

HEALTH TIPS BY VIPUL DESAI



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SURATIUNDHIYU

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THIS IS VIPUL DESAI'S COLLECTION

Everybody should understand and then use the medicines under some specialist guidance. I just have collected it from various sources and I am not a medical professional.

Try it with your own risk.

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FOLLOWING DISEASES HAS BEEN EXPLAINED IN DETAILS

DIABETES

HEART ATTACK

CANCER

DIABETES:

WHAT SHOULD MY BLOOD SUGAR BE?

You and your doctor will decide what your target blood sugar levels should be.

For people without diabetes, according to experts, blood sugar levels should be:

Between 70 and 120 mg/ dL

For people with type 2 - diabetes:

Fasting (not eating for a period of time): up to 130 mg/dL

After meals: less than 180 mg/dL

Home Remedies for Diabetes

Diabetes is a chronic health problem which is caused by elevated blood sugar contents. Blood sugar or glucose is needed to supply energy for every cell in the body. If glucose levels become too elevated, then they become toxic to the brain and other organs. Diabetes is characterized by elevated blood glucose levels and by the excretion of excess glucose in the urine. The absolute or relative lack of insulin can lead to abnormal metabolism of carbohydrates, fat and proteins.

Diabetes is described as a "prosperity disease" as it is caused by over-eating and consequent obesity. It is caused not just by overeating of sugar and carbohydrates, but also of proteins and fats, as they are also transformed to sugar when taken in excess. Excess food taxes the pancreas and eventually paralyzes its normal functioning. Grief, worry and anxiety can also cause fluctuations in sugar metabolism. Grave diseases like cancer, tuberculosis and cerebral diseases can trigger diabetes. Heredity plays a major role in causing diabetes as well.

There are three types of diabetes.

Type 1 diabetes affects children mostly and type three or gestational diabetes occurs during pregnancy.

Type 2 - diabetes is the most prevalent and also called adult-onset or non-insulin dependent diabetes. In this case, the body produces sufficient insulin, but the insulin and the glucose it transports cannot effectively enter into cells. Gestational diabetes affects pregnant women.

Diabetes Symptoms

Diabetes goes undetected for a long time as they do not produce serious, obvious symptoms. Do watch out for strong thirst, frequent urination, excessive appetite, weight loss, fatigue, irritability and blurred vision. In diabetics, the urine maybe pale in color, with an acidic reaction and a sweet odor. They also look pale, may suffer from secondary issues like anemia, constipation, intense itching around the genital region, palpitations and general weakness.

Diabetes - Lifestyle Choices

Regular exercise is one of the best ways to help the cells use glucose efficiently and keep the

blood sugar from climbing to dangerous levels. Exercise also helps the body to lose weight and use insulin more effectively. In the long term, it may also reduce insulin resistance. Instead of eating three large meals, have several smaller meals throughout the day to keep insulin and blood sugar steady. Do not go longer than three hours without eating. Don't smoke or expose yourself to second hand smoke. Diabetics are more vulnerable to heart and kidney damage, both of which are linked to smoking. Poor circulation and nerve damage can lead to foot ulcers in diabetics. Ensure good circulation in the feet by wearing shoes that fit well.

Diabetes - Dietary Guideline

Eat foods that are rich in fiber. Fiber slows intestinal absorption of sugar and smoothes out blood sugar levels. Pears, beans, barley, blackberries and chick-peas are some sources of fiber.

Okra is prescribed in Ayurveda as a remedy for blood sugar. Okra is quite delicious as a steamed or roasted vegetable.

Prickly pear cactus is available in the Mexican sections of the grocery store. The pads can be diced and used in a salad or taco. It helps with diabetes, obesity and elevated blood cholesterol.

Dandelion greens are hypoglycemic and they can be juiced or chopped into salads and soups. Ingesting dandelion can improve lipid profiles, cholesterol and triglycerides in diabetic patients.

Cinnamon, nutmeg, cashew, cayenne, ginger, turmeric, bay leaf, coriander seed, turnip, lettuce, cabbage, cranberry, papaya fruit, millet, Jerusalem artichoke, barley, oats and buckwheat are a few other foods helpful for a diabetic. Incorporate some of them into your diet every day.

Diabetes - Healing with Natural Ingredients

Turmeric aids Diabetes

One tsp of turmeric is added to some gooseberry (Amla) juice and this mixture is consumed every day. Alternatively, turmeric extracts or capsules can be taken. This is very effective in normalizing the blood glucose levels and reducing insulin resistance. Other Turmeric home remedies.

Fenugreek lowers Blood Sugar

Fenugreek is a good blood-sugar lowering herb. It is also cheap and can be easily worked into dishes. It has high soluble fiber content and alkaloids, which help with delayed gastric

emptying, slow carbohydrate absorption and glucose transport. It may also increase the number of insulin receptors in red blood cells and improve glucose utilization in peripheral tissues, thus showing anti-diabetic properties in the pancreas and other organs. Other Fenugreek home remedies.

Onion and Garlic help Sugar Metabolism

Onions and garlic are significant hypoglycemic. The allicin and diallyl disulphide chemicals present in these lower glucose levels by competing with insulin in the liver. They not only help with insulin normalization, but also provide significant cardiovascular benefits as well. Other Garlic home remedies .

Cinnamon helps Type 2 Diabetes

Cinnamon is beneficial to Type 2 diabetes as it can reduce blood sugar levels and increase the body's natural production of insulin. It can also improve cholesterol metabolism, remove artery-damaging free radicals from the blood and improve the functioning of the blood vessels. Try to consume half a teaspoon of cinnamon before breakfast, for about 40 days. You can also add cinnamon in your diet by sprinkling it in your cereal, tea or entree. Other Cinnamon home remedies.

Aloe Vera for Diabetes

Aloe juice is believed to lower blood sugar levels in people with type 2 diabetes. Aloe contains two chemicals - mannose and glucomannon; mannose helps open up the blood vessels and glucomannon helps in triglyceride production. Other Aloe home remedies.

Chicory contains Dietary Fiber

Chicory is very beneficial to diabetics as it contains Inulin, a fiber that has a low glycemic index and controls blood sugar levels. It can be used as a sweetener and added to beverages. It not only helps with blood sugar, but also reduces the serum LDL cholesterol levels in the blood. Other Chicory home remedies. .

Neem reduces Insulin dependency

Neem can reduce insulin requirements without altering blood glucose levels. Regular consumption of neem decoction or neem tablets is an effective alternative therapy for diabetes. Other Neem home remedies.

Amla reduces Blood Sugar

One teaspoon of Amla juice mixed with a cup of bitter gourd juice is prescribed by naturopaths as it stimulates the Pancreas and it will secrete enough insulin for reducing blood sugar. Amla seeds or dried Amla is equally invaluable for the control of Diabetes. Other Amla

home remedies.

Mangoes for Diabetics

Diabetics fear ripe mangoes for their high sugar content! But, mango leaves help normalize insulin levels in the blood. Boil a few mango leaves in water and allow it to saturate through the night. Consume the filtered decoction in the morning for diabetic home remedy. Alternatively, dry mango leaves, powder and store. Add about a teaspoon and boil in water and consume the filtered decoction. Other Mango home remedies.

Ashwagandha may help Diabetic Neuropathy

Ashwagandha, renowned for its adaptogenic and anti-inflammatory properties are very effective in cases of diabetic neuropathy. It improves the weakness, fatigue and weight loss due to diabetes. Other Ashwagandha home remedies.

Tinospora help for Diabetes

Tinospora is very effective in resolving the symptoms of diabetes. Boil the stem pieces in 500 ml of water for 30 minutes. Drink 50 ml of this extract twice daily for a month. There will be a marked improvement in the condition. Other Tinospora home remedies.

Bitter Gourd lowers Sugar

Bitter gourd or Karela (in Hindi) or balsam pear is a vegetable grown in Asia, Africa and South America. It contains a hypoglycemic or insulin-like principle, termed as "plant insulin". It has been found to lower blood and urine sugar levels. Bitter gourd contains a lectin which links together with insulin receptors and provide a way for managing Type 2 diabetes. Excessive usage of bitter melon can cause diarrhea and abdominal discomfort. People with hypoglycemia or low sugar levels should not take this.

Gymnema kills Sugar Cravings

Gurmar, another name for Gymnema; means "killer of sweet" in Sanskrit. It can lower blood sugar, blood fats, triglycerides, and cholesterol, and repair the liver, kidney and muscle tissues. It shows potential for fixing pancreas malfunction, raising insulin output to normal levels. It also acts on taste buds and the surface of the intestines, and reduces the appeal for sugary foods. It is promising herb for both Type I and Type II diabetes.

Stevia, the better sweetner

Stevia is thirty times sweeter than sugar and yet has 1 calorie per 10 leaves, and it is totally natural. It has a long history of use in South America and holds promise as a sweetener for diabetics. It has been found to lower blood sugar and blood pressure. It also does not cause tooth decay like regular sugars.

Green Tea's role in Diabetes

Green Tea contain catechins and epicatechins, plant compounds belonging to the flavonol category. They are powerful antioxidants and found to be beneficial for diabetes. Green tea can be consumed as a beverage, or a decaffeinated version can be ingested as capsules.

Apple Cider Vinegar usage for Diabetes

Apple cider vinegar has shown to reduce the raise of blood sugar after the consumption of a high carbohydrate meal. Fermented foods like apple cider vinegar that contain acetic acid has been shown to lower blood sugar by helping store excess glucose in the liver, thus reducing the body's rate of glucose production and absorption. Try to purchase a vinegar that is least processed and dark. Two teaspoons of apple cider vinegar can be diluted in a cup of water and taken before the meal. You could also add the vinegar to your salad or main course.

Diabetes Treatment - Ayurvedic and Natural Diabetes Control and Treatments

- Mix and grind seeds of Fenugreek (*Trigonella foenum-graecum*)(100 gm), turmeric (50gm), white pepper. Take one teaspoon of this powder with a glass of milk twice daily.
- The bitter gourd is regarded as the best remedy for diabetes. Drinking at least one tablespoon of bitter gourd juice daily will reduce blood sugar levels in your blood and urine.
- Having bitter gourd cooked in ghee for a period of three months will bring the diabetes down by a significant amount.(Ghee - Melted Butter,Bitter gourd (Latin *Momordica charantia*) is also called Balsam pear o, bitter melon,Bitter gourd, Bitter cucumber
- A tablespoon of Indian gooseberry juice mixed with a cup of fresh bitter-gourd juice, taken daily for two months will enable the pancreas to secrete insulin.
- Drinking a glass of water with 10 tulsi leaves, 10 neem leaves (*Azadirachta indica*)and 10 baelpatras early morning on an empty stomach helps in keeping sugar levels under control (Baelpatra= Bael leaf .Latin name : *Aegle Marmelos* Local Name : Bael, bhel, bilwa, belaphal, Bengal Quince Parts Used : Fruits & Leaves Distribution : Bael tree is found throughout India in each and every place.)
- Put one cup of water into a copper vessel at night, and drink the water in the morning.

Diabetes - Treating with Vitamins

Vitamin C

Vitamin C helps prevent the sugar inside the cells from converting to sorbitol, a sugar alcohol that cells can neither burn for energy nor move out. Vitamin C may also be beneficial in diminishing the damage to proteins caused by free radicals. Dietary sorbitol is not a danger to diabetics though, as it is poorly absorbed and is not transported into the cells. Citrus fruits, guava and papaya are rich in Vitamin C.

Vitamin E

Diabetics need more anti-oxidant protection than normal, Vitamin E helps alleviate some of those risks to the heart. Diabetics are two to four times more vulnerable to heart conditions. Vitamin E reduces the tendency for sugar to stick to proteins in the blood and can lower the percentage of triglycerides.

