

Choose Heliotherapy to Heal and Prolong Life

7 Anti-Allergy Tips To Breathe Better

What is the Best Way for Seniors to Deal with Their Aches and Pains?

Oils Well That Ends Well



Home Cures That Work

Have you heard of light therapy? It has been used for decades for conditions like depression and seasonal affective disorder. However, we are now seeing how important light exposure is for our overall health and well-being. (The **right** form of light, that is!) For example, our optic nerve sets our circadian rhythm by light. Our circadian rhythm influences our brain wave activity, hormone production, cell regeneration and other important biological activities.

But you don't need to purchase any kind of light therapy. Enjoy the sun – the best source of natural light available! What the right wavelengths can do is unbelievable! So read on for how Dr. Scott Saunders uses the sun's light to treat the skin, blood vessels, nerves and more!

Suffering from any kind of pain is miserable. If you have experienced pain before, it is likely that you have spent hours searching online for effective home remedies or at-home devices that can help you alleviate the pain. You know what works? Different forms of light therapy have treated an array of ailments ranging from acne to back pain. Keep reading to find out what light therapy is, how it works, its potential risks, and its uses for chronic pain, as well as other natural pain relief solutions!

AUTHORS



DR. SCOTT SAUNDERS, M.D.

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>

If you are feeling fatigued, experiencing poor memory, cradling those aching joints, downright moody, or fussy with foods, then perhaps what needs healing is your gut, which is the root problem for food allergies. The cause might be unique to our modern society...the pumps of antibacterial soap found now on every counter, desk, and checkout. But this "healthy habit" might be making you sick!

Essential oils can also have a profound effect on pain and even help combat allergies when used correctly. They can also cause harm! Essential oils should be treated with respect...especially when you consider what is truly essential.

Spring is here and hopefully you are having gorgeous weather! Step outside today to enjoy a touch of the sun...and find a sweet spot for healing.

For your health,

Cheryl Ravey, Editor
Home Cures That Work



14 CHOOSE HELIOTHERAPY TO HEAL AND PROLONG LIFE

You need to hear the truth about sunshine! It is going overboard to try and avoid the sun all the time. In fact, avoiding all sunshine can pose health risks that may be worse than those from sensible sun exposure. Find your sweet spot in the sun.



1111 WHAT IS THE BEST WAY FOR SENIORS TO DEAL WITH THEIR ACHEs AND PAINs?

Getting older doesn't have to be a pain. You don't have to resign yourself to sore knees, aching shoulders or stiff, swollen fingers. Discover simple, natural solutions that could have you literally jumping for joy (no matter your age) in the article below.

1111 7 ANTI-ALLERGY FOOD TIPS

Allergy relief starts in your gut. The good news is that repairing your gut is easy...

1111 OILS WELL THAT ENDS WELL

Learning how to use essential oils can be overwhelming. Here's to putting those little bottles of plant power to use!





by Dr. Scott Saunders, M.D.

CHOOSE HELIOTHERAPY TO HEAL AND PROLONG LIFE

MY BROTHER LIVED for a time in Forks, Washington, in the Olympic rainforest. They get over a hundred inches of rain every year, so they don't see a lot of sunshine. Often weeks or months go by without the sun poking through the clouds. After a while of being there he began to get depressed and was having trouble with normal cognition. Over the years, he got SAD (Seasonal Affective Disorder) in a big way. The family had to move to Idaho where he could get more sunshine, and things began to look up.

What is LIGHT?

We call "light" the part of the electromagnetic spectrum that our eyes pick up. The molecules in our retinas are just the right size and shape to absorb those rays and send a signal to the brain – "Hey, there! I just absorbed a yellow wave!" The brain responds by trying to figure out what it all means! However, there is so much more to light! The following chart shows a part of the electromagnetic spectrum that we usually use, including the TINY sliver we actually see with our eyes. There is even more than this, but it remains outside the instruments we currently use. Our

experience in the physical world goes from subatomic particles to suns, so that is what we know.

The size of the waves makes a big difference. Size does matter! I can explain with an example of waves in water.

Imagine a stick about an inch in diameter floating on the water. If I drop a pebble near it, the stick will absorb the waves made by the pebble. The waves on the other side of the stick won't appear. But if that same stick is in the ocean and a wave comes, the stick has no effect at all; it just floats right over the wave.

Likewise, picture the gamma rays that

are small, but coming fast. They can be absorbed by small things, like molecules. The concentrated gamma ray energy released all at once, which is how they do damage, causes radiation injury to DNA or other molecules.

Gamma rays go right through water, which absorbs in the infrared spectrum, causing the water to get hot (like in your microwave oven). Infrared wavelengths are longer than the red we see. As they get longer, we call them radio waves that go right through tall buildings like Superman! This is why you can be inside a building with no windows and still use your cell phone. This is also why the James Webb Space Telescope uses the infrared spectrum. They want to be able to "see through" a nebula, for example.

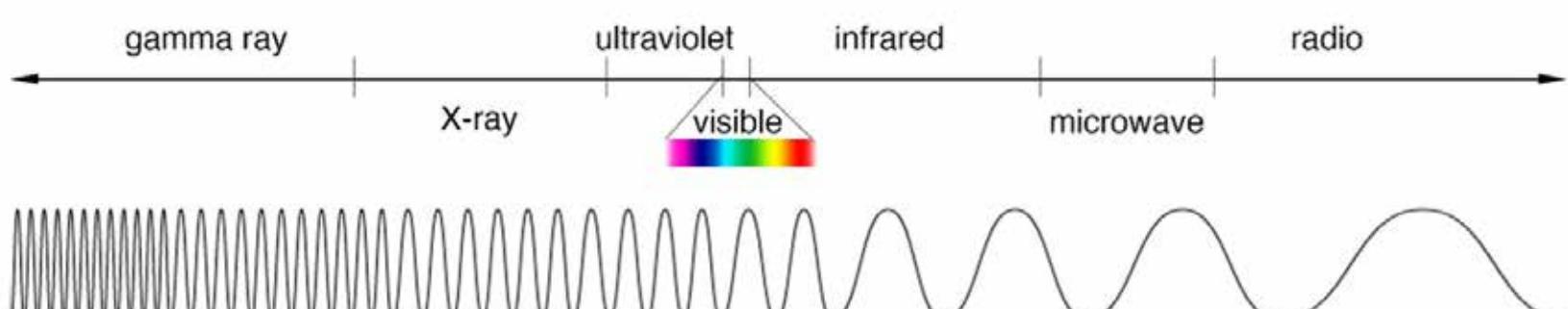
Tinfoil Hats

The light we don't see has always been a source of worry for some people, such as microwave ovens. Most organic molecules will change slightly in either electrical charge or in vibrational frequency when they absorb light in the range of 2-10 micrometers[2] – like the microwaves that heat up your food. As water molecules absorb the light their energy increases, producing heat.

