about and a job that involves mobility would be satisfying. In human relationships the name-bearer may find it difficult to remain faithful to one person. More positively, this letter also hints at speed of thought and action.

GALLBLADDER INFECTION & CLEANSE

Medi-Sign Target
Saltwater & Fermented
Foods

The gall bladder is a hollow inactive organ supplying bile to the digestive tract that is mainly used to emulsify fats and oils.

The gall bladder can be damaged by:

- Excessive amounts of fat and oil; refined, hydrogenated and synthetic oils
- Stress

The gall bladder can be protected from infections by eating:

- Beer (*light*)
- Good quality (*grape, wine or apple cider*) vinegar
- Pickles
- Sauerkraut and other ferments

Sediment in the gall bladder can lead to infection. Symptoms are:

- Bitter taste in the mouth
- Chest pain
- Indigestion
- Periodic pain below the right side of the rib cage
- Tension in the back of the shoulder near the neck

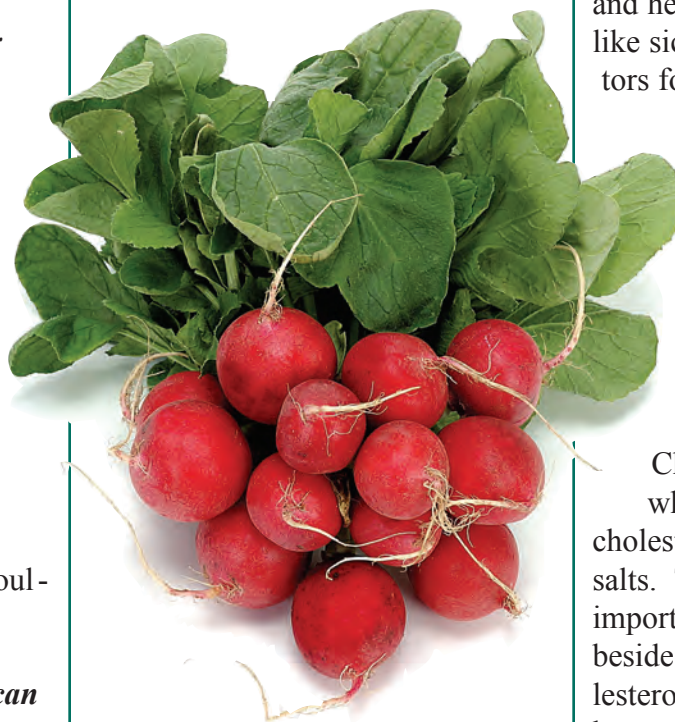
A gradual gall bladder cleanse can clear the cause of infections as well. It takes 21 days and is slower and gentler on the body. This works for those unsure of how much sediment or stones they may have. Cleansing two or three times a year ensures a healthy gall bladder. Dur-

ing the cleanse, avoid all foods high in animal fat, meats and cooked dairy. Eat unrefined grains, vegetables, fruits and legumes to help clear the gallbladder.

These foods hasten gallstone removal:

- 👍 Lemons
- 👍 Limes
- 👍 Parsnips
- 👍 Pears
- 👍 Seaweed
- 👍 Turmeric

Radishes also remove stones. To cleanse the gall bladder, eating one to two radishes a day between meals and drinking three cups of cleavers tea or five cups of chamomile tea a day during the 21 days helps.



Use five teaspoons of cold pressed flax seed oil for every 160 pounds of your body weight. Pour the flax oil over your food during one meal of the day or divide it into half and use on two meals. Take the flax oil six days a week for two months.

GALLSTONES

Medi-Sign Target
Grapefruit Juice &
Olive Oil Drink

Solid material that forms in the gallbladder is called gallstones. Gallstones form when substances in the bile form hard, crystal-like particles. This is caused primarily by cholesterol and bile pigments.

White or yellow cholesterol stones account for 80 percent of the gallstones. They are made primarily of cholesterol. Accounting for the other 20 percent of gallstones, pigment stones are small, dark stones made of bilirubin and calcium salts that are found in bile.

Cirrhosis, biliary tract infections, and hereditary blood cell disorders, like sickle cell anemia are risk factors for pigment stones.

The varying sizes of gallstones range from a grain of sand to a golf ball. The gallbladder may develop a single large stone or many smaller ones, even several thousand.

Cholesterol gallstones develop when bile contains too much cholesterol, and not enough bile salts. Two other factors seem to be important in causing gallstones besides a high concentration of cholesterol. The first is how often and how well the gallbladder contracts; incomplete and infrequent emptying of the gallbladder may cause the bile to become over concentrated and contribute to gallstone formation. The second factor is the presence of proteins in the liver and bile

“Heartfelt positive feelings create far more than a healthy psychological effect. They fortify our internal energy systems and nourish a body right down to the cellular level. For that reason, we like to think of these emotions as “quantum nutrients.”

that either promote or inhibit cholesterol crystallization into gallstones.

Whole Grains Help Prevent Gallstones

A study published in the July 2004 issue of the American Journal of Gastroenterology shows that eating foods high in insoluble fiber, such as cereals and breads made from whole wheat, can help women avoid gallstones.

How do foods rich in insoluble fiber help prevent gallstones?

Insoluble fiber not only speeds intestinal transit time or how quickly food moves through the intestines, but also reduces the secretion of bile acids, increases insulin sensitivity, and lowers triglycerides or blood fats. excessive amounts of bile acids contribute to gallstone formation. Abundant in all whole grains, insoluble fiber is also found in nuts and the edible skin of fruits and vegetables including tomatoes, cucumbers, many squash, apples, berries, and pears. In addition, beans provide insoluble as well as soluble fiber.



A Gallstone Purge

1 cup Olive Oil
1 qt Grapefruit Juice

Mix Olive Oil and Grapefruit Juice into a quart jar. Put a lid on it and drink it just before bed. Lay down don't get up except to go potty. In the next 24 hours you'll see the calculi stones pass. They'll be different colors, sizes and hardness. You may have to repeat this once again.

When you get too much fat and cholesterol in your diet, there's a tendency for these particles to come together and form gallstones; therefore, it makes sense that the best advice for people who are prone to stones is to avoid meats and cooked dairy foods and less of anything else that contains large amounts of fat and cholesterol like lard fried foods or even beans with lard.

GANGRENE

Medi-Sign Target
Walking, Swimming, Garlic
Onions & Lots of Salt

The word gangrene comes from the Latin word gangraena, an eating sore. Gangrene is, due to deficiency of blood supply, the death and decay of a body part, and is a frequent complication in the diabetic foot.

It can occur in the skin, the muscles, or even the internal organs. Symptoms usually starts suddenly and then steadily become worse. The problem is most commonly found in the arms and legs.

Causes

The death of tissue that defines gangrene begins when a section of the body loses its blood supply. It's often the result of a serious accident in which an arm or leg is crushed. Less commonly, it follows an internal blockage, such as a clogged or artery obstructed by plaque.

There are two major types of gangrene:
Dry Gangrene. This variety is

free of infection. The tissue become dry and shriveled and is usually brought on by a blood clot, frostbite, or poor circulation.

Wet Gangrene. This is also referred to as gas gangrene. In this form of the disease, dead tissue becomes a breeding ground for bacteria, typically Clostridium, which thrives in the absence of oxygen. This causes the area to become moist and foul smelling.

Signs/Symptoms

Signs and symptoms include, the skin looking pale at first, then become red or bronze, and finally turning dark red or purple. Infection makes the skin warm and swollen. As the tissue swells, inflammation at the site of the infection can become extremely painful. Gas produced by the infecting bacteria may produce, when the swollen area is pressed, a crackly sensation. The margins of the infection expand so rapidly that changes are often noticeable within minutes. A foul-smelling brown, red or bloody discharge may drain from the afflicted tissues that are completely destroyed.

The infection soon produces sweating, fever and increased heart rate elsewhere in the body. If left untreated, the victim will develop a shock like syndrome with decreased blood pressure, kidney failure, coma and finally death.

Treatment

Urgent evaluation and treatment is needed with gangrene. In general, dead tissue should be



“Commercials are not the only junk food in the speech market – indeed, when compared to shallow news reporting, vacuous television shows or political doublespeak; commercials are not even the most harmful to mental health.”

“The most wasted of all days is that on which one has not laughed.”

removed to allow healing and prevent further infection. Depending on the area affected, the condition of the person, and the cause of the gangrene, **treatment may include:**

- Amputating the affected body part.
- An emergency operation to explore or remove dead tissue.
- An operation to improve blood supply to the area.
- Repeated operations to remove dead tissue (*debridement*).
- Treatment in the intensive care unit (*for severely ill people*).

Life is movement. Whole foods, especially peppers, move and clear the blood as do onions, horseradish, garlic and mint. Insulin as medication eventually creates clogs in the body vessels. Control your blood sugar with high fiber foods, fruits, exercise and lots of water and salt.

GARBANZO BEAN/ CHICK PEA

Medi-Sign Target
Heart Deplaquer

Signature of the Heart!



A Fiber All Star

Legumes are leader of the pack when the fiber is compared in foods. Like other beans, garbanzos are rich in dietary fiber. Soluble fiber forms a gel like substance in the digestive tract that snares bile, which contains cholesterol, and ferries it out of the body. Research studies have shown that insoluble fiber not only helps to increase stool bulk and prevent constipation, but also helps prevent digestive disorders like irritable bowel syndrome and diverticulosis.

Garbanzo's Give You Energy to Burn While Stabilizing Blood Sugar

Soluble fiber helps to stabilize blood sugar levels in addition to its beneficial effects on the digestive system and the heart. Beans like garbanzos can really help you balance blood sugar levels while if you have insulin resistance, hypoglycemia or diabetes, providing steady, slow burning energy. Studies of high fiber diets and blood sugar levels have shown the dramatic benefits provided by these high fiber foods.

Iron for Energy

Garbanzos increase your energy by helping to replenish your iron stores in addition to providing slow burn-

ing complex carbohydrates. Particularly for menstruating women, who are more at risk for iron deficiency, boosting iron stores with garbanzos is a good idea. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism. **Remember: If you're pregnant or lactating, your needs for iron increase. Also, growing children and adolescents also have increased needs for iron.**

Manganese for Energy Production

The trace mineral manganese, an essential cofactor in a number of enzymes important in energy production and oxidant protection, is contained in garbanzos. For example, the key oxidative enzyme superoxide dismutase, which disarms free radicals produced within the mitochondria or the energy production factories within our cells, requires manganese. Just one cup of garbanzo beans does the trick.

Protein Power Plus

If you're wondering how to replace red meat in your menus, become a fan of garbanzo beans. Garbanzos, are a good source of protein. Combine them with a whole grain such as whole wheat pasta or brown rice and they can provide protein comparable to that of meat or cooked dairy foods without the plaque making calories or saturated fat found in these foods. When your protein comes from garbanzos, you also get the blood sugar stabilizing and heart health benefits of the soluble fiber provided by these versatile legumes.

Beneficial to pancreas, stomach, heart and contains more iron than other legumes. Garbanzo beans are also a good source of unsaturated

fats. There are many varieties, varying in size and color: red, white, black and brown.

Accent on Enjoyment: For turning a green salad into a substantial meal chickpeas are perfect. They add a nutty taste and new texture and are particularly good with minced onion and marinated artichoke hearts. You could also try chickpea dip. It's a snap to make in the food processor or blender. Just puree the beans and add olive oil, tahini, nut butter and garlic. This can be served with pita bread or raw vegetables.

How about trying this compromise if you are faced with a die-hard meat fan? Make meat loaf or meat-balls, substituting finely chopped chickpeas for all of the ground meat.

GARLIC

Medi-Sign Target
Feed, Heals & Cleanses all
of the Cells



It's a pure probiotic or "life giving," which beats, hands down, any known pharmaceutical antibiotic or life destroyer.



Garlic promotes circulation and sweating, removes abdominal obstructions and stagnant food and inhibits the common cold virus as well as viruses, amoebae and other microorganisms associated with degenerative diseases like cancer. It eliminates worms, unfavorable bacteria and yeasts including *Candida albicans*. It promotes the growth of healthy intestinal flora, used for dysentery, pneumonia, warts, abscesses and hepatitis. Garlic must be taken regularly for several weeks to initiate substantial improvement in chronic conditions.

Garlic eliminates toxins from the body, including poisonous metals such as lead and cadmium. Poultices made with chopped garlic draw out swelling will relieve poison ivy, poison oak, and nettle stings. Simmer four cloves of chopped garlic in one cup water for twenty minutes. For protection against dysentery such as when traveling in foreign countries, chew up a clove of garlic before consuming suspected food or water. For amoebic or other forms of dysentery, eat one half clove three of four times a day for the duration.

For the common cold, sore throats, and sinus headaches, hold a clove of garlic in the mouth for at least 15 minutes, and then consume it. Eat garlic at least once a day to ward off mosquitoes. When combined with pet food, garlic also helps repel fleas from dogs and other pets.

To help clear infections, place a drop of garlic oil in the ear canal once a day. The oil mollifies the acrid, pungent smell, quality of the garlic, making this a safe remedy even for children. Crush several cloves of garlic and soak in three ounces of olive oil for at least three days. Then strain the oil through a cloth. Since the dawn of civilization, garlic has been used to treat an array of ills. In high doses it has cured encephalitis, lowered blood pressure and blood cholesterol and discouraged dangerous blood clotting. Two or three cloves a day cut the odds of subsequent heart attacks in half in heart problems. Garlic tops the National Cancer Institute's list as a cancer preventative food because it contains multiple cancer compounds oxidants.

Garlic lessens chances of stomach cancer in particular and is a good cold assist because it acts as a decongestant, expectorant, spasmolytic and inflammatory agent. Garlic also, boosts immune responses, helps relieve gas, has estrogenic and diuretic activity, and appears to lift mood and has a mild calming effect. Aged garlic may be better than cooked garlic. Eat garlic raw, aged and cooked for all around health.

GAS/ FLATULENCE

Medi-Sign Target
Bicarbonate of Soda & Water
Before Bed

Abdominal bloating is when the abdomen feels full and tight. It is usually caused by intestinal gas.

"The foods that promote longevity, virtue, strength, health, happiness and joy; are juicy, smooth, substantial and agreeable to the stomach."



Common Causes

- Air swallowing (*a nervous habit*)
- Constipation
- Irritable bowel syndrome
- Lactose intolerance and other food intolerances
- Overeating
- Partial bowel obstruction

Causes and Treatment of Intestinal Bloating, Intestinal Gas and Flatulence

Excessive bloating and flatulence are no fun any way you pass it. Flatulence can cause social embarrassment and discomfort or pain when accompanied by intestinal bloating. Find out the causes of your excessive flatulence, gas and bloating and learn about treatment strategies.

Swallowed Air

Aerophagia is when a person habitually swallows air. The people that do this are usually unaware, and the cause is often anxiety related.

Oxygen and nitrogen make up the gas swallowed. Most of the swallowed oxygen is absorbed by the mucous lining of the gut or is used up by colon bacteria. Very little appears in the flatus. In contrast, nitrogen is poorly absorbed by the mucous lining and most of the swallowed nitrogen appears in the flatus. For this reason I call them, “*Nitrogen Bombs.*”

Treatment Strategies

1. Avoid lying down after eating. Gas from the stomach passes into the intestines more readily in this position.
2. Relaxation techniques to reduce anxiety.
3. Self-awareness of aerophagia. Conscious breathing.

Poorly Absorbed Carbohydrates

In the presence of poorly absorbed carbohydrates, hydrogen and carbon dioxide are produced by colon bacteria. If flatulence is accompanied by diarrhea and weight loss, it may indicate a malabsorption disorder such as lactose intolerance, a lack of good gut bacteria. Eat ferments especially yogurt and sauerkraut.

More common is excess flatulence after eating large amounts of poorly absorbed carbohydrates such as beans or foods that the body may be sensitive to. Common carbohydrate sensitivities include cooked milk and refined grain products.

Chew Food Carefully

Carbohydrate digestion begins in the

mouth. Any work your teeth don't do, your stomach will have to do later.

Gas and Flatulence after High-Fat Meals

When bicarbonate is released to neutralize stomach acid and fat during meals carbon dioxide is produced in the small intestine. Eating a high fat meal can generate a large amount of carbon dioxide, some of which is released as gas.

Treatment Strategies

1. Eat five smaller meals instead of three large meals.
2. Avoid high fat meals. In general, fat intake should be about 30 percent of total dietary intake and should include plenty of monounsaturated and essential fats. Unhealthy saturated or hydrogenated fats should be limited.

Odorous Flatulence and Gas

Gas that has a strong odor usually results from the metabolism of sulfur containing proteins and amino acids in the intestines.



Eating Foods that Produce Gas

Certain foods are inherently gas producing including beans, cabbage, onions, Brussel sprouts, cauliflower, broccoli, and fluffy wheat products like bread, apples, peaches, pears, prunes, corn, oats, potatoes and sometimes cheese. This kind of gas is healthy.

There are also foods that produce minimal gas. They include, rice, bananas, citrus, grapes, hard cheese, eggs, peanut butter, noncarbonated

beverages and yogurt made with live bacteria.

Gas: Not a Problem

Although most children can drink milk and eat cheese all day long, many adults don't produce enough of the enzyme needed to fully digest the sugar, called lactose, found in cooked dairy foods. As in legumes and beans, this can lead to flatulence.

We all know how important it is to get more fiber in your diet. Unfortunately, the same fiber that lowers cholesterol and protects against heart disease is also responsible for producing large amounts of gas. This is especially true when you've only recently started eating more fiber rich foods. The more you fart (*sorry...release gas*), the healthier you are. That's the bottom line.

GENERALIZED ANXIETY DISORDER

*Medi-Sign Target
Foods Grown Under the
Ground & Lavender Oil*

This disorder involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety

Symptoms vary depending on the type of anxiety disorder, but general symptoms include:

- An inability to be still and calm
- Cold or sweaty hands
- Dry mouth
- Feelings of panic, fear and uneasiness
- Muscle tension



- Nausea
- Nightmares
- Numbness or tingling in the hands or feet
- Palpitations
- Problems sleeping
- Repeated thoughts or flashbacks of traumatic experiences
- Ritualistic behaviors, such as repeated hand washing
- Shortness of breath
- Uncontrollable, obsessive thoughts

What Causes Anxiety Disorders?

The exact cause of anxiety disorders is unknown. Anxiety disorders, like other forms of mental illness, are not the result of personal weakness, a character flaw or poor upbringing. As scientists continue their research on mental illness, it is becoming clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stresses.

Anxiety disorders may be caused by chemical imbalances in the body,

like certain illnesses, such as diabetes. Studies have shown that severe or long lasting stress can change the balance of chemicals in the brain that control mood. People with certain anxiety disorders have changes in certain brain structures that control memory or mood, as have been shown by other studies. In addition, studies have shown that anxiety disorders run in families, like hair or eye color, which means that they can be inherited from one or both parents. In people who have an inherited susceptibility to developing the disorder, certain environmental factors, like a trauma or a significant event, may trigger an anxiety disorder.

How Common Are Anxiety Disorders?

About 19 million adult Americans are affected by anxiety disorders. Most anxiety disorders begin in childhood, adolescence and early adulthood. They occur slightly more often in women than in men, and occur with equal frequency in Caucasians, African Americans and Hispanics.

There are some things you can do to control or lessen symptoms:

- Stop or reduce your consumption of products that contain pharmaceutical caffeine, such as "enhanced" coffees, some teas, cola and commercial chocolate.
- Seek counseling and support from loved ones or professions after a traumatic or disturbing experience.

Mental Health:

Generalized Anxiety Disorder

As a normal reaction to a stressful situation, most everyone, at some point in their life, experiences temporary anxiety, or a feeling of nervousness or fear. However, people

"There are certain things that are fundamental to human fulfillment. The essence of these needs is captured in the phrase "to live, to love, to learn, to leave a legacy."

who experience anxiety that is overwhelming and consuming may have a condition called generalized anxiety disorder (*GADzukes!*).

People with GAD characteristically exaggerated anxiety and worry about everyday life events. They can't stop worrying about health, money, family, work or school, and tend to always expect disaster. This worry often is unrealistic or out of proportion for the situation.

Daily life becomes a constant state of worry, fear and dread for GAD sufferers. Eventually, the anxiety so dominates the person's thinking that it interferes with daily functioning, including work, school, social activities and relationships.

What Are the Symptoms of GAD?

GAD affects the way a person thinks, but the anxiety can lead to physical symptoms, as well.

Symptoms of GAD include:

- An unrealistic view of problems
- Being easily startled
- Difficulty concentrating
- Excessive, ongoing worry and tension
- Headaches
- Irritability
- Muscle tension
- Nausea
- Restlessness or a feeling of being “edgy”
- Sweating
- The need to go to the bathroom frequently
- Tiredness
- Trembling
- Trouble falling or staying asleep

In addition, people with GAD often have other anxiety disorders, like panic disorder, obsessive compulsive disorder and phobias, suffer from depression,

and/or abuse drugs or alcohol.

What Causes Generalized Anxiety Disorder?

The exact cause of GAD is not fully known but the following things appear to contribute to its development: genetics, brain chemistry and environmental stresses.

• Genetics

Research suggests that family history can play a part in increasing the likelihood that a person will develop GAD. This means that the tendency to develop GAD may be passed on in families.

• Brain chemistry

GAD has been associated with abnormal levels of certain neurotransmitters in the brain. Neurotransmitters are special chemical messengers that help move information from nerve cell to nerve cell. If the neurotransmitters are out of balance, messages cannot get through the brain properly. This can alter the way the brain reacts in certain situations, leading to anxiety.

• Environmental factors

GAD may be brought on by stressful events, like abuse, the death of a loved one, and divorce, changing jobs or schools. The use of and withdrawal from addictive substances, including alcohol, caffeine and nicotine, can also worsen anxiety. A potential complication of



treatment is dependency on anti anxiety medications, or benzodiazepines. Other side effects of medications include sleepiness and sexual problems.

What Is the Outlook for People with Generalized Anxiety Disorder?

Most people gain substantial relief from their symptoms with diet, relaxation, essential oils, exercise and visualization.

Social Anxiety Disorder

When a person has an excessive and unreasonable fear of social situation, it is called social anxiety disorder, or social phobia. Anxiety, intense nervousness and self-consciousness arise from a fear of being closely watched, judged and criticized by others.

A fear that a person with social anxiety disorder has is making a mistake and being embarrassed or humiliated in front of others. The fear may be made worse by a lack of social skills or experience in social situations. The anxiety can build into a panic attack. Because of this, the person endures certain social situations in extreme distress or may avoid them altogether. In addition, people with social anxiety disorder often suffer “anticipatory” anxiety, or the fear of a situation before it even happens, for days or weeks before the event. Even though many times the person is aware that the fear is unreasonable, he is unable to overcome it.

False beliefs about social situations and the negative opinions of others contribute to the distorted thinking that people with social anxiety disorder suffer from. Without treatment, social anxiety disorder can negatively interfere with the person's normal daily

routine, including school, work, social activities and relationships.

People with social anxiety disorder may be afraid of a specific situation, but most people with social anxiety disorder fear more than one social situation. **Other situations that commonly provoke anxiety include:**

- Asking questions or giving reports in groups
- Being the center of attention
- Eating or drinking in front of others
- Interacting with people, including dating or going to parties
- Talking on the telephone
- Using public toilets
- Writing or working in front of others

Social anxiety disorder may be linked to other mental illnesses, such as panic disorder, obsessive compulsive disorder and depression.

- Physical symptoms of anxiety include confusion, pounding heart, sweating, shaking, blushing, muscle tension, upset stomach and diarrhea.



Passionflower

The sedative properties of passionflower make it useful for calming the nervous system and promoting sleep. Avoid passionflower during pregnancy.

The Child's Pose

Kneel on a soft surface and let your head sink toward the floor, resting your arms loosely by your sides,

palms facing up. This pose relieves fatigue due to stress or anxiety.

Anxiety is an emotional and physiological state. It encompasses feelings of unease, fear, and apprehension and symptoms such as increased heartbeat, palpitations, clammy skin, disturbed sleep and appetite, muscle tension, inability to relax, restlessness and digestive problems. The physical symptoms of anxiety can be severe enough to mimic a heart attack in some people, with chest pains, breathlessness, pallor, and sweating.

Although some anxious feelings are normal, like before an exam or public speech, and these serve to improve performance, other anxious feelings disrupt normal everyday activities. This is when it becomes a problem. Anxiety can be caused by a personal, social or physical problem such as a failing marriage, financial concerns or illness.

One of the most widely used and versatile essential oils is lavender. It helps reduce tension and can be used in massage, a compress, a bath or its vapors can be inhaled from a bowl of hot water.

Relaxation

When viewed calmly, many problems seem far less insurmountable. Relaxation and deep breathing may help you keep your problems in perspective.

Anxiety from Stress

Stress can be anything that disturbs a person's sense of well being although it is difficult to define. What might be stressful for one person may be an enjoyable challenge for another. However, there are events that nearly everyone considers to be stressful, such as divorce

or separation, bereavement, moving, serious injury or illness and job loss.

When the body produces extra adrenaline, it is naturally responding to a stressful event. This increases the heart rate and blood flow to the muscles and slows down other processes, such as digestion, so that we are equipped to run or fight if necessary. This is known as the "fight-or-flight" response. The body responds automatically in this way even though most stressful events are unlikely to necessitate such a severe response.

The way we respond to stress, not so much the stress itself, determines whether the impact will be large or small. Coping poorly by turning to alcohol or ignoring the stressor usually makes the situation worse.

Over time, unrelieved stress may lead to anxiety, insomnia and depression, or physical symptoms such as headaches, fatigue or pains in the abdomen or back. Chronic stress is also considered a risk factor for serious illnesses such as hypertension and heart disease and should be taken very seriously.



"America's health care system is second only to Japan... Canada, Sweden, Great Britain...well, all of Europe. But you can thank your lucky stars we don't live in Paraguay!"

Conventional medicine now embraces a wide range of natural therapies to manage stress, including relaxation techniques, creative visualization.

It is important to find the time to relax and unwind if you are under a great deal of stress. Meditation is an effective stress reliever because it helps to achieve a deep sense of inner calm. Other options include massage and exercise that help by reducing muscle tension and acupuncture.

Meditation

Techniques for meditation are widely taught. There are various ways to meditate, but focusing on words, mantras or chants, breathing or images are common in most types of mediation. Massage helps muscles relax and relieve tension and pain by increasing the circulation of blood to the muscles.

Exercise

Exercise for at least 20 minutes three times a week for an excellent way of reducing tension due to stress and improving sleep quality. Walking briskly, jogging, swimming, playing tennis or cycling are all good forms of exercise that discharge tension and reduce levels of stress related hormones in the body. Other movement based therapies that can help relieve the symptoms of stress include Yoga and Tai Chi.

Beating anxiety and stress with Relaxation

With practice, other stress reducers like deep abdominal breathing and meditation are easily mastered. Some activities, such as listening to music, reading, and gardening, you can do on your own to unwind. When you're in a stressful situation, breathing exercises help keep you

calm when. For instance, if you are sitting in a traffic jam or about to ask the boss for a raise, take one deep, slow breath in, then breathe out very slowly, relaxing as you do so.

Deep Muscle Relaxation

It is possible to moderate feelings of tension and alleviate your body's reaction to stress simply by lying down, closing your eyes, tuning out external noises, and allowing all your muscles to relax.



Lie flat on the floor with a blanket, towel or small pillow under your head and neck for support. Let your arms fall out, palms up, about a foot away from your body and let your legs fall slightly apart.

Close your eyes, putting something such as a towel over them can help you relax even more, and take a deep breath. As you inhale, tighten all the muscles in your body as much as you can, then, as you breathe out, allow them to relax completely. Repeat this twice, taking a few normal breaths in between deep breaths.

Deep abdominal breathing

To practice deep abdominal breathing, set aside at least ten minutes and find a warm place where you can lie down without being disturbed. Place a rolled blanket or towel under your head and neck, and let your legs relax. Close your eyes, place one hand on your chest and the other on your abdomen, and concentrate on the rhythm of your breathing. Inhale deeply into your abdomen and then breathe out slowly.

As you feel the rhythm of your breathing slow, start consciously to pull in your abdominal muscles when you exhale, notice which one of your hands is moving when you breathe in and out, it should be the hand on your abdomen. When you feel that you are breathing into your abdomen, place your hands by your sides with the palms facing up.

Continue breathing in and out, concentrating only on your breath and the movement of your abdomen. Remain in this position for five to ten minutes.

Prevention of Anxiety

- Keep yourself in good physical health and you likely will be emotionally healthy as well.
- Eat a balanced diet rich in nutrients, especially the foods listed.
- Get plenty of exercise and sleep.

Acupressure: Press the spot on the crease on the inside of your wrist that's directly in line with your little finger to alleviate sleep disorders brought on by anxiety. Squeeze firmly with your thumb and index finger for one minute, and then repeat on the other hand.

Aromas: One way to relax is through essential oils of lavender, jasmine and chamomile. Put a drop or two on a tissue and inhale, and then rub the oils into your temples. Or add five to six drops to a steam inhalation or bath.



Exercise: Force yourself to exercise when you are anxious. Exercise promotes blood circulation and produce endorphins, the body's natural painkillers.

Whole Food Cure for Anxiety Disorder

Vitamin B-6 sources: Nutritional yeast, carrots, peas, spinach, sunflower seeds, walnuts, wheat germ, bananas, beans, broccoli, brown rice, whole grains, cabbage, cantaloupe, corn, dulse, plantains, potatoes, rice bran and soybeans.

Magnesium natural sources:

Apples, apricots, avocados, bananas, nutritional yeast, brown rice, cantaloupe, dulse, figs, garlic, grapefruit, green leafy vegetables, kelp, lemons, lima beans, millet, nuts, peaches, black-eyed peas, sesame seeds, soybeans, tofu, watercress, wheat and whole grains.

Potassium: Whole grains, apricots, avocados, bananas, lima beans, brewer's yeast, brown rice, dates, dulse, figs, dried fruit, garlic, nuts, potatoes,



raisins, spinach, winter squash, wheat bran, yams and yogurt.

Vitamin D: Dandelion greens, oatmeal, sweet potatoes and parsley. Get lots of relaxed sunshine, walk or lay down.

Vitamin B-12: Soybeans and soy products, sea vegetables such as dulse, kelp, nori and kombu.

Vitamin B-3: Nutritional yeast, broccoli, carrots, corn flour, dandelion greens, dates, peanuts, potatoes, tomatoes, wheat germ and whole wheat products.

Calcium: Dark green leafy vegetables, almonds, asparagus, brewer's yeast, broccoli, cabbage, collards, dandelion greens, dulse, figs, filberts, kale, kelp, mustard greens, oats, prunes, sesame seeds, soybeans, tofu, turnip greens, watercress and yogurt.

Vitamin A: Green and yellow fruits and vegetables. Apricots, asparagus, beet greens, broccoli, cantaloupe,

carrots, collards, dandelion greens, dulse, garlic, kale, mustard greens, papayas, peaches, pumpkin, red peppers, spinach, sweet potatoes, Swiss chard, turnip greens, watercress and yellow squash.

Vitamin B-5: Nutritional yeast, fresh vegetables,

legumes, mushrooms, nuts, whole rye flour and whole wheat.

Copper: Almonds, avocados, barley, beans, beets, garlic, lentils, mushrooms, nuts, oats, oranges, pecans, radishes, raisins, soybeans and green leafy vegetables.

Manganese: Avocados, nuts, seeds, seaweed, whole grains, blueberries, legumes, dried peas, pineapple and green leafy vegetables.

GENITAL WARTS (CONDYLOMA)

Medi-Sign Target
Thuja Oil & Garlic

More commonly known as genital warts, Condyloma Acuminatum is fleshy growths that appear in the genital area. Condyloma is caused by the Human Papilloma Virus (HPV). This is a microscopic virus particle that affects the skin. It affects millions of people each year and is extremely common. There is an easy treatment or remedy for condyloma although many people do not know that there is.

Condyloma Acuminatum is the most contagious type of HPV. They are easily passed on from one person to another during sexual intercourse due to their location, in the genital region. Many people with HPV may not even have any visible warts and are unaware that they are spreading HPV, but are carriers of the virus.

Condyloma Symptoms

Condyloma appears as growths that can be whitish, red, or skin color. It is quite common for them to group

"The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not."

“He who has health has hope, and he who has hope has everything.”

together to form a cauliflower like cluster. They may become extremely itchy, but are not usually painful.

What about Treatment?

A condyloma remedy must not contain acids or drugs. Many people use medicines or creams that contain acids to burn the warts away. This is the wrong approach! It is also not a good idea to have them burnt off or frozen using cryotherapy. All of these methods usually fail, and the warts end up growing back.

A successful, effective treatment should draw the warts out from the root upwards, so that once those warts flake away, they NEVER grow back. Heal Warts is a treatment, which does exactly that! Garlic is your answer along with thuja oil. (See warts).

GINGER ROOT

Medi-Sign Target
 An Overall Nerve &
 Joint Tonic

Ginger: Health Benefit

It may look gnarly and stubby, but it's got talent! Ginger is the classic tonic for the digestive tract and a staple of traditional Chinese medicine for more than 2,500 years.

Classified as an aromatic bitter herb, it stimulates digestion, keeps the intestinal muscles toned, and relieves abdominal bloating, vomiting, and diarrhea. It may also serve to protect the stomach lining



against such irritants as alcohol and non-steroidal anti-inflammatory drugs. It effectively assists nausea associated with morning sickness, motion sickness, chemotherapy, and anesthesia.

Found in the underground stem or rhizome of this perennial herb are the medicinal qualities of ginger. About one to four percent of dried rhizome is made up of volatile oils. Even though research is inconclusive as to how ginger acts to combat nausea, the pungent constituents in the volatile oils, gingerol and shogaol, are believed to be for nausea and vomiting.

Inflammation is also reduced by ginger. It is potent as an inhibitor of prostaglandin and thromboxane formation and has strong nutrient properties similar to that of bromelain for inflammation. Daily doses of ginger were prescribed to seven people suffering from rheumatoid arthritis in one clinical study. Conventional drugs had offered little relief. However, after the ginger treatments each person reported substantial improvement in pain relief and joint mobility, and a decrease in swelling and morning stiffness.

Ginger is used to treat nausea, vomiting, headaches, chest congestion, cholera, colds, diarrhea, stomach ache, rheumatism and nervous diseases. Ginger is a proven nausea, motion sickness remedy that matches or surpasses drugs such as Dramamine.

Ginger helps thwart and prevent migraine headaches and osteoarthritis. It relieves symptoms of rheumatoid arthritis, acts as

thrombotic and inflammatory agent in humans to thin the blood and soothe the inflammation. It kills salmonella and staph-bacteria and is an ulcer agent. Also, it has depressant, diarrhea, and strong oxidant activity. Ginger is high in preventative cancer activity.

GINGIVITIS/ GUM DISEASE/ PERIODONTAL DISEASE

Medi-Sign Target
 Bicarbonate of Soda, Salt,
 Water & A Good Toothbrush

You're not alone if your gums are swollen, tender and bleed easily when you brush your teeth. Nearly 80 percent of American adults have some form of gum, or periodontal, disease. One of the most common of these is gingivitis, which develops when bacteria builds up between your teeth and gums, leading to irritation, inflammation and bleeding. It can progress to more serious gum diseases such as periodontitis and eventually to the destruction of bone and to tooth loss, if not treated.

Gingivitis is both preventable and treatable. Factors such as medications and lowered immunity make you more susceptible to gingivitis. The most common cause of gingivitis is poor oral hygiene. Significantly reduce your risk of developing this potentially serious condition through daily brushing, flossing and regular professional cleanings. Professional cleaning can reverse the damage if you already have gingivitis.

You can have gingivitis without even knowing it because early stage gum disease is seldom painful. Often, though, you're likely to have warning signs such as:

- Swollen, soft, red gums.
- Gums that bleed easily, even if they're not sore. Many people first detect a change in their gums when they notice that the bristles of their toothbrush are pink. This is a sign that gums are bleeding with just slight pressure.
- A change in the color of your gums from a healthy pink to dusky red.

Don't just take 30 seconds any-more; if you want to get rid of gingivitis, you have to take time to floss and brush correctly. You're going to have to block out three to five minutes twice or three times a day for good oral hygiene.

Brush at the gum line. The plaque catching area around the gum line is where gingivitis starts, and it is the most neglected area when we brush. Place your brush at a 45 degree angle to your teeth so half of your brush cleans your gums while the other half cleans your teeth. Then, shimmy your brush, don't scrape.

Have two toothbrushes, alternate between them. Allow one to dry and air out while using the other.

Get a power tool. Studies show an electric rotary toothbrush typically removes 98.2 percent of plaque, versus 48.6 percent removed by hand brushing.

Bank some bone. Gingivitis is the beginning of what some call periodontal osteoporosis. Just like the

bones in the rest of your skeleton can shrink and get brittle, so can your jawbone. Bolster your bones with plenty of calcium, found in raw dairy products, almonds, and dark greens, exercise, and institute a no smoking policy.

Try a gum massage, grip your gums between your thumb and index finger, with your index on the outside, and rub. This will increase healthy blood circulation to your gums.

Eat up on vitamin C foods. They can cure gingivitis.



Eat raw vegetables everyday. It will keep gingivitis away. Hard and fibrous foods clean and stimulate teeth and gums.

Try the baking soda and water solution. Take plain baking soda, mix it with a little bit of water, and apply it with your fingers along the gum line in a small section of your mouth, then brush. You'll clean, polish, neutralize acidic bacterial wastes, and deodorize, all in one swoop.

Say aloe to your window sill. Some people brush their gums with aloe gel because it's a healing agent and it will reduce some of the plaque in your mouth.

GLAUCOMA

*Medi-Sign Target
Carrot Seed Eyedrops &
Carrot Juice Daily*

Without warning and often without symptoms, glaucoma is a group of eye diseases that gradually steals sight. Vision loss is caused by damage to the optic nerve. This nerve responsible for carrying the images we see to the brain and acts like an electric cable with over a million wires.

The two main types of glaucoma are open angle glaucoma, or primary open angle glaucoma (POAG) and angle closure glaucoma.

Primary Open Angle Glaucoma

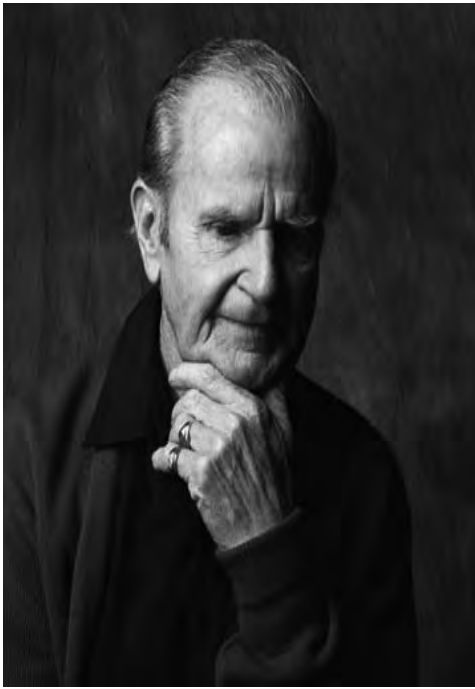
This is the most common form of glaucoma, affecting about three million Americans. It happens when the eye's drainage canals become clogged over time with plaque. Because the correct amount of fluid cannot drain out of the eye, the inner eye pressure, also called intraocular pressure or IOP, rises.

With open angle glaucoma, the entrances to the drainage canals are clear and should be working correctly. The clogging problem occurs inside the drainage canals, like the clogging that can occur inside the pipe below the drain in a sink.

For most people there are no symptoms and no early warning signs. It can cause a gradual loss of vision, if

"I have every sympathy with the American who was so horrified by what he has read of the effects of smoking that he gave up reading."

open angle glaucoma is not diagnosed and treated. Sometimes without noticeable sight loss for many years, this type of glaucoma develops slowly.



Angle Closure Glaucoma

This type of glaucoma is also known as acute glaucoma or narrow angle glaucoma. It is much rarer and is very different from open angle glaucoma. With angle closure glaucoma the eye pressure usually goes up very fast. This is caused by the iris and cornea not being as wide and open as they should be, when the pupil enlarges too much or too quickly, the outer edge of the iris bunches up over the drainage canals. This can happen when entering a dark room. Symptoms of angle closure glaucoma may include headaches, eye pain, nausea, rainbows around lights at night and very blurred vision.

Normal Tension Glaucoma (NTG)

Normal tension glaucoma is also known as low tension glaucoma or normal pressure glaucoma. In this type of glaucoma, the optic nerve is damaged even though intraocular pressure (IOP) is not very high.

Secondary Glaucoma

Eye injury, inflammation, tumor or in advanced cases of cataract or diabetes can result in the formation of Glaucoma. It can also be caused by certain drugs such as steroids. This form of glaucoma may be mild or severe.

Pigmentary Glaucoma

This is a form of secondary open angle glaucoma. It occurs when the pigment granules in the back of the iris, or the colored part of the eye, break off into the clear fluid produced inside the eye. Causing eye pressure to rise, these tiny pigment granules flow toward the drainage canals in the eye and slowly clog them.

Traumatic Glaucoma

Caused by an injury to the eye, this is a form of secondary open angle glaucoma. This type of glaucoma can occur both immediately after an injury to the eye or years later. It can be caused by injuries called blunt trauma, which “bruise” the eye, and injuries that penetrate the eye.

Pseudoexfoliative Glaucoma

This is a form of secondary open angle glaucoma. It occurs when a flaky, dry plaque, dandruff like material peels off the outer layer of the lens within the eye. Causing eye pressure to rise, the material collects in the angle between the cornea and iris and can clog the drainage system of the eye. Long recognized as common in those of Scandinavian descent.

Neovascular Glaucoma

This is a form of secondary open angle glaucoma. It is caused by the abnormal formation of new blood vessels

on the iris and over the eye’s drainage channels. This type of glaucoma never occurs on its own and is always associated with other abnormalities, most often diabetes. Causing an increase in eye pressure, the new blood vessels block the eye’s fluid from exiting through the trabecular meshwork.

Irido Corneal Endothelial Syndrome (ICE)

This is a rare form of glaucoma, which usually is found in only one eye. In this condition, cells on the back surface of the cornea spread across the surface of the iris as well as over the eye’s drainage tissue. This causes an increase in eye pressure, which can damage the optic nerve. These cells also form adhesions that bind the iris to the cornea, further blocking the drainage channels. ICE occurs more frequently in light skinned females. Symptoms can include the appearance of halos around lights and hazy vision upon awakening.

Buy an eyecup at a pharmacy or health food store, a glass one, and get an herb called eye bright. Follow the directions for drinking it as a tea and straining it for an eye rinse.

Every four months, do a ten day carrot juice and water fast. At night put one drop of carrot seed oil in each eye and go to bed.



GLUTAMIC ACID

Medi-Sign Target
Strengthens the Emotional Fabric

(Non-Essential Amino Acid)

By improving mental capacities, it is considered to be nature's "Brain food." It helps to speed the healing of ulcers, it gives a "lift" from fatigue and helps control alcoholism, schizophrenia and the craving for sugar.

GLYCINE

Medi-Sign Target
Pure Neuro Intelligence

(Non-Essential Amino Acid)

Helps trigger the release of oxygen to the energy requiring cell making process. It is also important in the manufacturing of hormones responsible for a strong immune system.

GOLDEN NUGGET SQUASH

Medi-Sign Target
Liver, Skin & Muscles



The golden nugget squash is a small variety only weighing in around one pound. Both the skin and the flesh are orange, making it look like a small pumpkin. The flesh of a golden nugget can be sweet, but it will be bland if not mature. It is available from late summer through early winter.

GOOSEBERRY

Medi-Sign Target
Blood Purifier

The gooseberry is a well known fruit bearing bush. Closely related species are found in northern and central Europe, *Ribes grossularia*, and in North America, *Ribes hirtellum*.

Piedmont and Savoy, it is uncertain whether the Romans were acquainted with the gooseberry. It's possible that it happened in a vague passage of Pliny because the hot summers of Italy, in ancient times as at present, would be unfavorable to its cultivation. Abundant in Germany and France, it does not appear to have been much grown there in the Middle Ages, though the wild fruit was held in high esteem medicinally for the cooling properties of its acid juice in fevers. While the old English name, Feaberry, still surviving in some provincial dialects, indicates that it was similarly valued in Britain, where it was planted in gardens at a comparatively early period.

William Turner describes the gooseberry in his *Herbal 1* and also in one of Thomas Tusser's rhymes about ordinary object garden culture.

Improved varieties were probably first raised by the skilful gardeners of Holland, whose name for the fruit, *Kruisbezie*, may have been easily corrupted into the present English word *gooseberry*. Towards the end of the 18th century the gooseberry became a favorite object of cottage-horticulture, especially in Lancashire. Here the working cotton spinners have raised numerous varieties from seed, and their efforts were chiefly directed to increasing the size of the fruit.



The early settlers introduced the United States to the gooseberry. In certain portions of New England large quantities of the green fruit are produced and sold for culinary use in the towns. The excessive heat of the American summer is not adapted for the healthy maturation of the berries, especially for those of the English variety. Though the gooseberry does not readily hybridize, perhaps if some of these, or those raised in the country, could be crossed with one of the indigenous species, kinds might be obtained better fitted for American conditions of culture.

"True friendship is like sound health; the value of it is seldom known until it be lost."

GRAINS

Medi-Sign Target
Brains



Grains for Brains

An optimum diet containing an abundance of high nutrient, low stress, real foods is the basis for good health, energy and a sense of well-being.

Whole grains are the seeds of various grasses and are often referred to as “cereals.” They have acted as our body’s main source of fuel and energy and have been the mainstay of the human diet for thousands of years. While the grains consumed in different societies vary greatly, such as wheat in the United States and rice in the Orient, they provide the backbone for all diets. In fact, a meal without grain often feels incomplete and somehow lacking.

Within themselves, whole grains are almost complete meals. When they are sprouted they contain fiber, protein, carbohydrates, fats, vitamins such as B and E complexes, and many minerals like calcium, magnesium, potassium, iron, copper and manganese.

There are three main parts to each

kernel of grain: the endosperm, or central core, which is about 80 percent of the entire kernel; the germ, which comprises about three percent; and the bran, which encompasses 15 percent of the kernel. Whole grain products have a high concentration of nutrients and contain all three parts of the grain. However, when grain is refined in milling to produce white flour products, the germ and bran are removed, leaving only the endosperm. Leaving a devitalized product as a result, most of the essential nutrients of the grain are removed.

Whole grains nutrients help promote good, overall health. They also have a tremendous effect on relieving the symptoms and reducing the risk of a wide variety of female related health problems. Whole grains have a very potent effect on regulating estrogen levels in the body, through their high levels of phytoestrogens and natural plant estrogens, their fiber content and their high levels of vitamin B complex, vitamin E and over 9,000 nutrients.

GRAPEFRUIT

Medi-Sign Target
Breasts, Heart & Blood



By increasing the flow of gastric juices, grapefruit juice eases constipation and improves digestion. It can also aid in weight loss. Research shows by slowing the emptying of the stomach, the pectin content of grapefruits reduces appetite.

Grapefruit pectin also strengthens blood vessels and capillaries and reduces the accumulation of atherosclerotic plaque in people afflicted with atherosclerosis. Pectin even halted the metastasis of prostate cancer in a study conducted in Copenhagen.

Owing to its significant stores of the bioflavonoid naringenin, grapefruit prevents the metastasis of melanoma and arrests the spreading of breast cancer cells. In the area of colds, grapefruit juice helps reduce fever and soothes coughs and sore throats. Consumed at night, grapefruit juice promotes sleep and alleviates insomnia and weight loss.

GRAPES

Medi-Sign Target
Heart & Blood

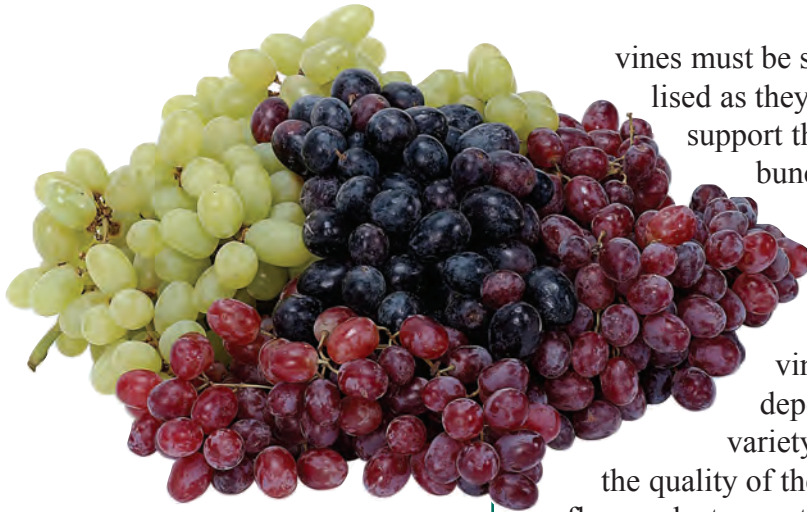
Better than Chemo

A feast of love, life and health. Terminal cancer people have totally remised their condition by eating nothing but grapes and drinking water for 40 days.

Other Reasons to Eat Them

Grapes can grow in almost every type of climate, and while they do particularly well in regions

“Wisdom is to the mind what health is to the body.”



such as the Mediterranean, where they have long been established, they are now cultivated on six continents. They are served as a fresh fruit, preserved or canned in jellies and jams, dried into raisins, and crushed for making juice or wine.

The grape is one of the oldest cultivated fruits. Fossils indicate that the cultivation, or at least the consumption, of grapes goes back to early times, perhaps to the Neolithic era. Hieroglyphics show that Egyptians were involved in grape and wine production, and the early Romans were known to have developed new varieties. Of course, the grape is mentioned in the Old Testament as the "fruit of the vine."

Today, although modern equipment is employed in certain aspects of grape growing, much of viticulture, as grape growing is called, is still done by hand. Grapes grow on woody vines that are not raised from seeds, but are propagated from cuttings or grafted onto existing rootstocks. The

vines must be staked or trellised as they grow; to support the heavy bunches of fruit. Leaves and shoots are pruned from the vines and, depending on the variety, to improve the quality of the fruit, the flower clusters or the berries themselves must be thinned by hand.

Grapes develop sugar as they ripen, but will become no sweeter once picked. So timing the harvest is of the utmost importance. Table grapes are harvested by hand to ensure that they reach the consumer in full, handsome clusters. Grapes intended for processing can be removed from the vines with mechanical pickers.

Varieties

There are two basic types of grapes, American and European. Today, both are grown in the United States, but the European grapes are certainly more popular and versatile. Seeded varieties are thought to have better flavor than seedless, but Americans, who tend to eat grapes as a snack rather than as a dessert, seem to prefer the convenience of seedless grapes. The list that follows covers the major, and a few minor, varieties of grapes, both seed-



ed and seedless, grown in this country.

EUROPEAN VARIETIES

Our familiar table grapes are derived from a single European species, *Vitis vinifera*. Varieties of *vinifera* grapes were grown by the ancients, and now are made into the world's wines and dried to produce raisins. These types of grapes have relatively thin skins that adhere closely to their flesh. When seeds are present, they can be slipped out of the pulp quite easily, some varieties are seedless. Spanish missionaries moving north from Mexico established vineyards in California in the late 18th century. There, commercial cultivation of several varieties was established by 1860.

About 97 percent of all European varieties of grapes in the United States today are produced by California. A large proportion of the California crop is used for wine-making and raisins; however, the remainder is sufficient to provide a bountiful supply of fresh fruit for American tables during most of the year. The major varieties are harvested in different seasons, and importing grapes from Chile and Mexico extend the period of market availability for some types.

BLACK BEAUTY (BEAUTY SEEDLESS)
These are the only seedless black grapes. They are spicy and sweet, resembling Concords in flavor.
Season: late May to early July.

CALMERIA
These are pale green oval fruits. They have a mildly sweet flavor, comparatively thick skin and a few small seeds. The grapes are so elongated that they are sometimes called Lady Finger grapes. **Season:** January and February.

"As Miss America, my goal is to bring peace to the entire world and then to get my own apartment."

-Jay Leno

"Our doctor would never really operate unless it was necessary. He was just that way. If he didn't need the money, he wouldn't lay a hand on you."

CARDINAL

A cross between the Flame, Tokay and Ribier, these large, dark red grapes have a pearly gray finish, a full, fruity flavor and few seeds. **Season:** mid-May through mid-August.

CHAMPAGNE (BLACK CORINTH)

These grapes are tiny, purple and seedless with a deliciously winy sweetness. Some are dried to produce currants. They are called champagne grapes because the grape clusters resemble champagne bubbles. They are available primarily at gourmet produce markets. **Season:** September and October.

EMPEROR

These grapes are second only to Thompson Seedless in quantity grown. These small seeded red grapes may vary in color from red violet to deep purple. Their flavor is mild and somewhat cherry-like. They have lower sugar content than many table grapes. Thick skinned Emperors are good shippers and stand up well to consumer handling. Their large size and full, round shape make them popular for holiday tables. They also store well, lengthening their period of availability. **Season:** California-grown Emperors are on the market from August through March; Chilean imports are available in March and April.

EXOTIC

These blue-black grapes are seeded and firm-fleshed, and resemble the Ribiers. **Season:** June through August.

FLAME SEEDLESS

Flame grapes are round, deep red and seedless. These grapes are a relatively new variety. They are



sweet-tart and crunchy. **Season:** mid-June through September; Chilean imports are available from December through April.

ITALIA (ITALIA MUSCAT)

This variety has taken the place of the older Muscat varieties, which today are mainly used for making wine. Muscats are large, greenish gold seeded grapes with a wine-like sweetness and fragrance. The Italias have a milder flavor than the older varieties. **Season:** August to November.

PERLETTE SEEDLESS

These round, crisp, green grapes, which have a frosty white "bloom" on their surface, are the first arrivals from California each year. They are also imported from Mexico in the early summer. **Season:** May into early July.

QUEEN

These large, firm grapes are rusty red in color and have a mildly sweet flavor. **Season:** August and September.

RED GLOBE

These very large red grapes have a crisp texture and large seeds. The

flavor is quite delicate. **Season:** September through January.

RED MALAGA

Ranging in color from pinkish red to purple, these grapes are crisp and mildly sweet. Their rather thick skins make them good shippers. **Season:** July through September.

RIBIER

These large, blue-black grapes, which grow in generous bunches, have tender skins. They are sweeter than the look-alike Exotic, and arrive at market later in the summer. Chilean imports augment the supply during the winter. **Season:** August through February.

RUBY SEEDLESS

These deep red oval grapes are sweet and juicy. **Season:** late August through January; Chilean imports are available from January through May.



THOMPSON SEEDLESS
These oval, amber green grapes are the most popular fresh variety grown in the United States. They are also the foremost variety used for processing into raisins. **Season:** June through November; Chilean imports are available from December through April.

TOKAY (FLAME TOKAY)

A sweeter version of the Flame Seedless, these grapes have large, elongated, crunchy orange-red berries. **Season:** August through December.

AMERICAN VARIETIES

Two species native to the United States are *Vitis labrusca* and *Vitis rotundifolia*. Viking explorer Leif Ericson found *Labrusca* grapes growing so abundantly on the east coast of North America, which resulted in his naming the newfound territory “*Vinland*.” Later settlers tried to establish European grapes for winemaking in the eastern United States and failed. In the late 18th century Easterners started to domesticate native varieties, which were obviously well suited to the local climate. Today, *labrusca* are the primary type of American grapes grown.

Because their skin separates readily from the flesh and their seeds are tightly embedded in the pulp, American varieties are sometimes called slipskin grapes. The most familiar American variety is a typical *labrusca* grape called the Concord. It has a thick skin and a heady, sweet aroma that surpasses its bland to sour flavor. This variety originated in Massachusetts in the 1840’s. Discovered in the 1820’s in Maryland and used for making wine, is another fairly well known American variety called the Catawba.

Commercial production of American varieties is still concentrated in the East, even though they can be grown in many parts of the country. New York State is the major grower. Pennsylvania, Michigan, Arkansas, and the state of Washington also produce some American grapes.

Nearly the entire crop is processed into jam, jelly, juice, wine and other food products. Cream of tartar, an ingredient in some types of baking powder, is made from Concord grapes. Since they do not ship well

they are generally sold locally, however, small quantities of these grapes reach the market as table grapes.

All American grape varieties ripen in the fall and are available only in September and October.



CONCORD

The major variety of American grape, large, round Concord grapes are blue-black with a powdery bloom, sweet-tart flavor and perfumed fragrance. They are most commonly used in grape preserves and juice.

DELAWARE

These small, pinkish-red grapes have a more tender skin than other American varieties. They are sweet and juicy.

NIAGARA

These large, amber colored grapes have a grayish bloom. Niagara may be either round or egg shaped. They are somewhat coarse fleshed, and are less sweet than most other American varieties.

STEUBEN

These blue-black grapes are similar to the Concord, but have less of a wine like flavor.

Availability Red and green grapes are available year round.

Shopping

Grapes are thin-skinned and easily damaged. They should be displayed under refrigeration and no more than two bunches deep. The bunches may be enclosed in perforated plastic bags or wrapped in tissue paper. Wrapped grapes are better protected from damage caused by customer handling but loose bunches are easiest to evaluate.

Unripe grapes are not usually a problem for the consumer since grapes are not picked and shipped until ripe. However, you can use color as a guide to the sweetest fruit. Rather than an opaque grass green, green grapes should tend toward a translucent yellow-green. All of the fruit on a bunch of red grapes should be predominantly crimson. Blue grapes should be darkly hued and look almost black. Grapes will not ripen further once they have been picked. If you spot a bunch with many underdeveloped, very green fruits, leave it in the store.

A bunch of grapes in the market should look like plump fruit with a silvery white “*bloom*,” tightly attached to moist, flexible stems. This is with the exception of



“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”

Emperor Grapes, which should have brown, woody stems. The powdery bloom, which is more visible on dark-colored grapes than on pale ones, is an important sign of freshness. It may fade with time and handling. Wrinkled, sticky or discolored grapes on withered, brown, limp or brittle stems should be avoided.

Storage

Remove any spoiled fruit before storing grapes at home. Place unwashed grapes in a plastic bag and store them in the refrigerator. They should keep for about a week.

Preparation

Remove any damaged fruit and wash the grapes under cold water just before serving. Leave the bunch whole, or divide it into smaller branches for serving. This can be easily done with a pair of shears.

The American slip-skin types of grapes are much easier to use if your recipe requires peeled grapes. If you still would like to use the European grapes, they are easier to peel if you drop them into boiling water for a few seconds, then immediately drain and cool them in ice water. However, most recipes that call for peeled grapes can be done with unpeeled grapes, unless you find grape skins objectionable. If seeding is required, halve each grape and pick out the seeds with the tip of the knife. An even easier way, is to choose seedless grape varieties.

RAISINS

When most fruits are dried, they keep their same name, but not the grape. The dried form of the grape, revered throughout history, has its own unique name: the raisin.

The scientific name for the raisin is *Vitis vinifera*. Raisins are made in a process that either involves the heat of the sun or a mechanical process of oven drying which dehydrates the grapes. Sultana, Malaga, Monukka, Zante Currant, Muscat and Thompson seedless are among the most popular types of raisins. The size of small pebbles, raisins have wrinkled skins surrounding chewy flesh that tastes like a burst of sugary sweetness. Raisins may vary in color although most of the time they are a deep brown with a hint of purple.



Health Benefits

Raisins have a great amount of boron, which is a trace mineral found in the United States diet. They have also been the object of phytonutrient research primarily for their unique phenol content.

Fruit phenols have been shown to have nutrient activity to prevent oxygen-based damage to cells in the body. The total nutritional activity of many fruits and vegetables has been found to be exactly parallel to their total phenol content. Raisins take their place in this list right alongside prunes and apricots as nutrition-rich fruit. Raisins contain the phenols including hydroxycinnamics, caftaric and coutaric acids, procyanidins, and flavanols-3.

Boron for Better Bone Health

Having been of special interest in women in relationship to bone health and osteoporosis, boron is a mineral that is critical to our health, however it has not often been spotlighted in public health recommendations. Boron is a trace mineral required to convert estrogen and vitamin D, respectively, to their most active forms: 17-beta-estradiol and 1,25-(OH)2D3. Causing osteoclasts to become more sensitive to parathyroid hormone, estrogen levels drop after menopause, this signals them to break down bone. Studies have shown that boron provides protection against osteoporosis and reproduces many of the positive effects of estrogen therapy in postmenopausal women.

History

The drying of grapes into raisins has been practiced since ancient times. With one of their first mentions being in the Old Testament, raisins

were produced in Persia and Egypt as early as 2,000 BC. Murals from prehistoric times show that raisins were consumed and used as decorations in the Mediterranean region of Europe during that era. Raisins were also highly prized by the ancient Romans, who adorned their places of worship with them and used them as barter currency and as prizes for the winners of sporting events. In addition, raisins were often times an integral item on the menus at Bacchanalian feasts. The practice of drying grapes into raisins subsequently spread throughout the world from ancient Rome.

Raisins have been cultivated since the 19th century in California in a region known as the San Joaquin valley where it is currently, the

largest commercial producer of raisins.

In 1873, when a heat wave destroyed the grape harvest, a grower took the dried grapes, the raisins, to a grocer in San Francisco whose attempts to sell this ancient delicacy were met with great response and demand, beginning the rise in popularity of the raisin in America. In addition to California, Australia, Turkey, Greece, Iran and Chile are among the leading commercial producers of raisins.

A process that has remained virtually unchanged is the picking of the grapes and laying them in the sun to dry. Today, most raisins are still sun-dried, though some are dried in ovens. Raisins were a precious trade item in the ancient Near East and also highly valued in ancient Rome where two jars of raisins could be exchanged for a slave.

Different varieties include:

CURRANTS

Made from small Black Corinth grapes, currants are seedless and very dark in color. About one fourth the size of other raisins, currants are sometimes labeled “*Zante Currants*,” referring to the Greek island where the Corinth first grew.

GOLDEN RAISINS

Like natural seedless raisins, these are also Thompson Seedless grapes, but are oven-dried to avoid the darkening effect of sunlight. They are



also typically treated with sulfur dioxide to preserve the light color. *Bummer...*

MONUKKA RAISINS

These large, dark, seedless raisins come from the grapes of the same name. They're produced in limited quantities and are usually available at health-food stores.

MUSCAT RAISINS

Large, brown and particularly fruity tasting, these raisins are made from big, greenish-gold Muscat grapes. Muscats are considered a specialty item and are mostly used in baking.

DARK RAISINS

(“NATURAL SEEDLESS”)

These sun dried Thompson Seedless grapes constitute 95 percent of the Californian raisin crop. The green grapes naturally develop a dark brown color as they dry in the sun, a process that takes from two to three weeks.

SULTANAS

The large, yellow-green grapes that are dried into these raisins are particularly flavorful and soft. Sultanas are more popular in Europe than in the United States. However, they are available in many gourmet and health food stores.

Shopping

Check that the box or bag is tightly sealed when buying packaged raisins. Squeeze and shake the package to see if the fruit is soft; if the raisins rattle inside, they are dried out. Choose moist looking, clean fruit, when buying raisins in bulk at a gourmet shop or health food store.

Storage

If stored in the refrigerator, unopened packages of raisins will

keep almost indefinitely. Once opened, reseal the package, excluding as much air as possible, or transfer the raisins to an airtight jar or bag. Proper storage will deter the fruit from drying out and will prevent the sugar from crystallizing on the surface. If refrigerated, the raisins will keep for up to a year.

GRAPSEED OIL

*Medi-Sign Target
Blood & Lymph Cells*



Grapeseed oil is ideal for soap making, salad dressing, cooking oil, frying oil and baking oil. It raises HDL or good cholesterol, and lowers the LDL or bad cholesterol, reducing a primary risk factor for heart disease. For over 100 years, its healthful qualities have appreciated.

While it moisturizes and tones, grapeseed oil is powerful and protects skin cells. A favorite of massage folks, it quickly penetrates the skin. It is odorless and often used in massage and facial oils being good for those folks whose skin does not seem to absorb easily. It is usually blended with other more nutrient rich carries when it is used in skin care products. It is ideal for use in products for thin, greasy, damaged and delicate hair, body

“The only way for a rich man to be healthy is by exercise and abstinence, to live as if he were poor.”

“Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense.”

hygiene creams, lip balms, hand creams, and regenerative products for mature, damaged and stressed skin.

It is high in vitamin E, and a group of bioflavonoids. It is also high in linoleic acid, one of two essential fatty acids that the human body can not produce. Among all cooking oils, grapeseed oil, like avocado oil, produces less smoke and less danger of burning.

GREEN BEAN

Medi-Sign Target

Spleen, Pancreas & Blood Builder



It is known to strengthen the spleen-pancreas and the kidneys and increases yin fluids. Used for diabetes and the frequent urination and thirst accompanying this condition. Also green beans are used to treat involuntary seminal emission, diarrhea, and leucorrhea.

GREEN PEA

Medi-Sign Target

Spleen, Pancreas & Blood Builder

Peas to Please!

Regenerate the spleen-pancreas and stomach, balance digestion and

reduce the effect of an overworked, excessive liver on the stomach and spleen-pancreas. They are also known to reduce vomiting, hiccups, belching, coughing and are a diuretic and a mild laxative. Also used for spasms, edema, constipation, and skin eruptions, such as carbuncles and boils.

GRIEF

Medi-Sign Target

Humor is the Best Medicine & Pet Animals

What is grief? Laughter overcomes grief.

Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It is a natural part of life and is a typical reaction to death, divorce, job loss, a move away from family and friends or loss of good health due to illness.

How does grief feel?

You may feel empty and numb just after a death or loss, as if you are in shock. Trembling, nausea, trouble breathing, muscle weakness, dry mouth, or trouble sleeping and eating are some physical changes that you may notice.

You may become angry, possibly at a situation, a particular person, or just angry in general. Almost everyone in grief also experiences guilt. Guilt is often expressed as “I could have, I should have, and I wish I would have” statements. Shoodda, coodda, wooda. People in grief may have strange dreams or nightmares, be absent-minded, withdraw socially, or lack the desire to return to

work. While these feelings and behaviors are normal during grief, they will pass.

How long does grief last?

As long as it takes you to accept and learn to live with your loss, grief will last. For some people, grief lasts a few months, or grieving may take years for others. The length of time spent grieving is different for each person. Personality, health, coping style, culture, family background and life experiences are many of the reasons for differences. The time spent grieving also depends how prepared you were for the loss and on your relationship with the person lost.

How will I know when I'm done grieving?

Every person who experiences a death or other loss must complete a four step grieving process:

1. Accept the loss.
2. Work through and feel the physical and emotional pain of grief.
3. Adjust to living in a world without the person or item lost.



4. Move on with life.

The grieving process is over only when a person completes the four steps.

How does grief differ from depression?

Depression is more than a feeling of grief after losing someone or something you love. Clinical depression is a whole body disorder. It can take over the way you think and feel.

Symptoms of depression include:

- A sad, anxious, or “empty” mood that won’t go away
- Changes in sleep patterns
- Feeling guilty, worthless, or helpless
- Feeling hopeless or gloomy
- Low energy, fatigue, feeling “slowed down”
- Loss of appetite, weight loss, or weight gain
- Loss of interest in what you used to enjoy
- Recurring aches and pains that don’t respond to treatment
- Thoughts of death or suicide or a suicide attempt
- Trouble concentrating, remembering, or making decisions If you recently experienced a death or other loss, these feelings may be part of a normal grief reaction. But if these feelings persist with no lifting mood, look for comic relief. (See: *Feeding Your Emotions*)

GROWTH PROBLEMS

*Medi-Sign Target
Breast-Feed, Mushrooms,
Nuts & Seeds*

What causes growth problems?

The cause of a growth problem depends on the type of growth disorder in question. While some growth problems may be caused by hormonal disorders or poor absorption of food, others are genetic.



Causes for growth problems usually fall into the following categories:

- Inherited vaccine damage.
- Familial short stature. Familial short stature is a tendency to follow the family’s inherited tendency to be short.
- Constitutional growth delay with delayed adolescence or delayed maturation. This may describe a child who tends to be shorter than average and who enters puberty later than average, but is growing at a normal rate. Most of these children tend to

eventually grow to approximately the same height as their parents.

- Illnesses that affect the whole body, also called systemic diseases. Constant malnutrition, digestive tract diseases, kidney disease, heart disease, lung disease, diabetes, and severe stress, can cause growth problems.

- Endocrine or hormone diseases. Adequate production of the thyroid hormone is necessary for normal bone growth. Cushing’s syndrome can be caused by a multitude of abnormalities. These are the result of hypersecretion of corticosteroids by the adrenal gland. Growth hormone deficiency involves a problem with the pituitary gland, a small gland at the base of the brain that secretes several hormones, including growth hormone.

- Congenital, or problems present at birth in the tissues where growth occurs. Slow growth within the uterus occurs during a pregnancy, with a condition called intrauterine growth restriction (*IUGR*). In proportion to his/her short stature, the baby is born smaller in weight and length than normal.

Having too many or too few chromosomes can result in health problems, including problems with growth.

The following is an example of one chromosome abnormality that results from too few chromosomes:

Seen in girls, Turner syndrome is a

“It is no measure of health to be well adjusted to a profoundly sick society.”

“Most diseases are the result of medication which has been prescribed to relieve and take away a beneficant and warning symptom on the part of Nature.”

genetic disorder that causes them to be shorter than others and to not mature sexually as they grow into adulthood. The severity of these problems varies among affected individuals. Other health problems may also be present involving the heart or renal system. Turner syndrome occurs in one in 2,500 females born. Turner syndrome results from having a missing X chromosome in each of the body's cells.

There are more than 50 bone diseases that affect height and growth, many of which are genetic. Achondroplasia is the most common. It is a type of dwarfism in which the child's arms and legs are short in proportion to his/her body length. Furthermore, the head is often large and the trunk is normal size.



If their parents are tall, some girls may have an abnormal tall stature for their age. A growth disorder called precocious puberty may result in growth stopping at an early age. It is characterized by an early onset of adolescence in which a child is tall for his/her age initially, but, due to rapid bone maturity, they may wind up short as adults. Where other health problems are also present, there are a few genetic conditions which result in tall stature. There are several growth disorders that are idiopathic, meaning with no known cause for the growth problem.

What are the symptoms of growth problems?

Because the infant may be abnor-

mally small for his/her age, some growth problems may be immediately diagnosed at birth. However, when the child appears smaller than his/her classmates, or when growth appears to be insignificant over a period of a year, many growth problems are noticed much later.

The primary symptom that may indicate a growth problem after his/her second birthday is when a child grows less than two inches a year. Symptoms of growth problems may resemble other problems or medical conditions as well.

Not getting adequate amounts of protein, and nutrient dense calories, in your diet can also cause growth to slow, as well as a number of other chronic medical conditions such as kidney, heart, lung and intestinal diseases.

The number one thing that helps is the mother

nursing her child for at least one year and up to as much as five years.

GUAVA

*Medi-Sign Target
Skin, Whole Body &
All Cells*



A tropical fruit believed to have originated in Central America. The guava plant was domesticated more than 2,000 years ago. It thrives in a variety of soils, propagates easily and bears fruit relatively quickly. Considered the “apple of the tropics,” where it enriches the diet of millions of people, guava is common throughout most tropical regions.

Same body impacts as apricots and peaches.

GUILT

*Medi-Sign Target
Green Leafy Foods &
Ferments*

Guilt is the inability to forgive oneself for a perceived wrongdoing. You believe you have done something wrong. The wrongdoing may or may not have had negative consequences for yourself and/or others. If others were involved, they may or may not still be angry or hurt by the wrongdoing. A perceived wrongdoing may be an action, a thought or a feeling. If the wrongdoing was an action, you probably think of it as a mistake. Because you cannot forgive yourself for it, you feel guilty for the wrongdoing. You cannot let it go. You will not overcome the guilt if you cannot forgive yourself.

Are Certain People Prone to Guilt?

Everyone has felt guilty at some time. However, some people feel guilty much of the time. Any time they make a mistake; they continually remember it and feel badly about it. **If you feel guilty frequently, you may find that you also have one or**

more of the following characteristics:

- A need to be in control
- Frequent anxiety
- Inability to forgive others who have wronged you
- Inability to let go of anger (*at yourself or others*)
- Low self-esteem
- Perfectionist tendencies
- Tendency to be depressed

These qualities may lead to frequent guilt or frequent guilt may lead to these qualities. It may be a never ending cycle.

The ways to overcome guilt are as numerous as the individuals who feel guilty. An important step towards self-forgiveness may be the act of discussing your feelings out loud. When you share your “*wrong doing*” with another person, you also will see that what you did, thought or felt, was not so horrible. It is a good idea to be sure that you trust the person with whom you are sharing. Before you are able to forgive yourself, you may find that you need to work on other issues. If your self-esteem is low, you may need to work on that before you believe you are worthy of forgiveness. You may need to learn to let go of tendencies first, because, perfectionism and the need to be in control may be major blocks in trying to overcome guilt.

You may not know why you are feeling guilty. If this is the case, it may be time to sit down and explore your feelings. Journaling may be a useful tool in the process. Once you



have found the cause, consider why you cannot forgive yourself. What do you need to forgive yourself? Does feeling guilty serve a purpose for you?

Ultimately, you will need to learn that making mistakes is an important part of life. Mistakes are tools for learning. When you think about the cause of your guilt, consider what you have learned from it. If you feel you haven't learned anything, what can you learn now? Are you having trouble forgiving yourself because you expect yourself to be perfect? If someone else made the same mistake, what would you tell them?

You probably will not overcome guilt in a day. If you have a tendency towards guilt, you will need to use tools on a regular basis to accept and learn from your mistakes. Imagine your life without guilt. Imagine how you'd feel about yourself if you didn't regret your mistakes. **Practice letting go, practice acceptance, practice forgiveness.**

Often times, simple little random acts of kindness to animals and others act as an emotional enema. It washes the guilt away by focusing on what you can do, not what you did. (*See: Feeding Your Emotions*)

GOUT

*Medi-Sign Target
Water, Salt & Lots of
Cherries*

Gout is a type of arthritis that feels like a bolt from the blue. Its excruciating, throbbing pain often hits at night, turning the skin red hot and leaving the affected joint swollen and tender. Even worse, an attack can last for days.

Gout is caused by very plebian uric acid and it was once considered the domain of royalty. We all have it in our bloodstreams. However, if you suffer from gout, you either you produce too much, or you produce a normal amount and don't excrete enough. Either way, the excess turns into tiny, trouble making crystals that inflame your joints.

The big toe is the prime target although almost any joint can become a sore point. While anyone can fall prey to gout, the typical victim is a middle-aged male, who may be overweight and may have a family history of the disease.



Cherries. There is no hard evidence saying that cherries relieve gout, many people for thousands of years have found them beneficial. The benefits from cherries do not stem from the variety. In other words, they can be sweet or sour, canned or fresh. Reported amounts vary from a handful, about ten cherries, a day up to a half pound. People have also reported success with one tablespoon of cherry concentrate, made from soaking ten cherries in a cup of water overnight.

“Nature, time and patience are three great physicians.”

G - FOODS & SYMPTOMS

Avoid aspirin or acetaminophen. By inhibiting excretion of uric acid, both can actually make gout worse.

Apply ice. Try applying a crushed-ice pack if the affected joint is not too tender to touch. The ice will have a soothing, numbing effect. Place the pack on the painful joint and leave it for about ten minutes. Cushion it with a towel or sponge. Reapply as needed.

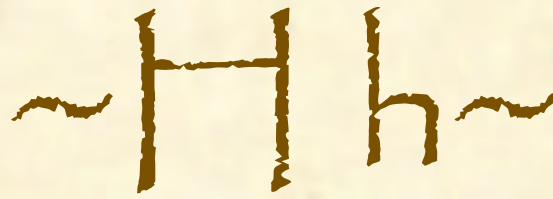
Avoid high purine foods. Those foods most likely to induce gout contain anywhere from 150 to 1,000 milligrams of animal or secondary purine in each three and a half ounce serving. They include high-protein animal products such as anchovies, brains, gravy, heart, herring, kidney, liver, meat extracts, mussels, sardines and sweetbreads.

Eat other purine-containing plant foods instead for a relief effect. These foods include asparagus, dry beans, cauliflower, lentils, mushrooms, oatmeal, dry peas, spinach, whole-grain cereals, whole-grain breads and yeast.

Drink lots of water. Large amounts of fluid can help flush excess uric acid from your system before it can do any harm. Most people just don't drink enough water or eat enough salt. Drinking large amounts of water may also help discourage the kidney stones that people with gout are prone to.



“Symptoms are in reality nothing but a cry from suffering organs.”



History: The Letter H

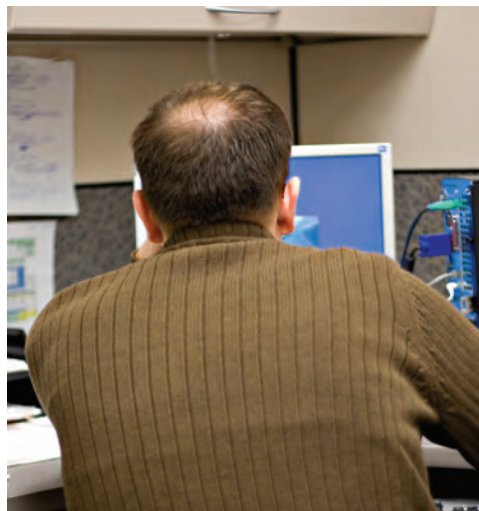
Picket, barbed wire, board, electric, hedge, intertrack, rail, snow, stone, worm, wrought iron and woven-wire are all types of fences. Our modern "H" developed from the Phoenician's early symbol meaning fence. The Greeks modified the letterform to the point where it has not changed much to this day. It is interesting to note that the Greeks wrote from left to right on one line and then from right to left on the next. This form of writing is termed "boustrophedon" which is taken from the way an ox plow works a field, going down one furrow and back on the next. This may explain why some letters have been reversed from one era to the next but sheds no light on how a worm fence got its name. The FDR is designed to take you one-way: UP.

Mystery: The Celtic Name Letter Key

A determination to achieve success and wealth is the keynote of the letter "H." It also indicates a yearning for world recognition rather than the satisfaction of personal self-respect quietly enjoyed. This personality trait in its most disagreeable form can lead to demeaning oneself in any way to gain advancement. It can also lead to a deliberate exploitation of bodily attraction. Properly controlled, however, this characteristic can indicate dedicated hard work over a long period, provided that others express appreciation constantly.

HAIR LOSS/ THINNING

Medi-Sign Target
Scalp Massage, Nuts, Seeds,
Oils & Fermented Foods



Anemia is frequently a cause of hair loss. Include a good serving of iron-rich foods in your diet, such as dark green leafy vegetables, dates, eggs, raisins and whole grain cereals.

Vitamin C improves the absorption of iron. Eat plenty of fruits and vegetables.

The hair is mainly composed of protein. To encourage hair growth, adhere to a diet rich in protein. Try adding two tablespoons of granulated lecithin, nutritional yeast and wheat germ to your daily diet. In addition to protein, these foods are also rich in B vitamins, a key nutrient for hair maintenance.

European studies have cited evidence that soy protein strengthens hair and stimulates its growth. In one study, hair growth increased by as much as 15 percent. Soy milk and Tofu

are good sources of soy protein. Additional food sources include: beans, cheese, eggs, nutritional yeast and yogurt.

Vitamin E is important for hair growth and health. Add avocados, nuts, seeds and olive oil to your daily diet.

Silica is another important nutrient for hair health. Studies in the former Soviet Union have shown that silica therapy can reduce the rate of hair loss. Adding organic silica to shampoo was found to help prevent baldness, stimulate hair growth and provide luster, sheen and strength. Some scientists claim that they can effectively stop further hair loss by adding silica to shampoo. Silica is found in the outer coverings of potatoes, green and red peppers and cucumbers. Bean sprouts are also rich in silica. Enjoy plenty of whole foods like sprouts.

If hair loss is due to thyroid dysfunction, include more foods rich in vitamin A and iodine to your daily diet. Eat vegetables such as carrots or spinach in unrefined, cold-pressed seed oils such as flax, pumpkin seed or walnut and sea salt. Cabbage, millet, mustard, peanuts, pine nuts, soy beans and turnips, are rich sources of iodine. Mushrooms also have a high concentration of naturally occurring iodine.



ALOPECIA

Alopecia is Greek for fox. When the fox, and other furry animals, get mange, their hair falls out. Alopecia literally means, "fox-mange." Not the greatest analogy to associate with losing one's hair. "I lost my hair, and I'm still a fox (yeah right)!"

Alopecia can be the result of a vitamin deficiency. Add foods rich in zinc to your diet. Natural sources include: Brewers yeast, dulse, egg yolks, kelp, legumes, lima beans, mushrooms, pecans, pumpkin seeds, soybeans and whole grains.

Food sources containing Vitamin B6 for healthy hair include: avocado, bananas, beans, broccoli, brown rice, cabbage, cantaloupe, carrots, corn, peas, plantains, potatoes and rice bran, spinach, sunflower seeds, walnuts and wheat germ.

Folate acid can facilitate hair growth. Natural sources of folate acid include: asparagus, barley, dates, green leafy vegetables, oranges, root vegetables, and split peas.

Iron also helps with hair loss. Food sources include: almonds, beets, kidney beans, millet, peaches, pumpkins, rice, sesame seeds and watercress.

Vitamin B2 aids in delivering oxygen to tissues of the hair, nails, and skin. Natural food sources are: Brussels sprouts, dandelion greens, mushrooms, and nuts.

Hormones regulate the development of hair that appears after puberty. The male hormone, testosterone, governs beard, body and armpit hair. The female hormone, estrogen, typi-

"An archaeologist is the best husband a woman can have. The older she gets, the more interested he is in her."



cally prevents hair growth on the chin and encourages the growth of hair on the head. Low estrogen levels can cause women to develop signs of hair loss or baldness. Treatment with estrogen rich foods has been successful in restoring hair growth and slowing hair loss. Include plant foods rich in protein in your daily diet.

Good sources are: green leafy vegetables, carrots, mango, dried apricots, green leafy vegetables, lentils, mango, sprouts and whole grain cereals.

Here are some self-care tips for hair loss (*fox-mange*).

1. Boil one cup mustard oil and four tablespoons henna leaves. Filter and bottle. Apply to scalp regularly.
2. Drink a banana, honey, yogurt and raw milk smoothie everyday for 40 days.
3. Drink one teaspoon apple cider vinegar and eight ounces water with meals for two to three weeks.

4. For fast hair growth, drink a juice made of alfalfa and fresh spinach or fresh coriander. Repeat daily.

5. Grind equal parts lime seed and black pepper in water. Apply to scalp regularly.

6. Make a paste by grinding fenugreek seeds with water. Oil the hair and massage paste on scalp. Leave on for one hour and rinse. Repeat every morning for a month.

7. Make a paste of hot olive oil, honey and one teaspoon cinnamon powder to hair. Apply before bath or shower. Leave on for 15 minutes. Repeat three to four times a week.

8. Massage a paste of honey and egg yolk into the scalp. Leave on for thirty minutes and rinse.

9. Massage coconut milk or Aloe Vera gel into the scalp. Leave it for 30 minutes, and rinse with warm water. Repeat three times a week.

10. Mix equal parts warm castor and almond oil. Massage on scalp weekly.

11. Soak raw mango pulp in some oil for a year. Massage on the scalp regularly. (*Hawaiian's swear by this concoction*).

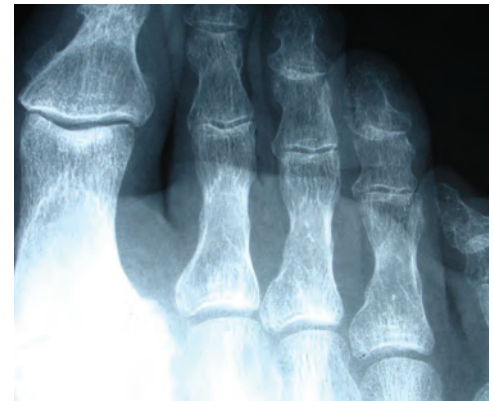
12. Scrub the bald portion of scalp with onions. Follow by applying honey.

13. To boost hair growth, rinse hair with a solution of apple cider vinegar and sage tea.

14. To prevent hair loss, massage almond oil on scalp two to three times a day.

HAMMER TOE

Medi-Sign Target
Walking Barefoot, Salt Soaks
& Oil Rubs



Hammer toe is a condition where the toe is contracted at the PIP (*or middle*) joint, causing severe discomfort. The condition occurs when a muscle imbalance causes ligaments and tendons to tighten, forcing the toe's joints to curl downwards. Arthritis may also be a causing factor.

There are two types of hammer toe, classified by the mobility of the toe joints – flexible and rigid. In a flexible hammer toe, the joint has the ability to move and can be straightened manually. In a rigid hammer toe, movement is very limited and can be extremely painful. Foot movement may also be restricted, lending to added stress at the ball-of-the-foot and causing pain and the development of corns and calluses.

Treatment and Prevention

Changing the type of footwear worn is an important step in the treatment of hammer toes. When choosing a shoe, make sure the toe area is high and broad and will provide enough room in the forefoot area so that there is less friction against the toes.

"If misery of the poor be caused not by the laws of nature, but by our institutions, great is our sin." -Charles Darwin

“Instead of getting married again, I’m going to find a woman I don’t like and just give her a house.”

Forefoot products designed to relieve hammer toes, such as hammer toe crests and hammer toe splints, may offer some comfort. These devices will help hold down the hammer toe and provide relief to the forefoot. Gel toe shields and gel toe caps are also recommended to eliminate friction between the shoe and the toe, providing comfort and lubrication.

Walk barefoot whenever possible and make an effort to lift or flip your toes in the air as you walk.

HANGNAIL

*Medi-Sign Target
Garlic & Olive Oil*



A hangnail is a strip of skin that separates from the side of the cuticles. A minor infection may develop if you bite or chew on your hangnails, causing the skin around the nails to become swollen and tender.

Treatment for a Hangnail

Simple home treatment can help prevent problems with hangnails.

- Clip off the hangnail with sharp, clean cuticles scissors.
- Do not pull at or attempt to bite off a hangnail.

- Massage olive oil into your cuticles two to three times a day.

- To fight infection, tape on a slice of fresh garlic and keep for 20 minutes.

HANGOVER

*Medi-Sign Target
Honey, Fruit Juice &
Lots of Water*

Unfortunately, there is no one thing that cures a hangover except time. There are a few things, however, that you can do to relieve the symptoms – headache, nausea, dry mouth, sensitivity to light and fatigue – so that you can get through the day with as little pain as possible.

Drink Fruit Juice.

Fruit juice contains fructose, which helps the body burn alcohol faster. A large glass of orange juice or tomato juice will accelerate the removal of the alcohol still in your system the morning after a night out.



Eat Honey.

Honey is a very concentrated source of fructose, and eating a little the morning after is another way to help your body flush out whatever alcohol remains.

Drink Plenty of Water.

Alcohol causes dehydration. Consuming large amounts of water is the best way to overcome a hangover. Drink plenty of water between and after alcoholic drinks. Drinking water before you go to bed and again when you get up the morning after may help relieve discomfort caused by dehydration.



HAZEL NUT/ FILBERT

*Medi-Sign Target
Pineal Gland & Pituitary*

Hazelnuts are rich in calcium, complex carbohydrates, dietary fiber, iron, protein and vitamin E. Hazelnuts, similar to other trees



nuts, are cholesterol-free and over 80% of the total fat in Hazelnuts is mono-unsaturated.

- Amino Acids
- Calcium
- Copper
- Iron
- Magnesium
- Niacin Phosphorus
- Phosphorus
- Potassium
- Riboflavin
- Sodium
- Thiamine
- Vitamin B6
- Vitamin C
- Vitamin E
- Zinc

HEADACHES

Medi-Sign Target

Water, Water, Water & Salt

The cool scent of peppermint may relieve headache pain. Add a drop of peppermint essential oil behind the ears and underneath the nose. Inhaling the fragrance of peppermint may also take the edge off a headache. Warm two or three drops of peppermint oil in your hands, by rubbing together. Cup your nose and mouth and breathe deeply about six times. Wash your hands after-

ward and be careful to avoid touching your eyes!

To relieve the pain of a headache, massage the scalp and the soles of the feet with olive oil. You may also rub olive oil on the neck, shoulders and upper back. Follow by taking a hot shower.

Food Therapy

Try drinking a cup of coffee. Caffeine constricts blood vessels and is often an ingredient in pain relievers.



HEARING LOSS

Medi-Sign Target

Ear Colonic Hygiene

Sound and the Ear

Sound consists of vibrations in the form of waves. The ear is able to pick up these vibrations and convert

them into electrical signals that are sent to the brain, and translated into meaningful information, such as language or music.

The Ear

The ear contains three parts: the outer ear, the middle ear, and the inner ear. The outer ear is the visible part of the ear. The soft, outermost part of the outer ear collects sound waves, which travel down the ear canal into the eardrum.

Sound waves cause the eardrum to vibrate. Vibrations from the eardrum are sent to the middle ear. Small bones in the middle ear, called ossicles, amplify the vibrations and send them to the inner ear. The cochlea, of the inner ear, a small organ shaped like a snail, contains tiny cells called hair cells. Hair cells move in response to the vibrations passed from the ossicles. Movement of the hair cells produces an electrical signal that is conveyed to the brain through the auditory nerve.

Causes of Hearing Loss

There are two basic types of hearing loss: conductive and sensorineural. Conductive hearing loss occurs when something interferes with the transmission of sound from the outer to the inner ear.

Possible causes include:

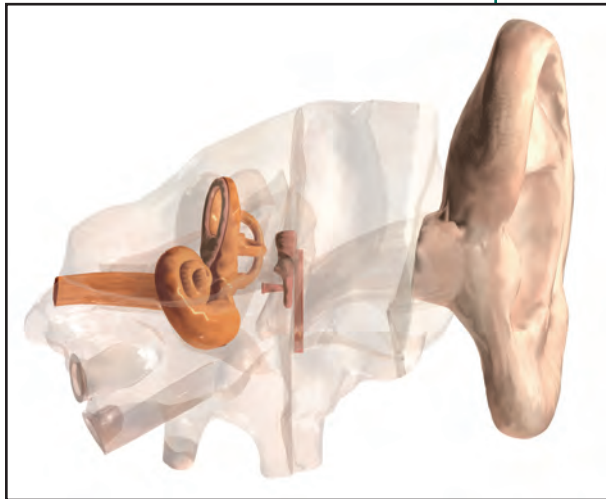
- Blockage of the outer ear (*wax*)
- Collection of fluid in the middle ear ("*glue ear*" in children)
- Damage to the eardrum by infection or an injury
- Middle ear infections (*otitis media*)

"My poverty is not complete: it lacks me."

“Ab Mozart! He was happily married – but his wife wasn’t.”

- Otosclerosis, a condition in which the ossicles of the middle ear become immobile because of growth of the surrounding bone
- Rheumatoid arthritis, which can affect the joints between the ossicles (*rarely this occurs*)

Sensorineural hearing loss is due to damage to the pathway from the inner ear to the auditory nerve and the brain.



Possible causes include:

- Acoustic neuroma, a benign tumor affecting the auditory nerve
- Acoustic trauma to the hair cells (*caused by loud noise*)
- Age-related hearing loss
- Brain tumor
- Drugs, such as aspirin, quinine and some antibiotics, which can affect the hair cells
- Infections or inflammation of the brain or brain covering (*meningitis*)
- Meniere’s disease (*abnormal pressure in the inner ear*)
- Multiple sclerosis
- Stroke

- Viral infections of the auditory nerve (*such as mumps and rubella*)
- Viral infections of the inner ear (*caused by viruses such as mumps or measles*)
- Multiple sclerosis

Deafness in Children

Pregnant women who develop rubella face the risk of their baby being born with profound deafness (*among a host of other possible abnormalities*). Cochlear implants can be valuable for deaf children when they are implanted around the age of two or three, when language skills are developing fastest.

Diagnosing Hearing Loss

Hearing loss may occur gradually in adults, as in age-related hearing loss, or it can occur very suddenly,

as in some viral infections of the inner ear.

Treating Hearing Loss

The treatment of hearing loss depends on the specific cause. A bacterial infection of the middle ear can be treated with probiotic foods, which include: fermented foods, garlic, onions, peppers, yogurt and et cetera, biotics; blockages of the middle and outer ears can be cleared; damaged eardrums can be repaired surgically; and ossicles affected by otosclerosis can be replaced with artificial bones. Some causes of sensorineural hearing loss can also be improved. An acoustic neuroma, for example, can be removed surgically.

In many cases, there is no cure for hearing loss (*as with age-related hearing loss*). Hearing aids are

helpful for most people, whether the hearing loss is the result of conductive or sensorineural problems. Many different types of hearing aid are available. An audiologist can help pair individuals with hearing aids that are best suited their needs.

Ear hygiene is critical. Bulb syringe, cotton tip cleaning, warm oil drops, and warm saline and water solutions for the ear. People who are older and deaf or losing there hearing often times get it back during or after extended fasting. (*See: Ear Infections/Candling*)



HEART BURN/REFLUX/INDIGESTION

Medi-Sign Target
7 Day Water Fast or
14 Days on Apples

What is Heartburn?

Despite its name, heartburn does not affect the heart. Heartburn, also called acid reflux disease or gastroesophageal reflux disease (*GERD*), is a burning sensation in the lower chest, accompanied by a bitter or sour taste in the mouth and throat. It usually occurs after eating a big meal or while lying down and can last for up to a few hours.

What Causes Heartburn?

When you eat, food passes from your mouth into a tube (*about 10*



inches long), called the esophagus. Before entering the stomach, food travels through an opening at the end of the esophagus. This opening acts like a gate, which allows food to pass into the stomach.

The opening to the stomach closes as soon as food passes through. If the opening does not close, acid in the stomach can leak into and travel through the esophagus. This phenomenon, called reflux, is cause of heartburn.

Hiatal hernia can also cause heartburn. This is a condition in which part of the stomach is pushed up through the diaphragm and into the chest.

What Factors Add to Heartburn?

Heartburn is most common after overeating, when bending over or when lying down. Other factors affecting heartburn include: eating certain foods, pregnancy and stress.

Can Heartburn be Serious?

Having occasional symptoms of heartburn is not very serious. If heartburn continues to persist, how-

ever, it can lead to serious problems. Esophagitis, an inflamed lining of the esophagus, can lead to bleeding and trouble swallowing. Heartburn can also be a sign of ulcers.

What Can I do to Feel Better?

You may find relief from heartburn by making some simple changes in your lifestyle.

Tips on Preventing Heartburn

- Avoid overeating.
- Avoid wearing clothes with tight waistlines and belts that are too tight.
- Lose weight if you're overweight.
- Raise the head of your bed by placing four-to-six-inch blocks under the legs at the bed's head.
- Try to eat at least two to three hours before lying down. If you take naps, try sleeping in a chair.

Will Antacids Take Care of Heartburn?

Antacids neutralize the acid that your stomach makes and most people find fast, short-term relief. However, antacids contain aluminum hydroxide. They may lead to diarrhea and ultimately neurotoxic effects of the brain and nervous system. Instead try bicarbonate of soda, or a piece of hard white cheese. Three days on water knocks the condition totally out. Raw foods do the trick as well, but take seven to ten days.

RECOMMENDATIONS

1. Avoid stress.
2. Change your eating habits. Eat more raw vegetables. Eat smaller, more frequent meals. Chew your food well. Eat slowly and enjoy your food. Following a disciplined diet is an important aspect of managing acid reflux.
3. Do not consume caffeine products, carbonated beverages, fats,



“Empty pockets never held anyone back. Only empty heads and empty hearts can do that.”

“Everyone has a photographic memory. Some just don’t have film.”

fried foods, processed foods, sugar or tobacco.

4. Do not eat for three hours before bedtime. Wait at least three hours after eating before lying down.

5. Do not take multienzyme complex containing hydrochloric acid (HCl).

6. Do not wear clothes that fit tightly around the waist.

7. Drink a big glass of water at the first sign of heartburn. This often helps.



8. Drink a glass of fresh cabbage or celery juice every day.

9. Eat a fresh papaya and/or pineapple to aid digestion. Chew a few of the papaya seeds as well.

10. Elevate the head of your bed.

11. If you are taking any medications, ask your doctor if heartburn may be a side effect.

12. Maintain an exercise program that includes walking, biking, or low-impact aerobics. Avoid running and weight lifting, as these activities put pressure on the stomach. Do not exercise after eating.

13. Sip one tablespoon of raw apple cider vinegar, mixed with a glass of water, while eating a meal. Do not drink any other liquids with meals.

14. Try raw potato juice. Do not peel the potato – just wash it and put it in the juicer. Mix with equal parts water. Drink it immediately after preparation, up to three times daily.

Apple cider vinegar. One teaspoon of apple cider vinegar in half glass of water sipped during a meal definitely works.

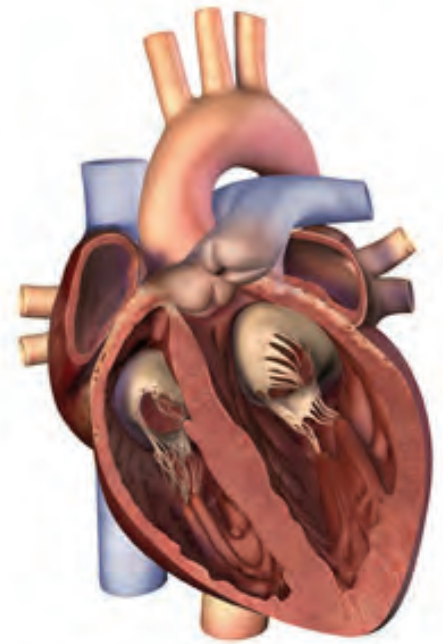
Gingerroot. Absorb stomach acid and has a secondary effect of calming the nerves.
(See: *Disease: The Mystery Solved/ Cabala Juice*)

HEART DISEASE

Medi-Sign Target
Raw Whole Plant Foods,
Water, Walking & Salt

There are several things you can do to reduce the risk for heart disease:

- Balance caloric intake with activity to maintain a healthy weight.
- Eat flax, linseed oil, or soy as sources of healthy fat.
- Eat more fiber, including whole-grain breads, cereals, and pastas.
- Eat more fruits and vegetables.



Three to five servings per day are suggested for women, and seven to ten for men.

- Red wine – a glass daily can help lower cholesterol. Eat a bare minimum of saturated fats and trans fats (such as, fats found in desserts, fried foods, lard, margarine, salad dressings, snack foods and sweets).

Enjoy grains, nuts and seeds. If you use added fat, use those high in monounsaturated fats (for example, fats found in virgin olive oil and peanut oil).

Limit cholesterol consumption. Dietary cholesterol can raise blood cholesterol levels, especially in



high-risk individuals. (Since cholesterol and saturated fat are usually found in the same foods, by cutting back on foods that are high in cholesterol, you will also be cutting back on saturated fats). Get energy by eating complex carbohydrates (sweet potatoes, whole-grain breads and whole-wheat pastas) and limiting simple carbohydrates (soft drinks, sugar and sweets). If you have high cholesterol, simple carbohydrates may aggravate the condition and increase your risk for heart disease.

Nourish your body regularly.

Eating five to six mini-meals is the best way to control blood sugar, efficiently burn fat, and regulate cholesterol levels.



Other Heart-Healthy Strategies

- **Exercise.** Exercise helps control blood sugars and body weight, improves blood flow, reduces high blood pressure, raises HDL cholesterol ("good" cholesterol) and strengthens the heart muscle.

- **Hydrate.** Water is central to life.



Keep yourself adequately hydrated.

- **Enjoy every bite.** When you enjoy what you eat, you feel more positive about life. In addition, you eat less when you eat the foods you love, which helps control weight, reduce cholesterol levels and makes changes easier to do.

HEAT EXHAUSTION/HEAT STROKE

*Medi-Sign Target
Hot Foods, Cool Bath's,
Water & Salt*

What Causes It?

Heat exhaustion is most frequently caused by exposure to high temperature and dehydration from not drinking enough fluids. It can also occur when large amounts of sweat are replaced with fluids that contain too little salt.

Who's Most at Risk?

The following factors increase the risk of developing heat exhaustion:

- Age (Small children—under five— and the elderly)
- Alcohol consumption
- Being unaccustomed to a hot

and/ or humid environment

- Cardiovascular disease
- Dehydration
- Illness (or chronic disability)
- Obesity
- Physical exertion in hot environments (athletes, outdoor laborers and military personnel run a higher risk)
- Pregnancy
- Respiratory disease
- Taking medications that interfere with the body's heat-regulation system. They include: antipsychotics, tranquilizers, antihistamines, tricyclic antidepressants, and some over-the-counter sleeping pills

Signs and Symptoms

Heat exhaustion is accompanied by the following signs and symptoms:

- Dizziness, fainting
- Dehydration
- Fatigue and malaise
- Fever (below 104°F)
- Headache
- Heavy sweating or no sweating at all.
- Muscle cramps
- Nausea, vomiting
- Rapid heartbeat

If body temperature surpasses 104°F, or if coma or seizure occurs, this signals that heat exhaustion has progressed to a condition called heat stroke. Heat stroke is a more dangerous condition, placing the individual at risk of cardiovascular collapse and possibly death.

Prevention

To prevent heat exhaustion, individ-

"Poverty sits by the cradle of all our great men and rocks all of them to manhood."

“Ab yes, Divorce ...from the latin word meaning to rip out a man’s genitals through his wallet.”



- When possible, choose cooler times of day for outdoor exercise and work

Treatment

To treating heat exhaustion, rest in a cool environment and take in plenty of fluids. Water is adequate under most circumstances.

Alternatives

Eat a diet of whole foods high in:

- Calcium
- Magnesium
- Potassium

Foods rich in these nutrients include: bananas, blackstrap molasses, dark leafy greens, nuts, sea vegetables, seeds, and whole grains.

uals working and exercising in the heat should drink plenty of fluids before, during, and after the activity as well as keeping the following precautions in mind:

- Avoid substances that may be dehydrating, such as, alcohol, caffeine and sugar
- Monitor individuals who are vulnerable to the heat (*the elderly, for example*)
- Increase fluid intake to prevent heat exhaustion and its complications including muscle damage and kidney failure
- Stay in cool or air-conditioned environments on hot days
- Take cool baths
- Water and salt are essential
- Wear lightweight clothing

Also note:

Cayenne pepper contains the ingredient capsaicin, which may lower body temperature by stimulating sweat glands.



HEAT RASH

*Medi-Sign Target
Garlic & Honey Smears on
Rash and Cool Pool Swims*



What Is Heat Rash?

Heat rash – also referred to as prickly heat or miliaria –is a prickly rash that develops on the skin due to overheating. Small, itchy red bumps develop on the skin. The rash may feel prickly, stinging, or burning.

It usually occurs on clothed parts of the body, such as the abdomen, armpits, back, chest, groin, neck or stomach, and goes away on its own within a few days. When severe, however, heat rash can interfere with the body’s heat-regulating mechanism causing fever, heat exhaustion, and even death. Heat rash occurs most often in hot, humid conditions. The condition typically appears a few days to a few months after exposure. It’s most common in infants. Active people, bedridden people, and newborns in incubators also are more likely to get heat rash.

What Causes It?

Heat rash begins with excessive perspiration. The perspiration damages

cells on the surface of the skin. Sweat becomes trapped beneath the skin's surface, and as it builds up, causing red bumps to appear. As bumps burst and sweat is released, you may feel the prickly, stinging sensation that gives this condition its characteristic name.



What Are the Treatments?

Usually, heat rash will clear up on its own in a few days. Keep the affected area cool and dry. Cool down in an air-conditioned environment. Take a cool shower or bath and let your skin air-dry. If you can't cool down right away and you continue to sweat, do not wear antiperspirant, insect repellent, lotion or powder to your skin, which may trap more sweat, making your symptoms worse.

Once the skin is cool and dry, apply fresh onion juice to relieve itching. Avoid petroleum oil-based product, which might block your sweat glands.

If the rash does not go away within a few days, or if you develop an infection, apply crushed garlic for 15 to 20 minutes and rinse in cold water.

To prevent heat rash, avoid conditions that can lead to excessive sweating, such as hot, humid environments and strenuous activity. In hot weather, use air conditioning, fans, and cool showers and baths to stay cool; dry your skin thoroughly; and wear lightweight, loose-fitting clothes.

HEEL PAIN

*Medi-Sign Target
Cherries, Salt Soaks, Barefoot
Walking in Sand or Grass*



Heel pain is a common condition in which weight stresses the heel and causes extreme discomfort.

There are two different categories of heel pain. The first, resulting from too much impact on a specific area of the foot, is caused by over-use repetitive stress which refers to a soreness. This condition often referred to as "heel pain syndrome," can be caused by shoes with heels that are too low, a thinned out fat pad in the heel area, or from a sudden increase in activity.

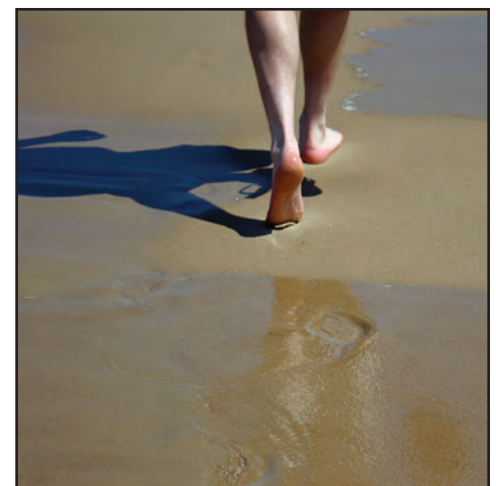
Plantar fasciitis, a common diagnosis of heel pain, is usually caused from a biomechanical problem, such as over-pronation or flat feet. The plantar fascia is a broad band of fibrous tissue that runs along the bottom surface of the foot, from the heel through the mid-foot and into the forefoot. Over-pronation can cause the plantar fascia to be excessively stretched and inflamed, resulting in pain in the heel and arch areas of the foot.

Often the pain will be most intense after a prolonged period of rest or first thing in the morning. The pain will gradually subside as the day progresses.

Treatment and Prevention

To properly treat heel pain, you must absorb shock, provide cushioning and elevate the heel to transfer pressure. This can be accomplished with a heel cup, visco heel cradle or an orthotic designed with materials that will absorb shock and shear forces.

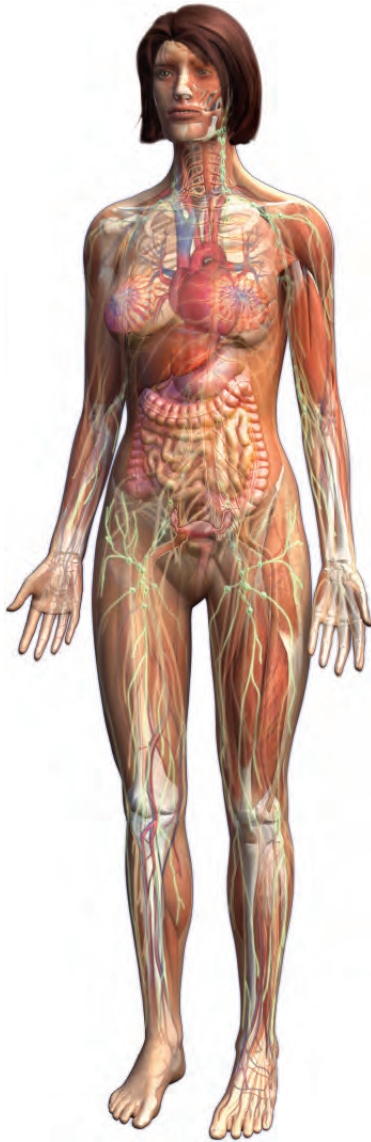
Footwear selection is also an important criterion when treating heel pain. Shoes with a firm heel counter, good arch support and appropriate heel height are the ideal choice. Eat lots of cherries and have warm salt water soaks; this will help wonderfully.



"You can't get rid of poverty by giving people money."

HEMATOMA

Medi-Sign Target
Saltwater Infusions,
Citrus & Garlic



Usually situated within an organ or a soft tissue space, such as within a muscle, a hematoma is an abnormal localized collection of blood in which the blood is usually clotted or partially clotted.

A hematoma is caused by a break in the wall of a blood vessel. The break may be spontaneous, as in the case of an aneurysm, or caused by trauma.

The treatment can involve draining the accumulated blood, but depends on the location and size of the hematoma. A hematoma in or near the brain is particularly dangerous.

The word “*hematoma*” came into usage around 1850. It was devised from Greek roots: **hemat**, referring to the blood, and **oma**, from *soma* meaning body = a “**bloody body**”, or a collection of blood.

The many different kinds of hematomas are defined by location and include:

- Epidural hematoma
- Extradural hematoma
- Intracerebral hematoma
- Intracranial hematoma
- Nasal septum hematoma
- Subcutaneous hematoma
- Subdural hematoma

Hematomas can occur almost anywhere in or on the body. In minor injuries, the blood is absorbed unless infection develops. Contusions or bruises, and black eyes are familiar forms of hematoma.

Less serious types include **subungual hematoma** or under a fingernail or toenail; **hematoma auris**, in the tissues of the outer ear, better known as cauliflower ear; and **perianal hematoma**, under the skin around the anus.



With a fracture, hematomas are almost always present. They are especially serious when they occur inside the skull, where they may

place local pressure on the brain, notably when dealing with epidural and subdural hematomas.

Hematomas that occur intracranially typically require immediate specialized medical attention.

For contusions or bruises, treatment consists of initially applying ice or cold packs a few times a day, to produce vasoconstriction or a reduction in arterial blood flow, which helps to decrease hemorrhage and edema other wise known as bleeding and swelling.

In general, less bleeding will result, the quicker you apply ice after the injury.

If possible, elevate the bruised limb. Blood will leave the area of the wound and there may be less swelling. Resting the limb will also help to prevent further injury.



Apply gentle heat with warm towels, a hot water bottle or a heating pad if the area is still painful after 48 hours. The heat is applied for 20 minutes at a time to promote absorption and repair. Since heat causes swelling and increases tissue fluid, which may impair function, hot compresses may be followed by

“If toast always lands butter-side down, and cats always land on their feet, what happens if you strap toast on the back of a cat and drop it?”

cold applications to minimize the secondary effects of heat.

Pressure in the form of an elastic adhesive bandage may be helpful to reduce hemorrhage and swelling. If infection should develop in the wound, the signs and symptoms might be increasingly severe pain, a fever of 101 degrees or more, swelling with surrounding redness, and pus.

Have lots of liquids, citrus, garlic and onions.

HEMORRHOIDS

Medi-Sign Target

Water, Oils, Green Foods & Seeds

Hemorrhoids are swollen and inflamed veins in your anus and rectum and are often called piles. They may result from straining when having a bowel movement or the increased pressure on these veins during pregnancy.

Hemorrhoids are common although they can be a sometimes embarrassing topic of discussion. By age 50, about half of adults deal with the itching, bleeding and pain that often signal the presence of this condition.

Signs and symptoms usually depend on the location of the hemorrhoids:

Internal hemorrhoids. These are hemorrhoids that can't be seen or felt, but straining or irritation from passing stool can injure a hemorrhoid's delicate surface and cause it to bleed. You may notice small amounts of bright red blood on your toilet tissue or in the toilet bowl. These hemorrhoids usually don't

cause discomfort because internal anal membranes lack pain sensitive nerve fibers. However, you may experience a feeling of fullness in your rectum following a bowel movement.

Occasionally, straining can push an internal hemorrhoid through the anal opening. If a hemorrhoid remains displaced or prolapsed, it can cause pain and irritation.

External hemorrhoids. Blood may pool in an external hemorrhoid and form a clot or thrombus, causing severe pain, swelling and inflammation; needless to say, these hemorrhoids tend to be painful. External hemorrhoids can itch or bleed when irritated. Hemorrhoids can develop from any increase in pressure in the veins in the lower rectum.

Common sources of pressure include:

- Constipation and the accompanying extra straining
- Diarrhea and the continuous expulsion of loose stools
- Heavy lifting
- Obesity
- Pregnancy and childbirth
- Sitting or standing for a long time

How to prevent hemorrhoids?

If you are suffering from hemorrhoids, avoid using laxatives and limit time straining at stool to well under one minute, or ideally ten seconds daily. Reducing time spent sitting, increasing physical activity, improving posture, and losing excess body weight, are all lifestyle changes that can help prevent hemorrhoids.

• **Eat high-fiber foods.** Eat more fruits, vegetables and grains. Doing so softens the stool and increases its bulk, which will help lessen the straining that can cause hemorrhoids.

• **Drink plenty of liquids.**

• **Exercise.** Stay active to reduce pressure on veins, which can occur with long periods of standing or sitting, and to help prevent constipation. Exercise can also help you lose excess weight.

• **Avoid long periods of standing or sitting.** If you must sit for long periods, don't use an inflatable doughnut cushion to pad your chair. It can increase the pressure on the veins in the anus.



“A lot of what passes for depression these days is nothing more than a body saying that it needs work.”

“Retirement at sixty-five is ridiculous. When I was sixty-five I still had pimples.” -George Burns



• **Don't strain.** Straining and holding your breath when trying to pass a stool creates greater pressure in the veins in the lower rectum.

• **Go as soon as you feel the urge.** If you wait to pass a bowel movement and the urge goes away, your stool could become dry and be harder to pass.

• **Avoid constipation**

• **Eat more fiber.** Include foods such as whole grain breads and cereals, raw vegetables, raw and dried fruits, and beans. Limit your intake of low or fiber free foods, such as ice cream, soft drinks, cheese, white bread and red meat.



• **Drink eight to ten glasses of water each day.** Fruit juices are another good choice. Avoid liquids that contain caffeine, such as coffee and tea, or alcohol. These liquids may cause dehydration, which can lead to constipation.

• **Stool softeners containing bran or psyllium can be helpful.** You can save money by buying bran or psyllium, available in bulk at most health food stores, and sprinkling it on foods or stirring it into fruit juice. Avoid laxatives, another type of medication that affects the bowels, because they may cause diarrhea, which can irritate hemorrhoids.

• Avoid foods and beverages that seem to make your symptoms worse.

• Regular, moderate exercise, along with a high-fiber diet, promotes smooth, regular bowel movements.

Practice Healthy Bowel Habits

• Go to the bathroom as soon as you have the urge.

• Avoid straining to pass stools. Relax and give yourself time to let things happen naturally.

• Avoid holding your breath while passing stools.

• Avoid reading while sitting on the toilet. If hemorrhoids persist, get off the toilet as soon as you have finished.

Modify Your Daily Activities

• Avoid prolonged sitting or standing. Take frequent short walks.

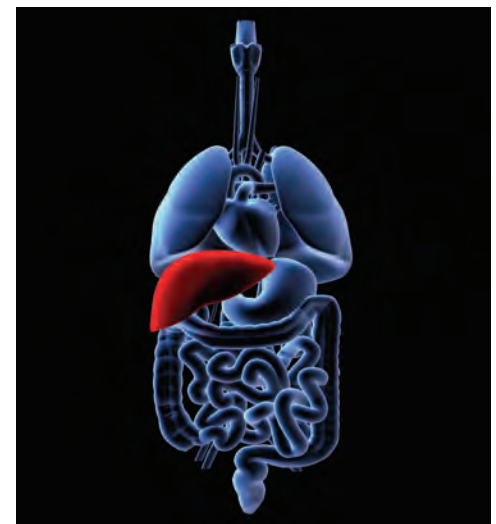
• If possible, avoid lifting heavy objects frequently. If you must lift

heavy objects, always exhale as you lift the object. Don't hold your breath when you lift.

• If you are pregnant, sleeping on your side will reduce the amount of pressure on the blood vessels in your pelvis. This can help keep hemorrhoids from becoming bigger.

HEPATITIS

Medi-Sign Target
Lots of Fresh Lemon Juice,
Orange & Yellow Foods



ALCOHOL HEPATITIS

Hepatitis is a gastroenterological disease, featuring inflammation of the liver. The clinical signs and prognosis, as well as the therapy, depend on the cause.

Signs and Symptoms

Hepatitis is characterized by abdominal pain, fever, hepatomegaly, or an enlarged liver and jaundice, otherwise known as icterus. Some chronic forms of hepatitis show very few of these signs and only present when the longstanding inflammation has led to the replacement of liver cells by connective tissue. The result is cirrhosis. Certain liver function tests can also indicate hepatitis.

What are the Symptoms of

Alcoholic Hepatitis

- Abdominal pain and tenderness
- Ascites (*fluid collection in the abdomen*)
- Dry mouth
- Excessive thirst
- Fatigue
- Fever
- Jaundice
- Loss of appetite
- Mental confusion
- Nausea
- Swollen abdomen or increased abdominal circumference (*from enlarged liver*)
- Unintentional weight gain (*because of fluid collection*)

Additional symptoms that may be associated with this disease:

- Abnormally dark or light skin
- Agitation
- Altered level of consciousness
- Bloody or dark black or tarry bowel movements (*melen*)
- Breast development in males
- Confusion (*encephalopathy*)
- Difficulty paying attention (*attention deficit*)
- Fluctuating mood
- Hallucinations
- Impaired ability to concentrate
- Impaired judgment
- Impaired long-term memory
- Impaired short-term memory
- Light-headedness or fainting, especially with upright posture
- Paleness
- Rapid heart rate (*tachycardia*) when rising to standing position
- Redness on feet or hands
- Slow, sluggish, lethargic movement
- Vomiting blood or material that looks like coffee grounds

Types of Hepatitis

Most cases of acute hepatitis are due to viral infections:

- Hepatitis A

- Hepatitis B
- Hepatitis C
- D-agent (*requires presence of the hepatitis B virus*)
- Hepatitis E
- Hepatitis G

Hepatitis A is an enterovirus transmitted by the oral-fecal route, such as contaminated food. It does not have a chronic stage as it causes an acute form. The immune system makes protective cells against Hepatitis A that confer immunity against future infection.

Hepatitis B this type of the virus can cause both acute and chronic hepatitis in some people who are unable to eliminate the virus. Identified methods of transmission include blood, blood transfusion, tattoos, sexually or vertically like from mother to her unborn child. In about half of the cases, however, the source of infection cannot be determined.



Blood contact can occur by sharing syringes in intravenous drug use, shaving accessories such as razor blades, or touching wounds on infected persons. In many countries



in an effort of prevention, needle exchange programs have been created.

In the United States, 95 percent of people clear their infection and develop protection against Hepatitis B virus. Five percent of people do not clear the infection and develop chronic infection. Only these people are at risk of long term complications of Hepatitis B. People with chronic hepatitis B have protection against Hepatitis B, but these protections are not enough to clear the infection that establishes itself in the DNA of the affected liver cells. The continued production of virus combined with antibodies is a likely cause of immune complex disease seen in these people.

Hepatitis B infections result in 500,000 to 1,200,000 deaths per year worldwide due to the complications of chronic hepatitis, cirrhosis and hepatocellular carcinoma. In a number of mainly South-East Asian countries, Hepatitis B is endemic, making cirrhosis and hepatocellular carcinoma big killers.

Hepatitis C, originally “non-A non-B hepatitis” is probably not transmitted sexually but only by blood contact. It leads to a chronic form of hepatitis, culminating in cirrhosis.

“Noble deeds and hot bath’s are the best cures for depression.”

“Laughter is the shortest distance between two people.”

It can remain asymptomatic for ten to twenty years. People with hepatitis C are prone to severe hepatitis if they contract either hepatitis A or B.

Two other hepatitis viruses are known, hepatitis D and E. The D agent, an RNA passenger virus, because its genome lacks certain essential genes, it cannot proliferate without the presence of hepatitis B virus. Hepatitis E produces a picture quite similar to hepatitis A, although it can take a fulminate course in some people, particularly pregnant women; it is more prevalent in the Indian subcontinent. Another kind of hepatitis, hepatitis G, has been identified.



- Methyldopa (*antihypertensive*)
- Nifedipine (*antihypertensive*)
- Nitrofurantoin (*antibiotic*)
- Oral contraceptives
- Phenytoin and valproic acid (*antiepileptics*)
- Some herbs and nutritional supplements
- Zidovudine (*antiretroviral i.e. against AIDS*)

Depending on the drug and the person’s tendency to react to the drug, the clinical course of drug induced hepatitis is quite variable. For example, halothane hepatitis can range from mild to fatal as can INH-induced hepatitis. Oral contraceptives can cause structural changes in the liver.

Other viruses can cause infectious hepatitis:

- Cytomegalovirus
- Epstein-Barr virus
- Mumps virus
- Other herpes viruses
- Rubella virus

Drug Induced Hepatitis

A large number of drugs can cause hepatitis. The, “*anti-diabetic*” drug troglitazone was withdrawn in the year 2000 for causing hepatitis.

Other drugs associated with hepatitis:

- Amiodarone (*antiarrhythmic*)
- Amitriptyline (*antidepressant*)
- Halothane (*a specific type of anesthetic gas*)
- Ibuprofen and indomethacin (*NSAIDs*)
- Isoniazid (*INH*) and rifampicin (*tuberculosis-specific antibiotics*)
- Ketoconazole (*antifungal*)

Amiodarone hepatitis can be untreatable since the long half life of the drug, up to 60 days, means that there is no effective way to stop exposure to the drug. Statins can cause elevations of liver function blood tests normally without indicating an underlying hepatitis. Lastly, human variability is such that any drug can be a cause of hepatitis.

Toxins and drugs can cause hepatitis:

- The Amanita (*death-cap*) mushroom (*Amanita*) contains amatoxins such as alpha-amanitin. A single mushroom can be enough to be lethal (*10 mg of Ç-amanitin*).
- Yellow phosphorus (*a metal*) is an industrial toxin used in soda pop.
- Paracetamol (*acetaminophen in the United States*) can cause hepatis

when taken in an overdose. The severity of liver damage can be limited by prompt administration of acetylcysteine.

- Carbon tetrachloride (“*tetra*”, a *dry cleaning agent*), chloroform, and trichloroethylene, all chlorine containing carbohydrates, cause steatohepatitis (*hepatitis with fatty liver*).

Metabolic Disorders

Some metabolic disorders cause different forms of hepatitis. Hemochromatosis, which is due to iron accumulation, and Wilson’s disease, which is copper accumulation, can cause liver inflammation and necrosis.

Cholestatic

Longstanding obstruction of the bile duct by gallstones or external obstruction by cancer leads to destruction and inflammation of liver tissue.



Carcinogenic Effects

When alcohol is in small amounts it does not act as a carcinogen. Many studies have shown, though, that large amounts of alcohol greatly increase the risk of developing cancer. Cancers of the upper digestive tract, including the esophagus, the mouth, the pharynx, and the larynx are the strongest link between alcohol and cancer. Less consistent data link hard alcohol consumption and cancers of the liver, breast and colon.



Upper Digestive Tract. When a person is a chronic heavy drinker, he has a higher incidence of esophageal cancer than do the general population. In fact, nearly half of the cancers of the mouth, pharynx and larynx are associated with heavy drinking. It appears that as alcohol consumption increases the risk seems to increase. An estimated 75 percent of esophageal cancers in the United States are attributable to chronic, excessive alcohol consumption.

Liver. When discussing liver cancer, prolonged, heavy drinking has been associated in many cases. It is liver cirrhosis, whether caused by alcohol or another factor, which is thought to induce the cancer.

Dehydration

Since ethanol inhibits the production of protector diuretic hormone, consumption of ethanol has a rapid diuretic effect, meaning that more urine than usual is produced.

Over consumption can therefore lead to dehydration or the loss of water. It is difficult to replenish the body's fluids using only alcoholic beverages. As large amounts of alcohol are consumed, the diuretic effect causes the body to lose more water than is contained in the beverage.

Beneficial Effects of Alcohol

Several studies have shown that regular consumption of moderate amounts of alcohol lowers the incidence of coronary heart disease and raises the level of high density lipoprotein cholesterol, or "good cholesterol."

Types of Alcoholic Beverages

Alcoholic beverages include low alcohol content beverages produced by fermentation of sugar or starch containing products. High alcohol content beverages are produced by distillation of the low alcohol content beverages. Sometimes, the alcohol content of low alcohol content beverages is increased by adding some of the distilled product, particularly in the case of wines. Such fortified wines include Port wine and Sherry.

The process involved, as well as the resulting alcohol content, defines the finished product. A "beer" involves a relatively short (*incomplete*) fermentation process and an equally short aging process (*a week or two*) resulting in an alcohol content generally between three and eight percent, as well as natural carbonation. In many countries, non-forced ferments of beer or mead are not only considered a health drink, but a beverage of longevity. A "wine" involves a longer (*complete*) fermentation process, and a relatively long aging process lasting months, years, even decades. This results in an alcohol content between 7-18 percent. Note that sparkling wine is generally made by adding a small amount of sugar before bottling. Distilled products

are generally not made from a "beer" that would normally be palatable as fermentation is normally completed, but no aging is involved until after distillation. Most distilled liquors are 40 percent alcohol by volume.



Non-distilled Beverages

- Beer
 - ▶ Ales
 - ◆ Barley wine
 - ◆ Bitter ale
 - ◆ Mild ale
 - ◆ Pale ale
 - ◆ Porter
 - ◆ Stout
 - ◆ Real ale
 - ◆ Stock ale
 - ▶ Fruit Beer
 - ▶ Lager beer
 - ◆ Bock
 - ◆ Dry beer
 - ◆ Oktoberfest
 - ◆ Pilsner
 - ◆ Schwarzbier
 - ▶ Small beer
 - ▶ Wheat beer
- Cauim
- Chicha
- Cider
- Kumis
- Lappish hags love potion
- Mead
- Perry
- Pulque
- Sake

"To a man with an empty stomach food is God." -Gandhi

- Wine
 - ▶ Spritzer
 - ▶ Palm wine
 - ▶ Wine cooler
 - ▶ Fruit wine

Distilled Beverages

- Cocktails
- Liqueurs
- Spirits

In the United States, cider often means unfermented apple juice, while fermented cider is called hard cider. Unfermented cider is sometimes called sweet cider. Also, applejack was originally made by a freezing process, which was equivalent to distillation but more easily done in the cold climate of New England. In the UK, cider is always alcoholic, and in Australia it can be either.



Beer can sometimes contain a mix of other grains, although generally made from barley. Whisky is sometimes made from a blend of different grains, especially Irish whiskey, which may contain several different grains. The style of whisky whether



it be Scotch, Rye, Bourbon, generally determines the primary grain used, with additional grains usually added to the blend, most often barley and sometimes oats.

Vodka and gin are two common distilled beverages. Vodka can be distilled from any source, grain and potatoes being the most common, also industrial cellulose for the cheapest! However, the main characteristic of vodka is that it is so thoroughly distilled as to exhibit none of the flavors derived from its source material. Gin is a similar distillate which has been flavored by contact with herbs and other plant products, especially juniper berries, from which it gets its name.

In my experience, “*distilled alcohol*,” “*hard liquors*,” “*spirits*,” have a place in mouth washes, cleaning wounds and bathing skin, a shot for someone with the, “*chills*” and for use in deodorants, and other personal care items, not for internal consumption. I would also avoid overly sweet drinks or “*preppy drinks*,” such as Zima, wine coolers, “*hard lemonade*,” etc. These are not ferments; hard or distilled, alcohol is simply added, typically.

HEPATITIS A

Medi-Sign Target
 Lots of Fresh Lemon Juice,
 Orange & Yellow Foods



Hepatitis A is a liver disease caused by the hepatitis A virus. Hepatitis A can affect anyone. In the United States, hepatitis A can occur in situations ranging from isolated cases of disease to widespread epidemics.

Good personal hygiene and proper sanitation can help prevent hepatitis A.

SIGNS & SYMPTOMS

Adults will have signs and symptoms more often than children.

- Abdominal pain
- Diarrhea
- Fatigue
- Fever
- Jaundice
- Loss of appetite
- Nausea

CAUSE

Hepatitis A virus (*HAV*)

LONG-TERM EFFECTS

• There are no chronic (*long-term*) infections.

• Once you have had hepatitis A you cannot get it again.

- About 15 percent of people

“Too much of a good thing can be wonderful.”

infected with HAV will have prolonged or relapsing symptoms over a six to nine month period.

TRANSMISSION

- HAV is found in the stool or feces of people with hepatitis A.

HAV is usually spread from person to person by putting something in the mouth, even though it may look clean, it may have been contaminated with the stool of a person with hepatitis A.

PERSONS AT RISK OF INFECTION

- Household contacts of infected people.

- Men who have sex with men

- People, especially children, living in areas with increased rates of hepatitis A during the baseline period from 1987-1997.

- People traveling to countries where hepatitis A is common.

- Sex contacts of infected people.

HEPATITIS-B

Medi-Sign Target

*Lots of Fresh Lemon Juice,
Orange & Yellow Foods*

A serious disease caused by a virus that attacks the liver is called hepatitis B. The virus, which is called hepatitis B virus or HBV, can cause lifelong infection, cirrhosis or scarring of the liver, liver cancer, liver failure and death.

SIGNS & SYMPTOMS

About 30 percent have no signs or symptoms.



Signs and symptoms are less common in children than adults.

- Abdominal pain
- Fatigue
- Jaundice
- Joint pain
- Loss of appetite
- Nausea, vomiting

CAUSE

Hepatitis B virus (HBV)

LONG-TERM EFFECTS

Chronic infection occurs in:

- 90 percent of infants infected at birth
- 30 percent of children infected at age one to five years.
- Six percent are infected after age five years.

Death from chronic liver disease occurs in 15 to 25 percent of chronically infected people.

TRANSMISSION

- Occurs when blood or bodily fluids from an infected person enters the body of a person who is not immune.

- HBV is spread through having sex with an infected person without using a condom (*the efficacy of latex condoms in preventing infection with HBV is unknown, but their proper use may reduce transmission*), by sharing drugs, needles, or “works” when “shooting” drugs, through needle sticks or sharps exposure on the job, or from an infected mother to her baby during birth.

- People at risk for HBV infection might also be at risk for infection with hepatitis C virus HCV or HIV.

RISK GROUPS

- Health care and public safety workers.

- Household contacts of chronically infected.

- Infants born to infected mothers.

- Infants/children of immigrants from areas with high rates of HBV infection.

- Injection drug users.

- Men who have sex with men.

- People on Hemodialysis.

- People with multiple sex partners or diagnosis of a sexually transmitted disease.

- Sex contacts of infected people.

HEPATITIS-C

Medi-Sign Target

*Lots of Fresh Lemon Juice,
Orange & Yellow Foods*

“Poverty is no disgrace to a man, but it is confoundingly inconvenient.”

Hepatitis C is a disease of the liver caused by the hepatitis C virus or HCV. You may be at risk for hepatitis C and should contact your medical care provider for a blood test if you:



- Have ever been on long-term kidney dialysis.
- Have ever injected illegal drugs, even if you experimented a few times many years ago.
- Have evidence of liver disease (e.g., persistently abnormal ALT levels).
- Received a blood transfusion or solid organ transplant before July, 1992.
- Were a recipient of clotting factor(s) made before 1987.
- Were notified that you received blood from a donor who later tested positive for hepatitis C.

SIGNS & SYMPTOMS

80 percent have no signs or symptoms.

- Abdominal pain
- Dark urine
- Fatigue
- Jaundice
- Loss of appetite
- Nausea

CAUSE

Hepatitis C virus or (HCV)

LONG-TERM EFFECTS

- Chronic infection: 55 percent to 85 percent of infected people.
- Chronic liver disease: 70 percent of chronically infected.
- Deaths from chronic liver disease: one to five percent of infected may die
- Leading indication for liver transplant.

TRANSMISSION

- Occurs when blood or body fluids from an infected person enters the body of a person who is not infected.
- HCV is spread through sharing needles or “works” when “shooting” drugs, through needle sticks or sharps exposures on the job, or from an infected mother to her baby during birth.

People at risk for HCV infection might also be at risk for infection with hepatitis B virus (HBV) or HIV.

PREVENTION

- There is no vaccine to prevent hepatitis C.
- Do not shoot drugs; if you shoot drugs, stop and get into a treatment program; if you can’t stop, never share needles, syringes, water or “works.”
- Do not share personal care items that might have blood on them (razors, toothbrushes).
- If you are a health care or public

safety worker, always follow routine barrier precautions and safely handle needles and other sharps; get vaccinated against hepatitis B.

- Consider the risks if you are thinking about getting a tattoo or body piercing. You might get infected if the tools have someone else’s blood on them or if the artist or piercer does not follow good health practices.



- HCV can be spread by sex, but this is rare. If you are having sex with more than one steady sex partner, use latex condoms correctly and every time to prevent the spread of sexually transmitted diseases.

If you are HCV positive, do not donate blood, organs or tissue.

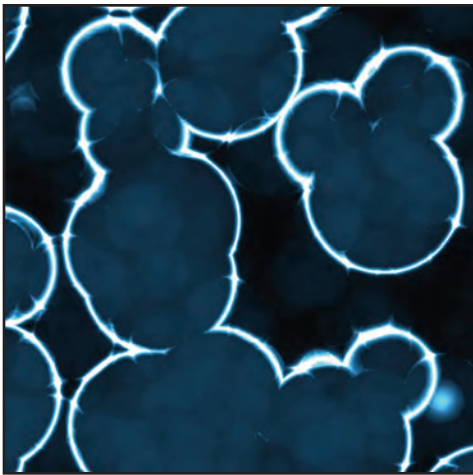
HERPES



A sexually transmitted disease or STD caused by the herpes simplex viruses type 1 and type 2 is known as genital herpes. Most genital herpes is caused by type two. Most individuals have no or only minimal signs or symptoms from HSV-1 or HSV-2 infection. They typically appear as one or more blisters on or

“I couldn’t wait for success, so I went ahead without it.”

around the genitals or rectum, when signs do occur. The blisters break, leaving tender ulcers or sores that may take two to four weeks to heal the first time they occur. Typically, another outbreak can appear weeks or months after the first, but it almost always is less severe and shorter than the first outbreak. The number of outbreaks tends to decrease over a period of years, although the infection can stay in the body indefinitely.



Although most people infected with HSV-2 are not aware of their infection, during the first outbreak, if signs and symptoms occur, they can be quite pronounced. The first outbreak usually occurs within two weeks after the virus is transmitted, and the sores typically heal within two to four weeks. During the primary episode, other signs and symptoms may include a second crop of sores, and flu like symptoms, including fever and swollen glands.

However, most individuals with HSV-2 infection may never have sores, or they may have very mild signs that they do not even notice or that they mistake for insect bites or another skin condition. After being diagnosed with herpes, most people can expect to have several, typically four or five, outbreaks or symptomatic recurrences within a year.

These recurrences usually decrease in frequency over time. The herpes infection can be severe in people with suppressed immune systems and genital herpes can cause recurrent painful genital sores in many adults. Regardless of the severity of the symptoms, genital herpes frequently causes psychological distress in people who know they are infected.

Genital Herpes: Natural Remedies

Vitamin C enhances immunity by acting as an oxidant, histamine, viral and fungal remover. It may also enhance white blood cell activity and promote production of interferon-specific immunoactive proteins released by blood cells in response to viral infections.

Zinc has been shown to reduce the frequency and severity of herpes outbreaks in several clinical trials. It may inhibit the ability of the herpes virus to reproduce itself, particularly when applied topically to lesions.

Aloe vera, is excellent for ulcers and is a vulnerary, and can be applied topically to lesions and also taken internally for its viral effect.

Lemon has been shown to have viral effects as well.

Licorice is a viral worker known to reduce inflammation and heal ulcers as well.

Hiccups occur when a spasm contracts a large sheet of muscle that separates the chest cavity from the abdominal cavity called the diaphragm. This spasm causes an intake of breath that is suddenly stopped by the closure of the vocal cords or glottis. This closure causes the characteristic "hiccup" sound.



What causes hiccups?

A very full stomach can cause bouts of hiccups that go away on their own. Full stomach can be caused by:

- Drinking too much alcohol.
- Eating too much too fast.
- Emotional stress or excitement.
- Smoking.
- Sudden change in stomach temperature, such as drinking a hot beverage and then a cold beverage.
- Swallowing too much air.

THE LAUNDRY LIST

The truth must be told. Doctors approach non-persistent hiccups exactly the same way you do, by running through a list of favorite treatments until they find one that works.

Thoughtfully, the Journal of Clinical Gastroenterology published a list of suggested hiccup cures to help those doctors whose personal lists were a little weak. Here are the journal's recommendations.

HICCUPS



"For every talent that poverty has stimulated it has blighted a hundred."

“If at first you don’t succeed, try, try again. Then quit. No use being a damn fool about it.”

- Yank forcefully on the tongue.
- Lift the uvula (*that little boxing bag at the back of your mouth*) with a spoon.
- Tickle the roof of your mouth with a cotton swab at the point where the hard and soft palate meets.
- Chew and swallow dry bread.
- Suck a lemon wedge
- Compress the chest by pulling the knees up or leaning forward.
- Gargle with water.
- Hold your breath.

Two other treatments that the journal didn’t list but that may warrant a try include:

- Suck on crushed ice.
- Place an ice bag on the diaphragm just below the rib cage.

HIGH BLOOD PRESSURE

*Medi-Sign Target
Salt, Water, Walking &
Colonics*

1. High blood pressure is not a disease! It’s plague and toxins!

High blood pressure is the body’s defensive and corrective measure, initiated to cope with pathological



conditions in various functions of the body, such as general toxemia, impaired kidney function, glandular disturbances, defective calcium metabolism, degenerative changes in arteries, arteriosclerosis, overweight, emotionally caused dysfunction in vaso-motor mechanism, etc. Blood gets forced through narrow passageways when the arteries become obstructed with plaque and cholesterol, they harden and constrict with arteriosclerosis and the circulation of blood through the vessels becomes difficult. As a result, the blood pressure becomes elevated.

2. Hypertension is precipitated by a number of factors.

In addition to arteriosclerosis, hypertension is often precipitated by cigarette smoking, stress, obesity, excessive use of stimulants such as coffee or tea, drug abuse, and the use of contraceptives.

3. People with a family history of hypertension may be more likely to

suffer from high blood pressure.

4. Hypertension is often asymptomatic.

Advanced warning signs include headaches, sweating, a rapid pulse, shortness of breath, dizziness, and vision disturbances.

5. It is important to eliminate the reason for elevated blood pressure and not just treat the symptoms.

The objective of the biologically oriented healer or one who treats people through the natural healing process, is not to lower blood pressure with drugs or even with specific vitamins and supplements, but to eliminate the reason for the elevation. Basically they attempt to remove the causes of the condition. When these are removed, the blood pressure will go down by itself.

6. High blood pressure can be of emotional origin.

It can be caused by stress, worries, fear, pressures competitive life, or prolonged nervous stress. These underlying causes of emotional origins must be removed before any nutritional or biological solutions can be successful.



7. A junk-free diet is essential for lowering blood pressure.

Some foods and food additives that should be avoided on a heart healthy diet include:

Accent flavor-enhancer (*monosodium glutamate*); baking powder (*aluminum*); canned vegetables; commercially prepared foods; certain dentifrices and over the counter medicines that contain ibuprofen, such as Advil and Nuprin; diet soft drinks; food with mold inhibitors, preservatives and most sugar substitutes; and meat tenderizers.



8. A high fiber diet is recommended.

A high fiber diet including seeded foods like brown rice, buckwheat, millet and oats are recommended along with plenty of raw fresh fruits and vegetables, such as apples, asparagus, bananas, broccoli, cabbage, raisins, squash and sweet potatoes. Eat small meals and do not overeat. Remember, obesity is one of the main causes of high blood pressure and heart disease.

9. Avoid foods that are high in animal fat and animal cholesterol.

Foods such as aged meats and orange cheeses, anchovies, chicken liver, commercial chocolate, pickled herring, hard alcohol, bacon, corned beef, pork sausage, smoked or processed meats, gravies and bouillons.

Whole Food Calcium

Increasing calcium intake appears to possess a greater blood pressure lowering effect in hypertensive than normotensive individuals. Scientists are attempting to isolate the mecha-

nism by which calcium appears to lowers blood pressure. Whole food calcium also reduces the risk of pregnancy induced hypertension and preclampsia, so studies have shown.

Leading food sources of calcium

include: *Broccoli, Bok choy, Raw Milk, Amaranth, Kale, Beans, white Cheese, Tofu and Soybeans, flaxseed and flaxseed oil.*

Flaxseed oil can help protect against high blood pressure by inhibiting inflammatory reactions that cause artery hardening plaque and poor circulation.

Garlic

Several large double blind clinical studies demonstrate that garlic significantly lowers blood pressure in people with hypertension, not garlic supplements.

Magnesium

Foods high in magnesium can help to lower blood pressure. Magnesium plays a part in reducing elevated blood pressure by relaxing the muscles that control blood vessels, allowing blood to flow more freely.

Sources of Magnesium: *Spinach, Avocados, organic Chocolate, Pumpkin seeds, Sunflower seeds,*

Brazil nuts, Amaranth, Buckwheat, Almonds, Quinoa and Barley.

Omega-3 Fatty Acids

Researchers theorize that omega-3 fatty acids foster good circulation due in part to their alpha-linolenic acid content. The presence of omega-3 fatty acids makes blood platelets less likely to clump together and form clots that lead to heart attacks. Some sources of

Omega-3 Fatty Acids are:

Almonds, walnuts and pecans.

Potassium

Potassium is an important dietary electrolyte that helps maintain blood pressure levels. Studies indicate that people who consume optimal amounts of foods high in potassium generally have lower blood pressure than those whose potassium intake is low.

Sources of Potassium: *Beets, Bok Choy, Apricots, Pomegranates, organic Chocolate, beans, Oranges, Water chestnuts, Tomatoes, Potatoes, Quinoa, Cantaloupe, Bananas, Figs, Avocados, Yogurt, Broccoli and Brussels sprouts.*



“Poor and content is rich, and rich enough.” -William Shakespeare

“USA Today has come out with a new survey: Apparently three out of four people make up 75 % of the population.”

Vitamin C

Vitamin C can widen blood vessels, thus helping to lower blood pressure. Scientists speculate that constricted arteries are caused by the type of cell damage that vitamin C corrects.

Sources of Vitamin C: *Cabbage, Red Peppers, Bell Peppers, Tangerines and other mandarins, Oranges, Kiwi fruit, Strawberries and Potatoes.*

Soy to the World

All you boys and girls

Once sold only in health food stores, soybeans are now on the shelves at the local supermarket. We suspect that in coming years, more and more soybean products will join the plain bean. The reasons are many: Soybeans are inexpensive, popular, and very nutritious. Consider just a few nutritional facts.

- Soybeans are amazingly high not only in protein but also in key minerals. Calcium, potassium, and iron are all present, the latter two in large amounts.

- The fat in soybeans is unsaturated, making them great for cholesterol lowering diets. Coupled with their low sodium content and the calcium and potassium mentioned above, the balance of fats in soybeans makes them perfect when blood pressure is a concern.

- The fiber in soybeans has shown a cholesterol lowering effect.

- Contrary to the long held belief that vitamin B12 is present only in animal foods,

preliminary research has suggested that all fermented foods such as miso and tempeh also contain it.

It's little wonder that so many new foods made with soybeans are appearing every year. Of course, many people prefer to buy uncooked soybeans and prepare them at home.

Brain grain

A Grain of Truth

The whole grain, and nothing but the grain, for the heart. This includes whole wheat, whole rice, barley, oats and more.

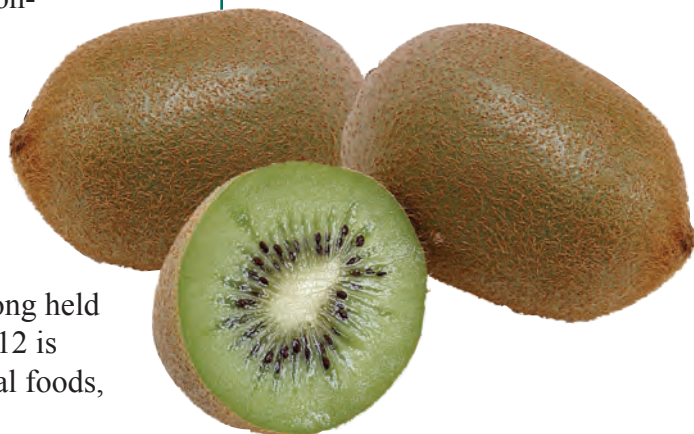
Great Gobs of Golden Grapefruit

It's the soluble fiber solution. With tons of vitamin C, vitamins, minerals and 5,000 unnamed nutrients.

Kiwifruit

Over 8,000 nutritional constituents. In China, kiwifruit is known as “Chinese gooseberry,” and it originally was known in the United States by the same name. New Zealand growers suspected that a more exotic name would fare better in the marketplace and changed the name to “kiwi” in honor of their national bird.

Some value kiwifruit for its striking appearance, others for its unique flavor. In China, where it is still known as the gooseberry, the emphasis is on kiwifruit's healthfulness.



Kiwifruit is perfect on the high blood pressure front, too, because it's rich in potassium.




Find Escape

“The Pressure Cutter”

1-2	Grapefruits, juiced
3 oz	Pineapple Juice
1 tsp	Flaxseed Oil






Tubular Rinse

“The Arterial Scrubber”

1-2 cups	Pure Water
1/2 cup	Pineapple Juice
2 Tbsp	Oat or Rice Bran
1 Tbsp	Nutritional Yeast
1/2 tsp	Flaxseed Oil

Lowering blood pressure include allspice, grapes, bilberry, black cohosh, cat's claw, chili, devil's claw, dong quai, goldenseal, gotu kola, olive leaf, rosemary, stevia, valerian and green tea.



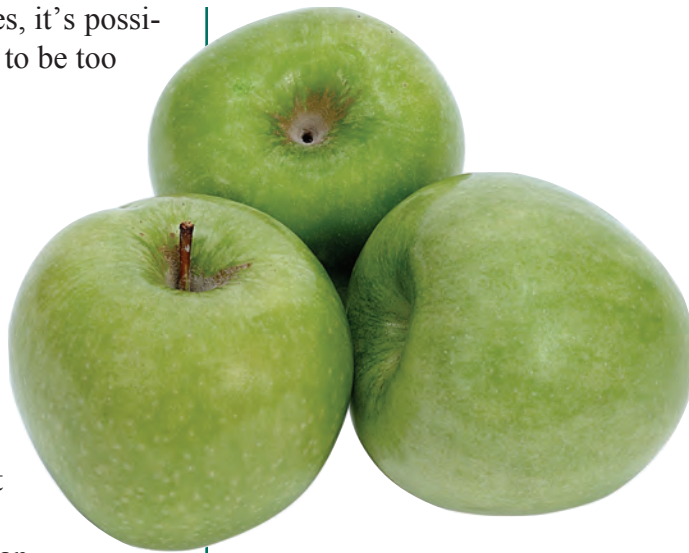
What about low blood pressure?

Within certain limits, the lower your blood pressure reading is the better. In most people, blood pressure isn't too low until it produces symptoms, such as light headedness or fainting.

In certain disease states, it's possible for blood pressure to be too low.

Examples include:

- Certain nerve or endocrine disorders
- Decreases in blood volume due to severe bleeding (*hemorrhage*) or dehydration
- Prolonged bed rest



Blood pressure less than 120/80 mm Hg is generally considered ideal. Levels higher than this increase your risk for cardiovascular disease.

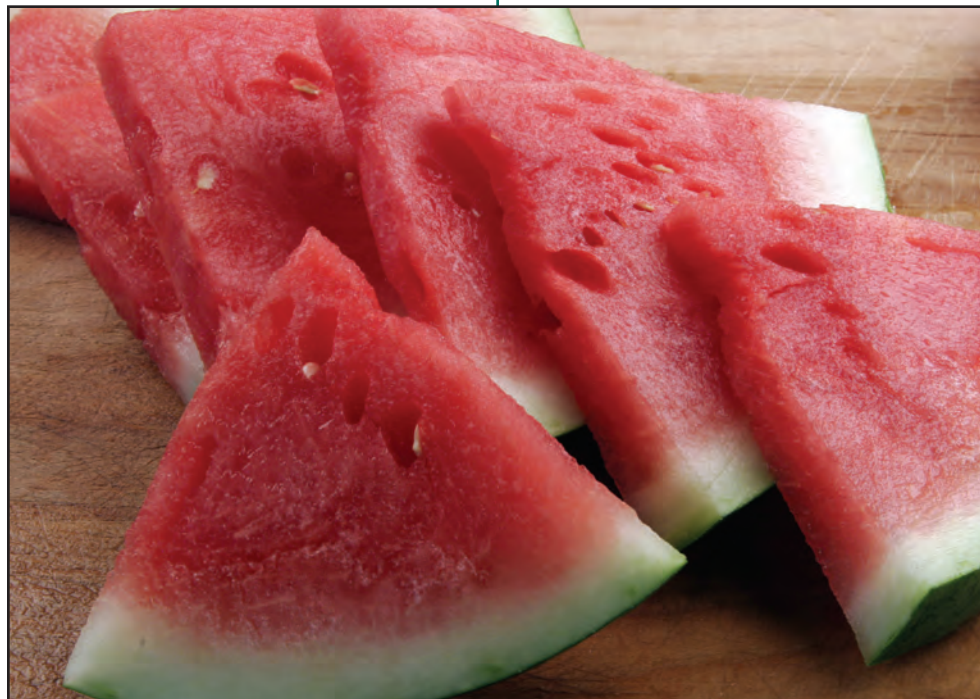
It's no mystery...

Blood pressure is the force of the blood against artery walls when the heart beats and rests.

**The Wrap up
Ten Food Remedies for Reducing High Blood Pressure**

1. Drink warm celery juice three times a day or drink lukewarm celery juice on an empty stomach at least once a day.

2. Eat two raw tomatoes on an empty stomach every day for a month.
3. Eat three apples daily.
4. Eat garlic and garlic oil to clean out the arteries.
5. Steam tofu, cool to room temperature and add vinegar and sesame oil. This can be combined with soupy rice for a nutritious breakfast.
6. During the summer, make watermelon juice or eat watermelon every day.



7. Drink tea made from steeped organic banana peels.
8. Eat a soup made of corn silk and white mushrooms regularly.
9. Make a tea from buckwheat and lotus roots.
10. Avoid smoking, hard alcohol, spicy foods, all stimulants, fatty or lard fried foods and pork.

HIGH CHOLESTEROL

Medi-Sign Target
Legumes, Grapefruit & Stop Eating Animals

Why is Cholesterol Important?

Heart disease causes have a lot to do with blood cholesterol; high blood cholesterol is one of the major risk factors, or chance of causing the disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States with each year, more than a million Americans known to have a heart attacks, and about a half million people die from heart disease. Actually, treatments kill most of these people.

How Does Cholesterol Cause Heart Disease?

Bad cholesterol, which is a fat like substance from dead animal carcasses, builds up in the walls of your arteries when there is too much bad cholesterol. Over time, this buildup causes "*hardening of the arteries*" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood

"Neurotic is a man that builds a castle in the air. A psychotic is the man who lives in it. A psychiatrist is the man who collects the rent."

carries oxygen to the heart, and you may suffer chest pain if enough blood and oxygen cannot reach your heart. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

Since high blood cholesterol itself does not cause symptoms, many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone, younger, middle age, and older adults, women and men and people with or without heart disease.

Not all cholesterol is entirely bad though. The human body actually needs it, and produces it; this is good cholesterol. The body uses it to help protect nerves and build new cells and hormones. In fact, our bodies get all the cholesterol they need by making it on their own. The trouble starts when we add to



the cholesterol our body's produce, which can happen when we eat the all American diet of cheeseburgers, steaks, pizza, ice cream or any food that has an animal or includes an animal product.

Leading to angina pain, heart attack or stroke, animal cholesterol settles along your arterial walls, and that excess can clog arteries and restrict blood flow. Animal cholesterol is also a leading cause of gallstones.

What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels.

These are things you can do something about:

- **Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up.

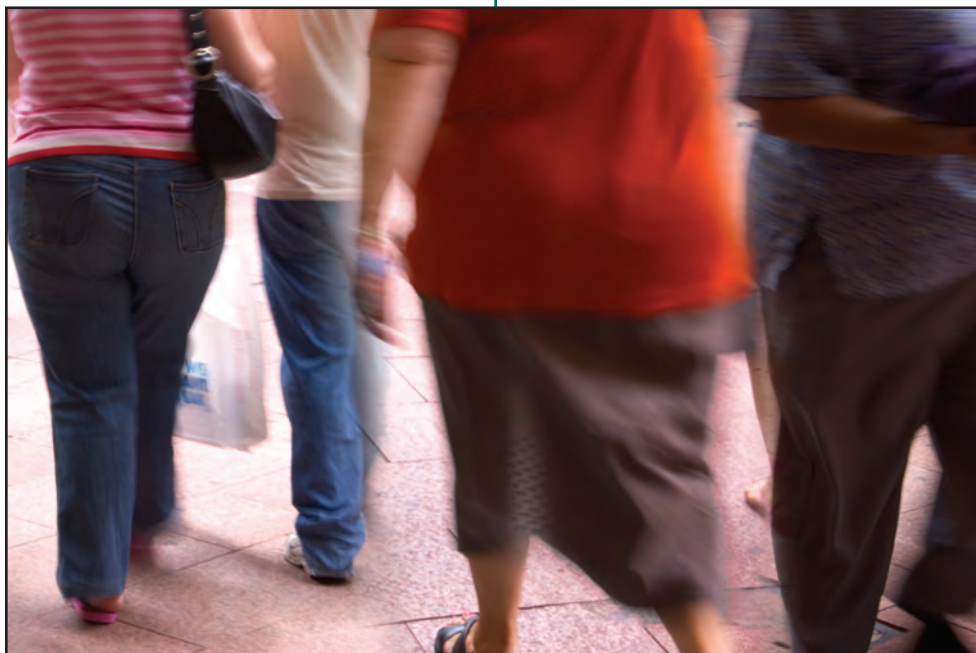
Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level. This is a nice way of saying, *“Quit eating foods that have a face or a mommy.”*

- **Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL or bad cholesterol and total cholesterol levels, as well as raise your HDL or good cholesterol and lower your triglyceride levels.

- **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL or bad cholesterol and raise HDL or good cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days. Walk...its fun.

- **Nibble throughout the day.** One way to lower your cholesterol is simply to change how often you eat. Research has shown that large meals trigger the release of large amounts of insulin. Insulin release, in turn, stimulates the production of an enzyme that increases cholesterol production by the liver. Having smaller, more frequent meals, but not increasing overall calories, may limit insulin release and play a role in cholesterol control and heart disease prevention.

- **Add whole food vitamin C to your menu.** Vitamin C is especially beneficial when you get it from fruits and vegetables that also have a cholesterol lowering fiber called pectin. Pectin surrounds cholesterol



“The trouble with being punctual is that nobody’s there to appreciate it.”

and helps transport it out of your digestive system before it gets into your blood. Vitamin C rich, pectin rich foods include citrus fruits, tomatoes, potatoes, strawberries, apples and spinach.



• **Go heavy on garlic.** Vampires aren't the only thing garlic keeps away. In large doses, at least seven cloves daily, this food can significantly reduce cholesterol. Of course, that's probably more garlic than most people eat in a month, but do it.

• **Don't depend on decaf.** Decaffeinated coffee, solvent and poly styrene leached, actually raises LDL levels more than regular brew, so it's the worst beverage selection if you have high cholesterol.

• **Gravitate toward grapes.** There's a cholesterol-lowering compound in virtually all products containing grape skin, including wine. You can take advantage of these cholesterol clobbering qualities by drinking grape juice or simply eating grapes.



• **Reach for grapefruit.** People who ate at least one and a half cups of grapefruit sections every day lowered their cholesterol over seven percent in two months. Grapefruit is among the fruits that contain cholesterol-lowering pectin. Pharmaceutical companies fear, hate and despise grapefruit! Their literature tells doctors to tell you not to eat it. Because if you did, Lipitor would die and go away.

• **Cook up some beans.** Lima beans, kidney beans, navy beans, soybeans and other legumes can all help lower your cholesterol. The reason these high fiber legumes are so effective is because they, too, contain pectin. The more of these beans you can eat, the greater the benefits you receive.

• **Munch a couple of carrots.** Bugs Bunny's favorite entree is a boon to arteries, because carrots have plenty of cholesterol-lowering pectin. It may be possible for people with high cholesterol to lower it ten to twenty percent just by eating two carrots a day.

HISTIDINE

Medi-Sign Target
Nerves

(Non-Essential Amino Acid)
Is found abundantly in hemoglobin; has been used in the treatment of rheumatoid arthritis, allergic diseases, ulcers and anemia. A deficiency can cause poor hearing.

HIVES

Medi-Sign Target
14-21 Day Water Fast

Hives are usually an allergic reaction to food or medicine. They are raised, often itchy red welts on the surface of the skin.

When you have an allergic reaction to a substance, histamine and other chemicals are released into your bloodstream, causing itching, swelling, and other symptoms. Hives are a common reaction, espe-

"Depression is rage spread thin."

“Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance or a stranger.”



cially in people with other allergies like hay fever.

When swelling or welts occur around the face, especially the lips and eyes, it is called angioedema; swelling from angioedema can also occur around your hands, feet and throat.

Many substances can trigger hives:

- Animal dander (especially cats)
- Insect bites
- Medications
- Pollen
- Shellfish, fish and other foods

Hives may also develop from:

- Emotional stress
- Excessive perspiration
- Extreme cold or sun exposure
- Infections like mononucleosis or illness (including lupus, other autoimmune diseases, and leukemia)

Symptoms:

- Itching
- Swelling of the surface of the skin into red or skin colored welts (called wheals) with clearly defined edges

The welts may enlarge, spread, and join together to form larger areas of flat, raised skin. They can also change shape, disappear, and reappear within minutes or hours. The welts tend to start suddenly and resolve quickly. When you press the center of a red welt, it blanches or turns white.

Treatment

Treatment may not be needed if the hives are mild. They may disappear on their own. To reduce itching and swelling:

- Apply cool compresses to the welts. This may reduce swelling and pain. If a large part of your body is affected, soak in a cool bath. Avoid hot baths or showers.

- Avoid irritating the area with tight-fitting clothing.

Especially in chronic cases, allergies to foods and food additives are a common cause of hives. Citrus fruits are among those foods most commonly reported to trigger hives. Numerous clinical studies demonstrate that diets that are free of foods that commonly trigger allergic reactions typically produce significant reductions in symptoms in 50 to 75 percent of people with chronic hives. People with hives should investigate the possibility that food allergies are causing their problem.

Food allergies typically indicate an extreme deficiency of the nutrients in those foods. The body reacts violently trying to get to them. Small, sometimes infinitely small amounts of the food or just exposure of them to skin can help to resolve the allergic response.

HODGKIN'S DISEASE/ LYMPHOMA

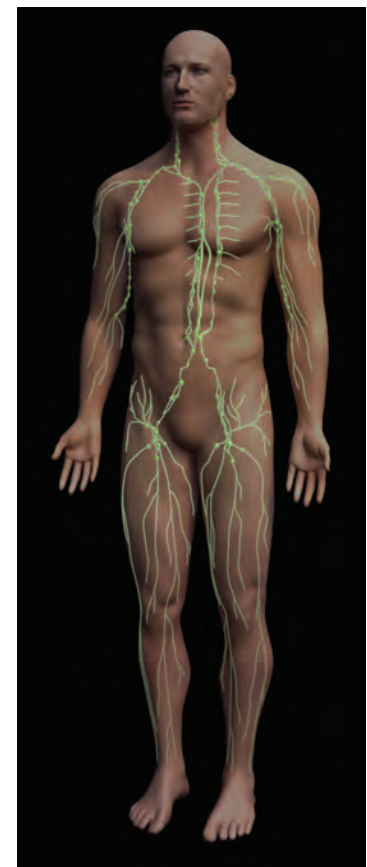
Medi-Sign Target
14 Days on Cabala Juice

Hodgkin's Lymphoma or Hodgkin's disease, two terms for the same

thing, is a malignant cancerous growth of cells in the lymph system. Hodgkin's disease is the better known form of lymphoma. The other lymphomas are grouped into what is called the Non-Hodgkin's Lymphomas.

The disease was named after an English scholar and Quaker physician working at Guy's Hospital in England named Thomas Hodgkin (1798-1866). Lymphatic disease was first described in 1666 by Malpighi although it was in Hodgkin's 1832 paper that cases of Hodgkin's lymphoma were well documented. Hodgkin's name was attached to the disease in 1865 in a paper by Wilks.

What now differentiates Hodgkin's lymphoma is the presence of Reed-Sternberg cells, and variations on this cell, in the cancerous area, a cell specific to Hodgkin's disease. There is definitive evidence that the cancerous cells are of B-cell lym-



phocyte or white blood cell, in origin. The Epstein-Barr virus (EBV) also appears to be a factor, at least in some cases, appearing in about 40 to 50 percent of Hodgkin's cases. In people who have contracted infectious mononucleosis, Hodgkin's may be more prevalent. Also there are links between Hodgkin's and the measles virus. It has recently been found that Interleukin-13, a natural cytokine in the body, may be overproduced by Hodgkin's cancerous cells. What causes Hodgkin's lymphoma is still being researched. Dollars to doughnuts it's cadaverine plaques.

Hodgkin's can occur in children and adults. It is more common in two age groups; early adulthood usually around 25 or 30, and late adulthood after 55. This lymphoma is rare in children under five. About ten to fifteen percent of cases are diagnosed in children 16 years old and younger. Children don't naturally like to eat meat, they have to be trained. By age five their off and running to McDonald's.

Hodgkin's lymphoma is not contagious and the person does not pose a risk to others in any way. There are some symptoms for

Hodgkin's but they are not specific. Often a lymph node swells, especially in the upper body area. Other times one feels they have a lack of energy. More serious symptoms can include weight loss, fever and drenching night sweats. Some people have itching and others a lower back pain that is unexplained. The lower back pain may be caused by growing lymph nodes pressing on nerves. In occasional cases the involved nodes are painful after alcohol consumption.

(See: *Disease: The Mystery Solved*)

HOMEOPATHY

*Medi-Sign Target
A First Step in the Right
Direction.*

*This can be a first step to get away
from drugs.*



The word "homeopathy" is derived from two Greek words: **homoios** which means "similar" and **pathos** which means "suffering."

Homeopathy's basic premise is called the "principle of similars," and it refers to recurrent observation and experience that a medicinal substance will elicit a healing response for the specific syndrome of symptoms or suffering that it has been proven to cause when given to a healthy person in overdose.

The principle of similars encourages a respect for the body's wisdom and initiates a healing response. It makes sense to utilize a medicine that helps and mimics this defense rather than that inhibits or suppresses it, because symptoms represent the best efforts of our body in its defenses against infection or stress. The principle of similars may be one of nature's laws that, when used well, can be one of our most sophisticated healing strategies, except when applied to drugs.

WARNING: *Maybe. Not always. Be careful, even small amounts of drugs are still drugs.*

Homeopathy lost its roots and meaning along the way

It is important to note that immunizations and allergy treatments are two of the very few applications in modern medicine today that actually set off the body's own defenses in the attempt at prevention or treatment of specific diseases, and it is NOT simply a coincidence that both of these treatments are derived from the homeopathic principle of similars.

WARNING: *Immunization and allergy treatments have*

permanently disabled and killed tens of thousands of people including babies, and do so every year.

Homeopathic medicine is so widely practiced by physicians in Europe that it is no longer appropriate to consider it "alternative medicine" there. Approximately 30 percent of French doctors and 20 percent of German doctors use homeopathic medicines regularly, while over 40



"Psychiatry is probably the single most destructive force that has affected the american society within the last fifty years."

“If at first you don’t succeed, failure may be your style.”



mental, it seemed to many people to be more rather than less scientific than orthodox medicine.”

I personally would like to see people replace their pharmaceutical drugs with homeopathic medicines; then replace all of that with fasting and whole foods, walking, salt, water, clean air and sunshine.



percent of British physicians refer people to homeopathic doctors, and almost half of Dutch physicians consider homeopathic medicines to be effective. The fact that the British Royal Family has used and supported homeopathy, reflecting its longstanding presence in Britain’s national health care system, since the 1830’s.

Homeopathic medicine also once had a major presence in American society and in American medical care. In 1900 there were 22 homeopathic medical schools in the United States, including Boston University, University of Michigan, New York Medical College, Hahnemann University, University of Minnesota, and even the University of Iowa. Further, many of America’s cultural elite were homeopathy’s strongest advocates, including Mark Twain, William James, John D. Rockefeller, Susan B. Anthony, Louisa May Alcott, Henry Wadsworth Longfellow, Henry David Thoreau, and Harriett Beecher Stowe, amongst many others.

In his Pulitzer Prize winning book *The Social Transformation of American Medicine*, Paul Starr noted, “Because homeopathy was simultaneously philosophical and experi-

HOMINY/GRITS

Medi-Sign Target
Bones & Muscle Power



Hominy is the corn without the germ. Hominy is served both whole and ground; it can be either a cereal or a vegetable, hominy is boiled until cooked. Hominy may also be pressed into patties and fried. This dish is especially popular in the southern United States. Samp is another name for coarse hominy. Hominy ground into small grains is sometimes called “hominy grits.”

“Hominy” and “samp” are words used interchangeably by American

colonists to mean processed corn. Unfamiliar with corn, the colonists had to learn from the Indians how make the tough grain edible. The pioneers prepared hominy by soaking the kernels in weak wood-based lye until the hulls floated to the surface.

Near their kitchens, Colonists usually kept both a samp mill and an ash hopper. A samp mill was a giant mortar and pestle made from a tree stump and a block of wood, which was hung from a tree branch. The branch acted as a spring. The samp mill was used to crack hard kernels of dried corn into coarse meal. The ash hopper was a V-shaped wooden funnel. Wood ashes were put into the funnel, and then water was run through the funnel to make lye. The lye was then used to soften the corn hulls and create hominy.

An English traveler in 1668 once described hominy as similar to the English dish, “Hasty Pudding.” Hasty pudding and hominy were the instant cereal of colonial times.

After “samp” fell out of use, “hominy” was used interchangeably with “grits” In the rest of America, hominy referred to the whole kernels

which were skinned but not ground; in most of the South, “hominy” came to mean the coarsely ground skinned kernels used to make the dish known as “hominy grits” or just plain “grits.”

In New Orleans, the whole kernels are still called “big hominy” and the ground ones are known as “little hominy.” In the American Southeast, to this day, grits are eaten with everything; cheese, nutritional yeast, butter, vegetables, etc.

In the Southwest, hominy is called “*posole*,” and it is used to make hearty stews of hominy, chile peppers, and more South Westerners and Mexicans will also grind small hominy until it is very fine and use it for tamale and tortilla dough.

Quick or instant grits are available in cans but the quality seems to suffer in the canning process. The result is grits that are usually described as tasting like “*library paste*.”

The word “*grits*” comes from Old English *grytta* meaning to grind, like gritting ones teeth. Yellow grits include the entire kernel, while white grits use dehulled kernels. Grits are prepared by simply boiling into porridge; normally they are boiled until enough water evaporates to leave them semi-solid.



HONEY

Medi-Sign Target
Brain, Heart & Nerve
Cleanser



Honey is replacing white sugar because more and more people are realizing that white sugar is one of the worst foods around. Honey is much sweeter than white sugar and is assimilated directly into the bloodstream very quickly. Honey contains more minerals and enzymes.

Honey has been used as medicine for centuries. All types of honey, both raw and heated, work naturally to harmonize the liver, neutralize toxins and relieve pain. Its warming/cooling energy is neutral. Honey moistens dryness and treats dry or hoarse throat and dry cough. Both raw and heated types of honey are useful for treating stomach ulcers, cancer sores, high blood pressure, and constipation and can be applied directly to burns. Honey’s sweet and toxic

removal properties are used to break the cycle of alcoholism. Alcohol is a sugar. Give honey by the spoonful when more alcohol is craved during a hangover. Honey’s harmonizing effect is also beneficial when a person is overworked, having menstrual problems, or is exhausted.

A small amount of honey is normally adequate for those whose diet is primarily grains and vegetables. For most purposes, dilute one to three teaspoons of honey in

warm water or mix with other food to reduce its strong effect. Heat processed honey should not be used by people with copious amounts of mucus. Raw, completely unprocessed, unheated honey is preferable; it has the ability to dry up mucus and is helpful for those with edema and too much weight.

Raw honey is not recommended for infants under 12 months. Raw honey can be obtained from some grocery and natural food stores, or from beekeepers.

Honey has strong probiotic properties. It also has sleep-inducing, sedative and tranquilizing properties.

The nutrients in honey are believed to assist in cancer, heart and other diseases. According to the United States researchers, dark colored honey, such as buckwheat honey, is generally thought to contain higher levels of nutrients than the light colored varieties. Honey also has the same level of disease resistant nutrients as fruits.

“There is no psychology; there is only biography and autobiography.”

HONEYDEW

Medi-Sign Target
Breasts Deplaquer



The honeydew is a type of edible melon. It is a member of the family cucurbitaceae, and a cultivar, of the species Cucumis melo L. subspecies melo L. This includes other cultivars such as the cantaloupe, casaba, musk melon and several ornamental gourds.

The honeydew has a smooth, creamy white rind with a pubescence or a soft, invisible, downy texture that disappears when ready to eat, a light green flesh, its juicy and sweet. Newer varieties include orange fleshed honeydews. They can grow to be five to seven pounds. Honeydew has the same benefits as cantaloupe.

HORSERADISH ROOT

Medi-Sign Target
Bones, Stem Cells,
Deplaquer & Lungs



Horseradish is utilized by European herbalists both internally and externally. It causes reddening when applied to the skin and was used on arthritic joints or irritated nerves. Internally, it was considered to be a diuretic and is used by herbalists to treat kidney stones or edema. It is also recommended as a digestive stimulant and to treat worms, coughs and sore throats.

It has the qualities of ginger and garlic in activity for cancers, heart and heavy metal detoxification. Removes and breaks up disease plaque.

HUCKLEBERRY

Medi-Sign Target
Brain & Blood Deplaquer

Huckleberry is a name used in North America for several plants in two closely related genera in the family Ericaceae, Gaylussacia and Vaccinium.

While some Vaccinium species, such as the Red Huckleberry, are always called huckleberries, other species may be called blueberries or huckleberries depending upon local custom. Similar Vaccinium species in Europe are called bilberries.

Note: There is much confusion in naming of berries in American English. Huckleberry is also sometimes used for the unrelated Solanum melanocerasum, which is a small annual bush producing "pea" sized black fruit. Although the fruit is similar the plant is not otherwise like the huckleberries. Huckleberry has the same nutrient powerhouse as blueberries.



HUMAN BITES

Medi-Sign Target
Salt in Wound

Human bites result from fights, sexual activity, medical and dental treatment and seizures. Bites also raise the possibility of spousal or child abuse. Children often bite other children, but those bites are hardly ever severe. Human bites are capable of transmitting a wide range of dangerous diseases, including hepatitis B, syphilis and tuberculosis.

"I don't go for this auto-cannibalism. Very damaging." -Peter O'Toole, on psychoanalysis



Human bites fall into two categories: occlusional or true bites and clenched fist injuries. The occlusional bites present a low risk of infection. The latter, which are very infectious and can permanently damage the hand, usually result from a fist hitting teeth during a fight. Because people often wait before seeking treatment for clenched fist injuries, the result is that about half of such injuries are infected.

Wash with soap and water for five minutes, put salt into the wound, then rinse and bandage.

HUNTINGTON'S DISEASE/CHOREA

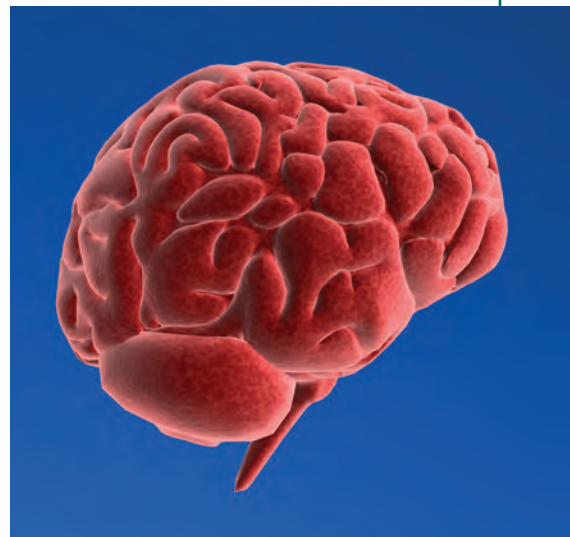


Huntington's disease or Huntington's chorea is a progressive, degenerative disease that causes certain nerve cells in your brain to waste away. Uncontrolled movements, emotional disturbances and mental deterioration are symptoms. The disorder was documented in 1872 by American physician George Huntington. The name "*chorea*" comes from the Greek word for

"*dance*" and refers to the incessant quick, jerky, involuntary movements that are characteristic of this condition.

Huntington's disease is an inherited disease and signs and symptoms usually develop in middle age, and men and women are equally likely to develop the condition. Younger people with Huntington's disease often have a more severe case as their symptoms may progress more quickly. It is rare for children may develop this condition.

An estimated one in 10,000 Americans has Huntington's disease, with about 30,000 known cases in the United States. About 150,000 Americans may be at risk of inheriting Huntington's disease from a parent.



Signs and Symptoms

The earliest signs and symptoms of Huntington's disease often include personality changes and decreased cognitive abilities. You may demonstrate symptoms such as irritability, anger or paranoia or show signs of depression. You may also

begin to have difficulty making decisions, learning new information, answering questions and remembering important information. Your family and friends may notice these changes before you become aware of them.

Early physical signs and symptoms of Huntington's disease may include mild balance problems, clumsiness and involuntary facial movements such as grimacing. As the disease progresses, you may develop:

- A wide, prancing gait
- Dementia
- Difficulty shifting your gaze without moving your head
- Hesitant, halting or slurred speech
- Inability to swallow
- Severe problems with balance and coordination
- Sudden jerky, involuntary movements (*chorea*) throughout your body

Including muscle rigidity, tremors and slow movements, young people who develop Seizures may develop during early onset and other symptoms may mimic Parkinson's disease.

The disease usually develops slowly, and the severity of signs and symptoms is related to the degree of nerve cell loss. Death occurs about 10 to 30 years after signs and symptoms first appear. Having Huntington's disease presents a number of challenges that require daily or regular attention.

"People who do not understand themselves have a craving for understanding."

“That don’t make no sense. That’s like wiping your butt before you poop.” -Larry the Cable Guy

The following steps may improve how you feel:

- **Exercise regularly.** People with Huntington’s disease who exercise regularly tend to fare better than those who don’t exercise, and physical activity can help you feel better mentally and physically. Keep your home free of sharp, hard objects in case you fall while moving around. Consider wearing special padding to protect yourself from falls that may happen while you’re on walks. Wearing sturdy, properly fitting shoes may help with stability.

- **Maintain proper nutrition.** People with Huntington’s disease need to get adequate nutrition to maintain body weight. You may need assistance while eating because Huntington’s disease can impair coordination. Allow plenty of time for meals. Cutting food into small pieces or eating pureed food may make swallowing easier and prevent choking. Using cups with lids and suction cups and tableware designed for people with disabilities may prevent spills.

- **Drink plenty of water.** Huntington’s disease can make you vulnerable to dehydration. Drink large amounts of water, especially during hot weather. Some people find that bendable straws make drinking easier. For the best results, read, *(Disease: The Mystery Solved)*

HYPER TENSION

Medi-Sign Target
Walking & Red Foods

Treatment

The goal of treatment is to reduce blood pressure to a level where there is decreased risk of complica-

tions. Treatment can occur at home.

Lifestyle changes can reduce high blood pressure, including weight loss, exercise, and dietary adjustments. Stop eating meat of any kind. Drink one quart of water for every 50 pounds of weight. Walk one hour every day.

- Lose weight if you are overweight. Excess weight adds to strain on the heart. Weight loss is the only treatment needed in most cases.
- Exercise to help your heart.



Walk!

- Increase fruits, vegetables, and fiber. Stop the crap food intake. Now!
(See: High Blood Pressure and Heart Disease)

HYPER-THYROIDISM

Medi-Sign Target
Extended Fasting,
Mushrooms & Ferments



Your thyroid is a butterfly shaped gland located just below your Adam’s apple at the base of your neck. Even though your thyroid weighs less than an ounce, it has an enormous impact on your health. Every aspect of your metabolism is regulated by thyroid hormones, from your heart rate to how quickly you burn calories.

Your metabolism functions normally as long as your thyroid produces the right amount of these hormones. Sometimes, though, your thyroid gland produces too much of the hormone thyroxine, a condition known as hyperthyroidism or overactive thyroid disease. This can accelerate your body’s metabolism sometimes by as much as 60 percent to 100 percent, causing sudden weight loss, a rapid or irregular heartbeat and nervousness or irritability.

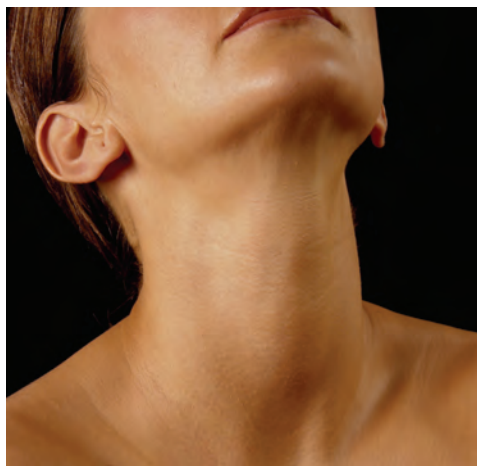
When it comes to having hyperthyroidism women are more likely than men to develop it. Although the condition usually occurs in young or middle aged adults, it can also affect

adolescents and older adults. Even though hyperthyroidism can be fatal if it's ignored, most people respond well once the condition is diagnosed and treated.

Hyperthyroidism can be difficult to diagnose because it can mimic other health problems.

Most common symptoms include:

- An enlarged thyroid (*goiter*), which may appear as a swelling at the base of your neck.



- Changes in bowel patterns, especially more frequent bowel movements.

- Changes in menstrual patterns.

- Difficulty sleeping.

- Fatigue, muscle weakness.

- Increased sensitivity to heat.

- Nervousness, irritability, tremor.

- Rapid or irregular heartbeat (*arrhythmia*) or pounding of your heart

- Sudden weight loss, even when your appetite and food intake remain normal or increase.

- Sweating

Older adults are more likely to have either no symptoms or very subtle ones including an increased heart rate, heat intolerance and a tendency to become tired during ordinary activities.

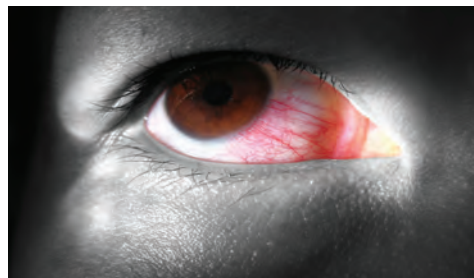
Sometimes, affecting your eyes, is a problem called Graves' ophthalmopathy. With this disorder, the tissues and muscles behind the eyeball swell causing the eyeball to protrude forward. This causes the front surface of your eyeball to become very dry.

Other signs and symptoms of Graves' ophthalmopathy include:

- Excessive tearing or discomfort in one or both eyes.

- Light sensitivity, blurry or double vision, inflammation or reduced eye movement.

- Red or swollen eyes.



- Widening of the space between your eyelids. Your thyroid gland produces two main hormones, thyroxine and triiodothyronine. Their job is to maintain the rate at which your body uses fats and carbohydrates, help control your body temperature, influence your heart rate and help regulate the production of protein. Calcitonin, which is a hormone that regulates the amount of calcium in your blood is also produced by your thyroid.

The rate at which these hormones are released is controlled by your pituitary gland and your hypothala-

mus. Your hypothalamus is an area at the base of your brain that acts as a thermostat for your whole system. Here's how the process works:

The hypothalamus signals your pituitary gland to make a hormone called thyroid-stimulating hormone or TSH. Your pituitary gland then releases TSH. The amount depends on how much thyroxine and triiodothyronine are in your blood. Finally, your thyroid gland regulates its production of hormones based on the amount of TSH it receives.

Normally, your thyroid releases the right amount of hormones, but sometimes it can produce too much thyroxine. This may occur for a number of reasons, including:

- Graves' disease. Most hyperthyroidism is caused by Graves' disease. Graves' is an autoimmune disease in which bodies produced by your immune system stimulate the thyroid to produce too much thyroxine.

- Hyperfunctioning thyroid nodules. This form of hyperthyroidism occurs when one or more adenomas of your thyroid produce too much thyroxine. An adenoma is a part of the gland that has walled itself off from the rest of the gland, forming noncancerous or benign lumps that may cause an enlargement of the thyroid.

- Thyroiditis. Sometimes your thyroid gland can become inflamed for unknown reasons. The inflammation can cause excess thyroid hormone stored in the gland to leak into your bloodstream.

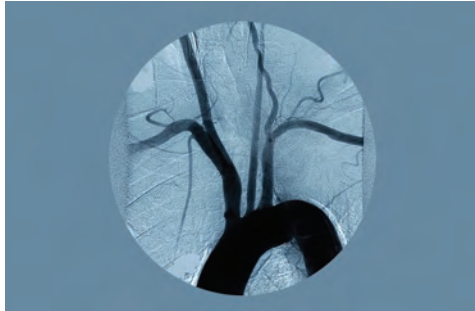
Eat lots of mushrooms, pumpkins, pumpkin seeds, sauerkraut, fresh cabbage, greens and pine nuts.

"Neurosis is always a substitute for legitimate suffering."

HYPOGLYCEMIA

Medi-Sign Target

Sweet Potatoes &
Lots of Fruit



Hypoglycemia is the clinical syndrome that results from low blood sugar. The symptoms one experiences from hypoglycemia can vary from person to person, as can the severity. Hypoglycemia is classically diagnosed by a low blood sugar with symptoms that resolve when the sugar level returns to the normal range.

Who is at risk for hypoglycemia?

While people who do not have any metabolic problems can complain of symptoms suggestive of low blood sugar, true hypoglycemia usually occurs in people being treated for diabetes, either type one or type two. If their high circulating insulin levels are further challenged, people with pre-diabetes who have insulin resistance can also have low sugars on occasion. There are other rare causes for hypoglycemia, such as insulin producing tumors or insulinomas and certain medications.

In large scale studies looking at tight control in both type 1 and type 2 diabetes, low blood sugars occurred more often in the people who were managed most intensively. This is important for people and physicians to recognize, especially

as the goal for treating people with diabetes becomes tighter blood sugar control.

I thought high blood sugar was bad. Why is low blood sugar also bad?

The body needs fuel to work. One of its major fuel sources is sugars, which the body gets from what is consumed as either simple sugar or complex carbohydrates. For situations such as prolonged fasting, the body stores a stash of sugar in the liver as glycogen. If this store is needed, the body goes through a biochemical process called gluconeogenesis, meaning to “*make new sugar*,” and converts these stores of glycogen to sugar. This backup process emphasizes that the fuel source of sugar is important. It is important enough for human beings to have a system of storage to avoid a sugar drought.



Of all the organs in the body, the brain depends on sugar, which we are now going to refer to as glucose, almost exclusively. Rarely, if absolutely necessary, the brain will use ketones as a fuel source, but this is not preferred. The brain cannot make its own glucose and is 100 percent dependent on the rest of the body for its supply. If for some reason, the glucose level in the blood falls or if the brain's requirements increase and demands are not met, there can be effects on the function of the brain.

Can the body protect itself from hypoglycemia?

When the circulating level of blood glucose falls, the brain actually senses the drop. The brain then sends out messages that trigger a series of events, including changes in hormone and nervous system responses that are aimed at increasing blood glucose levels. Insulin secretion decreases and hormones that promote higher blood glucose levels, such as glucagon, cortisol, growth hormone and epinephrine, all increase. As mentioned above, there is a store in the liver of glycogen that can be converted to glucose rapidly.

In addition to the biochemical processes that occur, the body starts to consciously alert the affected person that it needs food by causing the signs and symptoms of hypoglycemia discussed below.

What are symptoms of hypoglycemia, and how low is too low?

The body's biochemical response to hypoglycemia usually starts when sugars are in the high to mid 60's. At this point, the liver releases its stores and the hormones mentioned above start to activate. In many people, this process occurs without any symptoms.

While there is some degree of variability among people, most will usually develop symptoms suggestive of hypoglycemia when blood glucose levels are lowered to the mid 50's. The first set of symptoms is called neuro-genic or sympathetic, because they relate to the nervous system's response to hypoglycemia.

People may experience any of the following:

- Intense hunger
- Nervousness

- Often have trouble speaking
- Palpitations
- Sweating
- Trembling
- Weakness

In most, these symptoms are easily recognizable. The vast majority of people with diabetes only experience this degree of hypoglycemia if they are on medications or insulin. People, either diabetic or with insulin resistance, with high circulating levels of insulin who fast or lower their carbohydrate intake drastically should also be cautioned. These people may also experience modest hypoglycemia.

Anyone who has experienced an episode of hypoglycemia describes a sense of urgency to eat and resolve the symptoms. This sense of urgency is exactly the point of these symptoms. They act as warning signs. At this level, the brain still can access circulating blood glucose for fuel. The symptoms provide a person the opportunity to raise blood glucose levels before the brain is affected.

If a person does not or cannot respond by eating something to raise blood glucose, the levels of glucose continue to drop. Somewhere in the 45 mg/dl range, most people progress to neuro-glycopenic ranges. This is where the brain is

not getting enough glucose. At this point, symptoms progress to confusion, drowsiness, and changes in behavior.

How is hypoglycemia treated?

Fruit works like a miracle.

(See: *Blood Sugar*)

HYPO THYROIDISM

Medi-Sign Target
Water, Carrots, Salt, Nuts,
Seeds, Grains & Mushroom



Thyroid disease affects an estimated 27 million Americans, but more than half are undiagnosed. About six million to seven million of them are women older than age 40 who have an under active thyroid. Only about half of all cases are diagnosed early because hypothyroidism usually develops very slowly. Frequently misunderstood, and too often overlooked and misdiagnosed, thyroid disease affects almost every aspect of health, so understanding more about the thyroid, and the symptoms that occur when something goes wrong with this small gland, can help you protect or regain good health.

Seven times more often than men, women are at the

greatest risk for developing thyroid problems. A woman faces as high as a one in five chance of developing thyroid problems during her lifetime. This risk increases with age and especially for those with a family history of thyroid problems.

The only cells in the body capable of absorbing iodine are in the thyroid. The thyroid takes in iodine, obtained through food, iodized salt, sea kelp, etc, and combines it with the amino acid tyrosine. The thyroid then converts the iodine/tyrosine into the hormones T3 and T4. The “3” and the “4” refer to the number of iodine molecules in each thyroid hormone molecule.

When it’s in good condition, 80 percent of the hormone produced will be T4 and 20 percent will be T3. T3 is considered the biologically more active hormone. It is the one that actually functions at the cellular level, and is also considered several times stronger than T4.

Once released by the thyroid, the T3 and T4 travel through the bloodstream in order to help cells convert oxygen and calories into energy.

As mentioned, the thyroid produces some T3, but the rest of the T3 needed by the body is actually formed from the mostly inactive T4. This is done by a process sometimes referred to as “*T4 to T3 conversion.*” This conversion of T4 to T3 can take place in some organs other than the thyroid, including a part of your brain called the hypothalamus.

The thyroid is part of a huge feedback process. The hypothalamus in the brain releases Thyrotropin Releasing Hormone (*TRH*). The release of TRH tells the pituitary gland to release Thyroid Stimulating



“Your just a sesame seed on the bun of life.” -Tracy Jones

Hormone (*TSH*). This TSH, circulating in your bloodstream, is what tells the thyroid to make thyroid hormones and release them into your bloodstream.

