

Long live our body!
or, how can we stay healthy for long?

Alternatives for long lasting health?

What you show use and what you should avoid ...

an invitation to research what is good for us...

The 9 Foods You Should Never Eat



There are a number of unhealthy foods on the market today. It would take forever to list them all so here are my top nine to avoid at all costs...

- 1-Canned tomatoes
- 2-Processed meats
- 3-Margarine
- 4-Vegetable oils
- 5-Microwave popcorn
- 6-Non-organic potatoes and vegetables
- 7-Table salt
- 8-Soy protein isolate and non fermented soy products
- 9-Artificial sweeteners

Food to avoid

Reasons Why Sugar Destroys Your Health

rawforbeauty.com

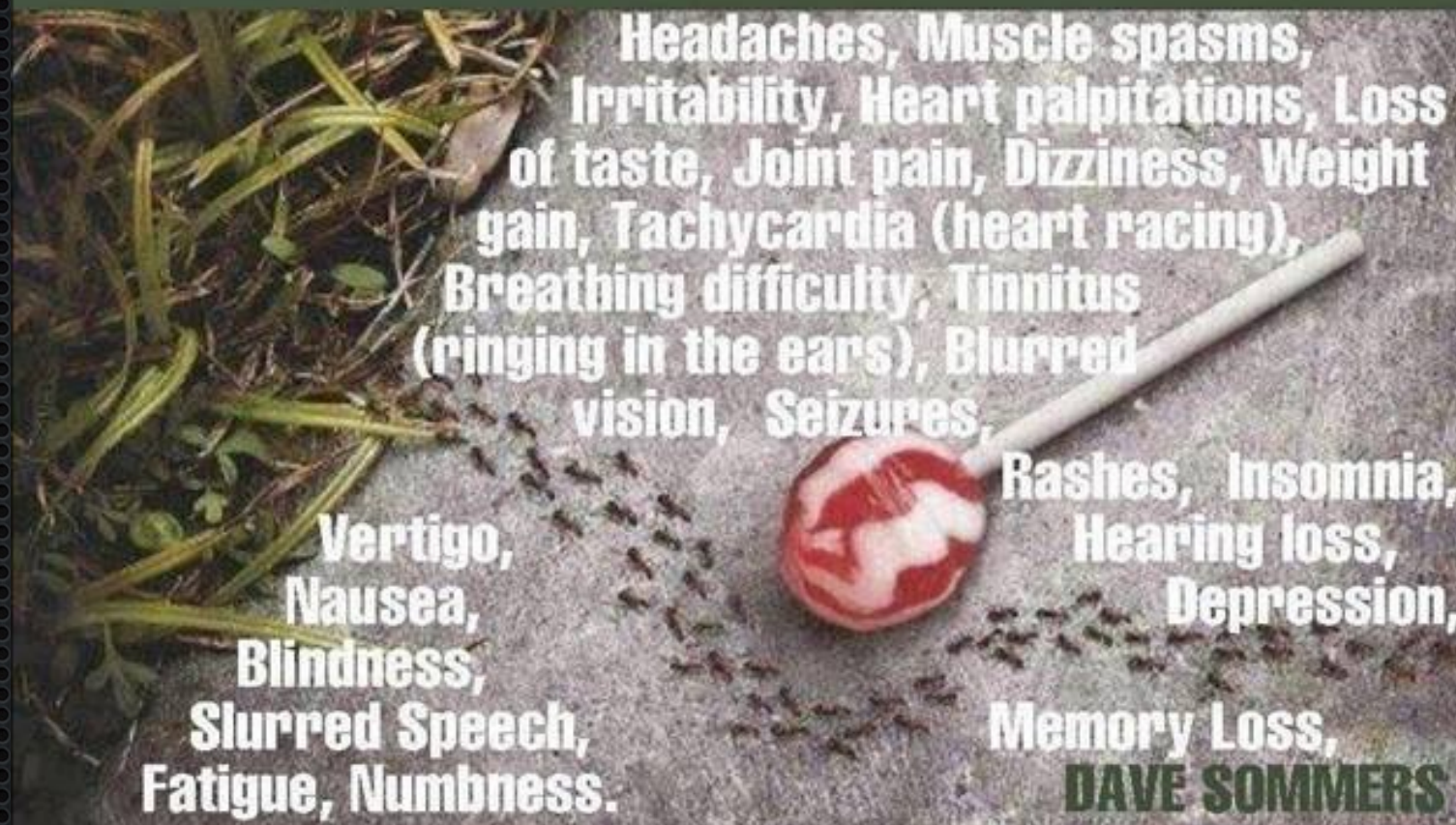
Suppresses the immune system
Interferes with absorption of calcium and magnesium
Causes hyperactivity, anxiety,
 difficulty concentrating, and crankiness in children
Causes copper deficiency
Makes eyes more vulnerable to age-related macular
 degeneration
Leads to chromium deficiency
Leads to cancer of the ovaries
Increases the risk of breast cancer
Contributes to eczema in children
Contributes to obesity
Causes food allergies
Can cause tooth decay
Can cause arthritis
Can cause asthma
Can cause heart disease
Can cause hemorrhoids
Can cause varicose veins
Can exacerbate PMS
Can lead to the formation of kidney stones



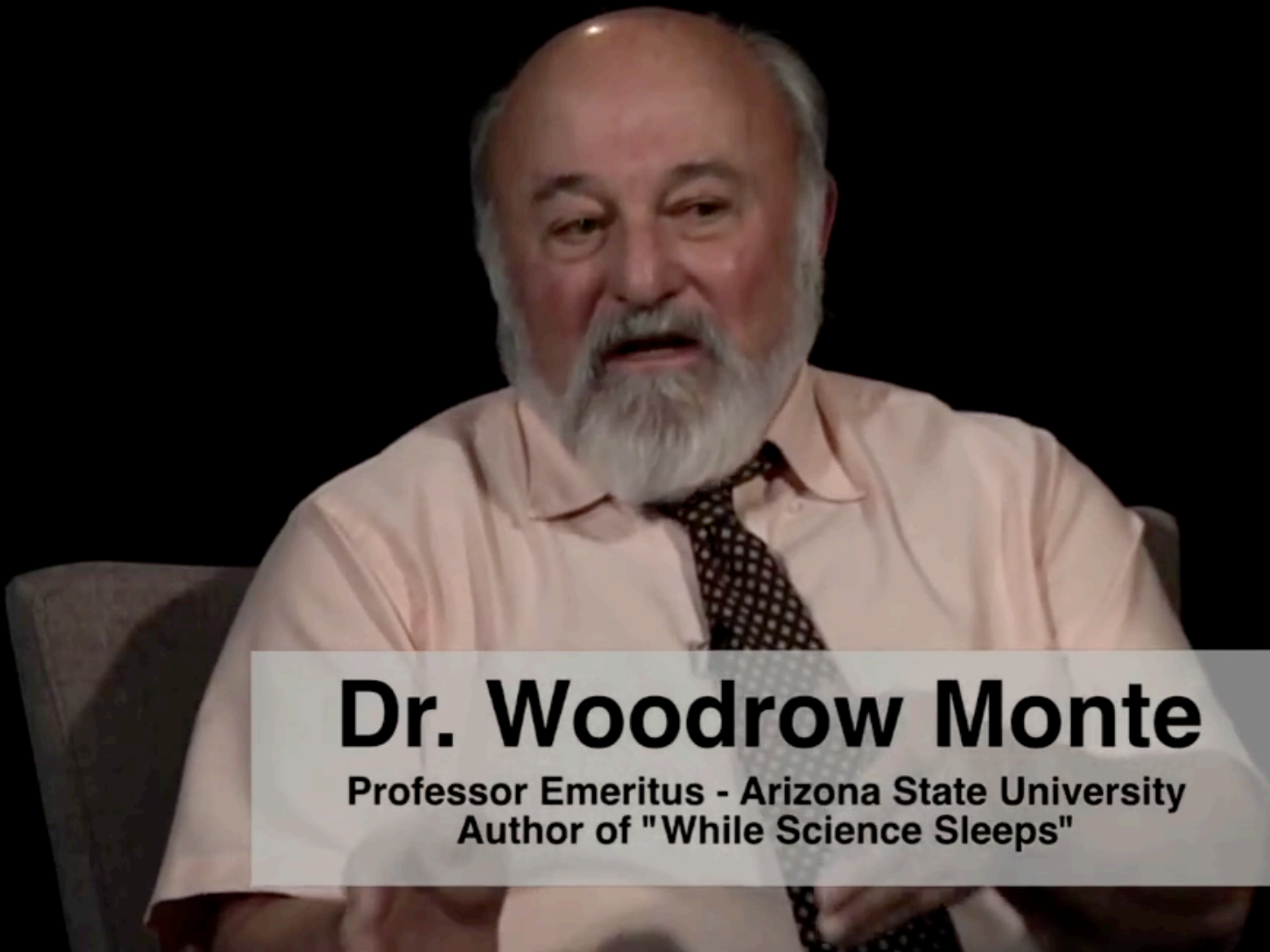
Sugar

ASPARTAME

Roaches and ants won't eat it, cats and dogs won't eat it, even house flies won't eat it — but the FDA (Food and Drug Administration) serves Aspartame to you! Side effects include ...