Magnesium

Magnesium is Anti-diabetic: It helps release insulin, maintenance of pancreatic insulin production cells, and maintenance of affinity and number of insulin receptors

Chromium

Deficiency in Chromium not only affects sugar metabolism, but worsen the secondary symptoms of numbness, tingling and pain in the hands and legs. Chromium is a key player in sugar metabolism and hooks up with insulin in transporting sugar through the cell membrane and into the cell. Brewer's yeast, wheat germ, whole grains, cheese, soy products, onions and garlic are rich in chromium.

B Complex Vitamins

Vitamin B6, B12 and Biotin have important roles to play in sugar metabolism. Vitamin B6 deficiency can cause glucose intolerance, there is an abnormal increase in blood sugar after eating. People with diabetes tend to be low in B Vitamins, partly because the disease uses up most of them or they are improperly absorbed and excreted in the urine

Symptoms of Diabetes

Diabetes is a serious illness that if left untreated could lead to amputation and blindness. This fatal disease afflicts more than 20 million Americans. The sad fact is that about one third of these people are not aware that they are suffering from diabetes and necessary treatment will only be started when the disease has already affected major organs of the body.

Diabetes, just like any other diseases needs to be treated early to avoid serious complications. It is therefore necessary to know the symptoms of diabetes. However, experiencing one or two of these symptoms does not necessarily mean that you have this dreaded disease. Likewise, some people who are afflicted with diabetes may not suffer from any symptoms at all.

It was scientifically proven that diabetes can be inherited. If a family member is a diabetic, you may be at risk too. Apart from being aware of the symptoms of diabetes, regular check up and blood sugar monitoring will make certain that you do not have diabetes.

Below are the most common diabetes symptoms:

- Frequent urination
- Constant hunger and thirst
- Unusual and unexplained weight loss
- Blurred vision
- Scrapes or a wound that takes a long time to heal
- Muscle aches and pains/tingling sensation on feet and hands
- Itchy and dry skin
- Irritability
- Excessive fatigue
- Erectile dysfunction/vaginal yeast infection
- Sweet or sugary smelling breath

A lot of people may overlook these symptoms as one can be the result of another. For instance, a person may urinate more as he is often thirsty and drinks a lot. As mentioned before, having one or two of these symptoms of diabetes may not mean that you are suffering from diabetes as the symptoms you feel may be related to others diseases. But these symptoms would serve as wake up call for you to make an appointment with a doctor. Serious complications can occur if these symptoms are ignored.

What Causes Diabetes?

If a friend or a loved one was diagnosed to have diabetes, you may have wondered how and why they got this disease called diabetes. You may have a friend with an amputated leg and someone you know have lost her/his vision due to diabetes. Understanding the causes of diabetes will be a big help in preventing this life threatening disease.

Despite the advancement in science, medical practitioners are still baffled as to the causes of diabetes. Heredity was once thought to be one of the major causes of diabetes as it was noted that children of diabetic parents are more prone to developing this disease. This notion however, was disputed by the fact that not all members of a family with history of diabetes suffer from this disease. Other factors are also known to play a major role in the development of diabetes.

Diet is one of the major causes of diabetes. The body needs a balanced diet so that energy that is vital to the performance of the bodily function is produced. However, too much carbohydrates, proteins as well as fat is destructive to the body as this will hamper the pancreas from insulin secretion. Insufficient insulin secretion would result to higher blood sugar levels.

An obese person is susceptible to diabetes as the body is more resistant to insulin. The function of insulin is to let the sugar in the blood enter the tissue cells. Excessive body fat hinders this insulin function thus higher blood sugar levels would result.

Higher blood sugar levels can also result from viral infection. Coxsackie B virus that infects the pancreas would impair insulin secretion. Age is also noted to be one of the causes of diabetes. When you get older, you are more predisposed to contracting this disease. This is due to the fact that less active older people gain weight due to their sedentary lifestyle. Pancreatic dysfunction will occur when older people gain weight.

Type 1 Diabetes

In healthy normal individuals, the food consumed will be broken down to glucose. Glucose is the source of energy needed by the body cells to perform growth, repair, movement and other bodily functions. But before glucose can be used as fuel by the cells, it has to enter the bloodstream. Insulin is needed to accomplish this function.

Healthy people with normally functioning pancreas will produce the right amount of insulin needed to move glucose into the cells. People with Type 1 diabetes cannot produce insulin. This kind of diabetes is considered to be an autoimmune disease. The body's immune systems attacks and permanently destroys the insulin producing beta cells. Since the pancreas can no longer produce insulin, sugar in the blood can no longer be transported to the cells therefore resulting to high sugar levels. Ultimately, this sugar build up will have detrimental effects to the blood vessels as well as to the other organs of the body.

Type 1 diabetes is also known as juvenile diabetes as oftentimes this type of diabetes is diagnosed in children. Being diagnosed with Type 1 diabetes is scary as this disease cannot be totally cured, it can only be controlled. This would mean a life time dependence on insulin injections. Four or more readings have to be made every day to carefully monitor the blood sugar levels. Depending on the readings, the right amount of insulin has to be injected to counteract the effects of diabetes.

Type 1 diabetes is a serious disease as this increases the risk of contracting heart diseases, kidney failures, nerve damage, vision disorders and a host of other life threatening disorders.

However, this is not a reason to lose hope as a person diagnosed with this type of diabetes can still live a long normal life with proper medical management.

Type 2 Diabetes

Type 1 and type 2 Diabetes are typified by high sugar level in the blood but less in the cells where it is needed most. In type 1, the pancreas cannot produce insulin because the beta cells (which produce Insulin) are destroyed. In type 2, diabetes would result if less insulin is produced or if the insulin is ignored by the cells.

Of the two types of diabetes, type 2 is considered to be the "lesser evil" as unlike type 1, this is non-insulin dependent. Type 2 diabetes also happens gradually. This could be the reason why a lot of people inflicted with this non-insulin dependent diabetes would ignore the symptoms until serious life threatening complications have developed.

Do you have skin lesions and scratches that take a long time to heal? Do you have a recurring urinary tract infection? The white blood cells serve as the body's soldiers that ward off infection. This could mean that the white blood cells are not functioning properly.

Do you need to frequently use the bathroom? And no matter how much you drink, do you still hanker for more water? Are you experiencing blurred vision? Severe dehydration can occur if the blood sugar level is high because the body is prevented from absorbing the water you have consumed.

Do you have a family history of diabetes? People who have diabetic family members are more prone to acquire this disease.

If you have answered yes to the questions, it is highly possible that you have type 2 Diabetes. Don't procrastinate; consult your doctor at once! You need to have your blood sugar level tested as this is the only way by which you can effectively manage diabetes. The good thing about this non-insulin dependent diabetes is the fact that with the correct diet of diabetic food and exercise weight can be reduced. This is very vital to fight and control this disease.

Juvenile Diabetes

What would you do if you were notified by your kid's teacher that your precious baby have gone into a diabetic coma? Being diagnosed with diabetes is hard enough for an adult but diabetes in children would be more difficult.

Insulin dependent diabetes mellitus (IDDM) or juvenile diabetes is commonly known as type 1 diabetes. Juvenile diabetes is diagnosed in children and in young adults under the age of 30.

Although rare, older people may also suffer from type 1 diabetes. It would be hard to detect if your child has IDDM symptoms given that kids are naturally active and would not manifest any weakness until the disease is on its advance stage.

However, type 1 diabetes is more serious than the prevalent type 2 and it is doubly necessary to look out for the symptoms in your child as early detection would naturally prevent the occurrence of life threatening complications.

Frequent urination and excessive thirst is a common symptom of the disease. The excess sugar makes a child extremely thirsty and would demand to drink very often to compensate. Since they are taking in more water, they would naturally need to go to the bathroom more often. Another symptom of juvenile diabetes is blurred vision. The child may also feel numb and tingling hands and feet but just like blurred vision, this too would be hard to detect since the child may not be aware that what he is feeling is not normal.

Wounds and bruises that take a long time to heal is a visible indication of IDDM. Watch out if your child who has a normally happy disposition is suddenly showing extreme mood swings. The kid's constant need for food may be taken as growth spurt but you should be concerned if in spite of the food intake the kid is still losing weight. If you see these signs in your kid, it would be best to contact a physician at once as diabetes is a serious illness that can impair your kid's life. However, the child can live a normal life if the disease is treated at once.

Diabetes Insipidus

More often than not, when we hear of diabetes, we think of low sugar diets, insulin production deficiencies, insulin shots, and similar ideas. Diabetes, however, can occur without lack of insulin production and high blood sugar level.

Diabetes Insipidus, a less prevalent disease unlike Diabetes Mellitus is a disease not at all related with the hormone insulin or blood sugar level. While DM is usually called "sugar diabetes", DI is also known as "water diabetes". Primarily, Diabetes Insipidus may present with symptoms similar to DM like polyuria or increased urination frequency and polydipsia or excessive thirst and increase in water intake.

Diabetes Insipidus happens when the pituitary gland located in the brain does not produce enough ADH (Anti-diuretic Hormone). This ADH or vasopressin is the one responsible for controlling the amount of water inside our body. It regulates the amount of urine collected by the kidneys and returns excess water into the bloodstream.

What causes the DI? Usually, brain related injuries may lead to the disruption of the production and storage ability of the posterior pituitary gland (neurohypophysis). Head injury, brain aneurysm, brain infection, brain tumor- these are just few of the predisposing factors for DI.

Monitoring yourself for DI symptoms can be ambiguous- that is, symptoms may lead you to suspect of developing DM instead. Common signs and symptoms include dry skin, constipation, voiding excessive amount of clear urine, extreme urge for fluid intake.

Diabetes Insipidus actually has no natural cure. What a DI patient needs is enough fluid intakes to satisfy his or her thirst. A drug called desmopressin is also administered for those with neurogenic DI. Diagnostic tests are important for a more clear-cut diagnosis of DI since it may be confused with DM considering their symptoms. Still, awareness of the health problem and monitoring one's body is an effective way in diagnosing Diabetes Insipidus the earliest time possible to avoid serious complications.

Diabetes Diets

A no-sugar and a low calorie diet for a diabetic person is nothing but a myth! A diabetic's goal is to keep the blood sugar at a stable and manageable level. However, this does not mean that the diabetes diet puts restriction on foods that are known to raise blood sugar level.

On the other hand, this also would not mean that you are given a free hand on the amount and kind of food you can eat. The goal is to keep the food intake in moderation. There is actually no single diabetes diet for diabetic people. The golden rule of diabetics however, is consuming the same amount of food at the same time of day. This is to ensure that the blood sugar level will not shoot up as the goal of a diabetic person is to maintain a stable blood sugar level.

To do this, a person afflicted with type 1 or type 2 diabetes should eat at least six servings a day of cereal, bread, pasta or starchy vegetables. Carbohydrates on its complex form would take longer to break down into sugar thus blood glucose level will not rise quickly.

Eat at least five kinds of fruits and vegetables daily. Mangoes, grapes, papayas should be eaten in limited amounts as these fruits are high in carbohydrate content. Eating several servings of fruits spread throughout the day will ensure that the blood glucose level will not shoot up.

Consult your doctor before starting on a new diabetes diet. He will be able to prescribe planned meals consisting of the right amount of carbs, protein and fats you need. Don't ever skip meals as this would make your blood sugar level plummet.

It's true, diabetes cannot be cured but it can be controlled! With proper medical management and the right diet, people afflicted with this disease can live normal lives.

Diabetes Recipes

Who says you have to compromise on taste because you are diabetic? Keeping fit and healthy by eating the right kind of lip-smacking food is the trick to fight diabetes. Actually, some foods are off limits to diabetics. This does not mean however, that you have to be contented with bland tasting food.

To be able to continue enjoying your favorite foods, you have to consult a dietitian who will create a meal plan comprising of the food you like to eat. The meal plan will serve as your guide on the kind and the amount of food you can consume. Once you have this plan you can now make use of diabetes recipes to concoct the food you can eat at meal times.

