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Introduction

There are a wide variety of ways you can find relief from the symptoms of Parkinson's. Our observation is that each individual has a unique set of therapies that are right for them. The therapies for one persons however are not necessarily right for you. The only one who can sort this out is You.

The critical question becomes – how do I know what my body needs? The first step in answering this question hinges on the task of gathering information about the options. Here are many. So many that a lifetime is not long enough to explore all of the options. This book is a compilation of information about a wide variety of natural remedies, supplements and body work of one type or another that have helped people who have Parkinson's.

Obviously, no one can try everything that is recommended in this compilation of articles. There is not enough money or time. More importantly, your body could not tolerate the onslaught of so many therapies at one time. My hope is that one or several ideas will "call out" to you.

I found this information through an exhaustive search on the internet. You can find these same articles yourself if you search. I have compiled them here in the same place so that you do not have to spend a week on line finding them.

With a few exceptions I have no personal experience with what is recommended in these articles. If any of the supplements or therapies "call to you," be sure to consult your doctor first. May you find information here to be helpful with your recovery from Parkinsons.

Robert Rodgers, Ph.D.
Parkinsons Recovery

Table of Contents

Introduction	1
Treasure or Bacon: Recovery or cure By John Coleman ND, MANPA, MBTAV	6
Adrenaline	8
Aldosterone	8
Cortisol	9
Testosterone	9
Prolonged and unresolved stress or trauma can result in:	10
What Does it Really Feel Like To Have Parkinson's Disease?	19
Rationalizing it away	19
The Diagnosis	19
So What Does it Feel Like? What are some Symptoms besides Shaking?	19
MY symptoms	19
My Fellow PD'er symptoms	20
The most aggravating symptom	20
Is PD fatal?	20
How am I doing?	20
Alternative Medicine Techniques By Rebecca A Rengo	20
What is Acupuncture?	21
How effective is Acupuncture?	21
Massage & Chronic Pain	21
How effective is massage?	22
What is reflexology?	22
How effective is reflexology?	22
What is craniosacral therapy?	23
How effective is craniosacral therapy?	23

What other alternative medical techniques are effective?	24
Other Information	24
Parkinson's Disease & Tai Chi Therapy By Bill Douglas.....	24
What Do We Know about Tai Chi and Parkinsons?	27
Adrenal Burnout By Kirsten Jones.....	29
Ashwagandha - Best Herbal Remedy to Reduce Stress By Dr John Anne.....	33
Availability	33
Chemical Structure	33
Medicinal Benefits	34
Can Blueberries Slow Down Aging? By Cris Oakley	35
Potent Source Of Antioxidants.....	35
Effective In Slowing Down Aging Of The Brain	35
Healthier Elimination.....	36
Protection Against Cancer and Diabetes	36
Protection Against Vision Loss	36
Tips for Buying and Storing Blueberries.....	36
Tips for Making Blueberries Part of Your Day	37
How You Can Tell If You Have a Vitamin Deficiency By Dr Jenny Tylee	37
Know About the Health Benefits of Essential Amino Acids	39
Isoleucine	39
Leucine.....	39
Lysine.....	40
Threonine	40
Tryptophan	40
Methionine.....	40
Phenylalanine.....	40

Histidine	40
Valine	41
Omega-3 Fatty Acids May Protect Against Parkinson's Disease By Micheal Thomas	41
The Benefits of Flaxseed - All Important Fatty Acids By Jean Helmet	42
What is flaxseed?	43
What are the recently-discovered health benefits of flaxseed?	43
Are flaxseed supplements available?	43
Parkinson and Other Movement Syndromes By Francisco Santander	44
Qi Gong – Body Mind Breath Meditation Exercise Overview and Research By Spence Pentland	45
Supporting Research into the Health Benefits of Qigong	46
References:	46
Sing More - Stress Less! By Beth Lawrence	47
The Facts About Glutathione and Parkinson's Disease By Priya Shah.....	48
The Role of Dopamine.....	49
The Role of Antioxidants	49
How does Glutathione help in Parkinson's Disease?	50
Glutathione Therapy in Parkinson's Disease	50
The Real Truth About Caffeine & Parkinson's Disease By Marina Kushner.....	51
Using Meditation for Health Benefits By Roy Thomsitt	53
Why Constipation Is Too Dangerous To Ignore By Scott L Baker	54
Common Constipation Causes	54
Medical Conditions That Cause Constipation	54
Yoga Tips for Managing Anxiety and Cultivating Positive Energy By Paul Jerard	56
Beware Your Mercury Fillings By Anita Murray	57
Fatty Acids Could Protect Against Parkinson's By Mike Freije.....	59

Is Natural Healing Effective? By Foras Aje.....	60
Vitamin B6 - What Do We Need It For? By Lisa Murray	62
Top 4 Nutrients For Brain Power By Raymond Geok Seng Lee	63
The Healing Power of Your Next Meal By Charles Remington	64
The 10 Most Common Toxins In The Human Body By Sid McCarthy.....	68
Free Radicals	68
Mercury	68
Sugar	68
Caffeine.....	69
C-Reactive Protein	69
Cholesterol	69
Cortisol	69
Pesticides.....	69
Dioxins	69
Homocysteine.....	69
Do you have Heavy Metal Toxins trapped inside your body? The answer is YES! By Adrian Goad.....	70
Remember chemistry class?	70
Arsenic	71
Lead	71
Mercury	72
How to Safely Remove Heavy Metal Toxins:	73
Testing Options:	73
Removal Options.....	73
Traditional Chelation	73
All Natural Zeolite:.....	74

Treasure or Bacon: Recovery or cure
By John Coleman ND, MANPA, MBTAV



Neurodegenerative and autoimmune disorders such as Parkinson's disease, Multiple Sclerosis, Chronic Inflammatory Demyelinating Polyneuropathy and Ankylosing Spondylitis (plus many others) are generally considered to be progressive, degenerative and incurable. All evidence to date points to this, yet some people continue to get well. Are they "**cured**" or do they "**recover**"? Is there a difference?

Curing is what we do to bacon; we take a pig, slaughter it, cut it up, smoke it, salt it, preserve it, then serve it as breakfast. We **cure** ham, plastic and concrete ¹. Some disease symptoms can also be cured by cutting (surgery), poisoning (chemotherapy) or burning (irradiation).

When we lose a treasure, we don't **cure** it, we **recover** it. Illness indicates that we have lost our health – surely the greatest treasure of all. So we can work to **recover** our treasure; our health.

In 1995, I developed symptoms of advanced Parkinson's disease with some symptoms of early stage Multi System Atrophy. I was told by Western and Complementary Medical practitioners alike that the best I could do was control the symptoms for a little while; inevitably, I would become more and more helpless and, eventually, require full time care ^{2,3,4}. As I was only 52 and felt that I had yet to fulfil my life, this was not a pleasant outlook. I set off on a journey of discovery to try and find ways to survive each day a little better, with less pain and improved energy. I had no thought of **cure** or **recovery**; I wanted simply to find enough wellness to look after myself. By mid 1998, I found that I was free from symptoms (**recovered**) and set about finding out why I had achieved this when it was thought impossible.

My journey is similar to other, more famous journeys. Petrea King and Ian Gawler both recovered from "incurable" cancer. Each, in their own way, set about making each day more

beautiful and survivable without looking for **cure** or **recovery**^{5,6}. Barbara Brewster, Rachel Breslow and Deborah Spring have all recovered from diagnosed Multiple Sclerosis. Each walked their own journey, yet showed similarities with Petrea King and Ian Gawler in finding peace, coming to terms with their own integrity and honesty, and using meditation as one of the vehicles for this^{7,8}. Four Australians, other than myself, have recovered from Parkinson's disease, including one who was even more debilitated than I was in 1995.

Since my own recovery, I have worked with over two thousand people diagnosed with a variety of neurodegenerative and autoimmune disorders. Each person has told their story with insight and honesty as we worked together; sometimes the full story was revealed at the first visit while, with others, it took many months and several visits to find the details of their descent into illness. Each story included similarities with those of us who have recovered.

With evidence from stories of recovery, plus research from around the world, we now have a much clearer picture of why we experience serious, chronic and degenerative illnesses that may be life threatening, or become life sentences – imprisoned in frustration, pain, debility and helplessness^{9,10,11}. We believe that the initiating circumstance that begins the long, usually slow decline into a chronic nerve disorder is the suppression of the fight/flight/freeze response early in life; probably between conception and late teens. This creates a redistribution of chemical energy and water from areas not needed during running and fighting (“fight/flight”) into areas most needed for immediate action².

The fight/flight/freeze response is a beautiful, life-saving process required for individual and species survival when it is resolved in reasonable time through action. However, the “dangers” we encounter so often today are very different from the clearly delineated dangers encountered and survived by our hunter/gatherer ancestors 40,000 or more years ago. In those days, our ancestors faced fire, cold, lack of food or water, predators and enemies as basic, easily recognised dangers. Other circumstances were safe and our body reacted accordingly^{2,9,10}. Now we live in a society that may impose dangers on our body even though, intellectually, we feel safe. For instance, there are over 160,000 neurotoxic chemicals in our environment that were not there 50 years ago¹⁰.

Many other traumas are obvious – abuse of various types, loss of a parent, child or sibling, life-threatening disease or accident. Some are not so obvious. For instance, a woman who was implicitly blamed by her Father for her Mother's miscarriage; a woman adopted into a loving family after nine months of bonding to her birth Mother; a man whose Father was a workaholic and was not around for any of his son's activities, or to develop a relationship.

Sometimes it is simply being born at a time or in a place that is traumatic. For instance those born in Europe just before or during WWII, or in Eastern Europe during the Soviet occupation. Their families lived in fear and uncertainty; babies were conceived and born into traumatic circumstances. For those predisposed to neurodegenerative or autoimmune disorders, this may be the initiating stress overload.

Stress can be good for us as it motivates us to activity, and provides the physiological resources for that activity¹⁰. Trauma need not be physically damaging if it is treated and resolved healthily and holistically¹⁰; but this is rare in the sorts of trauma mentioned above.

Prolonged stress and unresolved trauma trigger our body into continuous stress reactions that, over a long time, become damaging^{2,10}.

The initial physiological reaction to any type of significant stress or trauma is the fight/flight/freeze response. Simply put, the process is this:

- Some adrenal hormones are directly triggered by stress and trauma
- Stress and trauma stimulate the **hypothalamus** to release Corticotropin-releasing Hormone (CRH).
- CRH stimulates the release of Adrenocorticotrophic Hormone (ACTH) from the Pituitary Gland.
- ACTH regulates excretion of other hormones from the **adrenal glands**.

Major hormones released by the adrenals are:

Adrenaline
 Mineralocorticoids (aldosterone)
 Glucocorticoids (cortisol)
 Adrenal androgens (testosterone)

Adrenaline

- Increases blood glucose
- Increases glycogen breakdown
- Increases intracellular metabolism of glucose in skeletal muscles (ready for action)
- Increases breakdown of fats in adipose (fatty) tissue
- Increases heart rate
- Increases force of heart contraction
- Constricts blood vessels in skin, kidneys, gastrointestinal tract and other organs not needed for fight/flight
- Dilates blood vessels in skeletal and cardiac muscle.

Aldosterone

- Increases rate of sodium re-absorption in kidneys, leading to
 1. increased plasma sodium
 2. increased water re-absorption

- 3. increased blood volume
- Increases potassium excretion
- Increases hydrogen ion excretion (leading to acidic urine)
- Changes in sodium/potassium balance can affect
 1. cellular hydration,
 2. cell membrane function and
 3. transport to and from cells.

Cortisol

- Increases catabolism of fats
- Decreases glucose and amino acid storage in skeletal muscles
- Increases glucose synthesis from amino acids in the liver leading to increased blood glucose
- Increases protein degradation (leading to muscle weakness/atrophy, osteoporosis)
- Decreases inflammatory response by decreasing number of white cells and the expression of inflammatory chemicals (leading to a depressed immune system)

Testosterone

- Increases pubic and axillary hair
- Increases sexual drive (but may reduce potency)

Short-term stress is a normal part of life. We need it for motivation, and we need the physiological responses to stress in order to survive. Our forebears faced immediate dangers and stimuli every day in living as discussed above ^{2,9,10}. In all these cases, the stress was resolved quite quickly – they won or lost, caught the prey or waited until the next day, got away or got eaten ^{2,10}.

We have negative feedback systems to adjust levels of adrenal hormones so they do not become damaging. However, **continuous stress can override these negative feedback systems** so that we go on hyper-producing these chemicals ^{2,10}. Evolution, deciding that a response to all stress was necessary, didn't bargain on the long-term stresses of Western society. Furthermore, Western society has developed so quickly that our evolution processes can't keep up; our physiological ability to cope with modern stresses has lagged way behind the development of those stressors ^{2,10}.

Many stresses in this society are not resolved, and many traumas go unrecognised ¹⁰. We live surrounded by noise, pollution, busy-ness and poisons. Child abuse is the world's best-kept secret; family breakdown is seen as traumatic for the partners, but not necessarily for the children; the loss of a sibling or grandparent or friend is often borne in silence by the young in our society.

Prolonged and unresolved stress or trauma can result in:

- Increased plasma sodium and decreased potassium, affecting many body functions
- Cellular dehydration through hypothalamic changes
- Chronic heart stress and failure
- Alkalosis and reflux
- Hypertension
- Weak skeletal muscles
- Acidic urine
- Hyperglycemia (diabetes)
- Deficient immune system
- Muscle atrophy
- General weakness and debility
- Osteoporosis
- Weak capillaries
- Thin skin that bruises easily
- Impaired wound healing
- Inappropriate fat distribution
- Mood swings
- Menstrual irregularities

People facing prolonged, unresolved stress or trauma will respond in different ways, possibly dictated by their genetic inheritance and/or environment. Some will develop heart disease, cancer, arthritis, diabetes, skin disorders, depression or other psychological disorders, gastric ulcers or inappropriate behaviours such as substance addictions, addictive gambling or violent behaviour ¹⁰. Some will develop neurodegenerative or autoimmune disorders such as Parkinson's disease.

The reprogramming of the hypothalamus and cellular dehydration, as well as many of the other effects shown above, allow some brain cells to become damaged, inactive, or even die, over many years, ultimately resulting in the expression of Parkinson's disease symptoms. Unresolved stress/trauma is not necessarily the "cause" of Parkinson's disease, but can begin the slow degeneration that leads to cell fragility and damage ^{2,10}. All those I see also have a history of stress triggers throughout life, and a high degree of imposed responsibility for others. This is also a factor in disease development.

Once we recognise that our diagnosed Parkinson's disease is not our fault, and there is a logical development process, we can create strategies to reverse the process and, perhaps, recover. We can also largely ignore the name (diagnosis) given to our disorder as the process of development is always the same.

The development process revolves around the hypothalamus/pituitary/adrenal axis (the organs and control centres that demand the over-production of the stress hormones). For many years, practitioners sought to relieve the common symptoms of fatigue and anxiety by boosting adrenal strength and activity. However, since 1997, it has become far more helpful to work with the hypothalamus and change the way our body distributes water and energy ².

The important aspect of this change in emphasis is that we have the power to change much of our hypothalamic activity without resorting to practitioners or expensive remedies. Certainly there are no satisfactory drugs to do this, and a only few Complementary Therapies to help us, so it's primarily up to us as individuals to reverse this process of degeneration, thus reversing our symptoms.

Firstly, our hypothalamus responds to thoughts, impressions and perceptions; therefore, changing the way we view ourselves through affirmations, self-talk or similar techniques may begin the move towards better health. Our hypothalamus may produce less CRH thus reducing production of stress hormones ².

We, individually, provide most of the perceptions entering our hypothalamus as we respond to our environment, relationships and interactions. Our thought processes and "auto-responses" become the trigger for our hypothalamus to produce neuro peptides that instruct our brain, nervous system and body how to behave ^{2,11}.

Most of us are taught from childhood that we should put others first, and give ourselves only what love is left. We also often fail to meet our own expectations, so become dissatisfied with ourselves and our performance in life.

To be truly well, we need to reach a state of complete acceptance of ourselves, loving us with all our faults and weaknesses, recognizing all our strengths and beauty. To do this, we may need help from counselors or other therapists of various modalities, and our loved ones. However, our most important and powerful "doctor" is ourselves.

The exercise described below is one that I used often during my recovery journey. I had been taught that I was worthless unless I was helping others or doing what someone else wanted. During crises in my own life, my family and friends were not available for support or assistance, so I came to believe that I deserved to struggle on my own, and use whatever energy I had for the good of others.

With the help of counselors and mentors in my spiritual development group, I came to understand that this was ridiculous and damaging, but needed a strategy to change my physiology to be in line with my new beliefs. Try this yourself, no matter how well you feel; you will be surprised at how hard it seems at first, and how rewarding it becomes with persistence:

1. Face yourself in a mirror, and look at your face, into your eyes, see all the features of your face, including all the wrinkles you have worked so hard to achieve.
2. While holding your gaze in the mirror, say, "..... (your name) you are wonderful. You have achieved a great deal in life. I love you completely". You may wish to vary the words, but the meaning needs to be there.
3. You may find this very difficult at first. We are not used to giving ourselves love and praise. But persist; it gets easier and more rewarding.
4. Do this every day for at least two years.

When we think and speak lovingly about ourselves, we reduce the production of stress hormones from the adrenal glands, and increase production of anandamide, dopamine, serotonin, endorphins and many more useful, healing chemicals. This is not a vague hope; we have many scientific studies to prove that this happens. So, go on, love yourself; the worst thing that can happen is you will get better.

Meditation is another powerful way to change the programme of our hypothalamus and move towards wellness. It is important to note that ***all those who have fully recovered from any neurological disorder have spent a great deal of time and dedication in meditation and personal/spiritual development of some sort.***

Meditation was considered weird, whacky and way out by conservative therapists for many years and most doctors felt it had no place in modern medicine. Studies over the past few years, however, have changed that perception dramatically. We now know that meditation, practiced daily over time, can help us maintain or regain health^{13,13,14,15}. Controlled trials, open surveys and electroencephalograph (EEG) studies are all showing positive health benefits for those who meditate regularly^{13,13,14,15}.

Dr Jon Kabat-Zinn, Associate Professor of Medicine in the Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School, conducts eight-week courses called the Stress Reduction and Relaxation Program in the University of Massachusetts Medical Centre¹³. Those completing the eight-week programme, and practicing meditation at home daily, find that their illness symptoms reduce by an average of 37 percent without any other change to treatment¹³. The Stress Reduction and Relaxation Program does not focus on any person's condition or specific symptoms; participants learn to meditate in a certain way, and practice that daily.

Long-term studies have shown that meditation can lower levels of stress hormones such as adrenaline (one of the chemicals implicated in the onset of Parkinson's disease), which can have beneficial effects on blood pressure and cholesterol levels¹⁴. EEG studies show that meditators may improve blood circulation, lower levels of lactic acid (leading to reduced pain and anxiety), reduce their heart rate and enhance their immune system¹⁴.

