WHAT WORKS IN HEALTH

A Guide to Health and Natural Cures

By

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Hello.

Thank you so much for taking the time to purchase and read this book.

I have been always been fascinated in health and for the past six years have undertaken a lot of research on sickness, disease, and health matters. In fact, my website www.naturalhealthbenefits.com has been set up with the express purpose to promote and educate on alternative health and good nutrition.

Most of us have too much going on in our lives to plough through all the massive amount of information on health that is out there. Most of us rely on newspapers and television to give us any good news or bad – a lot of it contradictory – about health and sickness. Sadly it is rare to find a newspaper that print any good news, let alone correct medical information that you can use to benefit yourself with. And this is where this book comes in.

This book is a compendium of health tips and useful information for better health, wellbeing, fitness, and ultimately satisfaction in life. How many of us, afflicted, for example, with a bad case of dandruff, or acne, can afford the time to sit in crowded doctors surgeries? There are a lot of conditions like these that are not exactly life-threatening – but can be annoying or distressing just the same. Unfortunately Doctors are not being trained in nutrition and most of them have little knowledge of the effects of our lifestyle and environment can often have upon us.

The picture today is that there are billions being spent on research for cures for major diseases and minor ones – drugs and treatments that often have little effect in solving the problem itself let alone the underlying reason why it happened in the first place. Chronic illness is not something that will go away by itself without any intervention of some kind. One of the biggest criticisms of complimentary treatments is that there is no real evidence to show they actually work. This is rubbish – as all you need to do is dig for it.

However, not many people have the time to do any research by scanning the latest scientific papers, read the latest health books, or listen to experts, but that is now my job since becoming a nutritional therapist. I love what I do and consider myself lucky to be paid for it, and even more fortunate to be able to pass on what I learn so that other people can gain from this knowledge.

Over the last three years I have made a complete recovery from breast cancer, chronic back pain and arthritis, irritable bowel syndrome, acid reflux (recurring heartburn) and allergies such as hay fever, eczema and asthma, all by changing my diet and lifestyle. This is the material on my website, so I won’t go into it here – but this has proved to me the fact that our bodies are capable or correcting many serious errors and healing themselves if given the correct treatments and the opportunity to do so.
This is not a book you have to read from cover to cover but, if you like, a reference manual which you can dip into whenever you like. I have included a resources section so you can find the practitioners and products you need to stay healthy, maybe to build up a good “health library” or simply find out more about your own health.

I am encouraged by the fact that there are more people today willing to take responsibility for their own health than before, when drugs and doctors prescriptions were seen by the majority just a few short years ago as the only way to get well from an illness. Modern healthcare obviously plays a large part in treating illness, but it is by no means the ONLY way. Natural health cures really do work and can give you the same energy levels you had ten years ago. Above all, it encourages practitioners to look for the cause and not just the symptoms of illness.

In conclusion, this book is not meant to replace proper qualified medical advice. Anyone suffering from ill health is of course, advised to consult with a physician. However I do encourage people to be discriminatory in what they do with the health advice they receive and I encourage you to become more aware of how the problem came about in the first place. Doctors after all are YOUR servants – something that is often forgotten.

Good Health!

Susan Insole
Chapter One

Skin Problems

Our skin is the largest organ in our bodies. It acts as a physical barrier between the outside world and the delicate machinery of our bodies. The innermost layer is made up of cells which frequently divide, forming more cells which work their way outwards as they mature. In this way, our skin is constantly renewing itself and repairing itself and it is a good barometer of our state of health. The appearance of our skin is closely linked with any deficiencies in nutrients by or a bad diet by showing up in the following ways:

Skin Cracks

When cracks appear around the lips, they are often (but not always) a sign of a B-vitamin deficiency. It is therefore a good idea to take a good vitamin B complex, as it is difficult to differentiate which B vitamin is deficient.

Dry Skin

Dry skin is the first sign of a Vitamin A deficiency, so you should check your diet. This is particularly true if you have rough gooseflesh on your legs or arms that does not go away. If you do have these bumps (especially the outside of the thigh) the best action is to take extra vitamin A supplements daily.

Cod liver oil is rich in both vitamins A and D, and can also be rubbed into the skin. You should eat plenty of vitamin A rich foods such as carrots, sweet potatoes, tomatoes, and liver. A lack of omega 3 essential fatty acids is another reason for dry sore skin. Make you have at least 1000mg of omega 3 oils every day and eat plenty of oily fish, nuts and seeds.

Pure Vitamin E oil is also great for dry skin. You can buy the vitamin E oil capsules to take and buy the oil for rubbing into the skin. Vitamin E oil is also good for healing stubborn spots and to fade stretch marks and scars.

Oily Skin

We all produce a substance in our skin called sebum to keep skin moist but some people produce an excess which causes very oily skin. Although this can be hereditary, it is also affected by diet and hormone balance.

Diet wise, reduce saturated fats mainly from meat and dairy products. These fats can interfere with the body’s processing of the important essential fats found in oily fish, nuts and seeds. I recommend supplementing flax seed oil 1000mg
twice a day. And its also important to reduce sugar in your diet because sugar feeds infections.

Washing your face frequently with soap can do more harm than good if you have oily skin. The more you wash, the more your skin secretes. Its better to wash only in water, unless its really dirty in which case a mild soap containing aloe vera can be used. One thing that seems to help oily skin is a facial mask made with brewers yeast.

Mix one teaspoon on yeast with enough water or skimmed milk to make a loose liquid paste. Apply to freshly cleansed skin that has been rinsed with water containing a few drops of apple cider vinegar. Pat the yeast mixture into all areas of the face and allow to dry completely before rinsing away with warm and then cooling water. Blot dry.

Drinking tea made with marigold provides an ideal balance for an over oily skin.

Acne

The chief culprit is a diet with an excess of sugar, fats and fried food which depresses your immunity. Physicians will prescribe all sorts of things like peroxide and antibiotics to solve the problem, but it still keeps on recurring! Teens tend to suffer more than most - In puberty the body is going through a lot of changes and it needs the right type of fuel to get through it. Teenagers often don't listen to dietary advice either and prefer to munch on all manner of burgers and fries, Tennessee fried chicken and suchlike, all of which makes the problem worse. See also Home remedies (chapter 7)

What to do:
To solve the immediate visible problem is to rub ice cubes over your face for 3 to 5 minutes before washing with a good soap containing Aloe Vera and applying the Aloe Vera lotion/gel available from good health shops, This will greatly reduce the irritation and spots will start to fade within a week if you repeat 3 times a day. Don’t buy acne washes – they just don’t work – whilst alcohol based lotions and creams burn the skin and cause more irritation, dryness and peeling. In the meantime as well for the underlying cause -tackle your diet – plenty of fruit, (vitamin C powder twice a day in freshly squeezed fruit juice helps with healing) and veggies raw or lightly steamed. Avoid fried food and dairy products at all costs as well as processed foods, trans-fats like margarine and sweets/chocolate. Throw away the sweet fizzy drinks and drink at least four pints of mineral water a day (around 8 glasses) to detoxify. If you don’t think you can drink that much water try fruit teas as an alternative. This is the only way to get rid of it for good! Within a few weeks you can discover a whole new you.
Dermatitis, Eczema, Psoriasis

I have grouped these together as the treatment is very similar. If you are a sufferer you will need to restore nutrient balance (more about that in a moment) and review carefully and try to avoid the chemicals in your environment to which you come into contact with on a regular basis. These can include household products, shampoos, skin creams, makeup, bath cleansers, soap powders and washing up liquid as well as what you may be using at work - You get the picture! Use safe alternatives from “Neways International” – they have excellent products that use safe alternatives for harmful chemicals in household products like those above. Check out their website at www.newaysinternational.com

Take action:
Take zinc 30 mg twice daily, plus Vitamin A emulsion (safe form of A) 50,000 IU per day (do not use if pregnant)
Selenium is also helpful – take 200 mcg three times a day as well as Silymarin, 70-200 mg three times a day. (all supplements available from health food shops)
Drink a lot of blended vegetable juices (Not fruit - Fresh best if you have a juicer) and plenty of fresh clean water. Tip: limit intake of animal fats, replacing these with oily fish such a salmon, mackerel, herring, halibut etc. Apply non irritating treatments to the skin such as Aloe Vera lotion or gel, or creams containing chamomile or witch hazel. Also recommended by herbalists are preparations of Glycyrrhiza glabra, Artium lappa or Taraxacum. Avoid steroids wherever possible.

Other good ways of beating these conditions is avoiding stress and getting plenty of rest – in fact a holiday is recommended, especially ones where you laze on the beach and rest until noon. MODERATE but consistent exposure to the sun is OK (use safe creams only) unless you burn easily.
Chapter 2

Digestive problems

More and more people seem to be suffering from a number of complaints affecting the whole digestive system. Some of these disorders are mild but some are quite serious, and need addressing before they get any worse.

All digestive disorders- even the serious ones are usually caused by poor diet and a hectic lifestyle. I am including a lot of these conditions together as the remedies for them are essentially the same. Once you realize how these conditions are caused the answer to most of the problems becomes easy to understand and straightforward to implement.

Irritable Bowel Syndrome, Crohns Disease, Ulcerative colitis, Diverticulosis, diverticulitis, Disbiosis, coeliac disease (or malabsorption).

These and other conditions were virtually unheard of years ago when food used to be virtually free of chemical residues like pesticides and people tended to eat a better diet overall.

What causes these?

We all have bacteria in the gut. We all also produce digestive enzymes. This is to help break the food down so it can be utilized by passing the nutrients out into the blood stream via the gut wall. This is a delicate balance internally and overgrowths of bacteria, yeasts and fungi can upset this delicate balance. This can occur by eating the wrong foods. This is the main cause of a whole host of digestive problems and can bring on symptoms such as abdominal pains and cramps, constipation, diarrhoea, fatigue, flatulence, skin rashes, leaky gut, indigestion, acid reflux (heartburn) poor absorption and weight loss. Other main causes are:

- Damage from too many wheat, barley, rye and oat products
- Bacterial and/or viral infections
- Small intestine bacterial overgrowth
- Processed diet
- Too much refined sugar and grains
- Too little fibre
- Too many antibiotics
- Too many drugs
- Poor water intake
**Take Action:** Although this may appear to be quite strict, after following this diet for a few days you should notice increased energy, easier movement, better sleep and less digestive problems. Cut the following foods out of your diet for at least 2 months and monitor the results – you may have overburdened your digestive system with the glutens and mucus from the following foods.

**Foods to Avoid:**
- All cows milk products: cheese, yoghurt, whey, butter, etc.
- All yeast products: Alcohol, bread (soda bread is allowed) Marmite, Oxo, Bovril,
- Vinegars, mushrooms, processed and smoked fish and meats.
- All sugar products: honey, fructose, lactose, glucose, dextrose. Nutrasweet, Canderel, Equal and all aspartame and saccharin products
- Nearly all fruit: Over-ripe fruits are full of sugar and yeast (hence they go mouldy when over-ripe)
- Products made with white flour such as pasta
- Coffee and other caffeine containing beverages
- All convenience/junk foods
- Pickles and shop bought sauces

**What Foods to eat:**
Eat a high fibre diet of:
- whole grains, like brown rice, millet, Quinoa (pronounced Keen-wah), rye, barley and buckwheat
- green vegetables,
- hard fruit such as apples, pears and kiwifruit, and
- sprouted seeds (Alfalfa, beansprouts etc)
- Legumes (Beans, lentils, chickpeas)
- Red, yellow or green Sweet peppers,
- free range eggs,
- fresh fish and sea food (Not shellfish)
- Lamb and veal,
- poultry, chicken, turkey in small amounts,
- garlic, fennel, endive,
- hot chilli peppers, herbs and spices.

**In moderation:** Fats – Avocado oil, cod liver oil, flaxseed oil, hemp oil, olive oil and potatoes

**Fluids:** Try to drink at least 8 glasses of water each day – or substitute some of this with fruit teas – your body will need this to flush out toxins. If you can get into the habit of drinking more water the benefits are many: you’ll notice increased energy, better concentration, and clearer skin to name but a few.
Helpful Supplements:
- Take protein digestive enzymes
- 1 tablespoon of Aloe Vera juice before meals to calm down any inflammation
- B complex 50 mg per day to help you break down your foods as well as digestive enzyme supplement with meals.
- 1000 mg twice daily of L'glutamine powder can do wonders
- Triphala tablets and milk thistle tincture 15 drops 3 times a day helps too.
- A six month course of intestinal pro-biotic (as opposed to anti-biotics) (yeast raiders from Holland and Barratt are good) to build up the good bacteria is beneficial too.
- The best herb for digestive problems is gentiana root (available from health food shops) thirty drops in water before all meals should also help.
- A raw clove of garlic every day (can be grated into tinned tomatoes – delicious) will kill any bacterial infections in the gut.

Lifestyle changes:

Do not overeat and chew food really well before swallowing. It's also a good idea to drink vegetable juices once a day (Vegetables are full of natural digestive enzymes).
Try not to eat late at night as digestive juices are weaker then.
Above all – learn to take your time over meals and don’t eat on the run
Eliminate stress from your life as much as possible.

Eliminate Heartburn Permanently

Most people experience a touch of heartburn from time to time, particularly after a heavy meal such as Christmas dinner. The cause of this is stomach acid rising up into the gullet, which over time (if it happens frequently) can become sore and inflamed. Here is how to beat it:

- Limit spicy and fatty foods, hot drinks, acidic fruit juices, and spirits
- Add more vegetables and salads to your diet
- Eat little and often, chewing slowly and well before swallowing
- Do not overfill your stomach
- Sit up during and after meals - don’t eat food slumped in a chair in front of the TV – this enables stomach acid to rise up into the gullet
- Avoid smoking after meals – smoking on a full stomach is one of the main causes of heartburn as it relaxes the muscles at the end of the gullet
- Avoid stooping and bending at the waist after eating
- Allow time for food to digest before going to bed – ideally for at least 2 hours
- Some people find that sleeping on their left side reduces heartburn
Chapter 3

Weight Problems

First of all: Most conventional and traditional faddy diets do not work, period. Calorie Counting diets, the “point system” diet and the Atkins diets – high protein with few or no carbohydrates – are in my opinion useless – and will all fail you. You may lose some weight in a few weeks or even in a few months but they will not do your body any favours – and some may be downright dangerous to your health.

Why Low Calorie Diets Do Not Work

Meal replacement and low calorie diets sound like they are a good option but can you imagine spending your life with them? And what are the consequences if you do? Since fat is what you want to lose it helps to understand what it is. A pound of fat is the size of a small brick. The idea that you can lose 7lb of fat in a week is therefore ludicrous. The maximum fat loss is more like 2lb a week although 1lb is more realistic. Any further weight loss will be water and is likely to come back quickly. Very low calorie diets, cause an initial weight loss that consists mainly of water. As you start eating enough for your body needs, your stores of glycogen, from carbohydrates and fats, replenish themselves, along with water. This is one reason why some diets cause initial weight loss in the first week and a rapid weight gain when you stop them. All in all it is what you can stick to that works.

Faddy diets tend to restrict you and therefore rob you of some essential things your body needs. For example the high protein diet advocated by Atkins is nutritionally flawed. Everybody needs complex carbohydrates to function properly and for energy. Complex carbohydrates include important grains like brown rice, millet, quinoa, rye barley and buckwheat. Leaving these out of your diet altogether can cause digestive problems, mood swings, anger fits, dizziness, headaches, stomach cramps and even depression.
The Missing Factor from Most Diets

The reason why calorie counting doesn't add up is the key to what is missing from most diets. The missing link is metabolism - the process of turning the fuel from food into energy. Those who do not do this very well have a slower metabolism and consequently turn more food into fat. Most obese people have slower rates of metabolism than slim people. One of the big problems with crash diets under 1000 calories a day is that the body sees this reduction in food as a threat and slows down the metabolic rate by as much as 45 percent. In that short term you can lose around 7lb of body fluid, and if you’re lucky, an absolute maximum of 2lb of body fat a week, which together can account for as much as 10lb in a few weeks. But the minute you go back to what you were eating before, the fluid returns-and so will the fat, because your metabolic rate has slowed down, meaning you now need less food to maintain a stable weight. Of course, all this dieting is good business for the diet industry!

What Causes People to become overweight

For several million years, humans existed on a diet of animals and vegetation. It was only with the advent of agriculture a mere 10,000 years ago - a fraction of a second in evolutionary time - that humans began ingesting large amounts of sugar and starch in the form of grains (and potatoes) into their diets.

Indeed, 99.99% of our genes were formed before the advent of agriculture; in biological terms, our bodies are still those of hunter-gatherers.

While the human shift to agriculture produced indisputable gains for man - modern civilization is based on this epoch – societies where the transition from a primarily meat/vegetation diet to one high in cereals show a reduced lifespan and stature, increases in infant mortality and infectious disease, and higher nutritional deficiencies.

Contemporary humans have not suddenly evolved mechanisms to incorporate the high carbohydrates from starch- and sugar-rich foods into their diet.

In short, we are consuming far too much bread, cereal, pasta, corn (a grain, not a vegetable), rice, fried potatoes and snack cakes, with very grave consequences to our health.