Causes of Thyroid Disease

What causes thyroid problems?

There are a variety of factors that can contribute to the development of thyroid problems:

- Exposure to radiation, such as occurred after the Chernobyl nuclear meltdown.
- Some drugs, such as lithium and the heart drug cordarone, can cause hypothyroidism.
- An over consumption or shortage of iodine in the diet can also trigger some thyroid problems. This also applies to iodine containing supplements, such as processed herbs and bladderwrack.
- Radiation treatment to the head, neck or chest, such as radiation treatment for tonsils, adenoids, lymph nodes, thymus gland problems, acne, or even just too many x-rays.
- Nasal Radium Therapy, which took place during the 1940's



through 1960's, as a treatment for tonsillitis, colds and other ailments, or as a military submariner and/or pilot who had trouble with drastic changes in pressure.

- Over consumption of foodless food.

When hypothyroidism isn't treated, symptoms can gradually become more severe. Constant stimulation of your thyroid to release more hormones may lead to an enlarged thyroid or goiter. You also may become more forgetful, your thought processes may slow, or you may feel depressed.

Advanced hypothyroidism, known as myxedema, is very rare, but when it occurs it can be life threatening.

Its symptoms include drowsiness and intense intolerance to cold followed by profound lethargy and even unconsciousness.

Thyroid – Natural Remedies **Dietary changes for Hyperthyroidism**

Eat a healthy diet filled with plenty of vegetables and fruits, especially broccoli, brussel sprouts, cabbage, cauliflower, kale, mustard greens, peaches, pears, rutabagas, soybeans, spinach and turnips. Avoid commercially processed dairy products for three months or more after being diagnosed with hyperthyroidism. Do not consume stimulants such as nicotine and soft drinks.

Eat lots of mushrooms.

To treat hypothyroidism properly you need to avoid certain foods.

These foods include:

- Antibiotics
- Aspartame
- Avoid algae's chlorella, spirulina, etc...
- Baking powder (*aluminum*)
- Carcinogens



“Cows love their calves, sows love their piglets and chickens love their chicks. Farmed animals love their families and mourn their loss.”

- Chlorinated water
- Food additives
- Hard alcohol drinks
- Junk foods (*hamburgers, pizza, hot dog, nachos, etc.*)
- Margarine and other hydrogenated fats
- Meat and fish
- MSG (*Mono Sodium Glutamate*)
- Pesticides
- Processed synthetic oils as well, like olestra (*polyester based*)
- Refined oils



- Refined, table salt (*aluminum, silica's, etc.*)
- Soft drinks/soda pop
- Sorbitol
- Splenda
- Sugar, commercial chocolate, and other concentrated sweeteners

Instead, eat foods that can heal you. These foods include:

- Eat rooted aquatic plants.
- Essential fatty Acids (*avocado's, nuts and fruits*)

- Flaxseed oil/food grade Linseed oil, extra virgin olive oil
- Fruits are able to stop free radical chain reactions
- Garlic, Onion – Garlic and onions contains chemicals: (*allyl sulfides*) which help limit the production of cancer causing chemicals.
- Rice, barley malt, carob, fruits, carrots, organic chocolate
- Soy (*miso, tamari, shoyu and soy sauce; without fish*)
- Tomato
- Unrefined sea salt – preferably solar prepared (*sand free*)
- Vegetable juices
- Whole food Calcium, Magnesium, Vitamin D (*sunshine; see food vitamins*)

Raw vegetable juices for thyroid you can make combinations of, or have alone include:

- Carrots and small amounts of garlic, onion and ginger.
- Carrots, cucumber and celery.
- Carrots, parsley and celery.



- Carrots, spinach and kale.
- Carrots, wheat grass and kale.
- Tomato, cucumber parsley, celery and broccoli.
- Tomato, green pepper, celery, cucumber, parsley and a pinch of sea salt.



Water

Water is the one important ingredient that everyone has and is necessary for proper health. Over half of your body is made up of water. It's in every cell and every tissue. It is vital for those with hypothyroidism to drink enough water. Biological

processes like circulation, digestion, absorption and excretion depend on water. It forms the foundation of blood and lymph, maintains hearty muscles and young-looking skin, lubricates joints and organs and regulates body temperature. You can't function without it.

"I never give them hell. I just tell the truth and they think it's hell." -Harry S. Truman

“Often the test of courage is not to die but to live.”

As you grow older, it becomes vital to pay attention to your water consumption. Mature persons hold less cellular water, with a loss of ten to 15 percent of previous capacity by the age of 65. A contributing factor is the loss of thirst sensitivity. A lack of fluid in your body might make it more difficult for you to digest food because water is important for digestion. You may suffer from cramps, bloating, gas, constipation, diverticulosis or even colon cancer. Drinking more water, combined with a high fiber diet, can prevent these problems and even assist remission of them.

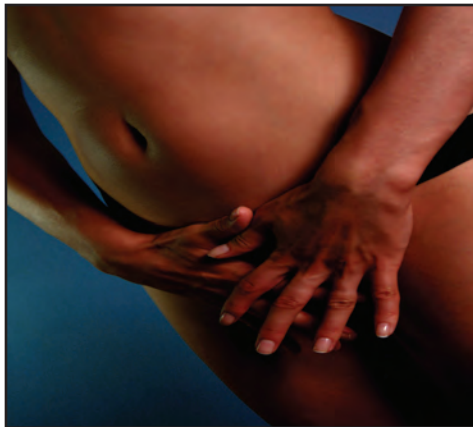
To overcome the loss of fluids, the answer is simple. Drink more water. Six to ten glasses of pure water each day are necessary to enhance your body's functioning. Beyond helping your digestive system, getting enough fluids will give you fresh skin, clear eyes and shining hair. Signs of hunger may be a warning flag that your body is need of a good drink. Try consuming several glasses of water before diving into a snack to see if that takes care of your craving. Because fruits are largely made up of water, they are perfect choices.

Consume a diet that includes foods that enhance thyroid function, such as whole grains, raw seeds, prunes, apricots, potatoes, dates, apricots, egg yolks, molasses and parsley. Avoid processed and refined foods, like white flour and sugar.

Commit to a moderate exercise program, like walking. Avoid fluoride and chlorine because these substances tend to block iodine receptors in the thyroid gland. Do not take sulfa drugs or antihistamines.

HYSTERECTOMY

*Medi-Sign Target
Soybeans & Yams*



What is a hysterectomy?

First, it's a moneymaker the way appendectomies used to be.

A hysterectomy is an operation to remove a woman's uterus or womb. The uterus is where a baby grows when a woman is pregnant. Sometimes the fallopian tubes, ovaries, and cervix are removed at the same time the uterus is removed. These organs are located in a woman's lower abdomen. The cervix is the lower end of the uterus. The ovaries are organs that produce eggs and hormones. The fallopian tubes carry eggs from the ovaries to the uterus.

How common are Hysterectomies?

Hysterectomy is the second most common major surgery among women in the United States. The most common major surgery that women have is cesarean section delivery. Each year, more than 600,000 hysterectomies are done. About one third of women in the United States have had a hysterectomy by the age of 60. It

is estimated that 97 percent of all hysterectomies are unnecessary.

How is a Hysterectomy Performed?

Hysterectomies are done through a cut in the **abdomen**, an *abdominal hysterectomy*, or the **vagina**, a *vaginal hysterectomy*. Sometimes an instrument called a laparoscope is used to help see inside the abdomen. The type of surgery that is done depends on the reason for the surgery. Abdominal hysterectomies are more common than vaginal hysterectomies and usually require a longer recovery time. This makes hospital administrations very happy.

Why do women have hysterectomies? Do alternatives exist?

Hysterectomies are most often done for the following reasons:

- Money.
- Uterine fibroids. Fibroids are common, benign or noncancerous tumors that grow in the muscle of the uterus. More hysterectomies are done because of fibroids than any other problem of the uterus. Fibroids often cause no symptoms and need no treatment, and they usually shrink after menopause. But sometimes fibroids cause heavy bleeding or pain that typically clears itself.



There are alternatives to hysterectomy to treat fibroids, which may be especially important for younger women who hope to have children. Sometimes fibroids are treated with medicine or other treatments designed to shrink the fibroids. But, this is only temporary, when the medicine is stopped, the fibroids will grow again. A type of surgery to remove only the fibroids without removing the uterus is called a myomectomy. A relatively new procedure to shrink fibroids is called uterine artery embolization. It involves placing small plastic particles in the blood vessels feeding the fibroids. But there are even better ways, with whole foods and fasting.

- **Endometriosis.** This is another benign condition that affects the uterus. Endometriosis is the second leading reason for hysterectomies. It is most common in women in their thirties and forties, especially in women who have never been pregnant. It occurs when endometrial tissue, the inside lining of the uterus, begins to grow on the outside of the uterus and on nearby organs. This condition may cause painful menstrual periods, abnormal vaginal bleeding, and sometimes loss of fertility or their ability to get

pregnant. Endometriosis is usually not a problem for women after menopause. Eat a vegetarian diet and lots of legumes, especially soy.

- **Uterine prolapse.** This is a benign condition in which the uterus moves from its usual place down into the vagina. Uterine prolapse is due to weak and stretched pelvic ligaments and tissues. Other organs such as the bladder can also be affected. Childbirth, obesity, and loss of estrogen after menopause may contribute to this problem. Uterine prolapse accounts for about 16 percent of hysterectomies.

Treatment may include estrogen foods, exercises to strengthen pelvic floor muscles, or use of a pessary, a plastic ring inserted into the vagina to help support the uterus. In more severe cases, surgery can restore the sagging organs to their normal location and repair the supporting tissues. Sometimes a hysterectomy may be done if the prolapse is causing severe problems.

Cancers affecting the pelvic organs account for only about ten percent of all hysterectomies. Endometrial cancer or cancer of the lining of the uterus, uterine sarcoma, cervical

cancer, and cancer of the ovaries or fallopian tubes often lead to hysterectomy.

Other reasons why hysterectomies are done include chronic pelvic pain, heavy bleeding during or between periods, and

chronic pelvic inflammatory disease, or the woman just wants it all taken out.

What should I do if I am told that I need a hysterectomy? Get a new doctor first.

If you have a condition that is not cancer, such as fibroids, endometriosis, or uterine prolapse, there are often other treatments that should be tried first. In most cases, a hysterectomy need not be done immediately. There is time for you to get more information and look into possible alternatives.

In cases of serious disease, such as cancer, a hysterectomy may not appear to be optional and may be a life saving choice. Before you decide what to do, it is important that you understand your condition and your options for dealing with it. If you are suffering from continuing, severe problems with pelvic pain and abnormal uterine bleeding, and other treatments have not helped, a hysterectomy may provide welcome relief. Studies have shown that a hysterectomy often improves sexual functioning and quality of life for women suffering from these problems.

On the other hand, a lot of women suffer serious complications from hysterectomy, even death. Most complications are less serious, and may include reactions to anesthetics, pain, infection, bleeding, and fatigue. Sometimes other pelvic organs such as the bladder and bowel are injured during a hysterectomy. Hysterectomy is also linked to urinary incontinence or problems holding your urine, and loss of ovarian function and early menopause. Some women experience depression and sexual dysfunction after hysterectomy.

“The greatest remedy for anger is delay.”



If you are told that you should have a hysterectomy:

- Ask about possible complications of surgery.
- Get a second opinion from another health care provider
- Keep in mind that every woman is different and every situation is different. A good treatment choice for one woman may not be the best choice for another.
- Talk to your health care provider about your options. Ask about other treatments that are available for your condition.

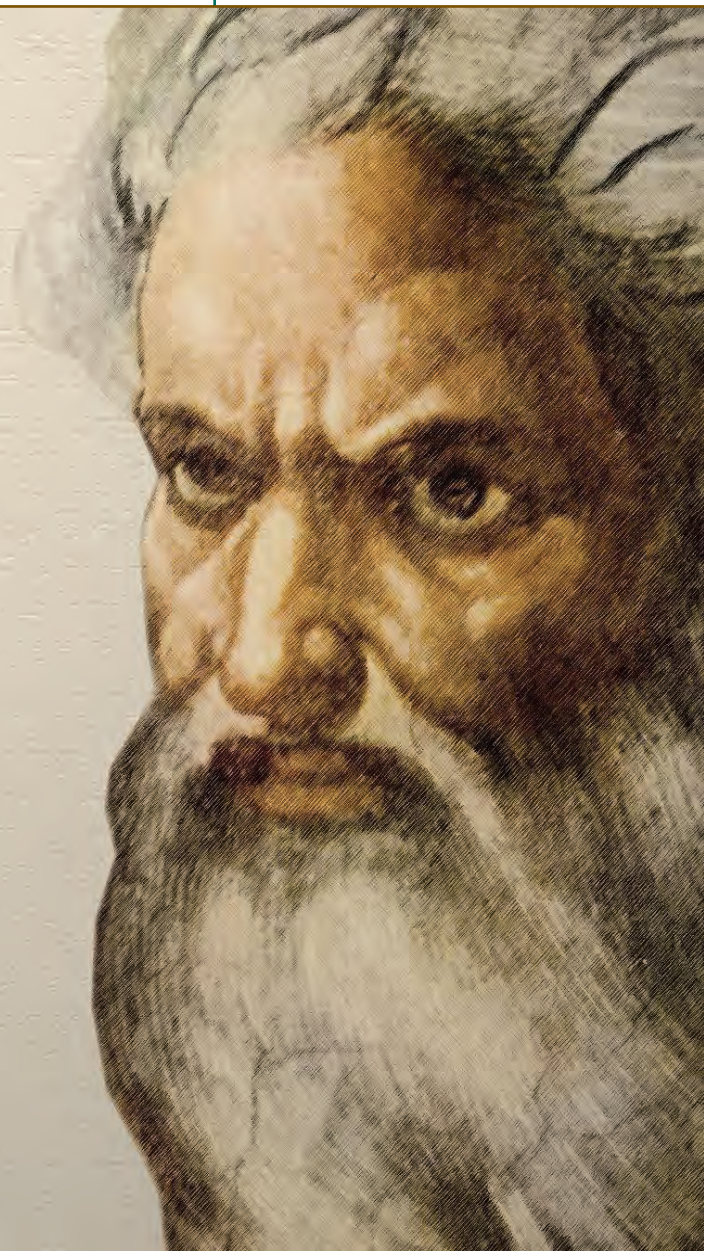
Most often if a woman gets serious about taking charge of her health, she can restore vitality and function through self care.

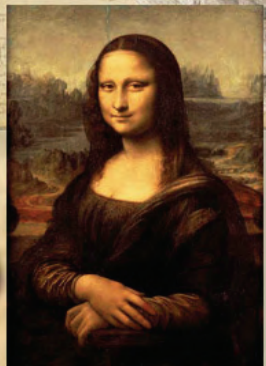
A vegetarian plant based raw food diet and walking for five miles a day will turn the corner on symptoms. Fresh juice fasting of seven to ten days out of every month until symptoms remit can do miracles. Legumes, beans, nuts, seeds, and grains to snack throughout the day are just plain smart.

(See: Disease: The Mystery Solved).



Notes





History: The Letter I

It's not only a letter, but also the first of the Roman numerals. Roman numerals are confusing and who ever decided to do away with their everyday use should go down in history as a saint.

Understanding Roman numerals is as easy as the following rule: I=1, V=5, X=10, L=50, C=100, D=500 and M=1000. By combining the numerals you add the equal or lesser valued numerals to those which precede or subtract the lesser valued numerals from those which follow remembering to subtract the value of a numeral from the following numeral when it falls between two greater valued numerals and then adding that value to the preceding lesser value numeral and, if you choose, adding a bar over individual numerals to indicate a value one thousand times greater. Call me at: MDCZLMMCDXXVIV (just kidding).

Mystery: The Celtic Name Letter Key

Of course, "I" is the letter that indicates egotism, a supreme interest in one's own affairs at the expense of others. As an element in a complete character reading it plays a necessary part, for everyone must protect personal interests to some extent. (Absence of this letter in a name-print should therefore be considered significant.) When "I" dominates a name-print the effect will most clearly be seen on a name-bearer who is young. Others are likely to find such a person oppressively self-centered. Some are able to control this characteristic in themselves, or at least control its public display. But a person who is dominated by "I" and who appears to be sitting quietly, listening to others, is almost certainly considering how his or her own interests can be advanced as a result of the conversation.

ICHTHYOSIS

*Medi-Sign Target
Oil, Salt, Sunshine & Urine*



Ichthyosis: fish scale disease

Ichthyosis is a skin disorder, which causes the formation of dry, fish-like scales on the skin's surface. The condition is usually life long and often begins in early childhood.

Cause:

- Normally inherited from one's biological parents.

- Cold dry weather worsens Ichthyosis.

- People with ichthyosis are characterized by having a defect in their skin, which causes the skin to lose moisture. This particular defect is not yet known.

Treatment:

- Do not take hot baths or showers because they tend to dry out the skin. Instead use water that is cool or warm. Avoid using soap on your

skin because it irritates and dries the skin.

- After bathing do not rub the skin dry but rather blot your skin gently. Make sure to then apply virgin olive oil or raw coconut oil to your skin.

- Ichthyosis generally improves in people who live in a warm climate.

Ichthyosis involves the development of dry, scaly skin. The legs usually are the most severe, but the condition in some cases may also involve the arms, hands and trunk. The condition can also be associated with the presence of many fine lines over the palm of the hand. It also tends to flare up and often becomes more noticeable in the winter.

It may be linked with atopic dermatitis, keratosis pilaris (*small bumps on the back of the arms*), or other skin disorders.

- Skin lesion/rash
- Dry skin, severe scaly appearance, thickening of adherent scales
- Mild itching of the skin

Although ichthyosis may be annoying, it seldom affects a person's medical health. The condition usually improves during adulthood but tends to reoccur when a person becomes elderly.

Even though it may sounds strange, the condition will typically remit in 90 days or less if a person applies their own urine to the scales. Excrete your first urine of the day into a glass jar and apply to your skin with cotton balls. Then let it dry and leave it on.

INFERTILITY FEMALE/MALE

*Medi-Sign Target
Figs, Seeds Bananas,
Pomegranites & Watermelon*



Having a baby is considered one of life's most exciting moments. However, getting pregnant can be a long, difficult process for as many as 15 percent of couples trying to conceive. While there are many physical problems that can lead to infertility, for some couples just changing what's on the menu may put them back on the baby track. For example, research has shown that a man's sperm may not be up to the job if he does not get enough of a few key nutrients in his diet.

The number one way to ensure that a man gets enough of these nutrients is by going on **a raw plant food diet**.

Men should add lots of bananas and figs, nuts, seeds and legumes to their diet.

Women should add pomegranates, cranberries, oranges and watermelon to their diet.

- It is essential to have a well balanced diet in order for the body to function properly. Adequate nutri-

"You cannot get to the top by sitting on your bottom."

tion should be the basis for treatment of any illness, including infertility. Zinc is important for the health of reproductive organs, and therefore eating pumpkin seeds would be very beneficial. Furthermore, bee pollen and royal jelly are extremely nutrient-rich bee products that help stimulate fertility.

- Processed caffeine found in colas and sport drinks promote infertility.
- Smoking and drugs also decrease fertility and should be avoided.
- To ensure that the ovaries produce healthy eggs, one should increase their intake of whole foods that are rich in vitamins and minerals.
- Increase the intake of essential fatty acids because they stimulate the production of sex hormones. Good primary sources of these include seeds, nuts, pulses, beans and unrefined vegetable oils.
- Eat Vitamin A rich foods.
- Exercise regularly.
- Drink at least 48 ounces of water daily.

Observation shows that slight vitamin and mineral deficiencies and exposure to chemical toxins generally interfere with sperm and egg production and can encourage a miscarriage.

The acidity in the cervical mucus can inhibit sperm and thus it is necessary to eat alkaline foods such as bean sprouts, peas, and milk to offset this acidity. Also avoid acidic foods, such as meat.

In order to assist the sperms swim for life race, use the sexual position in which the women lies face down with a pillow under her stomach and buttocks in the air. This regimen works!

IMMUNIZATION

Medi-Sign Target
Don't Do It!!!



My vote is do away with vaccines) Most people do not realize that the word **vaccine** literally means blueberry. The words vaccine, vaccinate, vaccinator and vaccination come from the Latin word *vaccini(um)* which means to inoculate for the prevention of disease with the use of blueberries, whortleberries, cranberries, strawberries and the like. The word berry itself comes of the basi meaning "fundamental."

Vaccines were literally taken from the world's first Cornicopiate Pharmacy; literally Garden Farmaceuticals, the study of food as medicinal produce. The 76 treatises contained in corpus Hippocraticum are brilliant observational reductions of nature spread over millennia and captured by Hippocrates the modern day father of medicinal health procedures before the take over of the medical community by a virus called the pharmaceutical industry.

Today vaccines are typically made from pustulant animal fluidiums of infection. At best vaccines are simply controversial and at worst they are harmful. For instance: **autism, seizures, and death have been directly linked to today's pharmaceutical vaccinations.**

Pig organs are used as the bases for **DPT vaccines.** Vaccines for *measles, chicken pox, small pox, Hepatitis A and others* are now made from the remains of *deceased human babies and aborted fetuses.* The disgust goes on and on. Drug companies also add toxic mercury to ground up animal brains, hoofs, fish skins and chicken beaks and use it as a host for other vaccines and medications.

I have a close friend whose four year old son Danny was happy, healthy and vital, but was found dead after crying non-stop for 18 hours after receiving a vaccine meant to protect him from getting sick. Another friend's child is now permanently brain injured and will require total custodial care for as long as she lives. She got her vaccines at school at age five and two hours later she started having seizures and is now severely disabled by vaccine induced brain injury.

Every year millions of mothers and fathers take their babies to doctor's offices and public health clinics to be vaccinated. We have been taught



"The innate resourcefulness of the common man is was, and shall always be a threat to those of unworthy position."

that vaccinations are necessary to rid the nation of devastating diseases with the potential for massive deadly outbreaks. However, evidence is surfacing linking these very vaccines, intended to save lives, with serious and even fatal side effects, including: autism, diabetes, Guillain-Barré syndrome, and more.

Many vaccines contain **Thimerosal**, a preservative that enables vaccine manufacturers to massively produce and ship large quantities of vaccines. Previously, vaccines were packaged individually and thus did not require the use of preservatives. Thimerosal has been linked to causing mercury induced autism in children shortly after receiving vaccines containing this preservative. **The autism rate in the United States has literally skyrocketed since the vaccine producers started using thimerosal.**

The Hepatitis B vaccine is also linked to serious side effects in infants. Drug companies, such as Merck, were instrumental in pushing government scientists to adopt a policy that required the administer of the Hepatitis B vaccination at birth even though the vaccine was never tested in newborns and no other vaccines had ever been mandated at birth before. It is widely recognized that newborns have under-developed immune systems, which can be overwhelmed or shocked.

The hepatitis B vaccine has been linked to Guillain-Barré Syndrome, which causes the rapid onset of muscle weakness and often, paralysis of the legs, arms and breathing muscles. Serious side effects have also been linked to the DPT vaccine and the Influenza.

It is estimated that the DPT vaccine will kill over 900 babies each year. The influenza vaccine, which is statistically proven ineffective against the flu, has been linked to serious neurological diseases including Guillain-Barre syndrome.



The father of a dead soldier claims army cover up in the story below.

By Mark Benjamin
Investigations Editor

Published 8/7/2003 6:13 PM

WASHINGTON, Aug. 7 (UPI) – The father of a soldier who died of pneumonia this spring said Thursday the Army has excluded her death from its investigation of deadly pneumonia because it wants to cover up vaccine side effects.

“The government is covering this up and it is a dog-gone shame,” said Moses Lacy, whose daughter, **Army Spc. Rachael Lacy**, died April 4 at the Mayo Clinic in Rochester, Minn., after getting pneumonia.

Lacy said his daughter “was a healthy young woman” but got ill within days of getting anthrax and smallpox vaccinations on March 2 in preparation for deployment to the Persian Gulf. She was too ill to ever be deployed.

The Army said 100 soldiers have gotten pneumonia in Iraq and southwestern Asia, two of those have died and another 13 have had to be put on respirators.

“The common denominator is smallpox and anthrax vaccinations,” Moses Lacy said in a telephone interview from his home in Lynwood, Ill. “These young people have given their lives to the military and they are getting a raw deal. The Department of Defense is closing their eyes.”

The Army did not mention vaccines on Tuesday when it held a press conference on the pneumonia investigation. Officials said the pneumonia does not appear to be contagious, and are close to ruling out biological or chemical warfare, SARS and Legionnaire’s disease.

Col. Robert DeFraités of the Army Surgeon General’s office said at the press conference that the Pentagon launched the investigation because of the severity of the pneumonia. “Are we seeing more cases in general than we might expect? Despite the harsh environment, the answer is no...But again, we are still concerned about these severe ones.”

DeFraités told UPI on Wednesday that the Pentagon would look into whether vaccines, among other factors, might have triggered the pneumonia cases. “Among all of the possible causes or contributing factors, we are looking at the immunizations that the soldiers received as well,” DeFraités said. “It is pre-

mature to say that there is any relationship at all.”

The Army said it is excluding Lacy’s death from its investigation because Lacy never made it to Iraq or southwestern Asia where it says the cases are clustered. *“She was never deployed to Iraq,”* Army Surgeon General Spokeswoman Virginia Stephanakis told UPI Thursday. She said the military is participating in an investigation of Lacy’s death separate from the pneumonia investigation. *“It is a whole different issue.”*

Moses Lacy disagreed. *“She should be on that list (of deaths to investigate) because my daughter’s first symptoms were pneumonia,”* Lacy said. *“It happened immediately”* after the vaccines, Moses said. *“You don’t have to be a rocket scientist to figure it out. If I were a medical official it would be the first thing I would look into.”* (If he wanted to lose his job, or possibly his life. –Author)

Steve Robinson, executive director of the National Gulf War Resource Center, told UPI, *“We should include in this study any illnesses or deaths that appear to be pneumonia-related that occurred in theater or out of theater.”* (Theater? What a sweet, “distant removed from reality” way of looking at war. –Author)

Dr. Eric Pfeifer, the Minnesota coroner who performed Lacy’s autopsy, told the Army Times that the smallpox and anthrax vaccines “may have” contributed to Lacy’s death. *“It’s just very suspicious in my mind...that she’s healthy, gets the vaccinations and then dies a couple weeks later.”* He listed “post-vaccine” problems on the death certificate.

Other members of the armed forces not in the Pentagon investigation say the anthrax vaccine has made them very sick with pneumonia-like symptoms. **Michael Girard**, a Senior Airman at Patrick Air Force Base in Cocoa Beach, Fla., got his second anthrax shot on March 4. He developed flu-like symptoms – runny nose and a “heavy chest” – starting March 6 and by March 12 developed a rash on his left arm where he had gotten the shot.



“Then basically it started attacking my body, section by section,” Girard said. He said he has since suffered bouts of vomiting up blood, pain in his feet that made them turn blue, chest pain, constipation, pain in his legs, headaches, stomach aches and extremely high blood pressure. In one weekend he went to the emergency room four times. He says he suffers from insomnia and fatigue.

At one point, he developed a horrible cough. *“They did do a chest X-ray because they thought it might be pneumonia. A nurse told me that it was, but a doctor came in and said that it was not.”*

Girard said Air Force doctors first suspected the anthrax vaccine caused his problems, but since have backed away from that diagnosis. *“Everything that has been associat-*

ed with this ever since I got sick has been like a cover-up,” Girard said. He said he “was perfectly 100 percent healthy” before getting the vaccine. *“I was in the gym for an hour to two hours per day. I was running. I was energetic.”*

He said he was not scheduled to deploy anywhere.

In its pneumonia investigation, the Army is looking into the July 12

death of **Army Spc.**

Joshua M. Neusche, 20, of Montreal, Mo.

The Pentagon has described his death as “other causes.” The Army is also looking at the June 17 death of **Army Sgt. Michael L. Tosto**, 24, of Apex, N.C. His death is listed as “illness.”

Stephanakis said she was unfamiliar with the June 26 death in Kuwait of another soldier, **Army Spc. Cory A. Hubbell**, 20, of Urbana, Ill. His death is listed by the Pentagon under “breathing difficulties.” Hubbell’s mother, Connie Bickers, of Urbana, Ill., told the Champaign News-Gazette that the Army had not told her how her apparently healthy son died. *“I wish I had answers, but I don’t know if I’m ever going to get them,”* Bickers told the paper.

On Thursday, the Pentagon announced the death of Sgt. David L. Loyd, 44, of Jackson, Tenn. The announcement said Loyd died on Aug. 5 when he “was on a mission when he experienced severe chest pains. The soldier was sent to the Kuwait hospital where he was pronounced dead.”

“Man is an intelligence in servitude to his organs.”

A co-author of a government-sponsored study of possible side effects from the anthrax vaccine told UPI that the Army should look at whether that vaccine is behind the cluster of pneumonia cases.

“As physicians, I would think they would be looking at all possible causes. I would think vaccines would be part of that,” said Dr. John L. Sever of George Washington University Medical School, who was one of six authors of the study.

Last year’s anthrax vaccine study, printed in the May 2002 issue of *Pharmacoepidemiology and Drug Safety*, found that the vaccine was the “possible or probable” cause of pneumonia among two soldiers, according to Sever. The U.S. Department of Health and Human Services convened the group, called the Anthrax Vaccine Expert Committee, which studied 602 reports of possible reactions to the vaccine among nearly 400,000 troops who received it, Sever said.

In addition to identifying pneumonia and flu-like symptoms among troops (*people*) who received the vaccine, the group also looked at four other cases of potentially serious reactions, including severe back pain and two soldiers who had sudden difficulty breathing in a possible allergic reaction to the vaccine.

Sever described the two cases of pneumonia as “wheezing and difficulty breathing going into a pneumonia-like picture.”

To conduct the study, the Anthrax Vaccine Expert Committee examined reports from the U.S. military to the Centers for Disease Control and Prevention; they are anecdotal

reports and do not necessarily show a cause-and-effect relationship.

Moses Lacy said he believes the real story is about vaccine side effects. “Unless somebody breaks this story wide open, we are going to have a lot more deaths. I am afraid we are going to lose a lot (of lives) because of this vaccine.”

IMPOTENCE/ ERECTILE DYSFUNCTION

Medi-Sign Target
Peanuts & Fantasy



Impotence, now called erectile dysfunction (*ED*), refers to the inability to obtain an erection for sexual purposes. Fifteen to 30 million American men are affected by this disorder.

Although more prevalent and common in men 65 and older, erectile dysfunction can occur at any age. An occasional episode of erectile dysfunction is perfectly normal and happens to many men. In fact, in most cases it is nothing to worry about. It is also normal to experience changes in erectile function as men age. It may take longer for the man to “get it up” than in the past. More direct stimulation may be required in some circumstances in



order for a man to have an erection and to keep it. Men may also notice that orgasms are less intense, the volume of ejaculate is reduced and recovery time increases between erections.

However, when erectile dysfunction proves to be a persistent problem it can interfere with a man’s sex life, as well as his self-image. The condition many also be a sign of a physical or emotional problem that requires treatment.

Physical causes

Men whose erectile dysfunction is of a physical origin often experience a gradual onset of erectile failure, which tends to occur with all sexual activities.

Physical causes of erectile dysfunction include:

- Poor or deficient blood flow to the penis; such as resulting from blocked arteries
- Excessive drainage of blood from the penis (“venous leak”)
- Damage to or diseases affecting the nerves that travel to or from the penis
- Hormone abnormalities
- Side effect of prescribed drugs
- Abuse of alcohol and drugs

- Diabetes
- Heavy smoking
- High cholesterol
- Diseases affecting the erectile tissue of the penis
- Neurological diseases, stroke
- Severe chronic diseases such as liver and kidney failure

Psychological causes

An erectile dysfunction with a sudden onset in men who can achieve erections under some circumstances but not others suggest a psychological cause. Identifying the triggering factor is sometimes easy; such as a serious disagreement with the partner; being interrupted while making love or excessive worry at work.

Psychological causes of erectile dysfunction include:

- Anxiety or stress from work or home
- Marital conflicts and dissatisfaction (*as can also occur with premature ejaculation*)
- Depression
- Sexual boredom
- Unresolved sexual orientation

A drug that your doctor has prescribed might be the root of the problem and thus one should consider his current medication.

Moreover, it might be an over-the-counter antihistamines, diuretics, or sedatives that one is using. **More than 200 drugs have been identified as problematic.** It is most common that men over 50 have

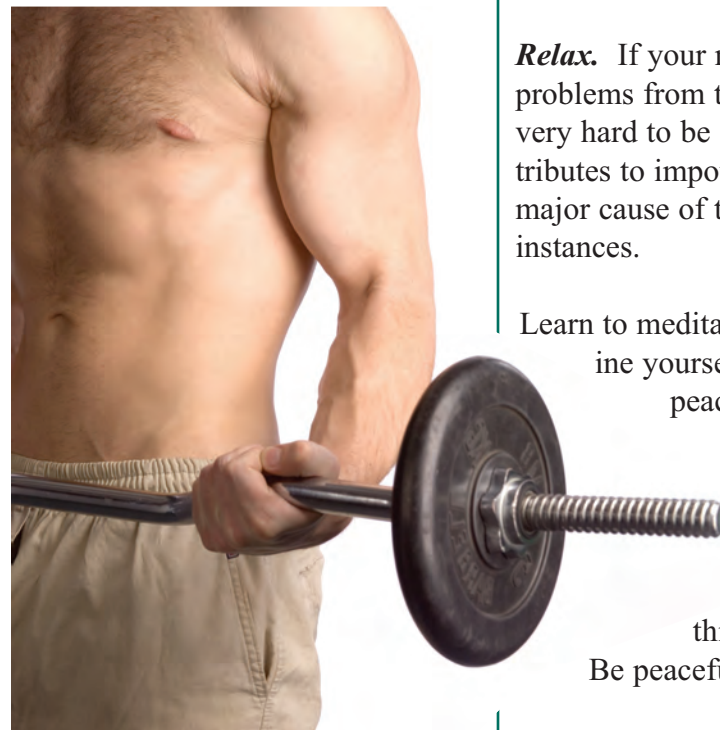
drug-induced impotence.

One should also beware of recreational drugs such as cocaine, marijuana, opiates, heroin, morphine, amphetamines and barbiturates because they have been identified as troublemakers. It is important to remember that what is good for the arteries is good for the penis. The penis is a vascular organ. The very things that clog your arteries – dietary cholesterol and saturated fat – also affect blood flow to the penis.

Do not smoke. Studies have shown that nicotine can act as a vasoconstrictor, and thus constricts the blood vessels. The inhalation of cigarette smoke blocks erection by inhibiting the smooth muscle relaxation of the erectile tissue.

The following steps will help to decrease the likelihood of occurrences:

- Limit or avoid the use of hard alcohol and other similar drugs.
- Stop smoking.
- Exercise regularly.



- Reduce stress.
- Get enough sleep.
- Deal with anxiety or depression.

EAT PLENTY OF:

Foods rich in zinc. Many minerals are thought to be essential to good reproductive health and zinc is among them. Zinc may be important for male sexual health since it is found in very high levels in the seminal fluid, even though zinc intake may not have a direct effect on potency.

Good sources of zinc include vegetables, wheat germ, cereals, whole grains, and yogurt. However, zinc supplements are not recommended and when used in high doses can interfere with the absorption of calcium and copper.

Obese men suffering from impotence can improve their sexual performance simply by exercise and weight loss. Exercising more will help you sleep better and eating the right healthy foods will improve things greatly.

Relax. If your mind is filled with problems from the office then it is very hard to be erect. Stress contributes to impotence. Stress is the major cause of this problem in most instances.

Learn to meditate and try to imagine yourself in beautiful, peaceful surroundings.

Once you begin to relax and develop confidence, things will slowly change. Let things evolve slowly.

Be peaceful. **Believe.**

“Modern man is the missing link between apes and human beings.”

“The chief obstacle to the progress of the human race is the human race.”

You do not have to go through life without sex. As stated earlier, it could be a state of mind, or it could be your body is telling you something. Sometime it just comes down to the fact your playmate does not stimulate you sexually.

INGROWN HAIRS

*Medi-Sign Target
Witch Hazel*

At its early stage, an ingrown hair will appear as a little white bump. Do not try shaving it off because you will end up ripping off your skin and cause it to scar. Instead, disinfect the area with grain alcohol and use a sanitized pair of tweezers to straighten out the hair follicle.

A sign that a hair is trapped under your skin and that the area is irritated is a reddish bump. Do not “dig” for it with tweezers forcefully or too abruptly in this case. Instead, gently squeeze the surface. A gentle squeeze should be enough to remove both the hair and pus from your skin. If this does not work and the hair remains attached to the follicle, clean the area and use tweezers or a razor to shave it off.

Once the ingrown hair is properly treated, remember to apply some cold water and a splash of witch hazel.

INSOMNIA

*Medi-Sign Target
Eating Salt at Bedtime*



Sleeping problems develop in one out of every three people. Twice as many women as men describe themselves as insomniacs. Moreover, since sleep patterns change as we age, more elderly are frequently plagued by sleep disorders.

There appears to be three types of insomnia. The first type is called sleep-onset insomnia, which is when people who have trouble getting to sleep. The second type is called sleep-maintenance insomnia and is when people have trouble staying asleep. The final type is early-awakening insomnia in which people find their eyes blinking open long before the rooster crows.

There are many contributing factors to insomnia, such as: anxiety, inappropriate use of medications, physical conditions such as sleep apnea or restless leg syndrome, poor diet and lack of exercise.

Symptoms:

Persistent trouble falling asleep
Failure to sleep through the night
Waking up earlier than usual.

Prevention:

Avoid drinking caffeinated beverages after three p.m. Eat complex carbohydrates late in the day.

Treatment:

Use any of these relaxing essential oils by either adding five drops to bath water or applying two drops on your pillow: chamomile, lavender, neroli, rose or marjoram. Breathing:

In order to help your body to relax, try to exhale through your mouth and then inhale through your nose for four seconds. Then hold your breath for seven seconds. For eight seconds exhale through your mouth. Repeat the cycle three times.

Exercise:

In order to help you develop healthier sleep patterns, exercise moderately for 30 minutes three times a week. Calming exercises such as sex also promote sleep.

And remember...

Try a relaxing pre-sleep ritual, such as a warm bath with Epsom salts.

Have a light snack or read ten minutes before sleep.

It has been found by Italian researchers that people who sleep on linen sheets fall asleep faster than those who use cotton or other fabrics. Linen disperses body heat better than other fabrics and thus this is thought to be the reason in which one falls asleep faster.

Paint your bedroom a different color. The color green evokes feelings of serenity and lowers the heart rate. Or try the color blue, which spurs the brain to secrete tranquilizing hormones.

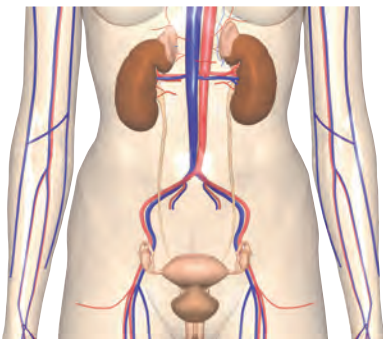
To help prevent insomnia eat onions, celery, cabbage, avocados and apples.



It would also be beneficial to drink a warm non-caffeine drink and have a hot 20-minute soak with 2 cups of salt and 30 drops of essential lavender oil before bed.

INTERSTITIAL CYSTITIS

*Medi-Sign Target
Saline Douches, Yogurt
Infusions, Salt & Water*



(Painful Bladder Syndrome)

Interstitial Cystitis (IC) is a condition that results in recurring discomfort or pain in the bladder and the surrounding pelvic region. There are numerous symptoms. People may experience mild discomfort, pressure, tenderness, or intense pain in the bladder and pelvic area. Symptoms may include an urgent need to urinate (*urgency*), a frequent need to urinate (*frequency*), or a combination of both. The level of pain may change in intensity as the bladder fills with urine or as it empties. The symptoms in women often get worse during menstruation and they may sometimes experience pain with vaginal intercourse.

Most researchers believe that IC is not one, but several diseases because it varies so much in symptoms and severity. In recent years, scientists have started to use the term **Painful Bladder Syndrome (PBS)** to describe cases character-

ized by painful urinary symptoms that may not meet the strictest definition of IC. The term IC/PBS includes all cases of urinary pain that cannot be attributed to other causes, such as infection or urinary stones. The term interstitial cystitis, or IC, is used alone when describing cases that meet all of the IC criteria established by the National Institute of Diabetes and Digestive and Kidney Diseases (*NIDDK*).

The bladder wall may be irritated and become scarred or stiff in many cases of IC/PBS. Pinpoint bleeding caused by recurrent irritation, known as **glomerulations**, often appear on the bladder wall. Ten percent of people with IC also have Hunner's ulcers. Some people with IC/PBS find that their bladders cannot hold much urine, which increases the frequency of urination. Frequency, however, is not always specifically related to bladder size and in all actuality many people with severe frequency have normal bladder capacity. People with severe cases of IC/PBS may urinate as many as 60 times a day, including frequent nighttime urination (*nocturia*).

IC/PBS is far more common in women than in men. It is estimated that of the one million Americans with IC, up to 90 percent of them are women.

What causes IC?

Some of the symptoms of IC/PBS resemble those of bacterial infection. However, tests reveal no organisms in the urine of people with IC/PBS. Furthermore, people with IC/PBS do not respond to antibiotic therapy.

Researchers in recent years have isolated a substance found almost exclusively in the urine of people with interstitial cystitis. Because this substance appears to block the normal growth of the cells that line the inside wall of the bladder, it has been named antiproliferative factor, or APF. Researchers anticipate that learning more about APF will lead to a greater understanding of the causes of IC and even to possible treatments.



Diet

There is no, "*scientific*" evidence linking diet to IC/PBS. Nonetheless, many doctors and people find that hard alcohol, irradiated spices, commercial chocolate, caffeinated sport drinks and soda pops and high-acid foods contribute to bladder irritation and inflammation. It has also been noted by some people that after eating or drinking products containing artificial sweeteners, especially Splenda and aspartame, that their symptoms worsen. People may try eliminating various items from their diet and reintroducing them one at a time in order to determine which, if any, affect their symptoms. However, maintaining a varied, well balanced diet is important in all aspect of health, and thus one should be encouraged to eat whole foods.

"Such is the human race, often it seems a pity that Noah...didn't miss the boat. -Mark Twain



Smoking

It is often thought by many people that smoking tends to worsen their symptoms. However, it is unknown exactly how the by-products of tobacco that are excreted in the urine affect IC / PBS. Smoking is the major known cause of bladder cancer and thus, one of the best things smokers can do for their bladder and their overall health is to quit.

(See: *Stop Smoking*)

Exercise

Many people feel that gentle stretching exercises help relieve IC / PBS symptoms.

Bladder Training

By using bladder-training techniques, people who have found adequate relief from pain may be able to reduce frequency. Methods vary, but basically people decide to void, or empty their bladder, at designated times throughout the course of the day. They use relaxation techniques and distractions in order to keep to the schedule. Gradually, these people try to lengthen the time between scheduled voids. When keeping track of progress, it is often helpful to keep a diary in which one can record voiding times. This is basically a mental game that works. The brain ultimately controls the drain.

Self-care Review

- Flush out your bladder frequently by drinking lots of fluids each day. This is thought to help prevent

cystitis and is also commonly advised to do when treating cystitis if symptoms start.

- Do not wear tight fitting trousers or tights. Bacteria like warm, moist, airless conditions and this helps eliminate such conditions around your genitals. Again, there is no proof that this advice helps, but it seems sensible. I mean really, think about it!

- Drink seven ounces of cranberry juice daily. Remember to buy 100% cranberry juice, not cranberry juice drinks or cocktails because they contain much less cranberry juice.

- Home remedies: Try douching with pure tea tree oil. Tea tree oil is a nontoxic treatment that is very useful for fungal infections. The oil is extracted from the leaves of *Melaleuca alternifolia*, a native tree of New South Wales. Mix one teaspoon of the oil in a cup of warm water and use it as a douche once a day. However, if you experience any irritation, discontinue its use.

You may also use water and apple cider vinegar – a quarter of a cup of vinegar in two cups water. The vinegar makes the vagina more acidic, and thus more inhospitable to yeast. You can also try inserting either 2 tablespoons of yogurt containing live acidophilus or insert one tablespoon of liquid culture directly in the vagina via a rubber bulb syringe. These harmless bacteria counteract the growth of the offending yeast.

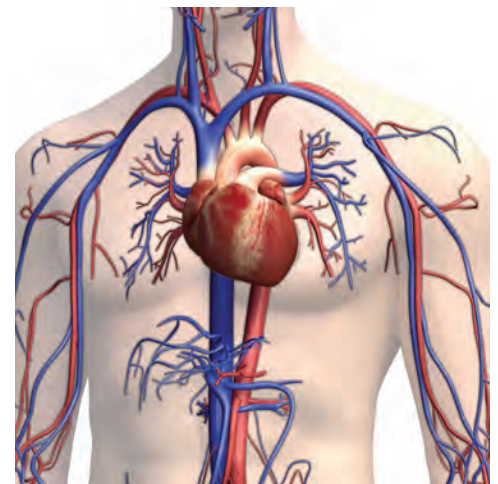
- Synthetic underwear traps moisture which contributes to yeast growth and therefore, one should wear only cotton or silk underwear. It is also important to change your underwear frequently.

- Reduce your sugar intake because high-sugar diets stimulate the growth of yeast.

- Add one or two cloves of raw garlic to your diet. A clove, which is one segment from a bulb, eaten once a day is a powerful natural medicine that has specific yeast effects. Eat it with a meal by mashing or chopping it finely and then mixing it with food. One may also cut it into chunks and swallow the chunks like pills. **Fresh-grown garlic is much better than any garlic supplements, which truly are pathetic.** If you are concerned about the odor, just chew a little parsley afterward. Try it because it really works. It is also important to make sure you are getting adequate amounts of iron, zinc and selenium from whole food sources.

INTERMITTENT CLAUDICATION

*Medi-Sign Target
Walking, Garlic, Honey &
Fermented Foods*



What is intermittent claudication? This condition is one of the manifestations of peripheral arterial disease. Claudication comes from the Latin word for “limp.” In arterial

disease within the extremities, claudication is the most important symptom. It develops whenever blood flow to an exercising muscle is unable to meet the requirements of increased metabolic activity.

The main features of intermittent claudication

There are three main features. First, the person always experiences the pain in a functional muscle group, such as the calf, the thigh or the buttock. Secondly, it is precipitated by a consistent amount of exercise. People will say things like, **“I can walk a block and then the pain starts.”** The third hallmark is that the pain stops immediately when the exercising stops.

People who typically develop intermittent claudication

Typically men develop it more often than women. Furthermore, the people are usually smokers, have high blood pressure and may have a history of diabetes.

Exercise

Studies have shown that continuing and increasing exercise, along with smoking cessation, will improve the condition and remit it. Thus, exercise is strongly encouraged.

Dietary Changes

In order to prevent intermittent claudication it is important to change your diet by avoiding meat and cooked dairy, increasing fiber and avoiding foods containing trans fatty acids or refined oils.

It has been tested and found that whole foods rich in Vitamin E, the amino acid arginine, magnesium and garlic can be used as a treatment for intermittent claudication.

(See: Feeding Your Emotions)

IODINE

*Medi-Sign Target
Thyroid*

Iodine is important for physical and mental development and help's to metabolize excess fat in the body. It is extremely necessary to ensure you have adequate amounts in your diet in order to maintain a healthy thyroid gland and prevent the development of a goiter. Mental retardation may result in children with iodine deficiencies. In addition iodine has been linked to breast cancer, and associated with fatigue and weight gain.

Sources – *Asparagus, garlic, lima beans, mushrooms, sea salt (which provides nature's own balance of minerals), sesame seeds, soybeans, spinach, summer squash, Swiss chard and turnip greens.*



IRIDOLOGY

*Medi-Sign Target
Brilliant Record of the Body.*

EYES, *(it has been said forever)* are the **WINDOWS TO THE SOUL**

Iridology is the art, method and science of reading the conditions of the body through the iris. Abnormal



conditions of tissues in the human body can be revealed through the iris, with most organs, glands, and tissues being represented.

Iridology came about through Dr. Ignatz von Peczely of Egervar, Hungary, near Budapest. At age eleven, while trying to help a trapped owl free itself from his garden he accidentally broke the owl's leg. While observing the owl he noticed the appearance of the dark stripe in the lower region of the bird's iris. Eventually, this black streak became a tiny black spot, around which were white lines and shading. The incident made a lasting impression on the boy, who eventually became a medical doctor. Later, he had an opportunity to observe the eyes of people after accidents and before and after operations while in the college hospital surgical ward. He was then able to construct a chart of the iris through this and other research. In 1861, he began diagnosing eyes. Over the years he published books on iridology and improved the chart slightly. In 1952, Bernard Jensen, D.C., Ph.D., published books on iridology in the United States and updated the chart that is commonly used today. I stayed with him for a month at his home in Escondido, CA. He was a great man.

“You never test the depth of a river with both feet.”

I - FOODS & SYMPTOMS

“Success comes before work only in the dictionary.”

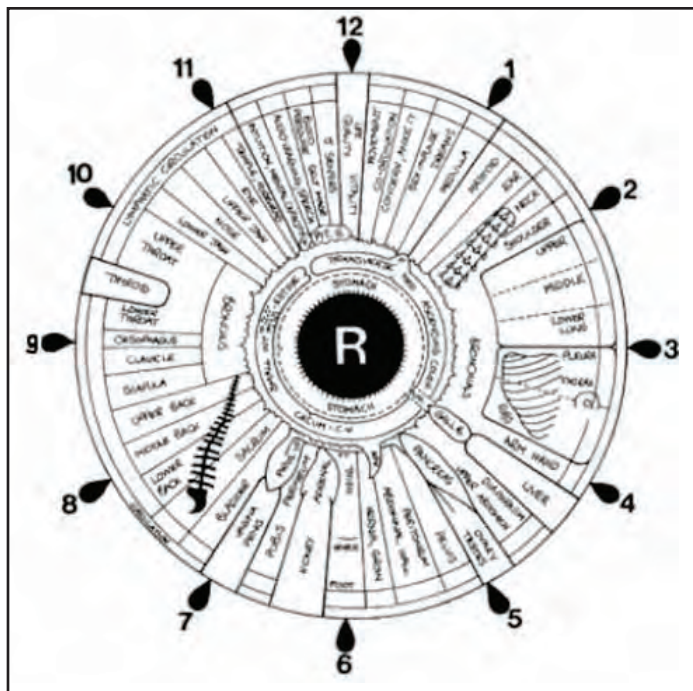
There is a place in the iris for all areas of the body. From signs indicated in these areas one is able to determine inflammation (whether it is in an acute, sub-acute, chronic, or destructive condition) by shadings from bright white, white, gray, dark gray, or black. Various symptoms and conditions of tissues and organs are reflected, as are signs of healing. Iridology detects the inherent structure and the working capacity of an organ. It also indicates whether the organ contains toxins or has stress placed on it. Whether the body’s systems are causing pain and irritation can also be revealed by the iris.

By studying the iris, one can detect numerous ailments. Some examples are allergies, anemia, arthritis, asthma, atherosclerosis, cataracts, colitis, diabetes, ear-nose-throat problems, high blood pressure, hormone imbalance, hypoglycemia, infections, immune deficiencies, kidney stones, nerve problems, osteoporosis, parasites, poor circulation, stress, tumors and ulcers. It is taught that by having an iridologist analyze your eyes and chart the findings, you will become aware of the condition of the organs, glands, and tissues in your body. I feel it’s a great art but is given way to much credit as a diagnostic science.

LIGHT AND SOUND HEALING

Music/Sound and Color are a “Slam Dunk” path to the soul.

We organize and conceptualize our world through color and



sound. We integrate the conscious and subconscious by incorporating these modalities in healing, thus accessing powerful tools for healing. Music and color can alter our moods, reduce or increase tension, as well as aid in problem solving, healing, and staying aware.

We live in a time when many people have absorbed and endured so much emotional pain that they have hit a point where they do not want to hurt anymore. Thus, they often have a tendency to “shut down” their ability to feel anything. By transcending the defenses of the mind, music, rhythm and harmony go directly

into the heart and actually prevent it from getting stone cold and “past feeling.” Behind the rhythm and harmony we need in our life lies the infinite intelligence that seems to permeate the cosmos.

The healing effects of music, rhythm, and harmony may be found in many modalities such as vocal/instrumental music, drumming, chants, and vibrational tones. Numerous harmonic experiences are also provided by nature itself.

Through science we have discovered that color and light, just like sounds, have vibrational patterns that affect our emotional well-being. Color, light, and sound help us explore life in all its shades and hues, colors and facets. Each day we identify emotionally with color. We hear phrases such as “In the pink,” “Green with envy,” “I am so blue,” “So angry I see red,” “In a dark mood,” “Light-hearted,” or “Bright spirit.” Various color remedies include energy work through the chakra/auric (neuro-endocrine) systems, light therapy, visualization, etc.



When one pushes all the distractions and everything else in the world aside and it becomes quiet enough to listen to their inner desires and dreams, we can see our surroundings with all its incredulous shades and melodies. The inner self teaches us that “healing miracles” are simply natural expressions of love, gratitude and kindness. (See: *White Stone Carillon & Feeding Your Emotions*)

IRITIS

Medi-Sign Target
Soak Flaxseed in Saltwater
& Put under Eyelid



The iris is a circular, pigmented membrane that forms the pupil of the eye and gives the eye its color. The iris is made up of muscular fibers that control the amount of light entering the pupil and ultimately allows us to see clearly. The muscles of the iris contract to make the pupil smaller in bright light and larger in dim light. This contraction ensures that the right amount of light passes through the eye to make us see. Iritis occurs in some people and causes the iris to become inflamed.

Iritis Causes

Iritis may be a consequence of trauma (*traumatic iritis*) or nontraumatic causes. However, in a significant number of cases, no cause for the iritis is found.

- Blunt trauma to the eye can cause traumatic inflammation of the iris. Thus, it is recommended that one never mow the lawn without goggles.

- Nontraumatic iritis is frequently associated with certain diseases, such as ankylosing spondylitis, Reiter syndrome, sarcoidosis, inflammatory bowel disease and psoriasis.

- Iritis may also be caused by infections such as Lyme disease, tuberculosis, toxoplasmosis, syphilis and herpes simplex and herpes zoster viruses.

Iritis Symptoms

Iritis generally affects only one eye and usually will develop rather quickly.

Signs and symptoms may include any or all of the following:

- Blurred vision
- Headache
- Pain in the eye or brow region
- Reddened eye, especially adjacent to the iris
- Small or odd shaped pupil
- Worsened eye pain with exposure to bright light

One can heal this condition by placing a single flax seed under the upper eyelid and leave sit for several hours each day. It is also recommended that one use saline eye drops every evening before bed.

IRON

Medi-Sign Target
Blood

Iron is essential for many enzymes, including catalase, which is important enzyme for growth. Iron is also required for energy production and

for maintaining a healthy immune. There are numerous Iron deficiency symptoms including: anemia, brittle hair, digestive disturbances, fragile bones and hair loss.

Sources of Iron: *Apricots, Dark Green Vegetables (Spinach, Swiss Chard, Mustard Greens, Kale), Dried Beans and Peas, Dried Fruits (Raisins, Figs, Prunes), Nuts (almonds, cashews, peanuts, pecans), Peaches, Pears, Seeds (pumpkin, sesame, squash, sunflower), Whole Grains.*



IRRITABLE BOWEL SYNDROME

Medi-Sign Target
Drink Olive Oil, Raw Foods
& Lots of Water

Living with Irritable Bowel Syndrome (*IBS*) is not easy and that's exactly what any person with this condition will tell you. This condition is also known as mucous colitis, spastic colon, spastic constipation and variations of these, but IBS is the preferred term these days. Naturally, symptoms vary depending upon the person. However, even

"A ship in the harbor is safe, but that is not what ships are built for."

"I will never be an old man. To me, old age is always 15 years older than I am." -Sir Francis Bacon



just having one of the following symptoms is likely to be at the least annoying and at worst, disabling.

The most typical are:

- Abdominal pain
- Anxiety and/or depression
- Erratic bowel movements or diarrhea
- Headache, fatigue, and/or impaired concentration
- Nausea or weight loss

The Direct Cause: Eating too many foods that have little or no fiber, not walking enough, taking too many laxatives, not drinking enough water and not getting enough of what is considered "good" sleep.

Synthetic, hydrogenated animal fats are a common cause of IBS flare-ups. This is due to the fact that the bowel normally contracts following a meal high in fat. These normal contractions can be extremely painful in people with IBS. Therefore, it is usually easier for the body to handle several small meals through out the day rather than two or three big meals.

Licorice root can help relieve irritation in the bowel due to the fact that it is a natural soothing and coating agent. People with IBS were able to eliminate all or most of their symptoms simply by adding peppermint oil to warm water and drinking it. Peppermint tea can also be very effective. Psyllium seeds are very

high in fiber, and have been shown to help relieve the pain of IBS, as well as the diarrhea and constipation that may accompany it.

(See: *Earth: Body Sculpting & So What's the Big Stink?*)

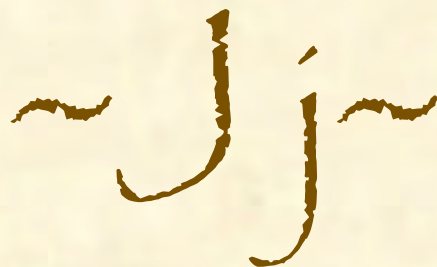
ISOLEUCINE & LEUCINE

Medi-Sign Target
Mental Vision &
Brain Energy

Essential Amino Acid)

They provide ingredients for the manufacturing of other essential biochemical components in the body. These components are then utilized for things such as the production of energy, stimulating the upper brain and helping you to be more alert.





History: The Letter J

The first calligraphic variation “J” which by the year 1630 was given a place in the alphabet all to its own. Very few English Language words contain two “J’s.” “Jejune” meaning “not interesting or dull” is one and “jejunum,” the middle part of the small intestine is another. Adaptable double-“J” words from other cultures include “jipijapa,” a South American plant, “jojoba” a small oil-producing shrub, “jūjitsu” a Japanese system of wrestling, “juju” a West African magic charm, “jūjube” a tropical fruit tree and “jūjubes” a pseudo-candy commonly displayed in movie theatre lobbies. Learning these words is easy if you can master the following sentence: “It was as if Jungle Jim Price had the magic of juju as he filled his jejunum with jūjube fruit and jūjubes coated with jojoba oil and jūjijapa leaves that the crowd of jūjitsu fans jaculated through the door jamb because of their jūjune attitude toward eating junk.”

Read about the “J” foods in the FDR... Then jam'em into yer juxtaposed jaw!

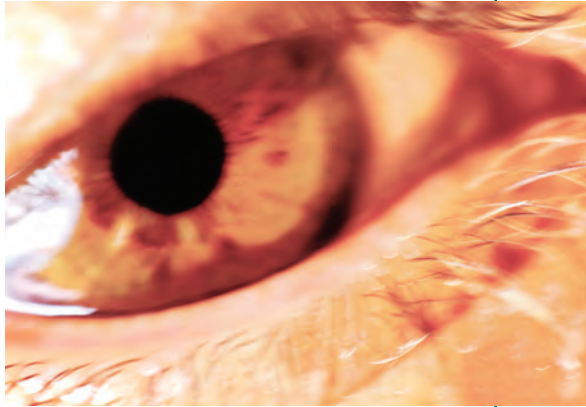
Mystery: The Celtic Name Letter Key

The letter “J” is a sign of fair-mindedness and a well-balanced outlook. It indicates a faculty of judgment that others will value. Also inherent in this letter is a concern for the past. Memories are important, and a person whose name-print is dominated by “J” will probably keep a diary and collect souvenirs. “J” mostly reveals characteristics that will be valued by others, but the total name-print needs a dynamic element to help counteract the rather static quality that it also suggests.

JAUNDICE

Medi-Sign Target

*Orange & Yellow foods,
Lemon Juice & Sunshine*



Jaundice is technically known as icterus. Caused by increased levels of bilirubin, it is the yellowing of the skin, white of the eyes and mucous membranes. Itchiness of the skin is also a symptom of Jaundice. Jaundice originates from the French word *jaune*, meaning yellow.

Causes of jaundice

Red blood cells die causing the heme of their hemoglobin to be converted to bilirubin in the spleen. Bilirubin is the product processed by the liver; it enters bile and is eventually excreted through feces.

There are three different classes of causes for jaundice. Pre-hepatic or hemolytic is caused when too many red blood cells are broken down, hepatic is caused when the processing of bilirubin in the liver does not function correctly and post-hepatic or extra hepatic is caused when the removal of bile is disturbed.

Pre-hepatic

The cause of pre-hepatic jaundice is cause by an increased rate of hemolysis, meaning breakdown of red

blood cells. Malaria can cause jaundice in this manner in some tropical countries. Glucose 6-phosphate, which is a genetic disease, also referred to as dehydrogenase deficiency can lead to increase red cell lysis causing hemolytic jaundice.

Any defects in bilirubin metabolism also are present as jaundice.

Hepatic

Hepatic can be caused by acute hepatitis, hepatotoxicity and alcoholic liver disease.

This less common cause includes primary biliary cirrhosis, also referred to as Gilbert's syndrome and

metastatic carcinoma. Another example of hepatic jaundice is that seen in newborn babies. It is typically gone within 48 hours when they are placed in sunshine.

Post-hepatic

Post-hepatic jaundice is also referred to as cholestasis. It can be caused by an interruption to the drainage of bile in the biliary system. Some common causes are gallstones in the common bile duct and pancreatic cancer in the head of the pancreas. Others are structures of the common bile duct, ductal carcinoma, pancreatitis and pancreatic pseudocysts. Obstructive jaundice, Mirizzi's syndrome, is a rare cause.

Because normal feces gets its color from bile pigments, pale stools suggests an obstructive or post-hepatic cause.

Neonatal jaundice is usually harmless. This is a condition that is often seen in babies around the second day after birth. It normally lasts until the eighth day in normal births, or in premature births until around

day 14. Without any intervention required, serum bilirubin normally drops to a low level. Presumably jaundice is consequence of metabolic and physiological adjustments after birth. Typically infants with neonatal jaundice are treated with bili lights, exposing high levels of colored light to them to break down the bilirubin. The photo oxidation process works because of the occurring bilirubin in the subcutaneous tissues of the neonate. The light energy creates isomerization of the bilirubin causing transformation into compounds that the newborn can excrete via urine and stools.

Typically, blue light is used for this purpose. More effective at breaking down bilirubin is green light. It is not commonly used, though, because it makes the babies appear sickly, which can be disturbing to observers. Increased feeding and sunlight each day in brief exposures do the job fine. Do not expose a newborn to direct sunlight for more than ten minutes as this may cause a danger of sunburn. Sunburn is much more painful to the thin skin of newborns than to adults.

JET LAG

Medi-Sign Target

*Sunshine, Walking, Salt &
Water*



“Who lies for you will lie against you.”

Jet lag, or desynchronization, is a condition that some people experience following air travel across several time zones in a short period of time. This condition can cause a traveler's internal clock not to match the external environment.

Some people experience jet lag by having a difficult time maintaining their internal routine, sleep-wake pattern in their new location. This is because sunshine, an external stimuli, and local timetables dictate a different pattern. This can cause one to feel lethargic one moment and excited the next. Jet lag also can create a double bind for vacationers and business people who cross several time zones to reach their destination, but who also want to maximize sightseeing or productivity. Symptoms result with varying intensity as travelers attempt to adjust their internal clock to a new external environment.

Jet lag also occurs with the rapid crossing of time zones, or, more specifically, when crossing the Earth's meridians. The meridians are demarcate geographic positions relating to the Earth's poles ultimately define as time zones.

Insomnia, or abnormal sleep patterns do not necessarily cause Jet lag. Even travelers who normally sleep prior to transmeridian travel are not immune to jet lag. The acclimation involving circadian rhythms, among other functions, can be associated with the body's management of sleep.

Signs and Symptoms

After a long, rapid, air travel travelers often have a "tired-wired," "soar-crash" feeling. These feeling can cause numerous symptoms that may occur with jet lag, like insomnia, daytime fatigue, stomachaches, headaches, irritability and decreased awareness. The disruption may vary among people; some may not be bothered at all.

Jet lag is a transient sleep disorder and is classified differently than other, more serious disorders. Jet lag may lasts for a week or more, most travelers usually return to their normal sleep-wake pattern after a day or two. Jet lag may catalyze effects of certain other conditions associated with the head and nervous system not specifically related to sleep-wake patterns.

The environment of an airplane, meaning the dry air (*humidity in an airplane is low*), pressurization, noise, vibrations and cramped environment, are some examples that may actually contribute to symptoms of jet lag. These symptoms include dry eyes, dry and irritated nose and sinuses, headaches, ear-aches, muscle cramps and abdominal distention (*bloating*). Sometimes, dizziness or swollen feet and ankles may occur.



Before, during and after your flight drink water. The planes air is extremely dry, and experts believe dehydration could be the leading cause of jet lag. Most experts agree that dehydration makes jet lag worse.

During your flight, alcohol and any caffeine should also be avoided because alcohol and caffeine can both increase dehydration. Included in these drinks are coffee, tea and some soft drinks.

If it is nighttime at your destination, try to sleep on the plane.

Some people use earplugs, headphones, eye masks or other sleep aids to help diminish noise and light. A travel pillow may make you more comfortable also.



"Experience is something you don't get until just after you need it."

“I’d kill for a Nobel Peace Prize.”

If your destination is daytime, stay awake through your flight by reading, talking to other passengers, watching a movie or walking the aisles. When you are awake on your flight, exercise as much as you can by stretching your back, arms and leg muscles. If the seat belt signs are off, walk the aisles or squeeze a rubber ball or pair of socks for good stimulation for circulation. This may also help prevent jet lag.

Eat strategically, eat lightly. Some people adhere to various “jet lag diets,” but I’ve never found one that was worth the trouble it took to follow it. Sensible eating foods that support your needs should help you avoid the unnecessary “jet lag” condition. High-protein meals are most likely to keep you awake, foods with high in carbohydrates, fruit, and veggies are most likely to promote sleep and fatty foods are most likely to make you feel sluggish.

- **Establish regular routines,** including regular bedtime and rising time, for at least two days before your trip.

- **Get at least fifteen minutes extra** sleep for two nights before your trip.

- **Fly during the day** instead of at night.

- **Drink plenty water** during the flight.

- **When you reaching your destination don’t nap;** stay up until what would be a slightly early local bedtime. Limit your sleep to one hour if you must nap.

Stay in the sunlight once you arrive, if possible. This is the most critical.

- **Exercise.** Maintain your regular routine, or if you don’t have one, do simple calisthenics in your room. Better yet, walk for an hour to explore your destination.

- **If it is raining, try a tanning bed** (they are not evil). Research about the multibillion-dollar industry called, “sun scam” proclaims UV rays are actually very healthful as is sunshine that contains UV rays.

JICAMA

**Medi-Sign Target
Eye Cells**

The jicama (*hee-ka-mah*) is a tuberous root resembling a large, beige turnip. The jicama is crunchy. It’s juicy, sweet and nutty texture resembles a water chestnut. Its peak time is fall to spring, but it is available year-round. The nutritional benefits are the same as parsnips.



JOCK ITCH

**Medi-Sign Target
Salt Rinse & Garlic**



Jock itch (*tinea cruris*) causes redness, scaling, severe itching and moistness on the skin of the groin and upper thighs. Usually the red, scaly, raised areas on the skin weep or ooze pus or clear fluid. Fungus infection usually causes jock itch. Also resulting from a bacterial infection or a reaction to chemicals in clothing, irritating garments or the medicines you take.

The name jock itch comes from an athletic supporter worn, stored in a locker and worn again without being laundered. This provides the ideal environment in which a fungus thrives. Women’s clothing can develop this problem also, under the same conditions. Jock itch most likely occurs after taking antibiotics.

Symptoms of jock itch in the groin and thigh area are:

- Redness of the skin in the groin and/or scrotum area
- Itching
- Patches of skin are scaly

- Wearing tight, close-fitting clothing is not recommended. Instead try briefs that are, loose-fitting similar to boxer shorts.

- Changing of underwear needs to be frequent, especially after hot, sweaty tasks.

- Shower or bath right after workouts. Dry the area of the groin well.

- Powder or talc applied to groin area will help keep area dry. If you are sweating a lot or are very overweight, try a drying powder, like a cornstarch.

- Avoid storing damp clothing in a locker or gym bag.

- Sleep in the nude or in a night-shirt.

- Antibacterial (*deodorant*) soaps should be avoided.

Food Healing

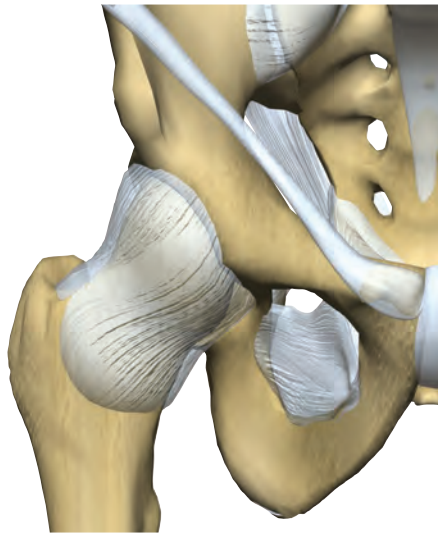
Quicker relief may come from garlic because of its fungal qualities. At the first sign of jock itch, eat as much raw garlic as possible. Avoiding yeast products such as breads, baked goods and alcohol, which may make some people more prone to getting jock itch, is a good idea.

JOINT PAIN

Medi-Sign Target

Peppermint Oil Applied & Eat Lots of Celery

Many types of injuries or conditions may cause joint pain. Joint pain can be very bothersome, no matter what the cause.



Symptoms

- Pain in the joints, often at the conclusion of activities.

- Swelling

- Joint might feel warm

- Eventually mild stiffness may become worse over the years Lifestyle changes.

- Changing activities to avoid repetitive damage, such as bicycle riders switching to running.

- Keep weight under control. Keeping within the ideal weight range reduces pressure on joints.

- Avoiding chemicals that inhibit healing, for example those found in alcoholic drinks and cigarettes.

Dietary changes

According to research, animal proteins have been found to add to the arthritis and other inflammatory diseases because they trigger joint pain.

Foods Recommended

- Fresh cherries, strawberries, blueberries and other red-blue berries.

- Bananas

- Celery

- Tomatoes

- Include vegetables such as kale, cabbage, parsley, green-leafy vegetables and foods high in bromelain (*pineapple*).

- Foods with a high vitamin C content, which are red cabbage, red bell peppers, tangerines, mandarins, oranges, potatoes etc.

- Drink fruit juices and purified water (*8 glasses of water per day*).

- Raw dairy products.

- Complex carbohydrates like breads, cereals, pasta, rice, as well as aforementioned vegetables and fruits.

- Chocolate, organic cocoa.

- Essential fatty acids (*flaxseed, nuts, & seeds*).

- Tofu, a legume and made from soybeans...they work!

JUNIPER BERRY

Medi-Sign Target

Bladder, Blood Cleanser & Deplaquer



"It is not titles that honor men, but men that honor titles."

J - FOODS & SYMPTOMS

“Nobody knows the age of the human race, but everybody agrees that it is old enough to know better.”

Juniper Berry is also known by the names juniper bush and juniper bark. Juniper is a small shrub, four to six feet high, being distributed throughout the Northern Hemisphere. Juniper berries take two or three years to ripen, resulting in blue and green berries on the same plant at the same time. Only ripe blue berries are picked.

Early Arabian and Greek physicians used juniper berries. In order to produce a clean, fresh aura and to prevent infections, some people stored a couple of berries in their mouths during the Bubonic Plague. To disinfect a surgeon's tools, juniper tea was used. The Indians of the American plains would use juniper berries for food and medicine. In history, many conditions were treated with juniper berries by many cultures, including gout, warts and skin growths, cancer, upset stomach, and various urinary tract and kidney diseases. Additionally they were used in herbology; juniper berries are used as a flavoring agent in gin.



Included in the primary chemical constituents are essential oils (*camphene, cineole, myrcene, pinene, terpinene*), sesquiterpenes (*cadinene, elemene*), flavonoids, glycosides, tannins, podophyllotoxin and vitamin C. Some of the benefits of today's juniper berries are treating infections, especially within the urinary tract, bladder, kidneys and prostate. Juniper berries possess cleansing properties useful in the removal of waste and acidic tox-

ins from the body, stimulating an action against bacterial and yeast infections. Juniper berries may also help increase the flow of digestive fluids, improve digestion and eliminate gas and stomach cramping. Juniper berries are used as a diuretic to help eliminate excess water retention, thus contributing to weight loss. The inflammation properties of juniper berries are ideal for relieving pain and infection related to rheumatism and arthritis. Additionally, juniper berries may be beneficial in reducing congestion, treating asthma and colds. The condition of cystitis may be helped by juniper berries.

Either way of eating juniper berries, raw or brewing them in a spicy sweet tea, is an effective remedy of relieving gas, stimulate digestion and relieving colic. Generally juniper berries are recognized as a safe herb, caution is given to pregnant women to avoid consuming juniper products due to the likelihood of increased contractions of the uterus.





~K k~

History: The Letter K

A silhouette of the open hand discloses the origin of the letter "K." The ancient cultures practiced palmistry and the early term "kaph" was used to mean "K." The Greeks added their favorite vowel sound; "a" and thus they formed their letter "kappa." The Romans had no real use for "K" was accepted and this has, no doubt, pleased Carl Eller, head of Circle K Corporation. "K" is an integral part of "O.K." which some attribute to the Democrats abbreviation of Martin Van Buren's hometown of "Old Kinderhook." More accurately, used first by Mr. C. G. Greene, editor of the Boston Morning Post, to denote the amusing misspelling of "all correct" as "oll correct." Both theories are probably O.K. So is our winning attitude toward whole foods. The FDR is truly, O.K!

Mystery: The Celtic Name Letter Key

The letter "K" refers exclusively to money and the acquisition of wealth. Other letters contain indications of success, and may well include financial success, but here is a naked need for money and the power associated with it. As dominating letter in a name-print "K" gives a clear indication of someone who values worldly goods above all else. Coupled with such factors as ambition and ability, it will lead to riches. Lacking the opportunity to acquire wealth the name-bearer is likely to become soured, being unable to apply other sets of values.

KALE

Medi-Sign Target
Brain Food



Kale is very beneficial to the stomach and can alleviate lung congestion. Due to the fact that it is an ancient member of the cabbage family, it is abundant in sulfur. Therefore, its juice can be used to treat stomach and duodenal ulcers.

Unfortunately, Kale is not cold-weather green so its flavor does not become sweeter with a touch of frost. Yet, during its growing season in the fall, winter and early spring, Kale is an exceptional source of calcium, chlorophyll, iron and vitamin A.

Kale is a rich source of various cancer activity chemicals. It has more beta carotene than spinach and twice as much lutein, which is the most of any vegetable tested. Kale is also a member of the cruciferous family, endowing it with cancer indoles that help regulate estrogen and removes colon cancer.

KELOIDS

Medi-Sign Target
Crushed Garlic, Salt &
Olive Oil Poultice

The raised, reddish nodules that develop at the site of an injury are known as Keloids. When the skin is wounded, both the skin cells and connective tissue cells (*fibroblasts*) begin multiplying rapidly to repair the damage. The connective tissue, or more precisely, the gristle-like fibers deposited in the skin by the fibroblasts, forms a scar that holds the wound closed. However, with keloids, the fibroblasts continue to multiply even after the wound is filled in. Thus, keloids project above the surface of the skin and form large mounds of scar tissue.

Keloids are prone to form on the upper chest, shoulders and back but may essentially form on any part of the body. Pigmentation of the skin, itchiness, redness, unusual sensations and pain are all possible symptoms of Keloids.

It is estimated that about 10% of people suffer from keloids. Some people develop keloids after minor injuries such as insect bites or pimples, where as most people never even form keloids. It has been found that darkly pigmented people seem to be more prone to forming keloids than lighter pigmented people. Men and women are equally affected.

Hypertrophic scars, which are more commonly formed, look similar to a keloid. They do not grow to become nearly as big as keloids and actually may fade with time. They occur in all racial groups. Keloids, which are mainly just a cosmetic nuisance, are normally considered a benign tumor and never become malignant. If one would operate on a keloid, it would usually stimulate more scar tissue to form. Therefore, people with keloids are usually told that there is nothing that can be

done to get rid of or remove them.

By using a pressure dressing, silicone gel pad or paper tape over an injury site, one can often prevent the formation of a keloid. These must be left on for 23 of the 24 hours each day and this treatment is usually affective within a month, or simply after the healing of the wound or injury.

Things such as the sunshine or a poultice of crushed garlic, salt and olive oil can assist the shrinkage of keloids.



KERATOSIS PILARIS

Medi-Sign Target
Salt Scrub &
Lots of Sunshine



Keratosis pilaris is a skin condition commonly seen on the upper arms, buttocks and thighs. Skin cells that normally flake off as a fine dust

“Woman who cooks beans and peas in same pot very unsanitary.”

from the skin plug the hair follicles. These then appear as small pimples that have a dry, sandpaper feeling or texture to them. Usually they are white, but on occasion they can be rather red. On the up side, they tend to neither itch nor hurt.

In teenagers, keratosis pilaris is particularly common on the upper arms. In babies, it occurs most noticeably on the cheeks. It generally gradually disappears usually before age 30, but in some cases it may occur for years. Although keratosis pilaris is unsightly, it is completely harmless. It usually worsens during times of low humidity when the skin has a tendency to dry out, such as the winter months. It may also become worse during pregnancy or after childbirth.

It is unnecessary to treat keratosis medically, and unfortunately often has disappointing results. However, most people get achieve satisfactory improvement on their own if they just have persistence.

If a person's skin can tolerate it, then aggressive home treatment can be done. One can remove the plugged pores by taking long, hot soaking, salt water baths and then applying real butter mixed with honey as a moisturizer in a tub bath. It is then best to rub the areas with a



veggie scrubber, but a coarse washcloth, stiff brush, or "Buff-Puff" can also be used.

Seborrheic Keratosis

These lesions are light to dark brown papules, which usually appear somewhat greasy and in a way as though they were "stuck-on."

Solar Keratosis (actinic)

Caused by overexposure to the sun over the years, a solar keratosis appears as a small lump on the skin. It is often common that several lumps develop and although they are unsightly, they are usually harmless. Applying fresh squeezed lemon juice every two to three hours will clear them up. One may also substitute the lemon juice with onion juice if they choose.

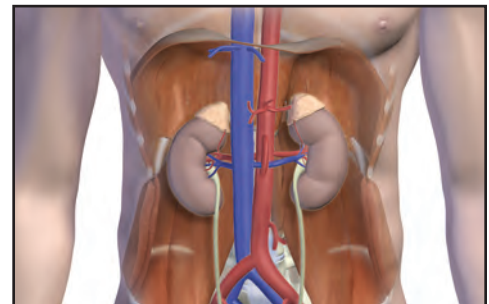
What does a solar keratosis look like? Each one can vary in size from as small as a pinhead to as large as two to three centimeters across. Their color can range from either light, dark, pink, red, the same color as your skin or even a combination of more than one of these. They tend to be slightly raised from the surface of the individuals skin and usually feel rough and dry. The top of the solar keratosis may even have a yellow-white crust like appearance. Often times the surrounding skin may turn reddish. Typically one can normally feel a solar kaer- atosis more easily than seeing one. Sometimes a cutaneous horn, which is a finger-like growth of hard skin, may appear to come out of a solar keratosis.

Many times, more than one solar keratosis will develop at about the same time, and often in or around the same area of skin. Several of these may sometimes even join together and form a large, flat, rough area of skin. Typically, solar keratoses will develop on areas of skin that have been overexposed to the sun. Examples include the face, neck, bald patches on the scalp and the backs of the hands. They may also appear in other areas in people who do a lot of sunbathing. Usually no other symptoms arise, but you may on a rare occasion get an itchy or pricking sensation from affected areas of skin.

KIDNEY DISEASE

Medi-Sign Target

Satwater, Kidney Beans, Oils & Walking



There are a number of different kinds of kidney disease. A disease of the kidney may sometimes be a short-term problem, and thus, may or may not cause any permanent kidney damage. Short-term problems include things such as kidney infections or kidney stones. Kidney function can also be altered by such factors as dehydration, trauma and some medications. "Acute renal failure" is a sudden or rapid loss of kidney function. Acute failure may be reversed, but other times it may lead to permanent loss of kidney

"Man who walk through airport door sideways is going to Bangkok."

function. Diseases that affect the kidney are more commonly chronic problems. “Chronic renal failure” is a loss of kidney function that occurs gradually. It is often “silent,” which means it may go undetected for months or even years.

A person is diagnosed with “end-stage renal disease” when the kidneys permanently lose ninety percent or more of their function. In order to stay alive, people with end-stage renal disease must either undergo dialysis or receive a donated kidney by transplantation. The fact of the matter is that it is vital that an individual takes care of his or her kidneys.

What is it?

The kidneys are the body’s primary blood filters. When the kidneys start to be overloaded with toxins, they become overwhelmed and begin to break down. These toxins can take the form of drugs, pesticides, herbicides, antibiotics, heavy metals, solvents, chemotherapy agents, sports drinks, soda pops, Splenda and all synthetic sweeteners, etc. Even though there are a wide variety of different types of kidney disease, each type stems

from this basic toxemia. If the kidneys do indeed become overwhelmed and cannot function properly to excrete wastes then edema will result. A condition, known as uremia, will also result when the toxic wastes accumulate in the bloodstream.

Symptoms

Chills, fever, urinary urgency, fluid retention (*bloating*), abdominal pain, appetite loss, back pain, nausea and vomiting. The urine may also appear cloudy or be bloody.

How to Reverse Kidney Disease Naturally

- Perform a kidney and bladder cleanse. This cleanse will rid your kidneys and bladder of thousands of toxins and poisons. It will also be effective in removing old fecal waste and obstruction from your digestive tract. This can be used to clear urinary tract infections, dissolve kidney stones and renal gravel or even just eliminate thousands of toxins and poisons from the kidneys.

In addition, this cleanse will clean the bloodstream and colon of toxins, pollutants, heavy metals and other waste which are putting stress on your kidneys and bladder.

Kidney Flush: Drink eight to sixteen ounces of distilled water, the juice of one lemon and lime, a pinch of cayenne pepper and a touch of maple syrup for taste. This drink will help eliminate toxins in the kidneys and dissolves kidney stones. Do this drink first thing in the morning, at noon, and again at six p.m. for seven days. You should only eat fruit during this period. It may also be beneficial to consider doing a fast for two to three days. This fast should consist of only spring water

and “live” (*just squeezed*) juices: organic cranberry promotes healing of the bladder and removes bacteria, where as celery, parsley and carrots are good diuretics.

- Eat a diet containing foods that heal, which include: raw fruits, vegetables, legumes, juices and whole grains. Particularly eat watermelon, garlic, potatoes, asparagus, parsley, watercress, celery, cucumber, papaya and bananas.

- Drink an eight to sixteen ounce glass of water every hour. This is essential for urinary tract function.

- Vitamin E has been shown to prevent lesions and can arrest renal damage associated with kidney disease. An excellent source of all natural Vitamin E is cold-pressed Wheat Germ Oil. It is also beneficial to take organic, unrefined, cold-pressed Flaxseed Oil everyday because it has been shown to have favorable results with Kidney disease.

Things to Avoid

- Avoid all animals and animal products. Do not eat fish, chicken, turkey, lard, fried and greasy foods, margarine or any other processed foods and animal derived products. Remove these foods from your diet because they contain high levels of saturated fats and are typically laced with chemicals, pesticides and toxins that are very damaging to the draining effect of the kidneys.

- Avoid tobacco, processed caffeine, sodas sugar and refined white flour such as breads, pastas and cereals, which can be replaced with whole-wheat pastas, breads and cereals. Also note that processed food products are extraordinarily destructive to the kidneys.



“He who sitteth on an upturned tack shall surely rise.”

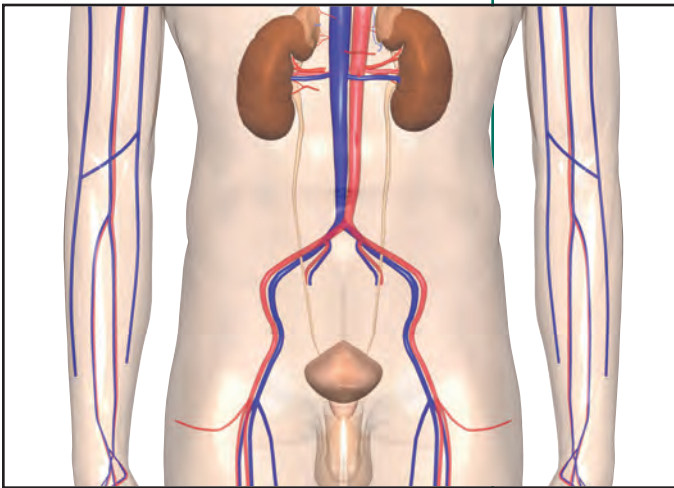
KIDNEY STONES (CALCULI)

Medi-Sign Target

**Sauerkraut, Tomato &
Peppermint Juice Mix**

Kidney stones make more money annually than the Rolling Stones.

“Come on MICK, what’s your problem?”



Kidney stones are one of the most painful of the urologic disorders and unfortunately, are also one of the most common. Interestingly, kidney stones are not a product of modern day life. Scientists have actually found evidence of kidney stones in a 7,000-year-old Egyptian mummy. In 2000, kidney stone problems brought 600,000 people to emergency rooms made and caused 2.7 million visits to doctors. Billions were made. Bring on the stones baby.

Most of the time, kidney stones will pass out of the body without any type of doctor intervention; however, some stones can cause lasting symptoms or complications that may then need to be treated by various techniques, none of which normally involve major surgery.

Introduction to the Urinary Tract

The urinary tract, or system, consists of the kidneys, ureters, bladder, and urethra. The kidneys, which are two bean-shaped organs, are located below the ribs toward the middle of the back. The kidneys work to remove extra water and wastes from the blood and then convert it to urine. The kidneys also maintain a stable balance of salts (*minerals*) and other substances in the blood, as well as produce hormones that help build strong bones and form red blood cells.

Ureters, which are narrow tubes, carry the urine from the kidneys to the bladder. The bladder is an oval-shaped chamber in the lower abdomen that acts like a balloon in that its elastic walls stretch and

expand to store urine. When the urine is excreted through the urethra to the outside of the body, the walls of the bladder flatten together.



What is a kidney stone?

A kidney stone develops from the crystals that separate from the urine and becomes a hard mass that ultimately builds up on the inner surfaces of the kidney. In a normal functioning kidney, the urine contains chemicals that prevent or inhibit the crystals from forming. Nevertheless, some people from stones because these inhibitors fail to work. Some crystals, if they

crystals remain tiny enough, will travel through the urinary tract and pass out of the body in the urine without being noticed.

Kidney stones may contain various combinations of chemicals. The most common type of stone contains calcium in combination with either oxalate or phosphate. These chemicals are part of a person’s normal diet and make up important parts of the body, such as bones and muscles.

Not only can chemicals create kidney stones, but they can also be caused by an infection in the urinary tract. This, however, is a much less common type of stone. This type of stone is called a struvite or infection stone. Even less common than the struvite stone is the uric acid stone. Among all of the types of kidney stones, the cystine stone is the rarest.

The medical term used to identify stones found in the urinary tract is urolithiasis. The terms urinary tract stone disease and nephrolithiasis are also frequently used. Doctors also commonly use terms that describe the location of the stone in the urinary tract. For example, a kidney stone found in the ureter is called a ureteral stone (*or ureterolithiasis*). To keep things simple, however, we will just talk about “*kidney stones*.”

Gallstones and kidney stones are not related in any way and they actually form in different areas of the body. Contrary to common belief, if you have a gallstone, you are not necessarily more likely to develop kidney stones.

Who gets kidney stones?

Over the past thirty years, the number of people in the United States

“Man who fart in church sit in own pew.”

with kidney stones has been increasing. The reason for this increase is currently unknown. The prevalence of stone-forming disease rose from 3.8 percent in the late 1970's to 5.2 percent in the late 1980's and early 1990's. Statistics have shown that white Americans are more prone to develop kidney stones than African Americans and they occur more frequently in men than in women. As men reach their forties, the prevalence of kidney stones rises dramatically and continues to do so even into their seventies. For women on the other hand, the prevalence of kidney stones peaks when they are in their fifties. It has also been found that once people develop one stone, they are likely to develop more in the future.

What causes kidney stones?

The exact cause of the formation of a stone is not always clear. It is known that eating certain foods may promote stone formation in people who are susceptible, but scientists do not believe that eating any specific food can cause stones to form in people who are not susceptible. A person with a family history of kidney stones may be more likely to develop stones themselves. Urinary tract infections, kidney disorders such as cystic kidney diseases and certain metabolic disorders such as hyperparathyroidism are also linked to stone formation.

In addition, more than 70 percent of people with a rare hereditary disease called renal tubular acidosis develop kidney stones.

Although very rare, cystinuria and hyperoxaluria are two inherited metabolic disorders that often cause kidney stones. In cystinuria, too much of the amino acid cystine is voided. Because cystine does not

dissolve in urine, it can lead to the formation of stones made of cystine. In people with hyperoxaluria, the body produces too much of the salt oxalate. When the amount of oxalate exceeds that which can be dissolved in the urine, the crystals settle out and form stones.



Over half of the people that get kidney stones develop them from hypercalciuria, a condition that is inherited. With this condition, calcium is absorbed from food in excess and is then lost into the urine. This high level of calcium in the urine causes crystals of calcium oxalate or calcium phosphate to form in the kidneys or urinary tract.

Another cause of kidney stones is hyperuricosuria, which is a disorder of uric acid metabolism. Such things as gout, vitamin D supplements, urinary tract infections and blockage of the urinary tract can also cause kidney stones. Certain diuretics called water pills or calcium-based antacids may also increase the risk of forming kidney stones by increasing the amount of calcium in the urine.

People who have a chronic inflammation of the bowel or who have had an intestinal bypass operation, or ostomy surgery, are also likely to form calcium oxalate stones. As mentioned above, struvite stones can form in people who have had a urinary tract infection. The protease inhibitor indinavir, which is a drug

used to treat HIV infection, also increases the chance of these people developing kidney stones.

What are the symptoms?

More often than not, kidney stones do not cause any symptoms. Usually, when the stone acutely blocks the flow of urine, the first symptom of a kidney stone will arise. This symptom is extreme pain. The pain often begins suddenly when a stone moves in the urinary tract, causing irritation or blockage. Typically, a person feels a sharp, cramping pain in their back and side, around the area of the kidney or in the lower abdomen. Some people will also experience nausea and vomiting. Pain may also spread to the groin later on.

If the stone is too large to pass easily, pain continues as the muscles in the wall of the tiny ureter try to squeeze the stone along into the bladder. A common symptom is blood in the urine, which occurs as the stone grows or moves. Once the stone moves down the ureter closer to the bladder, the individual may feel the need to urinate more frequently or experience a burning sensation during urination.

The presence of an infection can be identified if fever and chills accompany any of the other symptoms.

How are kidney stones diagnosed?


Sometimes during a general health exam, “silent” stones, which are those that do not cause symptoms, can be found on x-rays. If these stones are small, they usually will pass out of the body unnoticed.

More often, kidney stones are found when someone complains of blood in the urine or sudden pain.

How are kidney stones treated?

Fortunately, surgery is not normally, or ever, necessary. Drinking plenty of water, at least four to six quarts a day, will help move the stones along and pass them through the urinary system.

To help speed up the excretion process and reduce the pain, try this: This process can be done entirely at home.



Kidney Stone Purge

1 quart	Tomato juice
1 quart	Sauerkraut juice
12 drops	Peppermint oil

Drink one in the a.m. and 1 in the p.m. till passed.



The First Step: Prevention

If an individual has had more than one kidney stone, then they are likely to form another. Therefore, prevention is extremely important. To prevent stones from forming, it comes down to lifestyle changes:

The most important and simplest change in ones lifestyle they can make is to drink more liquids; water is best. If you tend to form stones, you should try to drink enough liquids throughout the day to produce at least two quarts of urine in every twenty-four hour period.

It was once thought that people who form calcium stones should try to avoid dairy products and other whole foods that have high calcium



content. Recent studies have shown that foods high in calcium, including dairy products, actually help prevent calcium stones! However, taking calcium in either the pill or powder form does increase the risk of developing stones nearly two hundred percent!

One should avoid food with, “added vitamin D” and antacids that have a calcium base. It would be wise to eat less meat, fish and poultry if an individual has very acidic urine. Foods such as these increase the amount of acid in the urine.

To prevent cystine stones, you should drink enough water each day to dilute the concentration of cystine that escapes into the urine. Surprisingly, more than a gallon of water may be needed every 24 hours.

Found in citrus fruits, citric acid may protect against the formation of kidney stones. The best and most accessible food sources of citric acids are lemons. One preliminary trial found that drinking approximately two quarts of lemonade per day improved the quality of the urine in ways that are associated with stone preven-

tion. The trial also showed that lemonade was far more effective than orange juice. The particular lemonade used in the trial was made by making two liter, with four ounces of lemon juice and the rest water. It is recommended that the smallest amount of sweetener possible be added to make the taste of the lemonade acceptable.

KIWI FRUIT

Medi-Sign Target
Blood Flow to Eyes &
Visual Cortes

A Blood Thinning Alternative to Aspirin

Enjoying just a couple of kiwi fruit each day can significantly lower your risk for blood clots and reduce the amount of fats (*triglycerides*) in your blood. These benefits make kiwi a delicious, blood-thinning alternative to aspirin for protecting cardiovascular health. Aspirin (*and other NSAIDs or non-steroidal anti-inflammatory drugs, such as Tylenol and Ibuprofen*) can cause inflammation, ulcers and bleeding in the intestinal tract. The effects are so severe that each year around 100,000 people are hospitalized and between 10,000 and 20,000 people die from NSAID-related complications.



“Support bacteria – it’s the only culture some people have!”

“Our duty as men is to proceed as if limits to our ability did not exist. We are collaborators in creation.”



Read that again!

Unlike NSAIDs, the consumption of regular kiwi has only beneficial effects. Kiwi fruit is an excellent source of vitamin C, and polyphenols. It is also a good source of vitamin E, magnesium, potassium and copper. All of these may function individually or in concert to protect the blood vessels and the heart. In a recent study, human volunteers who ate two to three kiwi fruit per day for twenty-eight days reduced their platelet aggregation response (*potential for blood clot formation*) by 18 percent compared to controls eating no kiwi. In addition, kiwi eaters' triglycerides (*blood fats*) dropped by 15 percent compared to controls. Most people know that kiwifruit is packed with more vitamin C than an orange.

What many people do not know is that recent studies have shown that kiwifruit is the most nutrient dense of all the major fruits. But here are a few of the other healthful nutrients you will get when you enjoy a fresh California kiwi or one from New Zealand.

Lutein

Lutein is a phytochemical that is very effective in reducing the risk of cancer and heart disease. It may also help prevent cataracts and mac-

ular degeneration, a leading cause of blindness. This carotenoid functions mainly as a cell protector. Moreover, a single serving of kiwifruit, which consists of two medium sized ones, is the richest source of lutein in the plant food world, right behind yellow corn.

Fiber

A single serving of kiwifruit contains both soluble and insoluble fiber. Soluble fiber protects the heart and pancreas, while insoluble fiber reduces the risk of some cancers, constipation and diverticulitis.

Copper for Kids

California kiwifruit is high in copper. Copper is vital for the growth of infants, bone strength, brain development and building immunity. Copper is essentially a mineral involved in making red blood cells and developing a strong immune system.

More Potassium than Bananas

The heart works more efficiently with the help of potassium from fruits and vegetables. Potassium is also significant in controlling blood pressure, which is often known as the “*silent killer*.” In addition, it also aids in controlling heart activity and maintaining fluid balance. A single serving of kiwifruit outranks bananas as the top, high-potassium fruit.

Not to Mention

Folate, magnesium and vitamin E are all well represented in kiwifruit, which offers health benefits that range from bone formation to

reduced risks of heart disease. Another advantage is the fact that kiwifruit contains no saturated fat or cholesterol and thus, is a part of a healthy diet.

It is especially important that all woman of childbearing age consume the recommended amount of folate each day. Folate is a major contributor in helping to prevent neural tube defects. Hence, a single serving of kiwifruit containing folate, helps protect against birth defects, cancer and heart disease.

The magnesium found in a serving of kiwifruit, is a vital mineral, whose intake often falls short in the American diet. This is very detrimental because magnesium is important for bone formation, heart rhythm regulation, muscle relaxation and nerve function.

The Vitamin E found in one serving of kiwifruit can help reduce the risk of heart disease, cancer and exercise-induced oxidative damage.

Kiwifruit is also high in vitamin C and thus, is commonly prescribed in traditional Chinese medicine to treat stomach and breast cancer.

KNEE PAIN

Medi-Sign Target
Cherries, Cherry Juice & Salt Soaks





Knee pain is a very common complaint due to the fact that there are a variety of common causes. Some of these common causes include:

- **Arthritis**

Arthritis is among the most common causes of knee pain and hence, there are many treatments available.

- **Ligament Injuries**

During athletic activities it is common for ligament injuries to occur and they can cause both discomfort and instability.

- Anterior Cruciate Ligament (ACL) Injury

- Medial Collateral Ligament (MCL) Injury

- Posterior Cruciate Ligament (PCL) Injury

- **Cartilage Injuries/Meniscal Tear**

Cartilage tears are seen in young and old people alike, and are also an extremely common cause of knee pain.

- **Patellar Tendonitis**

Tendonitis that occurs around the joint is generally of the patellar tendon, which is the large tendon found over the front of the knee.

- **Chondromalacia Patella**

Chondromalacia is due to the softening of the cartilage around the knee and typically causes knee pain under the kneecap.

- It is most common in younger people (15-35 years old).

- **Dislocating Kneecap**

A dislocating kneecap causes acute symptoms during the dislocation, but can lead to chronic knee pain in the future.

- **Baker's Cyst**

A Baker's cyst is swelling in the back of the joint. Usually this is a sign of another underlying problem, such as a meniscus tear.

- **Bursitis**

There are a number of bursas surrounding the knee, but the most common bursa affected around the joint is just above the kneecap. This is generally seen the most in people who kneel for work, such as gardeners or carpet layers.

- **Plica Syndrome**

Plica syndrome is an uncommon cause of knee pain, and can be difficult to diagnose.

- **Osgood-Schlatter Disease**

Osgood-Schlatter disease is a condition seen in adolescents and is due to irritation of the growth plate just at the front of the joint.

- **Osteochondritis Dissecans**

Osteochondritis dissecans (OCD) is another condition seen in adolescents due to the growth of the bone around the joint.

- **Gout**

Gout is an uncommon cause of knee pain, but it must be considered as a cause for new onset knee pain in people who have it.

- The best remedies for gout are cherries, cherry juice, rest, soaking and wrapping the knee. (See: Arthritis and Gout).

KOHLRABI

Medi-Sign Target
Blood Flow

Kohlrabi consists of a long stalk and big leaves protruding from a spherical base. The base, which is a root tastes like radishes when it is raw, but broccoli when it is cooked.

There are different varieties including purple and pale green. Kohlrabi improves general circulation and eliminates blood coagulations and stagnancies, which are congealed platelets. It is also used for hypoglycemia and diabetes because it can treat indigestion and blood sugar imbalance. It is also effective in relieving painful or difficult urination, stopping the colon from bleeding, reducing swelling of the scrotum and alleviating the effects of intoxication from drugs or alcohol. The juice may also be drunk as a remedy for persistent nosebleeds.



“Man who run behind car get exhausted.”

Good Timber



*The tree that never had to fight
For sun and sky and air and light,
But stood out on the open plain
and always got it's share of rain,
Never became a forest king
But lived and died a scrubby thing.*

*The man who never had to toil
To gain and farm his patch of soil,
Who never had to win his share
Of sun and sky and light and air,
Never became a manly man
But lived and died as he began.*

*Good timber does not grow with ease
The stronger wind, the stronger trees.*

*The further sky, the greater length,
The more the storm, the more the strength.*

*By sun and cold, by rain and snow,
In trees and men good timbers grow.*

*Where thickest lies the forest growth
We find the patriarchs of both.*

*And they hold counsel with the stars
Whose broken branches show the scars
Of many winds and much of strife
This is the common law of life.*



“Every human being is the author of his own health or disease.” -Buddha



History: The Letter L

The ox goad, or whip lash, gave rise to the letter "L." An ox goad is a flexible stick used for hitting the beasts to make them move. To the Phoenicians, herding oxen and sheep was an important occupation of their slaves and they used a symbol representing this simple tool as a part of their writing. The Greeks gave way to their fetish of adding an "a" and changed the original name from "lamed" to "lambda" and drew it as an inverted "V." Strangely, the Romans ignored the Greek letter and developed the character more closely to the original Phoenician form. While most people seem to need ox goads to get their nutrition from whole foods, Farmacist don't. Thank you FDR.

Mystery: The Celtic Name Letter Key

"L" is a sign of coordination, both physical and mental, but perhaps one or the other in an individual. Physical coordination may well lead to success in sports or other activities when young. The facility for mental organization will be very useful for an administrator. The drawback of this letter lies in indecision, for while the name-bearer may be able to cause a group of people to contribute their various skills to a common undertaking, policy decisions at the outset may cause great problems. Nevertheless, a name-print dominated by this letter shows ability to cope with complex situations.

LACK OF ORGASM

*Medi-Sign Target
Frequency & Fantasy*



Lack of Orgasm (Anorgasmia)

It is the absence of sexual climax, or orgasm. Many causes can contribute to this like sexual inhibition, inexperience, lack of knowledge and psychological factors such as guilt, anxiety, or a past sexual trauma or abuse. Anorgasmia may also occur due to other factors, including insufficient stimulation, certain medications, and chronic diseases.

Sexual Problems in Women

This is also known as sexual dysfunction and refers to a problem during any phase of the sexual response cycle that prevents the individual or couple from experiencing satisfaction from the sexual activity. The sexual response cycle has four phases: excitement, plateau, orgasm, and resolution.

Research suggests that 43 percent of women and 31 percent of men have some sort of difficulty with sexual

dysfunction. Still, many people hesitate to discuss this problem, though.

What Causes Sexual Problems?

Both physical or psychological problems often result in sexual dysfunction.

- **Physical Causes.** Sexual function can result from many physical and/or medical conditions. These conditions include: diabetes, heart disease, neurological diseases, hormonal imbalances and menopause, as well as chronic diseases such as kidney disease, liver failure, alcoholism and drug abuse. In addition, sexual desire and function can be affected by the side effects of certain medications especially some antidepressants.

- **Psychological Causes.** Work-related stress and anxiety, concern about sexual performance, marital or relationship problems, depression, feelings of guilt and the effects of a past sexual trauma are often linked to sexual dysfunction. Who Is Affected by Sexual Problems? All ages of both men and women may be affected by sexual problems. Commonly affected is the geriatric population. This may be related to a decline in health associated with aging.

How Do Sexual Problems Affect Men?

In men, ejaculation disorders, erectile dysfunction and inhibited sexual desire are some of the most common sexual problems.

What Are Ejaculation Disorders?

There are different types of ejaculation disorders including:

- **Premature ejaculation:** This refers to ejaculation that occurs before or soon after penetration and is the most common form of sexual dysfunction in men. Psychological factors, that may sometimes cause premature and inhibited ejaculations, include: a strict religious background that causes the person to view sex as sinful, a lack of attraction for a partner and past traumatic events. It is often due to nervousness over how well he will perform during sex. Certain drugs, including some antidepressants, may also effect ejaculation, as can nerve damage to the spinal cord or back.

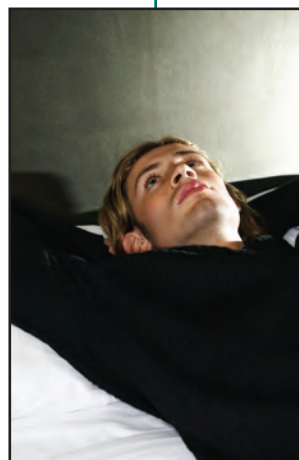
- **Inhibited or retarded ejaculation:** This is when ejaculation does not occur.

- **Retrograde ejaculation:** This occurs when, at orgasm, the ejaculate is forced back into the bladder rather than through the urethra and out the end of the penis. Retrograde ejaculation is most common in males with diabetes who suffer from diabetic neuropathy, otherwise known as nerve damage. This is due to problems with the nerves in the bladder and the bladder neck that allow the ejaculate to flow backward. In other men, retrograde ejaculation occurs after operations on the bladder neck or prostate or after certain abdominal operations. Many medications, especially those

used to treat mood disorders, will add to ejaculatory problems.

Remedy:

The human body is designed for pleasure, so make sure your partner is pleasurable to you. Also, make sure that you feel comfortable with yourself, meaning clean-



“I think if you want to eat more meat you should kill it yourself and eat it raw so that you are not blinded by the hypocrisy of having it processed for you.”

liness, body odor, etc. Use pleasure oil, like olive, sesame, etc., for lubrication and massage if necessary. Finally, the number one remedy is your imagination and frequency; the more you do the more you can do.

LACTOSE INTOLERANT

Medi-Sign Target
Fermented Foods



Lactose intolerance refers to any condition that causes unpleasant side effects as a result of ingesting milk or milk-derived products. Lactose intolerance affects nearly one in five individuals.

When the body stops producing a sufficient amount of the enzyme necessary to digest lactose, the natural sugar found in milk lactose intolerance occurs. The significance is enormous when you consider that an estimated 80 million Americans are affected.

For the dairy-sensitive individual, the list of foods to avoid seems endless. Any such foods should be avoided, such as creamy soup and sauces; milk chocolate, cheesecake, ice cream, and other desserts (*except fresh berries*); butter, cheese, lasagna, pizza, pasta alfredo; etc.



Until you correct it...

It is important to understand that 100 percent avoidance is necessary in the case of severe milk protein allergies. To those with severe mild protein allergies, any product with labeling “*may contain trace amounts of milk protein*” is off-limits. In contrast, the lactose-intolerant individual can usually ingest trace amounts of dairy without any symptoms whatsoever.

The symptoms of dairy intolerance are varied making it hard to diagnose the list of problems that can be linked to dairy sensitivity can include: asthma, bloating, constipation and diabetes tract infections.

Fortunately, the human body can overcome the problem of lactose intolerance by eating and drinking ferments like sauerkraut and rejuvelac and slowly adding yogurt, cottage cheese, sour cream, kefir, buttermilk, raw cheeses and finally raw milks to the diet.

Avoid commercially cooked dairy. Also, most organic milk sold in stores is irradiated making it necessary to avoid them too.

LAXATIVES

A laxative is a substance that helps a bowel movement to occur. Laxatives are used to relieve and

prevent constipation that occurs when it is difficult to have a bowel movement.

What types of laxatives are there?

#1. Nature’s laxatives.

#2. Man-made laxatives– Avoid man-made; they will destroy your bowel.

There are four types of nature laxatives for preventing or treating constipation:

- **Bulking agents.** By absorbing liquid in the intestines and increasing the size of the stool, foods such as bran or flaxseeds ease constipation. The bowel then is stimulated by the presence of the bulky mass. Regular use of bulking agents is



“Honesty is the rarest wealth anyone can possess, and yet all the honesty in the world ain’t lawful tender for a load of bread.”

safe and often increases the number of stools you are able to have.

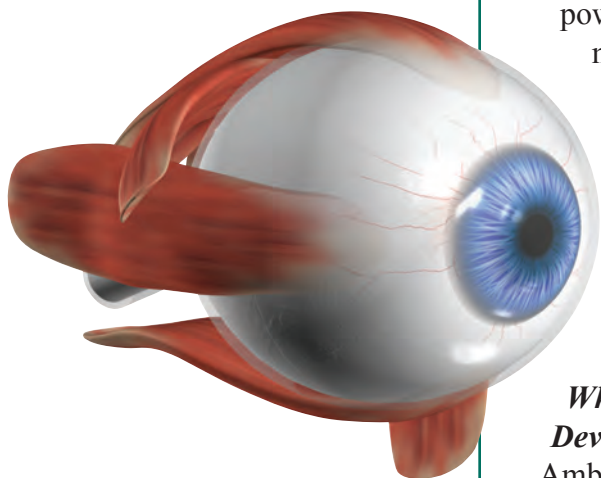
- **Stool softeners.** Consuming fruits, vegetables, and large amounts of water help to soften stools.
- **Osmotic laxatives.** Eat salt on foods to draw moisture to the intestine; this is osmotic action.

- **Stimulant laxatives.** Salsa's, peppers, peppermint and senna all stimulate bowel function as does walking.

There are many other ways to treat constipation other than healthfully using nature. However, regular walking and drinking more water or adding more fiber, fruits and vegetables to your diet are the only cures.

LAZY EYE (AMBLYOPIA)

Medi-Sign Target
Eye Patch & Lots of
Cherries



Amblyopia, also known as “lazy eye,” is reduced vision that is uncorrectable with lenses in an eye that has not received adequate use during early childhood. There is no visible anatomical defect.

Amblyopia has many causes. Most often it results from either a mis-alignment of a child’s eyes, such as crossed eyes, otherwise known as strabismus. A difference in image quality between the two eyes, also known as anisometropia in which one eye focuses better than the other is another cause. In both cases, one eye becomes stronger, suppressing the image of the other eye. If this condition is not treated in early childhood, the weaker eye may become permanently impaired. With early diagnosis, amblyopia can be treated and loss of vision prevented.

What Are the Different Types of Amblyopia?

In strabismic amblyopia, the child has strabismus and the eyes are not aligned correctly so that one eye sees a different image from the other. In the eye that is deviated, the images seen by visual brain cells are suppressed to avoid double vision.

With anisometropic amblyopia, the eyes possess differing refractive powers. For example, one eye may be near-sighted while the other is far-sighted or strongly astigmatic. As a result, the brain will favor the eye with the clearer image and begin to ignore signals from the other one.

What Causes Amblyopia to Develop?

Amblyopia develops when any of the following conditions occur in an infant or young child:

- Congenital cataract (*clouding of the lens in an infant*)
- Severe ptosis (*droopy eyelids*)

- “Squint”/strabismus (*eyes not positioned straight*)

- Uncorrected high myopia or hyperopia in one eye (*one eye focuses differently from the other*)

- Uncorrected high near-sightedness (*myopia*) or far-sightedness (*hyperopia*) in both eyes

Why Does Amblyopia Develop?

Amblyopia develops because two different pictures are sent to the brain when one eye is turned, as in squint. In a young child, the brain learns to ignore the image of the deviated eye and see only the image of the better eye. Similarly when there is a difference in refractive power between the two eyes, the blurred image formed by the eye with greater uncorrected power is avoided by the brain. A moderate or high degree of refractive power is present in both eyes, when not corrected early and adequately, results in amblyopia.

The retina needs adequate light and visual stimulus so that it may register an object. An absence of these factors, as in the presence of cataract in an infant, results in amblyopia.

Symptoms

- Closing one eye (*particularly in bright sunlight*)
- Eye turning in, out or up
- Headaches or eyestrain
- Squint

Risk Factors

Those at the highest risk of amblyopia are children under nine years of age whose vision is still developing.

-George Bernard Shaw

“While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this earth?”

Generally, the younger the child, the greater the success of treatment. An older child may not achieve normal vision even with treatment.

What You Can Do to Reduce Risk

Since amblyopia is caused by many conditions, such as strabismus, nearsightedness, called myopia, or farsightedness, called hyperopia, the diagnosis and successful treatment of these vision conditions should reduce the risk.

Treatment

If it is detected and treated early, amblyopia can often be reversed, or at least reduced. Cooperation of the child and parents is required to achieve good results. If left untreated or if not treated properly, the reduced vision of amblyopia becomes permanent and vision cannot be improved by any means.

To encourage the child to use the amblyopic eye is the most effective way of treating amblyopia.

Covering or patching the good eye to force use of the amblyopic eye may be necessary to ensure equal and normal vision. This can be achieved by:

- Prescribing proper spectacles if the child is found to have refractive error or accommodative esotropia.
- Occluding the normal eye, for example, with a patch.
- This is one of the few cases where surgery, when amblyopia is accompanied by strabismus and is unresponsive to conservative self-care treatment, can be recommended.

When occlusion is decided upon, the treatment may vary from a few hours to months or even years depending upon the age of the person, the type and severity of amblyopia and the response. Partial occlusion, like making one glass frosted, in some less severe amblyopia cases may be sufficient. Older children can do reading exercises at home while patching the normal eye. Those people who are patching their eyes need periodic follow-up. This should be scheduled with an optometrist or ophthalmologist eye testing.



Facts on Patching

- Initially the child may be reluctant to patching since it is not pleasant. It is our duty to encourage the child to understand the importance of cooperation.
- In a young child, patching is done for shorter periods initially. Later, the duration is gradually increased to obtain better compliance.
- Acceptance is good as soon as vision is increased in the amblyopic eye.

• **Method of patching should be according to the circumstances of the child:** Patch should be placed directly on the face over the eye. If the child wears glasses, the patch should be placed over the eye, not on the glasses.

Glasses can also be used as an occluder in older children.

Many children try to take the patch off. This problem usually disappears as the child grows accustomed to wearing the patch.

Precautions must be taken to prevent the child from peaking around the edge of the patch.

Patching schedules should be followed strictly.

Patching should not be stopped abruptly. They should be tapered into a slow cessation.

Vitamin E and AMD: Warning

Reports have stated that taking large dosages of vitamin E in supplement form increase the risk of death. On the other hand, vitamin E in whole foods has also been associated with reducing the chances of developing advanced age-related macular degeneration (AMD).

Preventing Eye Disease

While there are no known definitive cures for certain eye diseases such as cataract, diabetic retinopathy, glaucoma and macular degeneration, many studies have pointed to strategies for reducing your risk of developing these eye conditions.

“A lie has speed, but truth has endurance.”

Risk Factors

Be aware of risk factors that can affect your sight. Make eye health a priority by eating nutritiously and quitting smoking.

Safety

Safety, including eye safety, should be your first priority. This includes at home, in the workplace, while playing or watching sports, and outdoors. Keep your eyes safe and prevent needless eye injuries. Wear safety glasses when an activity puts your eyes in harms way.

Some Causes of Eye Problems

Infection, vitamin and mineral deficiencies, and foods and environmental factors can lead to damage of the eyes. Diseases in other parts of the body can cause changes in the eyes. Artificial sweeteners, hard alcohol, processed lactose, tobacco, steroids, mercury and excessive computer use can all cause eye strain and, more threateningly, rob the eyes of perfect vision. Avoiding the entire list of hazards can protect the eyes as well as the rest of our bodies. To reduce the risk of developing macular degeneration and cataracts, avoid smoking in particular.



Conjunctivitis is usually caused by bacteria, viral infection, allergies, and other irritants. Lack of water in the tear ducts is usually the cause of dry eye.

Diet Suggestions

Foods, nutrients, and fresh herbs can strengthen the eyes by improving circulation, infection, and retarding the damage created by natural oxidation. A diet high in nutrient-rich vegetables, fruits, soy products and whole grains is the best strategy for getting the basic vitamins and minerals that the body needs for general well-being and good eyesight.

Foods That Help

Vegetables, fruit, citrus, soy and grasses promote overall eye health because they strengthen the capillaries that prevent lens damage. Grapes, grape seeds and the berry family (*blueberries, raspberries, blackberries, and strawberries*) contain plentiful amounts of anthocyanidins and proanthocyanidins. These belong to the same family as isoflavonoids and bioflavonoids. These wonderful phyto-medicines protect our eyes against cell degeneration by improving the integrity of the capillaries that supply blood to the retina. One of the best approaches to healthy eyesight is bilberry, a variety of the blueberry, also known as huckleberry.

Bilberry improves blood circulation to the eye, retards cataracts, glaucoma, macular degeneration and relieves eye fatigue caused by reading, driving and using computers. The list of bilberry's scientifically documented attributes includes relief from both day and night blindness, increased range of vision,



improvement of short-sightedness, reduced inflammation, and decreased sensitivity to bright lights.

A home remedy used to relax eye muscles and sooth eyestrain is fresh wheat grass juice, strained and dropped into the eyes. In general, green, chlorophyll rich vegetables should be added to the diet for eye health, because they contain vitamins A, B, C and E. Yellow-orange vegetables such as carrots, pumpkins and sweet potatoes are also rich in pro-vitamin A, beta-carotene, which the body converts to vitamin A. Juices made from carrots, kale, spinach, tomatoes and melons area delicious way to get these eye-essential carotenoids. As a source of nutrients and pro-vitamin A, carrot juice guards you from eye infections and prevents cellular deterioration from free radicals. Kale and spinach are especially good protection from macular degeneration. Eating whole grains and nuts adds

"You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is peace." -Ralph Waldo Emerson

fiber and minerals to the diet as well as a good supply of vitamin E, which protects cells, including eye cells, from damage.

Nuts, seeds and vegetable oils can improve our perception of color eyesight because of their docosahexaenoic acid content. DHA is the super-unsaturated fatty acid that is vital for the development of the retina. These oils, especially flaxseed oil, are a rich source of alpha linolenic acid, which the body converts into DHA.

A tea made from fennel or its seeds clears and refreshes the eyes and is claimed to improve vision. Fenugreek seeds also improve general eye health. In addition, reishi mushrooms have been known to work magic on inflammation associated with conjunctivitis.

(See: *Poverty Sucks/charts*)

LEAD POISONING

Medi-Sign Target

21-28 Days on Just Apples & Water



Alternative name; Plumbism Lead is a very strong poison. Serious health problems happen when a person swallows a lead object or

inhales lead dust because some of the poison can stay in the body. A single high, toxic dose of lead can cause severe emergency symptoms. However, it is more common for lead poisoning to build up slowly over time from repeated exposure to small amounts of lead. In this case, there may not be any obvious symptoms, but the lead can still cause serious health problems over time, such as difficulty sleeping or lowered IQ in children. Because it can affect developing nerves and brains, lead is much more harmful to children than adults. The younger the child, the more harmful lead can be making unborn children are the most vulnerable.

Children get lead in their bodies when they put lead objects in their mouths, especially if they swallow the lead object. They can even get lead poison on their fingers from touching a dusty or peeling lead object, then putting their fingers in their mouths or eating food afterward. Tiny amounts of lead can also be inhaled. Many children have too much lead in their blood according to tests. Overall, about one in 20 preschoolers have high levels of lead in their blood and any child can be affected. Children living in cities or older houses are more likely to have high levels.

In the United States, lead was, at one point in time, a common ingredient in gasoline and house paint. Lead is still a health problem even though these items are no longer made with lead in them. Lead is everywhere, including dirt, dust, new toys and old house paint. Unfortunately, it can't be seen, tasted, or smelled

Lead is found in:

- House paint before 1978. It can

be a problem even if the paint is not peeling. Lead paint is very dangerous when it is being stripped or sanded. These actions release fine lead dust into the air. Infants and children living in pre-1960's housing, when paint often contained lead, have the highest risk of lead poisoning. Small children often swallow paint chips or dust from lead-based paint.



- Toys and furniture painted before 1976.

- Painted toys and decorations made outside the United States

- Lead bullets, fishing sinkers, curtain weights.

- Plumbing, pipes, faucets. Lead can be found in drinking water in homes whose pipes were connected with lead solder. While new building codes require lead-free solder, lead is still found in some modern faucets.

- Soil contaminated by decades of car exhaust or years of house paint scrapings. Thus, lead is more common in soil near highways and houses.

- Hobbies involving soldering, stained glass, jewelry making, pottery glazing, miniature lead figures (*always look at labels*).

When you stretch the truth, watch out for the snaphack."

"I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other." -Thoreau



- Children's paint sets and art supplies (*always look at labels*).
- Pewter pitchers and dinnerware.
- Storage batteries.

Symptoms

Lead affects different parts of the body and there are many possible symptoms of lead poisoning. Overtime, even low levels of lead exposure can harm a child's mental development. The possible health problems get worse as the level of lead in the blood gets higher. Possible complications include:

- Reduced IQ
- Slowed body growth
- Hearing problems
- Behavior or attention problems
- Kidney damage

The symptoms of lead poisoning may include:

- Irritability.
- Aggressive behavior.
- Low appetite and energy.
- Difficulty sleeping.

- Headaches.
- Reduced sensations.
- Loss of previous developmental skills in young children.
- Anemia.
- Constipation.
- Abdominal pain and cramping. This is usually the first sign of a high, toxic dose of lead poison.

• Very high levels may cause vomiting, staggering gait, muscle weakness, seizures or coma.

Home Treatment

You can reduce your exposure to lead. Consider the following steps:

- If you suspect you may have leaded paint in your house, get advice on safe removal from the Housing and Urban Development (HUD) at 800-RID-LEAD or the National Information Center at 800-LEAD-FYI.
- Keep your home as dust free as possible.
- Everyone should wash their hands before eating.
- Throw out old painted toys if you do not know whether the paint contains lead.



• Let tap water run for a minute before drinking or cooking with it.

• If your water has been tested high in lead, consider installing an effective filtering device or switch to bottled water for drinking and cooking.

• Avoid canned goods from foreign countries until the ban on lead soldered cans goes into effect.

• If imported wine containers have a lead foil wrapper, wipe the rim and neck of the bottle with a towel moistened with lemon juice, vinegar, or wine before using.

• Don't store wine, spirits or vinegar-based salad dressings in lead crystal decanters for long periods of time, as lead can leach into the liquid.

Adults who have had mildly elevated lead levels often recover without problems. In children, though, even mild lead poisoning can have a permanent impact on attention and IQ.

People with higher lead levels have a greater risk of long-lasting health problems. These problems must be followed carefully. Their nerves and muscles can be greatly affected and may no longer function as well as they should. Other body systems may be harmed to various degrees, such as the kidneys and blood vessels. People who survive toxic lead levels may suffer some permanent brain damage. Children are more vulnerable to serious long-term problems.

A complete recovery from chronic lead poisoning may take months to years. Symptoms resembling chronic



intoxication may be developed over a period weeks or months.

The number one solution is to go on a 21-day diet of red, green, orange and yellow apples and drink one gallon of water each day. These eating habits allow the pectins to cross the blood brain barrier and bind with lead in order to carry it from the body.

LECITHIN

Medi-Sign Target
Nerves & Blood

Lecithin is a fat-like substance called a phospholipid. It is produced daily by the liver assuming that the diet is adequate. It is the key building block of cell membranes and is needed by every cell in the body. Without lecithin they would harden. Lecithin protects cells from oxidation and largely comprises the protective sheaths surrounding the brain. It is composed mostly of B vitamins, phosphoric acid, choline, linoleic acid and inositol. Although it is a fatty substance, it is also a fat emulsifier. Hence, it supports the circulatory system; its choline is useful for making acetylcholine.

Lecithin and phosphatidylcholine are often used as synonyms. Phosphatidylcholine is a phospholipid that is the major component of a phosphatide fraction which may be isolated from either egg yolk, like in Greek lekithos, or soy beans. Why isolate it, though...just eat 'em.

Lecithin is widely attributed with positive effects on one's health and is a component of a number of foods. Lecithin is a major source of choline, hence the many positive effects of lecithin consumption. Choline is a lipotropic substance that functions in the body's metabolism as an agent that aids in the digestion of fats.

Choline may help the body burn fat acting as an agent that supports weight loss. It lowers blood cholesterol as choline increases fat metabolism. As is commonly known, a wide range of health problems are connected to blood cholesterol levels deemed too high. High blood cholesterol leads to a congestion of blood vessels and is often an important factor in heart attacks and

strokes. Lecithin can be considered a food component that protects against heart attack and stroke as it supports fat metabolism and has been shown to aid in bringing down high blood cholesterol levels.

The neurotransmitter, acetylcholine, also contains part choline. A sufficient intake of choline, primarily via the consumption of lecithin, is believed to have a positive effect on some mental functions, especially those connected to memory.

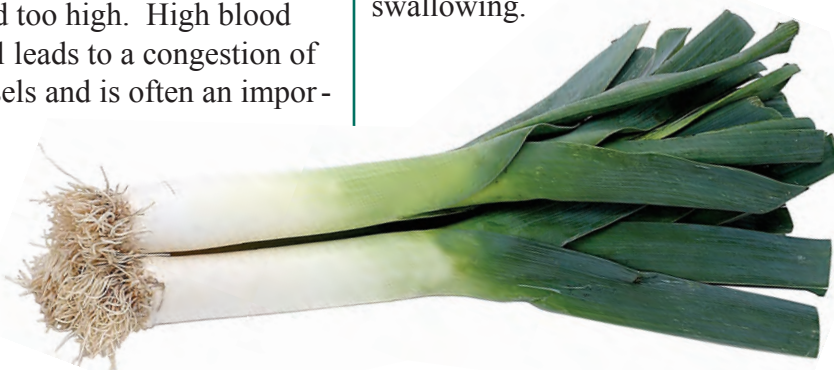
When supporting sexual functions, eggs, of course, have a longstanding reputation. The reason may be the lecithin content of egg yolk. Lecithin is not only as a precursor to choline but also a component in sperm. It's an established fact that isolated soy lecithin granules increase ejaculation volumes. In Europe it's called "Learning the Ropes."

LEEKs

Medi-Sign Target
Liver Cells &
Bone Marrow Stem Cells

For the Liver

Leeks have a sour flavor and are considered an astringent and with the liver. They are also very pungent. Leeks can be used to treat dysphagia, which is difficulty swallowing.



"I'm living so far beyond my income that we may almost be said to be living apart."

They can also be used for their astringent properties to counteract bleeding and diarrhea.

LEG CRAMPS

*Medi-Sign Target
Bare Feet on Cold Floor &
Saltwater*

Charlie's Horse Can Kick!



A cramp is a term often used to refer to a painful, involuntary contraction of a single muscle or a muscle group. They are sometimes referred to as a “charley horse,” or leg cramp, since most cramp occur in the legs.

In elderly people, leg cramps frequently occur and can be extremely painful. If severe leg cramps are present, they may be followed by residual tenderness and evidence of muscle fiber necrosis.

Normal cramps are those in the calf muscles. More generalized cramps, though, may be a sign of chronic disease of the motor neuron. For cramps, complaints of muscle pain and muscle fatigue are among the most frequent symptoms offered by people. Muscle cramps can be particularly troublesome for pregnant

women, for people with electrolyte disturbances, which means not eating enough salt and bananas, called hyponatremia, and in people on hemodialysis.

Spasms, which are abnormal movements of muscle, may arise from abnormal electrical activity of the central nervous system (CNS) mediated via the motor neuron. They may also occur within the motor neuron or muscle fiber itself.

Causes of LEG CRAMPS

Most of the time, it is impossible to determine the cause of the leg cramps. Muscle cramps can arise from spontaneous firing of special nerve groups followed by contraction of certain muscle fibers. When the cramps are recurrent and localized to one muscle group, it may suggest nerve root problems.

When the muscle suddenly and forcefully contracts leg cramps occur. The most common muscles to contract in this manner are muscles that cross two joints. These muscles include the calf, which crosses the ankle and knee; the hamstring, which crosses the knee and hip; and the quadriceps, which also crosses the knee and hip.

Although leg cramps usually last less than one minute, it may take several minutes before the contraction subsides. In some people, the leg cramps occur primarily at night, and can wake you from sleep.

What causes a leg cramp?

Even though the exact cause of a leg cramp is not well understood, there are some factors that are thought to contribute to this condition:

- Dehydration
- Electrolyte imbalances – (*not enough salt in the diet*)
- Heavy exercising
- High weight (*not necessarily obesity*)
- Muscle fatigue

A common cause in leg cramps is from exercising in an unusual way, doing more activity or doing a different activity. This normally affects people who regularly get leg cramps, adolescents and seniors, those over 65. Also, people who weigh more are more prone to developing leg cramps, and some medications can cause side effects of leg cramping.



“Impress people here, Lisa. You don’t win friends with salad.” –Homer Simpson



How can leg cramps be prevented?

• **Stay Hydrated.** It is not well known exactly how dehydration and muscle cramping are related, but it is known that dehydration can predispose leg cramps. Drink at least eight to ten full glasses of water each day, including one before bedtime. Also drink plenty of fluid before, during, and after exercise.

• **Stretch Regularly.** Stretching can relax muscle fibers. When working out, a good post-work out stretching routine can help relax muscles and prevent cramps. Make sure you cool down after exercising and do not exercise vigorously just before going to bed.



• **Train Gradually.** Gradually build up an exercise program, and try to avoid sudden increases in activity. The “10% Rule” is a good rule of thumb: never increase your exercise over one week by more than 10% compared to the week before. Sudden changes in activities can cause leg cramps.

What is the best way to make a leg cramp go away?

Massage and stretch the sore muscle when a leg cramp begins. Many times people instinctively do this, which is good because it often solves the problem. The best steps are:

- Massage the cramped muscle.
- Stretch the muscle (*gently!*).
- Take a hot shower or bath to warm and relax the muscle.
- Put bare feet on a cold floor or bathtub bottom and often relief is immediate.

LEGIONELLOSIS

Medi-Sign Target
Onions, Garlic, Horseradish
& Lots of Salt

What is legionellosis?

Legionellosis is a lung infection that can be mild or severe enough to cause death. Pontiac fever is what it is called in its mild form, and Legionnaires’ disease is what the more severe form of pneumonia is called. Legionnaires’ disease got its name in 1976 when an outbreak of pneumonia occurred in people attending an American Legion convention in Philadelphia.

What is the infectious agent that causes legionellosis?

Legionellosis is caused by *Legionella pneumophila*, a bacterium.

Where is legionellosis found?

The disease likely occurs worldwide although cases of legionellosis have been identified throughout the United States and in several other countries. *Legionella* bacteria are widespread in natural, industrial, and recreational water sources in the environment because the bacteria live best in warm, stagnant water. They have been found in creeks and ponds, hot and cold water taps, hot water tanks, and water in cooling towers and condensers of large air-conditioning systems.

How do people get legionellosis?

When people inhale aerosols, or water mist, that carry the *Legionella* bacteria, people get legionellosis. People can be exposed to aerosols from mist-producing devices, especially water heaters and air-conditioning systems, in their homes and in workplaces, hospitals and other public places.

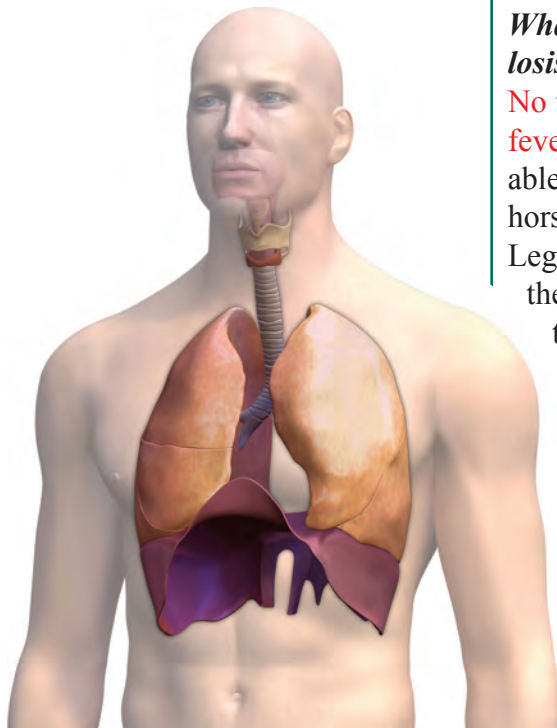
Groups of persons who are exposed to a common source of water mist can be exposed to the bacteria at the same time because *Legionella* bacteria live in the environment. When this happens, a legionellosis “outbreak” occurs among some members of the group. Legionellosis outbreaks have been traced to whirlpools, showers, room humidifiers and decorative spraying fountains. The water source responsible for infection is not known for most cases not associated with outbreaks. Legionellosis is not spread from infected persons to uninfected persons.

“Join the army, see the world, meet interesting people, and kill them.”

What are the signs and symptoms of legionellosis?

Persons with Pontiac fever have fever and muscle aches but do not have pneumonia. They usually get better in two to five days without treatment.

Legionnaires' disease generally makes people much sicker. They usually have fever, chills and a cough, which might be dry or might produce sputum. Some people also have muscle aches, headache, tiredness, loss of appetite and, occasionally, diarrhea. There are signs of pneumonia and temperatures often reach 102°F-105°F.



How soon after exposure do symptoms appear?

Between exposure and the beginning of symptoms for Legionnaires' disease the time is two to ten days. For Pontiac fever, it is shorter, usually a few hours to two days.

Who is at risk for legionellosis?

Although anyone can get legionellosis, the illness is most often found in middle-aged and older people, especially those who smoke ciga-

rettes or have chronic lung disease. People whose immune systems are weakened by cancer, kidney failure requiring dialysis, diabetes or HIV infection are also at high risk.

What complications can result from legionellosis?

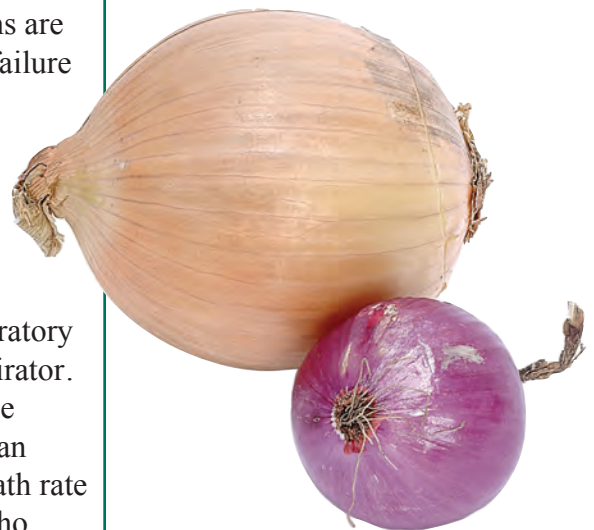
A major complication is respiratory failure requiring use of a respirator. Also, there is a risk of multiple organ failure and shock that can lead to death. The overall death rate for those with legionellosis who develop pneumonia is about 15 percent. The rate is higher for people with underlying diseases.

What is the treatment for legionellosis?

No treatment is required for Pontiac fever. Legionnaires' disease is treatable with probiotics of garlic, onion horseradish and ferments. When Legionnaires' disease is treated by the pharmaceutical community, they give antibiotics, thus weakening the person. Outbreaks can usually be controlled by identifying and cleaning contaminated water sources.

How common is legionellosis?

Each year an estimated 15,000 to 30,000 persons get Legionnaires' disease in the United States. An additional unknown number are infected with Legionella. These people have no symptoms, or only a mild illness, and are never diagnosed and reported. Cases occur singly and in outbreaks. Although outbreaks of Legionnaires' disease receive more attention, legionellosis most often occurs as a single, isolated case. Although cases occur year-round, outbreaks occur most often in the summer and early fall.



LEISHMANIASIS

Medi-Sign Target
Honey, Garlic & Onion
Infusions to Diet

Leishmaniasis is a disease caused by protozoa, and it affects as many as 12 million people worldwide. There are between 1.5 and 2 million new cases each year. The global incidence of this infectious disease has increased in recent years because of increased international leisure and military related travel, human alteration of vector habitats, and concomitant factors that increase susceptibility, such as HIV infection and malnutrition. In 2004 alone, the recent conflicts in Iraq, Kuwait and Afghanistan have led to 600 cases of cutaneous leishmaniasis and four cases of visceral leishmaniasis (VL) in American soldiers.

The range of leishmaniasis ranges from a self-resolving cutaneous ulcer to a mutilating mucocutaneous disease to a lethal systemic illness. It is transmitted by the bite of a sand-fly. The clinical spectrum, although once believed to be predictable, continues to evolve because many leishmania species

"It takes two to lie. One to lie and one to listen." -Homer Simpson

transmit the disease. Diagnosis may be difficult because of the small size of the protozoa sequestered within macrophages of the skin, bone marrow and reticuloendothelial system. Therapy has long been a challenge in the more severe forms of the disease and is made more difficult by the emergence of drug resistance; no effective vaccine or drug for leishmaniasis is available. Thank the gods...vaccines are dangerous.

History:

In the late 1800's and early 1900's, the discovery of parasites in lesions of cutaneous or VL was reported. The transmission and life cycle of the Leishmania organism had been confirmed scientifically by the mid 1900's. Since that time, many clinical syndromes and at least 20 morphologically similar species and subspecies of the protozoan have been, and continue to be, discovered. No single categorization is generally accepted and the taxonomy of Leishmanis organisms is complex. The two simplest and most widely used disease categorization systems are based on clinical disease and geographic occurrence.

- **Clinical disease:** The three primary clinical forms of leishmaniasis are cutaneous, mucocutaneous and visceral disease. Cutaneous leishmaniasis can be further divided into localized, diffuse cutaneous, recidivans, and post-kala azar dermal leishmaniasis (PKADL).

- **Geographic occurrence:** Producing cutaneous or visceral disease, Old World leishmaniasis is caused by Leishmania species found in Africa, Asia, the Middle East, the Mediterranean, and India. New World leishmaniasis is caused by Leishmania species found in Central

America and South America, and it produces cutaneous, mucocutaneous, and visceral disease.

Causes:

In the vast majority of cases, sandfly bites transmit leishmaniasis; however, infection may be transmitted through a congenital route or through blood transfusions and contaminated needles.

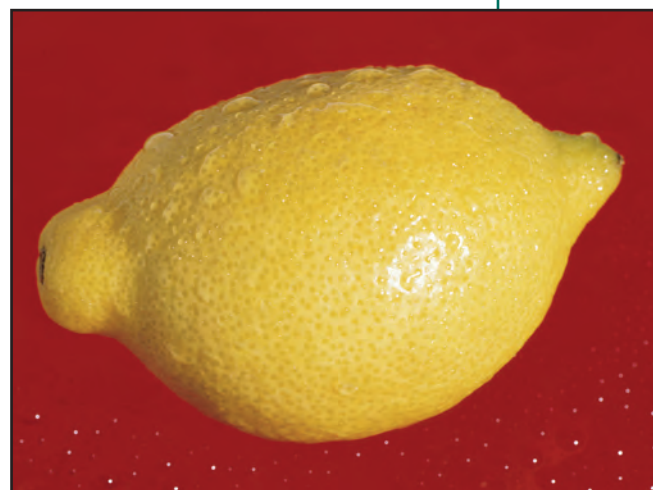
(See: *Malaria for Self Care*)



LEMON

Medi-Sign Target
Energy & Deplaquer

Although most markets don't label their lemons as anything but "lemons," most common everyday lemons are either Eurekas or Lisbon. Eureka lemons have a short neck at the stem end; Lisbon lemons have no distinct neck, but the blossom end tapers to a pointed nipple.



Eureka lemons may have a few seeds and a somewhat pitted skin, while Lisbon lemons are commonly seedless with smoother skin. Both types have medium-thick skins and are abundantly juicy. Florida-grown lemons are likely to be Lisbon-type fruit called Bearss (*This is not a misspelling; it's the name of the California grower who developed the variety*).

The lemon is the most potent detoxifier of all the citric fruits. It kills intestinal parasites such as roundworms and dissolves gallstones.

Limonene, the volatile oil responsible for the distinctive lemon aroma, even helps treat some forms of cancer particularly breast cancer.

Lemon juice is known to improve liver function and has been used to help eliminate kidney stones when taken in the morning. The organic acids in all citrus fruits stimulate digestive juices and relieve constipation.

This citrus fruit has many healing uses and is ranked very high in its medicinal value. Lemon juice is a natural protector that may be safely applied directly to cuts, bruises and infections. It is good for asthma, headaches, pneumonia and arthritis. It is also a good general blood purifier, body purifier and a mild diuretic. Lemon juice is also beneficial for removing poisons in the form of old drug residues from the body.

Meyer lemons: This particular type of lemon is named for Frank N. Meyer. In 1908, Meyer was the first to import the fruit from China. It is a cross between a lemon and either an orange or a mandarin.

"If God wanted us to fly, he would have given us tickets." -Mel Brooks

It has a thin, smooth, orange-yellow skin is sweeter than a lemon. They are more widely available in California where they're the most popular variety for home growing, although they can sometimes be found in specialty food stores. Diuretic Lemons are beneficial to the heart and circulation. They stimulate the adrenal system and increase the vitality of the kidneys.

LEMONGRASS

Medi-Sign Target
Bones



Lemongrass has a bulbous base and is a member of the grass family. Several narrow, pale yellowish-green stalks grow from the bulb. The citral is located inside the stalk and is an oil found in the skin of lemons. Lemongrass can be used raw or cooked and is cornerstone of Thai cooking. It is available year-round.

LENTIL

Medi-Sign Target
All Cells, Brain & Heart

Lentils are quick and easy to prepare compared to other types of dried beans. They readily absorb a variety of wonderful flavors from



other foods and seasonings, are high in nutritional value and are available throughout the year.

Along with other types of beans, lentils are legumes. They grow in pods that contain either one or two lentil seeds that are round, oval or heart-shaped disks.

The different types of lentils offer different consistencies. The brown and green ones are better at retaining their shape after cooking. The other colors: black, yellow, red and orange, generally become soft and mushy. They generally feature a hearty dense somewhat nutty flavor although their flavor differs slightly among the varieties.

History

Lentils are believed to have originated in central Asia, and been consumed since prehistoric times. They are one of the first foods to have ever been cultivated with lentil seeds dating back 8000 years. These seeds have been found at archeological sites in the Middle East. Lentils were mentioned in the Bible both as the item that Jacob traded to

Esau for his birthright and as a part of a bread that was made during the Babylonian captivity of the Jewish people. Lentils have traditionally been eaten with barley and wheat.

Health Benefits

A small but nutritionally powerful member of the legume family, lentils are a very good source of cholesterol-lowering fiber. Not only do they help lower cholesterol, they are of special benefit in managing blood-sugar disorders. This is because of their high fiber content that keeps blood sugar levels from rising rapidly after a meal. Although these nutritional facts are impressive, this is far from all lentils having to offer. Lentils also provide excellent amounts of five important minerals, two B-vitamins, protein, and thousands of other nutritional components. This diminutive nutritional behemoth fills you up but doesn't turn you into a blimp.

Lentils are used in disorders like irritable bowel syndrome and diverticulosis.

Other benefits:

- Iron for Energy
- Lentils Give You Energy to Burn
- Love Your Heart – Eat Lentils
- Stabilize Blood Sugar



‘It is only by softening and disguising dead flesh by culinary preparation that it is rendered susceptible of mastication or digestion, and that the sight of its bloody juices and raw horror does not excite intolerable loathing and disgust.’ -Shelley

LEPTOSPIROSIS

Medi-Sign Target

Honey, Garlic, Onions & Horseradish

- Leptospirosis (*lep-to-spy-RO-sis*) is a potentially serious bacterial illness that is most common in the tropics. It can affect many parts of the body.

- The urine of infected animals, wild or domestic, can spread leptospirosis to people when they contact fresh water, wet soil, vegetation or mud that has been contaminated. Flooding after a heavy rainfall helps spread the bacteria in the environment.

- Leptospirosis is treatable.

What is the infectious agent that causes leptospirosis?

Leptospirosis is caused by *Leptospira interrogans*, which is a corkscrew-shaped bacterium, or spirochete.

Leptospirosis is a problem for those who work in contaminated flood plains or wet agricultural settings. People who canoe, raft, wade or swim in contaminated lakes, rivers, and streams can get leptospirosis.

When there is broken skin and mucous membranes, leptospirosis bacteria can enter the body. Ingesting contaminated food or water, including water swallowed during water sports, is another way the bacteria enters the body. The bacteria

can reach all parts of the body and cause signs and symptoms of illness once in the bloodstream.

What are the signs and symptoms of leptospirosis?

Like many other tropical diseases, most infected people have a mild to moderate illness. Symptoms include fever, headache, chills, nausea and vomiting, eye inflammation and muscle aches. In more severe cases, the illness can result in liver damage and jaundice, which is the yellowing of the skin and whites of the eyes, kidney failure and internal bleeding

How soon after exposure do symptoms appear?

Symptoms usually begin about ten days after infection.

Who is at risk for leptospirosis?

- People who take part in recreational water activities in areas where leptospirosis is common, especially during the rainy season or in times of flooding.



- Farmers, workers in rice fields, sewer workers and others whose jobs involve contact with water or mud that is contaminated by animal urine, especially the urine of rodents.

- Veterinarians and others in contact with leptospirosis-affected animals.

Leptospirosis is not common at all. Only 50 to 150 cases are reported each year.

Is leptospirosis an emerging infectious disease?

Yes. The increase in awareness of the disease has led to an increase in recognition. A leptospirosis epidemic killed at least 13 people and made more than 2,000 others sick after a 1995 widespread flood in Nicaragua. In 1997, nine whitewater rafters from the United States were infected during a river trip in Costa Rica. In deteriorating inner cities that are infested with rats, leptospirosis is also a problem.

How can leptospirosis be prevented?

- Minimize contact with water, mud and vegetation that might be contaminated with the urine of infected animals, especially rodents.

- Wear protective clothing, such as waterproof boots or waders, when participating in recreational or work activities that might result in contact with contaminated water.

- If your travel plans might put you at risk for leptospirosis, take the proper precautions.

LETTUCE

Medi-Sign Target

Blood Brain Flow



"I'm a man of the world, Andy. Why, I've even been to Raleigh!" -Deputy Barney Fife

Since most salads are made predominantly with the green, crispy leaves of lettuce the words lettuce and salad are practically interchangeable. Most varieties of lettuce exude small amounts of a white, milky liquid when their leaves are broken. This “milk” gives lettuce its slightly bitter flavor and its scientific name, *Lactuca sativa* since *Lactuca* is derived from the Latin word for milk.

Lettuce can be classified into various categories with the most common being:

ROMAINE

Also known as Cos, this variety of head forming lettuce has deep green, long leaves with a crisp texture and deep taste.

CRISPHEAD

The best known variety of crisphead lettuce is iceberg. With green leaves on the outside and whitish ones on the inside, this variety of head lettuce has a crisp texture and a watery, mild taste.

BUTTERHEAD

These types of lettuce feature tender large leaves that form a loosely arranged head that is easily separated from the stem. It has a sweet flavor and a soft texture. The best known varieties of Butterhead lettuce include Boston and Bibb.

LEAF

Featuring broad, curly leaf varieties that are green and/or red, the leaf lettuces offer a delicate taste and a mildly crispy texture. Best known varieties of leaf lettuce include green leaf and red leaf.

While vegetables such as arugula, watercress and mizuna are not tech-

nically lettuce, these greens are often used interchangeably with lettuces in salads.



Health Benefits

If you want to maximize the health benefits of your salads, start the salad with romaine lettuce for a salad guaranteed to be packed with nutrients. Romaine lettuce is packed with the vitamins and minerals that are especially good for the prevention or alleviation of many common health complaints.

Even though romaine lettuce is often overlooked in the nutritional world, it has an extremely low calorie content and high water volume and is actually a very nutritious food. Based on its nutrient density, our food ranking system qualified it as an excellent source of beta-carotene, vitamin A, folate, vitamin C, manganese and chromium. Romaine lettuce also emerged from our ranking system as a very good source of dietary fiber.

Salad Days Keep Your Heart Young

Romaine’s vitamin C and beta-carotene content make it a heart-healthy green because vitamin C and beta-carotene work together to prevent the oxidation of cholesterol.

When cholesterol becomes oxidized, it becomes sticky and starts to build up in the artery walls forming plaques. These plaques, if they become too large, can block off blood flow or break causing a clot that triggers a heart attack or stroke.

The fiber in romaine lettuce adds another plus in its column of heart-healthy effects. While in the colon, fiber binds to bile salts and removes them from the body. This forces the body to make more bile, which is helpful because it must break down cholesterol to do so. This is just one way in which fiber is able to lower high cholesterol levels.

Romaine lettuce also has folic acid that is equally beneficial to heart health. This B vitamin is needed by the body to convert a damaging chemical called homocysteine into other, benign substances. If not converted, homocysteine can directly damage blood vessels, thus greatly increasing the risk of heart attack and stroke. In addition, romaine lettuce is a very good source of potassium, which has been shown in numerous studies to be useful in lowering high blood pressure, another risk factor for heart disease. Romaine lettuce can significantly contribute to a heart-healthy diet because of its folic acid, vitamin C, beta-carotene, potassium and fiber content.



“If only we do not allow our heart to grow callous, it’s protests against cruelty, is always clearly heard; and yet we go on perpetrating cruelties easily, merrily of us-in fact, anyone who does not join in is dubbed a crank.”



History

Lettuce has a long history. It is native to the eastern Mediterranean region and western Asia. Lettuce cultivation is thought to date back to at least 4,500 BC because of the drawing of lettuce appearing in ancient Egyptian tombs. Both as a food and for medicinal purposes, the ancient Greeks and Romans held lettuce in high regard. Lettuce represents good luck in China, where it has been growing since the 5th century.

In China, lettuce is served on birth-days, New Year's Day and other special occasions. During his second voyage in 1493, Christopher Columbus introduced varieties of lettuce to North America. California is the lettuce capital of the United States and was first planted there by Spanish missionaries in the 17th century. Centuries later, with the development of refrigeration and transportation, lettuce finally increased in popularity in the United States.

LEUKEMIA

Medi-Sign Target

Phi Pi, Cabala Juice & Raw Food

Leukemia is a type of cancer. Cancer is a group of more than 100

diseases that have two important factors in common. The first factor is that certain cells in the body become abnormal. While the second factor is that the body keeps producing large numbers of these abnormal cells. Both of these factors are

the body's natural response to keep you healthy.

Leukemia is cancer of the blood cells. Nearly 27,000 adults and more than 2,000 children in the United States learn that they have leukemia each year. To understand leukemia, it is helpful to know about normal blood cells and what happens to them when leukemia develops.

Normal Blood Cells

The blood is made up of fluid called plasma and three types of cells. Each type of cell has special functions.

White blood cells (*WBCs or leukocytes*) help the body rid infections and other diseases.

Red blood cells (*RBCs or erythrocytes*) carry oxygen from the lungs to the body's tissues and take carbon

dioxide from the tissues back to the lungs. The red blood cells give blood its color.

Platelets (*thrombocytes*) help form blood clots that control bleeding.

Bone marrow, the soft, spongy center of bones is where the blood cells are formed. Immature, or new, blood cells are called blasts. Some blasts stay in the marrow to mature. Some travel to other parts of the body to mature.

Normally, blood cells are produced in an orderly, controlled way as the body needs them. This process helps keep us healthy.

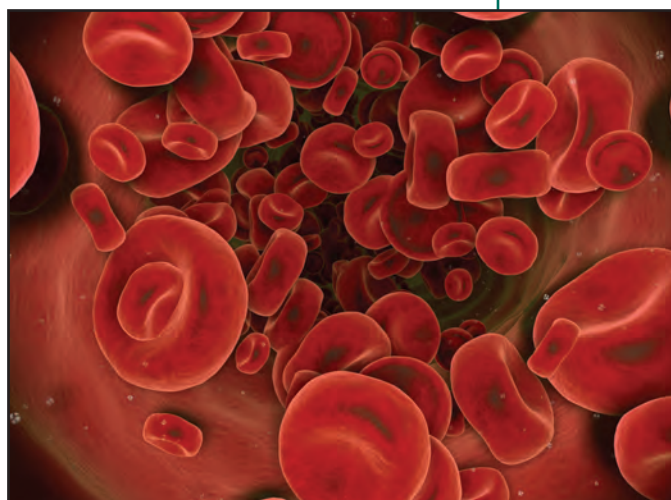
When leukemia develops, the body produces large numbers of abnormal blood cells. In most types of leukemia, the abnormal cells are white blood cells. The leukemia cells do not function properly and usually look different from normal blood cells.

What are possible causes of leukemia?

At this time, medical scientists do not know what causes leukemia. Researchers are trying to solve this problem. Scientists know that leukemia occurs in males more often than in females and in white people more often than in black

people. However, they cannot explain why one person gets leukemia and another does not. I think we know, though. Hint: Study vaccines!!!! Then study junk foods!!!!

Researchers have found certain risk factors that increase a



"Truth fears no questions."

“I’ve seen, for example, pigs waiting to be slaughtered, and their hysteria and panic was something I shall never forget.”

-Cloris Leachman

person’s chance of developing leukemia by studying people all over the world. For example, exposure to large amounts of high-energy radiation increases the risk of contracting leukemia. Such radiation was produced by the atomic bomb explosions in Japan during World War II. In nuclear power plants, strict safety rules protect workers and the public from exposure to harmful amounts of radiation. The medical world ignorantly uses this same radiation to fight and rage against cancer. How smart is that?

Electromagnetic fields are a type of low-energy radiation that comes from power lines and electric appliances. Exposure to electromagnetic fields is a factor for leukemia.

Certain genetic conditions, like Down’s syndrome, can increase the risk for leukemia. Children born with this syndrome are more likely to develop leukemia than other children.

Workers exposed to certain chemicals, like benzene, over a long period of time are at higher risk for leukemia. Also, some of the drugs used to treat other types of cancer cause a person to develop leukemia.

What are the types of leukemia?

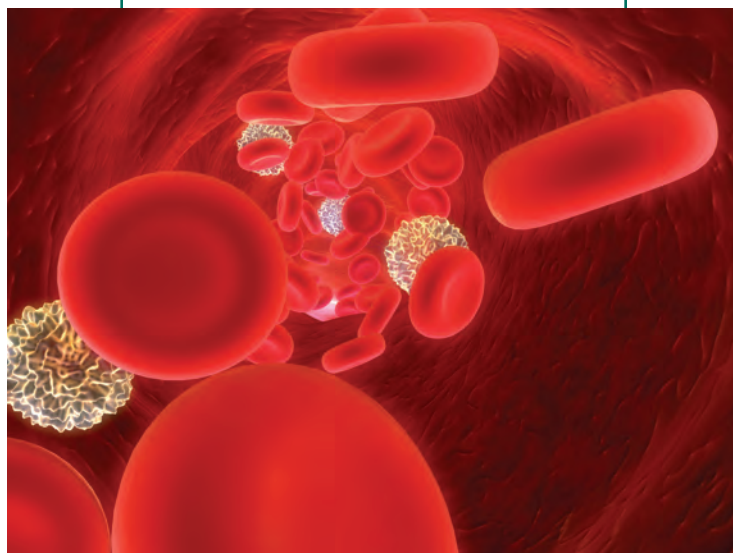
There are several types of leukemia. They are grouped in two ways. One way is by how quickly the disease develops and gets worse. The other way is by the type of blood cell that is affected.

Leukemia is either acute or chronic. In acute leukemia, the abnormal blood cells



are blasts that remain very immature and cannot carry out their normal functions. This disease quickly worsens because the number of blasts increases rapidly. In chronic leukemia, some blast cells are present, but in general, these cells are more mature and can carry out some of their normal functions. Also, the number of blasts increases less rapidly than in acute leukemia so chronic leukemia worsens gradually.

Leukemia can arise in either of the two main types of white blood cells: lymphoid cells or myeloid cells. When leukemia affects lymphoid cells, it is called lymphocytic leukemia. When myeloid cells are affected, the disease is called myeloid or myelogenous leukemia.



These are the most common types of leukemia:

- **Acute lymphocytic leukemia (ALL)** is the most common type of leukemia in young children. This type of leukemia also affects adults, particularly those 65 years of age and older.

- **Acute myeloid leukemia (AML)** occurs in both adults and children. This type of leukemia is sometimes called Acute nonlymphocytic leukemia (ANLL).

- **Chronic lymphocytic leukemia (CLL)** most often affects adults over the age of 55. It sometimes occurs in younger adults, but it almost never affects children.

- **Chronic myeloid leukemia (CML)** occurs mainly in adults. A very small number of children also develop this disease.

What are symptoms of leukemia?

Leukemia cells are abnormal cells that cannot do what normal blood cells do; they cannot help the body with infections. For this reason, people with leukemia often develop infections and have fevers.

People with leukemia also often have less than the normal amount of healthy red blood cells and platelets. As a result, there are not enough red blood cells to carry oxygen through the body. With this condition, called anemia, people can look pale and feel weak and tired. When there are not enough platelets, people bleed and bruise easily.

Like all blood cells, leukemia cells travel through the body. People



nervous system or CNS. The result may be headaches, vomiting, confusion, loss of muscle control and seizures. In men, leukemia cells also can collect in the testicles and cause swelling. Some people develop sores in the eyes or on the skin. Leukemia also can affect the digestive tract, kidneys, lungs or other parts of the body.

with leukemia can have a number of symptoms depending on the number of abnormal cells and where these cells collect.

Symptoms appear and worsen quickly in acute leukemia; whereas symptoms may not appear for a long time in chronic leukemia. When symptoms do appear, they generally are mild at first and get worse gradually.

These are some of the common symptoms of leukemia:

- Bone or joint pain
- Easy bleeding or bruising
- Fever, chills and other flu-like symptoms
- Frequent infections
- Loss of appetite and/or weight
- Sweating, especially at night
- Swollen or bleeding gums
- Swollen or tender lymph nodes, liver or spleen
- Tiny red spots (*called petechiae*) under the skin
- Weakness and fatigue

In acute leukemia, the abnormal cells can collect in the brain or spinal cord, also called the central

In chronic leukemia, the abnormal blood cells may gradually collect in various parts of the body. Chronic leukemia can affect the skin, central nervous system, digestive tract, kidneys and testicles.

How is leukemia treated?
(See Disease: The Mystery Solved and Foods High in Folic Acid)

LICORICE



Licorice
(Glycyrrhiza glabra)
 If you think you're getting licorice at the candy store, read the ingredients. In fact, that licorice is mostly sugar and molasses. The real licorice looks like a root "cigarette" and is only slightly sweet. This earthy stick is what you need to beat away the winter bugs and build the autoimmune system.

Health Benefits

When you think of licorice, think of your stomach, your lungs, your liver and your immune system. When it comes to ulcers, you cannot find a better friend in the herbal treasure chest. The active ingredients in licorice are glycyrrhizin and glycyrrhetic acid. These compound inflammation, viral, bacterial, allergic and asthmatic overwhelm. The Chinese, for whom licorice is a traditional healing herb, believe that it absorbs stomach acid, promotes pH balance, and coats and soothes the stomach to relieve spasms. Licorice has proven to be an effective healing agent in gastric, duodenal and peptic ulcers resulting in drastic healing properties. In one study, 2300mg per day caused a reduction in gastric ulcer size in 78 percent of people tested and caused complete healing in 44 percent of the people tested.

Think licorice if you have rheumatism and arthritis. Licorice is effective because glycyrrhizin activates cortisol, our own body's hormone that removes inflammation.

Licorice is famous for its ability to heal asthma and bronchitis. It is the most often recommended treatment



"People who are brutally honest get more satisfaction out of the brutality than out of the honesty."

“Thou shalt not kill” does not apply to murder of one’s own kind only, but to all living beings; and this Commandment was inscribed in the human breast long before it was proclaimed from Sinai.” -Leo Tolstoy



for respiratory ailments, including chronic coughs, allergies and sinus infections in Europe. Its viral and bacterial properties make it an effective prophylactic for the cold and flu season. It is powerful enough to lower a fever and to be used in the treatment of AIDS because of its immune building properties.

Pure glycyrrhizin licorice extract is widely used for liver problems including cirrhosis and hepatitis B in Japan. Licorice contains a rich supply of powerful flavonoids that protect the liver from the oxidizing effects of LDL (bad) cholesterol.

Nutrients

People don’t normally take licorice for vitamins, even though it contains biotin, choline, PABA, inositol and vitamin E. Licorice can also be used for its other fabulous phytochemicals. Licorice suppresses our coughs, decongests our sinuses and soothes our arthritis with its

quercetin, rutin, polyphenols, glycyrrhetic acid, liquiritin, glycosides and flavonoids. The goddess who made licorice is quite a chemist because it has been used for thousands of years as a proven herbal medicine. In modern times, we have taken to sucking tobacco sticks. **Should you get the urge to lick the cigarette trick, simply chose a licorice stick.**

Licorice contains strong cancer powers, possibly because of a high concentration of glycyrrhizin. It also kills bacteria, ulcers and diarrhea. Licorice may act as a diuretic. However, only real licorice has these powers. Licorice “candy” sold in the United States is made with anise instead of real licorice. If the label states the inclusion of “licorice mass,” then it is real; imitation licorice is labeled “artificial licorice” or “anise.”

Licorice contains Vitamin E, B-complex, biotin, niacin, pantothenic acid, lecithin, manganese as well as many other trace elements.

LIMA BEAN

Medi-Sign Target
 Builds & Cleanses the
 Kidneys



Lima beans are among the most popular shell beans in the United States. They are smooth, flat shaped and sweet tasting. They also have a rich, starchy, meaty texture and a creamy, distinctive flavor. Lima beans are nutrient-dense providing feeling of satiety. In other words, they make you feel full. They have often been referred to in some southern states in the United States as “*butter beans*.”

They are believed to have been traded along routes that led into North America, and eventually were carried to Europe, Asia and Africa. Recognizing that lima beans were a nutritious and highly concentrated food source for the sailors, early explorers stored dry lima beans for long period on their ships.

In fact, lima beans are a good source of: **B vitamins**, vitamin B6, niacin, folate; **protein**, including the important amino acid lysine; **fiber**, especially soluble fiber in the form of pectin; **iron; potassium; and magnesium**. Lima beans also contain very little fat. Studies suggest that intake of beans can help to lower LDL cholesterol levels, probably due to their soluble fiber content. Lima beans also contain the phytochemicals coumestrol and saponin, which are compounds that may impart cancer benefits.

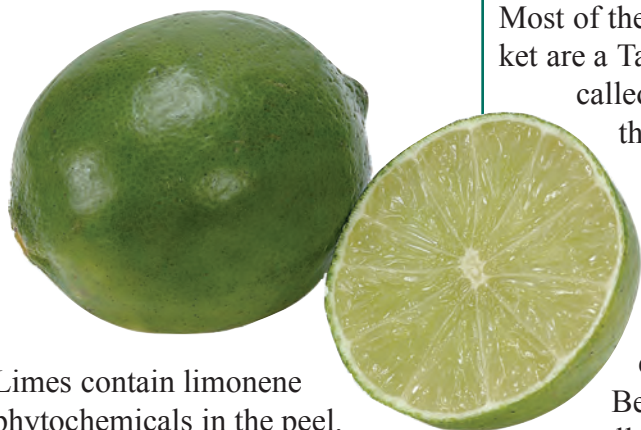
In the United States most of the lima beans are grown along the California coastal areas. They are also produced in other states including Wisconsin, Washington, Oregon, Idaho, Delaware, New Jersey and New York. Fresh varieties sold in their pods can sometimes be found in local markets. A bean similar to the lima bean was thought to be grown by the Native Americans in the southwest United States before

European settlers reached the Americas. When these beans were harvested, they were often times mixed with corn. This is where the side dish succotash originated.

Lima beans are thought to have originated in Peru or Guatemala. Since 6000 B.C. they have been cultivated in Peru, and their common name comes from Lima, Peru's capital city. Another name for the lima bean is the "chad bean."

LIME

Medi-Sign Target
Clears Lymph Plaque from
the Breasts



Limes contain limonene phytochemicals in the peel. These nutrients seep into the juice and can confer cancer benefits possibly by blocking abnormal cell growth and detoxifying cancer promoters.

KAFFIR LIMES

These round, nobly-skinned limes have very little juice. What juice they do have is very bitter. They are used in Thai cooking for their zest. They are also used for their leaves which are fragrant with volatile oils.

KEY LIMES

These are smaller, rounder and yellower than Tahiti limes with a higher acid content. They are best

known as an ingredient in "Key Lime Pie."

LIMEQUATS

A cross between limes and kumquats, limequats are small, round and yellowish with an acidic lime flavor.

RANGPUR LIMES

These limes have a decidedly orange flesh. They are tart, acidic and very juicy. They resemble oranges or tangerines. They are probably a cross between a lemon and a mandarin orange, but because they have a lime-like aroma, they have been dubbed limes.

TAHITI LIMES

Most of the limes in the supermarket are a Tahitian strain. They are called Tahitian limes because they are believed to have originated on that island. They come in two similar varieties: Persian limes, which are oval, egg-sized fruits cultivated in Florida; and a Bearss variety, which is a smaller, seedless California-grown lime. Both are greenish-yellow when fully mature. They are sold, though, at their earlier deep-green stage for better flavor.

LINSEED OIL

Medi-Sign Target
Furniture Oil

Don't eat it Linseed oil is a yellowish drying oil derived from the dried ripe seeds of the flax plant (*Linum usitatissimum*, *Linaceae*). Linseed oil is obtained by pressing, followed



by an optional stage of solvent extraction.

Cold-pressed oil, obtained without solvent extraction, is marketed as flaxseed oil. It is suitable for human consumption, though not recommended for cooking, and is used as a nutritional supplement which is high in omega-3 fatty acids, especially alpha linolenic acid.

Boiled linseed oil was used as paint binder or as a wood finish on its own. Heating the oil makes it polymerize or oxidize more readily. Today, though, metallic dryers are used instead of heat. The use of metallic dryers makes boiled linseed oil inedible.

Its uses include:

- Animal care products
- Animal feeds
- Brake linings
- Caulking compounds
- Foundry products
- Leather treatment
- Linoleum
- Polishes, varnishes and oil paints
- Putty
- Sealants
- Synthetic resins
- Textiles
- Wood preservation

"Beware of the half truth. You may have gotten hold of the wrong half."

“Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.”



In cricket playing countries, linseed oil has a special cultural place as treatment for the raw willow wood used to make cricket bats.

Safety Note: Rags soaked in linseed oil can self-ignite if stored in a confined space. They should be washed with water and disposed of carefully. In the past, fairies and garden elementals were blamed for these fires, but now they're off the hook.

LIPIDS

Medi-Sign Target
Protect Nerve Sheaths

Lipids are an organic compound composed of carbon atoms that have two hydrogen atoms attached. Lipids belong to the family of molecules known as hydrocarbons and are commonly known as fats and oils.

LISTERIOSIS

Medi-Sign Target
Honey, Garlic & Onion
Paste - Snack it!

Listeriosis is a disease caused by the bacteria *Listeria monocytogenes*.

Although it is rare, it does occur most frequently in pregnant women, newborns and children and adults whose immunity is weakened by diseases such as cancer or AIDS or transplants.

Listeria may be transmitted through food, soil and water and has caused local outbreaks. There have been documented cases of its transmission through a variety of items: deli meats and cold cuts, undercooked chicken, uncooked hot dogs, shellfish and coleslaw made from meat contaminated cabbage.

If a pregnant woman is a rectal or vaginal carrier of *Listeria* bacteria, meaning she is infected with *Listeria*, but does not have symptoms, her newborn could become infected at the time of delivery. She could also transmit the infection to the fetus across the placenta. Fortunately, newborns are rarely infected with *Listeria*.

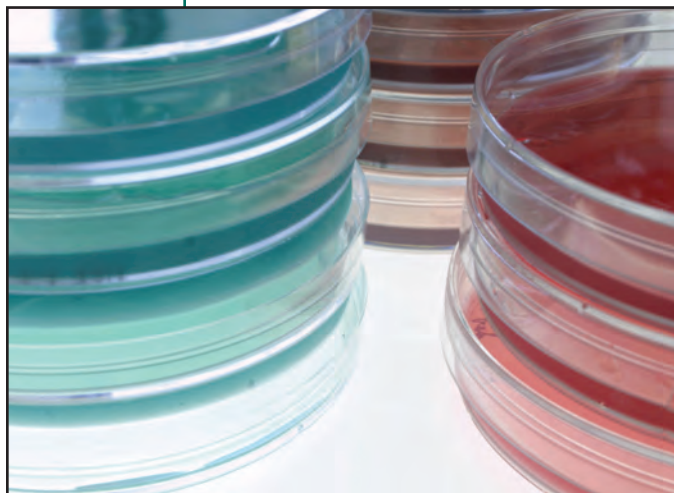
It has been reported that in the United States about 2,500 people develop listeriosis each year.

Signs and Symptoms

Listeria infection can cause a variety of serious illnesses, including pneumonia, meningitis and sepsis, a severe, generalized blood-borne infection. Signs and symptoms of serious infection may include fever, difficulty breathing, poor feeding, vomiting, diarrhea, lethargy and irritability. It is most often seen in very young infants, the elderly and people whose immune systems have been weakened.

Pregnant women who develop listeriosis may provoke premature delivery although only experiencing only a mild, flu-like illness.

Contagiousness Generally, listeria is not contagious from person to person; however, it can be transmitted from a pregnant woman to her fetus. **Incubation** A newborn infant may be born with the disease. If acquired at birth, the incubation period is seven to 28 days. It may take up to three weeks for a child to become ill after ingesting the *Listeria* bacteria in older babies and children. The average incubation period is reported to be 31 days with a range from 11 to 47 days.



Prevention

It's recommended that you follow food safety guidelines to prevent your family from becoming infected with the bacteria:

- Always cook food, especially meat and eggs, thoroughly to the proper internal temperature.
- Wash fruits and vegetables thoroughly before eating because of feces, urine, etc.
- Reheat precooked, prepackaged foods, like deli meats or hot dogs, to steaming hot temperatures, especially if you're pregnant.

LIVER DISEASE

Medi-Sign Target

*1 Cup of Lemon Juice Daily
for 90 Days*

Liver disease is an acute or chronic damage to the liver, usually caused by infection, injury, exposure to drugs or toxic compounds and autoimmune process. A genetic defect, like hemochromatosis, is another cause of liver disease. The disease can also be categorized by the effect it has on the liver.

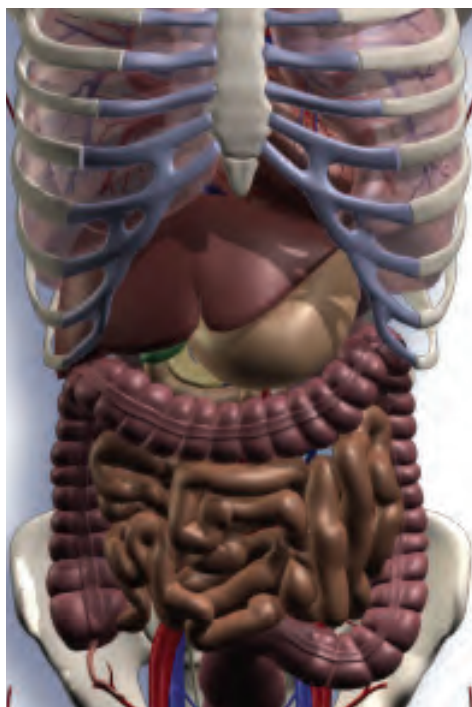
To be used in maintaining normal bodily functions, the liver performs many unique and important metabolic tasks as it processes carbohydrates, proteins, fats and minerals.

Carbohydrates, or sugars, are stored as glycogen in the liver and are released as energy between meals or when the body's energy demands are high. The liver helps to regulate the blood sugar level and to prevent a condition called hypoglycemia, or low blood sugar. Because of what the liver does, it enables us to keep an even level of energy throughout the day. Otherwise we would need to eat constantly to keep up our energy.

Proteins reach the liver in their simpler form called amino acids. Once in the liver, they are released to the muscles as energy, stored for later use or converted to urea for excretion in the urine. Certain proteins are converted into ammonia, which is a toxic metabolic product. This is done by bacteria in the intestine or during the breakdown of bodily protein. Once the ammonia is broken down by the liver and made into urea, it is then excreted by the kid-

neys. The liver also has the unique ability to convert certain amino acids into sugar for quick energy.

Fats cannot be digested without bile, or bile acids, which is made in the liver, stored in the gallbladder and released as needed into the small intestine. Bile acts somewhat like a detergent, breaking apart the fat into tiny droplets so that it can be acted upon by intestinal enzymes and absorbed. Bile is also essential for the absorption of vitamins A, D, E and K, the fat-soluble vitamins. After digestion, bile acids are reabsorbed by the intestine, returned to the liver and recycled as bile once again.



Good nutrition, which is a balanced diet with adequate calories, proteins, fats and carbohydrates, can actually help the damaged liver to regenerate new liver cells. In fact, in some liver diseases, nutrition becomes an essential form of treatment. Individuals are strongly advised not to take megavitamin therapy or to use nutritional products bought in special stores or by catalogues. These supplements can be dangerous to the liver.

LIVER PROBLEMS

Medi-Sign Target

*Drink 1 "Hot Mama"
Everyday for 90 Days*

Liver Problems: Lupus, Hepatitis, Jaundice, Halitosis

A healthy liver is related to overall health and vitality; it is the largest internal organ of the body. Within the body, the liver performs several important tasks including; storing blood and constantly filtering it to remove harmful toxins; it rids the body of dead blood cells; secretes hormones and enzymes; supports digestion, converting what we eat into life-sustaining nutrition; and even regenerates its own damaged tissue.

When the liver is malfunctioning, the consequences range from sluggishness to life-threatening illness. Skin conditions like: jaundice, which is yellowing of skin and eyes; fatigue; and digestive disorders, like halitosis, which is bad breath, can all result from liver malfunction. Hepatitis, cirrhosis and lupus are more serious liver conditions, which can be fatal if not treated. Hepatitis is an inflammation of the liver, cirrhosis is a chronic, progressive inflammation of the liver, and lupus is an autoimmune disease that affects primarily women and causes the body to attack its own connective tissues. This includes connective tissue in the liver.

Liver spots, which are also known as age spots because they occur in older people, are deposits of extra pigment on areas of the skin that have been exposed to light. Liver spots are signs of an aging liver that

"Truth is mighty and will prevail. There is nothing the matter with this, except that it ain't so." -Mark Twain

has accumulated an excess of the pigment lipofuscin, which is a plaque.

Causes

The causes of liver disease are many partially because of the many functions of the liver. Toxic buildup may manifest as skin disorders like psoriasis and acne, as well as digestive disorders, jaundice, fatigue and halitosis.

Hepatitis is usually caused by a virus, but some medications and conditions like lupus can also cause hepatitis. Liver problems may also be caused by mineral and metal toxicity, especially from arsenic, sodium, nickel, mercury and aluminum. Liver function can result from overworked or damaged adrenal glands.

Lupus is likely initiated by genetic predisposition, supplemental estrogen and environmental factors. Systemic lupus erythematosus (*SLE*) can lead to hair loss, muscle weakness, numbness, inflammation of the kid-

neys, water retention and increased risk of miscarriage.

Halitosis can be caused by many factors, including liver ailments and digestive blockages related to liver functions.

Diet Suggestions

It is important to periodically cleanse the liver with a detoxification diet since toxic substances can harm the liver. Fresh organic vegetables, fruits, lemon juice and grasses are the best way to cleanse the liver, and the rest of you, of toxins. Avoid alcohol, caffeine, processed foods and sugar, especially if you have liver problems because they can further damage the liver. Steer clear of animal fats that are adulterated, saturated or hydrogenated because they are hard to digest and pose special problems for a compromised liver.

Foods That Help

Start juicing regularly with beets and greens rich in magnesium, chlorophyll and vitamins A, C and E. These include wheat and barley grass, kale, collards, Swiss chard, parsley, alfalfa, spinach and cabbage. Fruits rich in minerals, B vitamins and vitamins A and C, like



melons and citrus, are especially cleansing. Drinking hot lemon tea can help to arouse a sluggish liver with a teaspoon of olive oil to stimulate the release of excess bile that congests the liver. Fatty animal foods tend to be harder on the liver than a diet rich in plant foods. Sunflower seeds, soybeans, wheat germ and their oils, are great sources of vitamin E.

Nutrients and Herbs That Help

Vitamin C protects the liver and effectively treats liver disease. Choline, a B-vitamin factor, works to ease symptoms of hepatitis and people with lupus benefit from vitamins A, B and E. In one study, large amounts of whole food vitamin B5, also called pantothenic acid, and whole food vitamin E generated improvement in 100 percent of the people. Vitamins B12 helps heal lesions and vitamin A rebuilds a healthier immune system in those with lupus. The hormones DHEA, pregnenolone and testosterone from whole foods help treat and prevent further development of lupus. The minerals germanium, potassium and magnesium are needed for general liver health.

Carrots are the most famous source of beta-carotene, which is the precursor we need to manufacture vitamin A.



“Think of me tonite for that which you savor did it give you something real, or could you taste the pain of my death in its flavor.” “Food For Thought”



1 Hot Mama
"What am I...
chopped liver?"

1 cup Lemon, squeezed fresh
1 tsp Fennel or dill seeds

Drinking hot tea stimulates a sluggish liver and flushes toxins. Of all the citric fruits, lemon is the most potent detoxifier for the liver and gall bladder. Fennel and dill seeds are both highly aromatic herbs used for treating halitosis.



Liver Lib8R

8 oz Carrot juice
2 oz Wheat grass juice

Vitamin A heals lesions and rebuilds the immune system of those with lupus and hepatitis.



In order to help the liver, use organic carrots to avoid adding more pesticides. Wheat grass is renowned as a liver detoxifier and stimulant. It is so potent that many people cannot tolerate more than two to three ounces at a time. Carrots make wheat grass more palatable. Larger amounts wheat grass juice can be taken in rectal implants, which deliver wheat grass from the colon directly to the liver. An inflamma-

tion of the liver caused by alcohol is called alcoholic hepatitis.

Causes and Symptoms

Inflammation of the liver can be caused by a great variety of agents like poisons, drugs, viruses, bacteria, protozoa and even larger organisms like worms. If taken in more than modest amounts, alcohol is a poison. Alcohol favors destroying stomach lining, liver, heart muscle and brain tissue. The liver is a primary target because alcohol travels to the liver after leaving the intestines. Since alcohol provides ample calories but little nutrition, those who drink enough to get alcohol poisoning have a tendency to be undernourished. It's suspected that both the alcohol and the poor nutrition lead to this condition.

Alternative Names:

Liver disease due to alcohol; Cirrhosis or hepatitis. Alcoholic; Laennec's cirrhosis

Alcoholic liver disease involves an acute or chronic inflammation of the liver induced by alcohol abuse.

Alcoholic hepatitis usually occurs after years of excessive drinking; the longer the duration of alcohol use and the greater the consumption of alcohol, the greater the probability of developing liver disease.

Malnutrition contributes to liver dis-

ease. Malnutrition develops as a result of empty calories from alcohol, reduced appetite and malabsorption, which is an inadequate absorption of nutrients from the intestinal tract. Also contributing to the development of alcoholic liver disease is the toxicity of ethanol to the liver, individual susceptibility to alcohol-induced liver disease and genetic factors.

Drunkenness is not essential for the development of the disease. It does not affect all heavy drinkers, and women may be more susceptible than men.

The rate of alcohol metabolism can be high enough to allow for the consumption of large quantities of alcohol without raising the blood alcohol level to detectable concentrations by conventional breath analyzer in some people.

Changes start within the liver as inflammation, also known as hepatitis, and progress to fatty liver and cirrhosis. Cirrhosis is the final phase of alcoholic liver disease and the symptoms may not be present until the disease is relatively advanced.

Serious complications are associated with advanced disease such as alcoholic encephalopathy, which is damage to brain tissue, and portal hypertension, which is high blood pressure within the liver.



"Always tell the truth. Even if you have to make it up."

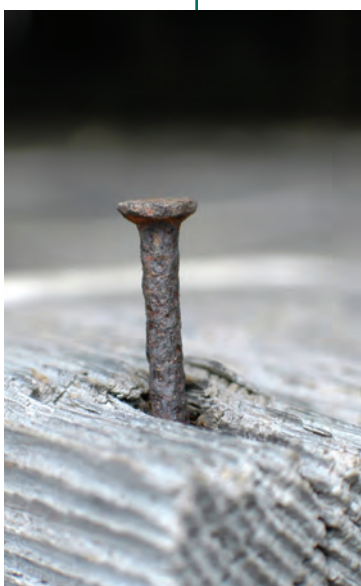


Solution... stop drinking alcohol. To regenerate the liver drink one cup of fresh lemon juice everyday for three to four months; it works miracles. It even makes stopping alcohol consumption easier to do.

LOCKJAW/ TETANUS

Medi-Sign Target
Salt, Salt, Salt &
Lots of Water

Tetanus, commonly called lockjaw, is a bacterial disease that affects the nervous system. It is contracted through a cut or wound that becomes contaminated with tetanus bacteria. Deep puncture wounds or cuts like those made by nails or knives are especially susceptible to infection with tetanus even though the bacteria can get in through even a tiny pinprick or scratch. Tetanus bacteria are present worldwide and are commonly found in soil, dust and manure. Infection with tetanus causes severe muscle spasms, leading to "locking" of the jaw so the person cannot open his/her mouth or swallow, and may even lead to death by suffocation. Tetanus is not transmitted from person to person.



Symptoms

Common first signs of tetanus are a headache and muscular stiffness in the jaw called lockjaw. This is followed by stiffness of the neck, difficulty swallowing, rigidity of abdominal muscles, spasms, sweating and fever.

Symptoms usually begin eight days after the infection, but may range in onset from three days to three weeks

Once the bacteria are in the body, they produce a neurotoxin, which is a protein that acts as a poison to the body's nervous system, known as tetanospasmin that causes muscle spasms. The toxin first affects nerves controlling the muscles near the wound. It can also travel to other parts of the body through the bloodstream and lymph system. The toxin interferes with the normal activity of nerves throughout the body, leading to generalized muscle spasms as it circulates more widely. Tetanus can be fatal without treatment.

Tetanus is very rare in the United States today as fewer than 50 cases of tetanus have been reported since 1995. Injuries that involve dead skin like burns, frostbite, gangrene or crush injuries are highly susceptible to tetanus. Wounds contaminated with soil, saliva and feces, especially if not properly cleaned, are high risk. This is along with skin punctures from nonsterile needles like drug use or self-performed tattooing or body piercing, which are high risk.

Another form of tetanus, neonatal

tetanus, occurs in newborns who are delivered in unsanitary conditions. This is especially true if the umbilical cord stump becomes contaminated. In developed countries natural maternal protector cells and sanitary cord-care techniques have made newborn tetanus very rare.

Home Treatment

Any skin wound, especially a deep puncture or a wound that may be contaminated with feces, soil or saliva, should be cleaned and dressed right away. Use a disinfectant soap or rinse like witch hazel or hydrogen peroxide when cleaning it. Bandage dressing should be changed twice a day and rinsed with hydrogen peroxide each time.

LOGANBERRY

Medi-Sign Target
Liver, Breast & Heart Cells

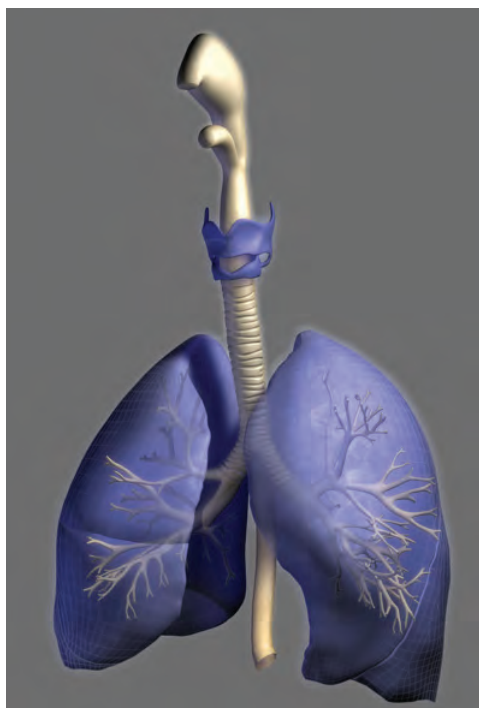


The loganberry (*Rubus loganobaccus*) is a hybrid produced from crossing a blackberry and a raspberry. James Harvey Logan developed this berry in 1881 in Santa Cruz, California. He was an American lawyer and horticulturist. A thornless variety of the loganberry was developed in 1933. Uses for loganberries include eating raw, jam and a type of country wine. They are great for vaccinating yourself against disease.

LUNG CANCER

Medi-Sign Target

Red Raw Potatoes, Lemons
& Salt



People who smoke are at more than 80 times greater risk of contracting lung cancer than non-smokers. Smokers live shorter lives and die more painful and prolonged deaths.

Smokers make the choice to smoke and then become hooked; they are victims of slow suicide. Non-smokers who opt not to smoke don't need to suffer deteriorated health due to someone who happens to share the same environment.

The top foods to eat to help prevent lung cancer are carrots, broccoli, kale, spinach, pumpkin, squash, tomatoes, turnips, sweet potatoes and yams. These foods even protected long-time smokers, but not nearly to the degree that they protect non-smokers.

(See: *Disease: The Mystery Solved*)



- 1 Potato -
- 2 Potato -
- 3 Potato -
- 4

Red Potato
Lemon Juice
Sea Salt

Red potato juice, 2 oz. twice daily is a lung cocktail. Eat sliced raw red potato with sea or rock salt and lemon juice.

LUPUS ERYTHEMATOSUS

Medi-Sign Target

Raw Food Fasting, Garlic,
Onions & Raw Honey

Systemic Lupus Erythematosus (*SLE*) is a chronic, or long-lasting, rheumatic disease, affecting joints, muscles and other parts of the body. Lupus involves inflammation, which is the immune system's response to foreign agents, virus and bacteria.

Systemic lupus erythematosus involves chronic inflammation that can affect many parts of the body, including:

- Blood-forming organs
- Heart
- Joints
- Kidneys
- Lungs
- Nervous system
- Skin

There are several types of lupus:

- Discoid lupus, which affects the skin.

- Drug-induced lupus, which occurs because of a reaction to drugs. Symptoms, however, usually disappear once the drugs are discontinued.

- Crossover, or overlap, syndromes indicate features that overlap with another rheumatic disease.

What Are the Symptoms?

- Malar rash, which is a butterfly shaped rash over the cheeks and across the bridge of the nose.

- Discoid rash, which is a scaly, disk-shaped sores on the face, neck and/or chest.

- Sensitivity to sunlight.

- Oral ulcers.

- Arthritis, which is pain and stiffness in the joints.

- Serositis, which is inflammation of the lining around the heart, lungs and/or abdomen, causing pain and shortness of breath.

- Kidney problems, which can be a protein leak.

- Central nervous system problems.

- Blood problems, like anemia.

- Problems with the immune system provoke the risk of infection.

- Antinuclear antibodies, that are autoantibodies that react against the body's own cells...I don't believe it, though.

Other Symptoms Include:

- Anemia
- Fatigue
- Fever

"To my mind, the life of a lamb is no less precious than that of a human being. I should be unwilling to take the life of a lamb for the sake of the human body." -Gandhi

“Being challenged in life is inevitable, being defeated is optional.” -Roger Crawford



Lupus Snuopus

- Celery
- Carrots
- Red Potatoes
- Onions

Juice fasting on celery, carrot, red potato, and onion for 21 days can typically remit all symptoms of lupus.

- Muscle aches
- Nausea
- Sensitivity to cold (*Raynaud's phenomenon*)
- Skin rash
- Swollen glands
- Lack of appetite
- Vomiting and diarrhea
- Weight loss

Treatment Options

- Diet/rest
- Exercise
- Medications make it worse and get you nowhere

Who Is At Risk?

- Lupus affects women about eight to ten times as often as men and often occurs between the ages of 18 to 45.
- Lupus occurs more often in African Americans.
- Lupus can occur at any age from young children to older people.
- Studies suggest that certain people may inherit the tendency to get lupus. New cases of lupus are more

common in families where one member already has the disease, due to the probability of similar diet and lifestyle.

(See *Disease: The Mystery Solved*).

LYME DISEASE

Medi-Sign Target
21 Days on Cabala, Onions
& Garlic



Lyme disease is an illness caused by a spirochete bacteria, *Borrelia burgdorferi*, which is transmitted to animals and man through the bite of infected ticks.

The disease is reported worldwide and throughout the United States.