Dr Jill Marjama-Lyons, neurologist from Jacksonville, Florida, says "recent studies in psychoneuroimmunology show that the mind can communicate with the nervous, immune, and endocrine systems;"¹³ "mind-body techniques are particularly useful in the stress-reduction areas, helping to reduce blood pressure, pain, headaches, asthma, and other illness with a strong stress component."¹³

Meditation is simple and rewarding. It requires us to set aside some time each day (5 to 60 minutes) and fill our mind with a thought of beauty and peace. It's like practicing the piano or training for sport; the more we do it, the more natural it becomes. And it's free! There are some very useful guided meditation CD's available from various shops, plus binaural frequency meditation CD's that help our brain produce "meditation frequencies", enhancing the meditation experience. These cost only around \$30 but need to be played through stereo headphones¹⁶.

Here is a simple way to start meditation (or "contemplation" as I often call it). Find a quiet, comfortable spot in your house or garden. You may sit, stand, lie or walk gently. Set a designated time for your meditation so that you are not distracted by thoughts about what you have to do later in the day (say 5 minutes to start with then, when you are used to it, slowly

increase up to 30 minutes). Fill your mind with the most beautiful calming image you can remember or imagine (yes, it may be somewhere you have been, or something you have experienced, or somewhere you want to be). Hold that thought in your mind and really “live” the experience – feel it, hear it, taste it, smell it, touch it; let every fibre of your body be part of the peaceful experience for the few minutes allocated. If your thoughts start to intrude, just fill your mind again with your peaceful thought until your time ends.

This is very simple and grows easier the more we do it. Your body will respond to this peaceful meditation and you will enhance your wellbeing.

We all know that laughing makes us feel good. We enjoy chuckling, giggling, laughing out loud, a good belly laugh. But we don't always realise why we feel good. Scientists studying the physiology of laughter have found that many of the chemical changes that happen during laughter are the same as those that occur during exercise ^{13,17}. Endorphins (our natural painkillers) and many neurotransmitters are boosted during laughter, while stress hormones like cortisol and adrenaline are suppressed ^{13,17,18}. Laughter also improves our immune system. Cells that produce antibodies, T-cells and natural killer cells increase in number ^{13,17,18} while gamma interferon and immunoglobulin A are preserved or increased in production ^{17,18}. So laughter not only makes us feel good, it IS good for us. ^{17,18}.

Okay, you're feeling pretty down about being diagnosed with Parkinson's disease, you're struggling to do many of the things you used find enjoyable, and you just don't see that there's much to laugh about. Don't worry about it, PRETEND to laugh; even faking a laugh will bring about the physiological changes that are good for us ¹⁷. Even better, watching humorous movies, hearing jokes or reading funny books without laughing will still bring positive changes ^{13,17}. People recovering from surgery in a Florida hospital who were allowed to watch their favourite funny movies needed less painkillers than those who watched no humour or who had to watch what they were told ¹⁷.

Laughter can boost our immune system, reduce pain, exercise our body and make us feel good. There are no toxic side effects and laughter costs nothing! But we don't do it enough! Children playing in a safe environment laugh between 300 and 400 times each day ^{13,17}. As adults, we laugh, perhaps, fifteen to seventeen times daily ^{13,17}. What a reduction in self-help that is! Just by laughing, or PRETENDING to laugh thirty times each day, we can double all the health benefits.

Stop watching all those news and current affairs shows; they are full of misery and drag us down too. If news is big enough to affect us, we will hear about it quickly enough. We know bad things happen in the world, and we can donate our money, or time and effort to assist, but we don't need to feel miserable every day by watching them on TV. Look for comedy shows or uplifting documentaries. Find DVD's of comedies, or amusing movies. These will help your body grow stronger and enhance your Love and Meditation.

The **Aquas**, available at www.aquas.us, are the only remedies I have found to genuinely reset the hypothalamus to distribute water to cells dehydrated over many years¹⁹. These remedies are very powerful and need to be used cautiously to achieve the best results (although they are totally safe and non-toxic)².

Water is absolutely vital for life. Maintenance of water volume, pH and electrolyte concentrations within narrow limits is essential for survival. Water continuously moves through cell membranes, from blood to lymph to plasma, and through the fascia, transporting nutrients and extracting wastes. About 40% of our body weight is composed of intracellular fluid, which is mainly water. Another 20% of body weight is extracellular fluid.

Homeostasis (the efficient balancing of our body's metabolism) requires that our water intake must equal its elimination via kidneys, liver, skin and respiration. This means that we must ingest a relatively large volume of hydrating fluids during each day in addition to the water we gain from food and cell metabolism. We need between 1.5 and 3 litres of water each day to maintain this balance.

Our water intake depends, to a large extent, on our thirst sensation. This sensation results from an increase in the osmolality of the extracellular fluids and a reduction in plasma volume. Osmoreceptor cells in the hypothalamus detect these changes and initiate activity in neural circuits that give us a sensation of thirst.

We live in a very dehydrating society. Chemicals in our food, air pollution, eating and drinking habits, air conditioning and stress all rob our bodies of vital water. Even the water supplied in many cities is polluted with fluoride and chlorine which rob us of the benefits of water. These same chemicals also reduce our thirst sensation. In fact, the less we habitually drink, the less we feel thirsty – especially if we try to make ourselves feel “better” by nibbling on biscuits or drinking coffee.

For our bodies to operate efficiently, we must both take in adequate quantities of water (at least 6 to 8 glasses daily) and be able to utilise this water effectively. This means that our bodies must be able to transport that water right into our cells to ensure the proper production of chemicals, disposal of waste products and transport of the chemicals produced to where they are needed; this is why we often need help from remedies like the Aqua Hydration Formulas.

By drinking too little water, we reduce the effectiveness of our physical defences. Our skin becomes dry, brittle and porous, so allowing intruders (micro-organisms) to penetrate our first line of defense. Once inside our “fortress”, these intruders are faced by a very weakened immune system – weakened by the lack of water. Disease fighting cells are produced less

efficiently and are slow to get to where they are needed because our lymph system and fascia transport systems have slowed down.

The [Aguas](#) have been developed to improve hydration by increasing both intake and uptake of water via the hypothalamus, thus improving metabolic function and elimination of wastes. The Aquas consist of four separate formulas specific for males and females, morning and evening. They are composed of homeopathics, Bach Flower Remedies, herbals and, in one case, alpha-tocopherol. These formulas are designed to:

- improve the uptake of water under hypothalamic control
- improve the bioavailability of water at cellular level
- improve hydration throughout the body
- work with emotional levels which may effect hydration.

We can reprogramme our hypothalamus using Love, Laughter and Meditation over a long period. The Aqua Hydration Formulas enhance and may speed up this process, provided we do our part.

There is much fine research into the relationship between food, gut function and brain health, and a lot of new knowledge is now being presented to health practitioners. However, one fact stands strong through all the research; we still have a hunter/gatherer body, and need to move as close as possible to a hunter/gather diet ("Paleo eating"). Too great an emphasis on saturated fats and grains creates a chronic inflammatory condition in our body, causing discomfort, pain and suppressing our immune system. We have a great deal of control over what we eat, even though we may struggle to find fresh, organic food.

My own experience indicates that a diet **high in omega 3 fatty acids**, and **very low in saturated fats, sugar and refined carbohydrates**, modified for your individual needs, is probably the most beneficial of all². We require omega 3 fatty acids for cell membrane integrity, and many activities in our body. Omega 3 fatty acids are most easily obtained from fish, flax seeds or flax seed oil, avocado, nuts and other seeds. One or more of these foods should be eaten every day.

Omega 6's (from margarine, common cooking oils, meat - especially organ meat, dairy products, and other animal products) are required for inflammatory responses when needed. However, our hunter/gatherer ancestors ate a ratio of four omega 3's to one omega 6, while we commonly consume only one omega 3 for every eighteen omega 6. Is it any wonder we see so many chronic inflammatory disorders?

One of the best ways to start modifying your diet is to keep a **food diary** for two weeks writing down absolutely everything that you eat and drink each day. Nobody has to see it except you, so you can be completely honest.

We need to base our eating around **fresh vegetables** (raw or steamed), plus fresh fruit, nuts and seeds. Deep-sea fish three times a week plus flaxseeds will boost omega 3 intake, plus small amounts of very lean meat (young and preferably “game”) can enhance iron intake. At least **70% of our diet must come from vegetables** – more if we can manage ². Vegetables are the most “natural” complex foods available to us today.

Dairy products may be replaced with Soy, Rice or Oat milk (in moderate quantities) if you need “milk” (milk is **not** a natural food for humans). While cows milk contains a lot of calcium, it is very difficult for humans to absorb, because of a very large molecule size, and may inhibit calcium absorption from other foods ². Those societies consuming the highest rate of dairy products also show the highest rate of osteoporosis. Calcium is more readily available from green vegetables (especially broccoli stalks), sardines, tuna, sesame seeds and a variety of other foods ².

Eggs provide excellent protein and can be safely eaten several times each week. They are often maligned by people scared of cholesterol. However, we manufacture about 80% - 100% of our cholesterol in our body and this is utilised for a large number of important functions. The cholesterol in fresh, free-range eggs is well utilised by most people. Eggs, as part of a sensible low-fat, high natural fibre diet are good food.

Sugar needs to be limited to very small amounts, while refined carbohydrates, food colouring and flavouring, and processed foods should be eliminated.

Diet drinks are particularly toxic as the aspartame sweetener is up to five times more active when combined with other drink ingredients. Aspartame, and the newer version known as Neotane, is one of the most neurotoxic chemicals known! Never consume it or any other artificial sweetener in either food or drink.

Drink 1 to 2 litres (5 to 8 glasses) of clean, pure water daily (without fluoride or chloride if possible), plus dilute fruit juices, herbal teas and/or coffee substitutes. **Fresh vegetable juices** are an excellent way to improve enzyme activity and boost energy.

We need to continue to move our body to the extent of our ability, then stretch ourselves to exceed our expectations. Exercise is very important because, if we sit and feel we “can’t” do what we want, we will never be able to do them. If we try, and keep on trying, there’s a really good chance we’ll succeed ².

When I was displaying gross signs of Parkinson’s disease, I could not walk unassisted more than 5 metres before falling. So I learnt to walk again by falling over as often as possible each day. I would stagger as far as I could until I fell, then get up and start again. Within four weeks, I could walk 50 to 100 metres at a time, and continued to improve; because I tried. I learnt to speak coherently the same way; trying and failing many times until I could speak well again. It took longer than learning to walk, but I did it.

Eliminate “can’t” from your vocabulary and continue to move, stretch, exercise, walk, swim, jump and laugh. Seek help from empathic Pilates or Yoga teachers who can help you develop muscle strength and flexibility. I have seen “miracles” happen when combining all the strategies and therapies noted above with Pilates and Yoga.

A wonderful, gentle, Australian-developed bodywork called Bowen Therapy ^{20,21,22} can also assist progress by hydrating fascia (enhancing the work of the Aqua Hydration Formulas), improving flexibility and reducing pain. There are a number of fine Bowen training schools around the world, and many experienced therapists to choose from. You may even find a specially trained therapist near you ⁴. Having Bowen Therapy each fortnight can certainly make your reversal of symptoms much more effective.

There are many therapies in Western and Complementary Medicine that may help us. We can choose, and need to be alert for those therapists who brush us off, refuse to answer questions, or try to dictate to us.

If we truly love ourselves, laugh a lot, meditate every day, eat the best food available and use proven remedies wisely, we can improve our health and face the real prospect of recovery.

This is our body, our journey and our responsibility.

We can improve our health. There may not be a **cure**, but I, for one, much prefer to **recover** my treasure.

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By August 1995, John Coleman had lost his power of speech and was wondering how he could go on living. Suffering symptoms of stage IV Parkinson's disease, diagnosed by six medical and complementary practitioners, he was unable to walk more than 5 metres without assistance and took up to an hour and a half to dress himself. Severely dissatisfied with the treatment and prognosis he received from western medical practitioners, John decided to pursue other pathways to health. With the aid of Homeopathy, Aqua Hydration Formulas, Bowen Therapy, Craniosacral Therapy, Flower Essences, Counseling, Meditation and Spiritual Development, John was completely symptom-free by April 1998.

John, Naturopath and Bowen Therapist, was co-founder of Very Special Kids in 1984 and founder of the neuro recovery foundation in 2001. He lives in Melbourne, Australia, with his partner Nichol, among peace-giving trees and shrubs, conducts Neuro Recovery Pathways programmes at his beautiful premises, and lectures around Australia to practitioners and members of the public. During 2006/7, he also visited Europe, UK, USA and Canada. His first book, "[Stop Parkin' and Start Livin'](#)", was released by Michelle Anderson Publishing in 2005.

John was a finalist for the **Pride of Australia Medal for Courage** in October 2007.



What Does it Really Feel Like To Have Parkinson's Disease?

By [Taryn Simpson](#)

Rationalizing it away

One morning you look at your right hand and notice that your ring finger is shaking or trembling by itself. Perhaps your entire hand is shaking. "Oh, it's just nerves....I've been under a lot of stress lately at work and it will settle down once I take a day or two off." But it doesn't. In fact, it is getting worse.

Okay, I'll go see the doctor about it. She'll probably laugh and tell me it is just my nerves. So, you find yourself sitting on the examination table and your ring finger is at it again. You justify work as being the cause. She looks at it closely and compares with your other hand. She looks at your fingers next to your shaking ring finger. "Sure, they're not moving, but it's just nerves, right?" She frowns as she asks you to do some dexterity exercises. She writes down a neurologist's name and tells you to see him as soon as possible. You're concerned because SHE is concerned.

Next thing you know, you are on the neurologist's exam table. He looks at your shaking finger, does more dexterity tests. Checks your reflexes. Watches you walk down the hallway. He sits on his stool and watches your face for a long period of time. You try to tell him, "Doc, really....it's just nerves" but he continues his exam. He swivels around, writes in your chart and prescribes medication.

The Diagnosis

"Anyone in your family ever have Parkinson's?" he asks. You think for a moment and remember your great uncle who had it and respond yes. He looks at you and tells you it's not nerves, it's not work, it's not anything that is poo-pooable.

"Miss, you have Young Onset Parkinson's Disease. Here are some pamphlets and a prescription for Sinemet. Call me if you have any questions. I will let your doctor know the diagnosis." You take the pamphlets, the prescriptions and walk out of the office on remote control.

You make it to the car and sit inside for a few stunned moments. Then you cry.

So What Does it Feel Like? What are some Symptoms besides Shaking?

In order to help me out here, I called upon a YOPD (Young Onset Parkinson's Disease) friend of mine. He is in the same age range as myself, but is struggling with it more than I am at the moment. PD affects the sleep, causes difficulty in walking, balance and more.

MY symptoms: My symptoms are tremors of the right hand, feeling faint when standing after being seated for awhile, depression, exhaustion, weakness in my legs and hands, loss of smell, falling, balance problems and restless leg syndrome.

The most aggravating symptom: By far, it's the feeling faint upon standing and falling. People think you are drunk half the time when this happens. It also hurts when you fall. I guess it's a blessing for all the padding that I have!

My Fellow PD'er symptoms: Tremors all over his body, problems with walking and sleeping, balance, exhaustion, depression and general weakness in his body.

The most aggravating symptom: Difficulty with walking and functioning normally all day. (Problems with buttoning shirts, holding a coffee cup without spilling the contents, walking without "freezing" and waiting for your feet to cooperate with your brain and exhaustion.

Is PD fatal?

I suppose it can be, as it can cause choking on saliva or food, etc. But for the most part, it's just a pain in the butt. (Literally, in my case).

How am I doing?

For the most part, I'm doing pretty well. My meds keep my symptoms in check (except the falling, but oh well). I have a sense of humor about it and proudly wear my "I'm Not Getting Jiggy With It, I Have Parkinson's" shirt to my doctor appointments. It makes everyone laugh...including ME.

Taryn Simpson is a published author and a fulltime freelance writer. She has been diagnosed with Young Onset Parkinson's Disease since the age of 40. Feel free to visit her blog to read more about PD and other musings: <http://www.musings-from-a-writer.blogspot.com/>

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Alternative Medicine Techniques By [Rebecca A Rengo](#)

What are alternative medical techniques?

Alternative medical techniques most commonly are outside of conventional medical care (1). In other words, they promote wholistic healing for pain management. Wholistic healing involves treating the whole person, body, emotions, mind, relationships, and spirit (1). Alternative medical techniques include:

- § Acupuncture
- § Massage
- § Reflexology
- § Craniosacral therapy
- § Mind/body techniques
- § Guided imagery
- § Acupressure

- § Yoga
- § Meditation
- § Prayer
- § Thermal treatments
- § Chiropractic approach
- § And others

More doctors are recommending alternative medical techniques to patients for chronic pain. Recent surveys in the United States demonstrated that alternative medical techniques were important for personal healthcare and maintaining well being (2). Also, there is evidence that one or more alternative medical techniques can help patients with: cancer, arthritis, fibromyalgia, back pain, neck pain, Tourette syndrome, multiple sclerosis, and many more.

What is Acupuncture?

Acupuncture is "a system of complementary medicine in which fine needles are inserted in the skin at specific points along supposed lines of energy" (3). Acupuncture is a part of Chinese traditional medicine that has been around for at least 2,500 years (4). Today, millions of Americans are utilizing this approach for pain management, or as a combination with traditional medical treatments, when conventional medicine is not working for them.

In acupuncture, you should expect:

- § One to several needles inserted at varying depths (4)
- § Needles may be left in for 15 to 30 minutes (4)
- § 2-4 treatments for one condition (2)

There are many conditions that can receive relieve from acupuncture. The top ten conditions treated are: back pain, joint pain or stiffness, neck pain, severe headache, recurrent pain, allergies, arthritis/gout/lupus/fibromyalgia, depression/anxiety, joint/bone injury, and sleepiness (2).

How effective is Acupuncture?

There are a multitude of studies that have confirmed the effectiveness of acupuncture on pain. One study examined the immediate effect of acupuncture stimulation on the most painful point in patients with low-back pain. It found that:

- § low-back pain was given immediate relief (5).
- § the amount of pain was reduced (5).

Another study examined the treatment of Tourette Syndrome using the acupuncture method. The research indicated:

- § 97% of the acupuncture group was effectively treated (6).
- § 82% were "cured" (6).

Massage & Chronic Pain

Massage can also be used to relieve pain for a variety of conditions and usage is increasing. Medical massage therapy is being offered in hospitals 30% more since 2004 because of its

benefits for not only pain management, but also for depression and anxiety (7). The top three reasons hospitals offer massage are: stress relief (71%), pain management (67%), and relief for cancer patients (52%) (7).

There are several types of massages including:

§ Deep tissue massage: focuses on the deeper muscles and soft tissue to relieve chronic pain and tension (8).

§ Swedish massage: emphasizes that all strokes go towards the heart. It is comprised of five strokes that stimulate the blood in the soft tissues (8).

§ Hot stone massage: involves the placement of heated stones to the body during massage (8).

§ Lymphatic massage: aims to increase lymphatic circulation through the body's filtration system, so the body is detoxified and supporting our immune system (8).

§ Thai massage: involves a choreographed set of techniques performed on a mat has been around for thousands of years in Thailand (8).

§ Marma therapy massage: is a form of Ayurvedic massage developed in ancient India that aims to stimulate 107 "marmas," which are vital, junction points between mind and matter (8).

How effective is massage?

There is an ample amount of research that indicates massage can be very beneficial in relieving pain. One study performed by the National Center for Complementary and Alternative Medicine says that:

§ Massage can reduce pain up to four years in arthritis patients (9).