We sit in an infrared sauna. We don't see the light, but it is all around, being absorbed by the wood walls of the sauna, and penetrating our skin, heating up the water in our bodies like a microwave oven, from the inside-out. When the waves are absorbed, the energy from them speeds up the molecules, which we feel as heat. This improves circulation by dilating blood vessels. It also gets the sweat glands working to help detox the body. This is the same part of the spectrum that heats our body from a campfire – penetrating the clothes we wear

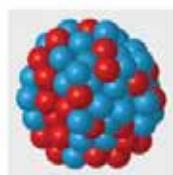
and warming us up. The perception of an infrared sauna is healing, while microwaves and airport scanners are thought to harm us (but they don't!).

A little farther down the infrared scale towards radio waves is the new cellular service 5G that so many people worry about. If you think you can protect yourself from 5G, think again. 5G is in between your microwave oven and a far infrared sauna. In other words, it can heat up water very well, given enough energy. (A full aluminum suit will actually protect you from 5G the way you can block the microwaves in your oven with foil.) 5G does not penetrate walls as well as radio waves because it is a shorter wavelength, and is absorbed by water, which is in the air, plants, and other things, so the towers need to be closer to your phone. The power of the 5G is low, like one to five watts. Compare that to an infrared sauna which may have several 300-watt panels, or a microwave oven with up to



Similar in size to...

atomic nucleus



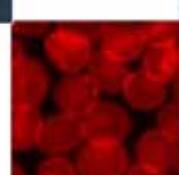
water molecule



virus



blood cell



pencil lead



ladybug



human



Statue of Liberty



1,000 watts. All of these can affect your body, heating you up from the inside-out.

On the other end of the light spectrum is x-rays. X-rays penetrate aluminum like sunlight through a clean window. Every time we fly high up in the sky where there are more x-rays, the quarter-inch thick aluminum skin of the jet might as well be Wonder Woman's invisible plane. It is estimated that a flight across the United States exposes each person in the plane to the equivalent radiation of one chest x-ray.[3] Not a lot, but still can damage DNA. Luckily, our cells repair the damage quickly!

Every part of the spectrum of light can affect your body. Why is all this important? I wanted to show you what light is and ways that you already know how it can affect you. There is no need to fear the light. Go towards the light!

The Benefits of Light

Photobiomodulation is a long word known as PBM, which is the health effects of light on the body. Light in the near infrared spectrum penetrates the body well, and there are many different molecules that absorb that light and change the function of cells.[4] (Near infrared light is the section of wavelengths nearest to the normal range but just past what we can see.)

The near infrared spectrum penetrates the skin, going into the deep tissues, and changing the function of cells. This light gets absorbed by the mitochondria, the part of the cell that makes energy, turning on an enzyme called Cytochrome C Oxidase (CCO) which stimulates the production of ATP – energy. The light is not directly giving the cell energy, but rather turns on the process, and the cell uses

oxygen and sugar to make more energy. The results are important:

- Improved energy
- More nitric oxide
- Improved blood flow to bring nutrients
- Better lymph flow to clean out debris and waste

This has far-reaching effects on the body. For example, near infrared light can penetrate the skull and light up your brain. Only about five percent of this light gets through the skull, but that is enough to reach the cytochrome C Oxidase and other chromophores. Near infrared light in the brain causes:[5]

- Improved blood flow
- Increased blood vessels
- Less cell death
- Less toxicity (excitotoxins)
- More connections between nerve cells
- Lower inflammation
- Increased antioxidants
- Less edema
- Improved lymph drainage to cleanse
- More nerve cell growth

What is amazing about this is that the light also induces changes in the transcription of the DNA which has lasting effects. Animal studies show that even a few minutes of light can change the function of the cell for weeks. Utilizing low level laser light, both animal and human studies have shown improvement in

brain function for stroke, traumatic brain injury, Alzheimer's disease, Parkinson's disease, depression, and anxiety.[6]

Besides lasers, similar benefits have been shown with LED lights in the near infrared spectrum. In studies done using near infrared LED light to the body during exercise there was increased maximal load, reduced fatigue, and decreased muscle breakdown. Gene expression analyses showed decreases in markers of inflammation and muscle atrophy, as well as more protein synthesis and antioxidant enzymes. Amazingly, there was also a measurable increase in the amount of thigh muscle where the light was placed.[7]

Sunlight Truth

A song about sunshine was made famous by John Denver (but had to be redacted for political correctness)

“Sunshine on my shoulder makes me sunburned..

Sunshine in my eyes can make me blind..

Sunshine almost always makes me high...”

Doctors are telling us to avoid the sun. Australia has an ongoing campaign against the sunshine:

- Slip on a shirt.
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on a pair of sunglasses

There, you're fully protected, aren't you? Your brain is protected, your heart is protected, your lungs are protected, your bones are protected, your liver is protected, and, of course, your skin is protected... WHEW! Right?!

Wrong. The campaign is not scientifically accurate.

The argument is something like:

- Sunshine causes damage to DNA
- Damage to DNA causes skin cancer
- Melanoma is a skin cancer

Therefore, sunshine causes melanoma, and we're all going to die from sun exposure!