Being diagnosed with diabetes may have forced you to give up the desserts you so love to eat because of their sugar content. This should not be the case as there are many diabetes recipes for desserts. You simply have to buy a cook book for diabetics.

Searching the Net for diabetes recipes can be done with a few clicks of the mouse. Cakes, cookies, bread, salads - just type it on the search bar and a variety of recipes will be offered to you. Some of these recipes may allow you to use small amount of sugar while others may ask you to use sugar substitutes.

A diabetic cookie, a diabetic peanut butter or a diabetic drink is not a license for you to binge...to indulge. Everything should be eaten in moderation. The correct amount of food at the right time will ensure that the blood sugar levels will still be maintained in spite of eating your favorite foods. It does not mean that because you baked a diabetic cake you can eat several slices in one meal. Use your common sense and live a healthy life notwithstanding the restrictions made by the disease.

What Fruits Can A Diabetic Eat?

A bowl of fruit, Diabetics often ask whether it is safe for them to eat large quantities of fruit. Many people suffering from diabetes avoid eating fruit because they are worried about the high sugar content found in most fruits. Fortunately, there are many fruits a diabetic can enjoy which do not significantly affect blood glucose levels.

Good Fruits for Diabetics

Fiber rich foods are general safe for diabetics to eat because they tend to have a lower glycemic index (GI) and therefore do not spike blood sugar levels to the same extent as high GI foods. This is because fiber slows down the absorption of sugar into the blood stream. Fiber rich fruits tend to be fruits with edible skins and seeds as it are these parts of the fruit that are highest in fiber. Fruits high in fiber include (fiber content in brackets): apples (2.5%), pears (2.1%), apricots (2.1%), blueberries (2.7%), kiwifruit (2.1%), pomegranates (3.4%), and avocados (6.7%).

The avocado is not only high in fiber, but is also a rich source of monounsaturated fat. The American Diabetes Association (ADA) recommends a diet high in monounsaturated fat as it can help reduce the risk of cardiovascular disease which is more common in diabetics than the general population. There is also some evidence that a diet rich in monounsaturated fat can improve glycemic control.

Fruits high in fructose, and those with high fructose to glucose ratios are also beneficial to diabetics because fructose does not require insulin to metabolize and therefore can be enjoyed by insulin resistant diabetics. High fructose fruits include apples, pears, guavas, and mangoes, - all of which have fructose to glucose ratios greater than 2.

Along with high fiber and fructose levels, apples have added benefits for people with diabetes. Raw apples contain high amounts of pectin which has been shown to improve glycemic control in diabetics, reducing insulin requirements by up to 50% in some cases.

Grapefruit is another fruit which may be beneficial for diabetics. Grapefruit can promote weight loss which in turn helps reduce insulin resistance. According to the Scripps institute, grapefruit may also help control insulin levels when consumed during meal times.

Bad Fruits for Diabetics

Fruits with high amounts of glucose should be eaten only in small amounts as they can spike blood glucose levels however most can still be enjoyed as part of a healthy diabetic meal plan. High sugar fruits include bananas, dates, grapes, watermelon, and oranges.

Likewise, fruit juices tend to be stripped of the pulpy fibrous parts of the fruit and therefore tend to be very low in fiber and very high in sugar. Many fruit juices manufacturers also add sugar to their fruit juices to the extent that some fruit juices have higher sugar levels than carbonated sodas.

Dried fruits tend to have a significant effect blood sugar levels due to their high sugar content. Canned fruits in syrup also tend to be high in sugar and therefore should be eaten in

moderation or drained of the syrup before consuming. Many fruits are also available canned in their own juices rather than in syrup. These should be used in preference to fruits canned in syrup.

Diabetes Mellitus

Diabetes is a fearful condition which takes over hundred millions of people at a large-scale level. While diabetes is a very common disease today, many are still unaware of its etiology and manifestations. In fact almost half of all those persons inflicted with this disease are unaware that they have it. Avoiding diabetes is a must these days and one way of preventing it from happening is through proper education about the said disease.

Diabetes Mellitus is the most common form of diabetes which strikes about 15 million Americans.

Diabetes mellitus or DM happens when our body fails to regulate the glucose level in our bloodstream. The necessary enzyme for glucose regulation is what we call insulin and in DM patients, insulin production declines which make it hard for our body to control our glucose level. This is one reason why DM patients usually treat themselves with insulin shots.

Diabetes Mellitus brings about many changes in a person's body because too much sugar in our body is detrimental. Most strikingly, it can cause blurred vision which can gradually result to blindness, impairment of immune system which makes infection most likely to happen, numbness is also a common effect due to nerve damage.

There are two types of DM, one being the Type 1 (Insulin Dependent) and the Type 2 (Non-Insulin Dependent). The first is a lesser common form of the disease while the second one affects about 90% of all diabetic patients. The difference between these two types is that the former happens when the body is not capable of producing insulin; while the latter occurs when the pancreas produces very little insulin not enough for glucose metabolism. Both types are extremely dangerous when not treated properly.

Diabetes Mellitus is a relatively treatable disease and one factor contributing to its treatment and control is awareness. Once a person is aware of the predisposing factors of the disease and its signs and symptoms, treatment and control could be done as soon as possible.

Question:

What is the normal range for blood sugar levels, and what blood sugar level constitutes a true emergency?

Answer:

Now, in a normal individual we measure blood sugar under different circumstances. What we call fasting blood sugar or blood glucose levels is usually done six to eight hours after the last meal. So it's most commonly done before breakfast in the morning; and the normal range there is 70 to 100 milligrams per deciliter.

Now when you eat a meal, blood sugar generally rises and in a normal individual it usually does not get above 135 to 140 milligrams per deciliter. So there is a fairly narrow range of blood sugar throughout the entire day.

Now in our diabetic patients we see both low blood sugar levels that we call hypoglycemia, or elevated blood sugars, hyperglycemia. Now, if the blood sugar drops below about 60 or 65 milligrams per deciliter, people will generally get symptoms, which are some shakiness, feeling of hunger, maybe a little racing of the heart and they will usually be transient or if they eat something, it goes away right away. But if blood sugar drops below 50 and can get down as low as 40 or 30 or even 20, then there is a progressive loss of mental function and eventually unconsciousness and seizures. That is very dangerous and a medical emergency.

On the other side, if blood sugar gets up above 180 to 200, then it exceeds the capacity of the kidneys to reabsorb the glucose and we begin to spill glucose into the urine. And if it gets way up high, up in the 400s or even 500s, it can be associated with some alteration in mental function. And in this situation, if it persists for a long time, we can actually see mental changes as well. So either too low or very exceedingly high can cause changes in mental function.

Question:

Is there a special diet or specific eating habits that will prevent my developing type 2 diabetes?

Answer:

There is no one diet that works for everybody. People who are at high risk for diabetes should know their blood sugar and try to keep it normal. They should know their weight and what their ideal weight is for their height and they should work to try to keep that normal. And people with diabetes should know the impact of what they eat on their blood sugar.

People with diabetes often do best to moderate their intake of carbohydrate, because that's the component of the diet that raises the blood sugar. But people with diabetes should try to see a whole health care team that not only includes the doctor but a nurse educator and a nutritionist, because diet really needs to be individualized and to be something that the person could live with. This is a marathon, not a sprint and we urge people to make small changes that they could sustain.

Blood Glucose

A blood glucose test measures the amount of a type of sugar, called glucose, in your blood. Glucose comes from carbohydrate foods. It is the main source of energy used by the body. Insulin is a hormone that helps your body's cells use the glucose. Insulin is produced in the pancreas and released into the blood when the amount of glucose in the blood rises.

Normally, your blood glucose levels increase slightly after you eat. This increase causes your pancreas to release insulin so that your blood glucose levels do not get too high. Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, and blood vessels.

Several different types of blood glucose tests are used.

- Fasting blood sugar (FBS) measures blood glucose after you have not eaten for at least 8 hours. It is often the first test done to check for prediabetes and diabetes.
- 2-hour postprandial blood sugar measures blood glucose exactly 2 hours after you start eating a meal.
- Random blood sugar (RBS) measures blood glucose regardless of when you last ate. Several random measurements may be taken throughout the day. Random testing is useful because glucose levels in healthy people do not vary widely throughout the day. Blood glucose levels that vary widely may mean a problem. This test is also called a casual blood glucose test.
- Oral glucose tolerance test is used to diagnose prediabetes and diabetes. An oral glucose tolerance test is a series of blood glucose measurements taken after you drink a sweet liquid that contains glucose. This test is commonly used to diagnose diabetes that occurs during pregnancy (gestational diabetes). For more information, see the medical test Oral Glucose Tolerance Test. This test is not commonly used to diagnose diabetes in a person who is not pregnant.

Why It Is Done

Blood glucose tests are done to:

- Check for diabetes.
- Monitor treatment of diabetes.
- Check for diabetes that occurs during pregnancy (gestational diabetes).
- Determine if an abnormally low blood sugar level (hypoglycemia) is present. A test to measure blood levels of insulin and a protein called C-peptide may be done along with a blood glucose test to determine the cause of hypoglycemia. For more information, see the medical test C-Peptide.

How to Prepare

Fasting blood sugar (FBS)

For a fasting blood sugar test, do not eat or drink anything other than water for at least 8 hours before the blood sample is taken.

If you have diabetes, you may be asked to wait until you have had your blood tested before taking your morning dose of insulin or diabetes medicine.

2-hour postprandial blood sugar

For a 2-hour postprandial test, start eating a meal exactly 2 hours before the blood sample is taken. A home blood sugar test is the most common way to check 2-hour postprandial blood sugar levels.

Random blood sugar (RBS)

No special preparation is required before having a random blood sugar test.

Talk to your doctor about any concerns you have regarding the need for the test, its risks, how it will be done, or what the results may mean.

How It Is Done

The health professional taking a sample of your blood will:

- Wrap an elastic band around your upper arm to stop the flow of blood. This makes the veins below the band larger so it is easier to put a needle into the vein.

- Clean the needle site with alcohol.
- Put the needle into the vein. More than one needle stick may be needed.
- Attach a tube to the needle to fill it with blood.
- Remove the band from your arm when enough blood is collected.
- Apply a gauze pad or cotton ball over the needle site as the needle is removed.
- Apply pressure to the site and then a bandage.

How It Feels

The blood sample is taken from a vein in your arm. An elastic band is wrapped around your upper arm. It may feel tight. You may feel nothing at all from the needle, or you may feel a quick sting or pinch.

Risks

There is very little risk of a problem from having blood drawn from a vein.

- You may develop a small bruise at the puncture site. You can reduce the risk of bruising by keeping pressure on the site for several minutes after the needle is withdrawn.
- In rare cases, the vein may become inflamed after the blood sample is taken. This condition is called phlebitis and is usually treated with a warm compress applied several times daily.
- Continued bleeding can be a problem for people with bleeding disorders. Aspirin, warfarin (Coumadin), and other blood-thinning medicines can also make bleeding more likely. If you have bleeding or clotting problems, or if you take blood-thinning medicine, tell your health professional before your blood is drawn.

Normal

A blood glucose test measures the amount of a type of sugar, called glucose, in your blood.

Results are often ready in 1 to 2 hours. Glucose levels in a blood sample taken from your vein (called a blood plasma value) may differ a little than glucose levels checked with a finger stick.

Blood glucose	
Fasting blood glucose:	70-99 milligrams per deciliter (3.9-5.5 mmol/L)
2 hours after eating (postprandial):	70-145 mg/dL (3.9-8.1 mmol/L)
Random (casual):	70-125 mg/dL (3.9-6.9 mmol/L)

Normal results may vary from lab to lab. Many conditions can change your blood glucose levels. Your doctor will discuss any significant abnormal results with you in relation to your symptoms and past health.