§ It can reduce the number of physician visits (9).

Furthermore, massage therapy could:

§ Reduce pain, anxiety, and sleep disturbances caused by low-back pain (10).

§ Increase range of motion in patients (10).

§ Relieve nausea and pain in cancer patients (11).

§ Reduce pain by 50% in cancer patients (12).

§ Reduce the amount of pain medication needed for pain control (12).

What is reflexology?

Reflexology involves applying manual pressure on specific points of the feet (13). This technique has been used as a healing technique in China for thousands of years (8). The organs that can be affected and return to optimal functioning by reflexology include (8):

§ Lungs

§ Bladder

§ Pituitary glands

§ Kidneys

§ Stomach

§ Spleen

How effective is reflexology?

There is research that suggests the effectiveness of reflexology. One study examined the effects on multiple sclerosis patients and found that reflexology:

- § Significantly improved paresthesia, urinary symptoms and spasticity (13).

- § Improvement on muscle strength (13).

- § Paresthesia improvement lasted for at least three months after the sessions (13).

Other studies show that reflexology:

- § Reduces anxiety in cancer patients (14).

- § Relieves nausea and vomiting from a variety of medical conditions (14).

- § Decreases fatigue (14).

- § Decreases diastolic blood pressure and triglyceride levels while improving life satisfaction (14).

- § Decreases depression and perceived stress (14).

- § Increases quality of sleep and serotonin levels (14).

What is craniosacral therapy?

John Upledger introduced this technique in the 1970s. This therapy involves "gently guiding and releasing tensions through very mild pressure on the different cranial bones near the sutures of the skull, where one bone lies next to another (8)." However, this therapy can be used all over the body, as well. Ironically, this therapy is performed with little applied pressure, usually less than the weight of a nickel (8).

How effective is craniosacral therapy?

Craniosacral therapy (CST) can also provide relief for a variety of medical conditions and types of pain. They include:

- § Headaches and migraines (15)

- § TMJ dysfunction (15)

- § Back and neck pain (15)

- § Chronic fatigue (15)

- § Stress (15)

- § Central nervous system disorders (15)

- § Orthopedic problems (15)

- § Reflex sympathetic dystrophy (16)

Furthermore, CST in combination with massage and other manual therapies can be an effective treatment for chronic pain conditions (17). CST may enhance the body's ability to naturally correct imbalances and dysfunctions that contribute to painful conditions (17). John Upledger, the founder of CST, says that in thousands of cases, CST has proven to enhance general health, reduce accumulated stress, strengthen central nervous system function and improve resistance to disease (18).

In addition, one case study measured functional improvements after a series of CST treatments. It found that:

- § Pain scores decreased 52% from pretreatment to discharge (19).

- § Disability scores decreased 93% from pretreatment to discharge (19).

- § The pain and disability scores did not change greatly 5 weeks after discharge, suggesting a lasting effect of CST (19).

What other alternative medical techniques are effective?

§ A form of acupressure, called shiatsu, can relief pain from Parkinson's Disease, fibromyalgia, musculoskeletal aches, irritable bowel syndrome, lupus, and rheumatoid arthritis (20).

§ Chiropractic therapy can help treat musculoskeletal conditions, including problems in the joints, bones, muscles and connective tissues (21).

§ Guided imagery can improve functional status and sense of self-efficacy for managing pain and other symptoms of Fibromyalgia (22).

§ Guided imagery can boost the immune system, alter blood pressure and decrease pain (23).

Other Information

One drawback to alternative medicine is that insurance companies may not cover some of these services. For example, one survey found that 60% of respondents reported that insurance companies did not reimburse their acupuncture services (2). So, discussing service coverage on alternative medical techniques with your insurance may be important. Many people see the benefits of some techniques to pay out-of-pocket.

An informed, educated patient can make the best decisions about which treatments to try and for how long. The training and experience of the provider is always important to verify and be comfortable with, as well. Being an empowered consumer is important when considering alternative or conventional medical techniques.

Rebecca Rengo, shows you how to improve your health & decrease your pain. She is giving away FREE pain relief Secrets. To get access to these powerful and practical secrets that can help you transform your life - go to <http://www.painreliefexplained.com/> now.

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Parkinson's Disease & Tai Chi Therapy

By [Bill Douglas](#)

In a special to CNN, the Mayo Clinic's mayoclinic.com reported that, "Parkinson's disease is progressive, meaning the signs and symptoms become worse over time. But although Parkinson's may eventually be disabling, the disease often progresses gradually, and most people have many years of productive living after a diagnosis." This would indicate that there may be effective interventions that could perhaps slow the progress of the disease. When we get such a diagnosis, our first reaction might be to withdraw and give up. However, the old adage "use it or lose it" tells us that just the opposite is true. If you have Parkinson's, you'd likely

be best off to use everything your body is, every which way, on a regular basis.

Tai Chi movement's gentle balance enhancing motions can obviously help the Parkinson's patient by helping to reduce the gradual loss of balance that Parkinson's sufferers often experience. However, there may be much more it offers. For example, Tai Chi movements rotate the human body in about 95% of the ways the body can move, when a long form is practiced. This is far beyond what other exercise offers, and in fact the closest would be several swimming strokes, which together would only rotate the body in about 65% of the ways it can move. For Parkinson's sufferers, or anyone for that matter, this would indicate that by "using" 95% of the body's possible motion several times a week, the possibility of "losing" the ability to do so diminishes accordingly. This isn't rocket science, but simple common sense.

Yet, perhaps Parkinson's patients have even more to gain from Tai Chi. A few years ago I taught several classes at local medical centers. I was continually frustrated because although I'd seen emerging reports that Tai Chi was beneficial to people with Parkinson's Disease, or arthritis, or chronic hypertension, etc., even though the departments that specialized in those conditions were often just down the hall from my Tai Chi class . . . they might as well have been a million miles away. Because the physicians who ran those departments were either ignorant of or unwilling to refer their patients to the possibilities that Tai Chi offered their lives.

I remember though, that at one medical center a visionary neurologist began to refer patients with balance disorders to my Tai Chi classes and the result was very beneficial for his patients. Another physician actually wrote prescriptions for my Tai Chi classes to treat the chronic hypertension of his patients, who'd seen a significant drop in their blood pressure since beginning the classes weeks before. A clinical psychologist brought me in to teach Qigong (Chi Kung) meditation and Tai Chi to her patient group to enhance their sense of well being and provide effective stress management training. So, even back then some physicians were seeing the potential Tai Chi offered their clients, and even more are now, but the number of physicians who are still not informing their patients of Tai Chi's direct therapeutic or at the least adjunct therapy benefits to their patient's efforts to deal with their conditions and life, is increasingly indefensible in this day and age. Given the research that has exposed the many physical, mental, and emotional benefits Tai Chi offers, for physicians to not educate themselves on this and share their knowledge with each and every patient is tantamount to mal-practice. Health educators should likewise be making such therapies part of their medical student education programs as well.

Tai Chi for Parkinson's is being recommended increasingly by support groups and some progressive medical centers, but until everyone that has Parkinson's knows about it, then our work at World Tai Chi & Qigong Day is not done, nor is the medical community's. There are many obvious reasons everyone with Parkinson's should be doing Tai Chi, but it's the ones that are not yet obvious that may be the most intriguing. One obvious reason is that Tai Chi is the most powerful balance and coordination enhancing exercise known. In many studies at major universities Tai Chi was found to be TWICE as effective in reducing falls as the other balance enhancing exercises being studied. For people with Parkinson's, who often see their balance deteriorate as their condition progresses, it is unforgivable for them to not be informed of Tai Chi's potential benefits at the earliest stage possible while their balance is still good.

Now, regarding the less obvious reasons Tai Chi may benefit Parkinson's patients. Both my wife and daughter, who co-taught a Tai Chi class together noticed that a young man with severe

Parkinson's tremors . . . completely lost his tremors once he joined the class in flowing through the Tai Chi movements in class. In another class I was teaching an older man with advanced Parkinson's attended my classes for many months, and he always came in very slow with his walker. Once we began the Tai Chi movements he no longer used his walker, and had learned the entire long form of Tai Chi I taught, which was over 15 minutes of continuous changing forms. His form was unique and tailored for his limitations, but nonetheless a challenging set of exercises he was able to accomplish without the use of his walker. What do these anecdotal experiences portend for others with Parkinson's? I don't know, but there should be massive research dollars coming from the National Institutes of Health to find out. Given the promise Tai Chi seems to offer people on so many profound physical, emotional, and mental fronts from preliminary research, the current total research money earmarked for complimentary and alternative medicine's (CAM) is a mere pittance.

The National Center for Complementary and Alternative Medicine (NCCAM), now in its sixth year, supports more than 300 research projects and has an estimated budget of over \$120 million for 2005 (up from \$50 million in 1999). Total spending on CAM by all NIH institutes and centers is expanding as well, and is expected to reach \$315 million by 2005.

Sounds like a lot? However, \$120 million is less than "one half of one percent" of the total NIH FY2005 budget. According to the Association of American Medical Colleges the NIH's total annual budget for FY 2005 is \$28.8 billion (<http://www.aaas.org/spp/rd/05pch8.htm>). Remember, we are talking about only spending much much less than one half of one percent to study an exercise that preliminary research has shown to: n Lower High Blood Pressure (about 1/3 of Americans have hypertension – roughly over 90 million Americans) n Boost Immune Function profoundly (a study sited at drkoop.com indicates that a Tai Chi practicing group was TWICE as resistant to the shingles virus, and researchers believed this would carry over to other viral resistance as well.) n Dramatically reduce falling injuries by about half (complications from falling injuries in older Americans is the 6th leading cause of death for seniors in America)

If Tai Chi only addressed this chronic condition affecting 1/3 of Americans, while boosting the immune system of all practitioners profoundly, and cutting in half the sixth leading cause of death for seniors, without any negative side effects, that would seem to be, for the rational person a reason for pouring massive resources into researching it further. However, Tai Chi's benefits only begin with the above preliminary findings. We also know that it may very well relieve depression, anxiety, and mood disturbance, as well as reduce ADHD symptoms in teenagers diagnosed with Attention Deficit and Hyperactivity Disorder. There are indications that Tai Chi may greatly reduce or even eliminate chronic pain conditions, and lessen allergic and asthmatic reactions, and improve overall respiratory function.

My point is, "where is the massive attention this would garner on talk shows, and in health newspaper sections, if this were a drug or surgery that could provide such a seemingly massive breakthrough in health treatment?" Peter Chowka, in a brilliant two part series for Natural Health Line, entitled "Complementary & Alternative Medicine in 2000," wrote, "Conflicts of interest are not uncommon in most aspects of life. But in medicine, the biggest business in the U.S. (over \$1.5 trillion a year constituting over 14 percent of the Gross Domestic Product, according to the National Academy of Science's Institute of Medicine report issued January 10, 2001), serious conflicts are particularly well entrenched." Mr. Chowka wrote of physicians like Dr. Marcia Angell voicing concerns of the "troubling" result massive research money from drug and medical-equipment companies was having on the scientific process. In the New England Journal of

Medicine's May 18, 2000 issue, Dr. Angel wrote an editorial entitled, "Is Academic Medicine for Sale?" She wrote, "As we spoke with research psychiatrists about writing an editorial on the treatment of depression . . . we found very few who did not have financial ties to drug companies that make antidepressants. . . The problem is by no means unique to psychiatry. We routinely encounter similar difficulties in finding editorialists in other specialties, particularly those that involve the heavy use of expensive drugs and devices."

So, who can make a multi-billion dollar fortune teaching Tai Chi to people? No one can. Tai Chi cannot be bottled, or mass marketed. It is a decentralized labor intensive industry that employs many people, but keeps the profits small and local. Yes, there are videos and DVDs that teach Tai Chi effectively, but ultimately even those who utilize videos are drawn to live class like structures. As I mentioned before with the "anecdotal" experiences of my students with Parkinson's, Tai Chi seems to offer something profoundly beneficial to the quality of life of Parkinson's sufferers. It needs further study. We are in a catch 22, where many health professionals feel they cannot recommend Tai Chi because too much of the preliminary research is anecdotal. However, when Tai Chi is jockeying for position to get a crumb of the .5% of total NIH money going to ALL complimentary and alternative medical therapies . . . the result will be many long years of millions of people suffering needlessly from conditions or symptoms of those conditions that Tai Chi could likely safely lessen or even eliminate.

What Do We Know about Tai Chi and Parkinsons?

Tai Chi is being recommended by some forward thinking medical institutions already. The Cleveland Clinic of Neuroscience Center encourages Parkinson's Disease patients to seek out a hobby or activity they can enjoy and stick with such as "Tai Chi" and other activities. The Alexian Neurosciences Institute in Illinois offers a course in their The Parkinson's Disease and Movement Disorders Center. Also, the American Parkinson's Disease Association at Stanford University Medical Center, in it's "Beyond Pills.... Alternative Approaches to Coping with Parkinson's Disease" program, offered "Tai Chi, The Art for Living with Parkinson's" by Mwezo & Jane of Kujiweza Healing Arts. (Learn more at: <http://parkinsons.stanford.edu/symposium.html>). The Parkinson's Society of Canada recommends Tai Chi for Parkinson's patients, suggesting "Tai Chi may prevent or at least slow down the onset of degenerative diseases; in the long run, it can reduce need for rehabilitative care." (<http://www.parkinsons.ca/managing.html#taichi>)

In the United Kingdom a Parkinson's Tai Chi study was conducted at Camborne Redruth Community Hospital, Cornwall. Their conclusion of the study was such, "Tai Chi training was well tolerated by PD patients in this study, but had no measurable effect on motor performance using UPDRS score or GAG time. There was a non-significant improvement in quality of life scores (PDQ 39). Larger studies would be needed fully to evaluate the value and efficacy of Tai Chi. However our results are encouraging, and provide evidence for its safety and tolerability and would support the feasibility of further study."
(<http://www.pdcornwall.org.uk/showarticle.pl?n=30&id=81>)

WCHS TV during a news report focusing on Tai Chi's ability to boost immune system function, also reported that "Tai Chi has also been shown to help illnesses such as Parkinson's disease, multiple sclerosis, fibromyalgia and arthritis."
(<http://www.wchstv.com/newsroom/healthyforlife/2177.shtml>)

The Neurology Channel reported, "The slow flowing movements of Tai Chi help maintain

flexibility, balance, and relaxation. The Struthers Parkinson's Center in Minneapolis, which teaches a modified form of Tai Chi, consistently reports benefits achieved by patients in all stages of Parkinson's." (<http://www.neurologychannel.com/parkinsonsdisease/surgery.shtml>)

Physicians at the Mayo Clinic recommend Tai Chi for Parkinson's therapy, under their Parkinson's "self-care" section for avoiding falls, where they suggest you "Ask your doctor or physical therapist about exercises that improve balance, especially tai chi. Originally developed in China more than 1,000 years ago, tai chi uses slow, graceful movements to relax and strengthen muscles and joints. "

At a popular health website called "RemedyFind.com" viewers can vote on therapies they've found benefited their condition, or didn't benefit it. The rating there for Tai Chi as a Parkinson's therapy received a rating of 9.8 out of a possible 10. (<http://remedyfind.com/rem.asp?ID=13945>)

A Study at the University of Florida in Jacksonville found that patients who attended Tai Chi classes for one hour each week for 12-weeks were less likely than a group of control patients to experience an increase in the severity of their condition and a decrease in motor function. . . .[of alternative therapies] the most popular therapies being Tai Chi, yoga, and acupuncture. (<http://www.worldhealth.net/p/275,1526.html>), (SOURCE/REFERENCE: Reported by www.reutershealth.com on the 13th November 2002)

The Atlanta Journal Constitution reported, "Parkinson's Meets It's Match in Tai Chi." In this article they write that Dr. Mark Guttman, director of the Centre for Movement Disorders in Markham, Ontario, recommends people with Parkinson's do exercises that involve a lot of stretching, similar to the movements of tai chi.

"Tai chi is wonderful; it can help people with disabilities as well as people with Parkinson's," he says. He added that studies on animals show exercise induces a change in the brain that prevents the symptom's of Parkinson's from emerging.

The Tai Chi teacher for this program, Ms. Embree, spoke of how people with fibromyalgia, multiple sclerosis, cystic fibrosis, and Parkinson's often attend her classes . . . "Doctors are now sending people here," adds Ms Embree. (for the entire article, go to: PARKINSON'S MEETING IT'S MATCH IN TAI CHI, April, 13, 2005, <http://www.ajc.com/health/content/health/0304/lvtaichi7.html>)

At the National Parkinson's Foundation site, Melanie M. Brandabur, MD NPF Center of Excellence, University of Illinois at Chicago and Jill Marjama-Lyons, MD NPF Center of Excellence, Shands Jacksonville, wrote, "Most patients derive a great deal of benefit from today's medications and surgical therapies for Parkinson's Disease . . . However, benefits of these therapies can be limited. As time goes by, the medications may not seem as effective as they once were. Side effects or unpredictable response may develop. Surgical therapies are not curative and often treat only selected aspects of Parkinson's Disease. For these reasons, patients may decide to explore other modalities, such as massage therapy, Tai Chi, yoga, or herbal preparations to augment their Parkinson's medication . . . Many patients with Parkinson's Disease have become interested in complementary therapies to supplement medications and other traditional PD treatments. These physicians also suggest that as Tai Chi and other modalities benefits are exposed by clinical research, physicians will advocate their use more widely. (<http://www.parkinson.org/site/pp.asp?c=9dJFJLPwB&b=238635>)

World Tai Chi & Qigong Day joins a growing number of health professionals specializing in fields like Parkinson's who believe that much more research needs to be done to illuminate the full spectrum of benefits Tai Chi offers all people as well as those specifically with chronic conditions. This will enable more physicians to make Tai Chi a regular prescription written as therapy or adjunct therapy for a host of maladies many are already enjoying the benefits of for their condition, but paying out of pocket for. Ultimately more and more health insurance plans should and will make Tai Chi classes a deductible medical expense for their clients. The end result of this shift may portend the savings of hundreds of billions of dollars annually in saved health care costs as patients are better trained in self care techniques, training the great visionary Thomas Edison referred to as "the care and maintenance of the human frame," which Edison envisioned would more and more reduce the need for expensive surgeries and life long dependence on medications as human beings maximized their own self healing abilities. Traditional Chinese Medicine has spent centuries developing and evolving self healing technologies like Tai Chi. Now the west can learn about their results, and physicians can prescribe them to their patients and our entire society will be healthier and more abundant for it.

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Bill Douglas is the Tai Chi Expert at DrWeil.com, Founder of World T'ai Chi & Qigong Day (held in 50 nations each year), and has authored and co-authored several books including a #1 best selling Tai Chi book "The Complete Idiot's Guide to T'ai Chi & Qigong." Bill's been a Tai Chi source for The Wall Street Journal, New York Times, etc. You can learn more about Tai Chi & Qigong, and also contact Bill Douglas at <http://www.worldtaichiday.org/>

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Adrenal Burnout

By [Kirsten Jones](#)

Adrenal burnout has become a common disorder in today's stressed out, over-worked, emotionally exhausted society. As more and more people appear to suffer from perpetual fatigue, experiencing physical, mental, and chemical stress; affecting the body's chemistry on a cellular level and it is the cells in the adrenal glands that take the brunt of these stresses. All illnesses start with fatigue. The body is like a new car with power steering, power brakes and power windows. When the power goes down, the entire car stops working right. Burnout is a serious medical problem, although symptoms may be vague and unrelated to a specific disease. The adrenal glands, which produce stress hormones, are affected by xenobiotic compounds (chemical compounds that are foreign to a living organism) more than any other organ.