Although the states of New York, Massachusetts, Connecticut, Rhode Island and New Jersey account for the majority of cases in the United States all geographic regions of the country are affected.

Different ticks are carriers in the different regions. **Ixodes dammini**, or the deer tick, in the Northeast and Midwest is a tick carrier. **Ixodes scapularis** is the black-legged tick in the South. **Ixodes pacificus** is the western black-legged tick in the West. **Amblyomma americanum** is the lone star tick found in several

regions. All of these ticks are considered vectors.

The growing concern is that *Dermacentor variabilis*, the American dog tick, may also be capable of transmitting Lyme disease. Transmission by biting insects, like flies, fleas and mosquitoes, are speculated to be carriers but that threat appears to be quite rare.

Not all ticks are infected. Infection rates in tick populations vary by tick species and geographic region from as few as two percent to 90 percent or more.

The Deer Tick

In the northeastern United States, *Ixodes dammini* is responsible for most of the cases of Lyme disease. These ticks are found in grassy areas, including lawns, and in brushy, shrubby and woodland sites. They are even present on warm winter days and prefer areas where some moisture is present.

The tick has three life stages:

larva, nymph and adult. Each stage takes a single blood meal. The entire life cycle requires three separate hosts and takes about two years to complete. They feed on a variety of warm-blooded animals including man, dogs, cats, horses and cows. Tick bites are painless so most victims do not know they have been bitten.



The **nymphal** stage appears to be responsible for most Lyme disease cases. Both the larval stage, which is about the size of a grain of sand, and nymphal stage, which is about the size of a poppy seed, attach to a variety of small mammals. They



prefer the white-footed mouse, and consequently this is the main reservoir of the Lyme disease bacteria.

The **adult** ticks, which are about the size of a sesame seed, prefer to feed on white-tailed deer.

Larval and nymphal deer ticks also attach to birds. Birds may be a primary means for which the ticks are spread from one area to another and some species of birds also function as a reservoir of infection.

Lyme Disease Symptoms in Man

In about half of the cases in Lyme disease a characteristic rash or lesion called erythemamigrans is seen. This rash begins a few days to a few weeks after the bite of an infected tick and generally looks like an expanding red ring. The rash is often described as looking like a bull's-eye with alternating light and dark rings, but it can vary from a reddish blotchy appearance to red throughout. This can be confused with poison ivy, spider bite, insect bite or ringworm. Around the same time the rash develops, flu-like symptoms may appear with headache, sore throat, stiff neck, fever, muscle aches, fatigue and general malaise. In some cases the flu-like symptoms may appear without the rash.

More serious problems can develop months to years later if the early symptoms are ignored. The later symptoms of Lyme disease can be

severe and chronic. These symptoms include: muscle pain and arthritis, usually of the large joints; neurological symptoms include meningitis, numbness, tingling and burning sensations in the extremities; Bell's palsy, which is loss of control of one or both sides of the face; severe pain and fatigue, which is often extreme and incapacitating; and depression. Heart, eye, respiratory and gastrointestinal problems can also develop. Symptoms are often intermittent; lasting from a few days to several months and sometimes years. Because of its diverse symptoms, chronic Lyme disease mimics many other diseases and can be difficult to diagnose.

Treatment: Both in man and animals, medical pharmaceutical treatment failures and relapses have been reported.



How to Avoid Tick Bites

When out of doors several precautions can minimize your chances of being bitten.

- Tuck your pant legs into your socks and your shirt into your pants.
- Wear light colored clothing. Dark ticks are more easily spotted against a light background.

- Inspect clothes often for ticks. Have a companion inspect your back.

- Apply repellents according to label instructions. Applying directly to clothing appears to be most effective.

- Upon returning to the home, remove clothing and wash it, or put it in the dryer for 30 minutes to kill any ticks.

- When you get in from the field, shower and inspect your body thoroughly. Especially check your groin, navel, armpits, head and behind knees and ears. Have a companion check your back or use a mirror.

- Inspect children at least once a day for ticks. When in heavily infested areas, inspect children every three to four hours.

- When hiking stay in the middle of trails; do not bushwhack.

- Clear brush from around your premises and keep grassy areas mown.

- Avoid plantings that especially attract deer and other animals.

- Limit watering of lawns.

- Use judiciously environmentally safe insecticides to kill ticks. This may be necessary in some areas.

Lyme Disease in Domestic Animals

Lyme disease has been described in dogs, cats, horses, cows and goats. Symptoms can include fever, lameness, soreness, listlessness, loss of appetite, swollen glands and joints. Heart, kidney, liver, eye and nervous system problems are also described

"Failure is the condiment that gives success its flavor."



in animals. In horses and cows, laminitis is reported, as are poor fertility, abortions and chronic weight loss. In dogs and horses, temperament changes have been reported. Untreated animals can develop chronic progressive arthritis.

Symptoms can mimic many other conditions and can be intermittent and vary in intensity from mild to quite severe.

Where to Find Ticks on Animals

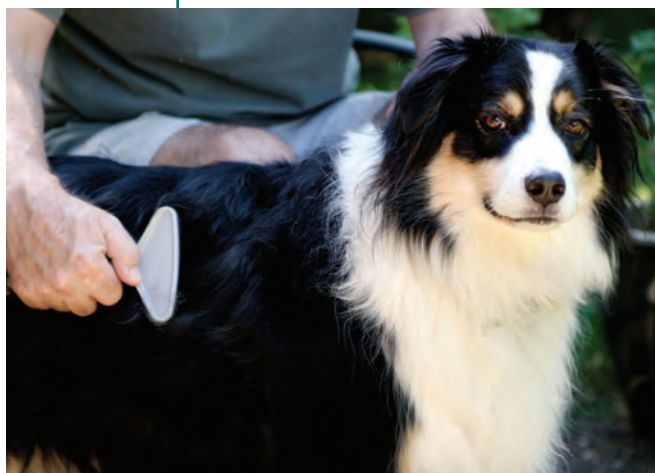
Ticks are most commonly found around the head and neck. They can also be found between the toes, on or in the ears and in the armpit and groin areas. Because the ticks are so small, look very carefully. The symptoms of illness may not develop for several weeks or months following tick bites in animals.

If you travel into tick-infested areas with your animals, it is possible to bring home ticks on the animals that can infest your home. You should be alerted that you are also at risk if animals in your area develop Lyme disease.

Tick Control on Animals

- As much as possible keep animals out of tick habitat.

- Check animals daily for ticks and remove any found promptly.



- Dogs and cats can be brushed as soon as they come in. Brush over a lightly colored surface so any ticks removed can be seen and discarded.

- The most effective method of protecting animals from infection and to keep those that travel from bringing ticks home is the regular use of tick repellent and control products. Veterinary assistance is important in selecting safe and effective tick control products and designing a control program.

How to Remove Attached Ticks

To decrease the chances of getting Lyme disease, promptly remove ticks. The proper and easiest method is to grasp the tick with fine tweezers, as near the skin as you can and gently pull it straight out. Be careful not to squeeze the tick when removing it, which could result in more bacteria being injected. Do not try to remove the tick with your fingers or attempt to remove with lighted cigarettes, matches, nail polish or Vaseline.

Notes

- Animal ownership does not directly increase a person's risk of Lyme disease. However, allowing your animals to roam in tick habitat or venturing into tick habitat with your animals does increase your risk of exposure to ticks.

- Lyme disease is not considered to be contagious between people or directly from animals to man.

- Although some deaths have been attributed to Lyme disease, this is probably incorrectly attributed, as it is not generally considered to be fatal.

- Once an animal or person has apparently recovered from the disease, it appears to be possible to be reinfected.

- Miscarriages, premature births, still births, birth defects and transplacental infections of the fetus have been reported in animals and man. Immediately wash the bite area with hydrogen peroxide. Place a crushed garlic clove over the bite for about two to three minutes.

(See: *Bacterial Infections*)

LYSINE

Medi-Sign Target Bones & Cartilage

(Essential Amino Acid)

Insures the adequate absorption of calcium; helps form collagen, which makes up bone cartilage and connective tissues; and aids in the production of immune cells, hormones and enzymes. Recent studies have shown that lysine may be effective at healing herpes by improving the balance of nutrients that reduce viral growth. A deficiency may result in tiredness, inability to concentrate, irritability, bloodshot eyes, retarded growth, hair loss, anemia and reproductive problems.

(See: *Feeding Your Emotions*)



History: The Letter M

The Phoenicians loved the ocean and it was this love that created the forms for both “M” and “N.” In the Mediterranean Sea they became the first navigators to sail by night and it is believed that the North Star was discovered by them. Their word for water was pronounced “mem” and it was the basis for their letter “M.” The Semitic and Egyptian forms were often written as wave-like scribbles similar to our “M.” “M” written in upper or lower case and with or without a period following it can be used to abbreviate over forty different meanings which, while it is a lot, it’s not as many as “S,” “P” or, well let’s leave the big winner for another note sheet. Since “M” is “mem” or “water,” let’s drink to that! Water enhances Mem-ory! Read about it in Volume I of the FDR.

Mystery: The Celtic Name Letter Key

A concern for outward appearance and appreciation of beauty are among the main indications contained in the letter “M.” The former trait may lead the name-bearer to conceal inner thoughts and feeling as much as possible. A certain amount of such concealment is a good ingredient in a well-balanced personality, but it must not be taken to excess. Appreciation of beauty is also useful in many ways, but ideally the domination of a name print by “M” should be balanced by indication of sensitivity and deeper understanding. In a negative way, this letter gives signs of snobbishness and pettiness. When coupled with critical ability it hints at a person with highly developed artistic skills. Think Marilyn Monroe.

“No man in the world has more courage than the man who can stop after eating one peanut.” -Channing Pollock

MACADAMIA

Medi-Sign Target
Heart & Brain Blood Flow



Macadamia nut = Queensland nut = Australian nut.

Pronunciation:
Mack-uh-DAY-me-uh

These nuts are eaten as snacks or incorporated into cookies or other deserts in Hawaii and Australia. These nuts are almost always sold shelled and roasted in vacuum-pack containers due to their hard-to-open shell and trickiness when it comes to roasting. After you open these containers, you should store any uneaten nuts in the freezer or refrigerator, since they're high in good fat and therefore prone to rancidity. Put some nuts in 275 degree oven for about 15 minutes if you want to roast your own.

In Australia in the 19th century the macadamia tree was first cultivated by a chemist named John Macadam; hence the name of this nut. The tree was originally prized for its shiny leaves and visual appeal, but the nuts were largely ignored because they were almost impossible to crack. After all, macadamia nuts possess the world's hardest shell.

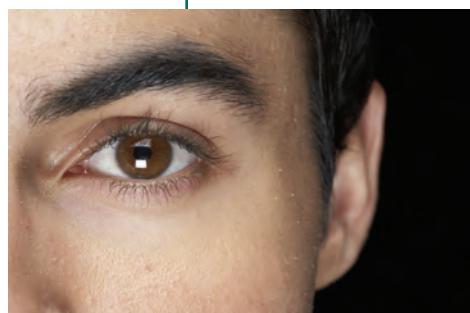
In 1881, the first macadamia trees were brought to Hawaii. The islands proved perfect for cultivat-

ing the macadamia with their volcanic soil, abundant sunshine and lots of moisture. Efforts to grow macadamias commercially began in the 1920's. It was not until 1946, with the development of improved cultivars, that today's largest macadamia processor, the Mauna Loa Company, established a plantation on the big island of Hawaii. It's also Australia's most delicious bush nut.

MACULAR DEGENERATION

Medi-Sign Target
Eat Carrots & Spinach
Everyday

Age-related macular degeneration is a chronic eye disease that occurs when tissue in the macula deteriorates. The retina is the layer of tissue on the inside back wall of your eye. This disease can be serious as the part of your retina that's responsible for central vision is damaged. It may cause blurred central vision or a blind spot in the center of your visual field, or worse.



The first sign of macular degeneration may be a need for more light when you're concentrating on things close to the eye. Fine newsprint may become harder to read and street signs more difficult to recognize. Eventually, straight lines may appear distorted or crooked. Gray or blank spots may mask the center of your visual field. The condition poses the threat of progressing rapidly, thus leading to severe vision loss in one or both eyes, but usually develops gradually.

Macular degeneration affects your central vision, but not your peripheral vision. This means that it doesn't cause total blindness. Still, the loss of clear central vision, which is critical for reading, driving, recognizing people's faces and doing detail work, greatly affects your quality of life. It is common that the damage caused by macular degeneration can't be reversed, although early detection may help reduce the extent of vision loss.

Macular degeneration tends to get worse with age, which is why, as an older adult has a greater risk of developing this disease. It is the leading cause of severe vision loss in people age 60 and older, and more than 1.6 million American adults have the advanced form of age-related macular degeneration.

Signs and Symptoms

Macular degeneration usually develops gradually and painlessly.

Depending on which of the two

types of macular degeneration you have, the signs and symptoms of the disease may vary.

With dry macular degeneration you may notice the following symptoms:

- The need for increasingly bright illumination when reading or doing close work.
- Increasing difficulty adapting to low levels of illumination, such as when entering a dimly lit restaurant.
- Printed words that appear to be increasingly blurry.

- Colors that appear to be less bright.

- Difficulty recognizing faces.

- Gradual increase in the haziness of your overall vision.

- Blurred or blind spot in the center of your visual field combined with a profound drop in your central vision acuity.

- A need to scan your eyes all around an object to provide a more complete image.

With wet macular degeneration, the following symptoms may appear and may progress rapidly:

- Visual distortions, such as straight lines appearing wavy or crooked, a doorway or street sign that seems out of whack or objects appearing smaller or farther away than they should.

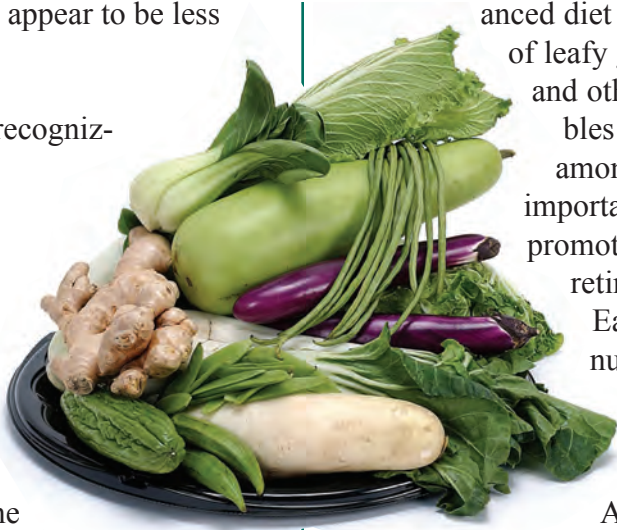
- Decrease in or loss of central vision.

- Central blurry spot.

Your vision may falter in one eye while the other remains fine for years in either form of macular degeneration. You may not notice any or much change because your good eye compensates for the weak one. It is when this condition develops in both eyes that your vision and lifestyle begin to be dramatically affected.

Prevention

Eat raw foods. A nutritionally bal-



anced diet with plenty of leafy greens, fruits and other vegetables may be among the most important factors in promoting good retinal health.

Eat lots of raw nuts and seeds, as well as foods rich in vitamins A, C and E.

People who eat diets rich in vegetables, particularly leafy, green vegetables have a lower risk of macular degeneration.

Although there are no conclusive studies demonstrating that supplements of these nutrients can slow vision loss, high levels of lutein and zeaxanthin in your blood help to protect your retina. Lutein and zeaxanthin are nutrients found in high concentrations in egg yolk, corn and spinach as well as other orange, yellow and green foods.

MAGNESIUM

*Medi-Sign Target
Balance & Nerves*

Magnesium plays an important role in the formation of bones. A diet that includes foods high in magnesium can help prevent depression, dizziness, muscle weakness and



twitching. Magnesium deficiencies can lead to confusion, insomnia, irritability rapid heartbeat and seizures.

Sources

The largest quantities of manganese are found in *apples, apricots, avocados, bananas, black-eyed peas, blueberries, cantaloupe, green leafy vegetables, garlic, grapefruit, legumes, lemons, nuts, peaches, peas, pineapple, seeds and whole grains.*

MALABSORPTION SYNDROME

*Medi-Sign Target
Raw Foods &
Saltwater Colonics*

Malabsorption syndrome is an alteration in the ability of the intestine to absorb nutrients adequately into the bloodstream.

The number one cause is not having enough whole food fiber and water in the diet. This deficiency allows plaque to cake onto the alimentary walls, blocking nutrient contact.

The number two cause is antibiotics and other medications.

Protein, fats and carbohydrates, which are macronutrients, normally are absorbed in the small intestine. The small bowel also absorbs about 80 percent of the fluids ingested daily. The intestine's ability to absorb fluid and nutrient can be affected by many different conditions. A fault in the digestive process may result from failure of the body to produce the enzymes needed to digest certain foods.

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie." -Garfield

Congenital structural defects or diseases of the pancreas, gall bladder or liver may alter the digestive process. Other conditions that result in absorption problems include inflammation, infection, injury or surgical removal of portions of the intestine. Reduced length or surface area of intestine available for fluid and nutrient absorption can also result in malabsorption. Radiation therapy injures the mucosal lining of the intestine, resulting in diarrhea that may not become evident until several years later. The use of antibiotics can also affect intestinal function by causing harm to the bacteria that normally live in the intestine.

Factors for malabsorption syndrome include:

- Excess alcohol consumption
- Family history of malabsorption or cystic fibrosis
- Intestinal surgery
- Travel to foreign countries
- Use of certain drugs, such as mineral oil or other laxatives



The most common symptoms of malabsorption include:

- Anemia, with weakness and fatigue due to inadequate absorption of vitamin B12, iron and folic acid.
- Diarrhea or steatorrhea, which is excessive amount of fat in the stool. Abdominal distention with bloating, cramps and gas due to impaired water and carbohydrate absorption and irritation from unabsorbed fatty

acids can also be symptoms to watch out for. The individual may report explosive diarrhea with greasy, foul-smelling stools.

- Edema, or fluid retention in the body's tissues due to decreased protein absorption from a lack of drinking water, is another.
- Malnutrition and weight loss due to decreased carbohydrate, fat and protein absorption. Weight may be 80 to 90 percent of usual the weight despite increased oral intake of nutrients.
- Muscle cramping due to decreased vitamin D, calcium and potassium levels.
- Muscle wasting and atrophy due to decreased protein absorption and metabolism.
- Perianal skin burning, itching, or soreness due to frequent loose stools.

Inadequate levels of potassium and other electrolytes can also lead to an irregular heart beat. Blood clotting disorders may occur due to a vitamin K deficiency. Children with malabsorption syndrome often exhibit a failure to grow and thrive.

Several disorders can lead to malabsorption syndrome, including cystic fibrosis, chronic pancreatitis, lactose intolerance and gluten enteropathy, which is non-tropical sprue.

Tropical sprue is a malabsorptive disorder that is uncommon in the United States, but seen more often in people from the Caribbean, India or Southeast Asia.

This condition is thought to be related to environmental factors, including infection, intestinal parasites or possibly the consumption of certain food toxins, although its cause is unknown. Symptoms often include anemia, sore tongue and weight loss, along with diarrhea and passage of fatty stools.

Whipple's disease is a relatively rare malabsorptive disorder that most often affects middle-aged men. The cause is thought to be related to bacterial infection, resulting in chronic low-grade fever, darkening of the skin's pigmentation, diarrhea, joint pain, nutritional deficiencies and weight loss. Other organs of the body may be affected, including the brain, eyes, heart and lungs.

Short bowel syndromes, which may be present at birth (*congenital*) or the result of surgery, reduce the surface area of the bowel available to absorb nutrients and can also result in malabsorption syndrome.

Treatment

Drink plenty of fluids such as herbal teas, juices, nut milks, water and eat whole, raw, fresh foods.

MALARIA

*Medi-Sign Target
Garlic, Onions &
Saltwater Everyday*



"Victory belongs to the most persevering." -Napoleon

Approximately 300 million people worldwide are affected by malaria and between one and one and a half million people die from it every year. This disease, which was at one time very widespread, is now mainly confined to Africa, Asia and Latin America. The problems of controlling malaria in these countries are aggravated by inadequate health structures and poor socioeconomic conditions. With the increase in resistance to the drugs normally used to combat the parasite that causes the disease, the situation has become ever more complex over the last few years. These tiny, deadly creatures are stronger now thanks to the drug war.

Malaria is caused by protozoan parasites of the genus *Plasmodium*. Four species of *Plasmodium* can produce the disease in its various forms:

- *Plasmodium falciparum*
- *Plasmodium vivax*
- *Plasmodium ovale*
- *Plasmodium malaria*

P. falciparum is the most widespread and dangerous of the four. If gone untreated it can lead to fatal, cerebral malaria.

Malaria parasites are transmitted from one person to another by the female anopheline mosquito. The males feed only on plant juices and therefore do not transmit the disease. There are about 380 species of anopheline mosquito but only about 60 are able to transmit the parasite.

The anophelines breed in water, each species having its preferred breeding grounds, feeding patterns and resting place like all other mosquitoes. Their sensitivity to insecticides is also highly variable.

Each time it bites, plasmodium develops in the gut of the mosquito and is then passed on in the saliva of an infected insect. The parasites are then carried by the blood in the victim's liver where they invade the cells and multiply.

Nine to sixteen days later they return to the blood and penetrate the red cells. Here, they multiply again, progressively breaking down the red cells and causing bouts of fever and anemia in the infected individual. In cerebral malaria, the infected red cells obstruct the blood vessels in the brain. Other vital organs can also be damaged often leading to the death.

Symptoms such as fever, headache, joint pain and shivering, quickly disappear once the parasite is killed. In certain regions, however, the parasites have developed resistance to antimalarial drugs, particularly the drug chloroquine. It has been reported that people in these areas require treatment with other, more

expensive drugs. Cases of severe disease including cerebral malaria require hospital care.

People living in endemic regions where transmission is high are continuously infected so that they gradually develop immunity to the disease. Children remain highly vulnerable until they have acquired such immunity. Pregnant women are also highly susceptible since the natural defense mechanisms are reduced during pregnancy.

Malaria has been infecting people since the beginning of time, but it was centuries before the true causes were understood. Previously, it was thought that "*miasma*," or bad air and gas from swamps, caused the disease. This hypothesis led to some remarkably effective ancient treatments. The Chinese have used an infusion of the plant qinghao, *Artemisia annua*, for at least the last 2000 years. Its active ingredient, artemisinin, has only been scientifically identified in recent years. The

helpful properties of the bitter bark of *Cinchona ledgeriana* were known in Peru before the 15th century. Quinine, the active ingredient of this potion, was first isolated in 1820 by the alchemists.

Unaware of the origin of malaria and the mode of transmission, protective measures against the mosquito have been used for many hundreds of years. The inhabitants of swampy regions in Egypt were recorded as sleeping in tower-like structures out of the reach of mosquitoes. Others slept under nets as early as 450 B.C. The sys-



“Seven days without laughter make one weak.”

“Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.”

tematic control of malaria started after Laveran’s Noble Prize-winning discovery of the malaria parasite in 1889 and the demonstration by Ross in 1897 that the mosquito was the vector of malaria. These discoveries quickly led to control strategies and with the invention of DDT during World War II, so did the notion of global eradication of the disease. Effective and inexpensive drugs of the chloroquine group were also synthesized around this time, but are unfortunately becoming worthless.

For millenniums, the number one remedies are plenty of fresh garlic and fresh onions. One large raw onion daily with seven to ten cloves of garlic and lots of saline water is the perfect solution. It works for nearly all bacterial and viral parasitic overwhelm.

MANGANESE

Medi-Sign Target
Blood & Nerves

Manganese is needed for protein and healthy nerves, a healthy immune system and blood sugar regulation. It is used in the formation of cartilage and synovial, a lubricating fluid of the joints. Manganese aids in the formation of mother’s milk. It is also a key element in the production of enzymes needed to oxidize fats and to metabolize purines, including the enzyme superoxide dismutase.

MANGO

Medi-Sign Target
Heart, Muscle & Skin



This ancient fruit is native to the Indian subcontinent where they’ve been cultivated for thousands of years. From there, mangos spread throughout the tropical and subtropical world and into Latin America.

The flavor of mangoes is unmatched, resembling a mix of peach and pineapple, but sweeter than both. The fruits are distantly related to poison ivy and poison oak as well cashews and pistachios. For this reason, some people may have a sensitivity to the mango’s skin. But eating this fruit can also naturally vaccinate you from sensitivity to its relative plants.

Mangoes come in hundreds of varieties and range of shapes and sizes, from plum-sized fruits to those weighing four pounds or more. Matches apricots, papayas and peaches in nutritional impact.

Varieties are; *Ataulfo, Hade, Keitt, Kent and Tommy Atkins.*

MAPLE SYRUP

Medi-Sign Target
Brain & Blood

Maple syrup is a gift to the world. This viscous amber colored liquid is made from the sap of black or red maple trees. It is characterized by a earthy, sweet taste. Maple syrup is

created by the process of tapping or piercing a tree. This process enables the sap to run out freely. As it exits the tree, the sap is clear and almost tasteless as it is very low in sugar content at this point.

The sap must be boiled to evaporate the water and produce the syrup that we know with its characteristic flavor and color.

History

The North American Indians have been making maple syrup traditionally as both a food and as a medicine. Using their tomahawks to create incisions in the trees, the Native Americans would then collect the sap in large pieces of bark. Using one of two methods to evaporate the water, syrup was created by either plunging hot stones into the sap or the nightly freezing of the sap. If the latter method is used, the frozen layer of water must be removed from the top of the syrup in the morning.



Settlers arriving in North America were fascinated by this traditional process and in awe of the delicious, natural sweetener it produced. They developed their own methods to reduce the syrup, using iron drill bits to tap the trees and then boiling the sap in the metal kettles in which it was collected.

Maple syrup was one of the main sweeteners used by the colonists

when the price and taxes on sugar from the West Indies went up. As sugar became cheaper to produce, it began to replace maple syrup as a relied upon sweetener. In fact, maple syrup production is now approximately one-fifth of what it was in the beginning of the 20th century.

Maple syrup-producing trees are only found in select regions of North America, with the highest population of these trees found in New York, Vermont, and Quebec in Canada.

Health Benefits

Maple syrup is sweet, and we're not just talking flavor. This natural treat that is an excellent source of manganese and good source of zinc, can also be sweet for your health.

Healthy Men use Real Maple Syrup

Zinc is concentrated more highly in the prostate than in any other human tissue, and low levels of zinc in this gland relate to a higher risk for prostate cancer. Healthcare practitioners use zinc in therapeutic ways to help reduce prostate size. Manganese may also play a role in supporting men's health. It acts as a catalyst in the synthesis of fatty acids and cholesterol and also participates in the production of sex hormones, thus helping to maintain reproductive health.

MARINE ANIMAL BITES & STINGS

Medi-Sign Target
Hot Saltwater Applied to
Wound

Marine animals

Several varieties of marine animals bite or sting. Jellyfish and stingrays are two such creatures that pose a threat to Americans who live or vacation in coastal communities.

Jellyfish

For stings from a jellyfish, pour seawater over the affected area for ten minutes to deactivate any remaining toxins. Avoid using fresh water as it releases remaining toxins instead of deactivating them, increasing the pain. After rising, soak the affected area in vinegar and apply ice.



If vinegar is not available, apply baking soda, rubbing alcohol or diluted ammonia.

The old-fashioned cure is using one's own urine since it contains plenty of ammonia.

Stingrays

If you find yourself wading in water that is inhabited by stingrays, shuffling while walking through these shallow areas will disturb the water, causing the animal to move before it can be stepped on.

Stingray wounds should be washed with saltwater and then soaked in very hot water for 30-90 minutes to neutralize the venom. Afterwards, the wound should be examined to ensure that no pieces of spine remain.

Work on alleviating the pain by rinsing the area with alcohol, ammonia or vinegar. The sooner you can apply it, the better. Relief may last only an hour or two, so reapply the liquid as necessary.

MARJORAM

Medi-Sign Target
Brain Plaque Cleanser

Marjoram is a member of the mint family and closely resembles oregano in flavor. The leaves are oval, one-inch long and pale green. This leaf is commonly used in French and Italian cuisine and also in Scandinavian, German and Austrian dishes as it is native to the Mediterranean region.

Both the ancient Greeks and Romans would crown bridal couples with wreaths of marjoram to symbolize happiness, honor and love. Over the years, marjoram has been used to aid digestion. European singers have been known to preserve their voices with marjoram tea sweetened with honey. Dodoen, a herbalist who lived during the 16th century, claimed that smelling marjoram "*mundifieth [cleanses] the brayne.*" Fresh marjoram is available year-round.



"Laughter is the shortest distance between two people."

MEASLES

Medi-Sign Target
Rest, Water, Salt & Juice

(Rubeola, hard measles, red measles)

Measles is an acute and highly contagious, viral disease. It is more common in winter and spring and has the capability of producing devastating epidemics.

Who gets measles?

Measles can be contracted at any age, although it is usually considered a childhood sickness. Generally, preschool children, adolescents, young adults and inadequately immunized individuals comprise the majority of measles cases in the United States.

How is measles spread?

Measles is one of the most readily transmitted communicable diseases. It is spread by direct contact with nasal or throat secretions of infected people or by airborne transmission, which is much rarer.

What are the symptoms of measles?

The symptoms of measles generally appear in two stages. In the first stage, the individual may have a runny nose, cough and a slight fever. The eyes may become red-ened and sensitive to light while the fever continues to rise each day. The second stage begins three to seven days after contraction and consists of a temperature of 103 to 105 degrees Fahrenheit. A red, blotchy rash will also appear, lasting four to seven days. The rash usually begins on the face and then spreads over the entire body. Koplik spots may show up as little white spots on

the gums and inside of the cheeks.

How soon do symptoms appear?

Symptoms usually appear in 10-12 days, although they may occur as early as eight or as late as 13 days after exposure.

When and for how long is a person able to spread measles?

An individual is able to transmit measles from five days prior to and five days after rash onset.

Does past infection make a person immune?

Yes. Permanent immunity is acquired after contracting the disease.

What is the treatment for measles?

There is no specific treatment for measles.

What are the complications associated with measles?

Up to six percent of reported cases lead to the contraction of pneumonia. This severe lung infection accounts for 60 percent of deaths incorrectly attributed to measles. Encephalitis, or an inflammation of the brain, may also occur. Other complications include middle ear infection and convulsions. Measles is more severe in infants and adults.

Self-care: Avoid the drug lords and their licensed drug pushers.

Try these comfort measures:

- **Take it easy.** Get some rest and avoid busy activities.
- **Sip something.** Drink plenty of water, fruit juice and herbal tea to replace fluids lost by fever and sweating.
- **Seek respiratory relief.** Use a

humidifier to relieve cough and sore throat.

- **Rest your eyes.** Many people with measles find bright lights both-ersome. Try keeping the lights low or wear sunglasses even while sleeping. Avoid reading or watching television as the added light from a reading lamp or TV may be bother-some. Finally, let the disease run its course.



MELIOIDOSIS (WHITMORE DISEASE)

Medi-Sign Target
Onions, Garlic &
Horseradish

What is Melioidosis?

Melioidosis is an infectious disease caused by the bacterium "*Pseudomonas pseudomallei*."

Where does Melioidosis occur?

Melioidosis is most frequently reported in Southeast Asia and Northern Australia. The bacteria that causes the disease is found in the soil, rice paddies and stagnant waters of the area. This disease is contracted by inhaling dust contami-



nated by the bacteria. If an abraded, or scraped, area of the skin comes in contact with contaminated soil, Melioidosis can also be picked-up.

Melioidosis most commonly involves the lungs where the infection can form a cavity of pus, also known as an abscess. It can spread from the skin through the blood to affect the brain, eyes, heart, joints, kidneys and liver. People can have associated chest pain, chills, cough, fever, headaches and/or loss of appetite.

List of symptoms of Melioidosis:

• Severe symptoms

- ▶ Chills
- ▶ Cough
- ▶ Drowsiness
- ▶ Headache
- ▶ High fever
- ▶ Shortness of breath

• Milder symptoms

- ▶ Abdominal pain
- ▶ Chest pain
- ▶ Cough
- ▶ Irregular fever
- ▶ Weight loss

• Pneumonia – see also symptoms of pneumonia

- ▶ Breathing difficulty
- ▶ Chills
- ▶ Cyanosis

- ▶ Headache
- ▶ High fever
- ▶ Rapid breathing
- ▶ Vomiting

• Septicemia – see also symptoms of septicemia

- ▶ Abdominal pain
- ▶ Diarrhea
- ▶ Joint pain
- ▶ Skin pustules
- ▶ Tender muscles

• Meningitis

- ▶ Coma
- ▶ Confusion
- ▶ High fever
- ▶ Photophobia
- ▶ Seizures
- ▶ Stiff neck

• Symptoms of Chronic suppurative melioidosis:

- ▶ Abscesses
- ▶ Bone abscesses
- ▶ Lymph node abscesses
- ▶ Organ abscesses
- ▶ Skin abscesses

Symptoms of Melioidosis

Melioidosis can be categorized as an acute or localized infection, acute pulmonary infection, acute bloodstream infection or chronic suppurative infection. Infections that may go undetected are also possible.

Acute, Localized Infection

This form of infection is generally localized as a nodule and results from inoculation through a break in the skin. The acute form of melioidosis can produce fever and general muscle aches and may progress rapidly to infect the bloodstream.

Pulmonary Infection

This form of the disease can produce anything from clinical picture of mild bronchitis to severe pneumonia. The onset of pulmonary

melioidosis is typically accompanied by anorexia, general muscle soreness, headache and high fever. A persistent cough with normal sputum is the hallmark of this form of melioidosis, although chest pain can be a common as well.

Acute Bloodstream Infection

Folks with underlying illness such as diabetes, HIV and renal failure are affected by this type of the disease, which usually results in septic shock. Depending on the site of original infection, the symptoms of the bloodstream infection vary. Generally, they include development of pus-filled lesions on the skin, diarrhea, disorientation, fever, muscle tenderness, respiratory distress and severe headaches. This is typically an infection of short duration and abscesses will be found throughout the body.

Chronic Suppurative Infection

Chronic melioidosis is an infection that involves the organs of the body. These typically include the bones, brain, joints, liver, lung, lymph nodes, skin, spleen and viscera. (See: Bacterial Infections)



“Laughter is the sun that drives winter from the human face.” -Victor Hugo

MELONS

Medi-Sign Target
Brain & Breasts



A Middle Eastern proverb states, ***“He who fills his stomach with melons is like he who fills it with light; there is baraka [a blessing] in them.”***

Dried and roasted melon seeds have long been a favorite snack throughout the Middle East. Even the Chinese royalty were enjoying melon seeds between 200 to 100 BCE. A perfectly preserved female body was found in a fairly recent archeological site discovery. While digging in 1973 in the province of Hunan, the woman was found in a nested coffin, buried sixty feet deep. Melon seeds were in her esophagus, stomach and intestines. The woman was later identified as the wife of the Marquis of Tai during the Han dynasty, pinpointing her death to somewhere around 125 BCE.

A wall painting depicting melons that were cut in half was discovered in the city Herculaneum, located at the foot of Mt. Vesuvius in ancient Sicily. This city, close to Pompeii, was buried in a volcanic eruption in 79 CE but many treasures were found practically unharmed.

The second century Greek physi-

cian, Galen, discusses the medical benefits of melons in his writings.

The Romans started importing melons from Armenia around the third century CE. They were not the large, weighty melons we know today, but rather they were about the size of oranges. Roman manuals existed that provided specific directions on the cultivation of melons so many citizens grew their own.

Apicius, Ancient Rome’s first cookbook author, included raw melons in his Imperial cuisine. Most gourds, also considered melons or squash, prepared at this time were cooked.

Charlemagne was one who appreciated new fruits and vegetables and continually added new cultivars to his garden. Melons became a new addition to his royal gardens about 800 CE. It is highly possible that Charlemagne discovered the melon in Spain where they were planted a century before by the Moors. In spite of Charlemagne’s love of this fruit, melons didn’t become popular in France until much later.

Marco Polo traveled to the city of Shibarghan in Afghanistan on his way to China somewhere around 1254 to 1324 CE. During his visit,



Marco Polo enjoyed what he considered *“the best melons in the world in very great quantity which they dry in this manner. They cut them all around in slices like strips of leather and then put them in the sun to dry, when they become sweeter than honey. And you must know that they are an article of commerce and find a ready sale through all the country around.”*

The French had much to say about melons. One poet said, *“There are three things which cannot support mediocrity: poetry, wine and melons.”* Claude Mermet, a French writer of the 1600’s expressed an expectation of mediocrity in melons by considering friends. He wrote, *“fifty had to be tried to find a single good one.”* When Mermet’s thoughts were translated into English, it became a rhyming jingle:

“Friends are like melons. Shall I tell you why? To find one good, you must a hundred try.”

Another French writer, Brillat Savarin, took offense at that little poem. He defended melons by expressing that good ones were the rule and bad ones the exception. Savarin explained that melons must be eaten at the exact moment when they had attained *“the perfection which is their destiny.”*

Dried melon seeds are a common snack in Central and South America, China, as well as the Middle East from Iran to Egypt. Some people sprinkle their cantaloupes with salt and pepper. Others add a dash of powdered ginger. Citrus lovers sprinkle lemon or lime juice on their melon to add a definitive enhancement.

Medieval alchemists claimed that

“Those who forget the pasta are condemned to reheat it.”

melons “promoted blood moderately, and suited phlegmatic and bilious temperaments.” It was said that they relieved “the pain of calculi and cleansed the skin.”

A Chinese herbal claims that sweet melons cool fevers, moisten the lungs and benefit the urine. These healings seeds will also clear phlegm and benefit the intestines. Sweet melons are also prescribed to relieve tuberculosis cough and constipation.

Melons are helpful to people with heart disease because they contain a blood thinner called adenosine. Melons are considered a powerful cancer-fighting food because of their very high beta carotene content. Abundant in potassium, melons are also beneficial for those with high blood pressure. Containing high amount of water content, melons also serve as a diuretic.

CANARY

This type of melon matures in the late summer. It has an oval shape similar to Crenshaw and has bright yellow corrugated rind. Its flesh is pale green to white with a pale orange seed cavity and has a mild and delicately sweet taste. The Canary melon usually weighs six to seven pounds.

CASABA

This particular melon matures in the late summer months. Its skin is corrugated and pale to bright yellow or greenish yellow and not netted or ribbed. The flesh is white or cream colored, sweet, considered spicy and



very juicy. The Casaba melon weighs seven to eight pounds.

CHARENTAIS

This small melon is a native of Europe and is also known as Chaca, French or Italian melon. Compared to some, this melon’s shape is slightly elongated. Its shell can be smooth or slightly netted, gray or gray-blue rind with dark green furrows. The flesh is deep orange, firm and sweet. The Charentais melon usually weight between a pound and one and a half pounds.

CRENSHAW

As the others, this melon also matures in the late summer. It has an elongated shape, rough skin and is corrugated with yellow and green mottled coloring. The flesh is pale, pinkish orange and has a sweet, distinctive flavor. The Crenshaw melon can grow to be one of the larger types of melon weighing between seven and ten pounds.

PERSIAN MELON

Continuing the trend, this melon also matures in the late summer. It has a similar look to cantaloupe but with a more rounded shape. The rind is a dark green with slight, tan cracks and sparse netting. Its flesh is orange-pink, sweet and firm. The Persian melon can grow to be five or six pounds.

OGEN MELON

This melon’s netted rind turns golden yellow when fully mature. It’s very fragrant with sweet flesh. The Ogen melon is smaller, weighing in at three to five pounds.

SHARLYN MELON

This melon’s netted rind is greenish orange in color. It has white flesh and a sweet flavor that combines the qualities of honeydew and cantaloupe.

SANTA CLAUS OR CHRISTMAS MELON

This melon’s elongated shape is similar to the canary melon with mottled green and yellow rind and green flesh. Its name is derived from its ability to keep for long periods of time. The Santa Claus or Christmas melon can be six to seven pounds.

MENIERE’S DISEASE

*Medi-Sign Target
Ear Candling*

Meniere’s disease is a very disturbing illness, presenting people with hearing loss, pressure in the ear, tinnitus, severe imbalance and vertigo.

- Vertigo is the most dramatic and distressing symptom of Meniere’s. It is described as a sudden loss of normal balance or equilibrium, causing the room to suddenly begin to spin and rotate at high speed. Focusing is difficult, and if the vertigo continues, nausea and vomiting may occur. Vertigo is commonly caused by acute labyrinthitis, a viral inflammation of the inner ear or benign positional vertigo, a condition due to abnormally floating crystals in the inner ear that stimulate the nerve endings of the inner ear. Vertigo can also be the result of delayed symptom from a head injury or result of cervical spine problems.

“Earth laughs in flowers.” -Ralph Waldo Emerson

“More die in the United States of too much food than too little.” -John Kenneth Galbraith

- Hearing loss typically fluctuates with hearing being worse some days than others. The hearing loss in Meniere’s may lead to severe permanent hearing loss and deafness in the affected ear.

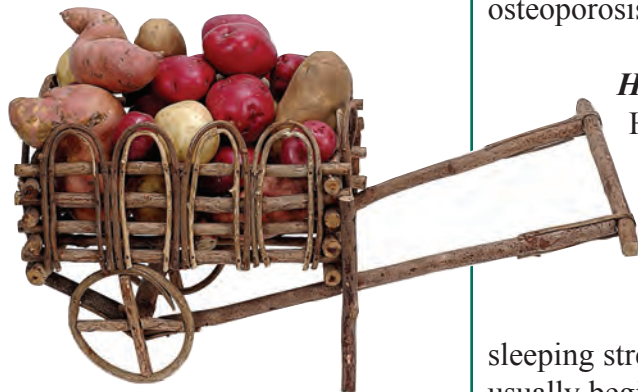
- People with Meniere’s disease report that tinnitus may be variable and often worsen before an attack of vertigo. Tinnitus is often described as a motor-like whirring noise present only in the ear with the hearing loss.

- Pressure or a sense of fullness in the affected ear is also common.

Meniere’s disease rarely occurs in children, affecting both men and women in their thirties or early, middle age.

A diet of strictly fasting, fresh garlic, fresh juice, potato juice and raw foods as well as patience are key factors for this condition.

(See: Dizziness)



MENOPAUSE PROBLEMS

Medi-Sign Target
Hot Saltwater Soaks &
Cold-Pressed Soybean Oil

What are the symptoms of menopause or estrogen deficiency?

The symptoms of menopause are varied, insidious and can frequently be misdiagnosed as endogenous depression, migraine or general debility. However, vasomotor symptoms and vaginal dryness along with depression, tiredness and headaches are characteristic of menopause or estrogen deficiency. Although these may not be the initial presenting symptoms or the most distressing symptoms, a woman experiencing the onset of menopause will have them.



The major long-term problems of menopause include the development of adverse changes in blood lipoprotein concentrations, the generalized atrophy of connective tissues and the progressive reduction in bone mass, putting women at risk of osteoporosis.

Hot Flashes

Hot flashes may occur at any time of day or night and can be precipitated by a variety of common situations such as housework, recreation, sleeping stress or working. Flashes usually begin in the face, neck, head or chest. They can also ignite episodes of chronic tiredness, elevation of skin temperature, insomnia, irritability, lethargy and sweating. With successful treatment of hot flashes, these related problems will usually dwindle and associated exhaustion and depression will be relieved.

Vaginal Changes

Estrogen deficiency caused by

menopause leads to atrophic changes and reduced blood flow in the genital tract and urethra. This relative ischaemia is related to the atrophic changes, which occur in the genital tract such as thin skin, sparse hair, vagina shortening and diminished vaginal and cervical secretion. The consequences of these changes are genital tract trauma, incontinence, increasing dyspareunia and apareunia, increased urinary frequency, loss of libido, painful urination, the urgent need to urinate and voiding difficulties.

Muscle & Joint Pains, Hair & Skin Changes

Frequent muscle and joint pain may also have the same etiology. The role of collagen loss from the bone matrix in the etiology of post-menopausal osteoporosis may be of great importance. Many women complain of pain in the joints, especially in the knees, around the time of menopause.

Psychological Changes

Anxiety, irritability and depression commonly arise during the climacteric, or menopausal, time. They are the group of symptoms which are usually worse in the pre-menopause period, which are a few years before periods cease.

Cardiovascular Diseases

Before menopause, heart diseases are uncommon in women who do not have diabetes, do not have hypertension, hyperlipidaemia, which is an excessive saturated fats in their blood or smoke. Heart disease is five times more common in

men than in pre-menopausal women but once a woman reaches menopause, her risk of cardiovascular disease approaches that in men.

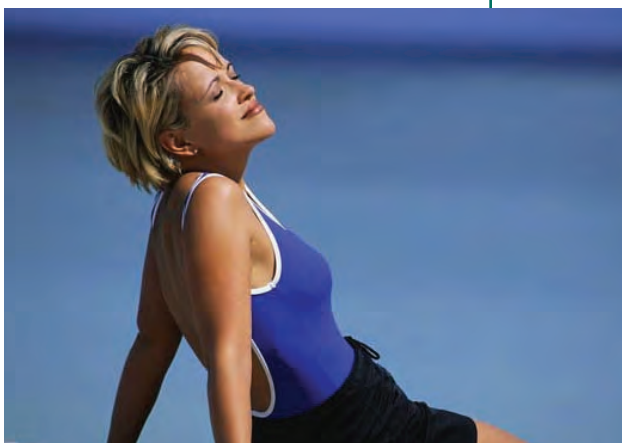
Changes in the Skeletal System (Osteoporosis)

De-mineralization of bone is potentially the most serious, long-term consequence of human menopause. Peak bone mass is reached in the third decade of life. Thereafter, bone mass progressively diminishes with an accelerated loss following menopause. The precise mechanism of bone loss is uncertain. There is, however, evidence that suggests it may be from an increase in bone turnover, which disrupts the remodeling process, with bone resorption exceeding formation.

The leading cause of bone loss is soda pop addiction. Women should eat lots of legumes and soy for the "good" estrogens.

The number one solution to avoid problem symptoms of menopause is to buy a hot tub, keep it at 104 degrees and soak in the morning and night for at least 20 minutes. It will detoxify you the way the menses does.

Become a vegetarian if you can. This way you avoid secondary concentrate of female hormones from the bodies of female chickens, cows, fish, horses, pigs, sheep, etc.
(See: *foods for Estrogen*)



MENSTRUAL CRAMPS

Medi-Sign Target
3-7 Day Juice Fasts &
Hot Salt Baths

Many women suffer from painful menstrual cramps known as dysmenorrhea. The number one cause of menstrual cramps is synthetic fibers with added chemicals for super absorbency. Use 100 percent cotton pads and tampons that are chemical free.

Symptoms include:

- Diarrhea or constipation.
- Dizziness or fainting.
- Headaches.
- Mild to severe cramping in the lower abdomen, back or thighs.
- Nausea.

During the menstrual cycle, the lining of the uterus produces a hormone called prostaglandin. This hormone causes the uterus to painfully contract. Women with severe cramps may produce higher-than-normal amounts of prostaglandin or may be more sensitive to its effects.

Cramping is common when a woman first starts having periods. Primary dysmenorrhea is a term used to describe painful menstrual cramping with no recognized physical cause. It is most commonly seen in women between the ages of 20 and 24 and usually ceases after a year or two when hormonal balance occurs.

Secondary dysmenorrhea is a term used to describe painful menstrual cramp-

ing caused by a physical problem other than menstruation.

Physical problems that can cause this type of cramping include:

- Adenomyosis
- Endometriosis
- Ovarian cysts
- Pelvic infection
- Pregnancy
- Structural abnormalities that were present at birth (*congenital*), such as narrowing of the cervix
 - Use of an intrauterine device (*IUD*)
 - Uterine polyps or fibroids



Solution

Men sweat to eliminate toxic overload, women menstruate to do this. To relieve PMS, use a hot tub every day for at least 20 minutes, morning and night along with a wholesome diet. At the very least, soak for 20 minutes in a hot bath every night. The skin is cytophylactic and will release one quart of spent toxic body fluids in hot water over a 20 minute period.

Don't do diuretics.

Many women think diuretics are great for reducing menstrual bloating. Diuretics have the ability to take important minerals from the body along with the water.

The Alternate Route

"Laugh and your life will be lengthened for this is the great secret of long life." -Og Mandino



Get a Foothold for Pain Relief

Relief from cramps might be just a touch away.

The foot contains acupressure or trigger points that are believed to be connected along internal energy pathways to your pelvic area. These spots will be sensitive during your period and are located near the depressions above either side of your heel. Gently press in with your thumb and fingertips. Do the same along the sides of your Achilles tendon, moving up toward your calf muscle.

Try this acupressure technique for a few minutes on each foot.

Warm up. Warmth will increase your blood flow and relax your muscles, which is especially important in your cramped and congested pelvic area. Drink lots of hot herbal tea or hot lemonade and try a heating pad or hot-water bottle on your abdomen for a few minutes at a time.

Take a mineral bath. Create your own relaxing “health spa” bath to relax your muscles and relieve cramps. Add one cup of sea salt and one cup of baking soda to a warm bath. Soak for 20 minutes. Take a brisk walk. Walk or engage in some form of moderate exercise at all times, but especially before your period. You’ll feel better when it arrives.

Do a yoga stretch. Yoga stretches during your period can also help. Try the following example. Kneel on the floor and sit on your heels. Bring your forehead to the floor and place your arms along the floor against your body. Close your eyes. Hold the position for as long as it is comfortable.

Make love. Having sex with orgasm is great for relieving cramps. The vigorous muscle action moves blood and other fluids away from congested organs, relieving pain.

A vegetarian diet has a double-whammy effect on the body’s levels of estrogen, the hormone at the root of PMS. Eating less fat prevents cells from producing too much estrogen in the first place. Eating fiber-rich plant foods makes it easier for our bodies to flush out excess amounts of the hormone.

To round out the healthy changes in the diet, use fruits, legumes, vegetables and whole grains. Whole grains such as amaranth, barley, brown rice, buckwheat, millet, oats and rye provide sources of B-com-



plex vitamins, calcium, fiber, magnesium, potassium, protein and vitamin E. Both calcium and magnesium reduce muscular tension, fiber will help to regulate the bowel function and potassium has a diuretic effect which can then aid in reducing the bloating. Beans are also good sources of calcium, magnesium, potassium and protein.

Many vegetables are high in calcium, magnesium and potassium, which help to relieve and prevent muscle spasms. Fruits are an excellent form of natural protector substances like bioflavonoids and vitamin C. These nutrients provide two great benefits. Not only will they strengthen the blood vessels that can aid circulation to areas of muscle tension in the pelvis, but their inflammatory effects will also reduce the pain from menstrual cramps.

Avoid completely:

- Animal products of any type: caged hen eggs, cooked dairy products, fish, meats and poultry.
- Refined vegetable oils: all cooking oils, margarine and salad dressings.
- Any other fatty foods: doughnuts, fake peanut butter, french fries, potato chips, etc.

MENSTRUATION

Medi-Sign Target
3-7 Day Juice Fasts &
Hot Salt Baths

First, we’ll discuss the basic biology of menstruation and then we’ll look at ancient traditions.

Basic Biology:

The cycle begins

Did you know that when a baby girl is born, she has all the eggs her body will ever have, perhaps as many as 450,000? They are stored in her ovaries, each inside its own sac called a follicle. The girl's body begins producing various hormones that cause the eggs to mature as she grows into puberty. This is the beginning of her first cycle and this cycle will repeat throughout her life until the end of menopause.

Let's start with the hypothalamus. The hypothalamus is a gland in the brain responsible for regulating the body's endocrine functions, hunger, libido, sleep patterns and thirst. It releases the chemical messenger Follicle Stimulating Hormone Releasing Factor (*FSH-RF*) to tell the pituitary gland in the brain to do its job. The pituitary then secretes Follicle Stimulating Hormone (*FSH*) and a little Leutenizing Hormone (*LH*) into the bloodstream which cause the follicles to begin to mature.

The maturing follicles then release another hormone, estrogen. The follicles secrete more and more estrogen into the bloodstream as they ripen over a period of about seven days. Estrogen causes the lining of the uterus to thicken and the cervical mucous to change. When the estrogen level reaches a certain point it causes the hypothalmus to release Leutenizing Hormone Releasing Factor (*LH-RF*) causing the pituitary to release a large amount of Leutenizing Hormone (*LH*). This surge of LH triggers the most mature follicle to burst open and release an egg, a process known as ovulation. Many birth control pills work by blocking this LH surge, thus inhibiting the release of

an egg. These pills create all kinds of physiological havoc.

Ovulation

The blood supply to the ovary increases as ovulation approaches and the ligaments contract. This contraction pulls the ovary closer to the Fallopian tube, allowing the released egg, to find its way into the tube. A woman's cervix secretes an abundance of clear, characteristically stretchy "*fertile mucous*" just before ovulation. Fertile mucous helps facilitate the sperm's movement toward the egg. Some women use daily mucous monitoring to determine when they are most likely to become pregnant. Some women also experience cramping or other sensations mid-cycle. Basal body temperature rises right after ovulation and stays higher by about four degrees Fahrenheit until a few days before the next period.

The egg is carried along by tiny, hair-like projections, called "*cilia*" toward the uterus inside the Fallopian tube. Fertilization occurs if sperm are present as the live egg reaches the uterus. A tubal pregnancy, or ectopic pregnancy, is a rare but very dangerous and life-threatening situation where the egg is fertilized inside the tube. If a fertilized egg begins to develop into an embryo inside the tube it will rupture the tube causing internal bleeding. Surgery is required if the tube ruptures. If the pregnancy is discovered before the tube ruptures, medication known as Methotrexate can be used to stop the development of the embryo. This is one of those rare times modern medicine helps for all the herbs that claim to work, don't.

A woman can use a speculum to monitor her own ovulation and use



this information to avoid or encourage a pregnancy. This is the all-natural fertility awareness method, or FAM, of family planning.

Uterine Changes

The follicle from which the egg burst becomes the corpus luteum, or yellow body, between mid-cycle and menstruation. As the uterus heals, it produces the hormones estrogen and larger amounts of progesterone which is necessary for the maintenance of a pregnancy. If the uterus is not pregnant, the follicle turns white in the later stages of healing and is called the corpus albicans.

Estrogen and progesterone are sometimes called "*female*" hormones but both men and women have them, just in different concentrations.

Progesterone causes the surface of the uterine lining, the endometrium, to become covered with mucous which secretes from glands within the lining itself. The spiral arteries of the lining close off, stopping blood flow to the surface of the lining if fertilization and implantation

"A good laugh is sunshine in the house." -William M. Thackeray

do not occur. The blood pools into “venous lakes” which, once full, burst and form the menstrual flow with the endometrial lining. Most periods last four to eight days but this length varies over the course of a lifetime.

Bleeding – A New Theory

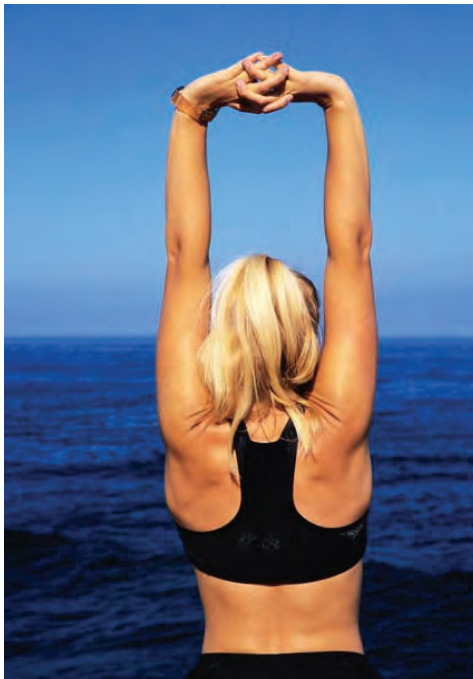
Some researchers view menses as the natural monthly cleansing of the uterus and vagina of sperm and bacteria they carried. In other words, this monthly cycle is the female detox system. Men’s, on the other hand, is sweating.

Cramps and Other Sensations

Women can experience a variety of sensations before, during or after their menses. Common complaints include backache, bloating, breast tenderness, constipation, diarrhea, headaches, irritability, mood changes, nausea and pain in the inner thighs. Women also experience positive sensations such as connection with nature, creative energy, euphoria, exhilaration, increased sex drive invigoration, more intense orgasms, new beginning, release and relief.

Uterine cramping is one of the most common, uncomfortable sensations women may have during menstruation. There are two kinds of cramping. Spasmodic cramping is probably caused by prostaglandins, chemicals that affect muscle tension. Some prostaglandins cause relaxation and some cause constriction. A diet high in linoleic and linolenic acids, found in vegetables and pressed oils, increases the prostaglandins for aiding muscle relaxation.

Congestive cramping causes the body to retain fluids and salt. To counter congestive cramping, avoid



cooked dairy products, hard alcohol, processed caffeine and refined sugar.

Natural options to alleviate cramping:

- Increase exercise. This will improve blood and oxygen circulation throughout the body, including the pelvis.
- Try not using tampons. Many women find tampons increase cramping. Don’t select an IUD, or intrauterine device, as your birth control method.
- Avoid cooked milk, fatty foods, red meat and refined sugars.
- Eat lots of fresh vegetables, fruit, nuts, seeds and whole grains, especially if you experience constipation or indigestion.
- Avoid processed caffeine such as soda pops. It constricts blood vessels and increases tension.
- Get a massage.
- Have an orgasm alone or with a partner.

- Drink ginger root tea, especially if you experience fatigue.

- Put cayenne pepper on food. It is a vasodilator and improves circulation.

- Breathe deeply, relax, notice where you hold tension in your body and let it go.

- Take time for yourself!

Eliminate Nutra-Sweet, Aspartame, Splenda, etc. from the diet will significantly relieve menstrual cramps. If you drink sugar-free sodas or other forms of Nutra-Sweet, try eliminating them completely for two months and see what happens.

Lifestyle

The hormones in our bodies are especially sensitive to diet and nutrition. PMS and menstrual cramping are not diseases but rather, symptoms of poor nutrition.

Premenstrual Syndrome or PMS

PMS has haunted women for many, many years. Within the past 30-or-so years, however, pharmaceutical companies have targeted and created a market to treat this normal part of a woman's cycle as a disease. These companies then benefit from the sale of drugs and treatments.

Pre-menstrual syndrome refers to the collection of symptoms or sensations women experience as a result of high hormone levels before and sometimes during their periods.

One type of PMS is characterized by anxiety, irritability and mood swings. These feelings are usually relieved with the onset of bleeding. This type of PMS is mostly likely related to the balance between estrogen and progesterone. If estrogen

predominates, anxiety occurs. If there's more progesterone, depression may be a complaint.

Sugar craving, fatigue and headaches signify a different type of PMS. In addition to sugar, women may crave chocolate, noodles, white bread and white-rice pastries. These food cravings may be caused by the increased responsiveness to insulin related to increased hormone levels before menstruation. In this circumstance, women may experience symptoms of low blood sugar, signaling their brains that they are in need of fuel. A consistent diet that includes complex carbohydrates will provide a steady flow of energy to the brain and counter the ups and downs of blood sugar variations.

Menstrual Myths

- Every woman's cycle is or should be 28 days long.
- Every woman will or should bleed every month.
- Every woman will or should ovulate every cycle.
- If a woman bleeds, she is not pregnant.
- A woman cannot ovulate or get pregnant while she is menstruating.

The above statements are myths. Every woman is different.

It's true that most women will have cycles that are around 28 days. A woman can be healthy and normal though having just three or four cycles a year. However, while variations might be healthy and normal, they could also be a sign of a serious underlying problem. For example, irregular menstrual cycles may predict Type 2 Diabetes.

Ovulation occurs about 14-16 days before women have their period, not 14 days after the start of their period. The second half of the cycle, ovulation to menstruation, is fairly consistently the same length. The first part changes from person to person and from cycle to cycle. In rare cases, a woman may ovulate twice in a month, once from each ovary.



Conception/Fertilization of an egg can only occur after ovulation. The egg stays alive for about 24 hours once released from the ovary. Sperm usually stays alive inside a woman's body for three to four days, but possibly for as long as six to seven. If a couple has intercourse before or after ovulation occurs, they can get pregnant. The sperm will be inside the woman's body at the correct time. Thus a woman can become pregnant from intercourse for about seven to ten days in the middle of her cycle.

Fertility Awareness is a birth control method where women monitor their cycles daily to identify ovulation. They are learning to predict ovulation to prevent or encourage pregnancy. It requires training and diligent record keeping.

Some women can be pregnant and continue to have periods at the same time. We also know of cases where women have gotten pregnant during their menstrual period.

MERCURY FILLINGS

Medi-Sign Target
Avoid them or Slowly have them Removed

Amalgam (Mercury Fillings)

- Dental Amalgam contains about 50 percent Mercury.

- Mercury has been scientifically demonstrated to be more toxic than Lead, Cadmium or even Arsenic.

- Mercury leaves dental amalgam continuously throughout the lifetime of the filling.

- Mercury vapor is the main way that mercury comes out of amalgam.

- Mercury vapor is absorbed at a rate of 80 percent through the lungs into the arterial blood

- Mercury kills cells.

- There is NO harmless level of Mercury Vapor Exposure.

- Mercury from mercury fillings binds to sulphhydryl groups. These exist in almost every enzymatic process in the body. Mercury from amalgam has the potential to disturb all metabolic processes Mercury



"If we couldn't laugh, we would all go insane." -Jimmy Buffet

“High-tech tomatoes. Mysterious milk. Super squash. Are we supposed to eat this stuff? Or is it going to eat us?”

from amalgam is transported freely via the blood.

- Mercury vapor is absorbed directly into the brain. Mercury from amalgam will result in a slow build up of mercury in body tissues.

- Mercury crosses the blood brain barrier.

- Mercury is implicated in Alzheimer’s Disease.

- Mercury from amalgam is stored in the fetus and infant from the mother. This could this be part of the reason for children getting cancer.

- Mercury from amalgam is stored in the breast milk and the fetus up to eight times more than the mother’s tissues.

- Mercury crosses the placenta.

- Mercury crosses into breast milk.

- Mercury will severely reduce reproductive function. Mercury rapidly depletes the immune system. Mercury will induce a number of auto immune diseases; mercury will cause an increase in number and severity of all allergies.

- Mercury from amalgam is stored principally in the kidneys, liver and brain. Mercury from amalgam causes kidney damage.

- Mercury from amalgam causes a 50 percent reduction in kidney filtration.

- After chewing, mercury vapor levels will remain raised for at least another 90 minutes.

- Mercury from amalgam will

migrate through the tooth.

- This rate of migration is increased if a gold crown is placed over a tooth filled with amalgam.

- Teeth are living tissues and are a part of our bodies.

- Teeth have a massive communication via blood, lymph and nerves with the rest of the body.

- Mercury from amalgam is absorbed into the body at a rate of three to seventeen mcg per day.

- Mercury is transported along nerve fibers. Mercury from amalgam may be stored in every cell in the body. Each area affected will produce its own set of symptoms.



- Mercury binds to hemoglobin in the red blood cell thus reducing oxygen carrying capacity.

- Mercury damages blood vessels, thereby reducing blood supply to the tissues.

- Amalgam fillings produce elec-

trical currents, which are undoubtedly injurious to health. These currents are measurable in micro amps. The central nervous system and brain operate in the range of nano-amps, which are 1,000 times less than a micro amp.

- Dissimilar metals in the mouth, such as gold and amalgam, produce higher electrical currents.

- Brain levels of mercury are in a direct linear proportion to the number of surfaces of amalgam fillings in the mouth.

- Mercury will cause single strand breaks in DNA.

- Mercury levels in the blood can NOT be assessed by blood or urine levels.

- Dental personnel are severely affected by exposure to mercury.

**MERCURY IS POISONOUS!
MERCURY FILLINGS ARE POISONOUS!**

There is NO safe form of mercury in living tissue.

NOTE: Mercury is one component of vaccinations.

- In most country’s it’s illegal to use mercury in dentistry.

Why Does It Cause Problems?

For many years, the American Dental Association claimed that mercury does not leak out of mercury fillings despite considerable evidence to the contrary. In the early 80’s, they finally admitted it does leak only in small amount.

Urine analysis was done on people who had mercury fillings and it was shown that they resulted in a modest

increase in mercury output. This, however, only measures the amount of mercury being excreted from the body, not the amount being retained. It has been shown that significant amounts of mercury can be retained in the body organs.

Mercury is extremely poisonous. What many people don't know is that it is also highly allergenic! This may explain why mercury fillings can cause major sinus problems.

METHIONINE

Medi-Sign Target
Hair & Kidneys

(Essential Amino Acid)

Methionine is a principle supplier of sulfur which prevents disorders of the hair, nails and skin, while it helps to lower cholesterol levels by increasing the liver's production of lecithin. This amino acid has been found to reduce liver fat and protect the kidneys, as well as serve as a natural chelating agent for heavy metals. Methionine regulates the formation of ammonia and creates ammonia-free urine which reduces bladder irritation, influences hair follicles and promotes hair growth.

MIGRAINES

Medi-Sign Target
Fasting & Saltwater

A migraine headache is a form of vascular headache. It is caused by a combination of vasodilatation, which is an enlargement of blood vessels, and the release of chemicals from nerve fibers that coil around

the blood vessels. The temporal artery enlarges during a migraine. The temporal artery is an artery that lies on the outside of the skull just under the skin of the temple.

Enlargement of the temporal artery stretches the nerves that coil around the artery, causing the nerves to release chemicals. The chemicals can lead to inflammation, pain and further enlargement of the artery, which magnifies the pain.

Migraine attacks may be triggered by:

- Alcohol or caffeine
- Allergic reactions
- Bright lights, loud noises, and certain odors or perfumes
- Changes in sleep patterns
- Commercial chocolate
- Extreme dehydration and a lack of salt in the diet
- Foods containing tyramine, such as smoked fish, chicken and livers, monosodium glutamate (MSG) or nitrates like bacon, hot dogs and salami
- Menstrual cycle fluctuations, birth control pills
- Physical or emotional stress
- Skipping meals
- Smoking or exposure to smoke
- Tension headaches

Migraine headaches, which can be dull or severe, usually:

- Are worse on one side of the head
- Feel throbbing, pounding, or pulsating
- Last anywhere from six to forty-eight hours

Symptoms accompanying migraines include:

- Fatigue



- Loss of appetite
- Nausea and vomiting
- Numbness, tingling or weakness
- Sensitivity to light or sound

The warning signs that a migraine is coming include seeing stars or zigzag lines, having tunnel vision or temporary blind spot.

Symptoms that may linger even after the migraine has gone away include:

- Feeling mentally dull as though your thinking is not clear or sharp
- Increased need for sleep
- Neck pain

How can I treat a migraine at home?

Sometimes, at the onset of a migraine, lying down in a dark room with a cold pack can help.

Stress management techniques, such as relaxation and massage, can help limit pain. They may also make them happen less often.

Try avoiding any food which seems implicated and at a later stage take a small trial dose of the food again to see whether it genuinely is involved.

The number one solution is to drink a gallon of water each day. At the first sign of an impending migraine, drink one quart of cold water and lay down for at least 30 minutes.

"If you're not allowed to laugh in heaven, I don't want to go there." -Martin Luther

MILK

*Medi-Sign Target
Life Force...if it's Raw*

Bee puke & cow pus???

Milk is Grass Juice

Don's Personal Journal:

The following was my first attempt of translating a scroll written in Ancient Hebrew and owned by the British Museum. I found it when looking for a meal called pulse/pi pi. It seems to have been a first-hand account of someone listening to King Solomon teaching.

"I found myself sitting outside of Solomon's Temple on a large stone plate next to a pool of water.

Solomon was speaking and said, 'What of milk and honey?' Are these not the foods eaten only by ignorant pustulant minds, seething with filth, pollution and death?'

It is a perfect question and I shall give you what in my mind is a perfect answer.

First, let me acknowledge your sovereignty, and freedom and liberty as free and independent people, as in all things we are free to choose. We all have experiences and beliefs and hopes and dreams and we use these to judge whether or not answers given to us by others are good and true or if they in fact are not.

In this we must learn to 'try' all things and to 'see' for ourselves what is and what is not. And in this we need not fear any philosophies or doctrines or those who profess them. This being said, let me continue...

For my part I have often wondered both by what accident and in what state of mind the first man, and I say man because a woman would never have done it, touched his mouth to gore and death and brought his lips to the fleshy muscles and bones of the dead corpse of a fellow creature, set forth tables of dead, stale bodies, and ventured to call food and nourishment the body parts that a little time before bellowed and cried and danced and cajoled, moved and lived. How could eyes endure the shedding of



innocent blood, the slaughter when throats were slit and hides flayed and limbs torn limb from limb? How could his nose endure the stench? How was it that the death and pollution did not turn away his taste, which made contact with sores and bruises and then sucked the juices and serums from mortal wounds? It is not lions nor wolves that we eat, killed out of self-defense. On the contrary, we ignore these and slaughter harmless, grass-eating, tame creatures without venom, stings or teeth to harm us. For the sake of a little piece of dead corpse to eat we rob them of sun, of light, of the dura-

tion of life to which they are entitled by birth and being. Every eater of flesh should once in his life experience the murder of the life in the body he desires to eat, unaided by cleaver, club, or weapon but with bare hands kill his meal. In this, dead flesh would soon loose its sweet savor. Ownership of the flesh would cease and caring of all flesh would ensue. Those who feast on dead corpses killed by others are not innocent of the killing, rather they spend blood money and hire for kill and the shedding of the blood that they thirst and hunger for, they are not innocent.

And then I am asked, 'what of vegetables and fruit?' Solomon are ye not also killing them? To someone on the path of life the answer is abundantly clear and the reasons for it. But let me say this to the itching ears of those here so gathered who could not understand the crystal clarity of the simple truth. To you I say the answer is, yes. Nevertheless and not withstanding in this sacrifice of life, the plants fulfill the measure of their creation and are filled with joy in becoming an offering to the Temple of God. Life begets life. Could it be that living foods continue to live within you, just in a different form?

Whereas the measure of creation for beasts is not in providing their dead flesh as food for man. Death begets death. Death has no life to give. The measure of creation and fullness of purpose of bees, cows, fowl and goats is to provide a resource of food and life giving nourishment in great abundance to women and to the children of women throughout their lives until the quickening of translation to an immortal condition occurs.

"In eating, a third of the stomach should be filled with food, a third with drink and the rest left empty." -Talmud

Realizing that great argument at this point could occur, let me digress and give answer to your enquiry of milk and honey. It is for this reason you have come to hear me speak this day. Both honey and milk come to us as 'death free' food. The bees do not kill the flowers nor do the milk-giving beasts kill the grasses and herbs they eat, the grasses continue to grow. There is no murder; there is no killing. Think about this until your mind comprehends it. When you take in air, sunlight and water this is also, 'death free' offerings that sustain life. Wherefore in former times a land of milk and honey did signify a land, place or people, free of killing and death. A society of beings, civilized upon principles of life and pleasure and joy.



There is upon our mother earth an information network amongst and in the flora provided here. Milk-giving beasts chew and grind and juice an abundance of blossoms, flowers, grasses, herbs, leaves and water that to mankind would be nearly impossible to consume. Then the dynamics of inner alchemy in the bodies of the beasts convert, transforms and creates a metamorphoses of what to us we could not eat in so great a quantities if at all, and provides an offering, a food of immediate utility, a

'Sacrament of Life.' In this way, we receive the information or intelligence of the plants. Could you visit 10,000 flowers and gather the nectars the pollen and rare earth minerals and bring them to me each day, as do the bees? I think not. And even if you did these things would not be edible nor desirable as food. It is the magic chemistry of the bees who sip water at the rivers edge then combine it as only they know how, to create honey, an essential food along the path of those who aspire to be gods.

Honey does not do for the bee what it can do for godlings of purity upon the path of long life and quest for immortal condition and this is wisdom in the process of eternal progression or, in other

words, evolution of conscious experience in form and matter. Milk is the succor of life and light, it is the sun held in liquid state. It is the quickened blood of grasses.

Honey is the nectar of life and light it is the sun held in vis-

cous state, it is the quickened blood of flowers.

Now some will find it repulsive to detest such sensual intimacy with animals, to actually drink their body fluids. And then some are so removed from sensual intimacy of any kind that the next step is to mentally and emotionally castrate themselves even from affectionate contact with others or themselves and in some twisted perverted 'spiritual' way feel 'holier' for it. Dare to be earthy. Dare to be sensual.



Drink of life and feel the sensual closeness and deep intimacy in the life-giving powers of nature's creatures. In this discover the secrets of life, hidden in the nature of life.

Life comes of life, and the life force offered in the milk of grass quickened by beasts. The honey of flowers, quickened by bees, is 'free of death,' free of killing, free of murder and free of the shedding of the life kept in innocent blood.

'Rosia' means 'power of love from flowers.' 'Amber' means 'the golden light of intelligence from trees and grasses' or simply 'gold from green.' It is the Pagan's, the common folk, the country dwellers, who first took a golden ball of Amber and celebrated its meaning in a feast of dancing. From this came the, 'gold and green ball,' a memorial at harvest time of the intelligence, or gold, gleaned from living things, or green. At this festivity much drink of Earthy Ambrosia with much merriment and lovemaking bonded the celebrators even deeper in caring and protection and love. From amber and roses comes the word

"In general, mankind, since the improvement of cookery, eats twice as much as nature requires." -Benjamin Franklin

'ambrosia,' meaning 'drink of the gods and goddesses.' This was a sacrament or holy offering shared in worlds and kingdoms and queen-doms throughout all of space and time. Our world is not the only one. We are not alone.

It is ambrosia, a mixture of milk and honey, to the desire of ones taste, that when taken in abundance shall build ones constitution even if it is hanging by a thread. It shall build a strong mental atmosphere, develop the brain, prolong and extend ones life and help overcome the desire for cooked



foods. It will develop the supreme personality hidden deep within the individual. In other words the emotional stability and qualities of maturity, wisdom and intelligence will come forth. Does not a babe cry out for its mother's milk? Are we not to be as babe's, and then seek this life-promoting sacrament? Are you so grown that false pride keeps you from being nursed and kept and filled with warmth and life? Are you so learned that you have risen above so simple an understanding of these things? Or are you simply bloated and puffed up in ignorance, and the doctrines of men, and not of life, from whence more life comes? There is life in butter, cheese, curd, honey, milk and yogurt, unless of course you cook it and kill it, and destroy or release the life therein, which is the way of the world. Now some experience the cleansing powers of milk and honey and judge the

offering as bad. Other's judge fruit and fasting and some herbs in the same way, this is an error that can be tested with extended observation and doing. Also, do not forget that the days of celebration and feasting, yet another sacrament called, 'Earth Ambrosia' shall strengthen

ones vigor and vitals and endurance. This the locust pod, or carob, is ground and added to Ambrosia wherein the, 'drink of life' changes its color and its purpose. Fear not, for life force is kept, but a specific result is given in return and lasts but for a day and a night and day. Remember this always, it is not the knowing of the path of life that keeps one alive, it is the doing. There has been, is now and shall always be many great and varying philosophies about food, for food is diet and word denoting deity or god, that which is good. For this cause, shall there be a seer up-raised in the beginning of each new age to give vision and truth and a more sure word of understanding to those who shall seek life when they hear it, and learn to do that which they hear, not out of sacrifice, but out of love. Love for being alive and feeling radiantly alive.

We only remember being alive. Think about it. We do not remember being dead. Only life has consciousness and memory. What if life here, is all that you'll ever know until you learn not to die anymore? A state wherein you are always conscious? What if there is

no spirit, no heaven, no home nor castles in yonder skies that you can go to with out a physical body. What if your body is in fact your purpose for living, for existing, for being? If this were true, would you love your body more? Would you care for it in a better, kinder and more self-preserving way?

Would you try to create better bodies for the unborn? What if they in fact are in you and you in them? And what if when you die they carry the seed of you and what if in fact they could plant that seed and bring you back into life? Would you care then what kind of body you gave to them at their birth? Would you want to somehow ensure a good if not great body for yourself in your next life, if not just for them? Ye cannot reap from seeds ye have not sown. Be as the sewer of good seed in good soil that your harvest may be all that your heart desires. In truth, good trees bring forth good fruit. Sick trees bring forth sick fruit and must needs be nursed and cared for until they become strong or until they wilt and are up rooted and cast aside. Think not that there is great life in death. Death is death it is not life. Only in life is there life and the quality of life is whatever you choose to make it. May you create a lifestyle of civility, elegance, health, joy, kindness, pleasure, strength, wealth and wisdom; a collective land of 'milk and honey.' These are as living operative symbols and collective neters of



"There is a lot more juice in grapefruit than meets the eye."

life in great abundance. Milk and Honey, equate to health, joy and life.”

There was more to this scroll, but I’m sure it was meant for me somehow, and so I have placed it carefully into the treasure chest of my own hearts memory.

Milks

- Fat-Free Milk
- Flavored Milk
- Fluid Whole Milk
- Lowfat Milk
- Reduced Fat

Specialty Milks

- Certified Milk
- Milk Imitation
- Organic Milk (*almost always irradiated*)
- Reduced Lactose
- Substitute Milks

Nutrient Content of Milk, Raw Certified Organic

Milk has an excellent nutrient profile as it provides significant amounts of high-quality calcium, magnesium, niacin equivalents, phosphorus, protein, riboflavin, vitamin A, vitamin B6, vitamin B12 and when added, vitamin D, as well as several other essential nutrients. In



fact, milk is a nutrient-dense food that contains a high nutrient-calorie ratio.

The following specific health benefits of milk have been noted.

- Intake of fluid milk has been demonstrated to reduce the risk of osteoporosis, hypertension and colon cancer.
- Drinking milk may help to reduce the risk of kidney stones.
- Milk intake may help to reduce the risk of tooth decay by acting as a substitute for saliva. In addition to providing moisture which helps clear cavity-promoting substances, such as simple sugars like sucrose, from the oral cavity, milk buffers oral acids, reduces the solubility of tooth enamel and helps to remineralize tooth enamel.
- There is no evidence that intake of recommended servings of dairy foods such as milk contributes to a person being overweight. Weight loss is achieved by reducing total caloric intake and/or increasing physical activity.

MILLET

Medi-Sign Target
All Cell Strengtheners

A Grain That Grows on You

While it is not as commonly eaten in the United States than grains such as wheat and rice, millet, is just the thing to boost your intake of fiber, the protective trio of carbohydrates and vegetable protein. It’s got all three, and in addition, it’s richer in iron than grain foods such as barley, pasta and rice. Add a source of vita-

min C to the meal, and you’ll get the most that you can out of the iron it contains.

MINERAL DEFICIENCY

Medi-Sign Target
All Raw Foods

Except in rare cases this is a myth!

The term mineral deficiency can be defined as a condition where the concentration of any one of the minerals essential to human health is abnormally low in the body. An abnormally low mineral concentration can lead to impaired functioning of a particular body part which is dependent on that mineral. In other cases, the convention may be to define an abnormally low mineral concentration as a level lower than that found in a specific healthy population.



The mineral nutrients are defined as all the inorganic elements or inorganic molecules that are required for life. For humans, the inorganic nutrients include calcium, chloride, copper, iodine, iron, magnesium, manganese, molybdenum, phosphate, potassium, selenium, sodium, sulfate, water and zinc. Some of the inorganic nutrients, such as water, do not occur as single atoms, but occur as molecules. Other inorganic

“If you lose the power to laugh, you lose the power to think.”

“Gluttony is an emotional escape, a sign that something is eating us.”

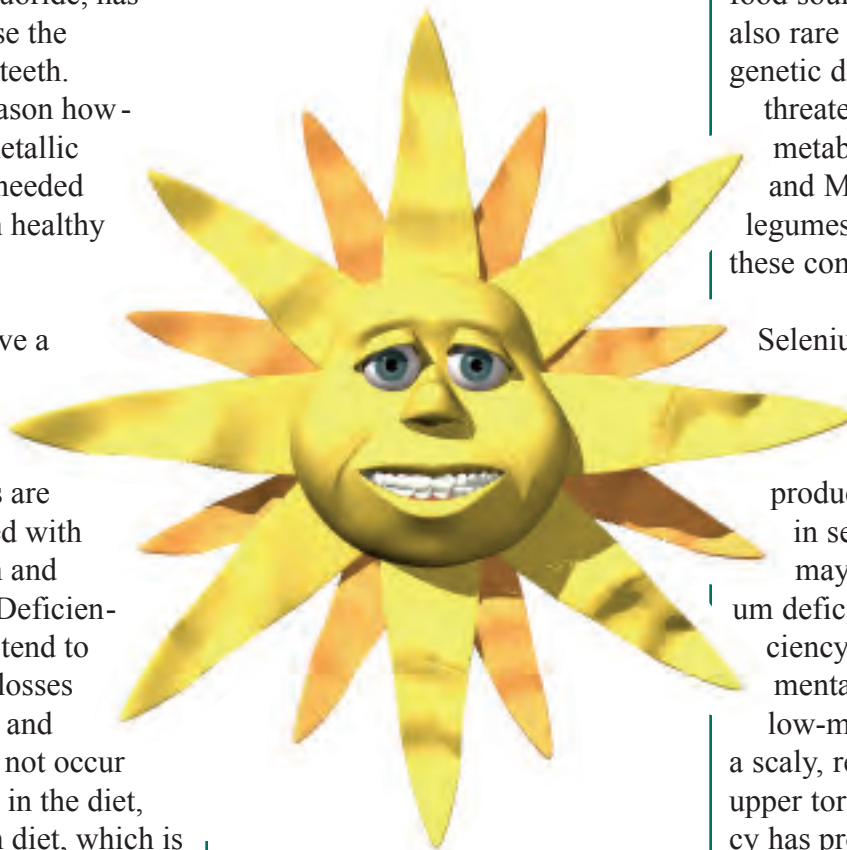
nutrients that are molecules include phosphate, selenite and sulfate. Phosphate contains an atom of phosphorus, while sulfate contains an atom of sulfur. Our bodies do not need to have additional sulfate intake, due to the plentiful supply found in protein body. Selenium occurs in foods as selenite and selenate.

There is some evidence that other inorganic nutrients, such as chromium and boron, play a part in human health, but their role is not well established. Fluoride from plants, not aluminum dross fluoride, has been proven to increase the strength of bones and teeth. There is little or no reason however, to believe that metallic aluminum fluoride is needed for human life or even healthy teeth.

Inorganic nutrients have a great variety of functions in the body. Potassium, sodium and water deficiencies are most closely associated with abnormal nerve action and cardiac arrhythmias. Deficiencies in these nutrients tend to result from excessive losses due to severe diarrhea and other causes. They do not occur from a lack of content in the diet, except for low sodium diet, which is insane. Iodine deficiency is a global, public health problem. It occurs in parts of the world with iodine-deficient dirt and results in goiter, which involves a relatively harmless swelling of the neck or cretinism, which is a severe birth defect. Making thyroid hormone is the body's only use for iodine. However, since thyroid hormone has a variety of roles in development of the embryo, iodine deficiency during pregnancy

results in a number of birth defects. Mushrooms have great amounts of iodine.

Calcium deficiency due to lack of dietary calcium occurs only rarely. However, calcium deficiency due to vitamin D deficiency can be found among certain populations. Vitamin D is required for the efficient absorption of calcium from the diet. This leads to vitamin D deficiency in growing infants and children can result in calcium deficiency. To help this problem, get some sunshine.



Dietary phosphate deficiency is rare not only because phosphate is plentiful in plant and animal foods, but also because phosphate is efficiently absorbed from the diet into the body. Iron deficiency causes anemia, which is the lack of red blood cells. This deficiency results in tiredness and shortness of breath. To avoid anemia eat green foods which have a lot of iron.

Dietary deficiencies in the remaining inorganic nutrients tend to be rare. Magnesium deficiency is uncommon, but it can occur in chronic alcoholics, in persons taking diuretic drugs and in those suffering from severe and prolonged diarrhea. Magnesium deficiency tends to occur with the same conditions that provoke deficiencies in sodium and potassium. Another rare condition is the lack of zinc in the body. It has been found, though, that in impoverished populations in the Middle East due to their dependence on unleavened whole wheat bread as a major food source. Copper deficiency is also rare but can be dramatic. Two genetic diseases lead to health-threatening changes in copper metabolism, Wilson's disease and Menkes' disease. Eat legumes, nuts and seeds to avoid these conditions.

Selenium deficiency may occur in regions of the world where the soils are poor. Low-selenium soils can produce foods that are also low in selenium. Premature infants may also be at risk for selenium deficiency. Another rare deficiency is manganese, but experimental studies have shown that a low-manganese diet can result in a scaly, red rash on the skin of the upper torso. Molybdenum deficiency has probably never occurred, but indirect evidence suggests that if it could occur it would result in mental retardation and death. Brazil nuts have the highest naturally occurring incidence of these minerals.

Water & Salt deficiency is real

The most serious and widespread deficiencies in the world are sodium deficiency, or hyponatremia, and water deficiency. They both tend to

arise after excessive loss of these minerals from the body during prolonged and severe diarrhea or vomiting. The pharmaceutical drug lords' propaganda in the media about the hideousness of salt causes people to not eat enough as well. Diarrheal diseases are a major, world health problem and are responsible for about one-fourth of the ten million infant deaths that occur each year. Contamination of the water supply by animal and human feces and a lack of dietary salt account for nearly all of these deaths which occur in impoverished parts of Africa and Asia.

The main concern in treating diarrheal diseases is dehydration, which is the loss of sodium and water that deplete the fluids of the circulatory system including the arteries, capillaries, heart and veins. Severe losses of the fluids of the circulatory system result in shock, which occurs when dehydration is severe enough to produce a ten percent reduction in body weight. Shock can be defined as inadequate supply of blood to the various tissues of the body. This condition results in a lack of oxygen to all the cells of the body. Although diarrheal fluids contain a number of electrolytes, the main concern in avoiding shock is the replacement of sodium and water.

Drugs known as diuretics, also frequently result in sodium deficiency and potassium deficiency. Diuretics are meant to cause a loss of sodium from the body. These drugs are used to treat high blood pressure, known as hypertension, where the resulting decline in blood pressure reduces the risk for cardiovascular disease. However, this can be deadly as diuretics can lead to sodium deficiency, resulting in low plasma sodium levels. A side effect of some

diuretics is excessive loss of potassium which may result in low plasma potassium, or hypokalemia.

MINERAL OIL

*Medi-Sign Target
Use on Machinery*

~10/40 Havoline~



Mineral oil is clear, colorless, odorless and tasteless industrial-machine oil made from petroleum. It is used as a dissolving agent in the manufacture of plastics and commonly used as a laxative. It does not, however, have any nutritional value. With prolonged use, mineral oil may deplete the intestines of the fat-soluble vitamins A, D, E and K, as well as decrease the absorption of the valuable minerals calcium and phosphorus. A healthy alternative is any food-based oil such as corn, flax, olive and peanut. These other choices not only have laxative properties, but are a valuable source of nutrition as well. Unlike mineral oil which slides through the intestines, taking vitamins with it and increasing toxic levels in the body, food oils facilitates use of the above vitamins.

MOLASSES (BLACKSTRAP)

*Medi-Sign Target
Brain & Blood Flow*

The thick, viscous syrup that we call blackstrap molasses provides the robust, bittersweet flavor to baked beans and gingerbread throughout the year.

Blackstrap molasses is just one type of molasses, which is the dark, liquid by-product of the process of refining sugar cane into table sugar. It is made from the third boiling of the sugar syrup and is therefore left over after the sugar's sucrose has been crystallized.

History

Molasses has been imported into the United States from the Caribbean Islands since the early colonists arrived. In fact, it was the most popular sweetener used until the late 19th century due to it being much more affordable than refined sugar.

Molasses has had a rather sticky history with at least two important historical events centering around this sweet food product. The Molasses Act of 1733 was a tariff passed by England in order to discourage the colonists from trading with areas of



"I doubt whether the world holds for any one a more soul-stirring surprise than the first adventure with real ice cream."

“Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity.”
-Voltaire

the West Indies that were not under British rule. This legislation is thought to be part of the cause of pre-revolutionary, colonial dissent and unrest.

It is not often that a fateful tragedy centers around a food, but unfortunately, in 1919, one such event did occur. It was the Great Molasses Flood which occurred when a molasses storage tank holding over two million gallons of molasses broke and its sticky content came pouring throughout the city streets of Boston, Massachusetts. At times the molasses was traveling as fast as 35 miles per hour and creating a thirty foot tidal wave of sweetener. Unfortunately, this was not a sweet matter as twenty-one people died and significant amounts of property were destroyed.

Blackstrap molasses gained in popularity in the mid-20th century with the advent of the health food movement. The largest producers of molasses today are Brazil, India, the Philippines Taiwan, Thailand and the United States.

Health Benefits

Blackstrap molasses is a sweetener that is actually good for you. Sugar and corn syrup are stripped of virtually all nutrients except simple carbohydrates. Artificial sweeteners, like saccharin or aspartame, not only provide no useful nutrients but have been shown to cause health problems and nerve degeneration. Blackstrap molasses is a healthful sweetener that contains significant amounts of a variety of minerals that lead to better health.

Iron for Energy

A Spoonful of Molasses Helps Your Calcium Needs Go Down. It has lots of iron.

Molasses is also an excellent source of copper and manganese and a very good source of potassium and magnesium.

MOLES

*Medi-Sign Target
Garlic & Lemon Juice
Topically*



Moles are usually harmless collections of pigmented cells called melanocytes on your skin which appear alone or in multiples. Moles are also called nevi, while a single mole is a nevus. Most are present on the torso, but can also be commonly found on your arms, face and legs. Moles can be found in more obscure locations as well including on your scalp, under your nails, in your armpits and around your genitals.

Most of us have between 10 and 40 moles on our bodies. The number of moles you have may constantly change. New moles may appear up

through your mid-adult years, but most appear by age 20 and some moles disappear with advancing age.

Moles come in a wide variety of colors, shapes and sizes. They can be flesh-colored, brown, blue or black spots that vary in shape from oval to round. They can be as small as a pinhead or large enough to cover an entire limb. Moles that are larger than eight inches in diameter and present at birth are a special problem and may need to be removed.

The surface of a mole can be flat, raised, smooth or wrinkled. Some of your moles are likely to change over your lifetime as they may darken due to exposure from the sun. Mole may also start out flat and brown in color and later become slightly raised and lighter in color. Some may become raised enough that they form a small stalk and are eventually rubbed off, while others may just disappear.

There are certain times in your life when moles may be more apt to change. For example, during adolescence, moles may darken and become larger. During pregnancy, women may develop numerous and darker moles. Moles have no known purpose, and scientists don't know why they develop. Most moles are harmless and don't require special care. If a mole is irritated or unattractive, however, you may want to have it removed.

Treatment of most moles usually isn't necessary. **For cosmetic reasons, a mole can be removed in several ways.**

Shave excision is one way to remove an unwanted mole. In this

method, a doctor numbs the area around a mole and then uses a small blade to shave off the mole close to your skin.

Punch biopsy is another removal procedure. A doctor may remove a mole with a small incision or punch biopsy technique, which uses a small cookie-cutter-like device.

Excisional surgery is another option. In this method, a doctor cuts out the mole and a surrounding margin of healthy skin. These procedures are usually performed in the office of a doctor or dermatologist and take only a short time. Anytime you cut or irritate a mole be sure to keep the area clean. Another way of helping a lot of moles disappear is taping a slice of garlic on it or dab lemon juice two to three times a day until it softens, fades and vanishes.

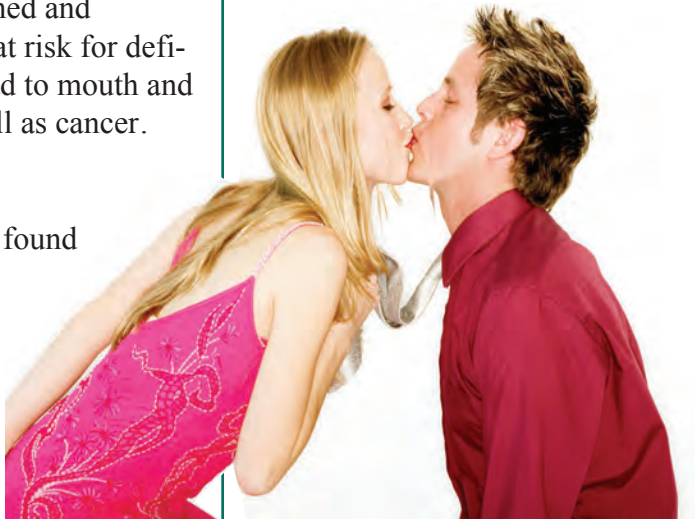
MOLYBDENUM

Medi-Sign Target
Bones & Liver

Molybdenum is found in the liver, bones and kidneys and aids in the activation of certain enzymes. It supports bone growth and strengthening of the teeth. People whose diets are high in refined and processed foods are at risk for deficiency which can lead to mouth and hum disorders as well as cancer.

Sources

This trace mineral is found in *beans, dark green leafy vegetables, grains, legumes and peas.*



MONO-NEUROPATHY

Medi-Sign Target
Salt & Saltwater Soaks

Mononeuropathy is a disorder of a single nerve or nerve trunk. This condition may be due to compression, entrapment, ischemia, infection, inflammation of a nerve or stretch injury. The most common entrapments are of the median nerve of the wrist and ulnar nerve of the elbow. Mononeuropathy involves loss of movement or sensation to an area caused by damage to a single nerve or nerve group.

Rest and time along with salt-water soaks are able to heal this.

MONO-NUCLEOSIS

Medi-Sign Target
Salt, Water, Honey & Garlic

Infectious mononucleosis (*mah-no-noo-klee-o-sus*), sometimes called “mono” or “the kissing disease,” is

an infection that is usually caused by the Epstein-Barr virus, or EBV. Most people have been exposed to the virus at some time in childhood as the EBV virus is very common. However, not everyone who is exposed to the virus develops the symptoms of mono. As with many viruses, it is possible to be exposed to and infected with EBV without becoming sick.

People who have been infected with EBV will carry the virus for the rest of their lives even if they never have any signs or symptoms of mono. People who do show symptoms of having mono probably will not get sick or have symptoms again. Although EBV is the most common cause of mono, other viruses, such as cytomegalovirus (*sy-toe-meh-guh-low-vye-rus*), can cause a similar illness. Cytomegalovirus stays in the body for the duration of a person’s life and may not cause any symptoms, just like EBV.

How Do People Get Mono?

One common way to “catch” mono is by kissing someone who has been infected, giving the illness its nickname. A quick smooch between friends probably won’t do any harm. If you have never been infected with EBV, kissing intimately with someone who is can put you at greater risk for getting the disease.

Even if you haven’t been kissing anyone, you can still get mononucleosis through other types of direct contact with saliva from an infected person, such as by sharing a straw or an eating utensil. Some people who have the virus in their bodies and have never had any symptoms can still spread the virus to other people, being most contagious while they have a fever.

“At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.” -Jean Houston

How Do I Know if I Have It?

Symptoms usually begin to appear four to seven weeks after infection with the virus. Signs that you may have mono include:

- abdominal pain
- constant fatigue
- fever
- headaches
- larger-than-normal liver and spleen
- loss of appetite
- skin rash
- sore muscles
- sore throat
- swollen lymph nodes, also commonly known as glands, located in your groin, neck and underarms

People who have mono may have different combinations of these symptoms, while some people may have symptoms so mild that they hardly notice them or have none at all! It's possible to mistake mononucleosis for the flu or even strep throat because these symptoms are so general. In fact, some teens contract mono and strep throat at the same time.

How Can I Get Better?

There is no known cure for mononucleosis, but the good news is that even if you do nothing, the illness will go away by itself in three to four weeks.

You can do some things to feel better. The best treatment is to get plenty of rest, especially during the beginning stages of the illness when your symptoms are the worst. Put yourself to bed and try to take time off from on school, sports and other activities. Eat foods that clean your blood such as garlic, onions, salt and lots of water.

MOOD SWINGS



Food Mood

When people have an overgrowth of yeast in their intestines, they can have a lot of emotional shifts. This is due to certain substances that are released into their blood which affect their psyches. Other people develop emotional reactions to certain foods, such as refined sugar. If you're prone to mood swings after consuming certain foods, you should probably try to avoid them.

Baleneology: "Taking the Waters"

A classic water treatment for emotional up's and down's is the neutral bath. The next time you need to chill out, fill your tub with water just slightly cooler than body temperature. It should feel like a hot bath that's beginning to get a little chilly. Soak for 20 minutes, adding water as needed to maintain the temperature of the bath.

Juice Your Mood

Mood swings are often caused by problems in the pancreas. Carrot juice contains natural insulin which stabilizes this organ. Many people are able to control moods this way.

Sound Nutrition

Mood swings often arise because of

anger, anxiety or stress. Some people find relief from shifting moods by listening to relaxing music with a slow, steady beat for about 30 minutes a day. This slows your heart rate and calms your mind. Other people respond to rhythm. If you live near the ocean, another helpful idea is sitting on or near the beach for a half-hour or so each day. Ocean waves crash on the shore at a steady rhythm that helps calm you down. This is why people feel so good at the ocean, the constant sound is very relaxing.

Cup both hands over one ear if the ocean is out of reach. It's probably not quite as good as the real thing, but the rhythm will still be the same.

Exercise

Mood swings may mean that you've lost balance in your life. Try exercising or bring things back in line.

~WALK~

While something more stable, like plutonium, will take a good 24,100 years to disintegrate to any noticeable degree, a good mood can dissipate in mere minutes. After whistling your way through the morning commute, you can hit the skids and slide into the blues or the jitters long before lunch hits the table.



"Take twice as long to eat half as much."

~WALK~

We all have mood swings some of us are just more vulnerable to them than others. Minor swings into depression or anxiety are very common.

~WALK~

Women may be more vulnerable to mood swings than men. Our research has found that women tend to focus on and worry more about negative moods which can make them worse.

~WALK~

Certain hormonal shifts may make women more susceptible to downward spins. That's why some find they're particularly moody the week before our menstrual periods, after childbirth or during menopause.

Stabilizing the Pendulum

Even when you're feeling most vulnerable, you can lessen the severity of mood swings. Here's how.

Act, don't brood. If you feel yourself slipping into depression or anxiety, get up and do something. Take a walk or clean the clutter off your desk. One of the best ways to stop a mood from getting really severe is to do something that gives you a sense of control and accomplishment.

Exercise for 20 minutes. We all know that exercise has a lifting effect. Women reported significant improvements in mood after 20 or more minutes of walking.

Distract yourself. Just about any activity can help take your mind off your mood. If you can stop ruminating for a while, you can get perspective on whatever triggered the swing and think about that more clearly.

Ponder the problem again later.

When you're no longer in the throes of a mood, you can figure out why you got upset and what you can do about it.

Think rationally.

Sometimes you're too depressed or anxious about something to even temporarily take your mind off your mood. In these cases, you can get some perspective and relief by asking yourself three key questions.

One, *"What evidence supports the idea that what you think is going to happen actually will?"* If you're anxious about losing your job because you didn't get that promotion, consider the supporting evidence or lack thereof. If you're doing quality work on time, then your anxiety is probably unfounded.

Two, *"Are there alternative ways to think about this situation?"* Maybe your boyfriend is suddenly quiet because he's having problems at work, not because he's thinking of breaking up with you. Talk to him about it.

And third, *"If the worst did happen, how would you cope?"* For example, you could start looking for a new job. Or, should you and your boyfriend indeed break up, it wouldn't necessarily be easy, but you could start over in a new relationship.

Get a second opinion. To help you think rationally, talk things through with a friend.

Treat yourself. If you're dropping into a depressed or anxious mood, pampering yourself may help. Take a bubble bath, buy yourself some flowers and put them on your desk or listen to music by your favorite

composer, for instance. Plan for "down" days by making a list of mood-lifting, whole food treats.

Grab some mood food. Certain foods or food combinations set off a series of chemical reactions in your brain that help determine

whether you feel content or anxious and depressed.

If you're spiraling into a depression, eat a snack that combines protein with carbohydrates. The combination helps turn on neurotransmitters which are naturally invigorating brain chemicals.

Reach for a whole wheat bagel. If you're free-falling into anxiety, an all-carbohydrate snack like a cinnamon-raisin bagel with fresh crushed fruits for jam might help. That combination turns on calming neurotransmitters, though it might also make you sleepy.

Skip the alcohol. Essentially, hard alcohol is a depressant. If you're already blue, it could make you feel worse. Therefore, if your mood is floundering, don't take solace in a hard drink.

Watch the caffeine. Caffeine is a stimulant and will make you feel more anxious if your nerves are



"Hunger is the best sauce in the world." -Cervantes

“Research tells us fourteen out of any ten individuals likes chocolate.” -Sandra Boynton

fraying. If you're jittery, cut back on the chocolate, cola, java and tea.

Get enough sleep. You're especially vulnerable to mood swings when you're sleep-deprived. Get enough sleep, particularly when you know that swings are more probable, like during the week before your period. If you have insomnia, try different remedies until you find what works for you.

If you are prone to mood swings eating foods in their natural state is ideal. Good choices include dairy sources, fruits, lean protein, vegetables and whole grains. You should drink a minimum of ten cups of water per day, as dehydration is a major factor affecting mood swings.

Limiting processed caffeine and hard alcohol is a good idea, as they are both diuretics that tend to dehydrate the body. Sugar should only be consumed in limited amounts, as excess amounts will cause individuals to experience the “sugar-high” which is always followed by the “sugar-blues.”

MOSQUITOES & FLIES BITE

Medi-Sign Target

Bicarbonate of Soda on Bite
& Drink Saltwater



These pesky, flying critters can make you pretty uncomfortable when they decide to munch on you. Here's what to do.

Disinfect the bite. Flies and mosquitoes can spread disease, so make sure to wash the bitten area thoroughly with soap and water.

Relieve the itching. Fly and mosquito bites may produce swelling and intense itching that can last for three or four days.

Try one of the following to lessen the itching.

- Ice packs
- Salt. With water, moisten it into a paste and apply to the bite.
- Baking soda. Dissolve one teaspoon in a glass of water. Dip a cloth into the solution and place on the bite for 15 to 20 minutes.

Best solutions to bites of all kinds:

- Salt
- Vinegar
- Garlic
- Onion
- Ammonia

MOUTH CANCER

Medi-Sign Target

Salt, Bicarbonate of Soda & Apple Cider Vinegar

Rates of occurrence in the United States

Thirty thousand Americans will be diagnosed with oral or pharyngeal cancer this year leading to 8,000 deaths, roughly one person every hour. Of those 30,000 newly-diagnosed individuals, only half will be

alive in five years. This number has not significantly improved in decades. The death rate for oral cancer is higher than that of brain, cervical, liver, kidney, skin (*malignant melanoma*) or testicular cancer as well as Hodgkin's disease. If you expand the definition of oral cancers to include cancer of the larynx, the numbers of diagnosed cases grow to 41,000 individuals and 12,500 deaths per year in the United States alone. The problem is much greater worldwide, with 350,000 to 400,000 or more new cases being found each year.



The death rate associated with this cancer is particularly high due to the cancer being routinely discovered late in its development. Often, it is only discovered when the cancer has metastasized to another location, most likely the lymph nodes of the neck. Prognosis at this stage of discovery is significantly worse than when it is caught in a localized area. Besides the metastasis at these later stages, the primary tumor has had time to invade deep into local structures. Oral cancer is particularly dangerous because it has a high risk of producing second, primary tumors. This means that people, who survive a first encounter with the disease and its treatments, have up to 20 times the risk of develop-

ing a second cancer. This heightened risk factor can last for five to ten years after the first occurrence. There are several types of oral cancers, but 90 percent are squamous cell carcinomas. Less common and rare forms of oral cancers exist including Oral Malignant Melanoma, Mucoepidermoid Carcinoma and Adenoid Cystic Carcinoma

Signs and symptoms

One of the real dangers of this cancer is that it can go unnoticed in its early stages. It can be painless and no obvious physical change may be present. This cancer can appear as a white or red patch of tissue in the mouth, or a small indurated ulcer which looks like a common canker sore. Because there are so many benign tissue changes that occur normally in your mouth, and some things as simple as a bite on the inside of your cheek may mimic the look of a dangerous tissue change.

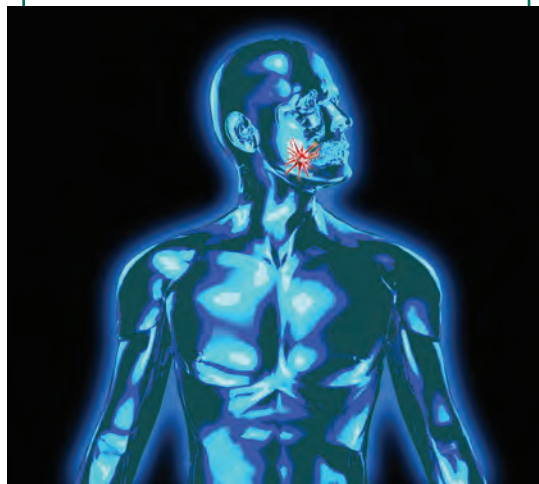
Other symptoms include a lump or mass which can be felt inside the mouth or neck, pain or difficulty in swallowing, speaking, or chewing, any wart-like masses, hoarseness which lasts for a long time or any numbness in the oral/facial region. Other than the lips, the most common areas for oral cancer to develop are on the tongue and the floor of the mouth. Individuals who use chewing tobacco are likely to develop cancer in the sulcus between the lip or cheek and the soft tissue, the gingival, covering the lower jaw, known as the mandible. In the United States, cancers of the hard palate are uncommon, though not unknown. The bases of the tongue, at the back of the mouth and on the pillars of the tonsils are other sites where it is commonly found.

Some Early Warning Signs of Oral Cancer are:

- Any sores on the face, mouth or neck that do not heal within two weeks
- Bumps, lumps and swelling on the gums, lips or other areas inside the mouth
- Numbness, loss of feeling or pain in any area of the face, mouth or neck
- Repeated bleeding in the mouth
- White, red, or dark patches in the mouth

To perform the oral cancer self examination, follow these seven easy steps.

Look at and feel your...



1. Head and Neck

- Look at your face and neck in a mirror. Normally, the left and right sides of the face have the same shape. Look for any bumps, lumps or swellings that are only on one side of your face

2. Face

- Examine the skin on your face. Do you notice any color or size changes, growths, moles or sores?

3. Neck

- Press along the sides and front of the neck. Do you feel any tenderness or lumps?

4. Lips

- Pull your lower lip down and look inside for any sores or color changes. Next, use your thumb and forefinger to feel the lip for bumps, changes in texture or lumps. Repeat this on your upper lip

5. Cheek

- Use your fingers to pull out your cheek so you can see inside. Look for red, white or dark patches. Put your index finger on the inside of your cheek and your thumb on the outside. Gently squeeze and roll your cheek between your fingers to check for any lumps or areas of tenderness. Repeat this on the other cheek

6. Roof of the Mouth

- Tilt your head back and open your mouth wide to see if there are any lumps or if the color is different than usual. Run your finger on the roof to feel for lumps

7. Floor of the Mouth and Tongue

- Stick out your tongue and look at the top surface for color and texture. Gently pull your tongue forward to look at one side first and then the other. Look for any swellings or color changes. Examine the underside of your tongue by placing the tip of the tongue on the roof of your mouth.

- Look at the floor of your mouth and the underside of your tongue for color changes that are very different from what is normal. Gently press your finger along the underside of your tongue to feel for any lumps or swellings

Oral Cancer can be prevented.

Oral and sinus hygiene is critical to perform on a daily basis. Brush your gums, teeth and tongue with

“The person who can bring the spirit of laughter into a room is indeed blessed.”

salt, water and bicarbonate of soda. Use a saline nasal spray and clean your nostrils out daily. Blow your nose out completely in warm water when you shower.

If you chew tobacco, STOP! Baking soda brushing with apple cider rinsing can clear your symptoms up.

MULBERRY

Medi-Sign Target
Breasts, Plaque & Cancer cleanser



Mulberry refers both to the mulberry tree itself and to the fruit which it bears. It also refers to the closely related Paper Mulberry *Broussonetia papyrifera*.

The fruit is edible and is widely used in some places. The Black Mulberry fruit is native to southwest Asia, and the Red Mulberry is native to eastern North America. These two varieties have the best flavor. The fruit of the White Mulberry, an East Asian species which is extensively naturalized in urban regions of eastern North America, is insipid in flavor.

Mulberry leaves, particularly those of the White Mulberry, are also economically important as the sole food source of the silkworm providing the cocoon of which is used to make silk.

Mulberries can be grown from seed. This is often advised as seedling-grown trees are generally of better shape and health. However, they are most often planted from large cuttings, which readily take root.

MULTIPLE MYELOMA

Medi-Sign Target
21-28 Days on Apples & Water



Multiple myeloma may not cause symptoms early in the course of the disease, but it's likely that you'll experience symptoms as the disease progresses.

Signs and symptoms can vary from person to person. One is the presence of abnormal proteins in your blood or urine, which can be produced by myeloma cells. These proteins are defense cells or parts of defense cells and are called monoclonal or M proteins.

Your body normally produces a number of different types of plasma cells. These cells provide a variety of defense cells that function as part of the body's immune system. They're considered polyclonal because they represent many types of plasma cells. If one of these cells escapes normal regulation, however,

and grows independently of the others, monoclonal growth of plasma cells occurs. Such monoclonal plasma cells produce a monoclonal protein.

These proteins may indicate multiple myeloma, but also can indicate other conditions as they are often discovered during a routine exam.

Another potential sign of multiple myeloma is a high calcium level in your blood. This can occur when calcium from affected bones dissolves into your blood. As a result, you may experience signs and symptoms such as:

- Constipation
- Excessive thirst and urination
- Loss of appetite
- Mental confusion
- Nausea
- Sleepiness

Anemia can occur as myeloma cells replace oxygen-carrying red blood cells in your bone marrow, which may lead to fatigue, another common symptom.

Other signs and symptoms of multiple myeloma may include:

- Bone pain, particularly in your back or ribs
- Unexplained bone fractures
- Repeated infections such as pneumonia, bladder or kidney infection or sinusitis
- Weight loss
- Weakness or numbness in your legs

Risk factors

Multiple myeloma isn't contagious. Most people who develop multiple

"We never repent of having eaten too little." -Thomas Jefferson

myeloma have no clearly identifiable risk factors for the disease.

Some factors that may increase your risk of multiple myeloma include:

- **Age.** The majority of people who develop multiple myeloma are older than 40, with a heightened risk at about age 70.
- **Gender.** Men are nearly twice as likely to develop the disease as are women.
- **Race.** Blacks are about twice as likely to develop multiple myeloma as whites.
- **History of a monoclonal gammopathy of undetermined significance.** Every year one percent of the people with MGUS in the United States develop a more serious condition, such as multiple myeloma.

Other factors that may increase your risk of developing multiple myeloma include exposure to radiation and working in petroleum-related industries.

Self-care

The following tips may help you keep multiple myeloma under control:

- **Stay active.** If you're active, calcium is more likely to stay in your bones rather than dissolve into your blood, keeping your bones stronger. If pain keeps you from being active, ask your physician about ways to lessen the pain.
- **Drink fluids.** Drinking fluids can help keep you from becoming dehydrated and will help dilute the M protein frag-



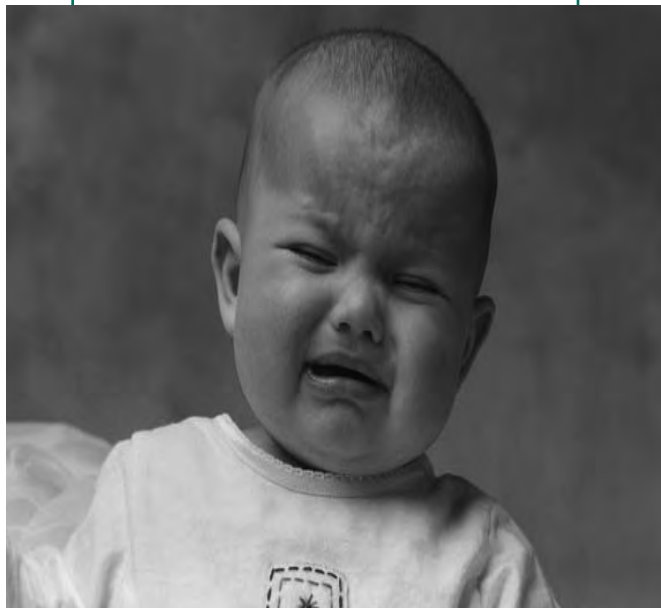
ments in your urine, preventing kidney damage.

- **Eat a balanced diet.** One way to promote your overall health and cope with any form of cancer is to eat well. The amount of M protein in your system isn't affected by how much protein you eat. (See: *Disease: the Mystery Solved*)

MUMPS

Medi-Sign Target
Salt, Water, Soups & Juices

Mumps is a disease caused by a virus that usually spreads through saliva and can infect many parts of the body, especially the parotid salivary glands. These glands, which



produce saliva for the mouth, are found toward the back of each cheek, between the ear and jaw. When a person contracts mumps, these glands typically swell and become painful.

The disease has been recognized for several centuries, and medical historians argue over whether the name "mumps" comes from an old word for "lump" or an old word for "mumble." **Mumblump! Mumps.**

It is very unusual to have a second bout of mumps as one case almost always gives lifelong protection against another. However, other infections can also cause swelling in the salivary glands, which might lead to a misdiagnosis of a second case of mumps.

Signs and Symptoms

Mumps may start with a fever of up to 103 degrees Fahrenheit, accompanied by a headache and loss of appetite. The well-known hallmark of mumps is swelling and pain in the parotid glands, making the child look like a hamster with food in its cheeks. The glands usually become increasingly swollen and painful over a period of one to three days. The pain increases when the child chews, drinks acidic juices like orange juice, swallows or talks.

Both the left and right parotid glands may be affected, with one side swelling a few days before the other. In rare cases, mumps will move to other groups of salivary glands instead of the parotids. If this happens, swelling may be noticed under the tongue, under the jaw or all the way down to the front of the chest.

"Strange to see how a good dinner and feasting reconciles everybody." -Samuel Pepys

“At the end of every diet, the path curves back to the trough.” -Mason Cooley

Mumps can lead to inflammation and swelling of the brain and other organs, although this is not common. **Encephalitis**, inflammation of the brain, and **meningitis**, inflammation of the lining of the brain and spinal cord, are both rare complications of mumps. Symptoms may include convulsions, drowsiness, headache, high fever, nausea stiff neck, and vomiting, as well as other signs of brain involvement and usually appear in the first week after the parotid glands begin to swell.

Mumps in adolescent and adult males may also result in the development of orchitis, an inflammation of the testicles. Usually one testicle becomes swollen and painful about seven to ten days after the parotids swell. This is accompanied by a chills, high fever, headache, nausea, shaking and vomiting. Abdominal pain can also occur and is sometimes mistaken for appendicitis if the right testicle is affected. Testicular pain and swelling, as well as the fever subside three to seven days later. In some cases, both testicles are involved. Even with involvement of both testicles, sterility is only a very, very rare complication of orchitis.

Additionally, mumps may affect the pancreas or, in females, the ovaries, causing pain and tenderness in parts of the abdomen.

In some cases, signs and symptoms of mumps are so mild that no one suspects an infection. About one in three people may have a mumps infection without symptoms.

Contagiousness

The mumps virus is contagious and spreads in tiny drops of fluid from the mouth and nose of an infected person. It can be passed to others

through coughing, sneezing or even laughing. Picking up tissues or drinking out of glasses that have been used by the infected person are other ways of contracting the virus.

People who have mumps are most contagious from two days before symptoms begin to six days after they end. People who are infected but have no symptoms can still spread the virus.

Incubation

The average incubation period for mumps is 16 to 18 days, but can range anywhere between 12 to 25 days.

Duration

Children usually recover from mumps in about 10 to 12 days. It takes about one week for the swelling to disappear in each parotid gland, but both glands don't usually begin to swell at the same time.



Home Treatment

You can soothe your child's swollen parotid glands with either warm or cold packs. Serve a soft, bland diet that does not require a lot of chewing and encourage your child to drink plenty of fluids. Herbal teas, veggie juices and water are great for this.

When mumps involves the testicles, apply warm

or cool packs to soothe the area and provide extra support for the testicles with briefs not boxers.

A child with mumps doesn't need to stay in bed, but may play quietly. Enemas will break any fevers. Let it run its course.

MUSCLE CRAMPS

*Medi-Sign Target
Prunes & Saltwater*

Cause of Muscle Cramps

Some researchers believe inadequate stretching and muscle fatigue leads to abnormalities in mechanisms that control muscle contraction although the exact cause of muscle cramps is unknown. Other factors may also be involved including exercising or working in intense heat, dehydration and depletion of salt and minerals such as electrolytes, with the lack of salt being the number one cause.

When your body is poorly conditioned, you are more likely to experience muscle fatigue, which can alter spinal neural reflex activity. Overexertion depletes a muscle's oxygen supply, leading to build up of waste product and spasm. When



a cramp begins, the spinal cord stimulates the muscle to keep contracting.

Heat, dehydration and electrolyte depletion

Muscle cramps are more likely when you exercise in hot weather because sweat drains your body's fluids, salt and minerals like calcium, magnesium and potassium. Loss of these nutrients may also cause a muscle to spasm.



Stretching and muscle fatigue

Muscles are bundles of fibers that contract and expand to produce movement. A regular program of stretching lengthens muscle fibers so they can contract and tighten more vigorously when you exercise. Overexertion depletes a muscle's oxygen supply, leading to build up of waste product and spasm. When a cramp begins, the spinal cord stimulates the muscle to keep contracting.

- Athletes are more likely to get cramps in the preseason when the body is not conditioned and therefore more subject to fatigue. Cramps often develop near the end of intense or prolonged exercise or the following night.

- Older people are more susceptible to muscle cramps due to normal muscle loss, known as atrophy, that begins in the mid-40's and accelerates with inactivity. As you age, your muscles cannot typically work as hard or as quickly as they used to. The body also loses some of its sense of thirst and its ability to sense and respond to changes in temperature.

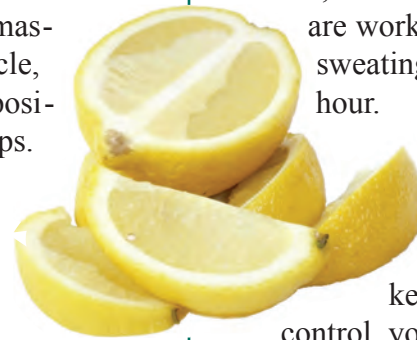
Treatment and prevention **Cramps will usually subside on their own.**

Self care:

- Stop doing whatever activity triggered the cramp.

- Gently stretch and massage the cramping muscle, holding it in stretched position until the cramp stops.

- Apply heat to tense or tight muscles or cold to sore or tender muscles.



Work toward better overall fitness to avoid future cramps. Do regular flexibility exercises before and after you work out to stretch muscle groups most prone to cramping. Always warm up before stretching.

Calf muscle stretch: In a standing lunge with both feet pointed forward, straighten the rear leg. Repeat with opposite leg.

Hamstring muscle stretch: Sit with one leg folded in and the other straight out, foot upright and toes and ankle relaxed. Lean forward slightly, touch foot of straightened leg. Repeat with opposite leg.

Quadriceps muscle stretch: While standing, hold top of foot with opposite hand and gently pull heel

toward buttocks. Repeat with opposite leg. Hold each stretch briefly, then release. Never stretch to the point of pain.

To prevent cramps, you should also keep your body adequately hydrated. Children often do not drink enough liquids to replenish fluid lost during exercise.

Some tips:

- Drink water at regular intervals, before you get thirsty.
- Drink more than your thirst requires.
- Drink fruit juice or a sports beverage you make yourself with salt, water, lemon and honey if you are working in heat or sweating for more than an hour.

Stomach cramps

By eating the right foods and keeping stress under control, you can minimize the possibility of stomach cramps.

Get wise to water.

When constipation is causing stomach cramps, pour on the water. Drinking over a half-gallon of water a day, which equals eight, eight-ounce glasses, should help make you regular in no time. Go easy on cola drinks. Processed caffeine is a diuretic and can quickly deplete the body's water supply.

Stay clear. When food poisoning or viral infections occur, stick with clear liquids, like water, until your distress subsides.

Whole foods provide fiber especially prunes.

Relax. Many causes of cramping are linked to stress making it impor-

"He deserves Paradise who makes his companions laugh." -Koran

tant to get your stress level under control. Whether you walk three times a week for 30 minutes at a time or learn biofeedback, you should see some relief from your cramps.

MUSCLE PAIN/ INJURIES

*Medi-Sign Target
Peppermint Oil at the Site*

*Alternative names
Muscle ache; Myalgia*



Muscle aches and pains are common and can involve more than one muscle. Muscle pain can also involve bones, fascia, which is the soft tissues that connect muscles, ligaments, tendons and organs together. (See: also *Muscle Cramps and Joint Pain*)

Muscle pain is most frequently related to overuse, tension or muscle injury from exercise or physically-demanding work. In these situations, the pain tends to involve specific muscles and starts during or just after the activity, making it obvious what is causing the pain.

Muscle pain also can be a sign of conditions affecting your whole

body, like some infections including the flu and disorders that affect connective tissues throughout the body, such as lupus.

One common cause of muscle aches and pain is fibromyalgia, a condition that includes fatigue, headaches, sleep difficulties and tenderness in your muscles and surrounding soft tissue.

Common Causes

- Tension or stress
- Overuse: using a muscle too much, too soon, too often
- Injury or trauma including sprains and strains

Muscle pain may also be due to:

- Polymyositis
- Dermatomyositis
- Lupus
- Fibromyalgia
- Polymyalgia rheumatica

Infections, including:

- An abscess in the muscle
- Trichinosis (*roundworm*)
- Influenza (*the flu*)
- Lyme disease
- Malaria
- Rocky Mountain spotted fever
- Polio

Many others

- Electrolyte imbalances like too little potassium or calcium
- Rhabdomyolysis

Drugs, including:

- Cocaine
- Statins for lowering cholesterol such as atorvastatin, simvastatin, and lovastatin
- ACE inhibitors for lowering

blood pressure such as enalapril and captopril

- Many others

Home Care

Rest that body part if muscle pain stems from overuse or injury, Apply ice for the first 24-72 hours after an injury to reduce pain and inflammation. Heat often feels more soothing after this time has passed.

Muscle aches from overuse and fibromyalgia often respond well to massage. Gentle stretching exercises after a long rest period are also helpful.

Regular exercise can help restore proper muscle tone. Cycling, swimming and walking are good aerobic activities to try. A physical therapist can teach you aerobic, stretching and toning exercises to feel better and stay pain-free. Begin slowly and increase workouts gradually. Avoid high-impact aerobic activities and weight lifting when injured or while in pain.

Be sure to get plenty of sleep and try to reduce stress. Yoga and meditation are excellent ways to help you sleep and relax. *Even the word yoga alone puts me to sleep.*

- Warm up before exercising and cool down afterward

- Stretch before and after exercising.

- Drink lots of fluids before, during, and after exercise.

- If you work in the same position most of the day, like sitting at a computer, stretch at least every hour.

“My soul is dark with stormy riot, Directly traceable to diet.”

MUSCULAR DYSTROPHY

Medi-Sign Target
Fasting

Muscular dystrophy, also known as MD, is a group of rare, inherited muscle diseases in which muscle fibers are unusually susceptible to damage. Muscles, primarily your voluntary muscles, become progressively weaker. Fat and connective tissue often replace muscle fibers in the late stages of muscular dystrophy. In some types of this disease, heart muscles, other involuntary muscles and other organs are also affected.

Nine major types of muscular dystrophy occur. The most common muscular dystrophies appear to be due to a genetic deficiency of the muscle protein dystrophin. There is on-going concerns that vaccines and or dental mercury leads to the genetic propensity of these diseases. We all need to make knowledgeable choices.

The various types of the disease affect more than 50,000 Americans.

Signs and symptoms vary according to the type of muscular dystrophy. In general, they may include:

- Muscle weakness
- Apparent lack of coordination
- Progressive crippling, resulting in fixation of the muscles around your joints, known as contractures and loss of mobility

Many specific signs and symptoms vary from form to form of MD.



Each type is different in the age of onset, what parts of the body the symptoms primarily affect and how rapidly the disease progresses.

Duchenne's muscular dystrophy

The types of muscular dystrophy that are due to a genetic deficiency of the protein dystrophin are called dystrophinopathies. The most severe form of dystrophinopathy is Duchenne's muscular dystrophy. It occurs most often in young boys and is the most common form of MD that affects children.

Signs and symptoms of Duchenne's MD may include:

- Frequent falls
- Large calf muscles
- Difficulty getting up from a lying or sitting position

- Weakness in lower leg muscles, resulting in difficulty running and jumping
- Waddling gait
- Mild mental retardation, in some cases

Signs and symptoms of Duchenne's usually appear between the ages of two and five. It first affects the muscles of the pelvis, upper arms and upper legs. Most children with this form of muscular dystrophy are unable to walk by their late childhood. Most of these children affect die by their late teens or early 20's, often from pneumonia, respiratory muscle weakness or cardiac complications. Some people with Duchenne's MD may exhibit curvature of their spine known as scoliosis.

Becker's muscular dystrophy

This type of muscular dystrophy is a milder form of dystrophinopathy. It generally affects older boys and young men, and usually progresses more slowly over several decades. Signs and symptoms of Becker's MD are similar to those of Duchenne's. The onset of the signs and symptoms is generally later, from age two to sixteen. Myotonic dystrophy Also known as Steinert's disease, this form of muscular dystrophy produces stiffness of muscles and an inability to relax muscles at will, as well as the muscle weakness of the other forms of muscular dystrophy.

The inability to relax muscles at will, or myotonia, is found only in this type of muscular dystrophy. This form of MD doesn't usually affect people until adulthood although it has been known to be found in some children. It can vary greatly in its severity. Muscles may feel stiff after using them. Progress-

"A good meal makes a man feel more charitable toward the world than any sermon."

“The difference between an optimist and a pessimist? An optimist laughs to forget; a pessimist forgets to laugh.”

sion of this form of MD is slow. Besides myotonia, signs and symptoms of adult-onset myotonic dystrophy may include:

- Weakening of voluntary muscles that control your arms and legs, usually beginning with the limb muscles farthest from the torso the muscles of the feet, hands, lower legs and forearms.
- Weakening of head, neck and face muscles, which may result in the face having a hollow, drooped appearance.
- Weakening of muscles involved in breathing and swallowing. Weaker breathing muscles may result in less oxygen intake and fatigue. Weaker swallowing muscles increase the risk of choking.
- Fainting or dizziness, which may indicate that the disease is interfering with the conduction of electrical signals that keep the heart rate normal.
- Weakening of muscles of hollow internal organs such as those in the digestive tract and the uterus. Depending on which part of the digestive tract is affected, you may experience problems with swallowing as well as constipation and diarrhea. Weakness of the uterine walls may cause problems during childbirth.
- Difficulty sleeping well at night and daytime sleepiness and inability to concentrate because of the effect of the disease on the brain.
- Clouding of the lenses of the eyes known as cataracts.
- Mild diabetes.

Infants rarely have this form of muscular dystrophy, in which case it's called congenital myotonic dystrophy. The infant form is more severe, although infants with myotonic dystrophy don't experience myotonia.

Signs in infants include:

- Severe muscle weakness
- Difficulty suckling and swallowing
- Difficulty breathing



The other major types of muscular dystrophy are rare. They include:

- Limb-girdle muscular dystrophy
- Facioscapulohumeral muscular dystrophy
- Congenital muscular dystrophy
- Oculopharyngeal muscular dystrophy
- Distal muscular dystrophy
- Emery-Dreifuss muscular dystrophy

Limb-girdle muscular dystrophy Muscles usually affected first by this form of muscular dystrophy include:

- Hips
- Shoulders

This form then progresses to the arms and legs, though progression is slow. Limb-girdle MD usually begins in the teen or early adult years.

Facioscapulohumeral muscular dystrophy

Also known as Landouzy-Dejerine disease, this form involves progressive muscle weakness, usually in this order:

- Face
- Shoulders
- Abdomen
- Feet
- Upper arms
- Pelvic area
- Lower arms

The shoulder blades of someone with facioscapulohumeral MD may stick out like wings when the person raises his or her arms. Progression of this form is slow, with some spurts of rapidly increasing weakness. Onset usually occurs during the teen to early adult years.

Congenital muscular dystrophy Signs of congenital MD may include:

- General muscle weakness
- Joint deformities

This form is apparent at birth and progresses slowly. A more severe form of congenital MD called Fukuyama type congenital muscular dystrophy may involve severe mental and speech problems as well as seizures.

Oculopharyngeal muscular dystrophy

The first sign of this type of muscular dystrophy is usually drooping of the eyelids, followed by weakness of the muscles of the eye, face and throat, resulting in difficulty swal-

lowing. Progression is slow. Signs and symptoms first appear in adulthood, usually in a person's 40's, 50's or 60's.

Distal muscular dystrophy

This group involves the muscles farthest away from the center of the body, those of the forearms, feet, hands and lower legs. The severity is generally less than other forms of MD, and this form tends to progress slowly. Distal MD generally begins in adulthood between the ages of 40 and 60.

Emery-Dreifuss Muscular Dystrophy

This rare form of muscular dystrophy usually begins in the muscles of the:

- Shoulders
- Upper arms
- Shins

Emery-Dreifuss MD usually begins in the childhood to early teen years and progresses slowly.

(See: *Diseases: The Mystery Solved*)

MUSHROOMS

Medi-Sign Target

**Thyroid Function,
Brain & Penis**

~Iodine Plants~

Current tests show that mushrooms help prevent and/or treat cancer, high blood cholesterol, high blood



pressure, sticky blood platelets and viral diseases, such as influenza and polio.

There are thousands of regularly-harvested, edible fungi in the world, in addition to literally hundreds of thousands of other edible species which are not harvested.

Some species are highly prized because they cannot be cultivated and are often harvested from natural settings.



A few of the most commonly consumed fungi are Chanterelle, Chicken mushroom, Common Button, Hen of the woods, Morel, Oyster, Paddy straw, Porcini, Portobella, Shiitake, Winter mushrooms, which are also known as "enokitake" in Japan, and countless others. There is not an animal alive whose taste is not replicated in the kingdom of mushrooms. Chicken, cows, fish, lobsters, pigs, turkeys, you name it and there's a mushroom that matches it.

CHANTERELLE

Chanterelle mushrooms have a delicate, sometimes nutty, sometimes fruity taste. Their texture is chewy. Most of the chanterelles that come to market have been picked in the wild. Look for chanterelles in summer and fall.

CREMINI

Cremini mushrooms are cocoa brown and firmer than the common cultivated white mushrooms. Cremini mushrooms should be cooked to bring out their true flavor which is

meatier and more pronounced.

These mushrooms are also known as Italian brown or Roman brown mushrooms and are available year-round.

COMMON BUTTON

This mushroom has been known to decrease the fat level in the blood. It also helps to rid the respiratory system of excess mucus and has biotic properties that can be used to treat contagious hepatitis. They increase white blood cell count and thereby bolsters immunity from disease-producing microorganisms. Common Button mushrooms can also help stop post-surgery cancer metastasis. They promote appetite and have the ability to reduce toxic reactions from eating meat.

ENOKI

Enoki mushrooms taste more like grapes than mushrooms. The texture of an enoki is crisp. Enokis are quite odd-looking, like cooked spaghetti topped with tiny button-caps. Enoki mushrooms are joined at a base and are available throughout the year.

HEN OF THE WOODS

Hen of the Woods mushrooms are polypores, which means multiple mushroom caps grow from a single stem. As with all mushrooms, Hen of the Woods mushrooms are 90 percent water, full of vitamins and minerals and low in calories. Caps are pearly white with ruffled, brown edges. Hen of the Woods mushrooms are available in the late spring and autumn.

OYSTER

Oyster mushrooms grow in the wild on trees, but are also cultivated to a year-round supply. Oyster mushrooms grow in wave-like, overlapping clumps. They have a mild

"Lanplier is America's most important export." -Walt Disney

taste and a silky texture and come in a variety of hues.

PORCINI

Like morels and truffles, porcini mushrooms are prized for their taste and rarity. Their flavor is rich and buttery. The name is Italian for “*little pigs*”. They resemble swollen common mushrooms with tan to brown tops and bulbous stems and are available in the spring and fall.

PORTOBELLO

Portobello’s, also spelled Portabella or Portabello, make an excellent meat substitute and are a hearty addition to stir-fry dishes and sauces. These large tan giants of the mushroom world are one of the most popular types of mushrooms. They have a flavor many people describe as “*meaty*” when grilled. Portobellos are large cremini-like mushrooms that are sometimes the size of a big cut steak! These fungi are circular, flat and long, with a dense, chewy texture. Portobellos are excellent for grilling or roasting.

One portobello mushroom has more potassium than a banana. White and crimini mushrooms are also good sources of potassium. Potassium helps the human body maintain normal heart rhythm, fluid balance and muscle and nerve function.

- It can also keep your ticker ticking and your brain thinking.

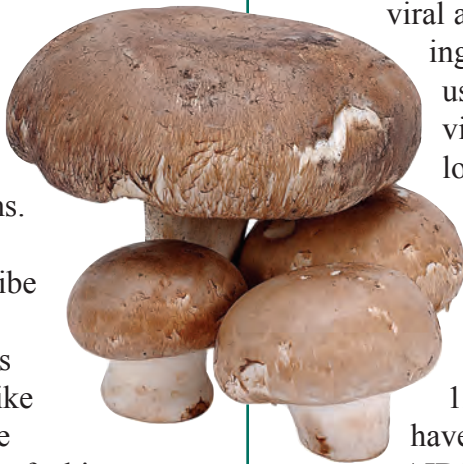
- Mushrooms also pack a lot of selenium, which partners with vitamin E to neutralize the cell-damaging free radicals that can increase

the risk of cancer and other diseases. Men who eat plenty of selenium-rich foods can reduce their risk of prostate cancer.



SHIITAKE

DAMN THAT SHIITAKE TASTE’S GOOD! As most mushrooms do, shiitake has viral and immunity-boosting properties and are used nutritionally for viruses as well. They lower cholesterol and regulate blood pressure. Raw shiitake eaten daily for one week lowered serum cholesterol by 12 percent. Shiitakes have been used to treat AIDS, cancer, diabetes, fibrocystic breast disease and other conditions. Shiitakes get their name by translating “*shii*” which is Japanese for “*oak*” and “*take*” which means “*mushroom*.” Shiitakes provide high levels of B vitamins, calcium, magnesium, niacin, phosphorus, protein and potassium. The mushroom has all of the known, essential amino acids.



WOOD EAR

Wood ear mushrooms are widely respected in China. Many Asians prize their consistency, which has been variously described as springy-soft and gelatinous with a crunch. Wood ear mushrooms grow in clusters and actually resemble the shape of ears with curled edges around flat

caps. They vary in size from a large button to teacup saucer. Glossy brown or black, wood ears have a mild flavor. They are often sold dried, but when soaked in hot water, they expand to six times their size!

MUSTARD

Medi-Sign Target
Lungs & Deplaquer

Mustard has been recognized for centuries as a decongestant and expectorant. It breaks up mucus in the air passages and is a good remedy for congestion caused by colds and sinus problems. It also increased metabolism, burning off extra fat.

MUSTARD GREEN

Medi-Sign Target
Lungs & Deplaquer

Mustard Green dissolves stagnant or congealed blood, clears chest congestion, improves energy circulation, influences the lungs and moistens the intestines. It also reduces cold mucus, which is clear or white and copious, associated with lung infections. Use mustard greens in a tea for colds or coughs.



“Let your head be more than a funnel to your stomach.”

MYASTHENIA GRAVIS

Medi-Sign Target
14 Days on Cabala Juice



Myasthenia gravis is a chronic disorder characterized by weakness and rapid fatigue of any of the muscles under your voluntary control. It's caused by a breakdown in the normal communication between nerves and muscles.

The disorder affects only the function of your nerves and muscles. The muscle weakness you experience improves when you rest. In moderate to severe cases, myasthenia gravis may cause difficulties with breathing, chewing, speech or swallowing and as well as weakness of your limbs.

Myasthenia gravis can affect people of any age, but it's more common in women younger than 40 and in men older than 60. Estimates of the number of people with this disorder

vary because it can be difficult to diagnose, but it's been estimated that the two and three people per every 10,000 in the United States are affected. This disease most commonly affects muscles of the arms, eyes, face and legs, as well as those muscles involved in chewing, swallowing and talking. Muscles that control breathing and the movement of your arms and legs can also be involved.

Signs and symptoms may include:

- Facial muscle weakness, including drooping eyelids
- Double vision
- Difficulty in breathing, talking, chewing or swallowing
- Muscle weakness in your arms or legs
- Fatigue brought on by repetitive motions The more often a muscle action is repeated, the worse the weakness becomes. In myasthenia gravis, good days may alternate with bad days. Remissions may occur, however, and can last for months.

(See: Disease: The Mystery Solved)

MYOCLONUS

Medi-Sign Target
Muscle Tapping &
Raw Red Foods

Myoclonus is a term that refers to brief, involuntary twitching of a muscle or a group of muscles. It describes a symptom and is generally not a diagnosis of a disease.

The myoclonic twitches or jerks are usually caused by sudden muscle contractions, although they also can result from brief lapses of contraction. Myoclonic jerks may occur alone or in sequence, in a pattern or

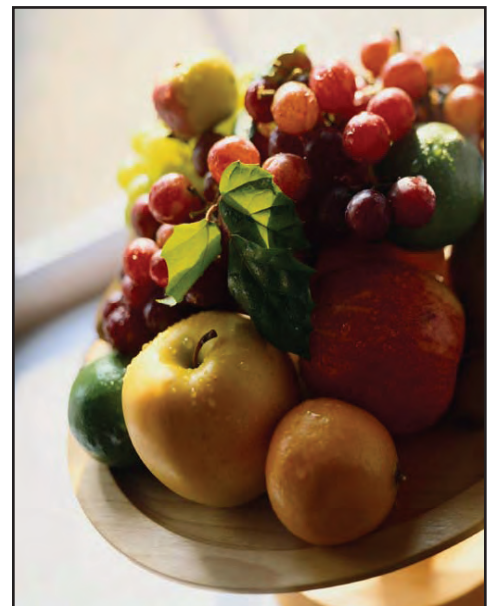
without pattern, frequently or infrequently.

Most often myoclonus is one of several symptoms in a wide variety of nervous system disorders such as Alzheimer's disease, Creutzfeldt-Jakob disease, multiple sclerosis or Parkinson's disease. Familiar examples of normal myoclonus include hiccups and jerks or "sleep starts," which some people experience while drifting off to sleep.

Severe cases of pathologic myoclonus can distort movement and severely limit a person's ability to eat, talk and walk. Myoclonic jerks commonly occur in individuals with epilepsy. The most common types of myoclonus include action, cortical reflex, essential, palatal, progressive myoclonus epilepsy, reticular reflex, sleep and stimulus-sensitive.

Although myoclonus is not a life-threatening condition, it may result in serious, debilitating impairments.

Tapping the muscle with two extended fingers for 60 seconds several times each day and strictly a diet of raw food for one year can remit this condition.



"The alimentary canal is thirty-two feet long. You control only the first three inches of it. Control it well."

MYOPIA

Medi-Sign Target

Carrots, Kiwi Fruit &
13 Knot Rope

Nearsightedness or myopia, occurs when light entering the eye focuses in front of the retina instead of directly on it. This is caused by a cornea that is steeper or an eye that is longer than a normal eye. Near-sighted people typically see well up close and have difficulty seeing far away.

This problem is often discovered in school-age children who report having trouble seeing the chalkboard. Near-sightedness usually becomes progressively worse through adoles-

cence and stabilizes in early adulthood. It is an inherited problem.

Signs and Symptoms

- Blurry distance vision
- Vision seems clearer when squinting

Try eye exercises with a 15 foot string and knots tied every foot. Loop the string onto a door knob and sit in a chair. Try to focus on each knot until you can see it as clearly as you are able, making your way to the door knob. Then reverse it and work your way back. Do this three times in the morning and again at night each day, for 90 days. Eat and drink lots of orange foods and their juices, especially carrots.



“Time spent laughing is time spent with the Gods.”





~Nn~

History: The Letter N

As mentioned, "N" derived its form from the ocean, as did "M." The early letter was drawn to resemble the head of a fish, probably suspended after being caught. The Greeks later reversed the stroke and called it "Nu." The Romans didn't change it much and gave it the name "en" "n" is used to abbreviate the word "nail" or "nails." And speaking of nails, it's about time someone cleared up the confusion regarding how nails are measured. First there are several different types of nails; common wire, flooring, finishing, boat, screw-type, masonry scaffold and roofing. Common wire nails used to be measured by how many pennies it would take to buy a pound. Apparently no one ever thought the value of a penny would change enough to change the corresponding number assigned to nails. Nails are now classified by a series of standard number designations. For example, there are about 876 No. 2d (1 x 15 gauge) nails to one pound. It's always a good idea to keep your nails clean, too. Especially when the FDR teaches that eating with your fingers is healthy and most utensils are radioactive. (See: Nuclear Spoons.)

Mystery: The Celtic Name Letter Key

The letter "N" indicates lack of confidence, and a name-print in which it is a dominant letter will usually indicate a worrier, always uncertain about the future. It reveals a slightly pessimistic outlook that may come to the fore on occasions. At other times it can be kept in check by more positive characteristics. A person whose name is dominated by "N" may also be uncertain emotionally, afraid to make a complete commitment to another person. The basic lack of self-confidence will often be hidden by a superficial show of supreme self-confidence that crumbles away upon close examination.

NAIL BITING

Medi-Sign Target
Apply Tea Tree Oil to Nails



Why it Occurs

You may worry that your toddler is anxious about something if he is biting his nails. Actually, nail biting is described by many people as a “nervous habit.” One explanation for why children bite their nails is anxiety. But there are many other less worrisome reasons. Your toddler may be nail biting out of boredom or curiosity, to pass the time, to relieve stress or just because it has become a habit. Nose picking, thumb sucking and hair twisting are all nervous habits. Nail biting is the most common of all the nervous habits. While nearly all kids bite their nails at one time, this nervous habit is the most likely to be carried into adulthood. Approximately one in three elementary school children, and one in two adolescents, experience a brief period of nail biting. Odds are in your favor that your child will lose interest in this habit or be teased by his peers and stop the habit on his own.

What to do

His hands need to be kept occupied. Try to notice where and when your child likes to bite his nails – for example, when he is riding in a car or watching TV – and provide a diversion such as a squeezable ball,

a bendable toy or finger puppets that will keep his hands busy. There is nothing to tempt him to bite his nails when they are short, so keep them cut.

Be hopeful and patient. Once you have provided toys and diversion, it’s best to ignore the habit. Nail biting is an unconscious habit, which means that your toddler does not realize he is doing it. Nagging and punishing are not helpful. Calling attention to it by explaining how nasty you think the habit is will probably make him want to do it more. And, if your toddler is in his contrary “no” stage, your pleas for him to stop may actually increase his nail biting habit. Drugstores sell bitter tasting nail painting solutions, but these are rather unjust punishments for a toddler. When he is an older child in his elementary years, he will probably want to stop biting his nails, and these solutions will serve as a helpful reminder to him.

It is common for children to indulge in one or more habits (*playing with the nose and thumb sucking is a normal combination*), and most will stop them without encouragement. Try to ignore the habit and one day you will discover that it has disappeared, like teething rings and diapers.

Onychophagia (*nail-biting*) is a common habit for stress-relief. Stress, excitement, inactivity or boredom, may contribute to nail biting. Sometimes it is a behavior learned from other members of the family. Typical “nervous habits”

include hair twisting or pulling, nose-picking, tooth-grinding, picking at the skin, nail-biting and thumb-sucking. The most common of the typical “nervous habits” is nail-biting.

You might be reading, talking on the phone, watching television or engaged in another activity, and without realizing it, you may be biting your nails.

There is more to the habit of nail-biting than biting only the nail. The cuticle and soft tissue around the nail may also be bitten.

Nail-biters are people of all ages.

- At one time or another, approximately half the children between the ages of ten and 18 bite their nails. The habit is most frequent while teens go through the changes caused by puberty.
- Between the ages of 18 and 22, just less than one in four young adults bites their nails.
- The percentage of other adults who bite their nails is small. By age 30, most people stop nail-biting by themselves. Over the age of 30, about one in ten men continue to bite their nails.

- After the age of ten, more boys bite their nails than girls.

What are the treatments for nail-biting?

There are several treatments, including behavioral changes and physical barriers, which may help you to stop the habit of nail-biting.



“Relationship: see it as a place you go to give, not a place that you go to take.”

•File and trim your nails on a regular basis. Attractive nails can lessen your nail-biting habit.



• Keep your nails manicured and polished. A clear polish can be used by men.

• You may want to try wearing artificial nails. They will protect your own nails as they grow out, and they may discourage you from biting them.

• Products such as CONTROL-IT or Thum, are bitter-tasting polishes which remind you to stop you nail-biting.

• Keep your hands busy. When you find yourself nail-biting, try another activity, like writing, drawing, squeezing a stress ball or playing with silly putty. Keeping a record of the times you bite your nails will make you more aware of your habit and increase your ability to quit.

• Use reminders to quit nail-biting, such as wearing gloves, adhesive bandages or colored stickers on your nails.

• Create a negative physical response, (*neuro-responsive conditioning*), such as snapping a rubber band on the inside of your wrist when you start to bite your nails.

Problems at school or with friends may increase nail-biting habits in children. Discuss any new stress at

school with your child and his or her teachers. When children understand what triggers their nail-biting, they are more likely to stop. Allowing your child to help choose a treatment method is an important step towards successfully ending his or her nail-biting habit.

What health problems develop from nail-biting?

Red and sore fingertips and bleeding cuticles can result from nail-biting. Increased risk of infection around the nail-beds and in the mouth, including dental problems and infections of the gums, may also result from nail-biting. Interference with normal nail growth and deformed nails can be the result of long-term nail biting.

NAIL INFECTIONS

*Medi-Sign Target
Soak in Saltwater &
Apply Hydrogen Peroxide*



What is a fungal nail infection?

Onychomycosis is commonly known as a fungal nail infection or ringworm of the nail. This occurs when a fingernail or toenail and/or the nail bed or the skin underneath the nail is invaded by fungi. Toenails grow very slowly and are more often affected than fingernails. The slow growth of the nail allows the fungi a longer time to develop.

Because of this, treatment of infected toenails require a longer treatment time than fingernails require.

Fungal infections are comprised of four major types. Dermatophytes is one type of fungus, responsible for approximately 90% of all fungal nail infections. Distal subungual onychomycosis is the most common fungal nail infection.

Fungal nail infections are common. At any given time, two to 18 percent of the world's population is afflicted with a fungal nail infection. However, these infections rarely occur in children, affecting less than one percent of the world's children at any given time. The people the age of 60 are most commonly affected.

What are the causes of a fungal nail infection?

If you come in contact with the fungi and they begin to grow under your nail, you can get a fungal nail infection. Warm moist areas, like around your toes, allow fungi to grow best. Distal subungual onychomycosis can be transmitted through person to person direct contact or through contact with commonly used items such as nail clippers, nail files, shoes or even floors. This type of fungal toenail infection can also be caused by athlete's foot.

Tight fitting shoes that are moist and do not permit air to circulate around your feet can contribute to fungal infections.

What are the symptoms?

Cracked, discolored, thickened, spotted or streaked nails can be the result of a fungal nail infection. As the infection progresses, the nail becomes unsightly.

“When are you going to do something unusual and new?”

Yellow streaks under the nail, a buildup of pieces and bits of skin and nail fragments under the nail, a discolored and thickened nail that may separate from the skin, and a brittle, thickened and broken nail are symptoms of distal subungual onychomycosis, the most common fungal infection.

Wearing narrow or tight shoes, standing for a long time or even walking can become uncomfortable and even sometimes painful as a result of a fungal nail infection.

Permanent nail damage can result from a fungal nail infection over time. The longer the infection invades the nail, the more difficult it becomes to cure. A nail infection which goes untreated can spread to other nails and skin.



There are those who believe tea tree oil or cream is an effective alternative treatment that prevents athlete's foot and mild fungal nail infections. Tea tree oil is normally used to treat burns, acne, minor cuts, vaginal yeast infections, mild fungal nail infections, athlete's foot and respiratory problems (*added to a bath or candle heat vaporizer*).

Changes in nail color.

- An injured nail may become black.
- A black or purplish appearing nail is the result of bleeding or

bruising under an injured nail. The blood may have to be drained from under the nail. As the injury heals, the black appearance will usually go away, but this may take weeks.

- On occasion, the black appearance under the nail may be due to a damaged nail matrix. The matrix is the beginning area of nail formation. If the nail matrix is injured, it may be necessary to remove the nail and repair the matrix.

- An uninjured nail which appears black or irregular may be the result of melanoma.

- Some medications may cause nails to become blue. Problems that reduce the amount of oxygen in the blood, such as exposure to cold or high altitude, asthma and COPD, peripheral vascular disease, shock, or severe anemia may also cause blue nails.

- Some medications may cause brown streaks in nails. Malnutrition is another cause of brown streaks. It is normal for people of dark-skin to have occurring brown streaks, and they should only cause concern if they are new or changing.

- Bacterial and fungal infections may cause green discoloration of the nail.

- Nutritional disorders, such as zinc deficiency, anemia or other problems may be the cause of pale white nails.

- Mild injury to nails may cause white specks, spots or bands (*leukonychia*) in the nail and are common. The injury may even

have gone unnoticed. It may take weeks or even months for these marks to go away on their own without requiring treatment.

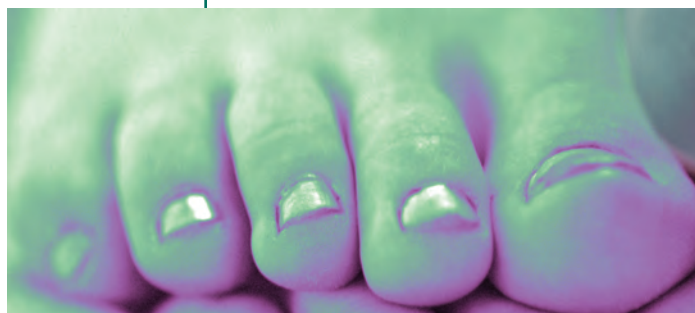
- An injury, skin condition or infection may cause the nail to separate from the nail bed (*onycholysis*), causing yellow nails. Certain medical problems, such as chronic lung disease or cancer, may also cause yellow nails. Some nail polishes, especially red polish, and smoking cigarettes can also cause nails to stain yellow.

Changes in nail shape and texture
There are many causes which lead to the change in nail shape and texture. Some changes are normal and occur with aging, such as the formation of ridges or minor pitting.

Other changes include the following:

- Pincer nails are tube-like nails that curve inward. They are more commonly found in toenails rather than fingernails, and are often caused by tight shoes. If pincer nails are accompanied by pain or infection, they may need to be surgically removed or reconstructed. Wearing shoes that fit properly may allow the nail to return to normal shape.

- Spoon-shaped nails may occur from iron-deficiency anemia or other diseases. In children, spoon-shaped nails are common, and usually temporary. Once the underlying cause is corrected, spoon-shaped



nails usually return to their normal appearance.

- Minor nail pitting may be normal. Skin diseases, such as eczema or psoriasis, may cause deep nail pitting accompanied by thick or yellow nails, or separation from the nail bed.

- Ridging may be caused by infection, illness or injury. It can also be a part of the normal aging process.

- Fungal infections, poor circulation or injury may cause nails to thicken. Thickened nails may become brittle, yellow or ridged. The nail may become loose or fall off. An unusually thickened nail is known as a “ram’s horn nail,” and occurs with aging.

- A condition known as clubbing occurs when the ends of the fingers and toes swell and the nails bulge outward. Raised, curved and extra shiny nails wrap around thickened fingers and toes. Persons with this condition may have chronic heart, liver, lung or thyroid disease. This condition may also occur normally.

Ways to prevent infection:

- Dissolve one teaspoon of salt in four cups of warm water. Soak the hand or foot in the solution two to three times each day for a period of 20 minutes. Repeat this for three days. Cover the affected area with a clean adhesive bandage in between soakings.

- Cover the clean nail bed with tea tree oil and an adhesive bandage. If the nail gets wet, change the bandage.

- Signs of infection include pain,

redness, swelling, increasing heat, tenderness and a puss like drainage. Watch for these signs.

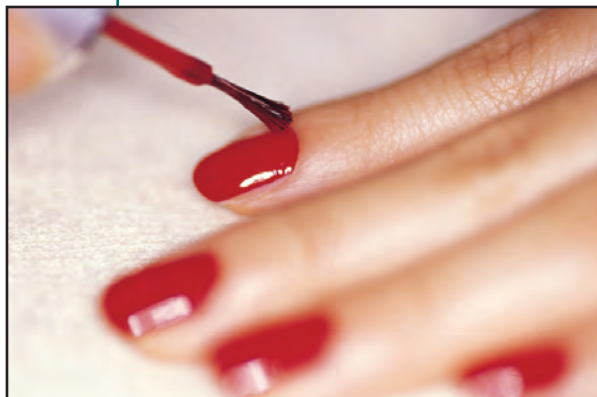
- If an artificial nail separates itself from the nail bed, remove the nail. The long artificial nail can tear the nail bed if not removed.

Treating a fungal nail infection at home:

- Paint the affected nails two to three times a day with tea tree oil (*melaleuca oil*). Nails should be soaked in Listerine mouthwash or a grain alcohol each day for five minutes.

- Raw garlic is a very strong agent for fungal prevention and removal of fungal infections. Add one to two cloves of raw garlic to your diet daily. Raw garlic may be directly applied to the nail, using an adhesive bandage. This may be enough to kill the fungus totally.

- Do not use artificial nails.



Home treatment for an ingrown toenail:

- Soften the nail by soaking your foot in warm water for 15 minutes.

- Wet a small piece of cotton and wedge it under the corner of the nail. This will slightly lift the nail

and prevent the nail from cutting the skin.

- Change the cotton daily. Allow the nail to grow out so that it can be trimmed.

Preventing ingrown toenails:

- Cut your toenails carefully. Cut them straight across. Leaving them a little longer at the corners will prevent sharp ends from cutting into you skin.

- Wear shoes that are comfortable and roomy.



Home treatment for a hangnail:

- A strip of skin which separates from the side of the cuticle is called a hangnail.

- Do not try to bite or pull off a

hangnail because this may rip the skin.

- Use clean, sharp cuticle scissors to clip off the nail.

- Two to three times a day, massage vegetable oil into your cuticles.

Home treatment for artificial nail problems:

- Remove the artificial nail if you suspect an allergic reaction to the artificial nail or an infection. Do not apply a new artificial nail.

- If an artificial nail separates from you natural nail bed, remove the nail to prevent it from catching and tearing the nail bed.

- If an artificial nail has separated from your natural nail and you do not suspect infection, clean the

“Thank you for caring.”

space between the two nails. Soak your fingertip for 15 seconds in grain alcohol and then reattach the artificial nail.

Home repair treatment for split, brittle or weak nails:

- Protect your nails from water and harsh chemicals by wearing disposable plastic or rubber gloves.

- Rub oils such as cold pressed coconut oil, soy oil, or extra-extra virgin olive oil directly onto your nails. Repeat this at bedtime, and cover your hands with white cotton gloves or socks.

- To slow the evaporation of water from your nails, apply nail polish. This should not be removed more than once a week as nail polish removers may increase breakage and splitting of nails if it is used too often.

- If you think your nail problem could be caused by polishes, adhesives or nail lacquers, do not use them.



Treating a skin infection around your nail at home:

- Dissolve one teaspoon of salt into four cups of warm water. Soak your hand or foot in the solution. Repeat this two to three times each day.

- No part of the affected nail should be removed.

- If you suspect an infection, do not wear artificial nails.

- Dampen the suspect finger or toe and then dip it into salt and cover it with a bandage.

Healing nail problems with nutrition:

- Increase consumption of citrus fruits for whole food vitamin C.

- Increase your consumption of foods containing vitamin B.

Vitamin B may be found in whole grain products, legumes and dark green leafy vegetables and fruit juices.

Unhealthy nails may reflect a nutritional deficiency or an underlying health problem. However, most nail problems are caused by abuse of the nail. Biting, picking, harmful chemicals, overuse of polish removers and even excessive manicuring can lead to nail problems.

Healthy nails grow at a rate of 1/4 inch every month. This growth rate can be slowed by illness, old age or even cold weather. Nails are composed of keratin. Keratin is the hard protein found in hair, animal hooves and the outer layer of skin (*the epidermis*). The part of the nail which can be seen is known as the nail plate. The nail plate grows out of the lunula, the pale half-moon at the base, and rests over the tips of the fingers and toes.

The seal between the skin and the nail is the cuticle. The lunula is the nail's only living tissue. The rest of the nail is composed of dead cells that have been pushed up from the base.

Nails are an important indicator of a person's health. Though nails are mostly dead tissue, a good doctor

will examine the nails which may hold clues to many diseases. Iron deficiency anemia may be indicated by soft spoon-shaped nails that curve upwards. Serious lung disorders or impaired circulation may be indicated by rounded, club shaped nails. Thickened, discolored nails may indicate a fungal infection. Pitting may be caused by psoriasis. Nails with horizontal ridges may indicate a systemic infection or a serious illness.

A healthy nail will be strong and appear smooth and slightly pink. Nails are similar to hair, in that they need moisture to remain flexible. Without enough moisture, nails will become yellowish and chip or break. Nails require nutrients and oxygen to grow and remain strong. The human body is very efficient in delivering nutrients to the areas of its body that need in most. Because the nails are not a vital body organ, they are one of the first areas to show signs of health problems within the body.

NARCOLEPSY



Narcolepsy is a sleep disorder that affects an estimated 250 of every one million people in the United States. This disorder causes intermittent episodes of uncontrolled falling asleep during the daytime.



“Don't allow familiarity to habituate you to the intense excitement and gratitude you feel for having someone special in your life.”

Additional symptoms include catalepsy, hypnogonic and hypnopompic hallucinations and sleep paralysis. Cataplexy is short-lived intermittent muscle weakness.

Hypnogogic and hypnopompic hallucinations occur when falling asleep or waking, and sleep paralysis is a paralysis that occurs while falling asleep or waking. Narcolepsy typically begins in a person's the teen years or early twenties. Narcolepsy and subsequent catalepsy are treated with stimulants and antidepressants. The causes of narcolepsy are unknown, although they have been linked with depression and blood pressure management.

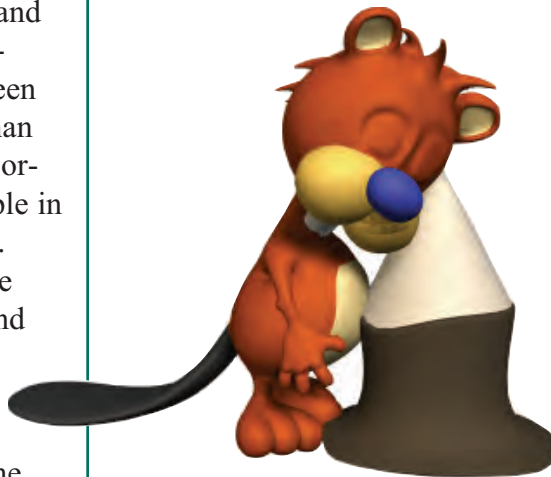
Although both young children and the elderly may experience narcolepsy, it usually begins between the ages of ten and 20. Both man and women suffer from this disorder. An estimated 125,000 people in the United States suffer from it. The hallmarks of narcolepsy are excessive daytime sleepiness and the sudden onset of sleep. Controversy exists as to whether or not narcolepsy is a life-long disorder. While some studies suggest that it is, others show that symptoms decrease in older age.

Symptoms of Narcolepsy

Excessive daytime sleepiness and sleep knockouts when accompanied by one or more auxiliary symptoms technically define Narcolepsy. The auxiliary symptoms may include catalepsy, hallucination and sleep paralysis. Only one in ten cases involves the entire tetrad of symptoms. The most common auxiliary symptom associated with narcolepsy is catalepsy. This symptom afflicts nearly 70 % of narcolepsy patients. The symptoms of hypnogogic and hypnopompic hallucinations and



sleep paralysis are less common. Hallucination occurs in approximately one of every four cases, and sleep paralysis occurs in nearly three in every ten cases. In narcoleptic people, these symptoms rarely occur on their own; they are usually accompanied by catalepsy. The symptoms are intensified when they occur together.



Excessive Daytime Sleepiness and Sleep Knockouts

Sudden and unexpected falling asleep during the day is the most prevalent symptom of narcolepsy. Most narcoleptic episodes occur at inappropriate times. People may fall asleep during a meeting, while driving and even during sex. For people who experience these episodes, the consequences are significant.

Typically, the unexpected sleep may last from 15 minutes to one hour. It is rare for sleep to last more than one hour. However, the sleep may occur again within one to several

hours. A person usually wakes up feeling refreshed, begins to tire slowly within the next hour or two and then falls asleep again. This sleeping-waking cycle then repeats itself. Some people experience extreme sleepiness during the day but do not actually fall asleep. EEG studies have shown that the occurrence of excessive daytime sleepiness is associated with abnormal biorhythms. Stimulants, such as caffeine or drugs, are used to help overcome the overwhelming urge to sleep. People with narcolepsy, who face uncontrollable sleepiness and continual efforts to resist it, often experience significant live disruptions. Typically, the compounded sleepiness of the day results in short sleep episodes. People with narcolepsy do not have normal nocturnal sleep habits. Polysomnography shows that they demonstrate non-specific changes in their sleep patterns, including less time spent in stage one sleep, and increase in the number of arousals, and sleep maintenance insomnia.

Cataplexy

Cataplexy is almost exclusively associated with narcolepsy, and it is the most associated secondary symptom. Cataplexy is the sudden, temporary loss of muscle tone in the body. A severe case may affect all the voluntary muscles in the body, causing a complete collapse. A mild case can be very subtle, involving only a few muscle groups and mild loss in muscle strength. An example is partial head muscle weakness, which causes a person to work hard to keep their head from drooping. Individuals can move their eyes during a cataplectic episode because the eye muscles are not affected. Cataplectic episodes produce all-consuming effects, and it is very difficult and nearly impossible for an

"You never know when it may happen."



ry, visual or tactile. They can include frightening noises and shapes. A person experiencing hypnogogic or hypnopompic hallucinations may be awoken without causing additional stress or harm.

These hallucinations are usually more intense than mild dreams or daydreams. They are more like nightmares. People who suffered from these hallucinations were sometimes misdiagnosed in the past as schizophrenic.

Sleep paralysis, which has been documented since the early nineteenth century, is the inability to move immediately before falling asleep or when awakening. A description of sleep paralysis is a feeling of fear, as if someone or something is holding you down or sitting on your chest.

Sleep paralysis is a nonexclusive secondary symptom of narcolepsy, as are hypnogogic and hypnopompic hallucinations. Sleep paralysis is usually accompanied by hypnogogic and hypnopompic hallucinations and lasts from a few seconds to 30 minutes. Just as hallucinations, sleep paralysis can be temporarily relieved by an observer who awakens the person.

Additional Concerns with Narcolepsy

Serious physiological diseases and disorders from heart disease to anemia to brain tumors may also express symptoms such as excessive daytime sleepiness. The uncontrolled sleep related to these conditions differs from narcolepsy. These conditions last longer, are more extensive and the person usually does not feel refreshed upon awakening.

individual to be guided out of an episode by anyone else. Sometimes the loss of muscle function is not easily seen, and the person has only a vague feeling of weakness. Cataplectic episodes vary in length from a few seconds to 30 minutes. They almost never exceed 30 minutes.

Extreme emotional states such as winning the lottery or extreme anger are thought to bring on cataplexy. Narcolepsy, the host condition of cataplexy, does not discriminate by reacting to emotional states.

A person is completely awake during a cataplectic event and will be able to remember it. Hallucination may occur if the episode lasts longer than a few minutes. Occurrence of a cataplexy event apart from narcolepsy is very rare.

Hypnogogic and Hypnopompic Hallucinations

Although hypnogogic and hypnopompic hallucinations occur at a very high rate of frequency in most narcolepsy cases, they are not peculiar to it. They appear in only five percent of narcolepsy cases, even though they are the predominant subsystem. They also appear in other disorders. Hypnogogic hallucinations occur when falling asleep. Hypnopompic hallucinations occur upon awakening. They both last only a few minutes. These hallucinations are often terrifying and upsetting. They can be audito-

Affective disorders, including some types of depression, also share narcolepsy symptoms. The amount of depression associated with narcolepsy still needs to be examined. Depression or stress often accompanied with complaints of tiredness and sleep disruption. Both conditions respond to REM sleep manipulation. The ability to distinguish narcolepsy from these conditions may call for a thorough lifestyle assessment.

Treating Narcolepsy

Good sleep practices, including sufficient evening sleep, and whole foods are some ways to remedy narcolepsy. A consistent sleep schedule is important. Shift work should be avoided, as well as hard alcohol.

Short naps are often refreshing to people with narcolepsy. Excessive daytime sleepiness may be alleviated by scheduling short naps during the day. A short nap following lunch and another in late afternoon may help lessen the severity of daytime sleepiness and impart alertness.

The most important aspect of managing cataplexy is good sleep practices. People who are sleep-deprived and maintain poor sleep



“What is something you can do today for someone you love?”

habits often experience much worse cataplectic events.

These conditions have been known to disappear completely after ten days on water, in a comfortable environment.

NAUSEA

*Medi-Sign Target
Drink Water & Puke!*



What is nausea?

The sensation of having the urge to vomit is nausea. When the stomach contents are forced up through the esophagus and out of the mouth, a person is vomiting. There are many conditions of which nausea and vomiting are common symptoms. Usually, they do not demand medical attention. Vomiting and nausea are the body's natural way to signal that something is wrong.

If these symptoms become severe, if they continue for days, or if you are unable to keep and fluids or food in your stomach, your body may be experiencing a more serious condition.

The most important concern with

vomiting episodes is the resulting dehydration. The speed with which your body dehydrates is determined by the frequency of the vomiting, your body size and weather or not you are experiencing diarrhea.

Possible causes of adult vomiting:

- Chemotherapy
- Food allergies
- Food poisoning
- Medications
- Migraine headaches
- "Morning sickness" associated with pregnancy
- Seasickness or motion sickness
- Too much alcohol

Nausea is the feeling of uneasiness in the stomach that often precedes vomiting. For normal bouts of nausea, drink one quart of water, stick your finger down your throat to induce vomiting, and you should feel much better in minutes.

The cause of the nausea may sometimes be determined by the timing of the nausea. If you begin to feel ill shortly after eating a meal, the nausea may be a result of gastritis (*inflammation of the stomach lining*), food poisoning or an ulcer.

Some serious conditions may result in nausea. These conditions include appendicitis, brain tumors, concussions, intestinal blockage and meningitis, which is an infection of the membrane linings of the brain.

Ways to prevent nausea:

- Acupressure bands, which are used for seasickness and motion sickness, can help to reduce nausea
- Chew a stick of peppermint gum
- Drink eight glasses of water every day to prevent dehydration which can cause nausea
- Eat slowly
- Eat several small meals during

the day rather than three large meals

- Rest after you eat and raise your head one foot above your feet
- Suck on peppermint or honey drops
- Try acupressure
- Press the tip of the right index finger on the underside of the left wrist, about one and one half inches (3.9 cm) from your left hand
- Use moderate pressure for two to three minutes
- Repeat as necessary

Your nausea may be caused by stomach contractions. Peppermint oil is a spasmolytic that can help diminish the contractions.



Other treatments for nausea

When you suffer from nausea, there are things you can do to help yourself feel better. Drink a glass of cold fresh water. Eat a light diet, beginning with whole-wheat toast and bland foods. Refrain from eating any kinds of meat until you are symptom free. Eat vegetables and nuts that you can tolerate. Don't eat artificial sweets. Eat only small meals. Eat slowly. After eating, rest.

Persistent nausea

There are a lot of causes for persistent nausea, but not all of them are serious. If you continually suffer

"Get off the bench and step into the game of life."

from nausea, you may experience a loss of appetite which will cause you to eat less and lose weight.

Possible causes of weight loss and persistent nausea include:

- Anxiety or depression
- Cancer
- Digestive tract problems including infection, inflammation, irritation or a digestive disorder
- Heart, lungs, liver or kidney problems
- Side effects of medications
- Stress or an emotional situation

Once you know the cause of the nausea and vomiting, it is important to treat the underlying cause. Do not ignore it.

No matter what is causing the vomiting, it is necessary to drink as much fluid as possible without causing further stomach upset. Slowly drink herbal teas or clear fluids including water. Brewed peppermint oil tea and gingerroot tea are both beneficial for dealing with nausea. “Morning sickness,” associated with pregnancy, is also aided by drinking these teas.



Things to remember

That queasy feeling of unease known as nausea is something familiar to everyone. Nausea often precedes or is accompanied by vomiting. It is possible to experience nausea with or without vomiting. The human body is intelligent. Nausea is the body’s way of reacting to a condition or an infection.

Other possible causes of Nausea:

- Acidosis
- Acute appendicitis
- Balance disorders
- Brain disorders
- Cancer treatments
- Chronic smokers
- Colitis
- Concussion
- Diabetic ketoacidosis
- Diabetes, when heading towards diabetic ketoacidosis
- Digestive disorders
- Emotional disorders
- Food intolerances
- Food poisoning
- Gallbladder disorders, usually causes nausea
- Gallstones
- Gastroenteritis
- Hepatitis, nausea is an early sign of hepatitis even before any jaundice
- Heart attack
- Hiatus hernia
- Infections from bacterial overwhelm in meat
- Kidney disease
- Kidney disorders
- Labyrinthitis
- Liver disorders
- Medications
- Metabolic disorders
- Migraine
- Morning sickness
- Motion sickness
- Peptic ulcer
- Postnasal drip
- Pregnancy
- Traveler’s diarrhea
- Vertigo



These small white beans are called navy beans because they were once a staple food on U.S. Naval ships. Dry or canned navy beans are available all year in the local grocery store. They are the perfect bean for making baked beans.

These small, creamy white beans are mild-flavored. The beans are dense and smooth. The navy bean is one of 13,000 species of the legumes family. Legumes are plants that produce edible pods. If there are 13,000 kinds of beans, chances are good that we should be eating them! When navy beans are combined with a whole grain such as rice, they provide a high quality protein that is fat-free. They taste really good and they are really good for you.

Healthy benefits

All beans, including navy beans, provide a good source of fiber which lowers cholesterol. While the high fiber content lowers cholesterol, it also prevents spikes (*quick rises*) in blood sugar levels after a meal. This is important for people with diabetes, hypoglycemia or insulin resistance. When Navy beans are eaten with rice or other whole grains, they are a source of high quality protein which is virtually fat-free. Navy beans are a wonderful nutritional source. They provide the body with folate and manganese, vitamin B 1. They also provide minerals such as copper, phosphorus, magnesium and iron, along with 15,000 other nutritional components!

NAVY BEANS

Medi-Sign Target
Blood Cells

“Decide that it’s more important for you to be in love than to be right.”

An All Star of Fiber

If you check the fiber content in foods, you will find that legumes are at the top of the list. All beans, including navy beans, are rich in fiber. Just one cup of cooked navy beans provides the body with a full-load of fiber. In the digestive tract, soluble fiber forms a gel-like substance that combines with bile and carries it out of the body. Bile contains cholesterol, which is why high fiber foods help to reduce cholesterol. Studies have shown that insoluble fiber increases stool bulk which helps to prevent constipation and it also helps to prevent irritable bowel syndrome and diverticulosis. Can you hear those navy ships blowing their whistles?

Lower Your Risk of Heart Attack

Researchers studied more than 16,000 middle-aged men in the United States, Finland, Italy, The Netherlands, Greece, the former Yugoslavia and Japan for 25 years. They examined their food eating patterns and their risk of dying from coronary heart disease. The researchers broke down the typical food patterns by regions. The United States had a higher consumption of meat. In Southern Europe, they found a higher consumption of vegetables, legumes, fish and wine. In Northern Europe, they saw a higher consumption of dairy products. There was a higher consumption of cereals, soy products and fish in Japan. The researchers looked at this date and examined

it in relation to the risk of heart disease related death. The Southern Europe pattern where there was high legume consumption was also associated with a lower risk of heart attack was lower by an amazing 82%!

There is more to the navy bean than fiber. These beans contain large amounts of folate and magnesium, which also contribute to a healthy heart. Folate helps to lower the levels of homocysteine. This is an amino acid that is an intermediate product in an important metabolic process called the methylation cycle. High blood levels of homocysteine are an independent risk factor for stroke, heart attack and peripheral vascular disease. Twenty to 40 percent of people with heart disease have elevated blood levels of homocysteine. Americans could reduce the number of heart attacks they suffer each year by 10%, just by eating whole food folate. One small cup of cooked navy beans provides a huge amount of folate.

The healthful cardiovascular effects of the navy bean are augmented further by its good supply of magnesium.

Magnesium is a natural calcium channel blocker.

When the body has enough magnesium, the veins and arteries relax. This allows blood, oxygen and nutrients to flow more freely throughout the body. Studies indicate that heart attacks are associated with mag-

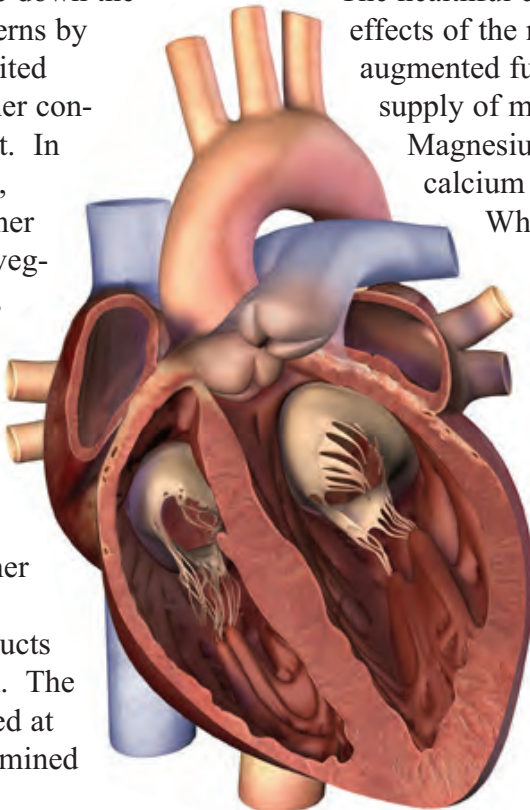
nesium deficiencies. If the body is lacking sufficient amounts of magnesium immediately following a heart attack, the heart is open to free radical injury.

A happy heart is a heart fed by navy beans. A one cup serving of navy beans provides all the magnesium your body needs for the day. Those who know will tell you to eat your navy beans!

Potassium is another mineral essential for maintaining heart function and normal blood pressure. It is an important electrolyte involved in nerve transmission and the contraction of all the muscles, including the heart. It's the navy bean to the rescue as it is a good source of potassium too. A one cup serving of navy beans provides 669.8 mg of potassium. These beans are ready to promote good cardiovascular health, protect against high blood pressure and atherosclerosis.

If You Want Energy to Burn While Stabilizing Blood Sugar, Go For the Navy

This bean is beneficial to the digestive system, the heart, and the dietary fiber helps stabilize blood sugar levels. Navy beans can help balance blood sugar levels and provide steady, slow-burning energy. This is especially important if you have insulin resistance, diabetes or hypoglycemia. Studies show the large benefits that high fiber foods provide in managing blood sugar levels. People with Type II diabetes were separated into two groups. Each group was fed a different amount of high fiber foods. The first group ate 24 grams of fiber a day, which is the amount of fiber in the standard American diet. The second group was given just over twice that amount of fiber each day.



"If you were to look up your name in the dictionary, how would you be defined?"

“The most common reason financial success eludes people is that they have mixed feelings about money.”



The group who ate the higher fiber diet (50 grams/day) had wonderful results. They had lower levels of blood sugar (*plasma glucose*) and insulin, the hormone which helps the blood sugar get into the cells. They also saw improvements in their cholesterol levels. The group lowered their total cholesterol by almost seven percent, their triglyceride levels dropped by 10.2%, and their Very Low Density Lipoprotein (VLDL), which is the most dangerous form of cholesterol, decreased by 12.5%.

Energy and Iron

You know that the navy bean provides slow burning complex carbohydrates, but did you also know that they help to replenish you stores of iron? This is particularly important for women who are menstruating because they are at risk for iron deficiency. Navy beans are a primary source of iron. Boosting the iron stores in the body by eating navy beans is a good idea because they are low in calories and virtually fat-free, unlike red meat, which is a source of secondary iron. Hemoglobin, which carries oxygen from the lungs to all body cells, needs iron. Iron is also part of key enzyme systems which produce

energy and metabolism. Children and adolescents need a lot of iron, as do pregnant and lactating women. Eat a one-cup serving of navy beans, and the iron in them will get to work.

Copper and Manganese – Aides for Energy Production and Defenses

Copper and manganese, trace minerals, are essential cofactors of a key oxidative enzyme called superoxide dismutase. Navy beans are a good source of copper and a very good source of manganese. Super dismutase disarms free radicals produced within the mitochondria (*the factories in our cells that produce energy*).

Copper is also necessary for the activity of the enzyme lysyl oxidase. This enzyme is involved in cross-linking collagen and elastin. Both collagen and elastin provide the ground substance and flexibility in joints, bones and blood vessels.

As you have read, the primary use for iron in the body is as part of hemoglobin. Hemoglobin is the molecule which transports and releases oxygen throughout the body. But hemoglobin synthesis also requires copper. Iron cannot be utilized properly in the red blood cells without copper. Lucky for us, the navy beans engineered by Mother Nature supply both minerals. That one little cup of navy beans supplies the body with manganese, copper and iron too.

Thiamin (Vitamin B1) to Maintain Your Memory

Thiamin is critical for brain cell/cognitive function. It also takes part in enzymatic reactions central to producing energy. Thiamine is needed to synthesize acetylcholinem an important neurotransmitter which

is essential for memory. Lack of acetylcholine has been found to be an important contributing factor in senility (*age-related impairment in mental function*) and Alzheimer’s disease. Alzheimer’s disease is clinically characterized by a decrease in acetylcholine levels. A one-cup serving of navy beans provided thiamin, and its fiber helps remove brain plaque. Eat navy beans so you won’t forget!

Protein Power Punch

Are you thinking about reducing your consumption of red meat (*secondary protein*)? You might try becoming a fan of the navy bean! These beans are a good primary protein source. Combine them with a whole grain, such as whole wheat pasta or brown rice, and they provide more protein than meat. And they don’t contain the high calories, fluidiums of carcass decay or saturated fat found in meat. When you eat navy beans you get more than an excellent source of protein. You gain the additional benefits of blood sugar stabilization and healthy heart benefits because of the soluble fiber in these marvelous legumes. A cup of navy beans provides a get protein power punch.

NECK PAIN

Medi-Sign Target
Essential Peppermint Oil
Rubbed into Site



What is Neck Pain?

When you feel pain between the top of your shoulders and the bottom of your head, you are experiencing neck pain. Sometimes the pain will spread to the upper back or arms. It may become difficult to move your neck and head freely.

Neck pain is a common problem. Older adults experience neck pain more frequently. Approximately half of the people over the age of 50 have neck pain at one time or another.



Causes of Neck Pain

Neck pain is usually caused by movements of the neck muscles, tendons, bones, ligaments or joints that are repeated over an extended length of time. The result can be a strain, sprain, spasm of the neck muscles, or inflammation of the neck joints. A strain is an over-stretched or overused muscle. A sprain is an injury to a ligament. If you are painting a ceiling, for example, or slouching, or you sleep with your neck twisted, or you stay in one position for a long time, you may end up with neck pain.

Neck pain may be caused by an injury. Whiplash, which occurs in an automobile accident, and falling from a ladder are examples of neck

injuries. Neck pain may also be caused by certain medical conditions, such as an infection in the neck area, rheumatoid arthritis, or a narrowing of the spinal canal in the neck known as cervical spinal stenosis.

These are symptoms of lack of neck movement and proper exercise and a diet lacking in whole foods.

Activities That Cause Neck Pain

Activities that cause repeated or prolonged movement of the neck's muscles, tendons, bones, ligaments or joint are responsible for most neck pain. These repeated or prolonged movements can cause a strain, as an over-stretched or over-used muscle, a sprain, which is an injury to a ligament, spasm of the neck muscles, or neck joint inflammation.

These activities include:

- Holding your head in an odd position or a forward position for a long time while talking on the phone, watching TV, working or reading
- Resting your forehead on your upright fist or are for long periods of time (*Imagine the Thinker's Pose*)
- Sleeping on your stomach while your head is bent or crooked, or sleeping on a pillow that is too flat, too high, or just doesn't properly support you head
- Work and exercise that involves the arms and upper body, such as reaching overhead to paint a ceiling or stock shelves

Other Symptoms that May Cause Neck Pain Are:

- Blurred eyesight or eye fatigue
- Dizziness

- Fatigue, irritability, and sleep disturbances
- Hearing Disturbance
- Trouble concentration

If you experience long lasting or chronic neck pain, coping with everyday life may be difficult. Common side effects of chronic pain include depression, anxiety and fatigue.

When neck pain is caused by activities, such as a poor sleeping position or computer use, improvement is possible. When treatment is initiated which includes modifying activities, exercising or physical therapy and steps to relieve pain, improvement should be seen within four to six weeks.

Neck pain resulting from injury, such as a fall resulting in a herniated disc, usually improves without surgery in three months or less. Neck pain resulting from an injury, such as whiplash, usually improves over a longer period of time. Improvement is usually seen within six to 12 months. Occasionally the pain recurs.

When neck pain occurs with other health conditions, it may become chronic or long-lasting. Some conditions which may contribute to this are associated with aging. These include cervical spondylosis, which is arthritis of the neck, and cervical spinal stenosis, which is the narrow-



"Take a cue from the wondrous imagination that fills the heart and soul of any child."

ing of the spinal canal. Chronic neck pain may also result from repeated and prolonged movements such as spending long hours in front of a computer.

(See: *Arthritis and warm Oatmeal*)

Nerve- related symptoms caused by pressure on the spinal nerve roots or spinal cord include:

- A burning feeling when touched on the skin of the arm or hand
- A shock like pain that extends into the arm or hand
- Leg numbness or weakness, and loss of the ability to control urination (*bladder control*). This occurs when there is considerable pressure or injury to the spinal cord.
- Numbness, tingling or weakness in the arm or hand

For Sudden (acute) Neck Pain:

• During the first 24 to 48 hours, place an ice pack or a cold pack on the painful muscles. This will lessen the pain, swelling and muscle spasm. If the pain is on the upper back or shoulder, place ice pack on the back of the neck. Or, you may want to try ice massage. Rub ice over the painful area for two to seven minutes, until the pain is numbed.

• Hot showers, hot tubs, hot packs or alcoholic beverages should be avoided for the first 48 hours after an injury, because they might increase the swelling. If the swelling is gone after 48 to 72 hours, apply heat. You can use a



warm pack or a heating pad on the low setting. There are some who recommend applying alternating hot and cold treatments.

- To relieve pain and encourage blood flow, gently massage or rub the area. If it causes pain, stop. An application of helichrysum can do wonders.

Chronic (long lasting) pain can be treated by taking the same pain relief measures as used for acute pain. The only difference is that you don't have to worry about swelling.

There are things you can do to aid healing in both acute and chronic neck pain and to prevent further injury. They include:

- Keep your neck flexible, strong and prevent stiffness by doing stretching and strengthening exercises for your neck.
- Resume your normal daily activities and routine as soon as possible. To heal faster, research suggests continuing your normal routine and activities after neck-strain injuries helps to heal symptoms faster than neck immobilization and time away from work.

- Avoid or change any activities that may have caused the neck pain to begin, such as working overhead with your arms or prolonged computer work.

- Maintain good health habits. Make an effort to reduce tension and stress at work and in your

home. Engage in muscle relaxing exercises. Consider having a massage. Quit smoking; smoking decreases the blood supply, which slows the healing process and delays tissue repair. Exercise regularly and include walking and aerobic exercise.

- By paying attention to your body mechanics (*how you move and hold yourself*), you can help prevent future neck pain. Pay attention to the following:

- Avoid slouching or leaning with you head forward. When you sit in a chair, sit straight up with your lower back supported, relax your shoulders and place your feet flat on the floor. Avoid sitting in one position for a long length of time. Take short breaks every few minutes and stretch your neck muscles.

- If you work at a computer station, you can make changes to your workspace. Adjust the monitor so that the top of the screen is at eye level. Keep your work at the same level as the screen by using a document holder.

- If you use the telephone a lot, do not cradle the phone on your shoulder. Consider using a headset or a speakerphone.

- Make adjustments to the inside of your car, starting with the seat. Your seat should be in an upright position that supports your head and lower back. Position the seat near enough to the steering wheel so that you are not reaching for the wheel while you are driving. Your arms should be in a comfortable, slightly bent position.

- Your neck pillow needs to keep your neck straight. It shouldn't be

too high. It shouldn't be too flat. It should be just right. There are special cervical support neck pillows, called cervical pillows or rolls, which may relieve neck stress. You can also make a neck support for yourself. Fold a towel lengthwise into a pad that is four inches wide. Wrap the pad around your neck and position it to provide good neck support. Pin it to keep it in place. And try to avoid sleeping on your stomach, when you may twist or bend your neck.

- If you read in bed, it is important to have correct posture. Don't use your arms to hold a book up and don't bend your neck forward. Instead, try propping the book up. A wedge-shaped pillow which supports your arms and keeps your neck in a neutral position is worth considering.

- Use proper lifting techniques. Lift with your knees and legs, not your back, to help prevent neck pain.

- Maintain a healthy body weight to help prevent neck pain.

NECTARINE

*Medi-Sign Target
Heart, Muscles & Skin*



Prunus persica var. nectarine

Family: Rosaceae

Nectarine: Type of peach with a thin smooth skin and firm flesh.

It's really strange, but the nectarine is never described or even mentioned in the time before Christ, but it is mentioned immediately afterwards. The first mention of nectarines in America was in 1720, growing between the peach trees in Virginia. In 1857, A.J. Downing registered 19 nectarine races in America. Today, there are many types of nectarines grown.

Most people eat nectarines with the skin on.

There are types of nectarines that grow with the pulp attached to the stone, and there are types that have the pulp loose from the stone. The pulp of the nectarine ranges in color from white to yellow to pulp with red stains. The skin of nectarines varies in color, from dark-red to green. The downy skin of the nectarine is remarkable.

The nectarine is a relative of the peach. The flesh of the nectarine is sweet, succulent and firmer than that of the peach. A ripe nectarine has smooth skin, and is colored a brilliant golden yellow with wonderful blushes of red. July and August are the peak months for nectarines, but they are available from mid-spring to late September. The best nectarine will be just slightly soft to the touch, and it will look bright

with color and fragrance. Don't buy those that are bruised or blemished, or those that are hard or too green. If you purchase nectarines which are not quite ripe yet, just allow them to sit at room temperature for a few days and they will ripen. If the fruit is ripe, it should be kept under refrigeration and used within five days.

Nectarines are wonderful to bite into and eat right from your hand. They can also be used in salads, desserts, both fresh and cooked and as a garnish for a variety of dishes. Vitamin A, vitamin C and thousands of other nutritional components are contained in nectarines.

THE BENEFITS

- They are a moderately good source of beta carotene and potassium
- They provide moderate amounts of vitamin C
- They are high in pectin, a soluble fiber

Nectarines and peaches are genetic cousins, although nectarines are sweeter and more nutritious than their cousin the peach. Named after the Greek god Nekter, the juice from the nectarine came to be called the "drink of the gods." Some describe this juicy fruit as a peach with no fuzz.