Aspartame

A portrait of Dr. Woodrow Monte, an older man with a full white beard and mustache, wearing a light pink shirt and a dark patterned tie. He is seated and looking slightly to the right of the camera. The background is dark and out of focus.

Dr. Woodrow Monte

Professor Emeritus - Arizona State University
Author of "While Science Sleeps"

Aspartame / Aminosweet



Truvia sweetener a powerful pesticide; scientists shocked as fruit flies die in less than a week from eating GMO-derived erythritol



Thursday, June 05, 2014
by [Mike Adams](#), the Health Ranger
Tags: [Truvia](#), [erythritol](#), [natural pesticide](#)

(NaturalNews) Truvia sweetener is made from about 99.5% erythritol (a sugar alcohol), and 0.5% rebiana, an extract from the stevia plant (but not at all the same thing as stevia). A shocking new study published in the journal PLOS ONE (1) has found that Truvia, an alternative sweetener manufactured by food giant Cargill, is a **potent insecticide that kills fruit flies** which consume it.

The study is titled, *Erythritol, a Non-Nutritive Sugar Alcohol Sweetener and the Main Component of Truvia, Is a Palatable Ingested Insecticide*.

Truvia

MSG Proven Highly Toxic: 1 Dose Causes Headache In Healthy Subjects

Posted by cIn in Health-Wellness with 0 Comments

 Vind ik leuk 1.430 personen vinden dit leuk.

Sayer Ji | [Activistpost](#) | Feb 10th 2014

Found everywhere as an additive in your food, new research has uncovered that this "flavor enhancer" is extremely toxic, causing a battery of adverse health effects within normal dietary ranges.



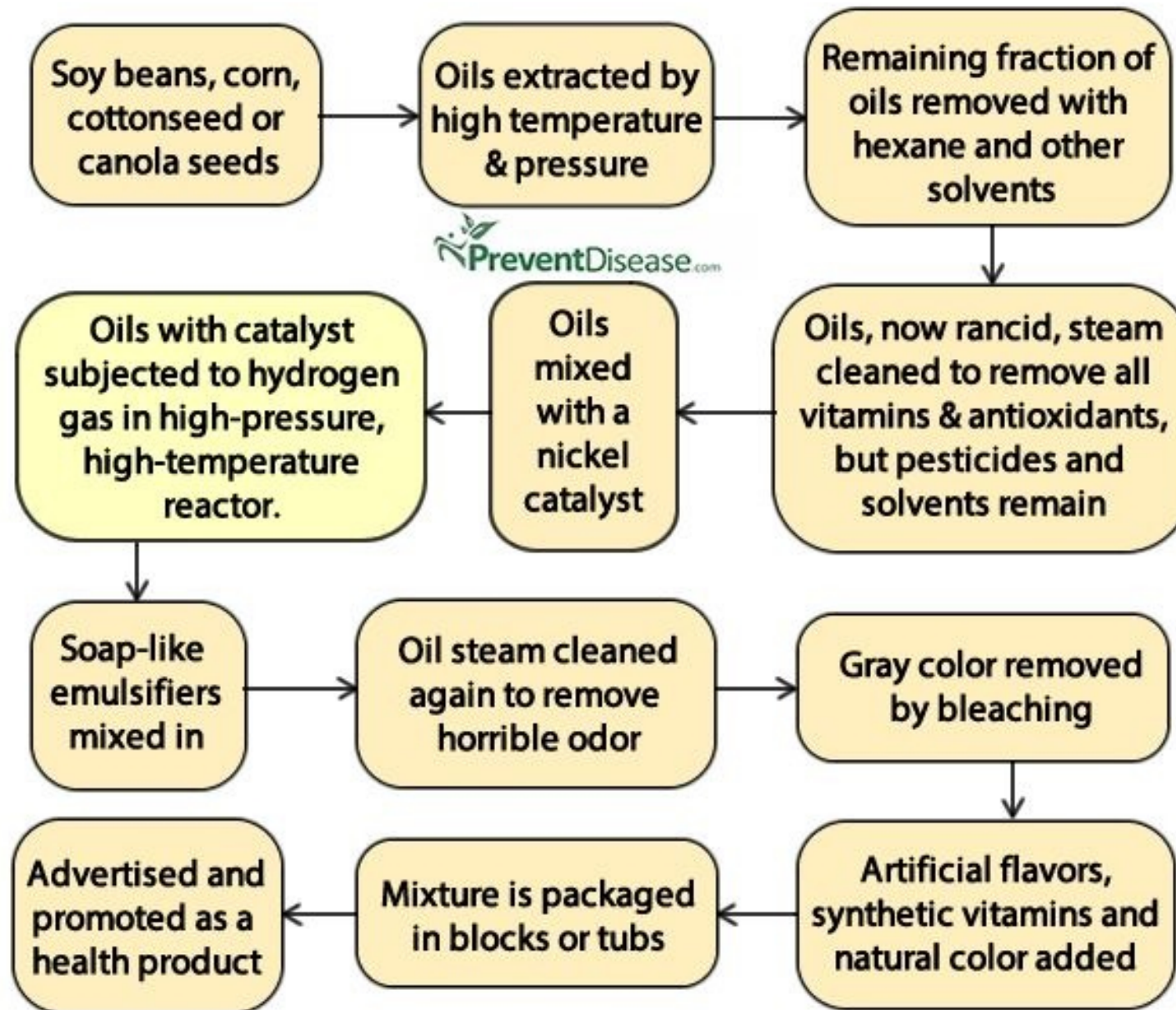
A new study published in the *Journal of Headache Pain* reveals that a single intake of monosodium glutamate (MSG) produces headache in the majority of healthy subjects tested.^[i]

The researchers conducted a double-blinded, placebo-controlled, crossover study to examine the effect of repeated MSG intake on the following:

- Spontaneous pain
- Mechanical sensitivity of masticatory muscles (the four muscles that move the jaw laterally)
- Side effects
- Blood pressure

MSG / Mono natrium glutamaat / Ve-tsin / E621

Do People That Eat Margarine Really Know How It's Manufactured?