Over the years, prolonged episodes of stress can cause the adrenals to become fatigued and are unable to regulate all the constituents of a healthy body. Sometimes the adrenals, in a weakened state, are referred to as insufficient, and as the progression of adrenal breakdown

continues, it leads to adrenal burnout as termed by the late Dr. Paul Eck who researched adrenal function and tissue analysis for decades. Adrenal Burnout is a very debilitating malady that can cause life-changing disruption. In severe cases the adrenal activity is so acutely diminished that people have difficulty getting out of bed for more than a few hours per day. In each increment of reduction in adrenal function, every organ and system in the body is more profoundly affected. Changes can occur in the carbohydrate, protein and fat metabolism, fluid and electrolyte balance, heart and cardiovascular system, and even the sex drive.

Prolonged stress keeps the body in a constant and heightened fight or flight' state; if allowed to continue it would eventually compromise the adrenal function. The adrenals are the glands that sit near the top of each kidney. The inner part (the medulla) secretes hormones, including adrenaline and corticosteroid that control blood pressure, heart rate and sweating. They also act as chemical messengers; initiate immune responses; regulate blood sugar levels and produce much of the digestive juices used in breaking down foods. As they respond to stress the hormones raise blood sugar and blood pressure, and promote energy production. Adrenalin or epinephrine are used in emergencies, when the adrenals become depleted, the body is unable to handle stress and this can lead to serious illness.

Symptoms of adrenal burnout can be weight gain, chronic infection especially respiratory problems such as influenza, bronchitis or pneumonia; impaired digestion, allergies, high blood pressure; high and low blood sugar levels, cravings for sweets; multiple chemical sensitivities, PMS; irritability and depression and even anxiety may occur. The condition is also called adrenal hypofunction, exhaustion or insufficiency. Unlike fatigue, energy levels do not return after a good nights rest; it is a common misconception that the body is unable to regenerate energy during slumber; waking up tired after 8-10 hours of sleep is a primary symptom of burnout, like a dead battery, the body cannot recharge itself during sleep. Burnout is a more serious derangement of the body's energy system. Adrenal burnout syndrome is rarely diagnosed by physicians and can be wrongly identified as Addison's disease which doctors consider incurable. However recovery from adrenal burnout is definitely possible. Burnout can develop slowly or may be caused by a single trauma. It was famously noted that John F. Kennedy experienced burnout during World War II when his patrol boat was rammed by a Japanese destroyer, killing most of the crew. He never recovered from the shock. For the rest of his life, he needed replacement adrenal hormones. If he had found the right practitioner, perhaps they would not have been needed.

A disproportionate amount of stress can be an important cause of burnout which can be derived from many sources. Chemical toxicity and nutritional depletion are among the physical causes; Mental, emotional or spiritual stress can be a major factor and overwork, financial and family problems; noise in the cities and electromagnetic pollution; mobile phones, microwave towers and household or workplace appliances that emanate strong electrical fields. Nutritional Deficiencies are also a common cause. When the body is under stress, there is a greater need for nutrients. Carbohydrates, when excessive in the diet, stress the adrenals. Diets low in protein may also create deficiencies. Inadequate or poor quality water affects oxygenation of the tissues. Most diets are deficient in nutrients that are required by the adrenals. These include B-complex vitamins, vitamins A, C and E, manganese, zinc, chromium, selenium and other and other trace elements. The majority of cheap supermarket food in today's consumer society is grown in depleted soils. Further processing and refining reduces nutrients even more. Bad habits like eating in the car or while on the run can further diminish the value derived from food. Also, allergic reactions to foods such as wheat and dairy products can damage the intestines

and reduce the absorption of nutrients. Toxic metals and chemicals can also contribute to adrenal burnout; as exposure to a multitude of chemicals in the air, water and food is becoming increasingly prevalent in today's society. Dental materials; skin contact with chemicals; over-the-counter and prescribed medications are also conducive to the body's toxic load. Toxins can be generated within the body due to impaired digestion. When food is not properly digested, it either ferments or rots in the intestines, producing many harmful substances that are absorbed back into the body.

Chronic infections can also pervade to the toxic load. For many, the elimination organs refrain from functioning at optimal levels; resulting in a build up of toxic substances within the body; leading to adrenal burnout and many other health conditions. Many stimulants such as caffeine, sugar and alcohol can damage the adrenals as they incite the glands into action. Less obvious stimulants can include anger, rage, arguing, hatred, loud music, the news and movies full of suspense; vigorous exercise, sexual preoccupations and the use of stimulants. Artificial stimulants can appear alluring in the midst of fatigue, providing a temporary energy surge or buzz. It is an appeal of the drug culture, both legal and recreational.

Unhealthy responses to stress such as worrying, becoming angry or afraid can induce a burnout. Particularly high strung, nervous individuals and those with very active minds are especially prone to adrenal burnout. Unfortunately, many with adrenal burnout function on anger and resentment. These act as adrenal stimulants, providing a negative energy with which to function. Secondary to adrenal exhaustion are glandular imbalances, hyperthyroidism and more often hypothyroidism. The adrenal glands produce estrogens and progesterone, the main source of hormones post-menopause. Premenstrual syndrome and hot flushes are also indicative to weakened adrenal glands. The side effects of adrenal burnout can be depression and apathy to friends, family and work. Anxiety and Irritability can also occur, as the inability to handle even minor stresses confounds. Compulsiveness and OCD are also associated; precipitating addictions of excessive exercise, sex, loud music or other forms of excitement. The unconscious goal is always the same, to stimulate the adrenals into activity. When the adrenals are weak, copper builds up in the body. Elevated copper enhances emotions. Panic attacks, bipolar disorder, mood swings and schizophrenia are related to copper imbalance. As energy levels decline, other toxic metals build up as well. Mercury, cadmium, lead, arsenic, beryllium and others contribute to hundreds of physical and emotional symptoms. Elevated copper and low zinc levels can impair the immune system and chronic infections can occur. The stage is also set for the development of degenerative conditions such as Cancer, heart disease, Parkinson's and Alzheimer's diseases are end-stage results of toxic accumulation and energy depletion

The condition can be classed as psychological as stress engenders the burnout which in turn affects the emotions and behaviour. But, burnout is biochemical as recovery involves improving emotions and dealing with psychological issues. However, it also involves rebuilding body chemistry because it is a physical condition as well. Adrenal burnout is more prevalent with women than men; mainly due to lifestyle changes and sluggish oxidation rates. However it is just as common in men. Many children are also born with weak adrenals due to their parents nutritional deficiencies. Minimal brain dysfunction, chronic ear or other infections, crib death, failure to thrive, ADHD and anti-social behaviour may all be symptoms of burnout in children. Burnout can occur in all groups in society, regardless of occupation, income or educational level. It is recognised that many homeless people are victims of burnout. Accounting for why they may give up hope or be incapable of holding a job or supporting a home. Burnout affects

every area of life; family, work and relationships; apathy everyone and everything. Friends, family and employers are often unaware of the condition, which can exacerbate the situation.

Burnout can occur due to a single shock; traumas that occur together or a combination of factors. Whether it is derived from an illness, accident, divorce, overwork or other stress depends very much on one's ability to handle stress, rather than the absolute amount of stress. When the burnout manifests, vital minerals can become depleted and toxic substances replace and become part of the structure of enzymes, body organs and glands. Even after a change of diet, lifestyle, attitudes or behaviour, the toxins can remain. Often, burnout does not even develop until several years after a trauma, illness or injury as depleted and damaged cells proliferate. Even though many change their diets and get over their traumas, most people never recover from burnout, or make only a partial recovery.

The accumulation of toxins that occurs as the body and the inability to eliminate them can contribute to burnout. Elimination is very important, however energy is required to release toxins. If the energy system is weak, just fasting or cleansing will not be enough. One must rebuild the entire energy system by balancing body chemistry and providing nutrients as well. A one-month or even six-month cleanse is nowhere near adequate. It can take a year just to replenish one mineral. For those in burnout, extreme detoxification programs such as fasting, raw foods or even chelating agents can be dangerous. This is because the body lacks the vitality to properly eliminate toxins, the eliminative organs are compromised and toxins may be redistributed in vital organs. A gentle, complete program of rebuilding and nourishing the body must accompany any efforts to eliminate toxins. In fact, as vitality improves, toxin elimination will proceed of its own accord.

Diet is an extremely important factor in the road to recovery. Protein should be eaten with every meal, eggs, natural meats and poultry are among the best sources; toasted almond butter, goat's cheese and nuts are other alternatives. It is advised to avoid vegetarian diets. At meal times try and eat at least three different vegetables; it is advised to rotate proteins and vegetables, so not to consume the same thing every day. Complex carbohydrates are allowed but wheat and spelt should be avoided as sensitivities to gluten (found in rye, barley and oats) can occur. Excellent starches are root vegetables (turnips, parsnips, rutabaga, carrots, onion and celery root), blue corn, brown rice, quinoa and others. It is recommended to reduce all sweets and fruit. Avoid sugar and cows milk dairy products (except butter); vegetable oils except for olive oil; isolated soy protein as it is of poor quality and contains many anti-nutrients; junk food; juices as they can be too sugary and can concentrate food toxins, upset blood sugar levels and weaken the adrenals. Use sea salt rather than table salt; eat regular meals of an excellent quality and switch to organic food whenever possible. Green foods like kelp, barley grass powder and various coloured vegetables are highly recommended. Cooking with coconut oil is excellent as it aids weight loss, Candida Albicans infection and energy. It is also advised to drink high quality water such as distilled or spring and to avoid tap water.

Food supplements are indispensable. Kelp granules and nutritional yeast are excellent as they are rich sources of nutrients and assist in detoxification. Other nutrients that are important for adrenal activity are vitamins A, B, C, E, pantothenic acid (B5); Zinc, calcium and magnesium; digestive aids such as pancreatin and ox bile and an adrenal glandular substance. Other nutrients may be needed dependent on levels of toxic metals and other symptoms or deficiencies. Hair mineral testing is a reliable way to detect deficiencies within the body. Liquorice is also highly recommended for adrenal burnout or fatigue as it acts on the blood

pressure in the body; the active ingredient in liquorice is glycyrrhizinic acid - a plant steroid that mimics one of the prescription drugs given to treat low blood pressure irregularity. Liquorice also enhances the action of corticosteroids, the hormones produced by the adrenal glands. Other naturopathic remedies include goldenseal and Pau d'arco tea which can eradicate Candida; probiotic supplements to rebalance the gut flora and herbs such as milk thistle and dandelion to support the liver.



Ashwagandha - Best Herbal Remedy to Reduce Stress

By [Dr John Anne](#)

Ashwagandha, scientifically known as *Withania somnifera*, is popular as Indian Ginseng or Indian Winter Cherry. This wonderful medicinal herb has a profound nurturing effect on nervous system and it is potentially beneficial in counteracting with anxiety and stress. Since long ages, it is adored by Ayurvedic practitioners and herbalists. Historically in India, it is always well-accepted by traditional health care system in a holistic fashion. The benefits of this wonderful herb were also illustrated in old wise books like Charak Samhita, Susruta Samhita and Ashtaang Samagraha.

Ashwagandha, an all-purpose Ayurvedic herb, is like a divine gift from God, which not only makes out lives lengthy but promises a healthy living as well. Literally meaning 'sweat of a horse,' it symbolizes the dynamic youthfulness and liveliness of a horse and also resembles the root's odor as that of a horse.

Availability

The wide area of Indian subcontinent is blessed with the natural production of this amazing herb. It is usually grown in the areas having moderate to warm atmospheric condition. This medium height bushy herb is most prevalently found at 1000-5000ft altitude.

Chemical Structure

The major constituent of Ashwagandha is Withanolid A. It is also combined with withanone and some amount of withaferin A, withanolide I, II, III, A, B, E, F, G, H, I, J, K, L, M, P, S, and WS-I. The root is high with Alkaloid property. There are other significant ingredients that play an effective role in enhancing our body system. These are saponins, pyrazol alkaloids and steroidal lactones.

In Ayurvedic perspective, it consists of *laghu* (light) as well as *snigdha* (mild) properties. It comprises of three types of tastes, that is, *tikta* (pungent), *katu* (strong) and *madhur* (sweet). It is identified as having *ushan* (hot) and *virya* (energy) properties.

Medicinal Benefits

Especially in the study of Ayurveda, Ashwagandha is widely known for its ability to enhance health and vitality of a being. It is also recognized as adaptogen for its non-toxic content having the ability to normalize physiological functions. It profoundly affects Hypothalamic-pituitary-adrenal-axis (HPA axis) and more specifically on neuroendocrine system. Essentially being paradoxical in nature from herbalist's perspective, it is anti-inflammatory on one hand, but still has nutritional property at the other, which is widely contradictory with the rest of the herbs belonging to the same family of plants such as belladonna and henbane.

Ashwagandha is found to have anti-arthritic, anti-anxiety, calmative and aphrodisiac properties. Several useful constituents make the herb so much valuable for different therapeutic approaches.

Some researchers also hypothesize that it may have antioxidant properties that help reduce the symptoms of ageing. It is believed that it has the ability to control the damages occurred with free radicals. Free radicals particularly produce an adverse effect on normal ageing process and also free radicals have a profound effect in other several neurological conditions such as Alzheimer's disease, Parkinson's disease and epilepsy.

It also helps in strengthening immune system of a being, by increasing white blood cell count, in particular. It is truly beneficial for fighting against chronic diseases like asthma, bronchitis, as well as cough. It is also proven helpful against chronic gynecological problems, male impotency and infertility, arthritic inflammation, nervousness, anxiety, depression, insomnia and also it is proven beneficial against immuno-compromised diseases like AIDS and TB and degenerative diseases like ageing, infantile maldevelopment and low libido.

However, the extensive qualities and mechanisms of Ashwagandha are not yet fully understood, but it has shown a true holistic approach in various illnesses. Since ages, it is found to be effective in alleviating the inflammation related with rheumatologic conditions like arthritis. It helps reduce stress by increasing endurance and research shows that the possible reason for endurance may include its ability to produce carbohydrate supplementation. Apart from that, it has enduring effect for boosting sexual performance and rejuvenating life cycle to its optimum.

As a whole, Ashwagandha overwhelmingly influences our digestive system, cardiovascular system, respiratory system, nervous system, endocrinal system, reproductive system, excretory system, and skin.

Dr John Anne is an herbal specialist with years of experience and extensive research on herbs and alternative health. If you are looking for more information, read about [Ashwagandha to Reduce Stress](http://www.ayurvediccure.com/stress-treatment.htm) at <http://www.ayurvediccure.com/stress-treatment.htm>. **AyurvedicCure.com** is the World's Largest Alternative Health Portal. You can also **Participate in Health Questions & Answers, Discussion Forums and Blogs**. If you are looking for useful Information on Dental Care then feel free to visit [Impacted Teeth](#)



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Can Blueberries Slow Down Aging?

By [Cris Oakley](#)

Somehow, our ancestors instinctively knew about the super power quality of certain foods; however, today we rely on scientific proof to validate what has been known for centuries. Well, if it's scientific proof that we need, then here's one for you.

There's been a growing body of research that shows that many of the everyday produce we consume can prevent, and even cure common diseases, and some of them can even slow down the way the body ages.

One of such power food is no other than blueberries. There's been numerous studies conducted recently that support the claim that blueberries are indeed a super food that has beneficial anti-aging effects on the body, and lots of other healing properties.

Lets' take a look at some of the ways these little purple wonders can help you:

Potent Source Of Antioxidants

Several research studies confirm that blueberries are one of the most nutritious foods on the market today. That's because blueberries are extremely rich in antioxidants. In a recent United States Department of Agriculture (USDA) comparison of antioxidant properties of more than 20 different fruits, blueberries emerged at the top of the list, rating highest in their capacity to destroy free radicals.

What make blueberries such a super antioxidant?

It's all attributed to anthocyanins that give blueberries it's beautiful purple pigment. Anthocyanins are antioxidant flavonoids that protect against some common health problems, and possibly certain effects of aging.

Effective In Slowing Down Aging Of The Brain

One of the signs of aging in the human body is the accumulation of oxidative damage to cells. Our body constantly reacts with oxygen as we breathe, and our cells produce energy. As a consequence of this activity, highly reactive molecules are produced known as free radicals. When free radicals interact with other molecules within the cells, this can cause oxidative damage which can lead to conditions such as alzheimer's, cancer and cardiovascular disease.

The brain is particularly vulnerable to damage caused by free radicals, resulting in age related motor, and memory impairment, as well as neurological diseases such a Parkinson's. There is ample research documentation which supports blueberry's protective benefits against age related brain deterioration.

In one such study conducted in a Boston laboratory, they put one group of young rats on a blueberry-rich diet, and another on regular diet. Then the scientists exposed both groups to 48

hours of concentrated oxygen, stirring up in two days the amount of free radical damage that would normally takes 20 rat months to occur.

Brain cells in the regular diet group became less responsive to neurotransmitters associated with short-term memory. The brains of the blueberry fed rats did not change. They also found that the fruit prevented the kind of short-term memory loss that comes with aging. Blueberries actually stave off declines in brain cell's ability to send messages to one another.

Healthier Elimination

Blueberries can help relieve both diarrhea and constipation. In addition to soluble and insoluble fiber found in blueberries, they also contain tannins, which act as astringents in the digestive system to reduce inflammation. Blueberries also promote urinary tract health. Blueberries contain the same compounds found in cranberries that help prevent or eliminate urinary tract infections. Components found in cranberry and blueberry juice reduce the ability of E. coli, the bacteria that is the most common cause of urinary tract infections.

Protection Against Cancer and Diabetes

In laboratory studies, blueberry extract has shown to be effective in killing oral, breast, colon and prostate cancer cells.

As if all of this were not enough to crown blueberries as a miracle food, emerging research is also pointing to the fact that blueberries contain a compound that acts like insulin, protecting the body from the damages of excessive glucose.

Protection Against Vision Loss

Clinical studies have shown that blueberry extract which is high in anthocyanosides, has been very effective in slowing down vision loss.

Tips for Buying and Storing Blueberries

- Blueberries are highly perishable, and need special handling to maintain peak freshness.
- When shopping for blueberries, look for firm, dry powdery blue berries, and make sure the package is not leaking. Berries that are leaking from the bottom are either old, or have been crushed.
- Store them properly. Try to avoid getting them crushed which will cause them to deteriorate rapidly. It's best to store them, unwashed and uncovered, in a large bowl in the refrigerator.
- For the best quality, taste and nutrient value, use the blueberries within a couple of days. If you can't use them promptly, freeze them. In fact, blueberries freeze so well, that it's a good idea to stock up on them during the summer months when they are more available, and cheaper. That way, you can enjoy this wonderful fruit all year long.

Tips for Making Blueberries Part of Your Day

Reap the nutritional benefits of blueberries by adding them to different dishes.