High values

You may have diabetes. But your doctor will not use just one test result to diagnose you with the condition.

- The American Diabetes Association(ADA) criteria for diagnosing diabetes are met when any of the following results have been repeated on at least two different days:
 - A fasting blood glucose level is 126 mg/dL (7.0 mmol/L) or higher.
 - A 2-hour oral glucose tolerance test result is 200 mg/dL (11.1 mmol/L) or higher. For more information, see the medical test Oral Glucose Tolerance Test.
 - Symptoms of diabetes are present and a random blood glucose test is 200 mg/dL (11.1 mmol/L) or higher. Symptoms of diabetes include increased thirst and frequent urination (especially at night), unexplained increase in appetite, unexplained weight loss, fatigue, erection problems, blurred vision, and tingling or numbness in the hands or feet.
- If your fasting blood glucose level measures in the range of 100 mg/dL (5.6 mmol/L) to 125 mg/dL (6.9 mmol/L), you are considered to have prediabetes (impaired fasting glucose), and you have an increased chance of getting diabetes.
- Other conditions that can cause high blood glucose levels include severe stress, heart attack, stroke, Cushing's syndrome, medicines such as corticosteroids, or excess production of growth hormone (acromegaly).

Low values

A fasting glucose level below 40 mg/dL (2.2 mmol/L) in women or below 50 mg/dL (2.8 mmol/L) in men that is accompanied by symptoms of hypoglycemia may mean you have an insulinoma, a tumor that produces abnormally high amounts of insulin.

Low glucose levels also may be caused by:

- Addison's disease.
- Decreased thyroid hormone levels (hypothyroidism).
- A tumor in the pituitary gland.
- Liver disease, such as cirrhosis.
- Kidney failure.
- Malnutrition or an eating disorder, such as anorexia.
- Medicines used to treat diabetes.

What Affects the Test?

Reasons you may not be able to have the test or why the results may not be helpful include:

- Eating or drinking less than 8 hours before a fasting blood test or less than 2 hours before a 2-hour postprandial test.
- Drinking alcohol.
- Illness or emotional stress, smoking, and caffeine.

Taking a medicine, such as birth control pills, medicines used to treat high blood pressure, phenytoin (Dilantin), furosemide (Lasix), triamterene (Dyrenium, Dyazide), hydrochlorothiazide (Esidrix, Oretic), niacin, propranolol (Inderal), or corticosteroids (prednisone), can cause changes in your test results. Make sure that your doctor knows about any medicines you take and how often you take them.

What to Think About

Other tests are needed to accurately diagnose diabetes. A blood glucose test may not identify some people with prediabetes or early diabetes. Many experts recommend using a glucose tolerance test if your fasting blood glucose level measures in the range of 100 mg/dL (5.6

mmol/L) to 125 mg/dL (6.9 mmol/L). This range is above the normal range but below the range that indicates diabetes. For more information, see the medical test Oral Glucose Tolerance Test.

Glucose levels in urine can also be measured. Many people with diabetes have glucose in their urine. But the level in the blood must be very high before glucose can be detected in the urine. For this reason, tests for glucose in urine are not used to diagnose or monitor diabetes.

If you have diabetes, you will be able to measure your blood glucose levels at home.

A glycohemoglobin test can help monitor the long-term control of blood glucose levels in people with diabetes. This test is the preferred method of monitoring long-term control of blood sugar levels. For more information, see the medical test Glycohemoglobin (GHb).

An oral glucose tolerance test may be done with a blood glucose test to confirm a diagnosis of diabetes. An oral glucose tolerance test is most commonly done to screen pregnant women for gestational diabetes. For more information, see the medical test Oral Glucose Tolerance Test.

Can Diabetics Drink Alcohol?

As a general rule, diabetics are able to drink alcohol in light to moderate amounts without any negative health effects.

Alcohol actually lowers blood-sugar levels for up to 8-12 hours after alcohol is consumed. This is because alcohol promotes blood glucose uptake into the liver in the form of glycogen (a form of short term energy storage).

Diabetics need to be aware that alcohol can cause hypoglycemia (very low blood sugar levels), especially when combined with diabetes medications that are designed to lower blood sugar levels. It is often a good idea for diabetics to drink alcohol with food in order to moderate blood sugar levels. Many alcoholic drinks also contain sugar which needs to be taken into consideration. This includes cocktails, spirits with non-sugar-free mixers, sweetened wines, Sherries and ports.

Excessive alcohol consumption over long periods of time can further reduce the body's ability to metabolize glucose however light to moderate amounts may actually increase insulin sensitivity according to some studies.

One research study looked at the results of 15 previous clinical trials involving a combined 350,000 men from around the world. The researchers found that those who consumed

moderate amounts of alcohol (between one-half and four standard drinks daily) were 30% less likely to develop type-2 diabetes than heavy drinkers or those who did not drink at all.

A separate Italian study, where insulin sensitivity was measured in both diabetics and non-diabetics through a glucose tolerance test, found that the action of insulin was improved by alcohol in both the diabetic and non-diabetic groups. The greatest improvement occurred when three standard drinks of alcohol was consumed prior to the test.

Can Cinnamon Be Used To Treat Diabetes?

According to a study published in the journal Diabetes Care in 2003, cinnamon may be quite effective at reducing blood sugar levels in diabetic patients, reducing the need for diabetes medication.

The study, conducted by Pakistani researchers, involved 30 diabetic men and 30 diabetic women who were divided into six groups. The first three groups consumed 1, 3 or 6 grams of cinnamon per day in the form of a cinnamon supplement while the final three groups received placebos.

The cinnamon and placebo tablets were consumed for 40 days and the fasting blood glucose, cholesterol, and triglyceride levels of the patients were recorded on days 0, 20, 40, and 60 of the study.

After 40 days, the researchers found a significant reduction in fasting blood sugar, LDL cholesterol, and triglyceride levels in the cinnamon groups. Fasting blood glucose levels were reduced by 25% for the 1 g per day group, 18% in the 3 g per day group, and 29% in the 6 g per day group. After 60 days (20 days after cinnamon supplementation had finished), fasting blood glucose levels were still significantly lower than they were prior to the cinnamon supplementation.

Cinnamon also lowered LDL cholesterol by up to 27%, and triglyceride levels by as much as 30%.

It is believed that a compound in cinnamon, known as methylhydroxy-chalcone polymer (MHCP), is responsible for the ability of cinnamon to lower blood sugar levels. MHCP appears to increase the metabolism of glucose by fat cells. One study found that MHCP added to fat cells in a test tube resulted in as much as a 20 fold increase in glucose uptake.

MHCP is water soluble and is therefore not present in cinnamon oil, a product often sold as a gourmet food. The water soluble components of cinnamon tend to be less toxic in high doses

than the fat soluble portion because excess amounts of the water soluble compounds can be easily eliminated through urine.

DIABETES:

Manage Diabetes through Diet

With both type 1 and type 2 diabetes, you can help manage your glucose level with diet. Monitoring carbohydrates is key because carbs strongly affect your blood sugar. The best diet includes a variety of vegetables, fruits, and meats, as well as nuts, dairy, and grains. When you live with diabetes it may be a good idea to divide your food for the day evenly across three meals and healthy snacks.

- **Preventing High Blood Sugar after Meals**

To prevent your blood sugar from soaring after meals, follow your meal plan and be aware of your diet, particularly how many carbs you eat and portion sizes. Research shows that a high-fiber diet -- 25 to 35 grams a day -- can help reduce your risk of type 2 diabetes by controlling blood sugar. **Make sure you exercise, take your medicine, and test your blood sugar regularly.**

- **Good Exercise Effect**

Regular, moderate exercise can positively affect blood sugar, especially with type 2 diabetes. Exercise improves your body's sensitivity to insulin and stimulates your liver and muscles to use glucose. One study found improvement in blood sugars after strength training, which usually involves lifting weights to build muscle.

- **Exercise Risks**

While regular exercise can help control blood sugars, it can cause your sugar to drop. To help keep your levels in check, your doctor may recommend you test your blood sugar before and after exercise. If exercise makes your blood sugar dip, don't avoid exercise. Instead, have healthy snacks -- like fruit -- with you to avoid a serious drop.

- **Avoiding Low Blood Sugar or Hypoglycemia**

Juice, fruit, hard candy, or glucose tablets are all sources of quick sugar that can help if you're feeling the effects of low blood sugar. Feeling tired, weak, or shaky are telltale signs. When your blood sugar drops, you should be taking at least 15-20 grams of sugar or carbs. Avoid foods with sugar in combination with fat, like chocolate. Fat can slow your body's ability to get the carbs it needs quickly enough.

● Stress and Smoking Can Affect Diabetes

Many other things can affect your diabetes, including your stress level and unhealthy habits like smoking. Stress can send your blood sugar level soaring. Try yoga or meditation or find time to de-stress with a relaxing hobby. Smoking increases your chances of developing diabetes-related complications like foot problems, nerve damage, and eye, heart, vascular, and kidney disease.

● Other Life Stresses That Affect Blood Sugar

Be cautious when drinking alcohol. If you drink, only do so if your blood sugar is stable. When sick, test your blood sugar more often, stay hydrated, and try to eat regularly. Travel and changes in time zones can also affect your diabetes by disrupting your schedule. Test your sugars before and after meals. Speak with your doctor about making adjustment to

mediFollow Your Treatment Plan

It's essential to follow your treatment plan, including exercise and diet, and take your medication as directed. Type 1 diabetes is treated with insulin or an insulin pump, sometimes with another injectable medication. Type 2 is often treated with oral and/or injectable medications like insulin or drugs that help insulin work. Your doctor customizes your treatment plan with your age, body, and lifestyle in mind.

● Treating Diabetes with Insulin

With diabetes, your body often doesn't make enough insulin to control blood sugars. Doctors may prescribe insulin based on how long you've had diabetes and what type you have, your blood glucose level, your overall health and lifestyle, and what other medicine you take. When you have diabetes, giving yourself insulin injections and checking your blood sugar can become a part of everyday life.

● Medications That Work With Insulin

When you take insulin, you might still need help from other medications to improve your blood sugar. Oral medications for type 2 diabetes can increase insulin in the body or improve how well it works. An injectable medication for type 1 and type 2 diabetes mimics the effects of the hormone amylin. It improves blood sugar by decreasing glucose absorption after you eat and by decreasing appetite.

● Tips for Injecting Insulin

When you start taking insulin, a medical professional will teach you how to inject yourself, and you'll practice with her until you're comfortable. When doing shots, rotate where you

inject to avoid building up scar tissue. For example, give yourself your shot on one side of your abdomen at breakfast, the other side at lunch, and in your leg at dinner. Avoid injecting near your joints, groin, navel, middle abdomen, or scars.

- **Different Types of Insulin**

Insulin types vary depending on how fast they work, when they peak, and how long they last. Rapid-acting, short-acting, and pre-mixed insulin are timed to meals. Long-acting and intermediate-acting are not timed to meals. The glucose-lowering effects of these insulins can last up to 24 hours.

- **Timing Mealtime Insulin**

If you take shorter-acting and pre-mixed insulin, timing is important. It must be working in your system while food is being absorbed in order to avoid hypoglycemia. Rapid-acting insulin is taken right before or immediately after meals. Short-acting insulin is taken 30 to 60 minutes prior to meals. Pre-mixed insulin is taken twice a day before meals.

- **When You've Had Too Much Insulin**

If you've had too much insulin, or you haven't eaten and you're on insulin, you can become hypoglycemic. If you start experiencing symptoms -- feeling tired, weak, or shaky -- you usually can treat mild hypoglycemia by eating or drinking something with sugar, such as juice, or taking glucose tablets. Be sure to tell your doctor about your hypoglycemic episode. Sometimes the amount of insulin you take may need adjusting.

