



Healthy, Wealthy and Wise

NEWSLETTER

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Headaches: What you can do...

Headaches can be alleviated by cold compresses, baths, acupressure and relaxation techniques. You should minimize your exposure to external stimuli, exercise in fresh air and abstain from smoking and alcohol.

Relaxation and avoidance of stimuli

Create a soothing environment, free of such external stimuli as light and noise. Ventilate the room; a fan will help circulate the air (but don't let it blow directly on you). Close the windows and draw the blinds. Turn off the radio and TV and unplug the phone. If the area is still noisy, put cotton balls or ear plugs in your ears. Consciously try to relax, preferably with the aid of a relaxation technique, such as yoga.

Help from acupressure

Use your thumb and index finger to press against the bridge of your nose at the corners of your eyes. Or, rub the center of the fleshy webbing between your index and thumb.

Herbal remedies

Speak with a nutritionist or doctor about taking herbal supplements to prevent headaches. It is thought that kava kava can relieve tension headaches, and feverfew and ginkgo biloba are often recommended to prevent migraines.



Antioxidants

Try this: Cut an apple in half. Dip half the apple in orange juice. Leave the other half the way it is. Wait for a half hour. When you return, half of the apple will have turned brown, the result of free radical formation caused by contact with oxygen in the air. The other half of the apple, the part dipped in orange juice, will still be crisp and white.

It has been saved by an antioxidant, unique substances that are able to counter-act the damaging effects of contact with oxygen by binding themselves to the free radical and preventing them from doing further damage. One such antioxidant is vitamin C, found in particularly high amounts in a citrus fruit often used to make juice -- orange juice. By coating the apple with vitamin C, you effectively create a shield against free radical damage.

These free radicals, because they are so reactive, will attack almost any substance, including the 75 trillion cells in the human body. In the process, they will damage the outer cell membrane, opening the door for a variety of ailments. Free radicals are now suspects in more than 60 human ailments, ranging from cancer of the lungs, mouth, throat, stomach, bladder and rectum, to heart disease. For example, one decade-long study concluded that oxidation is what makes cholesterol so harmful to coronary arteries.

The main antioxidants in the human diet -- vitamin C, vitamin E and beta carotene -- are the big stars of the healthy food movement. The best way to improve one's chances of avoiding the ravages of free radicals and obtaining good health is through changes that any health practitioners will tell you: exercise more, stop smoking, cut out alcohol, increase your fiber intake, reduce fat in your diet, and eat more fresh foods. The National Cancer Institute, for example, is now recommending that we eat five servings of green and yellow vegetables each day, along with three servings of fruit.

Para-Cleanse with Paw Paw

Improve Intestinal Parasite Program

Para-cleanse with Paw Paw is a packaged program for removing intestinal parasites. Each of the 20 packets contains 1 capsule of Paw Paw Cell-Reg, 1 capsule of Herbal Pumpkin combination, 2 capsules of Yeast/Fungal Detox, and 2 capsules of Artemisia Combination.



The improved formation replaces the already-effective Chinese Para-Cleanse product.

Paw Paw Cell Reg adds the special property of killing parasites by reducing their ability to create life energy. Although Paw Paw Cell-Reg is primarily used to fight existing cancerous growths, it is also effective against parasites. It works by reducing the ability of the mitochondria (“energy factories”) in cells to convert nutrients into energy for their own life functions. Specifically, it blocks the production of adenosine triphosphate (ATP), a cellular energy storage molecule.

Although there are many products that should not be taken with the Paw Paw Cancer Program, this limitation does not apply to Para-Cleanse with Paw Paw. This is because Para-Cleanse uses smaller amounts of Paw Paw Cell-Reg, for a different purpose, and for a shorter time, than with an anticancer program.

Herbal Pumpkin contains traditional herbs such as pumpkin seeds, black walnut hulls, and cascara sagrada to cleanse the lower bowel of parasites and stimulate bowel movements. Herbs such as chamomile, mullein, marshmallow, and slippery elm protect and heal bowel tissues. Pumpkin seeds are high in organic zinc, which is needed to build and repair tissue damage.

Yeast/Fungal Detox is especially designed to inhibit the growth of *Candida albicans* in all three of its life-cycle stages. Persistent yeast infections often follow the use of antibiotics and are fed by typical diets high in sugars and starches. They can overwhelm the immune system and are difficult to overcome.

Oregano is an especially powerful agent against candida. It is combined in Yeast/Fungal Detox with other traditional antifungals including caprylic acid, garlic, and paw d’arco. Sodium propionate and sorbic acid are Generally Recognized As Safe (GRAS) by the FDA when used in foods as antimicrobial (preservative agents) according to current good manufacturing practices. Many of the ingredients also support the immune system to resist this and other infections.

Artemisia Combination contains potent anti parasite herbs and immune system activators. Artemisia contains about 12% thujone, an oil that can stun roundworms, which are then expelled by normal bowel elimination. Elecampane also expels parasites and kills bacteria and fungi. It is used against a variety of intestinal parasites including amoebic dysentery, pinworms, hookworms, and giardiasis. Spearmint, turmeric, ginger, garlic and cloves are aromatic stimulants. Olive leaf extract has been shown to be effective against fungal infections, the malaria parasite, and others.

Typical use is one packet 15 minutes before breakfast and one packet 15 minutes before dinner. Drink at least 8 ounces of pure water with the capsules in each packet.

This self-contained intestinal parasite program should be used for several 10-day periods with a 7-10 day break between each use.

Do not use during pregnancy.

While using Para-Cleanse, make a point of eating plenty of fruits and vegetables. Leafy greens and unrefined grains are best. After waiting 10 days, repeat the program to kill new parasites that have hatched since the previous treatment. Always buy (or sell) at least 2 Para-Cleanse packages.

The Para-Cleanse program is often preceded by 2 weeks of the Tiao He Cleanse or Nature’s Cleanse and is followed by replanting of helpful bacteria with *Bifidophilus flora force* or Probiotic Eleven.