- Add them to your favorite cereal
- Toss them in salads
- Plump up your pancakes with a handful of fresh berries
- Top your favorite frozen yogurt or light ice cream with them
- Try placing fresh or frozen berries in a blender with low fat yogurt, milk and some crushed ice for a Blueberry Smoothie (If using frozen blueberries, you won't need to use ice)
- Eat them by the handful as a snack.
- Puree them in a blender, strain, and add to jello

Author: Cris Oakley. To learn more about natural [ways to lower blood pressure](http://lowerbloodpressuretoday.com/), visit us at: <http://lowerbloodpressuretoday.com/>

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How You Can Tell If You Have a Vitamin Deficiency By Dr Jenny Tylee

Vitamin and mineral deficiencies do not always show up as major health problems. This is because most of us are not deficient in one single nutrient. So we don't have diseases such as scurvy (which results from a severe lack of Vitamin C). What we are more likely to have is what is called a 'subclinical' or marginal deficiencies. These marginal vitamin and mineral deficiencies are likely to be the cause for minor symptoms such as headaches, difficulty in sleeping or skin problems. These minor problems if left untreated are likely to become more serious which is why it is important to deal with the vitamin and mineral deficiencies as soon as possible.

Vitamin deficiency signs and symptoms

Our bodies make it clear when we have minor deficiencies. The following is a list of the symptoms and the vitamin and minerals that may be deficient.

Ask yourself the following questions:

1. Are you tired a lot of the time?
2. Is your ability to keep going noticeably decreasing?
3. Are you having a hard time keeping your weight stable?
4. Do you often experience physical pain - arthritis, muscle aches, migraines?

5. Do you often get colds?
6. Is your eyesight deteriorating?
7. Is your mental clarity or concentration decreasing?
8. Is your memory on the decline?
9. Are you experiencing more sleeping problems?
10. Are you often depressed?
11. Are you often anxious, nervous or irritable?
12. Do you have difficulty with your bowels either constipation or diarrhea?
13. Is your skin dry and scaly?
14. Do you have problems with pimples and blackheads?

1. If you checked yes to any of these then you could be suffering from vitamin and mineral deficiencies.

Have a look at the list below to see what vitamins and minerals may be deficient in your diet.

1. Hair problems - Vitamin B12, B6, Selenium
2. Eye problems - Vitamins A, C
3. Nervousness - B6, B12, B3, B5, Magnesium, Vitamin C
4. Infections - Vitamin A, B-complex, C, Biotin, Calcium, Potassium, Zinc
5. Fatigue - Zinc, Iron, Vitamins A,B,C,D
6. Constipation - Vitamin B-Complex, Vitamin C
7. Diarrhea - Vitamins A, Niacin (B3), B12,K
8. Muscle cramps - Vitamins B1 and D, Biotin, Sodium, Magnesium and Calcium
9. Skin problems - Vitamins A and B-complex, Biotin and copper.

The initial vitamin and mineral deficiencies may only lead to minor problems but they can lead to dangerous problems. The lack of antioxidant nutrients can lead to high levels of free radical toxins in our bodies. An example of this is a toxic substance called acetaldehyde that is produced by the liver in detoxification. These are dealt with by antioxidants. However in the

absence of sufficient antioxidant nutrients or in deficiency states these substances have been linked to the development of diseases such as Parkinson's disease and motor neurone disease.

If you have signs and symptoms associated with vitamin and mineral deficiencies then you need to review what you are eating to improve your diet, cleanse your system so that you can make the most of the nutrients that you have and take a vitamin and mineral supplement.

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Dr Jenny Tylee is an experienced health professional who is passionate about health and wellbeing. She believes that health is not just absence of disease and seeks to actively promote vitality and wellness through empowering others. She encourages people to improve their health by [quit smoking](#), [cleansing](#) their body, taking [essential vitamin and mineral supplement](#) and many other methods, including herbal remedies.

Article Source: http://EzineArticles.com/?expert=Dr_Jenny_Tylee



Know About the Health Benefits of Essential Amino Acids

By Dr John Anne

Essential amino acids refer to the amino acids that are essential for our diets. The natural choice of essential amino acids greatly varies on species to species. It is due to the fact that synthesis of different substances may require different metabolic structures. For humans, 9 amino acids belong to this group of selection. These are isoleucine, leucine, lysine, threonine, tryptophan, methionine, phenylalanine, histidine, and valine. Here is a brief description of these amino acids.

Isoleucine

Isoleucine is effective for recovery from muscle cramp, especially in a post exercise period. It is also required during the production of hemoglobin. It assists in maintaining blood sugar level in the blood stream. This is one of the important essential amino acids contributing to the blood coagulation. Deficiency in isoleucine may include symptoms resembling hypoglycemia. Common problems may involve dizziness, depression, confusion, irritation, etc.

Leucine

It functions on balancing blood sugar level in the body. It also promotes in the development of the muscle tissue. It modulates the level of hormone production and energy regulation. It also provides support by preventing the breakdown of muscles. Deficiency in leucine may include dizziness, irritation, headache, fatigue, etc.

Lysine

This is one of the most significant essential amino acids that must be present in diet in order to promote bone growth and development, especially in infants and toddlers. It helps in assisting calcium absorption as well as nitrogen maintenance in the body. Deficiency in lysine is not a common case. It is available widely in many protein based foods. However, deficiency results in experiencing several complications such as low energy, hair loss, anemia, retarded growth, weight loss, and reproductive system complications.

Threonine

This amino acid is perfect in assisting protein balance in the body. Additionally, it helps in the development of collagen and maintaining elasticity in the skin. It also functions of liver. It functions well in reducing liver fat. In addition to other essential amino acids, threonine promotes well balancing of immune system in terms of antibody production and thymus growth.

Tryptophan

This is an essential ingredient for the formation of vitamin B3. It is responsible for the production of serotonin which is exclusively important for balancing nerve and brain functioning. It is beneficial for controlling hyperactivity among children. It aids in alleviating stress. It works effectively as an appetite suppressant. It also promotes in reducing weight.

Methionine

It helps in breaking down of fatty acids, and hence it prevents in building up fatty elements on the artery walls. It also works significantly in the normal detoxification of liver. It is essential in promoting energy production as well as in muscle building. Methionine, one of the essential amino acids, functions like an effective anti-oxidant by supplying sulfur for inactivating free radicals.

Phenylalanine

It is intimately related to the nervous system and thereby effective in regulating mood. It functions on the memory system and learning processes. It is also effective as an appetite suppressant. Deficiency of phenylalanine may result in depression, chronic pain and Parkinson's disease. Additionally, if someone is lacking this essential amino acid, he may suffer from fatigue, lethargy, skin irritation, liver complications, and sluggish growth.

Histidine

It comes to the blood stream especially when someone is affected by allergic complications. It aids in repairing of bodily tissues as well as for development. It also protects nerve cells by maintaining myelin sheath. It assists in the production of red and white blood cells. It also helps body to fight against bodily damages resulted from radiation.

Valine

Valine offers a stimulating effect. It is one of the significant among all essential amino acids that promote muscular metabolism and tissue growth. It also functions as a great energy source for all bodily mechanism. Drug addiction and alcoholism result in a deficiency of this essential amino acid. The deficiency may lead to develop maple syrup urine dieses. Apart from that, a deficiency in valine may also result in damaged myelin sheath.

Dr John Anne is an herbal specialist with years of experience and extensive research on herbs and alternative health. If you are looking for more information, read about [Amino Acids](#) and [Vitamins Chart](#). Visit <http://www.healthvitaminsguide.com/> for useful **Information on Vitamins, Minerals and Amino Acids**

Article Source: http://EzineArticles.com/?expert=Dr_John_Anne



Omega-3 Fatty Acids May Protect Against Parkinson's Disease **By Micheal Thomas**

Omega 3 fatty acids have been prescribed for some time now to treat a long series of diseases, and they are especially effective in protecting the circulatory system and the brain and the nervous system. Recent medical findings show that consuming regularly omega 3 fats helps reduce the risk of developing Parkinson's disease. A rich diet in these essential fats is very important to protect the brain against many medical conditions.

Parkinson's disease is caused by the progressive death of the neurons responsible for producing dopamine, a neurotransmitter closely linked with movement control. The disease is usually diagnosed when 50 to 80% of these neurons are already dead, and there is currently no medication to stop that process.

Researchers carried a test on lab mice and observed that mice were fed an omega-3 rich diet,

they seemed immune to the effect of MPTP, a toxic compound that causes the same damage to the brain as Parkinson's. Another group of mice that were fed an ordinary diet developed the characteristic symptoms of the disease when injected with MPTP.

The study confirmed that omega 3 acids, especially DHA (docosahexaenoic acid) had replaced the omega-6 fatty acids already present in the brains of the mice that had been given omega-3 supplementation and improved the brain's protection. These findings underline both the importance of the diet on the brain's fatty acid composition and the brain's natural inclination for omega-3 fatty acids.

The concentrations of other types of omega-3's had remained similar in both groups of mice, researchers suggest that the protective effect against Parkinson's comes essentially from DHA.

Another conclusion medics drew is that a brain containing a lot of omega-6 fatty acids may be a fertile ground for Parkinson's disease. These fatty acids, abundant in foods rich in either vegetable oil or animal fat, were believed they had a role in the body's inflammatory response, cardiac disease, arthritis, and Alzheimer's disease.

The improper balance between the amount of omega 3 and omega 6 fatty acids is responsible for these problems. In the US, the average intake of DHA is between 60 to 80 mg a day, while experts recommend a daily minimum of 250 mg.

Scientists now believe that they can make more efficient drugs to treat or to ameliorate the symptoms related to Parkinson's disease and they recommend increasing the amount of [omega 3 rich aliments](#) in our diet.

Micheal Thomas is an editor for a series of health related websites. Learn about the best fish oil capsules that we ourselves use daily after extensive product comparisons and research over at <http://www.omega-3-fish-benefits.com/>

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The Benefits of Flaxseed - All Important Fatty Acids

By [Jean Helmet](#)

Flaxseed has been used for thousands of years, but it is only recently that the benefits of flaxseed have become clearer to the medical community. This new wonder supplement has been shown to help fight diabetes and heart disease, and now some experts say that it can even help combat some types of cancer.

What is flaxseed?

You may not know it, but flaxseed has probably been part of your diet ever since. It is rich in essential omega-3 fatty acids which stabilize your blood sugar, help lower your cholesterol, and lower your risk of developing cancers of the prostate, breast, and colon. The benefits of flaxseed go beyond this – in fact, recent researches have also demonstrated that it may help in the reduction of inflammations caused by arthritis, asthma, and Parkinson's disease.

Flaxseed also contains fiber and lignans, further increasing its potency and usefulness. This means flaxseeds are also effective as antioxidants and phytoestrogens.

What are the recently-discovered health benefits of flaxseed?

Flaxseed is said to be particularly effective in combating breast cancer, high blood pressure, heart disease, diabetes, osteoporosis, menopause, and bowel diseases. Recent studies also conclude that the benefits of flaxseed may extend to the reduction of macular degeneration risk. Macular degeneration refers to condition when nerve cells in the eyes are damaged, resulting to degeneration of vision. Studies show that people who take more omega-3 6 (which is contained in flaxseed) than omega-6 were less predisposed to developing macular degeneration.

Are flaxseed supplements available?

Yes, flaxseed supplements are widely available and come in oil form, ground seeds, or whole seeds. Ask your doctor which form will work best for you. Many nutritionists say that the ground seeds are better because it still has all of its fiber. Some nutritionists suggest that whole seeds are likely to be undigested in your body, and that oil, on the other hand, has lost the fiber. Still, it is a matter of what is best for your body. People with diverticulosis, for example, may get irritated by ground flaxseed and may be better off with flaxseed oil.

We believe that fish oil in its purest form is your best choice for omega 3 fatty acids, we suggest you learn more below.

The source of the supplements is just as important as its form. In order to fully take advantage of the benefits of flaxseed, you need a supplement that packs the right dosage and does not have fillers or 'extenders' such as starch and sugar (even silica). The supplement industry is not regulated by the FDA, so you need to do the homework yourself. Look for flaxseed supplements manufactured by companies that comply with pharmaceutical GMP ratings. Compliance is an indicator that the company only produces high-quality supplements.

We have found a pure pharmaceutical grade, molecularly distilled fish oil product that is naturally high in DHA and EPA.

Coming from the Hoki Fish Located on the pristine southern coasts of New Zealand, where the waters are extremely low in pollution and toxins. Discover the [best fish oil product](#) on the market today and the one we ourselves personally use. We recommend you learn more: [Omega 3 Fish Oil](#)

Jean Helmet is one of the editors for a series of health sites, We offer a free health book for

subscribers to our websites newsletter. We cover everything you need to know on nutrition, as well as omega 3 nutrition, and how to improve your general overall health. Check out our [nutrition health book](#) for more information on our free featured book.

Article Source: http://EzineArticles.com/?expert=Jean_Helmet



Parkinson and Other Movement Syndromes By Francisco Santander

Parkinson is a progressive neurodegenerative disease of unknown cause that produces a malfunction of basal ganglia and other movement centers of the brain that is characterized by the triad of tremor, bradykinesia and rigidity. There are other syndromes that can look like Parkinson that also cause cognitive disorders and have been classified as Parkinson plus syndromes. Pathophysiology:

- In a normal brain, dopamine (inhibitory) and acetylcholine (excitatory) levels have a very tight equilibrium. When dopamine levels are reduced, the excitatory activity predominates and causes abnormal movements which translate into the 4 to 6 Hz tremor we see.
- A loss of about 80 % of the neurons (brain cells) of the "substantia nigra" that produce dopamine leads to the symptoms of Parkinson.
- Rigidity results from the contraction of agonist and antagonist muscles at the same time.
- When seen through the microscope the substantia nigra has "Lewy bodies" that characterize this disease from an histological point of view.

Parkinson Symptoms

- Bradykinesia: slowness in movement because of delayed transmission signals from the brain to the muscles.
- Tremors: Shakiness often occur in the hands. It is seen at rest and it disappears with movement.
- Rigidity: Stiffness that produces muscle pain that increase during movement.
- Poor Balance: the loss of reflexes that help posture can cause falls and walking problems.
- Parkinson's Gait: Head down, no arm swing, body leans forward (remember our last Pope?).

Associated Symptoms

Symptoms that are related to disautonomy

- Dysphagia
- Sialorrhea
- Diaphoresis
- Dry skin
- Constipation
- Loss of sphincter control
- Anxiety
- depression
- Problems with handwriting

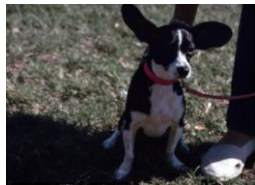
What is a Parkinson plus syndrome? When Parkinson symptoms are associated with memory loss, cognitive disorders, dementia, orthostatic hypotension, etc. This Parkinson plus syndromes can include Multiple Systems Atrophy, Shy Drager disease, and other parkinsonisms.

Francisco Santander
Internal Medicine

[Shy Drager Disease Review](#)



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Qi Gong – Body Mind Breath Meditation Exercise Overview and Research

By [Spence Pentland](#)

Today Qigong is most often referred to as any set of breathing and Qi circulation techniques that are capable of improving health, preventing illness, and strengthening the body. Qigong is slow meditative exercise for the body, the breath, and the mind.

‘Qi’ is the vital force behind everything, everything is ‘Qi’ at differing densities; quoting Einstein, “matter = energy times the speed of light squared”. ‘Gong’ is cultivation, effect, attainment. Qigong can be translated as ‘cultivation of vital force’. It regulates the balance of Yin Yang energy returning the body to a balanced, normal physiological state.

In Traditional Chinese Medicine (TCM), the human body is treated as an integral system of interrelated networks with different physiological functions. This integral system uses the energy pathways to link the organs and other human systems into a unified whole, making the communication and interaction between parts of the body possible. The energy that flows in the energy pathways is called Qi. It extends internally to the organs and externally throughout the body, completing and interrelated system of networks.

Traditional Chinese Medical Qigong is a compilation of effective preventative, healing, and strengthening exercises derived from a long history of the Chinese peoples experience with nature and living in harmony with it.

Qigong is studied not merely for the health and strength of the body, but as an attempt to understand human nature and its interactions with the environment and the universe as a whole. Realizing that humans are part of nature, any attempt to understand human physiology inevitably involves the study of wholism.

From commoners to scientists, martial artists to government officials. Qigong studies span the masses of the Chinese population.

Supporting Research into the Health Benefits of Qigong

Qi Gong is a practice which combines relaxing movement, breathing and visualization. It is a tool to make Qi circulate in order to preserve one's health, cure diseases and prolong life. The consistent practice has been shown to foster development of a profound inner calmness and non-reactivity of the mind, allowing individuals to face, and even embrace, all aspects of daily life, regardless of circumstances.

Science has proven the complementary healing effects of Qigong in medical science. Qigong can relieve chronic pain (including low back (6)), reduce tension, increase activities of our immune system (even at the genetic level (2)), improve heart health, mediates neuroendocrine responses (10), improve eyesight, and influence blood flow & biochemistry (1, 2, 5, 6, 7, 10). There is also proof of its positive effects on depression (4), and stabilization of the autonomic nervous system and the emotional state (5). It induces a state of relaxation via the induction of alpha brain waves and the release of serotonin (8). Jang & Lee randomized study put forth Qigong as an effective complementary therapy for managing the symptoms of PMS (9). It has also been concluded that visualization was an effective intervention for long-term smoking cessation and abstinence in adult smokers (3). The Division for Research and Education in Complementary and Integrative Medical Therapies, Harvard Medical School, study of the 'Use of mind-body medical therapies' stated that 'much opportunity exists to increase use of mind-body therapies for indications with demonstrated efficacy' (11).

The cultivation or preservation of ones health through the complimentary practice of Qigong plays an integral part in any persons path to wellness and the accomplishment of their goals. Join a class, read a book, buy a video.

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Sing More - Stress Less!
By [Beth Lawrence](#)

The next time you feel stressed and overwhelmed, take a deep breath, and start singing!

Research has proven that breaking into good old-fashioned song can release "pleasure" hormones, called endorphins, which have been proven to reduce the harmful effects of stress on mind and body. And although bursting out with your favorite song may not always endear you to your co-workers, it's guaranteed to break the monotony in the workplace!

Doctors believe that singing is valuable aerobic exercise, encouraging better posture and deeper breathing. Using singing therapy as a relaxation technique, a depression treatment, stress and anxiety management, and even a treatment for serious mental health problems is a growing movement in health care. Singing causes endorphins to flow, stimulating good feelings throughout the body as it stimulates brain activity.

I believe that singing can be a literal lifesaver when it comes to the effects of a hectic life style, or in cases of chronic depression. Innately, we all love to sing. As babies, it was our earliest form of communication. I've seen people's lives dramatically change when they express themselves in song. It's really powerful.

At my studio in Midway, Utah, I also work with Parkinson's patients who often experience vocal challenges, and I find that with any chronic condition there tends to be depression. With voice and singing therapy, my Parkinson's disease patients not only have fun, but also overcome their communication problems. Patients leave each session in a great mood, and just love what singing does for them on so many levels!