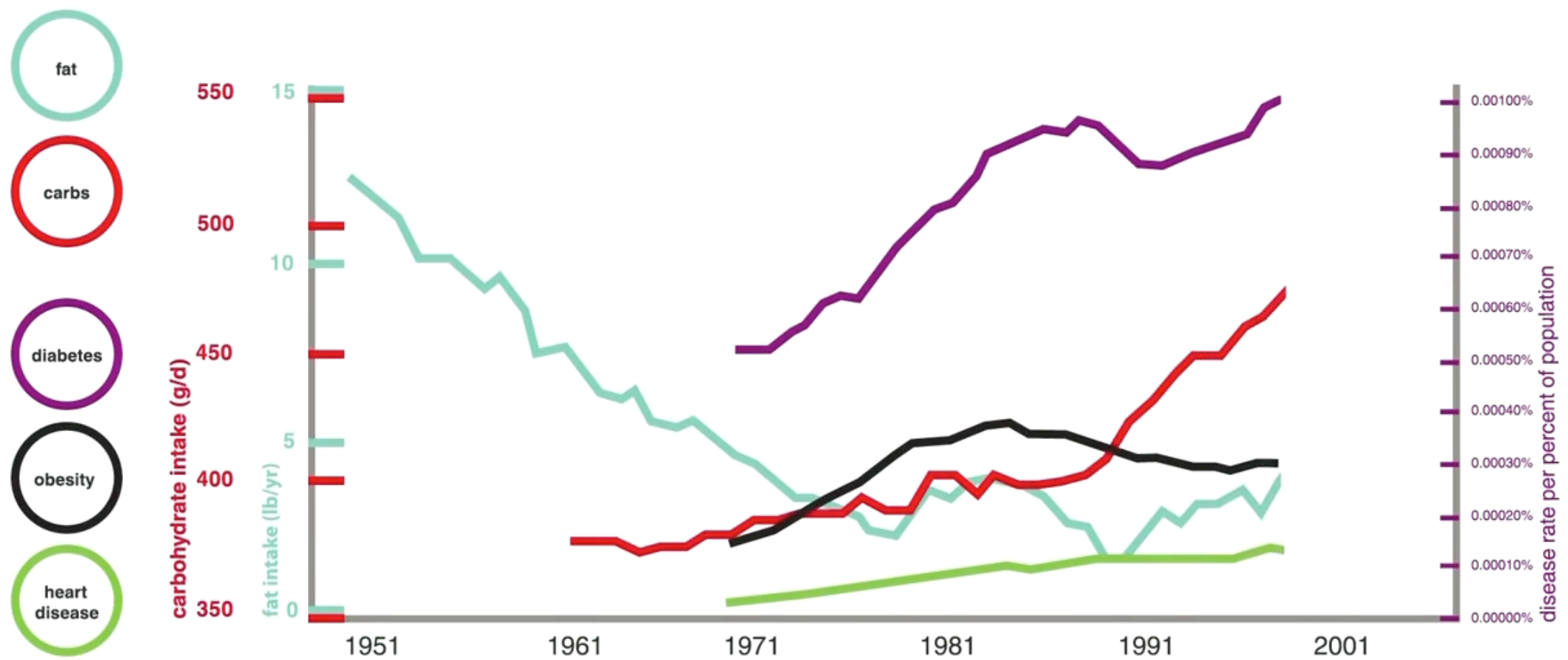
Margarine



Pink Slime - Jamie Oliver



Meat glue



Cereal killers

DID YOU KNOW?

Genetically engineered soybeans have DNA from bacteria and viruses spliced into their DNA to help them tolerate weed killers such as Roundup. This genetic feat creates a whole new species of plant that would have never occurred in nature.

**A GMO label doesn't seem
like too much to ask for, does it?**

GMOiNSiDE.ORG
Coalition Powered by Green America

GMO soybeans

STUDY FINDS GENETICALLY MODIFIED CORN NUTRITIONALLY DEAD AND HIGHLY TOXIC

Posted in: Disease & Toxins, Timeless Reposts

Share the knowledge!



124



47



4



Is GMO corn nutritionally equivalent to non-GMO corn? Monsanto will tell you the answer is a big 'yes', but the real answer is **absolutely not**. And the simple reality is that they are continuing to get away with their blatant misinformation.

GMO corn

GMO FACT OF THE DAY

In late 2012, GMO sweet corn

**made by Monsanto became the first insecticide
producing, Roundup Ready crop available as a
whole food. Toxic herbicide ON the corn.
Insecticide IN the corn. Unlabeled.**

Do we have your *ear* now?



www.facebook.com/gmofreeusa

www.gmofreeusa.org

www.fb.com/gmofreecanadagroup

GMO corn



GLYPHOSATE

the active ingredient in Roundup,
was patented in 2010 as an

ANTIBIOTIC

MONSANTO PATENT No. 7,771,736

NO PRESCRIPTION REQUIRED

to kill your healthy gut flora
with

ROUNDUP READY

GMOs



www.gmofreeusa.org

www.facebook.com/gmofreeusa

www.facebook.com/gmofreecanadagroup



Glyphosate by Monsanto

1,4-DIOXANE

FOUND IN

Products that create suds (such as shampoo, liquid soap, bubble bath), hair relaxers, others

HEALTH CONCERNS

Cancer, organ-system toxicity, irritation

WHAT TO LOOK FOR ON THE LABEL

Sodium laureth sulfate, PEG compounds, chemicals that include the clauses xynol, cetareth and oleth

REGULATIONS

Banned/found unsafe for use in cosmetics in Canada

The Campaign for Safe Cosmetics



Cosmetics

Sunscreen Ingredients May Increase Skin Cancer Risk

Beth Buczynski | May 12, 2012 | 10:53 am | 41 comments

 Like 344 people like this.



 SHARE 344

 TWEET 35

 PIN IT 22

 SHARE 0

 COMMENT 41

 SEND AN EMAIL

May is [National Skin Cancer Awareness Month](#). This month, many kids will graduate or finish up their final obligations for the academic year. Families will plan long-anticipated vacations to the beach, mountains, and other favorite destinations where they'll hopefully get a rest from the stress of daily life.

Before heading out, many will slather themselves and their children with a [liberal layer of sunscreen](#) in an attempt to protect against the sun's harmful rays. But new research shows that [ingredients in the sunscreen](#) could actually put you at higher risk for developing skin cancer and other medical issues.

The European Environment Agency (EEA) [recently examined](#) several decades worth of scientific research with regard to chemicals found in common household products. They discovered that phthalates, which are used to make plastics parabens found in sunscreen, may be contributing to rising incidence of cancer, reduced fertility and obesity.

Coupled with this disturbing revelation is [recent news](#) from researchers at Missouri University of Science and Technology which suggests that zinc oxide, an main ingredient of many conventional sunscreens, may actually accelerate skin cancer risk.

Sunscreen

75% of Sunscreens are Toxic: What to do Instead

8+ 8 22 6.0k 170 1



More than 2 million with skin cancer every year, the incidence climb world wide.

It's that time of year the weather outside different studies co indicated a higher

among individuals who used the most sunscreen!

Several years ago when I started revealing the dangers of surprised. But over the past 5 years more research is start dangers of sunscreen.

List of Unsafe, Toxic Chemicals in Sunscreen

- Para amino benzoic acid
- Octyl salicyclate
- Oxybenzone
- Cinoxate
- Dioxybenzone
- Phenylbenzimidazole
- Homosalate
- Menthyl anthranilate
- Octocrylene
- Methoxycinnamate
- Parabens

Stay away from these chemicals and use the natural sunscreens I recommend at the end of the article.

The Sun Doesn't Cause Cancer

In truth, the [sun is essential for your health](#). Think about it. Without the sun, most plants couldn't grow and we would perish from a lack of Vitamin D3.

Of course, you can have too much of a good thing. I don't recommend letting your skin burn, and this is a common point people miss. Getting a moderate amount of sunshine daily can actually help decrease your risk of certain types of cancers.

The Sun is your best source of Vitamin D3.

Sunscreen

List of the best foods and supplements to protect your skin

- Resveratrol (red wine, blueberries and red grapes)
- [Omega-3](#) fatty acids (salmon and fish oil)
- Astaxanthin (salmon and fish oil)
- Catechins (green and white tea)
- Vitamin E (pumpkin seeds, almonds, and asparagus)
- Beta-carotene (carrots and red bell peppers)

For a more extensive list, check out my article on [fighting skin cancer with food](#).