- **More Control, Pumps May Help**

If you're having trouble regulating your insulin and blood sugar, you may want to consider an insulin pump. They come with a programmable dose calculator to easily control your insulin dosage and help maintain steady blood sugar. No matter how you take your medication, know you can always ask your doctor for help in controlling your blood sugar. Together you can find ways to find the right balance between diet, exercise, and medication.

- **Getting a Better Measure of Blood Sugar Control**

In addition to home glucose testing, one of the best ways to know if your diabetes is under control is to ask your doctor for an A1c test. This test can track your average blood sugar level over the past 3 months. The goal is to achieve a level of less than 6.5%. If your result is too high, your doctor may suggest medication or adjust medication you already take. Experts recommend an A1c test every 2-3 months.

FINALLY GOOD NEWS FOR ALL DIABETICS

A woman (65) was diabetic for the last 20+ years and was taking insulin twice a day, she used the enclosed homemade medicine for a fortnight and now she is absolutely free of diabetes and taking all her food as normal, including sweets.

The doctors have advised her to stop insulin and any other blood sugar controlling drugs.

I request you all too please circulate the email below to as many people as you can and let them take the maximum benefit from it.

AS RECEIVED:

DR. TONY ALMEIDA (Bombay Kidney Specialist expert) made these extensive experiments with perseverance and patience and discovered a successful treatment for diabetes.

Ingredients:

1 - Wheat flour 100 gm

2 - Gum (of tree) (gondh) 100 gm.

Gum Dhawada / Gond

Available in 3 sizes!

Gum Dhawada / Gond

Gum Dhawada (Gond) is derived from gum tree branches in crystal-like form. These can be used in food and beverages, and have known to be medicinal. They are mostly used in bakery, ayurvedic and dietary items

3 - Barley 100 gm

4 - Black Seeds (kalunji) 100 gm

Method of Preparation put all the above ingredients in 5 cups of water. Boil it for 10 minutes and put off the fire. Allow it to cool down by itself. When it has become cold, filter out the seeds and preserve the water in a glass jug or bottle.

How to use it?

Take one small cup of this water every day early morning when your stomach is empty. Continue this for 7 days. Next week repeat the same but on alternate days. With these 2 weeks of treatment you will be surprised to see that you have become normal and can eat normal food without any problem.

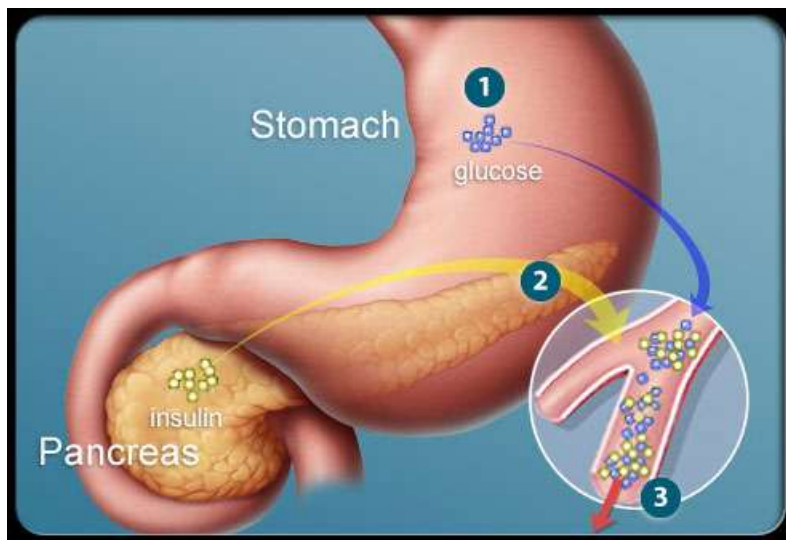
Type 2 Diabetes: Learn the Warning Signs!!!

Type 2 Diabetes: What Is It?

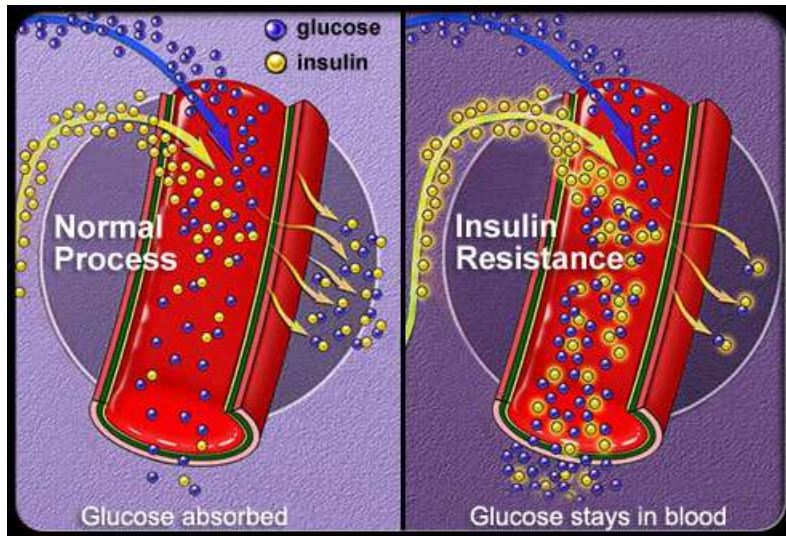
Type 2 diabetes strikes people of all ages, and early symptoms are subtle. In fact, about one out of three people with type 2 diabetes don't know they have it. Diabetes is a chronic condition that thwarts the body's ability to change food into energy. This allows sugar levels to build up in the blood, which can increase the risk of heart disease, loss of vision, and other serious complications.

Insulin: Turning Glucose into Energy

- 1) After eating, the stomach breaks carbohydrates down into sugars, including glucose.
- 2) Glucose enters the bloodstream and stimulates the release of insulin from the pancreas.
- 3) Insulin and glucose travel in the blood to all the body's cells. Insulin allows glucose to enter the cells and be used as fuel. Excess glucose is stored in the liver



In diabetes, the cells cannot absorb glucose properly. That means glucose levels in the blood become elevated. With insulin resistance, the body makes excess insulin but the muscle, liver, and fat cells do not use or respond properly to insulin. With long-standing, uncontrolled type 2 diabetes the pancreas will reduce the amount of insulin it produces.



Diabetes Warning Sign: Thirst

One of the first symptoms of type 2 diabetes may be an increase in thirst. This is often accompanied by additional problems, including dry mouth, increased appetite, and frequent urination— sometimes as often as every hour— and unusual weight loss or gain.

Diabetes Warning Sign: Headaches

As blood sugar levels become more abnormal, additional symptoms may include headaches, blurred vision, and fatigue.

Diabetes Warning Sign: Infections

In most cases, type 2 diabetes is not discovered until it takes a noticeable toll on health. One red flag is troubling infections, such as:

Cuts or sores those are slow to heal.

Frequent yeast infections or urinary tract infections.

Etching of skin especially in the groin area.

Risk Factors You Can Control

Being overweight, defined as a body mass index (BMI) over 25.

Sedentary lifestyle.

Abnormal cholesterol and blood fats, such as HDL "good" cholesterol lower than 35 mg/dL or a triglyceride level over 250 mg/dL.

High blood pressure greater than 140 /90 in adults.

Smoking.

Risk Factors You Can't Control

Race or ethnicity: Hispanics, African Americans, Native Americans, and Asians have a higher than average risk.

Family history of diabetes: Having a parent or sibling with diabetes boosts your risk.

Age: Being 45 and older increases your risk of type 2 diabetes.
The more risk factors you have, the greater your odds of developing type 2-diabetes.

Risk Factors for Women

Having gestational diabetes when you're pregnant puts you at higher risk for developing type 2 diabetes later on. Women who give birth to a baby weighing over 9 pounds are also at risk. Having a history of polycystic ovary syndrome can also cause insulin resistance that can lead to diabetes.

Diagnosing Type 2 Diabetes

A simple blood test can diagnose diabetes.

The A1C test gives a snapshot of your blood glucose level over the past two to three months. An A1C level of 6.5% or more is consistent with the diagnosis of diabetes.

A fasting plasma glucose test is another option. You must not eat for eight hours before the test. A result above 126 is considered diabetes. An oral glucose challenge test with a two-hour blood test may also help your doctor make a diagnosis.

Managing Diabetes: Diet

Fortunately, controlling blood sugar levels by changing diet can also cut your risk of complications. People with type 2 diabetes should carefully monitor carbohydrate consumption, as well as total fat and protein intake, and reduce calories. Ask your doctor for a referral to a registered dietitian to help you with healthy choices and an eating plan that will work for you.

Managing Diabetes: Exercise

Moderate exercise, such as strength training or walking, improves the body's use of insulin and can lower blood sugar levels in people with type 2 diabetes. Being active also helps reduce body fat, lower blood pressure, and protect against heart disease. People with type 2 diabetes should try to get 30 minutes of moderate exercise on most days of the week.

Managing Diabetes: Stress Reduction

Stress can cause blood pressure to rise. Or you may turn to food to cope. Both are bad when living with diabetes. Instead of letting stress take its toll, try practicing relaxation techniques such as deep breathing, meditation, or visualization. Sometimes talking to a friend, family member, counselor, or member of the clergy can help. If you're still battling stress, reach out to your doctor.

Managing Diabetes: Oral Medication

When people with type 2 diabetes are unable to control blood sugar sufficiently with diet and exercise, medication may be added. There are many types of diabetes pills available, and they are often used in combination. Some work by stimulating the pancreas to make more insulin, and others improve the effectiveness of insulin, or block the digestion of starches.

Managing Diabetes: Insulin

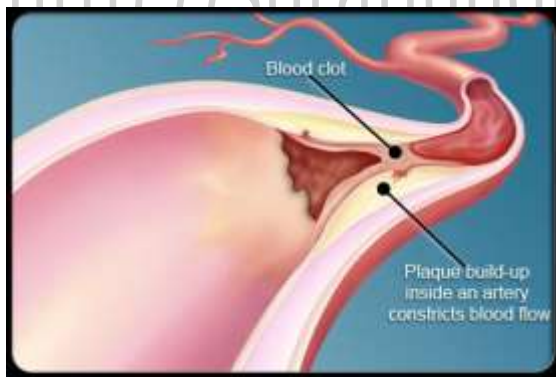
Your doctor may prescribe insulin early in on your treatment and in combination with pills. Insulin is also used in people with type 2 diabetes who develop "beta-cell failure." This means the cells in the pancreas no longer produce insulin in response to high blood sugar levels. In this case, insulin therapy — injections or an insulin pump — must become part of the daily routine.

Glucose Testing

Testing your blood glucose level will let you know how controlled your blood sugars are and if you need to take actions to change your treatment plan. How often and when you test will be based on how controlled your diabetes is, the type of therapy used to control your diabetes, and whether you are experiencing symptoms of fluctuating sugars. Talk with your doctor to find out how often you should use a glucose meter to check your blood sugar. Some common testing times may be when waking up, before and after meals and exercise, and at bedtime.

Long-Term Damage: Arteries

Over time, untreated type 2 diabetes can damage many of the body's systems. About two out of three people with diabetes die of heart disease. Having diabetes also puts you at a two to four times higher risk for stroke. People with diabetes are likely to develop plaque in their arteries, reducing blood flow and increasing risk of clots. This hardening of the arteries (atherosclerosis) raises the risk of heart attack and stroke.



Long-Term Damage: Kidneys

The longer you have diabetes, the greater the risk of developing chronic kidney disease. Controlling risk factors such as uncontrolled diabetes, high blood pressure, and high cholesterol reduces your risk of developing this complication. Annual screening for kidney disease and medications, which slow the development and progression of kidney disease, are used to reduce your risk of kidney failure.