It is a myth that the nectarine is a cross between a peach and a plum. It really is a genetic variant of a peach.



"What more can I be? What more will I be? Who am I becoming now?"

Nectarines are high in pectin. Pectin (*a soluble fiber*) helps control blood cholesterol levels. The skin of the nectarine is insoluble fiber, and that helps to prevent constipation.

When a nectarine is peeled or cut, an enzyme is released that makes the flesh darken. Even though the browning fruit may not look as appetizing, its flavor and nutritional value remain the same. There are ways to prevent the flesh from discoloring. The fruit can be dipped in an acidic solution, such as one teaspoon of vinegar diluted in one cup of water, or tossed with a little lemon or lime juice.

HOW TO SELECT THE BEST

Choose a nectarine that is moderately firm and brightly colored. The fruit is ripe and ready to eat when it gives in to gentle pressure and has a sweet, fruity fragrance. If the nectarine isn't ripe, just put it in a brown bag and keep it at room temperature. In two or three days, it should be perfect. Avoid buying or eating a nectarine that is hard or has green skin. It was taken from the tree too early, and even though it will soften, it will never reach its full sweetness and flavor.



NEOPLASM

Medi-Sign Target

21-28 Days on Apples or Grapes

Neoplasm, or tumor, is tissue composed of cells that grown in an abnormal way. Normal tissue is growth-limited. The cells that reproduce are equal to the cells that die. After a certain number of cells have developed, feedback controls limit the cell divisions. This allows for tissue repair but not expansion. Tumor cells behave less responsible to these constraints. They are able to proliferate to the point of disrupting tissue structure, distorting the flow of nutrients and doing damage. Tumors may be either benign or malignant.

Benign tumors remain localized as a separate mass. They may be very different from normal tissue in arrangement and excessive growth of cells, but rarely are they fatal. Still, even benign tumors can grow large enough to interfere with the normal functions of the body.

Benign uterine tumors, some of which can weigh as much as 50 pounds, are capable of moving adjacent organs. This can cause reproductive and digestive disorders. The usual treatment for benign tumors is complete surgical removal.

The cells of malignant tumors, (*cancers*), are different from normal cells in many ways other than cell proliferation. They may be less

capable in some specialized functions of the tissues where they came from, and malignant cells are invasive. They enter into surrounding normal tissue, and then at a later time spread by way of the blood and lymph system to other sites. Malignant cells metastasize.



Tumors, both malignant and benign, are classified by the type of tissue where they are discovered. Fibromas are neoplasms of fibrous connective tissue. Melanomas are abnormal growths of melanin (*pigment*) cells.

Carcinomas are malignant tumors that originate from epithelial tissue, such as skin, bronchi and stomach. Adenocarcinomas are malignancies of epithelial glandular tissue. These are found in the colon, prostate and the breast. Sarcomas are malignant growths of connective tissue, such as muscle, bone, cartilage and lymph tissue.

Malignancies among the white blood cells are known as lymphomas and leukemias. Malignant tissue is classified according to its degree of malignancy. Grade one is barely malignant. Grade four is

highly malignant. It is hard to determine, and sometimes not possible to determine the degree of malignancy. It is sometimes hard to determine whether a tumor tissue is malignant or benign.

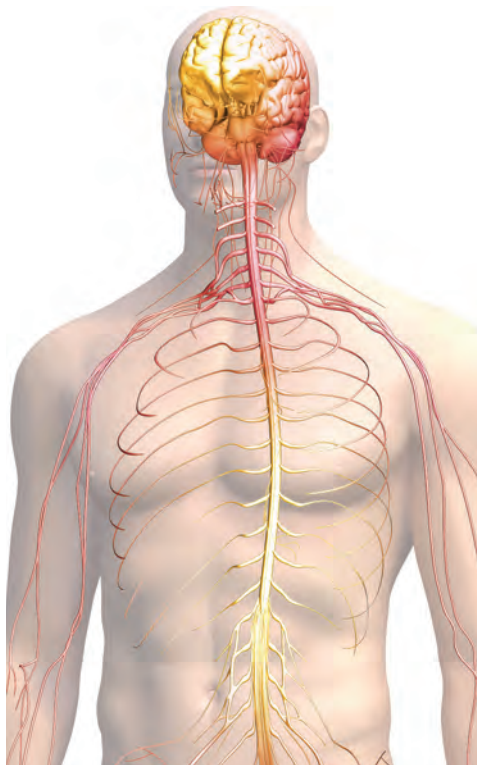
Tumors are not your enemy. They house filth from the sludge that is created by your diet and lifestyle. Drink Cabala juice for 21 days to prove it. Don't eat or drink anything else. When you are finished, the tumor will be gone.

(See: Disease: The Mystery Solved/Cabala Juice)

NERVOUS EXHAUSTION

Medi-Sign Target

**Blueberries &
Eat Salt Before Bed**



Nervous exhaustion is a disorder that leaves you exhausted and unable to work.

Symptoms of Nervous Exhaustion

- Anxiety
- Chronic headaches
- Chronic muscle aches
- Fatigue
- Inability to concentrate
- Insomnia
- Irritability and mood swings
- Irregular bowel syndrome
- Upset stomach

The Causes of Nervous Exhaustion

Let's put it in to two simple words – chronic stress. Stress makes your body produce adrenal hormones that excite your nervous system. It doesn't matter if the stress comes from your gossiping sister-in-law or the tax increase notice you find in the mail, the result is the same. Your heart rate increases. You become short of breath and emotionally upset. This is your body's mode of self-preservation, and on a short term basis it can be a good thing.

Troubles begin when you are experiencing this type of stress on a daily basis. Your mind doesn't distinguish the difference between an annoying relative and a new financial burden. Your body is in a state of a continual output of adrenal hormones. High blood pressure, irritability and headaches can all be effects of a long-term output of adrenal hormones. Eventually, the adrenal glands lose their "oomph" and you face the risk of developing severe exhaustion.

In a perfect world, our body would produce lots of adrenal hormones in the morning when we are running and busy, and then decrease the production by evening, allowing us to fall asleep easily. Prolonged low levels of adrenal hor-

mones may result in weakness and fatigue. Prolonged high levels of adrenal hormones may result in irritable bowel and insomnia. Do you know people who lie around exhausted all day, only to be alert and lie awake all night? This may be caused by another abnormal pattern which causes daytime fatigue and nighttime alertness.

Apart from spending a few weeks on a secluded beach in a Caribbean hideaway sipping from an umbrella adorned glass, the treatment for adrenal burnout may lie in specific dietary changes. The B vitamins, and the foods in which they are found, are most useful in counteracting the effects of stress.

Fatigue, insomnia, irritability, nervousness and depression are symptoms of low levels of B vitamin whole foods, particularly B5 and B6. If you could be the poster child for these symptoms, just add the effects of stress to them, and you have super-sized your challenges.

The B vitamin whole foods are critically important for proper metabolism of adrenal hormones and carbohydrates. These nutrients are important in turning sugar into usable forms of energy.



"Go put your creed into your deed." -Ralph Waldo Emerson

There are things you can do to prevent nervous exhaustion. You can reduce your intake of processed sugar. It sounds easy until you crave that piece of chocolate cake, but you can do it because you have a lot to gain. You will notice a big change in your mood. Increase your intake of fresh fruit, nuts and seeds. These foods will help to keep your sugar level even and avoid mood swings and tension headaches, as well as supplying loads of whole food B vitamins. Another wonderful whole food source is nutritional yeast.

(See: *Feeding Your Emotions*)

NERVOUSNESS

Medi-Sign Target
Tubers & Beans



Nervousness is an emotional response to stresses, good, bad or in between. It's a broad term used to signify many emotions such as apprehension, uneasiness, nervousness or being tense, afraid, or jumpy and edgy. When you hear the terms "stage fright," "the heebie-jeebies," "going to pieces," or "an attack of nerves," you are hearing expressions of nervousness. At one time or another, it happens to all of us.

Symptoms of nervousness may include:

- An upset, jittery stomach
- Cold or hot flashes
- Dizziness or faintness
- Frequent need to is the bathroom for urination or diarrhea
- Lack of concentration
- Restlessness and agitation
- Sweaty hands, dry mouth and rapid heartbeat

Each of us has experienced nervousness at one time or another. When we are afraid of new situations we find our selves in, we become nervous. We may experience job pressures, or relationships, or parenting issues that make us nervous. In most instances, the issues resolve themselves and so does the nervousness associated with them.

Sometimes, however, the nervousness begins to affect our ability to get through the day normally. When our ability to perform the normal day's tasks becomes difficult, it's time to ask for help. That's what friends are for. Often talking to a friend will help us resolve a situation or find a solution to or a means of coping with a problem.

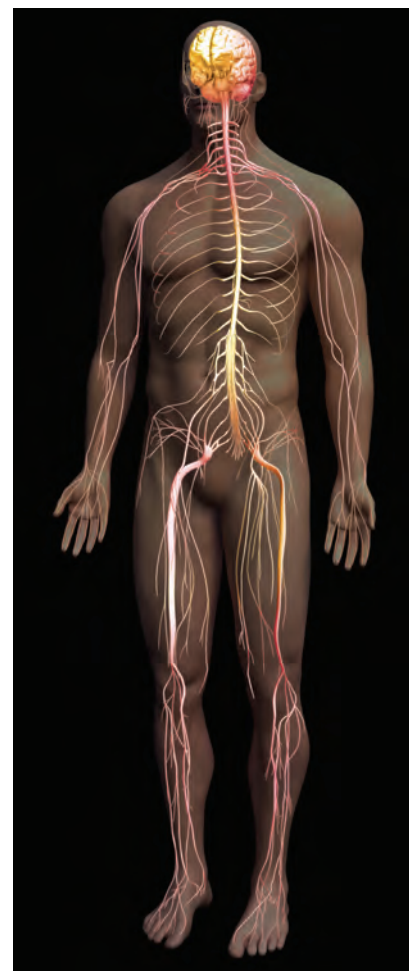
Other causes of nervousness may be related to medical condition, such

- as:**
- Conditions such as anxiety disorders, panic attacks or manic episodes
 - Medical conditions such as seizures, stroke, thyroid or hormone imbalances
 - Overuse of caffeine or other stimulants
 - Side effects of medication
 - Withdrawal from alcohol or drugs

Eat foods that are blue, indigo or violet for 21 days. Eat no other foods. This will calm, soothe and heal nerves and release emotional molecules for healing. It is also good to smell lavender essential oil for one minute every two hours and again just before bedtime.

NEUROPATHY

Medi-Sign Target
Fasting, Walking &
Hot Salt Baths



Neuropathy is the disease of the nervous system. It is a disturbance in the function of a nerve or a particular group of nerves. Lots of people who have had diabetes for awhile experience nerve damage. There are three major types of nerve damage. They are: peripheral neu-

ropathy, autonomic neuropathy and mononeuropathy. Peripheral neuropathy, which mainly affects the feet and legs, is the most common form.

Neuropathy can decrease a person's ability to walk about. It can also lead to disability, amputation and ulceration of the leg and foot due to loss or damage to nerves which feel sensations on the lower limbs. An increased risk of ulcers exists, due to the changes that can occur in the biomechanics of the feet and legs. A diabetic person who has neuropathy doubles their risk of having an extremity amputated.

Peripheral neuropathy is the general term used in referring to disorders of peripheral nerves. The nerves that branch out from the spinal cord to all parts of the body make up the peripheral nervous system. The three main parts of the peripheral nerve cell are the cell body, axons and dendrites. Although any part of the nerve can be affected, the most common is damage to the axons. The axons transmit signals between nerve cells. Most axons are surrounded by myelin, a substance which helps signal transmission. Peripheral neuropathy can be directly linked to poor nutrition, trauma or pressure and a number of diseases. There are many people who suffer from peripheral neuropathy who are never able to have the cause identified.

Mononeuropathy involves the damage or destruction of an isolated nerve or group of nerves. It's a type of peripheral neuropathy which is

damage to the nerves outside the spinal cord and brain. Mononeuropathy is caused most often by damage to a local area which is the result of trauma or injury. Occasionally, systemic disorders may cause isolated nerve damage as with mononeuritis multiplex. Usually, cases are the result of direct trauma, prolonged pressure on the nerve or compression of the nerve from swelling or injury to nearby body parts. Included in the destruction are the myelin sheath (*the covering*) of the nerve or the axon (*part of the nerve cell*). This damage prevents or impedes the impulses from being conducted through the nerve.



Autonomic neuropathy affects nerves of body parts that we cannot consciously control. Most often affected is the digestive system. The intestine and stomach, blood vessels, heart and urinary system are especially affected. Autonomic neuropathy can affect the return of normal blood sugars following a hypoglycemia episode. The ability to sense low blood sugars frequently results from this type of nerve damage. It can also affect the nerves that control the muscles of the eyes and sex organs. Prevention of auto-

autonomic neuropathy requires you to keep your blood glucose levels well controlled by eating plant whole foods.

There is abnormal conduction of nerve impulses from the input (*usually peripheral in the extremities*) to the spinal cord and brain in all neuropathy and neuropathic pain. The nerve impulses that originate in the peripheral nerves are processed abnormally. The result of this is pain. The terms neuropathy and peripheral neuropathy both describe the same process. Neuropathy can cause bizarre and very unpleasant sensations in the affected area.

These may include tingling or numbness (*paresthesia*), burning sensations (*causalgia*), unpleasant burning, crawling, tingling, numb sensations or itching (*dysesthesia*).

Neuropathy can cause plain, simple pain.

The pain associated with neuropathy can be very intense. People may describe the pain as burning, crushing, shooting, stabbing, cutting, grinding or gnawing. Something as soft as a feather being drawn across the skin may be thought to be excruciating in some cases.

Non painful stimuli may produce perceived pain, and in some cases, pain may be felt with no stimulus at all. If a motor nerve has experienced a problem for a length of time, atrophy (*or muscle shrinkage*), or lack of muscle tone may become noticeable. Autonomic nerve damage can occur and is very noticeable when a person stands up and becomes light headed or experiences changes in blood pressure. Lack of sweat, tears and saliva, urinary retention and impotence are all indicators of autonomic nerve damage.

"Destiny depends on how you condition your metabolism and muscles."



Heart beat irregularities and respiratory problems can also develop in some cases.

Neuropathy often results in numbness, abnormal sensations called dysthesias and allodynias that occur either on their own or in reaction to external stimuli, and a form of pain called neuropathic pain or neuralgia, a characteristic form of pain which is measurably different from ordinary nociceptive pain. This is the pain you would experience if you stubbed your toe or hit your finger with a hammer. Neuropathic pain is generally perceived as a steady burning pain, or a pins and needles pain, or as an electric shock sensation, or any and all combinations of the aforementioned pain descriptions. Ordinary pain stimulates only pain nerves. Neuropathy often results in the firing of pain and non-pain (*touch, warn, cool*) sensory nerves in the same area. The signals that the nerves send to the spinal cord and brain are not the normal signals they expect to receive.

Causes of Neuropathy

Just as an electric wire is surrounded by insulation, the nerves are surrounded by a covering of cells. These are called Schwann cells. One theory suggests that the follow-

ing occurs: Excess sugar circulating in the body interacts with an enzyme in the Schwann cells. The name of this enzyme is aldose reductase. The aldose reductase transforms the sugar into sorbitol. The sorbitol draws water into the Schwann cells. The Schwann cells swell. The swelling pinches the nerves themselves. This pinching causes damage and pain in many cases. Unless this process is stopped, and then reversed, the Schwann cells and the nerves they surround die.

Neuropathy can be the result of a temporary lack of oxygen getting to the nerves. This lack of oxygen causes the nerves to shrink, like a deflated balloon. This makes a larger gap between the cells and it becomes more difficult for a nerve signal to get through. A decrease in blood flow and an increase in blood sugar level cause diabetic neuropathy. Blood vessels and nerves start to degenerate when the blood sugar level is higher than normal for an extended length of time. The degeneration causes the nerves to become less effective. When this happens, the loss of signals causes numbness.

Pain and burning can set in after awhile. The signals that cannot jump the gap between the nerves accumulate and then finally fire all at the same time. I feel the number one cause of neuropathy is caused by an improper diet. Acidic plaques accumulate over time from the consistent eating of animals that decay into fluidiums of toxic pustulance which can't be removed by the body because the body lacks sufficient water and

whole food fiber intake on a daily basis.

Diabetes is the frequent, but not the sole cause of neuropathy. Other causes of neuropathy include nutritional deficiencies of B-12 and folate, pressure on nerves, chemical exposures, and some medications including those used to treat AIDS and chemotherapy.

In addition to diabetes, common causes of neuropathy include herpes zoster infection, chronic or acute trauma including trauma from surgeries, and assorted neurotoxins consumed in one's diet.

Neuropathic pain is common in cancer patients. It results directly from the cancer treatments on peripheral nerves. The nerves are affected from being compressed by a tumor, surgery, irradiation and the side effects of many chemotherapy drugs.



What are the Symptoms of Neuropathy?

The symptoms associated with neuropathy vary depending on the type and distribution of the nerve populations affected. The degree to which the nerves are damaged, and the course of the disease, cause the symptoms to vary. If motor nerves are damaged, the neuropathy appears as weakness and muscle

atrophy. If sensory nerves are damaged, the symptoms appear as loss of sensation, paresthesias and dysesthesias, pain and sensory ataxia. Autonomic dysfunction can result in symptoms such as postural hypotension, impotence, gastrointestinal and genitourinary dysfunction, abnormal sweating, and hair loss. Loss of pinprick and temperature sensations, numbness, painful burning, cold, stinging or tingling paresthesias indicate the involvement of small unmyelinated fibers in sensory neuropathy.

Large fiber sensory involvement can manifest itself in symptoms such as loss of vibration and position sensations, sensory ataxia and numbness or tingling paresthesias. Demyelinating neuropathies primarily affect the myelin sheaths. Axonal neuropathies target the peripheral nerve axons. Frequently, the deep tendon reflexes are diminished or absent. This is particular to the demyelinating neuropathies. Damage to the peripheral nerves often affects more than one of these functions because most nerve trunks are mixed.

It may take years for some slow progressing neuropathies to develop, while others may develop suddenly. The severity of the neuropathies varies from individual to individual, and may vary within each individual throughout the day. Generally, symptoms are more severe at night. Some people may become overly sensitive to touch, while others may experience temperature extremes. This type of neuropathy needs to be quickly addressed. Delay may cause many people to lose all sensation in that part of their body which is affected. This could, in effect, limit their motor functions as well. In certain severe cases where the

nerves of the automatic nervous system are damaged, any number of involuntary functions could become involved. High or low blood pressure, bladder control, or even perspiration may be affected. As the body's monitoring functions become hindered and a greater loss of control occurs, this type of neuropathy can become the most frustrating.

Polyneuropathy usually refers to diffuse involvement of the peripheral nerves. It is first noted distally in the hands and feet. Mononeuropathy refers to involvement of a single nerve. Radiculopathy refers to a nerve root. Mononeuropathy multiplex signifies focal involvement of two or more nerves. Neuritis normally refers to inflammatory conditions. Neuronopathy refers to primary involvement of the nerve cell body, rather than the axon. Ganglioneuritis refers to inflammatory involvement of the nerve cell bodies, usually in the sensory or autonomic ganglia. And plexopathy or plexitis refers to involvement of a nerve plexus, as in brachial or lumbosacral plexitis.

Treating Neuropathy

Neuropathy treatment needs to follow two directions. The underlying cause of the neuropathy needs to be found if possible. And the symptoms which present themselves need to be given attention as well. The treatments for symptoms include both physical and occupational therapy. The goal is to help improve mobility and function. If the autonomic system is involved, supportive measures should be undertaken to maintain blood pressure and bowel and bladder function.



I recommend 21 days of raw juice fasting. Eat a raw food diet for the following seven months. Engage in weight resistance exercises. Walk one hour every day or exercise or swim in a pool each day until you reach the point of exhaustion. Give up eating any and every kind of animal flesh. From my experience, I can tell you it works!

NIGHTMARES

*Medi-Sign Target
All Tubers*



“Stu Nittelman broke the world’s running record 1,000 miles in 11 days, 19 hours-averaging 84 miles per day!”

Exactly What Is a Nightmare?

A nightmare is a really bad dream. Although nightmares are not real and they can't harm you, they can make you feel scared, anxious and upset.

While you are sleeping, your brain is still working. It doesn't turn itself off. There are several stages that your brain goes through while you sleep. One of these is **REM**, or **Rapid Eye Movement** sleep. Have you ever watched someone sleep and noticed their eyes moving back and forth beneath their closed eyelids? They are in the REM stage of sleep. It is during this REM stage of sleep that you dream. Sometimes those dreams can be upsetting and downright scary.

Your brain alternates between non-REM sleep and REM sleep about every 90 minutes. The amount of time you spend in REM sleep increases with every sleep cycle. Towards morning, the REM cycles are the longest. If you awaken while you are in the REM cycle of sleep, it is easier for you to remember your dreams. That's why you can remember your dreams so clearly when you first wake up. And, if the dream you were having was scary, you will remember it clearly as well.

Why Do I Get Nightmares?

We live with and encounter stressful experiences during the day which can turn our sleeping dreams into nightmares. They may be a way for our body to relieve the pressures of the day. Nearly everyone faces and deals with pressure at one time or another. Children and teens deal with problems at school, problems at home and stress from homework

or sports. Events, such as moving or the death of someone we love, are enough to cause stress that leads to nightmares.

And that scary movie you watch on TV, or the scary book you read just before you fall asleep, may create enough stress to cause nightmares.

If you become sick and have a high fever, you may have nightmares. They may also be caused by certain medications.



How Can I Prevent Nightmares?

It is perfectly normal to experience a nightmare once in awhile. But, if you are experiencing more than your share, there are some techniques you can try to get your nightmares under control.

Develop a pattern which encourages healthy sleeping. Go to bed at the same time each evening and wake up at the same time each morning. Avoid taking naps during the day, unless you are sick or you missed out on a lot of sleep the night before. Don't eat or exercise right before going to bed. And don't watch scary movies or read scary books at bedtime if you even suspect that they might be causing your nightmares.

Some of us feel more secure when we sleep with our favorite blanket or stuffed toy. Even though you may have given it up years ago,

plug in a nightlight. If you are awakened from a nightmare, the light will allow you to recognize familiar surroundings and remember where you really are.

If you are sleeping in your own home, keep your bedroom door open. When your door is open, you know that your family is close by. If you get scared during the night, you can get up and find a familiar face. It is reassuring to be around people we know and love. And always remember, you are never too old for a hug!

What if the Nightmares Don't Go Away?

Usually, nightmares are not a big problem. It may help to discuss the problems that have been troubling you during the day. Most times, just talking about your bad dreams with someone you trust and love can make you feel better.

Some people learn to control their nightmares by "rewriting" them. They give their nightmares happier endings. For example, David has a recurring nightmare about a monster. He could "rewrite" the nightmare by imagining that he and his family ride on top of the monster's shoulders and have great adventures. And, you don't have to be a talented artist to try this nightmare busting trick. Just draw a picture of the bad dream, and then rip it up!

You can keep track of your dreams, both good and bad, by writing in a dream journal. Sometimes it helps to describe your dreams by writing them in a notebook. Write about all the dreams that you can recall. You may want to write about how you felt before you went to sleep. This can give you a better understanding

of how your mind works at night.

Nightmares cannot hurt you because they are not real. You need to remember that. Dreaming about frightening and scary things does not make them happen in real life. Dreaming about bad and scary things does not mean that you are a bad person or that you want to do mean or scary things. Dreams are real, but what we dream is not. Occasionally, everyone experiences a nightmare.

(See: *Healing Dreams*)

NIGHT SWEATS

Medi-Sign Target
Water, Colonics, Salt & Walking

*SleepHyperhidrosis/
excessive sweating*



What is Sleep Hyperhidrosis?

Sleep hyperhidrosis is profuse sweating that occurs during sleep.

Symptoms:

- Excessive sweating during sleep
- Possible excessive sweating while awake

Associated features:

- A person may awaken from sleep due to the fact that the excessive sweating has dampened their nightclothes. They may need to change into dry sleepwear.

- In some people, the tendency to sweat excessively lasts throughout their lives. In others, the disorder appears to end.

- Sleep hyperhidrosis most commonly appears in early adulthood. However, the onset can occur at any age.

Possible causes:

There are many conditions, both practical and physical, that can cause the symptom of Night sweats.

Some practical reasons for sweating during the night:

- Emotional
- Exercising before bed
- Fever
- Hot bedroom
- Hot drinks
- Hot weather
- Menopause
- Nightmares
- Obstructive sleep apnea
- Perimenopause
- Sleep apnea
- Sleep walking
- Spicy foods
- Stress
- Too many blankets

Infections and other serious conditions which may cause night sweats are:

- Abscess
- AIDS
- Bowel disease
- Brucellosis
- Common Cold
- Endocarditis
- Flu
- Heart disease
- Hepatitis
- Hodgkin's disease
- Immune system disorders
- Leukemia
- Pulmonary tuberculosis
- Stroke
- Subphrenic abscess

- Thyroid disorders
- Tuberculosis
- Virus

NOSEBLEEDS

Medi-Sign Target
Olive Oil in Each Nostril & Use a Salt Nasal Spray



What is a Nosebleed

Most nosebleeds (*epistaxis*) are simply bothersome. But some are very frightening and may even threaten life. There are two classifications of nosebleeds; anterior and posterior.

Anterior nosebleed: The septum is the semi-rigid wall that separates the two nostrils of the nose. Most nosebleeds begin in the lower part of the septum. It contains blood vessels, and these blood vessels can be broken by something sharp, as a fingernail, or by a blow or hit to the nose. With this type of nose bleed, the blood comes from the front of the nose, beginning with blood flow from one nostril while the person is in an upright position.

Posterior nosebleed: Although rare, a nosebleed can begin high and deep within the nose. The blood flows

"Health and fitness are not the same. Fitness at the expense of health, may not let you live long enough to enjoy your spectacular physique."

“After we have mastered the winds, the waves, and gravity, we shall harness energies of love. Then, for the second time, man will have discovered fire.”

down the back of the mouth and throat, even if the person is standing or sitting in an upright position. Posterior nosebleeds are experienced more often by older people, people with high blood pressure and people who have suffered facial or nose injuries. It is rare for teens to have posterior nosebleeds.

Identifying the Type of Nosebleed

If you are lying down, even anterior nosebleeds, which come from the front of the nasal cavity, may appear to flow towards the back of the mouth and throat. This is especially true if the person is coughing or blowing his nose.

It is important to determine which type of nosebleed the person is having because posterior nosebleeds, which come from the back of the nasal cavity, are often more serious. Elderly people, those who suffer from high blood pressure and persons who have injury to their nose or face, are more likely to have a posterior nosebleed.

Dryness contributes to anterior nosebleeds. They are common in dry climates, and winter months when dry indoor heated air dehydrates the nasal membranes. Crusting, cracking and bleeding may result from dryness. You can lubricate the dry area with a lubricating cream or ointment or some vegetable oil. Place an amount the size of a pea on the tip of your finger, and rub it inside your nose, especially on the septum (*middle part*).

Causes of Nosebleeds

- Allergies, infections and dryness that lead to itching and scratching your nose.

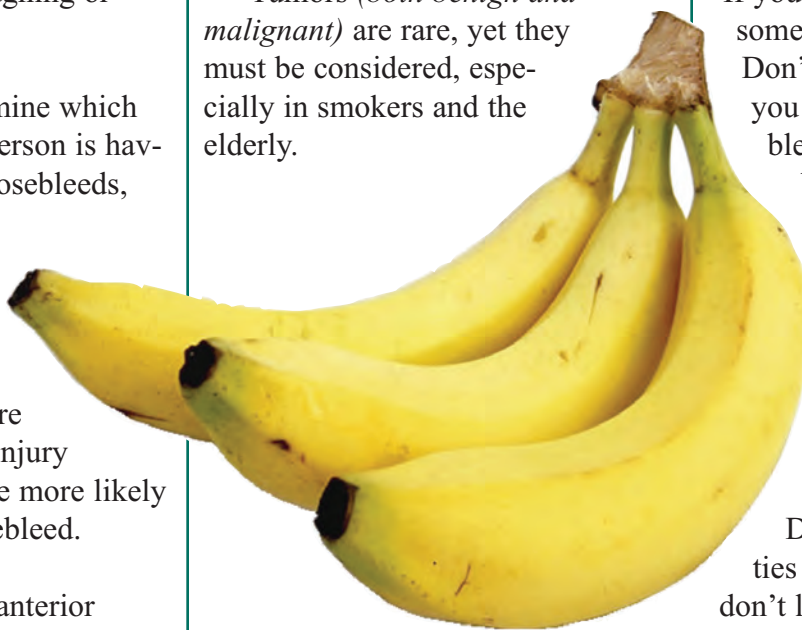
- Blowing your nose vigorously, causing superficial blood vessels to rupture. *This happens with young children and the elderly.*

- Clotting disorders that appear in families or are caused by certain medications.

- Fractures of the nose.

- Fractures of the base of the skull that can cause bleeding. *This should be taken seriously when the bleeding follows a head injury.*

- Tumors (*both benign and malignant*) are rare, yet they must be considered, especially in smokers and the elderly.



Treatment Options

You may boil Nettle leaves (*Urtica urens*) and apply the leaves directly to the wound to stop bleeding. Nettle leaf and/or nettle root, when taken as a tea, is especially effective for bleeding in the nose, lungs, kidneys and gastro-intestinal tract.

Simple Tips to Stop a Nosebleed:

- Use a damp cloth or some tissues to catch the blood.
- Stand or sit upright, so that your head is above your heart.
- Apply pressure by tilting your

head forward and pinching your nostrils together just below the bony center part of your nose. The pressure will help to stop the flow of blood. Maintain the pressure up to ten full minutes. Don't stop applying the pressure to see if the bleeding has stopped.

- Apply a cold compress to the area around the nose. You can wrap ice in a cloth or towel, or use a cold pack. It may also be helpful to apply pressure by placing a cotton pad inside the upper lip.

If you get a nosebleed, there are some simple things to remember. Don't blow your nose. If you do, you can cause additional nosebleeds. Don't tilt your head back. This is a common mistake people make. If you tilt your head back the blood will run down your throat. Swallowed blood may cause you to vomit. After the nosebleed has stopped, don't blow your nose for 24 hours. Don't perform physical activities that could lead to strain, and don't lift heavy objects. And, remember to keep your head elevated if you lie down. Your head should be above your heart.

Nosebleed Prevention

Keep your nasal passages moist. You can do this by using a humidifier, which will add moisture to the indoor air you breathe. Apply lubricants to the inside of your nose, such as olive oil, crushed soy or coconut oil at bedtime.

Pay attention to the nutritional needs of your body.

Vitamin B-6: *Nutritional yeast, carrots, peas, spinach, walnuts, wheat germ, sunflower seeds, bananas,*

beans, broccoli, brown rice, whole grains, cabbage, cantaloupe, corn, dulse, plantains, potatoes, rice bran and soybeans.



Magnesium natural sources:

Apples, apricots, avocados, bananas, nutritional yeast, brown rice, cantaloupe, dulse, figs, garlic, grapefruit, green leafy vegetables, kelp, lemons, lima beans, millet, nuts, peaches, black-eyes peas, sesame seeds, soybeans, tofu, watercress, wheat and whole grains.

Potassium: Whole grains, apricots, avocados, bananas, lima beans, nutritional yeast, brown rice, dates, dulse, figs, dried fruit, garlic, nuts, potatoes, raisins, spinach, winter squash, wheat bran, yams and yogurt.

Vitamin D: Dandelion greens, oatmeal, sweet potatoes, and barley. Enjoy spending time in the sunshine. It is an excellent source of Vitamin D.

Vitamin B-12: Soybeans and soy products, sea vegetables including dulse, kelp, nori and kombu.

Vitamin B-3: Nutritional yeast, broccoli, carrots, corn flour, dandelion greens, dates, peanuts, potatoes, tomatoes, wheat germ and whole wheat products.

Calcium: Dark green leafy vegetables, almonds, asparagus, brewer's yeast, broccoli, cabbage, collards, dandelion greens, dulse, figs, filberts, kale, kelp, mustard greens, oats, prunes, sesame seeds, soybeans, tofu, turnip greens, watercress and yogurt.

Vitamin A: Green and yellow fruits and vegetables, apricots, asparagus, beet greens, broccoli, cantaloupe, carrots, collards, dandelion greens, dulse, garlic, kale, mustard greens, papayas, peaches, pumpkin, red peppers, spinach, sweet potatoes, Swiss chard, turnip greens, watercress and yellow squash.

Vitamin B-5: Nutritional yeast, fresh vegetables, legumes, mushrooms, nuts, whole rye flour and whole wheat.

Copper: Almonds, avocados, barley, beans, beets, garlic, lentils, mushrooms, nuts, oats, oranges, pecans, radishes, raisins, soybeans, and green leafy vegetables.

Manganese: Avocados, nuts, seeds, seaweed, whole grains, blueberries, legumes, dried peas, pineapple and green leafy vegetables.



NUTRITIONAL YEAST

*Medi-Sign Target
Thyroid & Brain*

Nutritional yeast is as old as Egypt.

It belongs to the same family as edible mushrooms and other beneficial organisms that are used for healing and health. You may consider Nutritional yeast as mans oldest industrial micro-organism. When the microscope was invented, men were able to isolate the yeast in its pure culture form. Because of the great pioneering scientific work of Louis Pasteur in the 1860's, we are now able to commercially produce baker's yeast, wine yeast and nutritional yeast. Primary grown nutritional yeast (*Saccharomyces cerevisiae*) is composed of essential and non-essential amino acids, vitamins and minerals. It is a high quality source of protein.

Nutritional yeast lives up to its name.

- It is a wonderful complement to food. Use it to provide nutrition, enhance flavor, and add taste to your favorite foods and drinks.

- Nutritional yeast, slightly over half protein, is a wonderful source of protein as well as essential amino acids.

- It is especially rich in B-complex vitamins among others. It is an excellent source of folic acid. Folic acid is important for formation, growth and red cell reproduction.

"The human body is the best picture of the human soul."

“I believe that education currently lays waste to more than 80% of the talent in society.”

As if being a source of protein, dietary fiber, vitamins and minerals wasn't enough, nutritional yeast contains additional beneficial and functional components. Studies have shown that the components Beta-1,3 glucan, trehalose, mannan and glutathione have potential health benefits. They may be useful in the reduction of cholesterol, improving the immune response and cancer prevention properties.

Many think yeast is the most valuable whole food compliment available. It is a complete protein, containing more protein than meat. It is also an excellent source of B-vitamins including B-12. It is a single-celled fungus, present in the air and on fruits and grains. It contains the glucose tolerance factor that helps regulate blood sugar and it converts different types of blood sugar to alcohol. In Egypt, records dating back to 1550 BC show the use of nutritional yeast. Even though it has been around for several milleniums, research into the outstanding health benefits of nutritional yeast began only a few decades ago. It seems the Egyptians knew about more than pyramids!

Stuck On Molasses

Well, nutritional yeast isn't actually “stuck” on molasses, but it is grown “on” molasses, which is rich in minerals. It is used as a food complement. When the yeast is fully grown, the culture is pasteurized in order to kill the yeast. You should never use a live yeast, such as a baking yeast, as a food supplement. If you do, the live yeast will contin-



ue to grow in the intestine. Live yeast in the intestine actually depletes your body's supply of Vitamin B, while nutritional yeast replenishes it!

It's So Good for You

Nutritional yeast forms the complete protein because it contains 18 amino acids. And don't forget about the 15 minerals too. It is rich in the B-complex vitamins, which is vital to good health and especially good for stress reduction. Vegetarians have a difficult time eating sources of B12. That's one of the many reasons nutritional yeast is such a valuable complement to the vegetarian.

Yeast contains the trace mineral chromium, which is also known as Glucose Tolerance Factor or GTF. Chromium is important for diabetics and people who tend to have low blood sugar. GTF is necessary to properly regulate blood sugar.

Now That You Know How Beneficial It Is, How Do You Use It?

The answer to that is, “with great versatility.”

- Use it as you would use any

condiment. Sprinkle it on a bowl of popcorn or over vegetables and rice.

- Add it to sauces and gravies. Use 1/2 teaspoon for every cup of liquid.

- Add it to “veggie” burgers. Use one tablespoon for every two cups of patty mix.

- Use it when you bake. Add one teaspoon of nutritional yeast for every one cup of flour or meal used.

- Top a vegan pizza or lasagna with a yeast “cheese”.

- Feed it to your best friend – FiFi or Fido! Yes, add it to your cat or dog's food. It will help promote good nutrition in your pet, eliminate fleas and encourage a healthy coat.

And best of all, it's not expensive. You should know that a rounded tablespoon of nutritional yeast will turn the color of your urine yellow. This is because it contains riboflavin. If the yeast contained enough vitamin B-3, you may feel a niacin flush. You're going to eat everyday. Your body depends on you to eat well.

NUTS

Medi-Sign Target
 All Neuro-Endocrine
 Glands



Generally speaking, nuts are high in vitamin E. We know that this vitamin helps to prevent chest pain and damage to arteries. Brazil nuts are packed with selenium, which has been connected with lower rates of cancer and heart disease. Walnuts contain the cancer-nutrient ellagic

regulating insulin and blood sugar helping to prevent steep rises. Peanuts also are estrogenic. Those who develop Parkinson's disease have been found to have eaten a diet lacking in nuts. Individuals who have extreme shortages of the nutrients contained in nuts are susceptible to acute allergic reactions.

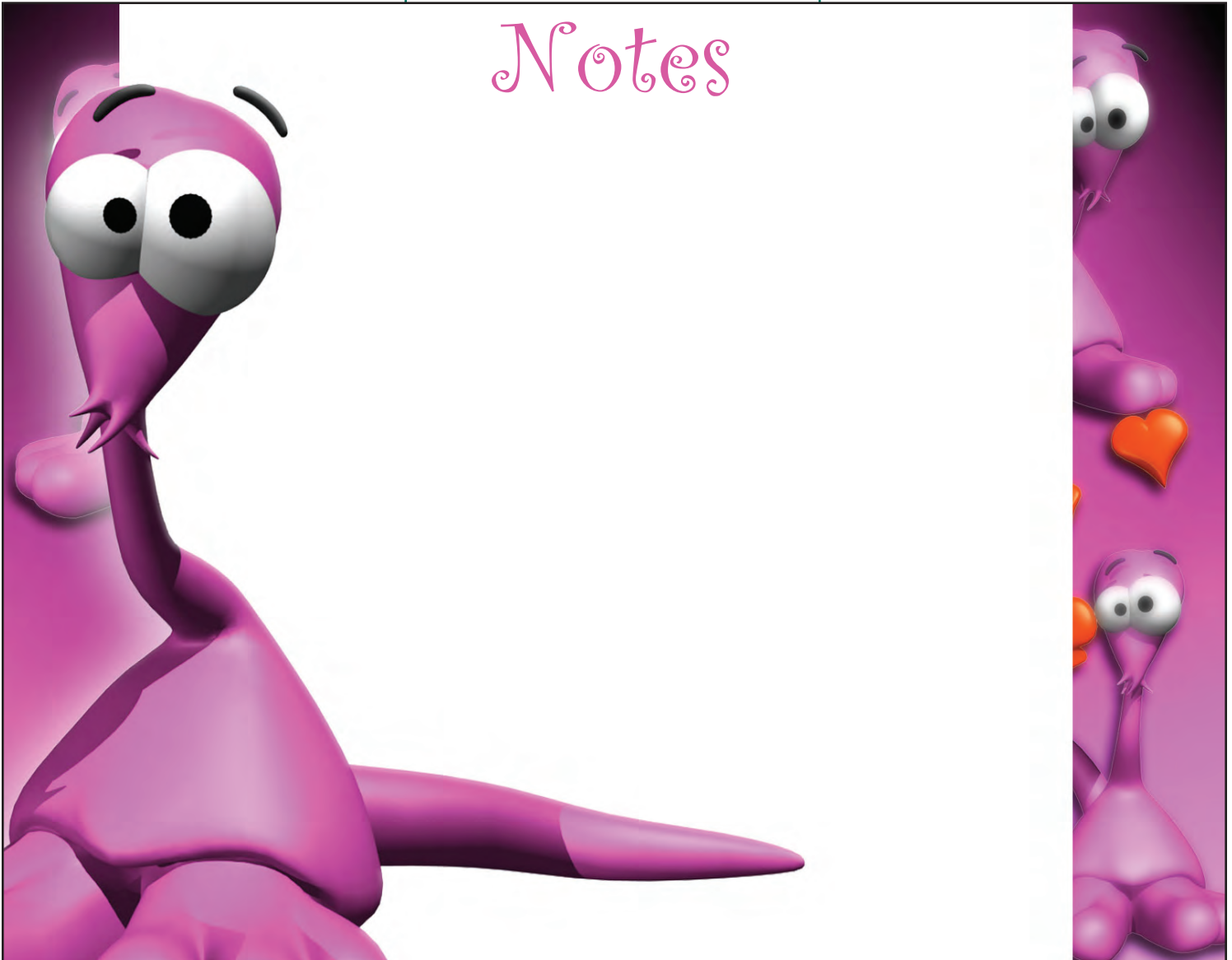
Some people are "nuts" about nuts! Among Seventh-Day Adventists, who are known for their low rates of heart disease, nuts are a key food. Almonds and walnuts contain high levels of oleic acid and mono-unsaturated fat, like that in olive oil. This helps to reduce cholesterol and is known to protect arteries.

acid. They also contain a high amount of omega-3 type oil.

Nuts, including peanuts, are a good food source for diabetics and those with glucose intolerance. Nuts do a good job of



Notes



"Perceptions are real even when they do not reflect 3-dimensional physical reality."

The Calf Path

One day, through the primeval wood,
A calf walked home, as good calves should;
But made a trail all bent askew,
A crooked trail as all calves do.

Since then two-hundred years have fled,
And, I infer, the calf is dead.
But still he left behind his trail,
And thereby hangs my moral tale.

The trail was taken up next day,
By a lone dog that passed that way;
And then a wise bell-wether sheep,
Pursued the trail over vale and steep,
And drew the flock behind him, too,
As good bell-wethers always do.

And from that day, over hill and glade,
Through those old woods a path was made;
And many men wound in and out,
And dodged, and turned, and bent about
And uttered words of righteous wrath
Because twas such a crooked path.

But still they followed - do not laugh,
The first migrations of that calf,
And through this winding wood-way stalked.
Because he wobbled when he walked.

This forest path became a lane,
That bent, and turned, and turned again;
This crooked lane became a road,
Where many a poor horse with his load
Toiled on beneath the burning sun,
And traveled some three miles in one.
And thus a century and a half
They trod the footsteps of that calf.

The years passed on in swiftness fleet,
The road became a village street;
And this, before men were aware,
A city's crowded thoroughfare;
And soon the central street was this
Of a renowned metropolis;
And men two centuries and a half
Trod in the footsteps of that calf.

Each day a hundred thousand about
Followed the zigzag calf-made route
And over his crooked journey went
The traffic of a continent.
A hundred thousand men were led
By one calf nearly three centuries dead.
They followed still his crooked way,
And lost one hundred years a day;
For this such reverence is lent,
To well-established precedent.

A moral lesson this might teach,
Were I ordained and called to preach;
For men are prone to go it blind
Along the calf-path of the mind,
And work away from sun to sun
To do what other men have done.

They follow the beaten track,
And out and in, and forth and back,
And still their devious course pursue,
To keep that path that others do.

But how the wise old wood-gods laugh
Who saw the first primeval calf;
Ah, many things this tale might teach,
But I am not ordained to preach.

“Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.” -Buddha



History: The Letter O

In Phoenicia, as in Egypt, China and Mexico, the eye is a common element found in early writing references. The Phoenicians called it "ah-yin" pronounced "ah-yin." The Greeks used it for two separate sounds designated by "omicron" or little "o" and "omega" or great "O." The Greeks placed it at the end of their alphabet as referenced in the biblical writing, "I am the Alpha and the Omega, the beginning and the end, the first and the last." The Roman "O" comes from the early eye-shaped forms and directly from the Greek forms. The American culture has conveniently been using "O" as a zero in speech. Although technically improper, it's probably better than the British habit of saying "nought" in place of zeros. Oh, our number at YNOT EDUK8 is...well, g"O" to the website to get it!

Mystery: The Celtic Name Letter Key

"O" indicates emotion, hinting at sensitivity and depth of feeling. The letter is a very useful ingredient in name-print and only a problem when dominating it too markedly. The problem may lie in an extreme sensitivity to other people's comments and opinions, so that the name-bearer is too easily hurt. The same sensitivity, however, will be an asset when dealing with other people's emotional problems. This letter in a name shows a capacity for delicacy, both in human relationships and in physical movement.

OATS

Medi-Sign Target
Blood Cells



The benefits consist of preventing and remising such things as:

- Cancer
- Cholesterol
- Diabetes
- Prevents constipation
- Reduces risk of a stroke
- Smoothes skin

Because of their soluble fiber beta-glucan, the Scots were right when they said oats and oat products have many health benefits. They also provide protein and key minerals like potassium, magnesium, phosphorus, manganese, copper and zinc and 8,500 other nutrients. Eating a healthy portion of oats every day can help you lower your cholesterol, manage diabetes, prevent cancer and cure constipation. Oats can help soothe itchy skin, which is why you will see oat extract listed on many bath products.

A healthy diet benefits greatly from getting more oats into your diet whether you eat oatmeal for break-

fast or sprinkle oat bran on your baked goods.

You have probably heard of oat bran lowering your cholesterol, which is true. Oat bran is the outer husk of the oat grain that contains tons of beta-glucan. This sticky soluble fiber configures by slowing down your food as it passes through your stomach and small intestine. This gives high-density lipoprotein (*HDL*) more time to pick up cholesterol, carry it to the liver and out of the body. Also, it gives low-density lipoprotein (*LDL*) less chance to carry cholesterol to your artery walls. This is the place where it can build up and cause major problems.

Studies show that that oats have cut total cholesterol by as much as 26 percent and *LDL*, or “*bad*” cholesterol by 24 percent.

Researchers who studied many trials concerning oat products concluded that three grams of beta-glucan could somewhat lower cholesterol. Since even a modest reduction in cholesterol leads to a lower risk of heart disease, this is huge news.

The Food and Drug Administration (*FDA*) has endorsed oat products for their cholesterol-lowering ability. The U.S. Department of Agriculture and the American Heart Association also recommend this heart-healthy grain.

Not everyone gets the same benefit from oats, however. If you have normal cholesterol levels, you will not see a drastic difference than if you had high cholesterol levels. If you have high cholesterol, one serving of oats in your daily diet should help. Otherwise, the amount you need depends on the form of oats you prefer. For example, you must eat three packets of instant oatmeal

to get three grams of beta-glucan, or you can eat one large bowl of oat bran cereal. You should check food labels for “*soluble fiber*” and choose oat products that contain the most, or you can just eat rolled whole oats, duh!

Manages Diabetes

You should not eat processed carbohydrates if you are struggling with diabetes. One good way of doing that is to eat more soluble fiber.

The viscosity, or stickiness, of the beta-glucan in oats bogs down your food as it travels through your stomach and small intestine. This process not only helps lower cholesterol but, it also slows absorption of carbohydrates. Your blood doesn’t get overwhelmed with glucose all at once, so you don’t have an instant and urgent demand for insulin.



An effective way to deal with diabetes according to many experts is a high-fiber diet, with emphasis on soluble and cereal fibers. A study in *The New England Journal of Medicine* found that a diet with 50 grams of daily fiber (*25 grams each of soluble and insoluble*) helps keep blood sugar, insulin and cholesterol under control in people with type 2 diabetes. They also found that you could accomplish this type of diet without taking fiber supplements or eating special fiber-fortified foods that don’t necessarily work.

Prevents Cancer

Oats have some cancer powers

“We load up on oat bran in the morning so we’ll live forever. Then we spend the rest of the day living like there’s no tomorrow.” -Lee Iacocca

although wheat bran is known for reducing the risks of colon cancer. Once again, the soluble fiber beta-glucan does the hard work. Like the insoluble-fiber of wheat bran, beta-glucan quickly moves food through the large intestine. Plus, it may react with tiny organisms to form compounds that protect the colon wall and repress carcinogens. Wheat bran and other insoluble fibers help by adding bulk to the stool to weaken the cancer-causing substances. Both have different ways of operating; therefore, one is not better than the other. When all is said and done, they both mechanisms might play a role. In other words, attempt to include different types of fiber into your daily diet for maximum cancer protection.

Cures Constipation

Fiber not only helps with the clean-up but it also helps with constipation. Oats and other sources of fiber help your daily diet by keeping your digestive system running smoothly and preventing constipation. Your colon forms stools that can pass easily out of your body when you eat fiber and drink water consistently.

You need this type of food for a healthy digestive system. A diet high in fiber is very important.

A great way to get strength and energy is through a morning bowl of steaming, freshly cooked oatmeal. The season for oats to be harvested

is in the fall but they are available throughout the year. Oats can add extra nutritional value to a variety of dishes.

Oats, are formally known as *Avena sativa*. It is a hardy cereal grain which can grow even in poor soil conditions. Oats gain part of their nutty flavor from the roasting which takes places after being harvested and cleaned. When oats are hulled they do not strip away their bran and germ and this allows the oats to retain a concentrated amount of fiber and nutrients.

Research methods have overlooked whole grains, such as oats, that contain many powerful phytonutrients.

For years, researchers have been measuring the healing power of a wide array of phytochemicals. They focus particularly on the “free” forms of these substances, which dissolve quickly and are instantly absorbed into the bloodstream. They have overlooked the “bound” forms, which are attached to the walls of plant cells and must be released by intestinal bacteria during digestion before they can be moved to the cell.

Phenolics have been widely studied because they are one of the major groups of phytonutrients; they are powerful nutrients that work in multiple ways to prevent disease. The compounds catechins, curcumin, ellagic acid, quercetin, and many others

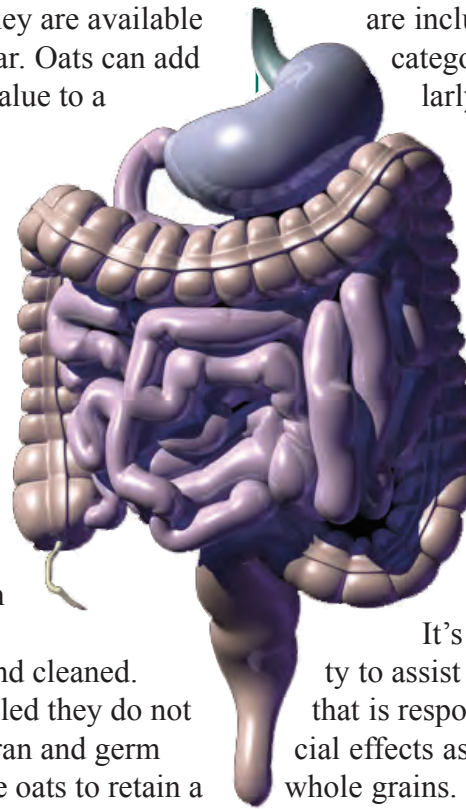
are included in these broad categories that appear regularly in the health news.

In many studies, eating whole grains, such as oats, has been linked to protection against atherosclerosis, diabetes, insulin resistance, ischemic, obesity, premature death and stroke.

It’s not just fiber’s ability to assist as a bulking agent that is responsible for its beneficial effects as a component of whole grains. For example, wheat bran constitutes 15 percent of most whole-grain wheat kernels, but it is virtually non-existent in refined wheat flour. It is heavy in lignans, minerals, protectors, and other phytochemicals, as well as in fiber.

Whole-grains include a variety of additional nutrients and phytochemicals that reduce the risk of cardiovascular disease as well as providing nutrients in dietary fibers. Compounds in whole grains that have cholesterol-lowering effects include oligosaccharides, plant sterols, polyunsaturated fatty acids and stanols, and saponins. Whole grains are also significant dietary sources of water-soluble, fat-soluble and insoluble protectors. Some of cereal nutrients includes phenolic acids, phytic acid, selenium, tocotrienols and vitamin E. These multifunctional nutrients are available throughout the gastrointestinal tract over a long period after being consumed and come in immediate-release to slow-release forms.

Wheat bran has high nutritional



“Condensed milk is wonderful. I don’t see how they can get a cow to sit down on those little cans.” -Fred Allen

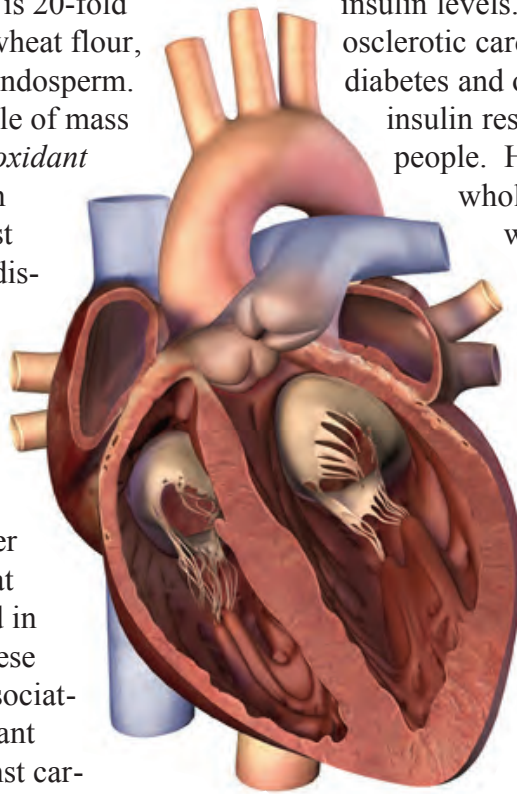
“I refuse to believe that trading recipes is silly. Casserole is at least as real as corporate stock.”

capacity, which is 20-fold that of refined wheat flour, also known as endosperm. Although the role of mass marketed “antioxidant supplements” in shielding against cardiovascular disease has been questioned and even shown to be totally useless, prospective population studies time after time suggest that when consumed in whole foods, these nutrients are associated with significant protection against cardiovascular disease. The wide range of nutrient activities from the phytochemicals abundant in whole-grains is thought to play a strong role in their cardio-protective effects because free radical damage to cholesterol seem to contribute significantly to the development of atherosclerosis.

Whole grains are incredible sources of phytoestrogens, plant compounds that may affect blood cholesterol levels, blood vessel elasticity, bone metabolism and many other cellular metabolic processes.

Whole grains are rich sources of lignans that are transformed by the human gut to enterolactone and enterodiol. In studies of Finnish men, blood levels of enterolactone have been found to have an inverse relation in cardiovascular-related death and to all causes of death, which suggests that the plant lignans in whole grains may play a valuable role in their protective effects. Duh!

Whole grains also contain lower



insulin levels. The risks of atherosclerotic cardiovascular disease, diabetes and obesity are linked to insulin resistance in most people. Higher intakes of whole grains are linked with increased sensitivity to insulin in population studies and clinical trials. Whole grains help improve insulin sensitivity by lowering the glycemic index of the diet while increasing its content of fiber, magnesium and vitamin E.

The entire kernel of truth is as part of your healthy way of eating, whole grains can drastically lower your risk of cardiovascular disease, obesity and type 2 diabetes. Try to include at least three servings a day.

OBSESSIVE COMPULSIVE DISORDER

Medi-Sign Target
Grounding Foods;
Tubers & Legumes



What is Obsessive-Compulsive Disorder?

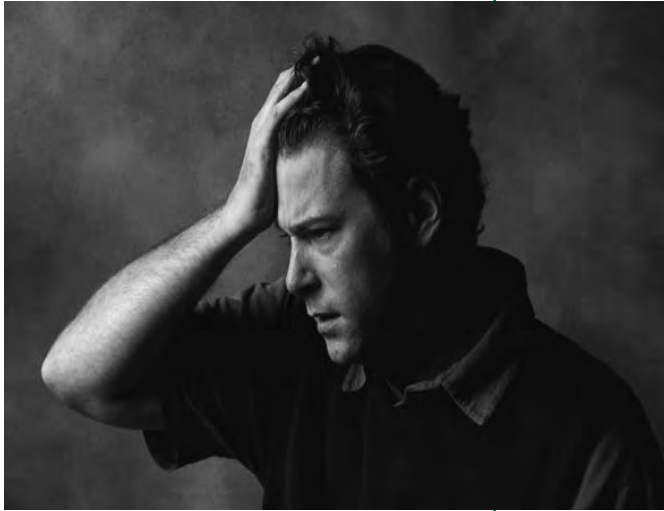
Worries, doubts and superstitious beliefs all are common in everyday life. However, when they become excessive such as hours of hand washing or driving around and around the block to check if you caused an accident that didn't occur then a diagnosis of OCD is made. OCD is as though the brain gets caught on a particular thought or urge and just can't let go. Frequently, people with OCD say the symptoms feel like a case of mental hiccups that never go away. OCD is a medical brain disorder that cause problems in information processing. It is not the person's fault or the result of a “weak” or unstable personality.

People of all ages may have symptoms of OCD. Not all Obsessive-Compulsive behaviors signify an illness. Some rituals like bedtime songs and religious practices are a part of daily life. Normal worries, like contamination fears, may increase during times of stress, such as when someone in the family is ill or dying. Symptoms need real attention when they continue to make no sense, cause much distress, or interfere with functioning in daily living.

1. Obsessions.

Obsessions are thoughts, images or impulses that occur repeatedly and feel out of your control. Typically, the person does not want to have these ideas, finds them troubling and intrusive and is usually aware that they don't really make sense. People with OCD may worry greatly about dirt and germs and may be obsessed with the idea that they are contaminated or may contaminate others. Sometimes they may have obsessive fears of having accidental-

ly harmed someone else perhaps while driving a car, even though they usually know this is not realistic. Obsessions are associated with uncomfortable feelings, such as fear, disgust, doubt or a sensation that things have to be done in a certain way.



2. Compulsions.

People with OCD normally try to make their obsessions go away by performing compulsions. Compulsions are acts the people perform repeatedly, very often following certain “rules.” People with an obsession about contamination germs may wash consistently to the point that their hands become raw and inflamed. A person may continuously check that she has turned off the stove or iron because of an obsessive fear of burning down the house. She may have to count certain objects repeatedly because of an obsession about losing them or misplacing them. Compulsive drinking or gambling is nothing like OCD compulsions; they do not give the person pleasure. Instead, the rituals are performed to obtain relief from the uneasiness caused by the obsessions.

3. Other Obsessive-Compulsive Disorders.

OCD symptoms cause distress, take up a lot of time, meaning more than

an hour a day, or routinely interfere with the person’s work, social life and relationships. Most individuals with OCD identify at some point that their obsessions are coming from within the individual’s mind and are not just excessive worries about real problems, and the compulsions they act upon are excessive or unreasonable. OCD with poor insight is when the person does not recognize that their beliefs and actions are unreasonable.

OCD symptoms tend to increase and decrease over a period of time. Some may be slightly more than

background noise; others may create extremely severe distress. When does Obsessive-Compulsive Disorder begin? OCD can begin at any time from childhood to adulthood but typically beginning by age 40.

One third to one half of adults with OCD say that it started during childhood. Unfortunately, many times people with OCD don’t recognize it.

The average person with OCD visits three to four doctors and spends over nine years seeking treatment before they receive a correct diagnosis. Studies have also shown that it takes an average of 17 years from the time OCD starts for people to obtain the correct treatment.

Is Obsessive-Compulsive Disorder inherited?

Research suggests that genes do play a role in the development of the disorder in some cases although there hasn’t been a specific gene identified. Childhood-onset OCD is

inclined to run in families and is sometimes in connection with tic disorders. There is a slightly increased risk that a child will develop OCD if the parent has OCD, but it is an extremely low risk. OCD that runs in families is usually when the general nature of OCD seems to be inherited, not specific symptoms. For example, a child may have checking rituals, while his mother washes compulsively.

What causes Obsessive-Compulsive Disorder?

There is no solitary, proven cause of OCD.

Research proposes that OCD involves problems in communication between the front part of the brain, called the orbital cortex, and deeper structures, called the basal ganglia.

The chemical messenger serotonin is what these brain structures utilize. There is belief that not enough levels of serotonin are prominently involved in OCD. Drugs that intensify the brain concentration of serotonin usually help improve the symptoms of OCD temporarily, but they are also toxic and dangerous.

Although reducing stress in your daily routine is not proven treatment for OCD symptoms, it may help you cope.

Stress and anxiety-relieving tips include:

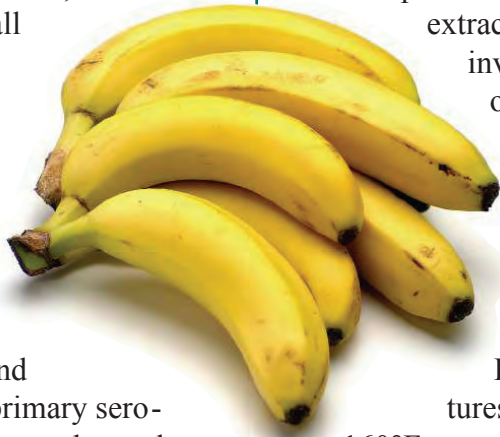
- Drinking warm milk and honey with 3 drops of essential orange oil
- Having a massage or back rub
- Listening to soothing music
- Soaking in a warm bath
- Taking slow, deep breaths
- Taking a walk or doing some other exercise

“Recipe: A series of step-by-step instructions for preparing ingredients you forgot to buy, in utensils you don’t own, to make a dish the dog wouldn’t eat.”

"You can find your way across this country using burger joints the way a navigator uses stars." -Charles Kuralt

- Taking a yoga class, playing racquet ball

Bananas are the best treatment for compulsive disorder. They aid the reconstruction of the myelin in the brain structures, and they also deliver primary serotonin, which OCD people need. Eat ten to 12 large bananas a day.



Many disorders characterized as mental disorders, are truly based on symptoms of nutritional deficiencies in those people with genetically based needs for greater intakes of raw whole food nutrition than the average person.

Ten different people, I personally know and assisted, were diagnosed as psychotic-schizophrenic. They were totally normal after seven days on nothing but water. They maintained normalcy as long as raw whole foods consisted of their diet. One can of soda pop sent one young woman back into the "space zone" for nearly 36 hours before she recovered stability again. (See: *Anxiety/Nutrition*)

OILS

Medi-Sign Target
 Joints, Heart & Skin

Refinement Level

Oils are generally grouped into two camps: unrefined and refined. Oil flavor intensity is normally inversely proportional to processing. Removing oil from its fruit, nut, seed or grain source is the first step

to producing it. Every oil extraction processes involves heating the oil in some kind of way. However, temperatures over 300°F ruin the proteins and natural vitamin E in oils.

Lower temperatures in the 120°F to 160°F range do not hurt the oil considerably, but unfortunately decrease the yield, making good oils slightly more expensive. It is vital to retain vitamin E in an oil because it prevents the oil from oxidizing because oils with little vitamin E tend to go rancid much faster.

Expeller-Pressed: These oils are attained by squeezing the seed, grain or fruit at pressures up to 15 tons per square inch. More heat is generated if you have higher pressure. During extremely high pressures, the temperature can exceed 300°F. Most oils are extracted by expeller pressing, which means they don't qualify as cold-pressed because friction heats them above 120°F. The fact still remains that unrefined expeller-pressed oils retain most of their flavor, aroma, color and nutrients.



Cold-Pressed: The term cold pressed means that an oil is expeller-pressed at decreased temperatures even though the term has no legal definition and is completely meaningless when used as an indi-

cation of quality. Olive oil, sesame oil, avocado oil and peanut oil are truly the only kinds that can be cold-pressed on any type of large commercial scale. Olive oil is still extracted the method of stone-pressing, today called hydraulic presses. Both techniques generate a small amount of heat, hence the term cold-pressed. They are the only substances that will simply yield their oil by easy, low-intensity pressure that does not generate a great deal of heat. Actual cold-pressed oils are prized. They include minerals, phosphatides and vitamin E, are high in trace nutrients and many unnamed nutrients.

Extracted: During the process these oils are invariably subjected to some sort of applied heat.

Chemical or Solvent Extraction: Most regular commercial brands, or the cheaper brands of oil, commonly use chemical solvents to extract the oil. Most people find the description of how the majority of oils are processed or refined to be disgusting. The oil is separated from its food source with hexane or other petroleum solvents and then boiled in order to drive off the toxic solvents. Next the oil is refined, bleached and deodorized, which includes heating it to over 400°F. The amounts of many key nutrients, especially vitamin E, are significantly reduced while the oil extracted still contains some undesirable solvent residues. Protectors or preservatives such as BHA (*butylated hydroxyanisole*) or BHT (*butylated hydroxytoluene*) are then regularly added. As a result, the product lacks flavor, aroma, pigments and nutrients. The only plus to this type of oil is that it has an extended shelf life, a clear, uniform color and an oily texture.

Similar to fats, oils differ from one another in their molecular structure and are categorized by their degree of saturation. This refers to the arrangement of their carbon atoms and links them with hydrogen and oxygen. Secondary saturated fats that come from animals cause great health risks.

When chilled monounsaturated oils could and thicken, but they are liquid at room temperature. Monounsaturated fats consist of canola, hazelnut, olive and peanut oils and are high-oleic safflower and sunflower oils. Consuming monounsaturated oils appears to reduce total blood cholesterol and the “bad” (*low density lipoproteins [LDL]*) cholesterol levels without disturbing the “good” (*high density lipoproteins [HDL]*) cholesterol levels. Olive oil, avocado and canola oil have been suggested as the safest sources of fat in a heart-healthy diet.

Regular safflower and sunflower, walnut, corn and soybean oils known as polyunsaturated oils remain liquid whether in or out of the refrigerator. Sesame oil contains just about half monounsaturated and half polyunsaturated fatty acids.



OILY HAIR

Medi-Sign Target

Beer, Lemon Juice & Aloe Vera

Having more hair per square inch means you have fine hair; the more hair, the more oil glands, and the more oil glands, the more oil. At the base of each hair shaft are sebaceous glands that produce sebum, the fatty “oil” in oily hair. Those with fine hair contain as many as 140,000 oil glands on their scalps.

Redheads, who average 80,000 to 90,000 hairs per head, hardly ever have oily hair, although, blondes with smooth, baby-fine hair usually have the worst problems with oiliness.

The texture of your hair makes a significant difference. Oil sticks to fine, straight hair with no trouble, but wiry hair doesn’t appear to be oily. Mostly, it has to do with perception.

Oil production can quicken due to intense heat and humidity and hormonal changes. Androgen, a male hormone, can stimulate the sebaceous glands. In both men and women, stress boosts bloodstream levels of androgen.

For men, androgen isn’t the only factor that makes oily hair more of a problem. Most of the time, men have finer hair than women. They average 311 hairs per square centimeter of scalp, as opposed to 278 for the average woman. That’s a considerable ten to 15 percent difference between men and women.

1. Avoid eating animal fat and eat

more vegetables. Think about your daily diet intake with focus on drugs, hard alcohol and junk food. Let’s face it, we see what McDonald’s can do to your heart in a month, can you imagine your hair? You would be dripping oil everywhere.

2. Mousse tends to dry the hair too much and clogs the pores, so try beer as a setting lotion for oily hair. Store it in a closed plastic container in your shower; otherwise it will only keep for a couple of days.



3. Freshen your hair with lemons by squeezing the juice of two lemons into a quart of the best water you can buy, distilled water is a great choice. Lemon juice is a great rinse to help cut oiliness. Also, try an apple cider vinegar rinse. Put a teaspoon of vinegar in a pint of water and use it as a finishing rinse. This type of solution acts as a tonic for the scalp and removes soap residue that can weigh down oily hair.

The Ingredients:

- 1/2 teaspoon aloe vera gel (*squeeze gel out of Aloe Vera plant*)
- 1 tablespoon of lemon juice

The instructions:

Mix the ingredients together with 1/4 cup of your regular hair shampoo. Wash hair and rinse well.

“Chemicals, n: Noxious substances from which modern foods are made.”



Storage:

Most recipes need to be refrigerated since they don't contain preservatives. Shelf - life is roughly one week.

OILY SKIN

*Medi-Sign Target
Salt Baths & Sunshine*

Oily skin is shiny, thick and dull colored. Often chronically oily skin has coarse pores, pimples and other embarrassing blemishes. Also, it is prone to blackheads. In oily skin, the oil producing sebaceous glands are overactive and produce much more oil than is desirable. The oil seeps and gives the skin a greasy shine. The skin has a coarse look because the pores are enlarged.

Causes of oily skin:

- birth control pills/ medicines
- cosmetics
- diet
- heredity
- hormone levels
- humidity and hot weather
- pregnancy

Oily skin is common in teenagers because of the hormonal shifts of adolescence, but it can occur at any age. Usually, skin becomes dryer with age. The flow of sebum or oil increases throughout adolescence and starts decreasing with age. At some stage in pregnancy and menopause, hormonal imbalances can also upset the oil balance and increase the activity of sebaceous glands.

Many people have combination skin that is oily only in certain areas and dry or normal in others.

Skin Care for Oily Skin

The wonderful advantage of oily skin is that it ages at a slower rate than other skin types.

To prevent the pores from being clogged, oily skin needs special cleansing consisting of hot water and soap. Try to stay away from harsh products that strip your skin of oil and encourage flakiness. Harsh products can cause a reaction known as reactive seborrhoea, where the oil glands work overtime to compensate for the loss of natural oils.

Try to stay away from skin care products that leave your skin feeling taut and dehydrated, which eventually cause the upper layers of the skin to shrink. These types of things restrict oil flow through the pores leading to blockages and breakouts.

Make sure to keep your skin very clean, but at the same time limit washing your face to two or three times a day; excessive washing will stimulate your skin to produce more oil. Little to no moisturizer on your face is necessary.

Choose your cleanser very carefully by avoiding heavy cleansing creams and harsh soaps or cleansers like a pure soap with no artificial additives. Also, choose cleansers made for oily skin. You can also, put exactly six drops of tea tree oil to an eight ounce glass of water and rinse the face. Then let it air dry.

When washing your face, use hot water instead of lukewarm or cold water.

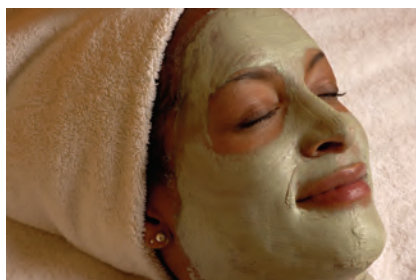
Use an upward and outward motion to massage your face while cleansing. You don't want to rub your skin too hard because rubbing soap into the skin can clog pores.



Try exfoliating your skin on alternate nights if your oily skin is scaly. You may use a salt and water mix and apply it to your face while rubbing softly to gently exfoliate the skin.

Use a combination of lime and cucumber juice approximately half an hour before taking your bath. Mix a half teaspoon each of lime and cucumber juice together with

one teaspoon of witch hazel and apply it on your face. It prevents acne by keeping oiliness away and helping in refining the pores of the skin by acting as astringent.



wheat and whole rice are an exceptional supply of iron to the body, and they rejuvenate pale skin.

To keep the skin hydrated and flush out toxins, drink a sufficient amount of quality water.

To prevent the problem of makeup becoming patchy, apply a little cucumber juice on the excessively oily parts of your face such as the forehead, chin or nose. Afterwards, dry thoroughly and then apply your makeup.

Apply equal parts of lime juice and witch-hazel if your whole face turns patchy after you put makeup on. Make sure to dry well before putting on your makeup.

Use a clay or mud mask in order to clear away excess oil. Try blending together one teaspoon of green clay powder and one teaspoon of raw honey and then apply the mixture to your face, avoiding the eye area. Make sure to leave it on for fifteen minutes and rinse well with lukewarm water. Continue this at least three times a week or more.

Once or twice daily, mix equal parts of lemon juice and water together, pat the mixture on your face, allow it to dry, and then rinse with warm water. Shortly after, follow with a cool-water rinse.

Diet for Oily Skin:

In your diet, include plenty of leafy green vegetables and fresh fruits. Even a slight deficiency in vitamin B2 can cause oily skin. Eat nutritional yeast, particularly wheat germ. Good sources of vitamin B2 include beans, nuts, royal jelly and whole grains. Black beans, buck-

Avoid pork, fried food and highly seasoned foods to reduce the amount of fatty foods in your diet. Consume no animal fats and do not drink soft drinks or hard alcoholic beverages.

Try to avoid sugar, chocolate and junk food.

Essential Oils for Oily Skin:

- Bergamot
- Cedarwood
- Cypress
- Frankincense
- Geranium
- Juniper
- Lavender
- Lemon
- Sage
- Tea Tree

Apply aloe vera gel topically as need because of its great healing properties. Try to keep a plant in the window sill.

Mist the skin with water several times a day because lavender is excellent for oily skin.

For oily skin, a facial sauna using lemongrass, licorice root and rosebuds is also good. Simmer a total of two to four tablespoons of dried or fresh herbs in two quarts of water two or three times a week. While the pot is steaming, place it on a thick potholder, sit it on a table and place your face at a comfortable dis-

tance over the steam for fifteen minutes. Put a towel over your head to trap the steam if you wish. After approximately fifteen minutes, splash your face with cold water a couple times and allow your skin to air dry or pat it dry with a towel. Allow the herbal water to cool in order to save it as a toning lotion to be dabbed on the face after the sauna.

You can use witch hazel for absorbing oil as another useful remedy.

Common Sense Recommendations:

Do not smoke! Smoking encourages enlargement of the pores and impairs the overall health of your skin.



For a neutralizing effect, try apple cider vinegar on oily areas of the skin.

To stimulate circulation and rejuvenate the skin, regularly brush and massage the entire body.

The skin's cellular repair activity is at its finest during the resting phase, so get good sleep.

To benefit the skin, exercise regularly because it will nurture and cleanse the skin from within and it boosts circulation and encourages blood flow.

"It would be nice if the Food and Drug Administration stopped issuing warnings about toxic substances and just gave me the names of one or two things still safe to eat."

OKRA

Medi-Sign Target

Bones



Some of the benefits of okra include:

- eases arthritis
- enhances blood flow
- controls blood pressure
- protects your heart
- strengthens bones

The story of okra is unique. It is said that the tiny green pod was first grown in Africa hundreds of years ago. It slowly made its way to the Middle East, India, Asia and eventually with the slave trade, all the way to the West. According to some historians, the French Creoles should be thanked for okras commonplace in North American recipes. Okra may also be tried as dried okra, okra oil or ground okra seed as a coffee substitute.

There are tons of vitamins and nutrients in okra, including foliate, manganese, magnesium, potassium and vitamin C that make it potent for treating arthritis, heart disease and osteoporosis.

Socks it to Heart Disease

Add some okra to the diet to help make the heart healthy. Okra acts like a pipe cleaner to atherosclerosis; the dangerous hardening and

clogging of your blood vessels is cleaned out with some okra! Okra is a good source of vitamin C which the World Health Organization has linked to a reduced risk of fatal heart disease. Can you believe that one cup of sliced okra has more vitamin C than a whole tomato? You cannot rely dependently on okra as a single source of vitamin C, yet it makes an interesting and nutritious addition to your diet.

It helps fight heart disease by containing 40 percent of the daily requirement of foliate in each cup. Without vitamin B, your body leaves behind loose amino acids, called homocysteine, when it metabolizes protein. Excessive amounts of homocysteine built up in your blood damages your arteries and can lead to heart disease and stroke.

The potassium and magnesium in okra help to lower blood pressure and clean your system. Magnesium helps maintain control of cholesterol and blood pressure, regulates your heart rhythm, and may even improve your odds of surviving heart disease and heart attacks.

Arms You Against Osteoporosis

When putting together a bone building system, including okra because it arms you against osteoporosis. It's full of beta carotene, magnesium, potassium and vitamin C. According to research from the United Kingdom, people who consume food high in these nutrients may slow down the bone loss that can lead

to osteoporosis. Most importantly, a cup of okra gives you a wheel-barrel of the most famous bone-building mineral of all, calcium.

Eases Osteoarthritis

Okra also eases Osteoarthritis. Natural alternatives give new hope in the fight against osteoarthritis (OA), which is the most common type of joint disease. Foods like okra contain both vitamin C and manganese, which your body needs to build up joints and cartilage. Research suggests a diet high in whole food vitamin C may decrease the development of OA. Manganese is a vital component of cartilage. Okra? Think bone and cartilage when you think of okra.

Okra has a distinctive flavor and thickening properties that make it a wonderful addition to stews and soups. While it cooks, it discharges sticky juices that thicken any liquid to which it is added. The high content of pectin and other soluble



“The breakfast slimes, angel food cake, doughnuts and coffee, white bread and gravy cannot build an enduring nation.”

-Martin H. Fischer

fibers in okra play a huge part in health. Pectin forces the liver to make more bile by utilizing circulating cholesterol and helps decrease blood cholesterol levels by interfering with bile absorption in the intestines. Okra helps to prevent constipation by absorbing water and adding bulk to the stool with the large amounts of soluble fibers.

Many people eventually acquire a taste for okra, although initially they are not fond of it. Okra isn't necessarily common, nonetheless, there is no question how good it tastes with stewed tomatoes, or how thick and delicious gumbo is with the tiny green pod in it. Rather than boil okra, steam or blanch the pods until they are somewhat tender; the longer okra cooks, the softer it becomes, which means less liquid to become glutinous. Don't slice the okra before cooking because less juice will be released if the inner capsule remains intact. Some people prefer eating okra raw; it can be served with dips on a fresh vegetable tray, or sliced and diced into a salad. In many parts of the world okra is used in gumbo and it is also the reason for the The Okra Strut in Irmo, South Carolina.

OLIVE

Medi-Sign Target
Ovaries
(All Live - Olive)



Olives are an array of flavors from sour to sweet. They are harvested in

September but available year round in grocery stores.

Olives are thought to have been cultivated in Crete between five and seven thousand years ago and are thought to be one of the oldest foods around. The consumption of olives quickly spread throughout Egypt, Greece, Palestine and Asia Minor.

They are mentioned in the Bible, appear in ancient Egyptian art and are an important piece of Greek mythology. Dating back to ancient times, the olive tree has provided food, fuel, timber and medicine for many civilizations. It has also been recognized as a symbol of peace and wisdom. And since 3000 BC, olive oil is thought to have been consumed.

Throughout the 15th and 16th centuries, olives were brought over to America by the Spanish and Portuguese explorers. Then, in the 18th century, they were introduced into California by the Franciscan missionaries. Currently, much of the commercial cultivation of olives occurs in Spain, Italy, Greece and Turkey.

The olive is a green colored fruit and can be used either for oil or eating. There are many types of olives such as:

- "barna" (that grow in Israel)
- "Maalot" (that grow in Israel)
- "sury" (that grow in Lebanon)

Olives require special processing to lessen their bitterness; they cannot be eaten right off of the tree. These

processing methods differ with the region where they are cultivated and the desired taste, texture and color. Some olives are picked green and unripe, while others are allowed to turn black and fully ripen. However, not all of the black olives available begin with a black color. There are some processing methods that let the unripened green olives become exposed to air and subsequently turn them black. The color is also affected by a few different factors like fermentation and/or curing in oil, water, brine and salt.



Health Benefits

Olives are an excellent source of monounsaturated fats and vitamin E. Monounsaturated fats are good to have in our cell's outer membrane

because they are less easily damaged than polyunsaturated fats. Also, these cell membranes surround the cell's DNA and each of its energy-producing mitochondria. When combined with the protection of vitamin E, the stability of monounsaturated fats translates into a protective effect on the cell that can lower the risk of damage and inflammation. Olives also have polyphenols and flavonoids that heal infection and inflammation.

Cellular Protection From Oxidants

Vitamin E is the body's main fat-soluble nutrient. It goes after and directly neutralizes free radicals in all the fat-rich locations of the body. In combination, stable monounsaturated fats and vitamin E add a vital safety factor to cellular processes like energy production. The energy production is a process that generates free radicals even when things

"As a child my family's menu consisted of two choices: take it or leave it." -Buddy Hackett

“There is one thing more exasperating than a wife who can cook and won't, and that's a wife who can't cook and will.”

-Robert Frost

are running smoothly. When cellular processes such as mitochondrial energy production are not well protected, they can oxidate, meaning that the free radicals produced can interact with and harm any nearby molecules. When a

cell's mitochondria becomes harmed, the cell cannot produce enough energy to supply its needs and ultimately dies. If a cell's DNA becomes damaged, the cell may eventually mutate and go into over-active mitosis also known as cancer.

Protection from Cancer and Heart Disease

Numerous ailments can result from free radical damage. For example, while free radicals cause the oxidation of cholesterol, the oxidized cholesterol damages blood vessels and builds up in arteries, and can in time lead to heart attack or stroke. The nutrients in olives assist to prevent heart disease by preventing the oxidation of cholesterol.

There is a chance that the cells can mutate into cancer cells if free radicals damage the cellular DNA in colon cells. By neutralizing free radicals, the nutrients in olives help avoid colon cancer. Lower rates of colon cancer are actually connected with a higher intake of both whole



food vitamin E and the monounsaturated fats.

Beneficial Inflammation Effects

The severity of asthma, osteoarthritis and rheumatoid arthritis decreases with the nutrients found in olives like monounsaturated fats, vitamin E and polyphenols. These three conditions are where most of the damage is caused by high levels of free radicals. The vitamin E in olives may even help to decrease the frequency and intensity of hot flashes in women going through menopause.

Some of the many available varieties of olives include Kalamata, Manzanilla, Moroccan oil-cured, Nicoise and Picholine. In addition to varying in size and appearance, the taste of olives ranges from sour to smoky to bitter to acidic. You can find whole olives as well as pitted olives.

The olive oil is available in an assortment of grades that reflects the degree to which it has been processed. The initial unrefined oil from the first pressing and first skimming consist of Extra and Extra-Extra Virgin. Virgin olive oil refers to oil formed from the first or second pressing, while pure olive oil usually means a lower-quality oil produced from subse-

quent pressings. The chemical difference between an extra virgin oil and a virgin oil involves the amount of free oleic acid.

AGRINION

Agrinion is a huge, dull green, brine-cured Greek olive with sour taste and very soft flesh that is easily torn from pit.

BLACK ALFONSOS

Black Alfonsos are a soft-skinned Chilean olive with very tender flesh. It is similar in texture to a small plum and cured in wine vinegar for a pleasing sour/salt rush.

GAETA

Gaeta is a plump, dark purple Italian olive with very tender, almost melt-away, texture. It is on the naturally sour side, but cured and stored in brine.

GREEN GREEK CRACKED

Green Greek Cracked is a crunchy flesh flavored olive with lemon and stored in vinegar.

HALKIDIKIS

Halkidikis olives are a variety almost entirely cultivated in Halkidiki. It is also known as the mammoth olive because of its enormous size.

KALAMON

Kalamon olives are an excellent variety of table olives as well as being a commercial name of olives. These olives are mainly cultivated in prefectures of Messinia, Lakonia and Agrinio. The fruit is collected mature from November till the end of December. Following the process of engraving, salt solution and vinegar the olives are engraved in vinegar-salt.



MANZANILLA

Manzanilla are brine-cured and a medium-size Spanish variety with crisp and smoky flavor. This olive is very popular in the United States and easy to pit. They are often sold pitted and stuffed with pimiento or almond.

MOROCCAN OIL-CURED

Moroccan Oil Cured olives are black olives that have a wrinkled, leathery surface from the dry salt curing process. Since they keep more of their natural bitterness, oil-cured olives work better when cooked than eaten straight.

NICOISE

Nicoise is salt-cured and is a small, brownish purple French variety. It has a tart, sharp flavor and a hint of a buttery flavor with a large pit that is often hard to remove.

PICHOLINE

Picholinea is a slender, full-flavored green olive from the south of France. The flavor is sweet with a nice, crunchy texture.

PITTED KALAMATA

Pitted Kalamata is one of the more popular black olives, commonly found on Greek salads. They have a pronounced, powerful olive flavor and very high salt content. Because there are no pits, you can eat them like candy.

PROVENÇAL

Provençala is a medium-green French olive. Normally, they marinated in fragrant herbs de Provence, which is a mix of basil, lavender, thyme, fennel, savory and rosemary. The herbs hit you in the taste buds first, followed by the olive and salt flavors. It has an appealing balance of herbal aroma and olive taste.

SAVORY OLIVES

Savory olives are cultivated in Attica, on the Aegean islands of Chios, Samos and Naxos. They are also cultivated on Crete and Thassos Island as well. While it is still on the tree, this variety has what it takes to soak the bitterness out of the fruit during ripening.

SEVILLANO (OR QUEEN)

Sevillano, better known as Queen, olives are brine-cured, huge, green, bland and grown in California and Spain. They are marketed in the United States as "Super-colossal" and are very hard to pit.

SICILIAN GREEN

Sicilian Green are brine-cured, large, pale, greenish-brown olives with dense flesh and a sour taste. They are very easy to pit.

TINNED OLIVE

Tinned olive is the biggest variety of table olives. It is cultivated mostly in central Greece in Agrinio, Amfissa, Atalanti, Agios Konstantinos. It is also cultivated in Volos and Euboea. The variety of tinned olives consists of the green, black and blonde or white-red olives.

- **The green olives** are collected from the olive-trees towards the end of September until the middle of November. The fruit is cut early and, after the suitable process, is ready for eating.

- **The black olives** are collected from the olive trees in mid November until mid January. The fruit is mature during the time it is harvested from the tree. The black olives are popular in the foreign markets under many names like Amfissa black olives, Agrinio black olives and Volos black olives

depending on the place of growth.

- **The blonde olives** are collected from the end of October until the end of November. The fruit is harvested early from the tree. Blonde olives with vinegar are an excellent complementary snack of Hummus or Tabbouleh (*Tabouli*).

OLIVE OIL

Medi-Sign Target
Ovaries & Blood flow
(All Live - Olive)



Benefits

- Battles diabetes
- Combats cancer
- Eases arthritis
- Promotes weight loss
- Protects your heart
- Smooths your skin

Greeks seem to know how to eat well. Their usual diet includes lots of fruits, vegetables, grains and fat. The Mediterranean diet uses olive oil as its main source of fat unlike the American diet that consists of fats from animals.

"Welcome to the Church of the Holy Cabbage. Lettuce pray."

Olive oil, made by pressing ripe olives, is 77 percent monounsaturated fat; this is the good kind of fat that helps your body rather than hurting it. Olive oil is also rich in Vitamin E and has several compounds scientists believe withstand cancer. This flavorful oil helps to rid you of heart disease, rheumatoid arthritis and diabetes. It also acts as a mild laxative and helps with gallbladder problems.



Olive oil has been around for thousands of years and throughout that time has been praised for both its cooking and healing properties. The Cretes became extremely rich from exporting olive oil as far back as 2575 B.C., and both the Bible and Greek mythology refer to it. Currently it is exported mainly from France, Spain, Italy and Greece. You can find olive oil in any local grocery store and pouring on olive oil is like pouring on the health benefits.

Five Ways Olive Oil Keeps You Healthy

Trumps Heart Disease

In spite of their high-fat diet, the Greeks rarely ever develop heart disease or hardening of the arteries, called arteriosclerosis. This is mainly because their diet includes foods rich in fiber like grains, fruits and vegetables and lots of olive oil. They also drank red wine and beer moderately.

Not all fats or cholesterols are equally made. Monounsaturated fat, the kind you find in olive oil, gives you the biggest benefit because it cuts down on the bad cholesterol without harming the good cholesterol. It also helps make blood less likely to clot, which lowers your blood pressure and your risk for stroke. Don't forget that high blood pressure contributes to heart disease because your heart has to work harder than it should.

Halts Those Hunger Pains

How hungry you are at dinner could be affected by what type of fat you eat during lunch. Anyone battling a few extra pounds knows the growl in your belly is difficult to ignore. If you are 20 to 30 percent over the average weight for your age, sex and height, it is extremely important you take back control of your weight. Not only are you a prime candidate for high blood pressure and diabetes, but different types of cancers as well.

Although not many people consider oil a diet food, because of the high calorie count, there is a reason why substituting olive oil for others could help you lose weight. The first reason is because oils rich in monounsaturated fat, like olive oil, will fill your belly more than others. During a study, people who ate mashed potatoes prepared with monounsaturated oils weren't as hungry later in the day than people who ate the same food cooked with polyunsaturated oils. This means that when you aren't hungry, you're less likely

to snack or overeat; if you don't snack you're less likely to gain weight. Olive oil also has a rich flavor making it so you don't need to use as much of it.

Arthritis

Oil your joints with olive oil; it works topically and internally for arthritis.

Keeps Cancer at Bay

The free radicals that roam through your body can cause damage including cancer. Luckily, olive oil contains properties that keep free radicals in check. Studies show that adding olive oil to your daily diet may reduce your risk of breast, colorectal, prostate and esophageal cancers.

Diabetes

Because olive oil can cut the amount of LDL cholesterol as well as triglycerides in your blood, it helps reduce your risk for developing Type 2 (*non-insulin dependent*) diabetes. Also, it appears to lower your blood sugar, or glucose, levels. High blood sugar is a major symptom of diabetes. Once again, the benefit comes from monounsaturated fat.

To get the most from your olive oil, try to use the "Extra Virgin" variety. This less-refined product has the most of what makes olive oil good



"Rice is born in water and must die in wine."

for you and adds some powerful flavor. If you want a weaker taste, buy olive oil labeled “*Virgin*” or “*Light*.”

If olive oil is kept in a tightly capped container away from heat and light, olive oil can last approximately two years. If you refrigerate it, it will become cloudy. Although when it reaches room temperature again, the cloudiness will vanish.

Olive oil is great for therapeutic massages, treating wounds, minor burns, eczema and psoriasis. It also softens earwax and relieves constant ringing or pain in your ears.

ONION

Medi-Sign Target
All Cells & Orgnaielles



The onion has a delicious taste and contains mighty health powers.

Some of the benefits include:

- Lowers cholesterol
- Helps stop strokes
- Helps to remit cancer
- Reduces risk of heart attack

- Removes bacteria and virus overwhelm
- Removes fungus and yeast infections

Onions have a tendency to make people cry, but they certainly don't give you any reason to be sad. On the contrary, onions offer a variety of health benefits along with those tears.

A member of the allium family, like garlic, leeks and chives, the onion has been appreciated for thousands of years. Egyptian slaves building the pyramids were given a diet that included onions. They were also a prized food of the wealthy in ancient China.

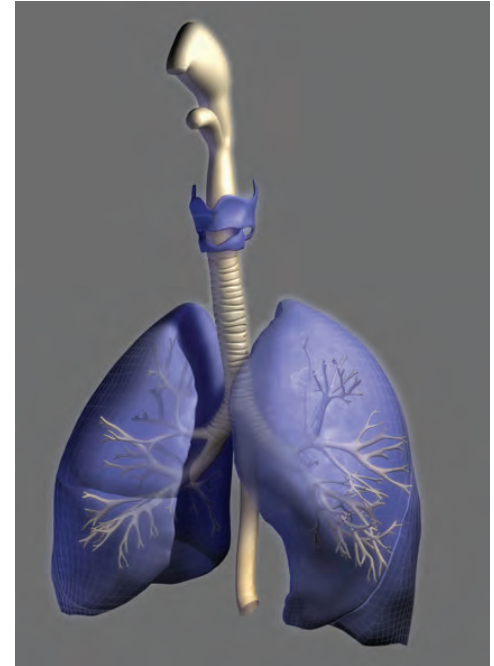
The onion became more than just food once it arrived in Egypt. The ancient Egyptians worshiped the onion; they believed that its spherical shape and concentric rings symbolized eternity. The onion was the only vegetable made of gold out of all their images created from valuable metals by Egyptian artists.

Today, onions are used in an assortment of dishes and rank sixth among the world's leading vegetable crops.

When the onion arrived in Rome it became known as the ‘unio’ meaning large pearl in Latin. Later it became ‘Unyon’ in Middle English. Then the status of the onion rose when French Onion Soup became popular by Stanislaus I.

During the period of the Civil War, Union general Ulysses S. Grant showed how essential onions were by sending a message to Washington that read, **“I will not move my armies without onions.”** Eventually, he got the onions, and his side won the war.

Coincidence? I think not! Thanks to the powerful flavonoid quercetin and a host of sulfur compounds, onions can make anyone a winner. Onions have some potassium, vitamin C, vitamin B and hundreds of unnamed nutrients. They remove germs, help your heart and don't give cancer a chance. In addition, they add great flavor and a pleasant aroma to almost any dish.



Onions Make You Healthy

Onions make you healthy and zap heart disease. The Japanese women rarely get heart disease, which could be because they get plenty of flavonoids, including quercetin, in their daily diet. Around 83 percent of their quercetin comes from onions. A recent study determined that quercetin intake decreased levels of cholesterol and “*bad*” low-density lipoprotein, also called LDL, cholesterol.

The LDL cholesterol is stopped from becoming oxidized by the quercetin in onions; the quercetin keeps it from becoming dangerous. Oxidized LDL carries cholesterol to your artery walls faster. When it arrives, it can build up and block your arteries, increasing your risk

“Edible, adj.: Good to eat, and wholesome to digest as a worm to a toad, a toad to a snake, a snake to a pig, a pig to a man, and a man to a worm.” -Ambrose Bierce

“If we’re not willing to settle for junk living, we certainly shouldn’t settle for junk food.” -Sally Edwards



for a heart attack or stroke. Getting quercetin from onions seems especially helpful because your body absorbs it more quickly and retains it longer than quercetin from supplements. The supplements have never been shown to work. The quercetin in onions acts as an inhibitor that captures harmful free radicals that can damage cells and cause cancer. By keeping the platelets in your blood from clumping together, the sulfur compounds in onions may also decrease your blood pressure and prevent blood clots. Onions also contain sugars that are their greatest asset.

According to researchers, half an onion a day keeps stomach cancer away. In a study of more than 120,000 men and women, people that ate at least half an onion a day kept the doctor away; they were half as likely to get stomach cancer as those who never ate onions.

Two other studies indicated that onions helped in the prevention of both lung and breast cancer. The sulfur compounds in onions could also inhibit tumors.

With the skin, onions have healing powers too. Onions have been used to treat funguses, yeasts and parasites as well as soothe insect bites and stings and infection from stingray wounds.

Onions come in several varieties. The sweet Vidalia onion from Geor-

gia is a seasonal onion, while others are available year round. You can find red, yellow, or white onions in all different sizes and there are even pear onions. Try multiple ones to discover what is best.

The best onions to buy are solid with papery skin and spotless. You can store onions in a cool, dry place up to two months. If you do not use the entire onion, wrap the leftover portion and refrigerate it for up to four days.

Crying Over Onions

Did you ever wonder why you cry when you chop an onion? The answer is that a sulfur compound is released when you crush the cells of an onion. During this time, the compound reacts with the moisture in your eyes, turning into sulfuric acid, which irritates your eyes. To flush the sulfuric acid, your eyes develop tears.

You can attempt many tricks to avoid crying, like wearing goggles or chopping under running water. My favorite is having someone else do it!

Onions lower blood pressure and cholesterol, decrease catarrh L (*phlegm and inflammation of the nose and throat*) treat dysentery, inhibit allergic reactions, induce sweating and are a cure for a common cold. Onions simmered in water until soft with a little honey is a well-known cough remedy. One onion is eaten every four hours. For bronchial inflammation and other chest congestions put onion packs on your chest. Juice compresses or raw onion packs are remedies used externally on insect bites to draw out swelling and pain. Onion tea relaxes the brain and acts as a general sedative.

An apple, onion (*especially Vidalia*), and potato all have similar tastes. The smell determines the difference in flavor. If you pinch your nose and try all three, you will find that they all taste sweet.

These plants clean the arteries and slow down the growth of viruses, yeasts, ferments, and other pathogenic organisms often proliferating in those eating unbalanced diets. In spite of their medicinal virtue, these plants are thought to foster excessive emotional desire; therefore, they are not recommended in the major Eastern traditions for those seeking spiritual refinement...no wonder I love them.



BOILER ONION

Boiler onions are considered a dry onion, or mature onion, harvested when their inner flesh is succulent and is covered with a dry papery skin. You can find boiler onions available in white, red and gold. These versatile onions are about one inch in diameter and impart a sweet, overpowering flavor.

CHIVES

Chives influence the liver, kidneys and stomach. They also dry sweaty conditions, increase energy circulation, treat blood coagulations, treat bruises and swellings, especially

when these occur from injuries. They are also good for treating the pain of the cold type of arthritis. The juice from either the whole crushed chive plant or its leaves can be put on the injured or arthritic area. For best results, eat fresh or lightly cooked chives and try to drink chive tea.



The stalks and roots of chives are used as a safe remedy for high blood pressure during pregnancy and to treat high blood pressure in general.

Chives are grown for their leaves, which are used as an herb and have a much milder flavor than onions. They are referred to in the plural tense because they grow in clumps instead of alone.

Chives are usually chopped raw and used for topping on salads, baked potatoes, omelets or Chinese cuisine. Also, long cuts are often tossed in after cooking is complete, for both color and their mild flavor.

DRY ONION

Onions are divided into two categories: Green onions, which are scallions and leeks, and dry onions. Dry onions have been cured, which



obviously causes them to form dry, brittle skins. The most popular dry onion is the yellow onion. Onions are available year-round.

SCALLIONS

As well as pungency, the scallion also has a bitter flavor. Primarily they are used in cases of both chest and heart pain.

They encourage urination and sweating, which alleviates exterior conditions such as the common cold or flu if taken during the first stages. This is especially true when the cold is a "wind-cold influence," meaning the chills will predominate over fever.

To a lesser degree than garlic, it has fungal and microbial effects. It can be used as a tea decoction in the treatment of measles. Scallions are also a remedy for abdominal swelling and pain, arthritis and diarrhea when these disorders result from coldness, meaning chills, pallor and aversion to the cold.

Folate, an essential nutrient for normal tissue growth and protector against cancer, heart disease and birth defects, is found in raw scallions. They also have vitamin C, an immunity boosting nutrient that helps vacuum up tissue-damaging oxygen molecules in the body.

KNOB

Knob onions have thick green stems, like leeks, with rounded white bulb bottoms. Knob onions belong to the sweet onion family and are sold with their long green tops attached. Some other names for the knob onion include bald onion and Florida sweet onion. They are

often mislabeled as boiling onions. You can find knob onions year-round, with their peak in late spring and summer.

LEEKS

For the Liver

In addition to pungency, leeks have a sour flavor, which is astringent and are often associated with the liver. Leeks can be used to treat dysphasia, which is difficulty in swallowing. The astringent property of the leek counteracts bleeding and diarrhea.

PEARL

The true pearl onions are no more than one inch in diameter. They are sweet and tangy bits of taste, and they are available year-round.

SHALLOTS

Shallots are another miniature member of the alliums family and have their own benefits. Just one tablespoon of chopped shallots has an enormous amount of vitamin A. This vital nutrient helps keep immunity strong and also guards against vision problems associated with aging like cataracts and night blindness.

SPANISH

Consumed and grown throughout the world, Spanish onions are a universal seasoning. Spanish onions are large-bulged and have yellow, or sometimes white, skin. Their taste isn't as strong as regular onions, but



"Forget love...I'd rather fall in chocolate!"

“If God had intended us to follow recipes, He wouldn’t have given us grandmothers.” -Linda Henley



not as sweet as the Vidalia, Maui or Walla Walla onions. The Spanish onion is a good choice when you wish to add just enough flavor of an onion without overpowering the dish; they are available year-round.

VIDALIA

Vidalia onions are the new, well-known, hybrid sweet onion; an exception to the hot-breathed, invigorating onions. Vidalia onions are mostly mild and creamy. They are the only onions grown in 19 specified Georgia counties and can only be called Vidalia onions. Fascinatingly, if these onions are grown anywhere else, they taste like common yellow onions. The name Vidalia onion is protected by Georgia law. Vidalia onions are available from April through June, and in limited supply throughout the month of December.

OPO SQUASH

Medi-Sign Target
Penis & Blood Flow



Opo squash originated in tropical areas of Southeast Asia and is known as long melon, pul qua and bottle gourd. It is actually a variety of squash from the cucumber family. The opo resembles the zucchini in its shape. Its skin is smooth, and its color is greenish yellow. It is grown in Mexico, Honduras, California among other places. Opo is available year-round in Asia and in some specialty produce markets. Its prime seasons are summer and early fall.

OREGANO

Medi-Sign Target
Emotional Happiness



Oregano is a member of the mint family, also known as the Lamiaceae family. Plants belonging to this family are easily spotted by their square stems, opposing pairs of leaves and whorled flower spikes. Several of the familiar culinary herbs are from this family.

Oregano’s pungent, spicy flavor makes it an ideal match for tomato based sauces, and eggplant. Italian dishes, particularly pasta sauce and pizza rely on oregano. Without overwhelming the dish, oregano adds flavor. Oregano can be used either fresh or dried because it keeps

its flavor well. If you plan on using the fresh herb in a recipe, use twice the amount of it as you would the dried.

It’s likely that oregano originated in Greece, despite the important association of oregano with Italy. Ancients Greeks used to let their cattle graze on fields of oregano believing that it produced tastier milk. The name oregano comes from the Greeks, meaning “*joy of the mountain.*” Oregano is a remedy when used as a steam inhalant to clear the sinuses and relieve laryngitis.

ORANGE

Medi-Sign Target
Breasts Cells

They look like cells!

Some of the benefits of oranges include:

- combats cancer
- protects your heart
- strengthens respiratory system
- supports immune system

Even though you may think that the orange got its name because of its color, it didn’t. Instead its name comes from an ancient Sanskrit word meaning “*fragrant.*” Truthfully, people have prized this golden fruit for its beauty and scent for thousands of years. Originally from Southeast Asia, oranges eventually made their way to warm-weather areas of Europe, North Africa and the United States. World orange producer, Florida, got its first orange tree in 1513, when the famous Ponce de Leon planted it.

Seamen helped make oranges more

popular because a Scottish naval surgeon discovered that oranges and other citrus fruits helped cure scurvy, the plague of seamen.

Oranges do much more than ward off nutritional deficiency. They strengthen the immune system, help the heart and are a protection from cancer. Oranges are loaded with vitamin C and contain carotenoids, fiber, folate and potassium. Don't forget how sweet and juicy they are.

Boosts Your Immune System

You will inevitably catch a cold, even though you may never have a heart attack or cancer. This annoying inconvenience strikes everyone at one time or another throughout their life. Because of oranges and their high levels of vitamin C, that cold won't stick around for too long. Whole food vitamin C stimulates your body's immune system into action so you can say goodbye to your cold. Oranges reduce the length of time you are sick and how seriously it develops.

If you have an active life style, you may benefit even more from oranges. Some research shows people under heavy physical stress cut their risk of catching a cold in half if they regularly eat oranges. If your diet is usually low in citrus, when you try this, you'll notice an even more dramatic effect.

Oranges are among the best source for vitamin C even though many fruits and vegetables contain this whole food. They average a little more than 69 milligrams (*mg*); close to a full day's recommended amount. So try eating more

oranges, and you'll stop sniffing, sneezing and coughing as much. Vitamin C can reduce symptoms in a respiratory problem even worse than the common cold.

Many studies show eating extra oranges can cut your risk of developing pneumonia by up to 80 percent. Elderly people that experience pneumonia or chronic bronchitis had fewer symptoms and recovered more easily by eating oranges. To benefit completely from the nutrients, eat three oranges or drink two glasses of orange juice a day.



Guards Your Heart

Just like its several juicy sections, all oranges have several powerful heart benefits.

Fiber, particularly the soluble kind in fruit, helps lower cholesterol. A large amount of cholesterol can clog or block your arteries, leading to atherosclerosis, heart attack or stroke.

- Folate neutralizes homocysteine, which is a dangerous substance that increases clotting and can damage the lining of your blood vessels. One orange provides the plant source folate.

- Potassium helps lower your risk for a stroke because it keeps your blood pressure under control. An orange contains 237mg of potassium.

- Vitamin C has the power to lower your blood pressure, improve blood flow and shrink your risk of stroke. Because it's an inhibitor, it decreases your cholesterol by preventing the low-density lipoprotein (*LDL* or "bad") cholesterol from becoming oxidized, which is more dangerous to your artery walls.

Thwarts cancer

Cancer might be called "the big C," but that title rightfully belongs to vitamin C in whole foods. Vitamin C looms large in the remission of cancer, and restores us to vitality and health.

Studies indicate vitamin C from whole foods protect you from various cancers such as: bladder, lung, pancreas, stomach and throat.

Oranges are also a big provider of the carotenoid beta-cryptoxanthin, fiber, falcoid, folate and over 15,000 other nutrients that are all dedicated to your health. With all that protection, it's easy to see why eating more of this fruit is a good way to stay healthy.

Storage Solutions

You can always find fresh oranges year-round at your local grocery store. Certain varieties like the navel or Valencia, taste sweeter, while the Mandarin is easier to peel. The Seville, which are bitter oranges, are used for marmalade and sauces; they are usually too sour for most people to eat raw.

"Without great ice cream, there would be darkness and chaos." -Don Kardong

ORANGE (NAVEL)

Medi-Sign Target
Breasts Cells



The navel orange is different from other sweet oranges because of the other fruits that grow at the same blossom with the primary fruit. When this happens it creates a navel, hence the name. This large fruit has a bright deep yellowish orange, pebbly skin that is thick and easy to peel. It is a seedless variety, meaning it can have between zero to six seeds, it sections well and it is bigger than most other sweet orange varieties. The acid content is lower than most other oranges thus making it perfect for eating.

Botanists refer to the navel orange as early as 1646. In the United States, the navel orange was being grown before 1835. Those trees were subsequently destroyed though by soldiers fighting the first Seminole War.

The navel orange is ripe from November to January making it the perfect “holiday” orange. It is available for holidays like Thanksgiving, Hanukkah and Christmas. Depending on the weather in late January, navel

oranges dry out and if they are available later, they will not taste well.

A sign of a juicy fruit is ensuring that they are firm and heavy. Make sure to do this when selecting an orange. Cold weather causes fruit to develop a bright orange color; therefore, oranges may be ripe and still have a greenish tinge on the skin. The oranges you buy in the grocery store are sanitized by a washing process and treated with a thin coat of edible wax. Those coming directly out of the grove more than likely don’t have this wax, though. If they have not been washed and waxed you should not wash them until you’re ready to eat them because washing causes faster deterioration. The wax coating slows down spoilage. Oranges can be stored in a refrigerator for three to four weeks at 50-60 degree Fahrenheit. The limonine of the orange cause bitterness that is not pleasant if the orange is frozen.

The vitamin C quickly begins to dissipate once the oranges have been cut and squeezed. Fresh squeezed orange juice is most nutritious because after 24 hours in the refrigerator, there is a 20% vitamin C loss. If you are trying to figure what is contained in one whole orange, it is as follows: one gram of protein, 11.6 grams of carbohydrates, two and a half grams of dietary fiber, 65 mg calcium, 283 mg potassium, 26 mg phosphorus, 340 IU vitamin A, 105 mg vitamin C and 86% water.

Think of navel oranges as more than just wholesome food, think of them as having compounds like: hesperidin, limonene, limonin and limonin glucoside. These show promise for blocking cancer and not

allowing it to form in the body. They also have compounds that stop heart disease even before it starts.

A wide variety of phytonutrient compounds have been associated with the healing properties of oranges during recent studies. These phytonutrients include anthocyanins, citrus flavanones, which are types of flavonoids that include the molecules hesperetin and naringenin, hydroxycinnamic acids and a various polyphenols. The important healing properties of this fruit are understandable when these phytonutrients are studied in combination with oranges’ vitamin C.



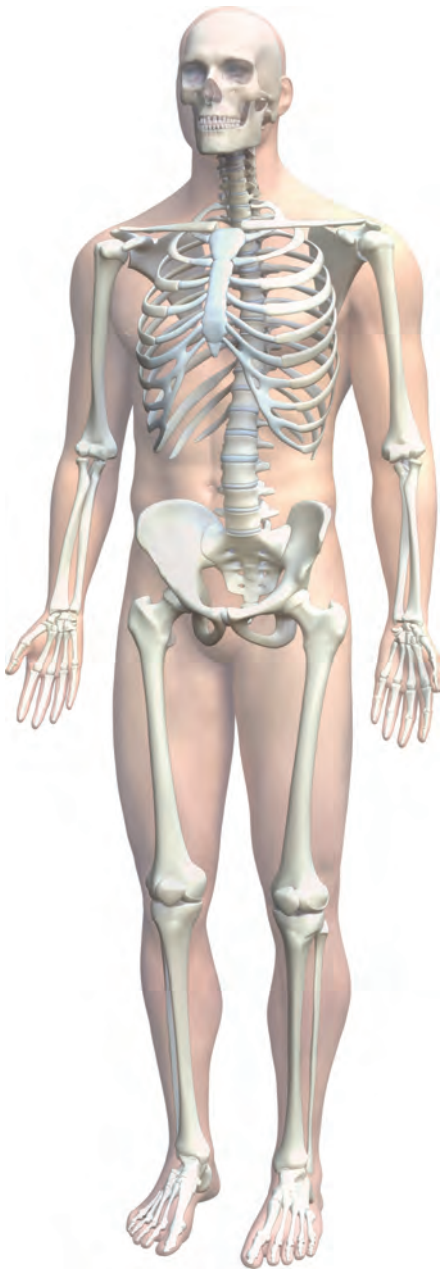
In oranges, the hesperidin molecule has been singled out in phytonutrient research. Hesperidin is arguably, the most significant flavanone in oranges and it helps to lower high blood pressure and cholesterol. Note, though, that it isn’t found in the liquid orange section, but instead in the inner white pulp of the orange. In juice, this valuable compound is too often removed by the processing and essential oil concentrates it.

“We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.” -Alfred E. Newman

The bottom line is that an orange is good for you. It has over 170 different phytochemicals and more than 60 known flavonoids. These are shown to reduce inflammation, shrink tumors, inhibit blood clots, offer strong DNA protection and learning enhancement.

OSTEOPOROSIS

Medi-Sign Target
Eat More Salt!



Symptoms

Osteoporosis is usually called the “silent disease” because bone loss occurs without symptoms. Some people may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a hip fracture or a vertebra to collapse. A collapsed vertebra may first be felt or seen in the form of severe back pain, loss of height, spinal deformities such as kyphosis, also called severely stooped posture.

What is it?

It is a disease that makes bones fragile and likely to break. If not prevented or if left untreated, osteoporosis can develop painlessly until a bone like the hip, spine or wrist breaks.

The particular concern is for the fractures of the hip and spine, although any bone can be affected. A hip fracture requires hospitalization and major surgery most of the time. It can damage a person’s ability to walk unassisted and may cause prolonged or permanent disability or even death. Loss of height, severe back pain and deformity can accompany spinal or vertebral fractures.

Women are four times more likely than men to develop the disease, although millions of people are at risk.

The most direct and serious factors that influence bone loss are nutrition from whole food, sunlight and water combined with exercise. These factors also play an important role in maintaining a soft tissue cushion to protect the skeleton from the impact of a fall.

Calcium and Calcium Balance

Calcium is a vital nutrient for bone health, required for the heart, muscles and nerves to function properly and for blood to clot normally. Calcium is lost daily through urine, feces, sweat and shed skin, hair and nails. The lost calcium is generally replaced by calcium in the diet. Bone is broken down to release calcium when the diet does not hold enough calcium to offset such losses.

Many nutrients, like vitamin D, significantly influence calcium balance. It has a positive impact on calcium balance because it increases calcium absorption in the gastrointestinal tract.

Direct sunlight is the most readily obtainable source of vitamin D. Vitamin D deficiency is a problem among the elderly, those in institutional settings, and people with chronic neurological or gastrointestinal diseases. The biggest setback is among those who avoid sunlight and/or use sunscreen and sun block!

Protein is necessary in our diets to build tissue during growth and to repair and replace tissue throughout life. It is also demanded for fracture healing and proper function of the immune system. Protein deficiency is an important factor contributing to death, institutionalization, and loss of independence among the elderly following hip fractures.

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.” -Luciano Pavarotti

By increasing calcium excretion, protein also increases the body’s need for calcium. Additional protein in the diet is used by the body for energy, just like fats and carbohydrates. Though, as protein is burned for energy, it produces a chemical called sulfate, which the body excretes through the kidneys. Sulfate increases the excretion of calcium, which is how the body replaces its entire old skeleton with a new one every two years!

It is commonly believed that most Americans exceed the recommended intake for protein, which is 44 grams for women and 56 grams for men. Most of that is secondary, or animal, protein and, over time, is toxic.

Sodium and chloride, the ingredients of table salt, increase the calcium requirement by increasing urinary calcium excretion. Individuals with low salt intakes could possibly maintain calcium balance with low calcium intakes. They would also slowly poison themselves by slowing excretion.

By interfering with calcium used in the same food, oxalate is a nutrient that increases the calcium intake. For example, spinach is an extremely nutritious food, but its calcium is not used because it is chemically bound to the oxalates that are present. On the other hand, eating spinach with cheese would not affect the absorption of calcium from the cheese. Foods high in oxalates include spinach, rhubarb and sweet potatoes, but do not target calcium requirements.

To aid calcium digestion and prevent several chronic diseases like colon cancer and heart disease, adequate fiber intake is essential. Fiber



has little effect on the absorption of calcium. The fiber in wheat bran is most likely to interfere, but unless the intake level is extreme, this is not a severe problem.

Soy and Isoflavones

The legume soybean plant has specific phytochemicals known as isoflavones. Phytochemicals are non-nutritive substances, meaning they contain no vitamins or minerals. Isoflavones are phytoestrogens. Phytoestrogens are compounds that contain mild estrogenic effects.

Nutrition and Weight

In skeletal health, nutritional status and body weight are other considerations. Nutritional status can affect one’s tendency to fall and is a factor in the maintenance of adequate soft tissue mass to protect the bones from a fall-related fracture. People who don’t have enough sufficient muscle and fat mass in the hip region, the thin, undernourished, elderly individuals are of greatest concern.

A significant determinant of body weight is bone density. The skeleton of heavy individuals tends to benefit from its increased load-carrying role. Research has demonstrated that weight loss is associated with bone loss and that body weight is positively correlated with bone mineral density. Increasing calcium intake appears to reduce the bone loss that accompanies weight loss.

An increased fracture risk has been linked to weight loss in elderly individuals. Researchers found that “extreme” weight loss, meaning ten percent or more, starting at age fifty, increased the risk of hip fracture in older women and men. On the other hand, a weight gain of ten percent or more decreased hip fracture risk. This means that to protect the bones, maintaining weight later in life may be beneficial.

What is Bone?

Bone is living, growing tissue. It is made up of a protein that provides a soft framework, called collagen, and a mineral that adds strength and hardens the framework, called calcium phosphate. This mixture of collagen and calcium makes bones strong yet flexible to withstand stress. More than 99 percent of the body’s calcium is found in the bones and teeth; the remaining one percent is found in the blood.

During your lifetime, old bone is removed, called resorption, and new bone is added to the skeleton, called formation. Bones become larger, heavier and denser throughout the childhood and adolescent years when new bone is added faster than old bone is removed. Bone formation goes on at a pace faster than resorption until peak bone mass, or maximum bone density and strength, is reached around age 30. Bone resorption gradually begins to exceed bone formation, though, after age 30. Bone loss is quick in



the first few years after menopause but persists into the postmenopausal years. Osteoporosis develops then when bone resorption occurs too quickly or if replacement occurs too slowly. If you did not reach optimal bone mass during your bone building years, osteoporosis is most likely to develop.



Risk Factors

Risk factors mean the particular factors that are linked to the development of osteoporosis or contribute to an individual's likelihood of developing the disease. Some people with osteoporosis may have all of these risk factors, while other people with osteoporosis may have none. Some risk factors are unchangeable while others can vary.

Risk factors you cannot change

include: age, body size, ethnicity, family history and gender. Women have a greater change of developing osteoporosis because women have less bone tissue and lose bone faster than men because of the changes involved in menopause.

The older you are, the greater your risk of osteoporosis. Your bones become less dense and not as strong as you age.

Petite, thin-boned women are at greater risk.

Asian and Caucasian women are at highest risk. African-American and Latino women have a lesser but significant risk.

Susceptibility to fracture may be, partly, hereditary; people whose parents have a history of fractures also appear to have reduced bone mass and may be at risk for fractures.

Risk factors you are able to change

include: anorexia, certain medications, cigarette smoking, diet low in calcium, excessive use of alcohol, inactive lifestyle and sex hormones.

Sex hormones: Abnormal absence of menstrual periods (*amenorrhea*), low estrogen level (*menopause*) and low testosterone level in men are all examples of sex hormones.

Glucocorticoids or some anticonvulsants are examples of certain medications.

There are several factors to take into consideration to reach optimal peak bone mass and continue building new bone tissue as you get older.

Calcium: An important role in contributing to the development of osteoporosis is an inadequate supply of calcium over the lifetime. Many published studies show that low calcium intakes seem to be associated with low bone mass, rapid bone loss and high fracture rates. National nutrition surveys say that many people consume less than half the amount of calcium recommended to build and maintain healthy bones.

Good sources of calcium include:

almonds, breads and cereal grain, citrus, dark green, leafy vegetables, low fat dairy products and tofu.

Calcium demands change during one's lifetime; the body's demand for calcium is more intense during childhood and adolescence, when the skeleton is growing rapidly, and during pregnancy and breast-feeding. Also, postmenopausal women and older men need to consume more calcium. This may be caused by inadequate amounts of vitamin D, which is essential for intestinal absorption of calcium, so make sure to get sunshine everyday. Plus, as you age, your body typically becomes less efficient at absorbing calcium and other nutrients. When you consume some medications, it may affect calcium absorption.



Exercise: Bone is similar to muscle as it is a living tissue that responds to exercise by becoming stronger. The most excellent exercise for your bones is weight-bearing exercise that forces you to work against gravity. These exercises include: dancing, hiking, jogging, stair climbing, tennis, walking and weight training.

Smoking: Cigarette smoking is bad for your bones, your heart and your lungs. Women who smoke have

“After all the trouble you go to, you get about as much actual “food” out of eating an artichoke as you would from licking 30 or 50 postage stamps.” -Miss Piggy

“Dyspepsia is the remorse of a guilty stomach.” -A. Kerr



lower levels of estrogen in comparison to women who don't smoke and frequently go through menopause earlier. Postmenopausal smokers may require higher doses of hormone replacement therapy and may experience more side effects. Smokers also may absorb less calcium from their daily diets.

Medications can cause bone loss.

As mentioned earlier, the long-term use of medications like glucocorticoids, which are medications prescribed for a wide variety of diseases, including arthritis, asthma, Crohn's disease, lupus, and other diseases of the lungs, kidneys and liver, can lead to a loss of bone density and fractures. Other forms of drug therapy that can cause bone loss include long-term treatment with specific anti-seizure drugs such as: phenytoin (*Dilantin*®) and barbiturates, gonadotropin releasing hormone (*GnRH*), analogs used to treat endometriosis, excessive use of aluminum-containing antacids, certain cancer treatments, and excessive thyroid hormones.

OVARIAN CANCER

Medi-Sign Target

One Seed Fruits, Ferments & Honey

Ovarian cancer is frequently called the “silent” killer because many times there are no symptoms until the disease has progressed to an advanced stage. One-third of women in America will get some form of cancer in their lifetime and approximately one and one half percent of those cases will be cancer involving one or both ovaries.

Initial symptoms of ovarian cancer are often mild, making this disease difficult to detect. Some early symptoms may include:

- abnormal bleeding
- an unusual feeling of fullness or discomfort in the pelvic region
- pain during sexual intercourse
- swelling and pain of the abdomen
- unexplainable indigestion, gas or bloating

Most of the time these symptoms do not indicate ovarian cancer.

What is Ovarian Cancer?

Ovarian cancer is cancer that starts in the cells that constitute the



ovaries, including surface epithelial cells, germ cells, and the sex cord-stromal cells. Cancer cells that metastasize from other organ sites to the ovary, most commonly breast or colon cancers are not then considered to be ovarian cancer.

Ovarian cancer accounts for three percent of all cancers among women and ranks fourth as a cause of their deaths from cancer. It is estimated that for ovarian cancer that there will be 22,220 new developed cases and 16,210 deaths in 2006. The death rate for this disease has not changed a great deal in the last 50 years.

Sadly, almost 70 percent of women with the common epithelial ovarian cancer are not diagnosed until the disease is advanced in stage – i.e., has spread to the upper abdomen (*stage III*) or beyond (*stage IV*). The five-year survival rate for women with ovarian cancer is only 15 to 20 percent, whereas the five-year survival rate for stage I disease people approaches 90 percent and for stage II disease people approaches 70 percent.

Considering the ovaries, there are several types of tumors that can start; some are benign, or non-cancerous, and some are malignant, or cancerous. The allopathic treatment options and the result for the person depend on the type of ovarian cancer and how far it has spread before it is diagnosed.

The naming of the ovarian tumors depends on the type of cells the tumor started from and whether the tumor is benign or cancerous. The three main types of ovarian tumors are:

1. Epithelial Tumors

Cells that cover the outer surface of the ovary are called epithelial ovarian tumors. The majority of epithelial ovarian tumors are benign.

There are various types of benign epithelial tumors, including serous adenomas, mucinous adenomas and brenner tumors. Cancerous epithelial tumors are carcinomas. These are the most frequent and most deadly of all types of ovarian cancers. Borderline tumors or tumors of low malignant potential (*LMP tumors*) are some ovarian epithelial tumors whose appearance under the microscope does not clearly identify them as cancerous. Epithelial ovarian carcinomas (*EOC's*) make up 85 to 90 percent of all cancers of the ovaries.

The cells that can be recognized under the microscope that make up EOC have various forms. They are known as endometrioid, mucinous, serous and clear cell types.

Undifferentiated EOC's lack distinguishing features of any of these four subtypes and tend to grow and spread more rapidly.

As well as their classification by cell type, EOC's are given a grade and stage. The grade is on a scale of 1, 2, or 3. Grade 1 EOC more closely looks like normal tissue and tends to have a better prognosis than Grade 3 EOC, which looks less like normal tissue and usually implies a worse outlook than Grade 1 EOC.

Stage I: Growth of the cancer is restricted to the ovary or ovaries.

- **Stage IA:** Growth is restricted to one ovary and the tumor is confined to the inside of the ovary. There isn't any cancer on the outer surface of the ovary. There aren't any ascites present containing



malignant cells, and the capsule is intact.

- **Stage IB:** Growth is restricted to both ovaries without any tumor on their outer surfaces. There aren't any ascites present containing malignant cells, and the capsule is intact.

- **Stage IC:** The tumor is classified as either Stage IA or IB and one or more of the following are present: (1) tumor is present on the outer surface of one or both ovaries; (2) the capsule has ruptured; and (3) there are ascites containing malignant cells or with positive peritoneal washings.

Stage II: Growth of the cancer includes one or both ovaries with pelvic extension.

- **Stage IIA:** The cancer has extended to and / or includes the uterus or the fallopian tubes, or both.



- **Stage IIB:** The cancer has spread to other pelvic organs.

- **Stage IIC:** The tumor is classified as either Stage IIA or IIB and one or more of the following are present: (1) tumor is present on the outer surface of one or both ovaries; (2) the capsule has ruptured; and (3) there are ascites containing malignant cells or with positive peritoneal washings.

Stage III: Growth of the cancer includes one or both ovaries, and one or both of the following are present: (1) the cancer has spread beyond the pelvis to the lining of the abdomen; and (2) the cancer has spread to lymph nodes. The tumor is restricted to the true pelvis but with histologically proven malignant extension to the small bowel or omentum.

- **Stage IIIA:** Throughout the staging operation, the practitioner can see cancer involving one or both of the ovaries, but no cancer is grossly visible in the abdomen and it has not spread to lymph nodes. Then again, when biopsies are checked under a microscope, very small deposits of cancer are found in the abdominal peritoneal surfaces.

- **Stage IIIB:** The tumor is in one or both ovaries, and deposits of cancer are located in the abdomen that are large enough for the surgeon to see but not exceeding 2 cm in diameter. The cancer has not progressed to the lymph nodes.

- **Stage IIIC:** The tumor is in one or

“You can say this for ready-mixes – the next generation isn't going to have any trouble making pies exactly like mother used to make.”

both ovaries, and one or both of the following is present: (1) the cancer has spread to lymph nodes; and/or (2) the deposits of cancer surpass 2 cm in diameter and are found in the abdomen.

Stage IV: This is the most highly developed stage of ovarian cancer. Growth of the cancer includes one or both ovaries and distant metastases, spread of the cancer to organs located outside of the peritoneal cavity, have occurred. Another piece of evidence of the stage IV disease is finding ovarian cancer cells in pleural fluid, from the cavity which surrounds the lungs.

Germ Cell Tumors

Ovarian germ cell tumors come from the cells that produce the ova or eggs. Although some germ cell tumors are cancerous, most are benign. The most common germ cell malignancies are maturing endodermal, dysgerminomas and teratomas sinus tumors. Germ cell malignancies occur more often in teenagers and women in their twenties.

Stromal Tumors

Ovarian stromal tumors come from connective tissue cells that hold the ovary together and those that produce the female hormones, estrogen and progesterone. The most familiar types among this rare class of ovarian tumors are granulosa-theca tumors and sertoli-leydig cell tumors. These tumors are uncommon and are usually considered low-grade cancers, with approximately 70 percent presenting as stage I disease.

The non-invasive wholesome food approach includes eating these foods with a smile!



Number 1:

Drink half your body weight of water in ounces, daily. Example, drink 180 pounds divided by two. That equals 90 ounces of water daily. Divide that into eight or ten ounce glasses and that's how many glasses you should drink, daily. Include a quarter teaspoon of salt for every quart of water you drink. Make sure to use salt liberally with food. As long as you drink the water, you can include the salt. Avoid caffeine or alcoholic drinks until you are healthy and can tolerate them again. These are diuretics and will definitely dehydrate you. Every six ounces of caffeine or alcohol requires an additional ten to 12 ounces of water to re-hydrate you.

Number 2:

Apricot kernels have been recognized to prevent and cure cancer, even though the medical establishment has worked night and day and even lied to suppress it.

Apricot Kernels are the best source of B17 (*Laetrile*). Vitamin B17 is found in several fruit seeds such as the apple, apricot, cherry, nectarine, orange and peach. It is located in some beans and many grasses such

as wheat grass. The hard wooden pit found in the middle of the apricot is not supposed to be thrown away. In fact, the wooden shell is strong armor protecting one of the most vital foods known to man, the seed. It is one of the main courses of food in cultures such as the Abkhasians, the Hunzas, the Navajo Indians and several more. Within these tribes there has never been a reported case of cancer, and there are doctors and scientists from the United States living within these tribes right now studying this phenomenon. We don't need to make the seed a main course at dinner but we do need the equivalent of about seven apricots seeds per day to nearly guarantee a cancer free life.

Other foods that contain vitamin B-17 include: bitter almonds, lima beans, millet, wheat grass and more.

In 1995, the bitter almond tree was banned from the United States. The kernel or seed of the bitter almond has the highest amounts of vitamin B17. Gosh, if you follow the money, you think you might discover something!

In these seeds they contain one of the most familiar nitrilosides, amygdalin. This nitriloside occurs in the kernels of seeds often in the extraordinary concentration of two to three percent. Since the seeds are edible, it may be proper to designate the non-toxic water soluble accessory





food factor or nitriloside that they have as vitamin B-17. The presence of nitriloside in the daily diet produces specific physiologic effects and leaves as metabolites which are specific chemical compounds of a physiologically active nature. The production by a non-toxic, water-soluble accessory food factor of specific physiological effects as well as identifiable metabolites proposes the vitamin nature of the compound.

Green Tea

Green tea contains several nutritional chemicals known as polyphenols. One called EGCG has 20 times the radical quenching effect of Vitamin E, and 500 times the effect of vitamin C.

Garlic & Onions

Garlic and onions contain chemicals called allyl sulfides that help reduce the production of cancer causing chemicals.

Tomatoes

Tomatoes contain nutritional "lycopene."

Soy

Soy products contain chemicals called "isoflavones" that act as weak estrogens and do not leave much room for strong ones. Estrogen promotes

rapid growth of breast cells in women. The best products for soy are miso, tamari and shoyu.

Cox-2 Inhibitors

Cox-2 inhibitors such as "reser-vatol" in red grapes and "cur-cumin" in Turmeric repress tumor's production of growth factors. It could inhibit blood vessel growth in tumors; tumors without blood vessel cannot grow.

Broccoli, Cauliflower & Cabbage

Broccoli, cabbage and cauliflower all have "sulforaphane" that enhances production of phase II enzymes. Phase II enzymes remove carcinogens from the cell.

Fermented cabbage

Fermented cabbage otherwise known as sauerkraut is healthier to eat than raw or cooked cabbage. Fermented cabbage produces several different compounds, known as isothiocyanates, which have been shown to prevent the growth of cancer, especially in the breast, colon, lung and liver. Isothiocyanates are found in various foods, including cruciferous vegetables like broccoli, brussel sprouts and wasabi, a pungent Japanese condiment.

(See: *Disease: The Mystery Solved*)

ALL OF THESE NUTRITIONALS ARE QUENCHING FREE RADICALS!



OVARIAN CYST

Medi-Sign Target
21-40 Day Cabala Juice
Fast

What are ovaries?

The ovaries are a set of organs in the female reproductive system. They are found in the pelvis, one on each side of the uterus. The uterus is the hollow, pear-shaped organ where a baby grows. Each ovary is around the size and shape of an almond, and produce eggs and female hormones. Hormones are chemicals that control the way particular cells or organs function.

During the monthly menstrual cycle, a process called ovulation takes places. Ovulation is when an egg is released from one ovary. The egg moves from the ovary through the fallopian tube to the uterus. The ovaries are also the primary source of the female hormones estrogen and progesterone. These hormones control the development of a woman's breasts, body shape and body hair. They also regulate the menstrual cycle and pregnancy.

What are ovarian cysts?

A cyst is a fluid-filled sac that is located anywhere in the body. Different types of cysts can form on the ovary. The most familiar type of ovarian cyst forms during the normal menstrual cycle and is called a functional cyst.

A woman's ovaries grow tiny cysts that hold the eggs every month. When an egg is mature, the sac breaks open to release the egg allowing it to travel through the fallopian tube for fertilization. Afterwards, the sac dissolves. In one type of functional cyst, referred

"Never work before breakfast; if you have to work before breakfast, eat your breakfast fast." -Josh Billings

“Worries go down better with soup.”



to as the follicular cyst, the sac doesn't break open to release the egg and may continue to grow. Within one to three months, this type of cyst normally disappears.

If the sac doesn't dissolve, a different type of functional cyst, called a corpus luteum cyst, forms. The sac seals off following the egg's release and fluid builds up inside of it. It will normally go away on its own after a few weeks.

On the other hand, this corpus luteum cyst can grow to almost four inches and may bleed or twist the ovary and cause pain. Clomid or serophene are drugs used to induce ovulation and can raise the risk of getting this type of cyst. These cysts are rarely associated with cancer.

Other types of cysts:

- **Endometriomas.** These cysts develop in women who have endometriosis, which is when tissue from the lining of the uterus grows outside of the uterus. The tissue could possibly attach to the ovary

and form a growth. During menstruation and sexual intercourse, these cysts can be very painful.

- **Cystadenomas** cysts develop from cells on the outer surface of the ovary. They can become large and cause pain and are usually filled with a watery fluid or thick, sticky gel.

- **Dermoid** cysts develop from the cells in the ovary that are able to make hair, teeth, and other growing tissues that become part of a forming ovarian cyst. These cysts can also become large and cause pain.

- **Polycystic** ovaries form when the eggs mature within the follicles, or sacs, but the sac doesn't break open to release the egg. Cysts eventually form because the cycle repeats and follicles keep on growing inside the ovary.

Symptoms:

Quite a few women have ovarian cysts without having any symptoms. Sporadically, though, a cyst will cause these problems:

- Breast tenderness
- Dull ache in the lower back and thighs
- nausea or vomiting
- Pain during sexual intercourse
- Painful menstrual periods and abnormal bleeding
- Pressure, fullness or pain in the abdomen
- Problems passing urine completely
- Weight gain

How are cysts treated?

Watchful waiting is a common treatment option for women who are in their childbearing years, do not have symptoms and have a fluid-filled cyst. Postmenopausal women could also use this option.

Alternative Treatment

Alternative treatment recommendations to help prevent and treat ovarian cysts include a vegetarian diet that includes beets, carrots, dark-green leafy vegetables, garlic, onions and lemons. Plus, it includes black currant oil, borage oil and evening primrose oil. Castor oil packs may help reduce inflammation. Hydrotherapy applied to the abdomen can possibly prevent rupture of the cyst and assist its absorption.

In any case, a 21 day cabala juice fast will remove even the most advanced cysts.

(See: *Disease: The Mystery Solved*)

OVERWEIGHT/ OBESITY

Medi-Sign Target
 Don't Eat After 4 pm &
 Walk 3-5 Miles Daily



Do you weigh more than you ought to? If so, you're similar to the two-thirds of American adults who are overweight. About one in three adults in America is considered to be obese, and childhood overweight/obesity is at an all-time high.

Much more than a cosmetic concern, being seriously overweight puts you at a higher risk of developing high blood pressure and many other serious health risks including death. Because of obesity, the United States has more than 300,000 deaths annually.

Health improvements can come, though, from even modest weight loss. In many cases, you can improve this by eating healthier, exercising and changing certain behaviors.

The balance of calories with the energy used in daily activities largely determines weight. In other words, if you consume more calories than you burn, you gain weight; the calories that you don't need for energy your body stores as fat.

Among other functions, fat is significant for storing energy and insulating your body. The human body can manage carrying some extra fat, but beyond a certain point, body fat can begin to interfere with your health.

Factors that increase your risk of being obese include your age, diet, exercise, genetics, medication, pregnancy, smoking and stress. Normal consumption of high-calorie foods, such as fast foods, contributes to weight gain; high-fat foods are dense in calories. Loading up

on soft drinks, candy and desserts also contributes to weight gain. Foods and beverages like these are high in sugar and calories.

Inactivity: Sedentary people have a better chance of gaining weight because they don't burn calories through physical activities.

Psychological Factors: People may overeat to cope with problems or deal with emotions, such as stress or boredom.

Genetics: If one or both of your parents are obese, your chances of being overweight are higher. Your genes can easily affect the amount of body fat you store and where that fat is distributed. However, your genetic makeup doesn't guarantee that you'll be obese.

Age: As they get older most people tend to be less active. In addition, the amount of muscle in your body tends to lessen with age. This lower muscle mass eventually leads to a decrease in metabolism and a reduction in calorie needs. If you don't decrease your caloric intake as you age, more than likely you'll gain weight.

Cigarette Smoking: After quitting, smokers have a tendency to gain weight. This weight gain may be somewhat due to nicotine's ability

to raise the rate at which your body burns calories, known as the metabolic rate; when smokers stop, they burn fewer calories. Smoking also affects your taste buds; quitting smoking makes food taste and smell better. Previous smokers often gain weight because they eat more after they quit. Still, cigarette smoking is considered a greater threat to your health than extra weight.

Pregnancy: While pregnant, a woman's weight necessarily increases. After the baby is born, some women find this weight difficult to lose. This type of weight gain may contribute to the development of overweight/obesity in women.



Medications: Medications like, corticosteroids and tricyclic antidepressants, in particular, can lead to weight gain along with high blood pressure and antipsychotic medications.

Medical Problems: Rarely, overweight/obesity can be traced to a medical cause, such as low thyroid function, excess production of hor-

"If you want to make an apple pie from scratch, you must first create the universe." -Carl Sagan

“The greatest delight the fields and woods minister is the suggestion of an occult relation between man and the vegetable. I am not alone and unacknowledged. They nod to me and I to them.” -Ralph Waldo Emerson

mones by the adrenal glands, known as Cushing’s syndrome, or other hormonal imbalances, such as polycystic ovary syndrome. A low metabolic rate is rarely a cause of obesity. A medical problem, such as arthritis, can also lead to decreased activity, which can result in weight gain.

You’re more likely to develop several of potentially serious health problems if you’re obese. These problems may include: abnormal blood fats, diabetes and high blood pressure.



High Blood Pressure: You put on mostly fatty tissue as you put on weight. Similar to other parts of the body, this tissue relies on oxygen and nutrients in your blood to survive. As demand for oxygen and nutrients increases so does the amount of blood circulating through your body. More blood moving through your arteries means added pressure on your artery walls. The level of insulin, a blood-sugar-controlling hormone, in your blood may also increase due to weight gain. The increase in insulin is linked with retention of sodium and water, which increases blood volume. Additionally, excess weight often is associated with an increase in your heart rate and a reduction in the capacity of your blood vessels to transport blood. All of these factors may increase blood pressure.

Diabetes: One of the leading causes of type 2 diabetes is obesity. Excess fat makes your body resistant to insulin, the hormone that helps your body maintain a good level of sugar, or glucose, in your blood. If your body is resistant to insulin, your blood sugar is high, which isn’t good and could possibly lead to bad health effects.

Abnormal Blood Fats: Eating red meat and fried foods lead to obesity as well as elevated levels of low-density lipoprotein (“bad”) cholesterol because of the saturated fat.

Overweight/obesity is also linked with low levels of high-density lipoprotein (“good”) cholesterol and high levels of triglycerides. Triglycerides are the form in which the majority of fat exists in food as well as in your body. Over time, abnormal blood fats can contribute to atherosclerosis, which is the buildup of fatty deposits in arteries throughout your body putting you at risk of coronary artery disease and stroke.

Coronary artery disease: Is a form of cardiovascular disease that results from the increase of fatty deposits in arteries that supply your heart. Over a period of time these deposits can narrow your heart’s arteries, so less blood flows to your heart. Reduced blood flow to your heart can cause angina, commonly known as chest pain. Heart attack or stroke can result from complete blockage.

Stroke: The buildup of fatty deposits in arteries throughout your body, including arteries in your brain, is connected with atherosclerosis.



rosis. If a blood clot forms in a narrowed artery in your brain, it can possibly block blood flow to an area of your brain; the result is a stroke. The chance of a stroke rises from being obese.

Osteoarthritis: Is the joint disorder that most often affects the knees, hips and lower back. When excess weight puts extra pressure on these joints, it deteriorates the cartilage that protects them. The end result is joint pain and stiffness.

Sleep apnea: Is a serious condition that causes a person to stop breathing for short periods during sleep and to snore heavily. The upper airway is blocked while you’re asleep, which results in frequent awakening at night and subsequent drowsiness during the day. Obesity often leads to people having a large neck with narrowed airways, thus the majority of people with sleep apnea are overweight.

Cancer: Various types of cancer are associated with being overweight. In women, these include cancers of the breast, cervix, gallbladder, ovaries and uterus. There is an exceptionally higher risk of cancers of the colon, rectum and the prostate in overweight men.

Fatty Liver Disease: Fats can build up in your liver when you’re obese. This fatty accumulation can progress into inflammation and scarring of the liver. Even if you’re not a heavy alcohol drinker, this type of scarring can cause cirrhosis of the liver.

Gallbladder disease: The risk of gallstones is higher with obesity



because overweight people tend to produce more cholesterol, which can be deposited in the gallbladder.

Gout: Overweight/obesity can also contribute to a joint disorder called gout.

The good news is that losing even moderate amounts of weight can lower your blood pressure, reduce your risk of cardiovascular disease and stroke, improve glucose control in diabetes, improve signs and symptoms of osteoarthritis and sleep apnea and lower your risk of cancer.

The amount of weight you should lose to improve your health may be much less than what you feel you should lose. The first goal in dealing with obesity is to reach and maintain a healthier weight.

In several cases, losing weight can be accomplished by committing to eating a healthier diet, exercising and changing behaviors.

Eat moderate amounts of nutrient-rich, low-fat, low-calorie foods to lose weight and keep it off.

Healthy foods include vegetables, fruits, grains and lean sources of protein, like beans, legumes and most vegetables. These foods encourage a healthy weight by optimizing nutrition and taste. In lieu of junk food, eat an assortment of healthy foods.

Try to choose the right carbohydrates. Nutrition experts normally agree that 45 percent to 65 percent of your total daily calories should come from carbohydrates. The trick is to be choosy about those you eat. Stay away from simple carbohydrates, like table sugar and other sweeteners, and limit

commercial fruit juice, which is a type of carbohydrate concentrated in calories. As a substitute, try to eat plenty of complex, high-fiber carbohydrates, such as whole-grain bread and pasta, brown rice, and other grains like oatmeal and fresh fruit.

Try to cut back on sweets like cakes, candies, cookies, doughnuts, frozen deserts, muffins and pies.

Ounce for ounce, fat has well over twice the calories of carbohydrates and protein. Thus, reducing the fat content of your diet is an important way to cut calories. Foods high in fat include: fast foods, hydrogenated oils, margarine, pastries, red meats and some salad dressings and Miracle Whip.

Intensify physical activity for another way to lose weight. Adding physical activity to your life doesn't mean you have to wear a sweat suit daily. A couple minutes of walking or stair climbing can be as good for you as structured exercise.

Here are some other simple ways to add more activity to your day:

- Do weekend chores the physical way; use a push mower to mow the lawn or wash your car manually.

- Park in the farthest spot in the parking lot.

- Play with your children instead of watching them play.

- Take the stairs not the elevator.

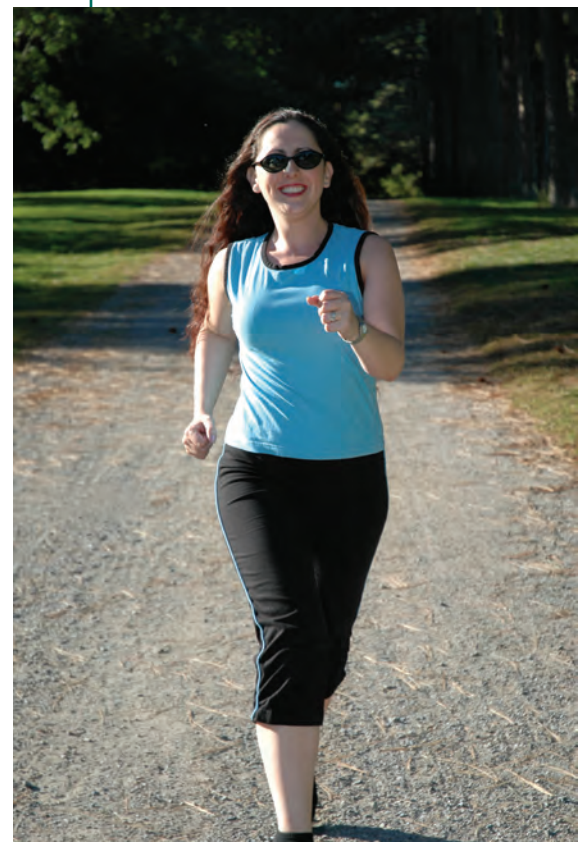
- Walk during your lunch hour.

- Walk or bike to work or to the store.

- Walk with your family after dinner.

- Try using a pedometer and try to increase the number of steps you walk each day.

Even fidgeting burns calories. A study found that people who fidget, change their posture and periodically get up and move around, burn as much as an extra 350 calories a day. This means that a person could lose 30 pounds over the course of a year. So, even a little activity throughout the day can add up and help promote a healthy weight.



"A bagel is a doughnut with the sin removed." -George Rosenbaum



Behavior Change

In order to lose weight and keep it off, you need to make changes in your lifestyle.

Not only do you need to eat different foods and put more activity into your daily routine, but you also need change your approach to eating and activity, which means altering how you think, feel and act.

Research has demonstrated a number of tools and tips that are effective in helping you change including:

Motivate yourself. No one can force you to lose weight. In fact, increased external pressure, frequently from people close to you, may only make matters worse. Likewise, trying to lose weight to satisfy someone else barely works either. Instead, make diet and exercise changes to help yourself.

Make lifestyle changes a priority.

While you're planning to launch new weight-related lifestyle changes, make sure you've resolved other pressing problems in your life. It takes a lot of energy to change habits, and you want to be sure you're paying attention to the matter at hand.

Have a Plan. Work out a strategy that will progressively change the habits and attitudes that may have

undermined your past efforts to lose weight. Choose an exact start date, think about how often and how long you will exercise and establish a realistic eating plan that includes plenty of water, fruits and vegetables.

Write everything down. Keeping track of your daily routine will help you to remember your goals. Write when and where will you do the steps in your plan, how will your plan fit into your schedule, what the potential roadblocks are and how will you deal with them.

Set some small goals. Don't forget that you're in this for the long haul. You're making lifestyle changes, and the goals you've written down are your first steps in the right direction. You are more likely to give up when you undertake something too strongly or too vigorously because you will often become uncomfortable.

Surround yourself with good examples. When you set your goals, it helps to surround yourself with good examples like books and magazines that have plenty of exercise tips, healthy and easy recipes, interesting facts about fitness and real life stories.

Avoid food triggers. For example, distract yourself from your desire to eat with something positive, like calling a friend. Practice saying, 'no' to unhealthy foods and huge portions and eat when you're actually hungry and not when the clock says it's time to eat. While you eat, focus on eating, serve your meals on smaller plates to make less food

look like more and generally, store food out of sight and don't keep junk foods around.

Focus mainly on the positive.

Rather than concentrating on what you can't eat, focus on what you can eat. Look at what new tastes and activities you can discover that will improve your health.

Don't give up! So many things in American culture conspire to make and keep you overweight. Don't expect perfection too quickly, but don't give up. Use relapses to get back on track. When you reach your goals, encourage yourself with healthy, nonfood rewards.



Dealing with obesity may mean taking a hard look at how you live and making some difficult changes. It may be helpful to discuss with a weight-loss specialist or others trying to lose weight because they may be able to help you think of food and exercise in a new way.

Synthetic liquid meals, diet pills and unusual combinations of foods aren't the key to lasting weight control and better health. Instead, learn how to eat an assortment of healthy whole foods.

“Eat little, sleep sound.”

Adopting a new eating style that promotes a healthy weight for you must include decreasing your total calorie intake. Remember, though that by decreasing calories you don't need to decrease taste, satisfaction or even ease of meal preparation. One way you can lower your calorie intake is by eating additional plant-based foods: fruits, vegetables and whole grains. Strive for variety to help you reach your goals without compromising taste or nutrition; cutting back on calories isn't as hard if you focus on limiting fat.

Perhaps you've noticed that the days of the four basic food groups: dairy, meat and protein, fruits and vegetables and breads and cereals are history. Currently, healthy-eating plans encompass a far wider range of options. These options include legumes, seeds and nuts, whole grains and even plant oils, such as olive oil. Also available to add are ethnic, religious, cultural and personal preferences. This way you have more options than ever before when planning healthy meals and treats.

Eating healthfully doesn't have to be complex, but healthy eating can be presented in a variety of ways. Follow some basic guidelines common to all healthy-eating plans to help you stay on the path to good health.

You may question which plan to follow because of the variety of healthy-eating plans available. It may help to know that the basic principles of healthy-eating plans are mainly the same and generally include the following:



- Eat more fruits, vegetables and whole grains
- Include physical activity in your daily routine
- Reduce intake of saturated fat and cholesterol (*animals*)

In order to guide your food choices, healthy-eating plans also place foods in categories. Since no individual food provides all of the nutrients that your body needs, eating a variety of foods within each group ensures that you get the necessary nutrients and other substances that promote good health.

Such plans usually present these groups of food: fruits, vegetables, grains and dairy products.

Fruits

From apricots to oranges, fruits are great sources of vitamins, minerals, soluble fiber and phytochemicals, which are a group of compounds that may help prevent chronic diseases like cardiovascular disease, cancer and diabetes.

Vegetables

Like fruits, vegetables are great sources of vitamins, minerals, fiber and phytochemicals, which clearly

improves health. As long as you don't smother them in cream sauces, margarine or dips, vegetables are low in fat and calories.

Grains

Breads, bulgur, couscous, noodles, pasta, polenta, rice and other grains are your main sources of carbohydrates. Most of these are low in fat. Choose

whole grains as much as you can for more fiber and a wider variety of nutrients.

Dairy Products

Cheese, eggs, milk, yogurt and other dairy products are good sources of calcium, protein and other vitamins and minerals, especially if they are raw and organic.

Legumes

Legumes, soybeans, black beans, split peas and lentils are great substitutes for meat because they provide primary protein and also have fiber, without the extra cholesterol, toxins, secondary fat and calories.

A study published in the International Journal of Obesity says that peanuts can help you lose weight! After you eat a cup of peanuts, you're not as likely to want other typical foods high in fat, protein or processed carbohydrates.

Permanent ideal weight control that is safe, natural and enduring is about having less weight and a more vibrant life.

Excess weight is about:

- Feeling trapped.
- Not being seen by others.

“Great eaters and great sleepers are incapable of anything else that is great.”

O - FOODS & SYMPTOMS

“It’s difficult to think anything but pleasant thoughts while eating a homegrown tomato.” -Lewis Grizzard

- Being judged by your size, not your personality.
- Trying to hide.
- Always feeling you have to make excuses for your appearance.
- Feeling out of control of your life.
- Being obsessed by food.



- You might as well do things for other people because at least they deserve some attention and affection, even if you don't.
- Empty stomach means an empty heart. Full stomach means a full heart. It's about thinking you have failed with so many diets that there must be something wrong

- Hiding food to eat later unseen by others.
- It's better to risk your health to lose weight, for example PhenFen, than to resume risking your sense of self worth by staying overweight.
- Fear of food, hating food, loving food.
- Feeling addicted to high fat, high sugar foods.
- Losing contact with your inner feelings.
- Not looking at yourself closely in the mirror.
- Making less money than thin people.
- Having fewer job prospects than thin people.
- Seldom finding clothes you feel comfortable or attractive in.
- Not doing things with your kids, spouse or friends because they are difficult to do at your present size.
- Giving up on your dreams. This mental loop says: if you can't control your weight, how could you

ever believe you could fulfill your dreams!

- Feeling kids and spouse are ashamed to be with you in public or on the other hand it feels good to be seen in public with a thin, attractive person - at least you can bask in the positive attention they get.
- Fearing the health effects of excess weight in later life that could make you incapacitated and physically dependent on others.
- Fearing that if you do lose weight your spouse will think you are out to get a new lover.
- You spend so much time doing things for others that you have no time for yourself, so food is a comfort.

with you.

- Loss of self confidence-if you can't do a simple diet right, you're really screwed up.
- If you're screwed up, you can't possibly have the moral and personal authority to teach your children right, to act as a good example for them...you can't even do it for yourself.
- Losing all sense of sexuality, knowing you'll never feel sexy again.
- Fear of physical intimacy.
- Fear that if you lose this relationship, you'll never have another one.





~P p~

History: The Letter P

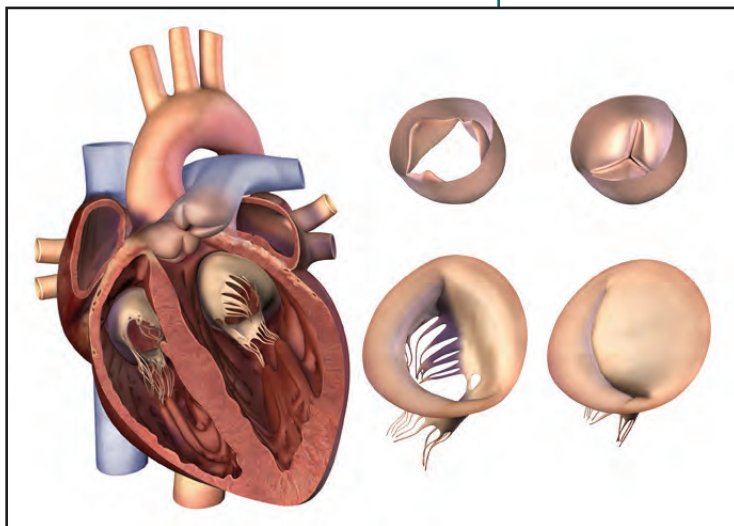
The Phoenician word for mouth was “pi” and the Greeks later made little change in the name or shape. The Roman type cutters gave the letter its rounded shape but never connected the lower end of the semicircle to the vertical stroke until very late in their history. One theory of the fall of the Roman Empire was that all previously drawn “P’s” were ordered to be corrected to connect this lower end. Hence everyone was busy scribing and chiseling and this left no one free to gather food or build shelters. “P” happens to be the beginning of the longest recognized word in generally used English Dictionaries, pneumoultramicroscopic silicovolcanoconiosis. Look it up and see if your dictionary is “generally used.” Look up sacred meals based on phi in the FDR then offer them to your “pi” hole!

Mystery: The Celtic Name Letter Key

The letter “P” is a conformist’s letter, showing someone who is content to merge with the crowd, or finds it safer to do so. There may also be a wish for personal recognition shown in the name-print, but this need for the support of others may lead to unwillingness to take risk. This letter usefully counterbalances more rebellious influences, but as a dominating letter it can hint at obscurity for the name-bearer. The letter may also indicate loss of personal identity in a marriage or other relationship.

PALPITATIONS

Medi-Sign Target
Raw Red Foods, Salt & Walking



So in short, what are palpitations?

Palpitations are the sensation of a rapidly or irregularly beating heart.

How do they occur?

Palpitations can normally occur when your heart is working hard. For example, when you have just exercised, have a fever, or are feeling anxious, you might feel a rapid or irregular heartbeat. At these times, with each beat, your heart may pump faster or increase the amount of blood it pumps. This is a normal response to lifting weights, walking up a hill, or becoming emotionally excited. Often, this increased heart activity may not even be noticed.

Medical conditions that can also cause palpitations include:

- Anemia
- Anxiety
- Hypoglycemia (*low blood sugar*)
- Mitral valve prolapse, a mild deformity of one of the valves in your heart
- Some thyroid problems

The overuse of stimulants, including caffeine, coffee, tea, sodas, nicotine, diet pills, and medications such as decongestants is a very common cause of palpitations.

Accidental overdose of some medicines, such as theophylline, antidepressants, and thyroid hormone replacement, can cause palpitations. A type of abnormal heart-beat called premature beats, **PVCs** (*premature ventricular contractions*), or ectopic beats are another less common cause of palpitations. If these abnormal beats occur just once in a while they are not a problem. However, they can lead to problems if they occur frequently or in sequence.

What are the symptoms?

Palpitations may feel like your heart is:

- Fluttering
- Jumping around your chest
- Pounding
- Racing
- Skipping a beat

Occasionally, when you have palpitations, you may feel lightheaded or short of breath. However, palpitations usually occur without other symptoms. Generally they last for a few seconds to a few minutes.

How can palpitations be prevented?

Avoiding the overuse of stimulants, especially medications, is the best way to prevent palpitations. Also by eating a lot of red foods, which target the heart and blood can help.

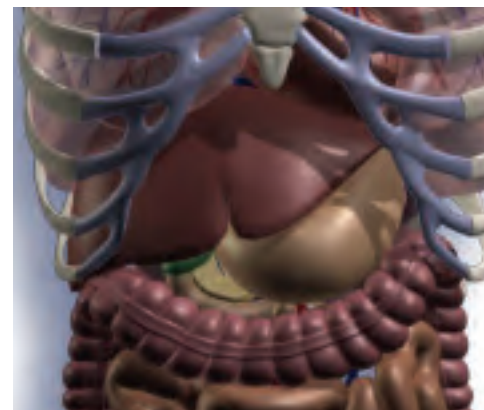
PANCREATITIS

Medi-Sign Target
Sweet Potatoes & Fasting

Pancreatitis is an inflammation of the pancreas. The pancreas is a large gland behind the stomach and close to the duodenum. The duodenum is the upper part of the small intestine. The pancreas, through a tube called the pancreatic duct, secretes digestive enzymes into the small intestine. These enzymes help digest fats, proteins, and carbohydrates in food. The hormones insulin and glucagon are also released by the pancreas into the bloodstream. These hormones help the body use the glucose it takes from food for energy.

Normally, until they reach the small intestine, where they begin digesting food, digestive enzymes do not become active. But, they can start “*digesting*” the pancreas itself if these enzymes become trapped in cadavarine plaque and stored inside the pancreas.

Acute pancreatitis occurs suddenly and lasts for a short period of time and usually resolves itself. Chronic pancreatitis results in a slow destruction of the pancreas and does not resolve itself. Serious complications can be caused by either form.



Bleeding, tissue damage, and infection may occur in severe cases. Accumulations of fluid and tissue debris called Pseudocysts may also develop, causing enzymes and toxins to enter the bloodstream, injuring the heart, lungs, kidneys, or other organs.

Acute Pancreatitis

Acute pancreatitis usually begins with pain in the upper abdomen. This may last for a few days. The pain in the abdomen may be severe and may become constant or it may reach to the back and other areas. It may begin as a mild pain that gets worse when food is eaten or be sudden and intense. Someone often looks and feels very sick with acute pancreatitis.

Other symptoms may include:

- Fever
- Nausea
- Rapid pulse
- Swollen and tender abdomen
- Vomiting – the body’s response for you to stop eating.

Dehydration and low blood pressure may be caused by severe cases. The heart, lungs or kidneys may fail. Shock and sometimes even death follow if bleeding occurs in the pancreas.

Chronic Pancreatitis

Chronic Pancreatitis may develop if injury to the pancreas continues. When digestive enzymes destroy the pancreas and nearby tissues, causing scarring and pain is when Chronic Pancreatitis occurs. Many years of hard alcohol abuse is the usual cause of Chronic Pancreatitis, but if the pancreatic ducts are damaged, the chronic form may also be triggered by only one acute attack. The pancreas can become inflamed, tissue can be destroyed and scar tissue

can develop if the ducts are damaged. While it is common, is not the only cause of chronic pancreatitis.

The main causes of chronic pancreatitis are:

- Alcoholism
- Blocked or narrowed pancreatic duct because of trauma or pseudocysts have formed by plaque
- Heredity
- Unknown cause (*idiopathic*)

For many years damage from hard alcohol abuse may not appear, and then a person may have a sudden attack of pancreatitis. Alcoholism appears to be the cause in up to 70 percent of adult chronic pancreatitis. This form often develops between the ages of 30 and 40 and is more common in men than in women.

Usually hereditary pancreatitis begins in childhood but for several years may not be diagnosed. With hereditary pancreatitis a person usually has the typical symptoms that come and go over time. Episodes last from two days to two weeks. Two or more family members with pancreatitis in more than one generation are a determining factor in the diagnosis of hereditary pancreatitis. Treatment for acute pancreatitis is usually the same as it is for individual attacks. Any pain or nutrition problems are treated just as they are for acute pancreatitis.

Other causes of chronic pancreatitis are:

- Certain autoimmune conditions



- Congenital conditions such as pancreas divisum
 - Cystic fibrosis
 - High levels of blood fats (*hyperlipidemia* or *hypertriglyceridemia*)
 - High levels of calcium in the blood (*hypercalcemia*)
 - Some drugs

Fasting on water for seven days, followed by fresh-made yellow and orange food juices, for seven days; then a raw plant food diet for 30 to 60 days has done wonders for many with these conditions.

PANIC DISORDER/ ATTACK

Medi-Sign Target
 All Tubers

People have feelings of terror that strike suddenly and repeatedly with no warning with this condition. Sweating, chest pain, palpitations (*irregular heartbeats*) and a feeling of choking, which may make the person feel like he or she is having a heart attack or “going crazy.” include other symptoms of a panic attack.

Panic Disorder is a serious condition experienced by around one out of every 75 people. While the exact causes are unclear, it usually appears during the teens or early adulthood, and there does seem to

“Large solutions start with individuals who take small but consistent actions that build into worldwide change.”

“Do not condemn the judgment of another because it differs from your own. You may both be wrong.”

be a connection with major life transitions that are potentially stressful: graduating from college, getting married, having a first child and so on. There is also some evidence for a genetic predisposition; you have an increased risk of suffering from it yourself if a family member has suffered from panic disorder. Especially during a time in your life that is particularly stressful.



Panic Attacks: The Hallmark of Panic Disorder

A panic attack is a sudden surge of overwhelming fear that comes without any obvious reason and without warning. It is far more intense than the feeling of being “stressed out” that most people experience.

Symptoms of a panic attack include:

- Choking, chest pains
- Difficulty breathing, feeling as though you “can’t get enough air”
- Dizziness, light-headedness or nausea
- Fear that you’re going to go crazy or are about to die
- Hot flashes, or sudden chills
- Racing heartbeat
- Terror that is almost paralyzing
- Tingling in fingers or toes (“pins and needles”)
- Trembling, sweating, shaking

You probably recognize this as the classic response, when we are in a situation of danger, that human beings experience called “flight or fight.” These symptoms seem to rise from out of nowhere during a

panic attack. In seemingly harmless situations they can occur, they can even happen while you are asleep.

In addition to the above symptoms, a panic attack is marked by the following conditions:

- It occurs suddenly, without any warning and without any way to stop it.
- The level of fear is way out of proportion to the actual situation; often, in fact, it’s completely unrelated.
- It passes in a few minutes; the body cannot sustain the “fight or flight” response for longer than that. However, repeated attacks can continue to recur for hours.

A panic attack can be terrifying, but it is not dangerous, largely because it feels “crazy” and “out of control.” Because of the panic attacks associated with it a panic disorder is frightening, and also because it often leads to other complications such as phobias, depression, substance abuse, medical complications, even suicide. Its effects can range from mild word or social impairment to a total inability to face the outside world.

In fact, the phobias that people with panic disorder develop come from fear of having another attack, rather than from fears of actual objects or events. In these cases, because they fear that these things will trigger another attack people will avoid certain objects or situations.

If you have had one or two such attacks, there probably isn’t any reason to worry, many people experience occasional panic attacks. The persistent fear of hav-

ing future panic attacks is the key symptom of panic disorder.

What Causes Panic Disorder: Mind, Body or Both?

Body: Anxiety disorders may have a genetic predisposition; some sufferers report that a family member has or had a panic disorder or some other emotional disorder such as depression. The possibility of “genetic inheritance” of the disorder has been confirmed by studies with twins.

A specific biological marker has yet to be identified; however, panic disorder could also be due to a biological malfunction.

All ethnic groups are vulnerable to panic disorder. Women are twice as likely to get the disorder as men for unknown reasons.

Mind: Panic disorders can be triggered by stressful life events. A recent loss or separation can be noted as one association. Some researchers liken the “life stressor” to a thermostat; that is, when your resistance is lowered by stress, an attack is triggered when the underlying physical predisposition kicks in.

Both: Physical and psychological causes of panic disorder work



together. Although initially attacks may come out of the blue, by responding to physical symptoms of an attack, eventually the sufferer may actually help bring them on.

For example, if a person with panic disorder experiences a racing heart-beat caused by drinking coffee, exercising, or taking a certain medication, because of their anxiety they might interpret this as a symptom of an attack and, actually bring on the attack. On the other hand an attack may actually be brought on by coffee, exercise, and certain medications. Never knowing how to isolate the different triggers of an attack is one of the most frustrating things for the panic sufferer. That's why the right approach for panic disorder focuses on all of the physical, psychological, and physiological aspects of the disorder.

Hundreds have helped remit this condition using cucumbers, essential lavender oil and lots of walnuts, pecans, almond and any foods in the range of blue to purple, as revealed through anecdotal studies and experience.

(See: *Anxiety/Nutrition*).

PANTOTHENIC ACID

Medi-Sign Target
Nerves & Muscle

Importance

Aids in the utilization of vitamins; improves the body's resistance to stress. Participates in the release of energy from carbohydrates, fats and protein; helps in cell building and the development of the central nervous system; helps the adrenal glands

and clears infections by building immune defenses.

Deficiency Symptoms

May lead to skin abnormalities, painful and burning feet, retarded growth, digestive disturbances, dizzy spells, vomiting, restlessness, stomach stress and muscle cramps.



Pantothenic Acid-sources are fresh vegetables, legumes, mushrooms, nutritional yeast, nuts royal jelly, whole rye flour and whole wheat.

PAPAYA

Medi-Sign Target
Womb, Cervix & Ovaries

The papaya is believed to be native to southern Mexico and neighboring Central America, however, it is now present in every subtropical and tropical country.

Hawaiian and Mexican are two types of papayas. The most common variety found in supermarkets is the Hawaiian. These fruit generally weigh about 1 pound and are pear-shaped. Depending on variety, the flesh is bright orange or pinkish with small black seeds

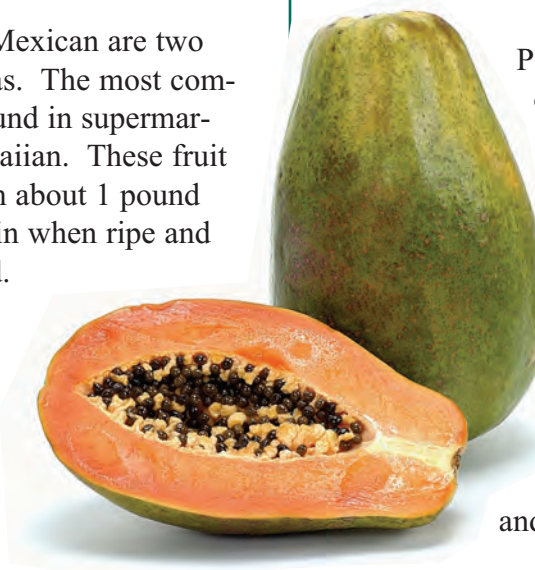
clustered in the center. Hawaiian papayas plants seldom grow taller than eight feet so they are easier to harvest. Mexican papayas may weigh up to ten pounds and be more than 15 inches long and are much larger than the Hawaiian types. The flesh may be orange, pink or yellow. The flavor is delicious and extremely enjoyable but is less intense than that the Hawaiian papaya. They are slightly easier to grow than Hawaiian papayas. Somewhat like a cantaloupe in flavor, a properly ripened papaya is juicy and sweetish, although musky in some types. The edible seeds, somewhat reminiscent of black pepper, have a spicy flavor.

Papayas are usually grown from seed. With fruit being produced before the end of the first year, their development is rapid. A plant may live five years or more under favorable conditions.

Nutrient Value

Papayas are an excellent source of potassium and vitamins A and C. Papaya is high in ascorbic acid content or vitamin C and the flesh is very high in vitamin A. Present in papaya are also amounts of calcium, iron, thiamine, riboflavin and niacin. It is high in potassium and beta-carotene and low in calories and sodium.

Papayas offer not only the sunlit color of the tropics and luscious taste, but are rich in carotenes, vitamin C and flavonoids; the B vitamins, folate and pantothenic acid; and the minerals,



"The only limit to our impact is our imagination and commitment."

potassium and magnesium; and fiber; all sources of protective nutrients. Together, these nutrients provide protection against colon cancer and also promote the health of the cardiovascular system. In addition, to treat sports injuries, other causes of trauma, allergies and indigestion, papaya contains the digestive enzyme, papain, which is used like bromelain, a similar enzyme found in pineapple.

These nutrients help prevent the oxidation of cholesterol. Cholesterol is it able to stick to and build up in blood vessel walls, forming dangerous plaques that can eventually cause heart attacks or strokes only when it becomes oxidized. One way in which whole food vitamin E and vitamin C may exert this effect is through their suggested association with an enzyme that inhibits LDL cholesterol and HDL cholesterol oxidation a compound called paraoxonase.

Papayas are also a good source of fiber, which has been shown to lower high cholesterol levels. Also a good source of fiber, the folic acid is needed for the conversion of a substance called homocysteine into benign amino acids such as cysteine or methionine. If unconverted, homocysteine is considered a significant risk factor for a heart attack or stroke. It can directly damage blood vessel walls if levels get too high.

In the prevention of colon cancer, the nutrients in papaya have also been shown to be helpful. Papaya's fiber is able to keep cancer-causing

toxins away from the healthy colon cells by binding to them. In addition, associated with a reduced risk of colon cancer are papaya's folate, vitamin C, beta-carotene and vitamin E.

Providing synergistic protection for colon cells, these nutrients prevent free radical damage to their DNA. For individuals at risk of colon cancer, increasing your intake of these nutrients by enjoying papaya is an especially good idea.

severity of their condition is reduced.

Immune Support

Symptoms of those suffering from irritable bowel syndrome may be helped by the fiber found in papayas. In addition, vitamin C and vitamin A are both needed for the proper function of a healthy immune system and are made in the body from the beta-carotene in papaya. Preventing such illnesses as recurrent ear infections, colds and flu, papaya is a healthy fruit choice.

Protection against Macular Degeneration

As an adult, it looks like fruit is even more important for keeping your sight, even though your mother may have told you carrots would keep your eyes bright as a child. Data reported in a study published in the June 2004 issue of the Archives of Ophthalmology indicates that eating three or more servings of fruit per day may lower your risk of **age-related macular degeneration (ARMD)**, the primary cause of vision loss in older adults, by 36 percent, compared to persons who consume less than one and one half

servings of fruit daily.

In this study, which involved almost twice as many women as men, researchers evaluated the effect of study participants' consumption of fruits and vegetables, the inhibitors vitamins A, C and E, and carotenoids on the development of early ARMD or a more severe form of the illness associated with vision loss called neovascular ARM. Periodically, for up to 18 years for

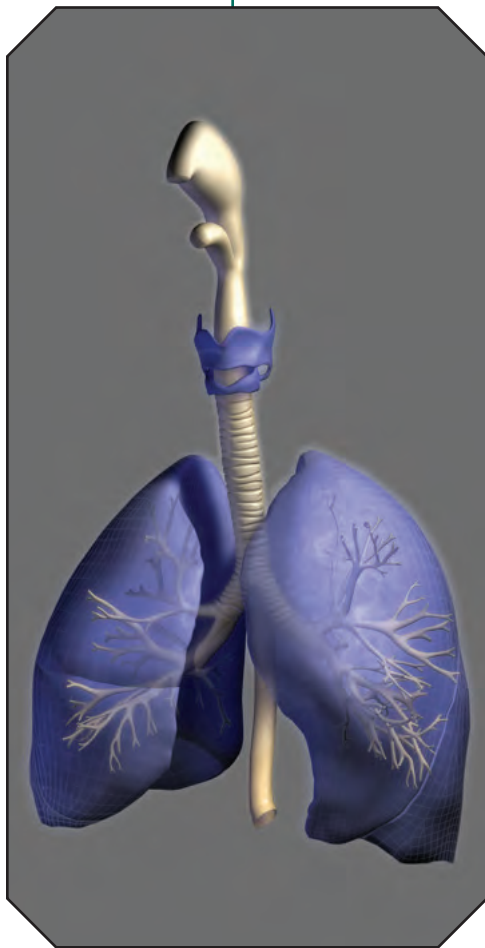


Including papain and chymopapain, papaya contains several unique protein-digesting enzymes. These enzymes have been shown to help healing from burns. In addition, vitamin C, vitamin E and beta-carotene, nutrients found in papaya, are also very good at reducing inflammation. This may explain why people with diseases such as asthma, osteoarthritis and rheumatoid arthritis, which are worsened by inflammation, find that when they get more of these nutrients the

“Time you enjoy wasting, was not wasted.” -John Lennon

women and 12 years for men, food intake information was collected. For the severe form of this vision-destroying disease, fruit intake was definitely protective.

Papaya can help you reach the goal of three servings of fruit, though it may sound like a lot to eat each day. Add slices of fresh papaya to your or green salads, morning cereal or lunch time yogurt. Cut a papaya in half and fill with cottage cheese. Place slices of fresh papaya over any other fruits like grapes, bananas or apples for an elegant meal.



Protection against Rheumatoid Arthritis

While it is suggested that high doses of supplemental vitamin C makes osteoarthritis, a type of degenerative arthritis that occurs with aging, worse, another indicates that vitamin C-rich foods, such as papaya, provide humans with protection against a form of rheumatoid arthritis involving two or more joints called inflammatory polyarthritis.

Presented in the Annals of the Rheumatic Diseases, findings were drawn from a study of more than 20,000 subjects who were arthritis-free when the study began and kept diet diaries, and focused on 73 subjects who developed inflammatory polyarthritis and 146 similar sub-

jects who remained arthritis-free during follow-up between 1993 and 2001. Subjects who consumed the highest amounts of vitamin C-rich foods were more than three times less likely to develop arthritis than those who consumed the lowest amounts.

Protection against Emphysema

Research conducted at Kansas State University suggests making vitamin A-rich foods, such as papaya, part of your healthy way of eating may save your life if you or

someone you love is a smoker, or if you are frequently exposed to secondhand smoke.

There are a lot of people who smoke and live to be 90 years old. Why? This is probably because of their diet. The implications are that those who start smoking at an early age are more likely to develop complications associated with cancer and emphysema and become vitamin A deficient. If they have a poor diet, forget it. Protect yourself by making sure that at least one of the world's healthiest foods that are rich in vitamin A, such as papaya, is a daily part of your healthy way of eating, especially if you or someone you love smokes, or if your work necessitates exposure to second hand smoke.

PARASITE

Medi-Sign Target
Dead Animals are Worm Food...Try Starving Them!

Human Intestinal Parasites & Worms

If you have them you may want to clean house, they are nature's clean-up crew to death and filth.

Causing constipation, stomach bloating and other disease health problems, human intestinal parasites and worms infect air, food, and water.

Other symptoms include *anemia, asthma, diarrhea, digestive disorders, fatigue, low immune system, nervousness and skin rash.* Most people will continue in their suffering and not face this reality or even want to think about this subject.

At the same time there can be well over 100 different types of parasites and worms living in human bodies. Some are can be seen quite easily while others are microscopic in size in the air we breath, in the water we drink or in the food we eat, these common organisms can be found everywhere in our environment.

An organism that lives on or in other organisms from which it obtains nutrients to live and causes harm in the process is called a parasite. Its name comes from the Greek word para that means beside, and sitos, which means food.

To complete their life cycle most parasites require a host. Animals can serve as a host. The parasite will vary in size from whale tapeworms a hundred feet long to the

“You and I have the innate capacity to be heroic, to take daring, courageous, and noble steps.”

“Look at everything as though you were seeing it either for the first...or last time.”

smallest one-thousandth of a micron.

Through food and water intake, a transmitting agent like a mosquito, sexual contact or through the nose and skin, parasites can invade your body. They will eat the same foods you eat or they will eat you, or once established, they will die if you feed them the right foods.

Infected with viral, fungal, or bacteria; people with intestinal parasite infections are usually under-nourished, weak, and have various types of chemical and metal poisoning. In any disease, in any person, at any age, human intestinal parasites can be present.

Because they secrete toxins they are responsible for many health problems. Other health problems you may be experiencing can be irritated or exaggerated by them.

When the bowel becomes ineffective in the elimination of our waste products we create the perfect living environment for parasites from the dead, lifeless, foodless foods and drinks we feed on. The build-up of fecal plague on the walls of the colon is attributed to constipation and the amounts of chemicals, animals, junk food, processed sweets, and other bad fats that we consume.

We poison ourselves from our own toxic waste and the waste from



these creatures when this ideal habitat for them is created, this is called auto intoxication. With twenty-percent accuracy, testing for parasites is only available for about five percent of the known varieties. In other words it's pretty stupid to try. It's best just to take away their environment.

Worms that often lump together and look like tumors afflict cancer cases. Depending on their type, female worms can release 3,000 to 200,000 eggs per day. Most people do not want to discuss this topic, let alone think about, but sometimes we must face reality.

For total detox and your well being these topics are very important. To recognize the symptoms of parasitic infections is not in the training of most doctors. Educating yourself is the only way to avoid the problems associated with parasite infections.

Parasites, Some Different Varieties

The four major categories, Protozoa, Trematoda, Cestoda and Nematoda contain the 3200 varieties of parasites.

Nematodes; Ancylostoma, caninum, common roundworm (*Ascaris lumbricoides*), heartworm, hookworm, pinworm, Stercoralis, Strongyloides, toxocara worm, trichinosis, and whipworm. Their size can vary from .2 to 35 centimeters.

Looking similar to an earthworm, roundworms can produce 200,000 eggs a day. Making it the most common worldwide, approximately one billion people are infected. Upper abdominal discomfort is the most frequent symptom from roundworm. Asthma, eye pain, insomnia,



and rashes are other symptoms that are due to the secretions or waste products from the worms.

In large numbers they can cause blockages in the intestinal tract, cause hemorrhaging when penetrating the intestinal wall, abscesses in the liver, appendicitis, peritonitis, hemorrhagic pancreatitis, insufficient absorption of digested foods, and loss of appetite. Adults may grow to be 15 inches long.

The skin is penetrated by hook worm larva. Hookworms can sap the victim's strength, vitality and overall well being when they reach adulthood. Young worms feed on the animal fluidiums, fats and plaques in your blood by using their teeth to burrow through the intestinal wall. Iron deficiency, abdominal pain, loss of appetite, craving to eat soil, protein deficiency, dry skin and hair, skin irritations, edema, distended abdomen, stunted growth, delayed puberty, mental dullness, cardiac failure and death are all symptoms from hookworm. They can grow to be about a half inch long.

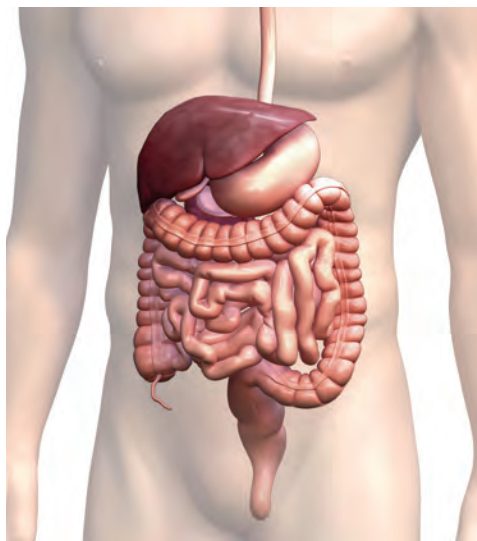
One in five children can be infected by pinworm. Itching and irritation

of the anus or vagina, digestive disorders, insomnia, irritability or nervousness are some symptoms.

Female worms lay about 15,000 eggs per day by crawling out of the anus. The eggs can survive about two days anywhere in your living environment once they are airborne.

Pinworm infects about 500 million worldwide. The worm can grow to about a half inch in length and is white.

It is estimated that several hundred million worldwide are infected from whipworm. Bloody stools, pain in the lower abdomen, weight loss, rectal prolapse, nausea and anemia are symptoms of whipworm. When worms penetrate the intestinal wall hemorrhage can occur and bacterial infections usually follow. They can grow from one to two inches in length.



Amoebae, protozoa infections, neospora, toxoplasmosis, cryptosporidium, giardia, Sarcocystis and Trichomonas vaginalis are single cell parasites called Protozoa. Infecting the end of the smaller intestine and colon, Amoebae are an irregular shaped microorganism. Entamoeba histolytica, causes Amebiasis, the most common infection caused by the species.

Ulcers or abscesses can be caused where they can enter the bloodstream by an enzyme that Amoebae release. Other organs like the brain or liver can eventually be affected by the organism. They can grow to be 25 micro meters in diameter.

Cryptosporidium is associated with water-borne outbreaks. Lasting for about ten days, the victim might experience diarrhea and abdominal pain.

In humans, Giardia is the most prevalent intestinal parasite found in drinking water. Giardia resides in the smaller intestine and at times in the gall bladder. Millions of these giardia organisms can prevent the absorption of nutrients by coating the intestinal walls and by encrusting plaque on the mucosal lining and later causing illness. Mild to moderate abdominal cramps, intestinal gas, light colored stools, bad absorption, weakness, chills, stomach bloating and diarrhea are common symptoms. They can be 14 um x 10 um.

The pathogen, Trichomonas vaginalis, resides in the vagina in females and the urethra, epididymis, and swelling in the prostate gland in males. There is a yellowish discharge accompanied by itching and burning in women.

The most prevalent and debilitating disease among the protozoa type is Malaria, caused by Plasmodium. Annually, about two million people die from Malaria.

Bladder worms, pork tapeworm, broad fish, dog tapeworm, dwarf and rat tapeworms are examples of cestodes or tapeworms. Growing to 35 feet long, the broad fish tapeworm may and live ten years inside a person's intestine. A million eggs per day can be laid by some tapeworms. With hooks and suction cups on their skull, their bodies are in separate segments.



Flatworm, bladder, blood, liver, lung, kidney and intestinal fluke are examples of trematodes or flukes. Worldwide, human infections of flukes or schistosomes are in excess of 250 million. Severe disease of the gastrointestinal tract, bladder and liver that destroy blood cells can be caused. Size varies from one half to three inches long or one to two and a half centimeters in length.

Multiplying in the blood and lymphatic system, spirochete are very tiny organisms that are spiral shaped. They include spirochete the largest, saprospira, cristispira, treponema the smallest, and many more. Lice, ticks, fleas, mites and flying insects are usually the host or carrier, which then transmits it to humans. Spirochete are responsible for relapsing fever, infectious jaundice, Lyme disease, sores, ulcers, Vincent angina and Wyle's disease.

Fooling bodies into thinking they are a normal part of a tissue or organ, some parasitic worms have the ability to deceive the immune system and it will not kick out the intruders.

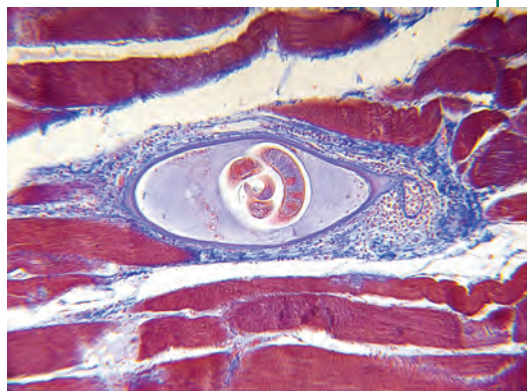
“Summating difficulty is the crucible that forms character. A fast is a crucible that melts, forms and reconstructs the vehicle at a molecular/cellular level.”

“The important thing is this: To be able at any moment to sacrifice that which we are for what we could become.”

Several things are done when these alien invaders are established in our bodies:

- Swiss cheese can be made out of your organs. By perforating or burrowing the intestines, the circulatory system, the lungs, the liver or the whole body worm infections can cause physical trauma.

- By lumping together in balls or tumors they can erode, damage or block certain organs. Traveling into the brain, heart and lungs they can be mistaken for cancer tumors.



- They rob us of our vital vitamin and mineral nutrients, and amino acids needed for digestion causing some people become anemic.

- They poison our bodies by giving off certain metabolic waste products or toxic waste, verminous intoxication is the name given to this particular condition. Most have trouble disposing of the toxins that are re-absorbed through the intestines. Working twice as hard our bodies have to work to remove these toxic waste products.

- Further degeneration, fatigue and illness is caused by depression of the immune system.

- They can destroy cells faster than they can regenerate.

Excess mucus, an imbalance in the intestinal flora, chronic constipation,

and a toxic internal environment are some conditions that promote parasitic infections.

As a natural airway for respiration, the nose is supposed to act as the main inlet for oxygen. By filtering, moistening and warming the air that is breathed, it also acts as an air conditioner. Helping to prevent dust from entering the rest of the respiratory tract are the hairs and mucus membranes.

Responsible for smell, the nose also gives your voice its own characteristic tone.

Sinus or sinusitis, an inflammation, nasal polyp and tumors are problems associated with the nose. Hindering the amount of oxygen needed, they can cause restrictions in the nasal passage.

Bones surrounding the nose contain honeycomb, air filled cavities between the outer and inner layers of the skull, known as the facial sinuses. Two frontal, one sphenoid, two ethmoidal and two maxillary comprise the sinuses. Through tiny ducts or channels, each sinus drains mucus into the nasal passages.

Sinus inflammation or infections can be caused by an abscess in an upper tooth or from bacteria and viruses. Taking up residence in all those little nooks and crannies, parasites or candida can be the hardest to eliminate. Like in the colon, after time, the sinuses can become encrusted in toxic matter or plaque. Drainage and a bad nasal odor can be caused by Mycoplasmas infecting the sinus. Over time swabbing the inside of the nose with a drop or two of oil of oregano on an ear swab will help.



Bulging out into the nasal passages, polyps or tumors may also be filled with parasites. So you can breathe in the more oxygen it is important to clear the nasal passages. With a flashlight held in the front of the nose and looking in the mirror, self-examination of the nasal passages is possible. You should see a clear airway almost to the throat. Problems may exist if you can only see in about an inch.

Dip an ear swab into three percent hydrogen peroxide and swab inside the nose if cleaning is required. To get the hydrogen peroxide past the obstructions it may be necessary to plug the other side and breathe in slightly. Let it sit until the sinuses open and then blow out the excess mucus. By the bubbling and oxidation effect of the hydrogen peroxide, repeated use will show where parasites may be dwelling under the tissue. It is possible to pull out the parasites and waste matter for disposal with the aid of tweezers.

Using black walnut oil on the swab is another test for parasites. One or two drops are sufficient to start. Parasites may exist if there is a burning sensation in the nose and twitching of the toes or it feels like a rock inside the nostrils after a few days or scaling may appear on the outside of the nose. To help soften the tissue, apply virgin olive oil on the dry skin.

When drinking black walnut oil in water for the elimination of worms, extreme skin reactions can occur. They will eliminate their toxins to protect their living environment when they are exposed to the oil. Once absorbed into the blood, the poisons cause a rash to appear on the skin. Start out slow and increase dosage over a longer period to avoid this condition. It's just uncomfortable, not dangerous.

Humans may feel bloated, tired or hungry, allergies, asthma, gas, digestive disorders, unclear thinking or feel toxic with worm infections. Symptoms and damage will vary on the type of parasite infection.

From the infection, some people may not have any symptoms. Some may only have a few aches and pains that they can ignore. In about 55 percent, their quality of life and health may be compromised. About five percent are disabled from parasites. It's estimated about 85 percent are infected with parasites in the United States.

Parasite Signs: Adults and Children

Allergies, many are caused by worm infections. When eosinophils, or white blood cells, are increased due to worms, tissue becomes inflamed and reactions to foods are the result. Extreme skin rashes with blisters and food allergies or sensitivities may result. Slowly introduce the food allergies, the eosinophils respond, reacting with toxic release, and this destroys the parasite. As the parasites die, eventually the allergic response goes away. Worms leach nutrients from bodies causing anemia. They can create enough blood loss to cause anemia or iron deficiency in some people when they are present in large numbers.



Constipation: Causing constipation, some worms can obstruct certain organs like the colon, liver and the bile duct.

Diarrhea: The reason why colonics and enema's work is most of the time diarrhea is nature's way of removing toxins.

Fatigue: Tiredness, flu-like symptoms, apathy, depression and a lack of concentration are some symptoms of fatigue.

Gas and Stomach Bloating: Cause both gas and stomach bloating, some parasites live in the upper intestine.

Immune Dysfunction: By decreasing immunoglobulin A, parasites can depress the immune system.

Nervousness: Resulting in anxiety and restlessness, the waste products from parasites irritate the nervous system.

Other Signs of Parasites in Children

Signs they may have parasites are when blisters appear on the inside of the lower lip, wiping of the nose,

restlessness and grinding of the teeth at night, dark circles under the eyes, hyperactive, bed wetting, headaches, sensitive to light, twitching eyelid, gum, rectum, or nose bleeding.

To rid themselves of worms, there are many natural foods, herbal cleansing products and essential oils that one can take. It is best taking herbal combinations on an empty stomach. To detoxify using a nutritional rebuilding program that will restore balance and the immune system is the best way to treat parasitic infection.

Because parasites thrive on it and it is possible you could have candida, processed sugar and synthetic sweeteners should also be avoided. Candida or yeast infections create an environment in the colon that equals the environment needed for them to thrive. Apple cider vinegar, cranberry juice, and all high acid fruits are foods that lower pH from high alkaline conditions in the colon.



Another remedy for worms is pumpkin seeds and onions mixed with soymilk. Milkweed, pennyroyal and black walnut are herbal combinations for blood fluke. Cloves, gold-enrod and goldenseal root are the herbal combinations for liver fluke.

"A hero is a person who courageously contributes under even the most trying circumstances."

“One can only enjoy a wood fire worthily only when he warms his thoughts by it as well as his hands and feet.”