Making matters worse, most of these carbohydrates we consume come in the form of processed food - 65% of Americans are overweight, and 27% clinically obese, in a nation addicted to sesame seed buns for their hamburger, with a side order of French fries and a Coke, so this is no coincidence.
It is not the fat in the foods we eat but, far more, the excess carbohydrates from our starch- and sugar-loaded diet that is making people fat and unhealthy, and leading to epidemic levels of a host of diseases such as diabetes.

**Diabetes is on the increase**

If you are experiencing any of the following symptoms, chances are very good that the excess carbohydrates in your body are, in part or whole, to blame:

- Excess weight
- Fatigue and frequent sleepiness
- Depression
- Brain foginess
- Bloating
- Low blood sugar
- High blood pressure

We all need a certain amount of carbohydrates, of course, but, through our addiction to grains, potatoes, sweets and other starchy and sugary foods, we are consuming far too many.

The body's storage capacity for carbohydrates is quite limited, though, so here's what happens to all the excess: they are converted, via insulin, into fat and stored in the adipose, or fatty, tissue.

Any meal or snack high in carbohydrates generates a rapid rise in blood glucose. To adjust for this rise, the pancreas secretes the hormone insulin into the bloodstream, which lowers the glucose.

Insulin is, though, essentially a storage hormone, evolved over those millions of years of humans prior to the agricultural age, to store the excess calories from carbohydrates in the form of fat in case of famine.

Insulin, stimulated by the excess carbohydrates in our over-abundant consumption of grains, starches and sweets, is responsible for all those bulging stomachs and fat rolls in thighs and chins.

Even worse, high insulin levels suppress two other important hormones - glucagons and growth hormones - that are responsible for burning fat and sugar and promoting muscle development, respectively.

So insulin from excess carbohydrates promotes fat, and then wards off the body's ability to lose that fat.
Excess weight and obesity lead to heart disease and a wide variety of other diseases. But the ill effect of grains and sugars does not end there.

They suppress the immune system, contributing to allergies, and they are responsible for a host of digestive disorders.

They contribute to depression, and their excess consumption is, in fact, associated with many of the chronic diseases in our nation, such as CANCER and diabetes.

Start to take control of your health. Make the changes necessary and feel better and live longer.

**The Theory of Dieting**

Most diets say that if we eat less and exercise more, we will lose weight. In theory it does - but not in practice. Firstly this approach does not address the reasons why we overeat (or under exercise) and secondly, it does not work! Using this theory as an example, an apple contains approximately 100 calories. Let’s say you eat one less apple every day for a year - then you would lose 36,500 calories. A pound of body fat is equivalent to around 4000 calories. This means you would lose 10lb in the first year, would have lost 3 and a half stone by the 5th year, 7 stone by the 10th and vanish completely after 15!!! All by eating one less apple a day! Modern diets are at last emphasising foods that release their sugar content slowly. *(the Low GI Diet)* Slow release produces a more consistent energy level and longer relief from hunger, and gives the body a better chance to use up the food rather than turning it into fat. An estimated eight in ten overweight people have an underlying blood sugar imbalance. For these people, following a low-stimulant, high complex carbohydrate diet is essential.

In addition most faddy diets leave out or restrict essential fatty acids (EFAs) – again this is bad nutritional science as EFAs actually helps the body to dissolve fat. A good diet is not about starving yourself but rather changing your lifestyle to a new one eating plenty of healthier food choices. And even better **Healthy food choices make you look and feel great!**

**Blood Sugar - and its role in Dieting**

Keeping your blood sugar balanced is probably the most important factor in maintaining even energy levels and weight. The level of glucose in your blood largely determines your appetite. When the level drops you feel hungry. The glucose in your bloodstream is available to your cells to make energy. When the levels are too HIGH the body converts the excess to glycogen (a short term fuel store mainly in the liver and muscle cells) or fat, our long-term energy reserve. When the levels are too LOW we experience symptoms such as fatigue, poor concentration, irritability, nervousness, depression, sweating, headaches, and
digestive problems. An estimated 3 out of 10 people have impaired ability to keep their blood sugar even. It may go too high, then drop too low. The result over the years is that they become increasingly overweight and lethargic. But if you can control your blood sugar levels the result is even weight and constant energy.

The Secret of Dieting Well

Do you want to lose 1 stone in 12 weeks, without going hungry? Yet how many times have you heard that only way to lose weight through diet is to eat less. It’s not just how much you eat, but what you eat that counts. Atkins exploited the fact that when you starve yourself of carbohydrate you use up your body’s stores of energy, called glycogen. This can result in an instant weight loss of several pounds. But it’s not fat, and it does come back. It is not just how MUCH food that makes a difference, but the KIND of food you eat. The human body is meant to run on complex (slow releasing) carbohydrates, which means whole grains, beans, lentils, vegetables and fruit.

The PERMANENT way to lose weight

To lose weight PERMANENTLY and ensure you get enough of the right carbohydrates: Eat whole foods - whole grains, lentils, beans, nuts, seeds, fresh fruit and vegetables - and avoid refined white and overcooked foods. Eat 5 servings a day of dark green leafy and root vegetables such as watercress, carrots, sweet potatoes, broccoli, Brussels sprouts, spinach, green beans or peppers, either raw or lightly cooked. Eat 3 or more servings of fresh fruit such as apples, pears, bananas, berries, melon or citrus fruits. Eat four or more servings a day of whole grains such as rice, millet, rye, oats, whole wheat, corn, quinoa as a cereal, breads, pasta or pulses. Avoid any form of sugar, added sugar and white or refined foods. Dilute fruit juices and only eat dried fruits infrequently in small quantities, preferably soaked.

How to Slim without Suffering

Follow a low to medium calorie diet high in fibre, low in fat and balanced for fat, protein and carbohydrates. Avoid sugar, sweet foods, coffee, tea alcohol and cigarettes or at least reduce them as much as possible. Take aerobic exercise at least twice a week – i.e. running, swimming, brisk walking, dance classes etc. Supplement your diet with vitamins and minerals. Most important are the B vitamins, Vitamin C and the minerals zinc and chromium.

Tip: Also consider taking 750mg of HCA (Hydroxycitric Acid), a useful fat burning supplement, often found in supplements together with chromium. Another useful aid in dieting is supplementing your diet with a daily 5 grams of konjac fibre. This substance derives from the Japanese Konjac plant, and it absorbs almost 10
times as much water as wheat bran and is therefore a good bulking agent. More importantly it controls blood sugar levels so effectively it is used in Japan to treat diabetes. It has also been shown in controlled trials to induce a weight loss of 2-5 lb a month without any apparent change in diet or increased exercise. It showed a clear benefit in some people where all else had failed. It is certainly worth trying.

Supplements that REALLY Work

Your ability to burn fat does not depend on just the foods you eat - the fuel. It also depends on the presence of vitamins and minerals that help to control the careful breakdown of glucose, which in turn releases energy to body cells. Any lack of these vital nutrients will result in less energy and consequently result in the body storing fat.

You will need vitamin B3 and B6 for transporting glucose from the blood into the cells. The breakdown of glucose into energy depends on vitamins B1, B2, B3, B5 and C, iron, and co-enzyme Q. Ensuring you have an supply of these nutrients is another way to increase the success of any weight loss program. Chromium is also extremely important for weight loss as it enhances fat burning and helps keeps hunger at bay.

To ensure you have enough you should consider supplementing these nutrients as vitamins and minerals are destroyed by the cooking process and they are not present in food - even raw foods - as much as they used to be due to modern intense farming methods. Clinical evidence suggests that vitamins and minerals in the diet evens out the appetite, and enhances energy - both of which are related to long term weight control.

Once you have started on your healthy eating plan, you’ll soon realize that food can be really delicious!

Weight loss tips

- Research has shown that people who eat a lot of fibre – via fruits and vegetables use up 150 calories more per day than those without the same amount of fibre. So eat at least 5 servings a day.

- To make sticking to a diet easier avoid cornflakes, white bread and artificial sweeteners – these all increase your appetite for up to three hours and encourage you to eat more and therefore put on weight. Remove them and you will soon see a difference – and improve your mental alertness too.
• Start at the right time on your diet. Women should begin a diet during the 1st 2 weeks of their menstrual cycle – this is because oestrogen – which acts as an appetite suppressant – is higher then – so it is less stressful to cope with a reduced intake or different foods.

• Eat breakfast always. People who don’t have a lower metabolic rate of 5% lower than normal than those who do and do not burn fat as quickly

**Water Works for Weight Loss**

Nothing quells the appetite like water, lots and lots of water. Start out with two glasses in the morning and carry 1 pint with you to work or wherever you go. If you like, share the water into eight (8-ounce) bottles or four pint bottles to carry around with you all day. Freeze half of them the night before and they will last all day, even in a hot car. Keep some unfrozen so they will be ready to drink immediately.

Yes. You will have to make more frequent bathroom trips, but it is worth it. Drink the last of your water before dinner, if possible, so you’re not up half the night going to the bathroom.

Water not only fills you up and lessens your appetite, it prevents those "hungry horrors" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and tones up the complexion.

**Six Tips on How to Stick with your New Year’s Resolutions**

1. Focus on positive self-talk. Congratulate yourself every time you take a step towards your resolution goal. Be your own best cheerleader.

2. Avoid berating yourself if you should fall back or break a resolution. Just brush yourself off and start over again.

3. Stick to your resolution by considering it a promise to yourself, not a test of your willpower.

4. Avoid situations that put you in temptation’s path, meaning if you’re on a diet, don’t go to the ice cream parlor.

5. Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your resolutions. (i.e., on your bathroom mirror, next to your bed, on the visor of your car, on the refrigerator)

6. Be realistic. Make sure your plan is a realistic one that can fit into your lifestyle.
Will you really have the energy to go out for that evening exercise class? Make changes as easy and convenient as possible.

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Chapter 4
Health and Beauty

For Healthy looking Hair:

- Supplement with *Oceanic Silica* twice a day. This increases the strength of your hair (and nails) and seems to make hair grow faster and thicker.

- Eliminate dandruff – clinical tests have revealed that a traditional peanut oil and lemon juice remedy is a more effective dandruff treatment than specially formulated shampoos. Firstly rub a small quantity of warm peanut oil into your scalp, leave for 2 minutes for the hair and skin to absorb it – then apply the juice of a freshly squeezed lemon. Wait again for a further 5 minutes. Shampoo your hair thoroughly (preferably with a mild shampoo containing aloe vera) Repeat once a week. The mixture brings proteins to the surface of the scalp, hardening and protecting it.

- For glossy fresh smelling hair. In a large jug of boiling water put plentiful sprigs of fresh rosemary. Steep for an hour stirring occasionally and then strain and use as a final rinse. Also good for preventing dandruff.

- Healthy rich coloured hair can be ensured well into old age. Just start each day with a glass of water to which has been added 4 teaspoons of apple cider vinegar and the same amount of black molasses and honey.

- Rinsing hair with vinegar after shampooing will leave it squeaky clean and shining. Vinegar infused with different herbs can enhance different hair
types and condition hair as well. Rosemary and parsley are both good for
dark hair, sage darkens graying hair, chamomile brings highlights to
blonde or light brown hair, calendula provides conditioning, lavender and
lemon verbena add fragrance, linden is good for frequently shampoowed
hair and nettles condition hair and control dandruff. Vinegar is also good
for dandruff by rubbing neat vinegar into the scalp several times a week
before shampooing.

- Headlice? (ugh !) Here is a simple way of getting rid of them without
resorting to those powerful chemicals bought over the counter at the
pharmacists: Mix together 10 cloves of minced garlic with 10 tablespoons
of castor oil. Cover and leave for 36 hours then strain and bottle.
Massage it into your hair and scalp and wrap your head in a warm towel.
After an hour, shampoo the hair normally. Comb through afterwards with
a fine tooth comb to remove them.

- Hair is made up largely of Keratin protein so ample protein levels must be
maintained. This can be obtained by eating beans, seeds, grains, tofu,
sprouts and fish. Minerals are also needed for healthy hair – the most
concentrated minerals are those found in sea vegetables like seaweed,
arame and wakame for the calcium and dulse for its iron content. Another
product to try is Welsh Lava Bread. It is a delicacy elsewhere other than
Wales where it is sold in markets and other retail outlets quite cheaply. It
is an acquired taste, and usually eaten fried with cockles or other seafood
or coated in oatmeal. Sea vegetables should be added to soups, salads
and casseroles 3-4 times a week.

- The rate of hair growth depends on the kidneys. If your kidneys are strong
your hair will be strong. Healthy kidneys mean lots of fast growing healthy
hair. Therefore take care of your kidneys by drinking enough water,
avoiding salt, coffee, fatty foods, sweet foods, dairy products and alcohol
as much as possible. Foods that help the kidneys include herbals teas,
garlic, ginger, fruit berries, onions, beetroot, fish, seaweeds (see above),
bean sprouts, and water chestnuts.

- Although there are only two medicines approved by the Food and Drug
Administration (FDA) to treat hair loss, many people are interested in
other, alternative treatments. The herb saw palmetto has been used for
many years in Europe to treat symptoms of an enlarged prostate and
there is some evidence that it may also be effective in treating hair loss.
Healthy Nail Care Plan

A healthy nail should be strong, flexible, pink in colour and free from white spots and blemishes. Any change to the surface of your nails is a sure sign that something is out of balance nutritionally. Like hair, nails are made up mostly of keratin, and a combination of minerals, including calcium, potassium, selenium and other trace minerals. For tip top nail care try Spirulina as an efficient way to get adequate nourishment. It is also easily digested and 85% is absorbed by the body. Royal jelly is another good source of protein to help your nail become stronger. Silica is also essential as it aids in calcium absorption.

Finally there is a strong link between the health state of your nails and your liver: If your liver is healthy your nails will be strong – and vice versa. To give your liver a boost, you should have a diet low in fat, avoiding alcohol and drink fresh juices to purify the liver including our friend Aloe Vera, beetroot, cucumber, carrot and apple.

For Healthy Glowing Skin:

A safe and inexpensive face pack

Cleanse your skin successfully – use cat litter!! Some spas and health centres that charge hundreds of pounds for “Herbal wraps” are actually using cat litter costing around £2 a bag! These mud or clay treatments are ideal for detoxifying the skin but they’re made from simple “Fullers Earth” the 100% natural clay that is free from chemicals, additives and clumping agents – and is used by cost conscious pet owners as the cheapest cat litter on the market. Take a tablespoon of the dried clay and mix it with a little water for a refreshing face mask; or detoxify your whole body with a £2 bag.

How you can appear 10 years younger:

Growing older in inevitable but there are many ways of holding back the years and looking your best.

- Cleanse and moisturise your face daily. The best cream is aloe vera based, but any good simple skin cream free of perfume is good too (see Neways International products). Another way of softening your facial skin is to combine 1 teaspoon honey, with 1 egg white and one teaspoon of milk. Beat well and apply to clean face and neck, When it feels dry and brittle, splash on cold water. You will feel your skin tingle. Cleopatra is renowned for using this on her entire body to keep her skin soft and young looking.
• Drink lots of water each day. About 70% of the body is made up of water; and it’s vital to your skin’s wellbeing. The **Minimum amount** is 1 litre a day to keep your skin looking fresh and radiant.

• Protect your facial skin from the sun with a UVA sunscreen – without this protection ultraviolet radiation will cause wrinkles and make you look older.

• Treat your face to a good diet. Eat lots of fresh veggies and fruit and whole grains – these provide all the nutrients it needs to stay healthy. Avoid caffeine, white sugar and convenience foods.

• Give up smoking. This uses up valuable vitamin C in the body. Smokers’ skin tends to look more yellow than non-smokers. Supplement with vitamin C if you are a smoker to help alleviate the damage.

• Go without makeup every now and again. This allows your skin to breathe. Combining this with a brisk walk or cycle ride in the fresh air away from busy roads to bring a healthy glow to your skin.

• Enjoy yourself. Smiling and laughing exercises your face with minimal effort and keeps it taut and healthy looking- and a smiling face always looks more attractive than a sullen or worried looking one!

• De-stress your life – this will help your face to cut down on its worry lines. It’s a fact – happy people look younger!

• Make sure you get enough sleep: This gives your skin cells a chance to regenerate.

• The cheapest and most effective way to reduce puffy eyes, eliminate bags under your eyes and to provide an instant face lift is to apply haemorrhoid cream! This cream contains shark’s liver oil and yeast – exactly the same ingredients that are found in firming creams sold at expensive cosmetic counters! Mix a small amount with a good moisturizer to produce your own firming cream at a fraction of the price.

• Skin is made soft, radiant and blemish free by conditioning the skin whilst sleeping with lotion made with strawberries and vinegar. Mash 3 large strawberries into ¼ cup of apple cider vinegar and let it sit for 2 hours. Strain the vinegar mixture through a fine sieve or cloth. Before going to bed, pat the lotion onto the face and neck. Wash off in the morning. Helps to clear up pimples and blackheads.
Some Skin Remedies:

**Athletes Foot**

Relieve the itching of Athletes foot by rinsing your feet several times a day with plain or herbal apple cider vinegar.

Athletes foot sufferers should also bathe their feet in salt water (going to the beach as often as possible in Summer is ideal) and keep their feet free of socks and trainers as much as possible which make the problem worse. Keep the feet as dry as possible and allow them to breathe by wearing sandals with no socks.

Grapeseed extract is a powerful anti-fungal and is available in liquid or capsule form. Put 10 – 15 drops on the extract into a basin of water and soak feet for a few minutes. Alternatively, squeeze a few drops onto a damp piece of cloth and rub over your feet.