Actually, 90% of skin cancers are not melanoma, but rather squamous cell carcinoma (SCC) and basal cell carcinoma (BCC). These are benign cancers that need to be removed locally so they don't grow and get bigger, they are not a cause of death. Moreover, the types of melanomas caused by the sun are not the malignant type.[8]

In fact, the science consistently says that more sun equals less death from malignant melanoma:

Malignant melanoma deaths are higher in the northern United States (less sun) than in the South (more sun) and happen primarily "where the sun don't shine!"[9]

The results of one study echoes what many other studies have shown: "Sunburn, high intermittent sun exposure, skin awareness histories, and solar elastosis [all signs of increased exposure to sunshine] were statistically significantly inversely associated with death from melanoma... Conclusions: Sun exposure is associated with increased survival from

When you don't protect yourself from the sun ~

UV CAN DAMAGE YOUR DNA

~ that is how Melanoma begins.

Fig 2: Your Blood.
Melanoma can get into your bloodstream in as little as three months.

Fig 3: Secondary cancer.
Even if you have a Melanoma removed, it can still spread to your bones, your lungs, your heart – or your head.
And that can mean your time in the sun is over, before you're done.

PROTECT YOUR SKIN

Slip on a shirt, slop on sunscreen, slap on a hat, seek shade and slide on a pair of sunglasses.

YourTimeInTheSun.com

melanoma." [10] In other words, more sun means less death from melanoma. Everything we are told is opposite from the science!

Now, it is important to know that the sun does cause benign skin cancers (SCC, BCC, and melanocytic nevi) so there must be some way to get the right amount of sun without too much.[11]

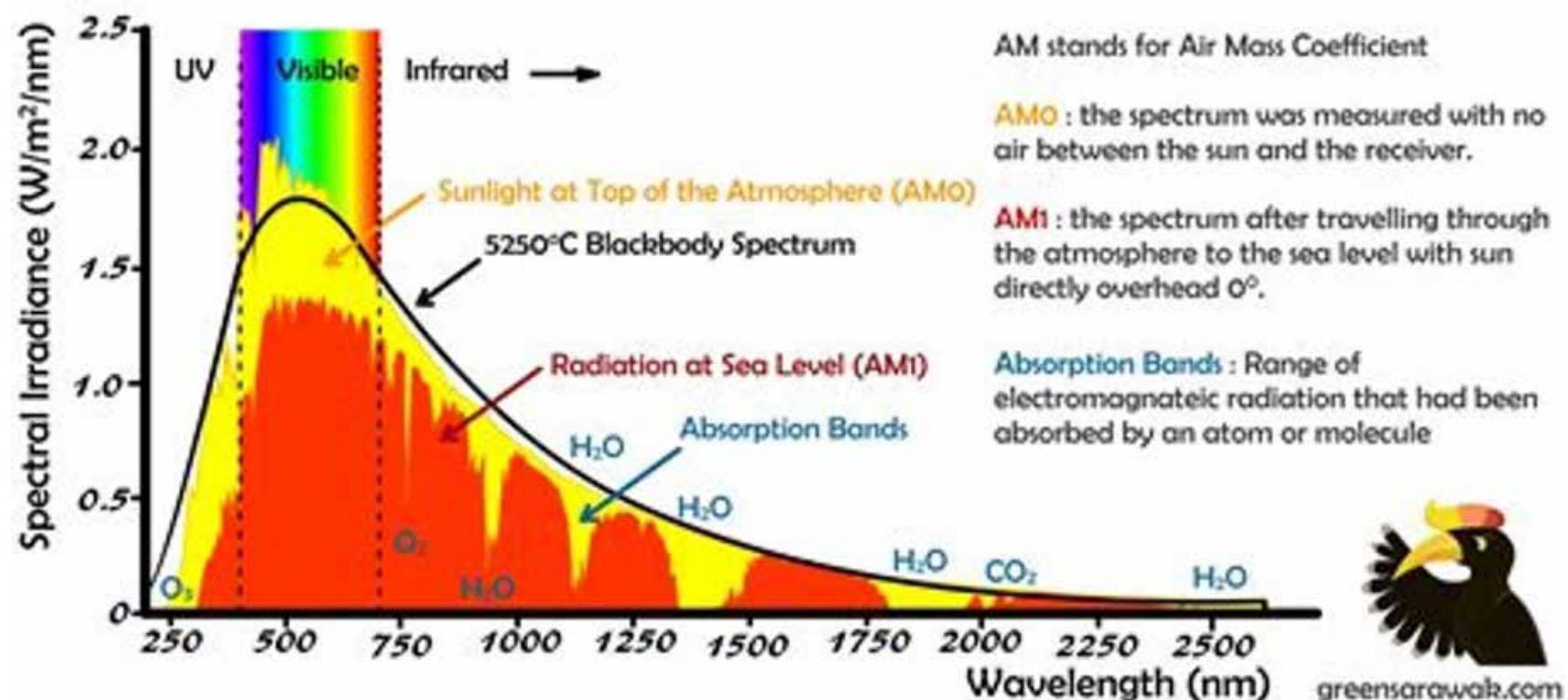
Now that we have dispensed with the myth of sunshine being bad, let's look at the benefits of the sun. Sunshine is light. All wavelengths of light come out of the sun, but in different amounts.[12] As you can see in the chart below, the "visible" part has more intense radiation from the sun (the yellow is what is entering the atmosphere, the red is what is left by the time the rays get to sea level, the "holes" are what is absorbed in the atmosphere, mostly by water, like clouds). Notice that water is great for absorbing infrared and microwaves. Oxygen absorbs most of the

UV light, creating ozone. [13]

It turns out, the Sun is a very important part of our existence on the earth. Humans have always known that the sun was essential to life – all the energy of life comes from the sun. Plants, animals, insects, everything needs the sunshine to live. However, there is more to sunshine than just giving light to the chlorophyll in plants so they can make sugar for us to eat. We also NEED direct sunlight because it has many immediate effects on the body. Many physicians anciently prescribed "heliotherapy" or sunshine for many different diseases. In the 1930s there was a list of 117 different diseases that could be cured by sunshine, including tuberculosis. But the advent of antibiotics brought the era of "a pill for every ill" and "Heliotherapy" fell out of favor. Nevertheless, the sun is still a healing therapy.