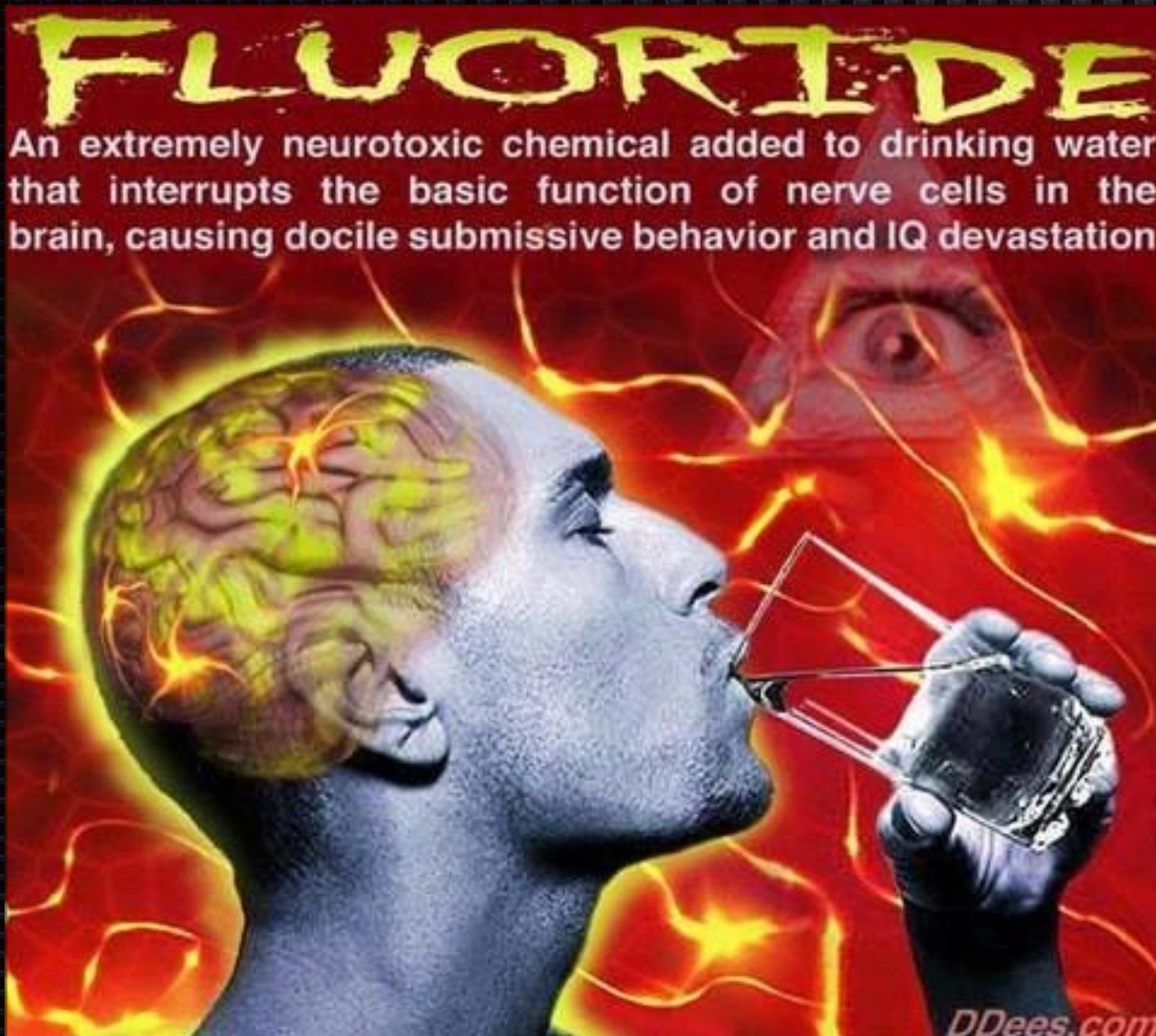
Actions Steps

1. Get 20+ minutes of sunshine daily
2. Cover up with light clothing before you get burnt
3. Wear natural sunscreen if you're going to stay out for a long period of time
4. Eat a diet high in anti-oxidants to protect your skin
5. If you get burnt, use a mixture of aloe, coconut oil and vitamin E on your skin

Sunscreen



Fluor



“Fluoride makes your body absorb extra aluminum. And where does the aluminum go? Your brain.

And what metal shows up alarmingly in the brains of Alzheimer's victims? You guessed it.”

William Douglass, MD,

Fluor

FLUORIDE

DID YOU KNOW???



In 1955, Crest became the first fluoride toothpaste.



Fluoride calcifies the pineal gland, otherwise known as your 3rd eye which literally has rods and cones, just like your other eyes!



Fluoride is so toxic that it is considered Hazardous Waste by the EPA.



Hitler fluoridated the water in the concentration camps to sedate the prisoners.



Fluoride is the same ingredient in rat poison and Prozac.



According to Dr. Bill Osmunson, there's the same equivalence of fluoride in an 8 ounce glass of fluoridated tap water as there is in a "pea sized" amount needed to call the Poison Control Center, as recommended on the back of any fluoridated toothpaste.

Facebook: Body, Mind, Soul & Spirit

BODYMINDSOULSPIRIT.COM

Fluor

PRESS RELEASE: When Fluoridation Ends, So Do Cavities

Fluoride May Not Prevent Cavities, and Can Cause Health Problems



By Mary Shomon
Thyroid Disease Expert

Share this



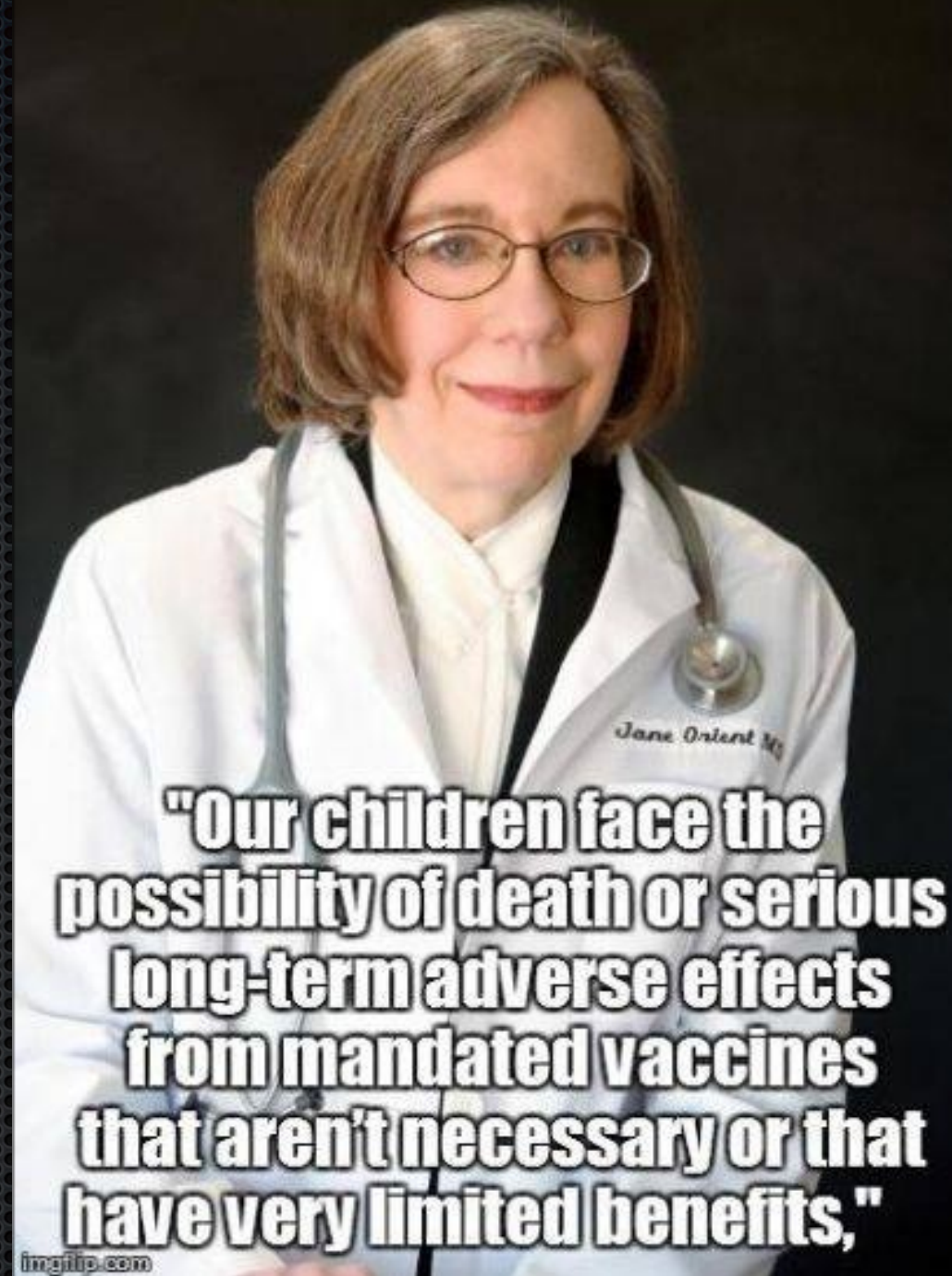
Wednesday January 24, 2001 --

Cavity rates declined in several cities that stopped water fluoridation, new studies report, contradicting American Dental Association (ADA) predictions, according to Fluoride Action Network.

Fluoride added to over 62% of US water supplies is supposed to reduce tooth decay but these six studies from dental journals show it hasn't and, in fact, may have increased the likelihood of rotten choppers.

Fluor

**Jane M. Orient, MD, AAPS
Executive Director:**



**"Our children face the
possibility of death or serious
long-term adverse effects
from mandated vaccines
that aren't necessary or that
have very limited benefits,"**

Vaccines

2012 CDC

Recommended Immunizations for Babies

Birth : HepB

2 months :HepB +Dtap + Pcv+ Hib+ Polio+ Rv

4 months: DTaP + PCV + Hib + Polio + RV

6 months: HepB + DTaP + PCV + Hib + Polio + RV +Flu vaccine

12 months: MMR + PCV + Hib + Varicella + HepA + Flu vaccine

15 months: Dtap+ Flu

www.cdc.gov/vaccines/parents/downloads/rec-iz-babies.pdf

37 doses before age TWO
is this ok with YOU?