So, the next time you're feeling that it's time for that mid-afternoon nap, remember that singing encourages deep breathing, which brings more oxygen to the brain, and can be a healthy alternative to a potentially unhealthy caffeinated drink. Do something good for yourself! Singing is fun, beneficial to health and heart, and doesn't cost a penny! Here's some good advice: sing more, stress less!

©2006 Beth Lawrence is the only expert in the country teaching The Integrated Voice method, a holistic approach to voice coaching and therapy honoring the connection of body, mind and spirit. Beth is the CEO of Viva La Voice, a company offering private voice coaching; workshops in the performing arts, and music camps for women. To learn more: <http://www.vivalavoice.com/>

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The Facts About Glutathione and Parkinson's Disease

By Priya Shah

Parkinson's Disease (PD), a devastating illness, occurs in one of every 100 people over 65.

It is a slowly progressing disease of the nervous system that results in progressive destruction of brain cells (neurons) in an area of the brain called the substantia nigra. Death occurs usually as a result of secondary complications such as infection.

One of the mechanisms known to destroy neurons is damage by free radicals or reactive oxygen species - destructive molecules produced by oxidation of the neurotransmitter dopamine.

The Role of Dopamine

The cells of the substantia nigra use dopamine - a chemical messenger between brain or nerve cells - to communicate with cells in another region of the brain called the striatum.

When nigral cells are lost, nigral dopamine levels fall, resulting in a decrease in striatal dopamine.

The typical symptoms of PD - motor function deficiencies characterized by muscle rigidity, jerky movements, rhythmic resting tremors - are the result of low levels of striatal dopamine.

Most dopaminergic drugs used to treat PD, are aimed at temporarily replenishing or mimicking dopamine. They improve some symptoms, but do not restore normal brain function nor halt brain cell destruction.

Dopaminergic drugs are generally effective at first in reducing many PD symptoms, but over time they lose their effect.

They also cause severe side effects because they overstimulate nerve cells elsewhere in the body and cause confusion, hallucinations, nausea and fluctuations in the movement of limbs.

The Role of Antioxidants

When dopaminergic neurons are lost in the course of Parkinson's disease, the metabolism of dopamine is increased - which in turn increases the formation of highly neurotoxic hydroxyl radicals.

The most important free radical scavenger in the cells of the substantia nigra is the powerful brain antioxidant, glutathione. Glutathione levels in PD patients are low.

And as we age, levels of glutathione in the dopaminergic neurons of the substantia nigra decreases. This appears to hasten cell death and advance the progression of PD.

At least 80 percent of the substantia nigra cells are lost before symptoms of Parkinson's disease

become apparent. This is why it becomes essential to protect or maintain these cells under oxidative stress.

How does Glutathione help in Parkinson's Disease?

Several factors explain why glutathione is so beneficial in Parkinson's disease.

1. Glutathione increases the sensitivity of the brain to dopamine. So although glutathione doesn't raise dopamine levels, it allows the dopamine in the brain to be more effective.
2. Glutathione's powerful antioxidant activity protects the brain from free radical damage.
3. An even more intriguing benefit of glutathione lies in its powerful detoxification ability.

It's a well known fact that most Parkinson's patients are deficient in their ability to detoxify chemicals to which they are exposed.

The unfortunate few who harbor an inherited flaw in their detoxification pathways are at far greater risk to the brain damaging effects of a wide variety of toxins.

Glutathione is one of the most important components of the liver's detoxification system. Glutathione therapy is one of the most effective techniques for enhancing liver and brain detoxification.

Glutathione treatments considerably improve some of the symptoms of Parkinson's disease including difficulties with rigidity, walking, movement, coordination and speech. A marked reduction of tremor has been observed as well as a decrease in depression.

Glutathione and N-acetyl-L-cysteine (a glutathione precursor) have been shown to be very effective in protecting the nerves in the substantia nigra from being destroyed by oxidative stress.

Glutathione Therapy in Parkinson's Disease

The practical problem in increasing glutathione levels is that taking glutathione itself as a supplement does not boost cellular glutathione levels, since glutathione breaks down in the digestive tract before it reaches the cells.

However, intravenous glutathione therapy and taking glutathione precursors are both effective in boosting intracellular levels of glutathione.

Intravenous Glutathione Therapy:

Intravenous glutathione injections have been shown to have amazing and quick results.

Dr. David Perlmutter, a pioneer in this therapy, has developed a protocol utilized at the Perlmutter Health Center for administering intravenous glutathione to Parkinson's patients.

Following even a single dosage of intravenous glutathione - often in as little as 15 minutes - the ability to walk, turn around and move their arms is almost completely restored.

Glutathione Precursors:

Dietary antioxidants and supplements that increase cellular glutathione, such as alpha lipoic acid, NAC, pycnogenol, the herb silymarin (milk thistle), are effective in restoring normal function.

N-acetyl-cysteine (NAC) and un-denatured, whey protein both supply glutathione precursors intracellularly, enhance the body's production of glutathione and aid the detoxification process.

Other nutritional supplements which aid the detoxification process include selenium, vitamins E and C.

Read the detailed report with references on [Parkinson's Disease and Glutathione](#)

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About the author: Priya Shah is the Editor of [The Glutathione Report](#), a newsletter featuring regular updates on the health benefits of glutathione. Get a [Free report on Glutathione in Health and Disease](#). Article Source: http://EzineArticles.com/?expert=Priya_Shah



The Real Truth About Caffeine & Parkinson's Disease

By [Marina Kushner](#)

Once a medical study was published on the application of caffeine for treating Parkinson's disease, it stirred up a lot of controversy. I can't help but think that caffeine has a high cost, even if it does help. In my book "The Truth about Caffeine" I explain that extravagant caffeine consumption depletes the dopamine neurons. Since caffeine is known to be addictive, you may start out having a moderate amount, yet later on, the amount keeps growing. Caffeine's stimulation becomes nullified as the body adjusts to it, leaving no option except to consume more for it to work. Even still, a lot of caffeine can cause harm and take away life.

Known worldwide as a brain energizer, caffeine unlocks dopamine, sending strong emotions, motivation, and keen awareness. Similar to various drugs, caffeine is sought after for a fast surge of dopamine, as it stimulates our brain. As the chief neuro-transmitter, dopamine performs as a messenger for the brain, taking care of the energy levels, vigilance, acuity, ability to

respond, spontaneity and similar functions. Even so, dopamine in addition, determines stimulant addiction.

The body's growth of dopamine manufacturing brain cells is greatly diminished, as dopamine gets depleted with a massive consumption of caffeine. Then, comes a feeling of being exhausted and worn out. Then, to regain that good feeling, more caffeine is ingested. The outflow of dopamine neurons keeps going while caught in this cycle.

The process of aging's taking away dopamine is greatly increased with caffeine consumption. A large reduction of dopamine neurons is termed Parkinson's disease. Caffeine can be beneficial for those who suffer from Parkinson disease because caffeine stimulates dopamine release. Previous to seeing any signs of this diseases, 70 to 80 percent of dopamine neurons have vanished.

Damage to your health in all sorts of areas can stem from caffeine. The adrenal glands empty as caffeine expands the production of our tension hormones. A single caffeinated drink is plenty to start the brain, pituitary gland, sending messages to the adrenal gland to let out the tension hormones adrenalin and cortisol directly into our bloodstream.

Most often, in an emergency situation, a surge of warm blood flow is felt, as our stress hormones are sent out. The stimulation delivered from caffeine is really from a stress hormone. As a effective stimulant as well as an irritant, caffeine alerts the body's defense mechanisms which send out our stress hormones. But, eventually, this defense mechanism weakens.

Relentless false adrenalin sent by caffeine consumption, wears out the glands until they can not secrete enough hormones. Looking to experience the former adrenalin jolt, a caffeine user begins to increase his caffeine consumption, placing more pressure on the glands, which cannot cope with the addict' demands. These events will not go on without consequences.

Gradually, adrenal depletion occurs for caffeine consumers. Negative changes happen in the correct operation of the immune, endocrine, and nervous system as daily overproduction of tension hormones, which too much are poisonous, gradually altering the blood makeup.

Any or all of these situations may eventually happen; chronic fatigue, increased insulin and blood sugar levels, weight gain, increased blood pressure, irritation, stress, depression, sleeping disorder, common viral infections, ulcers, thinning of the skin, bone loss, thyroid problems, and other dangerous signs of severe health difficulties.

Marina Kushner is the founder of the Caffeine Awareness Alliance and author of [Truth About Caffeine](#), the book explores the historical and social impact of the drug throughout the ages while offering healthy alternatives to its usage. More information is available at worthwhilecause@yahoo.com



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Using Meditation for Health Benefits

By Roy Thomsitt

Meditation has for many centuries been associated with spiritual health and a general sense of well being. Those in the Eastern countries, where meditation has always been widely practiced, may have recognized its holistic effect, and the direct part meditating can play in good physical health as well as spiritual.

In Western countries, though, there has mostly been a dismissive attitude to the part the practice of meditation can play in health. In fact, any benefit from meditating was mostly derided until recently. Health, of course, is the profession of doctors and support professionals, so while doctors have been widely dismissive of meditation as a health aid, it is not surprising the general public in Western countries have followed their lead.

In some ways, though, those traditional attitudes of the medical profession do not stand up to close examination. How often have you heard of a patient being told, on being examined, that there is nothing wrong, "it is all in the mind"? There you have a doctor saying, without hesitation, that the patient's symptoms are all in the mind; they come from the brain and are not "real". So, if they acknowledge so readily that the mind creates symptoms, why dismiss entirely that the mind cannot also play a part in cures or improvements in health?

It has also been common for doctors to dismiss some improvements to a patient's symptoms, when taking a non-drug treatment, that it is merely a placebo effect. In other words, the improvement is "all in the mind". On these occasions, the doctors, in trying to dismiss the patient's health improvement, are acknowledging that the patient's own mind has brought about that improvement.

The human mind, of course, is in contact with the whole of the body 24 hours a day, so if you look at it from that angle, the mind and body, physical and mental health, are all inextricably linked at all times. As meditation helps to establish more self control over your mind, it does leave wide open the possibility that meditating can be used to affect health. In recent years, some health practitioners have come to realise that meditation can have some health benefits, and these are the areas where interest has been most focused:

1. Most modern doctors will acknowledge that stress is a source of health problems, and some now acknowledge that meditation can reduce stress and help people to relax.
2. There has been some study into blood pressure being lowered during meditation. That is one positive use of meditation on health that I can vouch for, as I have measured my own blood pressure during meditation, and brought my diastolic reading down by 10 points or more, on several occasions.

It is good to read that some hospitals and doctors are incorporating some stress reduction therapies, such as meditation and massage, into their every day activities. In fact, my first experience of yoga meditation was 10 years ago, in a class organised jointly by the local hospital and council. I was the only "baby", being under 50, in the class, which was aimed at those with some physical restriction (in my case fused vertebrae) and thus attracted mostly those in their late 60's, 70's and 80's. All felt some benefit from the sessions, including two

patients with Parkinson's disease. No miracle cures, but they did say it helped them.

While there is a lack of scientific study into meditation and health, it is probably wise not to ignore the possible benefits to your health in meditating, especially as a preventative measure against stress. For specific health problems, you should follow your doctor's advice, but there is no reason you should not ask if meditation, or other relaxation techniques, may help you. These days, you may be surprised by his or her answer.

This [benefits of meditation](#) article was written by Roy Thomsitt, owner and part author of the Routes To [Self Improvement](#) website.

Article Source: http://EzineArticles.com/?expert=Roy_Thomsitt



Why Constipation Is Too Dangerous To Ignore

By [Scott L Baker](#)

There is probably no condition that goes untreated as often as constipation. Nor is there any condition that occurs with greater overall frequency than constipation. While the symptoms of constipation are relatively mild and tend to be limited to: difficulty passing stool, hard or dry stool, and infrequent bowel movements. In more severe cases, constipation may also include nausea, severe abdominal or lower back pain, and even bloody stool.

Constipation is a very common condition because it can be caused by a large number of factors. In the vast majority of cases, poor diet and a lack of physical exercise are thought to be the cause of the constipation-and where not the actual cause, at least contributing factors. Dairy products, greasy foods, alcohol, and caffeine are just a few of the products we consume that can lead to constipation problems. Chronic constipation is a real possibility when improper nutrition and poor lifestyle have been consistent issues.

Common Constipation Causes

While chronic constipation problems are usually the result of poor diet and lifestyle, temporary constipation can be caused by a host of factors. A heavy night of drinking can cause dehydration which will result in hard, dry stool. A new pain medication or antidepressant may also lead to regularity problems. Stress is a huge cause of constipation and one of the big reasons for its frequency. Simply withholding bowel movements (a common cause of childhood constipation) can lead to infrequency. But, while all of these things and more may lead to temporary constipation, the good news is that it will go away once the cause has been addressed. It is chronic constipation problems that are the real cause for concern as they can be a sign of a much larger and potentially more dangerous medical issue.

Medical Conditions That Cause Constipation

Chronic constipation is a problem in and of itself because it can cause bacteria and toxins to build up in the body because stool is not being evacuated from the body. In time, these bacteria will spread throughout the body via the blood stream and cause infections and other medical problems. Septicemia may result so that the entire body is fighting infections in multiple locations and death may be possible unless antibiotics can help the immune system regain control. Aside from this, chronic constipation is a problem because it often signals the presence of another medical issue.

Diabetes is a condition where the body is unable to properly regulate blood glucose levels via insulin. A side effect of diabetes is dehydration which then leads to the constipation which is often present with diabetes. Proper treatment will reduce the blood glucose spikes and reduce dehydration but it may still be necessary to hydrate more than normal to prevent constipation problems from arising.

In addition to diabetes, there are a number of neurological conditions that cause constipation problems. Multiple Sclerosis, Parkinson's Disease, strokes, and spinal cord injuries have all been known to cause constipation. But unlike diabetes where the constipation is caused by dehydration, this is not the case with neurological disorders. Instead, the constipation arises due to the brain not sending the right signals to muscles in the intestines and gastrointestinal tract.

In order for the body to have normal bowel movements, Peristaltic Action is necessary. Peristaltic Action is the natural movement within the body that pushes food from the stomach into the intestines. Afterwards, the action pushes the waste from the intestines through the colon and out the rectum. When signals from the brain are not sent or received properly, Peristaltic Action will not occur properly and constipation is the result. Even though the medications to treat neurological disorders may aid in the transmission of the signals, they may still cause constipation due to dehydration.

Chronic constipation, however, is most often the result of poor diet or a blockage in the gastrointestinal tract. A blockage, or fecal impaction, is caused when the feces that clings to the walls of the colon and intestines builds up to the point of causing an obstruction. When this occurs, waste will not pass beyond the fecal impaction and pressure will begin to build on the abdomen and lower back. If the waste is not evacuated from the body in a timely fashion, the blood stream will begin to reabsorb the bacteria present in the waste. This will lead to a general weakening of the entire immune system and leave your body susceptible to infection and disease. If the blockage is not removed and too much waste backs up, a massive infection will begin to rage in the body and a person will develop septicemia. Death is a very real possibility once septicemia has begun.

Eating a diet rich in fiber will help prevent the onset of chronic constipation. Fiber helps add bulk to stool while also drawing water into the gastrointestinal tract and softening stool in the process. Fiber will help keep the gastrointestinal tract clear but it will not help remove the feces clinging to the sides of the colon and intestines. Therefore, the potential for future blockages and chronic constipation remain.

One of the surest ways to reduce chances for future blockages is to periodically employ a colon cleanser. A colon cleanser will not only eliminate current blockages, it will also help prevent future ones as well. This is because a colon cleanser will also help remove the feces clinging to

the walls and thus reduce chances for future fecal impactions. However, it is important to remember that the colon cleanser should be made with all natural ingredients. Colon cleansers that are not made with all natural ingredients may contain harsh chemicals that may lead to dehydration or other harmful side effects.

While short term constipation will always be a factor that people have to contend with, it is generally not severe and tends to go away once the cause has been addressed. [Chronic constipation](#) may be the signal of a more serious medical condition like diabetes or the result of a fecal impaction. Because it is much more likely a fecal impaction causing the problem, it is important to eat a diet rich in fiber and to use an all natural colon cleanser periodically to prevent chronic constipation and the build up of bacteria that can cause more serious health problems.

Scott Baker writes for New Colon Sweep an all natural constipation and colon cleanse product that uses oxygen wrapped in a vitamin coating to release the oxygen which cleanses the colon, GI track and blood stream.

Article Source: http://EzineArticles.com/?expert=Scott_L_Baker



Yoga Tips for Managing Anxiety and Cultivating Positive Energy **By [Paul Jerard](#)**

Pranayama is a wonderful method to reduce anxiety. Pranayama originates from two Sanskrit words, "Prana," which means universal energy, and "Yama," which means restraint.

In effect, Pranayama is the cultivation of universal energy through breath. You have the ability, within your being, to make sure the energy you cultivate is positive, with the help of Pranayama and a positive mental attitude.

There are many methods for the cultivation of Prana to choose from, but let's start with a deep natural breath. This is the "breath of infants." When you watch a baby in the crib, notice how the stomach rises as he or she inhales. Then notice that the navel draws to the spine on an exhale.

This is "natural breath," but this can often feel unnatural to adults, who have unconsciously been practicing a "half breath" from the diaphragm to the nose or mouth. The half breath does not allow for complete expansion at the bottom of the lungs.

In effect, the half breath method would not be good for Yoga students, who have high blood pressure. Natural breath has wonderful blood pressure benefits, but could not be considered a cure. Why not?

Most people, who learn the natural breathing technique, will not be able to instill this Pranayama method as a regular daily habit; let alone practice it all day, and every day - especially, if the Yoga student in question has a life full of stress.

So, how many times should someone practice natural breath to reduce anxiety? To achieve tranquility, natural breath should be practiced every day, at least eight times per day for 3 to 5 minute sessions. This should yield optimum results within a week, but it must become a habit.

Another way to cultivate positive energy is to reverse the, "Why me," mindset; how many times have you heard somebody say - "Why me?"

Let's take a close look at "Why me," and put a positive "spin" on it. Why are we so lucky? Why do we have Internet access? Why do we live at a time, so full of opportunities?

Many of the most optimistic people, I know, are my Chair Yoga students from within the Providence, Rhode Island area and in the Greater Attleboro, Massachusetts area.

Some of these Yoga students have ailments, diseases, and health conditions such as: Cancer, Alzheimer's disease, stroke, high blood pressure, Parkinson's, Frederick's Ataxia Syndrome, and a variety of heart problems.

To practice any form of Yoga, with such grace, and to the best of your ability, is a monumental task. When I hear anyone, who can walk, or easily stand on two feet, make statements such as, "Life isn't fair" and "I don't have enough time to take care of my health" - it reminds me of Russell Conwell's book, "Acres of Diamonds."

In a "nutshell," most people do not see how truly lucky they are. Life's treasures are right under our noses. Those who have faced major obstacles in life are the greatest mentors, guides, and teachers any one of us could ever have.

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Article Source: http://EzineArticles.com/?expert=Paul_Jerard



Beware Your Mercury Fillings By [Anita Murray](#)

A friend of mine noticed that one of her two remaining mercury amalgam fillings (silver fillings) in her mouth had a small hole in the center of it. She also had a metallic taste in her mouth, was

more fatigued than usual, and was not sleeping well.