For pinworm, bitter melon is effective. For three days, a mono diet of raw pineapples helps with tapeworm infestation. Garlic knocks out bloodsucking vampires as does horseradish, raw onions and hot peppers.

Mixing one or two teaspoons of apple cider vinegar in a glass of water is another remedy for prevention. Alternatively, you can take one tablespoon daily of one part apple cider vinegar, two parts apple juice and one part apple brandy.

With friendly bacteria, from plain yogurt, constipation problems can be helped. A slight laxative action that helps comes from licorice added to herbal teas has.

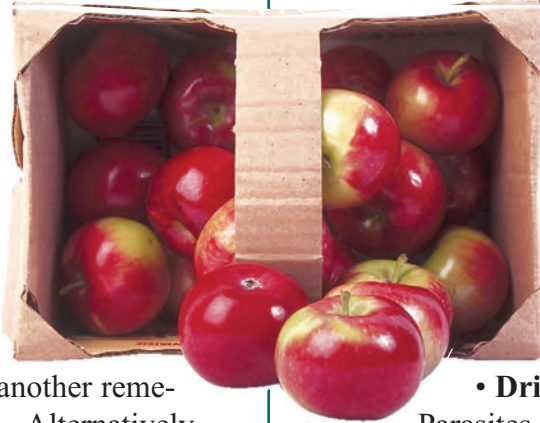
Doses of herbs may make them retreat to the colon but to kill and eliminate the parasites you need to flush them out by using colon irrigation.

Prevent, Eliminate Parasites

A healthy immune system is the best protection from parasites and disease.

Some of the things you can do to reduce the risk of parasitic infections are:

- It's best to wash all fruits and vegetables, just in case poop, urine or infested animal blood gets on your produce. Before washing, scrape off the wax substance on the outer surface on any fruit or vegetable with a knife. Anything with a nick or recess should be cut out because it can harbor just about anything. The parasites that live in



plants and plant foods typically cannot live in you. Parasites that live in flesh can't live in plants. This is not a bad reason to be a vegetarian.

- **Uncooked meats or fish should not be eaten raw.**

Pork trichina can live for hours in 400-degree heat.

- **Drink pure water.**

Parasites are highly resistant to conventional methods of disinfecting and are associated with many water-borne outbreaks. Water that is properly purified is fine.

- **Practice good personal hygiene.** Wash your hands before eating and after going to the bathroom, changing diapers, or handling pets. Keep your fingernails short and clean. Parasites can live for two months under the fingernails.

- **Keep your living environment clean.** Breathing the dust in your house can contain human skin, soil particles or fecal material from dust mites and cockroaches. An easy test to determine if this is a problem is by looking across the room when the sunlight is shining through a window and checking for particles floating in the air. Then let the kids run around for a few minutes and recheck. The elimination of carpets reduces this problem considerably.



- **Do not walk barefoot on warm, moist soil or while working in the garden.** Parasites are abundant in soil and can absorb or penetrate through skin cells. Fertilizers

are added to garden soil and it is the pet's favorite place to go. Use gloves and shoes for protection.

- When swimming in rivers, lakes, ponds or public swimming pools, avoid swallowing or drinking the water. If cuts or open sores are present avoid swimming.

- **If pets are infested with parasites, keep them outside and deworm.** You are at a higher risk in contracting worms when pets are allowed indoors. Dogs and cats are host to many parasites that humans can contract. Adding garlic to their food will help control some parasites. Animals can spread up to 240 diseases to humans because of parasites.

- **Try to stay away from antibiotics.** Using antibiotics reduce the numbers of friendly bacteria in the colon, and allows for the proliferation of parasites.

- **Global travel.** Ten years ago, you might have been at a higher risk for parasite infections when traveling to another country. Today, in the United States, the fast-food capital of the world, you may be at a higher risk to infection by staying home.

- **Use more cloves with every meal.**

Adding some cloves to foods will help kill the eggs from parasites in the intestinal

tract. Cloves added to coffee or herbal teas add a little different taste that is not unpleasant.

To experience removal of these clean up crews you have to get serious and declare **ALL OUT** house cleaning. Your best cleaner starts

with knowledge, and knowing their nature and the environment they love. Then, clean house, tell your visitors to stay somewhere else, and you will be the victor instead of the victim of unwanted house guest's.

The most effective treatment or cleansing product, for the elimination of parasites in the large intestine is to cleanse the colon with water and hydrogen peroxide by colonic irrigation. To all types of bad bacteria, food pathogens, parasites and viruses this method is extremely lethal. Oxygen will reach other organs where parasites may be a problem as the colon becomes cleaner.

The least expensive treatment to add to this is a daily intake of raw garlic, raw onion, horseradish in cream sauce and every pepper known to man, hot and not hot combined. Why does this work so well? Healthy cells and friendly bacteria are aerobic, which means they need oxygen to survive. Unhealthy cells, parasites, pathogens and viruses are anaerobic this means they can only survive in an environment without oxygen. If you change their living environment they will die or move on.

It is estimated that 200 million people are infected by intestinal parasites; with one in four people worldwide infected by roundworm.

No one knows the total number or types of parasites living in our environment. They hardly ever get full credit for the destruction they do to the human body as they move in to clean up the mess you've made by eating. Only a few get credit for the people they harm.

Most of these creatures have always

been living within our bodies; however, the high infection rate in the United States is surprising to many. They can grow to numbers that cause physical harm when the immune system weakens.

People poison their bodies with chemicals, drugs, processed and over cooked foods. This starts the process that allows the parasites to take over our inner environment. When they take over, whether you know it or not, they are in control. When we make the wrong choices and do not take preventive measures, they win. They can control our desires, appetites, urges and binges and their chemistry can override our brains chemistry.

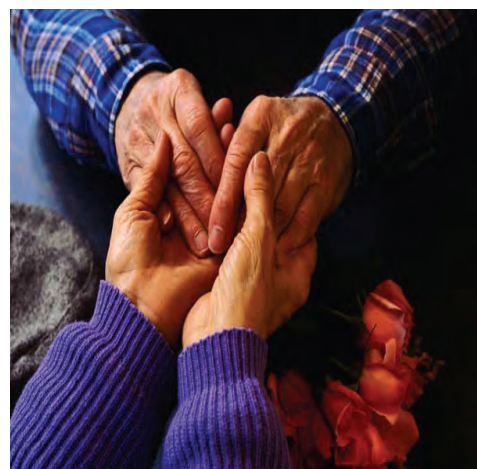
Extended water fasting also removes thousands of parasites.



PARKINSON'S DISEASE (PLAQUE & PARASITES)



Parkinson's disease was first described in 1817 by a British physician who published a paper on what he called "*the shaking palsy*." His name was James Parkinson. In this paper, he set forth the major symptoms of the disease that would later bear his name. For the next



century and a half, scientists pursued the causes and treatment of the disease. They defined its range of symptoms, distribution among the population and prospects for cure.

Researchers identified a fundamental brain defect that is a hallmark of the disease in the early 1960's. This is the loss of brain cells that produce a chemical called dopamine that helps direct muscle activity. This discovery pointed to the first successful treatment for Parkinson's disease and suggested ways of devising new and even more effective therapies.

For Parkinson's disease, society pays an enormous price. According to the National Parkinson Foundation, each person spends an average of \$2,500 a year for medications. After factoring in office visits, Social Security payments, nursing home expenditures, and lost income, the total cost to the nation is estimated to exceed \$5.6 billion annually.

What is Parkinson's Disease?

Parkinson's disease belongs to a group of conditions called motor system disorders. Tremor or trembling in hands, arms, legs, jaw and face, rigidity or stiffness of the limbs and trunk, bradykinesia or slowness of movement, and postural instability or impaired balance and

"This week: Decide now what you'll do, schedule it, and make it happen!"

coordination are the four primary symptoms. As these symptoms become more pronounced, people may have difficulty walking, talking or completing other simple tasks.

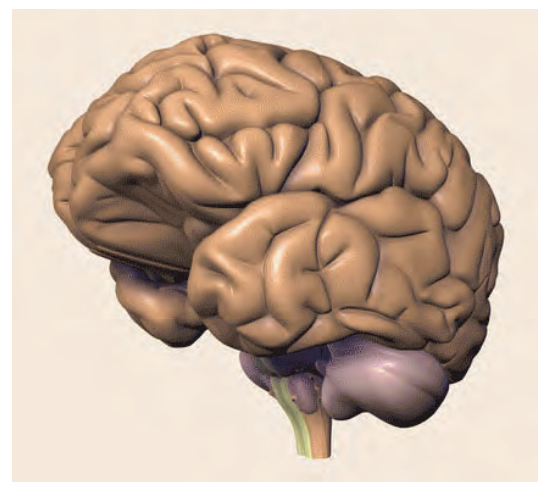
The disease persists over a long period of time, and its symptoms grow worse over time. This means that it is both chronic and progressive. It is not contagious nor is it usually inherited, meaning that it does not pass directly from one family member or generation to the next.

Parkinsonism is the name for a group of disorders with similar features, of which Parkinson's disease is the most common. These disorders share the four primary symptoms described above, and all are the result of the loss of dopamine producing brain cells. Parkinson's disease is also called primary Parkinsonism or idiopathic Parkinson's disease. Idiopathic is a term describing a disorder for which no cause has yet been found. In the other forms of Parkinsonism either the cause is known or suspected or the disorder occurs as a secondary effect of another primary neurological disorder.

One theory holds that free radicals, unstable and potentially damaging molecules generated by normal chemical reactions in the body, lead

to Parkinson's disease by contributing to nerve cell death. Free radicals are unstable because they lack one electron. In an attempt to replace this missing electron, free radicals react with neighboring molecules, especially metals such as iron, in a process called oxidation. Oxidation is thought to cause damage to tissues, including neurons. Normally, free radical damage is kept under control by inhibitors science calls "*antioxidants*." Antioxidants are chemicals that protect cells from this damage. Evidence that oxidative mechanisms may cause or contribute to Parkinson's disease includes the finding that people with the disease have increased brain levels of iron, especially in the substantia nigra, and decreased levels of ferritin, which serves as a protective mechanism by chelating or forming a ring around the iron, and isolating it.

Some scientists have suggested that when either an external or an internal toxin selectively destroys dopaminergic neurons Parkinson's disease may occur. An environmental risk factor such as exposure to pesticides or a toxin in the food supply is an example of the kind of external trigger that could possibly cause Parkinson's disease. The theory is based on the fact that there are a number of toxins, such as 1-methyl, 4-phenyl, 1, 2, 5, 6-tetrahydropyridine (*MPTP*), and neuroleptic drugs, known to induce parkinsonian symptoms in humans. So far, no research has provided conclusive proof that a toxin is the cause of the disease.



Many researchers believe that a combination of these four mechanisms all caused by dietary plaque have been shown to cause the disease: oxidative damage, environmental toxins, genetic predisposition and accelerated aging. The onset of symptoms can clearly correlate with age. Parkinson's disease is a disease of late middle age, usually affecting people over the age of 50. The average age of onset is 60 years. However, some physicians have reportedly noticed more cases of "*early-onset*" Parkinson's disease in the past several years, and some have estimated that five to ten percent of people are under the age of 40.

What are the Early Symptoms?

With Parkinson's disease, the associated tremor has a characteristic appearance. Typically, the tremor takes the form of a rhythmic back and forth motion of the thumb and forefinger at three beats per second. This is sometimes called "*pill rolling*." Tremor usually begins in a hand, although sometimes a foot or the jaw is affected first. It is most obvious when the hand is at rest or when a person is under stress. In three out of four people in the early stages of the disease, the tremor may affect only one part or side of the body. Later it may become more general. Tremor is rarely disabling



“Just remember, there’s a right way and a wrong way to do everything and the wrong way is to keep trying to make everyone else do it the right way.”

and it usually disappears during sleep or improves with intentional movement.

Rigidity

Most people with Parkinsonism are affected by rigidity, or a resistance to movement. A major principle of body movement is that all muscles have an opposing muscle. Movement is possible not just because one muscle becomes more active but because the opposing muscle relaxes. In Parkinson's disease, rigidity comes about when, in response to signals from the brain, the delicate balance of opposing muscles is disturbed. The muscles remain constantly tensed and contracted so that the person aches, feels stiff and weak. The rigidity becomes obvious when another person tries to move the other person's arm, which will move only in ratchet like or short, jerky movements known as "cogwheel" rigidity.



Bradykinesia

Known as the slowing down and loss of spontaneous and automatic movement is a condition called Bradykinesia. It is particularly frustrating because it is unpredictable. One moment they can move easily. The next moment he or she may

need help. This may well be the most disabling and distressing symptom of the disease because the person cannot rapidly perform routine movements. Activities once performed quickly and easily, such as washing or dressing, may take several hours.

Postural Instability

Causing people with Parkinson's disease to fall easily, postural instability, or impaired balance and coordination, causes them to develop a forward or backward lean. When bumped from the front or when starting to walk, people with a backward lean have a tendency to step backwards, which is known as retropulsion. Postural instability can cause them to have a stooped posture in which the head is bowed and the shoulders are drooped.

Walking may be affected as the disease progresses. They may halt in

mid stride and freeze in place, possibly even toppling over, or they may walk with a series of quick, small steps as if hurrying forward to keep balance. This is known as festination.

Are There Other Symptoms?

Some are minor, others are more bothersome, various other symptoms accompany Parkinson's disease. Many can be treated with physical therapy. No one can predict which symptoms will affect an individual, and the intensity of the symptoms also varies from person to person. None of these symptoms are fatal, although swallowing problems can cause choking.

Depression

This is a common problem that may appear even before other symptoms are noticed, early in the course of the disease. Depression may not be severe, but it is typically intensified by the drugs used to treat other symptoms of Parkinson's disease.



Emotional Changes

With Parkinson's disease some people become fearful and insecure. Perhaps they fear they cannot cope with new situations. They may not want to travel, go to parties, or socialize with friends. Some lose their motivation and become dependent on family members. Others may become irritable or uncharacteristically pessimistic.

The ability to reason remains intact; however, memory loss and slow thinking may occur. Whether people actually suffer intellectual loss, also known as dementia, from Parkinson's disease is a controversial area still being studied.

Difficulty in Swallowing and Chewing

In later stages of the disease muscles used in swallowing may work less efficiently. In these cases, food

"Our everyday decisions will shape the world. What do you put on your dinner plate? What household products do you buy? What cosmetics do you use?"

and saliva may collect in the mouth and back of the throat which can result in choking or drooling.

Speech Changes

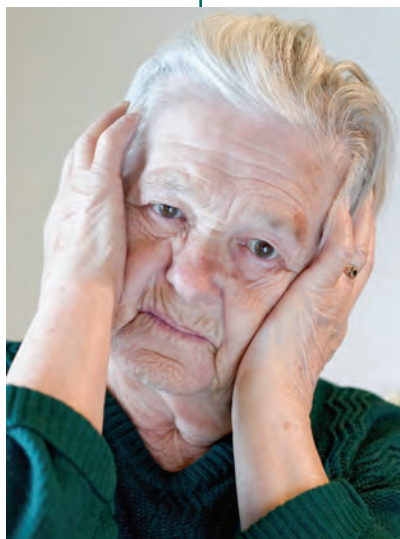
Problems with speech affect about half of all Parkinsonism people. They may speak too softly or in a monotone, hesitate before speaking, slur, repeat their words, or speak too fast. A speech therapist may be able to help reduce some of these problems.

Urinary Problems or Constipation

Due to the improper functioning of the autonomic nervous system, which is responsible for regulating smooth muscle activity, bladder and bowel problems can occur in some. Some people may become incontinent while others have trouble urinating. In others, constipation may occur, because the intestinal tract operates more slowly. Constipation can also be caused by inactivity, eating a poor diet, or drinking too little fluid. Don't let constipation last for more than several days before taking steps to alleviate it. (**Also see constipation and prunes*)

Skin Problems

With Parkinson's disease, particularly on the forehead and at the sides of the nose, it is common for the skin on the face to become very oily. The scalp may become oily too, this results in dandruff. In other cases the skin can become very dry. These problems are also the result of an improperly functioning autonomic nervous system. Standard treatments for skin problems help. (**Also see Oily Skin/Hair*)



Sleep Problems

These include difficulty staying asleep at night, restless sleep, nightmares, emotional dreams, and drowsiness during the day. It is unclear if these symptoms are related to the disease or to the medications used to treat Parkinson's disease. You should never take drugs to sleep.

Other forms of Parkinsonism include the following:

- Arteriosclerotic Parkinsonism
- Drug-induced Parkinsonism
- Parkinsonism-dementia complex of Guam
- Postencephalitic Parkinsonism
- Striatonigral Degeneration
- Toxin-induced Parkinsonism

Parkinsonism Accompanying other Conditions

It is likely that Parkinsonism symptoms may also appear with other, clearly distinct neurological disorders such as Shy-Drager syndrome sometimes called multiple system atrophy, progressive supranuclear palsy, Wilson's disease, Huntington's disease, Hallervorden-Spatz syndrome, Alzheimer's disease, Creutzfeldt-Jakob disease, olivopontocerebellar atrophy, and post-traumatic encephalopathy.

Studies show that eating a diet full of foods rich in vitamin E can reduce your risk of developing Parkinson's disease.

Don't try taking a shortcut by taking vitamin E supplements instead. A new study shows that supplements

simply don't provide the same protective effect as the real thing from natural sources, such as walnuts, pecans, sesame seeds, wheat germ, spinach, and other dark, green leafy vegetables. In fact, vitamin E supplements create toxicity over time and have caused death.

Researchers reviewed current research on the effects of vitamin C, vitamin E and beta-carotene on the risk of developing Parkinson's disease. They have found that only vitamin E eaten in its natural form appears to have a significant impact in reducing the risk of Parkinson's.

Please don't miss: *Disease: The Mystery Solved.*

PARSLEY

*Medi-Sign Target
Lungs & Bronchials*



Signature: The Lungs

Parsley is nature's chemo-protective food for the lungs.

Benefits

- Clears urinary tract infections
- Freshens breath
- Prevents cancer
- Protects your heart
- Strengthens bones

Parsley may look pretty on your plate, but if you simply leave it

“Face what you think you believe and you will be surprised.”

there, you've missed out on one of the best ways to punch up the vitamin C in any meal.

History

Parsley originates in the Mediterranean region of Southern Europe. It has been cultivated for more than 2,000 years. However, parsley was used medicinally prior long before it was consumed as a food. In ancient Greece parsley was sacred, and was used to adorn winners of athletic contests. It was also used as a decoration for tombs of the deceased. Parsley's use as a garnish has a long history that can be traced back to the ancient Romans.



To make their breath fresh, Ancient Romans ate parsley for its sharp flavor. Then in the Middle Ages people began to use parsley as a medicine. They nibbled on it to ease their stomach problems, rubbed it on insect bites and bruises to relieve the swelling and itch, and even brewed it into a tea to ward off gallstones and dysentery. Believe it or not, men even scrubbed parsley onto their scalps to cure baldness.

It can improve your health, although, parsley does not really appear to help baldness. Like its cousin the carrot, parsley's packed

with vitamins and minerals, such as beta carotene, folate, and iron, to name a few. Like other tasty greens, it's brimming with flavonoids, powerful plant chemicals that prevent cancer and heart disease.

It seems to be sometime in the Middle Ages in Europe, though it is uncertain when parsley began to be consumed as a seasoning. Some historians credit Charlemagne with its popularization since he had it grown on his estates.

The curly leaf variety is more popular in some countries. This may have its roots in the ancient preference for this type since people were oftentimes reticent to consume the flat leaf variety because it resembled fool's parsley, a poisonous weed.

Having only been developed within the past two hundred years Turnip rooted, or Hamburg parsley,

a relatively new species, has only recently begun gaining popularity.

Hold's off Heart Disease

Experts say if you do not eat enough flavonoids you might be at a greater risk of dying from heart disease. Flavonoids are the natural nutrients found in fruit and vegetables. Scientists believe Flavonoids work by guarding your arteries against cholesterol build up and by lowering blood pressure. That makes parsley pretty important, since it's full of key flavonoids like apigenin. A good start to a healthier heart would be a bowl of tabbouleh salad, a

Middle Eastern delicacy that is heaping with parsley.

Outsmarts Breast and Prostate Cancer

Here's some good news for both men and women. Eating parsley helps reduce your risk of hormone related cancers, like breast and prostate tumors. According to a study, the flavonoid apigenin in parsley appears to work like estrogen and progesterone. Your body uses the weaker apigenin instead of these stronger, built in hormones, which are known to trigger cancerous growth. Although the experts haven't said how much of this flavonoid will do the trick. Munching on some extra apigenin rich parsley is a smart decision.

Half a cup of parsley has the same vitamin C boost as half a cup of broccoli. While there is no question vitamin C avoids cancer, it's also proven that cooking destroys the vitamin C in food before it can even start protecting you. That is where parsley comes in. Sprinkle some on your hot dishes right before you eat them and you'll replace any vitamin C that was lost during cooking.

Irons out your Iron Deficiency

Millions of women are iron deficient and are not even aware of it. If you're low on iron, it's harder to exercise, work, and even do chores around the house. More importantly, chronic iron deficiency can lead to anemia. Just to be on the safe



"Could your children's teachers benefit by understanding what you've learned in this book?"

side, add parsley to your diet on a regular basis. A half cup fresh or one tablespoon dried has about ten percent of your iron daily requirements. Plus, parsley has the vitamin C your body needs to absorb that iron.

Cuts Down on Bone Breaks

A few sprigs of parsley keep you walking strong. A new study from the National Heart, Lung and Blood Institute found that getting at least 100 micrograms of vitamin K a day can cut your risk of hip fracture. Vitamin K is necessary for bones to get the minerals they need to form properly. Since parsley is loaded with vitamin K, over 180 micrograms in just a half-cup, it's a good idea to have parsley around all the time. Top off your sandwiches with it, dress up your salads with it, or better yet toss it into simmering



stews and sauces. Cooking parsley nearly doubles its vitamin K.

Health Benefits

A sprig of parsley not simply decoration; Parsley is comprised of two components that both provide benefits to one's health. The first component is a volatile oil that includes myristicin, limonene, eugenol, and alpha thujene. The second components are flavonoids which contain apiin, apigenin, crisoeriol, and luteolin.

Multi-Faceted Cancer Inhibitor

The volatile oils in parsley are inhibitors in the formation of tumors. In particular myristicin inhibits tumor formation in the lungs. Myristicin enables the enzyme glutathione S transferase, and this assist to attach the molecule glutathione to oxidized molecules that would normally damage the body. The behavior of the volatile oils contained in parsley qualify it as a chemoprotective food. Parsley can help neutralize particular types of carcinogens. An example of this are the benzopyrenes that are contained in cigarette smoke, charcoal smoke, and the smoke produced by garbage incinerators.

Potent Protective Capacity

Parsley's flavonoids, especially luteolin, function as nutrients that are mixed with highly reactive oxygen-containing molecules. These molecules are called oxygen radicals, and their function is to prevent oxygen based damage to cells. Parsley has been used in studies to bolster the blood's nutritional capacity.

Cardio-Protective Nutrients

Besides the volatile oils and flavonoids, parsley is a superior source of three vital nutrients which function as a prevention of many



diseases: vitamin C, beta carotene, and folic acid.

Vitamin C has many roles in the body. One of its primary functions is as a water soluble inhibitor. This function results in the free radicals becoming harmless in all water soluble areas of the body. One of the common effects of high levels of free radicals in the body is the development and progression of a number of diseases. These diseases include atherosclerosis, colon cancer, diabetes, and asthma. This is one reason why those that ingest healthy quantities of vitamin C have a lower risk for the above mentioned conditions. In addition, for conditions like osteoarthritis and rheumatoid, vitamin C is a powerful agent. Vitamin C also contributes to the healthy function of the immune system and can be used as a preventative of recurrent ear infections or the common cold.

Another important nutrient is Beta-carotene which operates in the fat soluble areas of the body. People who consume beta-carotene rich foods also have a reduced risk for the development and progression of

“What a strange narrowness of mind now is that, to think the things we have not known are better than the things we have known.”



take of its abilities to improve your health next time parsley appears on your plate as a garnish. As an added bonus, you'll also enjoy parsley's legendary ability to cleanse your palate and your breath at the end of your meal.

Description

Although many people think of parsley as a decorative garnish to accompany a meal, it is actually a wonderfully nutritious and healing vegetable. Parsley contains a wealth of nutrients and has a fresh and invigorating taste. The most common varieties of parsley are the curly parsley and Italian flat leaf parsley. The curly type has a less fragrant and more bitter taste than the Italian variety. Another variety of parsley is known as turnip-rooted, or Hamburg parsley. This type is grown for its roots, which resemble salsify and burdock. Parsley is a member of the Umbelliferae family of plants, and its Latin name is *Petroselinum crispum*.

PARSNIP

Medi-Sign Target
Bones & Eyes



The food value of Parsnips exceeds that of many other vegetables. It is

conditions like atherosclerosis, diabetes, and colon cancer. In a similar manner as vitamin C, beta-carotene also may also operate to reduce the severity of asthma, osteoarthritis, and rheumatoid arthritis. The body converts Beta-carotene to vitamin A. The nutrient has the moniker "*the infection free vitamin*" because of its contribution to a strong immune system.

Folic acid plays numerous roles in the body, and is one of the most important B vitamins. However, one of its most critical roles in relation to cardiovascular health is its necessary participation in the process through which the body converts homocysteine into benign molecules. Homocysteine is a potentially dangerous molecule that at high levels can directly damage blood vessels. High levels of homocysteine are associated with a significantly increased risk of heart attack and stroke in people with atherosclerosis or diabetic heart disease. Enjoying foods rich in folic acid, like parsley, is an especially good idea for individuals who either have, or wish to prevent, these diseases. Folic acid is also a critical nutrient for proper cell division and is therefore vitally important for cancer prevention in two areas of the body that contain rapidly dividing cells, the colon, and in women, the cervix.

So, recognize its true worth and par-

easy to garden and should be more extensively grown.

The Parsnip was cultivated by the Ancients, together with the carrot. However, the Roman horticulturists evidently knew nothing of the advantage of selecting seeds, by means of which the best existing variety has been developed. Pliny tells us it was grown either from the root transplanted or else from seed, but that it was impossible to get rid of the pungent flavor. The finest strain raised by Professor Bucknran, between 1848 and 1850, as a result of his experiments in selection, was named by him the "*Student*," and having been further improved, still takes the first rank. It differs in several respects from the wild plant.

Parsnips were held in such repute by the Emperor Tiberius, according to Pliny, that he had them annually brought to Rome from the banks of the Rhine, where they were then successfully cultivated. They are dressed in various ways and are much eaten.

In Ireland cottagers make a beer by boiling the roots with water and hops, in Holland, Parsnips are used in soups. A kind of marmalade preserve has also been made from them, and even wine which in quality has been said to approach the famed Malmsey of Madeira.

In the modern day, parsnips have developed a leaf-stalk two feet long, the first pair of leaflets being several inches above the sheath. The leaflets are oblong, about two inches across at the basal part and four and a half inches in length, more than double the size of those of the wild plant, and are entirely smooth and somewhat paler in color. The flowers in each case are yellow and in

"What if you gave sincere compliments to strangers?"

“The difference between ordinary and extraordinary is that little extra.”

umbels at the ends of the stems, like the carrot, though the umbels do not contract in seeding. The flowers of the cultivated Parsnip are of a deeper yellow color than those of the wild plant. The Parsnip is a biennial, flowering in its second year, throughout June and August. The fruit is flattened and of elliptical form, strongly furrowed. Parsnip seeds, as the fruit is commonly called, are pleasantly aromatic, and were formerly collected for their medicinal value and sold by herbalists. They contain an essential oil that has the reputation of curing intermittent fever. A strong decoction of the root is a good diuretic and assists in removing obstructions of the viscera. It has been employed as a remedy for jaundice and gravel.



Having served as a good source of starch for 4,000 years, parsnips are cold-weather root vegetables related to carrots. In Europe and colonial America, parsnips were a nutritious and ubiquitous staple until the 19th century, when potatoes replaced them. Unjustly neglected by many of us today, parsnips are easy to prepare and offer a healthy stand in for potatoes as a side dish. It also makes an excellent addition to soups and stews.

Resembling a top heavy, ivory colored carrot, the vegetable has a mild celery like fragrance and a sweet, nutty flavor. Unlike carrots, parsnips contain no beta carotene but they are a good source of vita-

min C. Their flavor is best in winter when they are most abundant. Planted in the spring, they take a full three to four months to mature. They are left in the ground until a hard frost occurs in late fall that initiates the conversion of the starches in the vegetable to sugars, giving parsnips their pleasantly sweet flavor. Some gardeners and farmers leave parsnips in the ground over the winter observing that parsnips dug up the following spring are the sweetest.

To allow for the conversion of starch to sugar, commercial growers harvest parsnips in the late fall and place them in cold storage for at least two weeks. Parsnips properly stored at between 32°F and 34°F will be just as sweet as those left in the ground for two months of cold weather.

The health benefits of parsnips are again under-rated. Parsnips are a good source of Folic acid, potassium, sulfur and vitamin C. This makes parsnips a valuable ally in the quest for healthy skin. Parsnip has been associated with improving bronchial tube functioning in the lungs and is of benefit to those who suffer from asthma.

PASSION FRUIT

Medi-Sign Target
Ovaries & Testicles

The passion fruit is an egg shaped tropical fruit that is also called a purple granadilla. It has a brittle, wrinkled purple-brown rind enclos-



ing flesh covered seeds, something like a pomegranate. Granadilla means “*little pomegranate*” in Spanish. The seeds are edible so you can eat the orange pulp straight from the shell. Passion fruit is more commonly sieved and its highly aromatic pulp and juice are used as a flavoring for beverages and sauces. The pulp has an intense aromatic flavor, while the texture is jelly like and watery. The flavor is likened to guava.

They are grown in Hawaii, Florida and California although they are native to Brazil. These crops, along with imports from New Zealand, keep passion fruit on the market all year.

Passion fruit is a good source of vitamins A and C, as well as potassium and iron. When eaten with the seeds, a serving is an excellent source of multiple fibers.

Selection

When buying a passion fruit, choose a large, heavy, firm one. When ripe, it has wrinkled, dimpled, deep purple skin. Skin is old looking, but does not mean the fruit is rotten. Mold does not affect quality and can be wiped off. Fruit color is green when they are immature, changing to shades of purple, red or yellow as they ripen. Leave at room temperature to ripen. The skin will wrinkle, but the fruit will not soften much.

Passion fruit has long been a food staple for the people and animals of the rain forest. The leaves of many of the *Passiflora* species have been used for centuries by indigenous tribes as a sedative or calming tonic. The passion fruit of *Passiflora edulis* has been used by the Brazilian tribes as a heart tonic, and passion fruit is still used today in South American traditional medicine.

Two glasses of juice will naturally calm down the most hyperactive child, this is why Brazilian mothers love passion fruit. The Brazilians even have a favorite passion flower drink, called maracuja grande, or “the great miracle,” which is frequently used to treat asthma, whooping cough, bronchitis and other tough coughs. In Peruvian traditional medicine today, passion fruit and its juice is used for urinary infections and as a mild diuretic. Researchers have documented the properties of passion fruit juice in at least four studies.

PEACHES

Medi-Sign Target
Breasts, Heart & Skin



Benefits

- Aids digestion
- Boosts your immune system
- Cancer
- Helps hemorrhoids
- Helps stop strokes
- Prevents constipation and more!

Two members of the rose family are the fuzzy peach and its clean shaven brother, the nectarine. You can find peaches and nectarines growing in warm climates all over the world these days, but it is believed these fruits got their start in China.

Peaches and nectarines are divided into two categories, clingstone, in which the fruit hangs onto the pit, and freestone, in which the flesh of the fruit pulls away from the pit. They also come in three flesh colors, red, white and yellow, and in thousands of varieties. The yellow ones are highest in vitamin A, although all are good sources of vitamins A and C.

The fuzz is often brushed off by machines before they’re sent to the store because most people prefer smooth peaches. Don’t confuse these with nectarines; naturally fuzz-less fruits with the same nutritional value. Whether you prefer peaches or nectarines, though, you cannot go wrong with this sweet, delicious, 40 calorie treat.

You can add peaches to hot or cold cereal, or stick one in your lunch bag for a late afternoon snack. Peaches are also good in cobblers, pies and jams. Don’t be afraid to buy canned or frozen peaches when

you can’t get the fresh ones. They are still a good choice over junk food. Flash freezing and other new technologies trap nutrients and phytochemicals immediately after harvest while the produce is at its peak.

Keeps Your Colon Clean

Peaches are more than 80 percent water and are a good source of dietary fiber. This combination makes them a perfect remedy for constipation. One medium size peach has seven percent of the dietary fiber you need each day.

Adding fruits like peaches to your diet can keep you regular and prevent straining during bowel movements. Straining has been linked to hemorrhoids, diverticular disease, hiatal hernia and even varicose veins.

Prevent cancer by eating a variety of fruits and vegetables, avoiding fat and not smoking can help.

Experts finally think diet could play an important role in cancer of the mouth, which has been increasing in the past several years. I think Mother Nature knew it all along. Luckily, you can protect yourself without them or their studies. A study in China showed that men and women who ate peaches more than twice a week did not develop cancers of the mouth. This study focused on oral cancer, but peaches, like other fruits and vegetables with vitamins, minerals, and protectants are a good way to steer clear of all kinds of cancers.



“Why are so many people afraid? If you want to play the game of life and win, you’ve got to play full out!”

PEANUT

*Medi-Sign Target
Testicles*

Natures Viagra!



Benefits

- Avoids and helps to alleviate prostate cancer
- Increases your energy
- Lowers cholesterol
- Promotes weight loss
- Protects against heart disease

Comedian Bill Cosby once said, *“Man cannot live by bread alone. He must have peanut butter!”* Cosby may be known as a comedian, but he is also a very smart man.

Because they grow underground peanuts are sometimes called *“ground nuts.”* Technically peanuts are not even nuts. They’re legumes, like beans, and have many of the same nutritional qualities. They’re high in protein and fiber, and are a good source of many important vitamins and minerals, including vitamin E, niacin, manganese, folate, magnesium, potassium and hundreds of other nutrients.

Highly nutritious and for people who are trying to lose weight, peanuts contain zero cholesterol, and eating peanuts can help them control diet. In addition, eating

peanuts can prevent heart disease.

Keeps your Heart Hardy

Too much animal fat, which is where bad cholesterol comes from, can really do a number on your heart. Although one cup of peanuts contains almost a full day’s quota of fat, it’s the good kind, meaning monounsaturated fatty acids (*MUFA’s*).

Since they help control cholesterol MUFA’s are actually good for your heart. In fact, a diet high in MUFA’s can reduce cholesterol levels more than the American Heart Association Step II diet, an eating plan designed specifically to lower cholesterol.

The American Heart Association now recommends you replace some of the fat in your diet with monounsaturated fats, these are based on clinical studies. These studies are telling us that the type of fat may be as important as how much of it is eaten.

The heart healthy properties of peanuts do not end with MUFA’s. Eat just three ounces a day and you’ve gotten half the amount of folate you need to remove artery damaging homocysteine. If you’re looking for resveratrol, the plant estrogen that works like a power nutrient to displace heart disease, the Peanut Institute says to look no further than a handful of peanuts. One ounce, they say, contains about as much resveratrol as two pounds of grapes.

Helps Shed Unwanted Pounds

What to do about your waistline? Experts

say that you do not have to give up these crunchy tidbits. They are full of protein and fiber and give a lot of energy bang for the buck. In short, peanuts can be an important part of your total weight loss plan.

As any veteran dieter will testify, it’s easier to eat less if you do not feel hungry. A study published in the International Journal of Obesity says after you eat less than a cup of peanuts, you’re not as likely to want other foods high in fat, protein or carbohydrates.

Who wouldn’t want a little more energy? Female soccer players, who ate a higher fat diet including peanuts, were able to work out harder and longer. This means munching on a few peanuts every day may enable you to step up your own exercise program and burn more calories.

Of course, you cannot just add a few peanuts to your regular diet and watch the pounds magically melt off. You still have to exercise and eat your veggies.

Puts a Lid on Cancer

Legumes, including peanuts, are a rich source of beta-sitosterol, one of



“Be careful not to drown in a mirage.”

the estrogen like plant compounds called phytosterols. Experts believe these help protect you from colon, breast, ovarian or prostate cancer.

Part of the evidence is gathered from people eating an Asian or vegetarian diet, normally teeming with legumes. They're not only getting five times as many phytosterols as people eating a typical Western diet, but they're also less likely to suffer from these types of cancer.

Boost your odds by snacking on peanuts and peanut butter and start cooking with peanut oil and flour.

Health Benefits

Peanuts prove to be a source of the beneficial type of fat. Studies of diets with a special emphasis on peanuts, such as Mediterranean diets, have shown that this legume makes for a healthy heart. In addition to their monounsaturated fat content, peanuts feature an array of other nutrients that, in numerous studies, have been shown to promote heart health. Peanuts are good sources of vitamin E, niacin, folate and magnesium. In addition, peanuts provide resveratrol, the phenolic also found in red grapes and red wine. The consumption of this component explains why in France, people but have a lower risk of cardiovascular disease compared to the United States even though their diet is not low in fat. When you take



into account all of the nutrients provided by nuts like peanuts, it is not a surprise that many research studies, including the Nurses' Health Study that involved over 86,000 women, have determined that there is a direct correlation between the consumption of nuts to reduced risk of cardiovascular disease.

Peanuts vs. Fruit

According to new research studies peanuts contain not only oleic acid, the healthy fat found in olive oil, but are also as rich in nutrients. Peanuts have comparable amounts of nutrients as many fruits, such as pomegranate, blackberries and strawberries, and contain more nutrients than apples, carrots or beets.

The University of Florida team of scientists, published in the May 2005 issue of the journal Food Chemistry, shows that peanuts contain high concentrations of polyphenols, primarily a compound called p-coumaric acid, and that roasting can increase peanuts' p-coumaric acid levels, boosting their overall nutritional content by as much as 22 percent. Plus, in recent years,

researchers at University of Florida and sever-

al other universities have bred new peanut varieties with higher levels of oleic acid, which is the monounsaturated fat responsible for many of olive oil's health-promoting effects. Called Sun Oleic peanuts, these cultivars, which contain 80 percent oleic acid and only two to three percent linoleic acid, not only provide the health benefits associated with this monounsaturated fat, but remain fresh three to 15 times longer than regular peanuts, and are also much lower in saturated fat.

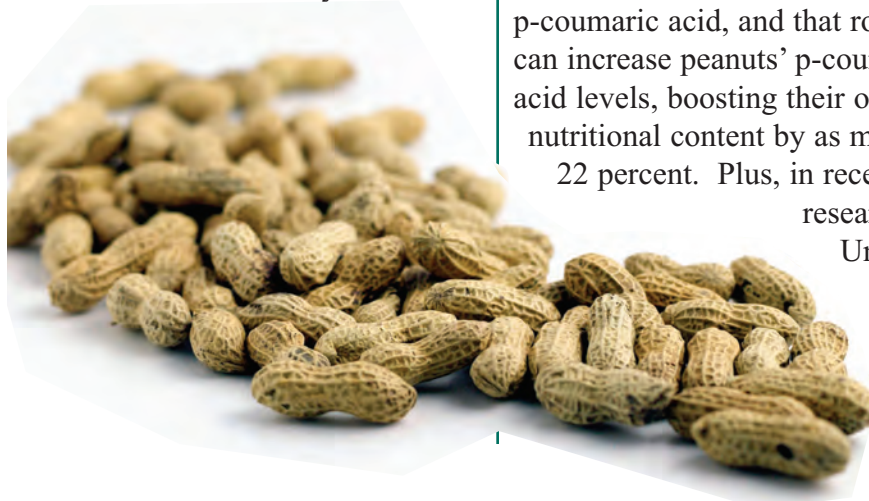
Help Prevent Gallstones

Studies show that women who eat at least one ounce of nuts, peanuts or peanut butter each week have a 25 percent lower risk of developing gallstones. Since one ounce is only 28.6 nuts or about two tablespoons of nut butter, preventing gallbladder disease may be as easy as packing one peanut butter and jelly sandwich for lunch each week, having a handful of almonds as an afternoon pick me up, or tossing some walnuts on your oatmeal or salad.

Protect against Alzheimer's and Age-related Cognitive Decline

Research has shown that consumption of diets with niacin, like that in peanuts, provides protection against Alzheimer's disease and age related cognitive decline. A test was conducted by the Chicago Health and Aging Project where they interviewed people 65 years old about their diets. The researchers then tested their cognitive abilities over the next six years. **The results were as follows:** Those people consuming the most niacin rich foods were 70 percent less likely to have developed Alzheimer's disease compared with those whose dietary intake did not consist of niacin.

An easy way to boost your niacin



"We respond not just to our psychological needs, but to our moral imperative to do more and be more than anyone could expect."

“Be pleasant until ten o'clock in the morning and the rest of the day will take care of itself.”

intake is to snack on a handful of peanuts. Just a quarter cup provides about a quarter of the daily recommended intake for niacin, which is 16 mg per day for men and 14 for women. Also, peanuts provide the concentrated arginine used in Viagra for male erections!

PEANUT OIL

Medi-Sign Target
Prostate & Brain

Especially for stir fried foods, peanut oil is a favorite. Since it is relatively high in primary saturated fats, which do not turn into trans fatty acids when heated to normal cooking temperatures, it is more useful as a cooking oil than oils that are lower in saturates and higher in omega-3 fatty acids.

PEARS

Medi-Sign Target
Womb, Cervix & Ovaries



“Gift of the Gods”

Pears are juicy and sweet, with a soft yet somewhat grainy texture. The unique texture of the flesh of pears was for ages referred to as the “Gift of the Gods.” The season for pears lasts from August through October. However, there is a variety of pear available year around because of the seasonal variations amongst the different varieties.

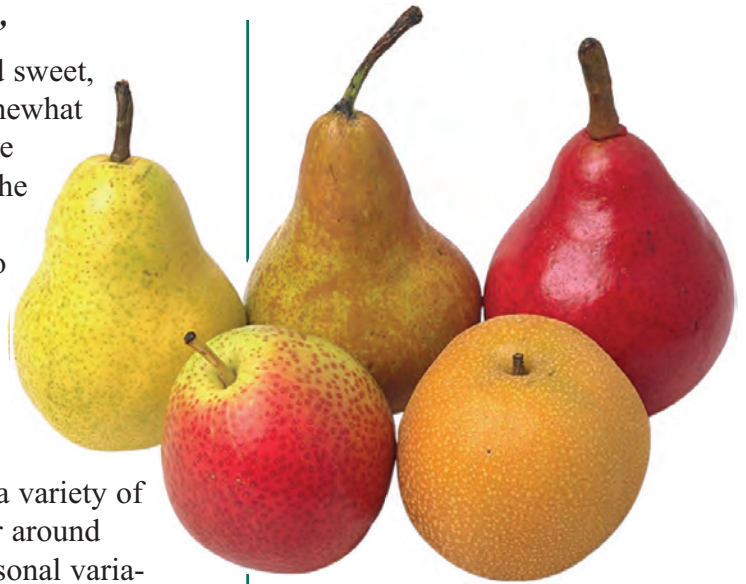
The pears are related to the apple and the quince all being members of the rose family. Pears generally have a large round bottom that tapers towards the top. The skins of pears are quite thin and can be a number of different colors yellow, green, brown, red or a combination of any of these colors. Similar to apples, pears have a core that contains seeds.

Health Benefits

Pears are packed not only with sumptuous flavor, but fabulous fiber.

Protection from Free Radicals

Pears have also been known to be nutritious, but the USDA food ranking system also qualified pears as a good source of vitamin C and copper. Vitamin C and copper help protect cells in the body from oxygen related damage due to free radicals. Vitamin C acts as a nutrient in all water soluble areas of the body. Another important function of this vitamin is its contribution to a good immune system. The way it does this is by stimulating white cells to fight infection, by directly eradicating bacteria and viruses. In addition it regenerates Vitamin E that pro-



ducts fat soluble areas of the body after it has been inactivated by disarming free radicals.

While vitamin C is busy doing its work, copper helps protect the body from free radical damage. Copper is a necessary component of an enzyme that eliminates superoxide radicals called superoxide dismutase or SOD. Superoxide radicals are a type of free radical which can damage cell membrane, if they are not eliminated quickly after they are created. They are generated during normal metabolism or when white blood cells attack invading bacteria and viruses.

So, make sure to treat your body to vitamin C and copper while treating your taste buds to a delectable, juicy pear.

Pears Promote Cardiovascular and Colon Health

Preventing constipation and ensuring regularity are just a few things that a pear’s fiber does. Fiber is a natural way to lower high cholesterol levels according to medical studies. This is good news to people at risk for atherosclerosis or diabetic heart disease. The way this works is that fiber in the colon

adheres to bile salts and carries them out of the body. Bile salts are made from cholesterol, and so the body must break down more cholesterol to make more bile. Bile is also substance which is also necessary for digestion. Consequently the cholesterol in the body is lowered.

Preventing them from damaging colon cells, fiber also binds to cancer causing chemicals in the colon. This is one explanation as to why diets high in fiber rich foods, such as pears, are often associated with a reduced risk of colon cancer. Additionally, it has been determined that low dietary intake of copper seems to increase the risk factors for colon cancer. Increased fecal free radical production and fecal water alkaline phosphatase activity are some of the many reasons why this fruit contributes to having a healthy colon.

A Hypo-Allergenic Fruit

Though it is not well documented in scientific research, pears are often recommended by healthcare practitioners as a hypoallergenic, infants love them.

History

The scientific name for pear is *Pyrus communis*.

Traced back in western Asia for three thousand years, the cultivation of pears is surrounded by some speculation that its history goes back even further and that this marvelous fruit was discovered by people in the Stone Age. Whatever their origins, pears have been revered throughout time. Called the “*Gift of the Gods*” by Homer in his epic, *The Odyssey*, pears were also

a luxurious item in the court of Louis XIV. The early colonists brought pears to America, and while the first pear tree was planted in 1620, much of their pear supply was still imported from France. Missionaries introduced California and Mexico to the pear tree.

The pear, interestingly enough, have the soft juicy flesh that we now know them to possess until the 18th century. It was during this time that a lot of attention was given to the cultivation and breeding of pears, and many varieties were developed that featured pears’ distinctive buttery texture and sweet taste. Today, much of the world’s pear supply is grown in China, Italy and the United States.



ANJOU

The red Anjou pear and green Anjou pear are very similar. They do differ though in color. Their shape, flavor and texture are nearly identical. It’s their deep, rich, maroon color that sets this variety apart, particularly as a showy pear among pears in a fruit bowl or basket.

Ripening

Green Anjou show little to no change in color as they ripen, which is another characteristic shared with

their Red Anjou counterparts. The best indication of ripeness for any pear is the thumb test. Gentle thumb pressure near the stem will yield slightly when the pear is ripe.

When held at room temperature, red Anjou pears follow their counterparts by ripening. For best results, place them in a closed paper bag or fruit ripening bowl. Depending on their level of ripeness when purchased, it may take several days before they are ready to eat. The results, however, are well worth the wait. Red Anjou pears develop a mild, sweet flavor with very smooth texture and abundant juices when ripe.

Another fun thing to do with these pears is to add color to plate appeal. Consider a garden green salad tossed with slices of Red Anjou pears!

History

The Red Anjou pear actually originated on a Green Anjou tree. Most often unnoticed, “*Bud sports*” are transformations that occur on trees. Even when they are discovered, they usually don’t lead to any new viable fruit. Red Anjou, however, are an exception. Actually, they are an exception that occurred twice, as the first red sport of Anjou was discovered in the early 1950’s near Medford, Oregon, and a second red sport was discovered in the late 1970’s in Parkdale, Oregon.

ASIAN

Japan is home to where most Asian pears are grown. Although technically a member of the pear family, the Asian pear resembles an apple in shape and texture. Asian pears are delicious; they are crisp, grainy,

“Throughout history devout people have felt convinced that their universe was the universe, their mask the only true face.”

“I think it pisses God off if you walk by the color purple in a field somewhere and don’t notice it.”

slightly sweet and juicy. Varying in size and color from gold to green, there are over a 100 varieties of Asian pears. Some are smooth skinned, while others are speckled with russet spots. Asian pears are available from late summer through early fall.



mushy in a day. The skin of a Bosc pear is a russet yellow. Bosc are slow to ripen, but reward patience with a creamy, sweet and spicy flesh. They are available from September through May.

When an Asian pear is ripe, it is hard. Choose the most fragrant pears available. Store the ripe pears in the refrigerator. They will last up to two weeks.

BARTLETT

Bartlett pears make up about seventy five percent of all pears grown in the United States. Bartlett is the standard against which all other pears are measured. Much of the Bartlett harvest goes to canning. Red Bartlett taste similar to the yellow Bartlett, but cost more. They are harvested in July and August.

Because the Bartlett pear bruises easily, look for firm, unmarked and non-bruised fruit. When ripe, a red Bartlett goes from dark green with reddish blush to brilliant red. They are fragrant and the flesh at the stem yields to gentle pressure. Ripen pears at room temperature. The process is hastened by placing pears in a pierced brown paper bag with an apple or banana. Store ripe pears in a plastic bag in the refrigerator for up to five days.

BOSC

A perfectly ripe pear has not been tasted by most Americans. The French claim that Americans lack the patience a pear requires, but then they are so jealous of us they complain about everything we do. Pears can go from not quite ripe to

When choosing a Bosc pear, select the firm, unblemished ones. They will ripen at room temperature. The process is hastened by placing pears in a pierced paper bag with an apple or banana. Ripened Bosc are fragrant and the flesh at the stem yields to gentle pressure. Store ripe pears in a plastic bag in the refrigerator for up to five days.

COMICE

The comice, known as the “Queen of Pears”, is generally considered to be the best eating pear on the face of the earth. Large and exquisite, this pear has a buttery smooth, sweet flesh and fruity fragrance. It is available from October through February.

Comice pears must be handled carefully, for they are very delicate and are generally wrapped in paper for protection. Choose firm pears with occasional russet specks. Ripen at room temperature. When ripe, the skin turns yellow, the fragrance intensifies, and the neck yields to slight pressure. Ripe Comice pears will keep for a day or two in the refrigerator.

Wash ripe pears. Try serving Comice pears at room temperature with a rich white cheese, such as Brie or Gorgonzola, and watch people’s tongues beat them unconscious trying to get more.

PEAS

*Medi-Sign Target
Pineal & Pituitary Gland*



Peas to Please!

Peas are awfully handy to have around. They can: regenerate the spleen, pancreas and stomach; balance digestion and reduce the effect of an overworked, excessive liver on the stomach; benefit the spleen and pancreas; reduce vomiting, hiccups, belching and coughing; cause diuretic symptoms and are mildly laxative. Peas may also be used for spasms, edema, constipation, and skin eruptions such as carbuncles and boils.

PECANS

*Medi-Sign Target
Brain & Blood Flow*

A stable fact about the pecans is that no matter where they are from or what type they are, the vitamin E content of pecans remains abundant and constant. When it comes to this important whole food vitamin, all pecans are created equal.

They contain both types of vitamin E: *the alpha and gamma tocopherol.* While the alpha tocopherol form of vitamin E has been most widely studied for its health benefits, researchers are starting to pay closer attention to the gamma form of tocopherol as well.



A primary nutrient is whole food vitamin E. When chemical reactions produce oxidation in the body, which can be dangerous, it protects our bodies. Whole foods in essence serve as tools that inhibit oxidative stress that can be detrimental to many cellular functions.

Edible oils like those from pecans, other tree nuts, peanut products, soybeans and liquid vegetable oils are major sources of vitamin E. Similar to those in almonds, pistachios and walnuts, cashews, macadamia nuts and dry roasted peanuts; pecans have total vitamin E levels.

Nearly 60 percent of the fat found in pecans is monounsaturated fat. Pecans are a good source of fiber and plant sterols. Approximately another 30 percent is polyunsaturated fat. Including vitamins E and A, folic acid, calcium, magnesium, copper, phosphorus, potassium, manganese, several B vitamins and zinc, pecans also contain over 19 known vitamins and minerals.

It's been found that the pecans can significantly help lower blood cholesterol because of the serum levels.

Pecans are often associated with the holidays or fancy candy dishes, but there's no need to wait until the holidays to savor the crunchy texture and satisfying flavor of pecans. Pecans are packed with so much nutrition; they should be enjoyed all year long!

Lower Cholesterol with Pecans

When pecans are incorporated into the diet, blood cholesterol levels are dramatically lowered. That it is the unsaturated fats in pecans that help lower cholesterol levels. Pecans also contain plant components, which can slow the oxidation or "rusting" of LDL or bad cholesterol. Pecans also contain plant sterols, which have been in the news recently for their cholesterol lowering ability.

Lower Risk of Developing Gallstones with Pecans

When women ate more than five ounces of nuts each week, they were at a 25 percent lower risk of developing gallstone disease than women who never ate nuts or consumed less than an ounce of nuts each month. With an additional one million cases being diagnosed each year, gallstone disease, which can lead to death, affects about 20 million Americans. Researchers found that the consumption of nuts was linked to a lower risk in the surgical removal of gallstones.

The Skinny on Fat

Monounsaturated fat accounts for over half the fat found in pecans, and approximately another 30 percent is polyunsaturated fat. This means that the fats or oils in pecans are heart healthy!

Go Greek...It's good for you.

Virgin Olive oil contains a type of monounsaturated fat known as oleic acid, a staple of the heart healthy "Mediterranean diet." Consider this, though, the standard serving of pecans, about one ounce or 30 grams, provides approximately 25 to 30 percent more of this beneficial fat than a standard serving of olive oil, one tablespoon.

The Two "P's": Phytochemicals and Pecans

Studies have shown that the phytochemicals found in pecans have a protective effect against certain diseases, such as various cancers and heart disease.

The Power of Protein

Pecans are in the protein group. This makes pecans a nutritious alternative for vegetarians and those striving to eat a more plant based diet.

PELVIC INFLAMMATORY DISEASE

Medi-Sign Target
Fermented Foods & Yogurt Vaginal Infusions



"Live fully while you're here. Experience everything. Take care of your self and your friends. Have fun, be crazy, be weird. Don't try to be perfect; just be an excellent example of being human."

An infection of the female reproductive organ is pelvic inflammatory disease. It usually occurs when sexually transmitted bacteria spread from your vagina to your uterus. PID may also develop when bacteria travel up a contraceptive device or when they're introduced during gynecologic procedures, such as an abortion or insertion of an **intrauterine device (IUD)**.

Many times, no signs or symptoms appear for women who develop PID. It is only later when a woman has trouble becoming pregnant that PID may be detected. This experience will let the woman learn that her reproductive organs have been damaged. PID may also be detected when a woman develops chronic pelvic pain.

In the United States each year, more than one million women are diagnosed with PID. More than 100,000 women become infertile as a result of PID, while others experience complications during pregnancy. Prompt treatment of a sexually transmitted disease can help prevent PID.

Signs and Symptoms

- Fever, fatigue, diarrhea or vomiting
- Heavy vaginal discharge with an unpleasant odor
- Irregular menstrual bleeding
- Low back pain
- Pain during intercourse
- Pain in your lower abdomen and pelvis
- Painful or difficult urination

No signs or symptoms may occur from PID. PID is without symptoms or asymptomatic two-thirds of the time.

When the infection is due to

Chlamydia, asymptomatic PID is especially common. The lack of signs and symptoms increases the likelihood that you'll suffer serious damage to your reproductive organs, and possibly pass Chlamydia to other sexual partners.

Emergency signs and symptoms of PID include:

- Fever, temperature higher than 101° F (38.5° C)
- Severe pain low in your abdomen
- Signs of shock, such as fainting
- Vomiting

Safe sex practices prevent most cases of PID. Proper use of condoms reduces, but doesn't eliminate, the risk of contracting an STD.

Lots of garlic, onions, horse radishes and ferments can clean it up. Yogurt inserted into the vagina can help as well.

PEPPERMINT

Medi-Sign Target
Brain Function



A naturally occurring hybrid of spearmint is peppermint or *Mentha piperata*. It is an herb prized for its medicinal benefits and distinctive flavor. Unlike other mints, peppermint contains in its healing volatile oil, the powerful therapeutic ingredient menthol, as well as menthone, menthyl acetate and some 40 other compounds. The oil is made by steam distilling the plant's aromatic leaves and stems, which are gathered just before its light-purple flowers appear in the summer.

Health Benefits

In the digestive tract, peppermint oil acts as a muscle relaxant. It can also reduce the inflammation of nasal passages and relieve muscle pains. It's added to dozens of commercial antacid preparations. Not surprisingly, peppermint can be found in countless toothpastes and breath fresheners for its distinctively minty taste. Some sources recommend placing a mixture of peppermint oil, eucalyptus oil and Grain alcohol on the forehead and temples to reduce headache pain. For many people, drinking peppermint tea offers a soothing cure.

Specifically, peppermint helps to:

- Clear congestion and cough related to colds and allergies.
- Control flatulence and diverticular disorders.
- Control mild asthma.
- Control muscle aches and chronic pain.
- Dissolve gallstones.
- Ease nausea and vomiting.
- Improve digestion and reduce heartburn.

- Reduce the severity of herpes outbreaks.
- Stops bad breath.
- Stress.
- Substitute for conventional drugs in medical procedures.
- Treat irritable bowel syndrome

To calm the digestive system during medical procedures, the effects of peppermint oil make it a viable alternative to conventional medications. Researchers in Japan have shown that peppermint oil is safe and affective in reducing digestive spasms during Upper Endoscopy and Double Contrast Barium Enema.

Peppermint has also been found to be useful for a number of other disorders.

To Brew Peppermint Tea: *For each eight ounce glass of water, use one or two teaspoons of dried peppermint. Pour very hot, not boiling, water over the leaves. Then cover the cup to prevent the volatile oil from being released, and allow the mixture to steep for ten minutes, and strain.*

PEPPERS

Medi-Sign Target
Heart & Blood

All peppers are of the genus *Cap-sicum*. It's impossible to find a complete list of the many varieties seeing that there are so many types. A part of the problem lies in the "common" names. Often there are

many names attributed to a single pepper, and they are members of the nightshade family, which also includes potatoes, tomatoes and eggplant. As our tastes become more cosmopolitan, additional varieties appear each day in the produce sections of our chain grocery stores. Even more varieties can be found in fresh markets, farmers' markets and specialty shops.

Peppers can be obtained dry, canned, pickled and powdered, but are most often purchased fresh. The strong flavor of peppers can range from the very mild varieties of bell peppers, to the very hot to fiery peppers such as Thai, Habanero, Jalapeño, Tabasco or Serrano. There's also a great range of colors: light, medium and dark greens, pale to bright yellows, gold, orange, bright to deep reds purple, medium to very dark browns.

Peppers are just plain good for your health. Eaten raw, they have few calories and are usually a "free" food on food plans and diets. They're also high in Vitamin C. A green bell pepper has more of this necessary vitamin than citrus fruit of equal weight, a red pepper triples that. The hot varieties are even higher in vitamin C. Perhaps there's a correlation between that fact and that Chile peppers have been used for centuries as a "cure" for the common cold.



Though they may give some folks indigestion, there's no link between a hot pepper's consumption and stomach ulcers. It's also possible they act as a blood thinner thus aiding in the avoidance of heart attacks or strokes. A topical cream that contains capsicum can also help to control some types of chronic skin pain.

Asia is the largest producer of peppers, and next to salt; chilies are the world's most popular seasoning.



Listed below are popular peppers with their pungency ratings and their more common uses:

AJI

Very hot to fiery; *condiment, salsa and sauce.*

ANAHEIM

Mild to very hot; *soup, stew and rel-lenos.*

ANCHO/POBLANO

Mild to fairly hot; *beans, soup, stews, ground in oles, Mexican spicy and unsweetened chocolate sauces.*

BELL

Sweet to mild; *salad, casseroles, stuffed and stir fry.*

BANANA/HUNGARIAN

Mild to hot; *salsa, sauce and pick-led.*

CASCABEL

Medium hot to hot; *soup, stew and sauce.*

"How boring life would be if we knew in advance how it would all turn out!"

P - FOODS & SYMPTOMS

CAYENNE

Hot to fiery; *soup, stew and sauce.*

CHERRY

Medium to very hot; *pickled, relish and jelly.*

DE ARBOL

Very hot; *soup, stew and beans.*

FRESNO

Slightly hot to very hot; *pickled and salsa.*

HABANERO

Fiery to incendiary; *fresh with lime juice.*

JALAPEÑO

Very hot to fiery; *salsa, sauce and beans.*

PASILLA, CHILE NEGRO

Mild to fairly hot; *sauce, soup and stew dried in moles.*

PEPPERONCINI

Mild/sweet to fairly hot; *salads, stew and sandwiches.*

PIQUIN/TEPIN

Very hot to fiery; *soup, stew, beans and dried as flakes.*

ROCOTILLO

Mild to fairly hot; *condiment, salsa and sautéed vegetable.*

SERRANO

Very hot to fiery; *beans, soup, sauce and salsa.*

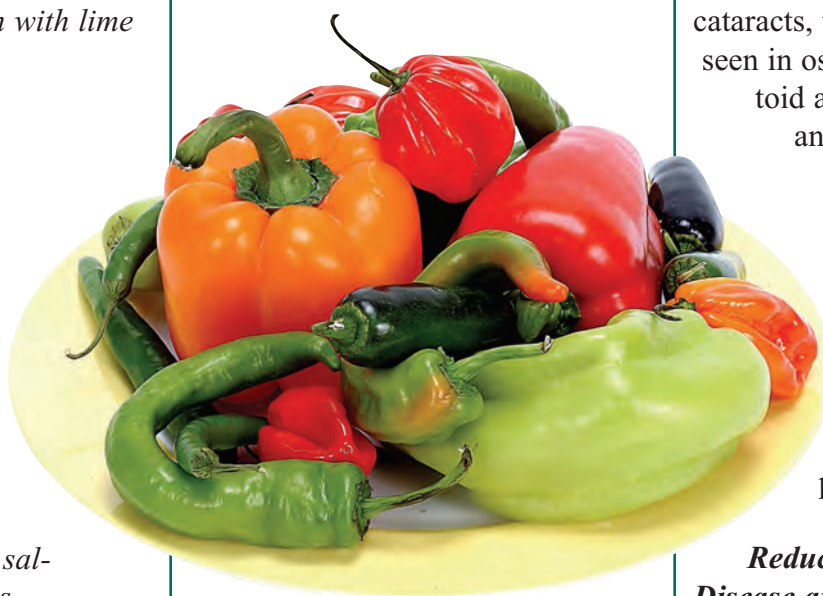
TABASCO

Very hot to fiery; *pepper sauce and pack in vinegar.*

THAI

Very hot to fiery; *soup, sauce, stew and stir fry.*

Enjoy the pepper, despite how, or which, you choose to use; its fat free, tasty and wholesome. A wonderful combination of tangy taste and crunchy texture, bell peppers are the Christmas ornaments of the vegetable world with their beautifully shaped glossy exterior that comes in a wide array of vivid colors ranging from green, red, yellow, orange, purple, brown to black. Although peppers are available throughout the year, they are most abundant and tasty during the months of August and September.



Featuring either three or four lobes, sweet peppers are plump, bell shaped vegetables. Sweet peppers usually vary in size from two to five inches in diameter, and two to six inches in length. Inside the thick flesh is an inner cavity with edible bitter seeds and a white spongy core. Bell peppers are not “hot.” They contain a recessive gene which eliminates capsaicin, the compound responsible for the “hotness” found in other peppers.

To make your life healthier by using lots of fun colors, eat brightly colored bell peppers, whether green, red, orange or yellow, are rich sources of some of the best nutrients

available. To start, peppers are excellent sources of vitamin C and vitamin A, two very powerful nutrients, through its concentration of carotenoids such as beta carotene. These nutrients work together to effectively neutralize free radicals, which can travel through the body causing huge amounts of damage to cells. Free radicals are major players in the build up of cholesterol in the arteries that leads to atherosclerosis and heart disease, the nerve and blood vessel damage seen in diabetes, the cloudy lenses of cataracts, the joint pain and damage seen in osteoarthritis and rheumatoid arthritis, and the wheezing and airway tightening of asthma. By providing these two potent free radical removers, bell peppers help prevent or reduce some of the symptoms of these conditions by shutting down the source of the problem.

Reduce Risk of Cardiovascular Disease and Several Cancers

Peppers also contain vitamin B6 and folic acid, for atherosclerosis and diabetic heart disease. Both of these B vitamins are important for reducing high levels of homocysteine. Homocysteine is a substance produced during the methylation cycle, an essential biochemical process in virtually every cell in the body. High homocysteine levels have been shown to cause damage to blood vessels and are associated with a greatly increased risk of heart attack and stroke. In addition to providing the vitamins that convert homocysteine into other beneficial molecules, bell peppers also provide fiber that can help lower high cholesterol levels, another risk factor for heart attack and stroke.

“Everyone should keep a mental wastepaper basket and the older he grows the more things he will consign to it—irreversible tatters.”

One of the few foods that contain lycopene is red peppers. Lycopene is a carotenoid whose consumption has been inversely correlated with prostate cancer and cancers of the cervix, bladder and pancreas. People whose diets are low in lycopene rich foods are at greater risk for developing types of cancers recent studies suggest. For people worried about colon cancer, the fiber found in peppers can help to reduce the amount of contact that colon cells have with cancer causing toxins found in certain foods or produced by certain gut bacteria. In addition, the consumption of vitamin C, beta carotene, and folic acid, all found in bell peppers, is associated with significantly reduced risks of colon cancer.



To significantly lower one's risk of developing lung cancer, consume foods rich in beta cryptoxanthin, an orange-red carotenoid found in highest amounts in pumpkin, corn, papaya, red bell peppers, tangerines, oranges and peaches. A study published in the September 2003 issue of *Cancer Epidemiology, Biomarkers and Prevention* reviewed dietary and lifestyle data collected from 63,257 adults in Shanghai, China, who were followed for eight years, during which time 482 cases of lung cancer were diagnosed. Those eating the most cryptoxanthin-rich foods showed a 27 percent reduction in lung cancer risk. When current smokers were evaluated, those who

were also in the group consuming the most cryptoxanthin-rich foods were found to have a 37 percent lower risk of lung cancer compared to smokers who ate the least of these health-protective foods.

Protection against Rheumatoid Arthritis

One study suggests that high doses of supplemental vitamin C makes a type of degenerative arthritis that occurs with aging called osteoarthritis worse in guinea pigs. Another indicates that vitamin C enriched foods, such as bell and chili peppers, provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.

A study was conducted of people who did not have arthritis when it began. These people kept a journal of their arthritic activity as compared to their diet. Subjects who consumed the lowest amounts of vitamin C enriched foods were more than three times more likely to develop arthritis than those who consumed the highest amounts.

Description

Bell peppers are crunchy and slightly watery. Green and purple peppers have a slightly bitter flavor,



while the red, orange and yellows are sweeter and almost fruity. Pimento and paprika are both prepared from red bell peppers.

History

They originated in South America just like their relatives with seeds dating back to 5000 B.C. Like many other foods native to this region, sweet peppers were carried throughout the world by the Spanish and Portuguese explorers who traveled through this continent.

Red Pepper (*Capsicum Frutescens*)

By any name, cayenne, chili pepper, hot pepper, capsicum, Tabasco pepper, or paprika, this is one hot item!

Like cayenne pepper, adding zest to flavorful dishes around the world and health to those brave enough to risk their fiery heat, red chili peppers are available throughout the year.

This is the plant that puts fire on your tongue and maybe even a tear in your eye when you eat spicy Mexican, simmering Szechwan, smoldering Indian, or torrid Thai food. Chili peppers belong to the family of foods bearing the Latin name *Capsicum*.

Chili peppers contain a substance called capsaicin that produces mild to intense spice when eaten which gives peppers their characteristic spiciness. Capsaicin is a potent inhibitor of substance P, a neuropeptide associated with inflammatory processes. The hotter the chili pepper, the more capsaicin it contains. The hottest varieties include Habanero and Scotch bonnet peppers. Jalapeños are next in their heat and capsaicin content, followed by the milder varieties, including Spanish pimentos,

“So live in an attitude of positive expectancy, knowing that everything that happens in your life benefits you in some way.”

Anaheim and Hungarian cherry peppers.

Including pain associated with arthritis, psoriasis and diabetic neuropathy, capsaicin is being studied as an effective treatment for sensory nerve fiber disorders.



Natural Pain Relief

Now a recognized treatment, topical capsaicin, is an option for osteoarthritis pain. Several review studies of pain management for diabetic neuropathy have listed the benefits of topical capsaicin to alleviate disabling pain associated with this condition.

Nearly 200 people with psoriasis were given topical preparations containing either capsaicin or placebo in a double blind, placebo controlled test. People who were given capsaicin reported significant improvement based on a severity score which traced symptoms associated with psoriasis. The side effect reported with topical capsaicin cream is a burning sensation at the area of application.

Boost Immunity

After acerola berries, red hot peppers contain more vitamin C than any other “raw” food. In fact, they were the original source of the vitamin used in the experi-

ments by Albert Szent-Gyorgyi, the Nobel Prize winning inventor who discovered vitamin C. It is also the number two source of vitamin A and is among our best food sources for niacin, iron, potassium, and sodium. But the premiere healing compound in pepper is its capsaicinoids.

Signaling its high content of beta carotene or pro-vitamin A is the Chili peppers’ bright red color. Just two teaspoons of red chili peppers provide about six percent of the daily value for vitamin C coupled with more than ten percent of the daily value for vitamin A. Often called the no infection vitamin, vitamin A is essential for healthy mucous membranes, which line the nasal passages, lungs, intestinal tract and urinary tract and serve as the body’s first line of power for health against invading pathogens.

Prevent Stomach Ulcers

It is mistaken that Chili peppers contribute to stomach ulcers. This is no more than a bad reputation. Not only do they not cause ulcers, they can help prevent them by killing bacteria you may have ingested, while stimulating the cells lining the stomach to secrete protective buffering juices.



Lose Weight

Taking energy and calories to produce all that heat you feel after eating hot chili peppers can lead to weight loss. Even sweet red peppers have been found to contain substances that significantly increase thermo genesis, or heat production and oxygen consumption for more than 20 minutes after they are eaten.

History

It’s not surprising that chili peppers can trace their history to regions whose cuisines are renowned for their hot and spicy flavors such as Central and South America. Chili peppers have been cultivated in these regions for more than 7,000 years, first as a decorative item and later as a foodstuff and medicine.

Chili peppers weren’t introduced to the rest of the world until the 15th and 16th centuries. Christopher Columbus encountered them on his explorations of the Caribbean Islands and brought them back to Europe. There, they were used as a substitute for black pepper, which was very expensive since it had to be imported from Asia.

Continents that have since incorporated them into their cuisines and pharmacopeias since explorer Ferdinand Magellan is credited with introducing chili peppers into Africa and Asia. Chili peppers are now grown on all continents; however, China, Turkey, Nigeria, Spain and Mexico are among the largest commercial producers.

Inflammation

Capsaicin is nature’s ingredient in all chili peppers including cayenne. Which, in addition to giving cayenne its

“I make the most of all that comes and the least of all that goes.”

characteristic heat, is a potent inhibitor of a neuropeptide associated with inflammatory processes called substance P. The hotter the chili pepper, the more capsaicin it contains. The hottest varieties include habanero and Scotch bonnet as well as cayenne peppers. Jalapeños are next in their heat and capsaicin content, followed by the milder varieties, including Spanish pimientos, and Anaheim and Hungarian cherry peppers.

Including pain associated with arthritis, psoriasis and diabetic neuropathy, capsaicin is being studied as an effective treatment for sensory nerve fiber disorders. When animals injected with a substance that causes inflammatory arthritis were fed a diet that contained capsaicin, they had delayed onset of arthritis, and also significantly reduced paw inflammation.

Clear Congestion

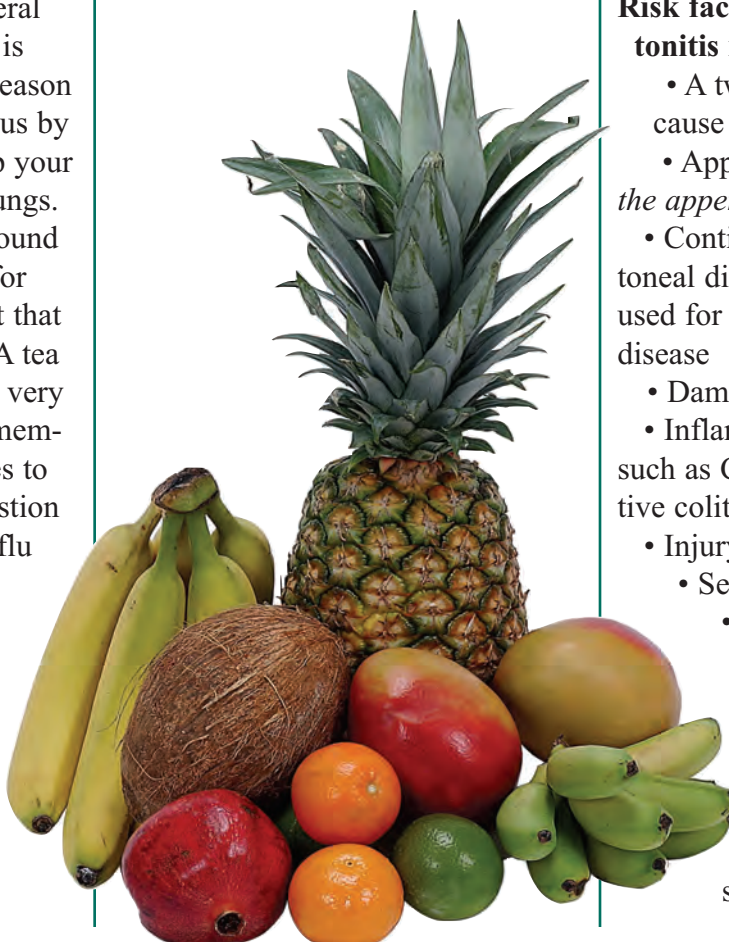
Capsaicin is beneficial for several reasons. One of these reasons is that it reduces pain, the other reason is that the heat also clears mucus by stimulating secretions that help your stuffed up nose or congested lungs. Capsaicin is similar to a compound found in many cold remedies for breaking up congestion, except that capsaicin works much faster. A tea made with hot cayenne pepper very quickly stimulates the mucus membranes lining the nasal passages to drain, helping to relieve congestion and stuffiness. Next cold and flu season, give it a try.

You'd already know its powerful curative effects if you ever drank red pepper and honey tea when you had a cold. Don't wait until you get sick. *Be a hot healthy mama. Eat peppers today!*

PERITONITIS

*Medi-Sign Target
Brush Your Teeth with Salt
& Bicarbonate of Soda*

Peritonitis is an inflammation of the thin membrane that lines the abdominal wall and covers most of the organs of the body, called the peritoneum. There are two major types of peritonitis. Primary peritonitis is caused by the spread of an infection from the blood and lymph nodes to the peritoneum. This type of peritonitis is rare. Less than one percent of all cases of peritonitis are primary. The more common type of peritonitis, called secondary peritonitis, is caused by the entry of bacteria or enzymes into the peritoneum from the gastrointestinal or biliary tract. Both of these cases of peritonitis are very serious and can be life threatening if not remedied.



Causes

Primary peritonitis is caused by an infection in the blood. It occurs most commonly in individuals with liver disease. Fluid accumulates in the abdomen, creating a prime environment for the growth of infectious microorganisms. Secondary peritonitis is caused by the spillage of bacteria, enzymes, or bile into the peritoneum from a hole or tears in the gastrointestinal or biliary tracts. Such tears can occur as a result of an infected organ, such as a ruptured appendix or as a complication from surgery.

Risk Factors

The following factors may increase an individual's risk for primary peritonitis:

- Compromised immune system
- Fluid in the abdomen
- Kidney damage
- Liver disease (*cirrhosis*)
- Pelvic inflammatory disease

Risk factors for secondary peritonitis include:

- A twisted intestine that can cause obstruction
- Appendicitis (*inflammation of the appendix*)
- Continuous ambulatory peritoneal dialysis (*CAPD*); a procedure used for people with end-stage renal disease
- Damage to the pancreas
- Inflammatory bowel disease, such as Crohn's disease or ulcerative colitis
- Injury caused by an operation
 - Severely inflamed gallbladder
 - Stomach ulcers
 - Torn or twisted intestine
 - Trauma

Solution

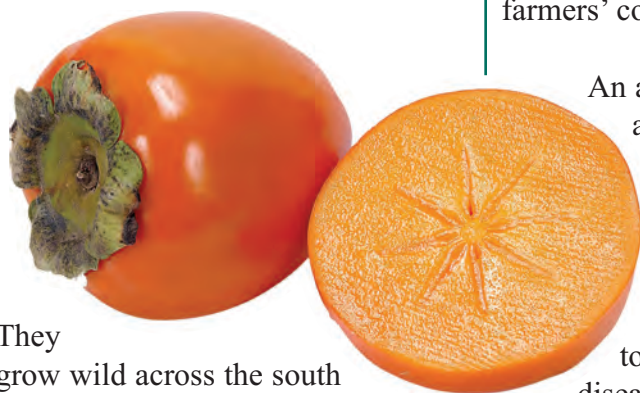
A strict diet of raw foods consisting of: nuts, seeds, sprouted beans, legumes,

"Remember to expect miracles... Because you are one."

dry roasted peanuts, green veggies, lots of lemon juice, salt and sautéed mushrooms and one gallon of water with one tablespoon of salt daily.

PERSIMMONS

Medi-Sign Target
Heart & Skin



They grow wild across the south and as far west as the Colorado River in Texas. They are also known as *Diospyrus virginiana*, or the common American persimmon. Very common in abandoned pastures along fence rows, are small groves of American persimmon. Being small and very astringent until completely ripe, this fruit is quite different from the cultivated oriental persimmon.

In order to eat wild persimmons, you must wait until after the first frost and all the leaves have fallen from the tree. Even at this late date some fruit can still be very harsh. Wild animals, like the possum and raccoon, feed heavily upon the common American persimmon. Used for manufacturing golf clubs, persimmon wood is very hard. The common American persimmon is an excellent rootstock for the cultivated oriental persimmons in the south and in Texas.

From China and Japan, *Diospyrus*

kaki, the Oriental Persimmon, was introduced into the United States in the late 1800's. For hundreds of years it has been native to and an important fruit crop in each of these countries. The fruit is eaten both fresh and dried. Certain valleys in northern China are cultivated exclusively for oriental persimmons. Groups of trees are found on the main island of Japan in every village, along the roadsides, or around farmers' cottages.

An apple a day is not bad advice, however, especially for your heart, a persimmon a day is more worthwhile. Persimmons have greater benefits than apples in helping to reduce the risk of heart disease, the former number one cause of death in the West, as well as strokes. The number one cause of death now Iatrogenesis, or doctor caused death.

They contain higher concentration of dietary fiber, minerals, polyphenols and trace elements. All of which play a role in undoing the clogging of arteries. Persimmons improve the metabolism of lipids or fats.

Compared to apples, persimmons contain almost twice the dietary fiber. As compared to the apple, the persimmon also contains high levels of sodium, potassium, magnesium, calcium, iron and manganese. The peels of both fruits have higher fiber levels than the pulp or the whole fruit.

To help atherosclerosis, eat one medium sized persimmon per day. On the other hand, apples do things persimmons can't. *So eat some of each and ya gotter done!*

PHENYLALANINE

Medi-Sign Target
Strengthens the Emotional
Fabric & Alertness

(Essential Amino Acid)

Keeping you awake and alert, reducing hunger pains, can function as a mood lifter and helping improve memory, phenylalanine is an essential amino acid used by the brain to produce Norepinephrine, a chemical that transmits signals between nerve cells and the brain.

PHLEBITIS

Medi-Sign Target
No Meat!
Eat Raw Foods

If you've ever heard of this disease its probably because you know that former President Richard Nixon had it and that it has something to do with the blood vessels in the legs.

Although, those who have suffered with phlebitis know it is much more. It is a painful, frightening affliction that can claim a victim's life without warning via a blood clot lodged in the pulmonary veins of the lungs.

The clinical name for phlebitis is known as thrombophlebitis. "Thrombo" is for the blood clot that is its trademark and primary danger. Two basic types of phlebitis that exist are deep vein thrombophlebitis or DVT for short, the more dangerous condition, and superficial phlebitis, the type of affliction we will deal with here.

Inflammation of the veins is known

"The vow that binds too strictly snaps itself."

Alfred Lord Tennyson

as phlebitis. This can be the superficial veins near the skin or the deep veins of the legs.

Thrombophlebitis

The affected vein may be deep within a muscle (*deep vein thrombosis, or DVT*) or near the surface of your skin (*superficial thrombophlebitis*). A clot in a deep vein increases your risk of serious health problems, including a dislodged clot traveling to your lungs and blocking an artery. This condition is referred to as a pulmonary embolism.

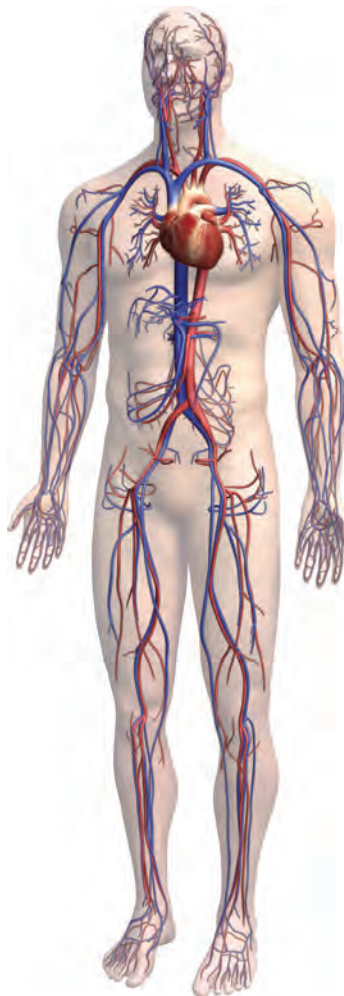
Thrombophlebitis can often be caused by prolonged inactivity. This can be from sitting during a long period of travel in an airplane or automobile, or from lengthy bed rest after surgery. Such inactivity decreases blood flow through your veins and may cause a clot to form. Paralysis, certain types of cancer and use of the hormone estrogen also may lead to thrombophlebitis. An inherited tendency for blood clots places you at higher risk of thrombophlebitis.

You can use self care methods to ease pain and reduce your risk of clots.

Signs and symptoms of thrombophlebitis include:

- Redness and swelling
- Warmth, tenderness and pain in the affected area

A red, hard and tender cord may be present just under the surface of your skin when a superficial vein is affected. Your leg may become swollen, tender and painful when a deep vein is affected, mostly noticeable when you stand or walk. You may also have a fever. However, many people with deep vein thrombosis have no symptoms.



Risk Factors

This can be caused by a blood clot. Blood clots can result from many different things. Namely this can be anything that causes your blood not to circulate properly.

Your risk of thrombophlebitis increases if you:

- Are inactive for a long period of time, such as from sitting in a car or an airplane.
- Are confined to bed for a prolonged time, such as after surgery, a heart attack or a leg fracture.
- Have certain types of cancer, such as pancreatic cancer, that may cause an increase in your blood of procoagulants, substances necessary for blood clotting or coagulation.

- Have had a stroke that resulted in paralysis of your arms or legs.

- Have a pacemaker or have a thin, flexible tube or catheter in a central vein, for treatment of a medical condition. This may irritate the blood vessel wall and decrease blood flow.

- Are pregnant or have just given birth, which may mean you have increased pressure in the veins of your pelvis and legs.

- Use oral contraceptives or hormone replacement therapy, which can increase the clotting factors in your blood.

- Have a family history of a tendency of blood clots.

- Have varicose veins. Clots may develop in dilated superficial veins or varicose veins, causing superficial thrombophlebitis.

- Have had an injury or trauma to a vein or an infection in a vein, although these are uncommon risk factors for thrombophlebitis.

Recommendations:

- Eat plenty of fresh fruits and vegetables including raw nuts and seeds, soybean products, and whole grains.



“Be a bearer of the light and a force for good. Share your gifts, share your passion.”

“Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit.”

- Reduce your consumption of red meat. Better yet, eliminate it from your diet.

- Do not consume any cooked dairy products, foods fried in lard, refined oils, or processed or partially hydrogenated vegetable oils.

- Get regular moderate exercise. Walking, swimming, and other exercise improve circulation and prevent sluggishness in the veins, lessening the tendency to form clots.

- Take alternating hot and cold sitz baths, or apply alternating hot and cold compresses.

- Lie on a padded slant board with your feet higher than your head for fifteen minutes a day. This is particularly helpful if you stand on your feet a lot.

- Purchase special elastic support stockings to improve circulation.



- If you smoke, stop. Smoking constricts the blood vessels, resulting in poor circulation and weakened blood flow. This is especially important if you are taking birth control pills.

- Avoid wearing tight fitting clothing that cuts off circulation, such as knee socks with tight bands and girdles.

- If you are confined to bed, move your legs as much as possible to

counteract pooling of the blood in the veins. Clean your legs daily to remove germs that can cause infection. Avoid using products that can dry your skin.

- If you develop leg ulcers, keep the ulcers clean and germ free to prevent infection, and be forewarned that leg ulcers may take three months to a year to heal.

Considerations: This is usually treated by elevating the affected limb; applying warm moist compresses, and bed rest.

PHOBIAS

*Medi-Sign Target
Tubers & Legumes*

Often beginning in childhood, phobias are irrational and disabling fears that produce a compelling desire to avoid the dreaded object or situation. A phobic person understands that the fear is excessive or groundless, but the effort to resist it only brings on more anxiety.

The most common are specific phobias. These involve things such as school, dentists, driving, water, balloons, spiders (*arachnophobia*), hornets, snakes, high places (*acrophobia*) and enclosed spaces (*claustrophobia*). The fear is usually not of the object itself but of some dire outcome, such as falling from an airplane.

Fear of leaving home, of being alone, and of being in a situation where one cannot suddenly leave or obtain help are three main themes or multiple fears that someone with agoraphobia suffers. The agorapho-

bic may go to almost any lengths to avoid leaving home, when fear is at its peak.

Being humiliated in public is a person's central fear with social phobia. People with this kind of phobia may even cringe at eating in a restaurant. They avoid public speaking, parties, and public restrooms; such situations and places may bring blushing, palpitations, sweating, tremors, stuttering or faintness. As many as 25 percent of professional performers struggle with a form of severe social phobia called lifelong performance anxiety. A person whose phobia is left untreated may become withdrawn, depressed and socially incapacitated.



What Causes Them?

The majority of phobias have no cause although some specific ones can be explained by early traumatic event like a dog bite. There is some published evidence of previous life event caused by fears, possibly inherited as ancestral memories. Most phobias are developed when an underlying fear or conflict is transferred to something completely unrelated. In response to repeated panic attacks one may develop agoraphobia. Symptoms of social phobia may develop early in childhood, but the true cause is unknown. At the heart of a phobia, there is anxiety.

There are three main types of phobias:

- You may have a specific phobia if you have a persistent, irrational fear of particular objects or situations, such as snakes, spiders, heights, blood, flying or elevators.
- You may have social phobia if you have a persistent, irrational fear of situations where you may be scrutinized or criticized or embarrassed by other people.
- You may have agoraphobia if you fear leaving home, being alone or being away from home in a situation where you feel trapped or helpless.

It is time to find out what is causing your phobia when your phobia interferes with a normal social or working life. The right kind of discovery into its cause can often lessen your anxiety and may diminish or even remove the phobia. Seek people who are trained in doing this. Avoid medications. Eat brain foods such as, nuts and grains. Keep a dream journal. Dreams often times can lead to resolution.

(See: *Healing Dreams & Feeding Your Emotions*)

PHOSPHORUS

Medi-Sign Target
Blood & Heart

It is needed for blood clotting, bone and tooth formation, cell growth, contraction of the heart muscle, normal heart rhythm, and kidney function. Phosphorus also assists the body in the utilization of vitamins and the conversion of food to energy. Deficiencies of phosphorus are



rare, however they can lead to such symptoms as anxiety, bone pain, fatigue, irregular breathing, irritability, numbness, skin sensitivity, trembling, weakness and weight changes.

Sources

Because this mineral is found in most foods phosphorus deficiency is rare. Significant amounts of phosphorus are contained in *asparagus, nutritional yeast, corn, dried fruit, garlic, legumes, nuts sesame, sunflower, pumpkins seeds and whole grains*. Elemental phosphorus used in soda pop is toxic.

PINEAPPLE

Medi-Sign Target
Strengthens All Tubes & Cells

Benefits

- Aids digestion
- Blocks diarrhea
- Dissolves warts
- Relieves cold symptoms
- Strengthens bones

You may be likely to think of Hawaii when you think of pineapples. This island state is one of the world's leading producers of pineapple, but interestingly, it wasn't even grown there until the late 1700's. Pineapple probably originated in

South America in the area that is now Brazil and Paraguay. From there, it was transplanted to the Caribbean islands where it was discovered by Columbus in 1493.

Its sweet flavor made it an instant royal favorite when Columbus took pineapples back to Europe. The English called it pineapple because of its resemblance to a pine cone, but most other Europeans used the original Indian name "*anana*," which meant "*excellent fruit*." The fruit remained a rare and coveted treat until almost two centuries later when Europeans devised a way to grow pineapples in hothouses. The fruit eventually became a universal symbol of hospitality because it was such an honor to be served pineapple.

Even though you may eat pineapple for its taste, you can feel equally good about its health benefits. Pineapple has been used as a folk remedy for centuries for a variety of ailments, particularly digestive problems. Modern research indicates that bromelain may be responsible for many of pineapple's reputed health benefits. Bromelain is an enzyme found in both the stem and fruit. In addition, pineapple con-



"It is impossible to lick your elbow."

tains substantial amounts of vitamin C, manganese and 1,000's of other nutrients.

Helps Build Healthy Bones

Give your body 73 percent of the manganese it needs for the day by eating a cup of fresh pineapple chunks. That is important for your bones, because manganese, a trace mineral, is needed for your body to build bone and connective tissues. For people with mild to moderate osteoarthritis of the knee, a recent study found that a combination of glucosamine, chondroitin sulfate, and manganese resulted in significant improvement.

Soothes Coughs and Colds

You probably reach for a glass of orange juice when you get the sniffles. That is good, but maybe you should consider pineapple juice instead. It has vitamin C like its orange cousin, but it also has bromelain, which helps suppress coughs and loosens the mucus that often accompanies colds. Studies have found bromelain is effective in treating upper respiratory conditions and acute sinusitis.

The next time you get a cold, take advantage of the tasty and soothing powers of pineapple and try making your own natural cough syrup. Combine eight ounces of warm pineapple juice and two teaspoons of honey, and sip for soothing relief.

Pineapples are juicy and have tropic flavors that make them second to only bananas as America's favorite fruit. Although the season for pineapple runs from March through June, they are available year round in local markets.

A composite of many flowers, pineapples individual fruitlets fuse

together around a central core. Each fruitlet can be identified by an "eye", or the rough spiny marking on the pineapple's surface. Pineapples have a wide cylindrical shape, a scaly green, brown or yellow skin and a regal crown of spiny, blue-green leaves and fibrous yellow flesh. The area closer to the base of the fruit has more sugar content and therefore a sweeter taste and more tender texture.



A Digestive Aid and a Natural for Inflammation

Fresh pineapple is rich in a group of sulfur containing proteolytic, protein digesting, enzymes called bromelain, which not only aid digestion, but can effectively reduce inflammation and swelling. This has even been used experimentally as an agent to remove cancer. Bromelain inhibits a variety of inflammatory agents. Bromelain has demonstrated significant inflammation effects, reducing swelling in inflammatory conditions such as acute sinusitis,

sore throat, arthritis and gout, and speeding recovery from injuries and surgery, in clinical human trials. To maximize bromelain's inflammatory reducing effects, pineapple should be eaten alone between meals or its enzymes will be used up digesting food.

Vitamin C is the body's defendant against free radicals that attack and damage normal cells. Free radicals have been shown to promote the artery plaque build up of atherosclerosis and diabetic heart disease, cause the airway spasm that leads to asthma attacks, damage the cells of the colon so they become colon cancer cells, and contribute to the joint pain and disability seen in osteoarthritis and rheumatoid arthritis. This would explain why diets rich in whole food vitamin C have been shown to be useful for preventing or reducing the severity of all of these conditions. In addition, making it a nutrient to turn to for the prevention of recurrent ear infections, colds, and flu, whole food vitamin C is vital for the proper function of the immune system.

Pineapple is an excellent source the trace mineral manganese, an essential cofactor in a number of enzymes important in energy production and nutritional effects. For example, the key oxidative enzyme superoxide dismutase, which disarms free radicals produced within the mitochondria (*the energy production factories within our cells*), requires manganese. Just one cup of fresh pineapple supplies truck loads of this very important trace mineral. In addition to manganese, pineapple is a good source of thiamin, a B vitamin that acts as a cofactor in enzymatic reactions central to energy production.

"God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me."

PINE NUTS

Medi-Sign Target
Brain Food



Also known as: *pignoli, pignolia, pignons, pinon nuts and Indian nut, Mexican nut pine, nut pine, Parry pinyon pine, silver pine, Stone pine, Piniennufs (German), pignolo (Italian), pinon (Spanish), pinhao (Portuguese), pignolia (Greek), camfistigi (Turkish), habb-es-sanawbar (Arabic), song guo (Chinese).*

Classification: *Tree Nut*

NUTrageous Information

From about 12 different varieties of pine trees grown around the world, the pine nut is the seed of the pine cone. The most common is the stone pice or *Pinus Pinea*. These small nuts are generally about 12mm or one half inch long, depending on the variety and are sweet tasting and a pale cream color. They are often associated with the Mediterranean region, in particular Italy where it has been used as an ingredient for over 2,000 years. They have also been grown and eaten in various parts of the world including the United States, Korea, China, Turkey, Pakistan and Afghanistan where it has been a traditional food of nomadic tribes.

Once they start growing in quantities they can be productive for about 100 years, however, it takes about 15 years before the pine tree starts to produce large amounts of cones. The cones are mostly harvested by hand and dried in the sun so that the cone scales open and the seeds can be removed. They tend to be one of the more expensive nuts to buy because of this labor intensive process.

Mainly found in cooler climates, pine trees are northern hemisphere trees. Our ancestors who radiated out of Africa would have exploited this resource as they pushed further North into temperate areas. There are around 80 species of pine, but only a few have seeds large enough to be worth bothering with, and many are rather resinous and “*turpentiney*” tasting. Pines that open their cones at the tops of what in most cases are very large trees are heavily visited by small mammals such as squirrels and birds. Our ancestors would have found it hard to compete with these more agile gatherers.

Varying greatly in size, form and color, but not much in flavor, about 12 or so species of pines in the Americas have edible nuts. A few of these pines are relatively scrubby, and bear heavy crops of large seeds.



It was these species that supported entire tribes of peoples indigenous to the North American continent. In the hot, dry, arid climate of the south western United States and Mexico only the hardiest trees survive. *Pinus cembroides*, “*Mexican nut pine*” or pinon is such a tree. This medium sized but often stunted tree bears good sized seeds in a hard shell. Heavily timbered areas have been estimated to carry five tons of nuts to the square mile.

Used as a staple of their diet, the Hopi, Navajo and other southwestern tribes have eaten them for many thousands of years. They can be eaten whole, ground and baked into cakes, or pounded into a buttery paste.

The importance of pine nuts to tribal communities cannot be overestimated, the nuts are storable without refrigeration, they are highly nutritious, and they are very abundant. Gathering the nuts from the dry uplands was a late summer early autumn job that involved the whole clan. The cones have to be gathered when they are mature, but before they open and are lost to birds and squirrels. Once dried and emptied of their nuts, the tribe carried them back down to the lowlands and stored them for winter use.

The seeds of the “*stone pine*,” or *Pinus pinea*, are the most common pine nuts found in the market place today. These are sometimes called “*pignolia*.” It is a tree of the northern coastline of the Mediterranean, growing from Portugal and Spain in the west to Lebanon in the east.

“The Percentage of Africa that is wilderness: 28% The Percentage of North America that is wilderness: 38%”

“Tough and funny and a little bit kind: that is as near to perfection as a human being can be.”

The cones open on the tree, releasing the seeds, so the trees have to be climbed and the as yet unopened cones pulled off. As the cones are dried in the hot Mediterranean sun, they open up and release the seeds. The nuts are cracked by rollers, and the nuts very lightly heated, which takes away the natural slight “turpentiney” taste.

Stretching in a broad band across the top of Europe from Russia into Manchuria, China, and Korea are large forests of a pine called *Pko-raiensis*. The Chinese have been selling huge numbers of these trees for timber, and the pine nuts are retrieved and sold as a byproduct of forest clearance. A significant portion of the pine nuts sold in the market at this time are from this “once only” extractive industry.

Known as pinons, or Indian Nuts, the American pine nuts of the Southwest and Mexico rarely appear on the marketplace, although wild harvested nuts are starting to be available.

Pine nuts in general are a good source of vitamin B1 (*thiamine*), protein and lecithin.

To protect the nutritive value of the nut, pine nuts should ideally be stored in their shell.

PINK EYE/ CONJUNCTIVITIS



Conjunctivitis, commonly known as pinkeye, is an inflammation of the conjunctiva. The conjunctiva is the

clear membrane that covers the white part of the eye and lines the inner surface of the eyelids. Usually causing no danger to the eye or your vision, it is a fairly common condition. The inflammation can have many causes, the most common of which are infectious, allergic and irritant.

- Apart from the discharge, conjunctivitis does not impair vision.
- Most cases of conjunctivitis are due to a virus or bacterial infection.
- Soft contact lens wearers should practice careful hygiene when handling their lenses.
- Symptoms include itching, swelling and discharge.
- The infection should clear within about one week.
- To prevent conjunctivitis do not share makeup, towels or other’s eye medication.
- Treatment normally involves eye drops or ointment.

How do you get conjunctivitis?

Hygiene is important to prevent spread of an infection because conjunctivitis tends to be contagious.

Treatment

This varies depending upon the course, but usually involves the administration of saline drops. Cool compresses applied to the eye may help reduce itching and one tablespoon of salt to one quart of water in a dropper reduces swelling. If soft contact lenses are worn they should be disposed of. Once the infection has been resolved, new lenses can be inserted.



Helpful Foods

Bilberry, blueberry, other berries, wheat grass, garlic, fennel, tempeh, kale, spinach, grape seed extract, carrots, pumpkin, sweet potatoes, tomatoes, oranges, melons, plums, flaxseed oil, nuts, reishi mushrooms and kiwi fruit.

Herbs

Eyebright
Cayenne (*chili*) Pepper

Because the eye contains a high percentage of vitamin C, adding this vitamin has marked effects. Most notable are the prevention and cure of cataracts, a cure for conjunctivitis, relief from bloodshot eyes and easing of inflammation. Vitamin C and lipoic acid is also especially helpful for reducing the pressure associated with glaucoma.

Sterile, cold water, vitamin C juice solutions, calendula tea, goldenseal, and chamomile, compresses are topical treatments for conjunctivitis that are soothing to inflammation and healing. To relieve conjunctivitis symptoms as well as general eye inflammation and fatigue, drinking eyebright tea, as its name implies, helps do this. Another thing that works well is applying eyebright topically after the tea is strained and put into a glass eye cup can work very well.



Maintaining Healthy Eyes

The eyes need to be nourished properly, like all other parts of the body. Proper eye care includes a healthy diet containing sufficient amounts of vitamins and minerals in addition to making sure that the eyes are not strained by too much intense close work or inadequate light.

You must make sure your diet contains the proper amounts of the B vitamins; vitamins A, C and E; and the minerals selenium and zinc in order to promote good eyesight. Good sources of these vitamins and minerals are fresh fruits and vegetables. Include plenty of these in your diet, especially yellow and orange



foods such as carrots, yams, and cantaloupes. To keep your eyes healthy, a well-balanced diet with plenty of fresh fruits and vegetables can help.

Recommendations

Broccoli, carrots, cauliflower, green vegetables, raw cabbage, squash, sunflower seeds and watercress.

To help prevent or alleviate most eye problems, drink fresh carrot juice.

Eliminate sugar and white flour from your diet.

Avoid wearing tinted eyeglasses, especially on a regular basis. Dark glasses prevent needed light from entering the eyes. The sunlight largely governs the function of the pineal gland, which plays an important role in the regulation of metabolism, behavior, and physiological functions.

Using hair dyes containing coal tar on the eyelashes or eyebrows can cause injury or blindness. Although coal-tar dyes are legal, it is illegal to market them for the eyebrows and eyelashes.

Many drugs can cause damage to the optic nerve, retina, or other vital parts of the eye, whether prescription or over-the-counter.

PINTO BEANS

*Medi-Sign Target
Interior Organs of the Brain*

Overcome skins liver spots.

Pinto beans are beige with flecks of reddish brown color. They resemble

small paintings; hence their name "pinto." In Spanish this means "painted." As they are cooked their colored splotches disappear, and they become a beautiful pink color with a delightfully creamy texture.

To have a fat-free high quality protein meal, combine the creamy pink texture of pinto beans with a whole grain such as rice. Dried beans are generally available in prepackaged containers as well as bulk bins. Canned and dried pinto beans both are available throughout the year.



Health Benefits

A very good source of cholesterol-lowering fiber is Pinto beans as is most other beans. Pinto beans' high fiber content prevents; blood sugar levels from rising too rapidly after a meal. This, in addition to their lowering cholesterol, makes these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. Pinto beans provide virtually fat-free high quality protein when combined with whole grains such as rice. This is far from all pinto beans have to offer. Pinto beans are an excellent source of: molybdenum, folate and manganese, protein and vitamin B1 as well as the minerals phosphorous, iron, magnesium, potassium, copper and hundreds of other unstudied nutrients.

A Fiber All Star

You'll see legumes leading the pack if you check a chart of the fiber con-

"The average number of people airborne over the US any given hour: 61,000."

tent in foods. Pinto beans are rich in soluble fiber as are other beans. One cup of cooked pinto beans provides 58.8% of the recommended daily intake for fiber. A gel-like substance in the digestive tract is formed by soluble fiber that combines with bile, which contains cholesterol, and ferries it out of the body. Research studies show that insoluble fiber not only helps to increase stool bulk and prevent constipation, but also helps prevent digestive disorders like irritable bowel syndrome and diverticulosis.

Lower Your Heart Attack Risk

Researchers followed more than 16,000 middle-aged men in the U.S., Finland, The Netherlands, Italy, former Yugoslavia, Greece and Japan for 25 years in a study that examined food intake patterns and risk of death from coronary heart disease. Typical food patterns were; higher consumption of meat in the U.S.; higher consumption of dairy products in Northern Europe; higher consumption of vegetables, legumes, fish, and wine in Southern Europe; and higher consumption of cereals, soy products, and fish in Japan. Upon researchers analyzing this data in relation to the risk of death from heart disease, they found that higher legume consumption of legumes was associated with a whopping 82% reduction in heart attack risk!!

Published in the September 8, 2003 edition of the Archives of Internal Medicine was a study confirming that eating high fiber foods, such as pinto beans, helps prevent heart disease. Almost 10,000 American adults participated in this study.

They were followed for 19 years, during which time there were 1,843 cases of coronary heart disease CHD and 3,762 cases of cardiovascular disease CVD diagnosed. People eating the most fiber, 21 grams per day, had 12% less CHD and 11% less CVD compared to those eating the least, 5 grams daily. People eating the most water-soluble dietary fiber fared even better with a 15% reduction in risk of CHD and a 10% risk reduction in CVD. (December 3, 2003).



Pinto beans' contribution to heart health does not just lie in their fiber, but in the significant amounts of folate, magnesium, and potassium these beans supply. Lower levels of homocysteine, an amino acid that is an intermediate product in an important metabolic process called the methylation cycle is helped by Folate. Found in between 20-40% of people with heart disease are Elevated blood levels of homocysteine that are an independent risk factor for heart attack, stroke, or peripheral vascular disease It has been estimated that consumption, by itself, of folate would reduce the number of heart attacks suffered by Americans each year by ten percent. One cup of cooked pinto beans provides your intake for folate.

Pinto beans' supply of magnesium puts yet another positive plus in the column of its beneficial cardiovascular effects. Nature's own calcium channel blocker is Magnesium. When there is enough magnesium around, veins and arteries breathe a sigh of relief and relax, lessening resistance and improving the flow of blood, oxygen and nutrients throughout the body. Studies show that not only is a deficiency of magnesium associated with a heart attack but that immediately following a heart attack, a lack of sufficient magnesium pro-

motes free radical injury to the heart. Want to keep your heart happy literally? Eat pinto beans because a one cup serving provides almost one-quarter 23.5% of your daily needs for magnesium.

Another mineral that is essential for maintaining normal blood pressure and heart function is Potassium, an important elec-

trolyte involved in nerve transmission and the contraction of all muscles including the heart. Pinto beans are a good source of this mineral and are ready to promote your cardiovascular health also. A one cup serving of pinto beans provides 800.3 mg of potassium therefore making these beans an especially good choice to protect against atherosclerosis and prevent high blood pressure.

A number of studies have demonstrated the effectiveness of potassium-rich foods such as pinto beans in lowering blood pressure. For example, for a period of four years researchers tracked over 40,000 American male health professionals to determine the effects of diet on

blood pressure. A substantially reduced risk of stroke was found in men who ate diets higher in potassium-rich foods, as well as foods high in magnesium and cereal fiber.

While Stabilizing Blood Sugar Pinto Beans Give You Energy to Burn

The dietary fiber found in pinto beans helps stabilize blood sugar levels in addition to its beneficial effects on the digestive system and the heart. If you have insulin resistance, diabetes or hypoglycemia, pinto beans can really help you balance blood sugar levels while providing steady, slow-burning energy. The dramatic benefits provided by these high fiber foods are shown in the Studies of high fiber diets and blood sugar levels. Two groups of people with Type II diabetes who were fed different amounts of high fiber foods were compared by researchers. The standard American Diabetic diet, which contains 24 grams of fiber/day, was eaten by one group, while the other group ate a diet containing 50 grams of fiber/day. Those who had lower levels of both plasma glucose (*blood sugar*) and insulin (*the hormone that helps blood sugar get into cells*) ate the diet higher in fiber. Their total cholesterol in the high fiber group was reduced by nearly seven percent, their triglyceride levels by 10.2 percent and their most dangerous form of cholesterol VLDL (*Very Low Density Lipoprotein*) levels by 12.5 percent. A cup of pinto beans provides 14.7 grams of fiber – that’s awesome!

Sensitive to Sulfites? Pinto Beans Can Help

An integral component of the enzyme sulfite oxidase, of which pinto beans are an excel-



lent source of, is the trace mineral, molybdenum, which is responsible for detoxifying sulfites. Sulfites are commonly added to prepared foods like delicatessen salads and salad bars. If sulfites are unwittingly consumed, people who are sensitive to sulfites in these foods may experience rapid heartbeat, headache or disorientation. If ever having reacted to sulfites, it may be because your molybdenum stores are insufficient to detoxify them. Molybdenum is supplied by a cup of pinto beans.

Iron for Energy

Pinto beans can increase your energy by helping to replenish your iron stores in addition to providing slow burning complex carbohydrates. Boosting iron stores with pinto beans is a great idea, particularly for menstruating women, who are more at risk for iron deficiency. An integral component of hemoglobin, which transports oxygen from the lungs to all body cells is Iron, and is also part of key enzyme systems for energy production and metabolism.

Remember: Your needs for iron



increase if you’re pregnant or lactating. Adolescents and growing children also have increased needs for iron. Your intake for iron is provided by a one cup serving of pinto beans.

Copper & Manganese – More Help with Energy Production Plus Protective Defenses

Pinto beans are a very good source of manganese and copper, two trace minerals that are essential cofactors of a key oxidative enzyme called superoxide dismutase. Free radicals produced within the mitochondria, which is the energy production factories within our cells, are disarmed by superoxide dismutase.

Necessary for the activity of lysyl oxidase, an enzyme involved in cross-linking collagen and elastin, both of which provide the ground substance and flexibility in blood vessels, bones and joints, is copper.

Iron is primarily used as part of hemoglobin, the molecule responsible for transporting and releasing oxygen throughout the body, as explained above. But hemoglobin synthesis also relies on copper. Iron cannot be properly utilized in red blood cells without copper. Fortunately both minerals are supplied by Mother Nature in pinto beans. Just one cup of pinto beans supplies manganese, copper, and iron.

Maintain Your Memory with Thiamin (Vitamin B1)

The B vitamin, thiamin is critical for brain cell/cognitive function and also participates in enzymatic reactions central to energy production. Needed also for the synthesis of acetylcholine, the important neurotransmitter essential for memory and whose lack

“Nature does not hurry, yet everything is accomplished.”

“Seek freedom and become captive of your desires. Seek discipline and find your liberty.”

has been found to be a significant contributing factor in age-related impairment in mental function (*senility*) and Alzheimer’s disease, is thiamin. Clinically characterized by a decrease in acetylcholine levels is Alzheimer’s disease. A one cup serving of pinto beans provides thiamin. Don’t forget to make pinto beans a staple in your healthy diet.

Protein Power Plus

Become a fan of pinto beans, if you’re wondering how to replace animal flesh in your menus. A great source of protein are these hearty beans, and when combined with a whole grain such as whole wheat pasta or brown rice, provide protein comparable to that of meat without the high calories, saturated fat, nor the toxic fluidiums of decay called cadaverines, which are nature’s chemicals designed to break down dead animals so as to recycle them into the soil, found in these foods. You also get the blood sugar stabilizing and heart health benefits of the soluble fiber provided by these versatile legumes when you get your protein from pinto beans. A cup of pinto beans provides your needs for protein.

PISTACHIOS

Medi-Sign Target
Pituitary

Pistachios, which are nutrient-dense, provide iron, folate, potassium, pantothenic acid, niacin, riboflavin and zinc. Supplying more than a train full of value for dietary fiber, vitamin B-6, thiamin, magnesium, phos-

phorus and copper is a one-ounce serving of pistachios, amounting to about 47 nuts.

Believed to reduce the risk of heart disease and some cancers, pistachios contain plenty of plant sterols, almost 60 milligrams of plant sterols per ounce. An excellent source of monounsaturated fatty acid, a beneficial type of fat that helps to reduce LDL (*the “bad”*) cholesterol levels



and raise HDL (*the “good”*) levels is the pistachio. The monounsaturated fat content of pistachios, compared with most nuts, (*about 67 percent of the total fat in pistachios*) is high and is similar to that of almonds.

A healthful alternative to snack foods that are often devoid of nutritional value or high in saturated fat, the pistachio offers superior nutrition, flavor and texture. They can also be added to salads, main dishes and desserts.

The pistachio nut is believed to be one of the oldest edible nuts on the planet and to have originated in the

Middle East, where it grew wild for thousands of years. According to Genesis, Jacob is said to have sent gifts of almonds and pistachio nuts with his sons to Egypt. The Queen of Sheba, during the time of King Solomon, coveted pistachio nuts and decreed that all of the pistachios produced in her domain be dispensed to her and her court. Pistachios were considered to be a delicacy and a status food by ancient Roman aristocrats and the emperor Vitellius. Medieval English cookery books reveal, centuries later, that pistachios were popular ingredients in lots of dishes.

The pistachio is grown in clusters on trees that often take up to 15 years to produce significant quantities of nuts and reach up to 30 feet high. For centuries Pistachio trees can continue to grow pistachios.

The fruit (*what we call the “kernel”*) of the pistachio, referred to as a nut, is actually a drupe whose edible portion is the seed. This sweet, buttery, and delicate flavored kernel is naturally green and is covered with a fine, thin, pale brown skin that need not be removed before eating. The kernel being green is the result of chlorophyll, the same pigment that makes leaves green.

People in the Middle East sometimes refer to the pistachio as the *“smiling pistachio”* and the Chinese call it the *“happy nut”* because it’s semi-opened shell is a feature unique to the pistachio and this characteristic (*singular morphology*). The unusual shell negates the need for the nut to be shelled before it is roasted and salted. The pistachio kernel naturally expands within the shell as it grows until it splits open. Non-split shells

should be thrown away because they usually contain immature kernels.

The natural color of the pistachio shell ranges from yellow, pale beige and tan, to various shades of green. Initially the shell was dyed red with vegetable dye to disguise imperfections, with the advent of vending machines in the 1930's when the pistachio was just becoming popular in the United States. Distinguishing it from peanuts, the red dye subsequently served as a way for marketers to draw attention to the nut. A few companies still do ascribe to this practice to appeal to those who prefer the dyed nuts though most companies do not.



Varieties

Pistachios are available in-shell, roasted and salted as well as the less common shelled, unsalted. The California Kerman pistachio is larger in size with naturally tan, clean shells and a more vibrant green nut than its Middle Eastern counterparts.

PITYRIASIS

*Medi-Sign Target
Oatmeal & Olive Oil
Warm Water Baths*

Pityriasis rosea, a common skin disease appears as a rash that can last from several weeks to several months. The rash may differ, in the way it looks, from person to person.

It seems to favor adolescents and young adults and most often develops in the spring and the fall. Pityriasis rosea is uncommon in those over 60 years old. When it occurs in this age group it may last months longer. As a result of this disease there are usually no permanent marks, although some darker-skinned persons may develop long-lasting flat brown spots.

A very distinctive pattern is followed by the skin rash. A single, isolated oval scaly patch (*the "herald patch"*) appears on the body, particularly on the trunk, upper arms, neck or thighs, in 3/4 of the cases. Often, the herald patch is mistaken for eczema or ringworm (*tinea corporis*). More pink patches will occur on the body and on the arms and legs within a week or two. On the back these patches often form a pattern resembling the outline of an evergreen tree with dropping branches. Patches may also appear on the neck and, rarely, on the face. Usually smaller than the "herald" patch are these spots. After two to four weeks the rash begins to heal and is usually gone by 6-14.

A more severe skin reaction can sometimes be caused by the disease. Some people with this disease will have some itching that can be severe, especially when the person becomes overheated. Occasionally there may be other symptoms, including aching and tiredness. The rash usually fades and disappears within six weeks but sometimes can last much longer. Things that can cause the rash to temporarily worsen or reappear are physical activity, like jogging or running, or bathing in hot water. In some cases, after the first episode, the patches will reappear up to several weeks. This

can continue for many months.

Unproven is the cause. It is definitely not caused by a bacterial infection or fungus. Neither is it due to any known type of allergic reaction. This condition is not a sign of any type of internal disease. Since it is neither contagious nor sexually transmitted, there is no reason when one has this eruption to avoid close or intimate contact.

As this virus has been isolated from blood, skin lesions, and white blood cells (*lymphocytes*) of pityriasis rosea people, there is some evidence that it is a relapse of Human Herpes Virus type 7 (*HH7*) infection. In other people HH7 is only found in the lymphocytes. Most of us are infected by this virus as children, and we develop immunity to it. This is the reason it is so very uncommon for other members of the same household to come down with pityriasis rosea at the same time.



External and internal whole food targeting are possible treatments for itching, such as oatmeal baths, raw coconut oil to eat and to rub into patch, and lukewarm, rather than hot, baths. Strenuous activity should be discouraged because it could aggravate the rash. A few days of fresh garlic cloves and onions crushed and applied topically, and sunshine works wonders for severe cases. No treatment is required for mild cases, as this disease is not a dangerous skin condition in these cases.

"The sky is the daily bread of the eyes." -Ralph Waldo Emerson

PLANTAINS

Medi-Sign Target
Penis Function & Muscles



Plantains, or platanos as they are also known, are a fruit that resembles bananas except that they are typically cooked, as a side dish or dessert, but not eaten raw. Another name for the plantain is the “*cooking banana*,” because of this. Plantains, which are grown in abundance in many Latin American countries, are popular as a dietary staple because they can be used in a variety of ways. Additionally, to the many peoples who reside in these regions, they provide a nutritious, filling, and relatively inexpensive food source.

When using Plantains in traditional recipes, they are sold in their green stage, which is the stage required for this. Although plantains are totally ripe when their outer skin is colored black and can be eaten in this form, because the consistency of their inner flesh is dryer than a banana and is not as sweet and flavorful, they are not usually eaten this way.

Besides those countries in Latin America plantains are popular in many other countries. You should be able to purchase plantains year round at most supermarket and grocery stores because of this. When purchasing plantains, make sure that you select only those that do not

have any mold present on them and that are firm. Plantains can be stored in your home at room temperature for a few days once purchased. Therefore it is best to use any plantains that you have purchased within a few days after buying them.

Because plantains are typically used in recipes served as a side dish to entrees or a snack that requires cooking them, common uses for the plantain include peeling the skin from the plantain, slicing pieces of it, then heating the pieces in hot oil. Additionally, as an exotic dessert, more ripe plantains can be sautéed in butter with sweet spices. As a “*sweeter*” vegetable type of accompaniment they can also be baked in an oven. Plantains are also commonly used as an ingredient in stews and soups, especially those containing other tropical vegetables such as yucca and jicama. They are great for barbecuing as shish kabobs with other vegetables.

A very healthy fruit to eat are Plantains. This is because they are low in fat and do not contain any cholesterol or sodium. They are high in vitamin A and hundreds of unstudied nutrients and contain traces of calcium, iron and potassium. Also provided by Plantains is an excellent source of dietary fiber.

Plantains are also used by commercial manufacturers to produce snack foods and medicinal products, besides being sold in their natural, raw form. Now selling in many larger supermarkets and specialty food stores are plantain chips, which are similar to potato chips but sweeter in flavor. To alleviate the pain caused by insect bites and to help reduce the swelling of boils and other skin problems, plantains

are combined with other natural ingredients to produce ointments that can do this.

Because plantains are a versatile fruit that can be used in many ways, they are established in Latin American as an important crop, one that will continue to be used for both cooking and medicinal purposes throughout the world.

Plantains are used in dessert dishes when ripe and cooked when still green. They are most commonly eaten in the zone known as the banana belt, which includes Africa, South East Asia and Latin America.

Plantains are known as “*potatoes of the air*” in Africa. Plantains are fermented to make beer and wine in Eastern Africa. They arrived in Africa during the first millennium AD, but are not native to this region. Symbols of fertility are Plantain trees. Plantains and bananas both have been shown to increase the size of the male penis.

Plantains being a truly versatile food, is a wonderful thing. The



“You can tell more about a person by what he says about others than you can by what others say about him.”

high starch content changes the kind of sugars the brain feeds on to sugar, as a plantain ripens. Depending on what you want to make, Plantains are good at any stage. Being a relative of the banana, they are bigger, less sweet and need to be cooked before they are eaten. Unlike bananas, which get mushy, Plantains also keep their shape when cooked.

Green plantains which are “unripe” contain a lot of starch and very little sweetness. Their starchy flesh is used more as a vegetable than a fruit. They can be used boiled or mashed in soups and stews. Green Plantains are called for by most Puerto Rican’s who use plantains. Platanos verdes need to be without a hint of yellow and VERY green.

When the skin is mostly yellow with a few black speckles is the next stage of ripeness. The plantain has lost some of its starch and is slightly sweet in this stage of ripeness. Plantains at this stage can be thinly sliced and fried, grilled, mashed or they can be baked until tender.



The peel is almost completely black when a plantain is totally ripe. Their sugar content is the highest and the flesh is still nice and firm when these plantains look past their prime. The plantain most resembles a banana at this stage. A ripe plantain can be used in sweet or savory dishes. You can serve them over homemade ice cream by pan-heating

them with some real butter, beer or rum and a healthy sweetener like honey, maple syrup, evaporated pure cane sugar, etc. Ripe Plantains should be firm and not mushy or cracked when buying them.

Plantains should be bought so that they can ripen. They ripen at room temperature, out of direct sunlight, in a few days.

A key treatment for the debilitating bowel condition, named Crohn’s Disease that has long eluded health experts, are plantains and bananas. Preventing bacteria from gathering in the lining of the gut is the protein from plantain and bananas. Contributing to the swelling that is one of the symptoms of Crohn’s Disease, scientists believe, are these micro-organisms.

Anciently South American Indians drank this liquid from the boiled plantain peels as a cure for colds. Even today credited with curing anything from the common cold to tuberculosis, is a hearty plantain soup.

A great source of potassium is Plantains and bananas. Potassium keeps your body fluids in balance and helps build muscle power.

PLUMS

Medi-Sign Target
Heart, Ear & Blood Flow

The juicy sweet tasting plum is one of the few fruits that come in such a panorama of colors. Plums are classified into six general categories being American, Damson, Japanese, Ornamental, Wild and



European/Garden, whose size, shape and colors vary. Plums can be oval or heart-shaped, although usually round. Plums are a virtual rainbow being the skins of plums can be red, purple, blue-black, red, green, yellow or amber, while their flesh comes in hues such as yellow, green and pink and orange.

Extending from May through October is the plum season with the Japanese varieties first on the market from May and peaking in August followed by the European varieties in the fall.

PNEUMONIA

Medi-Sign Target
Fresh Air, Fresh Citrus &
Lots of Salt

Pneumonia is a serious infection that affects the lungs.

Pneumonia in healthy younger people can develop during the winter months, causing a mild illness with recovery in two to three weeks. Pneumonia also may occur after a viral respiratory illness. In these cases, bacteria may cause the infection, which can be severe. Recovery could take six to eight weeks or longer.

“To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.” -Helen Keller

“We have to live today by what truth we can get today and be ready tomorrow to call it falsehood” -William James

Pneumonia is most often caused by an infection with bacteria. This can be brought on by indoor air that is stale, meaning it is electrically dead air that has to move to be alive and fresh. It can also be brought on by air that is polluted and has burnt the Bronchials of the lungs, which in-turn produces mucous in order to protect itself which in-turn gives air-borne bacteria a place to thrive.



Dead air that allows Streptococcus pneumoniae causes up to 60 percent of bacterial pneumonia cases in otherwise healthy adults, while another airborne bacteria Haemophilus influenzae accounts for about ten percent of cases.

Mycoplasma pneumoniae, Chlamydia pneumoniae, Legionella pneumophila (the bacteria that cause Legionnaires' disease), Staphylococcus aureus, Moraxella catarrhalis, Streptococcus pyogenes, Neisseria meningitidis, or Klebsiella pneumoniae are other bacteria that may cause pneumonia.

The second leading cause of pneumonia is viruses, including **respiratory syncytial virus (RSV)** and influenza A.

Pneumonia may be caused by other organisms, including some forms of fungi, such as Pneumocystis carinii in people with impaired immune systems. For people who have AIDS, this fungus frequently causes pneumonia.

Pneumonia, (*aspiration pneumonia*) also may develop if a person inhales food, vomit or mucus into the lungs.

People who usually are very sick have bacterial pneumonia. Symptoms of bacterial pneumonia often develop during or after an upper respiratory infection, such as influenza or a cold and usually begin suddenly.

The following symptoms are common:

- Chest wall pain that is often made worse by coughing or breathing in.
- Cough, often producing discolored mucus (*sputum*) from the lungs. Sputum may be rusty or green or tinged with blood.
- Fatigue or vague feeling of weakness (*malaise*).
- Fever, which may be less common in older adults (*enema's break even the worst fevers in minutes, sometimes it takes two to three over a six hour period to keep it gone*).
- Rapid, often shallow, breathing and the feeling of being short of breath.
- Rapid heartbeat.
- Shaking, “teeth-chattering” chills (*a single episode or many attacks*).

A dry (*nonproductive*) cough may be milder symptoms experienced by older adults. Sometimes there may be no fever. A major sign of pneumonia in older adults may be a change in mental status of confusion or delirium or worsening of an underlying lung disease.

Viral pneumonia symptoms are often less obvious, less severe, and come on gradually. Because the person may not appear very ill viral pneumonia often goes unrecognized. The symptoms vary whether the person has other health problems and with age.

Pneumonia can be difficult to spot. You may not realize you have a more serious condition because it often mimics a cold or the flu.



Also signs and symptoms can vary greatly, depending on any underlying conditions you may have and the type of organism causing the infection:

Bacteria. Causes of pneumonia can be dozens of types of bacteria. You may develop bacterial pneumonia on its own or after you've had a viral upper respiratory infection such as influenza. Signs and symptoms, include shaking, chills, a high fever, sweating, chest pain (*pleurisy*) and a cough that produces thick, greenish or yellow phlegm, and are likely to come on suddenly. Ironically, high-risk groups such as older adults and people with a chronic illness or compromised immune system are likely to have fewer or milder symptoms than less vulnerable people do. Older adults may even have a lower than normal temperature instead of the high fever that often characterizes pneumonia.

Viruses. Pneumonia can be caused by about a dozen different viruses. Viral pneumonia tends to be more serious in people with cardiovascular or lung disease and develops primarily in the winter. It usually starts with a dry (*nonproductive*) cough, fatigue, headache, fever and muscle pain. As the disease progresses you may develop a cough that produces a whitish phlegm and you may become breathless. You run the risk of developing a secondary bacterial pneumonia when you have viral pneumonia.

Mycoplasma. This tiny bacterium causes signs and symptoms, although appearing more gradually and are often mild and flu-like, that are similar to those of other bacterial and viral infections. It's probably caused by mycoplasma if you've been told you have "*walking pneumonia*." You may not be sick enough or to seek medical care or to stay in bed, and may never even know you've had pneumonia. Mycoplasma pneumonia spreads easily in situations where people congregate and is common among school children and young adults and in child-care centers. It can be accountable for as many as one-third of childhood cases. Mycoplasma pneumonia responds well to treatment with rest, lots of liquids, fresh juices, especially citrus and lots of fresh cold air, even though you may continue to have a dry, nagging cough during your convalescence.

Chlamydia. Symptoms similar to those symptoms of mycoplasma pneumonia are caused by this bacterium. Chlamydia pneumonia is most common in school-age children, although everyone is at risk. It can be particularly serious when it does strike older adults. The



chlamydia bacterium that causes pneumonia isn't the same bacterium that causes sexually transmitted infections, although the name is the same.

Fungi. Common in the Ohio River valleys and spread in bird droppings is a type of fungus that can cause pneumonia, especially *Histoplasma capsulatum*. After inhaling this fungus most people experience few if any symptoms, but some develop symptoms of acute pneumonia, and still others may develop a chronic pneumonia that persists for months.

Pneumocystis carinii. The most common opportunistic infection affecting Americans living with AIDS is pneumonia caused by *P. carinii*. Also at risk are people whose immune systems are compromised by organ transplants, chemotherapy, or treatment with corticosteroids or other immune-suppressing drugs such as **tumor necrosis factor (TNF)** inhibitors. The signs and symptoms of **Pneumocystis carinii pneumonia (PCP)** include a fever, a cough that doesn't go away and trouble breathing. *P. carinii* was considered a type of parasite in the past, but more recent studies suggest that this microorganism is more closely related to fungi.

The following measures can help you recover more quickly and decrease your risk of complications if you have pneumonia.

- Abundance of fresh air.
- Plenty of rest. Be careful not to overdo it, even when you start to feel better.
- Drink plenty of fluids, especially salt water. Liquids prevent you from becoming dehydrated and help loosen mucus in your lungs.
- Fresh juices, especially citrus.
- A cure for infants with pneumonia has been to bundle them up and open the window to their room – especially in the dead of winter. To get steam in their lungs you can have them in the bathroom, while a hot shower is running.

POISON IVY/ POISON OAK/ POISON SUMAC

Medi-Sign Target
Witch Hazel &
Tea Tree Oil



"Shall I not have intelligence with the earth? Am I not partly leaves and vegetable mould myself?" -Henry David Thoreau

“Sometimes it’s more important to be human, than to have good taste.”

The most common allergenic plants in the United States are probably poison ivy, poison oak, and poison sumac. These plants are common along roadsides, in forests and pastures, and along streams – even, in the case of poison ivy, in suburban backyards and grow in every state except Alaska.

Members of the same botanical family are poison ivy and poison oak. Poison oak is more common to the west and southwest and poison ivy is more prevalent east of the Rocky Mountains. Poison sumac is common in northern wetlands and southern swamps. As a result all three are often referred to simply as poison ivy because all three plants produce similar symptoms.

It is estimated that about two million people each year have a reaction from contact with these plants and 65 percent of Americans are sensitive to them. Sensitivity to poison ivy is at its peak during childhood and is acquired. People who are sensitive to sunlight are most susceptible. Urushiol, a substance present in the oily sap in the leaves, flowers, fruit, stem, bark and roots, is the irritating substance in poison ivy. Urushiol being one of the most potent toxins on earth; less than 1 ounce would be enough to affect every living person. An immune system response to this poisonous sap causes the blisters, swelling and itching. The plant is poisonous long after it has dried out, but is particularly irritating when it is full of sap in the spring and early summer. Every part of these plants is toxic.

A burning and itching sensation is the first symptom of poison ivy. The development of a red, intensely itchy rash follows, often accompa-

nied by swelling, oozing and crusting blisters. A severe case may cause many large blisters, acute inflammation, fever and/or inflammation affecting the face or genitals while a mild case may involve only a few small blisters. After contact, symptoms can appear anywhere from a few hours to seven days and tend to be at their worst between four and seven days.



A linear pattern is formed by the rash. Parts of the body that are exposed, such as the hands, arms and face, are the areas most likely to be affected. Inflammation to other parts of the body can be spread by scratching. By the second day after the appearance of the rash, itching, redness and swelling begin to heal and most people are completely healed within seven to fourteen days.

The most common means of contracting poison ivy is direct contact with the plant, but the poisons can be conveyed to the skin in other ways. Some people can contract poison ivy by petting an animal that has been in contact with it. It can also be transmitted by objects that have come in contact with the plant or clothing. If the plant is burned and they inhale the smoke people who are highly sensitive to poison

ivy can develop a reaction. Children who have eaten the plant’s leaves or grayish berries can develop severe cases of mouth poisoning.

Aloe Vera gel helps relieve burning and itching by just peeling the skin of an aloe leaf/stem and applying directly.

A strong tea made of equal parts of white oak bark and lime water is very good for poison ivy, poison oak, or poison sumac. Apply wet compress with this solution and replace the compress with a fresh one as often as it becomes dry.

- Marshmallow root is both soothing and healing to the skin.
- Tea tree oil disinfects and is healing for skin conditions.

• Witch hazel helps stop the itching and is an aid in healing.

Used topically as remedies for poison ivy, poison oak, or poison sumac are the following herbs: black walnut extract, bloodroot, echinacea, goldenseal and myrrh. Black walnut – has cleaning properties and helps to stop infection; bloodroot- reduces swelling; Echinacea – promotes healing of skin wounds; goldenseal – good for skin inflammation; myrrh – a powerful cleanser. To boost the immune system, Echinacea can also be taken internally.

Recommendations

A mild case of poison ivy can be treated with one or more of the following:

- Compresses made with very hot plain water for brief intervals can be applied.

- The affected skin can be soaked in cool water with ground oatmeal.
- Apply a paste made from water, cornstarch, baking soda, oatmeal, or Epsom salts for relief of itching. Use 1 teaspoon of water to 3 teaspoons of the dry ingredient.
- For cooling relief, apply aloe vera juice, tofu, or watermelon rind to the area. Also helpful is using 1 pint of buttermilk with 1 tablespoon of sea salt added.



Stay cool. Sweating and heat can make itching worse although *(when first infected, do a hot shower for as long as you can)*.

Considerations

Topical steroids should be avoided for they are not helpful for poison ivy.

Urushiol, a toxin, does not affect dogs or cats, but they can pass it on to you by bringing the irritating substance home on their fur. Wash the animal thoroughly *(wearing rubber gloves and protective clothing)* if you suspect your pet may have walked through poison ivy or poison oak.

Better than treatment is prevention when it comes to poison ivy, poison

oak, and poison sumac. Keep the following in mind when spending time outdoors.

- Adequate protection against poison ivy or oak is not provided by lightweight fabrics, because the sap can easily penetrate them. If you might be exposed to the plant, wear gloves and heavier clothing.
- Everyone should learn to recognize and avoid these harmful plants, even children. Poison ivy usually grows as a vine. It can also take the form of a shrub, growing anywhere from two to seven feet high. Leaves grow in clusters of three, one at the end of the stalk, and opposite each other the other two. Poison oak grows as a shrub exclusively, and like oak leaves, its leaves are lobed. They grow in threes like those of poison ivy. Poison sumac grows as a small tree or shrub that has multiple leaflets growing on both sides of a stem. The number of leaflets, always being an odd number, may range from seven to thirteen.

- Appropriate protective clothing like long pants, a long sleeved shirt, shoes, socks and gloves should be worn for activities that take you into forests or through thick underbrush. These items, if they come into contact with poison ivy, should be washed after they are worn; they are not safe to wear again until they have been laundered or dry-cleaned.

- Remove all clothing and shoes, and immediately scrub your skin using laundry soap and water or



alcohol to remove the irritating oil if you know or suspect that you may have come in contact with poison ivy. Lather several times and after each sudsing, rinse in running water. If not done within ten minutes, this procedure is useless. After that time, the oil cannot be washed off will have penetrated the skin. Wash clothing and gear, or if possible, pack material in plenty of hot, soapy water, with chlorine bleach added. Due to repeated contact with contaminated clothing, stubborn cases of Poison ivy do not often respond to proper treatment.

Urushiol Oil: Evil and Persistent

Urushiol oil is one of the most potent external toxins we know and is the active ingredient in poison ivy and poison oak.

To cause a rash in very sensitive people the amount needed is measured in nanograms, and it could take as little as one nanogram. Most sensitive people will react in the 100-nanogram range, though. Considering that a nanogram, being a mere billionth of a gram; means to cause a rash in every person on earth, it would take less than 1/4 ounce of urushiol. The amount covering the head of a pin could make five hundred people itch.

Its itch torments you and its long life can fool you. Centuries old specimens of poison ivy found in clay jars have caused dermatitis in sensitive people.

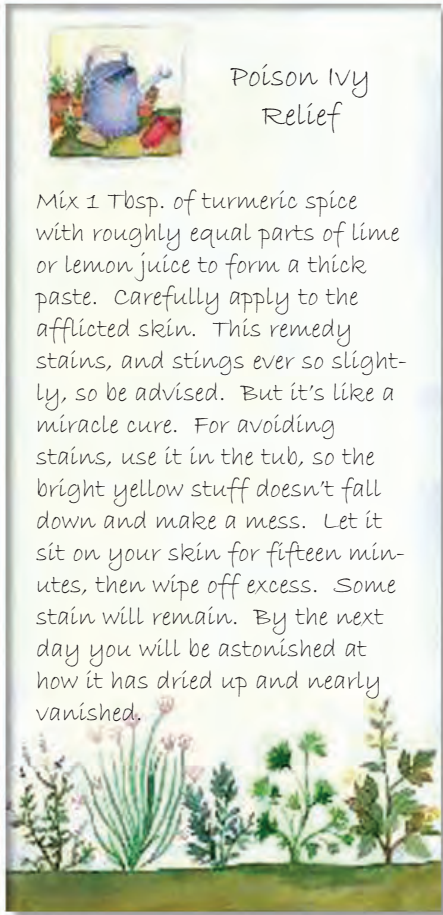
Self Care

Hot water and a banana! When first symptoms appear, take as hot a shower as you can stand for as long as you can. It also relieves the horrible itching and feels so good.

“One touch of nature makes the whole world kin.” -William Shakespeare

“Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.”

Then rub a banana peel on the infected area, the itch is relieved for eight to 13 hours.



Burdock Roots

Apply to the skin a strong tea made with burdock roots. Let it dry. Re-apply as often as needed. The itching will be relieved immediately.

Blend a potato using a blender until it becomes a rough pasty blob. Putting some on plastic wrap, wrap it around affected area. Plastic wrap works better than towels.

Get some leaves from a peach tree and boil them letting the water cool, and then apply it with a cotton ball.

POLE BEAN

Medi-Sign Target
Colon

In a few of the eastern counties pole beans are grown commercially in the mountain counties on a limited scale. They are produced throughout the state in home gardens. Pole beans are grown for their distinctive flavor, high yield, long pods, long harvesting season and high price.



Long twining vines are produced by pole beans which require support such as that from a trellis. For those with limited garden space they are ideal.

- Acts as an appetite suppressant. Fiber food absorbs water, causing it to swell, giving a nice feeling of fullness that many weight loss programs do not provide.

- Helps reduce blood sugar swings. Fiber reduces hunger pangs, headaches, and fatigue produced by rapid drops in blood sugar, by giving a nice, long, steady release of sugar into the bloodstream.

- By slowing down the breakdown of carbohydrates into glucose entering the bloodstream it helps reduce the amount of insulin released by the pancreas.

- The absorption of fats is reduced.

- The ability of the body to absorb sugars and fats can actually be impaired by fiber food. This means you can still lose weight by keeping insulin low and allowing the body to continue the fat burning process by actually consuming this food occasionally.

- Overweight individuals usually consume their food quickly. Fiber food automatically slows down the speed of consumption and takes longer to chew.

- The “*satisfaction response*” will be triggered by eating more fiber before large quantities of food is ingested; signaling the “*I’m full*” message.

Benefits

- Helps Weight Loss
- Improves bowel function
- Improves Diabetes
- Lowers Cholesterol
- Lowers Triglycerides
- Reduces bowel transit time
- Reduces risk of Colon Cancer

POLIO (POLIOMYELITIS)

Medi-Sign Target
All Fermented Foods,
Onions, Garlic & Honey

Poliomyelitis is caused by three types of poliovirus. The poliovirus is a virus most recognized for causing paralysis by its destruction to the nervous system. Individuals, the majority of which who are infected with polio, have no symptoms and few have mild symptoms. Two percent or fewer of those persons that do acquire the infection may develop paralytic disease.

- Currently about eight cases of polio are reported yearly in the United States. These cases are usually in children and the cause, in

most cases, has been traced to the oral poliovirus vaccine (OPV). The drug causes it.

- At greatest risk are infants and young children.

- During the summer and autumn seasons poliovirus infections are more common.

- The risk increases with age for paralysis from the virus.

How is poliovirus spread?

Poliovirus is most often transmitted by the fecal-oral route. This usually this occurs from poor hand-washing or ingestion of contaminated food or water. Respiratory secretions can also spread poliovirus. For several weeks those infected with the virus can excrete the virus in their stool. Immediately before the onset of symptoms and soon after they appear, individuals are most contagious.

The symptoms of poliomyelitis are?

Poliovirus infections in varying degrees of severity can exhibit symptoms. The majority (90-95 percent) of individuals have no symptoms at all which is referred to as inapparent infection. Three other categories will be discussed.

The most common symptoms of poliomyelitis are the following. Each person may, however, experience symptoms differently.

Symptoms may include

Abortive poliomyelitis

A mild and short course of the disease with one or more of the following symptoms:

- Fever (up to 103°F or 39.5°C)
- Sore throat
- Nausea and/or vomiting
- Decreased appetite

- Constipation
- Abdominal pain
- Not feeling well all over

Nonparalytic Poliomyelitis

The symptoms for non-paralytic poliomyelitis and abortive poliomyelitis are the same but the headache, nausea, and vomiting may be worse. In addition, the following symptoms may occur:

- For a couple of days the child may feel sick then appear to improve before getting sick again with the following symptoms.
- Stiffness in the neck and along the spine.
- Pain of the muscles in the neck, trunk, arms, and legs.

Paralytic Poliomyelitis

The symptoms are the same for paralytic poliomyelitis as nonparalytic and abortive poliomyelitis. In addition, the following symptoms may occur:

- Bladder paralysis
- Difficulty swallowing
- Flushed or blotchy skin
- Hoarse voice
- Muscle paralysis
- Muscle wasting
- Muscle weakness all over
- Severe constipation
- Weakened breathing
- Weak cough

Best Preventative: Hygiene

Eat lots of fruit and drink lots of water to assist in easing the symptoms. Eating animals should be avoided, as they add stress to the condition. Fresh crushed warm garlic tea, sweetened with honey should be tried. Colonics or ene-



mas. Six drops of peppermint essential oil with hot tomato soup.

POLLUTION

*Medi-Sign Target
Ceiling Fans*

Indoor & Outdoor: Air

People usually think about smog, acid rain, CFC's, and other forms of outdoor air pollution when they think about air pollution. Did you know that air pollution also can exist inside homes and other buildings? It can, and the health of many people is affected, every year, by chemical substances present in the air within buildings.

Air is the ocean we breathe. Air, which is essential for our bodies to live, supplies us with oxygen. Air is 99.9 percent nitrogen, oxygen, water vapor and inert gases. Human activities can release substances, some of which can cause problems for humans, plants and animals, into the air.

Several main types of pollution and well-known effects of pollution are commonly discussed. These include smog and acid rain. Each of these problems has serious implications for the whole environment as well as our health and well-being.

"I believe in God, only I spell it Nature." -Frank Lloyd Wright



The release of particles into the air from burning fuel for energy is one type of air pollution. A good example of this particulate matter is diesel smoke. The particles measure about 2.5 microns or about .0001 inches and are very small pieces of matter. Sometimes referred to as “black carbon” pollution is this type of pollution. A major source of pollution in the air is the exhaust from burning fuels in automobiles, homes, and industries.

The release of noxious gases, such as sulfur dioxide, carbon monoxide, nitrogen oxides, and chemical vapors is another type of pollution. Once they are in the atmosphere, these can take part in further chemical reactions, forming smog and acid rain.

Inside our homes, offices, and schools pollution also needs to be considered. These pollutants can be created by indoor activities such as cooking and smoking. Our exposure to harmful indoor pollutants can be serious because in the United States, we spend about 80-90% of our time inside buildings. It is therefore important to consider both outdoor and indoor air pollution.

Outdoor Air Pollution

The exact causes of pollution may be different for each city. Pollution is dispersed differently depending on the geographical

location, temperature, wind, and weather factors. Sometimes this does not happen, however, and the pollution can build up to dangerous levels. When air close to the earth is cooler than the air above it a temperature inversion occurs. The pollution cannot rise and be dispersed under these conditions. Trapping of pollution is experienced by cities surrounded by mountains. Inversion can happen in any season. Likely to cause particulate and carbon monoxide pollution are winter inversions. More likely to create smog are summer inversions. This is why some of the worst air in the United States is in Salt Lake City, UT.

Acid rain is another consequence of outdoor air pollution. The water (*or snow*) can become acidified when a pollutant, such as sulfuric acid combines with droplets of water in the air. The effects on the environment of acid rain can be very serious. It damages plants by destroying their leaves, it changes the chemistry of lakes and streams and it poisons the soil. Damage due to acid rain harms animals, fish and other wildlife and kills trees.

Generally believed to come from the build up of carbon dioxide gas in the atmosphere is the Greenhouse Effect, also referred to as global warming. When fuels are burned

carbon dioxide is produced. Plants convert carbon dioxide back to oxygen, but it is believed that the release of carbon dioxide from human activities is higher than the world’s plants can process. The situation is made worse since plant life is being damaged by acid rain and many of the earth’s forests are being removed. The amount of carbon dioxide in the air is continuing to increase therefore. This buildup traps heat close to the surface of our earth and acts like a blanket. Changes of even a few degrees will affect us all through changes in the climate with the possibility that the polar ice caps may melt. One of the consequences of the polar ice cap melting would be widespread coastal flooding due to a rise in global sea level. Luckily most of our oxygen comes not from forests, but from ocean plankton.

Indoor Air Pollution

Many people spend large portions of time as much as 80-90 percent of their lives indoors. In enclosed environments where air circulation may be restricted, we work, study, eat, drink and sleep. More people suffer from the effects of indoor air pollution than outdoor pollution for these reasons. Indoor air pollution comes from many sources.

Pollution inside buildings is caused by tobacco smoke, cooking and heating appliances, and vapors from building materials, paints, furniture, molds, etc. In some parts of the United States radon is a natural radioactive gas released from the earth, and it can be found concentrated in basements.

Exposure to pollution at home and work is often greater than outdoors. The



“If you surrender to the wind you can ride it.”

California Air Resources Board says pollutants can pose serious health problems and estimates that indoor air pollutant levels can be up to 25-62 percent greater than outside levels.

Both outdoor and indoor pollution needs to be controlled and/or prevented.

How can air pollution hurt my health?

In many ways air pollution can affect our health with both short-term and long-term effects. Air pollution affects different groups of individuals in different ways. Some individuals, more than others, are much more sensitive to pollutants. Elderly people and young children and often suffer more from the effects of air pollution. When the air is polluted, people who have health problems such as asthma, heart and lung disease may also suffer more. It must be taken into account that the extent to which an individual is harmed by air pollution usually depends on the total exposure to the damaging chemicals, i.e., the duration of exposure and the concentration of the chemicals.

Bronchitis and pneumonia are examples of short-term effects that include irritation to the eyes, nose and throat, and upper respiratory infections. Other symptoms such as headaches, nausea, and allergic reactions are included. Short-term air pollution can aggravate the medical conditions of individuals with asthma and emphysema.

Chronic respiratory disease, lung cancer, heart disease, and even damage to the brain, nerves, liver, or kidneys are long-term health effects. Exposure to air pollution continually, affects the lungs of growing chil-

dren and may aggravate or complicate medical conditions in the elderly. As a result of smoking cigarettes it is estimated that half a million people die prematurely every year in the United States.

Research is ongoing into the health effects of air pollution. Medical conditions arising from air pollution can become very expensive. The impact of healthcare costs, lost productivity in the workplace and human welfare costs billions of dollars each year.

Cigarette smoke is one of the most dangerous air pollutants. A very important key to a healthier environment is restricting smoking. Personal exposure should be monitored and limited wherever possible, even though legislation to control smoking is in effect in some locations.

What's the best solution for indoor pollution?

Good science show's two things clean up indoor pollution:

1. Don't pollute your nest- avoid using toxic or harsh chemicals indoors.
2. Replacing air filters often, opening windows and doors for 15 minutes a day and using plenty of ceiling fan's or box fans throughout your home, office or work environment does the trick magnificently, according to all the research, they are even better than air cleaning, ion producing, particle attracting machines (*clean fan blades often*).



POMEGRANATE

Medi-Sign Target
Ovaries & Womb

*Pomegranate Provides Powerful
Plaque Provisions*



Signature: *Fertility of female egg production; womb and ovaries.*

The pomegranate has recently been acclaimed for its health benefits, in particular, for its disease-protection potential, and is affectionately known as the "jewel of winter." Compared with the same quantity of green tea or red wine preliminary studies suggest that pomegranate juice contains almost three times the total nutritional ability. It also is high in fiber, provides a substantial amount of potassium, and contains vitamin C and niacin.

The pomegranate is about the size of an orange or an apple and is used in folk medicine to treat inflammation, sore throats and rheumatism for centuries in the Middle East, India and Iran. It has a tough, dark red or brownish rind. The edible parts of the fruit are the seeds and the juicy translucent scarlet red pulp surrounding the seeds of the pomegranate, although only the pulp has any flavor. The seeds can be gently pried out with your hands. They are encased within a bitter-tasting, white, spongy, inedible membrane.

"Half of all Americans live within 50 miles of their birthplace."

“Now that it’s all over, what did you really do yesterday that’s worth mentioning?”

It takes time and care to get to the seeds and is perhaps one of the reasons the pomegranate isn’t as popular as it deserves. It is worth the effort because the flavor of these juicy seeds is delicate, sweet and tangy.

Grenadine, a light syrup added to alcoholic drinks or soft drinks, is now made with food coloring though it used to be made from pomegranate juice. However, there are concentrated forms of pomegranate juice available. They are available in Middle Eastern markets, gourmet food stores, and some health-food stores and are called variously pomegranate molasses, concentrated pomegranate juice, or pomegranate essence.

“Wonderful pomegranates” produce the largest fruit with the most vibrant color and the sweetest taste and are one of California’s three main varieties.

Wonderful pomegranates are superb for eating, cooking and decorating and are in season during the fall and winter months. Use them to bring life to salads, baked goods and main dishes, mix them with other fruits or flowers to create a dramatic centerpiece, or just put them in bowl by themselves. Their beautiful shape and deep purple-red, glossy appearance also make them a must-have for the holidays.

Plaque in the arteries of people with heavy plaque buildup (*severe carotid artery stenosis*) is directly reduced by Pomegranate juice, as well as substantially benefiting several important blood parameters.

Hypertensive people, those with high blood pressure, who consume just two ounces of pomegranate



juice every day for two weeks, are able to lower their systolic blood pressure. Pomegranate juice significantly reduces **ACE** (*angiotensin converting enzyme*) activity, helping lower blood pressure, preventing heart disease and reducing the risk of stroke.

Higher polyphenol content than red wine, grape juice, cranberry juice, blueberry juice and orange juice is Pomegranate juice. It also shows a greater ability than those juices to inhibit LDL oxidation.

Increasing the nutrient status of the blood as well as decreasing such key steps in the progression of atherosclerosis as macrophage lipid peroxidation, adherence of LDL cholesterol to itself and to artery walls, and ACE enzyme activity is done by Pomegranate juice.

Pomegranates were used by the Greek philosopher, Hippocrates, as a paste for leg and eye inflammations, and to aid in digestion.

The people of Sri Lanka brewed a medicinal tea from pomegranate buds to treat chronic bronchitis and diarrhea, while the flowers were used to treat sore eyes.

The Royal College of Physician’s

proudly displays on its coat of arms a gilded pomegranate, symbol of fertility, created in 1518 by King Henry VIII.

The fruit was used by Ancient Egyptians to treat all kinds of maladies, from dysentery and stomachaches to tapeworms. In their hieroglyphs it is used as a fertility food for women, the ovaries and (*seed*) eggs.

Varieties

The “Wonderful” variety is the most commonly grown commercial variety in the United States. Other varieties include the “Early Wonderful,” “Grenada” and “Early Foothill.”

Availability

In the United States, most commercially produced pomegranates are grown in California’s San Joaquin Valley. The pomegranate tree was introduced into California by Spanish settlers in 1769. Available only between September and December are fresh pomegranates.

These bottled products are made in limited quantity because it takes quite a few pomegranates to make concentrated pomegranate juice (*or pomegranate molasses*), and they, too, can have seasonality.

POPPY SEED

Medi-Sign Target
Nerve Soother



Poppy Seeds, the tiny nutty-tasting, blue-gray seeds inside capsules on *Papaver somniferum*, a yellowish brown opium plant is indigenous to the Mediterranean. Native to Mediterranean regions, India, China, Turkey and Iran, are poppies. Today the main producers of poppy seeds are Holland and Canada.

In European and Middle Eastern cooking, poppy Seeds are used to flavor breads, cakes, rolls, and cookies. They are often ground and used in desserts in Turkey. In India, the seeds are ground and used to thicken sauces. In Jewish, German and Slavic cooking, the seeds are used in noodle, and vegetable dishes. Poppy Seeds have a slightly nutty taste and aroma.

Since antiquity, poppies have symbolized honor. Hippocrates suggested opium in medicine so women in second century Crete cultivated poppy plants for opium. In the sixth century Islamic and Arabian countries used opium as a medicine and narcotic.

Asians used the poppy plant as an opiate by the 17th century. China lost control of the industry when Europeans began trafficking the drug in the 19th century, culminating in the Opium Wars. Medieval Europeans used the seeds as a condiment with breads and the Greeks used the seeds as flavoring for breads in the second century.

A Few Ideas to Get You Started

A classic addition to buttered egg noodles, fruit salad dressings, and fragrant yeast breads are poppy seeds. Poppy Seeds add nutty flavor and texture to cakes, breads, cookies, strudels, pastry crusts and pancake and waffle batters.

Poppy oil is widely used as an edible cooking oil. Paints, varnishes and soaps are manufactured by using the oil. Opium is used in the synthetic production of morphine, codeine, other alkaloids, and deodorized forms of opium. The raw material from which heroin is obtained is morphine. In flower gardens, poppy plants are important as ornamental plants.

Poppy is one of the most important medicinal plants. The dry opium was considered traditionally all of the following: an astringent, spasmotic, aphrodisiac, diaphoretic, expectorant, hypnotic, narcotic and sedative. Poppy has been used against toothaches and coughs. It is well known that opium from poppy has the ability to serve as an analgesic. The "Drug Lords" of the pharmaceutical industry use opium and derivatives of opium are used as narcotic analgesics, hypnotics, and sedatives. These compounds are also used to correct diarrheals, spasmodics and tussives. Opium and the drugs synthetically derived from opium can have toxicological effects and are addictive.



The poppy, as an opiate, has had a tremendous impact on several societies. There is an interest currently in developing a poppy plant rich in the bane and low in morphine as the former could be converted to codeine and other legal pharmaceutical products with less morphine available for illegal conversion into heroin. This is another move by the legal drug lords to look as if they are at odds with the illegal drug lords.

Poppy seed is generally recognized as a spice or a natural flavoring and safe for human consumption. The truth is, poppy seeds are a food like flax, oats and sunflower seeds. Poppy seeds have a lot of the same wonderful elements of nutrition.

PORPHYRIA

Medi-Sign Target

21 Days on Cabala Juice & Go Raw Foodist!

A group of different disorders called Porphyria is caused by abnormalities in the chemical steps leading to the production of heme, a substance that is important in the body. It carries oxygen and the largest amounts of heme are in the blood and bone marrow. It is also found in the liver and other tissues.

Multiple enzymes are needed for the body to produce heme. The process cannot continue and the intermediate products, porphyrin or its precursors, may build up and be excreted in the urine and stool if any one of the enzymes is abnormal.

Whether they affect the skin or the nervous system, the porphyria disorders can be grouped by symptoms.

“What is the only food that doesn't spoil? Honey.”

“Enjoy when you can, and endure when you must.”

Goethe

The cutaneous porphyrias affect the skin. When people with cutaneous porphyria are exposed to sunlight, they can develop blisters, itching, and swelling of their skin. The nervous system is affected by acute porphyrias.

Acute porphyria symptoms, that appear intermittently, include: pain in the chest, abdomen, limbs, or back; muscle numbness, tingling, paralysis, or cramping; vomiting; constipation; and personality changes or mental disorders.

The porphyrias are inherited conditions, and the genes have been identified for all enzymes in the heme pathway. Some forms of porphyria result from inheriting from one parent an abnormal gene (*autosomal dominant*). Other forms are from inheriting from each parent an abnormal gene (*autosomal recessive*). The risk is quite different depending on the type, that individuals in an affected family will have the disease or transmit it to their children.

Porphyria can develop over hours or days and last for days or weeks. Porphyria can be triggered by drugs (*barbiturates, tranquilizers, birth control pills, sedatives*), smoking, drinking alcohol, chemicals, infections, emotional and physical stress, menstrual hormones and over exposure to the sun.

Signs and Symptoms

Primarily affecting the nervous system is hepatic porphyrias, resulting in abdominal pain, neuropathy, seizures, and mental disturbances, including hallucinations, depression, anxiety, and paranoia. As the autonomic nervous system is affected, cardiac arrhythmias may develop. As the nervous supply to the gut is

affected, constipation is frequently present.

Primarily affect the skin, causing photosensitivity, blisters, itching and swelling is erythropoietic porphyrias.

Accumulated heme precursors excreted in the urine may change its color to a fluorescent reddish or purple hue, in some forms of porphyria.

The disease can be triggered by drugs (*e.g. barbiturates, tranquilizers, oral contraceptives, sedatives, and certain antibiotics*), other chemicals, certain processed foods and exposure to the sun.



The solution is 21-days on water and carrot juice, then six months on just raw in season, in region foods.

POSTHERPETIC NEURALGIA

Medi-Sign Target
Fruit & Legumes

Postherpetic neuralgia is persistent pain after an episode of shingles

(*herpes zoster*) has resolved.

Usually, during an episode, the pain develops and continues. But occasionally, four months or more after an episode has resolved, the pain starts. A common complication of shingles is postherpetic neuralgia. When nerve fibers are damaged during a case of shingles, postherpetic neuralgia results.

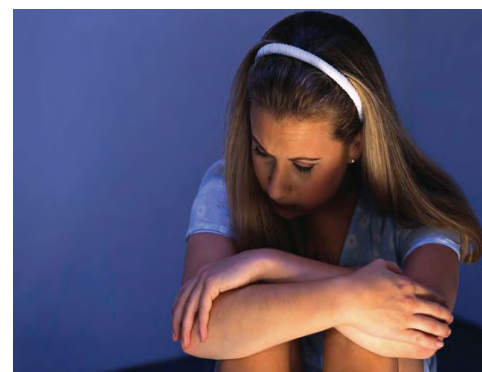
(See: *Feeding Your Emotions /Anatomy/Nervous System*)

POST-TRAUMATIC STRESS DISORDER

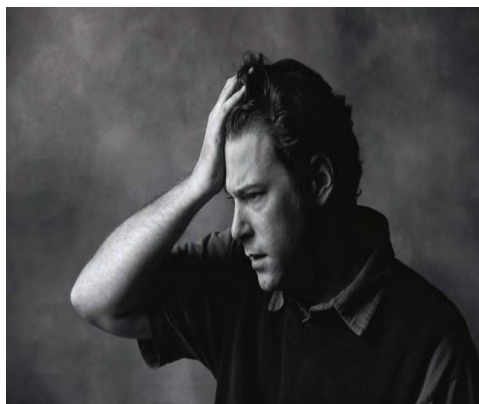
Medi-Sign Target
Yellow & Orange Raw Foods

Posttraumatic stress disorder (*PTSD*) was once called shell shock, affects hundreds of thousands of people who have survived, war, inner-city violence, domestic abuse, rape, earthquakes, airplane crashes, terrorist bombings, genocide and other disasters, both natural and human made.

The Facts **Posttraumatic stress disorder** (*PTSD*) has been called shell shock or battle fatigue syndrome. Even though the disorder has very specific symptoms, it has often been misunderstood or misdiagnosed.



Ten percent of the population has been affected by clinically diagnosable PTSD at some point. Still more show some symptoms of the disorder. Although it was once thought to be mostly a disorder of war veterans who had been involved in heavy combat, researchers now know that PTSD also affects female and male civilians both, striking more females than males. In some cases the symptoms of PTSD persist for many years whereas in others they disappear with time. PTSD can often occur with, or lead to, other psychiatric illnesses, such as depression.



Not everyone who experiences trauma requires treatment. Some recover with the help of family, friends, or clergy. To recover from the psychological damage that can result from experiencing, witnessing, or participating in an overwhelmingly traumatic event, many do need professional treatment.

Symptoms

PTSD usually appears within three months of the trauma, but sometimes the disorder appears later.

PTSD's symptoms fall into three categories:

- Avoidance
- Hyperarousal
- Intrusion

Intrusion

In people with PTSD, unexpectedly

memories of the trauma reoccur, and episodes called “*flashbacks*” intrude into their current lives. This happens in vivid memories that are sudden and are accompanied by painful emotions that take over the victim’s attention. This reexperience, or “*flashback*,” of the trauma is a recollection. Individuals almost feel like they are actually experiencing the trauma again or seeing it unfold before their eyes and in nightmares, that’s how strong it is.

Avoidance

Avoidance symptoms affect relationships with others by the person often avoiding close emotional ties with family, colleagues, and friends. At first, the person, has diminished emotions, feels numb, and can complete only routine, mechanical activities. Later when the individual is reexperiencing the event, they may alternate between the flood of emotions caused by reexperiencing and the inability to feel or express emotions at all. Because such exposure may cause symptoms to worsen, the person with PTSD avoids situations or activities that are reminders of the original traumatic event

People with PTSD not being able to work out grief and anger over injury or loss during the traumatic event means the trauma can continue to affect their behavior without their being aware of it. A common product of this inability to resolve painful feelings is depression. Because they survived a disaster while others – particularly friends or family – did not, some people feel guilty.

Hyperarousal

Those who have PTSD act as if they are constantly threatened by the trauma that caused their illness. Even when they are not provoked,



they can become suddenly irritable or explosive. Because of their terrifying nightmares, they may develop insomnia and they may have trouble concentrating or remembering current information. This constant feeling that danger is near causes startled, exaggerated reactions.

Finally, by abusing alcohol or other drugs as a selfmedication that helps them to blunt their pain and forget the trauma temporarily, many people with PTSD also attempt to rid themselves of their painful re-experiences, loneliness, and panic attacks. A person with PTSD may show poor control over their impulses and may be at risk for suicide.

Eat a Balanced Diet

For physical and emotional health a balanced diet is important.

Here are some ideas to help you eat well:

- Choose foods that are high in carbohydrates and fiber and are low in animal fat.
- Drink a gallon of water each day.
- Rather than large meals eat small snacks. Eat six small snacks a day.

“I can enjoy society in a room; but out of doors, nature is company enough for me.”

Examples of healthy snacks

include:

- A piece of fruit, one piece of white cheese with a few whole grain crackers.
- Cottage cheese with fruit or yogurt.
- A whole food breakfast bar.
- One or two carrots or stalks of celery with real peanut butter (*not colored and flavored shortening; Jif, Skippy, etc.*)

If you have a tendency to gain weight:

- Space the times you eat and drink throughout the day.



- Drink 1 quart of water a half-hour before each meal.
- Put your food on a smaller plate.
- Eat foods that are not junk, such as fruits and vegetables.
- Add extra high fiber foods to your diet, and drink juices, particularly prune juice, if you get constipated easily or are taking a medication known to cause constipation.

- Eat and drink slowly. Relax

I for one, wish the military and psychological community would go back to the ancient tradition of helping people before they go to war to change their names. Even today some branches of the French military do this. They assign a “*nom de guerre*” – a war name. It’s like having two shirts, one to get dirty and the other to keep clean. When the military experience is over, the soiled shirt (*name*) is left behind and the clean shirt (*original name*) is put back on. This may sound too simplistic to some – but it works in a very profound way. Some psychologists today are very clear that often times be the only thing to change the personality, character and disposition for many of their clients for the better is a name change. (See: *Feeding Your Emotions*)

POSTURE

Medi-Sign Target Push-ups

What’s the best way to sit?

- Sit in chairs with straight backs or low-back support.
- Keep your knees a little higher than your hips.
- Adjust the seat or use a low stool to prop your feet on.
- Turn by moving your whole body rather than by twisting at your waist.

When driving, move the seat forward and sit straight. This helps you reach the controls by not leaning forward. If

you must drive or sit for a long time you may want to put a small pillow or rolled towel behind your lower back.

What’s the best position for standing?

To relieve pressure on your lower back, rest one foot on a low stool, if you must stand for long periods. Switch the foot you’re resting on the stool every five to 15 minutes. Maintain good posture. Keep your ears, shoulders and hips in a straight line. Also keep your head up and your stomach pulled in.

What’s the best position for sleeping?

The best way to sleep is with your knees bent and on your side. You may put a pillow under your head to support your neck and also one between your knees.

Put pillows under your knees and a small pillow under your lower back if you sleep on your back. Don’t sleep on your stomach unless you put a pillow under your hips.

Use a firm mattress. Use a board of 1/2-inch plywood under the mattress to add support if your mattress is too soft.

Eating foods that are rich in vitamin C, vitamin E, beta carotene and zinc are believed to heal damaged tissue.



“See everything; overlook a great deal; correct a little.”

Great sources of these nutrients are leafy green vegetables, citrus fruits, whole grain cereals, dairy products and lentils.

The Alexander Technique

The Alexander technique, a method of mental and physical reeducation that improves posture and teaches you how to use your body to its best advantage, is widely advocated as a means of preventing backache.

Many people have bad sitting postures that develop over time, with the damage beginning in childhood, according to teachers of the Alexander technique. Most young children have good posture and their bodies are naturally aligned. However, when they go to school they acquire bad habits. Children tend to adopt a slumped posture with the head bent forward, looking down when they sit at a desk

This position becomes ingrained and overall body shortening is increased when a child looks up, the head is raised but the collapsed position remains. Such bad habits, lead the muscles in the back and neck to contract, therefore causing tension, fatigue, pain, and stiffness.

Poor Posture

If you spend a lot of time sitting incorrectly backache is likely. Because the head is tipped forward, both of these postures put unnecessary stress on the spine, neck, and shoulders and the feet do not give adequate support to the body.

How to Improve Your Sitting Posture

Good sitting posture can restore the vertebrae to their correct alignment and can reduce muscle tension in the body. The abdomen will be open and the chest will be

“widened,” enabling you to breathe freely and relax more completely instead of being compressed.

When you are sitting, observe the way your body is arranged. Is your torso slumped? Are your shoulder muscles tense and is your back bent? Is your head on one side or being supported by your hand? Are your legs crossed? Does your body feel stiff? Try putting your hands on your abdomen to see if it is compressed?

If you answer yes to some of these questions or even all, awareness of these bad habits will help you overcome them. Rather than physically forcing your shoulders to drop, your head to rise, and your spine to straighten, simply concentrate on not holding on to a bent neck and hunched shoulders.

Sitting Correctly

Imagine your shoulders relaxing, your head rising, and your spine lengthening. Let your body naturally adopt the correct position.



Back Pain

Acute back pain can result from lifting a heavy object, falling, from a misstep, or a sudden motion. Chronic back pain can develop from any of the following; a viral infection, stress, muscle tension, emotional problems, poor posture and movement, weak muscle strength, as a result of pregnancy or a congenital defect.

Back pain possibly caused by a deficiency of vitamin C that is destroyed by tobacco, and often found in smokers. The brain can sometimes mistake signals from another part of the body such as the prostate gland, kidney or uterus as originating from the back; back pain may also be an indication of cancer somewhere in the body. If back is accompanied by tingling or numbness in the legs, pain shooting down a leg to the knee or foot inability to move legs and feet, stomach cramps, urinary incontinence, chest pain or fever, see a physician immediately. Otherwise with proper rest and care, most back pain will subside in a matter of days, weeks or possibly several months.

In most cases, acute back pain results not from a pinched nerve, slipped disk, torn muscle or a ligament or spinal subluxation, but from a muscle spasm. Because there is a complex relationship between the brain, mind, nerves and muscles, chronic back pain is often psychosomatic in origin.

This is Brilliant

Still used by some farm folks in rural Indiana and by hillbillies in Kentucky and Sneedville, TN., is a simple plaster made by mashing the leaves and stems of fresh mustard plant into a pulp. Before the pulp is applied and bound in place with

“Took deep into nature, and then you will understand everything better.” -Albert Einstein

“The color of the mountains is Buddha’s body; the sound of running water is his great speech.”

some gauze and adhesive tape the surface of the skin is then coated. To prevent the mustard from causing serious blisters or raising welts on the skin, they coated the skin with hard soy or coconut oil. This plaster can be kept on for several hours or can be left on overnight for best results.

Relieves Aches and Pains

If you’re suffering from rheumatoid arthritis, abdominal cramps, lower backache and so forth, then this remedy, however unusual, is for you. After cutting out the midribs from several large green cabbage leaves, just iron them with a steam iron until they’re soft as velvet. Then rubbing a little olive oil on one side, put them on the areas of pain and cover them with a heavy towel. Leave for a while before changing again.

POTASSIUM

Medi-Sign Target
Nerves & Heart

This mineral is important for a regular heart rhythm and a healthy nervous system. It aids in proper muscle contraction, helps prevent stroke, and works with sodium to control the body’s water balance.

Sources: Apples, apricots, avocados, bananas, nutritional yeast, brown rice, cantaloupe, dulse, figs, garlic, grapefruit, green leafy vegetables, kelp, lemons, lima beans, millet, nuts, peaches, black-eyed peas, sesame seeds, soybeans, tofu, watercress, wheat and whole grains.

POTATOES

Medi-Sign Target
Lungs

Here’s
ONE way to Get Fame

*Critically Important
Announcement*

US vice-president Dan Quayle made an internationally reported misspelling of potato (plural potatoes) as potatoe on June 15, 1992. (Truth is I misspell tomatoe all the time see what I mean!?)

Later, Tater! Hey Guber it’s a tuber! Nah Stud, it’s a spud!

Potatoes grow worldwide and form the world’s most important non-cereal crop. Growers cultivate thousands of different varieties of potato.

The potato has no botanical relationship with the sweet potato. In the United States people distinguish the common potato from the sweet potato by sometimes referring to the “Irish Potato.”

Potatoes’ skins come in many colors; brown, yellow, pink, red, and

purple sometimes called “blue.” Their flesh may reflect the color of the skin or appear white. The market calls small types “fingerlings” or “new” potatoes. Larger potatoes may class as “earlies” or “main crop,” with the “main crop” referring to varieties that will store well.

Individual varieties may be labeled “boiling,” indicating that they retain some shape when boiled. They may be labeled “baking,” indicating that they only hold their shape if baked. Labeled “roasting,” indicating that they are flavorsome when roasted. Labeled “salad” to indicate suitability for salad use (often firm and waxy fleshed when boiled) or labeled “mashing” to indicate that when mashed they form a smooth consistency, neither fibrous nor grainy.

America’s principal potato-growing region In the United States uses the term “Idaho potato” to denote the Russet Burbank, the principal variety grown in Idaho. The term may also be used generically.

Common British potato varieties include:

MARIS PIPER

A good general purpose main crop white potato, not suitable for salads. The favorite potato of chip shops (fries & wedges).

KING EDWARD

The best white main crop roasting potato.

DESIREE

A red skinned main crop potato, because of disease resistance, a favorite with allotment holders.

INTERNATIONAL KIDNEY
Trademarked as Jersey Royal, a



new salad potato, grown in Spain and on the island of Jersey.

PINK FIR APPLE

A pink-skinned salad potato which grows in irregular shapes.

GOLDEN WONDER

Famous Scottish frying potato used to make the eponymous crisps.

KERRS PINKS

An excellent potato for boiling bred in Northern Ireland.

The Incas cultivated around 200 different kinds of Peruvian potatoes.

Common French varieties include:

AMANDINE

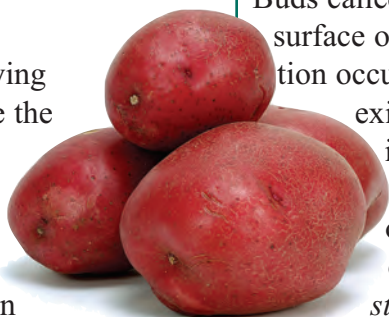
A variety of early potato, descended from the varieties Charlotte and Mariana. Amandine shaws typically produce long tubers with very pale, unblemished skin. Their flesh, firm and also very pale, contains comparatively little starch. Bred in Brittany, France, it entered the national list of potato varieties in 1994. Amandine potatoes have become popular in Switzerland.

Other varieties include:

- German Butterball
- Jersey Bennies
- Kipfler
- Red Kings
- Yellow Finn
- Yukon Gold

Countries such as Peru can offer a wide range of varieties, being the native area of origin for potatoes.

Potatoes include protein, minerals (particularly potas-



sium, calcium), and vitamins, including vitamin C and have a high carbohydrate content. Stored potatoes do not retain as much vitamin C as freshly harvested potatoes.

Buds called "eyes" appear on the surface of potato tubers. Propagation occurs by planting pieces of existing tubers, cut to include at least one eye since common varieties of potatoes do not produce seeds (they bear sterile flowers). Confusingly, these pieces can bear the name "seed potatoes."

POTATO TRIVIA

* Every American consumes about 126 pounds of potatoes yearly = one potato per day (95% as French Fries).

Believe it or not:

- Europeans consume twice as many potatoes as Americans per year.
- Potatoes were the first vegetable grown in space in 1995.
- Potatoes are more nutritious when eaten with the skin on.
- Potatoes are second only to milk as the most consumed food in America.
- Treat frostbite or sunburn by applying raw grated potato to the affected area.



- Treat facial blemishes by washing your face daily with cool potato juice.
- Treat a sore throat by placing a slice of baked potato to the throat.

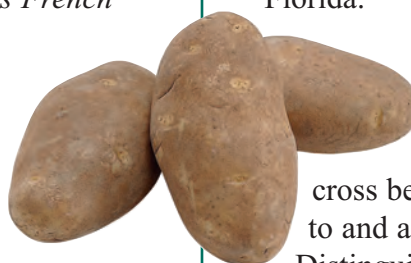
• Treat a toothache by carrying a potato in your pocket.

• Treat aches and pains by rubbing boiled potato water (cooled) to the affected area.

BONIATO

A member of the morning glory family is the boniato or tropical sweet potato, (*Ipomoea batatas*), also known as batatas or camote.

Especially among Hispanics, it is extremely popular in South Florida. The boniato was cultivated as early as 1000 B.C. in Columbia and Peru even though all forms of the sweet potato originated in Central America. A substantial acreage is now planted in Miami-Dade County, Florida.



The boniato, in flavor and color, is often considered a cross between a baking potato and a sweet potato.

Distinguished from other sweet potatoes by its pink to burgundy-colored skin and its white or cream-colored flesh, it is also much fluffier, drier, and less sweet than the yellow or orange-fleshed sweet potato.

RED POTATO

Snacking on raw slices and juiced red potatoes have been known to not only help, but cure Cystic Fibrosis.

RUSSET POTATO

Commonly known as the Idaho baking potato is the russet potato. Russet potatoes have low moisture but high starch content, which results in a lovely, floury texture when baked. The russet potato is slightly rounded, long, with a coarse brown skin with many eyes. It is available year-round.

“Nature teaches more than she preaches. There are no sermons in stones. It is easier to get a spark out of stone than a moral.”

SWEET POTATO & YAM

Strengthens the spleen-pancreas; removes toxins from the body; increases quantity of milk in lactating women; builds the kidneys, which in turn benefits dry and inflamed conditions in the body. Sweet potatoes are very rich in vitamin A. If a child swallows a metallic object such as a coin, feed him plenty of sweet potatoes, which will stick to the object and allow it to come out in the feces.

They are a source of beta carotene, linked to preventing strokes, heart disease, cataracts and numerous cancers.

WHITE POTATO

White potatoes contain cancer protease inhibitors. They help to prevent high blood-pressure and strokes because they are high in potassium.

PREGNANCY COMPLAINTS

Medi-Sign Target

Avocados, Pears, Walking & Water



Morning Sickness and Pregnancy Complaints

Typically, morning sickness begins, about the same time the placenta begins serious production of **human chorionic gonadotropin (HCG)**, a

special pregnancy hormone around week six of pregnancy. In most women, symptoms peak during week eight or nine and wane after week 13.

The good news is that morning sickness seems to be a sign that the pregnancy is going well. A National Institute of Child Health and Human Development study of 9,098 pregnant women found that women were less likely to miscarry or deliver prematurely if they vomited during their first trimester.

Experiment. What worked for your sister, your best friend, and the woman down the street may not do it for you. There are as many remedies as there are women. Before you find one right you may have to try a couple of strategies.

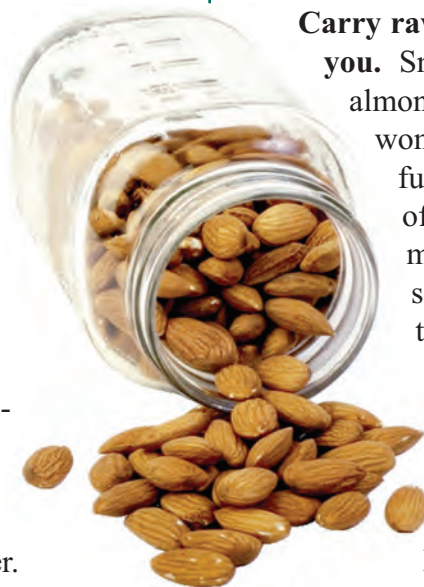
Eat the way your baby eats. The child growing inside you raids your bloodstream for glucose 24 hours a day to nourish itself. Your blood sugar levels can drop sharply if you don't take care how you replenish the supply.

Your best tactic is to switch the way you eat to the way the baby eats, a little bit at a time. Simple sugars, like fruit sugars put glucose into your system quickly and easily. You want sugars already half broken down. Orange juice and grapes are excellent.

Avoid fatty foods fried with lard. Do not chance that grilled cheese-burger with onion rings that may

have looked great to you last week.

Anything fried often seems to make pregnant women more nauseated. Food that sits in the stomach longer takes longer to digest.



Carry raw almonds with you.

Snacking on raw almonds by pregnant women is designed to fulfill the requirement of small, frequent meals. They contain some fat, some protein, and are high in B vitamins. They're tastier than crackers and portable, too.

Keep a night table nibble supply.

Keep soda crackers by your bed if almonds don't appeal to you. Moving around on an empty stomach can make you feel worse. Before you get out of bed in the morning, or in the middle of the night, eat something to bring your blood sugar up.

Nibble to keep away heartburn, too. You should always have something in your stomach. The stomach naturally makes more acids during pregnancy and those acids need something to work on.

Drink lots of clear fluids. Drink small amounts of clear fluids frequently. Water, fruit juice, clear veggie broth and certain herbal teas fill the bill.

Find respite with raspberry leaf tea. Try a cup of herbal tea if you feel queasy. Raspberry leaf, chamomile and lemon. Chamomile added to peppermint is more effective than peppermint alone.

Trust your body's wisdom. As long as you're not eating junk, eat whatever appeals to you. Avoid processed caffeine, artificial sweeteners, all drugs. If all you crave is pasta, then eat it, because it really does work when women listen to their bodies.



Constipation

Throughout their pregnancy most women are prone to constipation. Early in pregnancy you can again blame pregnancy hormones, which slow the movement of food through your intestines. This change is called decreased gastrointestinal motility in physiologic jargon. The slower passage of food and fluid allows more fluid to be absorbed (*perhaps another one of nature's ways of ensuring that you get the necessary fluids into your system*). Contributing to constipation is the combination of reduced motility of the intestines and firmer waste products (*since more fluid has been absorbed*). In later pregnancy, further hindering the passage of stools is the pressure of your enlarging uterus on the large intestine. The good news is by eating foods that increase the water content of your bowel movements and foods that naturally travel faster through your intestines you can outwit this uncomfortable effect of your hormones.



Four Ways to Cure Constipation

1. Increase fiber. Fiber (*roughage*) passes through your intestines undigested and acts like a sponge, soaking up fluid. Increased fluid helps your stools move faster. It also helps you to pass them more easily.

Include more:

- Fruits, especially prunes, pears, figs, and apricots.
- Whole grains, such as 100 percent bran and multi-grain bread.
- Legumes, beans, and peas.
- Psyllium (*a natural bran-like stool softener, available at nutrition stores*).
- Vegetables, especially crunchy vegetables such as carrots, zucchini, cucumbers, and celery.

2. Increase fluids. You must correspondingly increase the volume of fluids in your diet if you increase the fiber in your diet; too little fluid and too much fiber can actually aggravate constipation by making your stools even firmer. If you love juice, switch to nectar (*prune, pear, apricot*), which is not only high in water, but also higher in fiber than plain juice. Also make sure to get an additional six to eight glasses of water a day.

3. Increase exercise. Get your intestines moving by getting your whole body moving. Regular exercise seems to keep all your physiologic systems more regular, your intestines being no exception. Walk baby, walk.

4. Obey your urges. One of the conveniences of modern living is that people are seldom more than a few steps from a bathroom, but busy pregnant women may not take the time to empty their bowels when their intestines tell them to. However, unanswered signals soon lose their communication value as with most of your body's communication systems. When you need to go, go; otherwise, your intestinal muscles get lazy, the signals weaker, and constipation gets worse.

Leg Cramps

Many women are awakened by knot-like cramps in their calf muscles or feet toward the end of the middle trimester and throughout the last one. Sometimes, these cramps are blamed on an electrolyte imbalance of calcium, phosphorus, magnesium, and potassium. The decreased circulation to the most active muscles in your legs is an additional explanation. Standing, sitting or lying for a long time, as well as pressure of the uterus on major blood vessels, can slow blood supply to these muscles, causing them to cramp up.

1. Massage the muscle. These cramps often awaken you with a painful startle and can be extremely uncomfortable. You can massage the cramped muscle when the cramp occurs, or have your mate rub it to promote circulation.

2. Walk it off. Walk if you can. The best thing is getting up and moving around.

3. Stretch it. Stretch it out, lie in bed, grab the toes of your hurting leg, and pull them back toward your head while keeping your knee straight and as close to the mattress as you can, if the cramp is severe.

"Nature reserves her right to inflict upon her children the most terrifying jests."

Remember, stretch gradually, to avoid lunging or bouncing movements, which only aggravate the cramp and may even injure the muscles. Simply straighten your leg out, pressing the back of your knee into the mattress, flexing your toes toward your head if your tummy bulge prevents you from bending forward enough to grab.

4. Exercise the muscles. To help relieve cramps when they happen, are the following exercises, and if you do them faithfully, may prevent them.

- **Standing calf stretch.** Place the leg with the cramped muscles behind your other leg a foot or so. Gently bend the knee on the non-cramped leg so you lean forward, while keeping the cramped leg straight and its heel to the floor while keeping your back straight. *(The forward leg also keeps its heel to the floor).* Don't bounce; just stretch gently. If you press your hands or forearms against the wall while doing this stretching exercise you may find it easier to balance.

- **Wall push-ups.** Place your hands flat against the wall and step back until your arms are fully extended. Lean in toward the wall while bending your elbows and keeping your feet flat on the floor and your back straight. You should feel your calf muscles stretch comfortably. Stand closer to the wall if it's too much of a stretch.

- **Sitting leg stretches.** Stretch one leg out to the side, foot flexed, while sitting on the floor. Fold your other leg in, foot toward your crotch. Bend forward and reach toward your toe while keeping your outstretched leg straight. Hold this stretched position for a few seconds.

Switch sides and repeat. Don't point your toes straight out or pull your heel toward you, since that contracts the already cramped muscles.

Numbness and Tingling in Your Hands

Numbness or tingling in the hands is another occupational side effect of pregnancy. This burning sensation or pins-and-needles usually involves the first two fingers, thumb and half of the ring finger, and may be accompanied by pain in the wrist that can shoot all the way up to the shoulder. You may sometimes feel soreness when you press the inner surface of your wrist. This condition is known as carpal tunnel syndrome. The excess fluid that collects around the narrow carpal tunnel beneath the wrist causes carpal tunnel syndrome. The nerves pass through this tunnel on the way to your hand, and pressure from the fluid makes them numb or tingly. After a daylong accumulation of fluid in the wrists, carpal tunnel symptoms are likely to occur during the night, or when you wake up in the morning, especially if you sleep with your arm under your head. *(See: Carpel Tunnel)*

Headaches: Drink Water

A common concern of pregnancy is headaches and nausea. While pregnant you may experience headaches frequently or only occasionally, but chances are you will experience them. Pregnancy headaches come on without warning and often start and stop suddenly. They can be migraine-like, throb, pound and feel like a rubber band squeezing around your head. Some actual migraine sufferers may find that their headaches get more frequent and severe during pregnancy and others become less intense or less frequent



while they are pregnant. Some last a few minutes while some occur off and on all day. Even though researchers believe hormonal changes are the cause of these headaches, it is likely that the tremendous emotional and physical changes that accompany pregnancy also contribute to them. After all during times of stress and change, tension headaches often occur.

Drink Water

The majority of headaches that come on in the first two trimesters of pregnancy are simply one more unpleasant side effect of being pregnant. They usually subside or disappear by the end of the second trimester. A sign of high blood pressure may be severe persistent headaches *(especially those accompanied by blurred vision)* during the third trimester. *(See: Headaches)*

PREMATURE EJACULATION

Medi-Sign Target
Bananas, Nuts & Seeds

“You will find something more in woods than in books. Trees and stones will teach you that which you can never learn from masters.”

What is premature ejaculation?

One of the most common sexual problems is premature ejaculation. The condition is described most often as being an inability to delay ejaculation to a point when it is mutually desirable for both partners. The definition of when ejaculation is premature is subjective. While some men have trouble controlling their orgasm upon entry, others consider five to ten minutes of copulation too little time. The important factor in diagnosing premature ejaculation is not how long a man is able to last. Whether or not a man is satisfied with the length of coitus is the crucial issue.



What causes premature ejaculation?

At some time in their life most men have experienced this problem. Experts once thought that premature ejaculation was caused by drugs or certain infections such as urethritis, but common sense and popular wisdom suggests it is more psychological in nature. While practice makes perfect, the exact cause of the condition, however, still remains a mystery. It seems to me that the more attracted and aroused you are to the person you're with, seems to be the answer to the mystery.

In this case, premature ejaculation often occurs during the first experiences with sex, and is most commonly attributed to anxiety. A majority of men learn to control their orgasm gradually, and learn to have no lasting effect. A longer-

term anxiety toward sex, which can cause a prolonged experience with premature ejaculation, will be developed by some men.

Also a factor is sexual behavior. The longer the period since last ejaculating, the quicker young men typically reach orgasm. As experience seems to be associated with ejaculatory control younger men tend to ejaculate more quickly than older men.

Diet for Better Sex

Premature ejaculation can be due to physical changes in the body. Even though their sex lives were fine when they were younger, men over age 30 may begin to have problems with premature ejaculation.

Often the problem is an inadequate blood supply in the penis. Maintaining an erection becomes more difficult when the arteries in the penis become partially clogged with fat and cholesterol. Your brain tells your body that you'd better ejaculate before you lose your erection, and a pattern for premature ejaculation is developed, when this occurs.

In order to maintain good arterial health live a healthy lifestyle. If you eat a low-fat, low-cholesterol diet, exercise regularly, don't smoke and keep your stress managed, your potency will be prolonged.

For many bananas and nuts seem to be the dietary solution.

PROGERIA

Medi-Sign Target
Raw Milk, Nuts, Seeds &
Grains

Alternative names

Hutchinson-Gilford Syndrome

Progeria is a disease, beginning in childhood, that produces rapid aging.

Causes, Incidence and Risk

Factors

Progeria, a rare condition that is remarkable because its symptoms strongly resemble normal human aging, occurs in young children. In addition, the appearance of several affected children on television and in movies have brought progeria to public attention.

Ninety percent of children with progeria have a mutation on the gene that encodes the protein lamin A. Progeria, usually occurring sporadically, is not seen in siblings of affected children, although – in very rare circumstances – more than one child in a family can have progeria.

Progeria, beginning with growth failure in the first year of life results in rapid aging of a child. Given the size of the head, this results in a disproportionately small body. Progeria children (*male and female*) are thin and balding, with wizened narrow faces and old-appearing skin.

Early atherosclerosis is developed by children with progeria. The average person survives to the early teens, but some can live up to 30 years. Related to the heart or a stroke as a result of the progressive atherosclerosis (*plaque*) is usually the cause of death.

Symptoms

- Growth failure during the first year of life
- Narrow, wizened (*shrunk or wrinkled*) bird-like faces
- Short stature

“The woods were made for the hunters of dreams, the brooks for the fishers of song. To the hunters who hunt for the gunless game, the streams and the woods belong.”

“If one way be better than another, that you may be sure is Nature’s way.” -Aristotle

- Baldness
- Loss of eyebrows and eyelashes
- Dry, scaly, thin skin
- Large head for size of face
(*macrocephaly*)

- Soft spot (*fontanelle*) remains open
- Small jaw (*micrognathia*)
- Teeth – delayed or absent formation
- Limited range of motion

The signs include:

- Skin changes similar to that seen in scleroderma (the connective tissue becomes tough and hardened).
- There may be early atherosclerosis of blood vessels leading to abnormal stress tests of the heart.
- Insulin-resistant diabetes (*diabetes that does not respond readily to insulin injections*).

Prevention

Even though there is no prevention for progeria, there is prevention of some of the manifestations of the disorder that follow the same approaches for the same complications in other disorders.

An all fruit, water and salt diet for 90 days, then all veggie, water and salt diet for 90 days, then an all raw foods diet with lots of seeds, grains, nuts, legumes, and raw milk and ferments, help exceedingly.



PROLINE

Medi-Sign Target
 Joints & Tendons

(*Non-Essential Amino Acid*)

This acid is extremely important for the proper functioning of joints and tendons; also helps maintain and strengthen heart muscles.