EDUCATE BEFORE YOU VACCINATE

proud parents of unvaccinated children: **FIND US ON FACEBOOK**

Vaccines

Mercury-containing Flu shots* in early childhood will exceed the EPA guidelines for maximum daily mercury exposure

Age	Avg Wt for age	Max allowable mercury exposure (for avg weight at age)	mercury in flu shot	Factor over EPA limits
6 mo	7.7 kg	0.77 mcg	12.5 mcg	16.2 x
12 mo	10.5 kg	1.05 mcg	12.5 mcg	11.9 x
24 mo	12.3 kg	1.23 mcg	12.5 mcg	10.2 x
36 mo	14.5 kg	1.45 mcg	25 mcg	17.2 x
4 yr	16.3 kg	1.63 mcg	25 mcg	15.3x
6 yr	20.5 kg	2.05 mcg	25 mcg	12.2 x
fetus	1.0 kg [†]	0.01 mcg	25 mcg	250 x
adult	70 kg	7.0 mcg	25 mcg	3.5 x

* based on EPA RfD, (0.1 mcg/kg)

† example for 28 week gestation

Vaccines



Dr. Boyd Haley
Toxicologist
Retired Professor
of Chemistry,
University of
Kentucky

"A single vaccine given to a six-pound newborn is the equivalent of giving a 180-pound adult 30 vaccinations on the same day."



Vaccines

"The medical authorities keep lying. Vaccination has been a disaster on the immune system. It causes lots of illnesses. We are actually changing our genetic code through vaccination."

Vaccination is the biggest crime against humanity."

- Dr. G Lanctôt MD, Canada

imgflip.com

Vaccines

Breaking: Courts discreetly confirm MMR vaccine causes autism

Tuesday, September 03, 2013 by: Jonathan Benson, staff writer

Tags: [MMR vaccines](#), [autism](#), [court ruling](#)

(NaturalNews) You won't hear anything about it from the mainstream media, but the federal government's kangaroo "vaccine court" has once again conceded, albeit quietly, that the combination measles, mumps and rubella (MMR) vaccine does, indeed, cause autism. In a recently published ruling, part of which was censored from public view, a young boy was awarded hundreds of thousands of dollars after it was determined that the MMR vaccine led to a confirmed diagnosis of autism spectrum disorder (ASD).

[MMR Vaccines](#)

WARNING!



H1N1 FLU SHOT CONTAINS:

Beta-Propiolactone: Carcinogen

Neomycin Sulfate: Immunotoxin

Polymyxin B: Neurotoxin

Potassium Chloride: Neurotoxin

Sodium Taurodeoxycholate: Carcinogen/Immunotoxin

Thimerosal (Mercury Derivative) : Neurotoxin

VACCINES ARE LINKED TO:

Narcolepsy

Rheumatoid Arthritis

Guillain-Barre Syndrome

Multiple Sclerosis

Autism

Lupus

Paralysis

Cancer

Dystonia

Death



THE H1N1 VACCINE IS NOW BANNED IN MULTIPLE COUNTRIES!

THE H1N1 VACCINE'S DEVELOPERS HAVE REFUSED TO TAKE IT!

PROTECT YOURSELVES WITH KNOWLEDGE!

Vaccines



Humane Papilloma Virus vaccine

THE ROOT CAUSE OF CANCER

Noble prize Winner Dr. Otto H Warburg. Dr. Warburg has devoted his life to study the causes of cancer.



ALL NORMAL CELLS HAVE AN ABSOLUTE REQUIREMENT FOR OXYGEN, BUT CANCER CELLS CAN LIVE WITHOUT OXYGEN - A RULE WITHOUT EXCEPTION.

"Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous." Dr. Warburg has made it clear that the root cause of cancer is **oxygen deficiency**, which creates an acidic state in the human body. Dr Warburg also discovered that **cancer cells** are **anaerobic** (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen, as found in an alkaline state.

Natural pH regulation

ALKALINE / ACID FOOD CHART

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.

ACID FORMING FOODS			FOOD CATEGORY	ALKALINE FORMING FOODS		
MOST ACID	ACID	LOWEST ACID		LOWEST ALKALINE	ALKALINE	MOST ALKALINE
NutraSweet, Equal, Aspartame	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blackberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avacados	Date, Figs, Melons, Raisins, Grapes, Kiwi, Blueberries, Apples, Pears	Lemons, Limes, Watermelon, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto beans, Navy beans, Lima beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Garlic, Parsley, Raw Spinach, Broccoli, Vegetable Juices
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS & SEEDS	Chestnuts	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Brown Rice, Spelt	GRAINS/ CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS/ DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

*The colors used for this chart are not directly relative to the pH scale.

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

The Food & Drug Administration has not evaluated any statements listed. Products are not intended to diagnose, treat, prevent, or cure any disease. This product should not be used as a substitute for medical advice. For more information, please visit www.healthychoices.com

Natural pH regulation

20 Medical Studies That Show Cannabis Can Cure Cancer

August 23, 2013 by Arjun Wallia. 516 Comments.

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Twitter

Selecteer een taal ▼

Watch Video: Cancer Panel

raindancetech.com/TBoltsWebinar

How To Maximize The Ability To
Analyze Challenging FFPE &
Plasma.



Cannabis has been making a lot of noise lately. Multiple states across the United States and countries around the world have successfully legalized medical Marijuana, and the Uruguay parliament recently voted to create [the world's first legal marijuana market](#). This is good news as the health benefits of Cannabis are vast, with multiple medical and scientific studies that confirm them. On the other hand, arguments against the use of marijuana is usually published in Psychiatric journals, which show no scientific evidence that Cannabis is harmful to human health. All psychological evaluations from the intake of cannabis are largely based on assumptions, suggestions and observations (1). When we look at the actual science behind Cannabis, the health benefits can be overwhelming. So what does one who opposes the use of cannabis

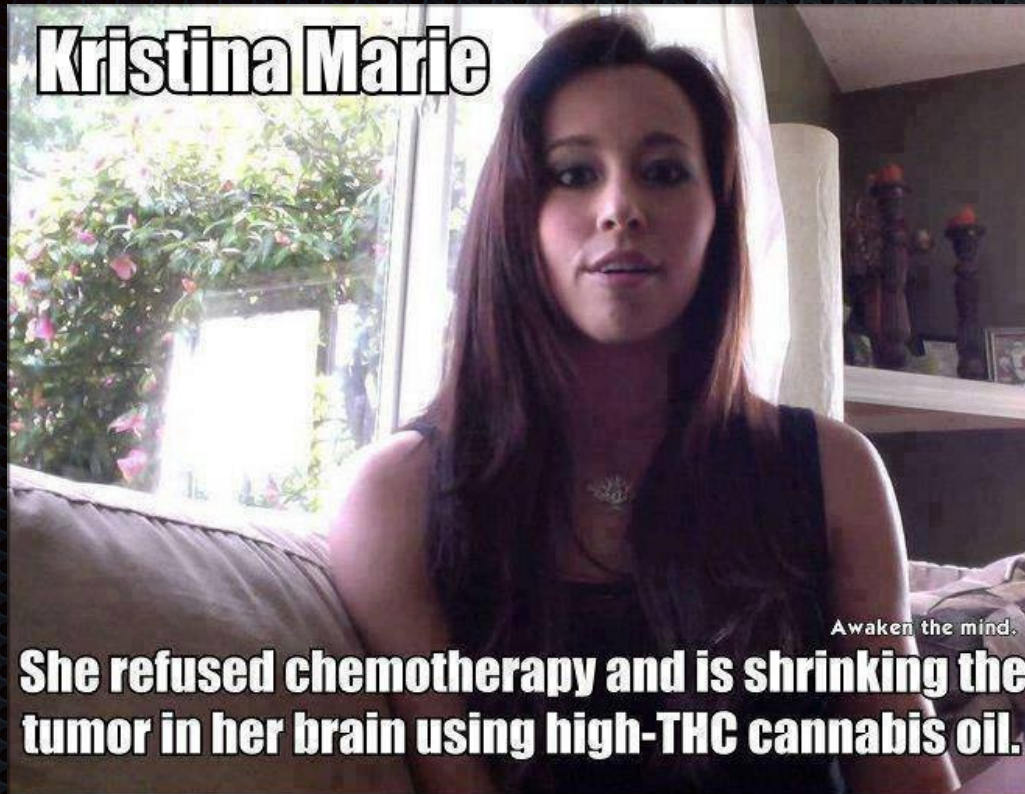
base their belief on? Nothing, not scientific evidence anyways. The negative stigmatism attached to marijuana is due to it's supposed psychotropic effects, yet again, there is no scientific evidence to show that marijuana has any psychotropic effects. Nonetheless, cannabis has recently been the focus of medical research and considered as a potential therapeutic treatment and cure for cancer.