She went to the dentist as soon as possible. He suspected that there was an infection below her root canal. This type of mild, yet ongoing, infection is a common health problem that can go undetected, putting a strain on your immune system.

But my friend insisted that it was the tooth right next to the tooth with the root canal that was the problem.

To my amazement, the dentist asked her to touch the tooth that she suspected, and he tested her arm using Applied Kinesiology. (This is the same muscle-testing technique that I teach for detecting food sensitivities.) Then he had her touch the other tooth that he suspected, the one right next to it that has a root canal and cap.

He concurred that the silver (mercury amalgam) filling appeared to be the problem.

The dentist proceeded to remove the last two silver fillings in her mouth. Upon further research, I found that it is usually mercury amalgam fillings that are put under capped or crowned teeth. So, my friend still has one silver filling in her mouth under a cap, on the same tooth that has a root canal. Often, the best thing for one's health may be to remove the whole tooth, as hidden infections can be present under root canals. These hidden infections can compromise your immune system.

Mercury fillings, I'm told, must be disposed of as toxic waste after a dentist removes them. If you have mercury fillings, each time you chew or grind your teeth you are potentially ingesting more poison. The mercury builds up in your brain, pituitary, adrenals, and other parts of the body. Excess mercury in the body is said to contribute to Multiple Sclerosis, Chronic Fatigue, Parkinson's Disease, Alzheimer's, IBS, allergies, and many other diseases.

Mercury from amalgam fillings can permanently damage the brain, kidneys, and immune systems of children.

In one study, there was a link from mercury fillings to gastrointestinal problems, sleep disturbances, concentration problems, memory disturbances, lack of initiative, restlessness, bleeding gums and other mouth disorders.

If you are afraid of going to the dentist and don't want to get mercury fillings removed, consider how much your health may be suffering every day versus suffering just a few hours in a dentist chair.

Please look at having your silver fillings taken out. There are dentists who specialize in mercury amalgam filling removal, in order to prevent further poisoning during the removal process.

Take it slowly, and get your silver fillings replaced with white fillings as they go bad to have them covered by insurance, or as you can afford it. But, please, do see your dentist twice a year to prevent major problems in your mouth that can affect your overall health.

Anita Murray is a Professional Health Coach, Nutritional Consultant, and Founding Editor/Owner

of <http://www.fibromyalgiahope.com/>

To learn more about natural ways to support your health, [take this unique, Interactive E-course](#), entitled "8 PROVEN STRATEGIES FOR LIVING FREE OF FIBROMYALGIA". Discover simple ideas that will change the course of your illness forever.

Article Source: [http://EzineArticles.com/?expert=Anita Murray](http://EzineArticles.com/?expert=Anita_Murray)



Fatty Acids Could Protect Against Parkinson's

By [Mike Freije](#)

Both types of unsaturated fatty acids are contained within neuronal cell membranes and are known to have neuroprotective, antioxidant, and anti-inflammatory properties.

The researchers involved in the new study, published in *Neurology* (2005;64:2040-2045), wanted to build on this knowledge by determining whether a high intake of unsaturated fatty acids might be associated with a lower risk of Parkinson's disease.

Monounsaturated (MUFAs) fatty acids have been shown to help lower LDL (bad) cholesterol when substituted for saturated fat. Sources of MUFAs include olive, canola oils, avocados, peanuts, nuts and seeds.

One of the main forms of polyunsaturated fatty acids (PUFAs) is omega-3, commonly derived from fish, which have been shown to deliver considerable benefits for cardiovascular health and cognitive function. Omega-6 is also essential for human health, found in grains, most plant-based oils, poultry, and eggs.

However the modern diet is more heavily weighted towards omega-6 consumption than omega-3, an imbalance that has led to the growing popularity of the latter in fortified and functional foods and in supplement form.

The new study may give further weight to arguments in favor of the Mediterranean diet, which typically consists of foods rich in both MUFAs and PUFAs since it is based as it is on olive oil, nuts, fresh fish, fruits and vegetables. Three separate studies published this year have highlighted the heart health benefits of this diet, in lowering cholesterol levels, lowering the risk factors for heart disease and boosting longevity.

The new prospective population-based cohort study involved 5,289 people aged 55 or over, all of whom were free of dementia and Parkinson's disease at baseline.

At the start of the trial the participants underwent complete dietary assessment, and the incidence of Parkinson's disease was assessed through repeated in-person examination and continuous monitoring by computer linkage to medical records.

The mean duration of the study was six years, during which time 51 patients were diagnosed with Parkinson's. Higher intakes of total fat, MUFAs, and PUFAs were "significantly associated" with a lower risk of developing the disease, but no associations were found for dietary saturated fat, cholesterol, or trans-fat.

"These findings suggest that high intake of unsaturated fatty acids might protect against Parkinson's disease," concluded the researchers.

Parkinson's disease is a progressive neurological disorder that affects around 6.3 million people worldwide. One in ten cases are diagnosed before the age of 50.

The cause is not understood but it is thought to result from the combined effects of factors including aging, genetic predisposition, and environmental exposures. Symptoms include tremors, stiffness, slow movement and poor coordination and balance.

A study published in the Archives of Neurology (59, pp 1541-1550) in 2002 linking coenzyme-Q10 to a slowing of the progressive disability caused by Parkinson's is thought to have been at least partly responsible for a surge in consumer demand for CoQ10, usually sourced from Japan, in the past three years. Prices are high, however, and supply is short, so the new research may present a viable alternative method of prevention.

A meta-analysis published in this month's issue of the Lancet Neurology (issue 4, pp362-5) underlines evidence that diets rich in vitamin E could also protect against the development of Parkinson's disease.

Mike Freije

<http://www.health-shop.com/>

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Is Natural Healing Effective?

By [Foras Aje](#)

These days natural forms of healing and medicine have evolved into being so much more popular and more of a choice for the health seeker looking for ways to treat maladies.

Perhaps this may be due to the many side-effects associated with most modern day drugs; however it does leave room for the question on whether natural healing is really effective in the first place?

Well, from a guy who previously suffered from marring acne, asthma, lethargy and poor health, I will say natural healing does work, on the condition that it is applied correctly.

Take a look at what I culled up online folks:

An article on the web indicates that in 1997 Americans made 627 million visits to practitioners of alternative medicine and spent \$27 billion of their own money to pay for alternative therapies. In contrast, Americans made only 386 million visits to their family doctor.

Admittedly, even though conventional treatment by the medical fraternity does work well in the case of trauma and emergency, surveys are indicating that it is much less effective when it comes to prevention, chronic disease, and in addressing the mental, emotional, and spiritual needs of an individual.

Moreover, the irony about alternative healing may be that it's not so 'alternative' after all, but rather the actual basis of the health care system.

Here's an analogy to consider; Ayurvedic medicine uses diet, exercise, yoga, meditation, massage, herbs, and medication and, despite its long lineage, is as applicable today as it was 5000 years ago.

For example, the seeds of the *Mucuna pruriens* plant have long been used to treat Parkinson's disease in India; it is now receiving attention in conventional circles as it is more effective than L-dopa (the common Parkinson's disease drug) and has fewer side effects

I will say natural healing can be all the more useful when one looks into detoxifying the body and adhering to a proper diet and lifestyle for health as perhaps nothing could be as responsible for disease and maladies as eating unhealthy food substances.

So logic would depict that the cessation of such a practice and a replacement with a healthier and more productive choice is definitely the route to go.

Well, as mentioned earlier, natural healing is gaining grounds in popularity and who knows in a few decades, not using this choice might be seen as the UNCONVENTIONAL approach.

For now, here's to health.

Foras Aje is an independent researcher and co-founder of BodyHealthSoul LLC. Stop by His Anti-Aging Solutions Blog today for more information on this Article addressing: [Is alternative medicine effective?](#)

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Vitamin B6 - What Do We Need It For?

By [Lisa Murray](#)

Vitamin B6 plays a facilitating role in the immune system and the growth of new cells. It also assists the body in the processing of proteins, fats, and carbohydrates. And do you know that Vitamin B6 can help improve your disposition and balance your mood swings?

Vitamin B6 also helps balance the sodium and potassium in your body—making sure the body utilizes these two minerals effectively. Experts also concur that this vitamin has cancer-fighting properties.

Great sources of Vitamin B6 are brewer's yeast, eggs, chicken, carrots, fish, liver, kidneys, peas, wheat germ, and walnuts.

Vitamin B6 Deficiency

Irritability, nervousness and insomnia as well as general weakness, and skin problems go hand-in-hand with Vitamin B6 deficiency. Symptoms may include unhealthy looking nails, an inflamed tongue, osteoporosis, and arthritis.

Recommended Vitamin B6 Dosage

The Recommended Dietary Allowance (RDA) is 2 mg per day. Take note, an overdose of 2,000 mg per day, may cause neurological damage. In particular, people on Parkinson's disease medication should be very careful with taking Vitamin B6 as it may counteract the medication.

Vitamin B6 is best taken with the rest of the B complex group vitamins, with Vitamin C and most major minerals such as sodium, potassium, and zinc.

Aside from the fact that Vitamin B6 is easily flushed by the body in the urine, it is also extremely sensitive to sunlight, cooking and processing.

Cortisone is this vitamin's worst enemy as it tends to cancel off the vitamin's benefits.

Check out <http://www.123-nutrition.com/> for more advice on [nutritional supplements and vitamins!](#)

Article Source: http://EzineArticles.com/?expert=Lisa_Murray



Top 4 Nutrients For Brain Power

By Raymond Geok Seng Lee

The key strategy for tuning up the nervous system is to provide your body with the nutrients it needs to make healthy nerve cells, to protect them from damage, and to enhance their ability to carry out their functions. The results can be astounding. You can boost your mental alertness, increase concentration, promote learning, enhance both short-term and long-term memory, and keep your senses sharp. Your brain requires a constant source of high-quality nutrition. The brain is so metabolically active that a deficiency of any of a number of nutrients can lead to poor mental function, depression, or other serious mental disorders. Since the neurons in your brain communicate through neurotransmitters, you need to supply your body with the raw materials needed to keep a constant supply of neurotransmitters available. There are more than fifty known neurotransmitters. Some are found only in the central nervous system, while others are active there and elsewhere in the body. Here are some nutrients for boosting your brain and nerve function.

1. *Boost Choline Intake*

Choline, a B vitamin-like substance, is a crucial ingredient in the membranes found in every one of your cells. Dietary or supplementary choline can boost the production of acetylcholine and thus is important for memory, learning, and mental alertness. Rich food sources of choline include lecithin, peanuts, wheat germ, and soy foods. Choline is also found in good levels in Brussels sprouts, oatmeal, soybeans, cabbage, cauliflower, kale, spinach, lettuce, and potatoes. The best forms of choline for supplementation are phosphatidylcholine, glycerophosphocholine, and cytosine diphosphocholine, but supplementation is usually not necessary if you boost dietary sources.

2. *Boost Your Antioxidant Intake*

Vitamins C and E are found in high levels in the brain and nervous system. Because the brain cells are high in unsaturated fat, they are especially vulnerable to damage by free radicals. There is mounting scientific and clinical evidence that the higher the intake of antioxidants over time, the better the mental function later in life. A high intake of these nutrients is also

associated with a significantly lower risk for both Alzheimer's and Parkinson's disease. Taking 500 to 1,500 mg of vitamin C and 400 to 800 IU of vitamin E is recommended.

3. **Balance Your Electrolytes**

The ability of a nerve to fire depends on the presence of electrolytes - minerals such as potassium, sodium, chloride, and magnesium dissolved in water. They are termed electrolytes to signify their critical role in conducting electricity in the human body. If you have too much sodium and too little potassium in your diet, the imbalance can slow down the ability of neurons to conduct signals. Boosting potassium and magnesium while restricting sodium intake is a very important dietary recommendation for tuning up brain and nervous system function. Eating more whole, unprocessed foods and avoiding high-salt processed foods and table salt is all that is needed for most people to get their potassium and sodium in balance.

4. **Take B Vitamins**

These vitamins are crucial for brain and nerve function. B1 and B2 help control the use of glucose by neurons. They also help your body make fatty acids needed to preserve the integrity of nerve cell membranes. Along with vitamin B5, they are important for making acetylcholine and thus for helping memory function. Vitamin B2 (niacin) is vital for proper mental function. People who suffer from niacin deficiency often exhibit signs of dementia. Vitamin B6 (pyridoxine) acts like a biological shuttle service, ferrying amino acids into the brain for its use in making neurotransmitters. Lack of B6 can cause abnormal brain wave patterns and a decrease in nervous system activity. Vitamin B12 helps your brain make use of carbohydrates and proteins. It is also vital for producing the myelin sheath that protects the axons of your nerve cells. Folic acid works as a partner with vitamin B12 in many biochemical processes in the brain, including the manufacture of neurotransmitters like serotonin and dopamine. Impaired mental acuity (or dementia) and depression are common symptoms of folic acid or B12 deficiency. Deficiencies of these nutrients are common, especially in elderly subjects, and are an often overlooked cause of dementia and depression.

Raymond Lee Geok Seng is one of the foremost experts in the health and fitness industry and is a writer specializing in body health, muscle development and dieting. He has spent countless of time and efforts conducting research and share his insightful and powerful secrets to benefit men and women all over the world. He is currently the author of the latest edition of "Neck Exercises and Workouts." Visit <http://www.bodyfixes.com/> for more information.

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The Healing Power of Your Next Meal

By [Charles Remington](#)

Early man knew that his Creator made provisions for healing that dated back 5,000 years ago. The first recorded writings of Indian culture, called The Veda's, document man's knowledge of healing through nutrition. Bible scriptures from 3,500 years ago show man divinely inspired to write, "God would bless his food and water and take sickness from among them" (Exodus 23:25). As a nutritionist, I have witnessed thousands of patients be restored to health from disorders ranging from gastric disturbances, intestinal conditions, type II diabetes, hypertension, obesity and other diseases. By developing a healthy nutritional lifestyle we can bring a balance and harmony back to our human existence and it can begin with the next meal you eat.

To understand the healing power of your next meal, you must have a basic knowledge of the process foods we eat have on digestion, absorption and elimination. Digestion of carbohydrates begins in the mouth, both by mechanical breaking down of food and chemical digestion through the salivary enzyme amylase. In the stomach, gastric juices consisting of hydrochloric acid and pepsin start to digest proteins, and the partially digested food turns into a paste like substance called chyme. As the chyme is released into the small intestine, digestive bile from the liver, gallbladder and pancreatic enzymes, along with enzymes from the exocrine cells in the mucosa of the small intestine complete the digestion of proteins, carbohydrates and fats. The digested food is now absorbed by the intestinal wall lining called the villi and enters into the blood stream. The nutrient void food then moves into the large intestine, where there is an absorption of water and electrolytes and the formation, storage and elimination of feces.

I have walked you through the digestive process because maintaining good gastrointestinal and intestinal health depends on proper digestion. The following factors, eating slowly, regular scheduling of meals and balanced macro-nutrition (30% protein, 50% high fiber, low glycemic carbohydrates and 20% essential fatty acid fats), can restore health to the stomach lining and improve the detoxification function of intestines. This will prevent unnecessary entrance of toxins into the blood and maintain good colon health. Each healing meal should also provide essential micro-nutrients (vitamins, minerals, enzymes and important phytochemicals from plant-based fruits, vegetables and whole grains). These photochemicals, though classified as nonessential, are receiving much of the recent scientific research moving us from the mind-set of foods preventing deficiencies, to foods healing a disease and promoting longevity.

Plants, like humans, are susceptible to disease and viruses and have developed their own protective substances, called phytochemicals. Mounting research reveals that many phytochemicals also protect humans from cancers and diseases. The following is a list of foods, which provide protective plant chemicals and the conditions they protect us from, and the research to support its claims.

Whole Grains - The best sources are wheat, rice, barley, oats and rye. Whole grains are the seeds of the plant and consist of an outer shell called the bran, the middle called the endosperm and inner called the germ. Whole grains are excellent sources of folate, B vitamins, magnesium, iron, copper, zinc, chromium, phosphorus and Vitamin E. Folate helps decrease levels of the amino acid homocysteine in the blood. High levels of homocysteine in the bloodstream are linked to risk of heart disease. Whole grains contain phytochemicals called phytosterols, phenolic acid and lignans. Studies have shown that whole grains reduce the risk of several cancers and type II diabetes. They lower cholesterol, reducing the risk of heart disease and they reduce inflammation, lowering the risk of cardiovascular disease. In a recent study at the University of Utah, Dr. Martha Slattery found that high intakes of whole grains, especially high

fiber cereals, reduced the risk of rectal cancer by 31%. A high fiber diet (more than 34 grams daily) reduced rectal cancer by 66%. In a recent study at Tufts University, Dr. Nicola McKeown reported participants who consumed at least three servings daily of whole grains are less likely to develop insulin resistance and metabolic syndrome which are precursors of type II diabetes and cardiovascular disease. Whole grains are an excellent source of fiber, both insoluble and soluble. In a recent study reported by Harvard School of Public Health, Doctor Qi and colleagues found that women with diabetes that consumed more whole grains, bran and cereal fiber had lower blood vessel inflammation that has been linked to heart disease.

Dark Colored Fruits and Vegetables - They are part of the largest group of phytochemicals called flavonoids. They are characterized by dark colored fruits and vegetables and the best sources are, blueberries, strawberries, cranberries, bilberries, blackberries, apples, red and black grapes, eggplant, peppers, broccoli and onions. There are more than 4,000 flavonoids and they are broken into subgroups called anthocyanidins, proanthocyanidins, polyphenolic acid, quercetin, ellagic acid and tannins. Studies show that dark colored fruits and vegetables are powerful anti-oxidants, some having fifty times the antioxidant activity of both vitamin C and vitamin E. Studies show that flavonoids in fruits and vegetables reduce the risk of arthritis, atherosclerosis, diabetes and cancers. They protect the collagen protein in joints and blood vessels from free radical damage, which reduces edema, varicose veins and hemorrhoids. A recent study reported by Cornell University showed the flavonoid, quercetin found in apples could protect the brain against neuro-degenerative diseases like Alzheimer's and Parkinson's. This was a follow up to an earlier study at Cornell University by Professor Lee, who found that the photochemical in apples and berries has a stronger antioxidant protective effect than Vitamin C against colon and liver cancer cells. Blueberries have 40% more antioxidant than the next highest strawberries. Neuroscientist, James Joseph from Tufts University, discovered in addition to fighting disease and cancer, blueberries prevented short-term memory loss that accompanies aging.

Legumes - They are in a group of vegetables that include beans, peas, lentils and soybeans. Legumes are rich in folate and fiber. They become a complete protein when combined with whole grains such as rice, wheat, barley and oats. Legumes are packed with phytochemicals, phytosterols, saponins, lignans and isoflavones. Legumes help prevent breast, prostate and colon cancers. Soybeans contain substances that destroy beta carotene, vitamin B-12 and vitamin D. Beans and peas have an anti vitamin D compound. It is a good practice to balance the consumption of legumes with fresh fruits and yellow and dark green vegetables to provide beta carotene, Vitamin B-12, and whole grain cereals. Recent findings from the University of Illinois under the direction of Professor Singlary, show saponins found in soybeans, garbanzo beans and navy beans, reduce the risk of colon cancer. Isoflavones found in soybeans, chickpeas and other legumes gained attention, when researchers reported women in Japan and China who eat diets high in isoflavones reported fewer menopausal symptoms and lower incidence of heart disease and osteoporosis, than Western women who consumed less. Studies show the high soluble fiber in legumes lower cholesterol levels. Lima beans, kidney beans, navy beans, soybeans and other legumes can all help lower your cholesterol, according to James W. Anderson, M.D., an expert in cholesterol research who is professor of medicine and clinical nutrition at the University of Kentucky College of Medicine in Lexington. The reason these high-fiber legumes are so effective is because they also contain pectin. In one study, Dr. Anderson asked men to eat 1-1/2 cups of cooked beans a day. The result? Their cholesterol plummeted 20 percent in just three weeks.