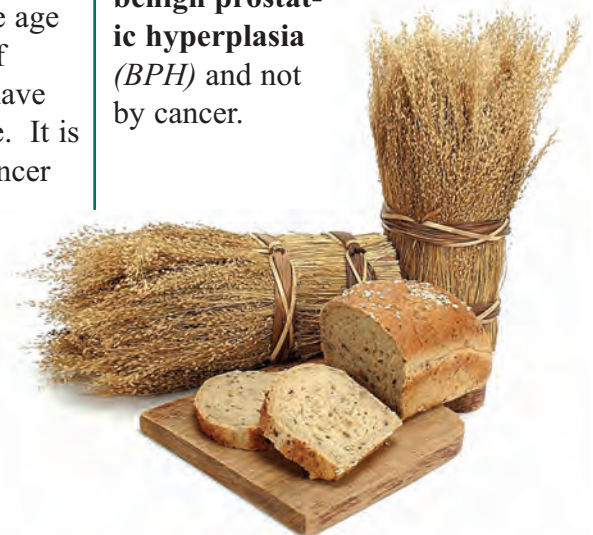
PROSTATE CANCER

Medi-Sign Target
 Oats, Flax, Wheat Germ &
 Frequent Sex

The prostate, a walnut-sized gland at the base of the bladder that encircles the urethra, is the tube through which urine is voided. The prostatic fluid, which makes up the bulk of the male ejaculate and nourishes and transports the sperm is produced by the prostate. The second leading cause of cancer death among men is cancer of the prostate gland. It is primarily a disease of aging. Men in their thirties and forties rarely develop prostate cancer, but it increases steadily after the age of fifty. Approximately 80 percent of all cases occur in men over the age of sixty-five, and by the age of eighty, 80 percent of all men have prostate cancer to some degree. It is estimated by the American Cancer Society that more than 180,400 new cases of prostate cancer are diagnosed annually, and 31,900 men die from the disease. A male baby born today has a 13 percent chance of developing prostate cancer

at some time in his life, and a three percent chance of dying from the disease. Every man will eventually develop prostate cancer, many experts say, if he lives long enough. For the past several years, prostate cancer deaths have been declining.

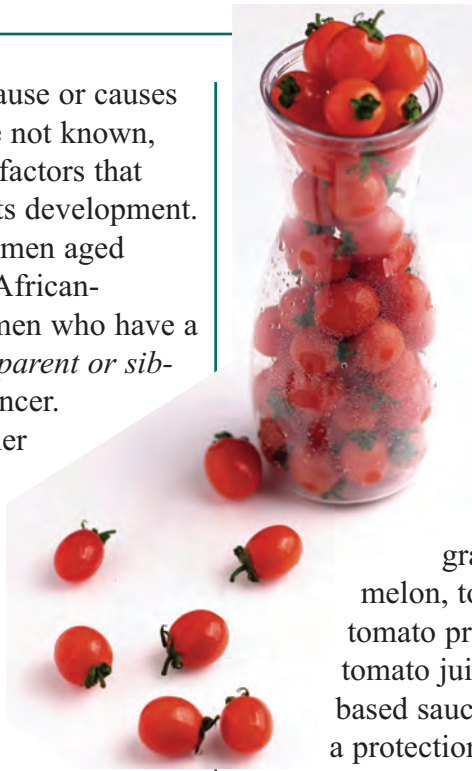
Although it is relatively common, fortunately, in most cases prostate cancer is a slow-growing cancer. Although most prostate cancers arise in the rear portion of the prostate gland; the rest originate near the urethra. Lymphatic vessels lead from the prostate gland to the pelvic lymph nodes. They provide a route for prostate cancer to spread to other areas of the body. On average, prostate cancers double in mass every six years, (*by comparison, breast cancers commonly double every three and a half years*). The following are possible symptoms of prostate cancer and can include: pain or a burning sensation during urination, frequent urination, a decrease in the size and force of urine flow, an inability to urinate, blood in the urine, and continuing lower back, pelvic, or supra pubic discomfort. However until it reaches an advanced stage and/or spreads outside the gland, the disease often causes no symptoms at all. In addition, these symptoms most often are caused by an enlarged prostate, **benign prostatic hyperplasia (BPH)** and not by cancer.



Although the exact cause or causes of prostate cancer are not known, there are certain risk factors that have been linked to its development. At increased risk are men aged sixty-five and older, African-American men, and men who have a first-degree relative (*parent or sibling*) with prostate cancer. The incidence is higher among married men than it is among unmarried men. Men who have had recurring prostate infections, those with a history of venereal disease, and those who have taken testosterone are also at increased risk. Exposure to cancer-causing chemicals increases risk as well. Researchers have also found a link between a high-fat diet that is low in fruits and vegetables and prostate cancer. A vasectomy may increase the risk of developing prostate cancer, some studies have suggested.

Maintain a whole foods diet by eating plenty of whole grains, raw nuts and seeds, and unpolished brown rice. Millet cereal is a good source of protein. Eat wheat, oats, and bran. Eat plenty of cruciferous vegetables, such as broccoli, Brussels sprouts, cabbage and cauliflower. Also eat yellow and deep orange vegetables, such as carrots, pumpkin, squash and yams. For the prevention of cancer as well as for healing, this type of diet is important.

Include in the diet; fresh cantaloupe, apples, all kinds of berries, especially blueberries and strawberries; Brazil nuts, grapes, cherries, legumes, including chickpeas, lentils, red beans plums and walnuts. All of these foods help to rid



the body of cancers.

Consume freshly made vegetable and fruit juices daily, carrot and cabbage juices being good choices.

Eat plenty of grapefruit, watermelon, tomatoes and tomato products such as tomato juice and tomato-based sauces. These contain a protection against prostate cancer called lycopene.

Include in your diet foods that are high in zinc, such as mushrooms, pumpkin seeds, spinach, sunflower seeds, and whole grains. Zinc is vital for proper immune function and nourishes the prostate gland.

Drink at least eight 8-ounce glasses of water a day. This, keeps the prostate working efficiently, hydrates the body and helps to eliminate toxins from the body.

Intake of cooked dairy products should be restricted. Consumption of soured products such as yogurt and kefir is very helpful.

To obtain essential fatty acids, use cold-pressed organic oils such as sesame, safflower, or extra virgin olive oil.

Do not eat meat. There is a definite connection between high meat consumption (*five servings a week or more*) and the development of prostate cancer.

Eliminate hard alcoholic beverages from the diet.

The following foods should be strictly avoided: processed refined foods, junk foods, saturated fats, polyunsaturated vegetable oils, sugar and white flour. A small amount of blackstrap molasses, pure maple syrup or honey can be used as a natural sweetener in place of sugar, if necessary. Instead of white flour, use whole wheat or rye.

Try to avoid all known carcinogens. If possible, eat only organic foods. Avoid polluted air, polluted water, noxious chemicals, tobacco smoke and food additives. Use only reverse-osmosis-filtered water or distilled water. Municipal and well water can contain chlorine, fluoride, and agricultural chemical residue.

Try following a macrobiotic diet.

Get regular physical activity. Active men have lower risk of developing prostate cancer and maintain better health.

Enjoy regular sexual activity. Regular ejaculation activates the prostate gland, keeping it from getting stagnant and inflamed.

PROSTATE PROBLEMS

Medi-Sign Target
Oats, Flax, Wheat Germ & Frequent Sex

The prostate gland is doughnut-shaped and surrounds the urethra (*the tube that carries urine and semen through the penis*) and is located below the bladder. This gland produces semen, which works to keep sperm lubricated and mobile, and aids the bladder in the flow of urine. After puberty, a

"My heart that was rapt away by the wild cherry blossoms - will it return to my body when they scatter?"

“Truly it may be said that the outside of a mountain is good for the inside of a man.”

man’s prostate gradually grows from roughly the size of a small marble to about the size of a golf ball. Around age 50 his prostate begins to grow again, due to a variety of factors. This increased growth can cause a variety of problems, most commonly **Benign Prostatic Hypertrophy (BPH)** or an enlarged prostate, prostatitis, and even prostate cancer.

Benign prostatic hypertrophy (BPH) or an enlarged prostate occurs when the cells in the inner core of the prostate gland grow and form fibrous nodules, in response to hormones such as testosterone. These nodules put pressure on the urethrae causing pain and problems urinating. BPH can lead to prostatitis if left untreated, and in severe cases the bladder’s inability to empty completely can cause infection to spread in the bladder and even to the kidneys, possibly causing kidney damage.

During their lifetimes, BPH will affect an astonishing 50 percent of men. Because most men never speak of their discomfort this means that if you have any symptoms of BPH you are definitely not alone; you just think you are.

Symptoms of an enlarged prostate include the following:

- A need to pass urine frequently

- Blood in the urine
- A weak urine flow
- Pain, burning, difficulty in stopping and starting urination
- Nighttime wakening to empty the bladder
- A constant feeling that the bladder isn’t completely empty

An enlarged prostate and may be two to three times larger than normal and will be softer than normal. It will not be tender to the touch, unlike prostatitis.

Prostatitis

Prostatitis is an inflammation of the prostate gland usually caused by a bacterial infection that has spread from another part of the body. As with acute prostatitis it can develop suddenly, or gradually build up over an extended period of time as with chronic prostatitis.

Acute prostatitis develops suddenly and is generally caused by the following: a bacterial infection of the prostate brought on by e coli, certain sexually transmitted diseases or sexual contact with an infected person, a urinary tract infection, urethritis, epididymitis, urethral instrumentation, trauma, bladder outlet obstruction, or an infection elsewhere in the body. Acute prostatitis is more common in men aged 20-35 who have multiple sex partners and men who engage in high-risk sexual behaviors.

Symptoms of acute prostatitis may include:

- Blood in the urine and/or semen
- Fever associated with lower abdominal discomfort or perineal pain
- Pain and/or burning with urination, ejaculation, or a bowel movement

- Chills
- Urinary retention
- Testicle pain
- An increased need to urinate

Chronic prostatitis, unlike acute prostatitis, develops gradually, continues for a prolonged period of time, and may have more subtle symptoms. Chronic prostatitis will develop from an acute prostatitis bacterial infection that keeps recurring or from a urinary tract infection, urethritis, or epididymitis. More common in men aged 30 to 50 is Chronic prostatitis and is thought to also be associated to hormonal changes of aging and also certain lifestyle influences (*excessive hard alcohol drinking, perineal injury, certain sexual practices*).

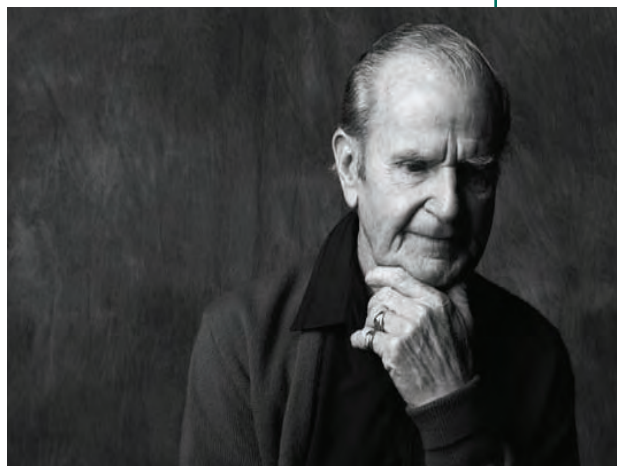
Symptoms of chronic prostatitis include:

- A history of recurrent urinary tract infections
- Abnormal urine color
- Lower back, perineal, pelvic floor, or testicular pain
- Pain and/or burning with urination, ejaculation, or with a bowel movement
- Blood in the urine
- Incontinence

Unlike the enlarged prostate however, the prostate infected with prostatitis is swollen, warm and very tender to any touch.

Low Fat/High Plant Protein Diet:

An important role is played by a healthy diet in prostate health. A diet that is high in plant proteins should be aimed for since a high protein diet may inhibit the production of 5-alpha-reductase, the enzyme that converts testosterone to DHT. Also look for a diet that is and high in essential fatty acids and low in animal fats. Look for whole,



unprocessed foods and eat plenty of pumpkin or sunflower seeds each day.

Push the Fluids: Drink plenty of fluids for adequate fluid intake can help prevent bladder infections, cystitis, and kidney problems that are often associated with an enlarged prostate.

Increase Your Fiber: Reduce the risk of prostate cancer by more fiber in the diet lowering the levels of reproductive hormones in the body.

Include Soy in Your Diet: Soy can decrease the chance of getting prostate cancer by reducing troublesome animal generated cholesterol levels.

PRUNES

Medi-Sign Target

Brain, Plaque Cleanser & Inner Ears



Benefits

- Slows aging process
- Boosts memory
- Lowers cholesterol
- Protects against heart disease
- Promotes weight loss
- Prevents constipation

Ever since researchers discovered that prunes are packed with nutrition this dried fruit has gotten a lot of

attention. Who knew so much goodness was hiding inside that black, wrinkly package? (*Actually everybody, even grandma – that is except nutritional experts – you know, the ones who pushed for McDonald's to be in the hospitals.*)

The prune has changed its name and is now known as the “dried plum.” The Food and Drug Administration approved the change, which was recommended by the California Prune Board. It hopes to target it to the young and health conscious and hopes to shed the prune’s image of a food for the elderly. Market surveys show the name change is a winner. This new celebrity should appear soon at grocery stores near you – if they don’t already.

But a prune by any name would taste as sweet. It would also give you a lot of fiber, lower your cholesterol, and protect you from free radical damage. Prunes are also a good source of potassium which is important for a healthy heart and strong bones. And for only 200 calories, you can eat ten sweet, chewy dried plums filled with nutrition. Not bad for a food that was replaced by drugs and taken away from hospital and nursing home cafeterias.

Chases Away Aging

For years, scientists have wondered what people can do to hold on to the health and vitality of their youth. The latest thinking is that nutritionals found mainly in fruits and vegetables are the key to keeping young and avoiding cell damage. How smart is that?

Researchers have measured and studied, “inhibitor/protector” in food at the Jean Mayer USDA Human Nutrition Research Center



on Aging at Tufts University in Boston, the prune had the highest **Oxygen Radical Absorbancy Capacity (ORAC)** score of all the foods tested. At 5,770 ORACs per 3-1/2 ounce serving, it registered more than twice as many nutritionals as the next highest food – the raisin, its wrinkled cousin.

Animals showed less sign of aging on memory tests when they were given whole foods high in freshness. Scientists think that whole food nutrition may be an important key to protecting yourself from diseases of aging and even cancer. The loss of brain function in certain diseases like Parkinson’s and Alzheimer’s seems to be from a lack of whole food nutrition. Imagine all the sickness you might avoid if these high nutritional foods can protect you from free radicals.

The USDA’s Agricultural Research Service Administrator has seen the future of treating age-related diseases, and it looks a lot like your grandma’s vegetable garden. Young and middle-aged people may be able to reduce risk of diseases of aging – including senility – simply by adding high ORAC foods to their diets, if their findings are borne out in further (*tax funded*) research (*and not just by thousands of years of human experience*).

“Which day are there more collect calls than any other day of the year? Father’s Day.”

“How do you get a sweet little 80-year-old lady to say the f...word? Get another sweet little 80-year-old to yell BINGO!!”

By studying blood samples from different groups of people, the researchers concluded that you can, by eating more fruits and vegetables, raise the levels of nutrition in your blood. They're recommending you eat enough fruits and vegetables to total between 3,000 and 5,000 ORAC units of nutrition daily. Since most of the foods tested scored in the hundreds, you'd have to

eat many servings to reach 3,000. Eating just seven prunes a day can put you well over the 3,000 mark. All the other fruits and vegetables you eat would be gravy. Eat a variety because each fruit and vegetable has different protective nutrients.

Revs Up Sluggish Bowels

Nursing homes and hospitals are now putting prunes back on the menu because they can help keep you regular. In addition to being a good source of fiber, they also contain a natural laxative ingredient. The combination is perfect. Prune juice works well if you do not like chewing your fiber.

People eat diets high in fruits, vegetables, and grains in rural parts of Africa. Not surprisingly, constipation is rare. It might surprise you though that hemorrhoids, hiatal hernias, varicose veins and diverticular disease are also very rare in those places. And that is no coincidence. It looks like staying regular is a big part staying healthy and of not feeling crappy.

Knocks Down High Cholesterol

A study of prunes helped prove that eating a diet high in fiber can help lower your cholesterol.



Researchers in the Department of Nutrition at the University of California, Davis, gave a group of 41 men with mildly high cholesterol 12 prunes each day for four weeks. They then gave the same men a couple of glasses of grape juice daily for four more weeks. The men were told not to change their exercise or eating habits during the study. Wouldn't it be fun to get paid for doing this kinda stuff?

Tests showed that LDL cholesterol – the kind you want to keep low – was significantly lower during the prune period than during the grape juice period. This is great news if you do not want to take medicine and your cholesterol is starting to creep upwards. Lower cholesterol means you're less likely to develop heart disease. Guess what? All bad cholesterol comes from eating animals. What if you could just quit eating them?

Health Benefits

The dried version (*prunes*) and the fresh version (*plums*) of the plant scientifically known as *Prunus domestica* have been the subject of repeated health research for their high content of unique phytonutrients called neochlorogenic and

chlorogenic acid. Found in plum and prunes these substances are classified as phenols, and their function as nutrients has been well-documented. These substances are damage-preventing and particularly effective in neutralizing a particularly dangerous oxygen radical called superoxide

anion radical, and they have also been shown to help prevent oxygen-based damage to fats. Preventing free radical damage to fats is no small benefit since our cell membranes, brain cells and molecules such as cholesterol are largely composed of fats.

Also related to their beta-carotene content, prunes have the ability to deter oxygen-related damage to our cells. Prunes emerged from the USDA ranking system as a good source of vitamin A (*in the form of beta-carotene*). Just a quarter-cup of prunes will give you scads of vitamin A. Beta-carotene acts as a fat-soluble, eliminating free radicals that would otherwise cause a lot of damage to our cells and cell membranes. It poses a threat to artery walls only after cholesterol has been oxidized by free radicals. A heart attack or stroke can be triggered by the build-up of cholesterol in the artery walls forming plaques that can either grow so large they block blood flow or rupture, releasing a clot that can impede the flow of blood. The formation of cancerous cells can result in free radicals that can damage cellular DNA, causing mutations which, if serious enough, can cause this. By causing damage,

free radicals contribute to inflammation, which is one way the body clears out cells or other substances that have been damaged. Free radicals, in this way, increase the severity of a number of different conditions. Because of this beta-carotene, which shuts down free radicals, has been shown in studies to be helpful for the prevention of a variety of diseases, including diabetic heart disease, atherosclerosis, and colon cancer, and why it has also been found useful for reducing the severity of inflammatory conditions like asthma, osteoarthritis, and rheumatoid arthritis.

Potassium for Cardiovascular Health

Prunes are a good source of potassium, providing all you need in a quarter-cup. Potassium is an essential mineral for maintaining normal blood pressure and heart function. A quarter cup of prunes contains a whopping 316.6 mg of potassium. Those diced dried prunes on top of your breakfast cereal help to protect against atherosclerosis and prevent high blood pressure.

The effectiveness of potassium-rich foods lowering blood pressure, like prunes, has been demonstrated by a number of studies. To determine the effects of diet on blood pressure,

researchers tracked over 40,000 American male health professionals over four years. Men had a substantially reduced risk of stroke when they ate diets higher in potassium-rich foods, as well as foods high in magnesium and cereal fiber.

The potassium found in prunes may also help to promote bone health in addition to these cardiovascular benefits. Potassium may counteract the increased urinary calcium loss caused by the high-salt diets typical of most Americans, thus helping to prevent bones from thinning out at a fast rate.

The health benefits provided by prunes' fiber are substantial. Prunes are widely known as a good source of dietary fiber.

Normalizing Blood Sugar Levels and Helping with Weight Loss

Prunes' soluble fiber helps normalize blood sugar levels following a meal, by slowing the rate at which food leaves the stomach and by delaying the absorption of glucose (the form in which sugar is transported in the blood). Soluble fiber by increasing insulin sensitivity can play a helpful role in the prevention and treatment of Type 2 diabetes. Prunes' soluble fiber promotes a sense of satisfied fullness after a

meal by slowing the rate at which food leaves the stomach, thereby helping prevent overeating and weight gain.

Iron Absorption

Documented in published research is the ability of plum and prune to increase absorption of iron into the body. The

ability makes iron more available by the plum and prune may be related to the vitamin C content of this fruit.

PSITTACOSIS

Medi-Sign Target
All Fermented Foods



(*Chlamydia psittaci/Ornithosis*)

Psittacosis is a bacterial infection contracted by humans from pet or caged birds. The symptoms include chills, fever, malaise and respiratory problems. The onset of symptoms after exposure can be 1 to 3 weeks. The bacteria is transferred through inhalation or a bite from an infected bird.

Psittacosis, a bacterial infection of humans that can cause severe pneumonia and other serious health problems is also known as parrot fever and ornithosis. It is caused by *Chlamydia psittaci*, formerly known as *Chlamydia psittaci*. From 1988 through 2002, 923 human cases of psittacosis were reported to CDC, and most resulted from exposure to infected pet birds, usually cockatiels, parrots, parakeets and



In Shakespeare's time, when you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase... "good night, sleep tight."

“Did you hear about the dyslexic rabbi? He walks around saying Yo.”

macaws. *C. psittaci* infection is referred to as **avian chlamydia** (*AC*) in birds. Bacteria is shed by infected birds through feces and nasal discharges, and humans become infected from exposure to these materials.

Mammals occasionally transmit Chlamydiaceae organisms to humans. Certain chlamydial species infect goats, sheep, and cattle, causing chronic infection of the reproductive tract, abortion and placental insufficiency. When humans are exposed to the birth fluids and placentas of infected animals, those species are transmitted to humans.

The feline keratoconjunctivitis agent, another chlamydial species, typically causes rhinitis and conjunctivitis in cats. Transmission of this species from cats to humans may be underreported.

(See: *Bacterial Infections*)

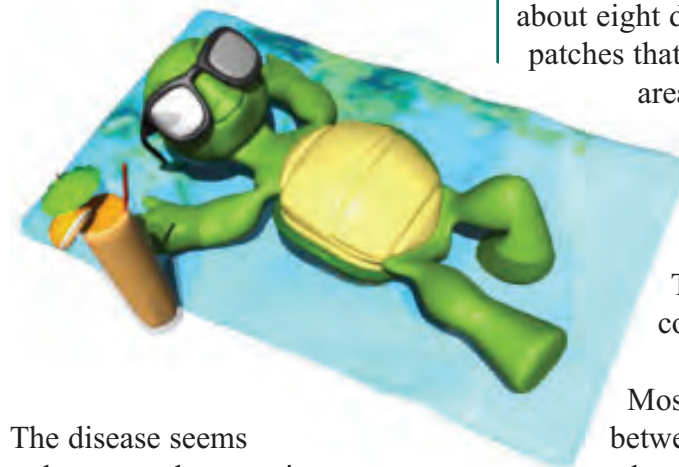
PSORIASIS

*Medi-Sign Target
Sunshine & Coconut Oil*

A disease in which the skin is dumping internal plaque is psoriasis. Normally, skin renews itself in about 30 days, the time it takes for a new skin cell to work its way from the innermost layer of skin to the surface. That cell in psoriasis reaches the top in just three days, as if the body had lost its brakes. The result is raised areas of skin called plaques, which are red and often itchy. They die like normal cells after the cells reach the surface, but there are so many of them the raised patches turn white with dead cells flaking off.

With flare-ups most often occurring in winter, psoriasis usually goes through cycles of flare-ups and remission. Sometimes it disappears for months or years. It can improve or worsen with age.

Seek the sun. 95 percent of psoriasis sufferers improve or even remit the condition with regular doses of intense sun.



The disease seems to be so much worse in a variable or humid climate or in wintertime, that you should consider moving to a warm, dry area. It's the ultraviolet waves that remove psoriasis, and the UV rays work the fastest.

Turn on the lamp. Go to a tanning saloon or get yourself a small UV sunlamp to treat patches of psoriasis.

Get wet and warm. Baths and heated swimming pools are excellent for psoriasis.

Or get wet and cold. A cold-water bath, with a cup or so of apple cider vinegar added, is great for itching. Just dump some ice cubes into a small plastic bag and hold it against the afflicted skin, it really works.

Psoriasis appears as patches of skin on the arms, elbows, legs, knees, scalp, ears and back that are red to

brown in color and covered with silvery-white scales. Toes and fingernails can develop ridges and pits and lose their luster. This condition is linked to a rapid growth of cells in the skin's outer layer and is often hereditary. These growths on the epidermis never mature. Whereas, in about twenty-eight days, a normal skin cell matures and passes from the bottom layer of the skin to the epidermis, psoriatic cells form in about eight days, causing scaly patches that spread to cover larger

areas. The result of this disorder is the production of excessive numbers of skin cells in a very short time. The condition is not contagious.

Most commonly, beginning between the ages of fifteen and twenty-five, psoriasis generally follows a pattern of periodic flare-ups alternating with periods of remission. Attacks can be triggered among other things, by nervous tension, illness, injury, stress, surgery, poison ivy, cuts, viral or bacterial infection, sunburn, overuse of drugs or alcohol, or the use of nonsteroidal anti-inflammatory drugs, lithium, chloroquine (*Aralen*), and a type of medication frequently prescribed for heart disease and high blood pressure, beta-blockers. A little more difficult to treat, some people experience an associated arthritis (*psoriatic arthritis*) that is similar to rheumatoid arthritis.

Although the underlying cause of the condition is not known, it may result from a faulty utilization of animal fat. Psoriasis is rare in countries where the diet is low in fat. Current research points also to an immune system role in psoriasis. People with HIV or AIDS often

have severe psoriasis. Linked to the development of psoriasis is the buildup of toxins in an unhealthy colon.

Whole Foods

Eat a diet that is composed of 50 percent raw foods and includes plenty of fruits, grains, and vegetables. Include one tablespoon of olive oil on veggies everyday.



Get plenty of dietary fiber. For maintaining a healthy colon fiber is critical. Many fiber components are able to bind to bowel toxins and promote their excretion in the feces, such as apple pectin and psyllium husks. Also follow the program for colon cleansing. *A clean colon is very important. (See: Fasting)

Use good food oils, flaxseed oil, avocado, etc. They contain ingredients that interfere with the production and storage of **arachidonic acid (AA)**, a natural substance that makes the lesions of psoriasis turn red and swell by promoting the inflammatory response. Red meat and cooked dairy products contain AA.

Apply saltwater with cotton or (*sea-water*) to the affected area several times a day.

Use cold-pressed flaxseed, sesame or soybean oils.

PUBIC LICE

Medi-Sign Target
Shave all Pubic Hair &
Bathe in Saltwater

Pubic lice or love bug/butterfly of love, etc.

Pubic lice, or *Pthirus pubis*, are commonly referred to as crab lice or simply "*crabs*." This name comes from the crab-like appearance and slower movement compared to other lice, such as the head louse, *Pediculus capitis* and the body louse, *Pediculus humanus* that can infest humans. Pubic lice are strictly host specific to humans and are found worldwide, they are haematophagous (*feeds on blood*). Typically, they infest the hair of the pubic and perianal regions but are occasionally found where the hair is sparse and coarse in other areas. This includes the hair of the moustache, beard, eyelashes, armpits, and sometimes the chest and abdomen. Because of its fine texture closeness of the shafts, the hair on the scalp is usually unsuitable, but pubic lice are occasionally found at margins of the head on the hairline. The lice will generally be found only in the eyebrows or eyelashes if children are infested.

The pubic louse is grey in color, and smaller (*1.25 -2.00mm*) than the head and body louse. With four distinct lobe-like protuberances on each side of their abdomen their body shape is oval and broader than



long. The lice have a small head with simple eyes and short antennae. Each of the six legs of the louse terminates in a claw, but claws on the second and third pair of legs are huge compared to the first pair which are slender. Within each claw there is an associated thumb-like projection enabling the louse to grasp body hair, securing them as they feed on blood using their mouthparts which are especially adapted for piercing and sucking. They feed over several hours intermittently. The three smaller nymphal stages and the adults usually remain and feed in a settled position. Pubic (*and other lice*) lice cannot burrow into the skin and do not live under the skin.

The life span of adult lice is less than a month. A mature female louse will lay up to three eggs a day for a total of 30 eggs (*nits*). The eggs are smaller than the eggs of the other human lice, and are a darkish-brown with an opalescent sheen. Each egg will hatch within six to eight days at skin temperature and is cemented to the shaft of coarse hair.

"Climb up on a bill at sunrise. Everybody needs perspective once in a while, and you'll find it there."

“What do attorneys use as birth control? their personalities.”

If the lice are forced off the host they will die within 24-48 hours. Pubic lice cannot infest the carpets or rooms of an infected person.

Pubic lice are usually transmitted by sexual contact, and it is incorrect to assume this is the only means of transmission although this is the most common method. Shared bath-towels and clothing, children sleeping with an infected parent, discarded clothing hanging in overcrowded locker rooms, or bedding that has recently been vacated by an infected individual can lead to infestations. Pubic louse infestations cannot be transmitted from animals.

Treatment & Control

It is important that all sexual contacts of that person be made aware of the situation and treated if necessary when pubic lice have been identified as the source of the problem. All family members should be examined and treated if one person within a family has pubic lice, especially if the infected person shares a bed with other family members. Treatments for pubic lice, similar to those for head lice, can be purchased from any pharmacy without a prescription. An application of petroleum jelly twice a day for



seven to ten days for eyelash and eyebrow infestations can be effective in controlling the lice. Careful mechanical removal of eggs will be required and they are difficult to remove, as the lice apply cement like substances when gluing the eggs to the hair. The infected person's bed linen underwear and should be washed in hot water, followed by hot tumble-drying to ensure all lice have been killed. As the lice can only survive for a limited time without a host spraying rooms or a bed with insecticides is unnecessary. Also, shave pubic area.

PUFFY EYES



Every night, almond oil, which contains Vitamin E, should be used around the eyes. This reduces puffiness around the eyes.

Late nights, general stress or allergies can cause the unsightly phenomenon of puffy eyes.

Try any or all of these remedies:

1. Immediately after you wake up splash your entire face with the coldest water you can stand. Use either cold tap water or a mixture of cold water and ice cubes in a large bowl or tub. If possible, splash your face for up to five minutes.

2. Prepare two tea bags by soaking them in water, wringing them out and chilling them in the refrigerator or freezer. Lie down and place the bags on closed eyelids for five to ten minutes once they are chilled.



3. Cut two slices, each approximately 1/2 inch thick, off a cold cucumber. Place a slice on each eyelid for five minutes.

4. Drink lots of water. Puffy eyes often indicate water retention, caused by dehydration, which you can alleviate by drinking plenty of liquids.

5. Each night before bed, remove contact lenses to avoid puffiness caused by lens irritation and drying.

6. Use an aloe-gel right from the plant and apply it under the eyes.

7. Hold a frozen sterling silver spoon under the eyes, it works!

Dreamy Eyes

To reduce puffiness and for pressure relief and relaxation, a silk eye pillow containing flax seed and either chamomile or lavender (*or both*) works great.

PUMPKIN



Benefits

- Eases arthritis
- Lowers cholesterol
- Preserves sexual function
- Protects your heart
- Protects prostate

Because the molasses needed to make pumpkin pies was not available, Thanksgiving was once postponed in Connecticut during Colonial times. Pumpkin pie is still an important part of the holiday celebration, but if you only eat pumpkin at Thanksgiving, and not at other times, you're missing out on the many health benefits of this colorful fruit.

Pumpkin contains loads of beta-carotene and alpha carotene, which are converted to vitamin A in your body. It's low in calories, high in fiber and a good source of several important minerals, including iron, potassium and magnesium.

The Greek word "pepon," which means "large melon," is where the word "Pumpkin" comes from, even though pumpkins are a member of the gourd family. The biggest pumpkin ever weighted over 1,000 pounds! That would make one really frightening jack-o-lantern. Speaking of jack-o-lanterns, they were based on an Irish folktale about Jack of the Lantern, and the first ones were made from turnips, not pumpkins. People used them to frighten away spirits on Halloween. When the Irish immigrated to America in the 1800's, they found that pumpkins were more plentiful and easier to carve. To light the way for the return of the dead, back into life, the Druid's put a candle inside a pumpkin. "Kin" means family, "pump" referred to the flow or pumping action of "seed" from



which the dead come forth into life. **Sam Hain**, which means "summers end," was the celebration of the "sowers" harvest of his own seed.

The first pumpkin pie was a bit different than the one you may slice up on Thanksgiving. American colonists baked the pumpkin in hot ashes after fillinh a pumpkin with milk, spices and honey.

Protects Prostate

Like men in the Ukraine do, munch a handful of pumpkin seeds every day and you may be able to sidestep prostate problems.

Because they contain zinc and chemicals called cucurbitacins, which interfere with the production of **dihydrotestosterone (DHT)**, a hormone responsible for prostate growth, scientists say the seeds work.

A nonmalignant enlargement of the prostate gland, **benign prostatic hyperplasi (BPH)**, is so common that 90 percent of men who reach 85 will have at least a mild case of BPH).

Researchers found in one recent study that a combination of pumpkin seed extracts and raw palmetto, another herbal remedy for prostate problems, improved BPH symptoms significantly.

Boosts Sexual Drive

Pumpkin seeds by helping to prevent BPH can improve your sex life, and its high zinc content helps ensure that levels of testosterone remain at peak performance.



Eases Arthritis

Try adding a little pumpkin seed oil to your diet if your joints ache. The essential fatty acids in pumpkin seed oil, linoleic acid (*omega-6*) and linolenic acid (*omega-3*), helps arthritis. In a study on arthritic rats they found that pumpkin seed oil reduced signs of arthritis. While no recent studies have been done on the effect of pumpkin seed oil on arthritis in humans, it may be a natural, easy way to get relief. You can purchase pumpkin seed.

Helps Your Heart

Because of its high beta carotene content pumpkin may help protect your heart. One study of almost 5,000 elderly people in the Netherlands found that the people who ate the most foods rich in beta carotene were 45 percent less likely to have a heart attack than those who ate the least amount. Better think again if you are thinking of taking beta carotene supplements. Researchers say supplements may do harm and do not have the same effects.

PUMPKIN SEED

Medi-Sign Target
Removes Parasites

One of the most nutritious and flavorful seeds around, subtly sweet

"Let us permit nature to have her way. She understands her business better than we do."



and nutty with a malleable, chewy texture, are the roasted seeds from inside your Halloween pumpkin. Pumpkin seeds are available year around; however, they are the freshest in the fall when they are in season.

Another name for pumpkin seeds is pepitas. These seeds are flat, dark green. Some are encased in a yellow-white husk but some varieties of pumpkins produce seeds without shells. Pumpkins and pumpkin seeds are members of the gourd or Cucurbitaceae family. Others in this family are the cantaloupe, cucumber and squash.

Pumpkin Seeds Promote Prostate Health

Increasing incidences of prostate enlargement in men from the United States, has catapulted pumpkin seeds into the health spotlight. These seeds contain chemical substances called cucurbitacins that can prevent the body from converting testosterone into a much more potent form of this hormone, dihydrotestosterone. Without dihydrotestosterone, it is difficult for the body to produce more prostate cells, and therefore more difficult for the prostate to keep enlarging. The fact that pumpkin seeds are a good source of zinc makes them doubly well-suited for their role as a prostate protector, since zinc is an isolate mineral used by healthcare

practitioners to help reduce prostate size. Whole food zinc instead of isolated has shown greater results.

Protection for Men's Bones

In addition to maintaining prostate health, bone mineral density is another reason for older men to make zinc-rich foods, such as pumpkin seeds, a regular part of their healthy way of eating. Although osteoporosis is often thought to be a disease for which postmenopausal women are at highest risk, it is also a potential problem for older men. Almost 30 percent of hip fractures occur in men, and one in eight men over age 50 will have an osteoporotic fracture. A study published in the September 2004 issue the American Journal of Clinical Nutrition, of 396 men ranging in age from 45-92 found a clear correlation between low dietary (*whole food*) intake of zinc, low blood levels of the trace mineral, and osteoporosis at the hip and spine.

Inflammation Benefits in Arthritis

With respect to arthritis, the healing properties of pumpkin seeds have also been recently investigated. The addition of pumpkin seeds to the diet in animal studies has shown greater results than the use of the non-steroidal anti-inflammatory drug indomethacin in reducing inflammatory symptoms. More importantly, pumpkin seeds did not have one of the extremely unwanted effects of indomethacin. Unlike the drug, pumpkin seeds do not increase

the level of damaged fats (*lipid peroxides*) in the linings of the joints, a side-effect of the drug that actually contributes to the progression of arthritis. How do drug companies get away with this crap?



Pumpkin seeds also provide a wide range of traditional nutrients in addition to their above-listed unique health benefits. A very good source of the minerals magnesium, manganese and phosphorous, and a good source of iron, copper, protein, monounsaturated fat, and as previously mentioned, zinc as the USDA food ranking system qualified them. Snack on a quarter-cup of pumpkin seeds and you

will receive magnesium, iron, manganese, copper, protein, monounsaturated fat and zinc.

PUMPKIN SEED OIL

Medi-Sign Target
Bone Joints, Muscles & Brain

For several reasons, this is one of the most healthful oils. High-quality pumpkin seed oil contains over 90 percent unsaturated fats and has both omega-six and omega-three essential fatty acids in a three to one ratio. It contains from 45 to 60 percent linoleic acid from zero to fifteen percent linolenic acid.

“The world is mud-luscious and puddle-wonderful.”



Q q

History: The Letter Q

Probably an original form used to mimic the human head where the “Q” shape represented the head and the attached tail represented the neck. There is speculation that the early forms actually depicted a type of “Qu” but it really doesn’t matter because the Greeks eventually discarded their “Q,” called “koppa,” and later the Romans regressed to something they called “koo.” All English words beginning with “Q” have “U” as their second letter forming a distinct sound like you would get from using the letter pair “CW.” Words like “qintar” and “qiviut” don’t have the “U” following the “Q” because they are borrowed from other languages with horribly confusing rules. Mind your “P’s” and “Q’s” and get healthy using “F” and “D” and “R.”

Mystery: The Celtic Name Letter Key

The letter “Q” is an indication of a temperamental person, someone who is subject to sudden, but short-lived, changes of mood. But this letter also reveals someone who is constantly inquiring into the world that lays about him, or her. It shows the eternal curiosity of the lifelong student. As a dominant letter, it hints strongly at someone who becomes knowledgeable and who passes that knowledge on to others. For “Q” also indicates a facility for communication, either in speech or print. It is a good letter in a name-print, showing a person who is interested and interesting.

Q FEVER

Medi-Sign Target
All Fermented Foods & Colonics



Q fever is a species of bacteria that is distributed globally. It is a zoonotic disease caused by *Coxiella burnetii*. Although in the United States Q fever became a notifiable disease in 1999, reporting it is not required in many other countries. Therefore, scientists cannot reliably assess how many cases of Q fever have actually occurred worldwide because the disease is underreported.

Primary reservoirs of *C. burnetii* are in cattle, sheep and goats; domesticated pets also include the animal list. It does not usually cause clinical disease in these animals, although abortion in goats and sheep has been linked to *C. burnetii* infection.

In the infected animals, organisms are excreted in milk, urine and feces. During the birthing process, the organisms are shed in high numbers within the amniotic fluids and the placenta. The organisms are resistant to heat, drying and many common disinfectants enabling the bacteria to survive for long periods in the environment.

Humans become infected by inhalation of the organisms from air that contains airborne barnyard dust contaminated by dried placental material, birth fluids and excreta of infected herd animals. Very few organisms are required to cause the infection in humans who are often very susceptible to the disease.

Signs and Symptoms in Humans

Of all the people infected with *C. burnetii* only about one-half show signs of clinical illness. Most cases of Q fever begin with sudden onset of one or more of the following symptoms: high fevers, up to 104-105° F, lasting one to two weeks; severe headache; general malaise; myalgia, confusion; sore throat; chills; sweats; non-productive cough; nausea; vomiting; diarrhea; abdominal pain and chest pain.

Weight loss can occur and become persistent. Pneumonia is a symptom in thirty to fifty percent of the cases, and the majority of people have abnormal results on liver function tests resulting in hepatitis in some cases. Most people, though, will recover to good health within several months without any treatment.

Chronic Q fever, a much more serious disease, is characterized by infections that persist for more than six months. People who have had acute Q fever may develop the chronic form one to 20 years after initial infection. Endocarditis is a serious complication of chronic Q fever. It generally involves the aortic heart valves and less commonly the mitral valve. Most people who develop chronic Q fever have pre-existing valvular heart disease or

have a history of vascular graft. Others at risk for developing chronic Q fever are transplant recipients, patients with cancer and those with chronic kidney disease.

Depending on the number of organisms that initially infect the patient, the incubation period for Q fever varies. Infection with greater numbers of organisms will result in shorter incubation periods. Within two to three weeks after exposure, most become ill. Those who recover fully from infection appear to possess lifelong immunity against reinfection.

Enema's break fevers.
(See: *Bacterial Infections*)

QUINCE

Medi-Sign Target
Whole Body Life force



Quince by Many Names

Strythion was the name given to ordinary quince by the Greeks. With their skills in cultivating fruits and vegetables, they developed a finer quality in an area called Kydonia on the island of Crete. The new variety was eventually named **Cydoni** or **mela Kudonia** meaning, "apples of Cydonia."

"What you can't get out of, get into wholeheartedly."

Melimelum, meaning “honey apple” in Greek was the name given to quince by the Romans. They often sweetened their quince preservers with honey.

Other names given to the quince include: *coines, coing, Cydonian apple, elephant apple, maja pahit, ma-tum, pineapple quince, quitte and vilvam.*

Folklore and Oddities

The Greek goddess of love, Aphrodite, was known to consider apples sacred. The quinces were dedicated to her and were also considered to be the symbol of fertility. Historians believe the apple favored by Aphrodite were really quince; that the legendary golden apple of Hesperidia that Paris gave to Aphrodite really was a quince.

In ancient Greek wedding tradition, the Athenian friends and family would toss quinces in to the bridal chariot as the groom was escorting the bride to her new home. Once they arrived, the bride ate a ceremonial cake flavored with honey and sesame. A quince was then presented to her to insure her fertility.

One myth says that pregnant women who consume generous amounts of

quinces will give birth to industrious and highly intelligent children.

Medicinal Benefits

Quinces were prepared with meals frequently in Medieval times because they thought quinces aided the digestion. The English called this chardequince meaning “flesh of quince.”

Syrup from the fruit may be used in drinks for looseness of the bowels. The mucus from the seeds is medicinally beneficial. When they are soaked in water they swell up and form a mass. The mucus is also medicinally beneficial containing the same properties as the seeds.

The seeds are dark brown. They are flattened on two sides with the mucus in the middle. This mucus comes from the epidermal cells of the seed coats. The seeds taste bitter like that of a bitter almond.

The seeds have soothing properties. When quince seeds are crushed and soaked in water, they can aid in dysentery, diarrhea and gonorrhea. They can also help thrush and irritable conditions of the mucous membrane. Be careful, though, because it isn't so easily washed away by tears.

QUINOA/ INCA WHEAT

Medi-Sign Target
Brain & Visual System



Benefits

- Ends anemia
- Increases energy
- Prevents cancer
- Protects your heart
- Saves your eyesight
- Strengthens bones

One of the healthiest foods you can find is the super-grain quinoa, pronounced “keen- wah.” Quinoa was a staple of the Inca diet and means “Goose Foot.” It was a symbol of power and protection of the Water Goddess. Quinoa is a tough grain that is tough on disease and great for health.

Quinoa is very durable, growing in high altitudes under terrible conditions in poor soil with little rainfall and cold temperatures. This grain is technically not a grain at all, but a member of the same family as spinach, beets and Swiss chard.

Quinoa differs from other grains because it has more protein, iron and unsaturated fats but fewer carbohydrates. It provides all eight amino acids grouping it as a complete protein, and it is packed with minerals, B vitamins and fiber.



“When you invite trouble, it's usually quick to accept.”

It is gaining popularity probably because of its versatility and interesting texture, which is creamy and crunchy. Quinoa has traditionally been grown in South America and Central America but is now being grown in places like Colorado, New Mexico, California and Canada.

Prevents Cancer

To fight cancer, fiber is one of your best defenses. Quinoa has four grams of fiber per serving both insoluble and soluble. Both of these fibers block colon cancer in different ways. Insoluble fiber will add bulk to the stool diluting the cancer-causing substances it contains. Soluble fiber works with the micro flora in the large intestine to form compounds that protect your colon.

Because of the fiber, quinoa can remove worries of high cholesterol, heart disease and stroke. One study found that women lowered their risk of heart disease by 19 percent by

increasing their fiber consumed a day to an extra ten grams.

Also contained in quinoa is about two grams of unsaturated fat per serving. This helps to lower cholesterol and prevent clogged arteries, high blood pressure, stroke and heart attack.

Quinoa has blood pressure reducing items like potassium and magnesium as well as folate, the B-vitamin that keeps the dangerous substance homocysteine under wraps.

Quinoa provides primary protein without the drawbacks of used protein. Protein is often linked to an increased risk of heart problems, but it may actually slightly lessen your chance for heart disease. This does

not mean, however, that you should eat more animals to get more protein. You do not want all that saturated fat and cholesterol.

Irons Out Anemia

Iron-deficiency anemia is one of the most common chronic diseases affecting at least 18 million people in the United States alone. Anemia can cause headaches, stomach disorders and a loss of sex drive while making you pale, weak and drowsy. It results from not having enough red blood cells



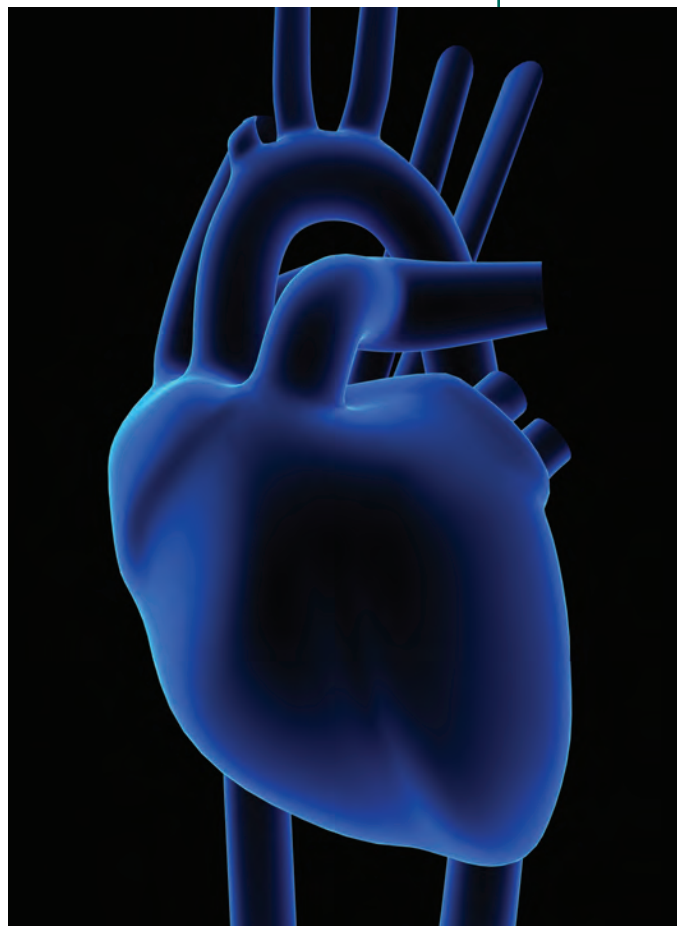
or enough hemoglobin in those red blood cells to carry oxygen from your lungs to your body's tissues. Anemia occurs from a number of reasons including loss of blood or an inability to absorb iron properly. The risk of getting anemia increases when not enough iron is consumed in your diet. Quinoa is loaded with iron. It has four milligrams of iron per serving helping to keep anemia at bay.

Iron deficiency affects even those without anemia. If insignificant levels of iron are being consumed, the stamina level may be lowered causing more energy for simple tasks. Low iron can also trigger restless legs syndrome, which is a strange sensation in the legs that feel they need moved in order to stop the uncomfortable feeling.

Boosts Your Energy

Many people, even those who are not anemic feel sluggish. Those particularly affected are the elderly since they often take medication causing fatigue. By eating quinoa, you can gain a burst of energy due to the protein. Protein is also used for building new tissue and repairing worn-out tissue.

Quinoa is also a source of B vitamins which help to create more



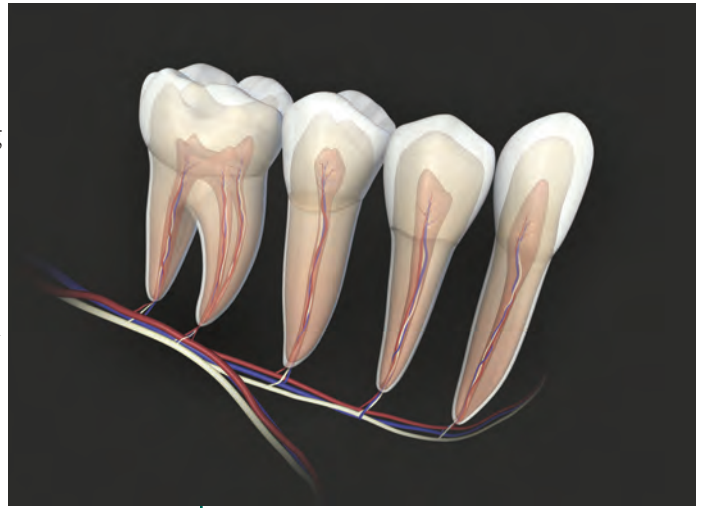
“Don't compromise yourself. You're all you've got.” -Janis Joplin

energy. Without B vitamins you can feel tired and drained. Quinoa contains B1 (*thiamin*), B2 (*riboflavin*), B3 (*niacin*), B6 and folate.

Strengthens Bones, Teeth and Muscles

Quinoa contains many essential minerals that help keep your body working properly including calcium, magnesium, manganese and phosphorus which help with strong bones, teeth and muscles. Zinc,

which helps to sharpen your senses, and copper, which helps form oxygen-carrying hemoglobin, is also contained within quinoa. Eating quinoa is like hitting the mother lode when it comes to precious minerals.



Notes

“Giving up doesn’t always mean you are weak. Sometimes it means that you are strong enough to let go.”

Reincarnation

"What does reincarnation mean?"

A cowpoke ast his friend.
His pal replied, "It happens when
Yer life has reached its end.
They comb yer hair, and warsh yer neck.
And clean yer fingernails,
And lay you in a padded box
Away from life's travails."

"The box and you goes in a hole,
That's been dug in the ground.
Reincarnation starts in when
Yore planted 'neath a mound.
Them clods melt down, just like yer box,
And you who is inside.
And then yore just beginnin' on
Yer transformation ride."

"In a while, the grass'll grow
Upon yer rendered mound.
Till some day on yer moldered grave
A lonely flower is found.
And say a hoss should wander by,
And graze upon this flower,
That once wuz you, but now's become
Yer vegetative bower."



"The posy that the hoss done ate
Up, with his other feed,
Makes bone, and fat and muscle
Essential to the steed.
But some is left that he can't use,
And so it passes through,
And finally plops upon the ground.
This thing, that once wuz you."

"Then say, by chance, I wanders by,
And sees this on the ground.
And I ponders, and I wonders at,
This object that I found.
I thinks of reincarnation,
Of life, and death and such.
I come away concludin': 'Slim,
You ain't changed, all that much.'"

"Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense." -Buddha



~R r~

History: The Letter R

The Phoenician letter "resh" represented a human profile but admittedly doesn't look very humanlike at all. The Greeks, as expected, turned the figure around and later, oddly enough, introduced a curve making it look exactly like the Roman letter "P." The extra stroke was most likely due to carelessness in copying. "R" can abbreviate "a gas constant" in chemistry, "radical" also in chemistry, "radius," "Rand," "ratio," "Reaumur," "resistance," "restricted" in motion pictures, "rook" in chess, "ruble" "rubles," "king" in old Latin "queen" in Latin, "rabbi," "railroad," "railway," "range," "rector," "reactor," "Republican," "respond" in church services, "response," "right," "river," "road," "roentgen," "roentgens," "royal," "rupee," "rupees," "correlation," "coefficient" in statistics, "radium," "rain," "rare," "received" in commerce, "recipe," "residence," "resides," "retired," "rises," "rod" "rods," "rubber," "run," in baseball or cricket and "reading, (w)riting and (a)rithmetic." Forty-five different meanings, the most of any letter. FDR simply means, timely quality nutritional health information, using whole foods. Fine Dining Regularly.

Mystery: The Celtic Name Letter Key

Best of all, "R" reflects sound common sense, a special concern for true life education, and well-balanced adjustment to life. As a dominating letter, this may not suggest a person who will be wealthy or surrounded by possessions, but it hints very strongly at inner richness and contentment. People who have the qualities symbolized by this letter are essential supports to those who are less stable. The appearance of the letter in any name-print should be welcomed as an indication of a solidly founded character and personality. Those who have "R" as a dominating letter will be valued friends and colleagues to those who are not so fortunate.

RABIES

*Medi-Sign Target
Salt in the Wound Followed
by Hydrogen Peroxide*



Rabies is a serious viral disease that affects the central nervous system. Rabies is typically spread by way of the saliva of infected animals. It is often, but not always, through a bite.

The virus spreads from your muscle to your peripheral nerves to your spinal cord and brain once you've become infected. Once the infection is established, initial flu-like signs and symptoms progress to convulsions, hallucinations, paralysis or breathing failure and usually death. After exposure it is important to seek treatment immediately.

In the United States, your risk of exposure to rabies is greater when you come into contact with a wild animal. The **Centers for Disease Control and Prevention (CDC)** report that most rabies cases each year occur in wild animals, including raccoons, skunks and foxes. In the United States, infected bats have transmitted most of the recent rabies cases in humans. Only a small percentage of reported rabies cases occur from domesticated animals such as cats, dogs and cattle.

Signs and Symptoms

After exposure, signs and symptoms of rabies usually appear within one to three months. Once the symptoms appear, rabies is nearly always fatal; death from breathing failure often happens within a week.

Early signs and symptoms of rabies in humans are general and not unique to the disease.

They may include:

- Fever
- Headache
- Malaise

As the disease progresses, signs and symptoms may include:

- Agitation
- Anxiety
- Confusion
- Difficulty swallowing
- Excessive salivation (*hypersalivation*)
- Excitation
- Fear of water (*hydrophobia*) because of the difficulty in swallowing.
- Hallucinations
- Insomnia
- Slight or partial paralysis

The determination of how quickly signs and symptoms appear depend on a bite's severity and the location on your body. For instance, a severe bite to your head may cause problems to appear more quickly than a bite to your leg. Very rarely, the symptoms for rabies will not appear for a year or longer after exposure to the virus.

Causes

As stated earlier, the most frequent cause of rabies is through a bite of a rabid animal. Rarely the saliva

from an infected animal can spread rabies. This can happen when a person is licked by an infected animal in their eyes, nose, mouth or open wound. Another exposure, but one likely to only infect laboratory workers, is inhaling the rabies virus.

A method that does not count as exposure to the rabies document nor does it indicate need for treatment is petting a rabid animal or coming into contact with the blood, urine or feces of a rabid animal.

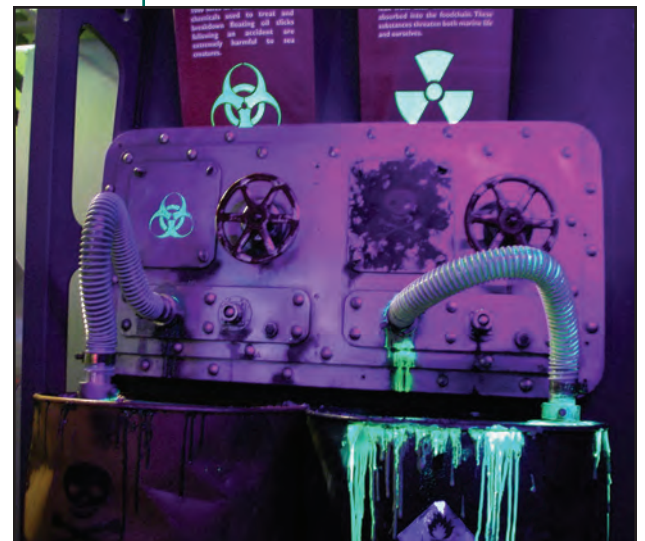
Some people have avoided serious infections by immediately washing the bite site with soap, flooding the site with hydrogen peroxide and bathing it in iodine. They then apply compresses of crushed raw garlic and onion.

This is one instance where the medical community can be of real value. After doing the above procedure, don't hesitate to get assistance.

RADIATION

*Medi-Sign Target
Raw Yellow Foods*

~It Causes Cancer~



"Zoo: An excellent place to study the habits of human beings."

Large amounts of radiation exposure causes radiation sickness. The exposure may be accidental or intentional. It may be spread over time, which is called chronic, or in a single dose, which is called acute.

Since the September 11, 2001, terrorist attacks, concerns about radiation sickness have risen in the United States. Terrorists could cause an intentional source of radiation exposure if they set an explosion at a nuclear power plant, set off a nuclear bomb or detonated a so-called "dirty bomb." A "dirty bomb" uses sources like radioactive waste from a nuclear power plant or sources of radiation from a medical facility as conventional explosives to spread radioactive materials.



There are two major types of radiation. The first is called penetrating (*ionizing*), and the second is called nonpenetrating (*nonionizing*). Penetrating radiation can cause cell damage or cell death by entering your body and depositing radioactive energy into your tissues. Nonpenetrating radiation doesn't pass through your skin. Nonpenetrating radiation burns your skin similar to severe sunburn while penetrating radiation may kill bone marrow cells.

The carcinogen radiation is a cancer-causing agent, and exposure to radiation can increase your risk of cancer. When mothers are affected during pregnancy, mental retardation can occur in the children. Adverse health affects like cataracts can also result from large doses of radiation.

The signs and symptoms of radiation sickness may include:

- Bleeding from your nose, mouth, gums or rectum
- Dehydration
- Diarrhea
- Fainting
- Fatigue
- Hair loss
- Inflammation (*swelling, redness or tenderness*) of tissues
- Loss of appetite
- Low red blood cell count (*anemia*)
- Nausea and vomiting
- Skin burns (radiodermatitis)
- Weakness

Depending on the amount of radiation you receive and the tissue that you were exposed to determines the signs and symptoms of radiation sickness and their severity. Also a factor in the severity of the radiation is the way in which you receive the radiation-by inhaling radioactive material, by ingesting it with food or water, or by being exposed to rays of radioactive particles.

Causes

Sickness occurs from the exposure of large doses of penetrating radiation.

The two types of conditions are chronic or acute:

• **Chronic radiation sickness.** The development of chronic radiation

sickness may take several days or weeks and can be caused by radioactive fallout from a nuclear explosion or an industrial accident. Temporary chronic radiation sickness can also occur from radiation treatments for cancer.

• **Acute radiation sickness.** A person who has acute radiation sickness means that they have been exposed to a large amount of radiation in a short amount of time like an industrial accident or a nuclear bomb. This type of sickness can develop quickly.

How you come in contact with radiation is important since these explain different pathway exposure to different parts of your body.

The three main routes of radiation exposure include:

• **Inhalation.** When you breathe radioactive material, the particles can lodge in your lungs and stay there for an extended time. Radiation exposure continues as long as these particles remain and continue to decay in your lungs. Tissue damage from inhaled radioactivity can eventually lead to a higher risk of cancer or other diseases even though inhaled radioactivity is not likely to result in radiation sickness. Radon gas and radioactively contaminated dust or smoke are the main sources of inhaled radiation.



"Man who sneezes without hanky takes matters into his own hands."

“I have a mind like a steel trap; it is rusty and illegal in 47 states.”

• **Ingestion.** When you swallow radioactive material this pathway releases energy directly to your tissues causing cell damage. The tissue damage from ingested radioactivity eventually can lead to a higher risk of cancer although radioactivity isn't likely to result in radiation sickness. The doses from the sources are usually extremely small and they include contaminated drinking water, fish and meat.

• **Direct (external) exposure.** A radiation source beaming out and striking your body is a direct route of exposure. Examples of direct exposure include radiation treatments for cancer (*could this be why most radiated cancer patients die?*) and radiation from an industrial accident or nuclear explosion.

Types of radiation vary in the ability to damage different kinds of body tissues.

These types include:

• **Alpha particles.** These particles cannot penetrate the outer layer of your skin, but they may be a risk if you have open wounds. They are also the least penetrating form of radiation.

• **Beta particles.** These types of particles can burn your skin and damage your eyes.

• **Gamma rays.** These rays can travel long distances and penetrate through your body. It is also the most penetrating kind of radiation.

The consumption of yellow foods are the best solution to recovery. These include yellow bell peppers and bananas as they attach and remove particles of radiation.

RADICCHIO

Medi-Sign Target
Arteries, Veins &
Capillary Flow



Radicchio (*rod-EEK-ee-o*) is a bittersweet, satiny, red-leafed chicory. It is a favorite of gourmets. Radicchio begins as a green-leafed plant. It then turns deeper green to red when the weather cools having the deep red surround the white ribs. Depending on the region where they are grown determines their name. It is a pure blood food and grown year-round.

RADISHES

Medi-Sign Target
Blood Plaque Cleanser

~Plaque clean-up crew~



Radishes come in different varieties including the globe radish that has a juicy crispness and a turnip-shaped, black radish that has a sharp bite. They are root vegetables. They offer cancer-protecting potential just like their cruciferous vegetable relatives broccoli, cabbage and kale. Radishes were so highly regarded in Greece that gold replicas were made of them. They were first cultivated thousands of years ago in China, then in Egypt and Greece. Many varieties have since been developed of them in different shapes, sizes and colors.

They can be added to cooked dishes such as soups, or pickled, or heated and served as a whole vegetable, although in the United States they are often eaten raw. Their green tops are edible as is the case with many other root vegetables. They also give a peppery taste to salads. They have not been studied to any degree by science, but they are a good source of vitamin C and make a perfect, very low calorie snack food. I would treat them as highly valuable nutrient dense wholesome foods.

Varieties

The most common shapes, which is how growers classify them, are round, oval, oblong and long radishes. The most common colors, which are how markets frequently classify them, are red, white and black.

BLACK RADISHES

These radishes are about eight inches long and look like a turnip in their size and shape. They have a dull black or dark brown skin. Their flesh is white, pungent and drier than other radishes when it is peeled. Available in round and log varieties is “Black Spanish,” the



name for commercially grown black radishes.

CALIFORNIA MAMMOTH WHITES

This variety of radish is oblong and about eight inches long. It is larger than the white icicles. When tasted, it is slightly pungent.

DAIKONS

These radishes get to be up to 18 inches long and are native to Asia. They are very large carrot-shaped radishes. Daikons are also called “Japanese” or “Oriental radishes.” They have a white flesh that is juicy and a bit hotter than red radishes but milder than that of black ones when they are ripe.

RED GLOBE

These radishes range from about one inch to five inches long. This is the type that most Americans are probably the most familiar. They are small round or oval-shaped “button” red radishes with a solid crisp taste.

WHITE ICICLES

This particular variety of radish is up to six inches in length and tapered; they have a white flesh that is milder than that of red radishes.

Availability

The supplies for red and white radishes are year-round; they are

most plentiful during the spring months. Although most states grow radishes, the biggest crops come from California and Florida. The longer shelf life of the black radish, allows it to be at their peak in winter and early spring. Daikons are most flavorful in fall and winter.

Shopping

Most red globe radishes that are sold in the grocery store are one to one and a half inches in diameter, although they can grow four to five inches in diameter. Red radishes are also known to be pithy.

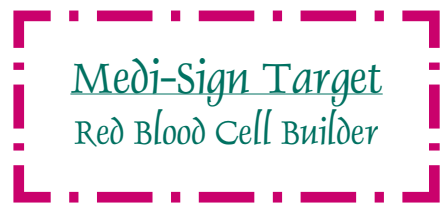
When the leaves on the radishes are intact they are usually tied in bunches; topped radishes are sold in plastic bags. The leaves should be crisp and green if they are attached, and the radishes should be well shaped with good color. The roots should be hard and solid, with a smooth unblemished surface regardless if they are red or white. The bagged radishes should be checked to ensure they are free of mold.

Often sold in Russian or Polish neighborhoods, the black radishes should be solid, heavy and free of cracks. Daikons, should be evenly shaped and firm with a glossy, translucent sheen. They are often found at Asian markets and many supermarkets.

Storing Solutions

If you are planning on making a leaf topped radish crudite platter on the same day that you buy the radishes, leave the tops on. If, however, you are not planning on making one, the radishes will not keep as well with their tops left on. If the leaves are fresh and green, they can be cooked like other greens or used in soups. If they are not already packaged, place the radishes in plastic bags. Both red radishes and daikons will keep for up to two weeks in the refrigerator and black radishes can be stored for months if they remain dry; store them in perforated plastic bags in the refrigerator.

RAPINI/ BROCCOLI RAAB



Like broccoli, rapini is a cruciferous vegetable. Rapini is also known as rabe, broccoli rabe, broccoletti di rape, broccoletto, broccoli di foglia, cime de rape or rape. The Chinese grow a green that is milder but similar known as choy sum, Chinese broccoli or Chinese flowering cabbage.



“War does not determine who is right, war determines who is left.”

Rapini has tiny bunches of broccoli-like blossoms on a long stem amidst lots of large spiky leaves, so it only slightly resembles its cousin broccoli.

Rapini has plenty of vitamin A, vitamin C, vitamin K, potassium and folic acid and is a nutritional powerhouse. The risk of stroke may be prevented by the potassium, folic acid, fiber and the bioflavonoids found in the cruciferous vegetables. Rapini contains iron and calcium. It, like other cruciferous vegetables, contains nutrients, compounds and phytochemicals that have cancer benefits galore.

RASHES

Medi-Sign Target

Lemon Juice, Tea Tree Oil & Witch Hazel



A change of the skin's appearance or texture is how to determine a rash. A rash may affect all of the skin, or it might be located to one part of the body. Rashes may be painful, may cause the skin to change color, itch, become warm, bumpy, dry, cracked or blistered or swell. The treatments for and causes

of rashes vary widely. The diagnosis of a rash may have something to do with the appearance of the rash, other symptoms, what you may have been exposed to, occupation and occurrence in family members. The visible characteristics and other symptoms can often times determine the cause of a rash.

Contact dermatitis, a simple rash with inflammation of the skin, caused by things your skin touches like:

- Chemicals in elastic, latex, and rubber products
- Cosmetics, soaps, and detergents
- Dyes and other chemicals in clothing
- Poison ivy, oak, or sumac

Patches of redness and scaling around the eyebrows, eyelids, mouth, nose, the trunk and behind the ears is called seborrheic dermatitis. On the scalp, it is called dandruff in adults and cradle cap in infants. This is a bothersome but harmless condition aggravated by age, stress, fatigue, weather extremes, oily skin, infrequent shampooing, and rubbing alcohol-based lotions.

Other common causes of a rash include:

- **Eczema (atopic dermatitis)** – allergies and asthma tend to be a trait people with eczema possess. The rash is generally red, itchy and scaly.
- **Psoriasis** – tends to occur as red, scaly, itchy patches over joints, along the scalp and the fingernails may also be affected.
- **Impetigo** – is from bacteria that live in the top layers of the skin and is common in children. It appears

as red sores that turn into blisters, ooze and crust over.

- **Shingles** – a painful, blistered skin condition caused by the same virus as chickenpox. This virus can re-emerge as shingles after having lain dormant in your body for years.

- **Childhood illnesses** – including chicken pox, measles, rosella, rubella, hand-foot-mouth disease and scarlet fever.

- **Medications**, insect bites or stings.

Rashes may be caused by many medical conditions like:

- Kawasaki disease
- Lupus erythematosus
- Rheumatoid arthritis, especially the juvenile type

First Solution

Pure Tea Tree Oil to apply directly to infected area.

Next

Green Tea, Lemon Juice, Rosemary, Olive Oil & Water. Make the green tea as normal, but make it strong. Add 3-Tbsp of Lemon Juice, 1-Tsp ground Rosemary, 1-Tsp Olive Oil to 1-Cup of Green Tea. Let this get cool. (*Not cold, just room temp*) Bathe skin with this (*Recommended 100% Cotton Wash Cloth*).



“It is not MY fault that I never learned to accept responsibility!”

Next Try

Tomato juice. People have found that drinking pure tomato juice, not the cocktail, clears the eczema in a matter of days. If you need to, add some pepper or your favorite spice to give the juice flavor.

Witch Hazel. Native Americans used witch hazel for inflammatory skin conditions. Dab some on the afflicted area several times daily with a cotton ball. Witch hazel will reduce the inflammation and promote healing.

R A S P B E R R Y

Medi-Sign Target

Breasts & Positive Emotions



“For the sound made by humans to simulate flatulence, (Blowing a Mississippian raspberry) see the American term Bronx cheer.”

“No, no, wait Bob, we’re talkin’ food here!”

Another Nutritional Powerhouse

The raspberry or red raspberry, *Rubus idaeus*, is a plant that produces a tart, sweet, red composite fruit in late summer or early autumn

similar to the blackberry but smaller, softer and a different color.

Horticulturalists have selected the pale, yellow, golden raspberry.

The black raspberry, also called a blackcap, is not the same plant as the raspberry. I know this because I am a cultivar (*well, usually*) of *Rubus occidentalis*, a North American species. Several other non-cultivated *Rubus* species are also called raspberries.

Since they are a compendium of smaller seed-containing fruits, raspberries are known as “aggregate fruits,” called drupelets that are arranged around a hollow central cavity. Their shape conveys a delicate, “melt in your mouth” texture. They have a subtly tart overtone and are fragrantly sweet. The most common type of raspberry is *Rubus idaeus* and is red-pink in color. Raspberries also come in a range of colors including black, purple, orange, yellow and white. Loganberries and boysenberries are both hybrids of raspberries.

History

Raspberries’ history can trace back to prehistoric times. There are varieties native to the Western Hemisphere even though they are thought to have originated in eastern Asia. The seeds of these raspberries were likely carried by travelers or animals that came across the Bering Strait from Asia to the Western Hemisphere during ancient times.

The raspberry is thought by science to have spread throughout the world via similar means. It is thought that early hunter-gatherers traveled to far



distances to collect food. They would discard what they considered to be inferior quality foods, including the smaller sized raspberries on their treks back to the village beginning propagation of these plants in other areas. (*Hard to believe they’d throw away raspberries.*)

The first written mention of raspberries was in 1548 in an English book on herbal medicine. Through the either accidental or intentional crossbreeding, new varieties like the loganberry and boysenberry were developed causing raspberries to begin to grow more widely in Europe and North America in the 19th century. Currently, the leading commercial producers of raspberries include Russia, Poland, Yugoslavia, Germany, Chile and the United States.

Health Benefits

Red raspberry often the source of a dietary supplement sold in many health food stores called ellagic acid. This substance, which is found naturally in raspberries, belongs to the family of phytonutrients called tannins. It is viewed as being responsible for a good portion of the nutritional activity of this berry and other berries. Eating berries shows greater results and is preferable to taking the supplements.

“Man who eat prunes get good run for money.”

“If you sprinkle when you tinkle, be a sweetie and wipe the seatie!!”

Because raspberries contain ellagic acid, they help prevent unwanted damage to cell membranes and other structures in the body by neutralizing overly reactive oxygen-containing molecules called free radicals. However, ellagic acid is not the only well-researched phytonutrient component of raspberry. Also well documented is the raspberry’s flavonoid content. The key substances in flavonoid are quercetin, kaempferol and the cyanidin-based molecules called cyanidin-3-glucosylrutinoside and cyanidin-3-rutinoside. These flavonoid molecules belong to the group of substances that give raspberries their rich red color. Raspberries have unique properties thanks to the anthocyanins, as well as some microbial ones. This includes the raspberries ability to prevent overgrowth of certain bacteria and fungi in the body. An example of this is the yeast *Candida albicans*, which is a frequent culprit in vaginal infections and can be a contributing cause in irritable bowel syndrome.

Raspberries have cancer protective properties. Research shows that raspberries have the potential ability to inhibit cancer cell proliferation and tumor formation in various sites including the colon.

Plus Vitamin and Minerals

Raspberries are filled with traditional nutrients, primarily protectors and B vitamin categories in addition to their unique phytonutrient content. Raspberries emerged from our nutrient ranking system as an excellent source of manganese and vitamin C,

which are two critical nutrients that help protect the body’s tissue from oxygen-related damage. They also qualified as a good source of riboflavin, folate, niacin, magnesium, potassium and copper. Raspberries qualified as “*excellent*” in terms of dietary fiber because they are coupled with strong B vitamin and mineral content. This combination of nutrients makes raspberries a great fruit choice for balancing blood sugars.



Protection against Cancer

The August 2004, issue of *Cancer Letters* published research that provides one reason why diets high in fruit help prevent cancer: raspberries, blackberries and muscadine grapes inhibit metalloproteinase enzymes. These enzymes are essential for the development and remodeling of tissues, and if they are produced in abnormally high amounts they play a significant role in cancer development.

Protection against Macular Degeneration

Even though you may have been

told as a child that carrots keep your eyes bright, as an adult it seems that fruit is even more important for keeping your sight. Studies show that by eating three or more servings of fruit per day, you may lower your risk of **age-related macular degeneration (ARMD)**. This is the primary cause of vision loss in older adults by a third as compared to persons who consume less than one and a half servings of fruit daily.

In a study involving both women and men, the consumption of fruits, vegetables, inhibitor vitamins A, C and E, and carotenoids were studied as compared with ARMD. This data was studied for 18 years for women and 12 years for men. There was surprisingly no correlation between antioxidant vitamins and carotenoids to ARM. Fruit, on the other hand, was definitely protective against the severe form of this vision-destroying disease.

Raspberries can help you reach the goal of three servings of fruit a day. Try topping your morning meal or lunch time meal with fresh raspberries. A handful of raspberries and a splash of balsamic vinegar can transform the taste and presentation of any green salad. For a healthy treat, blend frozen raspberries with a spoonful of honey and some nut milk, freeze for 20 minutes, then spoon into serving cups and decorate with a sprig of mint.

Thanks, in part, to their tiny edible seeds, raspberries are a nutritional powerhouse packed with fiber. Fragile and expensive raspberries

have a matchless perfume-like fragrance and incomparable flavor.

Varieties

All cultivated raspberries are similar in flavor and texture. They vary in colors from red, to yellow, apricot, amber and purple, also known as black.

Availability

In the northeastern United States, local varieties are available at farm stands and markets from midsummer to late summer. Most of the berries grown in the United States, however, come from California and are available from June through October. Other imports from places like Chile may be available at other times of the year, although supplies are limited and prices are very high.

Shopping

Raspberries are a bramble fruit like blackberries meaning they both have delicate structures with a hollow core. They need to be handled gently and eaten as soon as possible because once they reach the market, they only have a shelf life of a day or two. Raspberries are often packaged in opaque boxes that may conceal inferior fruit beneath a display of perfect specimens on top so



choose them perfectly. Examine the berries you can see and observe the box for dampness or stain indicating the fruit below may be decaying. If the box is not wrapped, you can remove a few of the top berries and peek beneath. Raspberries should be plump, dry, firm, well shaped and uniformly colored so pass on the berries that are withered or crushed.

Storing Solutions

All berries in general but especially raspberries are the most perishable of fruits. They can turn bad, soft, mushy and moldy, within 24 hours. Discard any smashed or moldy berries while you remove the soft, overripe berries for consumption. Blot the good berries dry with a paper towel. Return the raspberries to the box or spread them on a shallow plate or pan and cover them with paper towels. Then you should plastic wrap them. Raspberries should be used within a day or two of purchase.

Raspberries allow you to enjoy them year-round because of their freezing ability. The supermarkets sell packaged frozen berries, but these may have had sweetener added. Instead, freezing berries is simple. Rinse and drain raspberries using the sink sprayer so a forceful flow of water does not crush them. Spread them in a single layer on a cookie sheet and freeze until they are solidly frozen. Transfer



the frozen berries to a heavy plastic bag. These will normally keep for ten months to a year. This was not as good as fresh, but they are 1,000 times more nutritious than candy and 500 times better than supplements.

RAYNAUD'S DISEASE

*Medi-Sign Target
Chew Crushed Ice &
Eat Hot Peppers*

Raynaud's affects a small percentage of Americans. Women are more likely than men are to have the disorder. People who live in colder climates are more likely to have Raynaud's than people in warmer climates.

"7/5th's of all people do not understand fractions."

“If at first you don’t succeed, cheat, repeat until caught, and then lie!”

For most people, Raynaud’s is more a nuisance than a disability. Your extremities lose heat when your body is exposed to cold temperatures. Your body slows down blood supply to your fingers and toes to preserve your body’s core temperature. Your body specifically reduces blood flow by narrowing the small arteries under the skin of your extremities. This normal response is exaggerated in people with Raynaud’s. Stress causes a similar reaction in the body, and likewise to the cold the body’s response may be exaggerated.

Arteries to your fingers and toes go into what’s called vasospasm in Raynaud’s. This constricts the vessels, temporarily but dramatically limits blood supply. Over time, these same small arteries may also slightly thicken and further limit blood flow. The result is that affected skin turns a pale and dusky color due to the lack of blood flow to the area. Once the spasms subside and blood returns to the area, the tissue may turn red before returning to a normal color.

An attack is most likely provoked by cold temperatures. Exposure to cold can be as simple as putting your hands under a faucet of running cold water, taking something out of the freezer or exposure to cold air. For some people, exposure to cold temperatures isn’t a necessity and emotional stress alone can cause an episode of Raynaud’s.

Primary vs. Secondary Raynaud’s
Primary Raynaud’s. This is Raynaud’s without an underlying disease or associated medical problem that could provoke vasospasm. Primary Raynaud’s is also called, Raynaud’s Disease, and it is the most

common form of the disorder. Primary Raynaud’s typically affects both hands and both feet.

Secondary Raynaud’s. This is Raynaud’s caused by an underlying problem. Secondary Raynaud’s is also called Raynaud’s Phenomenon. It usually affects both of your hands or both feet. Although secondary Raynaud’s is less common than the primary form, it is more complex and serious disorder.



Causes of Secondary Raynaud’s include:

Scleroderma is a rare disease that leads to hardening and scarring of the skin. Raynaud’s phenomenon occurs in about 90 percent of people who have scleroderma. Scleroderma, a type of connective tissue disease, results in Raynaud’s because the disease reduces blood flow to the extremities. It causes tiny blood vessels in the hands and feet to thicken and to constrict too easily, promoting Raynaud’s.

Lupus is an autoimmune disease that can affect many parts of your body including your skin, joints, organs and blood vessels. About one-third of Americans with lupus develop Raynaud’s. (*An autoimmune disease is one in which your immune system attacks healthy tissue.*)

Rheumatoid arthritis is an inflammatory condition causing pain and stiffness in all joints specifically the hands and feet. Raynaud’s may be an initial sign of rheumatoid arthritis.

Sjogren’s syndrome is a rare disorder that often accompanies scleroderma, lupus or rheumatoid arthritis. Raynaud’s phenomenon can also occur in people who have Sjogren’s syndrome. The hallmark of Sjogren’s syndrome is chronic dryness of the eyes and mouth.

Diseases of the arteries. Raynaud’s phenomenon can be associated with various diseases that affect arteries, such as atherosclerosis, which is the gradual buildup of plaques in blood vessels that feed the heart, or coronary arteries.

Buerger’s disease is another disorder where the blood vessels of the hands and feet become inflamed.

The carpal tunnel is a narrow passageway in your wrist that protects a major nerve to your hand. Carpal tunnel syndrome is a condition in which pressure is put on this nerve, producing numbness and pain in the affected hand. The affected hand may become more susceptible to cold temperatures and episodes of Raynaud’s.

Repetitive trauma. Raynaud's can also be caused by repetitive trauma that damages nerves serving blood vessels in the hands and feet. In fact, nerve damage is thought to play a role in many cases of Raynaud's. Some people who type or play the piano for long periods of time or vigorously may be susceptible to Raynaud's.

Workers who operate vibrating tools can develop a type of Raynaud's phenomenon called vibration-induced white finger.

Smoking. Smoking constricts blood vessels and is a potential cause of Raynaud's.

Injuries. Prior injuries to the hands or feet, such as wrist fracture, surgery or frostbite can lead to Raynaud's phenomenon.

Certain medications. Some drugs including beta blockers, which are used to treat high blood pressure; migraine medications that contain ergotamine; estrogen replacement therapy; certain chemotherapy agents; and drugs that cause blood vessels to narrow, such as some over-the-counter cold medications have been linked to Raynaud's.

Chemical exposure. Some workers in the plastics industry who are exposed to vinyl chloride develop an illness similar to scleroderma. Raynaud's can be a part of that illness.

Other causes. Raynaud's has also been linked to an overactive thyroid gland called hyperthyroidism, to a

condition in which blood pressure rises in the blood vessels of the lungs called pulmonary hypertension and, rarely, to certain cancers.



Hot Hand Balm

Any of the hot pepper varieties crushed or juiced, or dried then ground and put into cold pressed soy or coconut oil with a firm consistency creates a healing balm for Raynaud's. Massage the hot pepper lotion into the affected areas and keep doing it for 14 days. Hot peppers are awesome.

RAZOR BURN

*Medi-Sign Target
Fresh Aloe Vera Gel*

When hair is pushed back into the follicle, it is called razor burn. It can become inflamed and then develop into an ingrown hair.

Use these seven suggestions to minimize the risk of razor burn:

1. Each time use a clean, sharp razor.
2. Always shave in the direction of the hair growth.

3. Shave after your shower.

4. Some people prefer a shaving oil, like an olive oil, rather than a cream to help avoid clogging the pores. For other people, a cream works better. Ultimately, though, it is personal experimentation.

5. Avoid passing the razor over the same area numerous times.

6. If razor burn appears, apply fresh aloe-vera juice to soothe the skin and reduce redness.

7. Use ingrown hair treatment, like warm oil on a cloth, to treat or prevent ingrown hairs when shaving and eliminate razor burn.

Ouch!

Cuts and nicks are a part of shaving. They will happen, just probably not every time. When you nick or cut yourself, be sure to grab a clean tissue or cloth and apply direct pressure to stop the bleeding. If you've got a zit or a cut in the middle of the area you're going to shave, it's a good idea to drop the standard razor for a while and use an electric razor or give shaving a break altogether for a few days.



"43% of all statistics are worthless."

RED BEAN/ KIDNEY BEAN

Medi-Sign Target
Kidneys



In the Caribbean region small red beans are particularly popular. They are normally eaten with rice there. Small red beans are dark red in color and are also smoother in taste and texture than the dark red kidney bean.

There are two types of red beans, the big ones and the small ones. Red beans tastes sweet and “neutral” in nature and they are made into sweet paste to be used in pastries. They are good for people with beriberi because they are high in vitamin B. Red bean sweet soup with tangerine peel is used by the Chinese to drive away “swollen ankles.” The elderly who were previously suffering from swelling feet as the result of water retention can eat red beans to prevent symptoms from recurring.

REPETITIVE STRAIN INJURY

Medi-Sign Target
Warm Saltwater Soaks,
then Apply Helichrysum

Repetitive strain injury, repetitive stress injury, or RSI is a common term. RSI is caused by a mixture of bad ergonomics, poor posture, stress and repetitive motion. It is really a blanket name that is used to describe many different types of soft tissue injury including carpal tunnel syndrome and tendonitis.

Should you be worried about RSI?

Do you use a computer for more than a few hours a day? Do you work on a factory production line or play a musical instrument? If the answer is yes, you are certainly at risk from repetitive strain injury. It may not be a life threatening injury, but RSI has the potential to cause crippling disability and pain. Recovery can be a very slow process so early treatment is the key to success.

The symptoms of an injury could be one or more of the following:

- Pain, stiffness, swelling, numbness or tingling in the hands, wrists, elbows, shoulders, back or neck.
- Discomfort which is brought on by carrying out a particular task, and then improves when no longer doing it; i.e. the pain lessens or disappears over weekends or during holidays.
- Discomfort starts in one area, for example the neck or back, and spreads to other parts of the body.



Early warning signs may manifest as sore shoulders or neck pain particularly when traveling home in the car after a day at work. Equally the effects may show up the morning after as aches and stiffness in the limbs and the hands.

If you believe that you may have a problem then you need to do the following:

Stop whatever activities are causing the pain. This is obviously something that is much easier to say than do, as often these activities form a major part of someone’s working life. However, by trying to work through it, the problem will just get worse. RSI is a very treatable ailment in the early stages, but even a short delay in seeking rest and treatment can put back recovery by weeks, months or even years.

Treating RSI

The following is meant as a few pointers to things that can help:

In order to increase the blood circulation in the surrounding tissue, chiropractors will likely begin treatment by mobilizing the cervical and thoracic spine, which is the neck and upper back. In so doing, this releases muscles and helps to free up the nerves that run from the back and down into the arms. The arms are used in stretches to try and increase their range of movement and to relieve the “tension” in the nerves. This tension is physical tension and not psychological tension. Although, when we are under stress we have a tendency to tense up muscles voluntarily. Sometimes massage and work on releasing trigger points helps. Trigger points are small areas of hardened tissue within muscles that produce pain when pressure is put on them. This

“Suburbia – where they cut down trees and name streets after them.”



treatment can have an amazing effect on some people. Stretching is an important component in recovering from RSI.

Postural treatments: Repetitive strain injuries are often caused just as much by poor posture as by over-use. You know what good posture is, make sure you use it!

Relaxation: Stress is often a contributory factor with RSI injuries. Learning relaxation techniques is a good way to unwind. Relaxation can also help to reduce pain. I have to play racquetball to relax; yoga and meditation just don't work for me. Use what works for you.

Exercise: Remaining active is a very important component in the recovery from RSI. Although an amount of rest and recuperation is part of the healing process, long periods of inactivity don't help recovery. Of course, exercise is beneficial regardless of having RSI or not. The habit of doing some form of exercise every day, especially a brisk walk, can bring about substantial benefits.

Stretching: Regular stretching is a major part of RSI prevention and recovery, and is a likely component of any physiotherapy regime. Stretching is certainly the best

method of improving the **range of motion (ROM)** of joints. Most sufferers usually find that their pain decreases when they gain increased flexibility.

If typing is the problem, consider trying voice recognition software:

This is not suitable for every task, but it can work well for producing memos, documents, letters and that type of thing.

Change your keyboard and mouse if you are not happy with your current one. Although new equipment is unlikely to make a huge difference, it might make things more comfortable. Be careful not to substitute one type of pain with another, though. Sometimes people find a new piece of equipment helps in the short term but the problems come back again, usually because they have not made other changes to the way they work. It is very important to remember to not bash the keys with your fingers; only use the minimum force necessary to type.

Don't forget to consider how you do things outside work. Furniture, housework, hobbies, cooking and driving can all have an effect on RSI. Warm salt water soaks with Ascential oils applied afterwards work well. Helichrysum is best.

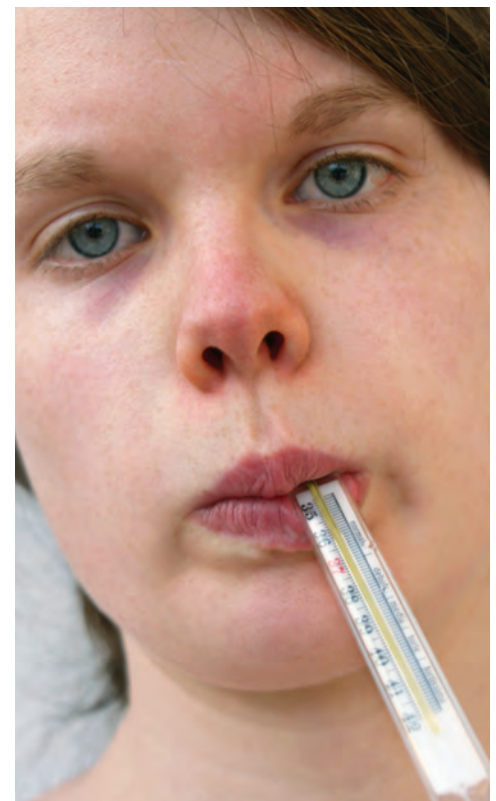
RHEUMATIC FEVER

Medi-Sign Target
All Fermented Foods & Walking

The term "**rheumatic**" refers to synovial joints of the body. "**Rheum**" refers to *viscous fluid*, such as synovial fluid. Hence, "*rheumatic fever*" connotes an illness associated with abnormalities of synovial joints. Synovial is a clear fluid that helps in lubrication of a joint. Any joint in the body which produces fluid is known as a synovial joint.

When a common strain of bacteria known as "*strep*," or streptococcus pyogenes, living in your throat and nose for months without causing any harm becomes active, they produce an infection. They produce sore throat initially, then certain disease conditions including the inflammation and swelling of joints. This is called rheumatic fever.

The Rheumatic Fever begins with chilly fits, increased heat, frequent pulse, thirst, loss of appetite and loss of strength. The symptom peculiar to this disease is an inflammation of the joints, often increasing to violent. Other symptoms



"You can lead a fool to wisdom but you can't make him think."

“Even if at first you do succeed, you still have to work hard to stay there.” -Richard Miller

include swelling, soreness to the touch and sometimes redness of the skin. This disease is very formidable and extremely painful. It generally continues for many weeks. The consequences of this disorder are often painfully felt for many years.

Children in the age group of children five to fifteen years old are easy prey to this disease. Usually within one to five weeks of throat infection, the disease develops. Rheumatic fever is associated with the development of heart valve disease and other heart disorders.



Symptoms of Rheumatic Fever
Rheumatic fever may develop suddenly two to six weeks after a streptococcal infection.

- Abdominal distress
- Confusion
- Cough
- Fatigue
- Fever
- Joint pain and swelling
- Lumps under the skin
- Muscle pain
- Nosebleed
- Rashes
- Speech impairments
- Unusual jerky movements
- Vomiting
- Weakness

Enema's and drinking large amounts of water, one gallon a day minimum, with lemon and salt added help rheumatic fever. Then eat meals of yogurt, nutritional yeast and grits. Also eat lots of fresh fruit, and as painful as it is, walk or swim.

RHEUMATOID ARTHRITIS

Medi-Sign Target
Fasting &
Warm Mud/Clay Soaks



Rheumatoid arthritis is among the most debilitating of all arthritis', causing joints to ache and throb and eventually become deformed. Sometimes these symptoms make even the simplest activities like opening a jar or taking a walk, difficult to manage.

Unlike osteoarthritis, which results from wear and tear on your joints, rheumatoid arthritis is an inflammatory condition. The exact cause is unknown, but it's highly probable that it is caused by acid-toxic plagues. It is also believed that it is the body's immune system attacking the synovium, which are the tissue that line your joints.

Just over two million Americans are affected with rheumatoid arthritis. It generally strikes between the ages of 20 and 50 and it is two to three times more common in women than in men. Rheumatoid arthritis does also affect young children and adults older than age 50.

Signs and Symptoms

The signs and symptoms of rheumatoid arthritis may come and go over time.

They include:

- Pain and swelling in your joints, especially in the smaller joints of your hands and feet.
- Generalized aching or stiffness of the joints and muscles, especially after sleep or after periods of rest.
- Loss of motion of the affected joints.
- Loss of strength in muscles attached to the affected joints.

- Fatigue, which can be severe during a flare-up.
- Low-grade fever.
- Deformity of your joints over time.
- General sense of not feeling well, which is called malaise.

Rheumatoid arthritis usually causes problems in several joints at the same time. When rheumatoid arthritis first begins, joints in your wrists, hands, feet and knees are the ones most often affected. As the disease progresses, your shoulders,



Even if you do have a severe form of rheumatoid arthritis, though, you will probably retain flexibility in many joints.

Causes

Rheumatoid arthritis involves inflammation of the joints as is the case with other forms of arthritis.

Elbows, hips, jaw and neck can become involved. It generally affects both sides of your body at the same time; for example the knuckles of both hands.

Rheumatoid nodules, which are small bumps, may form under your skin at pressure points. These can occur at your elbows, hands, feet and Achilles tendons. They may also occur elsewhere, including the back of your scalp, over your knee or even in your lungs. These nodules can range from pea sized to walnut sized. The lumps normally are not painful.

Rheumatoid arthritis contrasts with osteoarthritis in that osteoarthritis only affects your bones and joints, while rheumatoid arthritis affects tear glands, salivary glands, the linings of your heart, and in rare cases, your blood vessels.

Rheumatoid arthritis is often a chronic disease. It does, however, tend to vary in severity and may even come and go. Periods of increased disease activity, called flare-ups or flares, alternate with periods of relative remission. This is when the swelling, pain, difficulty sleeping and weakness fade or disappear.

The flexibility of your joints may be limited by swelling or deformity.

Lining each of your movable joints is a membrane called the synovium. When you have rheumatoid arthritis, white blood cells, whose normal job is to attack unwanted invaders such as bacteria and viruses, move from your bloodstream into your synovium. There, these blood cells appear to play an important role in causing the synovial membrane to become inflamed (*synovitis*).

This inflammation results in the release of proteins. Over the course of months or years these proteins cause thickening of the synovium. They can also damage cartilage, bone, tendons and ligaments. Gradually, the joints lose their shape and alignment and may eventually be destroyed.

Self Care

Exercise regularly. Different types of exercise achieve different goals. After asking your doctor or physical therapist, begin a regular exercise program for your specific needs.



Walking is a good starter exercise if you're able, if not, try a stationary bicycle or hand and arm exercises. A chair exercise program may be helpful or try an aquatic exercise option. Many health clubs with pools offer such classes.

Every day, it's good to move each joint in its full range. Maintain a slow, steady rhythm as you move but don't jerk or bounce. Also, remember to breathe; holding your breath can temporarily deprive your muscles of oxygen and tire them. It's also important to maintain good posture while you exercise. Avoid exercising tender, injured or severely inflamed joints. Stop if you feel new joint pain. It probably means that you've overdone it if you get new pain that lasts more than two hours after you exercise.

Control your weight. Excess weight puts added stress on joints in your back, hips, knees and feet, which are the places where arthritis pain is commonly felt. Excess weight can also make joint surgery more difficult and risky.

Eat a healthy diet. A healthy diet emphasizing fruit, vegetables and whole grains can help you control your weight and maintain your overall health. This will allow you to better deal with your arthritis.

Apply heat. Heat will help ease your pain, relax tense, painful muscles and increase the regional flow of blood. Taking a hot shower or bath for 15 minutes is one of the easiest and most effective ways to apply heat. Other options include using a hot pack, an electric heat pad set on

“A Wise Man can see more from the bottom of a well than a Fool can see from top of mountain.”

its lowest setting or a radiant heat lamp with a 250-watt reflector heat bulb to warm specific muscles and joints. However, if your skin has poor sensation, or if you have poor circulation, don't use heat treatment.



Apply cold for occasional flare-ups. By applying cold, this may dull the sensation of pain. Cold also has a numbing effect and decreases muscle spasms. If you have poor circulation or numbness, don't use cold treatments. Techniques may include using cold packs, soaking the affected joints in cold water and ice massage.

Practice relaxation techniques. Hypnosis, guided imagery, deep breathing and muscle relaxation can all be used to control pain.

Arthritis pain responds incredibly quickly to water fasting. It may seem extreme, but depending on the severity of your condition, 7 to 14 days, even up to 40 days on water or fresh juice can totally remit nearly all arthritic conditions.

RHUBARB

Medi-Sign Target

Bone Marrow Builder & Stem Cells

Rhubarb is 95% water with crisp sour stalks. It contains potassium,

vitamins, low sodium, vitamin C, dietary fiber and calcium. It tastes great eaten raw.

Wash and remove any blemished areas and cut off the pulpy ends. Cut into 1/2 inch strips or 1/2 inch cubes. To decrease some of the acidity in the rhubarb, pour boiling water over the pieces and let them sit for three to five minutes before draining. A characteristic of the dried product will be brittle.

Rhubarb, Pieplant. Polygonaceae (Buckwheat family) *Rheum rhabarbarum* (and other species).

Rhubarb is a perennial plant, meaning that it grows from year to year. It forms large fleshy rhizomes and large leaves with long, thick and tasty petioles, meaning stalks. Rhubarb stalks are commonly found in supermarkets. Fresh rhubarb is prized by gourmet cooks. Some people think that the best rhubarb is grown in the northern United States like Michigan and also in Ontario, Canada. You can find fresh rhubarb from early winter through early summer.

Rhubarb's unique taste makes it a favorite in pies and desserts. Rhubarb is a very old plant. It originated in Asia over 2,000 years ago. It was initially cultivated for its

medicinal qualities. The culinary purpose was not noticed until the 18th century when it was grown in Britain and the United States. Rhubarb is often mistaken as a fruit, but rhubarb is actually a close relative of garden sorrel making it a member of the vegetable family.

The technical name of the genus *Rheum* is said to be derived from the Rha, according to Lindley's Treasury of Botany. Rha is the ancient name of the Volga, on whose banks the plants grow. There were those who called rhubarb *Rha Ponticum*. The Ra stands for God, while the Ponticum means Lord. Still others called it *Rheum* or *Rhabarbarum*. Others derive the name from the Greek *Rheo*, meaning to flow, in allusion to the purgative properties of the root. One of the most famous pharmacologists of ancient times was the Greek, *Discorides*. He spoke of a root known as "*rha*" or "*rheon*," which came from the Bosphorus meaning the winding strait that separates Europe and Asia.

- Rhubarb is given to the Wu emperor of the Liang dynasty (*reign: 557-579*) to cure his fever. He was warned, though, that rhubarb was a potent drug and must be taken with great moderation.

- Rhubarb was transported to the throne as tributes from the southern parts of China during the Tang dynasty (618-907).

- During the Song dynasty (960-1127) the rhubarb is taken in times of plague.

- During the Yuan



"Every morning is the dawn of a new error."



ria pointing to the “fact” that the foreign barbarians surely would die if they could not obtain tea and rhubarb from China and that the Queen for this reason should stop the wicked British merchants from trading with opium. Victoria seems never to have had the letter translated and read for

dynasty (1115-1234) a Christian sentenced to a hard punishment is pardoned after using previously collected rhubarb to heal some soldiers.

- During the end of the Ming dynasty (1368-1644) a Ming-general tries in vain to commit suicide by eating rhubarb medicine.

- The Guangzong emperor (1620-1621) is miraculously cured from some severe illness he got after having had a joyful time with four “beautiful women.” It was sent to him by a high official and he was cured naturally with rhubarb.

- 1759 the Qianlong emperor of the Qing dynasty (1644-1911) forbids export of tea and rhubarb to the Russians after a border conflict in the north part of China.

- In 1790 the same emperor declares that the Western countries will have to do without rhubarb.

- In 1828 the Daoguang-emperor sends out an edict to the effect that no more tea and rhubarb must now be sold to the “barbarians.”

- The imperial commissioner, Lin Zexu, who was sent to Canton in 1839 to put an end to the opium trade, wrote a letter to Queen Victo-

her and when Lin Zexu later the same year wrote to the British merchants in Canton telling them that a stop to the rhubarb trade would mean the death for the pitiful foreigners, the pitiful foreigners responded with canon boats. Should maybe the Opium War really be called the Rhubarb War?

It is now a well established fact that various types of rhubarb grow in different parts of the world like Altay, Siberia, the Himalayas, Tibet and Mongolia. True rhubarb, though, that is to say the kind which offers such very special active purgative elements, is the Chinese variety called *Rheum palmatum*. It is only to be found growing in Ama-



Surga and Dsun-molun, in the mountainous regions of Kansu province. This well-established fact died, though, in April 2004 when Botanists found it growing all over the U.S. and Canada.

Marco Polo, who knew all about the Chinese rhubarb rhizome, talked about it at length in the tales of his travels in China. So much interest on the part of Marco Polo is accounted for by the fact that in those days Venice was an extremely important trading center. As a result of eastern Arabic influence, Chinese rhubarb was already widely used in European pharmacy, especially in the school of Salerno. The roots of the Chinese type are still used in medicine. A planting of rhubarb is recorded in Italy in 1608 and 20-30 years later in Europe. In 1778 rhubarb is recorded as a food plant in Europe. The earliest known usage of rhubarb as a food appeared as a filling for tarts & pies.

RICE

Medi-Sign Target
Pancreas Blood Builder

Benefits

- Assists diabetes blood sugar
- Helps stop strokes
- Prevents cancer
- Prevents kidney stones
- Protects your heart

Historians know that farmers grew rice in China over 6,000 years ago. When western explorers finally visited the Far East, they brought this interesting little grain back with them. Now you can find rice paddies on every continent except Antarctica.

“Monkeys are superior to men in this: When a monkey looks into a mirror, he sees a monkey.”

“I can see clearly now, the brain is gone...”

Rice actually comes in three basic varieties which are short, long and basmati. Grown mainly in Asia, short grain rice is sticky when cooked. The longer grain is native to India and is the kind most people in the world eat. Basmati, from the northern plains of India, is extra long and more difficult to grow. Do not be confused by wild rice, though, because it's not really rice at all. Instead it is related to oats.



All rice starts off brown. Through the milling, or polishing, process the outer hull and bran along with nearly all the fiber and nutrients, including an important B vitamin, thiamine is removed. If you do not get enough thiamine, you can develop a serious illness called beriberi. This disease can lead to loss of muscle tone, nerve and heart damage and even death in the long run. Most modern countries now enrich polished rice with thiamine. Why take it out, and then try to put it back?

Why not eat rice the way nature intended, which is brown, natural and full of fiber? Increasing dietary fiber is just one more component of a healthy dietary regimen that can help reduce your risk for heart disease, as well as other diseases such as cancer and diabetes.

Blocks Heart Disease

Refined foods are like books with every other page ripped out; you cannot get much out of them. We still insist on processing and refining most of the nutrition out of foods, though. If you're looking for extra protection against serious health problems like heart disease,

add whole, unrefined grains to your diet.

A study of more than 75,000 nurses over ten years showed whole grains, including cereal bran, protect you from heart disease. The nurses who ate foods like whole-wheat bread and brown rice were less likely to develop heart disease than those who ate mostly refined foods like white bread and white rice.

Defends Against Diabetes

Whole grains rich in fiber and magnesium mean added protection espe-



cially for older women against adult-onset, type 2, diabetes. Your body becomes less and less sensitive to insulin and your blood sugar continually rises with diabetes. Even the American Heart Association is recommending more fiber, 25 grams per day, based on research proving high fiber foods can improve your blood sugar control. Make brown rice

part of a three-serving-a-day plan to cut your risk of developing diabetes. However, six helpings of whole-wheat grain foods every day is better.

Sidesteps Strokes

More women die from strokes than men, and many stroke survivors end up with permanent disability. Do not let this happen to you. Eat just a little more than one serving of whole grains every day, and you can reduce your risk of having a stroke by 30 to 40 percent. That translates into about a cup of cooked brown rice, which is easy enough to fit into your lunch or dinner menu.

Blocks Kidney Disease

Kidney stones are hard, rock-like deposits formed from too much calcium in your blood. If you've ever had one, you know how incredibly painful they can be. A painless solution to them is simply adding rice bran to your diet.

Less than two-tablespoons of rice bran with breakfast and dinner protected 60 percent of the people in a Japanese study from new kidney stones. The group, as a whole,



formed fewer stones than before the study.

Doctors think rice bran reduces how much calcium your body absorbs through your intestines. You can buy it at most health food stores and even at some supermarkets, or just eat whole unpolished rice and grains.

Varieties

LONG-GRAIN

Long-grain brown rice stays firm when cooked. It is suitable for most western and Indian recipes, and makes a fine side dish.

MEDIUM-GRAIN

Medium-grain rice, found in Latin and some Asian recipes, is the main ingredient in commercially produced cold rice cereals and cakes. It works well in soups and stews because its grains are plumper than those of long-grain rice.

SHORT-GRAIN

Short-grain, or sticky rice, is most

often found in Asian recipes. This is because it sticks together when cooked, so it's easier to eat with chopsticks.

QUICK-COOKING

Quick-cooking brown rice has been precooked so that it's ready in about ten minutes.

BASMATI RICE

Basmati is grown in India and Pakistan and is the most famous aromatic rice. It has a nut-like fragrance while cooking and a delicate, almost buttery flavor after being cooked. Unlike other types of rice, the grains elongate more than the comparative plumping style rice. Lower in starch than other long-grain types, basmati turns out flaky and separate.

Although it is most commonly used in Indian cooking, basmati can also be substituted for regular rice in any favorite recipe. It is fairly expensive compared to domestic rice.

GLUTINOUS RICE

(SWEET RICE)

Popular in Japan and other Asian countries, this type of short-grain rice is not related to other short-grain rices. Unlike regular table rice, this starchy grain is very sticky and resilient, and turns translucent when cooked. Its cohesive quality makes it suitable for rice dumplings and cakes, such as the Japanese mochi, which is molded into a shape.

JASMINE RICE

Jasmine is grown in Thailand and is a traditional long-grain white rice. It has a soft texture and is similar in flavor to basmati rice. Jasmine rice is also grown in the United States, and is available in both white or brown forms.

TEXMATI RICE

Certain types of rice, some of which were sold only under a trade name, have been developed in the United States to approximate the flavor and texture of basmati rice. Texmati is one of these. It was developed to withstand the hot Texas climate. There is also a brown rice version of texmati rice.

WEHANI RICE

Wehani is an American-grown aromatic rice. It has an unusual rust-colored bran that makes it turn mahogany when cooked.

WILD PECAN

(POPCORN RICE)

Wild Pecan is another basmati hybrid. It is an aromatic rice and is tan in color because not all of the bran has been removed. It has a pecan-like flavor and firm texture.

Availability

Most markets carry packaged brown rice, and many offer several varieties. Health-food stores generally feature several types of brown rice, domestic and imported, in packages and in bulk.



“Why was man created on the last day? So that he can be told, when pride possesses him: God created the gnat before thee.” -The Talmud

R - FOODS & SYMPTOMS

“Man is a strange animal, he doesn't like to read the handwriting on the wall until his back is up against it.”

Shopping

Check for usability dates on the packages because brown rice and rice bran contain natural oils. These natural oils can cause the rice to turn rancid on the shelf. Choose a store that has a high turnover when you buy in bulk.

Storing Solutions

Oil-rich brown rice will turn rancid at room temperature. If stored in a tightly closed container in the refrigerator or freezer, it will stay fresh for up to a year.

To Americans, rice is the most familiar food eaten in grain form. It forms the basis of many meals elsewhere, being the staple food for half the world's peoples, but is commonly served as a side dish in American households. In some languages, the word for eat means “eat rice.” In China, Japan, and Southeast Asia the annual consumption of rice is 200 to 400 pounds; in the United States, it is about 17 pounds. Though rice is grown on every continent except Antarctica, China produces more than 90% of the world's rice crop. The United States is a major exporter of rice because the domestic demand for rice is relatively low. It does, though, accounts for only two percent of the world's rice.

In the late 1600's, rice was first grown in the American colonies. Then by 1726, the grain was being exported from Charleston, South Carolina. Today, the major rice-growing states are Arkansas, Louisiana, Mississippi, Missouri, Texas, and California. In fact, rice was first introduced in

California when it was introduced to feed the thousands of Chinese immigrants at the time of the Gold Rush.

A warm climate with abundant supplies of fresh water is where rice thrives. The type of rice grown in the United States and some other parts of the world is called paddy rice. It is cultivated in fields that are surrounded by levees or dikes, which allow the fields to be flooded with water for most of the growing season. Flooding is used to subdue weed growth. The fields are drained before the rice is harvested by machine, in industrialized countries, and by hand, in less-developed ones. Upland rice is another type of rice that can be grown in wet soil and doesn't require flooding.

Rice is a good source of B vitamins in general. These vitamins include thiamin and niacin, and also iron, phosphorus and magnesium. Although rice is lower in protein than other cereal grains, its protein quality is good because it contains relatively high levels of the amino acid lysine.



As stated earlier this important food source is usually eaten in most parts of the world in its least nourishing form. This means it has been milled and polished to remove the bran and germ, which contain valuable nutrients. In the United States, white rice in the refined form is enriched with two B vitamins, which are thiamin and niacin, and iron. In many countries, where it constitutes the bulk of the diet, enrichment is not a common practice. As a result, beriberi, a potentially fatal thiamin-deficiency disease and other nutrient-deficiency diseases, have been serious problems. Furthermore, in some of these lands, rice is pre-washed and cooked in a large amount of water which is later discarded, thereby increasing the loss of water-soluble B vitamins.



RICKETS

Medi-Sign Target

Lots of Sunshine &
Raw Green Foods

Rickets is a severe and prolonged vitamin D (*sunshine*) deficiency that leads to softening and weakening of the bones in children. Children need this vitamin D to help absorb calcium and phosphate to build strong bones.

In addition to inadequate vitamin D in the diet, other causes of rickets include:

- Hereditary rickets (*X-linked hypophosphatemia*), an inherited form of the disease caused by the inability of the kidneys to retain phosphate.
- Conditions that impair absorption of vitamin D, like celiac disease or short-bowel syndrome.

Signs and symptoms of rickets include:

- Bowed legs
- Impaired growth
- Leg fractures

To correct and prevent this condition, lots of green foods, sunshine and massages are needed.

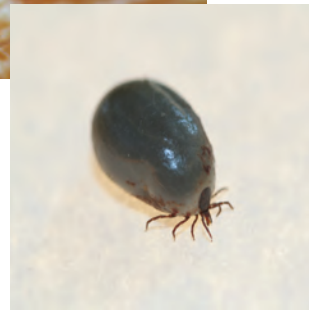
ROCKY MOUNTAIN SPOTTED FEVER

Medi-Sign Target

Salt in the Wound &
Fermented Foods

Rocky Mountain spotted fever (RMSF) is a bacterial infection

that's transmitted to people by tick bites. RMSF often occurs in the summer months between April and early September when the ticks are most active. RMSF is most common in the southeastern states of Virginia, Georgia and the Carolinas. It also does occur, though, along the entire east coast northward to Massachusetts, and also westward into Tennessee, Kentucky, Arkansas and Oklahoma. All parts of the United States aren't equally affected by RMSF, but at least one case of the illness has been reported in almost every state.



The cause of RMSF is the bacteria *Rickettsia rickettsii* infection. It is carried by the **dog tick** (*Dermacentor variabilis*) in the eastern United States and by the **wood tick** (*Dermacentor andersoni*) in the Rocky Mountain States. The **lone star tick** (*Amblyomma americanum*) is also, rarely, a carrier in the West.

Signs and Symptoms

The signs and symptoms of RMSF may follow within one to 14 days of a tick bite. In many cases, though, someone who develops the infection doesn't remember being bitten by a tick.

Symptoms of RMSF usually begin suddenly with a high fever between 103 and 105 degrees Fahrenheit. Accompanying the fever normally

are chills, muscle aches and a severe headache. Further symptoms include red eyes, tender muscles, and abdominal pain, nausea, vomiting, poor appetite and fatigue.

Although the rash that makes RMSF a "spotted" fever normally appears on the third to fifth day, the rash may begin anytime between one to ten days after the fever and headache start. The rash looks like small red spots or blotches that begin on the wrists, ankles, palms and soles and spreads to the arms and legs normally avoiding the face.

The original red spots may change in appearance to look more like bruises or bloody dots or patches under the skin as the RMSF infection progresses.

RMSF rarely causes mild symptoms, and occasionally, the characteristic rash is absent. Usually, though, it causes a moderate to severe illness that can damage many organs, including the heart, liver, kidneys and lungs.

Contagiousness

RMSF is not contagious from person to person.

When you crush a tick with your fingers, you can also transmit the infection. This is due to the tick juices entering your body through a cut or other broken skin on your finger. This is why it's important to never crush a tick with your fingers while removing it.

Prevention

Prevention of RMSF can be obtained by avoiding tick-infested areas. If this option isn't available, follow these simple safety tips: if

"Man - a creature made at the end of the week's work when God was tired." -Mark Twain

“The two hardest things to handle in life are failure and success.”

your child must enter these areas, have him or her wear light-colored clothing that makes ticks more visible for if they get onto your child’s clothing; your child should wear long-sleeved shirts and long pants, and the pant legs should be tucked into your child’s socks; check for ticks on your child’s bodies several times each day and before going to bed; don’t overlook some of their favorite hiding places which are on the scalp, behind the ears, under the arms, on the ankles and in the genital area; use an insect repellent that works against ticks, being careful to follow its label directions. (See *Bacterial Infections*)

ROLLED WHEAT FLAKES

Medi-Sign Target
All Cells



Rolled wheat flakes are not to be confused with ready-to-eat wheat-flake breakfast cereals. These are whole wheat berries that have been flattened between rollers. Rolled wheat flakes resemble rolled oats; however, they are thicker and firmer. You can add rolled wheat flakes to baked goods or cook them as hot cereal.

ROSEMARY

Medi-Sign Target
Brain Neuron Function
(Memory)



Other names: *Wild Rosemary, Marsh Rosemary, Moorwort, Garden Rosemary*

Rosemary belongs to the Labiatae family otherwise known as the mint family. Although the original habitat for rosemary is the area around the Mediterranean Sea and Portugal, it is now cultivated in many countries. Rosemary can grow up to six feet tall and normally grows outward making it look like a bush. The leaves are long and skinny like pine needles. Rosemary flowers bloom briefly in spring on young shoots and are the color violet.

The rosemary that is commercially cultivated and dried comes from Spain, France, Morocco and Tunisia. Essential oils containing tannin and resin are found on the leaves. The origin of this herb’s name is woven into folklore. It is said that the Virgin Mary had draped

her cloak over this bush and placed a white flower atop her cloak. In the morning the flower turned blue and thereafter the plant was called Rose of Mary.

During the middle ages, rosemary was introduced to the Alps and became part of many folk customs. For instance, people burned rosemary and inhaled the smoke to ward off sickness. Also broken sprigs of rosemary were used for baptisms, funerals and marriages.

The taste and smell of the leaves have been described as camphor-like. Rosemary is used in soups, sauces, stews and salads. Rosemary is used to flavor wines, vinegar, oil and butter. Sprigs of rosemary are tossed into barbecue grills to impart flavor to veggie and soy/wheat patties, etc.

Medicinal uses: Rosemary can be used to stimulate circulation and stimulate nerves by placing a few drops of oil or sprigs into the bath made up of warm water. These baths should be taken in the mornings only and should last for ten minutes.

RUBELLA

Medi-Sign Target
Rest & Lots of Raw Fruits

Rubella is sometimes known as German measles even though the word German has nothing to do with the country. Instead, the name likely came from the Latin term *germanus* meaning “similar.” Alas, rubella and measles (*rubeola*) do share some characteristics, but they are caused by different viruses.



trunk and then the arms and legs, before disappearing in the same sequence.

- Aching joints, especially in young women.
- Enlarged, tender lymph nodes at the base of the skull, the back of the neck and behind the ears.
- Headache
- Inflamed, red eyes
- Mild fever
- Stuffy or runny nose

Causes

Rubella's cause is a virus that's passed from person to person. It can spread when an infected person coughs or sneezes or it can spread by direct contact with an infected person's respiratory secretions, like mucus. It can also be transmitted from a pregnant woman to her unborn child. A person with rubella is contagious from one week before the onset of the rash until about one to two weeks after the rash disappears.

To get through rubella, rest, liquids and lots of fruit seems to be the remedy.

Rubella and measles are both contagious viral infections best known by the distinctive red rash that may appear on the skin of those who contract either illness. Rubella normally isn't as infectious or severe as the measles. There is one important exception, though: if a pregnant woman contracts rubella, especially during her first trimester, the virus can cause miscarriage, stillbirth or serious birth defects in the developing fetus. This condition is known as congenital rubella syndrome. These defects can include deafness, growth retardation and heart problems.

Signs and Symptoms

Often the signs and symptoms of rubella are so mild, especially in children, that they're hard to notice. If signs and symptoms do occur, they generally appear between two and three weeks after exposure to the virus.

They typically last about two to three days and may include:

- A fine, pink rash that begins on the face and quickly spreads to the

RUTABAGA

Medi-Sign Target
Heart Blood Purifier

Rutabagas look similar to turnips. They are, however, a separate botanical species that probably evolved from a cross between a turnip and a wild cabbage. Rutabagas are larger and rounder than turnips; hence the root of the name rotabagge meaning "round root" in Swedish. Compared to turnips, they have a firmer flesh, which is usually yellow, and a stronger, sweeter flavor. Like turnips, they are a cruciferous vegetable. They also contain a good amount of fiber, potassium, vitamin C and beta-carotene. Rutabagas are also a sulfur food.

Rutabagas are comparatively new with the first record of them being from the seventeenth century when they were used as both food and animal fodder in southern Europe. In England, they were referred to as "turnip-rooted cabbages," and their popularity in Scandinavia eventually earned them the name of Swedish turnips, or "Swedes," which is a terms that Europeans still use. Americans were growing rutabagas as early as 1806. Warm temperatures (above 75°F) can damage rutabagas, and, as a result, they are planted chiefly in northern states and in Canada.

Rutabagas can become more strongly flavored when cooked as is common with other cruciferous vegetables.



"I sometimes think that God in creating man somewhat overestimated His ability." -Oscar Wilde

“The man who does things makes many mistakes, but he never makes the biggest mistake of all – doing nothing.”

-Benjamin Franklin



The odor from the vegetable is quite mild compared to brussels sprouts or cabbages. You will find that when rutabagas are well prepared, their sweet, somewhat peppery flesh makes them excellent side dishes as well as tasty additions to salads, soups and stews.

Availability

Rutabagas are available all year. The bulk of the crops are harvested in the fall and winter months, and most of the domestic supply is imported from Canada.

Shopping

Rutabagas are considerably larger than turnips. The skin of the rutabaga is tan with a dark purple band at the crown. They have a rather lumpy, irregular shape too. Rutabagas are almost always trimmed of their taproots and tops, and are often coated with a thick layer of clear wax to prevent moisture loss. When choosing your rutabaga, choose one where skin is visible through the wax. It should also be free of major scars and bruises. Watch out for mold on the surface of the wax. Rutabagas

should feel firm and solid; they should never be spongy. For the sweetest flavor, choose smallish rutabagas that are about four inches in diameter.

Storing Solutions

Rutabagas keep well especially when stored in a refrigerator. In the refrigerator they will keep for two weeks or more, while at room temperature they will keep for about a week.

RYE

*Medi-Sign Target
Gall Bladder & Blood Flow*



Rye is a cereal grain, known scientifically as *Secale cereale*. Rye looks like wheat, but it is longer and more slender. The color of rye varies from yellowish brown to grayish green. It is generally available in its whole or cracked grain form or as flour or flakes; the latter looking similar to old-fashioned oats. Rye has a very hardy, deep, nourishing taste.

The key ingredient to pumpernickel and traditional rye bread is rye. Its gluten is less elastic than wheat's, and therefore it holds less gas during the leavening process. Breads made with rye flour are more compact and dense. Unlike refined wheat flour, rye flour usually retains a large quantity of nutrients since it is difficult to separate the germ and bran from the endosperm of rye.

History

Rye is one of the most recently domesticated cereal crops. Rye was cultivated in Germany around 400 B.C., which is unlike some other cereal grains that can be traced back to prehistoric times. Rye is thought to have originated from a wild species that grew as weeds among wheat and barley fields.

Dating back to ancient Greek and Roman times, this grain has not always been a popular choice. In fact, in many countries, rye was relegated to a food for the poor. As standards of living rose in varied civilizations, the consumption of rye declined. This was not true in every civilization, though. In the areas of Scandinavia and Eastern Europe, rye retained a very important position. It should assume a more important role in our diets as more and more people discover rye's nutritional benefits and its unique taste profile.

Presently the majority of the world's rye comes from the Russian Federation, while Poland, China, Canada and Denmark also commercially grow rye.

Health Benefits

Wheat products are the norm in the United States. That means that goods made from rye are rarely given premier shelf space on gro-

cery store shelves; hence out of sight, out of mind. Foods made from whole rye are worth looking for, though, not only for their rich, hearty taste, but for the numerous health benefits they supply.

Rye's Fiber Promotes Weight Loss

Since most Americans do not get enough fiber in their diets, it is especially beneficial that rye is a good source of fiber. Rye fiber is richly endowed with noncellulose polysaccharides, which have exceptionally high water-binding capacity and quickly give a feeling a fullness and satiety. This makes rye bread a real help for anyone trying to lose weight. A cup of cream of rye cereal provides a bucket full of fiber.

Helps Prevent Gallstones

A study published in the July 2004 issue of the American Journal of Gastroenterology shows that eating foods high in insoluble fiber, such as rye, can help women avoid gallstones.

Researchers in the Nurses Health Study studied the overall fiber intake and type of fiber consumed during a 16 year period by nearly 70,000 women. This study found that the women consuming the most soluble and insoluble fiber overall had a 13 percent lower risk of developing gallstones than women consuming few fiber-rich foods.

How do foods rich in insoluble fiber help prevent gallstones? Researchers think insoluble fiber not only speeds intestinal transit time, which is how quickly food moves through the intestines, but also reduces the secretion of bile acids, which is excessive amounts contribute to gallstone formation. This process increases insulin sensitivity and lowers triglycerides, also called



blood fats. Abundant in all whole grains, insoluble fiber is also found in nuts and the edible skin of fruits and vegetables including tomatoes, cucumbers, many squash, apples, berries and pears. In addition, beans provide insoluble as well as soluble fiber.

Diabetes

For people who have diabetes, rye bread may be a better choice than wheat bread. The American Journal of Clinical Nutrition published a study saying that bread made from wheat triggers a greater insulin response than rye bread does.

At the University of Kupio, Finnish researchers compared the effects of eating refined wheat bread with endosperm rye bread, traditional rye bread and high fiber rye bread. The effects they were searching for were of blood sugar control including plasma glucose, insulin,

glucose-dependent insulinotropic polypeptide (GIP), glucagon-like peptide 1 (GLP1), and serum C-peptide in 19 healthy post-menopausal women. *(GIP and GLP1 are incretin hormones secreted within the gastrointestinal tract during meals that boost the effects of insulin; c-peptide is a marker of insulin secretion).*

The blood samples taken were evaluated both before and after the women ate each of the breads. The results were in favor of the rye breads showing that after the women had eaten any of the rye breads, their insulin, GIP and C-peptide responses were significantly lower than after they ate wheat



"A library is thought in cold storage."

“The greatest fine art of the future will be to make a comfortable living from, and while living upon; a small piece of land.” -Abraham Lincoln



bread. Despite their varying levels of fiber, no significant differences were seen in insulin and C-peptide response among the different rye breads.

Researchers concluded that this response could not be indicative of solely fiber, but had to be that the starch granules formed a less porous and mechanically firmer matrix than in wheat bread. This would slow the rate to the starch digesting into sugar because a much greater particle size would be swallowed when rye bread is eaten compared to wheat.

Fiber: Colon Cancer, Diabetes and Cardiovascular Disease

Fiber, like the kind found in rye bread has been shown to be useful for a number of conditions on top of its usefulness in weight reduction. A highly important property of fiber is the way it binds to toxins in the colon only to remove them from the body. When this happens, the binding of the cancer-causing chemicals, fiber helps protect the cells of the

colon from damage. Colon cancer has been shown preventable by this method because fiber binding to bile salts in the intestines removes them from the body. The body then is forced to make more bile salts. The benefit is that the body must break down cholesterol to make bile. So, this is the explanation of why a good intake of fiber can help to lower high cholesterol levels. Due to their high-fiber content, whole rye foods can help with blood sugar control by preventing high blood sugar levels in diabetic people. Also fiber being increased in the diet has been shown to reduce the uncomfortable diarrhea or constipation experienced by people with irritable bowel syndrome.

Lignans Protect against Cancers and Heart Disease

Abundant in whole grains are lignans which are converted by friendly flora in our intestines into mammalian lignan. Included in this is one type called enterolactone that is thought to protect against breast cancer, other hormone-dependent cancers and heart disease. Whole grains contain these and so do nuts,

seeds, berries, vegetables, fruits and beverages like coffee, tea and wine. It's been found that women who eat whole grains have significantly higher blood levels of this protective lignan, and women who ate more cabbage and leafy vegetables also had higher enterolactone levels.

Rye Can Ease Your Ride Through Menopause While Helping Prevent Breast Cancer

Menopause is another instance where rye can be helpful. Rye contains a type of lignan that has phytoestrogenic activity. In the body, phytoestrogens act a little like natural estrogens. Although their effect is much much weaker, they can help normalize estrogenic activity. For some women, the phytoestrogens in rye are just strong enough to help prevent or reduce uncomfortable symptoms that may accompany menopause. One of these symptoms is hot flashes, which are thought to be due to plummeting estrogen levels. On the other hand, too much estrogen makes rye's lignans block out the much more powerful human estrogens. This causes a lowering in estrogenic activity and provides potential protection against breast cancer.





~S s~

History: The Letter S

There is a legend explaining “S” got its hissing sound from its similarity to the shape of a snake. This is nothing more than a legend and anyone who tells you this will probably also tell you that architects are perfectly trained to design corporate identity systems. The real story behind “S” comes from the Phoenician letter “sin” which meant “teeth.” They borrowed the meaning from the earlier Egyptian symbol showing an animal’s tusk. The Phoenician letter looked like our “W” and the Greeks later drew the symbol on it side. The Romans smoothed out the hard angles and voila, “S.” We have several thousand varieties of “S’s” in the form of “seeds” for your teeth to chew on...learn about a lot of them in the FDR’s “S,” section.

Mystery: The Celtic Name Letter Key

The letter “S” is associated with moral goodness and virtue. It contains its own opposite; in other words, it can hint at either very high or very low moral standards. It indicates a sharp awareness of what is right or wrong, both in the name-bearer’s own behavior and in his or her judgments of other people’s behavior. If the name-bearer does anything that is wrong, he or she will expect punishment-even need punishment. Certain types of people whose name-prints are dominated by “S” will be very difficult to live with because of the high moral example and rigid code of behavior they set for themselves and expect to see in others.

SAGE

Medi-Sign Target
Lungs



Sage is the name used to describe the plant of the genus *Salvia*. *Salvia* is derived from the Latin verb *salvare*, which means “to heal, to redeem.” This may be why the wise healers of antiquity were called sages. Because aromatic sages are known to strengthen the lungs, it is often used in teas or tinctures to prevent coughs; usually two to three cups a day for one or two months, repeat annually.

Mint, a less aromatic species of *salvia*, can be used for inflammation or infection. This will produce some relief. As a hot tea, it will produce sweating, while drinking the same tea cold, will stop it. Drinking cold and hot teas will also either enhance or stop milk production as well.

SALMONELLOSIS

Medi-Sign Target
Hot Peppers, Garlic & Onions

The bacteria, salmonella, causes a food borne illness called Salmonellas. Symptoms of Salmonellosis include vomiting, nausea, diarrhea (*may be bloody*), abdominal cramps, fever, and headache.

For more than 100 years, the two most common types of salmonella typhimurium and enteritidis have been causing illness. DT104, a new strain of typhimurium, is resistant to seven different antibiotics that typically would kill any salmonella strain, making options for treatment limited.

Description

The bacteria *Salmonella* can cause an infection of the gastrointestinal system in human beings. The bacteria is most commonly found in soil, kitchen surfaces, water, animal feces, raw meats, poultry, and eggs. Although the disease is usually limited to the intestinal tract, salmonella organisms can spread to other parts of an infected body such as in the blood or bone. Typhoid fever may also be caused by salmonella. Symptoms may include fever, abdominal pain, headache, malaise, lethargy, skin rash, constipation, and delirium.

Salmonella is most commonly spread in one of two ways. First, it may be transmitted to humans by foods contaminated with animal feces. These foods usually do not look or smell any different than uncontaminated foods. Secondly, food may also be contaminated by food handlers who neglect to wash their hands after using the bathroom.

Salmonella can also be found in the feces of regular pets, particularly reptiles. For this reason, a house with small children should not have reptiles as family pets.

Another way of spreading *Salmonella* is through cross contamination. Cooked and ready to eat foods should be kept separated from uncooked foods, especially raw uncooked meat (*animals*). Counter tops, cutting boards, knives, and hands should be thoroughly washed after use.

Incubation

Not everyone who comes in contact or ingests the bacteria will become ill. Many factors will contribute to whether or not a person will become sick. These factors may be general health, immune system, and the age



“There are more than 50 million cases of meat-related foodborne illness every year in the United States, thousands of which lead to death.”

of the person. Children, especially infants, are the most likely candidates to become ill from ingesting the bacteria. Symptoms of Salmonellas usually appear within 48 hours upon contamination of the bacteria, but symptoms usually appear within 24 hours. A person can be infected with as few as 15-20 salmonella germs.

As with mostly everything, some people are considered high risk. These people include those with compromised immune systems, people who take drugs for the treatment of cancer, those with sickle cell disease, or anyone on chronic stomach acid suppression medicine. In these higher risk groups, salmonella may spread beyond the gastrointestinal tract to cause bacteria in the bloodstream, which is called bacteremia. From there, the bacteria can spread to deeper internal tissues of the body such as the bones, causing more severe and painful symptoms.

Duration

One or two days is the typical duration for acute symptoms, possibly longer. However salmonellas will usually be completely resolved on its own in five to seven days.



Contagiousness

Because fecal matter is often the source of Salmonellas contamination, good sanitary habits are needed. A person who has ingested the bacteria can transmit it to anyone through casual contact and personal

hygiene products. Everyone around a person who has been exposed to the bacteria should use proper hand washing habits, particularly after using the toilet and while preparing food.

Garlic, onions, horseradish, peppers, salt and lemon juice have all been known to help.

SALSIFY

*Medi-Sign Target
Increases Sexuality*

Salsify is not the prettiest of root vegetables, but it's very satisfactory. Some say it has a subtle but definite oyster taste, giving the vegetable the nickname oyster plant. Salsify can be either black or white. White salsify is generally a foot-long and two and half inches in diameter. It is normally shaped like a parsnip. Late fall to early spring is when salsify is available.

SALT/SODIUM/CHLORIDE

*Medi-Sign Target
Life Force, Energy & Health*

Salt Intake is Necessary

For all living creatures, especially humans, salt is a vital substance. Salt, along with water regulate the water content of the human body. By working its way into all of the cells it reaches, water itself will regulate the water content of the interior of the cell. The water has to get into the interior because that is where it will cleanse and extract the

toxic waste of cell metabolisms.

Salt may force some water to stay outside of the cells. This way, it will balance the water that stays out. Good health depends on good balance of two oceans of water inside the body. One ocean is held outside of the cells, and one ocean is held inside the cells of the body. Keeping the balance of these oceans is achieved by unrefined salt.

Water is filtered from the outside salty ocean and injected into cells that are being overworked despite their water shortage. This happens when water is available to get inside the cells freely. When a person has severe dehydration, this is why they may develop edemas and retain water.

When we don't drink enough water, we may get edema. This is because our bodies are designed to the extent that the ocean of water outside the cells is expanded to have extra water available for emergencies for injection of vital cells. It also works as a filtration. Next the brain will command an increase in salt and water retention by the kidneys. Then we may get edemas.



"If you chase two rabbits, both will escape."

“Children would be horrified to learn about the cruelty and violence involved in turning chickens, pigs and other animals into nuggets and other ‘foods.’”



When the body is horizontal, such as it is at night, the process of water filtration and its delivery into the cells is more efficient. This is because the water that mostly pools in the legs does not have to overcome the force of gravity to reach the blood circulation.

Emergency hydration may be needed if this process continues for too long. The lungs begin to become logged with water at night and breathing becomes difficult. Sitting upright at night, by using more pillows, is needed. This is from dehydration. One possibility is to overload your body by drinking too much water in the beginning. When you consume water at this time, it must be slow and spread out until urine production begins to increase at the very same rate that you drink the water.

When our urine is clear, we have not only passed the water we drank, but also the salt that was held back. By drinking more water, we can get rid of the edema fluid in the body.

In people who have shown signs of extensive edema, such as rapid and irregular heart beats, the increase in water should be very gradual, but

not withheld from the body. Salt intake should be very limited at this time, for about two or three days. After the edema has cleared, salt intake should be continued.

Salt is vital for regulating the water within the body. However, salt has other important functions as well.

One: In conjunction with water, salt regulates blood pressure. Salt is most effective in stabilizing irregular heartbeats.

Two: Salt is vital to the extraction of excess acidity from the cells in the body, particularly the brain cells.

Three: Salt is vital for balancing the sugar levels in the blood; a needed element in diabetics.

Four: Salt is vital for the generation of hydroelectric energy in cells in the body. It is used for local power generation at the sites of energy need by the cells.

Five: Salt is vital to the nerve cells' communication and information processing all the time that the brain cells work, from the moment of conception to death.

Six: Salt is vital for absorption of food particles through the intestinal tract.

Seven: Salt is vital for the clearance of the lungs of mucus plugs and sticky phlegm, particularly in asthma and cystic fibrosis.

Eight: Salt is vital for clearing up catarrh and congestion of the sinuses.

Nine: Salt is a strong natural histamine inhibitor.

Ten: Salt is essential for the prevention of muscle cramps.

Eleven: Salt is vital to prevent excess saliva production to the point that it flows out of the mouth during sleep. Needing to constantly mop up excess saliva indicates salt shortage.

Twelve: Salt is absolutely vital to making the structure of bones firm. Osteoporosis, in a major way, is a result of salt and water shortage in the body.

Thirteen: Salt is vital for sleep regulation. It is a natural hypnotic.

Fourteen: Salt is a vitally needed element in the treatment of diabetics.



Fifteen: Salt on the tongue will stop persistent dry coughs.

Sixteen: Salt is vital for the prevention of gout and gouty arthritis.

Seventeen: Salt is vital for maintaining sexuality and libido.

Eighteen: Salt is vital for preventing varicose veins and spider veins on the legs and thighs.



Nineteen: Salt is vital to the communication and information processing nerve cells the entire time that the brain cells work – from the moment of conception to death.

Twenty: Salt is vital for reducing a double chin. When the body is short of salt, it means the body really is short of water. The salivary glands sense the salt shortage and are obliged to produce more saliva to lubricate the act of chewing and swallowing and also to supply the stomach with water that it needs for breaking down foods. Circulation to the salivary glands increases and the blood vessels become “leaky” in order to supply the glands with water to manufacture saliva. The “leakiness” spills beyond the area of the glands themselves, causing increased bulk under the skin of the chin, the cheeks and into the neck.

Twenty-one: Sea salt contains about 80 mineral elements that the body needs. Some of these elements are needed in trace amounts. Unrefined sea salt is a better choice of salt than other types of salt on the market. Ordinary table salt that is bought in the super markets has been stripped of its companion elements and contains additive elements such as aluminum silicate to keep it powdery and porous. Aluminum is a very toxic element in our nervous system. It is implicated as one of the

primary causes of Alzheimer’s disease.

Twenty-two: Twenty-seven percent of the body’s salt is in the bones. Osteoporosis results when the body needs more salt and takes it from the body. Bones are twenty-two percent water. Is it not obvious to the eye what happens to the bones when we’re deficient in salt or water or both, but it’s ugly.



TOP ESSENTIALS of LIFE

- One:** Oxygen
- Two:** Water
- Three:** Salt
- Four:** Potassium
- Five:** Exercise

Facts in life...

No one can live without these. Mainstream medicine too often ignores 2 and 3 in favor of selling drugs and procedures to treat the symptoms of dehydration.

Nothing kills life quicker than lack of water.

The people with the worst health drink the least water and use the most deadly diuretic drought causing drugs – processed caffeine and/or hard alcohol.

The salinity of the water outside the cells in our bodies is the same as the ocean.

In the middle ages people were put to a horrible death by salt deprivation.

Health care makes big bucks by selling a quart of water with salt in it (*Saline 4*) for up to \$350.00 installed, (*I.V. bags*) but won’t tell the person they do indeed need more water and salt in their diets.

How can you expect drug companies to do research on the importance of water in our daily lives when they can’t make money on it? Who does research to put themselves out of business?

No two substances in the Bible are mentioned more than water and salt.

The environment of an unborn baby is water and salt.

SAPODILLA



Sapodilla, a fleshy brown fruit, is the size of a tomato and has the flavor of apple, pear, and cinnamon. In order to be eaten, the fruit must be fully ripened and soft. The pulp of the fruit is sweet and soft and has black seeds embedded in it.

The tree not only produces the fruit, but it also produces strong and long-lasting timber. The sap becomes solid when boiled and it provides non-elastic rubber used for making

“Giving up doesn’t always mean you are weak. Sometimes it means that you are strong enough to let go.”

shoe soles. This sap is also used for chewing gum.

It is also used healthfully, as are pears and apples, for cancer, heart, and diabetes.

SARS (SEVERE ACUTE RESPIRATORY SYNDROME)

Medi-Sign Target
Hot Lemon Tea & Rest



“Our five senses are incomplete without the sixth- sense of humor.”

SARS: Mass Media Embarrassment Disease
(another name for the common cold)

Severe Acute Respiratory Syndrome (SARS) is a respiratory illness. It is spread through close contact with any infected person. People at high risk for contracting SARS are those who are living in the same household as an infected person, someone who is providing care to an infected person, or any person having direct contact with respiratory secretions and body fluids of an infected person.

SARS is a disease that remains a mystery. Because SARS is a new disease, it will take scientists time to discover how to diagnose, prevent, and treat SARS.

How SARS is Spread

A previously unknown type of corona-virus is how SARS is thought to be caused. It seems that there are many factors affecting the severity and the symptoms of SARS in different people. Immune system and factors in one’s environment are said to play a part. As with the common cold, corona-viruses cause mild to moderate upper-respiratory symptoms.

How SARS is Treated

Currently, there is not any type of vaccine or cure for SARS. Typically, SARS is treated the same way as the common cold. Supportive treatment, such as oxygen, is given as needed. Around the world scientists are testing various drugs in search for a cure for SARS. SARS and Influenza Vaccinations, A statement from the FDA.

“A flu shot does not offer any protection against SARS. The primary reason to get a flu shot is to protect

yourself against health effects from flu. However, flu shots will help to reduce the number of severe cases of flu coming to emergency departments and may help to reduce the number of false alarms about SARS. By reducing the number of suspicious illnesses that need extensive investigation, flu shots could also help ensure that a true outbreak of SARS would be detected more quickly.” -The F.D.A.

Minimizing Your Risk, A Statement From the Center for Disease Control (C.D.C.):

“The following precautions will help to minimize the risk of SARS, not only for you and your family, but also for others:

- Wash your hands regularly and thoroughly for at least 20 seconds using soap and warm water.
- Call ahead to your health care provider to seek advice if you feel you have the symptoms of SARS.”

SAVORY

Medi-Sign Target
Brain Neuronal Function



Savory herbs are flavoring agents that are used in cooking. They are used to season, enrich, or alter the flavor an odor of foods to make them more pleasing to the taste. Since ancient times, parts of the plants leaves, fragrant seeds, fruits, buds, barks and roots have been used for this purpose. Black pepper, nutmeg, mace, cinnamon, cloves, and allspice are all derived from tropical plants.

Savory herbs are aromatic plants. They possess a very pleasing taste as well as odor. They have long been considered essential in the preparation of foods in homes as well as in public eateries of European and Latin American countries. Many of the savory herbs have been adapted to a wide variation of soil and climatic conditions. Research is now discovering the importance of savory herbs as powerful healing effects, as they did in ancient times.

SCABIES/MITES

Medi-Sign Target
Onion Juice & Honey
Topically

What exactly is scabies?

The microscopic mite *Sarcoptes scabiei* infests the skin of many people. It is found worldwide and affects people of all social classes and races. Under crowded conditions, such as hospitals, institutions, nursing homes, and child care facilities are among the most frequent. This is because there is frequent skin to skin contact in these facilities.

Signs and symptoms of scabies infestation.

- Burrows, pimple like irritations,

or rash of the skin. Especially skin folds on the wrist, elbow, or knee; the penis, the breast, or shoulder blades and the webbing between the fingers.

- Severe itching, usually at night and over the majority of the body.

- Sores on the body created by continuous scratching. These sores can become infected with bacteria.

How did I get scabies?

By prolonged, direct skin-to-skin contact with a person who is already infested with scabies. Contact must be prolonged and can easily be spread to household members and sexual partners. It may also be spread by sharing clothing, bedding, and towels.

Who is at risk for severe infestation?

People that are more at risk are those with weakened immune systems and the elderly. These groups of people are also more at risk for a more severe case of scabies called Norwegian or crusted scabies.

How long will mites live?

When living on a human, an adult

female mite can live up to one month. However, when not on a human, a mite can only survive 48-72 hours.

Did my pet spread scabies to me?

No. Pets are infested with a completely different kind of scabies mite. If your pet is infested with scabies, also called mange, and you have close contact, the mites may cause itching and skin irritation. However, if this happens, the mite will die within a couple of days and will not reproduce. You will be itching for a few days, but you will not have to be treated with special medication. Mites can continue to burrow themselves within you and your pet until your pet is treated.

When will symptoms begin?

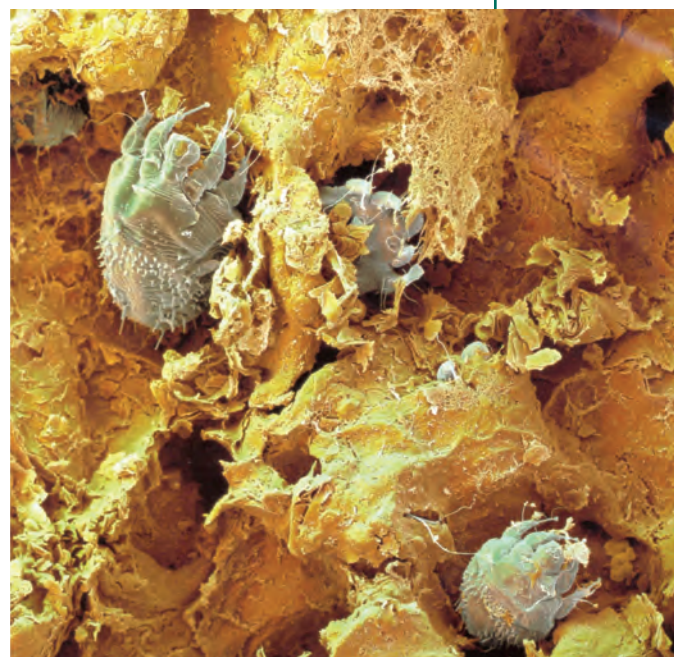
If a person has never been infested with scabies, symptoms may take 4-6 weeks to appear. If a person has had scabies before, symptoms will appear much sooner, probably within several days.

Diagnosis is most commonly made by looking at the skin of an infested person. By looking at the burrows or the rash, you can look for the mites, eggs or fecal matter to confirm presence.

However, because there are only about ten mites over the entire body, it may be difficult to see them.

How can scabies be treated?

There are several types of lotions available to treat scabies. You should always follow the directions on the package to ensure correct usage of the medication.



“We all love animals. Why do we call some ‘pets’ and others ‘dinner?’” -K.D. Lang

“Do something for somebody every day for which you do not get paid.” -Albert Schweitzer

Apply lotion to a clean body from the toes all the way up to the neck. You should leave this on overnight, usually 8 hours, and take a shower or bath to wash off all of the lotion. After washing off the lotion, you should put on clean clothes. All clothing, bedding, and towels should be washed in hot water and dried in a hot drier if used by the infected person for at least two days prior to treatment. A second treatment using the lotion should be applied 7-10 days later. Milder scabies lotions are available for children and women who are pregnant.

Who should be treated for scabies?

Anyone diagnosed with scabies, their sexual partners, and anyone who have close, prolonged contact with the infested person should be treated. If anyone within the same household are to be treated, everyone should receive the treatment at the same time to ensure that there will not be a reinfestation.

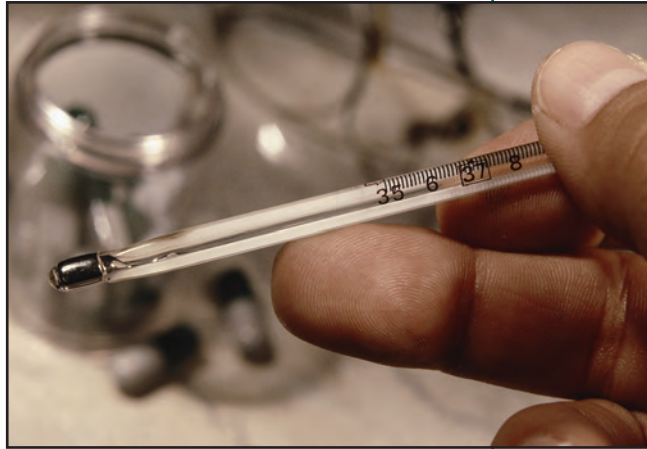
How soon after treatment will I feel better?

Although new burrows or rashes should not appear after 24-48 hours after effective treatment, itching may continue to occur for up to 2-3 weeks. If itching continues, onion juice or honey may help alleviate itching.



SCARLET FEVER

Medi-Sign Target
Sip Hot Lemon Juice with
Tea Tree & Peppermint Oil



What exactly is scarlet fever?

Scarlet fever, as well as strep throat, is caused by a bacteria called A streptococcus. Usually seen in children under 18 years of age, Scarlet fever is a rash that occurs in people who have strep throat.

How can I get scarlet fever?

If you come in contact with a sick person, you may become sick as well. This germ is carried in the mouth and nasal fluids. If a person touches their mouth, nose, or eyes after coming in contact with these fluids, they may become ill as well. Also, by eating or drinking after someone with the illness, you are putting yourself at risk to become sick too. The best way to avoid getting sick is to wash your hands frequently.

Common symptoms of scarlet fever are:

- The rash, which is usually tiny red bumps, usually appear on the chest and abdomen area. The rash may spread throughout the entire body. It feels like a rough piece of

sanpaper and looks like sunburn. Armpits and the groin area are the reddest part of the rash and the rash can last from 2-5 days. After the rash is gone, the skin on the tips of the toes and fingers may begin to peel.

- The face is very flushed and may have a pale area around the lips.
- The throat is very red and sore and can even have white or yellow patches.
- A fever of 101 degrees Fahrenheit accompanied by chills

are common.

- Glands in the neck may be swollen.
- A whitish coating may appear on the surface of the tongue.

Less common symptoms include:

- Nausea and vomiting
 - Headache
 - Body aches
- One drop of cinnamon oil, one drop of peppermint oil, one drop of tea tree oil, one cup fresh lemon juice and two cups warm water is sipped until gone; once in the a.m. and once in the p.m. till remised.

SCARRING

Medi-Sign Target
Fresh Lemon Juice &
Sunshine

A scar is a brown, silvery, or pale pink patch of skin that grows where you once had a cut, sore, or scrape.



A scar is how your skin repairs itself after injury.

Centuries ago, warriors and their friends would tell tales of their bravery by showing off each scar they had and the story of they had received them. Scars show what you have been through in life, and each has a story.

No matter how you got a scar, they all repair themselves in the same way. Collagen, tough, white fibers that act as bridges, are sent to reconnect the broken tissue. As the body is healing the wound, a temporary dry crust is formed called a scab.

A scab is the protector of the wound as the damaged skin is healing underneath. Eventually, a scab will become dried up and fall off on its own. What's left is the repaired skin, and often times a scar.

A person will not always get a scar from every wound. It does not depend on how deep or severe the wound is, but rather the location and the person's genetic tendency to form scars. Therefore, some people tend to get more scars than others.

By treating your skin well during the healing process, you can reduce the risk of having a scar in that area.

How can you do that? Keep out bacteria by keeping the wound covered. Also, avoid picking at the scab because it tears at the collagen and can allow germs and bacteria to get inside.

Vitamin C, found in oranges and other citrus fruits, may help by speeding up the creation of new skin cells and the shedding of old ones. Rubbing vitamin E on the wound after the scab begins forming can aid the healing process as well.

Fresh aloe vera juice or a comfrey poultice will help to accelerate healing.

Fresh lemon juice and sunshine also seem to fade scars.

SCIATICA

**Medi-Sign Target
Bent-Knee Push-ups &
Helichrysum**

Sciatica (*sy-attic-ka*) is a symptom of a compressive neuropathy involving one or several of the lower spinal nerves that make up the sciatic nerve. It is a common ailment named for the sciatic nerve, which is a collection of smaller nerves descending from the spine and joining together to resemble a

cable. The sciatic nerve travels through each buttock into each leg. At some places within the leg, like the posterior thigh, nerves branch off from the main sciatic cable. Because the sciatic nerve branches, the pain may be felt in various muscles of the leg.

The sciatic nerve may be damaged in different ways including falling down. When a person falls, this force could initiate bleeding around the nerve and cause nerve compression and pain. The problem may become severe and cause intense pain if a disc or bone spur protrudes into the spinal nerve that becomes the sciatic nerve.

When there is pain, tingling or numbness in the leg produced by an irritation of the sciatic nerve, sciatica is present. Generally, the pain begins at the front of the thigh traveling to the back of the calf. This pain may also extend upward to the hip and down to the foot. Most commonly, sciatica occurs when a branch of the sciatic nerve is compressed at the base of the spine.

Compressed Neuropathy (Sciatica)
Compressed Neuropathy occurs when nerves in the spine are com-



"I won't eat anything that has intelligent life, but I'll gladly eat a network executive or a politician." -Marty Feldman

“Knowledge is limited. Imagination encircles the whole world” -Albert Einstein

pressed, usually affecting older individuals. When the nerves that exit the spinal canal become trapped, compressed and swollen the symptoms can be extremely painful and debilitating possibly temporarily damaging or permanently destroying nerves.

Nerve compression may result from a slipped, herniated, ruptured or bulging disc or from bone spurs. Pain from compressed neuropathy may be in one or both buttock, legs below the knees and ankles and feet.

Treatment includes chiropractic adjustment and rest.

SCORPION STINGS

Medi-Sign Target
Ice & Clove Oil Topically



North American scorpion stings are rarely serious but usually result in pain, minimal swelling, tenderness, and warmth around the sting.

The bark scorpion, which is found in Arizona and New Mexico, has a much more dangerous sting. The sting may cause numbness or tingling, and is very painful. More serious symptoms, which are more common in children, include abnormal head, eye, and neck movements, increased saliva production, sweating; and restlessness. Breath-

ing trouble, involuntary twitching and jerking may occur.

Most North American scorpion stings require no special treatment. Pain may be reduced by placing an ice cube on the wound or by using the analgesic qualities of clove oil.

SCURVY

Medi-Sign Target
Fresh Fruits

Lack of vitamin C in the diet can cause the disease Scurvy. Citrus fruits, such as oranges, lemons, and grapefruits, along with berries, melons, peppers, dark green leafy veggies, potatoes and tomatoes are all good sources of vitamin C.



Malnourished people are at risk. Because these foods are readily available in the United States, Scurvy is rare.

Symptoms of Scurvy include swollen joints, bleeding gums, weakness, sores on the skin, and hardening of leg muscles. These wounds may also take a longer period to heal.

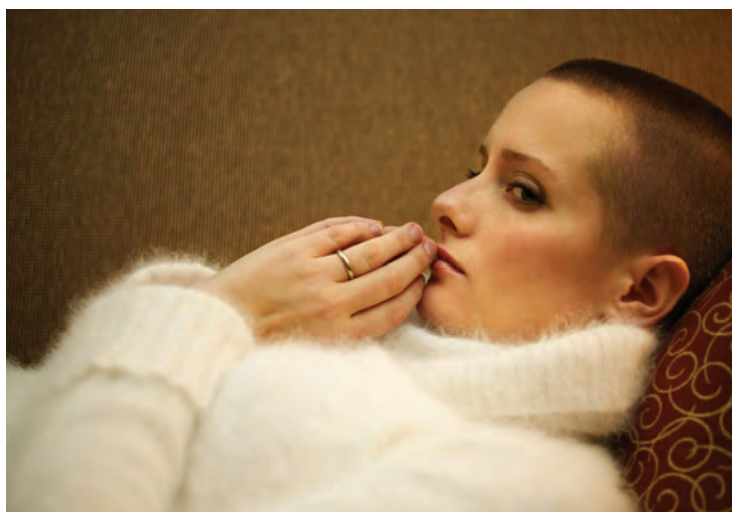
SEASONAL AFFECTIVE DISORDER

Medi-Sign Target
Yellow/Orange Raw Foods
& Sunshine

Symptoms

- Withdrawal from the social scene or others.
- Depression during fall or winter onset.
- Decreased interest in work or otherwise significant activities.
- Increased appetite along with weight gain.
- Cravings of carbohydrates.
- Excessive daytime sleepiness.
- Afternoon slumps with decreased concentration and energy.
- Slow, lethargic movement.

If you seem to be suffering from any of these symptoms, you may have Seasonal Affective Disorder or SAD. Dr. Norman Rosenthal, Director of Seasonal Studies at the National Institute of Mental Health, identified this disorder in 1993. It is said that approximately 17% of people living in upper latitudes suffer from periodic spurts of the winter blues. There are about 8% of people in northern climates that meet full criteria. About 2% of people in the Sun Belt seem to suffer from SAD, and those individuals usually do not go outside. Women are three to four times more likely to suffer from SAD.



What to do if you are suffering from SAD or “the winter blues.”

Light Healing; get outside in the daytime or get some daylight into your home.

Light is said to affect our receptors in the brain that produce serotonin, which affects mood. When a person lacks full spectrum light, rainbow colors and near ultraviolet light of sunlight, depression or low mood may be a possibility. For the many people that live in Northern regions, depression is a possibility due to little exposure to sunlight because of winter weather and less hours of daylight. By going outdoors for at least 30 minutes per day, you can expose yourself to to artificially produced full-spectrum light, which is called light healing. It is suggested to that exposure to full spectrum light is more beneficial in the morning to keep alert during day instead of wakefulness at night. Other options for receiving full spectrum light is by creating your own by using grow lights for plants inserted into a florescent light fixture, or buying a fixture. They run anywhere between \$200.00-\$600.00.

Nutrition:

Making use of complex carbohydrates such as fruits, grains, and potatoes can help to stimulate serotonin levels.

Exercise:

Evidence suggests, along with general belief, that exercise can increase mood and self-esteem. In turn, exercise combined with light exposure can be beneficial for those suffering for the “winter blues.”

SEAPHIRE

Medi-Sign Target

Brain, Memory & Plaque Remover

Seaphire, also known as sea asparagus, is a plant that grows in salt water. It is high in vitamin A, a good source of calcium and iron, and has a crisp, salty flavor, and crunchy texture. It is available year round.

SEASICK

Medi-Sign Target

Whole Grain Breads

What exactly is Seasickness?

Seasickness, a form of motion sickness, is experienced when the signals your brain receives from your sense of balance is different from what your eyes are seeing. It occurs because there is erratic stimulation to the brain from the sensory receptors.

When your body is subjected to accelerations of movement in different directions or under conditions

where visual contact outside the horizon is lost, seasickness occurs. When the fluid in the ear’s semicircular canals moves with the body’s motion, receptors in various parts of the brain are stimulated.

Seasickness is much easier to avoid, because it is preventable, rather than trying to treat it once it has begun. Sending these mixed signals will cause the brain to produce signals such as vomiting, nausea, headache, and dizziness. Seasickness will usually clear up as soon as you reach land.



Ways to Treat:

1. Take along ginger, it known to sooth upset stomachs. The next best thing to use is peppermint. One hour before you depart on your trip, make peppermint tea by pouring boiled water over one tablespoon of peppermint. Keep it covered so the volatile oils do not escape. Let stand for five minutes and then strain to drink. You may also want to take peppermint oil with you.

“Failure is not a single, cataclysmic event. You don’t fail overnight. Instead, failure is a few errors in judgment, repeated every day.”

“Disappointment should be cremated, not embalmed.”

2. Sleep in a cabin towards the middle of the boat or ship.
3. Avoid drinking alcohol, citrus juices, or smoking.
4. Avoid spicy or greasy foods.
5. Avoid strong odors.
6. Avoid overexertion.
7. Avoid tight, cramped spaces.
8. Focus your eyes on the horizon.
9. Take deep, slow breaths.
10. Don't read.
11. Apply cold packs to your eyes, and the back of the neck.
12. If you become dizzy or nauseous, stay on deck and keep your eyes on the horizon.
13. If you become really ill, lie down on your back and keep your eyes closed.
14. Oatmeal, bagels, crusty bread or any food that forms a bolus in the stomach can be helpful.



SEAWEED/KELP

Medi-Sign Target
Builds Blood Quality & Thins Blood



(Brown or Laminaria type seaweed)

In cases of hypo-thyroid, one of the best foods you can eat is seaweed. Laminaria, a type of seaweed also known as kelp, has bacteria and viral activity within its contents. This helps to kill viruses such as the herpes virus, and may also lower blood pressure and cholesterol. Wakame is known to boost immune functioning, and Nori kills bacteria and may help in healing ulcers. Wakame tests twice as powerful as the common drug Heparin, and is a clot-buster. Many types of seaweed also have cancer remissive activities.

Seaweed is an excellent source of vitamin B, vitamin C, Beta Carotene, and natural iodine. Iodine provides a wide spectrum of minerals such as calcium, copper, iron, magnesium, and potassium.

SELENIUM

Medi-Sign Target
Breaks up Plaque & Remisses Cancer

Selenium, a mineral that protects the immune system by preventing the formation of radicals that can damage the body, plays an important role in regulating the effects of thyroid hormone on fat metabolism. Selenium has also been found to help prevent the formation of certain types of tumors.

Good sources of Selenium can be found in grain, brazil nuts, nutritional yeast, brown rice, garlic, onions, wheat germ, and whole grains.

SEPSIS

Medi-Sign Target
Yogurt & Keifers

Sepsis is a very rare, yet serious infection that is typically caused by bacteria. Bacteria can originate in a child's lungs, intestines, urinary tract, or gallbladder which will make toxins that cause the body's immune system to attack the body's very own organs and tissue.

If Sepsis remains untreated, it can lead to serious complications that can affect a child's kidneys, lungs, brain, and hearing. You can however, help your child recover by learning to recognize the symptoms.

Sepsis can affect people of all ages, however, it is more prevalent in young infants because their immune



system is not fully developed, and those people who have compromised immune systems.

Symptoms in an infant might be a rectal temperature of 100.4 degrees Fahrenheit, lethargy, uninterested in eating or seems to be having difficulty breathing. Symptoms for an older child may include an oral temperature at or above 99.5 degrees Fahrenheit, lethargy, irritable, vomiting and may complain that his or her heart feels like it's racing. A child who has Sepsis may have had an infection such as Cellulitis, which seems to be getting worse as time goes by.

The most common culprits of Sepsis in newborns and infants younger than three months are usually bacteria such as E. Coli, Listeria Monocytogenes, Neisseria Meningitidis, Streptococcus Pneumoniae, Haemophilus Influenzae type B, Salmonella, and Group B streptococcus.

Because premature babies receiving neonatal intensive care undergo invasive procedures involving intravenous lines, multiple catheters, and need a tube attached to a ventilator to breath, they are usually more susceptible to Sepsis. Bacteria that usually lives on the skins surface is

able to find a pathway into the infants body through incisions from catheters or other tubes, in turn, causing an infection

Another common way bacteria can enter the baby's body is from the mother during pregnancy, labor, or delivery.

Some pregnancy complications that can increase the risk of sepsis for a newborn include:

- Bleeding
- Maternal fever
- An infection in the uterus or placenta
 - Premature rupture of the amniotic sac, before 37 weeks of gestation.
 - Rupture of the amniotic sac very early in labor, 18 hours or more before delivery
- A long, difficult delivery

Some bacteria, GBS in particular, can be acquired by the newborn during delivery. One out of every five pregnant women carries the bacterium for Group B streptococcus in her vagina or rectum, where it can be passed from mother to child during delivery.

Drinking lots of liquids is vital. Drink fresh juices, water, lemon water, salt water, and enemas to

alleviate any fever that arises instantly.

SERINE

Medi-Sign Target
Nerves & Nerve Fibers

(Non-Essential Amino Acid)

Serine, a non-essential amino acid, is a storage source of glucose by the liver and muscles. It helps to strengthen the immune system by providing support and synthesizes fatty acid sheath around nerve fibers in the body.

SESAME SEED

Medi-Sign Target
Pineal & Imagination Force

Sesame seed, which is available throughout the year, provide a nutty taste and delicate crunch to many Asian dishes. It is the main ingredient Tahini as well as the Middle Eastern sweet called Halvah.

Dating back to 100 B.C, Sesame seeds may be the oldest condiment known to man. The scientific name for the Sesame seed is Sesamun



"I've found without question that the best way to lead others to a more plant-based diet is by example to lead with your fork, not your mouth."

“Killing other animals is an act of exploitation and violence, and we do it only because we have the power to.”



Indicum, and is highly valued for the oil which is resistant to rancidity. “Open Sesame” is a famous phrase from Arabian Nights which is reflecting the feature of the pod when it reached maturity level.

Health Benefits of Sesame Seeds

Sesame seeds are a good source of manganese, copper, calcium, magnesium, iron, phosphorous, vitamin B1, zinc and dietary fiber. Along with these important nutrients, sesame seeds contain Sesamin and Sesamolin, two important and unique substances. Both of these substances belong to a group of special beneficial fibers called lignans. Lignans have shown to reduce cholesterol in humans as well as preventing high blood pressure. Sesamin has also been proven to protect the liver from oxidative damage.

History of Sesame Seeds

Sesame seeds have been known to grow in tropical regions since pre-historic times. However, traditional myths have said that according to the Assyrian legend, when the gods

met to create the world, they were drinking wine made from sesame seeds.

Sesame seeds were thought to have originated in India because they have been mentioned in early Hindu legends. Tales are told in which immortality is represented by sesame seeds. Starting with India, sesame seeds have traveled throughout the Middle East, Africa and Asia.

Sesame seeds were not only one of the earliest condiments, but also the first crop processed for oil.

On an ancient Egyptian tomb, a painting depicts a baker adding seeds to bread dough, suggesting the addition of seeds to baked goods in ancient times.

The largest commercial producers of sesame seeds include China, Mexico, and India. The United States received sesame seeds from after dating back too the 17th century.

When purchasing sesame seeds, in bulk or in a packaged container, make sure that they smell fresh and do not have any moisture. Because they have high oil content, they may become rancid.

Hulled sesame seeds are prone to rancidity; therefore they should be stored in a refrigerator or freezer. Unhulled seeds on the other hand can be stored in an airtight container located in a cool, dry dark place. You can always add seeds to any baking batter when you are cooking.

Gomasio, a traditional macrobiotic seasoning, can be used to enliven

your food. It is available for purchase, or you can make your own by mixing together one part dry roasted sea salt with twelve parts dry roasted sesame seeds.

SESAME SEED OIL

*Medi-Sign Target
Blood Brain Flow*



Sesame seed oil is a natural bacteria for common skin pathogens, such as staphylococcus and streptococcus. It is also a common skin fungi, such as athlete’s foot fungus. It is naturally viral and is a natural relief for inflammation agent.

It has been known to be used as healing oil in India, and has also been used in experiments. One study showed it was useful in unblocking arteries as well as been shown, in Holland by Ayurvedic physicians, in the treatment of sev-

eral chronic disease processes, including hepatitis, diabetes and migraines.

Sesame seed oil is considered a cell growth regulator and may possibly slow down cell growth and replication.

Some cells are nourished by fat instead of sugar in both the small intestine and the colon. By having sesame seed oil in the system, it can provide those cells with essential nourishment.

Sesame seed oil has cured chronic sinusitis by using it as nose drops and sniffed back into the sinuses. It may also kill strep throat as well as other cold bacteria's by gargling with it. Sesame seed oil has also been known to be used in the hair of children with lice, and helps with sufferers of dry skin ailments. It is also a successful UV protector.

It will calm burns after exposure to wind or the sun. It nourishes the scalp to control dandruff and the bacteria that may cause it. It is also helpful for protecting the skin from chlorine in swimming pools as well as using before and after radiation treatments. This is because it helps to neutralize the flood of oxygen radicals which is caused by the treatment.

Oil soluble toxins are attracted to



sesame seed oil molecules which are on the skin. They can be washed away with mild soap and hot water. Internally, the oil molecules attract oil soluble toxins and can be carried into the blood stream and then as waste, be removed from the body.

Oil controls vaginal yeast infections by using it as a douche mixed with warm water.

Sesame seed oil enters through the body through the blood stream through the capillaries and circulates. The oil is absorbed quickly

and penetrates through tissue to the bone marrow. The liver accepts these oils as friendly and will not sweep them out of the body.

Sesame seed oil keeps the skin soft, helps keep joints flexible, and helps in healing mild scrapes and abrasions. It will also help keep the skin on the face tight, especially around the nose.

Although it is thought that all oils are bad for skin, sesame seed oil is the one that may just help teen boys and girls. It helps neutralize poisons, which develop in the pores or on the surface. With this oil, nothing else is needed to display good, natural looking skin.

When used on baby skin, especially the area that is covered by a diaper, sesame seed oil will help protect the skin from rash. This will help around the nose and ears as well.

When children are in the presence of other children who may have the sniffles and colds, sesame seed oil will help protect against air borne viruses and bacteria by swabbing a dab in the nose.

Natural energy of your joints can be enhanced by using sesame seed oil as a massaging agent. Use circular motions over the joints to retrieve the natural energy of them.

"When a man is willing and eager, the gods join in." -Aeschylus

SHIGELLOSIS

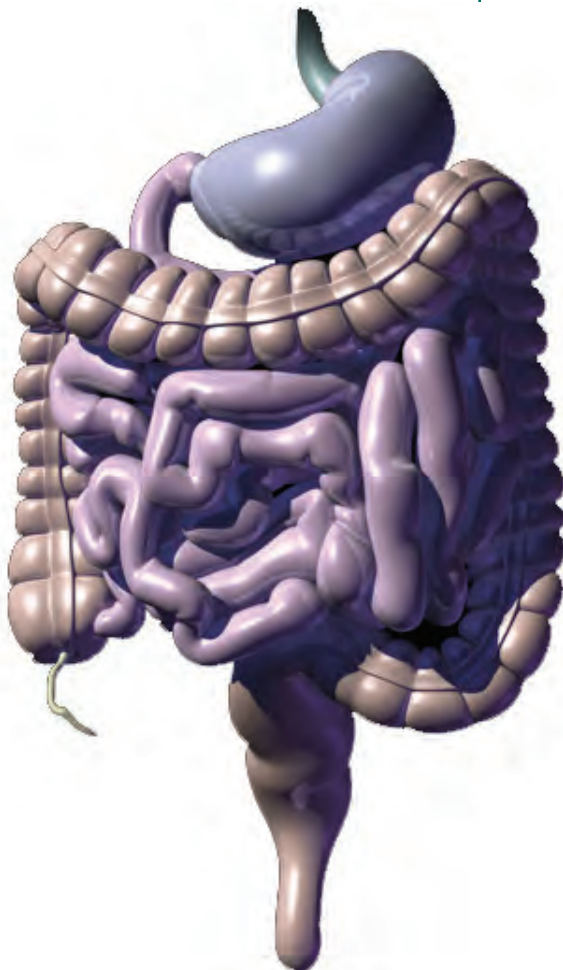
Medi-Sign Target

Garlic, Onions &
Fermented Foods

What is Shigellosis?

Shigellosis, a bacteria affecting the intestinal tract, is a fairly common disease. Roughly 600-800 cases are diagnosed each year in the state of New York. Most cases are noticed in the early fall or summer, and are typically single cases or outbreaks.

Shigellosis is a bacterial infection affecting the intestinal tract. It is a fairly common disease; 600-800 cases occur in New York State each year. Most cases are seen in the summer and early fall and occur as single cases or outbreaks. Onion and garlic meals will help with this.



Who gets shigellosis?

Although it is seen in children more than anyone else, any person can get it. People that are at greater risk would be those are active homosexuals who are not hygienic daily, institutionalized people, foreign travelers, and children in daycare centers.

How is the shigella germ spread to others?

It may be spread by being in direct contact with an infected person or by eating or drinking contaminated products after an infected person.

What are the symptoms of shigellosis?

Some people may not show any symptoms, while others may have mild or severe diarrhea, often with fever and traces of blood or mucous in the stool.

How soon do symptoms of Shigellosis appear?

As early as one day after exposure and as late as seven days after exposure.

When and for how long is a person able to spread shigellosis?

Shigella is passed in their feces from one to two weeks.

Should infected people be isolated from others?

People with active diarrhea should be isolated because the germ is passed through the feces of an infected person. When the diarrhea ceases, the infected person should be able to return to school or work as usual. Children in day care, food handlers, and health care workers must seek the



approval of the local health department prior to returning to work.

How is it treated?

Some people may require fluids to prevent dehydration, but most people recover on their own.

What can be done to prevent the spread of this?

Careful hand washing after using the toilet is the most important precaution to take because the germs are passed through feces.



SHINGLES

Medi-Sign Target

Fasting, Saltwater Soaks &
Coconut Oil

Shingles, a rash that usually occurs on one side of your body, appears as a band of blisters that wraps from the middle of your back to one side

“Deal with the faults of others as gently as your own.”

of your chest up to the breastbone. It is following the path of the nerve where the virus has been sitting. Cingulum, a latin word meaning belt or girdle, is where most believe the name shingles came from.

It is possible however, for the rash to occur around one eye or on your neck. The blisters caused by shingles may resemble chickenpox, and will be more painful and less itching when you get shingles. Although shingles is very painful, it will probably heal entirely within about one month.

Varicella-zoster virus, the same virus that causes chickenpox, is the cause of shingles. It is considered the second eruption of chicken pox. It is also part of the group that causes the herpes virus, which causes cold sores and genital herpes. Many of these viruses have the ability to lie hidden in your nervous system after an initial infection and remain at a standstill for many years before causing or seeing another infection.

If you have ever had chickenpox, you can develop shingles. If during the initial infection of chickenpox your immune system does not destroy the entire virus, you may end up with shingles. Because the virus may lie hidden in nerve cells that are close to the spinal cord for many years before emerging to nerve pathways, you may not get shingles for many years after chickenpox. No one is certain on why the repeat happens, it seems to be linked to factors such as age and immune systems.

Although people may develop shingles more than once, it is unlikely. About 20 percent of people that have had chickenpox will develop shingles at some point. It is most

often those with weakened immune systems as well as adults 50 and older.

For people who have shingles, they may experience symptoms such as:

- A feeling of pain, burning, tingling, itching, numbness or extreme sensitivity in a limited area of your body.

- A red rash with fluid-filled blisters that begins a few days after the pain and lasts two to three weeks before scabbing over and healing.

- Fever
- Headache



- Chills
- General feeling of unease and discomfort also called malaise.

Although shingles is not contagious, the virus can still cause chickenpox for those people who have not had them.

Therefore if you have blisters due to shingles, avoid contact with:

- Anyone who's never had chickenpox.
- Anyone with a weakened immune system.

- Newborns

- Pregnant women, because the infection is dangerous to a growing fetus.

Immediate treatment of shingles is crucial since it can reduce the severity of the disease as well as reduce the risk of developing post-herpetic neuralgia.

If you develop shingles make sure you wash the blisters regularly to prevent a bacterial infection.

Also try these self care soothing strategies:

- Apply cool, wet compresses of water to relieve pain and dry out blisters.

- Soak in a tub of lukewarm water or rub on calamine lotion or coconut oil to relieve itching and discomfort.

- Get plenty of rest.

Detoxification is one way to cure shingles.

This is because the primary cause of the disease is extra uneliminated wastes. Sometimes the body's natural cleansing system can no longer continue to be up to the task. Con-



“The memories of men are too frail a thread to hang history from.”

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.” -Buddha



ditions that may occur include headache, fatigue, congestion, backaches, aching or swollen joints, digestive problems, allergy symptoms, and sensitivity to chemicals, perfumes, and synthetics. Also included are constipation, hemorrhoids, mood changes, ulcers, psoriasis, and acne. One benefit to detoxification therapies is that it allows your body to take a vacation. In other words, by cleansing the body, it will reduce the stress on the immune system and promote healing. This will especially help with increasing vitality, reduced blood pressure and blood fats, and improved assimilation of vitamins and minerals.

In order for good health to exist, detoxification is essential. If our body did not eliminate nasty toxins, we would not be able to survive. When dealing with an environment with more toxins today than ever, our liver is extremely stressed. A

delay may occur when processing other toxins because of the stress on the liver. Detoxification is a change in lifestyle as the way we live determines our health.

Juice-Fasting

When an animal gets sick, he stops eating. This is a powerful thing that humans hardly ever use. We should do just that, stop eating. Food takes a lot of energy to digest, energy we might not have.

The muscles and tissues fill with blood within on digestive system. When you stop eating, the digestive system can take a break. All the blood and energy can reroute itself to help heal you.

Because some research suggests that excessive emotional stress and/or severe fatigue can increase your risk of developing shingles, the following lifestyle changes may help improve your health:

- Learn what things in your life bring about stress.
- Try to modify stressful factors in your life.
- Learn relaxation techniques to help you cope with unavoidable stress. Exercise, such as walking is best.
- Get eight hours of sleep each night.

- Once your blisters scab over, you're no longer contagious.

- **RELAX:** Stress reduces the immune system's ability to kick out infections such as shingles, so it is important learn to relax and avoid (*as much as possible*) stressful situations.

- **DON'T SCRATCH:** Gently clean the blisters while bathing, but otherwise avoid touching or scratching them.

Wear Light Clothing: Wear clothing that won't rub against the infected skin or use an "artificial skin" spray to minimize pain caused by friction.

Watch Your Diet: Include foods like yogurt, nutritional yeast, brown rice, garlic, raw fruits and vegetables, and whole grains in the diet.

Other ways to make the body healthy and to keep it that way is by the way you eat.





Juices

- Freshly processed vegetable juice
- Green tea

Proteins

- **Seeds; raw only:** sunflower, pumpkin, sesame and flax.
- **Nuts; raw only:** cashews, Brazil nuts, almonds and pecans.

AVOID:

- Sugar
- Aspartame
- Sucralose
- Trans fatty acids, all fried foods and margarine
- MSG
- All artificial preservatives and chemicals, if possible

Eat More Vegetables:

- Kale, Swiss chard, collards, spinach

- Dandelion greens, green and red cabbage, broccoli

- Red and green leaf lettuce, romaine lettuce, endive

- Chinese cabbage, bok choy, fennel, celery, cucumbers

- Cauliflower, zucchini, Brussels sprouts



*GET SUNSHINE!
20 to 30 minutes a day.*

AVOID:

- **Pork:** ham, most bacon, pork roast and chops.
- **Shellfish:** shrimp, lobster, crabs and clams.

Follow these tips above and you'll become healthier.

Beverages; Water Only

- Spring water or filtered
- Well water is generally OK
- Lemon juice can be added intermittently for flavor change
- Amount needed: one quart for every 50 pounds

ty, you may feel tenderness, pain and aching in a specific area or all over.

The cause of shin splints is unclear. Experts say they may be an irritation to a tendon which attaches the muscle to the bone. It is said they may also be irritation to a muscle at the beginning of a stress fracture. People who have shin splints are almost always active.



"A stumble may prevent a fall."

It has been noted that 28% of long distance runners have them and 22% of aerobic dancers have shin splints. The cause seems to be from excessive walking, running, or jumping on a hard surface. It may also be because of poor shoes, fallen arches, insufficient warm-up, poor posture, faulty walking and running techniques, or over straining.

SHIN SPLINTS

*Medi-Sign Target
Celery, Bok Choy & Rest*

Shin splints are pain in either the shin of either leg. After or during activi-

Shin splints seem to be a generalized area of pain around the entire length of the knee to the angle. Early stages of stress fractures are thought to possibly be a part of shin splints. However, stress fractures usually have a pinpoint of pain, whereas shin splints do not.

SHOCK

*Medi-Sign Target
Tubers*



Shock and denial, typical responses to trauma or another disastrous event, usually happen shortly after the event. Both of these protective reactions are very normal.

Shock may leave you feeling stunned or dazed because it is a disturbance of your emotional state of mind. When you are in denial, you may not acknowledge that something very stressful has happened, or you may not even acknowledge the event. It is possible to distance yourself from life when in denial.

After the initial shock wears off, your reaction may differ from those around you.

However, the following are normal responses to any traumatic event:

- Feelings become intense and sometimes you cannot predict your feelings. You may become more irritable than usual, and your moods may change dramatically. You might be especially anxious, and can even become depressed.

- Thoughts and behavior patterns are affected by the traumatic event that has occurred. You might have repeated and vivid memories of the event and flashbacks may occur for no apparent reason. This may lead to rapid heartbeat, sweating or any other physical changes.

- You may find it difficult to concentrate on a task or even make a decision about something. Your patterns of eating and sleeping may differ as well.

- Recurring emotional reactions are common. Anniversaries of the event as well as

reminders such as aftershocks from earthquakes or the sounds of sirens, can trigger upsetting memories of the traumatic experience. These “triggers” may be accompanied by fears that the stressful event will be repeated.

- You may have relationship difficulties such as more arguments and disagreements with family and friends. However, you may become more withdrawn and avoid previously enjoyed activities.

Often times, physical symptoms may accompany extreme stress. Headaches, nausea and chest pain may result and pre-existing conditions may become worse from the stress.

There are many steps you can take in order to help regain control of your emotional well-being after a traumatic event including the following:

- Give yourself time. Understand that grieving the loss of something important to you may take time.

- Ask for support from people who care about you and your feelings. Remember that your usual support system may be weakened if those people witnessed the same loss of event that you did.

- Communicate your experience by talking with family, close friends or keeping a journal.

- Find out about local support groups that often are available. These systems are especially good for those who don't have natural supports such as family.

Make sure the groups you find are led by the appropriate and experienced people. They can help you



“Only 2% of pure vegetarians are obese, which is about one-ninth the figure for meat-eating Americans.”

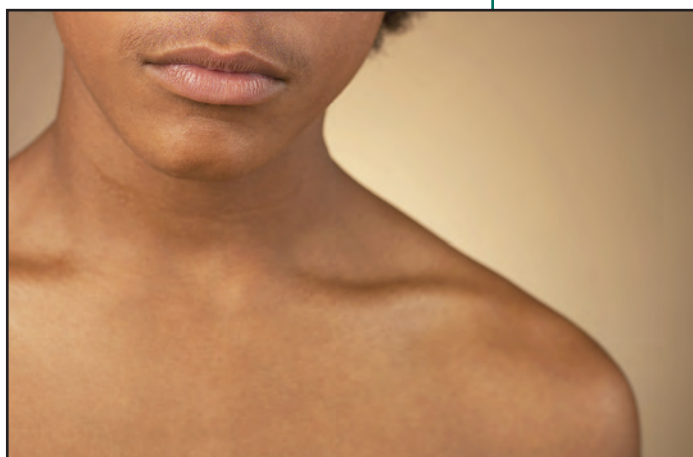
understand that you are not alone and others have suffered similar situations as you.

- Get plenty of rest Eat well-balanced meals. Try some relation techniques if you have ongoing trouble with sleep.
- Establish routines to make you more secure. Also, relieve stress by doing some enjoyable activities.
- Avoid major life decisions until your emotional well-being is more stabilized.
- Become knowledgeable about what to expect as a result of trauma.

Use lavender oil to relax you. Candles, warm baths, bench swings, hammocks, rocking chairs all seem to relaxing. Try to do these things nightly, or in part of a daily routine.

SHOULDER PAIN

Medi-Sign Target
Peppermint & Helichrysum Oil



What causes pain in my shoulder?
A common cause of shoulder problems is pain of the tendon, a cord that attaches to the muscle, or the

rotator cuff, which helps with circular motion. A sac of fluid under the highest part of the shoulder is called the Subacromial Bursa. After completing activities such as painting, playing a sport, or lifting something, you may have soreness.

The joint socket is shallow, which allows a wide range of motion in the arm. The main joint in the shoulder itself is formed by the shoulder blade and arm bone. The rotator cuff keeps the shoulder steady as the arm moves and is made up of four muscles that surround the arm.

How does the rotator cuff get hurt?

Resting on top of the shoulder is the supraspinatus muscle. Because of the position between the bones, this muscle is most often injured. As the tendon becomes sore or swollen, it can begin to be pinched between to different bones. The fluid that acts as a cushion may be damaged as well.

How do I know the rotator cuff is hurt?

When the rotator cuff is hurt, you can feel it in the front or outside of the shoulder. The pain seems to be worse when you lift something above your head or even raise your arm. The simplest task

may be difficult with this pain. You may also be wakened at night because of the pain.

What can I do to help the pain?

Pain relieving strategies such as rest should help. You should not strain the shoulder by lifting anything heavy, but normal activity may continue.

Eat cherries for pain, garlic for inflammation, and drink lots of water.



With special exercises, normal function can be restored. Range of motion exercises is the first step in rehabilitation. By rotating your shoulders in large circles when bended over, you can help avoid serious damage to the rotator cuff, which is called frozen shoulder. After completing range of motion exercises, resistance exercises using rubber tubing or light dumbbells are next. After that, weight machines may be used.

What exercises should I do?

Range of motion. Stand up and lean over so you're facing the floor. Let your sore arm dangle straight down. Draw circles in the air with your sore arm. Start with small circles, and then draw bigger ones. Repeat these exercises 5 to 10 times during the day. If you have pain, stop. You can try again later.

"History is herstory, too."

Rotator cuff strengthening. Use a piece of rubber tubing for these exercises. Stand next to a closed door with a doorknob. Loop the tubing around the knob. With your hand that is closest to the door, bend your arm at a 90° angle and grab the loop of the tubing. Pull the band across your tummy. At first, do one set of 10 exercises. Try to increase the number of sets as your shoulder pain lessens. These exercises should be done every day.

Upper extremity strengthening. As your pain goes away, try adding a general upper body weight-lifting program using weight machines or free weights. Lie on your right side with your left arm at your side. With a weight in your left hand and your forearm across your tummy, raise your forearm. Keep your elbow near your side.

What else can I do to help this injury heal?

Blood flow to the tendon or bursa can be helped by doing aerobic exercises. This will help in reducing soreness and smokers should quit so that more oxygen can reach the injured area.

SHYNESS

*Medi-Sign Target
Yellow Raw Foods*

If you feel uncomfortable in social situations in ways that may interfere with the ability to enjoy the outing, you may be shy. Shyness may also allow people to avoid social situations altogether.

You may feel mild to severe discomfort in some areas of your life



like meeting new people, public speaking, dating, or other social settings. When shyness is so intense that it affects almost everything we do, it is called social anxiety, social phobia, or panic disorder.

For some shy people, outsiders may believe that the shy person is very outgoing. This is because it may not affect all aspects of their life. Some actors can deliver an outstanding performance, yet be very shy in their personal life. Some of us may be able to relate with that. You may be shy in your personal life, but not at work. Why is this?

This is simple. At work, you have a job to do that is able to legitimize why you act the way you do. Your not making a cold phone call, your company is. Rejection may be shared by the company, but on our own whom would we blame?

Overcoming Shyness:

- Practice becoming fascinated by other people. Ask them about themselves, and concentrate when they answer you. Remember what they tell you about themselves so you can talk about it later, or on another occasion.

- Great socializers make other people feel comfortable and interesting. How do they do that? By being really, genuinely interested in other people. If you are talking to someone and you feel boring or inferior, ask why that is. Is it really all your fault?

- Practice using fewer “*personal pronouns*” when you talk about things. Sentences beginning with “*I*” are not only a turn-off for the listener; they also keep the focus of attention on you, which increase shyness.

- Remember that the way to overcome shyness is to focus elsewhere. Like on imagining what it will be like to really enjoy the social event, on how it will feel to be full of energy, or to be having a great conversation with someone.

(See: *Feeding Your Emotions*)

SIBLING RIVALRY

*Medi-Sign Target
Whole Food Desserts
(Comfort Foods)*

Sibling rivalry, also called sibling conflict, happens with just about every animal species that raises its young at the very same time.

Most often, human children usually don't have to compete with each other for basic food and shelter like other animals, but sibling conflict may prove helpful in the end. Children learn to deal with conflict and cope with disagreements with their siblings. This can help in the general public as well. When children compete for their parents' attention, arguments may occur. It is impor-

“Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him.” -Dwight D. Eisenhower



tant to talk about the situation and get it resolved. Together, ideas on feeling better and all getting attention can be determined. Kids will often lose their temper when jealousy occurs.

Tips to avoid getting into a fight with other siblings:

- Take a deep breath and think about it.
- Try to figure out if you are angry with the person or just frustrated with the situation.
- Remind yourself that you have special talents as do they.



- Try to congratulate your siblings on their achievements; they will be more likely to do it for you.

Sometimes a situation can get out of control with siblings. If so, bring out the water bottle and drench them.

Chances are, everyone will end up laughing and a big water battle will break out. Allow them to get you wet too. When kids say something mean, it may breaking out into a physical confrontation. Avoid this by talking with your kids about how they are feeling. It will probably help. The parents may not understand how the siblings feel until it is discussed.

Although it may not seem like it now, but the siblings may just grow up and become good friends. Siblings realize that friends may change, but family is forever. When parents argue and fight, chances are the kids will do the same.

SICKLE CELL ANEMIA

Medi-Sign Target
Garlic, Onions, Hot Peppers
& Salt

(Hemoglobin SS disease [Hb SS]; Sickle cell disease)
 When normal disc-shaped red blood cells become crescent shaped, the result is sickle cell anemia. As a result, the cells function abnormally and cause small blood clots. "Sickle Cell pain crises" is the name

given to the painful episodes from the clots.

Sickle cell anemia is caused by an abnormal type of hemoglobin, called hemoglobin S. Hemoglobin, protein inside red blood cells, that carries oxygen. The shape of the cells is distorted because of the amount of oxygen inside due to hemoglobin S. Breaking into pieces that disrupt the blood flow, the fragile sickle shaped cells deliver less oxygen than what is needed.

Sickle cell anemia is inherited. it occurs in someone who has inherited hemoglobin S from both parents, which is called an autosomal recessive trait. Affecting about one out of every five hundred African Americans, Sickle Cell Disease is much more common in certain ethnic groups. A person who inherits hemoglobin S from one parent and normal hemoglobin (A) from the other parent will have the sickle cell trait. However, a person who inherits hemoglobin S from one parent and another type of abnormal hemoglobin from the other parent will have another form of sickle cell disease, such as thalassemia.

Sickle Cell Disease is usually present at birth, however symptoms usually don't appear until after four months old. This disease may become life threatening and blocked blood vessels and damaged organs can cause painful episodes, or "crises."

Types of crises are:

1. Hemolytic crisis can occur when damaged red blood cells break down.
2. Splenic sequestration crisis is when the spleen enlarges and traps the blood cells.

"Nature gives every bird a worm, but she does not throw it into the nest."

“Man is a history making creature who can neither repeat his past nor leave it behind.”

3. Aplastic crisis results when an infection causes the bone marrow to stop producing red blood cells.

These painful episodes can occur in almost all cases at some point. They can last hours to days, and they affect the long bones, bones of the back, and the chest. The number of episodes per person varies. (See: *Disease: The Mystery Solved*)

Damage to the kidneys, lungs, bones, eyes and central nervous system can occur with repeated crises.

Common symptoms may include:



- Attacks of abdominal pain
- Bone pain
- Breathlessness
- Delayed growth and puberty
- Fatigue
- Fever
- Jaundice
- Paleness
- Rapid heart rate
- Susceptibility to infections
- Ulcers on the lower legs
- Yellow eyes/skin

The person may also have:

- Bloody urine
- Chest pain
- Excessive thirst
- Frequent urination
- Painful erection
- Poor eyesight/blindness

Treatment of Sickle Cell

Because of the rapid blood cell turnover, foods high in folic acid is required. This is because folic acid is an essential element in producing cells.

Lots of water and four garlic cloves eaten throughout the day, every day will help. Today’s doctors fear the sun. However, there is mounting evidence that lack of sun exposure from generation to generation leads to this condition. The sun helps prevent and even remiss cancers, as well as blood disorders.



of the small bones in the nose. It can be either chronic or acute. If it is acute sinus congestion, it is probably from the common cold. Chronic sinus congestion on the other hand often results from food allergens, tobacco smoke, inhaled allergens, or foreign bodies in the nose.

Sinus congestion can lead to impaired flow of fluids in the sinuses, which in turn puts people at risk for bacterial infections that can cause sinusitis.