**Chapped hands**

Chapped hands heal quickly when treated with a homemade mixture of equal parts rich hand cream and vinegar. Use every time you wash your hands.

**Corns on feet**

Soak two slices of white bread with 2 slices of onion and 1 cup of vinegar for 24 hours. Place bread on corn, top with a slice of the onion, then wrap in a bandage and leave overnight. Corns have been known to fall away, overnight.

**Sunburn**

The best sunburn treatment of all time is Aloe Vera. The Aloe Vera plant is full of healing powers, and it cools the skin down considerably and also makes the skin more elastic and blemish free at the same time. The best Lotion or gel contains at least 75% of the Aloe Vera juice (Obviously 100% is better)

**A word about Aloe Vera**

If holidaying in the Canary Islands you can buy the 100% lotion in many pharmacies on the islands as Aloe Vera products are produced in Fuerteventura, one of the largest islands. Otherwise, in the UK you can buy products containing Aloe Vera from any good pharmacist. The facial cream produced using Aloe Vera concentrate (in the Canaries) is highly recommended – it reduces fine lines and wrinkles within a few weeks. The Shampoo gets rid of dandruff by
moisturizing the scalp and gives the hair a healthy glow and the soap is so good it can (along with the cream) treat eczema and psoriasis. Minor wounds like cuts and grazes also heal up in half the time when Aloe Vera is rubbed in. My advice when holidaying there – stock up with Aloe Vera products and replace your creams, soaps and shampoos back home that don’t work half as well!

The drinkable Aloe Vera juice also works internally to help heal internal gut problems. It cleans the bowel extremely well however so careful about how much you take and never take more than is recommended!

Healthy Eyes

Many eye related problems are caused by eyestrain. When the eye strains to read or see something, the muscles surrounding it become tense and rigid. These then pout pressure on the eyeball and distort its shape. The good news is, we can train ourselves to relax these muscles completely and make related eyesight problems disappear. Here is a simple and easy-to-follow series of regular exercises designed to help the eye muscles relax – they should be performed without glasses or contact lenses.

- **Eye lines:** Keeping your head relaxed and still, allow your eyes to move up and down six times. Avoid any strain or effort. Repeat this three times, with a few seconds of rest in between. Then repeat – this time moving the eyes from left to right and back again. This exercise helps to relax the stiff strained muscles around the eyes.

- **Butterfly Blinking:** blink quickly for a few seconds, then gently squeeze your eyelids shut for a moment. Repeat the exercise for up to a minute. This exercise shifts the point of focus of the eye and also helps to lubricate the outer surfaces by stimulating the tear ducts.

- **Palming:** Sit in a comfortable chair and gently rest the palms of your hands over your closed eyes. Remain like this for about 10 minutes. Remove your hands and open your eyes. Now try to pick out objects of one particular colour, choosing a different colour each day.

- **Tracing Shapes:** imagine there is a pencil extending from the tip of your nose. Use this to trace the outline of various objects about you, some near and others further away. This helps to strengthen the ability of the
eye to focus on objects at different distances. Vary the exercise by tracing figures of 8 in the air.

- **Swinging:** this should be practiced standing up but can be done sitting down. Relax your neck and gently swing your head from side to side, backwards and forwards. Swinging is designed to relax the neck and shoulder muscles and improve blood supply to the eyes. It is important that all of these exercises are practiced in a relaxed and rhythmical way – put on relaxing music while you are doing them. To gain most benefit from these exercises they should be performed once a day.

- A good diet for healthy eyes: eat plenty of fruit and vegetables and high fibre foods (wholemeal bread, nuts, etc) and cut down on fatty foods, sugar and salt. If you suffer from poor vision at night, try increasing your intake of vitamin A found in spinach, carrots, tomatoes and fish. This stimulates the blood flow, bringing more oxygen and fuel to the eyes and taking away waste products. It is also a proven way of reducing stress and helping you to relax.

- Eyes thrive in natural daylight. When reading or doing close up work position yourself near to a window. Avoid wearing dark glasses indoors or in normal daylight, unless they have been prescribed for a medical condition. If you have to work in artificial light, try to avoid fluorescent strip lighting, especially when it flickers. Ordinary light bulbs are better and artificial daylight bulbs are best.

- Laser eye surgery is becoming more popular but please beware that it is no good for people with long sight or very bad short sightedness or those under the age of 21. Surgery is safe and painless and directed with pinpoint accuracy and usually one eye at a time is treated. Always check with your GP before undergoing eye surgery.

- Ordinary dark glasses can be damaging to your eyes. They cause the pupils to dilate, which allows damaging ultraviolet light to penetrate into your eyes. Choose glasses with lenses that screen out at least 95% of ultraviolet rays: buy from opticians rather than over the counter in local shops.

## Steps to Remedy Macular Degeneration

Until recently, macular degeneration (or age related loss of sight) was considered a discouraging eye disorder. Most patients are told there is nothing that can be done to improve their vision. Then one lone researcher,
Dr. Stuart Richer, OD, PhD, at the North Chicago Veterans Medical Center, painstakingly documented that macular degeneration can be reversed with nutritional supplements and dietary changes.

The human retina is about the size of a postage stamp and the macula only about the size of a pencil tip. Yet hundreds of millions of light-receptor cells are employed. Cone cells produce color vision and are located in the macula. Rod cells produce black and white for night vision. The cone cells are located in the center of the retina and are used for reading and fine central vision. The rods are in the periphery of the retina and are used for night and side vision. Degeneration of the rods results in night blindness (retinitis pigmentosa). Degeneration of the cones results in macular degeneration.

From back to front, the macula is nourished by the choroid or blood layer of the retina. Poor circulation would then affect vision. The choroid has extensions into the retina. If the capillaries (connectors) become leaky, then the chorio-capillarbus will ooze some blood serum behind the retina, called subretinal swelling. If the capillaries become even more leaky, then red blood cells will ooze behind the retina and become a sub-retinal hemorrhage.

**Vitamin C and bioflavonoids (bilberry, cranberry, blueberry, others) helps to keep the capillaries strong.**

Furthermore, the back of the retina is protected from sunlight damage by brown melanin pigment. As melanin pigment dissipates with age, macular degeneration accelerates. Plant pigments like bilberry mimic the light-absorption of melanin.

The blood and its nutrients (oxygen, vitamins, lutein) must pass a membrane, called Bruch's membrane, which may become calcified over time, blocking nutrient entry and the exit of cellular debris. This can be remedied by taking magnesium, a calcium-antagonist (natural calcium blocker).

Once nutrients have passed Bruch's membrane, they go thru a single-cell layer of cells called the retinal pigment epithelium (RPE). The RPE are garbage-cleaning cells. They digest used-up portions of vitamin A shed from the rod cells every morning. The RPE accomplishes this by producing an antioxidant called glutathione peroxidase, which is generated from vitamin E and selenium.

**Without vitamin E and selenium, the RPE will build up cellular garbage deposits.**

If nutrients pass through the choroid, Bruch's membrane, and the RPE, then
they finally reach the retinal light-receptor cells, the rod and cones. These cells are lined with fat -- omega-3 fat called DHA. Studies show that people who consume more fish, which is rich in DHA-fish fat, are less likely to develop macular degeneration. Vitamin B12 is the glue that keeps the DHA in place. Vitamin E protects the DHA-fat from turning rancid.

In front of the photoreceptors is the nerve layer of the retina. These nerve cells transmit visual signals via the optic nerve to the brain. It is in this nerve layer that lutein and zeaxanthin reside. These are two yellow dietary pigments that work like sunglass filters to protect the underlying macula from solar radiation. Blue-eyed adults have far less lutein and zeaxanthin in their retinas.

A recent study shows that 60-year olds who had adequate retinal levels of lutein and zeaxanthin retained the ability to see faint light as well as 20-year old adults!! How’s that for anti-aging. Lutein and zeaxanthin are acquired from spinach and kale, and from food supplements as extracts of marigold flower petals. At least 6 milligrams of lutein and zeaxanthin should be consumed daily. (Centrum multivitamin only provide 1/4th of one milligram!)

**Therefore, a nutritional program for macular degeneration should include:**

1. Always wear UV-blue blocking sunglasses when outdoors in daylight.

2. Eat plenty of spinach and kale

3. A daily food supplement program that includes lutein (6-12 mg), vitamin E (200-400 IU), selenium (organic, nor selenate or selenite) 200 mcg; vitamin B12, 300 mcg; magnesium 400 mg; vitamin C 500-2000 mg; bilberry 120-240 mg; DHA-rich fish oil providing 1000 mg of DHA; sulfur-bearing nutrients (glutathione, lipoic acid, N-acetyl cysteine or taurine).

4. Avoid high-dose calcium supplements without balancing magnesium.

5. Avoid hydrogenated fats that interfere with the omega-3 fats.

6. Avoid very low-fat diets, that rob the retina of omega-3 fats.

7. Eat sulfur-rich foods, such as garlic, eggs, asparagus, onions.
Healthy Teeth

Follow these two simple instructions to dramatically cut your chances of suffering from gum disease.

1. Treat your teeth to a deep clean at regular intervals to reach and destroy the inaccessible bacteria missed by normal everyday brushing. Wet your toothbrush and dip its bristles into a baking soda and salt mixture. Brush this over your teeth and gums, making sure you include the spaces between your teeth. Leave mixture to soak in for 2 minutes.

2. Rinse thoroughly. Top up your calcium intake whenever you can; a deficiency in this mineral can weaken your teeth and increase the chances of gum disease. Sources from food: green leafy vegetables, grapefruit, legumes, salmon, low fat yoghurt, dried figs and soy foods.

Supplements for Healthy Teeth and gums:

- Vitamin C with bioflavonoid (1000mg per day)
- Zinc – 15-30mg per day
- Co-enzyme Q10 30 mg per day
- Horsetail – 2 capsules per day
- Oatstraw – 2 capsules per day
- Herb Teas: Choose from – comfrey, tea tree, myrrh, liquorice, sage, goldenseal, peppermint. Try alternating 2-3 cups per day of the same herb per day, so you could have comfrey on a Monday, sage tea on Tuesday, etc.

Toothache

For gum or tooth problems, mix up a poultice of crushed garlic in peanut butter and apply to the affected area, or for temporary relief rub calendula or acacia vinegar into affected area. See also Chapter 7 – Home remedies.
Chapter 5

Minor Ailments

Every one of us suffer from minor ailments and illnesses like a sore throat, indigestion and a cold from time to time. There are billions in profits being made by drug companies all over the world in patenting medicines to treat all manner of minor ailments – but remember that the following ailments are all self-limiting: in other words without patented medicines, tablets, antibiotics or treatment of any kind they will go away of their own accord – infections however will linger a lot longer than they need to if the immune system is not strong, or if it is compromised by such things as smoking or drinking too much alcohol.

Nature however, comes to the rescue with a whole host of remedies to relieve and help to eliminate the problem – and they are more effective at relieving – and getting rid of common infections.

Bad Breath

Most bad breath is just a passing inconvenience and there are a number of herbs to help get rid of it. Cardamom is the richest source of the compound cineole, a potent antiseptic that also kills bad breath bacteria. Try chewing cardamom seeds. Chew them for a while and then spit them out. You can also add them to herbal teas. Eucalyptus leaves are also rich in this compound that kill bad breath and can be crushed and added to hot water as a drink. Other herbs are: Spearmint, rosemary, ginger, lavender, lemon balm, peppermint cinnamon, basil and fennel.

Try this for a good alternative to mouthwashes which are largely ineffective: Steep any combination of the herbs mentioned above in vodka. You can put up to several ounces of herbs per pint of vodka (the cheap stuff will do!) in a wide mouthed jar with a screw on lid. I favour eucalyptus, rosemary and spearmint, plus whatever else is to hand. Just leave the herbs in the vodka and let them steep indefinitely – you can also strain them out if you prefer but I like the look of all those herbs floating in my bottle of mouthwash!

Unless you have rotten teeth or gums, bad breath doesn’t usually have anything to do with your mouth, which is why breath fresheners often don’t work. The most common underlying reason could be that you are not digesting your food properly, as you may not be producing enough stomach acid (HC1).

Food will then be left fermenting in your stomach, which is what makes breath smell. You can buy HC1 in capsules usually in the form of betaine.
hydrochloride. Take 300mg with each meal. As stress can interfere with the body’s HC1 production, don’t eat when stressed. Chew food well and learn to relax when you sit down to eat.

Bruises

To get rid of bruises quickly use Arnica. This herb (also known as mountain daily) is very helpful in treating bruises according to research being carried out in Germany. Arnica has pain-relieving effects as well as antiseptic and anti-inflammatory properties, and is best used as a topical treatment (do not use internally) by rubbing into the affected area. Use one teaspoon of dried herb per cup of boiling water. Steep until cool and then apply with a clean cloth. Or make the solution with a tincture (from homeopaths) of arnica, a few drops per cup of water should do it. Commercial arnica ointments (usually from homeopaths) are also available – but make sure the product contains at least 15% of arnica.

Another remedy is raw potato – I first heard of the remedy years ago and used it when I badly bruised my foot – it did work although I had to bandage it to my foot for about 8 hours before it started to fade! Witch hazel is another thing I have used dabbed onto the skin to get rid of stubborn bruises (available from chemists) and yes – this works just as well!

Bunions

Because I tend to wear sandals and loose fitting shoes and like going barefoot I have been immune to this problem myself, I’m glad to say. The best advice for people who suffer with bunions though is to wear roomy shoes with cushioned shoe pads. There are herbs that will help as well. Calendula, more often used for inflammation is also recommended for bunions. Try it by applying a commercial calendula salve from health stores and apply three times a day for a week. If it is going to work it will do so by then. Bromelain is another compound (from pineapples) that helps. The encyclopedia of Natural Medicine recommended taking 250-750mg per day. However if you like pineapples, eat as much as you like, along with papaya a fruit with papain, another anti-inflammatory as an active ingredient.

Colds and Flu

At the first sign of a cold try taking Echinacea. There is good evidence that it strengthens the immune system against cold viruses and many other germs as well. It also increases the levels of a chemical in the body called properdin, which activates the part of the immune system responsible for increasing defenses against viruses and bacteria. Echinacea root extracts also have antiviral activity against influenza, herpes and other viruses. In a study of 180 people with flu it was found that 900ml of Echinacea extract reduced symptoms substantially.
For cold prevention, a clove of raw garlic should be eaten every day – it is a powerful fighter of infections and contains several compounds, including allicin, one of nature's most potent antibiotics. As anyone who has ever had garlic breath, garlic's active ingredients tend to stay in the lungs – putting its active ingredients right where they can be most effective against cold viruses. If you hate raw garlic try supplements but remember the supplements of odourless garlic do not contain allicin. To disguise the taste, chew sage or parsley leaves afterwards to sweeten your breath.

Pour a cup of boiling water onto a couple of tablespoons of fresh grated ginger root to make a good hot tea as a cold treatment. This is because ginger contains around a dozen antiviral compounds. Some of these compounds are remarkably potent in the effect they have on cold viruses. Ginger relieves colds because it reduces pain and fever and it has a mild sedative effect too, ensuring you get plenty of rest.

Eat plenty of fruits containing vitamin C, or to ensure you get enough, take around 500-1000mg every 4 hours. This will ensure the cold won't last any longer than necessary. The easiest way to take Vitamin C is to buy the buffered Powder (calcium ascorbate crystals) from health food stores and take in freshly made lemon drink (see below) 4 times a day. Some people have loose stools if taking just 2000mg of Vitamin C but it is rare. If you find that happening to you just take a little less.

The quickest way to kill a cold is to increase your vitamin intake of vitamin C to 3000mg every 4 hours. This level of vitamin C saturates the bloodstream and simply stops the viruses from surviving. This is for short term use only as high doses of vitamin C can also have a laxative effect! Once your cold has gone, go back to taking 1000 – 2000 mg a day to prevent them.

Another cold killer is black elderberry extract, available in health food shops. Black Elderberry effectively stops viruses from multiplying. I'd also drink two or three cups of tea from the Amazonian herb Cat's Claw. It does have a bitter taste so you can add some apple or blackcurrant juice to sweeten it. Also effective is 2-3 drops of Echinacea two – three times a day - all available from health shops. Beyond this, take it easy! These remedies can also help:

Fresh Lemon Drink – Cut up 3-4 fresh lemons with peel left on, and put through a juicer. Add about a ¾ pt hot water (or more if you prefer) and honey to taste.

If you have a cough – use the above drink in its concentrated form (without water) and add a teaspoon of honey.

Sore Throat? – Try this recipe: 2 teaspoons honey, 2 teaspoons glycerene, 2 teaspoons lemon juice, ½ teaspoon powdered ginger. Combine these
ingredients and heat in a jar over hot water. When well blended remove from heat and shake jar vigorously. Sip a teaspoon slowly before going to bed to soothe your throat. Use warm or at room temperature.

**For congestion** in colds, bronchitis, catarrh, coughs and laryngitis use raw garlic, or buy a congestive remedy in capsule form from a health food shop. These use garlic and other herbs and work in the same manner. It is also more affective than any patented drug remedy that you get from a doctor or from chemists.