Red, Orange and Yellow Fruits and Vegetables - They are in a group of fruits and vegetables called carotenoids. Carotenoids are found in all plant foods. In simple terms, the greater the intensity of color, the higher the level of carotenoids. Carotenoids are rich in antioxidants and are found in tomatoes, sweet potatoes, oranges, grapefruits, and summer squash, along with many others. Carotenoids contain the phytochemicals, alpha-carotene, beta-carotene, lycopene and lutein. Carotenoids provide many health benefits which include growth and repair of tissue and help our bodies fight bacteria and infection. Some carotenoids can be converted to Vitamin A, especially the beta-carotenoids. As potent antioxidants, carotenoids prevent free radical cells from damaging DNA, through oxidation. This is an important factor in cancer prevention. Studies show that carotenoids may lower the risk of heart disease, stroke and help to avoid diverticulitis, cataracts and macular degeneration. A six-year Harvard Medical study of 48,000 men, showed that the phytochemical, lycopene, found in tomatoes, reduced the risk of prostate cancer by 34% over men who eat less. The study also showed the processing of the tomato into sauce or paste, increased the lycopene's bio availability.

Cruciferous Vegetables - They are from the plant family called Brassica, which consists of broccoli, brussels sprouts, cabbage, cauliflower, kale and several others. Cruciferous vegetables contain a sulfur compound called glucosinolates. When glucosinolates are chopped or chewed they release the phytochemicals; isothiocyanates and indoles. High intakes of cruciferous vegetables have been associated with lower risk of lung cancer and cancer of the colon. It's believed that glucosinolate hydrolysis may alter the metabolism of sex hormones in a way that inhibits the formation of hormone influenced cancers like prostate and breast cancers. Recent studies from Georgetown University Medical Center, under the direction of Fung-Lung Chung, have found that glucosinolates help to both eliminate carcinogenic toxins in the body and encourage the self-destruction of precancerous cells. Researchers from the Fred Hutchinson Cancer Research Center in Seattle reported that men who eat 1.5 cups of cruciferous vegetables a week can reduce the prostate cancer risk by 40%. Researchers concluded the phytochemical, isothiocyanates, help produce enzymes that destroy cancer causing cells

Anti-Bacterial Vegetables - They come from the subgroup of cruciferous vegetables called thiosulfonates. They are found in onions, garlic, leeks and shallots. Unfortunately they are looked down upon because of their strong sulfur odor, but what might keep your friends away is what keeps the bacteria and viruses away. They contain the phytochemical allylic sulfides, which block the activity of toxins produced by bacteria and viruses. Allylic sulfides protect the immune system, lower the risk for some cancers and lower cholesterol. They act as a natural antibiotic against viruses, bacteria and parasites. Researchers at Johns Hopkins University reported that phytochemicals found in garlic and onion kill *pylori*, the bacterium responsible for most gastric and stomach ulcers and stomach cancers. When cooking with good oils, like olive oil, heat changes its structure into trans-fatty acids or bad fats. Adding garlic or onions to the oil will keep this degradation from occurring for up to 20 minutes.

In closing, I encourage all who have an ear to listen to enlarge your belief and purpose for what you eat at your next meal. Looking beyond it will keep you a certain size or satisfy some physical or behavioral hunger, but that your next meal can start to heal you, or better yet prevent a disease from forming. The best offense against disease is a good defense. It's much easier to prevent than to repair. Stop thinking that the squeaky hinge gets the oil and take action before you squeak. Healing is a process and it can start with the healing power of your next meal.

Charles Remington - Nutritionist - Author Charlie is the author of a nutritional software program that has sold more than 100,000 units since 1995. He starred in a nationally broadcast television infomercial that in 1997 was recognized by the Jordan Whitney report as one of the twenty five-popular infomercials in the U.S.A. Mr. Remington's expertise and passion have been well demonstrated on several National Television talk shows, as well as regional news broadcasts

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The 10 Most Common Toxins In The Human Body

By Sid McCarthy

Over a lifetime (or in the case of an ecological disaster, an alarmingly short time), the human body assimilates a number of toxins. Some of these are in such trace amounts that we really needn't worry about them, but it is still wise to avoid as many toxins in the diet and the environment as possible. Here are ten of the most common toxins found in human blood and cells:

Free Radicals

These are the toxic waste products of the process of oxidation within our bodies. Oxidation (like rust on iron) is what causes the deterioration of cells, like a bruised apple when it goes brown and mushy. This goes on at a cellular level within the human body and accelerates the aging process.

The effects of free radicals can be reduced by the consumption of anti-oxidant-rich red, orange and yellow fruits and vegetables, along with increasing our exercise and eating less.

Mercury

The commonest sources of Mercury are amalgam fillings and the eating of large marine fish such as tuna. Mercury is implicated in Parkinson's disease, Alzheimer's, heart failure, irregular heartbeat and even some cancers. There is debate as to whether it is worthwhile to have amalgam fillings removed and replaced. Similarly, the health benefits of eating oily marine fish should be weighed carefully against the risks of mercury consumption.

Sugar

Refined sugar is known as "the white death". We all know it's bad for us, that it contains calories without nutrients. Too much of it can cause insulin resistance, diabetes. The answer is simple;

eat less white sugar.

Caffeine

Many people enjoy caffeinated drinks and find that they give them a much-needed "high" in times of fatigue. Don't forget that caffeine is quite a powerful drug and taking yourself off it can cause quite severe withdrawal symptoms. Some people are "allergic" to caffeine and it can cause irrational mood swings and exacerbation of PMS, even heartbeat irregularities. Best to wean yourself off it.

C-Reactive Protein

Perhaps it is wrong to consider this a toxin in itself, but its presence in the blood is an indicator of inflammation in the body. A high reading of C-Reactive Protein in the blood can indicate a propensity to heart attack. It is elevated by infections, inflammatory conditions, insulin resistance, and certain hormones such as those in the contraceptive pill or HRT. It is thought that a preventative dose of aspirin may be effective in reducing the level of C-Reactive Protein.

Cholesterol

A buildup of LDL (low-density lipoprotein) or "bad" cholesterol in the blood is implicated in heart disease via hardening of the arteries. Avoid high cholesterol by eating less saturated fats, exercising regularly, eating supplements rich in plant sterols or (as a last resort) Statins (prescribed cholesterol-lowering drugs).

Cortisol

This is produced by the body at times of worry and stress, therefore it is commonly called the stress hormone. Eliminate cortisol by exercising, laughing, relaxing, enjoying a hobby and not allowing your own personal stresses to fester and thrive within you!

Pesticides

We encounter these in our own gardens (unless we garden totally organically) and on most bought fruits and vegetables. At least trace amounts are probably found in most people's bodies. Either buy organic or make sure you thoroughly wash any fruit and veg you buy.

Dioxins

These are unwanted byproducts of heating processes and can increase cancer risks. They are suspected as contributory factors in diabetes, low sperm counts and behavioral problems. They are everywhere so it is hard to avoid them on an individual level. Buying organic produce and avoiding saturated animal fats (which tend to harbor dioxins) may help.

Homocysteine

Homocysteine is an amino acid. It can contribute to the risks of heart disease, Alzheimer's,

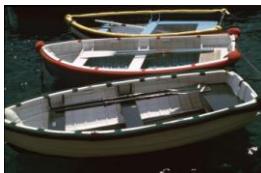
furring of the arteries, toxicity in pregnancy, or even birth defects.

Its build-up can be caused by kidney disease, genetics or vitamin deficiencies. Supplementation of Vitamins B12, B6 and Folic Acid may be wise. These vitamins enable the conversion of homocysteine into less dangerous amino-acids in the body.

We are all exposed to toxins in the environment and our food over our lifetimes. Some are easy to avoid, others less so. Clean living and regular detox programs are probably the best we can do to avoid overexposure to toxins.

Sid McCarthy is a writer specializing in health and nutrition who contributes to a variety of websites including [Good Nutrition](#) Center. [Almighty Cleanse](#) is a gentle yet effective colon cleansing system that helps eliminate toxins from the body.

Article Source: http://EzineArticles.com/?expert=Sid_McCarthy



Do you have Heavy Metal Toxins trapped inside your body? The answer is YES!

By [Adrian Goad](#)

Get The Lead Out!

Do you currently have heavy metal toxins trapped inside your body? The answer is YES!

So what is a “heavy metal” and what do I need to know? If you’re thinking of Ozzy Osbourne or Ted Nugent, you’re not alone. The truth is that most people do not fully understand the real dangers of heavy metal poisons and just how common they are in our modern world. Fortunately, you can take steps to understand and minimize such threats through simple acts of education, prevention, and treatment that will help to lessen any negative impact on you and your family’s health.

Remember chemistry class?

Heavy metals are simply a certain class of metallic elements. Our bodies require trace amounts of some heavy metals, including copper, zinc, and others, but even these can be dangerous at high levels. Other heavy metals such as mercury, lead, arsenic, and cadmium have no known benefits, and their accumulation over time can cause serious illness and even premature death. The industrialization of our world has dramatically increased the overall environmental 'load' of heavy metal toxins. Today, heavy metals are abundant in our air, soil, and even drinking water.

They are present in virtually every area of modern life from construction materials to cosmetics, medicines, processed foods, fuel, appliances, and even personal care products. It is very difficult for anyone to avoid exposure. However, you can take steps to understand and minimize this threat through acts of prevention and treatment that will help to lessen their negative impact on you and your family's health.

Heavy metal toxins contribute to a variety of adverse health effects. There are over 20 different known heavy metal toxins that can impact human health. Accumulation within the body can lead to a decline in the mental, cognitive, and physical health of the individual. The following paragraphs discuss three of the most common and dangerous heavy metal toxins:

Arsenic

The use of this toxic element in numerous industrial processes has resulted in its presence in many biological and ecological systems. Ground, surface, and drinking water are susceptible to arsenic poisoning from the use of arsenic in smelting, refining, galvanizing, and power plants; environmental contaminants like pesticides, herbicides, insecticides, fungicides, desiccants, wood preservatives, and animal feed additives; and human made hazardous waste sites, chemical wastes, and antibiotics. After the absorption of arsenic compounds, the primary areas of distribution are the liver, kidneys, lung, spleen, aorta, and skin. Arsenic compounds are also readily deposited in the hair and nails.

Arsenic is a highly toxic element that has been used historically for purposes of suicide and homicide. Its health effects are well known and documented. Acute exposure to arsenic compounds can cause nausea, anorexia, vomiting, abdominal pain, muscle cramps, diarrhea, and burning of the mouth and throat. Garlic-like breath, malaise, and fatigue have also been seen while contact dermatitis, skin lesions, and skin irritation, are seen in individuals who come into direct tactile contact with arsenic compounds. Studies have shown close associations between both inhaled and ingested arsenic and cancer rates. Cancers of the skin, liver, respiratory tract, and gastrointestinal tract are well documented in regards to arsenic exposure. Several arsenic compounds have been classified by the US Environmental Protection Agency as a Class A - Human Carcinogen (IARC 1987).

Lead

Lead is the 5th most utilized metal in the U.S. Human exposure to lead occurs primarily through drinking water, airborne lead-containing particulates, and lead-based paints. The primary source of lead in drinking water is from lead-based plumbing materials. The corrosion of such materials will continue to increase concentrations of lead in municipal drinking water. The EPA actually allows small amounts of lead to be present in our tap water due to this insurmountable problem. Lead from water and airborne sources have been shown to accumulate in agricultural areas leading to increased concentrations in agricultural produce and farm animals. Cigarette smoke is also a significant source of lead exposure.

Lead is one of the most toxic elements naturally occurring on Earth. High concentrations of lead can cause irreversible brain damage, seizure, coma, and death if not treated immediately. Evidence suggests that lead may cause fatigue, irritability, memory problems, reduction in sensory and motor reaction times, decision making impairment, and lapses in concentration. In adults, lead is very detrimental to the cardiovascular system. Occupationally exposed

individuals tend to have higher blood pressure and are at an increased risk for cardiovascular disease, myocardial infarction, and stroke. The kidneys are targets of lead toxicity and prone to impairment at moderate to high levels of lead concentrations. Other signs/symptoms of lead toxicity include gastrointestinal disturbances, abdominal pain, cramps, constipation, anorexia and weight loss, immunosuppression, and some liver impairment.

Children absorb lead much more efficiently than adults do after exposure and are susceptible to the most damaging effects of lead toxicity. Lead not only appears to affect cognitive development of young children but also other areas of neuropsychological function. Young children exposed to lead may exhibit mental retardation, learning difficulties, shortened attention spans (ADHD), increased behavioral problems (aggressive behaviors) and reduced physical growth. Lead has been determined by many health experts to be the #1 threat to developing children in our industrial societies.

Mercury

Mercury occurs primarily in two forms: organic mercury and inorganic mercury. Inorganic mercury and elemental mercury are both toxins that can produce a wide range of adverse health affects. Inorganic mercury is used in thermometers, barometers, dental fillings, batteries, electrical wiring and switches, fluorescent light bulbs, pesticides, fungicides, vaccines, paint, skin-tightening creams, antiseptic creams, pharmaceutical drugs, and other ointments. Humans have the ability to convert this inorganic mercury to an organic form once it has become absorbed into the bloodstream. Organic mercury is known to bio-accumulate due they body's inability to process and eliminate it. Organic mercury is found primarily in marine life (fish) and can often be found in produce, farm animals, processed grains, dairy products, and surface water sources.

Occupational exposure to mercury containing compounds presents a significant health risk to individuals. Dentists, painters, fishermen, electricians, pharmaceutical/laboratories workers, farmers, factory workers, miners, chemists, and beauticians are just some of the professions chronically exposed to mercury compounds.

Our understanding of the effects of methyl mercury poisoning comes primarily from epidemic poisonings in Iraq and Japan. In Iraq more than 6,000 individuals were hospitalized and 459 died as a result of methyl mercury poisoning. Adults experienced symptoms including parasthesia visual disorders, ataxia, fatigue, tremor, hearing disorders (deafness), and coma. Observations of exposed individuals have shown irreversible brain damage. Iraqi children poisoned through the consumption of mercury containing food products (grains treated with mercury containing fungicides) exhibited nervous system impairment, visual and auditory disorders, weakness, motor and cognitive impairment, and emotional disturbances. Individuals in Japan experienced many of these same symptoms after the ingestion of fish containing large amounts of methyl mercury.

Mercury has recently been implicated as being a contributing factor to the increasing prevalence of autism in American children. The Autism Research Institute has focused on mercury containing vaccines (TMS) and their relationship to autism. Over 2 million individuals are affected with autism, a neurodevelopment syndrome that typically produces impairment in sociality, communication, and sensory/perceptual processes. Recent evidence has found a positive correlation between complications seen in autistics and complications seen in mercury

poisoned individuals (Bernard et al. 2000). Mercury poisoning has been implicated in the development of many other human dysfunctional states for many years. Among these are cerebral palsy, amyotrophic lateral sclerosis (ALS), Parkinson's disease, psychosis, and chronic fatigue syndrome (CFS).

Other heavy metal toxins include Aluminum, Antimony, Barium, Bismuth, Cadmium, Cesium, Nickel, Platinum, Rubidium, Thorium, Tin, Tungsten, and Uranium.

How to Safely Remove Heavy Metal Toxins:

We are just now beginning to understand the threat of long-term exposure to heavy metal toxins. However heavy metal toxicity is a condition that often goes overlooked in traditional medical diagnoses. Heavy metal toxins have the ability to impair not just a single cell or tissue but many of the body's systems that are responsible for our behavior, mental health, and proper physiological functioning. If undetected, these agents can cause immeasurable pain and suffering for any afflicted individual. Fortunately, there are avenues that we can pursue to detoxify heavy metals already in our system and to prevent additional exposures.

Testing Options:

Various forms of testing include urine, stool, hair, and blood analysis. Each method has different pros and cons and applications. Although testing is recommended for the patient to monitor their toxin exposure and elimination, it is not required for a successful removal.

Blood tests are useful for identifying ongoing chronic exposures. However, blood testing is not a good method for identifying past exposures stored in the body's tissues.

Hair testing measures the body's excretion of toxic metals over a long period of time. The length of hair determines what time period is being averaged.

Urine and Stool testing also measures the body's excretion of toxic metals, but is primarily a measure of recent exposure, usually during the last few days.

Provocation Testing is widely considered the most conclusive method. This testing involves the use of a detoxification agent, followed by a collection of urine. This test tells you two important facts: 1.) The metal was present in the body, and 2) It demonstrates that the detoxification agent can remove it. It is best to first take a baseline urine sample, followed by the provoked sample. This allows one to directly compare the effects of a provocation agent.

Removal Options

Traditional Chelation:

Popular therapies known as "chelation" often rely on intravenous (IV) solutions to help eliminate heavy metal toxins. EDTA, DMSA, and DMPS are three compounds that have traditionally been used for the removal of heavy metals. These therapies have been shown to be effective, but also potentially harmful due to their side-effects that compromise the body's nutritional status via mineral depletion. These therapies can also be very expensive, very time consuming, and

extremely difficult for young children.

All Natural Zeolite:

An exciting, newly patented oral chelation option utilizes a purified form of the zeolite mineral, clinoptilite. Zeolite is a natural mineral formed over thousands of years from the combination of volcanic ash and sea water. Due to its negatively charged 3-D honeycomb-like structure, it acts as a 'cage' that allows it to trap a variety of harmful toxins and heavy metals. It has been shown to be incredibly effective in the removal of heavy metal toxins, but without the dangers of removing critical minerals. In fact, in animal studies it has been shown to actually improve their overall nutritional status. It is also conveniently administered in the form of liquid drops that can be added to water or any other liquid, and it does not require prescription or oversight by a physician.

Purified zeolite also offers other health benefits as a pH buffering agent as well as its ability to remove some allergens and viral components from the body. Anecdotal evidence and ongoing clinical studies also support the use of purified zeolite in preventing and treating most forms of cancer.

It is important to note that not all zeolite products are created equal. Only one product carries a United States Patent which protects the process used to purify the mineral. Because zeolite attracts heavy metals and toxins literally like a magnet, it is already "dirty" from exposure to environmental toxins while in its natural state. The patented purification process cleans the zeolite structure resulting in a much more powerful and inherently safe form of the mineral.

Adrian Goad is the founder of <http://www.allnaturalprevention.com/>, a website dedicated to prevention using all natural products, effective technologies, timeless wisdom, and common sense. To learn more about purified zeolite and heavy metal testing, please visit: <http://www.allnaturalprevention.com/pages/oral-chelation.htm>

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