What are the signs and symptoms of sinus congestion?

Symptoms, from sinus congestion, are usually pressure, tenderness, or pain in the area above the eyebrows, called the frontal sinus, and above the upper side teeth, called the maxillary sinus. Other symptoms may be stuffiness with a thick yellow or green discharge, bad breath, a dry cough, and postnasal drip.

A change in lifestyle may be helpful.

One of the most common cause of nasal congestion is an allergy to an inhalant such as pollen, molds, dust mites, trees, or animal dander.

SINUS CONGESTION

*Medi-Sign Target
Saltwater Nasal Spray*

Sinus congestion, also called nasal congestion or rhinitis, is when there is blockage of at least of the four pairs of sinus passageways in the skull.

Blockage can come from a number of ways. It could be from inflammation of the nasal tissues, secretion of mucus, or obstruction of one

Another contributing factor may be indoor and outdoor air pollution, smoking and secondhand smoke and various chemicals in the home and workplace. Chronic Rhinitis among men has been shown to increase with increased cigarette consumption. Chances of developing nasal congestion are increased for people exposed to chlorine, such as swimmers and lifeguards.

Dietary changes for Sinus congestion.

There are foods that act as mucus moving agents. These foods are chili peppers, garlic, ginger, and horseradish and they can help alleviate congestion. Capsaicin, the fiery sensation after eating a hot pepper, helps to open up the nasal passage and relieve congestion. A compound in horseradish called Allyl isothiocyanate stimulates the endings of olfactory nerves, induces tears, and helps to thin mucus as well. Peppermint oil will help also.

SINUSITIS

*Medi-Sign Target
Saltwater Nasal Spray*

What exactly are sinuses?

Sinuses are air chambers in the bone behind the jaw, eyebrow, and cheek. It produces mucus which is a fluid that cleans the bacteria and other particles out of the air you breathe.

What is sinusitis?

When the lining of your sinuses become inflamed, it is known as sinusitis.

What causes it?

When there is any swelling in your sinuses, you can get sinusitis. This

may occur because of change in temperature, using too much nasal spray, smoking or swimming can all be contributing factors. Some people have their sinus passages blocked because they have growths called Polyps.

A sinus infection can occur when sinusitis is caused by a bacterial or viral infection or they can occur after having a cold. Because the cold virus attacks the lining of your sinuses they can become swollen and narrow. By producing more mucus, the body responds to the virus. Bacteria can grow where there is built up mucus, in turn causing an infection.

What are the signs and symptoms of acute sinusitis?

If you have a cold that seems to get better and then worse again, you

may have acute sinusitis. A sign of blocked sinus drainage or even acute sinusitis may be pain or pressure in the forehead, cheeks or between the eyes. Also, if you lean forward and feel pressure, this may be a sign. Stuffy nose, fever, and aching in your upper teeth may also be signs.

Tips on taking care of your sinuses:

- Get plenty of rest. Lying down can make your sinuses feel more stuffed-up, so try lying on the side that lets you breathe the best.
- Using saline solution, rinse your sinuses.
- Apply moist heat by holding a warm, wet towel against your face or breathing in steam through a cloth or towel.



"If we aren't supposed to eat animals, then why are they made of meat?" -Most people in the world

“More history’s made by secret handshakes than by battles, bills, and proclamations.”



- Sip hot liquids and drink plenty of fluids.
- Consume plenty of fresh fruits and vegetables for vitamin C and bioflavonoids.
- Whole-grain products, legumes, nuts and other foods high in B vitamins.
- Sunflower seeds, vegetable oils, and avocados for vitamin E.
- Garlic, onions and chilies to alleviate sinus congestion.
- Drink raw milk and raw milk products.
- Avoid smoking and dry overheated rooms.

SKELETAL/ BONES

Medi-Sign Target
Celery, Bok Choy, Rhubarb
& Salt

Skeleton

The human skeleton is set about from all or most skeletons by two things. The first thing is that it is built erect, as opposed to walking on all fours. The second thing is

that the hand has an opposable thumb. The skeleton gives us the shape we have and is made up of 206 bones in an adult body. The human skeleton has two groups as well. The axial and the appendicular skeleton, both with its very own function.

Axial

The axial skeleton, which encompasses all of your upper bones, makes up 80 of the 206 bones. The skull, the vertebral column, and the bony thorax are the three groups it is divided into. The main purpose is for it to protect vital organs such as your heart, lungs, and brain. It allows provides efficient structure in order to perform many functions.

The Skull

The skull, also known as the cranium, houses your brain and could be thought to be the most important part of your skeleton. Because your skull provides framework for body

parts such as eyes, ears, tongue, nose, and skin, it is very important.

The skull is made up of 22 cranial or facial bones along with three in each individual ear. Babies have more and most are fixed joints, separated only by cartilage as a young child. These parts will fuse together later, and once locked together, they will form a suture, or immovable joints.

The Backbone

The backbone is not really made up of just one bone, but rather it is made up of 26 bones. It is a flexible structure and may be called the vertebral or spinal column. As a baby, you have 33 vertebrae, or back-bones. The lower four fuse to form the coccyx, as the lower five form to become the sacrum. The backbone serves several different purposes for the body. The entire upper body structures branch from the backbone and it also serves as the protector of the spinal nerve. This is considered the highway because this is how all the information travels from body to brain. If this was damaged, it is possible that the highway would shut down, not being able to send or receive any new information from that point on.

The backbone is separated into five regions, and is about 28 inches or 70 cm long. Two of these regions are the coccyx and the sacrum. The remaining three are the cervical curvature made of seven vertebrae and concave; the thoracic region made of twelve vertebrae and convex, and the lumbar curvature made of five vertebrae and concave.



The Bony Thorax

The bony thorax is considered your chest, which would be your breast bone and ribs. The breast bone, also known as the sternum, is about six inches tall spanning along half the length of your ribs.

You have twelve ribs on each side that form the structure of your chest. One duty that your ribs have is to protect the lungs and heart. Each rib connects to the sternum by cartilage on the tips, with the exception of your floating ribs. The top seven ribs are called true ribs because they have a direct connection to the sternum. False ribs are the next four and they are called this because there is no direct connection to the sternum, if any connection at all. The last two ribs are floating ribs because they do not connect to any support at all, not even the sternum.

Appendicular Skeleton

Your arms and legs is you appendicular skeleton. This derived from “append” because they are attached by girdles, which bridge each with the main body, as if they had been appended after the main body was formed. Unique to anywhere else in the body, these girdle give a wide range of movement. The arms and legs are actually the same when you ignore size and shape of them.

The shoulder blade or the scapula and the collarbone or clavicles make up the girdle. The shoulder, or the

Pectoral, connects the arm to the axial body.

Upper Appendages

Arms are lighter and made to focus on detail to be able to do work.

The Humerus which is in your upper arm; connects to the girdle as a ball-and-socket joint. This is connected with a hinge joint to your forearm. The forearm is not just one bone but two. The Radius and the Ulna. The Ulna is the bone that connects the Humerus in the actual elbow joint. By having two bones, a wide range of twisting of the wrists is possible.

When looking at the skeleton, the five metacarples, look like the base of five really long fingers. The tips of these bones are the knuckles that are seen when you make a fist. As discussed earlier, one of the characteristics that make the human skeleton unique is the opposable thumb. The thumb base, the first Metacarpal, is jointed differently than the rest. The other metacarpals lay in a single plane, while the thumb is connected with a saddle joint. This is what gives it range of motion.

Phalanges, is what the rest of the hand is comprised of. This is what we see as the fingers. The thumb has two, and the rest of the fingers have three.

The Lower Appendages

The upper and lower appendages are structurally similar, as discussed earlier. One of the major differences is that the lower appendages are designed to support more stress on the body from running and jumping. These are designed more for movement than anything else.

The hip, or pelvis, girdle does just about the same thing. One major difference is that one of the two upper body girdles are replaced for one in the lower body.

The femur is equivalent to the humerus, except it is in the lower appendage. It is by far the longest, largest and strongest bone of the body. This may be because there is incredible amount of stress put onto



Hand

The wrist of the hand is called the Carpus. It is made of eight small bones in two irregular rows connect with gliding joints. This is why your wrist the flexibility it has.

“Reading without reflecting is like eating without digesting.”

“We don’t need to eat anyone who would run, swim, or fly away if he could.”



are similar to the metacarples, and the phalanges have the very same name.

The foot meets the leg at a right angle in the leg. This is different from the hand. This is because we need to support our weight as we move in a direction. The foot has many bones that are adaptable to irregular terrain. The arch in the foot is designed to support the weight that is put on it. As with the thumb, the big toe has unique features. When we walk, it supports our weight and it is much stronger than all of our other toes. If you watch your feet when walking, you may notice the big toe is the very last part that leaves the ground when we step.

Five main functions of bones:

1. Support

Everything above helps provide support.

2. Protection

The rib cage and skull help protect organs from damage.

3. Movement

4. Storage

The bone stores fat and some minerals.

5. Blood cell formation

The place where most of your blood components are made is the bone.

this. When you jump hard, two tons of weight per square inch may be placed on it.

The tibia and fibula are the equivalents of the ulna and radius, but they are in the lower appendages. Unlike in the arms, the leg has very little range of movement. The tarsals are similar to the carpals, the metatarsus

Bone Composition

Periosteum, compact bone, and spongy bone, are the three primary tissues in the bone.

Periosteum

A glistening double layered tissue which covers the hard, or compact bones, is called periosteum. This cannot be seen by the naked eye. Osteoblast is formed when periosteums lower layer houses the bone. This makes it very important. This is also a place where tendons and ligaments can insert and anchor into the bone.

Compact Bone

When looking at the compact bone with the naked eye, it seems very hard. However, when looking at a microscopic level, the bone is actually very hollow. Canaliculi are canals which are filled with blood vessels. They channel through bone and join to make major canals. These canals are called Haversian canals and are what make the bone hollow. By surrounding the Caniculli and the Heversian, the hardness of the bone is made by spider like Osteocytes and mature bones.

Spongy Bone

Although the name makes you think that the bone is actually spongy, it is not. As you get closer to the center of the bone, it becomes more hollow. That is why it is called spongy. Within the spongy bone, there is something called the red bone marrow and yellow bone marrow-sound. For an adult, the majority of the red bone marrow is located in the head of the Femur and Humerus. Yellow bone marrow is nothing more than stored fat. It is possible for this yellow bone marrow to turn to red when a person is anemic in attempt to fix the problem.

SKIN CANCER/ MELANOMA

Medi-Sign Target

Fresh Fruits, Vegetables & Sunshine



The epidemic is an exploited pharmaceutical myth!

When skin cancer occurs in either basal cells or squamous cells, it is usually considered nonmelanoma. These cells may either cover the internal or external surfaces of the body, or are located at the base of the outer layer of the skin.

The majority of nonmelanoma skin cancers develop in places like the face, ear, neck, lips, and even the back of the hands. They may be fast or slow growing, depending on the type, and rarely spread to other parts of the body.

What is melanoma skin cancer?

Melanoma is very rare. It is when a cancer begins in the Melanocytes, the cells that produce the pigment known as Melanin. Melanin is the protector of the deepest layers of skin.

Most often Melanoma is curable. It does however cause the majority of skin cancer deaths even though it counts for only a small percentage of skin cancer.

About how many people are affected by skin cancer?

The most common form of cancer is skin cancer. It makes up around half of all cancers in the United States. Each year, over one million cases of non-melanoma skin cancer is diagnosed.

What are the warning signs and symptoms of skin cancer?

- A new growth, or any change on the skin. Look for a change in the size or color of a mole or other darkly pigmented growth or spot.
- A change in appearance of a bump or nodule such as scaliness, oozing, bleeding.
- The spread of pigmentation beyond its border. This may be the dark coloring that spreads past the edge of a mole or mark.
- Sensation, itchiness, tenderness, or pain change.

There is strong and growing evidence at this point in time. This evidence is challenging a fundamental belief that people need to lather themselves with sunscreen when in the sun. Using sunscreen may lead to more medical treatments and cancer deaths than not doing it.

Vitamin D is nicknamed the sunshine vitamin. This is because the skin produces it from ultraviolet rays. Sunscreen actually blocks the production of this. However, dermatologists preach that this is needed for protection when in the sun. Scientists are now questioning this advice because vitamin D seems so important in preventing and treating many types of cancer.

Within the last three months, studies have found that it may help protect against lymphoma and cancers of the prostate, lung and, even the skin. The strongest evidence suggested protection for colon cancer.

Getting vitamin D is hard to do. Supplements are a problem, and people can't just get it from food and milk alone.

The thought behind the discussion is too little sun may be worse than the overexposure to the sun which may cause a rarely deadly cancer.

Scientists are now believing that "safe sun", about 20-40 minutes daily without sunscreen is more helpful than hurtful. No one however, is suggesting to fry in the sun daily.



"Vegetarian: A person who eats only side dishes."

“Vegetarianism: You put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I’ll buy you a new car.”



Research suggests that for every one death caused by sun caused skin cancer, thirty can be prevented by using sunshine vitamin D.

Some of the best foods in helping to prevent skin cancer are carrots, yams, dandelion greens, kale, parsley and turnip greens, spinach, collard greens and chard, and broccoli.

Nuts and beans are also a help in prevention.

In helping to aid in clearing skin patches and lesions, use fresh lemon juice. Use it 5 to 6 times daily directly on the spot of the skin. Don’t forget to get “safe sunshine” as well.

(See: *Disease: The Mystery Solved*)

SMALL POX

Medi-Sign Target
 Garlic & Clove Oil

Caused by the Variola virus, Smallpox is a contagious, disfiguring and often deadly disease. Nearly 12,000 years ago it was thought to first appear in northeastern Africa or south-central Asia. Over 300 million people in the 20th century alone have been killed by Smallpox. It has had a profound

effect on human health and history.

Initially, the symptoms and signs, which appear after about 2 weeks, resemble those of the flu. This may be fever, fatigue, and

headache. However, later on pus filled blisters appear on the skin leaving deep, pitted scars. After the onset of symptoms, there is no effective treatment or cure.

As far back as the 1700’s it was said that the small pox plague was actually induced through sugar, clothing and fabrics for purposes of experimentation of biological warfare. Also, the AIDS virus has been reported to have been introduced thru the smallpox vaccine campaign of the 1970’s and later.

Signs and Symptoms of Smallpox

Smallpox symptoms usually appear 12 to 14 days after a person becomes infected. You look and feel healthy, and can’t infect anyone else during the incubation period of 7 to 17 days.



Following the incubation period, a sudden onset of flu-like signs and symptoms occurs.

These include:

- Fever
- A feeling of bodily discomfort
- Headache
- Severe fatigue
- Severe back pain

A few days later, the characteristic smallpox rash appears as lesions, or flat, red spots. Within a few days these lesions will turn into small blisters filled with clear fluid and later on fill with pus. The rash typically appears on the face first, and the hands and forearms later. They may appear on the trunk later as well. It will be most noticeable on the soles of your feet and the palm of your hands. The development of lesions on the mucus membranes of your nose and mouth may appear as well. The way that the lesions are distributed is a primary diagnosis of small pox.

The skin does not break when the pus eventually erupts. It actually separates from the underlying layers and can cause severe pain. Next, scabs may begin to form about eight days later and eventually fall off leaving very deep scars. Through these stages, all lesions in a given area progress at the same rate. When a person does not recover, they usually die within a couple of weeks of illness.

Smallpox vs. Chickenpox

People used to confuse chickenpox, a rarely deadly childhood infection, with smallpox.

They differ in many different, important ways:

- The severity and location of lesions differ. Chickenpox lesions

are much more superficial and usually occur on the trunk, rather than on the face, arms and hands.

- Types of lesions differ. With chickenpox, you'll often see a combination of scabs and pus. In smallpox, all of the lesions in a given area are at the same stage and are usually all pus or scabbed.

- Timing of transmission differs. A person infected with chickenpox can unknowingly transmit the virus to others before symptoms even are seen or even develop. But smallpox becomes infectious only when signs and symptoms appear and remains contagious until scabs fall from the pustules.

If there is ever an outbreak of Smallpox again, make sure you have cloves of garlic in the home. All members of the household should eat seven cloves daily by adding it to other foods.



SMOKING/ NICOTINE

Medi-Sign Target
Tumeric & Licorice



Nicotine is as highly addictive as heroin according to some experts. Because nicotine binds to receptor sites in the brain, it may cause serious mood changes. Nervousness, irritability, insomnia, and even mild depression are some withdrawal symptoms of nicotine.

Mullein, a plant that targets the mucous membranes of the respiratory tract, soothes irritated lungs, and speeds up the healing process of damaged tissues. Add one or two teaspoons of dried leaves in one cup of hot water for around 10 minutes. Drink two to three cups daily of this.

In order to help soothe inflamed lung tissue, try some coltsfoot. If you want to gently relax bronchial muscles and the entire nervous system, try some Lobelia, a cough

easer. Skullcap may also help. It is a sedative herb that helps with reducing anxiety. Valerian, which should be avoided during pregnancy, will help with relaxing tense muscles and may help one to sleep. Kava-Kava, also should not be used during pregnancy, will help with relieving anxiety without causing

drowsiness. Passionflower can also be used as a sleep aid as it is a sedating herb. St. John's wart can help with mild depression and Schisandra helps the whole body in times of stress. It will also strengthen the lungs and ease the cough.

Use all of the above in cups of tea.

Turmeric, is a spice has been shown to help remove the carcinogen that smoking puts in your body, by adding this spice to food several times a week, you will be helping your body.

By slicing raw red potatoes with salt and lemon juice you can regenerate your lungs.

SNAKES BITES

Medi-Sign Target
Buy a Snake Bite Kit &
Put Salt in the Wound

If you get bitten by a snake, chances are it will not be venomous. However, any snake bite should be examined by a doctor. After calling for help and waiting for them to

"An error does not become truth by reason of multiplied propagation, nor does truth become error because nobody sees it."

“If you knew how meat was made, you’d probably lose your lunch.” -K.D. Lang

arrive, a person should keep the injured area still and below the level of the heart. They should also clean the area with soap and water. Never use ice on the wound or try to suck the venom out of the wound. A person should just stay calm and wait for help.

There are twenty species of venomous snakes in the United States. They are found in every state with the exception of Maine, Alaska, and Hawaii. About 8,000 Americans get a snake bite each year, with only about 15 dying. The deaths are mostly from rattlesnake bites.

When you keep your lawn mowed, hedges trimmed, and removed brush; you discourage snakes from living close to your dwellings. By throwing mothballs under sheds, decks, and along the house, snakes may stay away because of the smell. You should not put your hands underneath where snakes could be hiding. Golfers as well should not fish golf balls out of water holes as snakes could be hiding. Children should not be permitted to play in weedy grass or vacant lots where snakes could be. Approaching a snake is very dangerous, even if it is a freshly dead one because they can still inflict venomous bites.



SNORING

*Medi-Sign Target
Saltwater Nasal Spray*

A more serious health condition may be occurring for you or your partner who snores.

Approximately one third of all adults snore. When the air flows past relaxed tissues in your throat, you snore. This is causing the tissues to vibrate as you breathe creating a harsh sound.

Simple changes such as losing weight or sleeping on your side may help and restore a little piece and quiet in the night.

As you fall from lighter sleep to deeper sleep, the roof of your mouth, tongue and throat relax. If the tissues in your throat become to relaxed, they may partially obstruct the airway while vibrating heavily.

As your airway becomes narrower, the more forceful the airflow gets.

Your snoring will grow louder as the tissue vibration increases.

When you have a low, thick soft palate, or roof of the mouth, the more narrow your airways are. If the triangular piece of tissue hanging from the soft palate is long, vibration may increase because the airflow is obstruct-

ed. If you are overweight, you will most likely have a narrowing of throat tissues.

If you drink too much alcohol before bed, you may also snore. Because alcohol acts as a sedative, it relaxes the throat muscles as well. If you have a deviated nasal septum or chronic nasal congestion, you may also snore on occasion or habitually.



Sleep Apnea and snoring may also be connected. With this serious condition, sagging of the throat tissues may sag causing you to struggle breathing. When sleep apnea is to blame, loud snoring is broken up by 10 seconds of silence. Eventually, lack of oxygen is your signal to wake up, forcing the airways to open again.

Ways to help prevent or reduce snoring:

- If you're overweight, lose weight.
- Sleep on your side.
- Treat nasal congestion or obstruction.
- Avoid alcohol and sedatives.



Heavy snorers are more at risk for many things. They are 1.7 times greater risk of heart disease than silent sleepers and 2.08 times greater risk of heart disease and stroke combined.

SNOW PEAS

Medi-Sign Target
Nerves & Brain



Good snow peas will actually have flat pods that are firm and crisp with immature-looking peas inside. With these peas, both the pods and seeds are edible. Snow peas are actually a type of legume.

Snow peas are a good source of vitamins B1 and B2, as well as vita-

min C and A. They possess a good source of fiber and protein as well as iron and potassium. Potassium is a major mineral and works with sodium to balance cells.

Potassium helps in regulating blood pressure too. It is considered brain food because it is needed for nerve impulses to be transmitted.

SOCIAL ANXIETY DISORDER

Medi-Sign Target
Tubers & Legumes

Social anxiety disorder is also called social phobia. It involves overwhelming worries and self-consciousness about everyday social situations. These worries and situations include a fear of being judged by others, or a fear of behaving in such a way that could cause embarrassment or ridicule. (See *Feed Your Emotions/* Diatomic Systems Chart).

SORE FEET

Medi-Sign Target
Cherries

Sore or tired feet can be caused by inadequate diet and rest, or from



wearing the wrong shoes and being on your feet often.

Sore feet can be helped by getting enough protein, calcium, and vitamin B, along with not eating junk food. Also, if you have excess weight, try to lose it because that will help as well.

SORE NIPPLES

Medi-Sign Target
Lanolin Oil or Shea Butter

(See Breast Feeding)

SORE THROAT

Medi-Sign Target
Suck on Rock Salt

Sore throats can stem from many different reasons. One is that a sore throat may be caused from an infection due to a virus or bacteria. A sore throat is typically located around the tonsil area and is also known as tonsillitis or pharyngitis.

If you have frequent sore throats, you may have tonsillitis and an infection may still be lingering within the body.

“Tongue - a variety of meat, rarely served because it clearly crosses the line between a cut of beef and a piece of dead cow.”

Gargling with 1/4 teaspoon of salt to 1/2 cup of water several times daily should soothe the throat. Also, make sure your house is properly humidified. Hot water with 1 teaspoon lemon juice and honey, or chamomile tea with lemon and honey may also help. Another option is to eat scallions or chives.



SORREL

Medi-Sign Target
Cardio-Vascular System

Sorrel is a sour herb that is very popular in France. It may also be called rosella, sour grass, dock, or sour dock. It may be cooked and made into a puree, which is put over eggs or any other dish. Sometimes it is served in a raw salad. Sorrel is a good source of iron, vitamin K, folic acid, vitamin B6, and calcium.



SOYBEAN

Medi-Sign Target
Breast Cleanser & Cell Builder

Soybeans are a source of hormone-like compounds and are a low-fat source of protein. They play a substantial role in the prevention of cancer. Protease inhibitors may slow the growth of cancer, and soybeans contain this. Soybeans are high in iron, potassium, and calcium. All of these are important for helping things like anemia, osteoporosis, and high blood pressure.

Soybeans are known to influence the colon, strengthen the spleen, moisten dryness, cleanse the blood vessels of the heart, supplement the kidneys, improve circulation, restore pancreatic functioning, promote clear vision, eliminate toxins from the body, boost milk secretion for nursing mothers, and may lower a fever. This may also be used as a remedy in childhood malnourishment, dizziness, constipation, edema, fluid retention, skin eruptions, and toxemia during pregnancy. It may also help with the symptoms of food poisoning.

Soybean sprouts have a cooling, sweet flavor and may be used as a diuretic to treat spasms, arthritis, food stagnation, heat-type coughs, and other heat conditions marked by one or more symptoms such as yellow tongue coating, yellow mucus, and scanty, dark yellow urine.

Soybeans have been dated back to 2800 B.C. in the Chinese manuscripts. In China, soybean is called the beef of China due to its high protein content at 38%. It is without saturated fat or cholesterol and contains more protein than milk.

Recent research has suggested that many soy products may help in protecting against PMS, bone loss, menopausal trouble, and atherosclerosis. The majority of research indicates that all positive effects from soy have utilized fermented soy products such as Natto, from Japan. Most soy products have protective attributes to them that are mentioned above. Soy milk's, infant soy formulas, soy protein powders, soy concentrates, and other soy's may isolate denatured proteins and/or isolated proteins without the necessary nutrient cofactors of digestion and metabolism; thus they generally do not promote good health.

Because it is rich in hormones, it boosts estrogen levels in postmenopausal women. One reason why the rates of breast cancer and prostate cancer are low among Japanese may be because soybeans are thought to help. Soybeans are the richest source of protease inhibitors, which are viral and cancer agents. Soybeans may help dissolve kidney stones in animals, and lower blood cholesterol in humans.



"If slaughterhouses had glass walls, everyone would be a vegetarian." -Paul McCartney



Soybeans can have black seed coats, also called hull, as well as black hilum. Black soybeans are the ones that have the black seed coat on them. The seed coat surrounds the cotyledon. Black and yellow soybeans are very similar in composition.

Black and yellow soybean that is dehulled has the same composition and color. When a food is made from black soybean, it will be different in color, slightly darker. Tofu does not use black soy beans because it is white and will disrupt the color.

BLACK SOYBEANS

Black soybeans influence the spleen and pancreas, improves kidney function, improves blood circulation and water metabolism, removes toxins from the body, and is used as a diuretic. Black soybeans may also be used to treat rheumatism, kidney disease, and kidney-related conditions such as low backache, weak bones, and painful knees. Drinking soybean juice may help to relieve spasms, cramps, inflammation, and coughing due to weak kidneys.

SOYBEAN OIL

Medi-Sign Target
Joints & Heart

Soybean oil comes from the beans and not the seeds. Unrefined oil is one of the very richest sources of lecithin. Unrefined, the oil is rich in Omega 3 and Omega 6 fatty acids, yet you may not get this because commercial soy products may be refined and hydrated. It is great for cooking because it reaches its peak at boiling point.

SPAGHETTI SQUASH

Medi-Sign Target
Liver & Intestines



Spaghetti squash is very different and fun in texture. When this squash is cooked, the flesh actually separates on its own into long spaghetti like strands. It is a ready substitute for pasta and is very low in calories. It is available year long and is yellow in color and very large.

SPEARMINT

Medi-Sign Target
Speech, Tongue & Brain



An aromatic description of spearmint is that is slightly fruity, definitely minty, and is less bright than peppermint.

Uses of Spearmint

It is often used for asthma, exhaustion, fever, flatulence, headache, nausea, scabies, vertigo and bad breath.

Spearmint is the mint variety most commonly used in cooking. It yields aromatic and carminative oil, referred to as the "oil of spearmint" by many people.

Gingermint, also called "scotch spearmint," is a hybrid of spearmint and wild mint.

"Reality is the leading cause of stress amongst those in touch with it."

Spearmints named were derived from the crinkled leaves that are shaped like a blade of a spear. It grows in watery places and has oblong, sub-acute, serrate leaves, and slim flowers.

Just like peppermint, spearmint helps in the healing qualities for lungs, headaches, fatigue, and dizziness.

SPECIFIC PHOBIAS

Medi-Sign Target
Raw Yellow & Orange Foods

Specific phobias are a serious fear of ant specific object or situation. A person can have a phobia of just about anything. The level of fear differs from person to person and can cause a person to avoid many everyday situations.

(See Feeding Your Emotions/ Diatomic Chart).

SPELT

Medi-Sign Target
All Cells & Brain



Speltz a hybrid of emmer wheat; originated in the Near East at least 3000 years ago. It was cultivated in parts of Switzerland, Tyrol and Germany in the middle ages. It was introduced to the United States in the 1890's and by the 20th century, it was virtually replaced by wheat. The organic farming movement has made speltz much more popular again because it is rather harder than wheat and does not require fertilizers.

SPINACH

Medi-Sign Target
Blood, Brain & Muscle Strength

Spinach builds blood and stops bleeding. It is a specific remedy for nosebleeds, diuretic, laxative, moistens dry body, quenches thirst, and is helpful in the treatment of diabetic dryness and thirst. The cooling nature of spinach cleanses the blood of toxins that can cause skin disease.

Spinach may also be used as treatment for constipation and urinary troubles. This is because the Chinese dietary theory says that spinach has a "sliding" nature, which facilitates internal body movements such as bowel action and urination.

Spinach builds blood because of the rich iron and chlorophyll. Herpes irritations can also be



relieved by its sulfur content. Spinach also has plenty of vitamin A, which is beneficial for night blindness.

Along with green leafy veggies, spinach is one of the foods by people who don't get cancer. It has four times more beta-carotene and three times more lutein than broccoli and is rich in fiber as well. The lutein may help in preventing cancer of the lungs and prostate.

SPIDER BITES

Medi-Sign Target
Salt Directly into the Wound

After about 2-3 days, an adult can recover completely from a black widow spider bite. Children, the elderly, and people with high blood pressure are those most likely to die from a bite. Brown spiders are of concern, however death is very rare and usually only seen in children.

Capturing and identifying black widow spiders and brown spiders is important because the bites require different treatment and knowing what had bitten you is needed.

"Why does Sea World have a seafood restaurant? I'm halfway through my fish burger and realize, Oh my God. I could be eating a slow learner."



recluse. The salt was the miracle I needed. However, in the majority of cases the bite may produce a painful, hard, itchy discolored area and will usually heal within 2 days without treatment. Other symptoms that may appear are fever, chills, edema (*an accumulation of excess tissue fluid*), nausea and vomiting, dizziness, muscle and joint pain and a rash.

You may not feel a bite from a black widow. Two red puncture marks and mild swelling may be the only evidence you have that you have been bitten. Some victims may experience muscle cramps and rigidity in the abdominal area after a short time. Other symptoms that might appear are excessive sweating, nausea, vomiting, headaches, and vertigo as well as breathing, vision, and speech problems.

Everyone can take precautions for spider bites. Keep your hands away from areas where spiders may be, clean webs wherever you may see them, and check clothing, tents, and shoes when outdoors camping or doing other activities.

When spider bites are problematic

All spiders are poisonous. However, many spiders are just not strong enough to actually penetrate the skin and do serious harm.



A brown spider bite is much different. A person may experience necrotic arachnidism, in which tissue within several inches of the area may die which will produce an open sore. This sore can take months or even years to go away. Pouring salt into the open wound and bandaging it always heals it within seven days or less. I was bitten by a brown

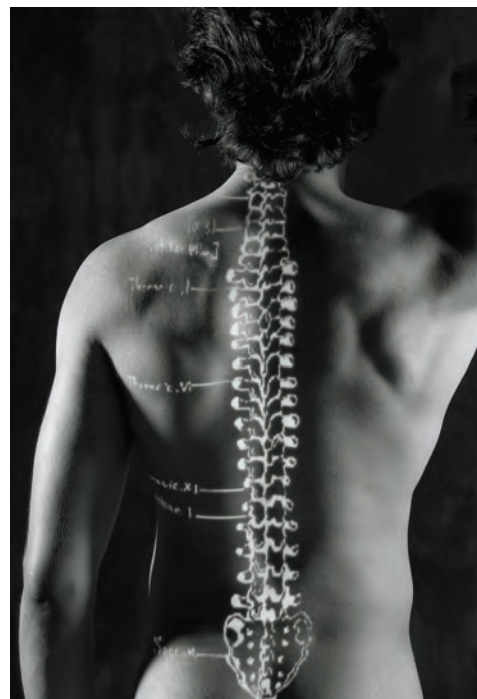
However, if you do get a bite, follow these steps:

- Disinfect it with hydrogen peroxide and wash it thoroughly.
- Apply an ice pack to slow the absorption of the venom into the body.
- Rub in some onion juice into the wound. This will neutralize some of the poison.

Chlorine bleach may also help with spider bites. If you bath in a very diluted solution, two capfuls with a full tub of warm water, for fifteen minutes it may help work as a repellent. Watch not to get it in your eyes.

SPINAL CORD COMPRESSION

*Medi-Sign Target
Bent-Knee Push-ups &
Water Exercises*



A spinal cord compression is when the spinal cord presses together. This may happen with a compression fracture, nerve compression, or spinal cord compression.

When a person has osteoporosis, a fracture caused by compressions is common. The spinal nerve emerges from the vertebral canal where the major column of nerve tissue is connected to the brain. There are thirty-one pairs of spinal nerves which begin in the spinal cord. The spinal cord, along with the brain, constitutes the entire central nervous system. There are nerve fibers in the spinal cord that transmit impulses to and from the brain. The brain and the spinal cord both are covered by three connective tissue envelopes called meninges. Cerebrospinal fluid, which is between the outer

“Recognize meat for what it is: the antibiotic-and pesticide-laden corpse of a tortured animal.”

and middle envelopes, acts as a cushion for the spinal cord against jarring shock.

Push-ups and water exercises release pain and therefore are good for giving strength to the spine.

SPLINTERS

Medi-Sign Target

*REmove with
Tweezers or Glue*

A splinter can be many things. It may be a piece of wood, glass, bone, or metal that has split and broken off under any part of the skin. Although painful, most skin, fingernail, or toenail splinters can be removed at home.

In order to remove a splinter, you need a clean set of tweezers. Before removing, wash your hands and the area with soap and water. Do this again after removal. Use grain alcohol to clean the tweezers first. If the end of the splinter can be seen, pull it out gently with the tweezers.

If the splinter is under the skin, use a sterilized pin or needle to open up the area of skin near the splinter. Once again, use grain alcohol to sterilize the pin or needle for about fifteen minutes. Over the top layer of skin near the splinter, use the

sharp point to make a slit. You may then remove the splinter with the pin or needle, or use the tweezers. After removal, keep an eye out for infection such as redness, tenderness, drainage, or warmth.

If you get a thorn or spine of a plant under your skin, use the very same methods mentioned above.

Since some spines are very hard to see, you may want to put tape over the area and pull it off. This may pull out some of the very small needles with it. Also, rubber cement or glue will do the very same thing. Apply, let dry, and pull off.

SPLIT ENDS

Medi-Sign Target

*Olive Oil, Honey &
Egg Yolk*



Natural remedies, such as eating a lot of fruits and vegetables, will help with split ends. Also, trimming your hair will do the trick as well.



*Fixed
Lickity Split!*

2 Tbsp Olive Oil
1 tsp Honey
1 Egg Yolk

Whisk together olive oil, honey and egg yolk. Apply to hair ends in small sections. Wrap head with shower cap, and leave on for thirty minutes. Rinse with cool water and shampoo out.



SPRAINS

Medi-Sign Target

*Rest, Ice, Compression &
Elevation*

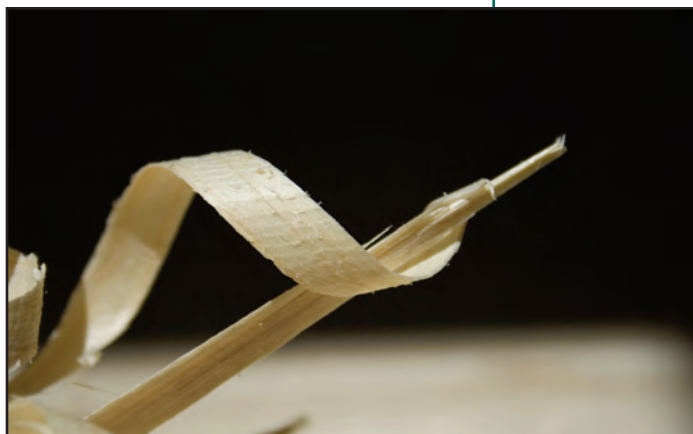
What Can Causes a Sprain?

A sprain can come from many things. A fall, or sudden twist, even a blow to the body that forces a joint out of place can cause a sprain. Sprains most commonly occur when people fall, slide during a baseball game, jump up and land on the side of a foot, or twist the knee when the foot is still on the ground.

Where Do Sprains Usually Occur?

The most common site for a sprain is the angle, however they can occur in both the upper and lower parts of the body. In the United States alone, 25,000 sprains occur each year.

Several lateral or outside ligaments and medial or inside ligaments support the angle joint. When the foot is turned inward as a person moves



“The happiest hours of mankind are recorded on the blank pages of history.”

or jumps, a sprain may occur. This is called an inversion injury. Another common place for a sprain is the knee. A fall or blow to the knee is usually the cause but sometimes a twist will do it too. Sprains also can occur at the wrist. This usually happens when someone falls and lands on an out-stretched hand. When skiing or playing other sports, a sprain to a thumb may occur. This can happen when a ligament near the base of the thumb is torn.

Signs and Symptoms of a Sprain?

Pain, swelling, bruising, instability, loss of the ability to move and use the joint are all symptoms of a sprain. These can vary in intensity depending on the severity of the sprain and the person. Someone may actually feel a pop or a tear when the injury occurs.

A mild sprain is usually caused by over-stretching the ligaments with no joint stability. A mild strain usually has minimal pain, swelling, and probably no loss of function. The person can also bear weight on the affected area.

When a person sustains a severe sprain or grade III, they completely tear or rupture a ligament. All symptoms are very painful, and they may not be able to bear weight on it.



area for twenty minutes at a time, 4 to 8 times a day. Do not use ice on the injured area for more than twenty minutes at a time because you run the risk of cold injury.

Compression

The compressing of an injured ankle, knee, or wrist may help reduce swelling. You may use bandages or elastic wraps, special boots, air casts, and splints.

Elevation

Keep the injured area elevated on a pillow, above the level of the heart. This will help decrease swelling.

If you have moderate or severe pain, a hard cast may be applied, especially for an ankle sprain. This may occur after the swelling has gone down.

How Are Sprains Treated?

Reduce Swelling and Pain of the Sprain

In order to reach the goal of reducing swelling and pain follow the RICE method. That is rest, ice, compression, and elevation for the first 24 to 48 hours.

R.I.C.E.

Rest

Reduce daily living activities as needed. Use crutches for ankle or knee injuries if needed. Relieve weight on the injured angle or knee by using a crutch or cane on the uninjured side.

Ice

Apply an ice pack to the injured

Begin Rehabilitation

Rehabilitation is the second stage of treating a sprain. The goal of this is to restore the function of the injured area. Recommended may be an exercise program that prevents stiff-



“Fiction reveals truths that reality obscures.”

“Walnut! You bury it in the ground, and it explodes into a giant tree. Bury a sheep, and nothing happens but decay.”

-George Bernard Shaw



ness, restores normal flexibility, and improves the range of motion. During this stage, some may even need physical therapy.

Regaining flexibility and increasing strength is another goal of rehabilitation. This may begin after the second week of recovery, depending on rate of recovery. Returning to full activity before normal functioning is back may cause serious reinjury and can lead to a chronic problem.

How Can Sprains Be Prevented? You can help lower their risk of sprains by:

- Avoid exercising or playing sports when tired or in pain.
- Maintain a healthy, well-balanced diet to keep muscles strong.
- Maintain a healthy weight.

- Practice safety measures to help prevent falls.
- Wear shoes that fit properly and are designed for activity.
- Replace athletic shoes as soon as the tread wears out or the heel wears down on one side.
- Do stretching exercises daily.
- Be in proper physical condition to play a sport.
- Warm up and stretch before participating in any sports or exercise.

- Wear protective equipment when playing.

- Run on even surfaces.

SQUASH

*Medi-Sign Target
Skin, Vermafuge & Eyes*

Squash has influences on the spleen, stomach and it helps in reducing inflammation and soothing burns, when juice is applied. Seeds of squash are very effective in destroying worms as is squash itself. Winter squash contains greater amounts of natural sugars, carbohydrates, and vitamin A than summer squash.

Summer squash and zucchini is watery, refreshing, a diuretic, and they overcome summer heat. With its skin, eat summer squash or zucchini for overcoming edema or difficulty urinating.

Winter squash are rich in folate, potassium, vitamin A and C. Summer squash provides vitamin A and C as well as folate.

Folklore

Squashes and pumpkins are very common around the world. Ethiopians use the seeds as laxatives and purgatives by chewing on them. In other places in Africa and the United States chewing on the seeds works for expelling tapeworm.

Pectins, present in the fiber of pumpkin and squash, has been found to lower blood cholesterol. They also are known for their cancer removing properties.

Deep orange winter squashes such as butternut, hubbard, aussie blues, acorn and pumpkins are all wonderful sources of vitamin C, fiber, and beta carotene. These are all cancer nutrients.





Research suggests that there are cancer blockers in squash and pumpkins. These are called protease inhibitors, they stop viruses and cancer causing chemicals from being active in the intestines. The NCI believes that squash is a cancer remissive. This means it acts against tumors such as those of the lung, esophagus, stomach, bladder, larynx and prostate.

It has been found that yellowish-orange squash, along with carrots and sweet potatoes, offer the most protection from lung cancer for a group of long time smoking men in New Jersey.

By eating a half a cup of squash or pumpkin a day, you could cut your chances of lung cancer in half. You may also be protected from second hand passive smoke by these orange vegetables.

When you shop:

- Winter squash is your best choice as far as a source of cancer-protecting carotene. However, summer squash, zucchini and yellow crookneck, are low in sodium and fat as well, and they are good for controlling blood pressure and weight too.
- All squash should have a leafy feel. Avoid squash with breaks in the skin or soft spots and Pumpkins should have clear, unbroken skins. Avoid a squash with no stem; it will most likely be rotted inside.

At home:

- Hollow pumpkins make a wonderful way to bake veggies.

STAR FRUIT

Medi-Sign Target
Astrocyte Brain Function



Star fruit is also called five angled fruit, five corners, and Chinese star fruit, carambola and tree melon. Star fruit make terrific star-shaped garnishes when sliced, and they have a clean, crisp texture.

Since they don't need to be peeled or seeded, they're also easy to use, and they're slow to discolor. Types of star fruit vary because some are sweet while others are sour. Try to avoid those that have brown spots or streaks. Star fruit contain vitamin A and about 3,000 nutrients not yet studied, plus, minerals, vitamin C and more.



"I will not eat anything that makes, runs, skips, hops or crawls. God knows that I've crawled on occasion, and I'm glad that no one ate me." -Alex Poulos

STEVENS- JOHNSON SYNDROME

*Medi-Sign Target
Saltwater & Warm Salt
Baths*

Erythema multiforme is a skin disorder resulting from an allergic reaction.

Alternative names: *Lyell's syndrome; Toxic epidermal necrolysis*

Causes, incidence and risk factors

In response to medications, infections, or illness, Erythema multiforme is a type of hypersensitivity or allergic reaction that occurs. Medications associated with erythema multiforme include sulfonamides, penicillins, barbiturates, and phenytoin. Herpes simplex and mycoplasma infections are associated infections.

With subsequent damage to skin tissues this disorder is believed to involve damage to the blood vessels of the skin. Approximately 90 percent of erythema multiforme cases are associated with herpes simplex or mycoplasma infections. The disorder occurs primarily in children and young adults.

Erythema multiforme may become noticeable with a classic skin lesion, with or without systemic or whole body symptoms. In Stevens-Johnson syndrome, involving multiple body areas, especially the mucous membranes, the systemic symptoms are severe and the lesions are extensive. Toxic epidermal necrolysis better known as TEN syndrome, or Lyell's syndrome, involves multiple



large blisters or bullae, that coalesce, followed by sloughing of all or most of the skin and mucous membranes.

Symptoms

Multiple skin lesions:

- Central lesion surrounded by concentric rings of paleness and redness, also called "target," "iris" or "bull's-eye."

- Fever
- General ill feeling
- Itching of the skin may be present
- Joint aches
- Located on the legs, arms, palms, hands, or feet
- May have vesicles and bullae (*blisters of various sizes*)
- May involve the face or lips
- That may appear as nodule, papule, or macule
- That may spread

- Trunk is usually not involved
- Usually symmetrical
- With sudden onset, which may recur

Additional symptoms that may be associated with this disease:

- Bloodshot eyes
- Dry eyes
- Eye pain, Eye burning, itching and discharge
- Mouth sores
- Vision abnormalities

Especially if there is a history of risk factors or associated diseases, the diagnosis is primarily based on the appearance of the skin lesion and its typical symmetrical distribution.

Control of the underlying causes or illnesses, treatment of the symptoms, and prevention of infection are all goals of the treatment. Suspected medications should be discontinued!

Treatment of mild symptoms may include:

- Apply fresh sliced onion juice to control itching.

"History is a pack of lies about events that never happened told by people who weren't there." -Santayana

- Clove oil (*especially for mouth lesions*) to ease discomfort that interferes with eating and drinking.

- Enemas and lots of water to drink.



- Moist compresses applied to skin lesions with crushed garlic.

Treatment of severe symptoms may include: *oral infusion of one half gallon of salt water daily; add one tablespoon of salt to the gallon of water.*



Good hygiene and isolation from others may be required to prevent secondary infections.

In cases in which large areas of the body are affected, pour salt directly into the lesions.

Expectations or Prognosis

Mild forms of erythema multiforme usually resolve without difficulty in two to six weeks, but they may recur. More severe forms may be difficult to treat. Stevens-Johnson syndrome and toxic epidermal necrolysis are associated with high death rates, typically from reactions to the drugs used for treatments.

Complications

- Permanent skin damage and scarring

Occasionally, lesions on internal organs causing:

- Hepatitis (*liver inflammation*)
- Loss of body fluids, shock
- Myocarditis (*heart inflammation*)
- Nephritis (*kidney inflammation*)
- Pneumonitis (*lung inflammation*)
- Secondary skin infection (*cellulitis*)
- Systemic infection, sepsis

Drink saltwater. Drink saltwater. Drink saltwater. Soak in warm salt baths.

STOMACH CRAMPS

*Medi-Sign Target
Peppermint Tea, Salt &
High Fiber Veggies*

Muscle cramps can happen anywhere you have muscles, and that includes your stomach, where a cramp may be mistaken for a “generic” bellyache, indigestion,

upset stomach or side stitch.

When a muscle isn’t getting enough oxygen-carrying blood to meet its needs muscle cramps can occur. When stress, overindulgence or heavy exercise after a big meal sets the stage, your stomach can become the fall guy for cramping.

Stomach cramps are usually a painful squeezing sensation that comes and goes over a span of minutes. They crescendo up and then decrease. By the way, the squeezing sensation does not always originate in your stomach. Sometimes the trouble is further down.

Take, for example, irritable bowel syndrome or IBS, a troubling and unexplained digestive problem that can cause pain, cramps, diarrhea and constipation. What you perceive as stomach cramps are actually spasms of the intestines. You get cramps only when you have the urge to go to the bathroom with less severe cases of IBS, and they go away after you’ve defecated.



“A deaf policeman heard the noise, and saved the lives of the two dead boys. If you don’t believe this lie is true, ask the blind man, he saw it too.”

“History is the sum total of the things that could have been avoided.”



What you put in your mouth is another common cause of stomach cramps. Lactose intolerance, or the inability to digest the sugar in dairy products, affects a third of Americans and can cause cramps. Downing spoiled potato salad at your company picnic or any other inappropriately handled food, usually leads to a bacterial battle down below called food poisoning that features cramping, vomiting and sometimes diarrhea. Not enough fiber or water is the leading causes of both constipation and diarrhea, often linked to cramping.

Characterized by small pouches filled with stool diverticulosis is a disease characterized by irritating bacteria that form on the muscle walls of your small bowel. It not only causes spasms and cramping, but hemorrhaging as well. Another medical problem, viral infection, can also cause cramps.

Stress also apparently plays a role in stomach cramps for children as well as adults. It doesn't cause the

cramps, but it can bring them on.

By eating the right foods and keeping stress under control, you can minimize the possibility of stomach cramps.

Here's how:

Get wise to water. Pour on the water, when constipation is causing stomach cramps. Drink at least 64 ounces of water a day. That's eight eight-ounce glasses! That should help make you regular in no time.

Sometimes watching what you eat can manage stomach cramps. So, eat small, portions of high fiber whole foods. Boosting fiber can help not only to end constipation and diarrhea but also to control diverticulosis and irritable bowel syndrome.

Colas make a tense stomach only worse. Use water instead of cola or try fresh fruit juices or a tummy-taming natural tea like fennel, lemon balm, valerian, chamomile, or ginger.

Try walking. If you're feeling full after a sumptuous repast, try "walking it off." Light exercise, especially walking, helps speed the movement of digested food through your bowels. By allowing the stomach to empty faster this may reduce stomach cramps.

Sage may help with stomach cramps because it improves digestion. Leaving out cooked dairy products may also help. Try raw dairy or soy instead. Essential oil of peppermint and rosemary also may soothe cramps.

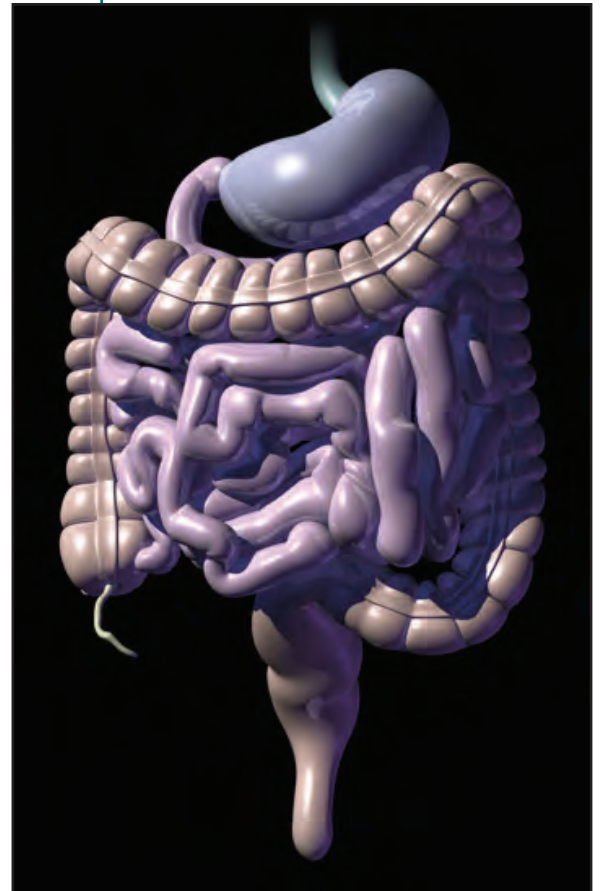
STOMACH ULCER

*Medi-Sign Target
7 Day Cabala Juice Fast*

Aspirin is a major cause

Ulcers are referred to as all sores that erode the mucous membrane lining the digestive tract and penetrate the underlying muscle. They are known medically as "peptic" ulcers. This is because they form in areas exposed to stomach acids and pepsin, digestive enzymes. Erosions in the duodenum, the upper part of the small intestine, are called duodenal ulcers. Gastric ulcers, which are less common, develop in the stomach lining.

People suffering from ulcers can often pinpoint the exact spot and



describe the pain as gnawing or burning. This pain is usually suffered two or three hours after eating and is worse when the stomach is empty, and can be relieved by eating a small amount of food. Some people never experience ulcer pain. However, they may develop intestinal bleeding, heartburn, bloating, and gas, possibly together with nausea and vomiting.

Causes of Ulcers

The idea that over secretion of stomach acid causes ulcers as well as indigestion and heart burn is the multibillion-dollar antacid industry's bank. The cause is more likely to be a weakness in the tissue, which allows acid to wash over layers where it does not belong.

Most ulcers have recently been found to be linked to a common bacterium, called helicobacter pylori, which infects the intestinal tract. Smoking, emotional stress and heavy drinking can also contribute to a person's risk of ulcers. Ulcers frequently occur in people subjected to extreme physical stress, such as serious burns or surgery.

The other major cause of ulcers is the use of drugs like aspirin, ibuprofen, naproxen, and other **no steroidal inflammatory drugs, (NSAIDs)** which erode the mucous membranes. Because it also inhibits blood clotting and promotes bleeding, aspirin's effects are particularly serious.

If the ulcer is caused by NSAID, you must discontinue using the drug.

Be mindful that *"it's not what you're eating; it's what's eating you."* Relaxation techniques and biofeedback to cope with stress may



Dried fruits, especially apricots, are also rich in iron. Unless they cause pain, citrus fruits and other good sources of vitamin C should be included to promote iron absorption.

Eat plenty of:

- Citrus fruits – *(they don't cause symptoms)* to promote iron absorption.

help people with ulcers. Regular exercise promotes the release of brain chemicals that dull pain and elevate mood called endorphins.

Risky Remedies

Over-the-counter drugs are used by many to self-treat pain due to ulcers, heartburn and indigestion. This results in the loss of bone minerals, long term use of antacids containing aluminum hydroxide can prevent the body from absorbing phosphorus.

Diet and Ulcers

At one time, a bland diet was once the mainstay of treatment. People with ulcers need a balanced, varied diet to promote healing. There is no proof that high fiber food and spices irritate ulcers. They do not cause pain or slow healing!

However, it is important for people with ulcers to avoid certain foods and seasonings that cause pain. Triggers vary for individuals, but common offenders are process caffeine in beverages and milk chocolate, hard alcohol, fatty foods can slow down stomach emptying and stimulate acid release. Iron-deficiency anemia can result from bleeding from untreated ulcers. People with ulcers should eat plenty of dried beans and other legumes.

Cut down on:

- Coffee, including decaffeinated, and other sources of processed caffeine.
- Cooked milk and dairy products, which stimulate acid secretion.
- Hard Alcohol. Excessive use of hard alcohol can irritate and erode the mucous lining in your stomach and intestines, causing inflammation and bleeding.
- Whole wheat breads, legumes, and dried fruits for iron lost through bleeding.



"History never looks like history when your living through it."

Avoid:

- Non-steroidal anti-inflammatory drugs.
- Fatty foods.
- If you use pain pills, try to get off of them by giving remedy to the cause of the pain.
- Late night snacks.
- Smoking may interfere with the protective lining of the stomach, making your stomach more susceptible to the development of an ulcer. Smoking also increases stomach acid.

Control acid reflux. If you have an esophageal ulcer, usually associated with acid reflux, you can take several steps to help manage and rid

yourself of acid reflux. The number one solution is a seven day fast on Cabala Juice. One hundred percent guaranteed. Then learn to snack throughout the day. No large meals! Avoid artificial sweeteners and soft drinks.

(See: Disease: The Mystery Solved/ Cabala Juice)

STRABISMUS

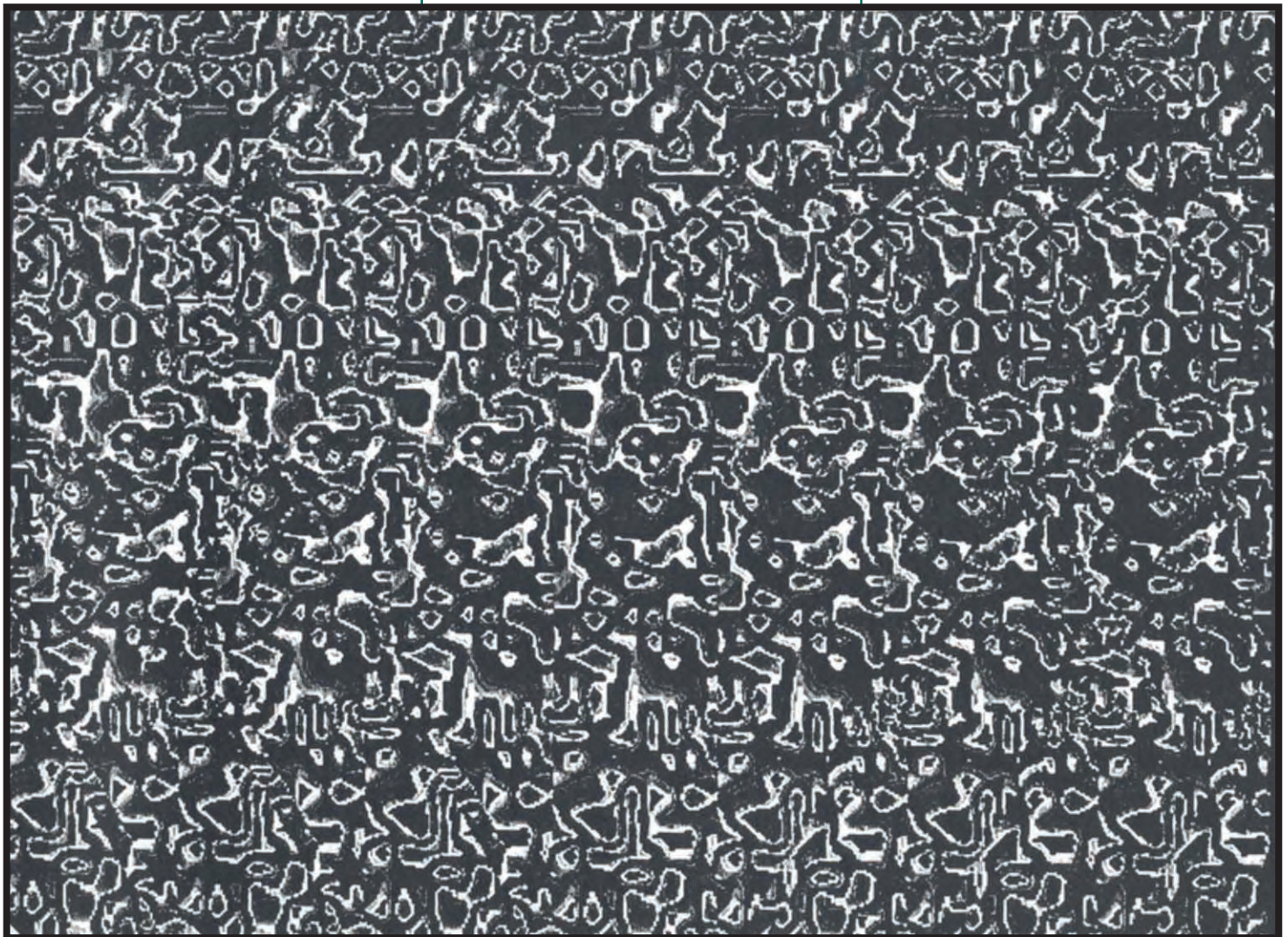
*Medi-Sign Target
Eye Patch &
Vision Exercises*

Strabismus is the name used to call extraocular muscle imbalance. In short, the eyes are “crooked”. Strabismus occurs in approximately two percent of children under three years of age and about three percent of

children and young adults. The condition affects males and females equally. Strabismus has an inherited pattern, meaning it is much more likely to occur if one or both parents are affected. However, many cases occur without any family history of the disorder.

It is important to recognize strabismus primarily because, in childhood, it is often associated with the development of amblyopia, or lazy eye. Amblyopia refers to reduced vision, uncorrectable with glasses or contact lenses, due to failure or incomplete development of the visual cortex of the brain.

Strabismus is not only important from the standpoint of amblyopia, it is also important for other functional and cosmetic reasons. Strabismus is



“There is a fine line between dreams and reality, it’s up to you to draw it.”

associated with reduction of depth perception and, if onset is in adulthood, double vision. Furthermore, strabismus presents a cosmetic concern, especially for school age children.

Orthotropia is the term used when describing an individual who has straight eyes, or both eyes are aimed at the same spot. The brain fuses the two separate images into one three dimensional image. This allows a high degree of depth perception. If the eyes are misaligned, depth perception is substantially reduced.

When one eye is deviated in early childhood, the brain may learn to ignore the image from that eye, and amblyopia, or lazy eye, is often the result.

It is important to understand that it is usually not just one eye that is deviated, but rather, the eyes are misaligned in relation to one another. In essence, both eyes are usually at fault, although one eye may appear to be the "crooked" one. If strabismus develops for the first time in adulthood, the affected individual usually experiences double vision. This occurs because the brain, which no longer has the flexibility of early childhood, is unable to ignore the image from the deviated eye.

Treatment for Strabismus

If amblyopia is present, the treatment of strabismus may include patching of one eye, or glasses.

I prefer patching and stereoscopic practice. Have the individual hold their index finger up from a closed fist and the focus on the end of the finger, holding it about 18 inches in front and centered to the nose.

Move the graphic (*previous page*) in front of them and hold it. Let them relax and wait and see if the stereo appears. It may take practicing this for five minutes at a time each day for three to four months, but the brain will put it together and heal the condition.

STRAWBERRY

Medi-Sign Target
Heart Rhythm & Muscle
Strength

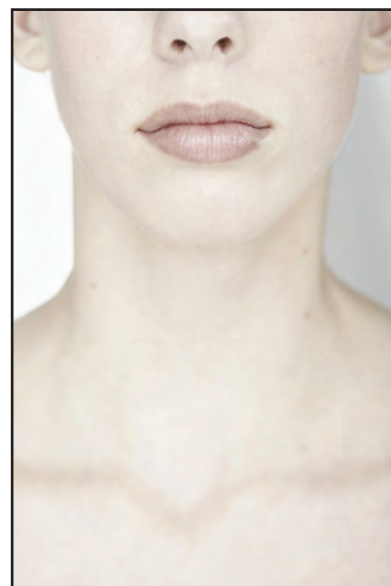


When strawberries are allowed to ripen on the plant, they are a high source of vitamin C. They are high in potassium, sodium and iron. The ellagic acid neutralizes and dissolves the carcinogen PAH present in cigarette smoke.

Strawberries are a good source of pectin and other soluble fibers that help to lower cholesterol. They also contain bioflavonoids, this includes red anthocyanin and ellagic acid, and these substances may help prevent cancers. Cooking does not destroy ellagic acid, so even strawberry pie and jam may be beneficial.

STREP THROAT

Medi-Sign Target
Suck on a Salt Rock



Known as *Streptococcus pyogenes*, the cause of strep throat is bacteria, or group A beta-hemolytic streptococcus. These bacteria are highly contagious. They can spread through airborne droplets when someone with the infection coughs or sneezes. Children can also pick up the bacteria from a doorknob or other surface and transfer them to their noses or mouths. Other common sources of infection transmission are kitchen utensils and bathroom objects. The strep infection can also damage heart valves and kidneys.

The infection tends to circulate in late fall, winter and early spring. Strep throat peaks in the fall and spring, while other viruses peak in the winter. Strep bacteria flourish wherever groups of people are in close contact making it easy to see why strep is often passed through family members, school and child care setting.

"The dead hand has too long hampered the freedom of the living."

Although strep throat is most common in children between the ages of five and fifteen, it affects people of all ages. In addition to a very sore throat, symptoms typically include a fever and swollen lymph glands. Younger children may also complain of abdominal pain.

In general, signs and symptoms of strep throat include:

- Difficulty swallowing
- Fever
- Headache
- Rash
- Red and swollen tonsils, sometimes with white patches or streaks
- Stomachache and sometimes vomiting, especially in younger children
- Swollen, tender lymph glands in the neck
- Throat pain

Treatment

- Drink plenty of water. If you keep a sore throat lubricated and moist it makes swallowing easier. Drinking plenty of water also helps prevent dehydration.
- Get plenty of rest. Sleep helps the body clear infection.
- Eat soothing foods. Foods that are easy on a sore throat include broths, soups, cooked cereal, mashed potatoes, soft fruits, yogurt and soft cooked eggs. You may even want to puree foods in the blender to make them easier to swallow. Very cold foods such as sherbet, frozen yogurt or frozen fruit pops may also be soothing.



- Figs and beets are beneficial in sore throat. Eat garlic; garlic is a septic remover.
- Gargle with warm salt water. For older children and adults, gargling several times a day can help relieve throat pain. Mix one half to one teaspoon of table salt in eight ounces of warm water. Be sure to tell your child to spit out the liquid after gargling.
- Use a humidifier. Adding moisture to the air can help ease discomfort. Moisture keeps mucous membranes in the throat from becoming dry and even more irritated. Choose a cool-mist humidifier and clean it daily, because bacteria and molds can flourish in some humidifiers.
- Stay away from irritants. Cigarette smoke can irritate a sore throat and increase the likelihood of infections such as tonsillitis. In addition, don't expose your child to fumes from paint or cleaning products, which can be irritating to the throat and lungs.

Garlic, onions, horseradish, cinnamon, clove and tea tree oil put in lemon juice and sipped. Gargle with warm salt water. Drink lots of liquids. Have a colonic or enema.

Also change your toothbrush once you get rid of the sore throat, or boil it.

STRESS



Stress is the “wear and tear” our bodies experience as we adjust to our continually changing environment. It has physical and emotional effects on us and it can create positive or negative feelings. As a positive influence, stress can help compel us to action. It can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke. With the death of a loved one, the birth of a child, a job promotion, or a new relationship, we experience stress as we readjust our lives. In so adjusting to different circumstances, stress will help or hinder us depending on how we react to it.

How Can I Eliminate Stress from My Life?

We all thrive under a certain amount of stress as positive stress adds anticipation and excitement to life. Deadlines, competitions, confrontations and even our frustrations and



“God cannot alter the past, though historians can.”

sorrows add depth and enrichment to our lives. Our goal is not to eliminate stress but to learn how to manage it and how to use it to help us. Insufficient stress acts as a depressant and may leave us feeling bored or dejected. On the other hand, excessive stress may leave us feeling “*tied up in*



symptoms, you have gone beyond your optimal stress level; you need to reduce the stress in your life and/or improve your ability to manage it.

How Can I Manage Stress Better?

Even though you may identify unrelieved stress and become aware of its effect on our lives, this is not sufficient for reducing

knots.” What we need to do is find the optimal level of stress which will individually motivate, but not overwhelm, each of us.

How Can I Tell What is Optimal Stress for Me?

Because there is no single level of stress that is optimal for all people, we all are individual creatures with unique requirements. What is distressing to one may be a joy to another. Even when we agree that a particular event is distressing, we are likely to differ in our physiological and psychological responses to it.

A person who thrives under stable conditions would very likely be stressed on a job where duties were high varied whereas the person who loves to arbitrate disputes and moves from job site to job site would be stressed in a job which was stable and routine. Also, our personal stress requirements and the amount which we can tolerate before we become distressed changes with our ages.

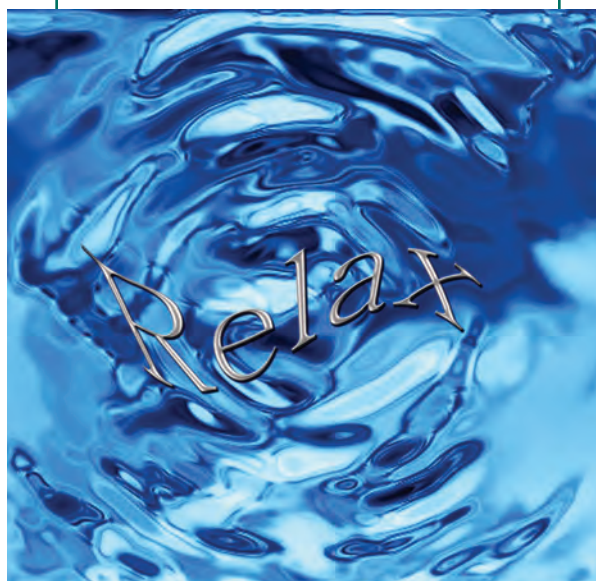
Unrelieved stress has been found to be related to most illness. If you are experiencing stress

its harmful effects. Just as there are many sources of stress, there are many possibilities for its management. However, all require work toward change. This involves changing the source of stress and/or changing your reaction to it.

How do you proceed?

1. Become aware of your stressors and your emotional and physical reactions.

- Notice your distress. Don't ignore it. Don't gloss over your problems.
- Determine what events distress you. What are you telling yourself about meaning of these events?



- Determine how your body responds to the stress. Do you become nervous or physically upset? If so, in what specific ways?

2. Recognize what you can change.

- Can you change your stressors by avoiding or eliminating them completely?
- Can you reduce their intensity or manage them over a period of time instead of on a daily or weekly basis?

- Can you shorten your exposure to stress take a break or leave the physical premises?

- Can you devote the time and energy necessary to making a change? Things such as goal setting, time management techniques, and delayed gratification strategies may be helpful here.

3. Reduce the intensity of your emotional reactions to stress.

- The stress reaction is triggered by your perception of danger; including physical danger and/or emotional danger. Are you viewing your stressors in exaggerated terms and/or taking a difficult situation and making it a disaster?

- Are you expecting to please everyone?
- Are you overreacting and viewing things as absolutely critical and urgent?
- Do you feel you must always prevail in every situation?
- Work at adopting more moderate views. Try to see the stress as something you can cope with

“Nothing more strongly arouses our disgust than cannibalism, yet we make the same impression on Buddhists and vegetarians, for me to feed on babies, though not our own.”

rather than something that overpowers you.

- Try to temper your excess emotions. Put the situation in perspective. Do not labor on the negative aspects and the “*what if’s*.”

4. Learn to moderate your physical reactions to stress.

- Slow, deep breathing will bring your heart rate and respiration back to normal.

- Relaxation techniques can reduce muscle tension. You can gain voluntary control over such things as muscle tension, heart rate, and blood pressure.

- Learning to moderate these reactions on your own is a preferable long-term solution.

5. Build your physical reserves.

- Exercise for cardiovascular fitness three to four times a week. Moderate, prolonged rhythmic exercise is best, such as walking, swimming, cycling or jogging.

- Eat well balanced, nutritious meals.

- Maintain your ideal weight.

- Avoid nicotine.

- Mix leisure with work. Take breaks and get away when you can.

- Get enough sleep. Be as consistent with your sleep schedule as possible.

6. Maintain your emotional reserves.

- Develop some mutually support-

ive friendships/relationships.

- Pursue realistic goals which are meaningful to you, rather than goals others have for you that you do not share.

- Expect some frustrations, failures and sorrows.

- Always be kind and gentle with yourself – be a friend to yourself. (See: *Feeding Your Emotions*)

STRETCH MARKS

*Medi-Sign Target
Lemon Juice & Sunshine*

The **epidermis** (*outer layer*), the **dermis** (*middle layer*) and the **subcutaneous stratum** (*innermost layer*) make up the three layers of skin. Stretch marks occur in the resilient middle layer that helps the skin retain its shape or the dermis. The skin becomes less elastic and the small connective fibers within it break when the dermis is constantly stretched over time. The result is what we know as stretch marks.



For most girls and boys, stretch marks are a normal part of puberty. When a person grows or gains weight really quickly, like during puberty, that person may get fine lines on the body called stretch marks. Stretch marks happen when the tissue under the skin is pulled by rapid growth or stretching. Even though the skin is usually fairly elastic, when it’s over-stretched, the normal production of collagen, the major protein that makes up the connective tissue in your skin, is disrupted. As a result, scars called stretch marks may form.

A stretch mark is also called “*striae atrophica*,” which can be described as fine pinkish-white or grey lines, usually 14 cm in length, seen in parts of the body where skin has been stretched.

Females, both girls and women have stretch marks. In girls, they tend to show up in commonly seen places like on the thighs and abdomen. In women, they show up on the breasts, especially if they are pregnant, and in persons whose skin has been stretch by obesity, tumor, or swelling, or in persons who have taken steroids for a prolonged period. Although stretch marks are more common in girls, guys can get them, as well.

Stretch marks tend to follow body builders because of the rapid body changes that bodybuilding can produce. People who are obese often have stretch marks. Stretch marks are also more likely to occur if a person uses steroid-containing creams or ointments, such as hydrocortisone, on their skin for more than a few weeks, or if a person has to take high doses of corticosteroids by mouth for months or longer.

“Only those who attempt the absurd will achieve the impossible. I think it’s in my basement... Let me go upstairs and check.”

Stretch marks may at first show up as reddish or purplish lines that may appear indented and have a different texture from the surrounding skin. Fortunately, stretch marks often turn lighter, whitish or flesh colored, and almost disappear over time. However, the fact that stretch marks usually fade and become less noticeable over time can be little consolation if you plan to spend most of your summer in a bathing suit.

By using vitamin E, vitamin B complex and adequate intake of zinc and vitamin C whole foods, stretch marks can be prevented and sometimes removed. Natural sources of vitamin E are cold pressed oils, wheat germ, vitamin B, whole grains, nuts, legumes, green leafy vegetables. Zinc sources are pumpkin seeds, sunflower seeds, mushrooms, soybeans, and wheat germ. Vitamin C sources are citrus fruits, strawberries broccoli, tomatoes and green peppers.

Fresh lemon and sunshine can fade these scars out.



Here are other suggested ways to get rid of stretch marks:

- Ground flaxseeds or linseeds are an excellent source of omega-3 fatty acids, which promote good skin health.
- Vitamin A is essential for healthy skin. This includes plenty of dark orange, carrots and sweet potatoes, and dark green, broccoli, spinach, and kale vegetables. All of which are high in vitamin A.
- Vitamin E helps promote good looking skin, which is why this diet includes nuts such as hazelnuts and almonds that are high in vitamin E as snacks.

STROKE

*Medi-Sign Target
Nuts, Seeds, Grains & Salt*

Resulting in the death of deprived cells due to lack of oxygen and nutrients essential for the proper function of the brain, a stroke, or cerebrovascular accident, occurs when the blood supply of an area of

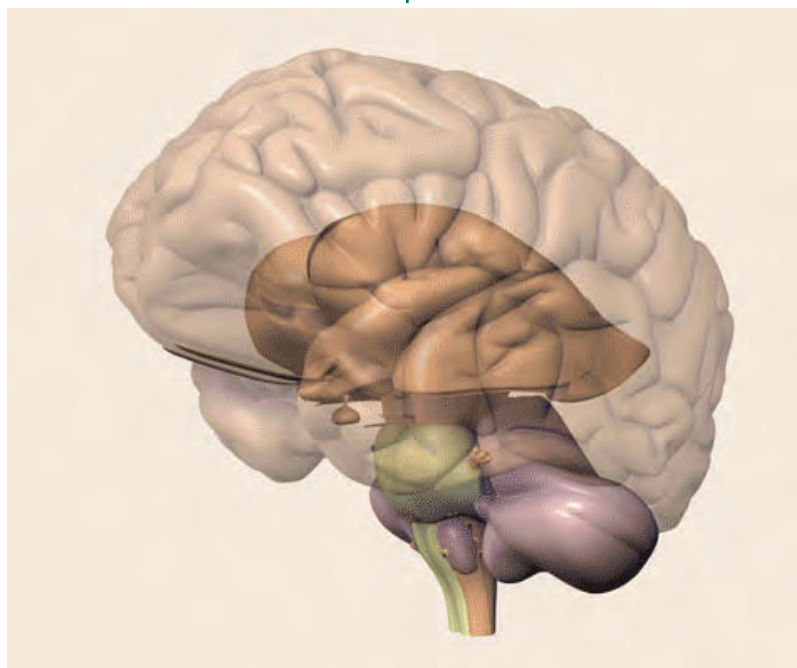
brain cells is cut off for a long period of time. The blood vessels may be blocked by atherosclerosis, clotting, or hemorrhaging. The process is similar to that of a heart attack, the difference being cell death in the brain during a stroke as opposed to cell death in the heart during a heart attack.

Impaired memory and attention span, tingling or lack of feeling in limbs, a feeling of heaviness in the limbs, and loss of movement are some typical symptoms of a stroke.

Plaque's that lead to prolonged high blood pressure, diabetes, and obesity and cigarette smoking, are all predisposing factors.

The diet should be well balanced, with special emphasis on B vitamins and vitamin C because they are needed for general health of the blood vessels. Vitamin E can be of help to prevent clots, reducing the need for oxygen. Reduction of overweight by sensible dieting is important. Whole grains, fruits and vegetables, and complete proteins should be emphasized.

(See Disease: The Mystery Solved)



“After you've heard two eyewitness accounts of an auto accident, you begin to worry about history.”

SUGAR

Medi-Sign Target

Unprocessed Sugar is
Brain Food



Eliminate Processed Sugar!

Take the processed sugar out of your life, and reduce your risk of obesity and diabetes. Sugar puts you on a treadmill and has you always wanting more. Processed sugar could even be called kiddie cocaine, because it's so addictive and changes the behavior of children and even adults with ease.

- Also leads to Crohn's disease.
- Causes fatigue and adrenal weakness
- Helps heal wounds when applied externally, but not as well as honey.
- Internal parasites feed on it.
- Like other simple carbohydrates, sugar helps induce cavities.
- One teaspoon of sugar is said to set the immune system back three and a half hours.
- Triggers a rise in blood sugar and stimulates insulin production.

Try natural sugars, that require very little processing, to bring a bit of

sweetness to your meals. Fruit is naturally sweet, contains high nutrients and fiber. Pure maple syrup, raw honey & blackstrap molasses are all healthy alternatives to sugar.

SUGAR SNAP PEAS

Medi-Sign Target

Brain



Peas to Please!

Snap peas, or sugar snap, peas are a cross between an English pea and a snow pea. They are sweet and crisp and eaten whole, pod and all. Sugar snaps can be served raw, briefly stir fried, pickled, or steamed as a side dish. They are high in protein, potassium and B vitamins. To maintain a consistent energy level, they have complex carbohydrates that release energy slowly to the body. They are also an excellent source of minerals phosphorus, potassium, magnesium and calcium.

SULFUR

Medi-Sign Target

Purifies the Blood

Sulfur is an acid-forming mineral that is part of the chemical structure of the amino acids. Sulfur disin-

fects the blood, helps the body to resist bacteria, and protects the protoplasm of cells. It aids in necessary oxidation reactions in the body, stimulates bile secretion and protects against toxic substances. Sulfur slows the aging process because of its ability to protect against the harmful effects of radiation and pollution.

Sources: Brussels sprouts, dried beans, cabbage, garlic, kale, onions, soybeans, turnips and wheat germ.

SUN

Medi-Sign Target

Highest Source of
Complete Nutrition

The population of industrialized countries for decades has been brainwashed into thinking the sun is evil. They've been told to cover up their skin and to avoid being exposed to natural sunlight. They've coated themselves with sunscreens which contain toxic chemicals, and taken extreme measures to avoid sunlight. However, this advice has turned out to be completely wrong. Natural sunlight is absolutely essential for good health, and without it, you are far more susceptible to cancer, depression, obesity, osteoporosis and many other diseases. Sunlight is a natural cure that helps the body maintain a high state of health.

But what about sunburns, you ask? I speak from experience on this issue. People are only susceptible to sunburns when they have nutritional deficiencies caused by consuming soft drinks, processed foods, white flour, refined sugars, and other similar substances. A person

on the standard American diet receives sunburn very easily. But if that same person follows a whole food diet for several months, and avoids all processed foods, even red heads will not burn their skin in the sunlight.



On the vitamin D issue, deficiencies in this vitamin are widespread. As a result, perhaps tens of millions of men each year are killed by a completely avoidable disease, prostate cancer. With sufficient Vitamin D from natural sunlight, very few men ever experience prostate cancer. With women, it's breast cancer and osteoporosis. Both diseases are entirely preventable, and sunlight is one of the major and most critical keys to this prevention.

It's sad that many doctors are still telling their patients to avoid the sun and this process is killing them. They are puppets of the pharmaceutical industry. It is precisely the sun that holds the cure to many diseases now considered epidemic in the Western world. We need more sunshine, not less, and while there is certainly such a thing as too much

sunshine in one setting, the fact is that almost nobody living in modern cities gets even the minimum daily requirement of sunshine.

By the way, this is even truer for people who have darker skin. Those of African descent are especially prone to vitamin D deficiencies since their skin naturally blocks a significant portion of sunlight radiation. That's why black men have a much higher rate of prostate cancer than white men. Furthermore, black men who live in northern climates, such as London or Canada, for example, have it even worse. It's virtually impossible for them to get enough Vitamin D since there's not much sun to be found where they live. Keep in mind, dark skin was an adaptation for people living near the equator, where sunshine is far more powerful.

Sunburn

For a miraculous cure for sunburn, try lavender essential oil. It is best to drop it on, and then spread it using gentle pressure. After about a half hour or less, the pain should be gone. Wait until morning to shower and then reapply oil.

SUNFLOWER AND SAFFLOWER OILS

Medi-Sign Target
Pancreas Function

These oils are rich in vitamin E. These oils are high in omega 6 fatty acids and contain no omega 3's. Even though they contain 90 percent unsaturated fats, they tend to be highly refined oils. They tend to be

favorite cooking oils because the high oleic acid variety of these oils is least damaged by heat.

SUNFLOWER SEEDS

Medi-Sign Target
Pancreas Function



Influences the spleen and pancreas, lubricates the intestines, and hastens the eruption of measles if prepared as a tea decoction. Sunflower seeds are also used to treat constipation.

Sunflower seeds are rich in vitamin E, iron, thiamin, manganese and copper. They are a good source of zinc and dietary fiber.

SURGERY

AVOID IT!!

SWEET LEAF (STEVIA)

Medi-Sign Target
Brain

All About Sweet Leaf (Stevia)

Stevia is nature's sweet gift to all of us. This remarkable plant, from the

"I did not become a vegetarian for my health, I did it for the health of the chickens."

“Anyone who can handle a needle convincingly can make us see a thread which is not there.”

rainforests of Paraguay, is up to 300 times sweeter than sugar, does not affect blood sugar levels, and has no calories. It is nutritious, noncarcinogenic, nontoxic, and safe for diabetics and hypoglycemics.

Stevia leaves have been used for 1500 years by the Guarani Indians of Paraguay as a soothing tonic for the stomach and as a healing concentrate when cooked in water. It was first discovered by M. S. Bertoni and introduced to Europe in 1899.

Since then, hundreds of scientific tests have been performed on these sweet leaves, which have been found to contain, among other elements, Vitamin C, calcium, beta-carotene, chromium, fiber, iron, magnesium, niacin, potassium, protein, and silicon.

It is the intensely sweet glycosides, referred to as steviosides which are produced within the leaves, which make stevia so sweet. This white, crystalline powder is approximately 300 times sweeter than cane sugar. Research has shown that the body does not digest or metabolize these intensely sweet glycosides. They are not converted into glucose in the body and, therefore have a glycemic index of zero. This makes stevia a most valuable sweetening source for those with sugar restrictions, such as diabetes, hypoglycemia, or weight control.

Stevioside has a 52 percent share of the commercial sweetener market in Japan and is rapidly becoming the favored sweetener in China and throughout the Orient today. In fact, China has become the major grower and processor of the stevia plant. Most stevia farmers cultivate their plants without the use of pesticides



and under the conditions required for organic certification.

Additional Information
(The Pharmaceutical Industry controls the FDA)

- Presently, the FDA will only allow stevia products to be distributed as a dietary supplement. Despite sweeping toxicology tests and widespread global use without incidence of adverse reaction, stevia has yet to be approved as a food source by the FDA. They rejected two comprehensive petitions submitted in the 1990's, citing insufficient proof of stevia's safety. Paradoxically, the FDA approved sweetener, aspartame, receives one of the highest number of consumer complaints made to the FDA. Consequently, because of this ruling, stevia is sold only in the nutritional supplement section in health food stores.

- Many Japanese farmers have been growing their fruits and vegetables with a powerful and effective fertilizer formulated from the leaves and stems of the stevia plant for the last several years. These crops are noticeably tastier,



more fragrant, have a higher sugar and nutrient value and remain fresher longer. Additionally, this plant food also prevents and cures plant diseases, dissolves agrochemicals in the soil, increases their harvest, and makes the plants more resistant to frost and strong winds. When used with other com-

posting materials, such as manure and kitchen refuse, it greatly accelerates fermentation without noxious fumes, producing high quality organic manure in less than three months.

Health Benefits of Stevia

It is estimated that over 500 scientific studies have been performed on stevia. Many scientists have reported numerous health benefits to adding stevia to the daily diet.

- Scientific research indicates that stevia effectively regulates blood sugar, bringing it toward more normal levels, in people with diabetes and hypoglycemia.

- Studies have indicated that stevia, while not affecting people with normal blood pressure, tends to lower elevated blood pressure.

- Stevia inhibits the growth and reproduction of oral bacteria and other infectious organisms. Regular users of stevia as a mouthwash or for brushing teeth, added to toothpaste, have

reported an improvement to bleeding gum problems. This inhibition of oral bacteria may explain why users of stevia-enhanced products report a lower incidence of colds and flu. Subsequently, an increasing number of toothpaste manufacturers are now using stevia in their products.

- When applied externally stevia poultices and extracts have been observed to have therapeutic effect on acne, seborrhea, dermatitis and eczema. Extracts placed directly in cuts and wounds, have demonstrated rapidly healing without scarring.

- Other benefits of adding stevia to the daily diet include improved digestion and soothed upset stomachs.

- Stevia is also an exceptional aid in weight loss management because it contains no calories and reduces the craving for sweets and fatty foods. Steviosides, the principle sugar molecule component of stevia, pass through the human alimentary canal without being altered by digestive processes, demonstrating remarkable stability. They simply cannot be broken down into their metabolites under normal gastric conditions.

As a result, the sugar molecules pass unchanged through the human gastrointestinal tract and are not absorbed into the blood, producing no calories. Preliminary research indicates that stevia may actually reset the hunger mechanism in people where the pathway between the hypothalamus and the stomach has become obstructed. In other words, it clears the communication pathway between the stomach and the brain, reducing hunger sensations faster.

SWELLING

Medi-Sign Target
Saltwater Soaks, Liquids & Salt



Swelling is an increase in the size or a change in the shape of an area of the body. A collection of body fluid, tissue growth, or abnormal movement or position of tissue can all cause swelling.

At some point in time, most people will have swelling. When it is hot and you have stood or sat in the same place for a long time, you might notice swelling in your feet and ankles. Staying in one position for any length of time increases the risk that the lower legs, feet, or hands will swell. This is because body fluid will normally move down a limb from the effects of gravity. Swelling can also be caused by heat related problems, such as heat edema from working or being active in a hot environment.

Body fluid can collect in different tissue spaces of the body, localized or can affect the whole body, generalized.

Causes of localized swelling include:

- Injury to a specific body area.

Bruising or contusion from an injury is caused by tears in the small blood vessels under the skin. Bleeding can also affect the joint, hemarthrosis, or the area that cushions and lubricates the joint, traumatic bursitis. Swelling can affect just one area or may involve large sections of the body, such as swelling that occurs following a motor vehicle accident.

- Infection, which can occur in a joint or under the skin. An abscess is a pocket of pus that forms at the site of infected tissue.

- Inflammation that occurs when tissue is irritated by overuse or repeated motion.

- Swelling of the tendon or tendinitis and swelling caused by a series of small tears around a tendon or tendinosis can occur together or separately.

- Swelling of the sac that cushions and lubricates the joint or bursitis can be caused by prolonged or repeated pressure or by activities that require repeated twisting or rapid joint movement.

- Other causes, such as swelling related to a sac-like structure filled with clear fluid, blood, or pus, cyst, or a swollen organ, such as a salivary gland.

Treatment

- Avoid sitting or standing without moving for prolonged periods of time. Exercising the legs decreases the effect of gravity, so swelling goes down.

- Drink plenty of fluids to help prevent swelling caused by dehydration.

"Everything you can imagine is real." -Pablo Picasso

“Heart attacks... God’s revenge for eating his little animal friends.”

- Elevate the injured or sore area on pillows while applying ice and any time you are sitting or lying down. Try to keep the area at or above the level of your heart to help minimize swelling.

- Keep your skin cool in hot environments.

- Rest and protect a sore area. Stop, change, or take a break from any activity that may be causing your pain or soreness.


Bromelin enzymes in sliced pineapple or fresh pineapple juice works wonders. Drink it, and apply it externally to the swelling.

SWIMMERS EAR

Medi-Sign Target
Saltwater Rinse & Grapeseed Oil Drops




If you have a tendency to get swimmer’s ear or feel the beginning of an infection, you can make your own “Biotic Eardrops” or irrigation solution.



“Biotic Eardrops”

1/4 cup White Vinegar
1/4 cup Grain Alcohol
(Pick one of the following)
2-3 drops grapefruit seed extract
3 drops of garlic tincture
3-5 drops Echinacea tincture.

Sterilize a 4-ounce bottle by immersing it in boiling water for 10 minutes. Mix all ingredients in the bottle. Cap tightly; store out of light. To use, put a few drop into the ear with a sterile eyedropper. Allow to run out of the ear.



SWISS CHARD

Medi-Sign Target
Bone Marrow & Blood Builder

A single leaf of swiss chard packs a rich truck load of vitamin A, plus fiber, calcium, and potassium, plus it has no harmful animal fat!

Similar to spinach and beets its flavor is bitter, pungent and slightly salty. Swiss chard is truly the vegetable valedictorian with its exceptionally impressive list of health promoting nutrients.

Along with kale, mustard greens and collard greens, Swiss chard is one of several leafy green vegetables often referred to as “greens.” It is a tall leafy green vegetable with a thick, crunchy stalk that comes in

white, red or yellow with wide fan like green leaves. Chard belongs to the same family as beets and spinach and shares a similar taste and nutritional profile. It has the bitterness of beet greens and the slightly salty flavor of spinach leaves. Both the leaves and stalk of chard are edible.

Health Benefits

Swiss chard has been the subject of fascinating health studies because of both the leaves and the roots. The combination of traditional nutrients, phytonutrients, particularly anthocyanins, plus fiber in this food seems particularly effective in preventing digestive tract cancers. Several research studies on chard focus specifically on colon cancer, where the incidence of precancerous lesions has been found to be significantly reduced following dietary intake.



If grades were assigned to vegetables for traditional nutrient, Swiss chard would be the vegetable valedictorian. The vitamin and mineral profile of this leafy green vegetable contains enough “excellents” to ensure Swiss chard’s place at the head of any vegetable list. It has concentrations of vitamin K, vita-

min A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber. Swiss chard also emerges as a very good source of copper, calcium, vitamin B2, vitamin B6, protein, phosphorous, vitamin B1, zinc, folate, biotin, niacin and pantothenic acid.

SYNOVITIS

Medi-Sign Target

Cherries, Berries & Fermented Foods

Synovitis is the inflammation of a synovial, joint-lining, membrane, usually painful, particularly on motion, and characterized by swelling, due to effusion or fluid collection in a synovial sac.

Found in joint cavities, bursae, and tendon sheaths, synovial fluid is a transparent, viscid fluid secreted by the synovial membrane.

Causes and Risk Factors of Synovitis

Synovitis is a major problem in rheumatoid arthritis, in juvenile arthritis, in lupus, and in psoriatic arthritis. It may also be associated with rheumatic fever, tuberculosis, trauma, or gout.

Rheumatoid arthritis involves synovitis. The synovial membrane lining the joint becomes inflamed with rheumatoid arthritis. The cells in the membrane divide and grow, and from other parts of the body, inflammatory cells come into the joint.

Symptoms of Synovitis

The joint appears swollen and feels puffy or boggy to the touch because of the mass of inflammatory cells in rheumatoid arthritis. The increased

blood flow that is a feature of the inflammation makes the joint warm. Causing further pain and irritation, the cells release enzymes into the joint space. If the process continues for years, the enzymes may gradually digest the cartilage and bone of the joint leading to chronic pain and degenerative changes.

Synovitis shows up as warm, red, and swollen joints.

Eat lots of garlic, onion, cherries, and berries of every kind. A seven day juice fast on orange, grapefruit, and limes can knock this problem out like magic.



SYPHILIS

Medi-Sign Target

Raw Honey, Fermented Foods, Onions & Garlic

Syphilis is a sexually transmitted disease that is caused by a microscopic, spiral-shaped spirochete bacterium called treponema pallidum. Young people between the ages of 15 and 34 who are sexually active have the highest rate of syphilis.

Syphilis has signs and symptoms that can look like other more com-

mon illnesses. The main sign of syphilis in one stage could be a rash. In the advanced stages, the chief sign might be joint problems or thinking disorders. There are no obvious signs at all for some people who develop syphilis.

Acquired Syphilis is a sexually transmitted disease, but if not diagnosed and treated, the disease can progress to affect the entire body. Each having its own signs and symptoms, syphilis has three stages: primary, secondary and late.

Primary Syphilis begins two to six weeks after sexual contact with an infected person. Painless red sore called a chancre appears, usually on the genitals. Depending on the type of contact, the chancre may also appear in the mouth or in the rectal area. Usually there are also enlarged lymph nodes and swollen glands near the area of the chancre. Without treatment, the chancre heals after four to six weeks, leaving a thin scar, and the second stage of syphilis begins.

Secondary Syphilis usually begins two to ten weeks after the chancre heals. Syphilis bacteria enter the blood and spread through the body causing many different symptoms, including rash, small red bumps, fever, headache, loss of appetite, weight loss, sore throat, muscle aches, joint pain, a generally ill feeling, and enlarged lymph nodes. Gray or white wart like patches of skin called condylomata it can appear on the moist areas around the anus and vagina. In this stage, syphilis may move to the liver, kidneys, and eyes or cause meningitis.

Late or Tertiary Syphilis – After the secondary stage passes, some people with syphilis progress to a

“Vegetarianism is harmless enough, though it’s apt to give a person wind and self-righteousness.”

“Imagination is the one weapon in the war against reality.”

latent stage where they have no more symptoms. Others go on to have symptoms of late syphilis that affect the eyes, large blood vessels, nerves or neurosyphilis, and brain. Late syphilis has many different signs and symptoms, including memory loss psychological problems, difficulty walking, and loss of balance, loss of feeling especially in the legs, problems with bladder control, impotence, vision problems, and symptoms of heart disease.

Eating lots of fresh garlic is your solution. Lots of water and salt!



Eat healthy, strive for inner cleansing, and eat foods high in vitamins. Hint: whole raw foods. Exercise daily, get sunshine and plenty of rest, and drink lots of water. Avoid all refined food. Eat four fresh garlic bulb's a day! Eat as much raw food as possible.

A good colon cleansing is lemon juice water and psyllium powder. Fast on distilled water, lemon juice and honey, or do a carrot juice fast. Add soy protein to your diet. Drink herbal teas. Eat nothing but whole foods.

Garlic Suppositories – Before bedtime, cut a small clove of raw garlic. Roll in coconut oil or soy butter size three quarters of an inch long by one quarter round. Use rectal suppository before retiring at night. This will also kill worms and parasites and other bad bacteria. It will help purify blood while you sleep.

SYSTEMIC SCLERODERMA



Local or systemic symptoms may be produced by this disease. The course and severity of the disease varies widely in those affected. Excess collagen deposits in the skin and other organs produce the symptoms. Damage to small blood vessels within the skin and affected organs also occur. In the skin, ulceration, calcification, and changes in pigmentation may occur. Systemic features may include fibrosis and degeneration of the heart, lungs, kidneys, and gastrointestinal tract. The disease usually affects people from 30 to 50 years old.

A raw food diet and extended fasting seems to resolve the incidence of sclerosis.

(See: Fasting)



Fermented foods such as sauerkraut will give good results.

Women are affected more than men. Risk factors are occupational exposure to silica dust and polyvinyl chloride.

Symptoms: Blanching, blueness, or redness of fingers and toes in

response to heat and cold, pain, stiffness, and swelling of fingers and joints, skin thickening and shiny hands and forearm. Skin is hard, tight and mask-like facial skin, ulcerations on fingertips or toes. Esophageal reflux or heartburn, difficulty swallowing, bloating after meals, weight loss, diarrhea, constipation, shortness of breath can also be indications.

There are benefits from diet changes:

- **Magnesium:** Dark green vegetables, legumes, nuts, pineapple

- **Vitamin B:** Brown rice and all grains

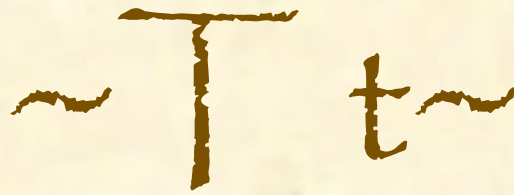
- **Zinc:** Pumpkin seeds, sunflower seeds, mushrooms, soy beans

- **Folic acid:** Dark green vegetables, whole grains, asparagus, barley, dates, legumes, lentils, mushrooms, oranges, split peas, root vegetables

- **Vitamin B12:** It aids folic acid in regulating the formation of red blood cells, and helps in the utilization of iron. Sources are brewers yeast, sea vegetables such as dulse, kelp, kombu, and nori, soy beans and soy products. It is also present in the alfalfa, bladder wrack and hops.

Symptoms: Wrist pain, wheezing, skin abnormally dark or light, joint pain, hair loss, eye burning, itching and discharge. Complications include cardiac failure, renal failure, pulmonary fibrosis, malabsorption or inadequate absorption of nutrients from intestinal tract.

Prevention: There is no known prevention. Minimize exposure to silica dust and polyvinyl chloride.



History: The Letter T

Since its earliest forms, the "T" has hardly changed at all. It was derived from "Italy," a mark or cross-made by people who could not write. The only change in the letterform from Phoenician to Greek to Roman was the raising of the crossbar. There are seven countries, which begin with "T." They are Tanzania, Thailand (formerly Siam), Togo, Trinidad and Tobago, Tunisia, Turkey and Tuvalu. The United States of America does not count because it really begins with a "U." Tuvalu consists of nine tiny islands scattered over an area of about 500,000 square miles between Hawaii and Sydney, Australia. In 1985 it received an Honorable Mention Award in the International Capitol Cities Naming Competition with their entry of "Funafuti." The official airline industry code for Funafuti, Tuvalu is "Fun" which I feel more people should be having with Health and whole foods. Whole foods fit energy and, "fun" to a, "T."

Mystery: The Celtic Name Letter Key

"T" is an indication of fickleness and lack of permanent commitment. It also signifies impatience, an inability to wait for events to take their natural course. A person who's name-print has "T" as a dominant letter feels under constant pressure to get things done now, which makes him or her valuable in certain working environments. The obsession with time will also have a negative effect, making the person worry about growing old. Minute exactness will not concern this name-bearer, though he or she will be able to concentrate on the job in hand for a short period. Soon, however, it will have to be set-aside for something new. There is thus a constant swing in a "T" person between wanting to move on to new experiences, yet being afraid of time passing.

TAENIASIS (BRAIN WORMS)

Medi-Sign Target
20 Day Water Fast



Taeniasis is an infection of the digestive tract by adult tapeworms. Humans acquire the infection from beef, which tends to carry the tapeworm *Taenia saginata*, or pork, which carries *Taenia solium*.

What are the symptoms of Taeniasis?

What does Taeniasis cause?
Most cases have no symptoms, and in many cases the afflicted becomes aware of the infection by noting proglottids (*segments of tapeworm*) in stools, or mobile *Taenia saginata* proglottids emerging from the anus. If symptoms occur, they are mild and non-specific and include abdominal pain, digestive disorders, excessive appetite or loss of appetite, weakness and loss of weight.

How is Taeniasis spread?

How do people get Taeniasis?

Taeniasis results from consuming

raw or undercooked pork or beef that carries the larval stage of the pork or beef tapeworm. The larvae from the infected meat develop in the human intestine into adult tapeworms. The proglottids of the tapeworm develop and fill with eggs. Proglottids separate and eggs are passed in the feces. Eggs can live

in the environment for months or even years. Livestock become infected when they ingest feed containing such eggs. The eggs then hatch, develop into the larval stage and become embedded into the animal's tissues.

Person-to-person

transmission may occur in *Taenia solium* infection, but the result is cysticercosis rather than tapeworm formation.

What is Cysticercosis?

How is it Different from Taeniasis?

While taeniasis is an infection by the adult beef or pork tapeworms, cysticercosis is an infection by the larval stage of the pork tapeworm, *Taenia solium*. Cysticercosis commonly occurs when humans unknowingly ingest *Taenia solium* eggs. Once the eggs hatch in the subject's small intestine, the larvae penetrate the lining of the small intestine and enter the blood stream. From here the larvae can be distributed to any organ

in the body, where they form cysts. Cysts are found most frequently in skin, skeletal muscle, heart, eye, and **central nervous system (CNS)**. Neurocysticercosis, infection of the human CNS by *Taenia solium* larvae, is a leading cause of acquired epilepsy in the world.

Many cases of cysticercosis probably result from people ingesting eggs that are produced by a tapeworm living in the intestinal tract. People can also be infected through food or water contaminated with eggs, or also through eggs present in a household or work environment.

Due to increased immigration from Central America and travel to areas where cysticercosis is found, cases of cysticercosis are on the rise in the US, especially in California, Arizona, New Mexico, Texas, and Colorado.

How common is Taeniasis?

Approximately 50 million people are infected with both parasites worldwide; some 50,000 die of cysticercosis annually. In the US, laws governing feeding practices and inspection of domestic food animals have largely eliminated the problem of tapeworm (*the beef council tells us*). An estimated 1,000 new cases of cysticercosis are diagnosed in the US annually.



TAMARILLO

Medi-Sign Target
Heart



How do I Protect Myself from Taeniasis?

Good hygiene and hand washing after using the toilet will prevent self-infection in a person with tapeworms. Infection in animals is prevented by protection of the animal feed or grazing areas from contamination by human feces.

How does one protect others from Taeniasis?

Infected individuals can expose other individuals to *Taeniasis solium* eggs, often via food handling.

Infected individuals can prevent infection in animals by making sure that fecal contamination of animal food or grazing areas does not occur.

How are Taeniasis infections diagnosed?

Identification of segments, eggs, or head of the parasite in the feces indicates taeniasis, but is not possible during the first three months following infection, prior to development of adult tapeworms.

Should one worry about Taeniasis when traveling internationally?

Taeniasis is found worldwide. *Taenia saginata* is prevalent in regions where cattle are raised, such as Africa, the middle east, central and south America, Europe, and Asia. *Taenia solium* is prevalent in central and south America (*especially in Mexico*), Africa, southeast Asia, eastern Europe, and Micronesia.

When traveling in developing countries or where taeniasis has been reported, one should avoid eating pork and other meats, and wash hands with soap and water after using the toilet and especially before handling food.

Water fasting for 20 days. Then drinking water with one tablespoon of clay every two hours, six times before sleep, then drinking one quart of water mixed with one heaping tablespoon of Epsom salts – kills and removes intestinal tapeworms. Brain worms can take up to 40 days on water to be killed. They starve to death as their food supply (*plaque*) is purged by the fasting action.

The tamarillo, also known as the tree tomato, is an unusual, exotic, subtropical fruit. It has two different types, one of which is more tart than the other and is good when used in vegetable recipes. Tamarillos are native to South America, specifically Bolivia, Chile, Ecuador, and Peru, but are now also grown in California and New Zealand. The fruit is produced from a tamarillo tree – an evergreen that can grow to heights of up to ten feet. The fruits that are produced from this tree grow either singly or in clusters. The fruits are sized at approximately two to four inches in length. Although the tamarillo tree produces edible fruits, it also produces fragrant flowers that are colored pink, purple, and yellow.

Tamarillo fruit has an oval shape and an outer skin that is either red or purple, yellow, or orange. Additionally, the red or purple tamarillo fruit contains an inner flesh that is black while the yellow or orange tamarillo fruit contains an orange inner flesh. Although both types of tamarillos contain edible seeds, the flavor of the flesh within the two types varies considerably.



“It is easier to denature Plutonium than to denature the evil spirit of man.” -Albert Einstein

“People are like birds: on the wing, all beautiful; up close, all beady little eyes.” -Mignon McLaughlin



Red or purple tamarillos have a more tart taste than their yellow or orange counterparts. Because of this, the red or purple tamarillos are more frequently used as a vegetable than as a fruit. It is also important to note that on both types of tamarillos, the skin should not be eaten and should be removed prior to using the fruit.

One can purchase tamarillos year-round at larger supermarket chains and at some specialty fruit markets. When purchasing tamarillos, one should make sure that the outer skin is free of blemishes and defects and that the fruit has a smooth skin. Also, one should purchase only those tamarillos that are firm to the touch. Once one has purchased tamarillos, if the fruit is still hard to the touch (*unripe*), one should allow the fruit to ripen at room temperature until it softens a bit. Once the fruit has ripened, one can keep it fresh by storing it in the refrigerator. Ripened tamarillos can be stored for up to 10 days as long as they are refrigerated.

Because tamarillos can be used in cooking as both a fruit and a vegetable, recipes for them vary. However, popular uses for the red or purple tamarillo include the following: peeling slices of the tamarillo and serving them as a cold side

dish; adding them to sandwiches and salads as one would a tomato; and sautéing them in a skillet with seasonings to serve as a hot entree. Uses for the yellow or orange tamarillo include slicing them into pieces to add to fruit salads and other desserts. Note that both types of tamarillos can also be baked, frozen or eaten raw, as long as the outer skin is removed prior to using the fruit.

Tamarillos offer a unique alternative to tomatoes and other fruits and vegetables in salads and side dishes. They also offer an interesting ingredient to certain dessert recipes. Where available, tamarillos are worth purchasing for their flavorful taste and unusual and attractive appearance.

These wonderful fruits provide all the nutritional components of tomatoes, plus they specifically target the lungs and central nervous system as all evergreen trees do. They are great for the heart, arteries, cancer treatment, diabetes treatment, and MS.

TAMARIND

*Medi-Sign Target
Colon*



The tamarind fruit, also known as tamarindo or Indian date, is a thick, dark brown or reddish-brown pulp surrounding small seeds inside a hard, brittle bean-shaped pod. The flavor of the date-like pulp is both tart and sweet, resembling a combination of apricots, dates and lemons.

Employed widely in Indian and Asian cooking, Tamarind adds a piquant flavor to chutneys and curries. It is also used in marinades.

Tamarind contains the soluble fiber pectin, which is a substance that is used in the manufacturing process of some commercially produced jams and jellies.

The pectins, Vitamin C and other nutrients in tamarind have been shown to remove heavy metal poisoning from the body and well as rid aluminum toxicity from the brain.

Tamarind is most likely to be found in Indian, Asian and Latin markets and is sold in their pods, as blocks of tamarind fruit, and as purees or concentrates.

Storing Solutions

One should store blocks of tamarind in the refrigerator. Jars of puree or concentrate can be kept at room temperature

TANGELO

*Medi-Sign Target
Breasts & Cells*

This fruit is the result of a hybridization of a tangerine and a grapefruit or pommelo (*a large citrus fruit related to grapefruit*); the



name is a combination of tangerine and pommelo. Tangelos look like large oranges; the most popular variety, Minneola, has a distinct knob-like projection on the stem end. Although they are closer to tangerines than grapefruits in taste, they have a considerably distinct taste.

Season: November through February.

TANGERINE/ MANDARIN

Medi-Sign Target
Breasts & Cells



This term is used to refer to the group of citrus fruits that have a loose, easily peeled “zipper” skin with red undertones. The carpels of mandarins separate with less effort than those of oranges.

The names mandarin and tangerine are often used interchangeably in the United States, but a tangerine is actually a subgroup of the mandarin orange. The flavor is slightly tart. Tangerines are somewhat flat at the ends and have deep orange, loose-fitting, pebbly skin. Honey tangerines, originally called Murcotts, have deep orange flesh, but their skins have a more green hue. They taste very sweet, as the name suggests.

Season: November through January.

Beauty Tip

The use of orange or tangerine juice has also been found valuable for a glowing complexion. Dip the fingers in fresh tangerine or orange juice. Apply liberally over the face, chin, neck and forehead. Make a paste from the powdered sun dried pips of unripened oranges. Use this paste on the pimples and acne before sleep.

Different varieties of mandarins will be at their best during the midpoint of their growing seasons (*noted above*). Mandarins, with loose-fitting skins, will feel soft and puffy compared to oranges, but should be heavy for their size; otherwise, they are likely to be pithy and dry. Choose fruits with glossy, deep orange skins, but disregard small green patches near the stems.

Storing Solutions

Tangerines and other mandarins

should be refrigerated; they should keep for just a few days.

(See: Oranges for benefits)

TARO ROOT

Medi-Sign Target
Lungs & Bronchials

The taro root, also known as “dasheen,” “eddo” and “kalo,” is cultivated in many areas of the world including west Africa, Asia, Central America, South America, and the Caribbean and Polynesian islands. A staple among many of the people who reside in these geographic regions, taro root is most well-known as an ingredient of the Hawaiian dish “poi,” which is made from steaming or boiling the taro root then mashing it into a paste. Because of the taro root’s popularity with the early civilizations that inhabited Hawaii, more than 350 varieties of taro root were previously grown on the islands. However, that number has presently dropped down to between seven and 12 varieties, depending on market demand.

Taro root is a starchy tuber vegetable that looks like, and can be used similar to, a potato. It does, however, have a hairy outer coating on its surface that is similar to the coating on a coconut. Because of this, when preparing to use a taro root, the root’s outer skin must be removed, a relatively simple procedure.

A taro root can be grown on both dry and wet land, as well as in a bog. The type of taro root that is used to grow in wet lands can also grow on dry land. This is not the case, however, with the type of taro

“The belief in a supernatural source of evil is not necessary; men alone are quite capable of every wickedness.”

root that is cultivated to grow specifically on dry land. This dry land taro root usually has a dark purple skin and white roots. Additionally, it contains moist flesh inside. Although taro roots are grown year round, they are typically harvested in the fall – this is when they peak in maturity.

Taro roots can be used as an alternative to potatoes. They do, however, have somewhat of a nutty flavor when cooked. Common uses for taro roots include frying, baking, roasting, boiling, or steaming as an accompaniment to other foods. They are also often used in soups or stews. Additionally, vegetarians find the cooked taro root to be a delicious addition to meals such as antipasto salads that include endives, peppers, tomatoes, chicory, and fresh herbs. Another reason that the taro root has gained in popularity for cooking purposes is because its starch content is easily digestible. Additionally, taro roots are extremely nutritious as they provide a good source of fiber; contain a high amount of protein, calcium, and phosphorus.

To determine whether a taro root is suitable for use, one should make sure that the root is firm to the touch and has hairy roots. Once one selects roots, they can be stored for up to one week provided that the roots are stored in a cool and dry location, preferably at approximately 50 degrees Fahrenheit. Additionally, when storing taro roots, one should make sure that the roots do not dry out.

Besides purchasing taro root in its natural state to use for cooking purposes, many manufacturers have developed food products that incorporate the use of taro root as an

ingredient. These include the following: taro chips, which are similar to potato chips, cookies, and vegetarian taro burgers. All these items are available for immediate consumption.

TARRAGON

Medi-Sign Target
Emotions



Tarragon is called the “*King of Herbs*” by the French, and for good reason. It is the main flavoring in many sauces that form the foundation of classic French cuisine, such as béarnaise, Riga vote and tartar. When paired with chopped sprigs of fresh parsley, chives, and chervil, these comprise the traditional seasoning blend known as fine herbs.

This aromatic blend enhances the flavors of eggs, and is also used as a base for salad dressings. When using tarragon in cooked dishes, it is best to add it at the end, as heat tends to decrease its flavor. Unlike most of the other herbs, tarragon

loses the potency of its flavor when dried. This may be one reason it is so frequently preserved in vinegar, which captures tarragon’s essence and creates a tasty condiment that can be used in dressings, mayonnaise and as a zesty deglazing alternative to wine.

TAURINE

Medi-Sign Target
Brain

(Non-Essential Amino Acid)
Helps stabilize the excitability of membranes, which is very important in the control of epileptic seizures. Taurine and sulfur are considered to be factors necessary for the control of many biochemical changes that take place in the aging process; aids in the clearing of free radical wastes.

The body naturally produces Taurine. Yet natural Taurine, sold as an additive, is a processed concentrate made from shellfish, lungs, livers, and cow brains. Synthetic Taurine is typically synthesized from mineral selenium and acetyl cysteine. There about 12 different synthetic Taurine chemical constructs. The “*high buzz*” of sport and energy drinks actually comes from the high volume of concentrated processed caffeine; these should generally be avoided.

TAY-SACHS DISEASE

Medi-Sign Target
All Fermented Foods, Raw Nuts, Seeds & Grains

“If we quit voting, will they all go away?”

What is Tay-Sachs Disease?

Tay-Sachs disease is a fatal inherited disease of the central nervous system. The most common form of the disease affects babies. Afflicted babies generally appear healthy at birth and seem to develop normally for the first few months of life. After this time, development slows and symptoms begin. Babies with Tay-Sachs lack an enzyme (*protein*) called hexosaminidase A (*hex A*) necessary for breaking down certain fatty substances in brain and nerve cells. These substances build up over time and slowly destroy brain and nerve cells until the entire central nervous system stops functioning. Symptoms of classical Tay-Sachs disease first appear at four to six months of age when an apparently healthy baby gradually stops smiling, crawling or turning over, loses its ability to grasp or reach out and, eventually, becomes blind, paralyzed and unaware of its surroundings. Death typically occurs within five years.

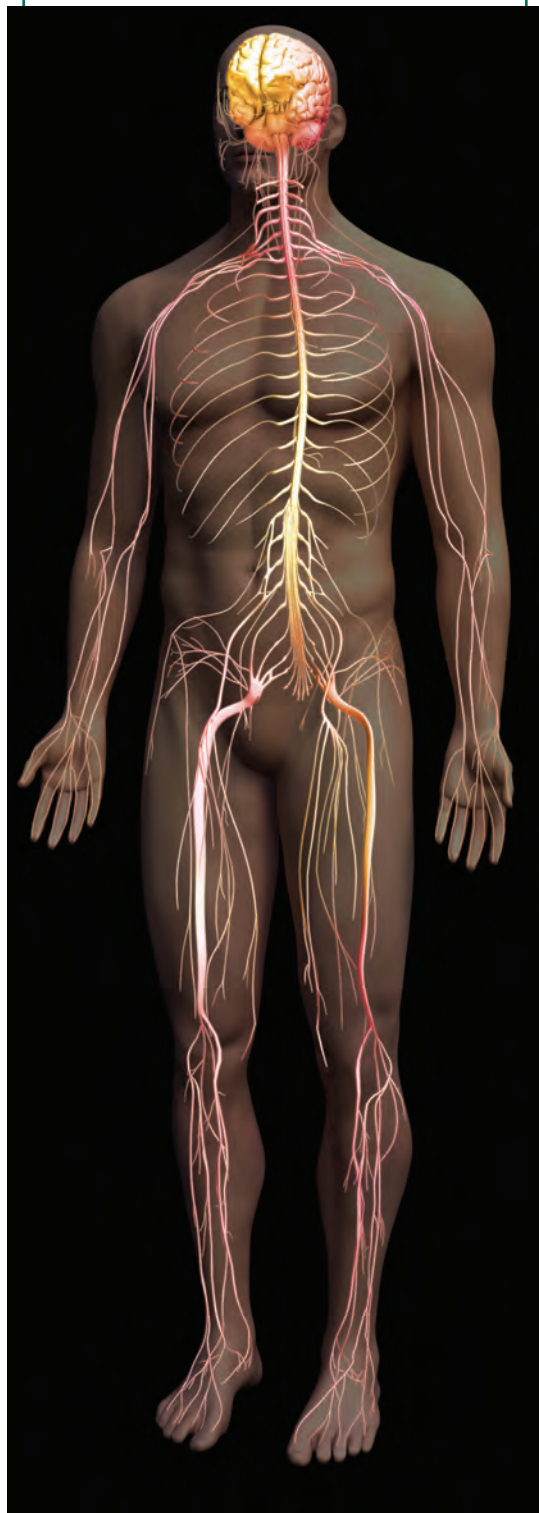
Who is at risk of Tay-Sachs Disease?

Tay-Sachs disease occurs most frequently in descendants of Central and Eastern European (*Ashkenazi*) Jews. About one out of every 30 American Jews carries the Tay-Sachs gene. Some non-Jewish individuals of French-Canadian ancestry from the East St. Lawrence River Valley of Quebec, and members of the Cajun population in Louisiana are at a similarly increased risk. These groups have about 100 times the rate of occurrence of other ethnic groups. The juvenile form of Tay-Sachs, however, may not be increased in these groups.

How is the disease Transmitted?

The disease is strictly transmitted

hereditarily. A Tay-Sachs carrier has one normal gene for hex A and one Tay-Sachs gene. The carrier does not have the illness and leads a normal, healthy, and full life. However, when two carriers become parents, there is a twenty-five percent chance that any child they have will inherit a Tay-Sachs gene from each parent and have the disease. There is a twenty-five percent



chance that the child will inherit the normal gene from each parent and be completely free of the disease and the Tay-Sachs gene. There is a fifty-percent chance that the child will inherit one of each kind of gene and be a carrier like the parents and free of disease. If only one parent is a carrier, none of their children can have the disease, but each child has a fifty percent chance of inheriting the Tay-Sachs gene and being a carrier.

Are there other forms of Tay-Sachs Disease besides the classical type that affects babies?

The classic infantile type of Tay-Sachs is the most common. However, there are other rare deficiencies of the hex A enzyme that sometimes are included under the name of Tay-Sachs disease. These often are referred to as juvenile, chronic, and adult-onset forms of hex A deficiency. Affected individuals have subnormal levels of the hex A enzyme that is missing entirely in the classical, infantile form. This may help explain why symptoms begin later in life and, generally, are milder than in the classical, infantile Tay-Sachs disease. Children with juvenile hex A deficiency develop symptoms between the ages of two and five that resemble those of the classical, infantile form. Although the course of the disease is slower, death generally occurs by age 15. Symptoms of chronic hex A deficiency also may begin by age five, but are far milder than those that characterize the infantile and juvenile forms. Mental abilities, vision and hearing remain intact; but there may be slurred speech, muscle weakness, muscle cramps, tremors, unsteady gait and, sometimes, mental illness. Individuals with adult-onset hex A deficiency expe-

“Man uses his intelligence less in the care of his own species than he does in his care of anything else he owns or governs.”

rience many of the same symptoms as individuals with the chronic form, but the symptoms begin later in life.

Is there any treatment for Tay-Sachs?

Tragically, there is no cure, nor any treatment that will prevent the disease from running its course. Afflicted children can only be made as comfortable as possible.



Can Tay-Sachs Disease be diagnosed before birth?

Yes. Prenatal tests called amniocentesis and **chorionic villus sampling (CVS)** can diagnose Tay-Sachs before birth. In amniocentesis, which usually is done between the fifteenth and eighteenth week of pregnancy, a needle is inserted into the mother's abdomen to take a sample of fluid that surrounds the fetus. The fluid contains fetal cells that can be examined for the presence of hex A. In CVS, the doctor retrieves a sample of cells either through a thin tube inserted through the vagina and cervix to the placenta or by inserting a needle through the mother's abdomen. The placenta contains cells that are genetically identical to those of the fetus, and these cells are examined for the presence of hex A. CVS usually is done between the tenth and twelfth week of pregnancy. If prenatal testing shows that hex A is present, the baby will not have Tay-Sachs. If it is missing, he or she will be affected. In unusual cases, DNA-based genetic testing can determine whether the fetus has infantile Tay-Sachs or another hex A deficiency and, possibly, how severely affected the baby will be. Other approaches

using in vitro fertilization with genetic testing of the embryos, so that only healthy ones are implanted in the mother are under investigation, but the safety and accuracy of these methods are as yet uncertain.

How can people find out if they are carriers?

One can take a test that measures the amount of the hex A enzyme in the blood. Tay-Sachs carriers have about half as much of the enzyme as noncarriers, but this is plenty for the carrier's own needs. A blood sample also can be used to perform DNA-based genetic testing. These are tests that look for known mutations (*changes*) in the hex A gene that cause the four forms of Tay-Sachs. This kind of testing may be recommended if the results of the usual carrier screening test discussed above are uncertain. DNA



tests also can be used to diagnose late onset forms of hex A deficiency.

The enzyme Hex A could be developed with the following diet.

Fermented foods should make up 60 percent of the diet at all times. Sauerkraut, sour cream, live culture yogurt, and kefir; olives, aged cheeses, raw cheeses, and fresh vegetables and fruit juices every day. Generous amounts of garlic and horseradish in at least one meal a day.

TEA



Echinacea

(Echinacea angustifolia, pallida, and purpurea)

Native to North America, purple coneflower, rudbeckia, black Samson or Missouri snakeroot, are all Echinacea in disguise.

Health Benefits

Nearly every component of the root has some sort of therapeutic element. The roots, rhizomes, and leaves are made into fluid extracts, tinctures, or dried and used for tea. For the common cold, Echinacea has become a botanic celebrity. Not so well known, though, is that it also successfully treats countless



maladies from canker sores to Crohn's disease, gingivitis, ear infections, and candida. How? It can enhance many aspects of the immune system. Echinacea stimulates the production of interleukin-1, an immune protein that activates T-cells and macrophages (*which bacteria eats*). It stimulates stem cells in the lymphatic system as well as lymphokines (*from lymphocytes*), which form chemicals for infection control. All of these functions increase the body's capacity to ward off various viruses and bacteria and even to shrink tumors.

Cancer research has focused on Echinacea's ability to stimulate tumor necrosis (*or killing*) factor. Echinacea also activates the macrophages (*the cells that digest foreign substances*) and stimulates NK lymphocytes and phagocyte production in people with AIDS and chronic fatigue syndrome.

Nutrients

Echinacea contains vitamins A, C, and E. Its mineral content includes copper, potassium iron, sulfur, selenium, chromium, cobalt, manganese, and zinc. But Echinacea gets the most attention for its wealth of polysaccharides and thousands of phytochemicals – echinacin, echinacin B, echinacoside, and echina-

cein, et cetera. Echinacea angustifolia and Echinacea pupurea are considered the most potent varieties as sources of these compounds.

Tea is one of the best ways to enjoy herbs. Echinacea and its effectiveness can be enhanced by combining it with complementary herbs such as goldenseal.

No matter how one enjoys Echinacea; bath, tea or eaten fresh, it is certain to benefit the body as much as it beautifies the garden. It is not advisable to take pill or encapsulated herbs.

TEETH GRINDING/ BRUXISM

*Medi-Sign Target
Pumpkin Seeds &
Mouth Guard*

"Bruxism" means grinding and/or clenching of one's teeth. It is considered to be an involuntary habit that can occur while awake or sleeping. Grinding teeth during sleep is more of a problem since most people will grind their teeth much harder than they ever would while awake. Such "Nocturnal Bruxism" is a very common sleep behavior that many people will

experience at some time in their lives. It often is more evident during times of personal stress.

Bruxism is a problem if evidence of worn enamel exists and/or if painful jaw symptoms develop. One can grind their teeth so hard that significant amounts of tooth structure can be lost over time. This destruction of enamel can be quite extensive, causing more loss of tooth structure than even severe tooth decay. Typically this happens with no awareness since there is no pain or visible cavities in the teeth. Nighttime clenching, more subtle than grinding, results in the cracking and fracturing of some back teeth.

What if one isn't always aware of the problem? Because most bruxism happens at night, most sufferers aren't even aware of it until a sleep partner mentions the noise (*an extremely disturbing sound, like fingernails on a blackboard*), or until a dentist notices that their teeth are damaged.

Here are some typical symptoms that may indicate nighttime teeth grinding:

1. Jaw or facial pain and tenderness on awakening that lessens throughout the day.



"Human beings cling to their delicious tyrannies and to their exquisite nonsense, til death stares them in the face."

2. Headaches or ear-aches in the morning that go away as the day wears on.
3. Spouse or sleep partner complains that the noise is keeping them awake at night.
4. Teeth have become sensitive to cold, pressure, or other stimuli.



5. Indentations on tongue.
6. Tips of teeth appear flattened.

Causes

Grinding teeth nocturnally can cause a number of problems, such as seriously wearing down the teeth, loosening of the teeth, gum reduction, jaw joint problems, and can even be a cause of daytime headaches.

Often, the problem goes unnoticed until a sleep partner notices and mentions the occurrence.

Otherwise, the daytime symptoms can alternatively denote the problem.

Studies have shown that one of the causes is a deficiency in pantothenic acid (*one of the B-vitamins*) and calcium. Pantothenic acid, an emotionally relaxing vitamin, reduces the production of certain hormones from the adrenal glands. A lack of pantothenic acid is a factor in the control of motor activity, while bruxism indicates that motor activity is not under control. A calcium deficiency causes muscle cramps or involuntary movement of muscles in the mouth resulting in grinding of the teeth. This remedy seems to reduce contractions of the jaw muscles.

Calcium rich foods include, but are not limited to:

- 👍 Almonds
- 👍 Amaranth
- 👍 All whole grains
- 👍 Beans
- 👍 Broccoli
- 👍 Dried figs
- 👍 Green leafy vegetables
- 👍 Hazelnuts
- 👍 Kale
- 👍 Okra
- 👍 Quinoa
- 👍 Raw dairy
- 👍 Tofu

Another possible cause of bruxism is parasites. A large percentage of the population has some form of parasitic infestation. Then try parasite cleanse, not a drug remedy. (See: *Parasite/Cleanse*)

Tips

Many afflicted individuals report that indulging in relaxing activities like baths before bedtime significantly reduce the problem. Also, reducing alcohol consumption is known to greatly lessen the frequency of the problem.

TEETHING

*Medi-Sign Target
Clean Cold Wash Cloth*

Teething can begin as early as three months and can continue until a child's third birthday.

Typically between the ages of four and seven months, the child's first tooth begins to push through the gum line. The first teeth to appear are usually the two bottom front teeth, also known as the central incisors. These are usually followed four to eight weeks later by the four front upper teeth, called the central and lateral incisors. About one month later, the lower lateral incisors, which are the two teeth flanking the bottom front teeth, will appear. Next to break through the gum line are the first molars, which are the back teeth used for grinding food, then finally the eyeteeth which are the pointy teeth in the upper jaw. Most children have all 20 of their primary teeth by their third birthday.





Easing Teething

Whenever a child begins teething, many children drool more frequently, and seem to want to chew nearly anything. For some babies, teething is painless. Others may experience brief periods of irritability, and some may seem cranky for weeks, experiencing crying episodes and disrupted sleeping and eating patterns.

Home Remedies

Washed green onions prove quite often to be an effective remedy. Give the baby just the dark green end and let them chew on it. The natural astringents naturally numb the gums, and the onion is not harmful for the baby to swallow. Pure vanilla extract, rubbed on the gums with a clean finger has also been reported to be effective. Allow the baby to chew on a frozen, clean washcloth.

Serve a tasty teether. Take a piece of cold apple and wrap it in a wet, child-size washcloth.

Most of the standard teething rings have no flavor so an apple will give the baby a little more incentive to bite down and work those teeth through the gums.

TEMPEH

Medi-Sign Target
Bones & Muscles

Tempeh is one of the most nutritionally dense foods and its benefits are many and varied.

Gaining Popularity

Tempeh has been a favorite food and staple source of protein in Indonesia for several hundred years.

Tempeh is now rapidly becoming more popular all over the world as people look for ways to increase their intake of soybeans, and they discover tempeh's versatility and delicious taste. Vegetarians and vegans find tempeh an interesting food because of its structure and high protein content. For many



years it was only possible to find tempeh in natural foods and Asian stores, but tempeh is becoming more available in supermarkets. Also it's easy and rewarding to make tempeh at home.

Tempeh as a Versatile Product

Tempeh has a firm texture and a nutty mushroom flavor. Tempeh can be used in different ways. Normally, tempeh is sliced and fried until the surface is crisp and golden brown or tempeh can be used as ingredient in soups, spreads, salads, and sandwiches. Basically, any recipe which works with mushrooms will work with tempeh as the flavor type is the same.

Tempeh is Healthy

Tempeh is very nutritive and contains many health promoting ingredients, including soy phytochemicals. Tempeh is a complete protein food that contains all the essential amino acids. The proteins and isoflavones possess many therapeutic effects. Isoflavones strengthen bones, reduce risk of coronary heart disease and some cancers. Tempeh maintains all of the fiber of the beans and gains some digestive benefits from the enzymes created during the fermentation process.

Fermented Food

Tempeh is a fermented food made by the controlled fermentation of cooked soybeans with a *Rhizopus* mold (*tempeh starter*). The tempeh fermentation by the *Rhizopus* mold binds the soybeans into a compact white cake. Tempeh fermentation also produces natural protective agents which are thought to increase the body's resistance to intestinal

“Why should man expect his prayer for mercy to be heard by what is above him when he shows no mercy to what is under him?”

infections. Fermentation leaves the desirable soy isoflavones intact.

A great deal of the credit for introducing tempeh to the American public goes to The Farm, a large spiritual and farming community in Summertown, Tennessee.

TEMPER TANTRUMS

Medi-Sign Target
Whole Food Sweets &
Organic Chocolate



An angry child is not a pretty sight. Indeed, a temper tantrum, with howling, stamping, screaming, and kicking may be almost frightening to any observer, yet an occasional tantrum is perfectly normal during the preschool years. These outbursts are more a matter of immaturity than naughtiness.

Ultimately, children need to learn to talk about their feelings of anger rather than lashing out verbally or physically. But when the first tantrums hit, somewhere around the two-year mark, children don't yet know the words to describe their emotions. So they act them out instead. The goal in handling a tantrum is to let the child know that the behavior is futile. It is best to

handle it without anger or submission.

- Remain calm. It helps if one can remind himself that a tantrum is a natural and not a "bad" reaction to frustration and anger.

- The parent should remember not to show anger or disgust. The child is already going through quite an ordeal.

- The parent should never acquiesce to the child. Giving in only reinforces the maladaptive behavior.

- Reasoning with the child during the outburst is usually fruitless. The child is a boiling sea of emotions and is in no frame of mind to listen to logic or reason.

- The threat of punishment should be avoided. Saying something like, "Stop it or I'll really give you something to cry about," is like putting out a fire by pouring gasoline on it.

- The parent should try to verbally pinpoint the child's emotion. When a child gets angry and loses control, it is helpful for the parent to say something like, "I know you're really mad now." Such a simple acknowledgment teaches kids to communicate what they are feeling and lets them know the anger is not bad. They just need to learn better ways to express it.

- The parent should always let the tantrum run its course. For example, some parents can just stand by and say nothing. Others may say something like, "I know you're

angry, but you'll need to go to the room to finish crying." Others may simply say firmly, "Go to the room to cool down."

- The parent should make sure to keep the child from harming himself or anyone else. If this becomes likely, the child should be held firmly but gently until he settles. This type of hugging not only protects the child and others, it lets him know that he is loved and cared about and that getting mad will not turn his parents' hearts to stone.

- Remember that the child is not an enemy, but, rather, needs help in learning mature ways of behaving. They need to know that when they have lost control, the parent is there to help regain it.

When the tantrum is over and the child calms down, it is time to begin rebuilding. Wash the child's face and offer a drink of water or juice. Reaffirm that there is nothing wrong or bad about feeling angry. Then discuss what caused the outburst and how to resolve that specific issue. Once parents and children have gotten to the root of the prob-



"Constipated people don't give a crap."

lem, they can brainstorm together ways to express anger more productively in the future.

If the child has a tantrum in front of relatives, friends, or at the supermarket – in other words, with an audience who may judge – handling a tantrum may seem harder for the parent. The parent should keep priorities in mind. Is the child being raised to please neighbors or to help the child be happy and emotionally healthy? Regardless of “audience,” the same basic techniques outlined above should be used. Pick the child up, take him or her to as secluded a spot as possible, and simply stay with the child until the tantrum subsides.

Preventing Tantrums

Even more important than handling a tantrum is finding out what caused it so that similar circumstances can be avoided. Temper tantrums most often occur when a child is tired or frustrated. The parent should consider whether he can reduce the demands on the child. If a child appears tense, a little extra attention may prevent an eventual angry outburst. The child should be prepared in advance for changes in activity. The parent should explain why a play schedule must be interrupted or why a request is being denied. The parent should also keep the child's environment calm and not overly competitive.

Ultimately, if the tantrums aren't subsiding, one sure method of stopping any kind of undesirable behavior, especially tantrum, is a spray bottle of cold water. Cold water is unpleasant, it shocks the child, there is zero harm, and it changes thought patterns – allowing for hugs, or laughter together.

TEMPORO-MANDIBULAR DISORDER

*Medi-Sign Target
Tubers & Legumes*

The **temporomandibular joints (TMJ)** are the two joints that connect the jaw to the skull. More specifically, they are the joints that slide and rotate in front of each ear, and consist of the mandible (*the lower jaw*) and the temporal bone (*the side and base of the skull*). When the mandible and the joints are properly aligned, a smooth muscle action, such as chewing, can take place. When these components are not aligned, nor synchronized in movement, several problems can occur.

Temporomandibular disorders (TMD) are disorders of the jaw muscles, temporomandibular joints, and/or the nerves associated with

chronic facial pain. Any problem that prevents the complex system of muscles, bones, and joints from working together in harmony may result in temporomandibular disorder.

Most oral health professionals agree that the primary cause of this disorder is excessive strain on the muscle group that controls chewing, swallowing, and speech. This strain may be a result of bruxism (*incessant clenching of the teeth*), or from physical or mental stress or even poor posture. These factors may be the cause, in most cases, or may aggravate an existing condition of TMD.

(See: *Posture and Teeth Grinding*)

The following are the most common symptoms of TMD. However, each individual may experience symptoms differently.

Symptoms may include:

- Jaw discomfort or soreness (*often most prevalent in the morning or late afternoon*).



“Look out for #1. Don't step in #2 either.”

“The problem with the Gene pool is there aren’t any lifeguards.”

- Headaches.
- Pain radiating behind the eyes, in the face, shoulder, neck, and/or back.
- Earaches or ringing in the ears (*not caused by an infection of the inner ear canal*).
- Clicking or popping of the jaw.
- Locking of the jaw.
- Mouth motions are limited.
- Clenching or grinding of the teeth.
- Dizziness.
- Sensitivity of the teeth without the presence of an oral health disease.
- Numbness or tingling sensation in the fingers.

TENDONITIS

*Medi-Sign Target
Olive Oil Mixed with
Jalepeno Juice as a Balm*

A tendon is the end part of a muscle that attaches the muscle to the bone. The normally elastic muscle tapers off at the end to form the much denser and stiff tendon. While this density makes the tendons stronger, the lack of elasticity of the tendon and the constant pulling on its attachment to the bone with movement, makes it much more susceptible to a low level of tearing at a microscopic level. This tearing will produce the inflammation and irritation known as tendonitis. Often spelled tendonitis, either spelling is

correct for this condition. Tendonitis is usually seen after excessive repetitive movement with which the tendon gradually becomes tighter until the fibers start to tear.

The most common tendon areas that become inflamed are the elbow, wrist, biceps, shoulder, including rotator cuff attachments, leg, knee (*patellar*), ankle, hip, and Achilles tendon. Of course, tendonitis can and will vary with each person, as it strikes the areas most used.



Stretching can help relax and lengthen a tendon, but the painful and inflamed area should never be stretched, as this can worsen the tendonitis. Instead, the more pliable muscle around the tendon should be stretched.

The following have proven effective in reducing the chances of developing tendonitis:

- **Ease up.** Avoid activities that place excessive stress on the tendons, especially for prolonged periods. For example, long or intense periods of uphill running can contribute to Achilles tendonitis. If pain during a particular exercise is

obvious, the activity should be halted.

- **Mix it up.** If one exercise or activity causes particular, persistent pain, a new activity should be attempted. Cross-training can help diversify an impact-loading exercise, such as running, with lower-impact exercise, such as biking or swimming.

- **Improve technique.** If technique in an activity or exercise is flawed, the individual could be

directly causing problems with the tendons. Lessons or professional instructions when starting a new sport or using exercise equipment are advisable.

- **Stretch first.** Proper stretching before exercise significantly reduces the potential for later complications.

- **Use proper workplace ergonomics.** At the workplace, a proper ergonomic assessment is a good idea. Fitting the workspace to the body is essential to ensure that no tendons are continually stressed or overloaded.

The best way to treat tendonitis is by remembering the **P.R.I.C.E.** method – **P**rotection, **R**est, **I**ce, **C**ompression and **E**levation. This type of treatment can help speed recovery and help prevent further problems.

It involves doing the following:

- **Protection.** Immobilize the affected area to encourage healing and to protect it from further injury.

- **Rest.** Avoid activities that increase the pain or swelling. The individual should try to work or play through the pain. Rest is essential to tissue healing.

- **Ice.** To decrease pain, muscle spasm and swelling, apply ice to the injured area for five to seven minutes, two to three times a day. Ice packs, ice massage or slush baths all can help.



- **Compression.** Because swelling can result in loss of motion in an injured joint, compress the area until the swelling has ceased.

- **Elevation.** If tendonitis affects the knees, raise the affected leg above the heart to reduce swelling.

Although rest is a key part of treating tendonitis, prolonged inactivity can cause stiffness in the joints. After a few days of completely resting the injured area, gently move it through its full range of motion four

times a day to maintain joint flexibility.

Olive oil mixed with jalapeño juice and rubbed in three to four times a day can speed recovery.

TETANUS

Medi-Sign Target
Salt, Salt, Salt &
Lots of Water

(See: Lockjaw/Tetanus)

THALASSAEMIA

Medi-Sign Target
All Raw Green Foods

Thalassaemia is an inherited disorder of the red blood cells. These cells contain the haemoglobin molecule, which is responsible for binding oxygen from the air and carrying it to the tissues where energy is released.

In Thalassaemia one of the components of the haemoglobin molecule is inadequately produced or not produced at all. If there is lack of ζ -chain production, the result is known as ζ -thalassaemia. If the component that is lacking is the ϵ -chain, the resulting condition is ϵ -thalassaemia.

The reason for the inadequate or non-production of these components is a change in the genetic code (*mutation*) in that part of the DNA, which is the template for the production of the

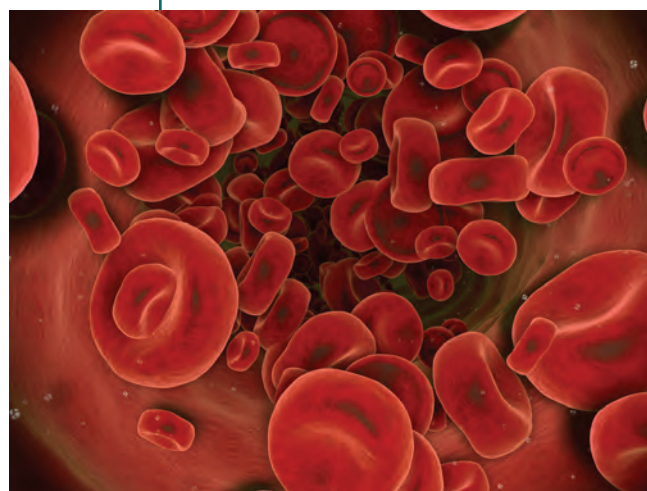
protein. The mutation or altered gene cannot initiate the process, which will result in the necessary amount of protein being produced.

Genes, sections of DNA responsible for a protein, are carried on chromosomes and each individual has a pair: one chromosome from each parent.

A mutation may exist on one chromosome of a pair, but not on the other. The protein produced by the one, "healthy," chromosome is enough to keep the individual well, even though her red cells are smaller than normal. Such an individual is known as a carrier (*or heterozygote*) who can only be detected by special blood tests. A carrier may give her offspring either the healthy chromosome or the one bearing the mutation.

Severe thalassaemia will result if a child inherits the abnormal (*mutation-bearing*) chromosome from both parents. Both parents must be carriers if a major thalassaemia disorder is present in the child. This situation is known as homozygous thalassaemia.

There are three types of thalassaemia that are of global importance: ζ -thalassaemia, ϵ -thalassaemia and HbE thalassaemia.



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“The thief and the murderer follow their nature’s just as much as the philanthropist.” -Huxley

Alpha thalassaemia results from inadequate production of C-chains, which are normally controlled by two pairs of chromosomes. If one or two are malfunctioning, there is a healthy carrier state. If three are non-functional then an anemia results, known as HbH Disease, which can be quite severe but usually does not need blood transfusions and should not harm a normal life span. If all four genes are non-functional the result is severe anemia of the unborn child, leading to heart failure and death. This condition is known as Hydrops fetalis and can lead to serious hazards to the health of the mother and will almost always lead to stillbirth.

Beta thalassaemia results from inadequate or lack of production of É-Chains. Homozygous É-thalassaemia has two forms: major, in which the person can survive only with regular transfusions of blood and intermedia, in which the person can survive with no transfusions at all. This form of Thalassaemia is the most important and constitutes a major public health problem in many parts of the world.



HbE thalassaemia is usually a milder, intermedia variety, although sometimes as severe as thalassaemia major and results from an altered É-chain which is synthesized inefficiently so that it behaves like É-thalassaemia. It has a very high frequency in the Far East so that it has a marked global significance.

Epidemiology of Thalassaemia

It is estimated that there are 80-90 million carriers of Thalassaemia worldwide and 60-70000 births of affected children every year. Most of these die in early life.

Carriers are found in all parts of the world: People from the orth Mediterranean (*southern Europe*) coast are one to 19 percent carriers. People of Arab origin are over three percent carriers. In Central Asia four to 10 percent and in southeast Asia, the Indian subcontinent and China one to 40 percent carriers (*the very high rates in this part of the world are due to HbE*). In the Americas, northern Europe, Australia and South Africa the local population has very low carrier rates but Thalassaemia is still present because of the significant immigration from areas of high prevalence.

For self-care the best solution is a 40-day juice fast on green and orange colored foods. The medical community believes there is no cure for this condition, but human history shows otherwise.

THORACIC OUTLET SYNDROME

Medi-Sign Target
Nuts, Seeds, Grains &
Avocados

Thoracic outlet syndrome is a condition wherein the nerves or vessels behind the collar bone (*clavicle*) become compressed or stretched and cause pain, weakness, or numbness in the arm on the respective side. The thoracic outlet is an area at the top of the rib cage, between the neck and the chest. Several anatomical structures pass through this area, including the esophagus, trachea, and nerves and blood vessels that lead to the arm and neck region. (See: *Nervous System*)

THREONINE

Medi-Sign Target
Joints & Liver

(Essential Amino Acid)

An important constituent of collagen, Elastin, and enamel protein, threonine helps to prevent fat buildup in the liver, helps the digestive and intestinal tracts function more smoothly, and assists in metabolism and assimilation.

THRUSH

Medi-Sign Target
Wipe Mouth out with the
Babies Urine



Thrush is the widely used term for a common fungal infection caused by *Candida albicans*. Usually, it takes the form of trivial vaginal or mouth infections, although it can affect the body more widely and seriously on rare occasions.

Symptoms:

- **Vaginal Thrush.** This causes itch and a cheesy discharge, and the region is often redder than usual. It is often painful, especially during intercourse, and can be associated with frequency of passing water and burning or pain on passing water. It is often confused with bladder infections (*cystitis*); thrush, however, is usually associated with itching, while *cystitis* is not.

- **Oral Thrush.** This may cause a sore mouth and throat, and as well as redness, and is characterized by white discharge on the surface. Babies, especially those being bottle fed, may be afflicted, as well as adults. Morning urine in cloth diapers can be used to swab the baby's mouth, nearly instantly clearing the thrush.

- **Diaper rash.** One cause of a persistent diaper rash is infection of the area with thrush.

Causes

The cause is a fungus which is found widely in nature (*Candida albicans*), and is frequently present in the mouths of healthy people. The condition is more prevalent when the defense mechanisms are overly stressed or not functioning. Such instances can be physical or emotional: Prevalence is higher in women either pregnant or on the oral contraceptive pill; in diabetes patients; in individuals using steroids; or victims of immune system deficiencies.

Antibiotics, which deplete naturally occurring bacteria useful to the body, as well as the invading bacteria which they are being used to treat, may disturb the natural balance of the body and lead to the development of thrush.

Thrush is also commonly known as Candidiasis, Moniliasis, or yeast infection. Thrush remedies and treatments When treating thrush, there are many remedies readily available. The trick is to find the one that would work best for each circumstance.

The following are areas of concern and how to handle them. One of the featured remedies still results in persistent pain.




These tips have been reported to marginally help:

- Rinse nipples with clear, cool water and air dry after every nursing; thrush thrives on moisture and the sugar (*lactose*) in breast milk.
- Mother can offer short, frequent feedings, nurse on the least sore side first (*if there is one*); if necessary, mother can suspend nursing on a particularly sore breast for 24 hours.
- The baby should not be allowed to slide off of the nipple; instead, mother should make sure to break the suction first by inserting a

(*clean*) finger in the corner of baby's mouth.

- A good herbal or whole food salve made with goldenseal, calendula, plantain, burdock, and chickweed will heal cracked and inflamed nipples.

Aside from these, there are several other suggestions that can be investigated.



Thrush-Busters


1 cup Water (warm)

(Try either one of these)

1/2 tsp Salt

1/2 tsp Baking Soda

Try warm water rinses with salt or baking soda to soothe pain. Dissolve the salt or baking soda in warm water. Swish the rinses, but don't swallow.



Some suggestions with which to begin:

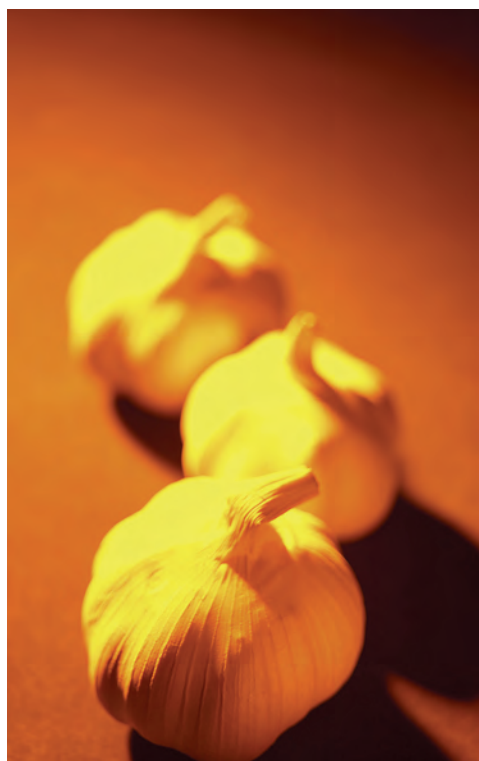
- Mother can use nursing pads. If mother is breast-feeding and develops a fungal infection, using nursing pads will help prevent the fungus from spreading to clothing. Look for pads that don't have a plastic barrier, which often facilitate the growth of *Candida*.

Some adults have found the following very helpful in treating oral thrush:

- Garlic has the ability to stop fungal and bacterial growth. One study

"Dain bramaged."

“I viewed my fellow man not as a fallen angel, but as a risen ape.” -Desmond Morris



found that ajoene, a compound obtained from garlic, is as effective in treating the fungus that causes athlete’s foot as standard antifungal medications. Including raw garlic into a diet can do the trick. Coconut oil and butter stops fungi as well.

Thrush – natural remedies

When dealing with thrush, one must look for a long-term cure; a remedy that can remain effective on a regular basis. Below are several tips and suggestions that may be useful.

Self-care for chronic candidacies or thrush can be approached in a number of ways – but it can be hard to know just where to start.

- Foods low in refined carbs and sugars are especially beneficial.
- White flour and refined sugars help yeast grow in the intestine, and as such should be limited in a diet.
- Plain yogurt, sauerkraut, sour cream, buttermilk and kefir are good sources of beneficial bacteria.

Dietary changes that can be helpful.

Based on their clinical experience and on very preliminary research, several doctors have suggested that certain dietary factors may promote the overgrowth of *Candida albicans*. The most important of these factors are high intakes of sugar, cooked milk, and other cooked dairy products.

One study compared levels of various sugars in urine of healthy women with levels found in women with chronic vaginal *Candida* infections. Urine sugar levels correlated positively with dietary intakes of sugar, cooked dairy and artificial sweeteners. Among women who reduced their intake of sugar, 90 percent reported no vaginal yeast infections during the following year. Subjects reported a dramatic reduction in the incidence and severity of vaginitis caused by *Candida* as a result of reducing intake of cooked dairy, sugar, and artificial sweeteners. Yogurt that contains *Lactobacillus acidophilus* has also been reported to have a remissive effect in women with vaginal infections caused by *Candida*.



THUMB/FINGER SUCKING

Medi-Sign Target
Whole Food Desserts,
Especially Dates & Honey

Some infants begin sucking their thumb while in the mother’s womb. Many babies are born with calluses from sucking their finger, thumb, or wrist. Other babies discover finger or thumb sucking after birth. This non-nutritive sucking is done for comfort. The sucking instinct in newborns is for survival – sucking brings food, and food brings comfort.



75 percent of all babies in industrialized countries suck their thumb at some point. Babies born in countries with constant access to their mother’s breast have very little incidence of thumb sucking. The infant’s sucking compulsion is completely satisfied, and the need to suck the thumb is nullified.

The reason why many children continue to suck their thumbs long after toddler age has to do with the psy -

chological needs of the child. The brain has the ability to produce endorphins, or mood altering chemicals, in response to smells, sounds, actions, objects, and food. The brain controls our emotions and feelings in response to these neurotransmitters. Pleasurable activities such as thumb-sucking, gambling, running, and eating trigger the release of endorphins, which stimulate a sense of well-being and pleasure. Thumb-sucking triggers a calming, relaxing sensation to occur in the child. An infant's first experience with pleasure that creates a calm feeling is sucking and getting food.

As most infants develop independence they become more mobile and too busy to bother with thumb sucking and the behavior usually becomes extinct. When a child continues to suck their thumb, many parents start to use punishment, negativity, yelling, and irritation to try to eradicate the behavior. This only reinforces the behavior. Often, older children who suck their thumb endure comments made by other children, teachers, and even complete strangers about this habit. They begin to feel ashamed and insulted.

The child will usually stop naturally by the age of four. If the sucking habit continues beyond the time when permanent teeth start to appear, the child may develop crooked teeth and a malformed palate (*roof of the mouth*), which results from pressure applied by the thumb on the teeth and roof of the mouth. The severity of the problem depends on frequency, intensity, duration, and also the position in which the thumb is placed in the mouth. The relationship between the upper and lower jaws may also



be affected. Speech defects can occur from misaligned teeth resulting from thumb-sucking and finger-sucking.

Treatment

- The best prevention is to get the newborn to take up the pacifier instead of thumb-sucking or finger-sucking. Although prolonged use of the pacifier can lead to similar problems, it, at least, is not attached to the child and can be removed.
- Children should be helped to give up the habit before they enter school to prevent teasing.
- Timing is important. The child should be willing to give up thumb-sucking or finger-sucking. Coercion to stop may only lead to resistance and lack of cooperation.
- Give the child attention and understanding and gently discourage the habit. Reminders such as a band-aid on the thumb can help.
- Positive reinforcement and incentives are especially helpful.

After daytime sucking is controlled:

- Help the child to cease the sucking habit during sleep. This is usually an involuntary process and a glove, sock, or thumb or finger guard can help stop the habit.
- Encourage the child not to suck during one daytime activity, like storytime or television. Gradually add another activity until daytime sucking is controlled.

THYME

Medi-Sign Target
Lungs



(Thymus vulgaris)

Thyme has a strong piquant, lemony flavor. For fresh use, the flavor is best just before flowering.

- Enhance the flavor of dishes with thyme.
- Use in herb butters and cottage cheese.
- Use in culinary oils and vinegars.

~PLEASE KNOCK HARD ON THE DOOR-THE BELL DOESN'T WORK.~
“A repair shop: WE CAN REPAIR ANYTHING.”

Medicinal uses

It is safe to use thyme as a season - ing during pregnancy, but large amounts should be avoided if there is any possibility that an individual is pregnant.

Thyme was grown in monastery gardens in southern France, Spain and Italy during the Middle Ages for use as a cough remedy, digestive aid, and even as treatment for intestinal parasites.

It's also well-known for its bacterial and fungal properties. Thymol has a therapeutic effect on the lungs. Ingesting or inhaling the oil helps to loosen phlegm and relax the muscles in the respiratory tract.

A stronger tea is useful as a mouth-wash or rinse to treat sore gums.

TICKS

Medi-Sign Target
Saltwater & Fresh Garlic on
Bite Site



Ticks are not selective about the animal they choose as a host. Humans are often a prime target.

In the event of a tick being attached to an individual, the following are essential:

- Ticks pose a special problem because they dig their jaws into the skin and hold on incessantly.

- Trying to brush away a tick has no effect.

- Forcefully plucking it out may leave its mouthparts embedded, setting the stage for infection.

Some gentler methods for loosening a tick's grip:

- Slowly pull the tick out with tweezers.

- Applying heat to the backside of the tick is usually helpful.

- A drop of gasoline, kerosene, benzene or alcohol placed on the general region of the tick's head will make it loosen its grip.

A variation on that technique is to cover the tick with a drop of paraffin or fingernail polish. Either substance will close off the tiny breathing openings on its side and suffocate the tick.

Once the tick has been removed, the bite area should be thoroughly washed. Applying fresh garlic for several minutes helps to prevent infection.

Although June and July seem to mark the height of tick season, ticks are a danger from early spring until fall.

If any time is spent outdoors, especially in wooded or high-grass areas, even grassy dunes, the following precautions are advisable:

- In order to verify the presence of ticks, one effective method is to tie a piece of white flannel to a string and drag it through grass or

underbrush and examine it frequently. If ticks are present, they will cling to the cloth.

- When near ticks, as little skin should be exposed as possible. That means wearing long pants, high socks and long sleeves.

- Before going to bed at night, the body should be inspected for ticks. Certain species can be quite small, and might be otherwise overlooked.



"Nature is trying very hard to make us succeed, but nature does not depend on us. We are not the only experiment."

-R. Buckminster Fuller

TICS

Medi-Sign Target
Whole Food Desserts

Tics are brief, rapid, purposeless, simple or complex involuntary movements that are virtually identical to one another and are repetitive while not rhythmic.

Simple tics, such as excessive blinking, may begin as nervous compulsions, frequent during childhood, and may cease without any treatment. Complex tics, such as those that occur in Tourette's syndrome, often resemble fragments of normal behavior.

(See: *Tourette's Syndrome*)

TINNITUS

Medi-Sign Target
Ear Candling & Saltwater Irrigation



Tinnitus may be described as the sound of escaping air, running water, the inside of a seashell or as a sizzling, musical, ringing, buzzing or humming noise.

Tinnitus is a symptom of almost any ear disorder including ear infections, foreign objects or wax present in the ear, otosclerosis, Meniere's, acoustic trauma, and others. Tinnitus may be associated with hearing loss including occupational hearing loss. It is also a symptom of certain forms of cardiovascular disease such as occlusion of the carotid arteries, anemia, vascular (*blood vessel*) malformations, aneurysm, and tumors in the head.

The sounds perceived include ringing noises, blowing, buzzing, hissing, whistling, roaring, pulsating, high or low pitched sounds, and others. The mechanism that causes the perception of sounds where there is no outside source of the noise is not known.

Tinnitus is common. Almost everyone experiences a mild form of tinnitus where they hear noises for several minutes. Persistent tinnitus sometimes accompanies sensory hearing loss. Tinnitus may interfere with the ability to concentrate or sleep, and it may cause psychological distress.

Is ringing in the ears abnormal?

Not at all. Nearly 36 million Americans suffer from this discomfort. Tinnitus may come and go. It can vary in pitch from a low roar to a high squeal or whine, and you may hear it in one or both ears. When the ringing is constant, it can be annoying and distracting. More than seven million people are afflicted so severely that they cannot lead normal lives.

Can other people hear the noise externally?

Not usually, but sometimes they are able to hear a certain type of tinnitus. This is called objective tinnitus, and it caused either by abnormalities in blood vessels around the outside of the ear or by muscle spasms, which may sound like clicks or crackling inside the middle ear.

What causes Tinnitus?

Most tinnitus comes from damage to the microscopic endings of the hearing nerve in the inner ear. The health of these nerve endings is important for acute hearing, and injury to them brings on hearing loss and often tinnitus. In older people, advancing age is generally accompanied by a certain amount of hearing nerve impairment and tinnitus, especially if there has not been ear hygiene over years. In younger people, exposure to loud noise is probably the leading cause of tinnitus, and often damages hearing as well.

There are many causes for subjective tinnitus, the noise heard only by the afflicted individual. Some causes are not serious a small plug of wax in the ear canal might cause temporary tinnitus. Tinnitus can also be a symptom of stiffening of the middle ear bones (*otosclerosis*).

Tinnitus may also be caused by allergy, high or low blood pressure – which can be blood circulation problems—a tumor, diabetes, thyroid problems, injury to the head or neck and a variety of other causes including medications such as anti-inflammatories, antibiotics, sedatives, anti-depressants and aspirin.

Tinnitus Treatment

The best solutions are:

1. Giving the ear a warm water

“Man is the only animal that laughs and weeps; for he is the only animal that is struck with the difference between what things are and what they ought to be.”

enema (*irrigation*) with a child's rubber nasal bulb, followed by warm virgin olive oil retained by a cotton ball for approximately four hours.

2. Cyclophones, today called ear candles, are especially effective. They can be purchased online or at any health food store.

The following list of DOs and DON'Ts can help lessen the severity of tinnitus:

- Avoiding exposure to loud sounds and noises.
- Eating foods that lower blood pressure.
- Avoiding stimulants such as sodas and tobacco.
- Exercising daily to improve circulation.
- Getting adequate rest and avoid fatigue.

Do people cope with Tinnitus?

Concentration and relaxation exercises can help to control muscle groups and circulation throughout the body. The increased relaxation and circulation achieved by these exercises can reduce the intensity of tinnitus in some people.

Tinnitus is usually more bothersome in quiet surroundings. A competing sound at a constant low level, such as a ticking clock or radio static (*white noise*), may mask the tinnitus and make it less noticeable. Products that generate white noise are also available through catalogs and specialty stores.

Hearing Aids. If suffering from a hearing loss, a hearing aid may reduce head noise while being worn and sometimes cause it to cease temporarily. It is important not to set the hearing aid at excessively loud levels, as this can worsen the tinnitus in some cases. However, a thorough trial before purchase of a hearing aid is advisable if the primary purpose is the relief of tinnitus.

Tinnitus maskers can be combined within hearing aids. They emit a competitive but pleasant sound that can provide distraction from head noise. Some people find that a tinnitus masker may even suppress the head noise for several hours after it is used, but this is not true for all users.

Finally, 21 days on water as a fast cures even the worst cases of tinnitus. The ears will suddenly pop loudly and the sounds end.

TOFU

Medi-Sign Target
Cell Life Force



Although once only found in Asian food markets, this very bland food can miraculously take on the flavor of its surrounding ingredients, making it a highly versatile as well as highly nutritious part of a healthy diet. Tofu can now be found in many local supermarkets year round.

Discovered over 2000 years ago by the Chinese, tofu is sometimes called "*the cheese of Asia*," because of its close resemblance to a block of farmer's cheese. Tofu is a highly nutritious, protein-rich food that is made from the curds of soybean milk. Off-white in color, it is usually sold in rectangular blocks. Tofu is a staple in the cuisines of many Asian countries. Tofu is its Japanese name, while in China, it is known as doufu.

Tofu is one of the most versatile foods, serving a host of different purposes ranging from salad dressing to dessert to entrée and more. Some of its versatility is owed to its neutral taste, which gives tofu the ability to absorb the flavors of sur-



rounding ingredients. Additionally, tofu comes in a range of consistencies that can suit a variety of different recipes. Tofu is available in either the traditional Chinese form or the silken Japanese form, with the latter having a smoother, custard-like texture. Both forms can be found in soft, firm, or extra-firm textures.

The scientific name for soybean, from which tofu is made, is *Glycine max*.

History

Tofu originated in China about two thousand years ago. While the details of its discovery are uncertain, legend has it that it was discovered by accident when a Chinese cook added the seaweed nigari to a pot of soybean milk, causing it to curdle and producing tofu.

Tofu was introduced into Japan in the 8th century, where it was originally known as “*okabe*,” and was not called “*tofu*” until the 15th century. While serving as a traditional dish, tofu did not gain great popularity in Japan until the 17th century. Tofu’s popularity in the west has mirrored the increasing interest in healthier foods. Gaining more widespread attention during the 1960s, tofu has been skyrocketing in popularity since research began to reveal the many, significant benefits this nutrient-dense, plant-based food can provide.

Health Benefits

All the good news about tofu being a health-promoting food is true. Tofu is an outstanding source of protein, specifically soy protein, as

well as numerous other nutrients necessary for good health.

Cardiovascular Benefits of Soy Protein

Research on soy protein in recent years has shown that regular intake of soy protein can help to lower total cholesterol levels by as much as 30 percent, lower **LDL** (*bad cholesterol*) levels by as much as 35-40 percent, lower triglyceride levels, reduce the tendency of platelets to form blood clots, and possibly even raise levels of **HDL** (*good cholesterol*).



All of this sounds very good to people trying to avoid atherosclerosis or diabetic heart disease. High LDL cholesterol levels can lead to a build up of cholesterol deposits in the blood vessels. If these deposits get too large or break, they can cause a heart attack or stroke. Triglycerides are a form in which fats are transported in the blood, so high triglyceride levels, which are often seen in diabetes, can also contribute to the development and growth of these dangerous cholesterol deposits and heart disease. Blood clots can be another major problem for people with heart disease, since they can precipitate a heart attack or stroke. Soy protein, however, can address all of these issues, leading to a greatly reduced risk of heart disease.

Soy for Smooth Sailing Through Menopause

Soy has also been shown to be helpful in alleviating the symptoms associated with menopause. Soy foods, like tofu, contain phytoestrogens, specifically the isoflavones, genistein and diadzein. In a woman’s body, these compounds dock at estrogen receptors and act like weak estrogens. During perimenopause, when a woman’s estrogen fluctuates, rising to very high levels and then dropping below normal, soy’s phytoestrogens can help her maintain balance, blocking out

estrogen when levels rise excessively high, plus filling in for estrogen when levels are low. When women’s production of natural estrogen drops at menopause, soy’s isoflavones may provide just enough estrogenic activity to prevent or reduce uncomfortable symptoms, like hot flashes. The results of intervention trials suggest that soy

isoflavones may also promote the resorption of bone and therefore inhibit postmenopausal osteoporosis.

Most types of tofu are enriched with calcium, which can help prevent the accelerated bone loss for which women are at risk during menopause. Calcium has also been found useful in rheumatoid arthritis, a condition in which calcium may help to reduce the bone loss that can occur as a result of this disease. Tofu is a good source of calcium.

Rich in minerals for energy and nutritional protection.

Tofu is a good source of iron. Iron is primarily used as part of hemoglobin, a molecule essential to ener-

“My dog is usually pleased with what I do, because she is not infected with the concept of what I ‘should’ be doing.”

gy production since it is responsible for transporting and releasing oxygen throughout the body. Hemoglobin synthesis also relies on copper. Without copper, iron cannot be properly utilized in red blood cells. Both minerals are supplied in tofu, which also contains copper.

In addition to its role in hemoglobin synthesis, copper may be helpful in reducing the symptoms of rheumatoid arthritis. Copper, along with manganese, yet another trace mineral in which tofu is rich, is an essential cofactor of a key oxidative enzyme called superoxide dismutase. Superoxide dismutase disarms free radicals produced within the mitochondria (*the energy production factories within cells*). Copper is also necessary for the activity of lysyl oxidase, an enzyme involved in cross-linking collagen and elastin. Both provide the ground substance and flexibility in blood vessels, bones and joints. Four ounces of tofu supply ample manganese.

Want to be “buff?”

Most people are under the impression that a meal without meat content necessitates some sort of pro-

tein supplement. Four ounces of tofu, however, can be just as effective.

Get cardiovascular protection from omega-3 fats.

Tofu provides for these especially beneficial fats in just four ounces. Omega-3 fats have been the subject of many studies by researchers. Omega-3 fatty acids have a wide range of health benefits. Omega-3 helps prevent erratic heart rhythms, makes blood less likely to clot inside arteries, which are the ultimate causes of most heart attacks, and improves the ratio of good HDL to bad LDL cholesterol. Finally, by reducing inflammation, these essential fats play a role in preventing cholesterol from clogging arteries. Most nuts and legumes, like tofu, are rich in omega-3.

Selenium

Several other nutrients in tofu are helpful for other conditions. For example, tofu is a good source of selenium, which is utilized in the proper function of the body’s repair system, which works to reduce the levels of harmful free radicals in the body. Selenium is a necessary

cofactor in one of the body’s most important internally produced nutrients, glutathione peroxidase, and also works with vitamin E in numerous vital nutritional systems in the body. These powerful nutrient actions make selenium helpful not only against colon cancer by protecting colon cells from cancer-causing toxins, but in decreasing asthma and arthritis symptoms and in the prevention of heart disease. In addition, selenium is involved in DNA repair, yet another way in which adequate intake of this mineral is associated with a reduced risk for cancer.

TOILET TRAINING



Both parent and child should be adequately prepared before beginning the process. Generally, both should be ready to devote time every day for nearly three months in the average transition.

The child is ready when she can signal a wet or soiled diaper, or when the child is able to say that he would like to “go to the potty.” This usually occurs when a child is 18 to 24 months of age. However, it is not uncommon for a child to still be in diapers at two and a half to three years of age.

The child should be present when the parent uses the bathroom – the child becomes more comfortable. The child should also be allowed to see urine and bowel movements in the toilet. Sometimes, the child will enjoy flushing the toilet.





Before toilet training, a potty chair should be placed in the child's normal living and play area so that he can become familiar with the toilet.

The child should be told that the potty chair is her own chair. The child should sit fully clothed on the potty chair, as if it were a regular chair, as well as be able to leave the potty chair at any time. The child should not be forced to spend time on the potty chair.

After the child has become used to the potty chair and sits on it regularly with his clothes on, the child should sit on the potty without wearing pants and a diaper. Letting the child become comfortable with sitting on the potty without wearing pants and a diaper is favorable.

The next step is to show the child how the potty chair is used. Place stool from a dirty diaper into the potty chair. Allow the child to observe the transfer of the bowel movement from the potty chair into the toilet. Let the child flush the toilet and watch the bowel movement disappear down the toilet.

After a child has become comfortable with flushing the toilet and sitting on the potty chair, the parent can begin teaching the child to go to the bathroom.

Place the child on the potty chair whenever he signals the need to go to the bathroom. The child's facial expression may change when he feels the need to urinate or to have a bowel movement. The child may stop any activity he is engaged in when he feels the need to go to the bathroom.

Most children have a bowel movement once a day, usually within an hour after eating. Most children urinate within an hour after having a large drink.

In addition to watching for signals that the child needs to urinate or have a bowel movement, the child can be placed on the potty at regular intervals. This may be as often as every one and a half to two hours.

Stay with the child when she is on the potty chair. Reading or talking to her when she is sitting on the potty may help her relax. Praise the child when she goes to the bathroom in the potty chair, but do not express disappointment if she does not urinate or have a bowel movement. The parent must always be patient with the child! Sometimes running water helps the urination response.

Once the child has learned to use the potty chair, he child can begin using an over-the-toilet seat and a step-up stool.

It may take up to three months. It is important for the parent to be patient and supportive. The child should not be punished when she has an accident.

Many parents are unsure about when to start potty training. Not every child will be ready at the same age, so it's important to watch a child for signs of readiness, such as stopping an activity for a few seconds or clutching his or her diaper. Most children show these signs between 18 and 24 months, although some may be ready earlier or later than that. And boys typically start later and take longer to learn to use the potty than girls.



Instead of considering a child's age as an indicator, it's a good idea to look for some of these other signs that he may be ready to start heading for the potty, such as the ability to:

- Follow simple instructions.
- Understand words about the toileting process.
- Control the muscles responsible for elimination.
- Express a need to go verbally.
- Keep a diaper dry for two hours or more.
- Get to the potty, sit on it, and then get off the potty.

"Man will do many things to get himself loved; he will do all things to get himself envied." -Mark Twain

- Pull down diapers, disposable training pants, or underpants.

Is there a good time of year to start?

Not really. There are, though, more stressful times during which the process could be more problematic – when traveling, around the birth of a sibling, changing from the crib to the bed, moving to a new house, or when the child is sick especially if she is having diarrhea. These factors should be considered when planning to introduce toilet teaching. It may be better to postpone it until a child’s environment is stable and secure.

Some people may recommend starting the process during summer because children wear less clothing, it is not a good idea to wait to start if the child is ready, at least that seems like common sense to me.

How long does toilet teaching usually last?

Of course, teaching a toddler to use the potty isn’t an overnight experience. The process typically takes between three and six months, although it may take more or less time for some children.

And although some little ones can learn to both make it through the night without wetting or soiling themselves (*or the bed*) and use the potty around the same time, it may take an additional six months to one year to master staying dry at night.

What kind of potty should be used?

There are two basic potty options:

- A stand-alone, toddler-size potty

chair with a bowl that can be emptied into the toilet.

- A toddler-size seat that can be placed on top of the toilet seat that will allow the child feel more secure and not feel like she is falling in.



a discreet location or restroom.

What about training pants?

Many parents sometimes disagree about whether to use disposable training pants. Some people think that they’re just bigger diapers and that they might make kids think that it’s OK to use them like diapers, thus slowing the toilet-teaching process.

However, because kids’ nighttime bladder and bowel control often lags behind their daytime control, it isn’t unreasonable to use training pants at night or when parents are out and about with the child. Once the training pants remain dry for a few days, kids can make the switch to wearing underwear.

Common Problems

It isn’t uncommon for a formerly toilet-taught child to have some trouble with using the potty during times of stress. For example, a two-or-three-year old dealing with a new sibling may regress or return to a previous level of development.

Tips for Toilet Teaching

Even before a child may be ready to be taken to the potty, he can be prepared by teaching him about the process:

- Use words to express the act of using the toilet for example, “pee,” “poop” and “potty.”
- Ask the child to indicate when a diaper is wet or soiled.
- Identify behaviors (*i.e., say, “Are you going poop?”*) so that the

“Guys: No Shirt, No Service. Gals: No shirt, No Charge.”

child can associate the urge to pee or poop with going to the potty.

- Get a potty chair with which the child can practice. At first, the child can sit while clothed. Then, she can sit on the chair with a diaper. When ready, she can go bare-bottomed.



When the child is ready to start learning how to use the potty, the following may help:

- Set aside some time (*say, a weekend*) to devote to the potty-training process.
- Don't make the child sit on the toilet against his will.
- Show the child how to sit on the toilet and explain what is happening.
- Establish a routine. For example, begin toilet teaching by having the child sit on the potty after she wakes up with a dry diaper.
- Try catching the child in the act. Children often give clear cues that they need to use the bathroom – their faces turn red, and they may grunt or squat. Many kids are regular with the time of day they tend to have a bowel movement.
- Have the child sit on the potty within 15 to 30 minutes after meals to take advantage of the body's nat-

ural tendency to have a bowel movement after eating this is called the gastro-colic reflex.

- Remove a bowel movement from the child's diaper, put it in the toilet, and tell him that poop goes in the potty – humor helps.
- Make sure the child's wardrobe is adaptable to potty training. In other words, avoid overalls and shirts that snap in the crotch. Simple clothes are a must at this stage and children who are potty training need to be able to undress themselves.
- Let the child have some time during the day without a diaper. If he urinates without wearing a diaper, he may be more likely to feel what's happening and express discomfort.
- Have "target practice" with a little boy. Show him how to stand so that he can aim his urine stream into the toilet. Some parents use things like cereal pieces as a sort of bull's-eye for their little guys to try aiming.
- Offer the child small rewards, such as stickers or stories, every time she goes in the potty. To help keep track of a child's successes, a chart is useful. Once a child appears to be mastering the use of the toilet, he can pick out a few new pairs of big-kid underwear to wear whenever he uses the potty.
- All of the child's caregivers – including babysitters, grandpar-

ents, and child-care workers – must follow the same routine. Ask that they use the same approaches so the child won't become confused.

Above all, be sure to praise the child's attempts to use the toilet, even if nothing happens. Accidents will happen. It's important not to punish potty-training children or show disappointment when they wet or soil themselves or the bed. Instead, tell the child that it was an accident and offer support. Reassure the child that she is well on the way to using the potty like a big kid.

When torn about when to start the toilet-teaching process altogether, let the child be the guide. Don't feel pressured by others like parents, in-laws, friends, siblings, coworkers, experts, et cetera to begin. Many parents of past generations started potty training much sooner than many parents do today. It all depends on the child.



"Love is like heaven but it hurts like hell."

TOMATILLO

Medi-Sign Target
Blood & Heart

With the upsurge of interest in southwestern cuisine, tomatillos have become readily available. The lemon-herb taste of tomatillos (*tohm-ah-TEE-ohs*) provides the base for green sauces and salsas. Also known as Mexican green tomatoes, they are about the size and shape of a small green tomato, except surrounded by a parchment-like husk. Tomatillos are available year-round.

TOMATOES

Medi-Sign Target
Heart & Blood -
Love/Kindness

~LOVE APPLES~

Benefits

- Protects prostate
- Helps prevent and rid cancers
- Lowers cholesterol
- Supports immune system
- Protects the heart

Most people do not care if tomatoes are a fruit or a vegetable – as long as they’re juicy and delicious. They’re the most popular home-grown crop in the United States. Not only are they great fresh, but they really punch up a home made sauce, soup or casserole.

Tomatoes weren’t always so fashionable, however. When European explorers brought “*love apples*” from the New World back to their homelands, people were suspicious. Many thought tomatoes were poisonous because they were related to belladonna and nightshade, two deadly plants. In fact, the roots and leaves of the tomato plant are poisonous.

It wasn’t until the 1900’s that people

in North America learned tasty tomatoes are a terrific health food. They contain lycopene, a unique nutrient that can ward off cancer, plus they’re high in vitamin C, folate, potassium, and over 9,000 other nutritional phytonutrients. This means tomatoes are great protection against heart disease and can even boost the immune system.

Cancer-be-gone?

If researchers had to pick just one food as a cancer-removing superstar, it would probably be tomatoes. Found only in a handful of plants, lycopene not only gives tomatoes their brilliant color, but may also lower the risk of developing cancer, according to a Harvard Medical School review of 72 different studies.

It is commonly known that tomatoes can knock-out prostate cancer – when consuming ten or more servings a week, the lycopene can cut risk of prostate cancer in half. Consuming higher amounts of tomatoes and tomato-based products is directly related to significant decrease in the likelihood of developing stomach, lung, breast, colon, mouth, or throat cancer.

If the thought of ten servings of tomatoes is daunting, remember that common items like ketchup and pizza and spaghetti sauce qualify. The heat from cooking frees up tomatoes’ lycopene and adding oil provides fat. Both steps make it easier for the body to utilize the lycopene.

Heart Benefits

Tomatoes do not stop at cancer; rather, they offer an array of nutrients that are at work closing down one heart-stopping condition after another. Lycopene breaks down



“Fight Crime: Shoot Back!”

cholesterol in such a way that it keeps arteries free-flowing. Folate cleans up homocysteine, an amino acid that links with cholesterol to give the heart double trouble. A European study suggests that drinking 11 ounces of tomato juice every day – about as much as in one can of soda – can significantly reduce LDL, or “bad” cholesterol. Tomatoes are rich in potassium, a mineral crucial for lowering blood pressure.

Beats Bacteria

Experts say drinking just one 11-ounce can boost the immune system in a degree comparable to a day’s vitamin regimen. Nutrients in the tomatoes first encourage the body to produce more T cells, white blood cells combat foreign substances like bacteria and viruses. The nutrients in the tomatoes also protect these white blood cells from free radicals.

Varieties

There are thousands of tomato varieties, but those usually available in stores fall into one of these distinct categories:

CHERRY TOMATO

Round and bite-sized, these tomatoes are often served in salads and as garnishes. Their skin may be red or yellow.



PEAR TOMATO

Small, pear-shaped tomatoes (*about the size of cherry tomatoes*) with an intense, sweet-tomato flavor. There are red and yellow versions of these tomatoes.

PLUM TOMATO

Also known as Italian or Roma tomatoes, these are small and egg-shaped. In general, they are meatier and less juicy than slicing tomatoes, and so are ideal for making sauces and adding to other cooked foods.

SLICING (ROUND) TOMATO

These large, rounded varieties include round globe types commonly found in most supermarkets as well as the flatter beefsteak tomatoes prized by home gardeners.

YELLOW/ORANGE TOMATO

These are sometimes advertised as “low-acid” tomatoes. They are not, in fact, lower in acid than other tomatoes; rather, they are higher in sugar, which produces a very mild, sweet flavor. Like red tomatoes, these have plenty of vitamin C and potassium, but they don’t have lycopene.

“HEIRLOOM” TOMATO

Some growers are now raising old varieties of tomatoes with intriguing shapes, variegated colors, and unusual flavors. Look for them at farmer’s markets and gourmet shops during tomato season.

SUN-DRIED TOMATO

These are plum tomatoes that have been dehydrated to preserve them and intensify their flavor. They are sold packed in oil or dry. The tomatoes that are not packed in oil are usually reconstituted by soaking them in hot water before use.

Availability

During the last hundred years, tomatoes have been bred in a variety of climates, and today commercial crops are cultivated in nearly every state. Local growers supply tomatoes to every region of the country in season, mainly summer to fall. Of course, many of the tomatoes Americans eat are homegrown, or purchased at farm-stands and farmers’ markets. In terms of ripeness, flavor and texture, locally grown tomatoes in season are far superior to those shipped across the country during the winter and spring.



Out of season, most tomatoes in the United States are shipped from Florida or California, with the bulk of the crop harvested between October and June. A large proportion are also imported from Mexico, primarily from January to May.

Shopping Solutions

A deeper red hue generally indicates a higher nutritional value for the tomato.

Never buy tomatoes from a refrigerated case; the cold damages their structures. Tomatoes displayed loose are easier to evaluate than those that are packed in boxes. Look for plump, heavy tomatoes

“I did my homework! I just forgot to write it down.”



with smooth skins. They should be free of bruises, blemishes, or deep cracks, although fine cracks at the stem ends of ripe tomatoes do not affect flavor. If greenhouse tomatoes still have leaves, check that they are fresh and green.

Ripe tomatoes are fragrant, but even mature green ones should have a mild fragrance that promises future ripeness. If they have no aroma at all, the tomatoes were probably picked when immature, and will never ripen. Fully ripened tomatoes are soft to the touch. They should be bought only if immediate use is intended. Overripened tomatoes, provided they are not moldy or rotting, are perfect for making sauce, and even briefly heating fresh tomatoes can release their lycopene content.

Choose whatever size tomatoes are appropriate for the intended use; size has no bearing on the vegetable's flavor, texture, or quality. Large tomatoes weigh about a half pound each; there are three to four medium-sized tomatoes to a pound.

Storing Solutions

Room temperature (*above 55°F*) is

best for storing tomatoes; they shouldn't be refrigerated. Place less-than-ripe tomatoes in a paper bag with an apple or banana – the ethylene gas given off by the fruit will hasten the ripening process. Keep the tomatoes out of sunlight, so that they do not overheat or ripen unevenly, and arrange them in the bag stem-side up to prevent bruising. Once the tomatoes are red and soft to the touch, they will keep for a day or two at room temperature. Should they need to be kept longer, refrigerate them; if they'll fit, place them in the butter compartment, which is the warmest part of the refrigerator. For full flavor, let the tomatoes come back to room temperature before you serve them.

BEEFSTEAK TOMATOES

This vegetable is actually a berry, and came first from the Andes Mountains. It belongs to the nightshade family, along with potatoes, eggplants, peppers and tobacco.

In Europe, the tomato was grown only ornamentally for many years. Eating tomatoes was considered fatal. Even in North America, it has been only in the past 150 years that people began eating them. That changed starting on the courthouse steps in Salem, New Jersey, at twelve o'clock noon on September 26, 1820, when Colonel Robert G. Johnson ate not one, but a basketful of tomatoes. He not only lived, he wasn't ill following his demonstration.

In 1893, the Supreme Court ruled that the tomato must be considered a vegetable, even though, botanically, it is a fruit. Because vegetables and fruits were subject to different import duties, it was necessary to define it as one or the other.

Tomatoes were popularized in the U.S. when Creoles in New Orleans included them in their popular gum-bos, okra meals and jambalayas.

Do not refrigerate tomatoes! They will retain their flavor and ripen correctly at room temperature. Once they are ripe, they should be used within three days.



TONGUE ULCERS

*Medi-Sign Target
Salt, Bicarbonate of Soda &
Fermented Foods*

Tongue ulcers are not uncommon. They are caused by a variety of causes. The most common is an aphthous or dyspeptic ulcer, which is usually accompanied by GIT troubles, antibiotic intake, or follows the flu. They can be triggered by emotional stress as well as dietary deficiencies. These are usually very small ulcers situated at the tip and sides of the tongue more often but can actually affect any part of the buccal cavity. They usually occur in groups and are thin and have a perforated appearance. They are usually painful.

Ulcers usually have raised (*averted*) edges. There is associated debris, blood, and discharge. It may be associated with hard, fixed, or mobile lymph node enlargement in the neck. It's usually a single ulcer and may be accompanied by pain.

Another common cause of oral ulcers is a chronic dental ulcer due to a sharp tooth or poorly-fitting dentures. Their edges are usually sloping and they may discharge blood and pus.

Less common tongue ulcers include tuberculosis and syphilis.

These mouth ulcers, also called canker sores, aphthous stomata, and recurrent aphthous stomatitis, mostly occur on the inner cheek, inner lip, tongue, soft palate, floor of the mouth, and sometimes the throat. They are usually about three-to-five millimeters in diameter – though sometimes significantly larger, and often appear in groups of two or three – though sometimes there can be 20 or more.

They often start as a small bubble or blister, usually unnoticed, which then becomes an open and ulcerated pit or crevasse when the pain begins. Alternatively, they can be triggered by trauma to the lining of the mouth (*e.g. accidentally biting oneself*).

The worst thing about mouth ulcers is the pain that they cause, which is constant, excruciating, and worsened by eating, drinking, and even talking. The picture of the homunculus that shows how very sensitive the mouth and tongue are compared to most other parts of the body explains the amount of discomfort caused by something so small.



Severe ulcers cause sufferers to actively avoid eating, drinking, talking, kissing, and some sexual acts. Speech is painful resulting in a loss of clarity or enunciation. Sufferers often become worn away by the pain and become fatigued and depressed.

No specific cause has yet been isolated, though it seems they are not caused by infectious agents such as viruses or bacteria and, are therefore not contagious.

The accepted theory is that they are linked to the auto-immune system and an allergic reaction, in that certain triggers (*that may be different from one person to the next*) cause the mucosal lining (*protective layer on the cheeks, gums, tongue, throat etc*) to become compromised, such that it is set off by one's own saliva, or foreign bacteria within it.

Avoid mouthwashes and toothpastes with an advertised anti-microbial action, as they will deplete beneficial bacteria along with harmful bacteria. Salt and baking soda are good alternatives.

Toothpastes with harsh detergents such as **sodium lauryl sulfate (SLS)** should be avoided.

TONSILLITIS

*Medi-Sign Target
Enemas & Sip Saltwater*

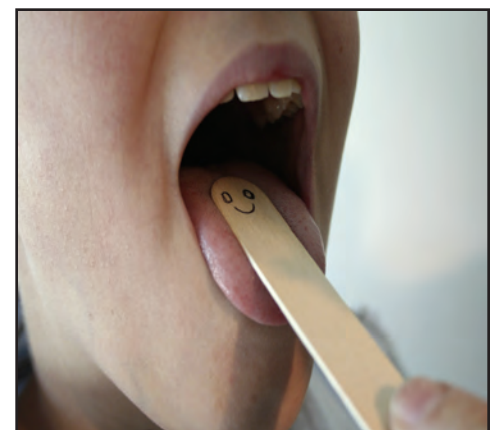
Years ago, young children had their tonsils removed. Surgery was once the standard treatment for tonsillitis, an inflammation of the tonsils caused by a viral or bacterial infection. It commonly occurs in pre-school and school-age children. Many had their healthy tonsils removed without even having inflammation; just because the doctor recommended it.

Tonsillitis typically causes a child's tonsils to become visibly red and swollen. You may also notice patches of white discharge on infected tonsils.

Symptoms of tonsillitis include:

- Severe sore throat
- Difficult or painful swallowing
- Headache
- Fever and chill
- Enlarged, sore glands in the jaw and neck
- Changes in or loss of one's voice

Tonsils are a pair of specialized lymph nodes located on either side of the throat, just behind and above the tongue. They're part of the body's immune system that helps



"The chicken, pork and other animal mass-murdering industries are huge, but it's time for them to go the way of the slave trade (which also had strong economic incentives)."

T - FOODS & SYMPTOMS

protect you from microorganisms that can cause infection. Tonsils store white blood cells to engulf bacteria and viruses as they enter through the nose and mouth.

When bacteria and viruses are engulfed by white blood cells, a low-grade infection in the tonsils may result. This minor infection stimulates the immune system to form protection against future infections. Sometimes the tonsils may be overwhelmed by a bacterial or viral infection, and they swell and become inflamed. The result is tonsillitis.

Tonsillitis usually occurs as part of pharyngitis (*throat infection*). In older children, illness usually begins with sudden sore throat and painful swallowing. A child may also experience loss of appetite, malaise (*a generally ill feeling*), chills, and fever above 101 degrees Fahrenheit (*38.3 degrees Celsius*). Glands in the neck and at the angle of the jaw may be swollen and tender. In infants, tonsillitis can include symptoms that appear to be less centralized in the throat, such as poor feeding, runny nose, and a slight fever.

A number of respiratory viruses can cause tonsillitis, including the **Epstein-Barr virus (EBV)**. This is the same virus that can cause mononucleosis. Some strains of bacteria can also cause tonsillitis. The most common culprit is the same bacterium that causes an infection of the throat commonly known

as strep throat. The bacterium is *Streptococcus pyogenes*, or group A beta-hemolytic streptococcus.

Tonsillitis may be caused by either viruses or bacteria, and often the symptoms are the same no matter which germ is causing the infection.



Of the viruses that cause tonsillitis and throat infection, the most common ones are: adenoviruses, these viruses are common in early childhood and account for up to ten percent of respiratory infections; influenza or flu virus; Epstein-Barr virus, the virus that usually causes mononucleosis; the parainfluenza viruses, which cause respiratory infections such as croup, laryngitis and bronchiolitis; the enteroviruses, most commonly coxsackie virus, which usually infects the intestinal tract; or type 1 herpes simplex virus cold sore herpes.

When the cause is an enterovirus or herpes simplex virus, the throat may show small blistered or ulcerated areas. When an enterovirus is the cause, the illness is called herpangina.

To prevent tonsillitis, avoid exposure to anyone who already has tonsillitis or a sore throat. At home, when someone is infected with tonsillitis, be sure to keep drinking glasses and eating utensils separate, and wash dishes in hot, soapy water. All family members should wash their hands frequently.

Incubation

When tonsillitis is caused by group A streptococci, the incubation period is usually two to seven days. **For viral tonsillitis, the incubation period varies widely:** 18 to 72 hours for influenza virus; three to six days for parainfluenza, herpes, or coxsackie virus; and four to eight weeks for Epstein-Barr virus.

Here are suggested techniques to cure tonsillitis:

1. Two enemas. One in the morning, another in late afternoon.
2. Gargle with salt water every two hours on the first day, then night and morning each day thereafter until the infection is gone. Mix one teaspoon of salt to eight ounces of warm water, make sure the child spits it out after gargling.

Other external/physical therapies:

- Soups, veggie broths, herbal teas and honey.

- Bed rest is essential for quick and complete healing.
- With fever, wear cotton socks dipped in cool vinegar water (*equal parts vinegar and water*). Renew every half hour.
- With acute tonsillitis, start a therapy with cold neck wraps, renewed every 30 minutes.
- Take foot baths, apply compresses on the throat and use body wraps to promote sweating.
- Renew moist, cold calf wraps every half hour help to assist in lowering fever.
- Apply a hot clay pack on the throat.
- If there much discharge, apply hot, flax seed neck wraps.
- Liquid whey concentrate brushed on the throat disinfects and helps speed healing.
- If the tonsils are excessively swollen, melt a couple of ice-cubes in the mouth.
- Drink two tablespoons of fresh lemon juice with a glass of hot water and honey to soothe and heal the throat.
- Massage the thumbs and big toes.

TOOTH DECAY

Medi-Sign Target
Raw Green Foods & Salt

Tooth decay is damage to the enam-

el of the teeth. It occurs when one has too little mineralization from whole raw foods in the diet and when acids produced by bacteria in dental plaque corrode a tooth. Although tooth decay has declined among young children in general, it can still be a problem for individual children, and even teens and adults.

When dealing with tooth decay, one must think of a tooth in terms of being a hard calcified object. Teeth do have nerves in their centers and this tissue is soft, but the surface of a tooth (*where tooth decay begins*) is formed from types of tissues that are very high in mineral content. These tissues are called enamel and dentin.