Long-Term Damage: Eyes

High blood sugar can damage the tiny blood vessels that bring oxygen and nutrients to the retina, a critical part of the eye. This is known as diabetic retinopathy, and it can cause

progressive, irreversible vision loss. It is the leading cause of blindness in people between the ages of 20 and 60. Pools of blood, or hemorrhages, on the retina of an eye are visible in this image.



Long-Term Damage: Nerve Pain

Uncontrolled diabetes, and elevated blood sugars over time, increases the risk of nerve damage. Symptoms include tingling, numbness, pain, and a pins and needles feeling in the fingers, hands, toes and feet . Nerve damage (neuropathy) can't be reversed but treatments may help pain and numbness. Nerve damage can also affect other parts of your body such as your digestive system. Controlling your diabetes can help prevent further damage.

Preventing Type 2 Diabetes

One of the most astonishing things about type 2 diabetes is that such a life-altering condition is often preventable. To lower your risk, follow the same guidelines for warding off heart disease:

Eat a healthy diet

Exercise for 30 minutes, five days a week

Maintain a healthy weight

Talk to your doctor about being screened for prediabetes

In people with prediabetes, lifestyle changes and medication can help prevent the progression to type 2 diabetes.

Diabetic Retinopathy - Treatment Overview

There is no cure for diabetic retinopathy. But laser treatment (photocoagulation) is usually very effective at preventing vision loss if it is done before the retina has been severely damaged. Surgical removal of the vitreous gel (vitrectomy) may also help improve vision if the retina has not been severely damaged. Because symptoms may not develop until the disease becomes severe, early detection through regular screening is important. The earlier retinopathy is detected, the easier it is to treat and the more likely vision will be preserved. You may not need treatment for diabetic retinopathy unless it has affected the center (macula) of the retina or, in rare cases, if your side (peripheral) vision has been severely damaged. But you do need to have your vision checked every year.

Recommended Related to Diabetes

Diabetes and Organ Transplant

In some cases, diabetes can lead to damage that makes an organ transplant necessary. But diabetes isn't only a reason for organ transplants. It can also be the result. Experts are not certain just how often people develop type 2 diabetes after the transplant of a heart, liver, kidney, lung, or other organ. One review of studies suggested that it could occur in more than one out of ten people who get a transplant. Diabetes is always a serious illness. But it can have greater risks in people who...

Read the Diabetes and Organ Transplant article

If the macula has been damaged by macular edema, you may need laser treatment. For more severe retinopathy, you may need either laser treatment or vitrectomy. These procedures can help prevent, stabilize, or slow vision loss when they are done before the retina has been severely damaged.

Surgical removal of the vitreous gel (vitrectomy) is done when there is bleeding (vitreous hemorrhage) or retinal detachment, which is rare in people with early-stage retinopathy. Vitrectomy is also done when severe scar tissue has formed.

Treatment for diabetic retinopathy is often very effective in preventing, delaying, or reducing vision loss. But it is not a cure for the disease. People who have been treated for diabetic retinopathy need to be monitored frequently by an eye doctor to check for new changes in their eyes. Many people with diabetic retinopathy need to be treated more than once as the condition gets worse.

Also, controlling your blood sugar levels is always important. This is true even if you have been treated for diabetic retinopathy and your eyes are better. In fact, good blood sugar control is especially important in this case so that you can help keep your retinopathy from getting worse.

Ideally, laser treatment should be done early in the course of the disease to prevent serious vision loss rather than to try to treat serious vision loss after it has already developed. People with diabetes who have any signs of retinopathy need to be examined as soon as possible by an ophthalmologist.

Diabetic Retinopathy

Diabetic Retinopathy: Causes, Symptoms and Treatments

Diabetes is a disease that occurs when the pancreas does not secrete enough insulin or the body is unable to process it properly. When your blood sugar gets too high, it can damage the blood vessels in your eyes. This damage may lead to diabetic retinopathy. In fact, the longer someone has diabetes, the more likely he is to have *Retinopathy*.

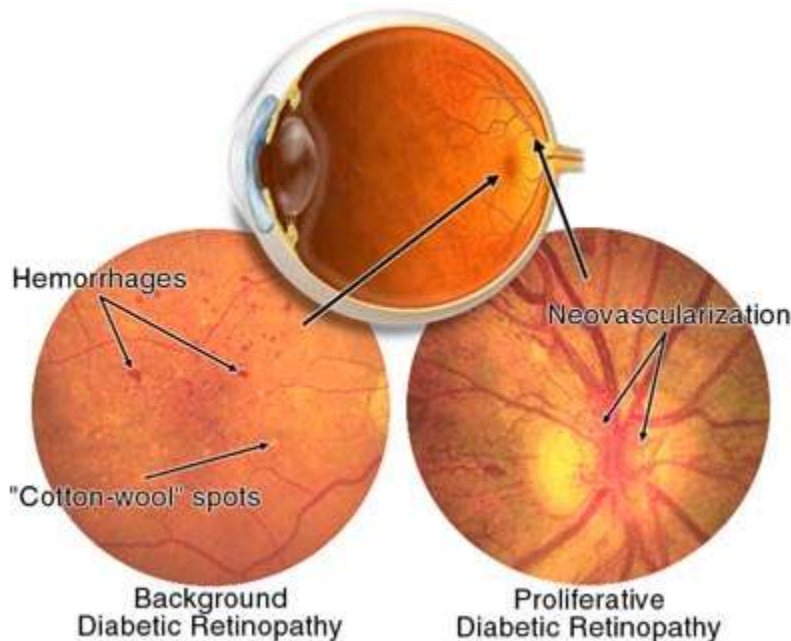
Retinopathy is the medical term for damage to the tiny blood vessels (capillaries) that nourish the retina, the tissue at the back of your eye that captures light and relays information to your brain. These blood vessels are often affected by the high blood sugar levels associated with diabetes. Unfortunately, these delicate vessels hemorrhage easily. Blood may leak into the retina and vitreous, causing spots or floaters, along with decreased vision.

In later stages, the disease may lead to new blood vessel growth over the retina. The new blood vessels can cause scar tissue to develop, which can pull the retina away from the back of the eye. This is known as retinal detachment, and it can lead to blindness if untreated. In addition, abnormal blood vessels can grow on the iris, which can lead to glaucoma. People with diabetes are 25 times more likely to lose vision than those who are not diabetic, according to the American Academy of Ophthalmology.

Under allopathic system of medicine, there is no specific treatment. Under Ayurvedic system, Dr.Basu's Isotine Eye Drop has proved very effective in improving vision & also recovers the loss of vision after laser.

DIABETIC RETINOPATHY PATIENT REPORTS, CURED BY ISOTINE EYE DROPS

VISION							
BEFORE TREATMENT			Vision	AFTER TREATMENT			Vision
c glass	c glass	Spect. No.		c glass	c glass	New No.	
		Sp cyl axis				Sp cyl axis	
5\60	6/36	-5.00	6\36	6\36	6\9	-2.50 sp	6/6
6/60	6/36 p	-2.00	6/24	6/18	6/12	-0.75	6/6 p



Diabetic Retinopathy Symptoms and Signs:

In the early, most treatable stages of diabetic retinopathy, you usually experience no visual symptoms or pain. The disease can even progress to an advanced stage without any noticeable change in your vision.

Some common symptoms of diabetic retinopathy are listed below, however, diabetes may cause other eye symptoms.

Symptoms of diabetic retinopathy:

- Spiders, cobwebs or tiny specks floating in vision
- Dark streaks or a red film that vision
- Vision loss or blurred vision
- A dark or empty spot in the center of your vision
- Poor night vision
- Difficulty adjusting from bright light to dim light

Causes of Diabetic Retinopathy:

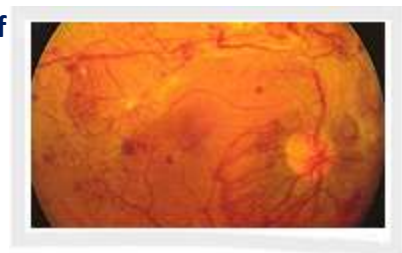
Changes in blood-sugar levels increase your risk of diabetic retinopathy, as does long-term diabetes. Generally, diabetics don't develop diabetic retinopathy until they have had diabetes for at least 10 years, but it is not wise to wait that long to have an eye exam. As soon as you've been diagnosed with diabetes, you need to have a dilated eye exam at least once a year.

Fortunately, you can significantly reduce your risk of developing diabetic retinopathy by using common sense and taking good care of yourself.

DIABETIC RETINOPATHY TREATMENT

What is the treatment for diabetic retinopathy?

The treatment of diabetic retinopathy is decided on the basis of the stage of the disease. In the very initial stages, it just requires periodic follow up to look for progression of disease. The ophthalmologist decides when to see a patient next depending upon the severity of changes in the retina.



Later when the disease is more advanced he/she may decide to treat it with one or more of the following options:

Laser Treatment : There are well-defined criteria for laser therapy. Laser therapy is done when there is significant maculopathy, or when there are significant new blood vessels in the retina or iris.

Anti-VEGF agents (Lucentis, Avastin, Macugen) : These agents are being used in some selective cases alone or in addition to laser treatment or surgery.

Surgery : Vitrectomy surgery and other additional procedures may be required to manage the complications of diabetic retinopathy, like vitreous hemorrhage, retinal detachment, severe macular edema, etc.

What is Laser treatment?

Most sight threatening complications of diabetic retinopathy can be prevented by laser treatment if given early enough. It involves focusing and applying laser spots on the retina. There are two types of laser treatments depending upon the type of retinopathy:

Diabetic maculopathy: This is treated by applying laser spots in the region of macula to seal the leaking blood vessels.

Proliferative diabetic retinopathy: This condition requires more extensive application of laser in a wider area of retina. It helps the abnormal new vessels to shrink and disappear. It may require more than one sitting to complete the treatment.

It is important to remember that the laser treatment is done to prevent further loss of vision and not to improve the vision. It is highly effective and can prevent blindness in about 80% of the patients.

After the laser treatment, regular follow-ups are required to assess the effect of treatment and to monitor the progress of the disease.

How is the laser performed?

Laser treatment is performed as an outpatient procedure, that is you don't have to be admitted for it. The pupil of the eye is dilated using eye drops. The eye is then numbed with drops (topical anesthetics) so that you don't feel the pain. The patient is seated on a machine and a small contact lens is placed on the cornea. Following this laser treatment is given by this very precise machine. During the treatment, you may be asked to move your eyes in certain directions.

What are the side effects of laser?

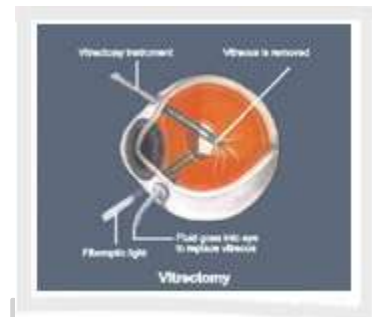
The laser treatment may have a few side effects like decrease in the peripheral field of vision, decrease in color vision and difficulty in seeing at night. Sometimes it may also reduce the central vision. This is usually temporary but sometimes this may not improve.

Though no treatment is without any side effects, the risk of the laser treatment are far less than the risk of not having the treatment.

What are Anti VEGF agents, and what is their role in managing diabetic retinopathy? These agents (Lucentis, Avastin, Macugen) are emerging as the new modality of treatment for various stages of diabetic retinopathy and are showing very promising results. These agents are injected within the eye (intravitreal injection) in a very small painless procedure, inside the OT under aseptic precautions.

What surgery is done for diabetic retinopathy?

In some patients in which the disease is not controlled by the laser, or who have reached the advanced stage of disease, the ophthalmologist may advise a surgery called vitrectomy. The surgeon removes the blood filled vitreous and replaces it with a fluid, using very delicate instruments with the help of a microscope.



Since the blood in the vitreous cavity is replaced by a clear fluid, he light can reach the retina now.

CURE FOR DIABETES:

There are 2 home remedies for Diabetes. One is Ladies Finger and the other is Black Tea.