**Antibiotics DO NOT work with the common cold and their repeated use tends to upset the natural bacteria balance in the gut, causing digestive problems** Don’t forget if you do take a course of anti-biotics, go on a course of pro-biotics afterwards as antibiotics kill off the good bacteria in the gut. Probiotics can be purchased in good health food stores like Holland and Barratt in the UK.

**Goldenseal** is both an antiseptic and an immunity stimulant and increases the blood supply to the spleen, an organ that is the staging area for the fighting cells in the immune system. It stimulated the white blood cells that are responsible for destroying bacteria, fungi, viruses – even tumour cells.

**Garlic, onion and chicken soup – is great!** Hot spicy chicken soup is good for colds and flu. Just make sure you use lots of garlic and onions – and along with your vegetables, throw in some ginger and hot red pepper. Good food and good medicine.

**Cold Sores**

Cold sores are caused by the Herpes virus which feeds off an amino acid called arginine. If you supplement **lysine**, an amino acid that looks like arginine, you fool the virus and effectively starve it. I recommend supplementing 1,000mg of lysine every day, away from food, to keep the virus at bay.

When you have an active infection, supplement 3,000mg of lysine a day and cut back on foods rich in arginine such as beans, lentils, and nuts, and chocolate. The more stressed you are, the weaker your immune system and health becomes, and this allows the virus to become active – which is why many people get cold sores when they feel run down.

Some great results are being achieved by a supplement called MSM, a special form of sulphur. It appears to strip away the protective coating of a virus. Start by taking 3 grams a day (3,000mg) and work up till you find a dose that keeps your cold sores away; for some people this can be as much as 10,000mg (10grams).
Constipation

If you are constipated the first thing you should do is eat at least 5 fruits and 5 vegetables a day, and whole meal bread loaded with seeds. If this doesn’t work after 2 days increase your fruit and vegetable intake (more fibre) whilst cutting down on your intake of low fibre foods like meats and refined breads. Also I would recommend that you avoid tea if constipation is a problem for you. Tea is rich in tannins which is one reason why it is recommended for the treatment of diarrhea. Fruit and vegetable juices work especially those that retain much of their fibre. Prune juice is the best but apple/pear juice is also a good laxative.

Cystitis

You probably want to know if cranberry juice works: Yes it does – but there are several other herbal treatments that work as well. Some 80% of bladder problems are caused by bacteria that live in the digestive tract. This problem affects women more than men as they have shorter urethra (the tube that carries urine from the bladder) Doctors tend to treat cystitis with antibiotics but quite often natural approaches work just as well with no side effects.

Blueberry and cranberry fruits have compounds that prevent bacteria sticking to the bladder walls. They also contain arbutin, a chemical compound that is both an antibiotic and a diuretic that helps relieve excess water retention. The only problem with this treatment is that you have to drink an awful of if it for it to be effective – and as it’s rather tart it needs to be sweetened – which means its rather high in calories. If you use this treatment – then cut back on your sugar intake in other ways or sweeten with Xyitol– a natural herbal sweetener.

Yoghurt, so long as it has active live cultures is also a good remedy. Eat Live Yoghurt with blueberries and cranberry juice for a good all rounder. Parsley is another herb that helps – perhaps because it helps flush urine out to empty the bladder completely. Try Echinacea and goldenseal as well – as a natural antibiotic.

There are standard guidelines with all bladder infections to prevent then occurring in the first place:

- Drink eight glasses of water a day
- Urinate whenever you feel the urge (a full bladder is more prone to infection)
- Do not douche
- Wipe from front to back after using the toilet to prevent bacteria being introduced to the bladder via the urethra
- If you have frequent infections, take showers instead of baths
**Diarrhoea**

Most people have had a dose of diarrhoea at some time - and it can be cleared up fairly quickly. If it goes on for longer than 48 hours, however you should consult a doctor, especially if the patient is a child or elderly.

Having said that – the first thing to do is drink plenty of clean water – you lose a lot of water with this ailment and it should be replaced as you will feel really weak and ill if you don’t. Also there are a number of natural remedies to help clear up a bout of diarrhoea. Eating apples is a good remedy – but ensure you cook the apples first as you need the pectin that is produced by cooking the pulp. Drinking tea (the conventional type, not herbal) can also help as the tannins contained in tea help to slow down the rate at which stools move through the bowel. Here are some others: Raspberry and blackberry leaf tea, cooked carrots (helps to soothe the lining of the bowel) and powdered carob.

**Dizziness**

There are a number of reasons for this. One is low blood pressure, another sinus infections. One possible explanation for dizziness is a lack of key nutrients such as B vitamins, magnesium and manganese, which is required for the middle year, which controls the sense of balance. Visit the doctor first to rule out any medical conditions. If all is well, you can treat yourself with a daily course of supplements, starting with a high strength multivitamin and mineral containing 25 to 50 mg of the B vitamins, 200mg of magnesium and 2-5mg of manganese.

**Earache**

There are a number of herbs that can help alleviate the pain of earache or treat the causes. Echinacea, also known as Cornflower, has both antibiotic and immune boosting effects. You may want to try using a teaspoon of dried herb in tea or a dropperful of the tincture in juice or tea. Drink either three times a day. I use Echinacea to treat all sorts of infections and I would probably try it for earache. Echinacea can cause a temporary effect of making your tongue tingle or go numb – but this effect is harmless.

Herbal eardrops can be dripped into the ears to help heal the infections that cause trouble. If you have a perforated eardrum, do not use drops. Garlic eaten raw is a natural antibiotic so add more to cooking. You may also use garlic oil as eardrops. Goldenseal is another potent natural antibiotic. Try using a combination of a teaspoon of Echinacea and goldenseal together as a tea. Use a dropper full of each tincture into a cup of boiling water and drink 3 times a day.

**Erection Problems**
If you can rule out the possibility that your problem is caused by psychological factors, then these remedies have been known to help with erection problems caused by physical causes. The Fava bean contains the compound L-Dopa, which is often used to treat Parkinson’s disease. Ensure you eat the beans rather than use the concentrated compound as this could cause a painful prolonged erection that has nothing to do with sexual arousal. Fava beans have an age old reputation as an aphrodisiac. If they work, try sprouting the beans as the sprouts contain even more of the compound than the beans do.

Ginkgo Biloba is another herb you can try. It is best known for boosting the blood flow to the brain – but it also boosts blood flow to the penis, thus aiding erections. In several small studies, physicians have got a very good result with 60 to 240mg daily of a standard ginkgo extract. In a nine month study 78 percent of men reported a good improvement without side effects.

**Fibroids**

These can affect as many as 30 percent of women in their late thirties and early forties. They are benign lumps that appear in the uterus and can cause irregular heavy and painful periods, and sometimes stress incontinence. The usual treatment is surgical removal. Fibroids however are caused by “unopposed” oestrogen which means you have a high oestrogen level in relation to progesterone. Applying natural progesterone, which comes as a skin cream, could help.

Other things you can do to help is to reduce your exposure to plastics that contain oestrogen like chemicals and eat organic foods high in fibre (such as beans, fruit, vegetables and brown rice) Various herbs support hormonal balance. More details on natural progesterone can be found at: NPIS, PO Box 24, Buxton, SK17 9FB. Send a first class stamp for further information.

**Glandular Fever**

Glandular fever is a viral illness with symptoms very similar to those of flu. As well as feeling ill, feverish and headachy, you may have swollen lymph glands. To recover from this nasty infection you will need to support your immune system as much as possible.

Follow a good diet of whole foods, such as whole grains, good quality proteins such as free range organic chicken, fish and tofu, and plenty of organic fruit and vegetables, including carrots, beetroots, and beet greens, sweet potatoes, tomatoes, garlic and bean sprouts, and berries, watermelon, oranges, and kiwi fruits. Investing in a juicer is a good idea, as every day you should include nutrient rich juices made from these fruits and vegetables.
Also add supplements to support your immune system – a multivitamin and mineral, vitamin C and an antioxidant complex. Vitamins A, B1, B2, B6, B12, and folic acid, C and E are all immune boosters, as well as zinc, magnesium and selenium. Try taking two multi vitamin and minerals and two antioxidants every day as well as Vitamin C (6000mg) taken in 2000mg at a time with each meal.

**Hangover Cures**

Alcohol forces fluids out of the body, and when this happens you lose a lot of potassium which you need to keep body fluids balanced. A hangover is caused by dehydration and lost minerals so the best thing to do is get them back into the body as soon as possible. Bananas are an excellent source of potassium (just one banana is half the recommended daily dose) They also replace lost magnesium which helps control blood sugar levels that are wiped out by booze. Vitamin C in mega doses will make you feel better too; and milk thistle will help your liver flush the toxins out. However the best cure of all is to reduce your risk of a hangover before you go out! There is a natural remedy using Chinese herbs called Kudzu. It contains 2 compounds, daidzen and daidzin which will get rid of the worst symptoms, nausea, headache and sickness.

If you need to sober up fast, make a tea from the fresh or dried organic peel of a grapefruit. It is loaded with Vitamin C and also contains compounds which are detoxifying.

**Insect bites**

Insect bites cause a histamine reaction that isolates the poison, resulting in an itchy lump. Applying MSM (organic sulphur) cream or aloe vera gel as soon as possible cools it down and helps reduce itchiness.

Vitamin C is an anti-histamine, so take 1 gram (1000mg) an hour for the first 3 hours after you were bitten, and to heal it, cut open a vitamin E capsule and put the oil on the bite.

**Insomnia**

The underlying causes are difficult to pinpoint and overcome but they can include depression, a dietary overload of stimulants, especially caffeine, drinking too much alcohol, chronic pain and other physical ailments. The body has a circadian rhythm which determines when you sleep and when you wake. This is controlled by a hormone called melatonin, which in turn is released by the pineal gland at the top of the brain. As with other hormones, levels of melatonin decreases with age. By the age of 60, for example, your body produces half as much melatonin as when you were 20.
It has been shown that tiny doses of melatonin taken at bedtime can quickly bring blood levels of the hormone back to normal and help to make you have good nights sleep. Long haul travelers use melatonin to re-regulate their body clocks and avoid jetlag and this supplement is excellent for shift workers. However if you live in the UK over-the-counter sales of melatonin is illegal and only available by private prescription. To get around this problem, we can take a step back and instead of boosting levels of melatonin, with a supplement, we can increase levels by stepping up our intake of serotonin, a neurotransmitter involved in the manufacture of melatonin. You can also use the diet to boost levels of tryptophan, an amino acid which is vital for melatonin levels.

Studies have shown that people who find it difficult to get off to sleep are deficient in their levels of serotonin, which requires large amounts of vitamin B6. This vitamin is found in carrots, cheese, avocado, fish, lentils, peas, potatoes, spinach, sunflower seeds and whole meal flour. If you suffer from insomnia, eat more of these foods and cut out high sugar foods such as white bread, and white rice, which can cause the blood sugar to fluctuate.

Those who eat a carbohydrate based diet of quality whole foods are found to be calmer, rarely depressed, and better able to sleep soundly than those who do not. Calcium is also a potent mineral to aid sleep. Drinking a glass of warmed milk at bedtime can help – and should also be taken with a calcium citrate supplement. Camomile is also an excellent sedative and can safely be given to children as a tea. Fresh lemon balm made into a tea is also an excellent remedy.

The majority of sleeping pills are prescribed to the over 65s who may find it better to take a late night snack. A muffin or a banana before bedtime can improve the quality of sleep. Bringing stress levels under control is also very important and caffeine, which stimulates the production of adrenaline should be avoided as much as possible. People who drink a lot of coffee during the day often have difficulty getting to sleep.

**Menopause symptoms**

The best kept secret of good health during the menopause is to eat as naturally as possible. Studies have shown that it is better to eat smaller but more frequent meals, which will help to keep blood sugar even. The drop in oestrogen levels which happen in menopause is believed to leave women more at risk from osteoporosis and hear disease, so as well as treating symptoms, vitamins and herbs can also be useful in protecting against these two conditions.

Moderate exercise will build bone strength – just 50 skips a day can increase bone density by 4 percent. Eating foods rich in plant oestrogens can also help as they help to rebalance hormones. Tofu and Soya are two good examples. Japanese women do not seem to suffer from “hot flushes” and they eat a lot of foods rich in plant oestrogens. Exercise can also relieve stress which is another
trigger for some of the worst symptoms of menopause. You need a diet that is rich in B vitamins – known as nature’s stress busters – which cannot be stored in the body but must be replaced every day. Good healthy food sources of these important nutrients include poultry, salmon, eggs, almonds, cheese, bran, brown rice and yoghurt.

Another important nutrient is magnesium, a mineral that a lot of women are deficient in. This is found in brown pasta, nuts and pulses and also helps to absorb calcium, which protects against osteoporosis during the menopause. The nutrients most lacking in the Western diet are the Omega 3 fatty acids. These work wonders for many women during the menopause. They help the body make substances which regulate hormones, decrease blood pressure and reduce water retention. They also help to prevent heart attacks and strokes. The body needs Omega 3 fatty acids from the diet as the body cannot make these. They boost the immune system and soften the skin. Increase more into your diet by eating cold water oily fish such as mackerel, pilchards, herring and sardines, or take omega 3 supplements.

There are also some herbs that help with menopausal symptoms. Sage and Dong quai relieves hot flushes for many woman. Dong quai also contains natural oestrogen and nourishes the bladder and vaginal walls, which helps to prevent cystitis. Valerian is used to ease tension and Korean (Panax) Ginseng will boost the adrenal glands, which produce adrenalin in response to stress signals from the body. Both these herbs can help deepen sleep disturbed by night sweats.

Dandelion leaves can be eaten quite safely in salads and this herb helps to decongest the liver and regulate hormones during menopause. Overall, good nutrition and certain herbs can get a woman through menopause without drugs like HRT, which can trigger breast cancer. If you have any underlying health problems, consult your doctor before taking herbs, as they can react with certain drugs such as anti-depressants, tranquillisers and HRT.

**Male Menopause?**

There is a certain transitional time in men’s lives as well, and they do suffer a gradual decline in levels of sex hormones as they age. More doctors are now taking the idea of a male menopause more seriously. These fluctuations may be responsible for the reduction in bone density, muscle wasting and loss of libido (sex drive) too.

Lots of companies make general multivitamins aimed at men with all the vitamins and minerals that may be lacking if you are in your middle years. You will need to take one that includes zinc, which is of crucial importance to the health in men. There are also two important remedies using herbs that will help to ease the transition through the male menopause: Saw palmetto, which is used to protect
the prostate and has a balancing effect on hormones too. Buy in organic tincture form and take as directed on the bottle.

To support libido, herbalists recommend a herb called damiana. It is a stimulant tonic for the reproductive system in both sexes, it is used for impotence, sterility and anxiety in men. Men can benefit also from eating more chick peas, lentils and soya, as these contain plant oestrogens which help to balance hormones. You should also take more exercise. A 30 minute daily walk can keep bones strong and just five minutes of skipping each day has been shown to improve bone density in women by four percent. This may not sound like much but it is the difference between bone strength and vulnerability.

**Migraine**

There are many causes of headaches and migraines. These can include: a drop in blood sugar, dehydration, allergy, stress and tension, or a combination of any of these. Peaks and troughs of adrenaline can bring on headaches. Often they go away with the correct healthy nutrition.

Make sure you drink plenty of water – 2 litres a day of fluids is what we should all be drinking regularly. It can be in the form of fruit teas, herbal teas, green tea, diluted juices as well as water. Avoid coffee as it tends to make headaches worse.

Instead of taking aspirin or migraine drugs, try taking 100 to 200mg of Vitamin B3 in the niacin form. This will cause a “blushing” sensation as well as a feeling of increased heat and can often stop or reduce the pain of a headache in its early stages. It is best to do this at home in a relaxed environment.

If you suffer from severe migraines, you can often get complete relief from improving your diet. Generally vitamins B1, B2 and B3 reduce the number of migraines. Studies have found that supplementing B2 (100mg) in high doses for four months had fewer migraines. In another study, those who niacin (B3) in doses of 100mg a day halved their number of migraines.

Feverfew is another herb that has been proving to be very effective in helping migraine sufferers. It helps to prevent them occurring if taken regularly. The best way to get relief is taking a tea using the fresh herb (as chewing the leaves can make you have a sore mouth – and they taste very bitter). You can also take the herb in capsule form, which is the easiest way to do it. Pregnant women should not take feverfew because of the remote possibility that it could trigger a miscarriage.

**Motion Sickness**
One hour before you travel, take 5 charcoal tablets to help settle and cleanse your gut. Also take enough ginger capsules to give you the equivalent of 1000mg before you go, and continue to take this amount every three hours.

You could take fresh ginger tea in a flask – grate the root and pour on boiling water. Dabbing a drop of peppermint oil on your tongue every now and then helps to stave off nausea. Avoid spicy, fatty and junk foods before during and after your journey, as they don’t do your digestion any favours. The same goes for alcohol.

You may find that limiting any visual stimulation such as ocean waves, or the views from a car window helps. That’s why closing your eyes or lying down can stop you feeling nauseous.

**Mouth Ulcers**

There are several factors that can trigger mouth ulcers, including deficiencies and food sensitivities. The link with stress seems to be that stress increases your need for vitamin C, and a deficiency in vitamin C is one of the causes of mouth ulcers. Therefore if you are under a lot of pressure, your adrenal glands are likely to be getting the most of the vitamin C you do have, leaving you low.