Solar Radiation Spectrum

Irradiance is the energy of sunlight



Heliotherapy Revisited

People are paying large amounts of money to get “light therapy” for all sorts of things. There are lights for healing wounds, lights for acne, lights for increased energy, lights for brain function, and lights for depression and lights for better sleep. This is not new, in the 1920s there were arc lights for sale to cure rickets (a vitamin D deficiency). Guess what? You don’t have to pay – the sun is FREE! Plus, you get all the other added benefits:

1. Infrared light from the sun triggers the natural production of nitric oxide in the skin to reduce blood pressure and lower the risk of heart disease. [14] There is more cardiovascular disease in the winter months.
2. Reduces the death rate from all causes[15]
3. Relieves pain after surgery[16]

4. Improves PMS
5. Increases endorphins that go to your brain and lower stress, reduce pain, and increase anabolic metabolism
6. Sets your biological clock – the skin cells have “clock genes” that turn on your metabolism. The skin cells produce ACTH, a hormone that turns on your adrenal glands. Increasing bone mineral density.
7. Increases Vitamin D - The UV rays of the sun make 7-dehydrocholesterol in your skin into vitamin D. Depending on the amount of pigment in your skin it can take as little as ten minutes to make about 20,000 IU. Think about that when you take your little vitamin D supplements.[17] Yes, you can take a vitamin D supplement, and if you live in northern latitudes above the 37th parallel, you should take them, especially in the winter to keep your immune system functioning but continue to get sunshine for the benefits on your skin, brain, and energy.
8. Improve neuropathy (numbness, tingling, weakness).[18]
9. Cancer – the more exposure to sunshine the lower your risk of dying from cancer by about 50%.
10. Skin conditions: reverse acne, psoriasis[19], and dermatitis.
11. Improve wound healing[20] Even low levels of light in the infrared range can make a dramatic difference in wound healing. Wounds heal better because the skin produces endorphins and nitric oxide that improve blood flow.

12. Decreases the risk of multiple sclerosis, and autoimmune disease, including type 1 diabetes. This is more than just the effect of vitamin D; it is also benefitted by ACTH and other hormones.

13. Decreases depression, seasonal affective disorder (SAD), and anxiety, and schizophrenia - These can be treated with sunshine, the most important factor is not the intensity of sunlight, but rather the length of exposure. A longer day is helpful.[21]

14. Prevents Eye problems: Prevents macular edema, and retinopathy.

15. Better circadian rhythm, which causes normal adrenal function, thyroid function, and gives you a good anabolic (rebuild, repair, detox, cleanse) metabolism.

16. Prevents dementia and Alzheimer's disease.[22]

Before internal combustion engines, electricity and modern conveniences, people had to be healthy. They had no choice! They worked in the sunshine, it got dark when the sun went down. People walked a lot, and had to use muscles to get somewhere, move things, dig holes, and so forth. All their food was natural and whole. They had to fast periodically when there wasn't enough. They had to eat fermented foods because that's how food was preserved.

Today, if we want to be healthy, we must do it on purpose. Nobody today is going to get healthy by accident. We must choose good, healthy food. We must decide to exercise and use our muscles. And we must get outside in the sunshine to turn on our energy systems, lower blood pressure, and make some vitamin D! The sun is good. Sunshine heals. Sunshine prevents and cures illness. Sunshine

prolongs life!

Recommendations for Sunlight

Get 10 to 20 minutes of sunshine daily, exposing a significant portion of your skin, or a total of about 2 hours per week during the middle of the day. In the winter, you may need a little more – up to an hour per day.[23] If you have darker skin, you can easily double that amount. When it's cold you can catch rays of sun shining through a window. The light will still help your mind and body.

Don't burn. If you are going to spend a lot of time outdoors, such as going to the beach, with lots of your skin exposed, it's OK to use sunscreen. It won't stop the infrared light that improves the mitochondria. And you will still make plenty of vitamin D. (Native Africans who get a lot of sunshine have 5 times as much vitamin D in their blood than Americans of African descent, who don't get as much sunshine.)[24]

Take Vitamin D3, about 5,000 IU per day, 5 days per week – especially in the winter. If you live north of Atlanta or LA you are not going to make any vitamin D in the winter, even if you spend all day outdoors. However, if you live in high altitude, you may be able to make some vitamin D in the winter since you are closer to the source of UV light. Vitamin D production doubles at 3,000 feet and is four times greater at 15,000-foot elevation. Even while taking vitamin D, it is good to get some sunshine every day.

Eat a lot of colors (NATURAL COLORS) fruit and vegetables to protect from UV light and keep you young-looking. The colors in fruit and vegetables collect in

your skin and prevent and repair damage to DNA to prevent skin cancers and premature aging.



Sources: [1] <http://i2.kym-cdn.com/entries/icons/facebook/000/016/146/eird-al-yankovic-tin-foil-hat-160x160.jpg> [2] <https://omlc.org/classroom/ce532/class3/chromophores.html> [3] https://www.cdc.gov/nceh/radiation/air_travel.html [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5066074/> [5] *BBA Clin.* 2016 Dec; 6: 113–124. *Shining light on the head: Photobiomodulation for brain disorders;* Michael R. Hamblin [6] *BBA Clin.* 2016 Dec; 6: 113–124. *Shining light on the head: Photobiomodulation for brain disorders;* Michael R. Hamblin [7] *Am J Phys Med Rehabil.* 2016 Oct; 95(10): 746–757. PMID: 27088469 [8] *Photochem Photobiol Sci.* 2012 Jan; 11(1): 90–97. *UV wavelength-dependent DNA damage and human non-melanoma and melanoma skin cancer;* Gerd P. Pfeifer and Ahmad Besaratinia [9] *J Photochem Photobiol B;* 2010 Nov 3;101(2):179-83. doi: 10.1016/j.jphotobiol.2010.03.003. Epub 2010 Mar 12. *Where the sun does not shine: is sunshine protective against melanoma of the vulva?* Johan Moan 1, Alina C Porojnicu, Arne Dahlback, William B Grant, Asta Juzeniene [10] *JNCI: Journal of the National Cancer Institute, Volume 97, Issue 3, 2 February 2005, Pages 195–199, <https://doi.org/10.1093/jnci/dji019> [11] *Arch Intern Med.* 2008 Aug 11;168(15):1629-37. doi: 10.1001/archinte.168.15.1629. *25-hydroxyvitamin D levels and the risk of mortality in the general population.* Michal L Melamed 1, Erin D Michos, Wendy Post, Brad Astor [12] https://greensarawak.com/wp-content/uploads/2017/11/solar_radiation_spectrum.jpg [13] https://imagine.gsfc.nasa.gov/features/yba/CygX1_mass/binary/images/EM_spectrum_wavelengths_full.png [14] <https://sunlightinstitute.org/health-benefits-of-sunlight-far-outweigh-the-risks/> [15] <https://www.naturalblaze.com/2013/05/science-sunlight-could-reduce-death.html> [16] *The Effect of Sunlight on Postoperative Analgesic Medication Use: A Prospective Study of Patients Undergoing Spinal Surgery;* Walch, Jeffrey M. BSA; Rabin, Bruce S. MD, PhD; Day, Richard PhD; Williams, Jessica N. BS; Choi, Krissy BS; Kang, James D. MD [17] <https://ods.od.nih.gov/factsheets/vitamind-healthprofessional/> [18] <https://www.thehealthsciencejournal.com/neuropathy-and-light-therapy/> [19] *Br J Dermatol.* 2011 Feb;164(2):344-55. doi: 10.1111/j.1365-2133.2010.10149.x. *Sun exposure induces rapid immunological changes in skin and peripheral blood in patients with psoriasis* [20] *An Bras Dermatol.* 2014 Jul-Aug; 89(4): 616–623. *Effects of low-power light therapy on wound healing: LASER x LED;* Maria Emilia de Abreu Chaves, Angelica Rodrigues de Araujo, Andre Costa Cruz Piancastelli, and Marcos Pinotti [21] <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder> [22] <https://pubmed.ncbi.nlm.nih.gov/29214280/> [23] <https://www.sciencedaily.com/releases/2017/03/170308083938.htm> [24] <https://vitamindwiki.com/Vitamin+D+levels+of+East+Africa+n+tribes>*