Eating plenty of green foods and brushing with salt and bicarbonate of soda proves especially helpful.

TOOTH SENSITIVITY

Medi-Sign Target
clove Oil

Tooth sensitivity occurs as a result of the underlying layer of the teeth – the dentin – becomes exposed due to receding gum tissue, which is the protective blanket that covers the tooth roots. The roots, which are not covered by hard enamel, contain thousands of small tubules that lead to the tooth’s never center (*the pulp*). These dentinal tubules (*or channels*) allow the stimuli – for example, the hot, cold, or sweet food – to reach the nerve in the tooth, which results in the pain.

There are many factors that may lead to the development of tooth sensitivity, including:

- **Brushing too hard.** Over time, brushing too hard or using a hard-bristled toothbrush can wear down enamel and cause the dentin to be exposed. It can also cause recession of the gums (*the gum tissue pulls away from the teeth*).
- **Recession of the gums.** As gums move away from a tooth due to conditions such as periodontal disease, the root surface becomes exposed.
- **Gum disease (*gingivitis*).**



“Some people drink from the fountain of knowledge, others just gargle.”

“Man is the only animal for whom his own existence is a problem which he has to solve.”

Inflamed and sore gum tissue may cause sensitivity due to the loss of supporting ligaments, which exposes the root surface that leads directly to the nerve of the tooth.

- **Cracked teeth.** Chipped or broken teeth may fill with bacteria from plaque and enter the pulp causing inflammation.

- **Teeth grinding.** Grinding or clenching the teeth may wear down the enamel and expose underlying dentin.

- **Tooth whitening products.** These products are major contributors to teeth sensitivity.

- **The age.** Tooth sensitivity is highest between the ages of 25 and 30.

- **Plaque build-up.** The presence of plaque on the root surfaces can cause sensitivity.

- **Mouthwash use.** Long-term use of some mouth washes. Some over-the-counter mouth washes contain acids that can worsen tooth sensitivity if you have exposed dentin (*the middle layer of the tooth*). The acids further damage the dentin layer of the tooth.

- **Acidic foods.** Regular consumption of foods with a high acid content, such as soda pops and sweets, can be especially problematic due to heightened acidic properties.

- **Recent routine dental procedures.** Sensitivity can occur following teeth cleaning, root planing, crown placement, and tooth

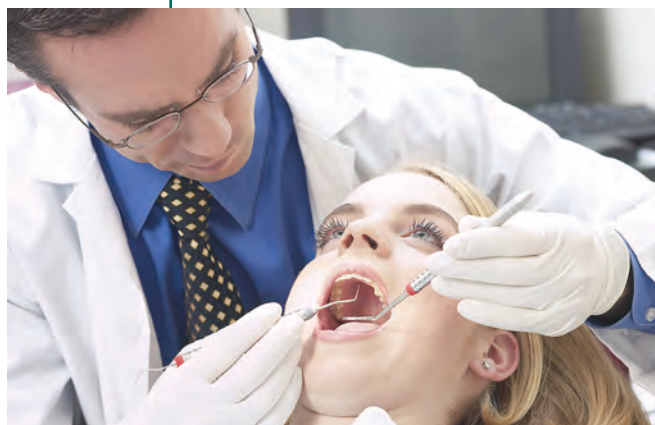
restoration. Sensitivity caused by dental procedures is temporary, usually disappearing in four to six weeks.



How can tooth sensitivity be reduced?

- **One should always maintain good oral hygiene.** Continuing to follow proper brushing and flossing techniques to thoroughly clean all parts of the teeth and mouth is key.

- **Use of a soft-bristled toothbrush.** This will result in less toothbrush abrasion to the tooth surface and less irritation to the gums. One should brush gently and carefully around the gum line to avoid removing more gum tissue.



- **Use of salt, soda and clove oil.**

- **Massage.** Regularly massaging the teeth with the tongue or finger can be therapeutic. One can also massage pure vanilla extract or clove oil on the teeth.

- **Green onion stems.** Sucking and chewing fresh green onion stems is an all natural analgesic.

TOOTHACHE



The most common cause of toothache, or pain in the region of the jaws and face, is pulpitis – inflammation of the pulp of the tooth. The short, sharp pains usually occur in response to hot, cold or sweet stimuli.

If left untreated, the pulp dies and becomes infected, leading to the formation of a dental abscess. The pain from a dental abscess tends to be in response to pressure on the tooth, and is throbbing and continuous.

What causes toothache?

- Dental decay.
- A fracture of the tooth.
- A cracked tooth. This may be invisible and can be difficult to diagnose.
- Irritation of the pulp following dental treatment. Regardless of how well it is done, dental treatment and the materials used to fill the tooth can sometimes cause pain later.



- An exposed tooth root, which can occur if the gums recede or are damaged by excessively vigorous brushing.

The following problems can also cause symptoms similar to toothache, even though the teeth themselves may be free of disease:

- An abscess in the gum (*lateral periodontal abscess*).
- Ulceration of the gums (*acute ulcerative gingivitis*).
- Ulceration of the soft tissues can sometimes be mistaken for toothache.
- Inflammation of the gum around a tooth which is in the process of growing or breaking through (*pericoronitis*).
- Inflammation of the sinuses (*sinusitis*) can be mistaken for toothache in the upper jaw.

The nerves supplying the teeth sometimes relay faulty messages to the brain – that is, although pain is felt in a particular tooth, the problem may actually be in a different tooth, even one located in the opposite jaw.

How can toothache be avoided?

The best way to prevent toothache is to keep the teeth and gums healthy.

Avoid cavities by reducing the intake of processed and artificial, sugary foods and drinks.

Stop the pain with ginger! Buy ginger root at the grocery store. Cut off a piece of it and remove the skin. Put the piece in the mouth right on the painful tooth and bite.



Clove Oil. Clove oil also works to ease the pain, put some on a cotton swab and rub it on the sore area.

Rinse the toothache away. Take a mouthful of water (*at body temperature*) and rinse vigorously. If the toothache is caused by trapped food, a thorough rinse may dislodge the problem.

Floss gently. If rinsing fails, one can usually pry the bits of food, which is usually meat or candy, out from between the teeth by flossing. The gums are likely to be sore.

Take a shot to numb the pain. Hold a shot of whiskey or grain alcohol over the painful tooth. The gums will absorb some alcohol and numb the pain. Spit out the rest.

Rinse with salty water. After each

meal and at bedtime, stir one teaspoon of salt into an eight-ounce glass of water (*again, at body temperature*), then hold each mouthful, roll it around the mouth. Spit.

Try a finger massage. When one has an achy tooth, this can ease the pain by 50 percent. Rub an ice cube over the area for five to seven minutes three or four times a day.

Don't bite. If the toothache is caused by a blow to the tooth, try not to use that area when eating. If nothing is damaged, rest for the tooth may restore its vitality.

Keep the mouth shut. If cold air moving past the tooth is a problem, block the air flow.

Or keep the mouth open. Some toothaches happen when a person's bite isn't quite right. In that case, avoid shutting the mouth as much as possible until a dentist can take a look.

Stay cool. Keep heat away from the aching cheek even if it makes the toothache feel better. If it is an infection, the heat will draw the infection to the outside of the jaw and make the infection worse.



"When they put unknown at the end of a quote, that means they probably don't know how to spell anonymous." - Unknown

TOURETTE'S SYNDROME

*Medi-Sign Target
Raw Nuts & All Fruits*

Tourette's syndrome is a hereditary disorder wherein muscle and vocal tics occur frequently during the day for at least one year.

Tourette's syndrome is three times more common in men than in women. It often begins during early childhood. The cause is unknown, but is thought to be an abnormality in dopamine or other brain neurotransmitters, which is a chemical messenger that nerve cells use to communicate.

Symptoms and Diagnosis

Tourette's syndrome often begins with muscular tics. Many people who do not have this disorder have simple tics, such as repetitive eye blinks, which are nervous habits and may disappear over time. However, the tics in Tourette's syndrome consist of more than just a blink. For example, people with this disorder may repeatedly move the head from side to side, blink the eyes, open the mouth, and stretch the neck. Before

a tic occurs, the person may feel a compulsion to perform the movements of the tic. The tic can sometimes be postponed from seconds to hours but eventually becomes uncontrollable. Some people can suppress some of the tics with difficulty. Most people have trouble controlling the tics, especially during times of emotional stress.

This disorder progresses to bursts of complex tics, including vocal tics, hitting, kicking, and sudden irregular breathing. Vocal tics may start as grunting, snorting, humming, or barking noises and progress to compulsive, involuntary bouts of cursing. For no apparent reason and often in the midst of conversation, some people with Tourette's syndrome may call out obscenities. Use of words related to feces is common. These vocal outbursts are sometimes mistakenly thought to be intentional, especially in children. Repetition of words immediately after hearing them (*echolalia*) is also common.

People with Tourette's syndrome often have difficulty functioning and experience considerable anxiety in social situations. In the past, they were shunned, isolated, or even thought to be possessed. Many people with the disorder develop impulsive, aggressive, and self-destructive behaviors; about half of the people develop obsessive-compulsive personality disorders. Children with Tourette's syndrome often have learning disabilities. Whether the disorder itself or the extraordinary stresses of living

with the disorder cause these behaviors is unclear.

Diagnosis is based on the symptoms. Early diagnosis can help parents understand that the tics their children have are not voluntary and that punishment cannot stop the tics.



Foods like raw nuts and fruit help brain function and balance brain chemistry. Touch, hugs, kisses, and positive reinforcement after each episode seems to calm and extend time periods between events. Many simply grow out of the condition.

TOXIC SHOCK SYNDROME

*Medi-Sign Target
Hot Saltwater Baths &
Use All Cotton Tampons*

Toxic shock syndrome is a rare, life-threatening bacterial infection that is most often associated with the use of super absorbent tampons and occasionally with the use of contraceptive sponges.

In 1980, an outbreak of toxic shock syndrome occurred that mostly involved young women who had



“We are all parasites; we humans, the greatest.”

been using a particular brand of super absorbent tampons. The cause of the outbreak seemed to be toxins produced by *Staphylococcus aureus* (*staph*) bacteria.

While the infection often occurs in menstruating women, it can also affect men, children, and post-menopausal women. Other risk factors for toxic shock syndrome include skin wounds and surgery.

Signs and symptoms of toxic shock syndrome develop suddenly, and the disease can be fatal. One can reduce the chances of getting toxic shock syndrome by changing the tampon frequently. The best preventative is to use tampons made of pure organic cotton or other nature materials like hemp.

The signs and symptoms of toxic shock syndrome may include:

- A sudden high fever.
- Vomiting or diarrhea.
- A rash resembling a sunburn,

particularly on the palms and soles. After a week or so, the skin on the hands and feet generally begins to peel.

- Confusion.
- Muscle aches.
- Redness of the eyes, mouth and throat.
- Seizures.
- Headaches.

Prevention

One can reduce the chances of getting toxic shock syndrome by changing the tampon frequently, at least every four to eight hours. Use the lowest absorbency tampon possible and try to alternate using tampons and sanitary napkins whenever feasible.

Toxic shock syndrome can recur. People who have had it once can get it again. If one has had toxic shock syndrome or a prior staph infection, tampons should be avoided at all times.

TRANSVERSE MYELITIS

Medi-Sign Target
Onions, Garlic & Hot Peppers

Transverse myelitis is a neurological disorder caused by inflammation across both sides of one segment of the spinal cord. The term myelitis refers to inflammation of the spinal cord; transverse simply describes the position of the inflammation, that is, across the width of the spinal cord. Inflammation can damage or destroy myelin, the fatty insulating substance that covers nerve cell fibers. This damage causes nervous system scars that interrupt communications between the nerves in the spinal cord and the rest of the body.

Symptoms of transverse myelitis include a loss of spinal cord function over several hours to several weeks. What usually begins as a sudden onset of lower back pain, muscle weakness, or abnormal sensations in the toes and feet rapidly progresses to more severe symptoms, including paralysis, urinary retention, and a loss of bowel control. Although some recover from transverse myelitis with few or no residual problems, others suffer lasting impairments that affect their ability to perform ordinary tasks of daily living. Most people will have only one episode of transverse myelitis; a small percentage may have a recurrence.

The segment of the spinal cord where the damage occurs determines which parts of the body are affected. Nerves in the cervical (*neck*) region control signals to the neck, arms, hands, and muscles of

"They underestimated me!" -George Bush



“Everyone in life has a purpose, even if its to serve as a BAD EXAMPLE.”



breathing (*the diaphragm*). Nerves in the thoracic (*upper back*) region relay signals to the torso and some parts of the arms. Nerves at the lumbar (*mid-back*) level control signals to the hips and legs. Finally, sacral nerves, located within the lowest segment of the spinal cord, relay signals to the groin, toes, and some parts of the legs. Damage at one segment can affect function at that segment and others below it. In people with transverse myelitis, demyelination usually occurs at the thoracic level, causing problems with leg movement and bowel and bladder control, which require signals from the lower segments of the spinal cord.

Who gets transverse myelitis?

Transverse myelitis occurs in adults and children, in both genders, and in all races. No familial predisposition is apparent. A peak in incidence

rates (*the number of new cases per year*) appears to occur between 10 and 19 years and 30 and 39 years. Although few studies have examined incidence rates, it is estimated that approximately 1,400 new cases of transverse myelitis are diagnosed annually in the United States, and approximately 33,000 Americans suffer from some type of disability resulting from the disorder.

What causes transverse myelitis?

Researchers are unsure of the exact causes of transverse

myelitis. The inflammation that causes the extensive damage to nerve fibers of the spinal cord can result from viral infections, abnormal immune reactions, or insufficient blood flow through the blood vessels located in the spinal cord. Transverse myelitis also may occur as a complication of syphilis, measles, Lyme disease, and some vaccinations, including those for chickenpox and rabies. Some researches believe that medications and vaccines are the leading cause.

Transverse myelitis often develops following viral infections. Infectious agents suspected of causing transverse myelitis include varicella zoster (*the virus that causes chickenpox and shingles*), herpes simplex, cytomegalovirus, Epstein-Barr, influenza, echovirus, human immunodeficiency virus (*HIV*), hepatitis A, and rubella. Bacterial skin

infections, middle-ear infections (*otitis media*), and *Mycoplasma pneumoniae* (*bacterial pneumonia*) have also been associated with the disorder.

In post-infectious cases of transverse myelitis, immune system mechanisms, rather than active viral or bacterial infections, appear to play an important role in causing damage to spinal nerves. Although researchers have yet to identify the precise mechanisms of spinal cord injury in these cases, stimulation of the immune system in response to infection indicates that an autoimmune reaction may be responsible. In autoimmune diseases, the immune system, which normally protects the body from foreign organisms, effects the body's tissue, causing inflammation and, in some cases, damage to the myelin within the spinal cord.



Because some affected individuals also have autoimmune diseases such as systemic lupus erythematosus, Sjogren's syndrome, and sarcoidosis, some scientists suggest that transverse myelitis may also be an autoimmune disorder. In addition, some cancers may trigger an abnormal immune response that may lead

to transverse myelitis. An acute, rapidly progressing form of transverse myelitis can signal the first sign of **multiple sclerosis (MS)**, however, studies indicate that most people who develop transverse myelitis do not go on to develop MS.

Some cases of transverse myelitis result from spinal arteriovenous malformations (*abnormalities that alter normal patterns of blood flow*) or vascular diseases such as atherosclerosis (*plaque*) that cause ischemia, a reduction in normal levels of oxygen in spinal cord tissues. Ischemia can result from bleeding (*hemorrhage*) within the spinal cord, blood vessel blockage or narrowing, or other less common factors. Blood vessels bring oxygen and nutrients to spinal cord tissues and remove metabolic waste products. When these vessels become narrowed or blocked, they cannot deliver sufficient amounts of oxygen-laden blood to spinal cord tissues. When a specific region of the spinal cord becomes starved of oxygen, or ischemic, nerve cells and fibers may begin to deteriorate relatively quickly. This damage may cause widespread inflammation, sometimes leading to transverse myelitis. Most people who develop the condition as a result of vascular disease are past 50, already suffer from some sort of cardiac disease, or have recently undergone a chest or abdominal operation, with all of the attendant medications.

What are the Symptoms of Transverse Myelitis?

Transverse myelitis may be either acute, which is developing over hours to several days, or subacute,

which is developing over several weeks. Initial symptoms usually include localized lower back pain, sudden paresthesias, or abnormal sensations such as burning, tickling, pricking or tingling, in the legs, sensory loss and paraparesis (*partial paralysis of the legs*). Paraparesis often progresses to paraplegia (*paralysis of the legs and lower part of the trunk*). Urinary bladder and bowel dysfunction is common. Many people report experiencing muscle spasms, general discomfort,



headache, fever, and loss of appetite. Depending on which segment of the spinal cord is involved, some may experience respiratory problems as well.

From this wide array of symptoms, four classic features of transverse myelitis emerge: weakness of the legs and arms, pain, sensory alteration, and bowel and bladder dysfunction. Most people experience

weakness of varying degree in the legs; some will experience it in their arms. Initially, people with transverse myelitis may notice that they are stumbling or dragging one foot or that the legs seem heavier than normal. Coordination of hand and arm movements, as well as arm and hand strength, can also be compromised. Progression of the disease over several weeks often leads to full paralysis of the legs, requiring the person to use a wheelchair.

How is transverse myelitis treated?

As with many disorders of the spinal cord, no effective medical cure currently exists for people with transverse myelitis. Treatments are designed to manage and alleviate symptoms, and are largely dependent upon the severity of neurological involvement. Therapy usually begins when the person first experiences symptoms. Physicians often prescribe corticosteroid therapy during the first few weeks of illness to decrease inflammation. Although no clinical trials have investigated whether corticosteroids alter the course of transverse myelitis, these drugs often are prescribed to reduce immune system activity because of the suspected autoimmune mechanisms involved in the disorder.

Corticosteroid medications that might be prescribed may include methylprednisone or dexamethasone. General analgesia will likely be prescribed for any pain the person may have. Bed rest is often recommended during the initial days and weeks after onset of the disorder, and then more medications and it's usually down hill from there.

“You’re slower than a herd of turtles stampeding through peanut butter.”

TRAUMA

Medi-Sign Target
Legumes, Seeds & Nuts

Traumatic experiences shake the foundations of human beliefs about safety, and shatter assumptions of trust.

Because they are so far outside what is expected, these events provoke reactions that feel strange and “crazy.” Perhaps the most helpful thing one could say here is that even though these reactions are unusual and disturbing, they are typical and expectable. By and large, these are normal responses to abnormal events.

Trauma Symptoms

Post-traumatic Stress Disorder (PTSD) is the most common diagnostic category used to describe symptoms stemming from emotionally traumatic experiences. The disorder presumes that the person experienced a traumatic event involving actual or threatened death,

or injury to themselves or others. Three additional symptom clusters, if they persist for more than a month after the traumatic event and cause observably significant distress or impairment, make up the criteria.

The three main symptom clusters in PTSD are: *Intrusions*, such as *flashbacks or nightmares, where the traumatic event is re-experienced*; *avoidance*, when the person tries to reduce exposure to people or things that might bring on their intrusive symptoms; and *hyper-arousal*, meaning *physiologic signs of increased arousal, such as hyper vigilance or increased startle response*.

Trauma symptoms are probably adaptive, and originally evolved to help us recognize and avoid other dangerous situations quickly – before it was too late. Sometimes these symptoms resolve within a few days or weeks of a disturbing experience: Not everyone who experiences a traumatic event will develop PTSD. It is when many symptoms persist for weeks or months, or when they are extreme, that help may be indicated. On the

other hand, if symptoms persist for several months avoidance can become the best available method to cope with the trauma – but this strategy interferes with seeking professional help. Postponing needed intervention for a year or more, and allowing avoidance defenses to develop, could make recovery much more difficult.

While PTSD is the “prototypical” traumatic disorder, some people present variations. Depression, anxiety, and dissociation are three other disorders that may sometimes arise after traumatic experiences. Somatoform disorders are also seen in some populations. The differences may result from how each individual deals with stress, probably influenced by her interpretation of the stress. Individual nuances affect both the severity and the type of symptoms experienced. For example, almost everyone dissociates to some degree.

Dissociation is a fairly normal coping strategy in the face of overwhelming stress, but extreme dissociative tendencies may be pathological.

PTSD is officially classed as an anxiety disorder, but some have argued that it fits more closely with the dissociative disorders, and others feel it belongs by itself. There has also been discussion over differential diagnoses for simple vs. chronic traumatic histories (such as *Complex PTSD*, or the proposed *DESNOS diagnosis: for Disorders of Extreme Stress, Not Otherwise Specified*). Recent work suggests that DESNOS may be more frequent among individuals whose subsequent adult traumas complicate chronic or unresolved childhood traumatic experiences.



“None of us are virgins, life has screwed us all.”



Background

Humans create meaning out of the context in which events occur. Consequently, there is always a strong subjective component in responses to traumatic events. This can be seen easily in disasters, where a broad cross-section of the population is exposed to objectively the same traumatic experience. Some of the individual differences in susceptibility to PTSD following trauma probably stem from temperament, others from prior history and its effect on this subjectivity.

In the “purest” sense, trauma involves exposure to a life-threatening experience. This fits with its phylogenetically old roots in life-or-death issues of survival, and with the involvement of older brain structures (e.g., *reptilian or limbic system*) in responses to stress and terror. Many individuals exposed to violations by people or institutions they must depend on or trust also show PTSD-like symptoms – even if abuse was not directly life-threatening. Although the mechanisms of this connection to traumatic symptoms are not entirely understood, it appears that betrayal may produce consequences similar to those from more obviously life-threatening traumas. Of course, some traumas include elements of betrayal and

fear; perhaps all involve feelings of helplessness.

As one might expect, risk for PTSD increases with exposure to trauma – chronic or multiple traumatic experiences are likely to be more difficult to

overcome than most single instances. PTSD is also more likely if passive defense mechanisms, such as freezing or dissociation, are used – rather than active defense mechanisms, such as fight or flight. There is also evidence that early traumatic experiences (e.g., *during childhood*), especially if prolonged or recurrent, may increase the risk of developing PTSD after traumatic exposure as an adult. This may result from state-dependent learning, where previous responses to a terrifying event are repeated even though more appropriate responses (i.e., *active defenses*) may now be possible.

There’s no clear evidence that susceptibility to PTSD varies for members of different ethnic or minority groups. Individual differences, though, clearly play some role. For example, younger children have less ability to predict, avoid, make sense of, or to actively defend against, upsetting events, and more introverted or shy individuals may experience stronger emotional reactions to such experiences.

Children, especially young ones, are apt to see things quite differently than adults; it can

be very easy for a stressed-out parent to overlook or fail to recognize a child’s fears about such events.

Secondary Traumatization

One additional aspect of traumatic exposure affects primarily the workers who help trauma and disaster victims. These people include psychologists and other mental health professionals, but also the emergency workers – EMTs, physicians, fire, police, search and rescue, et cetera – exposed to an overdose of victim suffering. These professions are at-risk for secondary traumatization. Known by various names – compassion fatigue, secondary or vicarious traumatization, and “*burn out*,” the symptoms here are usually less severe than PTSD-like symptoms experienced by direct victims in a disaster. They can seriously affect the livelihoods and careers of those with considerable training and experience working with disaster and trauma survivors. Secondary trauma might also be seen in jurors, for example, or in other individuals exposed to traumatic material (e.g., *journalists; news photographers*). Risk for secondary trauma is not limited to professions where such exposures are commonplace. As one might expect, the risk increases when traumatic exposures are unexpected, or among those without adequate preparation.



“I tried sniffing coke once, but the ice cubes stuck in my nose.”

Essentially, there are three risk factors for secondary traumatization:

1. Exposure to the stories (or images) of multiple disaster victims.
2. The empathic sensitivity to their suffering.
3. Any unresolved emotional issues that relate (affectively or symbolically) to the suffering seen.

Aside from using whatever stress reduction, stress management, or stress relaxation, measures work best for the individual, there's little an emergency or disaster worker can do about the first two risk factors, but it does help reduce the risk for vicarious traumatization if the personal vulnerabilities and unresolved upsetting issues are known. Those are the cases best referred to the colleagues, when possible.

For many exposed individuals, especially those in the at-risk professions, participation in well-run CISM (Critical Incident Stress Debriefing) groups may also help resolve upsetting experiences more quickly, as long as participation is voluntary (not mandatory). Group

debriefings may be adequate for most, but brief individual sessions might be needed for 10 – 20 percent of those suffering the most severe exposures.

Solutions

1. Oftentimes, picturing the things one is thankful for, as well as the dreams and goals of the heart, can release the brain chemistry that is developed when negative images of traumatic experience are visualized again and again. Mental practice of the positive becomes easier as it is practiced. Not because the nature of the exercise has changed, but rather because the ability to do it has increased.

2. Performing random acts of kindness, compliments, and small rituals of pleasure (walks, peeling grapes and sharing them, climbing a tree, etc.) can bring you back to a healthy mental landscape. Imagination is powerful. People are as happy as they imagine themselves to be. Fearful, depressed, unhappy people are simply imagining the wrong things. Exercise the imagination towards things that are of interest and that can create a passion to do. (See: *Feeding Your Emotions*)

TRICHOMONIASIS

Medi-Sign Target
Fermented Foods, Salt,
Garlic & Onions

Trichomoniasis is a parasitic infection most often transmitted through sexual activity. The parasite, *TRICHOMONAS VAGINALIS*, lives in moist, dark parts of the body. Any sexually active person can be infected with trich, although it's more common in females. The highest incidence of trichomoniasis is in females between 16 and 35 years of age.

Trichomoniasis (also referred to as "trich") is sometimes considered an asymptomatic (silent) infection that often goes undiagnosed because symptoms may not appear for a while, if at all.

Trich symptoms in females include:

- Abundant and frothy vaginal discharge ranging in color from gray to green to yellow, with a watery to milky consistency.
- Foul odor.
- Itching and tenderness in or around the vagina.
- Pain during sex.
- Pain during urination.
- Soreness or itching of the labia and inner thighs.
- Swollen labia.

Some females have only slight discharge and many are asymptomatic carriers of trich for long periods,

"Don't regret doing things, regret getting caught."



although symptoms may develop at any time. The daughter should understand that most vaginal discharge is normal. It's nature's way of cleaning the vagina and keeping the vaginal walls moist. A normal discharge has no odor, causes no irritation, and is usually clear or whitish in color.

Although most males do not exhibit any symptoms, any of the following symptoms can signal a trich infection:

- Mild urethral itching or discharge.
- Mild burning after urination or ejaculation.
- Painful or difficult urination.
- Inflammation of the prostate gland.
- Pain and inflammation of the scrotum.
- Frothy or pus-like discharge from the urethra (*the canal through which urine and semen are discharged*), usually early in the morning, that is not present all the time.



Tightly woven nylon underwear or pantyhose can contribute to the problem. These fabrics tend to restrict air circulation and keep the outer surfaces of the vagina moist. Parasites like *TRICHOMONAS VAGINALIS* grow best in moist environments. Yogurt inserted into the vagina helps immensely if done just before going to bed (*to sleep*). A saline douche helps as well done each day for seven days, then one time each week for six weeks. Eat four cloves of fresh garlic and raw onion in salads or veggie sandwiches to help eliminate the parasite overwhelm, each day for 21 days.



TRISOMY

*Medi-Sign Target
Walking & Fresh Juices*

Trisomy 18 syndrome is a disorder of human chromosomes which occurs in approximately one in 6,000 live born infants. Trisomy 18 is due to the presence of an extra #18 chromosome. Over 90 percent of infants with Trisomy 18 syndrome will have a full trisomy while the remainder will have a trisomy due to a rearrangement called a translocation or have mosaicism (*two different cell lines*).

Infants born with Trisomy 18 usually have small size at birth. There is a recognizable pattern of physical features that often allow the health professional to make the diagnosis of the syndrome. These physical findings are not medically significant but provide clues.

They include:

- Clenched fist with index finger overlapping the third finger and fifth finger overlapping the fourth.
- Club feet
- External ear variations
- Prominence to the back part of the head
- Redundant skin at the back of the neck.
- Small fingernails
- Small mouth and jaw
- Short eyelid fissures
- Short sternum (*breastbone*)
- Underdeveloped or altered thumbs

Synonyms

Trisomy 18, Edward Syndrome, Trisomy E or Trisomy 16-18. Major impact of Trisomy 18 is a predisposition to congenital malformations (*birth defects*), increased infant mortality, and a developmental disability in older infants and children.

Birth Defects

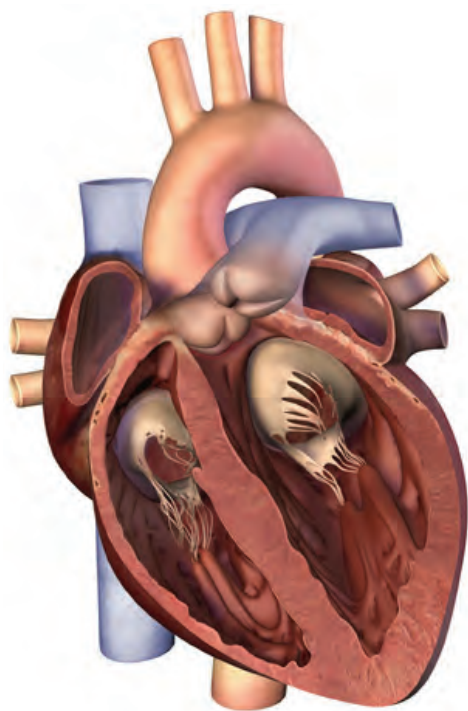
The congenital malformations involve the medically and significant findings mentioned above as well as the presence of some internal or external birth defects. The most common and important is a defect of the heart.

Medical Problems

The increased occurrence of infant mortality is related to a combination of factors but most importantly central apnea, where the brain does not give the message to breathe. Other

“Human beings invent just as many ways to sabotage their lives as to improve them. Get Out of Your Own Way.”

“Just because the phone is ringing, it doesn't mean that I'm available.” -Tracy Jones



complicating factors include difficulty feeding with aspiration with a predisposition to aspiration pneumonia, and under development of the lungs. The heart defects can play some role in this but are usually not the only cause of this increased mortality.

Common disorders in Trisomy 18:

- Apnea
- Developmental disability
- Feeding difficulties
- Gastroesophageal reflux
- Kidney defects
- Scoliosis
- Seizures
- Slow post natal growth
- Urinary tract infections

Fresh juices and movement help lead to normal development.

TRYPTOPHAN

Medi-Sign Target
Brain & Emotions

(Essential Amino Acid)

A natural relaxant, helps alleviate insomnia by inducing normal sleep; reduces anxiety and depression; helps in the treatment of migraine headaches; helps the immune system; helps reduce the risk of artery and heart spasms; works with Lysine in reducing cholesterol levels.

TUBERCULOSIS

Medi-Sign Target
Raw Red Potatoes & Salt

Tuberculosis (*TB*) is a disease believed to be caused by bacteria called *Mycobacterium tuberculosis*. The bacteria usually gather in the lungs, but, TB bacteria can go to any part of the body such as the kidney, spine, and brain. If not treated properly, TB can be fatal. TB disease was once the leading cause of death in the United States.

TB is spread through the air from one person to another. The bacteria are put into the air when a person with active TB disease of the lungs or throat coughs or sneezes. People nearby may breathe in these bacteria and become infected.

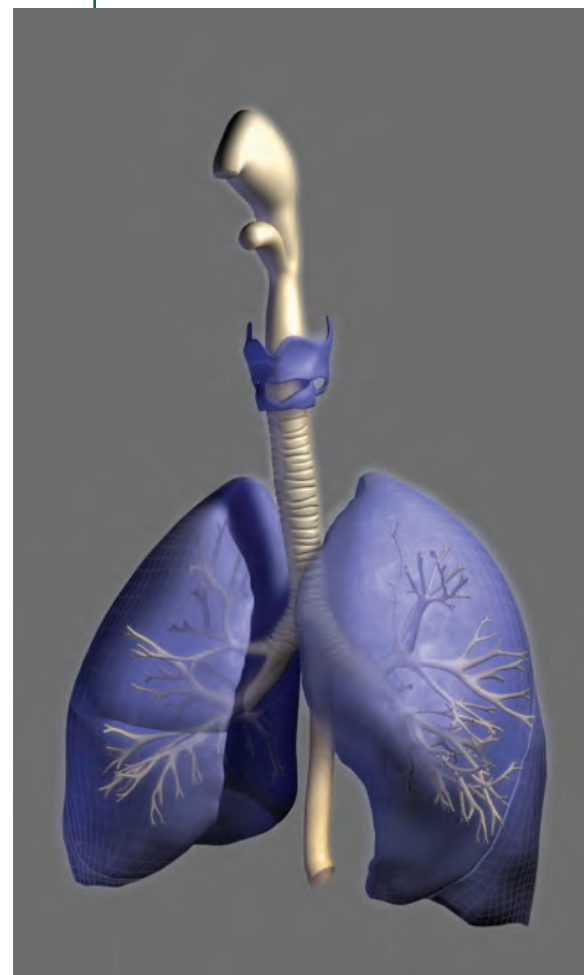
Not everyone infected with TB bacteria becomes sick. People who are not sick have what is called latent TB infection. People who have latent TB infection do not feel sick, do not have any symptoms, and cannot spread TB to others. Some people with latent TB infection will later develop TB disease.

When a person breathes in TB bacteria, the bacteria can settle in the lungs and begin to grow. From there, they move through the blood to other parts of the body, such as the kidney, spine and brain.

TB in the lungs or throat can be infectious. This means that the bacteria can be spread to other people. TB in other parts of the body, such as the kidney or spine, is usually not infectious.

People with active TB disease are most likely to spread it to people they spend time with every day. This includes family members, friends and coworkers.

In most people who breathe in TB bacteria and become infected, the body is able to deactivate the bacteria to stop them from growing.



Many people who have latent TB infection never develop active TB disease. In these people, the TB bacteria remain inactive for a lifetime without causing disease. In other people, especially people who have weak immune systems, the bacteria become active and cause TB disease.

TB bacteria become active if the immune system fails to stop them from growing. The active bacteria begin to multiply in the body and cause active TB disease. The bacteria attack the body and destroy tissue. If this occurs in the lungs, the bacteria can actually create a hole in the lung.



Babies and young children often have weak immune systems.

Other people can have weak immune systems, too, especially people with any of these conditions:

- Cancer of the head or neck
- Certain medical treatments (such as corticosteroid treatment

and numerous other drugs or organ transplants)

- Diabetes mellitus
- Leukemia or Hodgkin's disease
- Low body weight
- Severe kidney disease
- Silicosis
- Specialized drug treatments for rheumatoid arthritis or Crohn's disease
- Substance abuse

Symptoms of TB depend on where in the body the TB bacteria are growing. TB bacteria usually grow in the lungs.

TB in the lungs may cause symptoms such as:

- A bad cough that lasts longer than 2 weeks
- Coughing up blood or sputum (phlegm from deep inside the lungs)
- Pain in the chest

Other symptoms of active TB disease are:

- Chills
- Fever
- No appetite
- Sweating at night
- Weakness or fatigue
- Weight loss

Self-care Solution

Keep a strong immune system so as to not get TB in the first place. Ample green foods, lots of yellow and red foods, especially



citrus, are advisable. To slow or stop lung infections, use peppermint oil, tea tree oil, eucalyptus oil and organic menthol crystals in a hot bath – two to three times every day. Make a hot tea with the above, plus fresh lemon juice and sip throughout the day. A colonic or enema and lots of fresh air is useful; cold air is best for this condition. If it's summer, fill a pan with ice, put the oil mix on the ice; drape a towel over the head and pan, then inhale the oil and ice mixture.

TULAREMIA

Medi-Sign Target
Garlic or Onion Juice to the Bite Site

What is Tularemia?

Tularemia, also known as "rabbit fever," is a disease caused by the bacterium *Francisella tularensis*. Tularemia is typically found in animals, especially rodents, rabbits, and hares. Tularemia is usually a rural disease and has been reported in all U.S. states, with the exception of Hawaii.

How do people become infected with Tularemia?

Typically, people become infected

"Animals on factory farms are crammed into so little space that many of them are unable to do anything natural to them for their entire lives."

“A USDA study found that 98% of ‘broiler chicken’ carcasses had detectable levels of *E. coli*, indicating fecal contamination.”



sores, diarrhea, or pneumonia. If the bacteria are inhaled, symptoms can include abrupt onset of fever, chills, headache, muscle aches, joint pain, dry cough and progressive weakness. People with pneumonia can develop chest pain, difficulty breathing, bloody sputum, and respiratory failure.

Why are people concerned about Tularemia being used as a bio-weapon?

Francisella tularensis is highly infectious. A small number of bacteria (10-50 organisms) can cause disease. If *Francisella tularensis* were used as a bio-weapon, the bacteria would likely be made airborne so they could be inhaled. People who inhale the bacteria can experience severe respiratory illness, including life-threatening pneumonia and systemic infection, if they are not treated.

Can someone become infected with the Tularemia bacteria from another person?

People have not been known to transmit the infection to others; so infected persons do not need to be isolated.

How quickly would someone become sick if he or she were exposed to Tularemia bacteria?

The incubation period for tularemia is typically three to five days, but can also range from one to 14 days.

- Avoid drinking, bathing, swimming or working in untreated water where infection may be common among wild animals.

- Use impervious gloves when gutting, skinning or handling animals, especially rabbits.

- Cook the meat of rabbits and rodents thoroughly before eating the carcass, or better yet, become a vegetarian.

- Avoid being bitten by deer flies and ticks.

The following suggestions may help:

1. Check the clothing often for ticks climbing toward open skin. Wear white or light-colored long-sleeved shirts and long pants so the tiny ticks are easier to see. Tuck long pants into the socks and boots. Wear a head covering or hat for additional protection.



2. For those who may not tolerate wearing such clothes in hot, muggy weather, apply insect repellent containing DEET (30 percent or less) to exposed skin (except the face). Be sure to wash treated skin after coming indoors: DEET is a toxin. If covering up, use repellents containing permethrin to treat clothes (especially pants, socks and shoes) while in locations where ticks may be common. Follow label directions; do not misuse or overuse repellents. Always supervise chil-

through the bite of infected insects most commonly, ticks and deerflies, by handling infected sick or dead animals, by eating or drinking contaminated food or water, or by inhaling airborne bacteria.

Does Tularemia occur naturally in the U.S.?

Yes. Tularemia is a widespread disease in animals. About 200 human cases of tularemia are reported each year in the United States. Most cases occur in the south-central and western states. Nearly all cases occur in rural areas, and are caused by bites from ticks and biting flies or from handling infected rodents, rabbits, or hares. Cases can also result from inhaling airborne bacteria and from laboratory accidents.

What are the signs and symptoms of Tularemia?

The signs and symptoms people develop depend on how they are exposed to tularemia. Possible symptoms include skin ulcers, swollen and painful lymph glands, inflamed eyes, sore throat, mouth

dren in the use of repellents. In fact, it is never advisable to use DEET on children.

3. Walk in the center of trails to avoid brushing up against weeds.

4. Check oneself, children, and other companions every two to three hours for ticks. Most ticks seldom attach quickly and rarely transmit tick borne disease until they have been attached for four or more hours.

5. If pets roam outdoors, check them often for ticks. Infected ticks also can transmit some tick-borne diseases to them (*check with the veterinarian about preventive measures against tick borne diseases*). Owners are at risk from ticks that “hitch a ride” on the pets but fall off in the home before they feed.

6. Make sure the property around the home is unattractive to ticks. Keep the grass mowed and keep weeds cut.

How should an attached tick be removed?

The best way to remove a tick is to grasp it with fine-point tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Do not twist or jerk the tick. If tweezers are not available, grasp the tick with a piece of cloth or whatever can be used as a barrier between the fingers and the tick.

The mouthparts of a tick are shaped like tiny barbs and may remain embedded and lead to infection at the bite site if not removed properly. Be sure to wash the bite area and the hands thoroughly with soap and water, and apply garlic or onion juice to the bite site.

TURMERIC

*Medi-Sign Target
Liver & Plaque Remover*



Pure whole food medicine powerhouse!

Turmeric is truly one of the marvelous medicinal spices of the world. Its main active ingredient is curcumin, which gives turmeric its intense cadmium yellow color. Curcumin rids inflammatory conditions better than cortisone, and has reduced high levels of inflammation and symptoms of rheumatoid arthritis in several recorded cases.

In other studies, it has lowered cholesterol, hindered platelet aggregation (*blood clotting*), protected the liver from toxins, boosted stomach defenses against acid, lowered blood sugar in diabetics, and is a powerful protector of numerous cancer-causing agents. It reduces and can negate cancer activity.

A new study shows that curcumin, the yellow pigment found in the spice turmeric, kills and stops the growth of melanoma skin cancer cells. According to the American Cancer Society, melanoma accounts for about four percent of skin cancer cases, but its treatment causes about 79 percent of skin cancer deaths.

But researchers say this is the first study to demonstrate that curcumin works in both high concentrations for short periods of time and at low concentrations for long periods of time trigger cancer cell death.

TUNGIASIS

*Medi-Sign Target
Garlic & Salt*

This is an itchy inflammatory nodule with a small blackish opening at the centre, found in the periungual region of a toe. Secondary superinfection may occur, with abscess formation.

Tungiasis is caused by a flea, which lives in the blood called, Tunga penetrans. Infestation typically occurs on the feet of those who walk barefoot in endemic areas of Africa, Central America, and other subtropical and tropical regions.

Organism

Tungiasis is an infestation with a female flea, Tunga penetrans (*jigger flea or chigoe flea*) that burrows into skin, feeds on tissue fluids and grows from one millimeter to around one centimeter within two weeks as the eggs develop. Within the skin, the flea lies head down with the posterior end at the skin



“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” -Albert Einstein

surface, through which eggs are laid. After the flea eggs have been laid, the flea dies and the body is gradually lost with overlying skin. Eggs hatch after being laid and larvae develop to adult fleas in around three weeks. After copulation, female fleas develop a pattern of jumping, which persists until they die or find a warm-blooded mammal in which to develop further.

Mode of Transmission

Humans become infested when walking in sandy soil in which female fleas are present. Infestation tends to involve the feet and ankles, particularly between the toes and along the instep. Infestation can occur anywhere in the body however, for example on the head if the individual lies on the ground. People with reduced sensation in their feet may have more severe infestations.

Regions Affected

Tungiasis occurs throughout tropical Africa, tropical and subtropical America and more recently the Indian subcontinent. Pigs are the natural host for the jigger flea, and infections in humans are more common in areas where there is close contact with pigs. The fleas prefer sandy soil.

Prevention

Tungiasis can be prevented by wearing solid shoes and avoiding contact with the ground. Pigs should be kept away from areas where humans live.

Tungiasis causes a small spot that gradually enlarges over the course of two weeks. It is generally not painful, and once the flea eggs have been passed, the swelling settles

with some scarring. People living in areas where tungiasis is common can develop very heavy infections with large amounts of scar tissue. Cavities containing female fleas can become secondarily infected with bacteria, including tetanus and gas gangrene and occasionally people die following infestation with jigger fleas.

Tests

The diagnosis is made on the characteristic appearance and a history of travel like vacation or beaches.

Treatment

The treatment is to remove the female flea intact using a sterile needle to widen the cavity and poke out the flea. Once this has been done it is important to keep the area clean and dressed to avoid secondary infection.

Place a slice of fresh garlic on the site and tape it on. This will stop complications and advanced outcomes.



TURBAN SQUASH

Medi-Sign Target
Eyes, Cornea & Skin



Turban squashes have a bright orange, flattened, round base. On top of is a striped cap of three large lumps. It has firm, dry, sweet, deep orange flesh that makes it one the tastiest of the winter squashes. It is available from June through January.

TURNIP

Medi-Sign Target
Builds & Strengthens All
Cell Structures

Like cabbage, to which it is related, the turnip has long been thought of as “plain folks” food. It is economical; it grows well in poor soil; it keeps well; and it supplies complex carbohydrates. One of the cruciferous vegetables in the Brassica genus, it can be cultivated for its root – which is a good source of complex carbohydrates – as well as for its greens, which are rich in vitamins and minerals. Turnips come in an astonishing range of shapes and sizes, depending on the age and

“Animals accumulate dangerous chemicals in their flesh and fat (which meat-eaters consume), including dioxins, antibiotics, pesticides, herbicides and even the most toxic form of arsenic.”



variety – some have weighed 40 to 50 pounds, others are the size of a golf ball. The flesh can be white or yellow, but most commercial turnips have white flesh.

Loaded with minerals, vitamin C, calcium, folic acid and potassium, turnips target glandular function and assist kidneys, pancreas, liver and colon.

Availability

Turnips are available year-round, partially because they store well – up to four months or more at 32°F in commercial storage. Supplies peak in the fall and winter months, when the bulk of the crop is harvested. California, Colorado and Indi-

ana are among the leading producers.

Shopping

The turnips found in supermarkets may range from roughly the size of a golf ball to that of a baseball. Generally smoothly spherical or top-shaped, the most common varieties have a creamy white skin that shades to purple or reddish pink or green at the top. The top of the root develops above the ground, and exposure to sunlight causes it to become pigmented while the lower part, buried in earth, does not. Other turnip varieties, however, are completely white from top to tip.

Newly harvested turnips are sometimes sold in bunches with their leaves; these should be crisp and green. If in good condition, the leaves can be cooked and eaten. Topped turnips (*with the greens cut off*) are frequently sold in plastic bags. Leaf scars at the stem end of topped turnips should be few. The turnips themselves should always be firm and heavy for their size, with a minimum of fibrous root hairs at the bottom. Their surface should be smooth, not shriveled or bruised.

Although gardeners once prided themselves on producing massive turnips of 30 pounds or more, small ones are sweeter and more tender than large ones, which may be bitter and pithy. Bunched turnips are usually about two inches in diameter, topped turnips about three inches.

Storing Solutions

Turnips keep well. Cut off turnip greens and bag them separately for storage, they keep for just a few days. Place the roots in plastic bags and store them in the refrigerator crisper; they will keep for about a week.

TURNIP GREENS

Medi-Sign Target
Veins & Blood

Better known for its tasty root, turnip greens are the leaves of the turnip plant. The turnip is scientifically known as *Brassica rapa*, and belongs to the Cruciferae family, a cousin to other health-protective giants including kale, collards, cabbage and broccoli.

Smaller and more tender than their cousin, collards, the turnip green's slightly bitter flavor is delicious. These greens are an important vegetable in traditional Southern American cooking.

History

Thought to have been cultivated almost 4,000 years ago in the Near East, turnips are an ancient vegetable that both the Greeks and Romans thought highly of and developed several new varieties. Widespread popularity in Europe



“Other animals are made of flesh, bone and blood; just as we are, so ‘meat’ is just a euphemism for decomposing corpse used as food.”

“Anyone who has never made a mistake has never tried anything new.” -Albert Einstein

has continued to this day, although since the arrival of the potato, it is not as widely cultivated anymore.

Introduced into North America by the early European settlers and colonists, turnips grew well in the south and became popular in the regional cuisine. Turnip greens became an central part of southern African-American cuisine, and were thought to have been brought into this food culture due to the role they played during the days of slavery. Slave owners would reserve the turnip roots for themselves, leaving the leaves for the slaves. Because Western African cuisine traditionally utilizes a wide variety of green leaves in its cooking, the African slaves took on the turnip greens as a substitute and incorporated them into their foods.

Health Benefits

Turnip greens definitely give health the green light at the crossroads of living where daily choices can make the difference between health and disease. Filled with so many different nutrients, eating turnips can help prevent or heal a wide range of health conditions. Because turnip greens are an excellent source of vitamin A (*through their concentration of carotenoids such as beta-carotene*), vitamin C, vitamin E, vitamin B6, folate, copper, calcium, and dietary fiber. Three examples of conditions for which they may be of benefit to one's health are rheumatoid arthritis, colorectal cancer and atherosclerosis.

Relief from Rheumatoid Arthritis

Turnip greens are a good food to add to the list if you have any concern for rheumatoid arthritis. The beta-carotene in turnip greens is important because low levels of vitamin A, which can be formed in

the body from beta-carotene, are associated with rheumatoid arthritis. Vitamin A supports the proper function of the immune system as well as helps the body to produce and maintain healthy membranes, including the synovial membrane within our joints. The vitamin C and vitamin E provided by turnip greens work together to inhibit free radicals that can otherwise increase the possibility joint damage. The calcium provided by turnip greens is also especially healthful, since rheumatoid arthritis can cause bone loss and thus increase the risk of osteoporosis. Also, as an excellent source of the mineral copper, turnip greens may again help those with rheumatoid arthritis since copper is necessary for the production of connective tissue, which is damaged in this autoimmune condition.

Help Prevent Colorectal Cancer

Turnip greens have large amounts of each member of a terrific nutritional combination: vitamin C, vitamin E and beta-carotene. Not only does vitamin C reduce levels of free radi-

cals in all water-soluble sections of the body while helping to maintain good immune function, but some research has shown that vitamin C can help to reduce the occurrence of colon tumors. Turnip greens' vitamin E is also of special benefit. Recent studies have shown that individuals with the highest intake of vitamin E have approximately 1/3 the risk of developing colon cancer as compared to those with the lowest intake of this fat-soluble nutrient. Beta-carotene, which is a powerful nutrient in its own right, can be converted in the body to vitamin A, which has been shown in some studies to decrease the risks of developing both colon and rectal cancer. Turnip greens also serve as a terrific source of calcium, and higher intakes of this important mineral have been associated with a significant decrease in the risk of colon and rectal cancer. The superb dietary fiber content of turnip greens adds yet another beneficial aspect in their ability to provide potential protection against colorectal cancer.



Protective Measures Against Atherosclerosis

Turnip greens are rich in nutrients that protect against atherosclerosis. Vitamin C, vitamin E, and beta-carotene work together to help to quench free radical levels, thus minimizing platelet clumping and LDL (“bad” cholesterol) oxidation, two mechanisms essential to the development of atherosclerosis. In addition, dietary intake of vitamin E and vitamin C is associated with a compound called paraoxonase, an enzyme that inhibits LDL and HDL oxidation. As an excellent source of both vitamin B6 and folate, turnip greens may also keep at bay atherosclerosis or its progression since both these nutrients help keep levels of homocysteine low, a molecule potentially damaging to blood vessel walls.

Protection Against Emphysema

Do you love someone who is a smoker? Are you frequently exposed to secondhand smoke, then making vitamin A-rich foods, such as turnip greens, part of the healthy way of eating may help to extend your life.

TYPHOID FEVER

Medi-Sign Target
Fermented Foods, Garlic,
Onions & Lemons

Typhoid fever is a life-threatening illness caused by the bacterium *Salmonella typhi*. In the U.S., about 400 cases occur annually, and 70 percent of these are acquired during international travel. Typhoid fever is still common in the developing world, where it affects about 12.5 million each year.

Typhoid fever is preventable. If one



plans to travel outside the United States, it is a good idea to gather insight on the disease before departure.

PREVENTION IS KEY

How is typhoid fever spread?

Salmonella typhi lives only in humans. People with typhoid fever carry the bacteria in their bloodstream and intestinal tract. In addition, a small number of persons, called carriers, recover from typhoid fever but continue to carry the bacteria. Both ill persons and carriers shed *S. typhi* in their.

One can get typhoid fever from eating food or drinking beverages that have been handled by a person who is shedding *S. typhi* or if sewage contaminated with *S. typhi* bacteria gets into the water used for drinking or washing food. Therefore, typhoid fever is more common in areas of the world where hand washing is less frequent and water is likely to be contaminated with sewage.

Once *S. Typhi* bacteria are consumed, they multiply and spread into the bloodstream. The body reacts with fever and other signs and symptoms.

Where is typhoid fever common?

Typhoid fever is common in most parts of the world except in industrialized regions such as the U.S., Canada, western Europe, Australia, and Japan. Therefore, if one is traveling to the developing world, precautions should be taken. Over the past 10 years, travelers from the U.S. to Asia, Africa and Latin America have been especially at risk.

Two basic actions can prevent typhoid fever:

1. Avoid risky foods and drinks.
2. Eat large amounts of berries, citrus, and melons.

It may seem counterintuitive, but carefully monitoring food and drink during travel is more critical than being vaccinated. Vaccines are not completely effective and pose health complications. Avoiding risky foods will also help prevent other illnesses, including diarrhea, cholera, dysentery, and hepatitis A.

Remember: “Boil it, cook it, peel it, or forget it.”

- If drinking water, buy it bottled or bring it to a rolling boil for one minute before drinking. Bottled

“The two best physicians of them all – Dr. Laughter and Dr. Sleep.”

carbonated water is safer than uncarbonated water during travel.

- Ask for drinks without ice unless the ice is made from bottled or boiled water. Avoid popsicles and flavored ices that may have been made with contaminated water.

- Eat foods that have been thoroughly cooked and that are still hot and steaming.

- Avoid raw vegetables and fruits that cannot be peeled. Vegetables like lettuce are easily contaminated and are difficult to wash well.

- When eating raw fruit or vegetables that can be peeled, peel them directly before consumption (*wash the hands with soap first*). Do not eat the peelings.

- Avoid foods and beverages from street vendors. It is difficult for food to be kept clean on the street, and many travelers get sick from food bought from street vendors.

What are the signs and symptoms of typhoid fever?

Persons with typhoid fever usually have a sustained fever as high as 103° to 104° F. They may also feel weak, or have stomach pains, headache, or loss of appetite. In some cases, people have a rash of flat, rose-colored spots.

Fresh-peeled garlic, fresh-peeled onions, and peeled horseradish, fresh-squeezed lemon, eat lots of salt, and drink lots of water – salt water, when available.

TYPHUS

*Medi-Sign Target
Garlic, Salt & Water*

Typhus is a name given to several similar diseases caused by Rickettsiae bacteria. It comes from the Greek typhos, meaning smoky or hazy, describing the state of mind of those afflicted with typhus. Symptoms common to all forms of typhus are a fever which may reach 102°F and a headache. In tropical countries, typhus is often mistaken for dengue.



There are three types of typhus:

- **Epidemic typhus** (also called “louse-borne typhus”) often causes epidemics following wars and natural disasters. The organism responsible is Rickettsia prowazekii, transmitted by the human body louse (*Pediculus humanus corporis*). Symptoms are headache, fever, chills, exhaustion, and rash. This form of typhus is also known as “prison fever,” as well as “ship fever,” because it becomes prevalent in crowded conditions in prisons and aboard ships.

- **Endemic typhus** (also called “flea-borne typhus” and “murine typhus”) is caused by Rickettsia typhi, transmitted by fleas infesting rats, and, less often, Rickettsia felis, transmitted by fleas carried by cats or possums. Symptoms include headache, fever, chills, joint pain, nausea, vomiting and cough.

- **Scrub typhus** (also called

“chigger-borne typhus”) is caused by Orientia tsutsugamushi and transmitted by chiggers, which are found in areas of heavy scrub vegetation. Symptoms include fever, headache, muscle pain, cough and gastrointestinal symptoms.

The use of flea, tick, and chigger collars and sprays. Avoid even the possibilities of this infestation. Garlic, salt, and water are advisable.

There are a number of other diseases caused by Rickettsiae, including Rocky Mountain spotted fever (also known as “Tick typhus”), Rickettsialpox and Boutonneuse fever.



Typhoid fever is a completely different disease caused by various strains of Salmonella, and should not be confused with typhus despite their similar-sounding names.

TYROSINE

*Medi-Sign Target
Brain & Nerves*

(Non-Essential Amino Acid)

Transmits nerve impulses to the brain; helps overcome depression; Improves memory; increases mental alertness; promotes the healthy functioning of the thyroid, adrenal and pituitary glands.

“What’s a man’s first duty? The answer’s brief: to be himself.”



~U u~

History: The Letter U

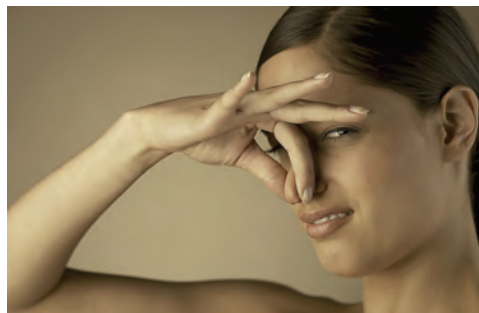
The twenty-first letter of the alphabet, the letters “U”, “V” and “Y” were all taken from the Greek letter “Upsilon.” Pythagoras, the Greek philosopher, teacher and mathematician, used Upsilon as an emblem to represent the parting of ways such as a young man making a choice in life. The modern day “U” is simply a manuscript variation of the Latin “V,” if you are in a very proper and historical mood, you can substitute “V’s” for “U’s” in nicely-shaped headings of capital letters. When someone asks why it’s misspelled you can recite the historical values of the Latin manuscripts and probably get fired. “U,” of course, stands for the element “Uranium.” Uranium has an atomic weight of 238.03 and an atomic number of 92. FDR, on the other hand, has pages, numbering more than 1,500 + and a website of its own www.thefdr.com

Mystery: The Celtic Name Letter Key

“U” is the sign of a protective person who is able to take care of others. It is also an indication, however, of someone who needs to feel protected by a familiar environment. There is no easy adjustment to new people or situations. Superficially the name-bearer may seem at ease, but beneath the surface there will be worries. Intellectually, the person whose name-print is dominated by “U” will be capable of absorbing a great deal of varied information. “U” is mostly a very positive letter, marred only by a certain streak of intellectual snobbishness.

UNDERARM ODOR

*Medi-Sign Target
Grain Alcohol & Your
Favorite Essential Oil*



ARMPIT ODOR

I had a request for some information about what causes smelly underarm odors, so I sniffed around a little and came up with some information just for you. (*Not you? Of course not...it's for the person next to you!*)

Armpit odor, or axillary malodor, usually begins when your glands start working during puberty. There are two kinds of sweat glands in the human body, the apocrine glands, which secrete a milky fluid from the hair follicles, and the eccrine glands, which is water used to cool the body by evaporation and to moisten the friction surfaces of the body, also the source of most perspiration.

Most axillary, or armpit sweat, is odorless coming from the eccrine glands. The small amount of apocrine secretion in the sweat, however, is the cause of the problem.

Although fresh apocrine sweat is also odorless, it develops its unique smell when the sweat is broken down by the hair and skin cells in the armpit and eaten by bacteria. It's actually the bacteria that make the smell, releasing a chemical

called 3-methyl-2-hexenoic acid.

About 90% of men and 70% of women have these bacteria in their armpit. Women normally produce a milder odor than men. Most people have trouble smelling their own odor without burying their nose in their own armpit. This could be because your brain filters out smells that are always present.

Whether they admit it or not, armpit odor is a problem for most adults. It usually gets worse with age. In some, this odor can be so mild that deodorants aren't necessary, but in others, the smell can be so pungent that it drives people away. Most people have some odor, especially after exercise, and prefer to do something about it.

Very little study has actually been done into what happens in your armpit. Most of the research that has been done is by the cosmetics industry. This research is aimed at preventing the smell from being noticed by the application of either antiperspirants or deodorants.

Antiperspirants prevent perspiration from being released by acting like a second skin under your armpit because without the sweat, the bacteria can't grow. A crusty feeling can be left by the antiperspirants that some people don't like. Over time, antiperspirants are dangerously toxic because they are full of aluminum that your body absorbs. Don't use antiperspirants ever; you are supposed to sweat.

Deodorants are scents that mingle with the sweat to try and disguise the smell being released by the bacteria. They usually work decently, but only if you wash frequently especially after exercise. They

can't, however, disguise the really bad odors.

Everything we do is designed to mask those odors. Deodorants, perfume, air sprays and central air conditioning all do their part to help to hide how we smell.

Plenty of money is spent on trying to rid ourselves of body odors. This is unusual because many other animals happily use their odors for communication and socialization. In fact, theoretically, one function of armpit odor is to help us attract a mate.



There is no good evidence, though, that human body odor containing pheromones can send signals between people. The only signal that it sends between men and women is the signal, "*I stink.*" We seem to have lost the ability to recognize these signals, despite what perfume makers claim.

Incidentally, one reason why women's armpit odor is less offensive may be because of the practice of shaving the armpit region. This is only a relatively recent practice. Until about a hundred years ago, most Western women left the hair under their arms and on their legs. They still do in some cultures today. The thought of a woman having bare armpits and shaven legs was an

"A man is rich in proportion to the number of things he can afford to let alone." -Henry David Thoreau

idea introduced by advertisers, who wanted to sell more razors. They linked the idea of a bare armpit and smooth legs with beauty, youth and innocence. Their campaign worked (*because it's true*). Most women accepted this new idea that body hair on women was "*unsightly*," and still accept it today, at least in western culture, and I for one am thankful.

Advertisers still decide what our idea of beautiful is (*we are extremely lucky*), so you don't see any hairy models. If women stopped shaving, it would cost the cosmetics industry billions of dollars (*and create lots of divorces also*). The notion that hairiness in women is unsightly is so prevalent that most women accept the concept. Less than 1% of American women allow their underarm and leg hair to go permanently unshaven (*keep up the good work cosmetic industry*).

Body odor is not a problem for most people. By practicing simple hygiene like taking regular baths, showers, reducing armpit hair, using



a deodorant and changing your clothes often, you can stay relatively unstinky most of the time.

Remember that anything causing you to sweat more, like physical activity or a hot day, will produce more apocrine secretion. This will give the bacteria more to eat. They will quickly release more chemical odor, and you will smell. More washing and deodorant will be needed.

A light scrub of water and baking soda helps immensely. Also, try a 21-day water fast to change your body odor from a filthy stench to a fresh scent.



UREMIA

*Medi-Sign Target
Tubers & Fasting*

Uremia: or Ibuprofen Disease

Uremia is a condition resulting from advanced stages of kidney failure in which urea and other nitrogen-containing wastes are found in the blood. Uremia is mostly caused by **NSAIDs** (*nonsteroid anti-inflammatory drugs*), especially in older people who treat arthritis with ibupro-

fen, primarily. The early symptoms of this disease include: lethargy, mental depression, loss of appetite and edema; later symptoms include diarrhea, anemia, convulsions, coma and a gray-brown coloration. The treatment of uremia is usually directed at the underlying kidney disease. It usually consists of dialysis and renal transplantation. Treatments with genetically engineered erythropoietin decrease the complication of anemia. The best solution is stop taking the drugs. Drink one teaspoon of salt to one quart of water three times a day until bleeding stops.

Some synonyms and related keywords to uremia are: azotemia, chronic renal failure, end-stage renal disease, ESRD, CRF, end-stage renal failure, renal failure, RF, kidney failure, chronic kidney failure, end-stage kidney disease, end-stage kidney failure, anemia, uremic syndrome, chronic kidney disease, CKD, uremic pericarditis, acidosis, hyperkalemia, uremic endocrine abnormality, uremic heart disease, uremic anorexia, uremic encephalopathy, primary glomerular disease, glomerulonephritis, focal segmental glomerulosclerosis, FSGS, rapidly progressive glomerulonephritis, systemic glomerular disorder, diabetes, lupus, amyloidosis, Goodpasture disease, Goodpasture's disease, thrombotic thrombocytopenic purpura, TTP, hemolytic uremic syndrome, HUS, hypertension, glomerulonephritis, interstitial disease, cystitis, immunoglobulin A nephropathy, IgA nephropathy, glomerulonephropathies, glomerulonephropathy.

Background

Uremia is a clinical and metabolic abnormality syndrome associated with fluid, electrolyte and hormone

"You've got to do your own growing, no matter how tall your grandfather was."

“It is better to sleep on things beforehand than lie awake about them afterwards.”

imbalances. These develop in parallel with the deterioration of renal function. Uremia literally means urine in the blood and was first used by Piorry to describe the clinical condition associated with renal failure. Usually, uremia is associated with **chronic renal failure (CRF)**, but it also may occur with **acute renal failure (ARF)** if loss of renal function occurs rapidly. No single uremic toxin has been identified, thus far, that accounts for all of the clinical manifestations of uremia. Other toxins, though, like **parathyroid hormone (PTH)**, beta2 microglobulin or other middle molecules may contribute to the syndrome. Uremia is mostly either drug induced, or induced by over consumption of toxic foods and drinks over a period of years.

Pathophysiology

Normally, the kidney is the site of hormone production and secretion, acid-base metabolism and regulation, fluid and electrolyte regulation, and waste-product elimination. In the presence of renal failure, these functions are not performed adequately and metabolic abnormalities, such as anemia, acidemia, hyperkalemia, hyperparathyroidism, malnutrition, and hypertension, occur.



- Seizures, stupor, coma and, eventually, death can result from uremic encephalopathy.

- Because of the gradual onset of the problem, people may report of nonspecific symptoms that become chronic and progressive over time.

- Metabolic.
- Abnormalities such as anemia, acidemia and electrolyte abnormalities are prominent.
- As renal function declines, cardiovascular abnormalities such as hypertension, atherosclerosis, valvular stenosis and insufficiency, congestive heart failure, and angina accelerate. If treated inappropriately, these abnormalities may contribute to clinical symptoms of uremia.

(See: *Disease: The Mystery Solved*)

- As renal function declines, diabetics may appear to be in better glycemic control but may tend to have more hypoglycemic episodes. Insulin sensitivity and insulin half-life are the paradoxical improvement in glycemic control, both of which occur as renal function declines.

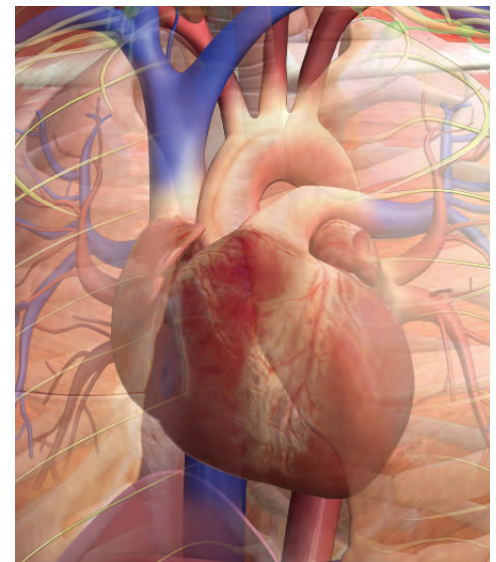
Physical

Fluid retention, anemia and acidemia are typical the physical findings found in persons with uremia. Muscle wasting can be contributed to severe malnutrition. Electrolyte abnormalities may cause muscle cramping, cardiac arrhythmias and mental status changes. Increase salt intake.

- **Skin:** Uremic frost is the classic skin finding in persons with uremia. It is a fine residue, thought to consist of excreted urea left on the skin after evaporation of water. Particularly in people who are pigmented, the skin may have a velvety appearance and feel. The

skin of people who are uremic may have a sallow coloration due to urochrome, the pigment that gives urine its color. As uremia worsens, people may become hyperpigmented (*melanosis*).

- **Head, ears, eyes, nose, and throat:** Sclera may become slightly icteric, the oral pharynx may be dry, stomatitis may be present and calcium deposition in the sclera can cause “red eye.”



- **Cardiovascular system:** A pericardial rub or pericardial effusion can be associated with uremic pericarditis. Increased fluid retention results in an aortic flow murmur, diastolic dysfunction and severe hypertension. Valvular calcification may cause aortic stenosis or accelerate underlying disease.

- **Lungs:** Pulmonary edema and corresponding crackles in the lungs may be the result of fluid retention. Plural rubs occur in the setting of uremic lungs.

- **Gastrointestinal system:** In severe uremia nausea and vomiting are common and occult GI bleeding may occur. Uremic fetor, which is ammonia or urine-like odor to the breath, may also be present.

• **Extremities:** People with uremia may also have fluid retention, pruritus associated with calcium phosphate deposition and nail atrophy.

• **Neurologic system:** Uremic encephalopathy symptoms include: fatigue, muscle weakness, malaise, headache, restless legs, asterixis, polyneuritis, mental status changes, muscle cramps, seizures, stupor and coma. Amyloid deposits, plaque, may result in medial nerve neuropathy, carpal tunnel syndrome or other nerve entrapment syndromes.

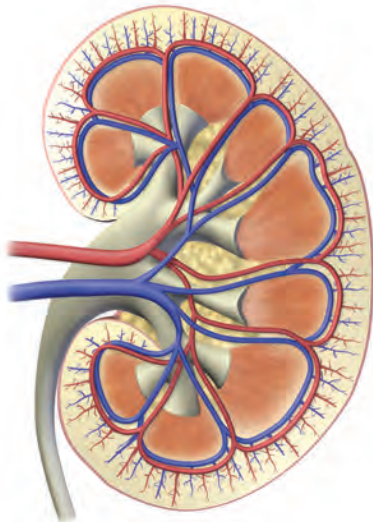
• Diabetes is the primary cause in the United States and accounts for 40% of new dialysis cases, followed by hypertension (25.2%), glomerulonephritis (11.3%), interstitial disease (3.8%), cystitis (2.8%), and neoplasms (1.7%).

Diabetes is the primary cause of renal disease in most other countries also.

(See: *Diabetes and Fasting*)

URINARY INCONTINENCE

*Medi-Sign Target
Salt, Cranberries &
Fermented Foods*



Facts

• An estimated 12 million or more American men and women have some problem controlling urination.

• Urinary incontinence is treatable and generally does not require surgery.

Some Possible Causes

- #1 cause is effects of medicine
- Blocked urethra due to an enlarged prostate
- Constipation
- Diseases and disorders involving nerves and/or muscles
- Some types of surgery
- Urinary tract or vaginal infections
- Weakness of certain muscles



Other causes that can be longer-lasting, even permanent include: overactive bladder muscle, weakness of the muscles holding the bladder in place, weakness of the sphincter muscles surrounding the urethra, birth defects, an enlarged prostate, spinal cord injuries, surgery or diseases involving the nerves and/or muscles (*multiple sclerosis, muscular dystrophy, polio and stroke*). Sometimes in a single individual, more than one factor causes incontinence.

For millions of Americans, incontinence is not just a physical problem, but one affecting their emotional, psychological and social well-being.

Many people are afraid to venture too far from a toilet even during normal daily activities. It is particularly important to note that the great majority of incontinence cases can be helped successfully.

How Does the Body Normally Control Urine Flow?

To better understand incontinence, it helps to know a bit about the urinary tract, which is also called the urinary system. In particular it is important to note the parts that store and release urine. The kidneys remove the waste and water from the blood known as urine. Urine flows from the kidneys downward through a pair of tubes called the ureters to the bladder. The bladder is a balloon-like container that stores urine. Urine leaves the body through another tube called the urethra at the bottom of the bladder.

Muscles called sphincters which are located at the base of the bladder and in the wall of the urethra control urination. These muscles normally stop the flow of urine. Usually, the sphincters close off the neck of the bladder and the urethra. This is like a tie around the bottom of a balloon, so that you do not leak urine. The passage for urine is opened when your sphincters relax. At the same time, the muscle of the bladder wall contracts, or squeezes, and forces the urine out of the bladder. When you are finished urinating, the sphincters contract, and the bladder itself stops squeezing and relaxes.

Incontinence is classified by the symptoms or circumstances occurring at the time of the urine leakage.

"Beware of a man of one book."

“Make a home for yourself inside your own head. That way it will go with you wherever you journey.”



• Stress incontinence may be due to poor bladder support by the pelvic muscles or to a weak or damaged sphincter. Anything that is straining or stressing to the abdomen like coughing, sneezing, laughing or even walking can allow urine to leak.

• Urge incontinence results when an overactive bladder contracts without wanting it to do so. You may feel as if you can't wait to reach a toilet, sometimes leaking urine without any warning at all. Infections that irritate the bladder lining can make an overactive bladder. An overactive bladder can also be blamed on the nerves that normally control the bladder. In other cases, the cause may be unclear.

• Mixed incontinence is often a combination of both conditions above, meaning both stress and urge incontinence.

• Overflow incontinence occurs when the bladder is allowed to become so full that it simply overflows. This happens when normal emptying is prevented by bladder weakness or a blocked urethra.

Such blockage can be the result of an enlarged prostate. For this reason, overflow incontinence is more common in men than in women although it can happen in both. It happens most often in people with diabetes, who are heavy alcohol users and others with decreased nerve function.

• Environmental incontinence is sometimes called functional incontinence, and it occurs when people cannot get to the toilet or get a bedpan when they need it. Normal toilet usage may be prevented by physical or mental disabilities even though the urinary system may work well.

• Nocturnal enuresis is incontinence that occurs during sleep. (See: *Bladder Infections, Urinary Infections and Cranberries*)

Notes





History: The Letter V

For your information, the main reason that the letter "U" is a recent addition to the English language is that its predecessor, "V," was much easier to cut out of stone, those lazy Romans. Both "V" and "U" signified the very same sound in Latin and English until around 1600 A.D. When referring to U.S. currency, "V" stands for a five-dollar bill. Many people have a misunderstanding about whether U.S. money can or can't be reproduced in advertising or printed pieces. Title 18 of the United States Code, Section 18, 481, 15, 504, 474, 475 and 489 cover the regulations for protecting the images of paper money, stamps, bonds and coins produced by the United States. A good summary of the law is to never reproduce money in color and to make sure it's less than 3/4 the actual size or more than 1-1/2 times the actual size. If you're more curious call the Secret Service for a nifty pamphlet on the ins and outs of reproducing things they don't want you to. For nifty health knowledge read the FDR.

Mystery: The Celtic Name Letter Key

The letter "V" is a sign of psychic and spiritual importance. It indicates a person whose perception of events goes behind the normal. This is the letter of instinct, by which things are known by no logical process. Other people will also respond to a mysterious quality in the name-bear's personality. These responses will either be strongly positive or strongly negative, and it may well defy logical explanation. As a dominant letter, "V" reveals a person of great psychic potential, which may be lying dormant.

VAGINAL ITCHING

Medi-Sign Target

Yogurt Infusions & Saline Douche



Persistent itching of the vagina and frequently the surrounding area (*vulva*).

Alternative Names: *Pruritus vulvae*; *itching-vaginal area*; *vulvae itching*.

Considerations

Many of the conditions that cause vaginal itching are related to irritation of the skin, so avoid the use of synthetic fabrics, perfumes or other known irritants in the vaginal area.

Common Causes

- A chemical irritant or medication, including detergents and fabric softeners, chemical sprays, ointments, creams, douches and contraceptive foams.

- Certain skin conditions of the vulvae skin may be precancerous. Hygiene is very critical at this stage.

- Lichen sclerosis.
- Menopause, as a result of decreasing levels of estrogen.
- Monilial vaginitis – a vaginal yeast infection.
- Pinworms.
- Pruritus vulvae – a noncontiguous condition.
- Vaginal discharge caused by other infections such as trichomonas vaginitis and bacterial vaginosis.
- Vaginal infection in conjunction with antibiotic use.
- Vulvovaginitis before puberty – children only.

Vaginal Dryness

Your vagina can feel itchy and irritated when it isn't properly lubricated. Vaginal dryness can make daily activities uncomfortable and sexual intercourse less pleasurable. During menopause, it is the most common cause of painful sex, also known as dyspareunia.

All ages of women are affected by the common condition of vaginal dryness. An estimated 10 to 40 percent of menopausal women have symptoms related to vaginal dryness.

Some of the signs and symptoms include:

- A feeling of pressure
- Burning
- Dryness
- Irritation
- Itching
- Pain or light bleeding with sex

A variety of conditions can cause vaginal dryness, but there are self care measures that can help reduce these signs and symptoms. Determining the cause is the key to helping you find an appropriate solution.

Decreased Estrogen Levels

The main cause of vaginal dryness is reduced estrogen levels. The female hormone, estrogen, helps keep vaginal tissue healthy by maintaining a normal vaginal acidity level. Acidity creates a natural defense against vaginal and urinary tract infections. When your estrogen levels decrease, though, so does the amount of vaginal lubrication. Decreased estrogen amounts can lead to a thinner, less elastic and more fragile vaginal lining. Legumes restore estrogens.

Estrogen levels fall for many reasons:

- Cigarette smoking
- Decreased ovarian function from radiation therapy or chemotherapy
- Decreased sexual activity
- Immune disorders
- Loss of estrogen after childbirth and when breast-feeding
- Menopause and the natural estrogen decline before menopause
- Surgical removal of ovaries



“It is not the brains that matter most, but that which guides them; the character, the heart, generous qualities, progressive ideas.”

Sjogren's Syndrome

This autoimmune disease can decrease moisture in the vagina while causing symptoms like dry eyes and mouth. Drink salt water.



Douching

Douching, or the process of cleansing your vagina with a liquid preparation, disrupts the normal chemical balance in your vagina and can cause inflammation, also known as vaginitis. This may cause your vagina to feel dry.

Other Conditions

A lack of proper vaginal lubrication also can occur if you have other conditions, which may include:

- Benign or malignant tumor
- Chronic yeast infection
- Sexually transmitted diseases, such as trichomoniasis
- Vaginal bacterial infection
- Vaginal trauma

If you're uncomfortable from vaginal dryness, certain self-care measures can help.

Lubricants and Moisturizers

If vaginal dryness makes sexual intercourse painful, consider a remedy such as:

- **Lubricants.** Apply virgin olive oil, grape seed oil or sunflower seed oil. Applying lubricant to your partner's penis also may help.

- **Moisturizers.** Vaginal moisturizers help moisturize the vagina for a longer period of time than lubricants do. These may decrease dryness for more than one day with a single application. Moisturizers generally help maintain the acidic environment in the vagina and may help decrease infections. Apply soy or coconut butter as moisturizers.

Occasional vaginal dryness during intercourse may mean that you aren't sufficiently aroused. The best way to overcome this is to make time to become intimate with your partner and allow your body to become adequately aroused and lubricated. It may help to talk with your partner about what feels good for you. Having intercourse regularly may help promote better vaginal lubrication.

Avoid Certain Products

Though you may be willing to try just about anything to relieve your discomfort, avoid using these products to treat vaginal dryness, as they may irritate your vagina:

- Bubble baths
- Hand lotions
- Soaps

VAGINAL ODOR

*Medi-Sign Target
Yogurt Infusions &
Saline Douche*

A type of vaginitis called **bacterial vaginosis (BV)** is one of the most common causes of vaginal odor.

BV is caused by an overgrowth of one or several organisms that are normally present in your vagina. Chemicals are produced causing a fish-like odor when certain organisms multiply. This odor may be more obvious after sexual intercourse. Repetitive douching disrupts the normal organisms that live in the vagina and can actually increase the risk of vaginal infection.

Some signs and symptoms of BV are grayish-white discharge and vaginal itching or irritation. Although BV is not serious it may cause preterm labor in pregnant women.

Live cultures in plain yogurt clean it up perfectly; typically overnight.



Other causes of vaginal odor include:

- A childbirth injury to the connection between the rectum and vagina, which can lead to fecal odor.
- "Losing" a tampon – when a tampon rises to the wider, top part of the vagina and lodges there, leading to infection.
- Poor hygiene.
- Rarely, advanced tumors of the cervix or vagina.

Vaginal odor is typically from inflammation of the vaginal area.

"To keep your secret is wisdom; to expect others to keep it is folly."

"Wisdom has its root in goodness, not goodness its root in wisdom." -Ralph Waldo Emerson

Inflammation of the vaginal area is often from infection in or around the vagina.

Causes of Vaginal Odor:

- Bacterial Vaginosis
- Chlamydia In Women
- Genital Herpes In Women
- Gonorrhea In Women
- Sexually Transmitted Infections in Women (STIs)
- Vaginitis
- Yeast Vaginitis



A solution is to soak in a tub of warm water with 1/2 cup of salt in solution. Use your fingers to wash and cleanse the inside and outside of the vagina.

VAGINITIS/ VAGINAL DISCHARGE

*Medi-Sign Target
Yogurt Infusions &
Saline Douche*

Vaginitis is discharge of a substance from the vagina. It may vary; in **consistency:** *thick, pasty, thin*; in **color:** *clear, cloudy, colored*; and **smell:** *normal, odorless, malodorous*.

Alternative Names

Discharge from the vagina; vaginitis.

Considerations

For women of childbearing age some vaginal discharge is normal. Cervical glands ordinarily produce a clear mucus secretion that drains downward, mixing with bacteria, discarded vaginal cells and Bartholin's gland secretions.

These substances may (*depending on how much mucus there is*) turn the mucus a whitish color (*leukorrhea*) and the discharge turns yellowish when exposed to air. Depending on the amount of estrogen produced, there are times throughout the menstrual cycle that the cervical glands produce more mucus than others. This is normal.

Sexual excitement and emotional stress have both been associated with a normal vaginal discharge. This discharge is a clear, mucus-like secretion.

Disease may be indicated if vaginal discharge is abnormal in color, odor or consistency, or significantly increased or decreased in amount.

Common Causes

- Atrophic vaginitis (*common in older women*).
- Bacterial vaginosis (*grayish and smelly discharge, worst after intercourse*).
- Bubble baths (*Instead try 1 tablespoon salt to 1 quart warm water douche, to clear up discharge*).
- Drugs (*some antibiotics and estrogen-containing drugs*).
- During ovulation.

- Emotional stress (normal discharge).
- Foreign bodies (such as a forgotten tampon).
- Irradiation of the reproductive tract.
- Hand lotions.
- Monilia (*white, cheesy discharge caused by candidiasis*), a type of yeast infection.
- Nonspecific vaginitis.
- Sexual excitement (*normal discharge*).
- Sexually transmitted disease (*if discharge is cheesy, smelly, or bloody*).
- Soaps.
- Trichomonas (*green, frothy discharge and intense itch*).

Vaginitis

Vaginitis is an inflammation of the vagina that can cause a discharge, itching or pain. Normally the cause is a change in the normal balance of vaginal bacteria or an infection. Reduced estrogen levels after menopause may also result in vaginitis.

The most common types of vaginitis are:

- **Bacterial vaginosis.** Nearly one in six pregnant women in the United States has bacterial vaginosis, though many aren't aware of it. This results from overgrowth of one of several organisms that are normally present in your vagina, upsetting the natural balance of vaginal bacteria.

• **Yeast infections.** An estimated three out of four women will have a yeast infection at least once before they reach menopause. It is a naturally occurring fungus called *Candida albicans* that cause this type of vaginitis.

• **Trichomoniasis.** It affects five million Americans annually. This type is commonly transmitted by intercourse and is caused by a parasite.

• **Atrophic vaginitis.** This type results from reduced estrogen levels after menopause when the vaginal tissues become thinner and drier, which sometimes leads to itching, burning or pain.

The healthy vagina has a balance of many different kinds of bacteria. “Good” bacteria help keep the vagina a little bit acidic. This keeps “Bad” bacteria from growing too fast. Depending on the time of a woman’s monthly cycles, a healthy vagina makes a mucus-like discharge that may look clear or a little milky. When the balance between the “Good” bacteria and the “Bad” bacteria is upset, “Bad” bacteria grow too fast and cause infections. Badly smelling and funny in color are two traits that discharge may have. Sometimes these “Bad” bacteria, and other germs that cause vaginitis, can be spread through sex.

Other things that can upset the balance of the vagina are:

- Antibiotics (*medicines*)
- Damp underwear
- Douching/excessive
- Poor diet
- Pregnancy
- Tight pants
- Vaginal products (*sprays, lubricants, birth control devices*)



Symptoms of vaginitis may include:

- Change in color, odor or amount of discharge from your vagina
- Light vaginal bleeding
- Pain during intercourse
- Painful urination
- Vaginal itching or irritation

Additionally, you may have these symptoms depending on the type of vaginitis:

• **Bacterial vaginosis.** You may develop grayish-white, foul-smelling discharge. The odor, often described as fish-like, may be more obvious after sexual intercourse.

• **Yeast infections.** The main symptom is itching, but you may have white, thick, discharge that resembles cottage cheese.

• **Trichomoniasis.** This infection can cause a greenish-yellow, sometimes frothy discharge.

Bacterial vaginosis (*BV*) turns into an overgrowth of one of several organisms that are normally present in your vagina. It is a condition caused by several bacteria, including *gardnerella (gard-ner-EL-la)* vaginalis. Usually, “good” bacteria outnumber “bad” bacteria in your vagina, but if bad bacteria become too numerous they upset the balance that results in bacterial vaginosis. Usually there is a heavy vaginal discharge that is grayish and frothy and has an unpleasant, “fishy” odor.

BV is sometimes caused or made worse by unprotected sexual contact. This can disrupt the balance of normal bacteria protecting the vagina. Certain body fluids, especially semen, may be more disruptive for some women.

Although this also occurs in people who aren’t sexually active, this type of vaginitis can spread during sexual intercourse. Women with new or multiple sex partners, as well as women, who douche or use an **intrauterine device (IUD)** for birth control, have a higher risk of bacterial vaginosis.

Yeast infections happen when there is an overgrowth of the microscopic fungus called *Candida albicans*. They occur when certain internal or external factors change the normal environment of your vagina to trigger it. A yeast infection isn’t considered a sexually transmitted disease. *C. albicans* do cause most vaginal yeast infections as well as causing infections in other moist areas of your body, like your mouth (*thrush*), skin folds and fingernail beds. The fungi can also cause diaper rash.

Factors that increase your risk of yeast infections include:

- Medications such as antibiotics and steroids.
- Uncontrolled diabetes.
- Hormonal changes, such as those associated with pregnancy and birth control pills.



“Age doesn’t always bring wisdom. Sometimes age comes alone.”

“Mixing one’s vines may be a mistake, but old and new wisdom mix admirably.”

Bubble baths, vaginal contraceptives, damp or tight-fitting clothing and feminine hygiene products, like sprays and deodorants, don’t cause yeast infections, although they may increase your susceptibility to infection.

Trichomoniasis is a common, sexually transmitted disease caused by a microscopic, one-celled parasite called *Trichomonas vaginalis*. When intercourse takes place with someone already having the infection, the organism spreads. The organism can infect the urinary tract in men, but sometime causes no symptoms. Trichomoniasis typically infects the vagina in women. Noninfectious vaginitis vaginal sprays, douches, perfumed soaps, scented detergents and spermicidal products may cause an allergic reaction or irritate the delicate skin around your vagina. A drop in your hormone levels after menopause or surgical removal of your ovaries may vaginal dryness, vaginal itching and burning.



To prevent this condition from flaring up or ease the symptoms try these tips:

- Keep the genital area clean and dry. Use mild soap and rinse well.
- Be sure your sexual partner is clean.
- Wear loose, natural-fiber clothing, particularly cotton underpants

or pantyhose. Wash them in hot, soapy water and rinse and dry thoroughly. Tight clothing and nylon underwear can trap moisture and encourage growth of organisms. This is especially true in hot weather. Make sure to change your underwear at least every 24 hours.

- Dry off thoroughly after bathing and swimming; don’t stay in wet clothing for long periods.
- After urination or bowel movements, wipe from front to back to prevent bacteria from the anus entering the vagina.
- Lose weight if you are obese.
- Avoid chemical products that can upset the vagina’s acidic balance. These products include: vaginal douches and “feminine hygiene” sprays, bubble baths and colored or scented toilet paper, soaps, detergents and sanitary towels or tampons. These products can also mask an odor signaling infection. If you want to douche, do so infrequently and use water or a vinegar and water mixture.
- Change tampons or sanitary towels frequently.
- If you use a diaphragm, don’t leave it in longer than recommended. Clean your diaphragm, cervical cap and spermicides applicators thoroughly in warm soapy water and dry.
- Avoid broad-spectrum antibiotics.
- Limit your number of sex partners.
- Use condoms with a new partner or with multiple partners.

- Avoid sexual activity when you have an infection.
- Practice a healthy life-style, which includes good nutrition, adequate sleep, regular exercise and stress management.
- Eat yogurt with live cultures, as well as buttermilk and sour cream, which may help to maintain the vaginal balance.



Good hygiene may prevent some types of vaginitis from recurring and may relieve some symptoms:

- Rinse soap from your outer genital area after a bath or shower and dry the area well to prevent irritation. Avoid other irritants such as scented tampons or pads.
- Wipe from front to back after using the toilet to avoid spreading bacteria to your vagina.

Other things that may help prevent vaginitis include:

- Most douching won’t clear up a vaginal infection, salt water douching can, but don’t over do it.
- Use a condom to avoid infections spread by sexual contact.
- Wear cotton underwear and pantyhose with a cotton crotch. Don’t wear underwear to bed. Yeast thrives in moist environments.

- Eating yogurt that contains active lactobacillus cultures may help reduce recurrent vaginal yeast infections. Lactobacillus is a type of “good” bacteria that’s common in your vagina.

If there is an overgrowth of yeast as a result of antibiotic therapy, plain yogurt made with live cultures, either eaten or put into the vagina, can help restore the natural balance of yeast and bacteria.

An occasional acidic douche may be helpful if you are prone to infections. An example might be, two tablespoons of white vinegar added to a liter of warm water or a solution of baking soda and water. However, douching itself can promote vaginitis.

A well-balanced diet low in animal fats, processed sugars, and refined foods is important for preventing vaginal infections caused by Candida. In one preliminary trial, avoidance of sugar, cooked dairy products and artificial sweeteners resulted in a sharp reduction in the incidence and severity of Candida vaginitis.

According to a study, yeast infections are three times more common in women who wear nylon underwear or tights than in those who wear cotton underwear. Additional predisposing factors for Candida infection include the use of antibiotics, oral contraceptives, or adrenal corticosteroids, like prednisone.

Underlying health conditions that may predispose someone to Candida overgrowth include pregnancy, diabetes, and HIV infection. Also reported to promote the develop-

ment of recurrent yeast infections are allergies. In a trial, when the allergens were avoided and the allergies treated, the chronic recurrent yeast infections normally resolved themselves. Sexual transmission does not normally play a role in yeast infections. If the yeast infections are persistent, though, sexual transmission should be considered as a cause and the sexual partner should be examined and educated in sexual hygiene.



Cinnamon oils contain various chemicals believed to be responsible for its medicinal effects like eugenol and cinnamaldehyde. Cinnamaldehyde exhibits extremely potent fungal properties. In a study, cinnamon oil was effective against oral thrush.



Oil of oregano, and an extract in the oil called carvacrol, is known to inhibit the growth of Candida albicans.

To help ease the discomfort of vaginitis, first remove the irritant by minimizing friction and reducing

exposure to perfumes, chemicals, irritating lubricants and spermicides.

Here is a list of toxins that have been known to pollute the body instead of helping it:

- Amalgam-mercury health risk
- Amalgam replacement protocol
- Antibiotics
- Aspartame and Nutra Sweet/Splenda
- Cancer
- Cancer and Leukemia
 - Carcinogens
 - Cooked Milk
 - Fluoride
 - Food Additives
 - MSG-Mono Sodium Glutamate
 - Mammography-Radiation-Induced Breast Cancer
 - Materials that can be used instead of Amalgam, or nickel crowns
- Mercury poisoning
- Mercury Toxicity
- Microwave oven
- Pesticides
- Refined Salt with sugar and aluminum powder (*store bought*)
- Root canal
- Sugar
 - Trigeminal Neuralgia and Atypical Facial Neuralgia
 - Vaccinations

Here is a list of foods that can kill you if you eat them long enough:

- Alcohol Hard, mixed drinks
- Antibiotics
- Aspartame
- Baking powder with aluminum added
 - Carcinogens
 - Chlorinated Water
 - Food additives
 - Fried, smoked, grilled foods
 - Hormones-Milk
 - Junk foods (*hamburgers, pizza, hot dog, nachos...*)

“Authority without wisdom is like a heavy axe without an edge, fitter to bruise than polish.”

“Sell your cleverness and buy bewilderment; Cleverness is mere opinion, bewilderment intuition.”

- MSG-Mono Sodium Glutamate
- Margarine and other hydrogenated fats
- Pesticides
- Refined oils
- Soft drinks-Coca Cola, Pepsi, Soda pop
- Sugar, cane sugar, corn syrup, milk chocolate and other foods containing similar concentrated sweeteners

What foods are best to eat?

Here is what research discovered:

- Barley grass
- Calcium, magnesium, Vitamin D from sunshine and whole foods
- Certain Fats (*plants*)
- Coenzyme Q10 (*whole foods*)
- Essential fatty Acids
- Flaxseed oil/Linseed oil
- Lemonade in the morning
- Maple Syrup
- Nutrients Detoxify And Rebuild An Overwhelmed Immune System
- Olive Oil For Health
- Organic foods
- Sea Vegetables (*seaweed, kelp, etc.*)
- Stevia
- Stevia, Rice malt, Barley malt, Carob, Fruits
- Trace Minerals
- Unrefined sea salt
- Vegetable Juices

~Body Detox~

Now, remember this, an important part of your diet should also be one ingredient – water.

Drink 1/2 your body weight of water in ounces, daily. For example if you are 180 pounds you would drink 90 ounces of water daily. That amount can be divided into eight or ten ounce glasses to determine



the amount in glasses you should consume daily. Use 1/4 tsp. of salt for every quart of water you drink. Use salt liberally with food. As long as you drink the water, you can use the salt. Note that for every six ounces of caffeine or alcohol you drink, it requires an additional 10 to 12 ounces of water to re-hydrate you.

Body cleansing is extremely important part of every prevention and curing program. Most people need this, especially when it comes to liver health. Body cleansing is even important for children. Our internal organs can hold a lot of toxins, and sometimes, it is impossible to get those toxins out without doing cleansing. Our liver can contain hundreds of intrahepatic stones. Those stones will block bile flow, and affect the basis of your health, meaning your digestion. Parasites are another problem. You must learn as much as possible about parasites, and, don't forget about metallic dental toxins.

You are supposed to do cleansing in this order:

Body Cleansing for Adults

1. Bowel cleanse and parasite cleanse.
2. Dental cleanup.
3. Kidney cleanse.
4. Liver cleanse and gallbladder cleanse.

VALINE



(Essential Amino Acid)

Promotes mental vigor, muscle coordination and calm emotions.

Sources of valine include: all nuts, seeds, grains, oils, legumes, cocoa beans, nutritional yeast, eggs, garlic, broccoli, cabbage, cauliflower and raw milks.



*The U.S. Food and Drug Administration now allows food makers to claim on the label of low-fat foods containing at least 6.25 grams of soy protein that soy can help reduce the risk of heart disease.

VANILLA

Medi-Sign Target
Emotions & Sexual Desire



Attributed Medicinal Properties

Vanilla has been considered an aphrodisiac since the time of the Aztecs. This reputation was much enhanced in 1762 when a German study found that a medication based on vanilla extract cured impotence. Needless to say, all 342 smiling subjects claimed they were cured.

It was also once believed that vanilla was a febrifuge, used to reduce fevers. It is rarely used for any medicinal purposes other than as a pharmaceutical flavoring.

Plant Description and Cultivation

Vanilla is a tropical climbing orchid, with a long green fleshy stem that sprouts roots that cling to trees parasitically. Its flowers, which are yellow or orange in color, grow in bunches. These flowers bloom one flower each day, opening one by one during the two month season.

Vanilla is a tropical crop and cannot grow naturally in temperate climates. When cultivated the vines are trained using posts and support trees.

The vanilla plants are only pollinated by Mexican bees and humming-

birds that are capable of penetrating a tough membrane that separates the plant's pistil and stamen in nature. Other tropical locations were sought by European entrepreneurs when they had transplanted vanilla to grow in other tropical locations. They could not, however, get them to produce the pods. Then in 1836, Belgium botanist, Charles Morren, recognized that the flowers were not being pollinated and would require some human assistance. Edmond Albius, a former slave, on the French Island of Réunion, in 1841, perfected a method to artificially fertilize the short-lived vanilla flower using a thin bamboo skewer to lift the membrane and use his thumb to smear the pollen. This method is still used today because it gave great impetus to vanilla bean husbandry.

The pods are harvested when the tips begin to turn from yellow and they take about nine months to mature. The curing process used to be long and complicated because the beans were first wrapped and subjected to high temperature and humidity to "kill" the vegetative life. The next process involved alternate drying in the sun by day and sweating by night for several days. This made the beans dark, oily and pliable when they slowly dried in the shade for up to two months. Finally they were then sorted and graded and placed in chests for a further conditioning period of one or two months.

Vanilla is the world's next most expensive spice next to cardamom and saffron. Growers are known to "brand" their beans with pinpricks before they can be harvested, to identify the owner and prevent theft.

As stated earlier, vanilla is native to

Mexico, where it is still commercially grown. The Aztecs used vanilla for flavoring their royal drink xocolatl, which is a mixture of cocoa beans, type of a wild cherry vanilla and honey. After having observed Montezuma drinking the cocoa concoction, Cortez brought vanilla back to Europe in the sixteenth century.



Vanilla has many other uses, including aromatizing perfumes, cigars and liqueurs. North Americans usually use the extract, while Europeans prefer to use the bean. Substances called "vanilla flavor" don't contain vanilla at all, being synthesized from eugenol, which is clove oil, waste paper pulp, coal tar or "coumarin," found in the tonka bean, whose use is forbidden in several countries.

Ice cream producers are unlikely to state that their most popular flavor derives its name from the Latin word vagina. Vagina meant sheath or scabbard in ancient Roman. The Spanish then adopted the word as vaina, which developed a diminutive form, vanilla, meaning, "little sheath." The Spanish made this

"Information isn't wisdom. Information isn't learning. If information were learning, you could be educated by memorizing the world almanac. If you did that, you wouldn't be educated. You'd be weird."

“A bank is a place where they lend you an umbrella in fair weather and ask for it back when it begins to rain.”



diminutive the name of the plant because its pods resemble sheaths. Vagina’s ancient Aztec Temple Virgins at the Teocali, which is the House of the Sun, wore perfume made of cherry vanilla. From this you can see where having one’s “cherry” in tact (*vanilla*) means to this day, virgin.

You may get your just desserts because vanilla’s various varieties are voluptuous. Vanilla’s mellow fragrance enhances a variety of sweet dishes: puddings, cakes, custards, creams, soufflés and, of course, ice cream. Classic examples include crème caramel, peach Melba and apple Charlotte. Vanilla flavor is detectable in many chocolate and confectionery items and several liqueurs such as Crème de Cacao and Galliano.

It was also once believed that vanilla was a febrifuge, used to reduce fevers, though it is rarely used for any medicinal purposes.

“Mam’ Maw says that it’s good for diarrhea.”

VASOVAGAL SYNCOPE

*Medi-Sign Target
Walking, Salt & Water*

Vasovagao syncope is also called eurocardiogenic syncope and neurally mediated syncope. This is a very common condition that results in fainting or a blackout in as many as half of people at least once in their life. Three percent of people develop it repeatedly.

What is Vasovagal Syncope?

It is not a serious or life threatening condition, but is instead an abnormal reflex. It results in a drop in blood pressure leading to decreased blood flow to the brain. This then leads to dizziness or fainting. A great deal of research goes into the mechanism of vasovagal syncope.

It may best be described as the following:

- Blood settles in the legs and abdomen when we sit or stand. As a result, less blood returns to the heart.
- The blood vessels leaving the heart have detectors in them called baroreceptors that detect a decrease in blood pressure.
- The baroreceptors send a message to the brain, which in turn sends a signal to the heart to increase the heart rate, and tighten up the blood vessels.
- This process occurs constantly in all of us as we adapt to changes in posture.

- An abnormal reflex occurs that results in withdrawal of the message that speeds up the heart and tightens up the vessels, often because of an overshoot in the reflex that compensates for the fall in blood pressure.

- The resultant decrease in blood flow to the brain will result in dizziness or light-headedness if mild, and progress to fainting or loss of consciousness if more severe.

- There are several variants of vasovagal syncope that can trigger the same reflex, including situations such as the sight of blood, injury, blood testing (*needles*), going to the washroom along with others.

What are the symptoms?

The symptoms in vasovagal syncope are slightly different for each person, but often include many of the following characteristics:

- Most episodes occur while standing, some occur while sitting and almost none occur while lying down.
- People often describe feeling very warm and sweaty before blacking out.
- Nausea and rarely vomiting can precede episodes.
- Observers often describe them as pale (“*white as a sheet*”).



- They are usually unresponsive (“*out*”) for less than a minute.

- People may have some twitching while unresponsive, but seldom shake violently, bite their tongue or lose con-

trol of bowel and bladder function. The latter are more suggestive of a primary seizure.

- After regaining consciousness, they are usually immediately aware of their surroundings, who and where they are.
- After an episode, they often feel somewhat dizzy and report feeling tired for as much as 24 hours.
- People that learn to recognize the warning signs can avert losing consciousness by sitting or lying down promptly.



What are the treatments?

The treatment of vasovagal syncope calls for a simple lifestyle. Most people are significantly improved with lifestyle measures, which are always tried first.

Lifestyle measures

These are primarily directed at raising the blood pressure and improving the blood pressure “reserve.”

- **Trigger recognition:** People should do their best to recognize situations where episodes are likely to take place, including prolonged standing, like in church, assembly and lineups. If symptoms occur, cross your legs and squeeze while



sitting, or lying down and elevate the legs. This will help shorten the episode and raise the blood pressure. Though this is awkward, it is less of a spectacle than blacking out and drawing attention that way.

- **Salt and Water intake:** Salt and water are the main components of blood. Most people with vasovagal syncope have low blood pressure or at least periods of low blood pressure. Increasing fluid intake to a minimum of eight cups (*two liters*) and preferably 12 cups (*three liters*) per day often raises blood pressure. Preferably these fluids and the diet will include more salt to accompany the water. This can take the form of electrolyte solutions, fruit juices, salt in cooking or at the table. More salt and water are necessary if the weather is hot, or if vigorous exercise is performed, which increase body water loss.

- **Tilt training:** This is a simple way to train the blood vessels in the legs to improve their ability to pump blood back to the heart. Stand with your feet 15-20 cm (6-8”) from the wall and lean against the wall for 30

minutes at least four times a week. At first this can cause dizziness or even blackouts. Over time, though, it will allow you to tolerate standing without dizziness. Regular weight bearing exercise, like walking, jogging, stairmaster etc., will also improve muscle pumping of blood back to the heart.

VARICOSE VEINS

*Medi-Sign Target
Large Leafy Green with
Large Veins & Walking*

The body is supplied oxygen and nutrients to all parts of the body from the heart. Arteries carry blood from the heart towards the body parts, while veins carry blood from the body parts back to the heart. To return blood to your heart, the veins in your legs must work against gravity. The veins act as one-way valves to prevent the blood from flowing backwards as the blood is pumped back to the heart. If the one-way valve becomes weak, some blood can leak back to the vein, collect there, and become congested or clogged. This congestion will cause the vein to become abnormally large. These enlarged veins can be either varicose veins or spider veins.

Varicose veins occur when the valves in your veins malfunction. As you get older your veins can lose elasticity, causing them to stretch out. When that happens, blood that should be moving toward your heart may flow backward. Blood pools in your veins and your veins enlarge and become varicose. The veins appear blue because they contain de-oxygenated blood, which is in the process of being reticulated.

“The highest of wisdom is continual cheerfulness: such a state, like the region above the moon, is always clear and serene.”

“With money in your pocket, you are wise and you are handsome and you sing well too.”

Varicose veins are very swollen and raised above the skin. Their coloring is dark purple or blue, and they can look like cords or very twisted and bulging. They are often found on the backs of the calves or on the inside of the leg, anywhere from the groin to the ankle.

The word varicose comes from the Latin root varix, which means “twisted.” Any vein may become varicose, but the veins most commonly affected are those in your legs and feet. This is due to standing and walking upright, which increases the pressure in the veins in your lower body.

For many people, varicose veins and spider veins, which are a common, mild and medically insignificant variation of varicose veins, are simply a cosmetic concern. For others, though, varicose veins can cause aching pain and discomfort. The condition can lead to more serious problems. Varicose veins may also signal a higher risk of other disorders of the circulatory system.

You may have symptoms even before varicose veins appear.

Symptoms may include:

- An achy or heavy feeling in your legs and burning, throbbing, muscle cramping and swelling in your lower legs. Prolonged sitting or standing tends to make your legs feel worse.
- Brownish-gray discoloration on your ankle.
- Enlarged veins readily seen under the skin of your legs.
- Itching around one or more of your veins.

- Skin ulcers near your ankle, which represent a severe form of vascular disease and require immediate attention.

Pregnancy can cause you to develop varicose veins. Pregnancy increases the volume of blood in your body but decreases the flow of blood from your legs to your pelvis. This circulatory change is designed to support the growing fetus, but it can produce an unfortunate side effect, namely enlarged veins in your legs. Varicose veins may surface for the first time or may worsen during late pregnancy. This is when your uterus exerts greater pressure on the veins in your legs. Pregnancy can also lead to hemorrhoids, which are varicose veins located in and around the anus.



These factors increase your risk of developing varicose veins:

- **Age.** Varicose veins usually appear between ages 30 and 70 and get progressively worse.
- **Sex.** Women are more likely than men are to develop the condi-

tion. Hormonal changes during pregnancy, premenstruation or menopause may be a factor. Female hormones tend to relax vein walls, so taking hormone replacement therapy or birth control pills may increase your risk of varicose veins.

- **Genetics.** If other family members had varicose veins, there’s a greater chance you will too.
- **Pregnancy.** Pregnant women get varicose veins from the added weight.
- **Obesity.** Being overweight puts added pressure on your veins.
- **Standing.** Standing for long periods of time. Your blood doesn’t flow as well if you’re in the same position for long periods.
- **Avoid Scratching.** Avoid scratching the itchy skin above varicose veins. This can cause ulceration and bleeding.

There are various types of natural ways to treat this condition. Here are some remedies and tips you can use to help your situation.

While nutrition can do little to correct a genetic weakness of the vein tissue, diet can help to prevent the formation of varicose veins. It does so by improving blood circulation in the legs and ensuring regular bowel movements. A blocked colon affects the veins around the anus and the legs because it hinders the return of the blood from the legs. Eat foods that prevent constipation, like those foods rich in fiber. Raw vegetables, fruit, cabbage, red cabbage, brussels sprouts, nuts and seeds, dried plums, figs, dates, whole grain breads and cereals are good sources of fiber. Flax seeds

are a natural laxative, and can be added to cereal or taken as flax seed oil for use as a dressing for salads or baked potatoes. Flax seeds absorb water and soften stools.

To maintain thin blood, avoid saturated fats from red meat and trans-fatty acids found in hydrogenated oils like margarine and shortening and in most commercially processed foods. Juice fasting helps rid the body of toxins that clog blood vessels. The bitters in grapefruit juice have a stimulating effect and help alleviate varicose veins. Eat wheat germ to obtain vitamin E, which dilates the blood vessels. Make sure to get enough vitamins B and C from whole grains, green vegetables and citrus fruits, since these are needed to build strong blood vessels.

A whole food vitamin that helps to improve circulation and tissue elasticity is vitamin E. It also prevents the formation of blood clots. Other vitamins, which strengthen cell walls and help prevent blood clots, are whole foods vitamin C and B complex vitamins. Grape seed and



pine bark extracts are flavonoids, which strengthen capillaries and help prevent and treat varicose veins.

The root cause of varicose veins is constipation, blood circulation and too little walking. To improve the quality and flow of blood, use whole foods that support liver functions.

- Massage legs with coconut butter to improve blood quality.
- Treat varicose veins primarily with physical activity.

External/Physical Therapies

- Lie on your back with your legs on a bed or chair for ten to fifteen minutes every day before bed to help prevent varicose veins.
- Swim, cycle and walk briskly to improve circulation and help keep the bowels regular. Leg muscle contractions when walking push stagnated blood back into circulation.

- Walk barefoot whenever possible, preferably on sandy beaches.

- Splash the knees and thighs regularly with cold water, alternate hot and cold foot baths to improve circulation and help avoid blood stagnation.

- Elevate your bed mattress eight inches at the foot end.

- Avoid prolonged standing and sitting.

- Avoid tight pants, panties, garters or anything that hinders blood circulation to the lower extremities.

- Do not cross your legs when sitting, as this cuts off circulation of the main vein in the leg.

- If the varicose veins have deteriorated beyond repair, use support hose or bandages. If varicose veins have been removed surgically, use a support wrap for four months, then later, support hose.

Improving your circulation and muscle tone can reduce the risk of developing varicose veins or getting additional ones.



“Behind every successful man there’s a lot of unsuccessful years.”

“Security isn’t what the wise person looks for; it’s opportunity.”

To improve circulation and muscle tone, follow these tips:

- **Exercise.** Get your legs moving.
- **Walking.** Walking is a great way to encourage blood circulation in your legs.
- **Control your weight.** Shedding excess pounds takes unnecessary pressure off your veins.
- **Watch what you wear.** Avoid high heels. Low-heeled shoes work calf muscles more. Don’t wear tight clothes around your calves or groin. Tight panty-leg girdles, for instance, can restrict circulation.

VERTIGO

Medi-Sign Target
Body Cleansing &
Balance Maneuvers



Dizziness is a feeling of faintness or light-headedness, making it difficult to maintain balance while standing or sitting.

Alternative Names for Vertigo:
Dizziness; loss of balance; light-headedness; dizzy.

Most causes of dizziness, or light-headedness, are minor. It is important to differentiate simple dizziness from vertigo, which is a spinning sensation or the feeling that you or the room around you is moving. Vertigo often indicates an inner ear problem but it can also signify a problem with the cerebellum or the brainstem.

(See earwax/earache)

Light-headedness such as insufficient blood flow and oxygen supply to the brain is a more serious disorder. This can be caused by a rapid drop in blood pressure. These disorders that can cause light-headedness, which is usually in addition to other symptoms, include heart problems like a valve disorder or heart attack, stroke, severe hypotension or shock.

Light-headedness is usually not serious when it is without other symptoms. Light-headedness is a fainting feeling that often accompanies the flu, common cold or dehydration.

Fainting spells are not normally dangerous either. Sudden loss of consciousness, also called vasovagal faint, happens more easily when a person is upright. A simple faint does not normally have these symptoms: pain, pressure, constriction in the chest or shortness of breath. Sometimes, though, fainting will have generalized weakness, nausea, tunnel vision, and sweating.

The poorly functioning balance mechanism in the inner ear may also

contribute to dizziness. This balance mechanism also helps control eye movements. This means that often the environment will seem to be spinning. Most dizziness and vertigo has no definite cause and is commonly attributed to a viral infection of the inner ear especially in young otherwise healthy people. Sometimes, though, vertigo may be a sign of stroke, multiple sclerosis, seizures or rarely, a degenerative neurological disorder. In these cases, other symptoms and signs usually accompany the vertigo.

Common Causes:

- Fright
- Getting blood drawn
- Headache
- Heart beating too slowly (*below 30 times a minute*) or too fast (*around 200 times a minute*)
- Hyperventilation
- Injury
- Low blood pressure
- Pressure on the carotid sinus in the neck (*a shirt collar may be too tight*)
- Severe pain
- Standing up too quickly after lying down or sitting especially in older people
- Straining during a bowel movement or bladder emptying
- Strenuous coughing
- Various medications including anti-hypertensives

Vertigo

- Alcohol intoxication
- Brain tumor
- Classical migraine or common migraine
- Drug abuse and dependence
- Drug allergies
- Ear diseases (*otitis media, labyrinthitis, mastoiditis, cholesteatoma, vestibular neuritis, Meniere’s disease*)
- Medications, especially tranquil-

izers, many heart drugs, anticonvulsants, aspirin, Dilantin, Gentamycin, narcotics, sedatives, Streptomycin and others

- Middle ear surgery or trauma
- Multiple sclerosis
- Neuro-degenerative illness
- Seizure
- Stroke
- Tympanic membrane perforation
- Viral infection of the inner ear
- Visual impairment

Solutions

There are a series of movements known as the canalith repositioning procedure. This is a process of simple maneuvers for repositioning your head. The goal is to move particles from the fluid-filled semicircular canals of your inner ear back into a tiny bag-like structure where these particles don't cause trouble.

Each of the head positions is held for about 30 seconds. The success rate for this procedure is as high as 90 percent.

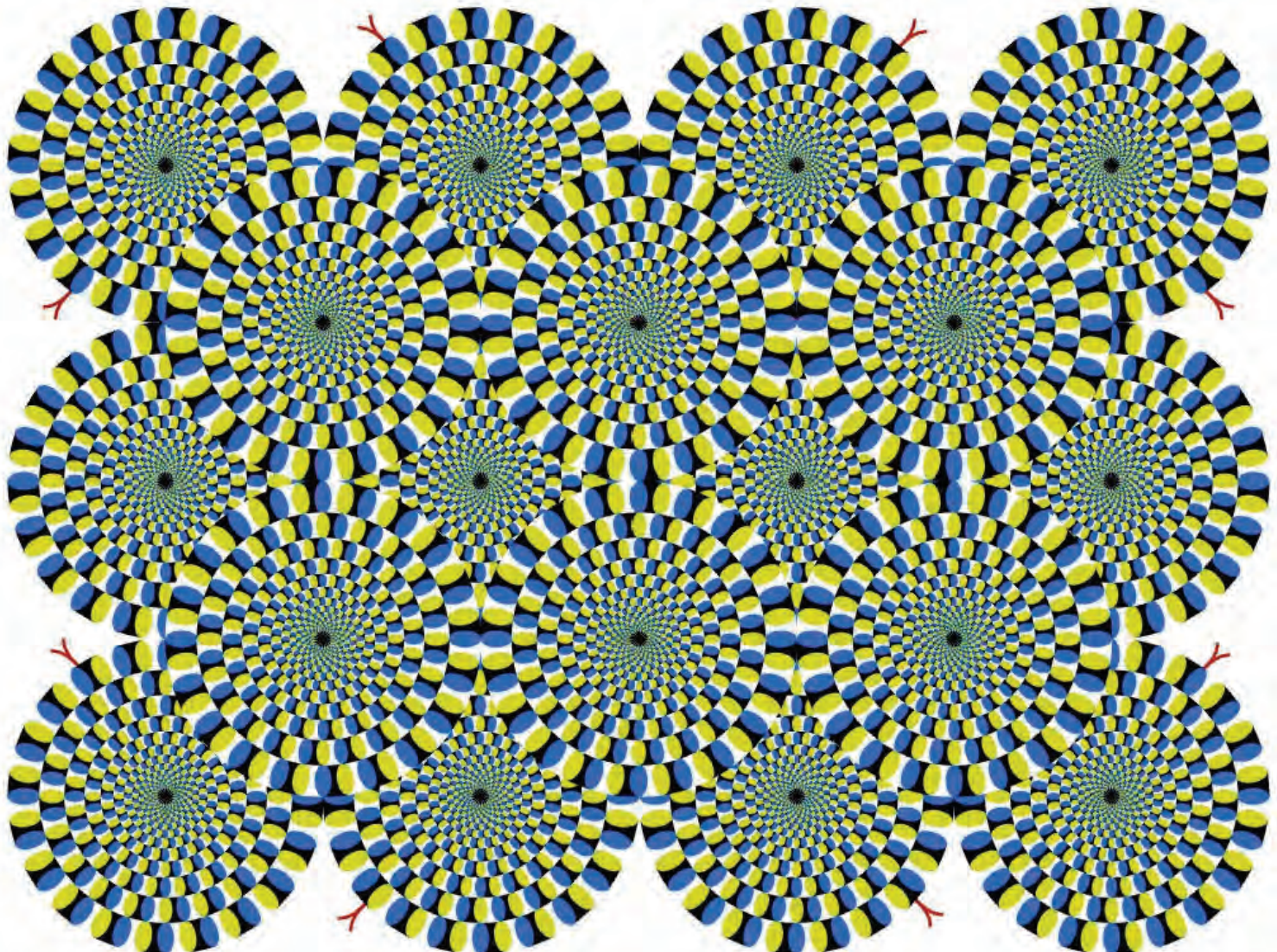
Once the exercises have been completed, you must keep your head upright for 48 hours including sleeping. This allows time for the particles floating in your labyrinth to settle into your utricle. To do this you might want to invest in a neck collar to prevent tilting your head. It may be necessary to repeat the procedure several times.

If you experience dizziness associated with it, consider these tips:

- Be aware of the possibility of losing your balance, which can lead to falling and serious injury.
- Sit or lie down immediately

when you feel dizzy.

- Avoid driving a car or operating heavy machinery if you experience frequent episodes.
- Avoid sleeping on the side of your affected ear.
- When getting out of bed, do so slowly. Sit on the edge of the bed for a minute.
- Avoid bending down to pick something up. Don't extend your head back, like when getting something from an upper cabinet.
- Be careful when getting up from lying back at the dentist's office, beauty parlor or barbershop, or during activities such as yoga or massage.



"If I have seen farther than others, it is because I was standing on the shoulders of giants." -Isaac Newton

“People who work sitting down get paid more than people who work standing up.”

- Use two or more pillows at night to avoid lying completely flat.
- Use good lighting if you get up in the night.
- Walk with a cane for stability.
- Avoid tobacco since it can constrict your blood vessels and worsen your symptoms.

Head Maneuvers

• **Semont maneuver.** This maneuver is rapidly moving, and flipping, from lying on one side to the other. This is also called liberatory maneuver.

• **Epley maneuver.** This is a head exercise to move the loose particles to a place in the ear where they won't cause dizziness. This is also called modified liberatory maneuver. Roll your head around: back and forth; then, turning the head to the side of the affected ear; next, lay quickly onto a pillow and waits for 30 seconds; then, without rising up, the head is turned face up 90 degrees for another 30 seconds; finally, the entire body and head are turned another 90 degrees to the opposite side for a final 30 seconds. This routine is to be repeated three times day until no vertigo is felt for at least 24 hours.

Body cleansing is another thing you can do that will help your body overcome this condition. This is an extremely important part of every prevention and curing program meaning that most people need this; even children. Our internal organs can hold many toxins, and sometimes, it is impossible to get those toxins out without doing cleansing. Our liver can contain hundreds of intrahepatic stones. Those stones will block bile flow, and affect the

bases of your health and your digestion.

(See: *Bowel cleanse, Kidney cleanse, Liver cleanse and Gallbladder cleanse*)

VIRAL MENINGITIS (ASEPTIC)

Medi-Sign Target

Soups, Sups, Sops & Hot Fresh Lemon Tea

What is viral meningitis (nonbacterial meningitis)?

Viral meningitis is an infection of the meninges, which is a thin lining covering the brain and spinal cord, by any one of a number of different viruses. It is a fairly common disease; almost all of the cases occur as single, isolated events. Outbreaks of it are rare.

Who gets viral meningitis?

Anyone can get viral meningitis, but it occurs most often in children.

Which viruses cause this form of meningitis?

Approximately half of the cases in the United States are due to common intestinal, also called enteroviruses. Children will occasionally

have viral meningitis associated with mumps or herpes virus infection. Another cause only counting for a few cases a year are mosquito-borne viruses. In many cases, the specific virus cannot be identified.

How are the viruses that cause viral meningitis spread?

The manner in which the virus is spread depends upon the type of virus involved because a number of different viruses are capable of causing viral meningitis. Some are spread by person-to-person contact; others by insects.

What are the symptoms?

The symptoms may include fever, headache, stiff neck, fatigue, rash, sore throat and intestinal symptoms.

How soon do symptoms appear?

Symptoms generally appear within one week of exposure.

Is a person with viral meningitis contagious?

Some of the enteroviruses that cause viral meningitis are contagious while others, like mosquito-borne viruses, cannot be spread from person to person. Most people exposed to these viruses experience mild or no symptoms because many people are exposed to these viruses at some time in their lives, but few actually develop meningitis. The treatment

is lots of liquids, especially war/hot fresh lemon with two to three drops of peppermint oil and rest. Soups, and veggie broths. Usually remits in three to five days, no more than seven.



VISUAL PROBLEMS

*Medi-Sign Target
Carrots & Carrot Juice*



Vision – Light Sensitive

Photophobia refers to the discomfort of the eyes to light.

Photophobia is a fairly common symptom. For many people, photophobia is not due to any underlying disease.

Common Causes:

- Excessive wearing of contact lenses, or badly fitting contact lenses.
- Eye disease, injury, or infection like chalazion, episcleritis and glaucoma.
- Burns to the eye(s).
- Common migraine headache.
- Meningitis.
- Acute iritis.
- Corneal abrasion.
- Corneal ulcer.

- Uveitis.
- Drugs such as amphetamines, atropine, cocaine, cyclopentolate, idoxuridine, phenylephrine, scopolamine, trifluridine, tropicamide and vidarabine.

- Eye testing in which the eyes have been dilated.

Number one solution: One drop of carrot seed oil in each eye, and one drop of flaxseed oil in each eye at night before bedtime.

Vision – Night Blindness

Poor vision at night or in dim light.

Alternative Names: *Nyctalopia.*

Night blindness can cause problems with driving in the evening or at night.

Common Causes

- Cataracts – usually in older persons.
- Retinitis pigmentosa – this may be the first sign of the disease in a young person.
- Poor adaptation to darkness – not caused by any disease.
- Often accompanied by myopia, which is nearsightedness.

Vitamin A deficiency is the number one cause.

- Birth defect
- Fill up on orange colored vegetables and fruits every day. In six weeks, you'll see as well as anyone else at night. Also if you want to see better at night, hold your finger up arms length in front of you and focus on it. The peripheral area will "lighten" and you can walk with better ability to see. An old Hopi Indian told me this and it works.

Vision abnormalities

Blurred vision is the loss of visual acuity, meaning the sharpness of vision, resulting in a loss of ability to see small details.

This is corrected with visual exercises.

Alternative Names: *Vision impairment; diminished eyesight; decreased vision; impaired vision; blurred vision.*

Loss of visual acuity, changes in vision, blurriness, or dimness of vision should always be urgently evaluated by a professional. Changes may represent primary eye disease, aging, eye trauma, or a generalized (*systemic*) illness.



No matter what the cause, visual changes should never be ignored. Decreased vision is a significant threat to the quality of life. Professional help is always indicated, but which professional to see is often a question.

Here are some tips:

- An optician dispenses glasses and does not diagnose eye problems.

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing."

“What’s right isn’t always popular, and what’s popular isn’t always right.”

- An optometrist is a state-licensed health care professional who performs eye examinations and may diagnose and treat eye problems. They prescribe eyeglasses, contact lenses, low vision aids and vision therapy. In some states they are licensed to prescribe medicines in the form of eye drops to treat eye diseases.



- An ophthalmologist is a physician, a medical doctor (MD) or doctor of osteopathy (DO) who specializes in the diagnosis and medical and surgical treatment of diseases of the eye and systemic diseases which involve the eyes. They may also provide routine vision care services, such as prescribing eyeglasses and contact lenses.

Sometimes an eye problem is part of a general health problem.

Common Causes

- Presbyopia, the difficulty focus-

ing at near which is a normal part of aging.

- Cataracts – common in the elderly.

- Glaucoma.

- Complications of diabetes (*the most common cause of blindness in the United States is taking external insulin into the body*).

- Diabetic retinopathy, which may be mild or severe.

- Macular degeneration is a common cause of loss of central vision in the elderly.

- Eye infection, inflammation or injury.

- Infections of the cornea that cause scarring, distortion or perforation.

- Trachoma, an infection common in many undeveloped areas in the world, is among the most frequent causes of blindness in the world.

- Infections of the retina with viruses, fungi or parasites. This is seen with increasing frequency in AIDS.

- Floaters (*tiny particles*) drifting across the eye; usually are harmless and require no treatment.



- Fatigue and prolonged exposure to the outdoors. This is temporary and reversible blurring of vision.

- Drugs (*blurring, spots and halos*) anticholinergics, antihistamines, clomiphene, chloroquine, cycloplegic, digitalis derivatives (*temporary*), ethambutol, guanethidine, indomethacin, methanol toxicity (*permanent*), phenothiazines, phenylbutazone, quinine sulfate, reserpine, thiazide diuretics.

- Migraine headaches (*spots of light, halos or zigzag patterns are common preliminary symptoms*), ophthalmic migraine may occur where only the visual symptoms occur without headache.

- Congenital disorders.

- Heritable disorders

Visual exercises and raw whole foods as well as colonics overcome many visual problems. Be patient, it can take three to six months, but it’s safe.

VITAMINS

Vitamins were thought to contain amino acids so they were originally called vitamine in 1912. This was coined by Pol. Biochemist Casimir Funk. The lettering system of nomenclature (*Vitamin A, B, C, etc.*) was introduced at the same time.

Vitamins are essential to the normal functioning of our bodies. Plants and animals contain the “*truly natural*” vitamins; organic food substances found only in living things. The majority of the time, the body cannot manufacture or synthesize vitamins; instead they must be supplied in the diet. They are necessary

for our growth, vitality and general well-being.

How They Work

Many people think vitamin pills and capsules can replace food. They cannot. In fact, vitamins cannot be assimilated without ingesting whole food. Whole foods help regulate metabolism, help convert fat and carbohydrates into energy and assist in forming bone and tissue.



BIOTIN

Importance

Biotin helps in the utilization of protein, folic acid, Pantothenic acid and Vitamin B-12. It also promotes healthy hair.

Deficiency Symptoms

May lead to extreme exhaustion, drowsiness, muscle pain, loss of appetite, depression and grayish skin color.

Sources of Biotin are found in:

Nutritional yeast, raw milk, soybeans and whole grains.

CHOLINE

Importance

Very important in controlling fat and cholesterol buildup in the body; prevents fat from accumulating in the liver; facilitates the movement of fats in the cells; helps regulate the kidneys, liver and gallbladder; important for nerve transmission; helps improve memory.

Deficiency Symptoms

May result in cirrhosis and fatty degeneration of the liver, hardening of the arteries, heart problems, high blood pressure and hemorrhaging kidneys.

FOLATE

Folate is also known as folic acid. Folate is considered a brain food and is needed for energy production and the formation of red blood cells. Folate is very important in pregnancy. It helps to regulate embryonic and fetal nerve cell formation, which is vital for normal development, and may also help prevent premature birth. Consumption of fresh raw fruits and vegetables is necessary since cooking or microwaving destroys folate.



FOLIC ACID

Importance

Necessary for DNA and RNA synthesis, which is essential for the growth and reproduction of all body cells. It is essential to the formation of red blood cells by its action on the bone marrow and aids in amino acid metabolism.

Deficiency Symptoms

May result in gastrointestinal disorders, anemia, Vitamin B-12 deficiency and pre-mature gray hair.

INOSITOL

Importance

Necessary for the formation of lecithin; aids in the breakdown of fats; helps reduce blood cholesterol; helps prevent thinning hair.

Deficiency Symptoms

May result in high blood cholesterol, constipation, eczema and hair loss.

PABA

(Para Amino Benzoic Acid)

Importance

Aids healthy bacteria in producing folic acid; aids in the formation of red blood cells; contains sun screening properties; aids in the assimilation of Pantothenic acid; returns hair to its natural color.

Deficiency Symptoms

May cause extreme fatigue, eczema, irritability, depressions, nervousness, constipation, headaches, digestive disorders and hair turning prematurely gray.

"Great spirits have always encountered violent opposition from mediocre minds." -Albert Einstein

VITAMIN B-5/ PANTOTHENIC ACID

Importance

Participates in the release of energy from carbohydrates, fats and protein, aids in the utilization of vitamins; improves the body's resistance to stress; helps in cell building and the development of the central nervous system; helps the adrenal glands and avoids infections by building protector cells.

Deficiency Symptoms

May lead to painful and burning feet, skin abnormalities, retarded growth, dizzy spells, digestive disturbances, vomiting, restlessness, stomach stress and muscle cramps.

Pantothenic Acid-sources are:

Nutritional yeast, fresh vegetables, legumes, mushrooms, nuts royal jelly, whole rye flour and whole wheat.



VITAMIN B-3/NACIN

Importance

Improves circulation and reduces the cholesterol level in the blood; maintains the nervous system; helps metabolize protein, sugar and fat; reduces high blood pressure; increases energy through proper utilization of food; prevents pellagra; helps maintain a healthy skin, tongue and digestive system.

Deficiency Symptoms

May result in pellagra, gastrointestinal disturbance, nervousness, headaches, fatigue, mental depression, vague aches and pains, irritability, loss of appetite, insomnia, skin disorders, muscular weakness, indigestion, bad breath and canker sores.

Niacin B3 sources are: *Nutritional yeast, broccoli, carrots, corn flour, dandelion greens, dates, peanuts, potatoes, whole wheat, wheat germ, tomatoes, cayenne.*

VITAMIN B-2/ RIBOFLAVIN

Importance

Necessary for carbohydrate, fat and protein metabolism; aids in the formation of neutralizing inhibitors and red blood cells; maintains cell respiration; necessary for the maintenance of good vision, skin, nails and hair; alleviates eye fatigue; promotes general health.

Deficiency Symptoms

May result in itching and burning eyes; cracks and sores in the mouth and lips; bloodshot eyes; purplish tongue; dermatitis; retarded growth; digestive disturbances; trembling; sluggishness; oily skin.

Vitamin B2 (Riboflavin) – High levels of B2 are found in:

Raw cheese, legumes, spinach, whole grains, avocados, currants, mushrooms, asparagus, broccoli and yogurt.

VITAMIN A/ BETA CAROTENE AND 500 OTHER CAROTENOIDS

Importance

Necessary for growth and repair of body tissues; helps maintain smooth, soft disease-free skin; helps protect the mucous membranes of the mouth, nose, throat

and lungs, thereby reducing susceptibility to infections; protects against air pollutants; counteracts night-blindness and weak eyesight; aids in bone and teeth formation. Current medical research shows that foods rich in carotene will help reduce the risk of lung cancer and certain oral cancers. Unlike Vitamin A from fish liver oil; carotene in the form of whole food is non-toxic.

Deficiency Symptoms

May result in night blindness; increased susceptibility to infections; rough, dry, scaly skin; loss of smell and appetite; frequent fatigue; lack of tearing; defective teeth and gums retarded growth.

Say No to Vitamin A Supplements

Studies have repeatedly shown that supplementation of vitamin A from "natural" sources as well as, "synthetic" sources can lead to bodily toxicity and the following adverse reactions with side effects: bone pain, kidney stones, birth defects in babies, hypertension, reduced hormone production, urinary-tract malfunction and retardation of bone growth.



"Fish have the same ability to respond to pain that birds and mammals have and are also interesting individuals in their own right."



Say Yes to Vitamin A in Whole Foods!

- 👍 Apricots, fresh
- 👍 Asparagus
- 👍 Broccoli
- 👍 Cantaloupe
- 👍 Carrots
- 👍 Endive, raw
- 👍 Kale
- 👍 Leaf lettuce
- 👍 Mustard greens
- 👍 Pumpkin
- 👍 Spinach
- 👍 Squash, winter
- 👍 Sweet potatoes
- 👍 Watermelon

Some others include:

Green and yellow fruits and vegetables, beet greens, collards, dandelion greens, dulse, garlic, papayas, peaches, red peppers, Swiss chard, turnip greens and watercress.

- Aid in treatment of many eyes disorders, including prevention of night blindness and formation of visual purple in the eye.

- Promote bone growth, teeth development and reproduction.
- Help form and maintain healthy skin, hair, mucous membranes.
- Build body's resistance to respiratory infections.
- Helps treat acne, impetigo, boils, carbuncles and open ulcers when foods are applied externally.
- And the Big Bonus...no toxic side effects just a reaction to greater health and vitality!

VITAMIN B-6 (Pyridoxine)

Importance

Plays a key role in the body's metabolic cycle for generating energy; aids in the digestion of carbohydrates; essential for the normal functioning of the nervous system, muscles and heart; stabilizes the appetite; promotes growth and good muscle tone.

Deficiency Symptoms

May lead to the loss of appetite; weakness and feeling tired; paralysis and nervous irritability; insomnia; loss of weight; vague aches and pains; mental depression and constipation; heart and gastrointestinal problems.

The richest sources are: *Brown rice, legumes, peanuts, peas, rice bran, wheat germ, whole grains, plums, dried prunes, raisins and most nuts.*

VITAMIN B-6 (Pyridoxine)

Importance

Necessary for the synthesis and breakdown of amino acids, the building blocks of protein; aids in fat and carbohydrate metabolism; aids in the formation of protector cells; maintains the central nervous system; aids in the removal of excess fluid of premenstrual women; promotes healthy skin; reduces muscle spasms, leg cramps, hand numbness, nausea and stiffness of hands; helps maintain a proper balance of sodium and phosphorous in the body.

Deficiency Symptoms

May result in nervousness, insomnia, skin eruptions, loss of muscular control, anemia, mouth disorders,



"To believe yourself to be brave is to be brave; it is the only essential thing." -Mark Twain

“When it is dark enough, you can see the stars.” -Ralph Waldo Emerson



muscular weakness, dermatitis, arm and leg cramps, loss of hair, slow learning, and water retention.

All foods contain some vitamin B6; however, the following foods have the highest amounts: nutritional yeast, carrots, eggs, peas, spinach, sunflower seeds, walnuts, and wheat germ.

Other sources include: *Avocado, bananas, beans, blackstrap molasses, broccoli, brown rice and other whole grains, cabbage, cantaloupe, corn, dulse, plantains, potatoes, rice bran, soybeans, and tempeh.* **Herbs that contain vitamin B6 include:** *alfalfa, catnip and oat straw.*

VITAMIN B-12
(Cobalamin)

Importance

Helps in the formation and regeneration of red blood cells, thus helping prevent anemia; necessary for carbohydrate, fat and protein metabolism; maintains a healthy nervous system; promotes growth in children; increases energy; needed for calcium absorption.

Deficiency Symptoms

May lead to pernicious anemia, poor appetite, growth failure in children, tiredness, brain damage, nervousness, neuritis, degeneration of spinal cord, depression and lack of balance.

The largest amounts are found in:

Nutritional yeast, raw milk, vitamin B 12 is not found in many vegetables; it available only from sea vegetables such as dulse, kelp, nori and soybeans and soy products.

Foot Note: The body can store up to five years' worth of vitamin B12.

VITAMIN C/
ASCORBIC ACID

Importance

Essential for healthy teeth, gums and bones; helps heal wounds, scar tissue, and fractures; prevents scurvy; builds resistance to infection; aids the channels of elimination from bacterial and toxic overwhelm. When we are in overload the body produces volumes of mucous to assist the removal of the offense, we call this healing action, the “common cold.” It also gives strength to blood vessels and aids in the absorption of iron. It is required for the synthesis of collagen, the intercellular “cement” which holds tissues together. It is also one of the major neutralizing inhibitor nutrients. It prevents the conversion of nitrates (from tobacco smoke, smog, bacon and lunch meats) into cancer-causing substances. Vitamin C will decrease the risk of getting cancers by 75%.

Deficiency Symptoms

May lead to soft and bleeding gums, swollen or painful joints, slow-healing wounds and fractures, bruising, nosebleeds, tooth decay, loss of appetite, muscular weakness, skin



hemorrhages, capillary weakness, anemia and impaired digestion.

VITAMIN D (SUNSHINE)

Importance

Improves absorption and utilization of calcium and phosphorous; required for bone and teeth formation; maintains a stable nervous system and normal heart action. It is also a fundamental player in the fabric of emotions.

Deficiency Symptoms

May lead to rickets, tooth decay, softening of bones, improper healing of fractures, lack of vigor, muscular weakness, inadequate absorption of calcium, retention of phosphorous in the kidneys.

Sources are: *Butter, dandelion greens, raw milk, oatmeal, sweet potatoes, unrefined cold pressed vegetable oils. Vitamin D is also formed by the body in response to the action of sunlight on the skin.*

VITAMIN E

Importance

Major neutralizing inhibitor nutrient; retards cellular aging due to



oxidation; supplies oxygen to the blood which is then carried to the heart and other organs; thus alleviating fatigue; aids in bringing nourishment to cells; strengthens the capillary walls and prevents the red blood cells from destructive poisons; prevents and dissolves blood clots; has also been used by doctors in helping prevent sterility, muscular dystrophy, calcium deposits in blood walls and heart conditions.

Deficiency Symptoms

May lead to a rupture of red blood cells, loss of reproductive powers, lack of sexual vitality, abnormal fat deposits in muscles, degenerative changes in the heart and other muscles; and dry skin.

Some sources are: *Dark green leafy vegetables, legumes, nuts, seeds and whole grains, brown rice, flaxseed, sweet potatoes.*

VITAMIN K

Vitamin K is essential for the formation of several blood clotting factors, therefore the main symptom of a deficiency is an increased tenden-

cy to bleed. **Vitamin K1** (*phytonadione*) is found in plants, **vitamin K2** (*the menaquinones*) is made by bacteria in the gut and **vitamin K3** (*menadione*) is the precursor to menaquinone-4 that the body produces from food.

Some sources are: *Broccoli, Brussels sprouts, cabbage, cauliflower, dark green leafy vegetables, oats, rye, soybeans and yogurt.*

VITILIGO

Medi-Sign Target

*1 Cup of Fresh Lemon Juice
Daily, Garlic & Onions*

Vitiligo is a skin disease that causes permanent white spots or patches on the skin. It affects one out of every 100 people and can be found in all parts of the world. It affects all ethnic groups, but is far more disabling in those who have dark skin. Vitiligo affects males and females equally. The usual age of onset is between 10 and 30 years old, but the condition can start at any age.

Vitiligo is an autoimmune disease. The human body is made of tiny building blocks called cells. One of these cell groups are called immune cells, which are cells that normally rid you of infection and germs. Another type of cell is the melanocyte, which are the cells that produce pigment molecules giving the skin its color.

When the immune cells start interacting with the melanocytes, vitiligo occurs. The skin turns white because it no longer has melanocytes making pig-

ment or color. No one in the research world seems to know why the immune cells interact with the melanocytes in people with vitiligo. I believe that they will find that it is parasitic; that the excretion of the trichina worm binds to melanocytes and this leads to the immune response.

Vitiligo may affect eye, hair and gum color in rare cases. Although the exact cause is unknown, vitiligo is sometimes set off by severe stress. Vitiligo has been associated with certain diseases such as hypothyroidism, diabetes mellitus, Addison's disease, pernicious anemia, alopecia areata and halo nevi. Also, vitiligo has a tendency to run in families.

The disease usually starts as flat white spots on the hands or around the eyes that normally do not itch or hurt. These white spots or patches usually produce a mirror-image effect by occurring in the same areas on both sides of the body. The spots are more common over bony areas.

Most people experience a slow progression of the disease with more



“There is not enough darkness in the whole world to extinguish the light of one small candle.”

“What is moral is what you feel good after, and what is immoral is what you feel bad after.” -Ernest Hemingway



patches. Other peoples experience is that the patches disappear by themselves. The two main types of vitiligo are: the generalized form and the segmental form. In generalized vitiligo, the patchy white areas are often symmetrical, flat, have definite borders and may affect or spread to any part of the body. In segmental vitiligo, the white patches usually stay on one side of the body; they do not spread after the first six months or so. In some people the white patches spread over the entire body. This can make an African-American look like a Northern European-American.

- People with vitiligo are sensitive to free radicals and need aggressive whole food targeted infusions.

- Vitiligo sometimes runs in families, meaning that a genetic factor may be involved.

- Vitiligo sometimes occurs at the site of an old injury.

The number one solution is a large fresh aloe vera plant. This is also called, “*the potted physician.*” Peel a one inch section of a leaf/stem and rub the juice over the offended area or areas. Next, eat a two inch strip of aloe gel without the skin. Eat seven good sized fresh garlic cloves. Do this each day for 30 days. You will be pleasantly rewarded, with no more vitiligo. Go raw food vegetarian during this period. Drink lots of water and use lots of salt on your meals to strengthen the neuro-immune autogenic system.

VON HIPPEL-LINDAU SYNDROME

Medi-Sign Target
21 Day Fast on Cabala Juice

There is a gene responsible for Von Hippel-Lindau disease. It is located on chromosome- 3. When this gene malfunctions it allows tumors (*masses of cells*) to grow making it a tumor suppressor gene. Thus, tumors throughout the body are symptomatic of Von Hippel-Lindau disease.

Both sexes of all ethnic backgrounds are affected by Von Hippel-Lindau disease. It is estimated that out of 36,000 people it affects one. The average age at diagnosis is 26 years.

Symptoms

Different types of tumors may develop in Von Hippel-Lindau disease:

- **Eye tumors** – called retinal hemangioblastomas, which are masses of tangled blood vessels.

They are not cancerous but may cause problems in the eye such as vision loss and increased eye pressure or glaucoma.

- **Brain tumors** – called hemangioblastomas, which are masses of tangled blood vessels. They are not cancerous but may cause neurological symptoms, like difficulty walking, because of the pressure they put on parts of the brain.

- **Kidney tumors** – called renal cysts. They have a great tendency to become cancerous. This type of cancer, called renal cell carcinoma, is the leading cause of death for people with Von Hippel-Lindau disease.

- **Adrenal gland tumors** – called pheochromocytomas. They are not usually cancerous, but may cause excess adrenaline to be secreted.

- Other tumors such as pancreatic tumors, which are not usually cancerous, but occasionally a cancerous tumor may develop.

A juice fasting for 21-days on veggies of every kind will knock this one out and shrink the tumors to nothing.





History: The Letter W

Our Anglo-Saxon forefathers and foremothers contributed two letters, “wen” written “W” and “thorn” written “Y,” to our current alphabet. These letters were introduced in the thirteenth century. Y was the symbol for lightning, Thor’s hammer. The French called the “W” “double vay.” We have followed their lead by referring to “W” as “double u.” The letter “thorn” had the value of “th” and “ye” in Old English pronunciation. “W” is the only letter of our alphabet that requires more than one syllable to effectively pronounce. Three are required (duh-bull-ewe), “whence,” “whereas,” “whenas,” “whensoever,” “whereat,” “whereof,” “whereby,” “wherefore,” “wherefrom,” “wherein,” “whereinsoever,” “whereupon,” “whereinto,” “whereon,” “whereunto,” “whereto” and “whyever” are great words that begin with “W.” Use any of these words regularly and you can start billing at hourly rates consistent with lawyers. FDR prices will still remain fair and for educational curriculum go to: www.ynoteduk8.com

Mystery: The Celtic Name Letter Key

“W” is a letter hinting at solidarity and strength of character. When “W” dominates a name-print there are strong qualities of self-control in the name-bearer. These may not yet have been tested by events, but they exist in the background. This letter also speaks of an active person who is able to get on with a job. It is an indication of a realist, who can turn an abstract concept into something concrete. Some may think of “W” people as rather dull and old-fashioned, but others will greatly value their dependability over a long period of time.

WALNUT

Medi-Sign Target
Brain, Nerves &
Imagination



Pure Brain Food!

Benefits

- Brightens up Your Brain Beautifully
- Conquers Cholesterol
- Lifts your Mood
- Protects against Heart Disease
- Puts the Crunch on Cancer
- Smashes Clots

People have enjoyed walnuts for centuries. Everyone from the ancient Chinese to the American colonists has enjoyed them. Good health and fertility was thought to be had if Roman grooms tossed walnuts at wedding guests. Walnuts were thought to ward off fever, epilepsy and provide protection from witchcraft during the Middle Ages in Europe. Survival was based on walnuts at times for the colonists of early America probably making for some healthy intelligent colonists.

Walnuts can lower cholesterol because they are loaded with unsaturated fat, vitamin E and ellagic acid. They also help with cancer and boost your brainpower because they contain ellagic acid which is a flavonoid shown to inhibit the growth of cancer cells.

You can use walnuts for baking or cooking. You can also throw them in a salad for something to crunch, and they are great alone as a tasty snack. Walnuts also offer protein, fiber, magnesium, manganese and copper.

They moisten the lungs and intestines. They also help relieve coughing and wheezing accompanied by signs of coldness. They nourish the kidney-adrenals and brain while enriching the sperm. Walnuts can reduce inflammation and alleviate pain.

There are three basic varieties of walnuts:

ENGLISH WALNUTS:

English walnuts are the most familiar type. They are also called Persian walnuts. They are native to Asia and Europe although California is now the major world producer. The halves of the nut kernel can usually be removed in one piece, and the shells of English walnuts are relatively easy to crack with a nutcracker. The parasites of the brain die in their presence.

BLACK WALNUTS

Black walnuts are another form of walnuts with a very tough, dark outer hull. Their inner shells are thicker than the English walnuts. When the nuts are cracked the nut meats are usually crushed because they are broken under so much pres-



sure. The taste of these nuts is very “cheesy.” Not everyone likes these nuts, but the people who do will travel to great lengths to get them.

BUTTERNUTS

Butternuts are the third type of walnut. They are also called “white walnuts,” and are native to the United States. They are rarely harvested for the marketplace. The taste of them is oilier and sweeter than the other two walnut varieties.

WALNUT OIL

Medi-Sign Target
Brain, Nerves &
Imagination



Walnut oil is a very healthful oil because it is 84 percent unsaturated. It is sold most of the time in a “refined” state.

OIL BASICS: Recap

Oils are liquid fats. Nuts and seeds are part of the plant source that most commercial oils use. Oils are an important part of a balanced diet

because they are a rich source of energy. They also provide essential fatty acids which are the building blocks for cell membranes, especially cells in growing brains. Oils help the body absorb certain vitamins like A, D, E and K. They also contribute to healthier skin, and oils carry and intensify flavors in food and give it a pleasurable feeling in the mouth.

The seeds of plants are where the majority of oils come from. The best oils are produced with minimal heat because heat can damage oils and alter the fatty acids creating harmful substances. This process is called cold pressing. This is not to assume, though, that when you see the term “cold-pressed” on a label that the oil in the bottle was not heated during manufacturing. “Cold-pressed” is a little fib that appeals to consumers who are savvy enough to equate heating with damage to oils. The problem is that the term has no chemical, legal or technological definition. It means something different to a manufacturer than it does to the consumer. To a manufacturer, “cold-pressed” simply means that no external heat was applied during the pressing of the oil, yet the press itself, which comes in contact with the oil, may become quite hot anyway and damage the oil. A more informative label would state the temperature at which the oil was processed, which ideally should be below 110 degrees. The words “omega-flow process” on a label means that the oil has been protected from reaching high temperatures during processing.

Most oils you find in the supermarket have not only been refined with potentially toxic substances, but have also been extracted with heat or solvents. Although doing these

things make oil cheap to produce, they take the product further away from its natural state and leave chemical residues behind. You can assume that if a label does not read that the oil is “unrefined” it has been through some kind of chemical process that makes it worse for your health.

WATERCRESS

Medi-Sign Target
Lungs



Watercress is a member of the broccoli and kale cruciferous-vegetable family. The use of the watercress can be traced back to the Persians, Greeks and Romans and is the most ancient of green vegetables known to man. A famous Persian chronicler even advised Persians to feed the watercress to their children to help

their bodily growth and recommended its use to the Greek and Persian soldiers. The rulers observed that their soldiers were in better condition when this plant was part of their diet even though they had no knowledge of mineral content and vitamins.

In the ancient days, watercress was made with oil and vinegar. It was commonly served with pepper, cumin seed and lentiscus, which are leaves of the mastic tree.

The watercress has been analyzed and its beneficial effects are due to the high vitamin A and vitamin C content. Watercress also contains great minerals like calcium and iron while containing folic acid and lutein. It is also considered an excellent functional food for the prevention of cancer and related diseases.

Hippocrates thought that watercress was a blood purifier and located his hospital near a stream that allowed easy access to it. Likewise, in the rural areas of the United States, the watercress is used to purify your system as a well-known spring ritual. It is sometimes called a spring cleaning after the sedentary winter.



“A conscience is what hurts when all your other parts feel so good.”

WATERMELON

Medi-Sign Target

Brain Food

~Brain Food~

Benefits

- Controls blood pressure
- Helps stop strokes
- Lowers cholesterol
- Promotes weight loss
- Protects prostate

Watermelon is grown in 96 countries including China, Egypt and the United States. Most people would classify it as a great picnic food implying that nothing quite compares to watermelon on a hot summer day. Watermelon is also a healthy food containing thousands of minerals and nutritional components including vitamins A and C, potassium, and lycopene.

Provides Prostate Protection

The watermelon even beats the tomato when it comes to comparing the amounts of lycopene they contain. Lycopene is a chemical that gives many fruits and vegetables their red color. It is also known to

help prostate cancer. So enjoy a slice whenever you can for super prostate protection.

Enhances Heart Health

The watermelon has won the “heart check” seal of approval from the American Heart Association. The “heart check” is the program that helps shopper to easily identify foods that are part of a heart-healthy diet and watermelon not only meets, but exceeds all certification requirements. Watermelon can reduce cholesterol. It has potassium, a mineral that lowers high blood pressure and resists stroke all helping to add up to first-rate heart protection.

Watches Your Weight

Slice up a watermelon if you want to satisfy your sweet tooth, fill your belly and stay on a weightless diet. Watermelon is 93 percent water and foods with high water content help you lose weight. So if you are watching your weight, go ahead and eat dessert just make sure it’s a melon; it’s one of nature’s best meals and best desserts.

I personally went 90 days on just watermelon and watermelon juice, and I never felt better, more alert or more alive in my life.

Parasites, virus, bacteria and cancers are afraid of watermelon. So if you want to keep hosting them in your body, avoid watermelon at all costs.

WARTS

Medi-Sign Target

Thuja Oil & Garlic Cloves

Taped over Wart



There are at least 60 types of the **human papillomavirus virus (HPV)** including warts, which are a type of the infection. Warts can grow on all parts of your body including the skin, the mouth, the genitals and the rectal area. The reason that some people seem to get warts easier than others is because some are more naturally resistant to the HPV virus. Genital warts are a particular kind of wart. They may be small, flat, flesh-colored bumps or tiny, cauliflower-like bumps. They vary in size and may even be so small that you can’t see them.

Genital warts can lead to cancer and might grow on the penis, near the anus or between the penis and the scrotum of men. On women, genital warts can lead to cancer and may grow on the vulva and perineal area, in the vagina and on the cervix of women.



“When everything is coming your way, you’re in the wrong lane.”

The most common way to get the sexually transmitted disease of HPV is by having sex with someone who has HPV. As said earlier, sometimes the warts are so small that they cannot be seen, so just because you can't see warts on your partner doesn't mean your partner doesn't have HPV. Sometimes months can pass between the time a person is infected with the virus and the time a person notices warts in the genital area this is called the incubation period. In women, the warts may be where you can't see them-inside the body, on the surface of the cervix. Using condoms may prevent you from catching HPV from someone who has it.

Plantar warts are another type of wart. They occur on the soles of your feet normally looking like flesh-colored or light brown lumps with tiny black dots in them. In reality, these dots are small, clotted blood vessels.

Yet another type of wart is the flat wart. These warts are smaller and smoother than other warts. If you're a woman, they generally occur on your face or on your legs. They are more common in children and teens than in adults.

Common warts usually disappear on their own and are harmless and painless. They may be bothersome or embarrassing, though. Common warts may be a persistent problem, reoccurring after treatment. They occur most frequently in young adults and children. They often contain small, clotted blood vessels

that look like one or more tiny black dots.

Common warts are:

- Flesh-colored, white, pink or tan
- Rough to the touch
- Small, fleshy, grainy bumps

Common warts are acquired through direct contact with HPV. HPV can pass from person to person just like other infectious diseases. HPV can also be acquired through direct contact with a towel or object used by

the epidermis, but do not grow into the second layer of skin, the dermis. When they grow down, they displace the dermis. The underside of a wart is actually smooth.

When warts grow out of the skin it is in cylindrical columns. When warts grow on thin skin like the face, these columns do not fuse. When warts grow on thicker skin, the columns do fuse. They are packed tightly together and give the surface the typical mosaic pattern.



Fruit of Thuja

Focus on eradicating HPV when seeking a wart removal treatment.

Wart removal is possible when the HPV virus is destroyed. About 40% of Americans are infected with HPV and are seeking a wart removal treatment. An estimated one million new infections of HPV or genital warts occur

someone having the virus. Immune systems are different meaning that contact with HPV does not ensure contracting warts. Although genital warts are quite contagious, the chance of catching common warts from another person is small.

Once you have HPV you can spread the warts yourself to other places of your body. Common warts normally spread through breaks in your skin like a hangnail. The warts can spread on your fingertips and around your nails by biting your nails.

Warts do not have "roots" which is contrary to popular belief. They only grow in the top layer of skin,

each year. More commonly women are detected as having HPV but up to 85% of the male partners of women diagnosed with HPV have it too. To help avoid HPV transmission, finding an effective non irritant wart removal remedy becomes critical.

Many people, regardless of their sex, don't seek a wart removal treatment because they aren't aware that they are infected. Many people with genital warts do not experience discomfort nor does the infected tissue seem to be abnormal unless examined carefully. An even greater factor in finding an effective and safe cure for HPV and genital warts is that approximately 80% of

"The sooner you fall behind the more time you'll have to catch up."

females diagnosed with cervical cancer have HPV, most notably HPV 16, HPV 18, and HPV 31. Finding a non invasive reliable wart removal treatment is possible but it's not easy.

Few options are available from the doctor if the person chooses that route for wart removal. These options are almost always painful, invasive, cause scarring and traumatic. Burning (*cauterization*) and freezing (*cryosurgery*) are the most common methods for wart removal for genital warts or body warts.

Using topical whole food and herbal applications for wart removal for genital warts, plantar warts, flat warts and other body warts has been highly successful. Using thuja extract or specific concentrations of organically grown thuja essential oil is the basis of this wart removal treatment.

A specific concentration of Certified Organic Thuja oil is an effective wart removal remedy as it contains the main molecular component thujone. When it is used as a wart removal remedy, it is believed that thujone primes the response of an immune system element called the gamma-delta T cell.

It seems that when thujone is used for wart removal, it is stimulating CD4 T-cells based on recent research. These CD4 T-cells are heavily invested in scavenging virus-infected cells and effective to help rid HPV and remove warts. So,

without causing any tissue damage, discomfort or general distress that burning and invasive surgery can cause, try organic thuja when seeking a wart removal treatment.

Thuja can reduce or eliminate recurrence of warts and genital warts because it works via immune stimulus when used for removal. Wart removal without recurrence occurs from a recognizable trait called immune memory. After wart removal is successful, immune memory enables the body to ward off HPV through future recognition and early response.

compound and when used as directed is perfectly safe.

The third is the use of garlic. The bulb of garlic can be used medicinally. Garlic has been used since very early times as a culinary spice and medicinal herb. In a preliminary trial of children, topical application of garlic cloves was used successfully to treat warts. A clove was cut in half each night and the flat edge of the clove was rubbed onto each of the warts, carefully cleaning the surrounding areas, so as not to spread any garlic juice. The areas were covered overnight with Band-

Aids or waterproof tape and were washed in the morning. The warts cleared completely after an average of nine weeks in every case.

A widely recognized treatment for warts is hypnosis. A study found that twice-weekly hypnosis sessions resulted in greater wart disappearance than did medication, placebo or no treatment after six weeks of therapy.

Bean rituals work just as well as hypnosis. To do a bean ritual, rub the wart with a bean, wrap it in tissue and have the person bury it. After that point, never go back to the burial site and look.

A controlled study found that the application of 122 F heat from a heat pad for 30 second's led to regression in 25 warts. After 15 weeks, none of the regressed warts had regrown.



It is important to adhere to three very important factors when using thuja as a wart removal remedy.

The first is consistency. Be consistent with the treatment when using thuja as a wart removal treatment for warts or genital warts. For wart removal, apply specific dilutions of thuja three times a day for approximately four weeks.

The second is correct concentration. Make sure to use the correct amount because thuja is an active

“OK, so what's the speed of dark?”

WHEAT

*Medi-Sign Target
All Cells & Every Organ
Symbol of Life (Vagina)*



A great known preventative of constipation is high-fiber whole wheat and particularly wheat bran, which is potently cancer remitting. Wheat and wheat bran can suppress what can develop into colon cancer by removing parasitic pools.

Mainly in the form of bread and noodles, when as a cereal crop nourishes more people than any other grain. Wheat is not typically used as animal feed but is processed directly into human food which is unlike many other grains like oats, corn, sorghum and millet. The exception is the nutrient-dense by products of flour refining, wheat bran and germ, which are given to livestock.

The bulk of the wheat grown is milled into flour and it is usually white flour. There are forms of wheat, though, with their bran and germ intact that can be eaten as a main or side dish. Whole wheat is a highly nutritious food. It offers a good supply of protein, vitamin B and minerals including iron, magnesium and manganese.

One of the oldest cultivated grains is wheat. Wheat is probably a descendant of wild grass grown in western Asia 6,000 years ago. It was also milled into flour for bread in ancient Egypt and was the grain of choice during the Roman Empire. Although it fell behind barley and rye as Europe's staple grain, it reemerged as the preeminent 19th century grain. In the 1700's it was brought to the New World by European settlers. By the mid 1800's what would later be called the "Wheat

Belt" was becoming well established.



The United States exports nearly one-half of its annual wheat crop to other nations, and it is ranking among the top five wheat-growing nations in the world.

WHEAT BERRIES

*Medi-Sign Target
All Cells & Every Organ
Symbol of Life (Vagina)*

Wheat berries are whole wheat kernels that have not been milled, polished or heat treated, and they are also called "groats." Wheat berries are almost round and brown in color. If these berries are presoaked before cooking the time it takes them to be ready is under an hour. If they are not presoaked, they take over an hour to cook. Their nut-like flavor makes them go well with other hearty food. They can be added to soups and yeast-bread doughs, served as a side dish or used as a grain-based main dish.

WHEAT GERM

*Medi-Sign Target
All Cells & Every Organ
Symbol of Life (Vagina)*

~Think Vitamin E~

Benefits

- Defends you from Cancer
- Dissolves Cholesterol
- Great for Heart Disease
- Helps Stop Strokes
- Improves Digestion
- Prevents Constipation

Wheat germ is filled with protein, fiber, polyunsaturated fat, vitamins

"All those who believe in telekinesis, raise my hand."

and minerals. It is the heart of the wheat kernel, and the most nutritionally dense part of the wheat kernel. It also includes the endosperm and bran, which is the outer husk.

Presently, the world grows more wheat than any other cereal crop. Wheat was cultivated thousands of years ago by the ancient Chinese, Egyptians and Greeks.

WHEAT GRASS & BARLEY GRASS

Medi-Sign Target
Life Force & Deplaquer



Grass is the world's most ubiquitous vegetation, and there are over 9,000 species. Wherever there is sun, water and soil from the outback "down-under" to the one-inch arctic tundra, there is grass. All grasses begin as grains like wheat, barley, oat, rye and rice. Four of the world's top five crops are grasses. Farmers have noticed for centuries how livestock health improves when they feed the young grasses of early spring.

Dr. Ann Wigmore popularized the use of treating "incurable" cancer people with indoor-grown, freshly squeezed grass juice in the 1970's. Wigmore then saved her own gangrenous legs from amputation by using her grass treatments and even-

tually ran in the Boston marathon. Wheat grass juice is available today freshly squeezed in juice bars and health food stores. You can also make your own in your window sill.

WHOOPIING COUGH (PERTUSSIS)

Medi-Sign Target
Suck on a Rock Salt & Red Raw Potatoes

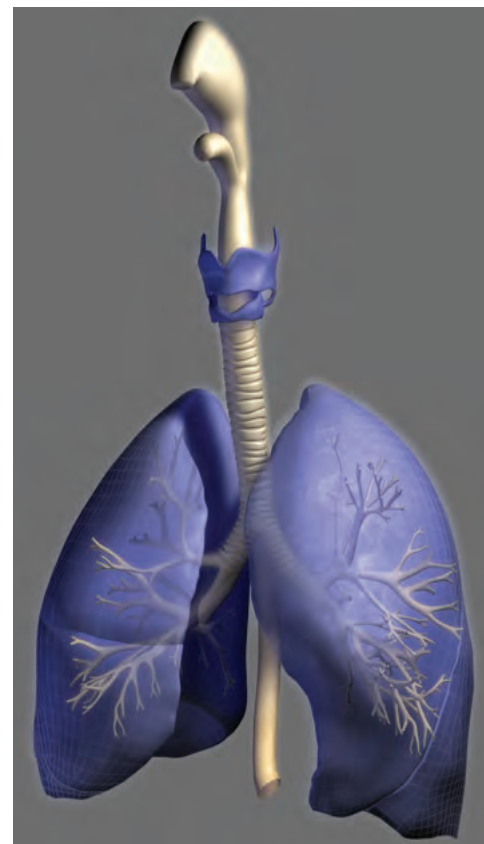
Whooping cough, technically called pertussis, is an infection of the respiratory tract caused by *Bordetella pertussis* bacteria. A pertussis infection can be quite serious and is very contagious. By inhaling contaminated droplets from an infected person's cough or sneeze, people become infected with *Bordetella pertussis* bacteria. Once inside the airways, pertussis bacteria produce chemical substances and toxins that interfere with the respiratory tract's normal ability to eliminate germs. Pertussis bacteria damages the lining of the breathing passages by producing chemicals that cause inflammation.

What are the symptoms?

The first signs of pertussis may be similar to a common cold including nasal congestion, runny nose, sneezing, red and watery eyes, mild fever and a dry cough. Think stringy mucus will follow the dry cough in about one to two weeks. The coughing also begins to lengthen sometimes to over a minute. In cases, this will cause a child to turn red from effort or blue from lack of

oxygen. The characteristic "whooping" sound from the child gasping from air will then follow the coughing spell. Infants, however, may not whoop at all, or if they do it may not be as loudly as older children.

Severe coughing spells can make it hard for a child to eat or drink and may lead to vomiting. This coughing may also cause petechiae, which is tiny, red spots caused by ruptures in blood vessels at the skin's surface, and small areas of bleeding in the whites of the eyes. These coughing spells can continue for several weeks. Because adults and adolescents may have milder symptoms, it may be thought that they do not have whooping cough but bronchitis instead.



Eat frequent meals in small portions to help the chance of vomiting. To prevent dehydration, encourage your child to drink water, fruit juice and clear soups.

"We know that it's true of birds let out of a cage and of dogs taken to the park, and it's equally true of farmed animals: They desire freedom, just as humans do."

How long does it last?

Whooping cough lasts for several weeks or longer. There are usually two weeks of common cold symptoms, followed by two weeks of severe coughing, followed by two weeks of a convalescent period when coughing occurs less often. The convalescent stage may last for months in some children.

How can it be prevented?

Use horseradish, onions, garlic, ceiling fans, open windows, peppermint and eucalyptus oils and herbal teas to remit and prevent whooping cough.

WRINKLES

*Medi-Sign Target
Water & Olive Oil*



Normal Skin Layers

The skin is made up of three layers which are the epidermis, dermis, and subcutaneous tissue.

Epidermis

The epidermis functions as a barrier to the external environment because it is the outer layer. The cells of the epidermis, keratinocytes, move from the bottom layer of the epidermis to the top layer. By doing this they build up a large amount of keratin



and develop a tough outer shell.

The cells flake off once they reach the top layer. The skin can begin to look scaly if this process becomes abnormal.

Dermis

The dermis is the second layer of skin. It contains the structural elements of the skin, the connective tissue. There are various types of connective tissue with different functions. For example, elastin fibers give the skin its elasticity, collagen gives the skin its strength and proteins called glycosaminoglycans give the skin its turgor.

Dermal-Epidermal Junction

An important structure is the junction between the dermis and the epidermis. The dermal-epidermal junction interlocks forming finger-like projections called rete ridges. The cells of the epidermis receive their nutrients from the blood vessels in the dermis. The rete ridges increase the surface area of the epidermis that is exposed to these blood ves-

sels and the needed nutrients.

Subcutaneous Tissue

The bottom layer of skin is the subcutaneous tissue. This layer contains fat cells that provide insulation to the body and make the skin look plump or full.

Drawing of skin layers

Chronological Aging and Wrinkles

The epidermal cells become thinner and less sticky as a person ages. The skin looks noticeably thinner due to the thinner cells. The decreased stickiness of the cells diminishes the effectiveness of the barrier function. This allows moisture to be released instead of being kept inside the skin causing dryness. Epidermal cells decrease by ten percent per decade, and they divide more slowly as we age making the skin less able to repair itself quickly.

There are significant effects of aging on the dermal layer of skin. Not only does the dermal layer thin, but less collagen is produced and the elastin fibers that provide elasticity wear out. The skin will wrinkle and sag causing scaffolding of the skin. The numbers of sweat glands decrease because the seba-

"I almost had a psychic girlfriend but she left me before we met."

“I am a deeply religious unbeliever.” -Albert Einstein



aceous glands get bigger but produce less sebum leading to skin dryness.

As you age, the ridges of the dermal-epidermal junction flatten out. It makes the skin more fragile, making it easier for the skin to shear. This process also decreases the amount of nutrients available to the epidermis by decreasing the surface area in contact with the dermis. Thus it interferes with the skin's normal repair process. The fat cells get smaller with age in the subcutaneous layer. This leads to more noticeable wrinkles and sagging, as the fat cells cannot “fill in” the damage from the other layers.

Free Radicals and Wrinkles

Free radicals are unstable oxygen molecules that have only one electron instead of two. The molecule must scavenge other molecules for another electron because electrons are found in pairs. When the second molecule loses its electron to the first molecule, it must then find another electron repeating the process. This process can alter genetic material and damage cell function. Free radical damage causes wrinkles by activating the metalloproteinases that break down collagen.

Hormone Effects and Wrinkles

As a result of the hormonal effects of menopause or decreased estrogen production, it is likely that there are skin changes. Studies have not documented, however, which skin changes are specific to decreased estrogen and which skin changes are results of just normal chronological aging in humans. In animal studies, a lack of estrogen can cause a decrease in collagen levels of two percent per year and a decrease in skin thickness of one percent per year.

Muscle Use and Wrinkles

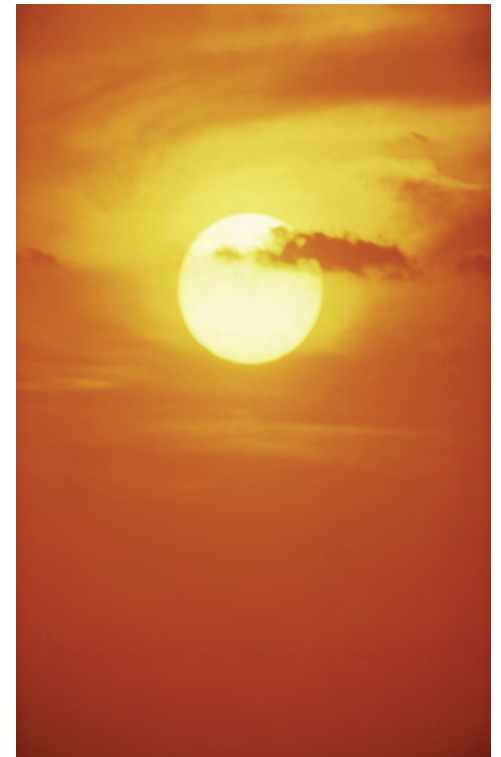
Habitual facial expressions cause the skin to wrinkle as it loses elasticity. Frown lines between the eye-

brows and crows feet radiating from the corners of the eyes develop as the tiny muscles in those areas permanently contract. It's normal, even natural.

Gravity and Wrinkles

The effects of gravity make the loosening of the skin more apparent as skin sags more causing jowls and drooping eyelids.

The answer as always is moderate sunshine, lots of water and salt and especially veggies and fruits. Also you should target wrinkles with sticky foods like okra, flaxseed etc.





History: The Letter X

We have no real need for the letter "X" as "Z" can easily be substituted for most words beginning in "X" to demand the same pronunciation. The combination of "ks" can be substituted in all other words. Since being frequently used by the Greeks, "X" has remained in our alphabet and comes from the Roman "X." There are only a handful of given names that begin with "X." For men: Xavier, meaning "new" or "brilliant" and Xerxes, meaning, "king." For women: Xaviera, meaning "hospitable" or Xaviara meaning "happy" and "hooker." In the FDR, I have very few "X's" but am always happy to see one come along. If you discover any X foods eat them, then write and tell me if it tastes O.K. XOXOXOX! Hugs and kisses!?! "X" literally means fish. XXX must mean lots of suckers, I mean, fish.

Mystery: The Celtic Name Letter Key

A secretive and mysterious nature is indicated by the letter "X." This may have been overruled by other character traits, but the name-bearer's natural tendency would be to be uncommunicative about thoughts and feeling. At the same time the letter indicates a need for physical contact with others, especially those of the opposite sex. One partner is unlikely to satisfy someone who's name-print is dominated by this letter, and even when it occurs only once, it is something of a danger signal, a lot of people are very drawn to that.

“X” FOODS ARE ALL YELLOW FOODS!

Medi-Sign Target
Yellow Reinforces
Positive Emotions

Xanthins are nutrients of incredible power for protection while at the same time inhibiting overwhelm of the immune system. Xanthin is Latin for yellow. When you eat yellow whole foods you're eating your "X-cell-ent" needs.

"X" symptoms of disease come from Xeno Latin meaning strange, not understood and unknown. When eating "X" foods, the strange disease very quickly says, "Nice to

have been here, good-bye," then the Xeno leaves by way of the back door in shame!

Xenia was the Goddess of Hospitality. It is no wonder why people love and welcome the xanthins of bananas and other delightful yellow foods into their inner rooms of their homes as guests.

Xenophobia: The fear of foreigners is on the decline and being replaced by...Xenomania, which is an inordinate love and fondness for all things foreign. Many a woman cannot resist an "accent" from other lands.

Xyst: At one time was the last word under "X" in all dictionaries. A xyst to the ancient Greeks meant the covered space on a gymnasium floor used in winter or bad weather for

athletes to wrestle and strength train especially for the Olympics. Xyst to the Romans was a walk through rows of fruit trees planted in a garden meant to connect you with spirit of Gaea and Hygiea.

Today the last "X" word in most dictionaries is Xyster meaning a surgical instrument used for scraping bones. Eat xanthins and avoid having your bones scraped! It's ok to be yellow! In fact, yellow (*blonde*) is beautiful!



X-tra Notes



"The worst form of inequality is to try to make unequal things equal." -Aristotle



~Yy~

History: The Letter Y

“V”, “U” and “Y” are all relatives in that they probably share the same origin from the Hebrew letter-form of “Ayin” which looked much like “Y.” Somewhere in France is a small village of about 150 people. The name of the village is “Y.” Just “Y.” It was settled in the year 1241. It is the shortest place name known. The longest place name belongs to a village in New Zealand consisting of 85-92 letters, depending on who you talk to.

Taumatawhakatangihangakoauauotamateaturipukakapiki-
maungahoronukupokaiwhenuakitanatahu.

The English translation means: The “the place where Tamatea, the man with the big knee who slid, climbed and swallowed mountains, known as Land eater, played on his flute to his loved one,” really I have found that most great whole food health books have three letters. For example, FDR. Actually, I feel “smiles” is the longest English word; it has an entire mile between the 1st and last letters.

Mystery: The Celtic Name Letter Key

The letter “Y” indicates a concern for others. It hints at a quiet personality, ready to take second place to someone who is a more natural leader. A “Y” in the name-print reveals someone who looks for a permanent relationship in which mutual support will be given consistently. There may be lack of excitement and fire, but this is someone who can be relied upon. As a dominant letter “Y” is rather dangerous because it suggests almost total anonymity, the name-bearer failing to establish a personal identity. As a feature of a personality it may well make the name-bearer reasonably popular, as a good listener is popular, but it should be tempered with a degree of self-assertion.

YACON INCA TUBER

Medi-Sign Target
Pancreas & Blood Balancer



Yacon is grown on the soft slopes of the Andes in Peru (*Cajamarca, Huanuco*) and in eastern Bolivia. To a lesser extent it is grown in Asia.

Many of the edible tubers and roots originating from the Andean region of South American were used by the local inhabitants as sources of food energy. However, two called the yacon and ahipa (*that is Pachyrhizus ahipa*) are considered fruits, while Maca and Arracha are sold as tubers.

Like traditional fruit, yucan tuberous roots have a sweet flavor and are crunchy to eat.

They are usually dried in the sun then eaten raw. Drying them in the sun increases their sweetness, by partly hydrolyzing oligofructans, producing fructose, glucose and sucrose. They dry with wrinkles in the skin which is peeled before eating. The roots can also be stewed or can be grated and squeezed through a cloth to produce a drink. Consumption of yacon in some areas is

linked to particular cultural or religious festivals; it was part of the Inca Sacred meal offered in the twocali (*house of the sun*).

Yacon is high in protein, fibers, vitamins, minerals and sugars.

Medicinally, yacon has been used for diabetics and digestive problems. Dried yacon is sold in Brazil as leaves that have been used as a tea with hypoglycemic properties.

Yacon probably originally was domesticated in the region extending from northern Bolivia to central Peru. It was first exhibited in Europe at the beginning of this century and a serious cultivation attempt was made in Italy in the late 1930's. A drastic increase in awareness of yacon occurred in the 1980's and 1990's, following its inclusion in the 'Lost Crops of the Incas' publication (*National Research Council, USA, 1989*).

The Inca Yacon growing council is looking for farmers and backyard growers, in the U.S. contact:

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YEAST INFECTION/ CANDIDA

Medi-Sign Target
Yogurt Infusion in Vagina & Fermented Foods

The primary way to clear yeast is by feeding the body plenty of ingredients that will help rid you of the germ producing bacteria. This can be done by consuming plenty of yogurt. **Why yogurt?** Because yogurt has an ingredient that creates good bacteria. If you go with yogurt, make sure you consume at least three servings of plain yogurt with cultures each day. Whatever you decide to take make sure you give the treatment at least two weeks to work. This will give the system time to accumulate enough good bacteria so as to rid the bad bacteria. By the end of two weeks you'll notice the difference. The itching will have subsided along with any other symptoms that go along with yeast infections.



After the infection goes away, continue the yogurt, but lesson the intake to three servings a week. Doing this keeps the bacteria in the body in check and prevents the yeast infection from returning. Also, put two tablespoons of yogurt into the vagina at night, by morning the vaginal yeast is gone.

Only wear cotton fabrics because it absorbs heat and moisture, two ingredients that yeast needs to live. Ensure that your significant other is treated as well to prevent repeated contamination.

Candida, or yeast infection as it is also called, is persistent yeast that

"He who joyfully marches to music in rank and file has already earned my contempt. He has been given a large brain by mistake, since for him the spinal cord would fully suffice." -Albert Einstein

can be difficult to rid from the body. If you think you have a Candida overgrowth, you must be serious about getting rid of it. To do this, you must refrain from refined sugar and simple carbohydrates, processed foods and sodas for at least three weeks and maybe longer. You must eat nothing but raw foods, fresh juices and water and salt your food. If you “cheat” on the diet, you will not get the results you expect. In addition, you must eat fresh onions and garlic to kill the fungus, clear it from the liver and blood, build up the immune system, repair the damage done to the intestinal tract and replace the normal flora of the body. All of these steps must be done to get lasting results. Because of the refined sugar and simple carbohydrates restriction, the first two or three weeks are the most difficult.



During the cleansing process, you may experience symptoms you’ve never felt before because of the dead fungus and other toxins that your body is releasing. These toxins will circulate in your blood for a short time until they can be eliminated. They can cause weakness, malaise, headache, nausea and other symptoms. This is a good sign and generally the symptoms are mild.

Don’t worry about these short-term affects. You will feel much better

knowing that you have all toxins and other poisons out of your body in the end. If you should feel sick to your stomach or nauseated, ginger tea and/or peppermint oil have been known to help. Just use two drops in a small glass of water. Vigorous exercise, like walking or bicycling, will help your body eliminate toxins faster. Drinking plenty of fluids will also help. Above all, use common sense and go slowly if necessary. Keep a positive attitude!

The body does heal itself. It takes time. Just be patient, continue with the yogurt and raw foods, and you will find the results well worth it in the end.

Candida is another term for a yeast infection, or more precisely a vaginal yeast infection, since most yeast infections occur in the vaginal area. This is with the exception of thrush that originates in the mouth. A yeast infection is an accumulation of bad bacteria that forms a yeast-like fungus, also known as *Candida albicans*.

This usually settles in one area. If the person’s diet is really bad, though, the body’s alkaline/acidic balance will be thrown off causing this yeast-like fungus to spread throughout the body. It does this by duplicating and spreading itself through the bloodstream. As it travels through the system, some parts of it will attach to organs and other organisms.

During a lifetime, 75 percent of all women are likely to have at least one vaginal Candida infection, and up to 45 percent have two or more.

Women tend to be more susceptible to vaginal yeast infections if their bodies are under stress from poor diet, lack of sleep, illness, pregnancy or taking antibiotics. Immune-suppressing diseases like diabetes and HIV infection also increase the risk.

Symptoms of a vaginal yeast infection include:

- “Burning” discomfort around the vaginal opening, especially if urine contacts the area.
- Pain or discomfort during sexual intercourse.
- Thick, white, cheese like discharge.
- Vaginal itch and/or soreness.

The use and overuse of antibiotics is a major reason for yeast infections. It is widely known that antibiotics kill off the bodies good bacteria along with bacteria that cause infections. Use of antibiotics can result in major developing medical problems.



Other factors that cause infections, and this varies with each person, is stress, diet, weather changes meaning too much humidity, abusing birth control pills, too much caffeine, high sugar intake, excessive amount of carbohydrates and lack of sexual hygiene from a male partner.

“There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.”

“I like nonsense; it wakes up the brain cells.” -Dr. Seuss

To help prevent vaginal yeast infections, you can try the following suggestions:

- After swimming, change quickly into your dry clothing instead of sitting in your wet bathing suit for prolonged periods.
- Avoid antibiotics.
- Avoid irritating soaps (*including bubble bath*), vaginal sprays and douches.
- Change tampons and sanitary napkins frequently.
- Keep the external genital area clean and dry.
- Wear loose cotton (*rather than nylon*) underwear that doesn't trap moisture.

YELLOW FEVER

*Medi-Sign Target
Salt, Onions & Garlic*



Yellow fever, also called yellow jack, black vomit or sometimes American Plague, is an acute viral disease. It is still an important cause of hemorrhage illness in several African and South American countries and has been a source of several devastating epidemics.

The disease is one of the smallest viruses isolated from man and is

caused by an arbovirus of the family Flaviviridae.

The progression of the disease is monkey to mosquito to human where mosquitoes are the transmitters, and in person-to-person cases where humans are the transmitters. The Mosquitoes involved are *Aedes simpsoni*, *Aedes africanus*, and *Aedes aegypti* in Africa; and the *Haemagogus* and *Sabethes* genera.

The disease varies from an unapparent infection to an intense feverish illness with high mortality rates. There is a difference between disease outbreaks in rural or forest areas and in towns. Disease outbreaks in towns and non-native people are usually more serious.

After a three to six day incubation period, symptoms include: fever, muscle aches, headache, backache, red tongue, flushed face and reddening of the eyes. In a proportion of cases there is also involvement of internal organs like the liver, kidneys and the heart.

There may be hemorrhage from the digestive tract, in other words bloody vomit. Later the disease is sometimes complicated by jaundice with liver failure and/or renal insufficiency with proteinuria. If the

disease progresses the person may face delirium, seizures, coma, hypotension and dehydration. Mortality is around 5%. People who die usually do so within six to seven days from the onset.

Some countries even have a legal requirement that travelers going to an endemic area receive vaccina-

tion. Yellow fever is one of the few diseases where this pertains. The same countries also usually have regulations requiring quarantine for people who arrive from yellow fever endemic areas not providing evidence of their having been vaccinated against yellow fever. This is due to the vectors for transmission of yellow fever, the *Aedes* mosquito, exists in other tropical parts of the world. These parts are not endemic for yellow fever and outbreak could potentially erupt if the disease is inadvertently brought in.

Treatment

Treatment is symptomatic and supportive only. Get fluid replacement. A fever victim needs to get lots of rest, fresh air, fluids, and have colonics. Ingestion of fresh raw garlic and fresh raw onions is a must.

YELLOW SQUASH

*Medi-Sign Target
Liver*



Yellow squashes are either crook-neck with a bulging end or simply cylindrical. Yellow squash is the mildest of the edible skinned summer squashes. Their flesh is sweet. The crookneck variety has a bumpy skin. Standard length is six to eight

inches; anything over eight inches is overgrown and will be watery. It is available year-round.

YELLOW WAX BEAN

Medi-Sign Target
Intestines & Liver Cells



A yellow wax bean is a snap bean that is a golden yellow or purple colored version of the green bean. It is harvested and eaten during the early stage of maturity, when it is tender, sweet and crisp. It is also referred to as the yellow or purple wax bean.

YOGURT

Medi-Sign Target
Life Force



Benefits

- Aids digestion
- Guard against ulcers
- Lowers cholesterol
- Strengthens bones
- Supports immune system

Legend has it yogurt was invented accidentally. Somewhere in Turkey, milk in a goat skin bag curdled, or fermented, during a desert journey. That brave nomad must have been pleasantly surprised when he tried the end result. Turkey is still famous for its yogurt, but it's different from the yogurt you buy at the supermarket.

Commercial Western yogurt is made by adding bacteria, usually *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, to pasteurized milk then heating. These bacteria are responsible for many of yogurt's claims to health fame.

Unfortunately, some processing steps destroy the bacteria. So, for the best nutritional benefit, make sure your yogurt label says, "*Active yogurt cultures.*"

Yogurt is also a good source of calcium, riboflavin, protein, vitamin B12 and potassium.

Aids Digestive Health

By eating some creamy yogurt regularly, you may be able to avoid unpleasant intestinal problems.

There are over 400 different kinds of bacteria in your digestive tract. Some of these are good bacteria, called probiotics, which help keep harmful bacteria in check. However, things like antibiotics, food poisoning or other various illnesses often kill a lot of your good bacteria. The result can be intestinal upset including diarrhea. You can help your body maintain the delicate

balance between the good and bad bacteria by eating yogurt. With its wealth of probiotics, yogurt is a natural way to re-stock your inventory of good bacteria.

Both thousands of years of human experience and modern research over the last 40 years confirms that yogurt can help treat and perhaps prevent intestinal infections or diarrhea caused by bacteria such as salmonella and E. coli.



Blocks Ulcers

Discovering that *Helicobacter pylori* bacteria cause ulcers was a major medical breakthrough. *H. pylori* is a small bug living in the stomach of humans that cause chronic gastritis and peptic ulcer diseases. It is sometimes involved in certain forms of gastric cancer. Since this discovery, antibiotics have been the standard treatment. However, antibiotics cause other effects, and *H. pylori* is developing resistance to most of them. *H. pylori* has special adaptations to survive and is difficult to wipe out from the stomach. So, many experts believe yogurt is the best solution.

Because of differences in processing, your yogurt may or may not help rid *H. pylori*, but for now it's a natural and tasty way to try. If it doesn't, make your own.

Strengthens Bones

An eight ounce serving of yogurt

"I never came upon any of my discoveries through the process of rational thinking." -Albert Einstein

Y - FOODS & SYMPTOMS

“I don't regret anything I've ever done, so long as I enjoyed it at the time.” -Katherine Hepburn

provides calcium needed to strengthen bones. If you're lactose intolerant, you'll probably be able to digest yogurt much more easily than milk or other dairy foods.

Boosts Immune System

A healthy immune system means you're better able to ward off many diseases including cancer, and yogurt can be one food that helps.

A University of California study found that by eating two cups of yogurt a day you increased an important immune system substance called gamma-interferon. Researchers have tested other specific probiotics in yogurt and found many of them cause your body's defense system to kick in. Make sure your yogurt contains live and active cultures in order to get this benefit.

Cholesterol

Experts believe that more yogurt means less cholesterol circulating through your body. It took a remote

tribe in Africa to spark scientific interest in this cholesterol-lowering effect of yogurt. The Maasai people have a low rate of heart disease despite consuming the sort of diet that would typically raise cholesterol levels, including large amounts of meat. Investigation uncovered a staple of their diet responsible for this unusual finding was fermented milk.



Yeast Infections

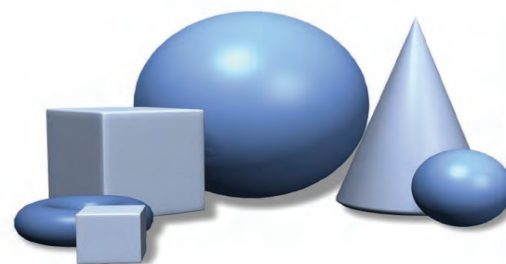
Perhaps for good reason, women seem to be more likely to eat yogurt than men. A cup or two of yogurt a day may provide just the right

amount of good bacteria to prevent or treat vaginal infections. So, if you're prone to this type of complaint, snack on this creamy treat and infuse about two tablespoons into the vagina to clear infections overnight.

If you want to get the most health benefits from commercial yogurt read the label. Look for kinds that contain live active cultures and haven't been heat-treated, since heat kills the beneficial bacteria. Also check the expiration date since the probiotics in yogurt get weaker as the product ages.

Reading the label will also tell you how much sugar is contained within the yogurt. Some yogurts have up to seven teaspoons of added sugar which are empty calories you don't need. Get plain yogurt and sweeten it yourself with fresh fruit, honey, maple syrup or sweet leaf.

Notes





~ Z z ~

History: The Letter Z

The dagger shape from which our "Z" comes from must have been very important to the Phoenicians, Hebrews and Greeks. It occupied first-rate placement in their alphabets. If you wanted to indicate "Z" in national flags, you would need to divide a flag into four sections the diagonally from opposite corners and color the upper triangle yellow, the left black, the right blue and the bottom red. My kiwi friends in New Zealand call "Z," "zed." The internationally accepted name for "Z" is "Zula," which is really the name of the people living in Natal, South Africa which is really a new name for a place that was once called Zululand. Although I don't have any FDR readers in Zululand, I do have some in Park City if you'd like me to send some more FDR's even from out of state I'll do it. Order them at www.thefdr.com

Mystery: The Celtic Name Letter Key

"Z" is an indication of someone who appreciates the unusual and is particularly glad to get out of a rut, socially or professionally. It is the mark of an individual who will stand out in a crowd. The name-bearer will be happiest in a job that allows personal recognition. Negative associations with the letter include a degree of untidiness and occasionally a lack of clear communication in speech or writing. The name-bearer will also work at a rather slow speed in order to be meticulous. As a dominant letter in a name-print, "Z" hints at eccentricity, which the name-bearer will have to keep under control. "Z's" are nearly always successful.

ZINC

Medi-Sign Target
Skin

What is zinc?

Zinc is one of the most common elements in the earth's crust. Zinc is found in the air, soil, water and all foods. Pure elemental zinc is toxic and is a bluish-white shiny metal.

Zinc has many commercial uses like coatings to prevent rust, use in dry cell batteries and the ability to be mixed with other metals to make alloys like brass and bronze. In fact, a zinc and copper alloy is used to make pennies in the United States.



Zinc combines with other elements to form zinc compounds. Common zinc compounds found at hazardous waste sites include zinc chloride, zinc oxide, zinc sulfate and zinc sulfide. In industry, zinc compounds are widely used to make paint, rubber, dyes, wood preservatives and ointments.

Great Sources of Phytochemical Nutritional Zinc:

- Almonds
- Beans
- Cashews
- Cheese
- Chickpeas (*garbanzo beans*)
- Eggs
- Fruit
- Milk
- Peanuts
- Yogurt

ZUCCHINI

Medi-Sign Target
Penis & Skin



The name zucchini comes from the Italian word for "small squash." The funny thing is that some of these "small squashes" grow to be 18 inches long! Zucchini has become as common as carrots since their introduction in the 1920's. Zucchini is enormously versatile because of its mild taste. Oversized, mature zucchinis are best when stuffed and baked. Zucchini is available year-round.

NOTES



"The brain gives the heart its sight. The heart gives the brain its vision."



Dear FDR Reader: I have tried in every instance to give thanx and acknowledgements to people and companies that shared testimonials, pieces, quotes and information.

If I forgot you or your company please accept my sincere apologies.

Feel free to contact me directly, and you'll be included in the next re-printing.

A special thanx to ZygoTe for their brilliant development in presentation of images and graphics.

I have purposefully not included an exhaustive concordance in the FDR. I feel it is a process of flipping pages reading some and moving on. A time of discovery, intuition and luck; a fortuitous moment of knowledge.

All foods are both Yin and Yang, male and female. Some foods are expansive others are contractive. Potatoes ground you, while melons expand you. Each human has male and female qualities. That's why all foods effect men and women in profound ways.

Bon Appetite and great fun exploring the FDR.

A special thanks with deep appreciation for the talents and skills of the following:

animationfactory.com

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