When you are under pressure take 1g (1,000mg) of vitamin C three times a day. It is best to take a less acidic form such as magnesium ascorbate, rather than ascorbic acid. You may also need more vitamin A, which strengthens “inside skin”. Try taking 250mg (7,500iu) of vitamin A daily as well as 15mg of zinc, which helps ulcers to heal.

Food allergies, to wheat in particular, can also trigger mouth ulcers; eating foods you’re sensitive to only every fourth day can help keep allergic reactions away. Also check your toothbrush. Splayed out bristles, especially if you brush too hard, often cause the initial damage that lead to ulcers.

**Muscle Cramps**

Cramps are believed to be a cause of salt deficiency, but this is actually very rare. The spasms of cramp are caused by your muscles being unable to relax, and this is likely to be deficiency in potassium and magnesium – which work with the sodium in salt and calcium, to control muscle contraction and relaxation. You need to eat a diet rich in foods that contain high levels of magnesium, such as green vegetables, nuts and seeds. Most fruits and vegetables (especially bananas) are rich in potassium, so have at least 5 portions of fruits and vegetables a day. To ensure you are getting enough magnesium you may want to supplement around 300mg twice a day.

**Nosebleeds**
Nose bleeds are usually a sign of weak blood capillaries (small blood vessels) in the lining of the nose. This could be due to temporary pressure from blowing your nose a lot because of a cold or it could be a sign that the capillaries are not as strong as they should be. To strengthen fragile capillaries, make sure you are getting plenty of bioflavanoids. These nutrients are found in citrus fruits, berries, broccoli, cherries, red grapes, rosehips, papaya and tomatoes as well as tea and red wine. Bioflavanoids work best with vitamin C and are usually found in a blend so go for a good complex.

**Tennis Elbow**

Tennis elbow, technically called epicondylitis, is caused by inflammation and possibly slight tearing to the tendons that connect to the elbow. It is slow to heal, but you can help it along quite a lot by taking the strain off the joint. I strongly recommend you getting an Episport arm band (telephone 01457 860444 to obtain by mail order in the UK).

To reduce inflammation, apply an ice pack for 10 minutes once or twice a day. Ruyb in MSM (organic sulphur) cream, and take anti-inflammatory herbs such as boswellia and Capsaicin. Osteopaths can help by reducing muscular tension and using heat treatments to de-stress the muscles and tendons.

**Tinnitus**

Tinnitus (constant ringing in the ears) is said to affect as many as 4 million people in the UK. It is caused and made worse by a number of factors. Many prescribed medications list it as a side effect so it may be worth checking any medications you may be taking. It can also be triggered by a loud noise, either a single blast or over a prolonged period of time.

Inflammation in the ear can be a cause, either from an allergy or an infection. So can a restricted flow of blood, which can happen with a blood sugar imbalance. The herbs boswellia and curcumin are good for inflammation, as well as omega 3 oils from oily fish, nuts and seeds, which are natural anti-inflammatory.

Sometimes physical imbalances in your neck or skull can result in tinnitus. A cranial osteopath can help to correct these.
Chronic Ailments and Health Conditions

Arthritis

Nutrition can do much to alleviate pain and inflammation. A diet high in meat tends to encourage inflammation whilst a diet high in oily fish, nuts and seeds calms it down. Many people suffering from arthritis tend to have food allergies. Two of the most common allergies associated with arthritis are gluten grains such as wheat and milk. These are certainly worth avoiding and seeing if this helps for a period of 10 days.

Foods such as fish and flax seeds are good because they provide essential fats, especially omega 3, which is a natural anti-inflammatory. Try adding a tablespoon of ground flax seeds to your cereal or soups. Seeds are doubly good because they are very high in bone building minerals such as calcium, magnesium and zinc.

Ginger is also a natural anti-inflammatory as well as turmeric, the yellow spice in curry powders. Black pepper also has some benefits, so do fruits and vegetables high in antioxidants. Orange red and blue vegetables and fruits are high in antioxidants, such as raspberries, blueberries, red peppers, and carrots. These can make a real difference to arthritic pain.

Asthma

Asthma is also caused by inflammation, and this means your body is in a state of “alarm” because of an overload of harmful factors. These usually include food allergies, inhalant allergies, and stress. The most common food allergies are dairy foods and wheat, and it’s worth avoiding these for 10 days to see if that makes a difference.

Any additional burden on the body’s immune system could tip the scales over into asthma, which is probably why triple vaccines, the equivalent of having three infections at once, can increase the risk of developing asthma. Certain nutrients and herbs help to calm asthma down by reducing inflammation that constricts the air passages in the lungs. These include Vitamin C (2 grams or 2000mg a day) magnesium (300mg a day), omega 3 fish oils (1,000mg a day) and the herbs curcumin, boswellia and ginger.

Circulation Problems
First of all, exercise regularly, the best way is to do some that raises your heart rate at least 3 times a week, such as a brisk walk or swimming. Vitamins help too. Take 400mg of vitamin E and 50mg to 100mg of niacin (B3) a day, and you will see a difference. Vitamin E helps the body use oxygen while niacin dilates blood vessels, so you get a real boost to your blood flow. You may also blush, possibly quite strongly for the first few days you take it. This is harmless, but you may feel hot during the flush as your blood flow increases, and then cold afterwards.

The herb Ginkgo biloba – renowned for it’s ability to improve circulation – can help too. Take 40mg a day. Ginger and cayenne can help too so drink fresh ginger tea (pour boiling water over the grated root) and use cayenne freely in cooking. If you are also suffering from fatigue, low libido and dry skin, your thyroid gland may well be working below what it should be, so ask your doctor to run tests to check this out.

**Fibromyalgia**

This condition is caused by many symptoms, including widespread muscle pain, constant aches, general stiffness, fatigue, sleeplessness and depression. The actual muscle pain is caused by reductions in energy production in the body and the inability of the muscles to relax. It is not an inflammatory disease so anti-inflammatory painkillers don’t help. So if you have been on a course of cortisone or had injections and they didn’t work you are most likely to have fibromyalgia.

Supplementing magnesium malate has been shown in studies to reduce pain after as little as two days. Eat a healthy diet with plenty of magnesium rich foods such as green vegetables, nuts and seeds. Supplement the major vitamins and minerals (the Bs, C, E, calcium and so on) in a good multivitamin and mineral, along with 600mg of magnesium malate. Reducing stress levels, re-learning how to relax and increasing exercises slowly are all important.

**Gallstones**

There are two types of gallstones: calcified stones and fat deposits. Calcified stones need lazer treatment to break them up. Fat deposits respond to increasing lecithin in the diet. Calcified gallstones are more painful as they cause the gallbladder to become inflamed. If you lie down and press under your ribcage you can normally tell if this has happened, from the pain. A calcified stone will show up on an X-ray.

To ease the condition, increase the amount of fibre you eat, this will stop bile being reabsorbed, which can contribute to gallstones. Take 3000mcg (10,000iu) of vitamin A a day, as this will ensure a smooth lining to the gallbladder and
prevent the bile from forming stones. And sprinkle of tablespoon of lecithin granules on your cereal every morning or have two 1200mg lecithin capsules. It's also key to limit your intake of fat, so avoid fat and processed foods – but make sure you get enough good fats in the form of oily fish, fresh nuts and seeds.

If you don’t have calcified stones, a nutritional therapist or naturopath may recommend a “gallbladder flush”. This involves drinking a lot of olive oil, swallowed down with lemon juice, that will probably make you feel quite nauseous. This acts to soften and remove fat based gallbladder deposits. However you need to consult with a professional and don’t do this on your own.

**Gout**

For a healthy person, most of the uric acid in the body comes out through urine. But if there's too much uric acid, or if the kidneys aren't removing it from the body properly, the levels of uric acid soar.

This excess acid is deposited in the body's joints - which causes gout. The high levels of uric acid may also lead to kidney failure or kidney stones.

You should also avoid certain foods...

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Hungry? Don't bother with these if you have gout
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The ones to avoid are high Purine foods. These include mackerel, herring, hearts, shellfish, sardines, bakers and brewer's yeast.

Try and limit your intake of foods that are moderately high in purines, like anchovies, bacon, liver, salmon, turkey, kidneys, trout, haddock and scallops.

Tea and coffee aren't a problem, but here's the bad news: alcohol can boost your uric acid levels. So take it easy.

(But as I always say, let's not get too draconian... a little bit of what you fancy on special occasions can be okay.)

You should also try some herbals teas, juices and natural extracts:

-- Nettle - helps kidneys and joints get rid of uric acid

-- Celery, birch leaf and parsley juice are also effective
-- Bilberries, blueberries, cherries and hawthorn have compounds call anthocyanidins, which lower uric acid levels. One I've seen says that eating half a pound of unsweetened cherries a day lowers uric acid and prevents gout attacks.

-- Turmeric is a powerful anti-inflammatory. The Chinese have traditionally used it for gout and arthritis.

-- Autumn crocus is a herb used to make the drug 'colchicine', which treats gout. This can be toxic, so don't use it without a doctor's advice.

In fact, here's a quick warning. If you've been prescribed the drug colchicine: AVOID herbal teas altogether.

Here's a good old fashioned remedy to try if you get an attack of gout...

You mix 4 tablespoons of honey with a tablespoon of comfrey tincture, then heat it in a 'double boiler'. (A double boiler is also known as a 'bain marie'. Basically, it's a container with your mixture, placed in larger pan of boiling water, so it heats up).

Now dab the mixture onto a cloth and apply it to the painful joint, then leave it overnight. Repeat this for several weeks.

You can also apply nettle extract or St John's Wort oil to relieve pain.

There's also a brilliantly named herb called Devil's Claw, which is a traditional gout cure. It's also good for back pain, rheumatism and lumbago.

**Hiatus Hernia**

A hiatus hernia develops when the top part of the stomach moves up through a hole in the diaphragm, through which the oesophagus runs. Severe heartburn and acid reflux can result, so it is vital to avoid stimulants and foods that irritate the stomach, such as aspirin, spicy foods, very hot drinks, coffee and alcohol. You should also reduce the amount of protein rich foods you eat, such as meat, fish, and eggs in favour of vegetable proteins such as beans and tofu or Soya mince and quinoa. If you get muscle spasms as well. Oil of peppermint can help as it is anti-spasmodic.

**High Blood Pressure**

High Blood pressure (or hypertension) is a potentially serious condition as it causes your heart to work much harder pumping blood around the body and can lead to strokes, heart attacks and hardening of the arteries.

Hypertension is regarded as a silent killer. It is a disease of the modern age. The fast pace of life and the mental and physical pressures caused by the
Increasingly industrialized environments have a role to play in the rise in blood pressure. Blood pressure is measured with an instrument called sphygmomanometer in millimetres of mercury. The highest pressure reached during each heartbeat is called systolic pressure, and the lowest between two beats is known as diastolic pressure. Most young adults have blood pressure around 120/80. It increases normally with age, even going up to 160/90.

To lower blood pressure naturally, there are many things that can be done without resorting to medications. Doctors seem to concentrate more on cholesterol in the blood, but studies have shown that a far better indicator of whether someone has a risk of heart attack or stroke is checking homocysteine levels (an amino acid in the blood).

In fact it is agreed among nutritionists that it is vital that you know your homocysteine level because this is a reversible risk factor for any cardiovascular problems. The ideal level is below 6. A score of 15 means four times more risk of a heart attack. How to reverse a high level?

First of all, change your diet. Eat more green leafy vegetables and beans. They are both high in folic acid, which can bring down high homocysteine levels over time. It has also been shown that supplementing large amounts of B6, B12 and folic acid definitely helps to lower high homocysteine levels. Studies have reported that within 2 months your blood pressure (and subsequently your homocysteine level) can drop to almost normal, without the need for medication.

If your doctor will not routinely check your homocysteine levels there are private labs that can do it, or you can get a home test kit from York Test Laboratories. (www.yorktest.com)

Kidney Stones

Kidney stones are abnormal accumulations of mineral salts found in the kidneys, bladder, or anywhere along the urinary tract, and can be anything from grain to fingertip sized. There are various kinds but 80 percent of kidney stones are calcium oxalate stones, which form when excessive calcium in too alkaline urine crystalises.

To prevent kidney stones reoccurring the most important thing to do is to drink plenty of filtered or bottled water – 2 litres a day – to flush the kidneys and urinary tract regularly. A lack of certain nutrients can also contribute, especially magnesium, vitamin B6, vitamin D and potassium, all of which are involved in calcium metabolism.

You should also include green leafy vegetables, wholegrains, bananas, nuts and seeds in your diet on a regular basis. Vitamin A is rich in carrots, red peppers, sweet potatoes and green leafy vegetables, and also benefits the urinary tract.
and helps to prevent the formation of stones. Avoid antacids and cut down on eating meat and dairy as it can cause the body to excrete calcium and uric acid, which can contribute to the formation of the two most common types of kidney stones.

**M.E (chronic fatigue syndrome)**

This condition seems to be a sign of the times: some 30 percent of people who consult doctors are from people complaining about it. But ME, now known as chronic fatigue syndrome (CFS) is much rarer, probably affecting about 1 percent of patients. It is characterized not just by severe, prolonged fatigue, but also by symptoms such as recurrent sore throats, painful lymph nodes, muscle weakness and pain, headaches and painful joints.

Its cause is so far a mystery, although a weakened immune system and problems with detoxifying the body have been suggested. First you need to tackle the CFS to get your energy levels back again. This will involve a detox aimed at cleansing the liver. For the first week, cut out meat, dairy products, what and other gluten grains, tea, coffee, and alcohol. Eat lots of fresh fruits and vegetables, particularly broccoli, Brussels sprouts, cabbage, kale and cauliflower for they all support the liver.

Other foods you need to eat plenty of are: carrots, red peppers, tomatoes, sweet potatoes and other orange and red coloured foods, and spinach and watercress, for their beta-carotene. Fresh apricots, berries, melons, mango and papaya all contain compounds that help to regain energy. Eat wholefoods such as brown rice and beans, high quality protein such as oily fish. And free range organic chicken, and add in a large handful of raw unsalted nuts a day, whole or ground into a salad. Drink plenty of water, at least 1.5 litres a day.

Supplement with a good high strength multivitamin and mineral and an antioxidant supplement. Vitamin C and E are particularly important. Milk thistle helps with the detox of your liver. Yoga is a good way to regain health after a bout of CFS. It can harmonise breathing, movement and posture to remove physical blocks and tension in the body, and make you feel energized.

**Osteoporosis**

As osteoporosis has been linked to hormonal imbalance, it is likely that natural progesterone will prove to be more effective than taking HRT in protecting against it. Other studies have had great results alleviating menopausal symptoms with extracts of Soya and red clover, which contain natural hormone like substances called isoflavones. Isoflavones, is a type of oestrogen-like plant compound which also enhances bone building and prevents the breakdown of bone, when taken with calcium and/or vitamin D. Combine this with a good multivitamin and mineral each day.
Raynaud’s disease

Raynaud’s disease is a circulation problem made worse by stress. Capillaries in the toes and fingers hands and feet contract and deprive the areas of blood causing painful chilblains and itching, and in extreme cases, ulcers.

Luckily, there’s plenty you can do to help control it. Start by keeping your hands and feet warm, avoiding fatty and fried foods, caffeine and cigarettes. Try reducing your stress levels too. Ginkgo Biloba can be very effective as well in counteracting this disease. Recent research showed that people with Raynaud’s taking Gingko had half as many attacks during which their hands and feel went white. It is usually taken in capsule form and you should look for a brand with a flavanoids concentration of 24 percent: two or three doses of 120mg a day. Often it takes a month or two to notice any difference.

Ginkgo is a blood thinning herb so you must be careful if taking medications such as aspirin, coumadin, or heparin. Vitamin E also improves circulation and taking 100mg of a B complex daily, plus an extra 100mg of niacin (B3) can boost circulation too; be aware that niacin triggers harmless blushing, which lasts half and hour. Try this for a month. Also useful is 100 – 200mg of Coenzyme Q10 a day, as this improved tissue oxygenation.

Moderate exercise is key for promoting circulation. If you’re low in magnesium, however you’re muscles won’t be working at their best and that will affect your capillaries, so it’s a good idea to also supplement magnesium at 450mg a day. Lastly check yourself out for allergies. It has been known that cutting gluten grains such as wheat out of the diet can cure Raynaud’s disease altogether.

Rheumatism

Rheumatism usually affects older adults. It is an inflammatory disorder that causes muscular aches and stiffness especially in the neck and shoulders and hips. The condition is usually brought on by a build up of toxins in the body and the body then fails to deal with the toxic by products of digestion and the environment.

You can boost your detox ability by taking a good antioxidant supplement and 1 glam (1000mg) of vitamin C twice a day. You should also drink more water and eat healthy unprocessed (preferably organic) foods with the emphasis on fresh fruit, vegetables, organic chicken, and, anti-inflammatory foods, oily fish, nuts and seeds.

You may also benefit by taking a digestive enzyme to improve digestion. Folic acid, as part of a B complex supplement can help too. Sufferers usually have a
high level of the amino acid homocysteine in their blood (see high blood pressure) which is associated with pain.

RSI (Repetitive Strain Injury)

RSI is a condition that occurs from overworking the wrists and fingers, although there is usually underlying weaknesses that trigger it to develop in the first place. With so many people using computer keyboards these days, it is a real risk. Nutrition can usually help with the typical symptoms of pain, tingling and stiffness. First, limit the amount of inflammation-promoting foods in your diet. The real culprits are red meat and dairy products. Some people also find that cutting out vegetables from the “nightshade” family (potatoes, tomatoes, aubergines and peppers) really helps.