What is the Best Way for Seniors to Deal with Their Aches and Pains?



There are all kinds of causes for aches, pains and depression; some of them we can reduce or eliminate and some we cannot. So, to the extent possible in a short article, let me share with you what I and other seniors have found helpful.

The following four factors rise to the top as the best strategy for dealing with those aches, pains and depression: attitude, diet & exercise, purpose, and relationships.

Attitude

Thomas Jefferson said, "Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." It's no secret that our attitude toward life has a profound impact on our health and well-being. Viktor Frankl, Nazi concentration camp survivor said, "Everything can be taken from a man but one thing: the last of human freedoms—to choose one's attitude in any given set of circumstances."

One of the keys to maintaining a healthy outlook and positive attitude rides on the difference between seeing oneself as victim or victor. Many people view themselves as victims: of their circumstances; of their diseases or conditions; of their past; or whatever. But a victim is always a victim. As long as one sees him/herself as a victim, they will remain a victim—at the mercy of their situation and without hope.

In reality, all of us fall victim to all kinds of things, but like Viktor Frankl, we can choose to live as victors rather than victims. The gauge to determine whether you are living as victim or victor is to listen to your talk. Are you always grumbling,

complaining, criticizing and speaking negatively? That's the talk of a victim. The talk of a victor is gracious, grateful, complimenting, and positive.

Diet and Exercise

Next, diet and exercise also play a huge role in how we feel and feel about ourselves. Many seniors are overweight and suffer from high blood sure, heart disease, and other maladies. Rather than playing the victim, be a victor and take control of your health. Getting on a healthy, low carb diet can eliminate the effects of type 2 and impact your other organs profoundly. This can also help you lose weight if that's an issue.[1]

It's common knowledge that exercise can improve both mental and physical health and well-being. A doctor reports that one of his patients, an 85 year-old man with high blood sugar and hypertension, started riding his single speed bike at age 81. This man dropped 41 pounds and no longer requires medication.[2]

Find some kind of exercise or physical activity that you enjoy and pursue it with gusto! Don't let excuses or circumstances keep you victimized.

Purpose

Purpose is the third factor in our strategy for healthy living. Helen Keller, who was born blind and deaf, said, "True happiness... is not attained through self-gratification, but through fidelity to a worthy purpose." Depression often stems from lack of purpose. But no matter how old we are, as long as we're still breathing we can pursue a transcendent purpose. "Transcendent" means "beyond ourselves." We need to find ways to serve others.

I know seniors who: volunteer weekly at a food bank; tutor children; teach others a skill; and find additional creative was to serve others. What can you do to help someone else? What will be your legacy? Even if you find yourself needing to be served by others due to a physical malady, you can serve them with your talk and demeanor.

Healthy Relationships

The fourth factor is healthy relationships. In the end, relationships are what matter most. Are we investing, cultivating, and enjoying our relationships? Are we loving

others? Or are we always demanding, consuming, and taking our relationships for granted?

Social issues can have a significant impact on life and both physical and mental health of seniors. Finding relationships that are mutually giving is an integral component of seniors' health care.

Many diseases in seniors may be prevented or at least slowed down as a result of a healthy lifestyle. A balanced diet, participation in regular exercise, maintaining a vibrant outlook on life and finding healthy relationships are paramount in maintaining a healthy life for people of all ages.