BLACK TEA: Due to high medication, the organ that is worst affected is the Kidney. It has been observed that Black Tea (tea without milk, sugar or lemon) is good for the Kidney. Hence a cup of black tea every morning is highly advisable.

The Process:

1. Boil water along with the tea leaves (any tea leaves will do).
2. Drink the concoction without adding milk, sugar or lemon.

The Cure: Black Tea will help in enhancing the function of the kidney, thereby not affecting it more.

LADIES FINGER or OKRA:

Ladies finger is considered to be a good home medicine for diabetes.

The Process:

1. Slit the ladies finger into 2 halves vertically and soak it in water overnight.
2. The next morning, remove the ladies fingers and drink the water, before eating your breakfast.

The Cure: After the ladies fingers are soaked overnight in the water, you can observe that the water becomes sticky in the morning. This sticky water is considered to be good for people who suffer from Diabetes.

HEART DISEASES

High Blood Pressure; Hypertension

Before reading this I am requesting you to watch following videos.
This will give you very good information about heart attack.

Animation How a Heart Attack Happens

<http://www.youtube.com/watch?v=mogDIREEkBU>

What causes a heart attack?

<http://www.youtube.com/watch?v=Kf2BG9PZcGk>

What is High Blood Pressure?

When you have your blood pressure taken, your health care provider is measuring the pressure, or tension, that blood exerts on the walls of the blood vessels as it travels around the body. In a healthy person, this pressure is just enough for the blood to reach all the cells of the body, but not so much that it strains blood vessel walls.

Blood pressure is measured in millimeters of mercury (mm Hg).

- A typical normal blood pressure is 120/80 mm Hg, or "120 over 80."
- The first number represents the pressure when the heart contracts.
- The second number represents the pressure when the heart relaxes.
- Blood pressure greater than 140/90 mm Hg is considered high.

Generally, blood pressure will go up at certain times - for instance, if you smoke a cigarette, win the lottery, or witness a car crash - and will return to normal when the stressful or exciting event has passed.

But when blood pressure is high all the time, the continuous increased force on blood vessel walls can damage blood vessels and organs, including the heart, kidneys, eyes, and brain.

The medical term for high blood pressure is hypertension.

Need to Know:

Systolic and Diastolic Blood Pressure

Blood travels through blood vessels much like water through a garden hose. The blood in the vessels is under pressure just like the water in a hose when the tap is turned on.

With each heartbeat more blood is pumped into the vessels - like turning up the tap - so the pressure rises. This is the systolic blood pressure, the first number in the blood pressure measurement, which is normally around 120.

Between heartbeats, while the heart is resting, the pressure in the arteries is lower. This is the diastolic pressure, second number in the blood pressure measurement, which is normally around 80.

Indication of high blood pressure

You can increase the pressure in a hose either by turning up the tap or by putting a crimp in the hose (that is, by narrowing the hose). In this same way, the blood pressure in blood vessels will rise if fluid flows more forcefully or if the arteries are narrowed.

Pressure in a hose can be regulated either by controlling the rate at which fluid passes through it or by widening it. Likewise, the pressure in the blood vessels can be controlled, with medications that act on the heart or blood vessels and with certain lifestyle modifications.

Need to Know:

Although high blood pressure can be extremely dangerous, it usually causes no symptoms - so many people don't even realize they have it. High blood pressure can only be detected with accurate and repeated measurements of a person's blood pressure. That's one reason why it's so important to have regular medical checkups.

Even though high blood pressure can be treated safely and effectively, only about one-quarter of people who have high blood pressure take the necessary steps to keep their blood pressure within a normal range.

There are three types of hypertension:

Primary hypertension (essential hypertension).

This is high blood pressure for which no cause can be found. Most people with high blood pressure (90 to 95 percent) have this type of hypertension. Doctors suspect that a combination of lifestyle, diet, heredity, age, gender, race/ethnicity, hormone levels, and other factors all contribute to high blood pressure.

Secondary hypertension (non-essential hypertension).

This is high blood pressure for which a definite cause can be found. This type of high blood pressure accounts for only 5 to 10 percent of all cases of hypertension. Some of these causes are temporary or controllable - for instance, pregnancy or the use of certain medications - while others are chronic conditions like hormonal diseases, kidney disease, or head injuries.

Isolated systolic hypertension (ISH).

Older people are sometimes susceptible to another form of high blood pressure, called isolated systolic hypertension. In people with this condition, blood pressure is higher than normal when the heart beats, but returns to normal in between beats of the heart. The large difference in pressure can place additional strain on artery walls.

Nice To Know:

Q. If I do not feel any symptoms, is there still a problem?

A. Most people with high blood pressure do not experience any symptoms. The presence of symptoms, such as headache or blurry vision, usually indicates severe or long-standing hypertension. However, over time, uncontrolled high blood pressure causes significant damage to important organs including the heart, kidneys, brain, and eyes. In a number of

cases, this damage can lead to death. This is why high blood pressure is sometimes referred to as "the silent killer."

Facts about high blood pressure

High blood pressure is a condition in which the pressure, or tension, that blood exerts on the walls of blood vessels goes up and stays high, which can damage the blood vessels, the heart, and other organs.

It is estimated that more than 50 million Americans have high blood pressure.

High blood pressure is one of the most serious health problems in the United States; yet, because high blood pressure has no symptoms, millions of people do not even know they have it.

As many as one in four adults in the United States has high blood pressure.

High blood pressure affects people of all ages, racial and ethnic groups, and walks of life.

Doctors do not know what causes high blood pressure in 90 to 95 percent of people who have it.

High blood pressure is one of the most important risk factors for coronary heart disease.

High blood pressure is the most important risk factor for stroke, which is the third leading cause of death in the United States.

High blood pressure is a common cause of heart failure, the leading cause of death in the United States

High blood pressure is a common cause of kidney disease.

What Factors Affect Blood Pressure?

Blood pumped through blood vessels is always under pressure, much like water that is pumped through a garden hose. This pressure is highest in the arteries closest to the heart and gradually decreases as the blood travels around the body.

Blood keeps moving around the body because there are differences in pressure in the blood vessels. Blood flows from higher-pressure areas to lower-pressure areas until it eventually returns to the heart.

Hypertension is much strain on your heart

Blood pressure is controlled by three things:

1 - How fast the heart beats (heart rate).

The pace at which the heart beats, or heart rate, is counted in heartbeats per minute. Generally, when heart rate increases, blood pressure rises. When heart rate decreases, blood pressure drops.

2 - A number of things affect heart rate, including the body's nervous system; chemical messengers called hormones, body temperature, medications, and diseases.

3 - How much blood the heart pumps with each beat (stroke volume). The amount of blood pumped out of a ventricle with each heartbeat is called stroke volume. When you're resting, stroke volume is about the same as the amount of blood that veins carry back to the heart. But under stressful conditions, the nervous system can increase stroke volume by making the heart pump harder.

Stroke volume can also be affected by certain hormones, drugs, and diseases, as well as increases or decreases in the amount of blood in the body, called blood volume.

Nice To Know:

You might also hear the term "cardiac output" used to describe the amount of blood that's pumped through the body. Cardiac output is simply the amount of blood pumped out of a ventricle in one minute:

Cardiac output = Heart rate x Stroke volume (amount of blood pumped with each beat)

As cardiac output increases, so does blood pressure. This is why heart rate and stroke volume are important ways for the body to control blood pressure.

How difficult it is for blood to travel around the body (peripheral resistance). The third major component that affects the blood pressure is the caliber or width of the arteries. Blood traveling in narrower vessels encounters more resistance than blood traveling through a wider vessel (its harder for water to pass through a narrow pipe than a wide pipe).

Depending on what a person is doing, the amount of blood the heart pumps varies enormously. Yet the blood pressure normally remains pretty stable. That's mainly because the body adjusts the resistance of the arteries, either widening or narrowing the

as appropriate, to prevent the blood pressure from swinging wildly.

This ability to regulate the width of the blood vessels is called the peripheral resistance. Most of the resistance to blood flow in the circulation occurs in the small-diameter arteries called arterioles.

These arterioles are especially important in the immediate regulation of blood pressure. That's because they contain specialized smooth muscle in their walls that can relax or contract, allowing the blood vessel to get wider or narrower.

What are the five thumb rules for a layman to take care of his heart?

Dr Devi Shetty:

1. Diet - Less of carbohydrate, more of protein, less oil
2. Exercise - Half an hour's walk, at least five days a week; avoid lifts and avoid sitting for a longtime.
3. Quit smoking
4. Control weight
5. Control blood pressure and sugar

Is eating non-veg food (fish) good for the heart?

Dr Devi Shetty: No

It's still a grave shock to hear that some apparently healthy person gets a cardiac arrest. How do we understand it in perspective?

Dr Devi Shetty: This is called silent attack; that is why we recommend everyone past the age of 30 to undergo routine health checkups.

Are heart diseases hereditary?

Dr Devi Shetty: Yes

What are the ways in which the heart is stressed? What practices do you suggest to de-stress?

Dr Devi Shetty: Change your attitude towards life. Do not look for perfection in everything in life.

Is walking better than jogging or is more intensive exercise required to keep a healthy heart?

Dr Devi Shetty: Walking is better than jogging since jogging leads to early fatigue and injury to joints. You have done so much for the poor and needy.

What has inspired you to do so?

Dr Devi Shetty: Mother Theresa, who was my patient.

Can people with low blood pressure suffer heart diseases?

Dr Devi Shetty: Extremely rare

Does cholesterol accumulates right from an early age (I'm currently only or do you have to worry about it only after you are above 30 years of age?

Dr Devi Shetty: Cholesterol accumulates from childhood.

How do irregular eating habits affect the heart?

Dr Devi Shetty: You tend to eat junk food when the habits are irregular and your body's enzyme release for digestion gets confused.

How can I control cholesterol content without using medicines?

Dr Devi Shetty: Control diet, walk and eat walnut.

Can yoga prevent heart ailments?

Dr Devi Shetty: Yoga helps.

Which is the best and worst food for the heart?

Dr Devi Shetty: Best food is fruits worst are oil.

Which oil is better - gingili, groundnut, sunflower, saffola, olive?

Dr Devi Shetty: All oils are bad; the so-called best oil company has the largest marketing budget.

What is the routine checkup one should go through? Is there any specific test?

Dr Devi Shetty: Routine blood test to ensure sugar, cholesterol is ok. Check BP, Treadmill test after an echo.

How different was it in treating Noor Fatima, the little kid from Pakistan?

Dr Devi Shetty: It was extremely difficult, Because of the media attention. As far as the medical treatment is concerned, she is like any other child with a complex heart problem.

What are the first aid steps to be taken on a heart attack?

Dr Devi Shetty: Help the person into a sleeping position, put an aspirin tablet under the tongue with a sorbitrate tablet if available, and rush him to a coronary care unit since the maximum casualty takes place within the first hour.

How do you differentiate between pain caused by a heart attack and that caused due to gastric trouble?

Dr Devi Shetty: Extremely difficult without ECG.

What is the main cause of a steep increase in heart problems amongst youngsters? I see people of about 30-40 yrs of age having heart attacks and serious heart problems.

Dr Devi Shetty: Increased awareness has increased incidents. Also, sedentary lifestyles, smoking, junk food, lack of exercise in a country where people are genetically three times more vulnerable for heart attacks than Europeans and Americans.

Is it possible for a person to have BP outside the normal range of 120/80 and yet be perfectly healthy?

Dr Devi Shetty: Yes.

Marriages within close relatives can lead to heart problems for the child. Is it true?

Dr Devi Shetty: Yes, co-sanguinity leads to congenital abnormalities and you may not have a software engineer as a child

Many of us have an irregular daily routine and many a times we have to stay late nights in office. Does this affect our heart? What precautions would you recommend?