Next, boost your intake of anti-inflammatory foods containing omega 3 fats such as oily fish (sardines, wild salmon, mackerel, herring) and seeds. Seeds are nutritious either as a snack on whole seeds or grind a mixture of flaxseeds, sunflower, sesame and pumpkin seeds in a coffee grinder and sprinkle a tablespoon fresh on cereals, soups or salads every day.

Antioxidants also help to reduce inflammation and you can raise the amount you eat by eating a multi-coloured amount of fruits and vegetables – such as carrots, beetroot, avocado, green leafy vegetables, apricots, plums, blueberries, sweet potatoes and so on. You should eat no less than five portions a day, and take a good antioxidant formula each day too. Choose a supplement that gives you at least 25mg of B1, B2, B3, B5 and B6, 10mg of B12, and 100mg of folic acid.

When sitting at the computer, ensure your posture is good and your arms are supported on a table of the right height for you. Make sure too that you take frequent breaks from repetitive tasks, relaxing and stretching your shoulders. Reducing your stress levels is important, say through yoga or therapies such as osteopathy, acupuncture and the Alexander Technique.

Lastly, try some home hydrotherapy. Every evening before bed, fill 2 large bowls or sinks side by side – one with water as hot as you can stand, the other with ice cold water (add ice cubes to make it really cold) Immerse your lower arms up to the elbows in the hot water and keep them there for 30 seconds, do the same in the cold water for 30 seconds. Repeat this immersion in both bowls 8 times in hot and 8 in the cold, making sure you finish with cold. This exercise will help to drain the lymph fluid and boost circulation in your arms and fingers.

Shingles
Shingles is an unpleasant disease characterized by tingling or pain followed by small blisters on the body or face. It is caused by the chicken pox virus, which a variation on the herpes virus. It usually affects older people; in young adults it may mean a weak immune system.

To treat shingles naturally, supplement 3 grams of the amino acid lysine away from food, and 3 grams (3000mg) of vitamin C. Also take 2 2,500mcg vitamin A (retinol) supplements twice a day. This is slightly higher than what is recommended in pregnancy, so if there is a chance of your being pregnant, do this for one month only. While you have the infection, it's a good idea to limit foods like chocolate, beans, lentils and nuts, as they make the condition worse.

**Thrombosis**

The nutritional approach to preventing blood clots involves thinning the blood with essential fats and vitamin E. Essential fats are found in oily fish such as wild salmon and mackerel, and seeds and their oils. Try having either 1000mg of an omega-3 fish oil or a tablespoon of flax seed oil, or their equivalent in capsules every day, as well as supplementing 300 mg of vitamin E (400iu). Blood thinning nutrients should NOT be taken at the same time as blood thinning medications like warfarin. If you are on these drugs, just make sure you have an adequate intake in your diet of vitamin E and essential fats by eating avocados, wheatgerm, cashews, beans, oily fish, and seeds (pumpkin, sunflower and flax).

Garlic may also help. Vitamin C, vitamin B3 (niacin) have also been shown to be beneficial. Maintaining exercise helps keep the blood flowing and so less likely to clot, so exercise in moderation is important.

**Ulcers (of the stomach)**

There is plenty you can do nutrition-wise to prevent stomach ulcers, rather than just relieving the symptoms. First get your doctor to test you for the bacterium *Helicobacter pylori*, which is the cause of many ulcers.

If this is ruled out, think about what you’re eating. It is a myth that ulcers are caused by too much acid in the stomach – the body is well able to protect itself from its own digestive juices. The problem comes about from eating and drinking foods that irritate the digestion, a condition which is then aggravated by stomach acid. The most likely irritants are: too much coffee, alcohol, spicy foods or wheat. Reduce the amount of protein rich foods you eat like meat and cheese, as these are acidic.

Vitamin A and Glutamine are important for healing ulcers and omega 3 fatty acids from fish oils help reduce any inflammation. Chewing deglycyrrhizised liquorice tablets 20 minutes before meals can also help to soothe ulcers. See also Chapter 7 – home remedies.
**Urinary Problems**

If you get thirsty and visit the toilet a lot, this is a classic sign of a deficiency in essential fats. If you don’t eat enough of these fats you lose the ability to control your water balance and you might find you are retaining water, are very thirsty, urinate a lot and have dry skin, dry hair or dandruff. Ways to counteract this are:

1. Eat seeds every day, as a tablespoon of ground seeds (half flax and half sesame, sunflower and pumpkin seeds)
2. Eat oily fish such as wild salmon, herring, mackerel, or sardines (and the occasional piece of fresh tuna) three times a week.
3. Take a omega-3 fish oil supplement

Be aware that excessive thirst is also a sign of diabetes. Ask your doctor to do a blood test to rule this out.

**Urinary Tract Infections**

Infections of the kidneys, bladder and urethra occur when micro-organisms remain in the urinary tract and begin to multiply. The best foods and herbs to use to help are: aduki beans, barley, blueberries, celery, chickpeas, chicory, cranberries, fennel, quinoa, St John’s wort. Make sure you have plenty of these in your diet.

**Varicose Veins**

This condition occurs when the miniscule valves in veins begin to weaken. Instead of supporting the flow of blood that’s making a return trip to the heart, the tiny valves allow a backwash that result in pooling. This leads to the engorgement of veins, especially in the legs where gravity is exerting a strong, downward pull.

Varicose veins are not harmful, but people occasionally have a problem with a related symptom called thrombophlebitis, where veins become painfully swollen and inflamed. With this condition - commonly called phlebitis - there’s a risk of blood clot formation, a potentially serious situation.

Fortunately, the seed of horse chestnut produces a tonic effect on veins - and, indeed, on the entire circulatory system. In addition, horse chestnut has natural anti-inflammatory properties, so it’s helpful for the treatment of swelling and edema, bruises, arthritis and backaches.
While the seeds are the seat of the horse chestnut's power, I don't recommend eating them. Before they're ready for human consumption, the seeds must be specially processed to remove harmful, naturally occurring components. As with many of today's popular herbs, horse chestnut has a rich history in Europe. As a matter of fact, the main active constituent that has been identified, called aescin, is a registered drug in Germany.

German doctors recommend it for oedema and muscular injuries, and it's also given by injection for head trauma. Not surprisingly, the German Commission E - a government body that holds responsibility for herb testing - has approved horse Chestnut for the condition called 'venous insufficiency', which simply means lack of blood flow through the veins. Commission E also endorses the herb for night-time leg cramps, swelling and itching of the legs.

Horse chestnut is native to Asia, but can also be found throughout the United States and Europe. The seeds come from the fruit that is picked each September.

Horse chestnut has an interesting mechanism of action. The active constituent aescin helps strengthen the vein walls and valves, as well as capillaries, but preventing key enzymes from breaking the walls of capillaries. Research has shown that these enzymes are at much higher levels in people with varicose veins - presumably causing a faster breakdown of capillary walls - so aescin helps but the brakes on this process.

Horse chestnut also improves circulation and reduces oedema (water retention) by promoting fluid drainage from the tissues into the capillaries. This is important, since excess fluid in the tissues accumulates around and in the veins - and when the veins become distended, they're a less efficient circulation mechanism.

Finally, horse chestnut contains small amounts of a blood-thinning agent called coumadin. When blood becomes thinner, it flows more easily and swiftly, which helps explain why this herb helps to improve circulation and relieve congestion.

A standard capsule of horse chestnut at the same dosage used in clinical studies, which was 600 milligrams daily, should be enough. This is equivalent to 100mg daily of the active constituent, aescin. Gels containing horse chestnut are also available for external use.

Side effects with this treatment are rare. A small percentage of people can get digestive upset, and some have reported skin itching and headache. Since horse chestnut has a natural blood-thinning effect, be sure to check with your physician if you're in blood thinning medication or have any kind of bleeding disorder.

If you have concerns about such conditions, you can always use the horse chestnut gel, applied directly to the surface of the skin (rather than taken internally).
Chapter 7

Home Remedies

In this section we will be looking at home remedies using ingredients found in your store cupboard.

Remedies using Honey

Stomach problems:

For acid indigestion, take 1-3 teaspoons of honey at bedtime on an empty stomach. Scientists now find that a major cause of an upset stomach is the bacteria strain, Helicobacter pylori. A 5 percent solution of honey completely stopped the growth of all strains in Petri dishes. Honey has been a long standing champion recommended by doctors even in the prized medical journal, the lancet for the treatment of ulcers.

Wound Healing:

Because honey is rich in sugar and small amounts of enzymes, vitamins, minerals and other nutrients, it has been used as a healer when applied to wounds. Not only does honey protect the wound from infections but may be superior to hospital wound dressings. In a study published by the British Journal of Plastic Surgery, researchers randomly assigned 46 burns patients to either get honey in the wound dressing or a hospital product called Opsite. Honey was faster at healing wounds.

Another group of Australian researchers found that honey applied to wounds accelerated recovery. Honey is not just a home remedy these days but fast becoming the medicine of choice in many health situations.
Weight loss:

Small amounts of honey used as a sweetener can replace large amounts of sugar that many people consume daily, thus reducing calories. It is also much easier digested.

Athletic performance

To make your own “power supply” for the heart muscle, add 3 tablespoons of honey (or to taste) plus 1 tablespoon of Lite Salt (which is half potassium) plus 1 tablespoon of apple cider vinegar to one quart of purified water. Drink often when sweating.

Antiseptic and antibiotic

Besides being a superb energy food, honey is one of natures’ most powerful germ killers. Germs simply cannot survive in honey. Primitive man not only used honey as a food, but also as a medicine.

Remedies using Garlic

Helping your Heart:

It’s possible that by lowering the amounts of fat in the blood and reducing the amount of cholesterol production in the liver, garlic should be the first choice for every heart specialist around the world. The “French Paradox” is a puzzle in which French people eat more fat, smoke more, and get little exercise yet have about half the incidence of heart disease compared to British and Americans.

Some experts attribute this puzzle to the French passion for eating high amounts of garlic and drinking red wine. Some studies suggest that garlic works on several levels to prevent and reverse heart disease.

1. By slowing down the livers’ own production of cholesterol
2. By mobilizing fats stores around the body into the bloodstream so that the fat can be burned for energy or excreted.
In a review article, 18 different studies testing garlic on British heart patients, garlic clearly lowered the “bad fats” (cholesterol, triglycerides, LDL) and raised the “good fats” (HDL). In a study from India, researchers divided 432 heart disease patients into 2 groups. One group received daily garlic supplements while the other group did not. The group receiving garlic had a 30 percent reduction in repeat heart attacks in year 2 and a 60 percent reduction in year 3.

**Reduces and stabilizes Blood pressure:**

One of those sulfured amino acids in garlic is effective at preventing angiotensin 1 from being converted to angiotensin 2, and would provide the benefit of lowering blood pressure. If you have low blood pressure, garlic may help to bring it back to normal, and doing what no drug can do: that is, bringing the body back to a good function no matter what the problem is.

**Prevents and reverses stroke**

By thinning the blood, garlic may be able to prevent the deadly build up of blood clots that choke off tiny capillaries to create strokes or the loss of function that it often associated with ageing. We need to have our blood clot when our skin is penetrated, to prevent us bleeding to death. A chemical called Thromboxane helps us do this. Yet we don’t want that clotting mechanism kicking in too soon, which creates sticky blood that gets stuck in capillaries and cause a stroke or a slow suffocating death throughout the body.

Garlic helps to keep the clotting mechanism in balance. Fibrin is the web of clotting material that forms all too early in the bloodstream of many people. Fibrinogen is an accurate measure of how much clotting is going on in the body. Researchers found that garlic lowered fibrinogen levels in adult males, even after being fed 3.5 ounces (100 grams) of butter, which normally really cranks up the clotting machinery.

Researchers at George Washington University School of Medicine report that garlic may be better at reducing clotting than aspirin.

**Fights infection and cancer:**

By stimulating the immune system to get more active at killing cancer cells and by helping the body to eliminate built up toxins, garlic may be able to help us in our failing efforts in the “war on cancer”. Scientists find that garlic is deadly to invading bacteria, virus or tumour cells, but is harmless to normal healthy body cells, and offering the hope of the truly selective toxin against cancer. Garlic has been found in the lab to stimulate natural protection against tumour cells. Garlic and onions fed to lab animals helped to decrease the number of skin tumours. Tarig Abdullah, MD of Florida discovered that lab cultures of white
blood cells of garlic fed people were able to kill 139 percent more tumour cells than the while blood cells of people who didn’t eat garlic.

Dr Abdullah also used garlic extract in 7 AIDS patients with encouraging results: reduction of diarrhea and other symptoms with improvements in immune activity of Natural Killer cell count. Researchers are excited about early encouraging results of incubating cancer cells in garlic, which disrupts their metabolism then injecting this “vaccine” into a cancer patient.

In one area of China, the people eat an average of 7 cloves of cooked garlic a day. Their stomach cancer level is about 3 per 100,000. yet in nearby Qixia County where garlic is rarely eaten, the incidence of stomach cancer is 1200 percent higher or 40 per 100,000. Stomach cancer is one of the most common cancers in some parts of the world.

Garlic is also effective at treating bacterial infections, yeast infections, (including Candida Albicans) and intestinal parasites of all types.

Detoxification

While the 20th century has brought us many advances through technology, we are also drowning in our irresponsible dumping of our high tech. waste products. Toxic burden in the air, in food, and in water supplies may be contributing to our immune disorders, including cancer, AIDS, arthritis, multiple sclerosis, chronic fatigue and more. The unique amino acids in garlic seem to be able to “cage” heavy metals, like lead and mercury, and carry them out of the body in a process called chelation. Something in garlic also seems to supercharge the liver to produce more chemicals for general detoxification

Protects against Pollution

Various agents in garlic may have the ability to prevent known cancer causing agents, like aflatoxin from mouldy peanuts and DMBA from tobacco, from binding to the delicate DNA. This could then trigger cancer.

Blood sugar regulation

Garlic can improve the condition of type 2 insulin dependent diabetics and hypoglycemics. In animal studies it has been found that garlic helps the liver to pull out sugar from the blood and encouraged the pancreas to make more insulin. The net result was to bring blood sugar down to an ideal level. The benefit alone could contribute more to garlic’s anti-aging effect.
**Asthma Fighting**

In addition to your usual medication, 1 teaspoon of this tonic with water every 15 minutes until your spasms is controlled. Afterwards, give the patient 1 teaspoon every 2-3 hours for the rest of the day. Recipe: Take ½ pound peeled garlic cloves, add equal amounts of vinegar and distilled water to cover, ½ pint glycerin and 1 ½ pounds of honey. Put peeled garlic, vinegar and water in a wide mouthed jar, close tightly and shake well. Leave it stand in a cool place for 4-5 days, shaking twice daily. Add the glycerin, shake the jar and let stand one more day. Strain and blend in the honey. Store in a cool place.

**Toothache**

For gum and tooth problems, mix up a poultice of crushed garlic in peanut butter and apply to affected area.

**Congestion**

For colds, bronchitis, catarrh, coughs, and laryngitis, use raw garlic

**Infections**

Eating raw garlic may help with middle ear infections, sore throats, sinusitis, tonsillitis, gum infections and mouth ulcers.

**Digestion**

Garlic can be used for diarrhea, gastroenteritis, dysentery, colitis, food poisoning, constipation, indigestion and hemorrhoids. For hemorrhoids, insert a small wad of crushed garlic and vitamin E oil from a capsule into the rectum at bedtime.

**Urinary/ genital problems**

Based on lab studies, garlic may help with candidiasis, cystitis, thrush and vaginitis.

**Skin**

For abscesses, acne, athletes foot, ringworm, yeast like infections, wounds and ulcers.

**Circulation**

For hardening of the arteries (atherosclerosis), vascular thrombosis, high blood fat, high blood pressure and high blood cholesterol.
Aphrodisiac

Pound garlic with fresh coriander and add to wine.

Winter Tonic

Steep 3 or 4 crushed cloves of garlic in a small bottle of brandy in a dark cupboard for 14 days. Sip a tablespoon several times a day. Such a recipe was recommended for seamen on cold winter journeys.

Recovery Soup

There’s nothing like this easy to prepare soup to get you back on your feet. Put 2 full teaspoons of miso, 1-2 cloves of crushed garlic, a little grated onion, and a squeeze of vinegar in a mug or bowl. Add boiling water or vegetable stock and stir well. Add a dash of soy sauce to taste.

How to prepare your garlic remedies:

Pills:

Supplement garlic preferably a Kyolic aged deodorized garlic. Other supplements with allicin are also available at your health food shop. Follow directions of the label.

Fresh cooked cloves

Break up a bulb of garlic to its smaller cloves. Do not peel the cloves. Place cloves in a coffee cup. Sprinkle olive oil and some seasoning, such as Spike over the cloves, cover with plastic wrap and place cup in microwave for 40-60 seconds. The resulting product is tasty, and still therapeutic. Take liberally before, after and during a cold. Eat 6 a day as a preventative.

Syrups

See asthma fighter section for recipe. For coughs, sore throats, bronchitis, high blood pressure and circulation problems, take 1 tablespoon 3 times a day.