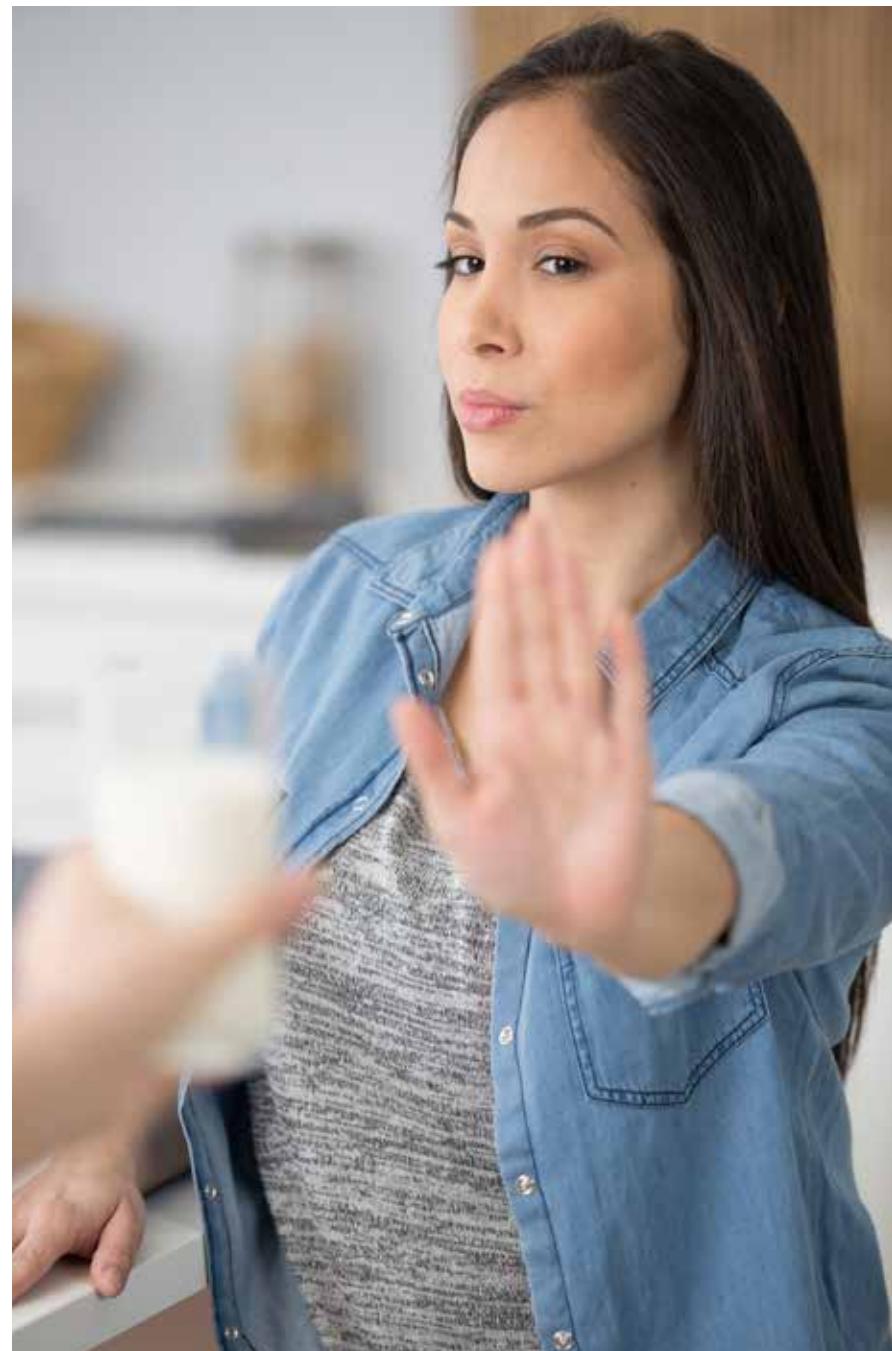
It's often said that the secret to happiness is wanting what you have. Centenarians seem to prove this point, with the oldest Americans harboring few regrets and expressing contentment with the lives they've led. In the end, what more could you want from a long life than that?

[1] If you suffer from high blood sugar, watch this ground-breaking free video: <https://diabetesreversed.com/ptn/84>

[2] Bicycling, 2012, <http://forums.bicycling.com/topic/54635607124506968>.



7 Anti- Allergy Food Tips



NO DOUBT YOU know someone with allergies. It seems like everywhere we turn another child is suffering from a peanut, soy or dairy allergy, and one more person has suddenly become gluten intolerant. According to Food Allergy, 15 million Americans suffer from allergies; 1 in 13 children (under the age of 18) suffers from allergies.

So, what is going on? Could there be a connection between our body, the food we eat and the products we use on a daily basis? You bet! Let's discover the 4 reasons why allergies, and food allergies in general, are increasing in number and most importantly, what we can do about them.

Antibiotics are being prescribed at alarming rate; it's no wonder our poor bodies are reacting the way they are. Did you know that 80% of our immune system lives in our gut? Antibiotics not only kill the bad germs in our gut, but they kill the precious good germs, too. They weaken the immune system and make it harder for our bodies to fight infection, illness and yes, even all types of allergies.

One researcher, Gary Huffnagle, has linked the rise of antibiotics to the increase in asthma. While asthma can be linked to a number of causes (such as nutrition and dust), there is a correlation between diagnosing asthma and over-prescribing antibiotics. So as antibiotic use has increased, so has asthma. In fact, asthma has increased 160% in the last 20 years![1]

1. Antibiotics

Another thing to remember is that prescription antibiotics only kill bacteria, but do not work for viral health ailments, including the common cold, flu and even ear infections.

What's even more alarming is that over-prescribing antibiotic drugs is causing an epidemic of antibiotic resistance. A report from the CDC stated,

"Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die each year as a direct result of these infections. Many more people die from other conditions that were complicated by an antibiotic-resistant infection." This is indeed a cause for great concern.

Additionally, the CDC also states that antibiotics are a concern and parents should work with doctors to treat their children safely and effectively. Antibiotics do affect our health and could be one of the reasons why we are seeing a massive rise in allergies.

prescription antibiotics do. This means that if a particular strain of bacteria develops a resistance to an antibacterial agent in a household cleaner, it will also be resistant to similar attacks from prescription antibiotics. Microbiologists call this cross-resistance."

Remember, germs aren't all bad! We need them to survive. However, the immune system needs to keep them in their proper place. It's how our body fights fevers, infections and illnesses.

What is the connection between anti-bacterial products and allergies? Glad you asked! From the time a baby is born, they are born into an environmental flora of all sorts of germs. These bacteria, yeasts, and viruses can be found everywhere from dirt to countertops; most of these microbes are harmless.

It's also important to note that this flora helps us digest food and fight off bad bacteria. Our body has two specific cells (T-H1 and T-H2), which prevent us from dying if someone should sneeze near us or if we cut our toe. To work properly, T-H1 and T-H2 must come in contact with microbes and allergens. Your immune system coming in contact with the germs is how your body builds its defense so you don't die when someone coughs on you!

But sadly, our homes are filled with many antibacterial cleaners and soaps, giving our young children no defense to fight off disease and causing our precious little ones to be diagnosed with allergies. Sanitizing our homes, hands and world is not such a good thing and our health is taking a direct hit. Allergies are a direct result.