Cannabis can cure cancer



Dr Christina Sanchez on THC

Kristina Marie



Awaken the mind.

She refused chemotherapy and is shrinking the tumor in her brain using high-THC cannabis oil.

"My tumor is getting smaller. I have the MRIs ... every MRI is completely different, they are all getting smaller and smaller. And while the doctors don't acknowledge this, that's all I need. They gave me a death sentence, so why would they want to take that back? Because they need to cover their backs, I understand. But at the same time they need to realize that these are peoples' lives that they are messing with, not just statistics."

— Kristina Marie, 3/25/13

EducateInspireChange

CANNABIS OIL

#BlackStuff



A DROP A DAY KEEPS THE CANCER AT BAY

...AND DIABETES, AND SEIZURES,
CHRON'S, ASTHMA, PTSD, ADD
ARTHRITIS, CHRONIC PAIN, NEUROPATHY
MULTIPLE SCLEROSIS, GLAUCOMA
AND THE LIST GOES ON AND ON AND ON...

Cannabis oil



CANNABIS OIL KILLS CANCER!



ALYSA ERWIN
AlysaErwin.Com

**From TERMINAL
to CANCER FREE
in 16 months!**



STAN RUTNER
UnitedPatientsGroup.com

**From TERMINAL to
CANCER FREE in
less than 2 years!**



LOGAN EWELL
[Team Logan'facebook](https://www.facebook.com/TeamLogan)

**From TERMINAL
to CANCER FREE
in 3 MONTHS!**



CORRIE YELLAND
[Corrie Yelland facebook](https://www.facebook.com/CorrieYelland)

**From TERMINAL to
CANCER FREE in
less than 1 year!**

Cannabis oil

Cancer



Dr. Tullio Simoncini



Rick Simpson



**Dr. Stanislaw Burzynski,
M.D., Ph.D.**

**If you or someone you know has it,
you need to know who these men are.**

Cancer

COMBATING CANCER WITH BAKING SODA

DID YOU KNOW ... THAT BAKING SODA HAS BEEN SHOWN TO FIGHT OFF CANCER, STAVE OFF COLDS AND FLU AND EVEN TREAT RADIATION POISONING ... ALL FOR JUST PENNIES A DAY.

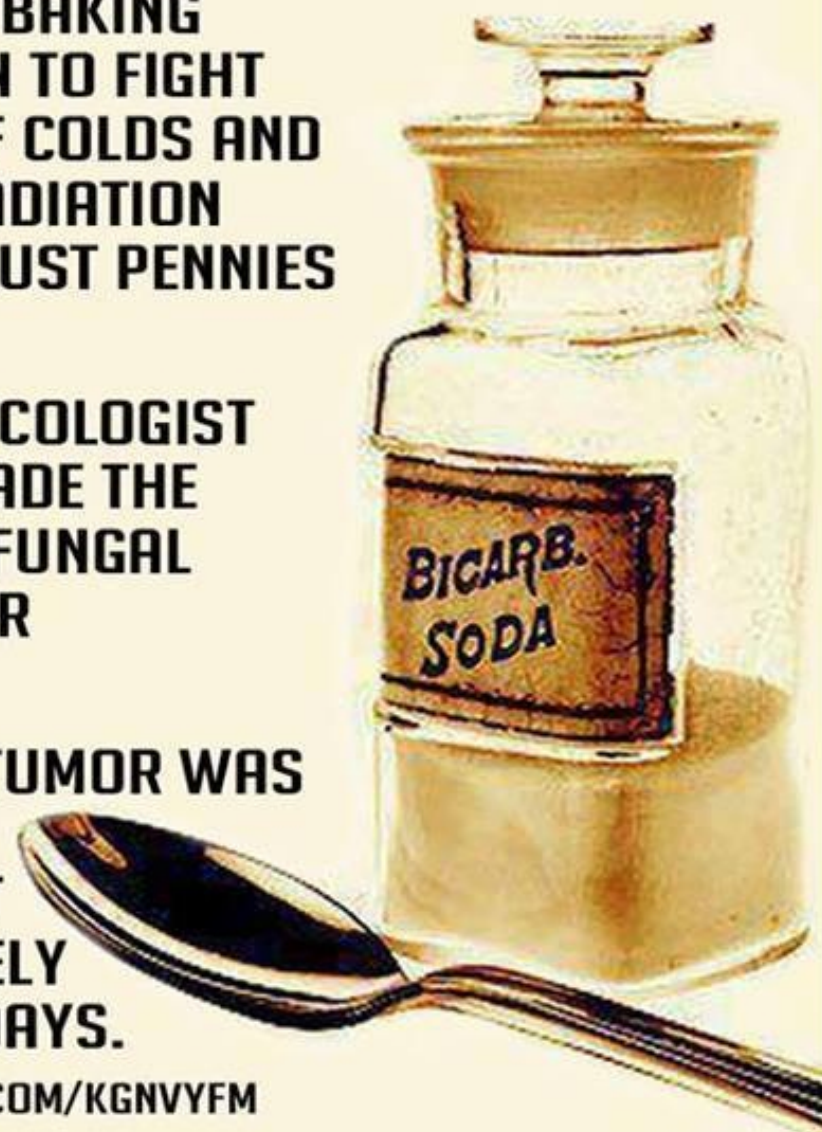
DR. SIMONCHINI, AN ONCOLOGIST IN ROME ORIGINALLY MADE THE CONNECTION BETWEEN FUNGAL INFECTIONS AND CANCER PROLIFERATION.

HE SAW THAT WHEN A TUMOR WAS FLUSHED WITH BAKING SODA (ANTI-FUNGAL), IT SHRANK AND COMPLETELY DISAPPEARED WITHIN DAYS.

SOURCE ARTICLE: WWW.TINYURL.COM/KGNVYFM

FB/DAVE.SOMMERS1

www.undergroundhealthreporter.com



Baking soda NaHCO_3

SODIUM BICARBONATE

also known as Baking Soda

- * Alkalinizes the body
- * Absorbs heavy metals
- * Absorbs radiation
- * Purifies air
- * Extinguishes fires
- * Deodorizes
- * Soothes bug bite itching
- * Natural toothpaste
- * Non-toxic deodorant



WWW.CANCERTRUTH.NET

Baking soda NaHCO_3

Lemon and Baking soda
Miraculous
combination: 10, 000
times stronger than
Chemotherapy!

Why do we not know about this?

Because there are organizations that
continue to profit from disease. It is that
simple.



BakingSoda

Baking soda NaHCO_3 and Lemon

Lemon has already been proven to have strong **anti – carcinogenic** properties. In addition to this there are many other useful properties. Lemon has a strong effect on **cysts** and **tumors**.



lemon

Citrus fruit can cure **cancer**. Recent studies have shown that consuming citrus fruits, specifically lemons have prevented and in some cases cured cancer. And by adding **baking soda** you will normalize the pH of the body which does not allow the cancer to continue to spread.

A recent case-control study out of Europe showed that consuming four or more 150-gram portions per week of citrus fruit decreased the risks of throat cancer by 58 percent, oral/pharyngeal cancer by 53 percent, stomach cancer by 31 percent, and colorectal cancer by 18 percent. This study did not find a protective

effect of citrus against breast cancer, but a recent American study did show that women consuming about 75 grams daily of grapefruit (fruit or juice) saw a 22% reduction in breast cancer risk if they had never used hormone replacement therapy. It is noteworthy that the protective level of citrus consumption was nearly identical in both these studies (525-600 grams per week) and could be interpreted as a minimum intake level for meaningful cancer protection. However, it's also important to know the best sources of limonoids if they are key to citrus fruit's anti-cancer properties.

Lemon has a very strong antimicrobial effect with a very broad spectrum of activity against bacterial and **fungal infections**. Lemon is effective against **internal parasites** and **worms**, it regulates **blood pressure** and is a powerful **antidepressant**, reduces **stress** and **nerve crises**.