Tea and gargle

Brew 2 tablespoons of dried sage and 4 or 5 minces or crushed cloves of garlic in 2 pints of boiling water. Cover and stand until lukewarm. Take 1 small teacupful 4-5 times a day and gargle every ½ hour. This tonic is good for bronchitis and to reduce mucus.
Bug Spray for the garden

Use this in preference to chemicals on your garden. Take 3 oz of chopped garlic and let soak in 2 tsp of mineral oil for 24 hours. Then slowly add a pint of water in which ¼ oz of dish soap has been added and dissolved. Stir well. Strain liquid through fine gauze and store in a china or glass container to prevent a reaction with metals. Use it in dilution of one part solution to 20 parts of water to begin with, then one to 100 thereafter. Apply to plants as a spray.

Inhalant

Take 3-4 cloves of garlic minced or crushed with a teaspoon of apple vinegar. Add 1 pint of boiling water and inhale the fumes. For nasal congestion.

External Remedies:

Infections:

Apply crushed fresh garlic as close as possible to the site of the infection, provided care is taken to keep the surrounding area free from possible blistering and you are prepared to put up with some initial stinging. If it stings too much, let it stand for a few minutes and try again.

Poultices

To apply garlic to a small area, first put petroleum jelly around it to prevent blistering. Put a small amount of minced garlic onto a piece of gauze and tape it in place. Leave it on for 15-20 minutes. It may help athletes foot, abscesses, boils and other skin infections.

To treat a wider area use this bread poultice: Finely grate 2 oz of garlic and add a crumbled 1 pound wheat meal loaf and bread soaked in milk. Apply to skin. For treating acne, spots, and mouth ulcers, simply hold or rub a bruised clove against the place.

Mix equal parts of zinc-oxide ointment, lanolin, and freshly ground garlic. As always, use a glass or ceramic container, not a metal one. Store in a covered jar. To be used for eczema and hemorrhoids.
Garlic in oil

Mince or crush 250g (8 oz) of garlic and put in a wide jar. Add enough olive oil to cover the garlic. Close jar tightly and shake a few times a day. Stand in a warm place for 3 days, then strain through a cloth. Keep the mixture cool. For ear aches, put a few drops, warmed, in the ear with cotton wool. For aches, sprains, and minor skin disorders, rub on; heating may help ease the pain. You can also add essential oils such as eucalyptus to the oil.

Garlic breath

If your breath is too strong from eating garlic, chew some sprigs of parsley, mint caraway, fenugreek seeds or cardomom seeds.

Everything you can do with Vinegar for Health and Beauty

Acne

Make a mixture of 2 teaspoons of plain or herbal apple cider vinegar in 1 cup of water and dab on blemishes several times a day after washing. Old herbal texts recommend a mixture of onion and vinegar for blemishes.

Age Spots

Also called liver spots, may fade by using them with a mixture of onion juice (1/2 squeezed onion) and 2 teaspoons of vinegar
Antiseptic action

Antiseptics are chemicals applied to body surfaces to reduce the infectious
growths of bacteria, viruses and fungi. Vinegar has been one of natures’
favourite antiseptics.

Arthritis

It is reported that drinking 2 and a ½ teaspoons of apple cider vinegar in a glass
of water at each meal may help to relieve arthritic pain.

Athlete’s foot

Relieve the itching of athlete’s foot by rinsing the feet several times a day with
plain or apple cider vinegar.

Baths

Adding either plain or herbal vinegar to bath water does for the entire body what
vinegar skin tonics do for the face. Your skin responds favourably to having the
proper acid, or pH balance. Vinegar in the bath water relaxes. Soothes, cleanses
and removes itching, flaking skin. Use plain apple cider, rice or wine vinegar or
herbal vinegar, adding ¼ cup to the bath water. Herbal vinegars also make good
after-bath body splashes for softening the skin; use full strength or diluted.

Burns and sunburn

To alleviate the pain of minor burns and sunburn, pat cold apple cider vinegar in
affected area every 20 minutes.

Cement removal

To clean up hands after working with cement or concrete, wash hands in vinegar,
then rinse with water.

Chapped skin

Chapped hands heal quickly when treated with a homemade mixture of equal
parts rich hand cream and vinegar. Use it every time you wash your hands.

Checking calcium supplements

To check if they are able to absorbed by the body, drop one in vinegar, If it
dissolves quickly, they are of good quality.
Congestion relief

Inhale the steam from boiled vinegar. Be careful not to burn yourself.

Corns

Soak 2 slices of white bread with 2 slices of onion and 1 cup of vinegar for 24 hours. Place bread on corn, top with a slice of onion then wrap in a bandage and leave on overnight. Corns and callouses have been known to fall away, overnight.

Cosmetic vinegar recipes

1. For bath, hair and skin. Mix together 2 oz of fresh or 1 oz each of dried thyme leaves, lavender flowers, spearmint leaves, rosemary leaves, and sage leaves. Steep in 4 cups of apple cider vinegar, or wine vinegar for several weeks, then strain. Mix together ¼ oz gum camphor, and 3 tablespoons of grain alcohol until dissolved. Stir into vinegar, cover and let stand for 3 days. Strain, bottle, cap tightly and label.

2. Mix together 2 oz of fresh or 1 oz dried orange peel, rose leaves, petals and hips, willow bark and chamomile flowers. Steep with 4 cups apple cider vinegar for several weeks then strain. Add 1 cup of rosewater. Bottle cap and label.

Dandruff

Massage full strength vinegar into the scalp several times a week before shampooing.

Digestive problems

Mix a small amount of peppermint with 1 tablespoon of vinegar in a glass of water to help ease an upset stomach.

Douche

Although douching is no longer recommended frequently, women who are prone to vaginal infections can help prevent them by occasionally douching with a solution of 1-2 tablespoons of apple cider vinegar in 2 pints of warm water.

Ear infections

Diluted vinegar placed in the ears can help ward off infection. Head and neck physicians suggest using a mixture of vinegar and alcohol in the ear to help prevent “swimmers ear”.
**Freckles**

Lighten freckles on the body (not the face) by rubbing on horseradish vinegar. This is also said to repel mosquitoes.

**Gargle for sore throat**

Just gargle with a glass of warm water to which a tablespoon of apple cider vinegar has been added. Repeat as needed. This is also a great mouthwash.

**Hair rinse**

After shampooing, rinsing your hair with vinegar leaves it squeaky clean and shining.

**Headache**

Dab an herbal toilet vinegar on your temples whilst resting. Alternatively, dampen a cloth with some of the vinegar and lay it across your brow.

**Herbal hair rinse**

With vinegar mix: Rosemary, sage or rosemary and mint leaves or orange and lemon peels, or chamomile and linden flowers and fennel, sage, rosemary, nettle, and yarrow leaves.

**Hiccups**

Try a small drink of chervil seed vinegar to relieve hiccups.

**Incontinence**

Bathe with soap and water, then wipe the skin with vinegar. This reduces odour and lowers the pH of the skin, which helps prevent the growth of bacteria.

**Indigestion**

To reduce indigestion, add 2 teaspoons of apple cider vinegar to a glass of water and drink at each meal.

**Insect and bee strings**

Repel insects beforehand by rubbing vinegar on your body, particularly the vulnerable wrists, hands, ankles, face and throat. If bitten rub apple cider vinegar as soon as possible on the bites and stings to draw out the poison and prevent
swelling. Thyme vinegar and rosemary vinegar are especially effective for both repelling insects and relieving discomfort from the bites.

**Leg cramps at night**

May be relieved by drinking a glass of water mixed with apple cider vinegar at meals.

**Liniment**

Use one of the herbal cosmetic vinegar recipes as a pleasing alternative to alcohol as a rubbing lotion for aching muscles. Apply to sprains as a hot poultice.

**Morning sickness**

Upon rising add a teaspoon of apple cider vinegar to a glass of water and drink it.

**Mouth healer**

Myrrh has long been considered of value in maintaining health in this area. Swish the myrrh vinegar around the mouth to hasten the healing of sores and to soothe red swollen gums. This will also sweeten the breath.

**Muscles**

Tired or sprained muscles may be soothed by applying a cloth dampened in apple cider vinegar and cayenne pepper. Leave on for 5 minutes, may be done as often as needed.

**Nail polish.**

Make nail polish last longer by soaking fingertips in a solution of 2 teaspoons of vinegar in ½ cup of warm water for a minute before applying the polish.

**Nausea**

Nausea or vomiting may be reduced by applying a dampened cloth or warm apple cider vinegar to the skin.

**Produce rinse**

Add 1 tablespoon of vinegar per gallon of lukewarm water to remove pesticide residue on fresh fruits and vegetables, plus also killing germs and bugs.
**Sinusitis and facial neuralgia**

The pain of sinusitis and neuralgia may be relieved by drinking a glass of water with 1 teaspoon of apple cider vinegar added every hour for seven doses.

**Skin softened**

Skin is made soft, radiant and free of blemishes by conditioning the skin while sleeping with a covering of strawberries and vinegar. Mash 3 large strawberries into ¼ cup of vinegar and let it stand for 2 hours. Then strain the vinegar through a cloth. Pat the strawberry flavoured vinegar onto the face and neck. Wash it off in the morning. Also helps to clear up pimples and blackheads.

**Sore throat and fevers**

Enhance the healing properties of chicken soup by adding 1 tablespoon of vinegar, 1 crushed clove of garlic and a few drops of hot pepper sauce to a cup of chicken broth. Alternatively, mix 1 tablespoon each of honey and apple cider vinegar or 2 tablespoons of sweetened raspberry or blackberry vinegar in a cup of hot water to promote rest, soothe a sore throat, and relieve congestion.

**Toothache**

Rub calendula vinegar on the area for immediate relief.

**Urine neutralized**

When urine leaks onto sensitive skin surfaces, it can irritate or even burn sensitive skin. Vinegar compresses applied to the skin, help restore its natural condition, neutralize leaking urine and promote healing.

**Weight Loss**

Drink a glass of warm water, with a single teaspoon of apple cider vinegar stirred into it before each meal. It helps to moderate the appetite.
Chapter 8
Great Sex

Foods can charge up your sexual energy and enhance potency and fertility. The best way to improve your sex life is looking at your lifestyle- and the cornerstone of your lifestyle is what you eat. If you don’t get enough good foods, you will get a decrease in libido, as nutritional deficiencies and poor eating habits affect your hormones, glands and organs.

But with some care you can easily eat your way back to a great sex life. I have compiled a list of **food to put you in the mood**. Don’t eat these to the exclusion of everything else, but incorporate them into your daily diet and lifestyle. And remember – great sex and great health go together!

- Aduki beans
- Apples
- Artichokes
- Avocados
- Bananas
- Beetroot
- Black beans
- Blackberries
- Blueberries
- Brazil Nuts
- Brown rice
- Cardamom
- Celery
- Cherries
- Chives
- Chlorella
- Cinnamon
- Daikon root
- Dates

- Dulse seaweed
- Fava Beans
- Fennel
- Figs
- Flax/linseeds
- Garlic
- Ginger
- Gooseberries
- Hazelnuts
- Leeks
- Licorice
- Mung beans
- Nori seaweed
- Oats
- Okra
- Onions
- Parsley
- Pomegranates
- Pumpkin

- Pumpkin seeds
- Quinoa
- Raspberries
- Saffron
- Seaweed
- Sesame Seeds
- Soaked almonds
- Soybeans
- Spinach
- Spirulina
- Sprouted Quinoa
- Steamed Kale
- Strawberries
- Sunflower seeds
- Tomatoes
- Turmeric
- Vanilla
- Watercress
- Wild salmon
According to German research, raw sauerkraut is one of the best foods for a good sex life. Also, a traditional aphrodisiac, oysters contains about 15mg of zinc, which is crucial for male fertility. Research has found that men low in zinc was also found to be low in testosterone, with a low sex drive and sperm count. So there is something to be said for eating oysters.

**Herbal Aphrodisiacs**

There are also some herbal aphrodisiacs that are worth a mention here.

**Ginseng** is widely known as a “sexual rejuvenator” and animal studies have shown that it increases testosterone levels, help the body to adapt to stress and boost energy. You will need about 1g a day of either Panax ginseng or Siberian ginseng.

**Damiana** is a central American shrub that is said to produce testosterone, although the exact way it does this is unknown. Try 400 to 800mg twice daily.

**Muira puama** comes from the Brazilian Amazon, and how it works is also a mystery. In a study in France, 62 percent of men who had taken it said it had changed their lives. Try 1g a day.

**Maca** comes from Peru’s central highlands, where it has been used in traditional culture to awaken a healthy passion. Experiments on animals showed increased sexual performance and improved erectile function even in rats with their testes removed! Try 3 to 5 g of ground maca. You can also find herbal remedies with a combination of these herbs just mentioned.

**Ginkgo Biloba** is another herb you can try. It is best known for boosting the blood flow to the brain – but it also boosts blood flow to the penis, thus aiding erections. In several small studies, physicians have got a very good result with 60 to 240mg daily of a standard ginkgo extract. In a nine month study 78 percent of men reported a good improvement without side effects.

**Regular Sex is good for you**

Orgasm actually triggers oxytocin release, causing you to feel more relaxed yet energized with a clear mind. Recent studies also show that regular sex makes you less vulnerable to colds and flu. Tell your partner that prolonged, deep kissing has been shown to lower blood pressure and cholesterol levels in the long term. In the short term, kissing releases bacteria that stimulates the production of antibodies, which help fight off infection. Even handholding can bring immediate stress relief to loved ones.
Sex improves overall circulation and flexibility with the muscle building that happens during sex. It really is a full body workout that, if sustained, will help you tone and sculpt your body.

Common Sexual Problems

Unable to get (or sustain) an erection

If you can rule out the possibility that your problem is caused by psychological factors, then these remedies have been known to help with erection problems caused by physical causes. The Fava bean contains the compound L-Dopa, which is often used to treat Parkinson’s disease. Ensure you eat the beans rather than use the concentrated compound as this could cause a painful prolonged erection that has nothing to do with sexual arousal. Fava beans have an age old reputation as an aphrodisiac. If they work, try sprouting the beans as the sprouts contain even more of the compound than the beans do.

You can also try any of the herbs mentioned above.

Stress and lack of Sex drive

A lot of men and women find that their sex drive dips when overworked and stressed. Stress is a major cause of declining libido. Why should this be? Because prolonged stress can affect hormone balance over time. Testosterone is a steroid hormone, derived from cholesterol. Another important steroid hormone is cortisol, secreted in the body as a response to stress. Both these hormones are derived from progesterone, a sex hormone.

At times of stress, progesterone may make cortisol in preference to testosterone, causing you to be short of testosterone, so hence a loss of sex drive. The best way to deal with it is to chill out, take some time off and give yourself some breathing space.
My mother is a picture of health – at age 92! She does the garden regularly, and apart from a touch of arthritis, has no serious health problems. My mother has also had eleven children, eats well, and has never smoked. She is still slim and I often think she has more energy than most people half her age.

I was brought up on good food that my father grew in the garden, and I am from a small village where it was common practice when I was growing up to “barter” food. This meant that my parents would swap a basket of vegetables from the garden with the lady down the road who raised chickens and eggs, and there was always plenty of good food on the table despite the fact that we had very little money.

Wouldn’t it be nice if food was still as good now as it was then? To get the same nutrients now from say, 1 orange, from when I was a child, you would need to eat 8 now. Wouldn’t it be great If instead of struggling through a maze of pain, suffering, hospitals and doctors, surgery and drugs a person could find relief in simple and inexpensive healing from good nutrition and nature?

In this book you have seen some of nature’s healing agents. Now you have read this far, you may be interested in finding out why nutrition can be so helpful in supercharging your health.

The importance of nutrition

Nutrition and health. It goes together and makes so much sense to me. Vets more than doctors know the link between nutrient intake and health. Actually I think most of our pets eat better than most people, and most people care more about what goes into their cars as fuel than they care about their own fuel! Your pet eats a balanced diet of protein carbohydrate, fat fibre and vitamins and minerals. Yet most people choose foods based upon taste, emotional needs and
convenience. The most commonly eaten foods in the Western world are heavily refined and nutritionally bankrupt white flour. Meanwhile livestock eat nutritious wheat germ and bran that we discard from whole wheat.

When our crops in the garden were not doing too well, my father examined the soil and placed more nutrients in it. Think about it: If plants and animals are so heavily dependent on nutrients in their diet for health, then why do we think we can eat what we like and stay healthy?

The West now has the highest incidence of heart disease, cancer, stroke, diabetes, arthritis and obesity. We seem to ignore the irreplaceable link between eating whole foods and good health. Up to 65% of all disease could be prevented through proper nutrition. Perhaps it would be good to backtrack a bit here and see how we have evolved to where we are now.

**A Potted History of Medicine**

There is a basic flaw in our thinking about health care these days. Years ago in the 1800s conventional medicine began to seek a monopoly, and in Western countries like the United States, legislation was imposed. This banned the practice of medicine by anyone who had not been trained in medical school.

Throughout most of the world and recorded history, natural healing agents were the main tools of the physician, with herbs servings as medicines. An Arab herbalist who lived in the 11th century traveled extensively to catalogue the medical uses of herbs. He eventually wrote 100 books on this subject, which became his 1 million word herbalist works “Canon of Medicine”. This book was considered a standard in medical education throughout Europe and Asia until the 17th century.