2. Anti-bacterial Products

You most likely used antibacterial products today. You probably think using anti-bacterial soap is a good thing killing all those germs, right? Well, not exactly. One of the main ingredients in antibacterial products is triclosan. It's also in many commercial beauty & skin care products.

Triclosan blocks the essential fatty acids in the bacterial cells, effectively killing the germs. Unfortunately, the bacteria that manage to survive the triclosan attack actually mutate into a new strain to resist this chemical. What's really interesting is what happens next.

How Stuff Works describes it like this:

"Some antibacterial agents go after the same physiology of bacteria that

It's not just prescription antibiotics that are causing many food allergies; it's also GMO antibiotics found in meat and dairy. With genetic modification (basically telling God that what He created is not good) happening all around us, our health is declining and allergies are increasing.

Genetically Modified Organisms (GMOs) are organisms that have been changed using genetic engineering techniques. Some plants like corn have even been modified to produce their own pesticide. Because these have never been in the human food supply before, diseases and health problems are skyrocketing. From infertility to sterility, to allergies to cancer, the effects of GMOs are dangerous and very scary not just for humans but for the health of our earth, soil, plants, animals, air, and water.[2]

Organic Consumers conducted a few tests on allergies and GMOs and this is what they found:

"Soy allergies soared by 50% in the UK, right after GM soy was introduced; GM soy also contains an unexpected allergen-type protein not found in natural soy; the level of one known soy allergen is as much as 7-times higher in cooked GM soy compared to non-GM soy."

Bt toxin is the primary GMO antibiotic and used in corn, soy and potatoes. It is now known that the Bt toxin gene can insert itself from your food into your own gut bacteria, making you a Bt toxin factory. While the company that makes this has assured us that it isn't toxic to humans, recent studies indicate that Bt toxin can affect our red blood cells and immune system.[3]

The hormones found in milk may also play a role with allergies. Robyn O'Brien, founder of Allergy Kids, writes:

"[rBST & rBGH] seems to be hazardous

3. GMOs

to the cows. The package itself warns of such bovine problems as 'increases in cystic ovaries and disorders of the uterus', 'decreases in gestation length and birth weight of calves,' and 'increased risk of clinical mastitis.' Mastitis is a painful type of udder infection that causes cows to pump out bacteria and pus along with milk, requiring treatment with antibiotics and other meds that can end up in the milk."

And how much of this "milk" (if you can call it that!) is poured into glasses without much thought? More than I care to imagine. So not only are antibiotics being over prescribed, but we're drinking them on top of it. No wonder why we're in an allergy crisis!

Our bodies were not created to digest foreign genes, which ultimately alter our DNA!

4. Processed Food-like Products

How else is our food supply attacking our health? By hiding in processed, food-like products.

Now that you know a little bit about GMOs, you understand just how important it is to eat real (organic food). Processed products (generally known as Big Food) are filled with GMO ingredients: corn, HFCS (High Fructose Corn Syrup), soy, MSG, and countless other additives that don't have to be labeled as GMO ingredients.

Which brings us to ask this question, so what can we do to prevent allergies? Or if you currently have them, what can you do to help your body fight them?

Here Are 7 Anti-Allergy Tips to Remember

1) EAT ORGANIC FOOD.

If you consume meats and dairy, choose organic. The best way to avoid GMOs is to always buy organic foods (and also look for the non-GMO label). Some raw milk drinkers have lower ranges of allergies and asthma.

2) USE REGULAR SOAP (NOT ANTI-BACTERIAL).

Also, avoid foaming soaps (even some natural ones contain toxic ingredients). Dr. Bronner's is a good choice.

3) AVOID ANY PRODUCTS THAT SAY "ANTIBACTERIAL" OR "SANITIZER" ON THEM.

This includes all forms of hand sanitizer (gels, liquids, sprays, etc.). Again, Dr. Bronner's is a wonderful option.

4) SWITCH TO ECO-FRIENDLY HOUSEHOLD CLEANERS.

A few I recommend are Eco-Me, Seventh Generation, Vermont Soap Company and Dr. Bronner's has so many wonderful uses!

5) COMMIT TO USING ONLY NATURAL BEAUTY & SKIN CARE PRODUCTS.

Nourish Organics, SKINourishment, and Balanced Guru are some of my personal favorites.

6) TAKE PROBIOTICS.

It's no surprise our immune system is under attack, so taking daily probiotics will help build a strong immune system!

You can start the day with a morning elixir and eat plenty of pre & probiotic real foods such as kefir, raw sauerkraut (refrigerated, not shelf stable), kombucha, spirulina or chlorella, blue-green algae, Bragg's Apple Cider Vinegar (important note: do not use commercial ACV).

Bananas, garlic, chicory root, dandelion greens (all in raw, organic form) are fantastic sources of prebiotics. Garden of Life has a complete line of digestive enzymes and probiotics.

7) EAT WHAT GOD MADE.

Bottom line to take away, if God didn't make it, then don't eat it! This means avoiding not just food and drink, but also skin care and household cleaners. Be extra diligent about reading labels and if an ingredient doesn't make sense, avoid it.

Allergies of all kinds don't have to be a part our life and especially future generations to come. This is why prevention is so important! By being a little more relaxed about "germs" and more careful about we eat, drink, clean our homes with, and slather on our skin, allergies can be prevented.

The 7 tips above are a great place to get started in living a lifestyle of prevention. By being proactive with preventative measures, allergies might not plague you unnecessarily anymore! And future generations will thank you for preventing allergies for them.



Sources: [1] <http://www.newscientist.com/article/dn5047-antibiotics-linked-to-huge-rise-in-allergies.html#.U0SBG61dXjN> [2] http://www.organicconsumers.org/articles/article_11361.cfm [3] <http://www.gmoevidence.com/wp-content/uploads/2013/05/JHTD-1-104.pdf>



OILS WELL THAT ENDS WELL

The Essential Nature of Oil

Oil is a topic of nearly universal application. Oil is used in transportation, marinating, lubrication, and elimination, etc., depending on the type and viscosity of the oil! Can you imagine your car, your skin, or even your salad without some form of oil?