CUCUMBERS

- ❖ Rich in vitamin A to promote healthy vision and eyes
- ❖ Full of B vitamins to give your body a lift of energy
- ❖ Can be used topically to relieve sunburns and puffy eyes
 - ❖ A good source of fiber for promoting optimal digestion
- ❖ Contains the enzyme, erepsin, to help the body digest protein
- ❖ Rich in magnesium and potassium to help regulate blood pressure
- ❖ Full of silica to help prevent heart disease and osteoporosis
 - ❖ Rich in caffeic acid to aid in reducing inflammation and water retention
- ❖ Good source of immune-boosting zinc

Please Tag on Facebook: Authentic Self Wellness

Cucumber

This Little Weed is one of the Most Useful Medicines on the Planet



You've seen it, ignored it, pulled it from your lawn and thrown it on the compost, and yet this innocuous little weed is one of the most useful medicines on the planet, asking to be harvested. Also known as the RIBWORT, It's amazing, abundant and best of all, free! The two major types of PLANTAIN [...]

Plantain



Plantain

The Many Health Benefits of Dandelion

Dandelion nutrition data Detoxification 2011 Dandelion Seeds Milk Thistle

Dandelion herb tea (leaf) is very good for resolving allergy. Dandelion Coffee

Diabetic Health: Roasted Dandelion Root Tea is an excellent aide for balancing blood sugar.

[More](#)

Order Our Unique Organic Spagyric Dandelion Extract, 1 ounce, \$15 + shipping / ask about larger sizes.

Bulk herb for tea, tea bags, and capsules are also available.

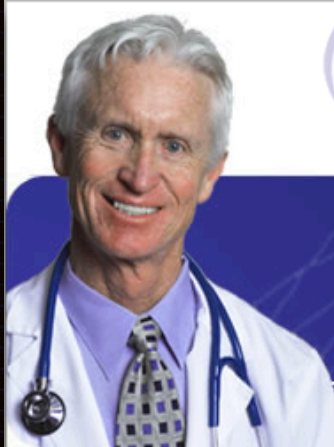
By Peter Gail



Suppose your doctor tells you, on your next visit, that he has just discovered a miracle drug which, when eaten as a part of your daily diet or taken as a beverage, could, depending on the peculiarities of your body chemistry: prevent or cure liver diseases, such as hepatitis or jaundice; act as a tonic and gentle diuretic to purify your blood, cleanse your system, dissolve kidney stones, and otherwise improve gastro-intestinal health; assist in weight reduction; cleanse your skin and eliminate acne; improve your bowel function, working equally well to relieve both constipation and diarrhea; prevent or lower high blood pressure; prevent or cure anemia; lower your serum cholesterol by as much as half; eliminate or drastically reduce acid indigestion and gas buildup by cutting the heaviness of fatty foods; prevent or cure various forms of cancer; prevent or control diabetes mellitus; and, at the same time, have no negative side effects and selectively act on only what ails you. If he gave you a prescription for this miracle medicine, would you use it religiously at first to solve whatever the problem is and then consistently for preventative body maintenance?

All the above curative functions, and more, have been attributed to one plant known to everyone, *Taraxacum officinale*, which means the "Official Remedy for Disorders." We call it the common dandelion. It is so well respected, in fact, that it appears in the U.S. National Formulary, and in the Pharmacopeias of Hungary, Poland, Switzerland, and the Soviet Union. It is one of the top 6 herbs in the Chinese herbal medicine chest.

[Dandelion](#)



Dr. Frank Shallenberger's

SECOND OPINION

The Independent Thinker's Guide to Health and Wellness

"Drugs and even most nutritional remedies don't address

Let me help you get to the bottom of what ails you and

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June 26, 2013

Simple plant kills up to 98% of cancer cells - and stops diabetes

I'm always looking for natural substances that throw a "monkey wrench" into the peculiar metabolism of cancer cells. It's vital these substances kill cancer cells and leave normal cells untouched. I've told you about some of my discoveries in the past. They include resveratrol, green tea, Seanol, and others. But today I'm going to tell you about another plant that safely starves cancer cells as efficiently as a powerful chemo drug. In fact, it even works on pancreatic cancer cells, which are particularly difficult to kill.



This plant is a common vegetable from Asia called "bitter melon." It is popular among the long-lived population of Okinawa, Japan.

Bitter melon juice diluted to just 5% in water showed remarkable potency in severely damaging all four pancreatic cancer cell lines researchers tested. The

bitter melon reduced the viability of two cancer cell lines by 90%, while it knocked off the other two lines by a staggering 98%. And it did so after just 72 hours of treatment!



Bitter melon

HEADACHE REMEDY



Eat 10-12 almonds,
the equivalent of
two aspirins, for a
migraine headache.

rawforbeauty.com

Almonds

SALT

COMMON TABLE

HIMALAYAN PINK

- "Purified," a process that involves a re-crystallization at over 1,200°F
- 97.5% sodium chloride, 2.5% additives
- Depleted of its natural minerals
- Includes anti-caking compounds
- Likely contains iodine and/or is fluoridated (particularly in non-US countries)

- Contains 84 essential minerals required by the human body
- 85% sodium chloride, 15% trace minerals
- A good source of magnesium, in which 80% of all individuals are deficient
- Promotes a healthy pH balance of the cells
- Helps regulate blood sugar levels
- Helps regulate the body's natural sleep cycle

www.bodyunburdened.com

Salt



COLLOIDAL SILVER

"Nature's Antibiotic"

- * Potent Germicide
- * Kills Over 650 Pathogens
- * Like a "Second Immune System"
- * Heals Burn Wounds
- * Fights Bacteria & Viruses
- * Natural Preservative

WWW.CANCERTRUTH.NET

Colloidal Silver

Oil of Oregano Uses: Fight Super Bacteria, Prevent Cancer [Print](#)



by Lisa Garber

September 19th, 2012

Updated 11/01/2012 at 10:12 pm

18

30

2

14

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We already know that there are numerous amazing [oregano oil benefits](#) to be experienced with the consumption of this amazing food, but that doesn't stop researchers from finding more. Researchers from the University of Arizona have published new findings that carvacrol, a phenol of oregano oil, inactivates dangerous microbes and contaminants at levels that may positively impact large-scale food preparation and safety. Not only is oregano oil a potent antibacterial agent, UA food microbiologist Sadhana

Ravishankar discovered, it also exhibits antioxidant and antimicrobial properties when applied to food. This paves way for countless oil of oregano uses so that anyone can experience the benefits it has to offer.

Oregano Oil Could Replace Bleach in Food Preparation

When Ravishankar and her team applied oregano oil to ground beef, they found that carvacrol prevented the formation of 78 percent of heterocyclic amines—cancer-causing molecules that result when animal fat is cooked at high temperatures. In another study, it was found that oregano oil [fights both Salmonella and E. coli](#). Combined, the studies show that the applications of oregano oil are innumerable, and Ravishankar believes industrial-scale food preparation could be among them. Oil of oregano could, in time, replace irradiation, bleaching, and other chemical and unnatural methods to clean animal products and food.

[Oil of Oregano](#)

USES FOR COCONUT OIL

- *Moisturizer
- *Eye cream
- *Preshave
- *Aftershave
- *Deodorant
- *Hair Conditioner
- *Hair Gel
- *Toothpaste
- *Massage Oil
- *Sunscreen
- *Stretch Mark Cream
- *Body scrub
- *Bug Bites
- *Skin problems
- *Stress Relief
- *Eczema



- *Skin problems
- *Toenail fungus
- *Head lice
- *Menstruation - pain/cramps
- *Migraines
- *Parasites
- *Gallbladder pain
- *Energy boost
- *Asthma
- *Stronger immune system
- *Athletes foot
- *Acne
- *Cellulite
- *Herpes
- *Insect repellent



RawForBeauty

Coconut oil

August 28, 2014

Coconut Oil Reverses Amyotrophic Lateral Sclerosis (ALS)

 Like 6.9k

 Tweet 72

 +1 35

 Pin it 68



by Clarence

Introduction

I am not raising money or selling anything. I have ALS and want to share things that have helped me.

Coconut oil and ALS



Coconut Oil As an Alzheimer's Treatment

Dr. Mary Newport

If a drug company finds out that celery juice lowers blood pressure and if they tell it to people, they can't sell their drugs. They get three bucks for a pill. Why should they tell you to use celery juice?

- Jacque Fresco



Celery

Health Benefits of Celery

Immune System - The high amounts of vitamin C in celery promote a healthy immune system.

Diuretic Celery has been used as a diuretic for centuries.