The big shift in medical outlook began around 1850, when a French chemist, Louis Pasteur found that heat could kill off the tiny organisms that caused infections. He also worked on weakening the bacteria and injecting them into healthy people to prevent the disease – a process we now know and accept widely as vaccination.

In 1910, Alexander Flexner wrote his famous report “Medical Education in the United States and Canada”, which highly criticized all forms of healing except the form that uses strong drugs to treat health conditions (allopathy). Practitioners of natural medicine were sidelined, and discouraged and the era of monopoly control by drug and surgery-orientated medical doctors began.

By 1928, Alexander Fleming had taken penicillin from bread mould and injected it into a patient with an infection. The recovery process was astoundingly quick and the era of antibiotics was born. By the end of World War Two, the development of chemicals was coming faster than they could be cataloged and
tested for safety. The chemical age was born, and with it came the mixed blessings of miracle materials and the immoral contamination of our planet.

In the 1950s Jonas Salk brought us the polio vaccine and helped to end one of the worst scourges of mankind. There is a difference between using knowledge to improve our lot and abusing our knowledge through ego and short-sightedness and worsen our lot. Drugs and surgery have their place in the healing arts, especially as short term fixes to get an acutely ill person through a crisis phase. There are times when no other form of healing will work.

**But we tend to rely on these invasive therapies to heal a problem which can only be healed by encouraging our natural healing process. We then end up worse off. We need to be more restrained with medical therapies and more liberal with natural healing therapies. This combination would leave us with excellent health.**

However, over the years, the medical profession (and drug companies) has gone further and further into their realm of healing, and has effectively outlawed anyone who claims to have a natural cure for a disease, as they arrogantly believe they have all the answers. They have been trying to close down or severely inhibit natural health practice being able to flourish alongside medical practice. The government, lobbied by drugs companies who want a complete monopoly over health are also imposing more and more draconian laws – the latest one being considered is the necessity to treat vitamins and minerals as unproven “drugs” with all the expense and clinical trials this involves.

Meantime not one person has died through taking natural remedies, despite these so-called “dangers” that they are always warning us about. Ancient remedies were deemed to be the work of mythical folklore -Yet the medical profession doesn’t have all the answers. They treat symptoms not the causes of disease. Meanwhile natural health remedies continue to prove their effectiveness. Authoritative research into natural healing is progressing at a rapid pace and traditional plant lore has proven itself with evidence of its medicinal properties.

This evolution in natural health has even been encouraged by the scientific community, which is increasingly recognizing the benefits of plants and other natural substances through experimentation and experience.

To go back to treating the symptoms of disease on their own. As an example, lets say that the first thing I do every morning is slam my thumb in a drawer. After a few days of this it really hurts and it turns black and blue. I go to a doctor for relief. He suggests painkillers, perhaps an anti-inflammatory. Yet the answer is to stop slamming my thumb – or reverse the underlying problem and allow your natural healing to take over.
In our current health system we usually shift symptoms with medication or surgery, when we really need to treat the basic cause of the disease. Nutrition, and in particular the remedies contained in this book will help change the underlying cause of many health problems.

Take heart disease: There are over 60,000 miles of blood vessels in the average adult body. When a person develops a blockage in the arteries near the heart, open heart bypass surgery will be recommended. But what has been done about improving the other arteries left that will probably be equally obstructed?

In an investigation of the records from thousands of bypass patients and found no improvement in lifespan after this risky surgery. Why? Because the underlying cause, which could be diet, exercise, stress, toxins and lifestyle has not been resolved. A bypass treats the symptoms of heart disease like chemotherapy and radiation treats the symptoms of cancer.- but no long term cure.

Many sick people are defying all of nature’s laws: no exercise, too much stress, and a body loaded with toxins. Without a thought of changing this semi-suicidal lifestyle, a doctor will put this patient on an endless treadmill of prescription drugs, which all have side-effects, until the patient develops a really serious disease like cancer. It is arrogance to assume that drugs can reverse the abuse of decades of poor nutrition and toxic burden. Often the answer is a simple one of eating better food.

Learning Nutrition from Nature

Without food processing we wouldn’t know much about human nutrition. When European sailors spent months at sea with an unbalanced diet lacking in fruit and vegetables, they came down with scurvy. Half of all explorers at sea from 1600-1850 died from this common vitamin C deficiency. When we taught the Indonesians how to refine whole rice down to white rice, thus removing thiamin, we began the beri-beri disease of thiamin deficiency.

When we decided to remove the fibre from whole fruits, vegetables and grains, we contributed to history’s greatest epidemic outbreaks of obesity, heart disease, cancer and more. When we thought that we could duplicate the nutritional value of mother’s milk for newborns, we later learned of all the tiny but critical components in mother’s milk.

Every time we think that we can improve on nature, we find our confidence misplaced. Every time we fiddle with a wholesome food, we erode its nutritional value. In whole foods lies a glut of nutrients that we will never really understand but they are there for our benefit. Nature has spent billions of years fine tuning our nutritional intake. Food is a rich tapestry of thousands of substances. Food
contains life giving agents that we are only beginning to understand. One third of all drugs originated as plant products.

It is food that contains the vitamins and minerals we need, albeit in a weaker form than before. We now have to supplement, but they can never replace the importance of a wholesome diet. Our eating habits are all acquired. We base our current diet on what our mothers cooked when we were younger, what our society, ethnic and religious groups prefer, what is advertised and what is available in the local store. It takes about 3 weeks to acquire new eating habits. Try changing your diet for the better and you will probably find that the nutrient – depleted “junk” foods of yesterday really doesn’t satisfy your taste buds like whole foods do.

**The Shocking Truth**

The shocking truth about what we are really doing to ourselves really comes home to me whenever I see loads of obese people walking along swigging from giant cartons of Coke, eating pastries loaded with fats, or sitting in burger bars with their young children (even babies!). In the last ten years from being just a few isolated cases, overweight and obesity is now everywhere. Perhaps the idea that you can drink vast amounts of sugar and acid and still feel OK hasn’t got through to the general population yet. If not, hopefully this bit of research will help to change your mind!

**WATER VERSUS COKE**

1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population.)

2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.

3. Even MILD dehydration will slow down one’s metabolism as 3%.

4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

5. Lack of water, is the No. 1 trigger of daytime fatigue.

6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic arithmetic, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

COKE

1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.

2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.

3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.

4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumpled-up piece of aluminum foil dipped in Coca-Cola.

5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.

8. To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean haze from your windshield.

The active ingredient in Coke is phosphoric acid. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase of osteoporosis.

To carry Coca-Cola syrup (the concentrate) the commercial trucks must use a hazardous Material place cards reserved for highly corrosive materials.

The distributors of Coke have been using it to clean engines of the trucks for about 20 years!

Now the question is, would you like a glass of water? or Coke?
Enjoy Your Food!

I am now 54, and for the past 3 years or so I have been on a healthy diet – but I must say the advantages far outweigh any negative aspects.

My diet cuts out dairy, red meat, (except lamb) caffeine, and all sugary foods – along with yeast and wheat (initially) but – far from the sluggish lethargy and ill health I used to feel - I now have a zest for life that I have not felt in years. I now weigh eight and a half stone (a steady loss of 20 lbs), never feel hungry and have no need to take drugs anymore for eczema, asthma, back pain, acid reflux or irritable bowel syndrome simply because these conditions no longer exist.

What is dangerous is if people have a life long dependence on stimulants like sugar and caffeine, and feel that these are “pleasures” to be “given up” when in fact their overuse has a strong link to diabetes, obesity, cancer, hormone imbalance, and a suppressed immune system, to name just a few and should be given up for the sake of good health.

I also agree that there are too many health “gurus” out there with numerous books about health and diets that the average person would have no chance of sticking to. Some are austere to the point of being ridiculous. I do believe though that it is possible to really enjoy your food and at the same time eat healthily and cut out stimulants and other undesirables simply by using some common sense.

To give a few examples: A lot of foods I used to eat have simply been replaced by a different healthier food. Soya milk in place of cows milk, Soya protein instead of minced meat, Olive oil in place of butter, small amounts of fruit sugar instead of cane sugar, Green tea/fruit and herbal teas instead of conventional tea and coffee, whole meal bread and pasta in place of white bread, & pasta and jacket potatoes in place of deep fried chips.

A simple diet of fruit for breakfast, followed by a bowl of porridge and several cups of fruit tea or green tea throughout the morning gives me enough energy to last until lunchtime, and keeps my blood sugar levels even with no “highs and lows” in energy that my favorite breakfast of coffee and doughnuts used to cause.

For lunch, I often have a sandwich of whole meal bread spread with Greek hummus and packed with salad, and if hungry later, eat a handful of nuts, an apple or a banana. The evening meal includes meals like fish and Salad with new potatoes, Spanish omelettes, Curry and rice, (organic) chicken with steamed vegetables, chili con carne, home made lamb burgers, and any number of delicious dishes made with vegetables, like vegetarian moussaka and pasta with sauces or thick wholesome soup. I therefore still enjoy my previous “unhealthy” meals with all the unhealthy stuff taken out and replaced. Incidentally since my
taste for sugar has diminished my sense of taste has improved a lot and I now really enjoy my food a lot better.

Even when I was off yeast and wheat for a time (when I had a Candida infection) I was able to replace these with sourdough and rye bread from health food shops and with Rye biscuits and oat cakes as healthy snacks. For desserts I make pancakes, bread pudding, stuffed apples, fruit crumbles etc. just by replacing much smaller amounts of fructose or xylitol instead of sugar, and whole meal flour and bread instead of white. Now you can see the reason why I am never hungry!

I feel if this kind of diet was emphasised more in these health and diet books, there would be more and more converts and unhealthy eating (along with health problems) would become a thing of the past.

I do hope you have found this book useful. I am passionate about promoting health by natural means other than constantly relying on drugs (that only mask symptoms, not remove the underlying cause) Here is a story that perfectly illustrates exactly what I mean.

Some years ago, I suffered from an unexplained illness involving my digestive system. The symptoms started off as a bad case of diarrhoea - like irritable bowel syndrome only much worse. I went to my G.P. He suggested I took Imodium (to stop the Diarrhoea) I did this but the minute I stopped taking them the symptoms came back. Stronger drugs were given. They didn’t work. By this time, I was also feeling nauseous and I had completely gone off my food, and lost 7 pounds in weight.

I also had a fever and red raised lumps started appearing on my arms and legs. I was sent to the hospital for tests, biopsies, you name it. Nothing could explain it – the only thing they found out is that I had a great deal of inflammation in my blood. The weight kept dropping off and I felt so ill I almost lost the will to live. A friend told me of a healer who specialised in nutrition. I was ready to try a witch doctor by this time so I went along to him.

To cut a long story short, from the first visit he had a very good idea of what was wrong with me. He said I had a bad case of candida overgrowth, coupled with (and complicated by) a virus that was destroying all the good bacteria in my gut, hence the fact that I was unable to take in any nutrients from food and still had chronic diarrhoea and was losing weight fast. He treated me for the following 6-8 weeks, where I was told to avoid certain foods, I was given a nutrition and supplement plan, and slowly I started to recover.

As you can see, the nutritionists approach was to treat the underlying cause rather than stop the symptoms, and I recovered to the point where I was eating
again with no diarrhoea within a few weeks. The weight came back on slowly – in fact from being a bit overweight before, I went back to my ideal weight – and stayed there.

The hospital never did find out what was wrong and it completely baffled my G.P as well. Maybe it was the fact that they were more concerned with stopping the symptoms and did not even look into any kind of dietary cause, I did have about 6 different drugs given to me though, but I took them all back to the G.P as useless. I had the offer to go into hospital for observation at my worst point (which I turned down – because of the state I was in I feared that I could have caught any stray infection like MRSA and gone downhill even more) and (several months after my recovery) an examination of my bowels using a camera on a probe. I said no thanks, there was no need.

If this seems as though I am decrying hospitals and medical staff you couldn’t be more wrong. They were all very kind and tried their best to help me. The point I am making is, this is the only way they knew how to help me. Don’t get me wrong, if you have a road smash, or you break a bone or suffer any other kind of trauma, a hospital is where you should be – they will mend you and look after you very professionally and you will recover. If, however you are suffering from any kind of disease, then I am afraid, in my experience it is beyond most medical doctors’ remit.

**If Doctors will not become nutritionists then the nutritionists will become the future doctors.**

Judging by the amount of health food stores that are springing up, coupled with more and more headlines in newspapers and programs on TV regarding nutrition (Jamie Oliver’s school dinners is a good case in point) It is heading that way now – and it can’t come soon enough.

**I wish you a long and healthy life**

Susan Insole
Chapter 10

Case Histories

If you have read my story on my site www.naturalhealthbenefits.com, you will know that I was a cancer sufferer 3 years ago. I discovered the nutritional approach to cancer as I knew there just had to be something better than the medical treatment that had killed my beloved daughter from cancer 8 years before at the age of 20.

If I had known what I know now back then, I would have been able to save her from the torture she went through for 2 months, while trying to cure her cancer. I watched helplessly as she deteriorated, making her so sick she could hardly move. I couldn’t hold her in my arms when she died so my last contact with her was having her feet rubbed. I still ache for her to this day.

My sister died of internal hemorrhaging at 48 with breast cancer after having not one but two mastectomies over time as the first one didn’t work (and probably made it worse). My Dad was a healthy 70 year old who had what he thought was a stomach ulcer. After surgery, the cancer went through his body like wildfire and he died at home holding my mother’s hand, semi-conscious, not knowing where he was. So much for medical solutions to cancer.

I have researched these case histories and I hope you will find them as inspirational as I did.

________________________________________________________

Elaine Nussbaum from New York was given just 2 weeks to live. She is author of a small book called “Recovery”, which makes fascinating reading. (Available from Amazon) Every bone in her body had been riddled with cancer and she could barely walk, talk, breathe, sit or stand. The hospital sent her home to die as they could do no more for her. On her deathbed, a friend decided to spoon feed her with a diet incorporating natural vegetarian foods like brown rice, green vegetables, seeds, seaweeds, beans and lots of Soy or “miso” soups.

Within a month, Elaine began to gain strength. Within 2 months, she felt like she was no longer ill. She then went back to the hospital for tests and the doctors discovered that her cancer has disappeared in full. They had never seen anything like it.
Philip is 64. In April 2001, he was diagnosed with inoperable lung cancer. He was told to go home, enjoy his life as best he could and put his affairs in order. A week later, in a chance conversation, Philip was told about about Vitamin B17 (see my site for further details) He immediately changed his diet and began taking a combination of vitamin C and B17. 4 months later he returned to the hospital for a check up, and a new set of X rays was taken. The shadows from the previous ones had completely disappeared. The doctors couldn’t explain it. He continues with his B17 regimen and eats around 10 kernels a day (as I do).

Flora was diagnosed with stage 4 bowel cancer in 1999. She had chemotherapy which was devastating to her health. She could hardly stand by the time it had finished. She had a tumour removed but it had spread to her liver. She declined further chemotherapy and had 5 sessions of laser therapy to try to contain the cancer, before she had more chemo. After the 5th time of trying to contain her cancer, they said it was beginning to grow again.

She began an organic diet and attended a clinic where she went for intensive vitamin C treatment, along with other supplements. It was there that she found out about vitamin B17. She added that to her regimen. Over a period of time the cancer completely disappeared from her liver. She maintains her organic diet and eats around 50 kernels a day spread throughout the day. She has returned to work and feels fine.

Mary was diagnosed with 2 malignant tumours in her left breast. She was about to have a complete mastectomy but decided to try radiation therapy. She then went to Australia and attended a talk by Philip Day, a health researcher who has written extensively about natural health treatments (see resources section). She then decided to go all out on an anti-cancer diet. She was delighted when she went for a check up and was told the cancer cells were diminishing. Then finally, a report that she was in full remission.

Pat was diagnosed with aggressive lymphoma. Realizing that chemotherapy made no common sense, she refused all medical treatment and decided to put together a health plan herself. Within 6 months, she was in remission, within a year, back to better health than she was before, and she has continued to improve since.

Jason has recovered from 3 bouts of “terminal” cancer. Today he arm-wrestles nationally in the U.S, is an active campaigner, and hosts an internet journal, recording day to day updates with cancer sufferers he comes into contact with. He is perfectly fine now.
Resources

Here you will find some of the books I read and websites that I visited when I was faced with the choice of either going down the medical route or taking care of my own health.

Websites

www.anticancerinfo.co.uk

www.cancerdecisions.com/subscr.html

www.therapy-world.co.uk

www.shirleys-wellness-cafe.com

www.ion.ac.uk

www.healthyeatingclub.com

www.naturesbestonline.com

www.alternative-treatments.com

www.naturesdefence.com

Books:

Cancer – why we are still dying to know the Truth – Phillip Day
B17 Metabolic Therapy and Control of Cancer – Philip Day
Great News on Cancer in the 21st Century – Steve Ransom
Health Wars – Phillip Day
The Essiac Handbook – James Percival
Food for Thought – Phillip Day
The ABCs of disease – Phillip Day

All the above books are available from Credence:

www.credence.org
Recovery – Elaine Nussbaum

Health Defence – Dr Paul Clayton

Your Life in your Hands – Professor Jane Plant

The Breast Cancer Prevention and Recovery Diet – Susannah Oliver

All the above are available from Amazon