I am reminded of a scene from the film, *The Wizard of Oz*. Exposure to the elements has left the Tin Woodsman unable to move, rusted and frozen in a forest. But Dorothy revives him with a few drops of oil.

No doubt, those of you living in an arid climate have a trusty oil can nearby to silence the squeaky hinges of your doors and cabinets.

We can surmise that all oil is essential! But in this article, we will focus on the therapeutic, or healing, nature of oils.

The Value of Oil

"There is treasure to be desired and oil in the dwelling place of the wise." Proverbs 21:20

Since ancient times, the wise have

known about the healing and therapeutic value of essential oils. Believe it or not, the Bible contains a wealth of information on our topic. It mentions no less than 33 essential oils and oil-producing plants within its pages.

When you visit the Holy Land (Israel) you can easily understand why oils are so important. Even with all of its beauty, Israel has an arid, desert climate, which causes your skin to lose moisture quickly. That's why the Israeli diet contains a lot of olive oil. The nomadic shepherds of Israel, to this day, anoint or rub olive oil on the skin of their animals to keep their skin supple and safeguard them from insects, inflammation and infections.

Olive oil has a vast array of health benefits including:

- Enhanced immune function
- Powerful antimicrobial
- As an excellent carrier for other oils and salves

Here is a list of just a few of the principle oils mentioned in the Bible:

- Myrrh
- Frankincense
- Calamus
- Cedarwood
- Cinnamon
- Cassia
- Galbanum
- Onycha
- Spikenard
- Hyssop
- Sandalwood
- Myrtle
- Cypress
- Rose Of Sharon
- Spikenard

Each oil mentioned in the Bible possesses a special application and medicinal quality, as well as a spiritual metaphor. Click to Tweet.

Interestingly, oil is widely understood as a symbol of the Holy Spirit in The Bible.

Here are a couple of examples: in Luke 4:8, Jesus said, "The Spirit of the Lord is on Me, because He has anointed Me to proclaim good news to the poor. He has sent Me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free."

The Spirit of the Lord and the anointing oil are directly linked here. The oil of anointing appears as a physical representation of Jesus being given the Holy Spirit to perform these functions for God in His love for mankind.

Here is another aspect of this symbolism. In Acts 10: 38, we read, "How God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him."

This is another reference to anointing, an act typically done with oil. But here, the anointing is done by the Holy Spirit!

In one of King David's psalms we see the anointing oil compared with God's people living in harmony, "For harmony is as precious as the anointing oil that was pored over Aaron's head, that ran down his beard and onto the border of his robe." Psalm 133:1-2

And when it came to offerings or sacrifices in the Old Testament, they often required oil as an integral part of the offering or sacrifice. "Now when anyone presents a grain offering to the LORD, his offering shall be of fine flour, and he shall pour oil on it and put frankincense on it." Leviticus 2:1

I am sharing these passages to emphasize the absolute importance, or essential nature, of oils throughout the Bible, as well as history.

The apostle Paul considered the triad of

basic needs to be food, clothing, and oil!

Hosea described Israel's basic needs in his day as, 1) bread and water, 2) wool and flax and 3) oil and drink.

Oil filled the menorah, giving light to the temple, offerings and sacrifices.

A cleansed leper would be anointed with oil before returning to family.

Scented or perfumed oils were prized as much as gold and silver.

Altars were anointed with oil.

Kings were anointed with oil.

Oil was sent as a symbol of treaty between warring nations.

The list goes on and on!

In fact, before our modern electric conveniences were invented, oil was the primary source of light. Essential oil to ancient man was a necessity!

Now here's the fun part...What makes each plant (or essential) oil effective to a different part of the body?

It's inherent frequency!

You see, everything is frequency and everything possesses a resonant frequency. Our bodies are electrical. So is everything around us.

The Sun activates photosynthesis in plants, which converts sunlight into electrical, chemical energy available to us through essential oils. Click to Tweet.

When essential oils are extracted from plants, they possess unique chemical components, as well as their own specific frequencies. And each frequency will affect the body in a different way.

One may resonate with the lungs, while another may rid the body of infection.

Essential oils have the capacity to change the electrical frequency of the body. The electrical frequency of essential oils ranges between 52 and 320 Hz. Because they are living substances, their frequency is harmonic with the human frequency. When essential oils come into contact with our bodies, the frequency of our bodies becomes raised to a degree so that we become inhospitable hosts to pathogenic organisms.

Rose essential oil vibrates at a rate of 320MHz. The highest measured frequency of any essential oil, rose emanates love, purity, and wholeness, connecting mind, body, and spirit. It is not surprising then that there is no greater human emotion than love: the feeling of love is the highest frequency any person is able to emit. So remember, when you use essential oils, regardless of their vibrational frequencies use them with an open heart filled with love.

In God's genius, He gave us every seed bearing plant and tree as both sustenance and a veritable medicine chest - for what ails us. Click to Tweet.

This is the essence of nature from its organic origin, and it all depends on the Sun to make it work!

Essential Joy

So here is a question...What is more essential...oil from plants, or the Sun that makes plants grow?

And here is yet another question...What is more essential...mankind, or God who gave us life? Now, stay with me...

I have used the word "essential" throughout this article without giving you its definition, which I will do now.

Essential: Absolutely necessary, vital, critical, all-important, nonnegotiable,

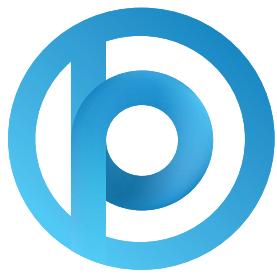
must-have.

In my time on this "big blue marble" there is only one thing I have discovered that by definition is essential for life. This passage will describe it in detail:

"Your throne, O God, will last forever and ever; a scepter of justice will be the scepter of Your Kingdom. You love righteousness and hate wickedness; therefore God, Your God, has set YOU above your companions by anointing You with the oil of joy." Psalm 45:6-7

The true essential oil, the oil of joy, can only be obtained through a healing relationship with the Son of God, Jesus. There are many things in this life that are beneficial, but only one that is essential. I have received the oil of joy through the love of Jesus Christ. It is my prayer that He alone will become the one essential, must-have in your life today.





barton
PUBLISHING

You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again.

For additional relief, visit www.bartonpublishing.com

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholeness Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.