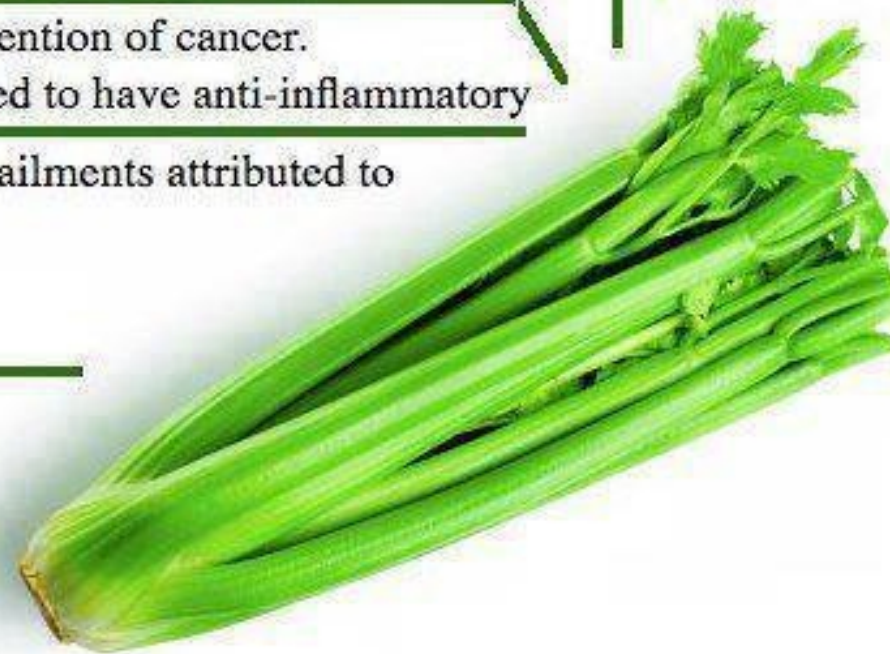
Its diuretic effect comes from its balance of potassium and sodium which helps to flush out excess fluid from the body.

Cancer - Celery contains coumarins which have been shown to be effective in the prevention of cancer.

Inflammation - Celery is believed to have anti-inflammatory properties, which may help with ailments attributed to inflammation such as arthritis.

Cholesterol - The pthalides in celery may also lower cholesterol by increasing bile acid secretion.

Blood Pressure - Celery contains pthalides, which have been shown to lower blood pressure by relaxing the muscles around the arteries and allowing vessels to dilate. The calcium, magnesium, and potassium in celery also helps regulate blood pressure.



Celery

MAGNESIUM

THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

Foods Highest In Magnesium

- Crude Rice Bran 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg



Mg



Did you know...refined grains
remove 80-97 percent of magnesium?

The Spark of Life

It creates energy in each
and every cell by activating
ATP the storage
molecule and the fuel that
drives each cell of your
body.



Our bodies need the correct
amount of magnesium in our
diets for us to sleep properly. If
it's too high or too low, we can
suffer from sleep disturbance.

Can Magnesium Deficiency Cause Cancer?

Researchers found that 46% of
the patients admitted to an
intensive care unit in a tertiary
cancer center presented as
deficient in magnesium.



In Egypt, the cancer rate was only
about 10% of that in Europe and
America. Among the rural popula-
tion, it was practically non-
existent. These cancer-free
populations have an extremely high
magnesium intake of 2.5 to 3g
which is 10 times more than in
most Western countries.

www.undergroundhealthreporter.com

Magnesium

Benefits of Turmeric

- 
- | | |
|--------------------------|--|
| Natural antiinflammatory | Helps prevent gas/bloating |
| Natural antibiotic | Lowers cholesterol |
| Natural antiseptic | Heals stomach ulcers |
| Natural analgesic | Improves skin conditions (psoriasis, eczema, etc) |
| Speeds up wound healing | Helps prevent cancer (breast, prostate, skin, colon, lymphoma, leukemia) |
| Improves digestion | Prevents progression of Alzheimer's |
| Blood purifier | Aids in fat metabolism and weight management |
| Strengthens ligaments | Reduces side effects of chemotherapy |
| Skin tonic | |
| Helps coughs | |
| Improves asthma | |
| Antiarthritic | |
| Slows progression of MS | |

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Turmeric / kurkuma / koenjit



Turmeric shown to protect brain against fluoride poisoning

Wednesday, April 09, 2014 by: Jonathan Benson, staff writer

Tags: [turmeric](#), [fluoride poisoning](#), [brain health](#)

(NaturalNews) The neurodegenerative effects of fluoride are well documented in the scientific literature, and yet this toxic byproduct of industrial manufacturing continues to get dumped into the water supplies of almost every major city in the U.S. without consent. And while it may take a little more time before a critical mass of folks finally wakes up and puts a stop to this mass poisoning of the public, there is a way you and your family can better avoid the toxic effects of fluoride today through proper nutrition.

[Turmeric / kurkuma / koenjit](#)

New Study Shows Cinnamon Can Halt Progression Of Parkinson's Disease



New research published shows that cinnamon powder can reverse some of the changes that happen within the brains of patients suffering from Parkinson's disease. This is a breakthrough in the battle to halt this debilitating disease. Parkinson's disease currently affects 1.2 million patients in the United States and Canada. Studies show that 15 percent of [...]

Cinnamon

CAYENNE PEPPER

MEDICINAL USE AND HEALTH BENEFITS



Curing with Cayenne

"If you master only one herb in your life, master cayenne pepper. It is more powerful than any other."

Dr. Schulze

- * rebuild the tissue in the stomach and the peristaltic action in the intestines.**
- * stop heart attacks within 30 seconds.**
- * boost circulation and increase heart action.**
 - * fatigue and restoring stamina**
- * enhance cardiovascular performance**
 - * stiff arthritic joints**
 - * low back pain.**
 - * fibromyalgia**
 - * arthritis**
- * nerve pain caused by shingles and sciatica**
 - * strengthen digestion**
 - * psoriasis.**

Cayenne pepper

THE INCREDIBLE USES OF APPLE CIDER VINEGAR

Prevents flu and stomach illness

Dissolves kidney stones

Regulates pH balance in the body

Helps relieve nausea

Helps relieve heart burn or chronic reflux

Helps relieve asthma

Helps relieve allergies

Helps relieve gout

Helps Lower glucose levels in diabetes

Helps weight loss by curbing appetite and breaking down fat

Helps relieve migraines

Helps relieve sinus pressure and infection

Lowers blood pressure

Lowers cholesterol

Reduces inflammation, relieves arthritis

Conditions and detangles hair

Gets rid of nail fungus

Works well to clear up fungal, bacterial rash

Soothes bug bites

Gets rid of warts

Helps reduce/prevent acne



Apple Cider Vinegar

Top 20 Uses for Apple Cider Vinegar

1. **Regulates pH balance in the body**
2. **Kills cancer cells or slow their growth**
3. **Reduces inflammation, relieve arthritis**
4. **Gets rid of fingernail or toenail fungus**
5. **Helps relieve sinus pressure infection**
6. **Natural appetite suppressant**
7. **Gets rid of buildup on scalp**
8. **Aids with nausea**
9. **Relieves heart burn**
10. **Relieves allergies**
11. **Helps relieve migraines**
12. **Wards off flu**
13. **Dissolves kidney stones**
14. **Detoxifies the body**
15. **Lowers blood pressure**
16. **Lowers cholesterol**
17. **Soothes bug bites**
18. **Gets rid of warts**
19. **Clears skin**
20. **Lowers glucose levels in diabetics**



Apple Cider Vinegar

Healing Herbs and Spices

Medicine Cabinet in Your Kitchen



OREGANO
Helps soothe stomach muscles



MINT
Can ease hiccups



GINGER
Anti-nausea remedy



GARLIC
Natural antiseptic



FENUGREEK
Helps flush out harmful toxins



FENNEL
Can reduce bad breath and body odor



CLOVE
Anti-microbial



SAGE
Antiseptic and antibiotic



THYME
Relaxes respiratory muscles



TURMERIC
Anti-cancer



BASIL
Can relieve gas and soothe stomach upsets



BLACK PEPPER
Helps relieve indigestion



CAYENNE
Can stop a heart attack



CINNAMON
Helps lower blood pressure



DILL
Treat heartburn, colic, and gas



ROSEMARY
Anti-oxidant

Natural medicine

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BERRIES

Antioxidants slow down brain aging



ASPARAGUS

Folic acid improves cognitive function



AVOCADOS

Fatty acids boost memory & learning



CARROTS

Beta carotene reduces cognitive decline



HEMP SEEDS

Omegas to help central nervous system



DARK LEAFY GREENS

Vitamins & minerals enhance brain function



BANANAS

Potassium & B vitamins make us alert & calm



WATERMELON

Water packed foods keep memory sharp



LIVE LOVE FRUIT

Optimal brain function

Long live our body!

let's stay healthy for long?