Dr Devi Shetty: When you are young, nature protects you against all these irregularities. However, as you grow older, respect the biological clock.

Will taking anti-hypertensive drugs cause some other complications (short / long term)?

Dr Devi Shetty: Yes, most drugs have some side effects. However, modern anti-hypertensive drugs are extremely safe.

Will consuming more coffee/tea lead to heart attacks?

Dr Devi Shetty: No.

Are asthma patients more prone to heart disease?

Dr Devi Shetty: No.

How would you define junk food?

Dr Devi Shetty: Fried food like Kentucky, McDonalds, Samosas, and even Masala Dosas.

You mentioned that Indians are three times more vulnerable. What is the reason for this, as Europeans and Americans also eat a lot of junk food?

Dr Devi Shetty: Every race is vulnerable to some disease and unfortunately, Indians are vulnerable for the most expensive disease.

Does consuming bananas help reduce hypertension?

Dr Devi Shetty: No.

Can a person help himself during a heart attack (Because we see a lot of forwarded emails on this)?

Dr Devi Shetty: Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and ask someone to take you to the nearest coronary care unit without any delay and do not wait for the ambulance since most of the time, the ambulance does not turn up.

Do, in any way, low white blood cells and low hemoglobin count lead to heart problems?

Dr Devi Shetty: No. But it is ideal to have normal hemoglobin level to increase your exercise capacity.

Sometimes, due to the hectic schedule we are not able to exercise. So, does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for exercise?

Dr Devi Shetty: Certainly. Avoid sitting continuously for more than half an hour and even the act of getting out of the chair and going to another chair and sitting helps a lot.

Is there a relation between heart problems and blood sugar?

Dr Devi Shetty: Yes. A strong relationship since diabetics is more vulnerable to heart attacks than non-diabetics.

What are the things one needs to take care of after a heart operation?

Dr Devi Shetty: Diet, exercise, drugs on time. Control cholesterol, BP, weight.

Are people working on night shifts more vulnerable to heart disease when compared to day shift workers?

Dr Devi Shetty: No.

What are the modern anti-hypertensive drugs?

Dr Devi Shetty: There are hundreds of drugs and your doctor will chose the right combination for your problem, but my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyles.

Does dispirin or similar headache pills increase the risk of heart attacks?

Dr Devi Shetty: No.

Why is the rate of heart attacks more in men than in women?

Dr Devi Shetty: Nature protects women till the age of 45.

How can one keep the heart in a good condition?

Dr Devi Shetty: Eat a healthy diet, avoid junk food, exercise everyday, do not smoke and, go for a health checkup if you are past the age of 30 for at least once in two yrs. And work very hard.....

What Is Hypertension?

Hypertension, or high blood pressure, is a common condition that will catch up with most people who live into older age. Blood pressure is the force of blood pressing against the walls of your arteries. When it's too high, it raises the heart's workload and can cause serious damage to the arteries. Over time, uncontrolled high blood pressure increases the risk of heart disease, stroke, and kidney disease.

Hypertension Symptoms

High blood pressure is sometimes called a silent killer because it may have no outward symptoms for years. In fact, one in five people with the condition don't know they have it. Internally, it can quietly damage the heart, lungs, blood vessels, brain, and kidneys if left untreated. It's a major risk factor for strokes and heart attacks in the U.S.

What Causes Hypertension?

Normal blood pressure readings will fall below 120/80, while higher results over time can indicate hypertension. In most cases, the underlying cause of hypertension is unknown. The top number (systolic) shows the pressure when your heart beats. The lower number

(diastolic) measures pressure at rest between heartbeats, when the heart refills with blood. Occasionally, kidney or adrenal gland disease can lead to hypertension

Prehypertension: A Warning Sign

Almost one-quarter of Americans have prehypertension. Their blood pressure is consistently just above the normal level -- falling anywhere between 120 and 139 for systolic pressure or 80 to 89 for the diastolic pressure. People in this range have twice the risk of developing heart disease than those with a lower reading. Your doctor may recommend lifestyle changes to help lower your blood pressure.

The Hypertension Danger Zone

You have high blood pressure if readings average 140/90 or higher -- for either number -- though you may still have no symptoms. At 180/110 and higher, you may be having a hypertensive crisis. Rest for a few minutes and take your blood pressure again. If it is still very high, call 911. A hypertensive crisis can lead to a stroke, heart attack, kidney damage, or loss of consciousness. Symptoms of a hypertensive crisis can include a severe headache, anxiety, nosebleeds, and feeling short of breath.

Who Gets High Blood Pressure?

Up to the age of 45, more men have high blood pressure than women. It becomes more common for both men and women as they age, and more women have hypertension by the time they reach 65. You have a greater risk if a close family member has high blood pressure or if you are diabetic. About 60% of people with diabetes have high blood pressure.

Hypertension and Race

African-Americans are more likely to develop hypertension -- and to develop it at a younger age. Genetic research suggests that African-Americans seem to be more sensitive to salt. In people who have a gene that makes them salt-sensitive, just a half-teaspoon of salt can raise blood pressure by 5 mm Hg. Diet and excessive weight can play a role, as well.

Hypertension and Sodium

Sodium, a major component of salt, can raise blood pressure by causing the body to retain fluid, which leads to a greater burden on the heart. The American Heart Association recommends eating less than 1,500 milligrams of sodium per day. You'll need to check food labels and menus carefully. Processed foods contribute up to 75% of our sodium intake. Canned soups and lunch meats are prime suspects.

Hypertension and Stress

Stress can make your blood pressure spike, but there's no evidence that it causes high blood pressure as an ongoing condition. However, stress may affect risk factors for heart disease, so it may have an indirect connection to hypertension. Stress may lead to other unhealthy habits, such as a poor diet, alcohol use, or smoking, which can contribute to high blood pressure and heart disease.

Hypertension and Weight

Being overweight places a strain on your heart and increases your risk of high blood pressure. That is why diets to lower blood pressure are often also designed to control calories. They typically call for cutting fatty foods and added sugars, while increasing fruits, vegetables, lean protein, and fiber. Even losing 10 pounds can make a difference.

Hypertension and Alcohol

Drinking too much alcohol can increase your blood pressure. Guidelines from the American Heart Association state that if you drink alcohol, you should limit the amount to no more than two drinks a day for men, or one a day for women. They define a drink as one 12-ounce beer, four ounces of wine, 1.5 ounces of 80-proof spirits, or one ounce of 100-proof spirits.

Hypertension and Caffeine

If caffeine can make you jittery, can it also raise your blood pressure? It might have a temporary effect, but studies haven't shown any link between caffeine and the development of hypertension. You can safely drink one or two cups a day, according to the American Heart Association.

Hypertension and Pregnancy

Gestational hypertension is a kind of high blood pressure that occurs in the second half of pregnancy. Without treatment, it may lead to a serious condition called preeclampsia that endangers both the mother and baby. The condition can limit blood and oxygen flow to the baby and can affect the mother's kidneys and brain. After the baby is born, the mother's blood pressure usually returns to its normal level.

Hypertension and Medicine

Cold and flu medicines that contain decongestants are one of several classes of medicine that can cause your blood pressure to rise. Others include NSAID pain relievers, steroids, diet pills, birth control pills, and some antidepressants. If you have high blood pressure, talk to your doctor about what medicines and supplements you are taking that may affect blood pressure.

'White Coat' Hypertension

Some people only have a high reading in the doctor's office, perhaps because they're nervous. Some will only have blood pressure readings sporadically. Those people may have a higher chance of developing high blood pressure, a recent study shows. To get a more accurate reading, take your blood pressure at home, chart your readings, and share them with your doctor. It is also a good idea to bring in your home monitor in for a check of the device and your technique.

Hypertension and Children

While hypertension is more often a problem for older people, even children can have high blood pressure. "Normal" blood pressure varies based on a child's age, height, and sex, so

your doctor will need to tell you if there is a concern. Children are at greater risk if they are overweight, have a family history of the illness and if they're African-American.

Treatment: The DASH Diet

You may be able to lower your blood pressure by switching to a better diet. The DASH Diet -- Dietary Approaches to Stop Hypertension -- involves eating more fruits, vegetables, whole-grain foods, low-fat dairy, fish, poultry, and nuts. You should eat less red meat, saturated fats, and sweets. Reducing sodium in your diet can also have a significant effect.

Treatment: Exercise

Regular exercise helps lower your blood pressure. Adults should get about 150 minutes of moderate-intensity exercise every week. That could include gardening, walking briskly, bicycling, or other aerobic exercise. Muscle-strengthening activities are recommended at least two days a week and should work all major muscle groups.

Treatment: Diuretics

Diuretics are often the first choice if diet and exercise changes aren't enough. Also called "water pills," they help the body shed excess sodium and water to lower blood pressure. That means you'll urinate more often. Some diuretics may deplete your body's potassium, causing muscle weakness, leg cramps, and fatigue. Some can increase blood sugar levels in diabetics. Erectile dysfunction is a less common side effect.

Treatment: Beta-blockers

Beta-blockers work by slowing the heart rate, which means that the heart doesn't have to work as hard. They are also used to treat other heart conditions, such as an abnormal heart rate called arrhythmia. They may be prescribed along with other medications. Side effects can include insomnia, dizziness, fatigue, cold hands and feet, and erectile dysfunction.

Treatment: ACE Inhibitors

ACE inhibitors reduce your body's supply of angiotensin II -- a substance that makes blood vessels contract and narrow. The result is more relaxed, open (dilated) arteries, as well as lower blood pressure and less effort for your heart. Side effects can include a dry cough, skin rash, or dizziness, and high levels of potassium. Women should not become pregnant while taking an ACE inhibitor.

Treatment: ARBs

Instead of reducing your body's supply of angiotensin II, these drugs block receptors for angiotensin -- as if placing a shield over a lock. This blockade prevents the chemical's artery-tightening effects, and lowers your blood pressure. ARBs can take several weeks to become fully effective. Possible side effects include dizziness, muscle cramps, insomnia, and high levels of potassium. Women should not become pregnant while taking this medication.

Treatment: Calcium Channel Blockers

Calcium channel blockers slow the movement of calcium into the cells of the heart and blood vessels. Since calcium causes stronger heart contractions, these medications ease the heart's contraction and relax the blood vessels. They can cause dizziness, heart palpitations, swelling of the ankles, and constipation. Take them with food or milk and avoid grapefruit juice and alcohol because of possible interactions.

Treatment: Other Medications

Other medications that relax the blood vessels include vasodilators, alpha blockers, and central agonists. Side effects can include dizziness, a fast heart beat or heart palpitations, headaches, or diarrhea. Your doctor may suggest them if other blood pressure medications are not working well enough or if you have another condition.

Treatment: Complementary Therapies

Meditation can put your body into a state of deep rest, which can lower your blood pressure. Yoga, tai chi, and deep breathing also help. These relaxation techniques should be combined with other lifestyle changes, such as diet and exercise. Be aware that herbal therapies may conflict with other medications you take, and some herbs actually raise blood pressure. Tell your doctor if you take herbal or other dietary supplements.

Living With High Blood Pressure

Hypertension is often a life-long condition. It's important to take your medications and continue to monitor your blood pressure. If you keep it under control, you can reduce your risk of stroke, heart disease, and kidney failure.

Screening for Heart Disease: Which Tests? When?

If you are worried about your heart attack risk, which screening tests should you get and when?

For healthy patients over age 40, I like to get a electrocardiogram (ECG or EKG) every 2-5 years, and more often if they are older or have existing or new risk factors for coronary artery disease. The main reason for this is not to look for signs of heart disease, but to have a baseline for comparison to help interpret any potential abnormal ECG findings in the future.

Echocardiograms are not appropriate as screening tests but are useful for evaluating suspected abnormalities of the heart valves or reduced overall heart function.

A stress test is not necessary for active people without symptoms of angina. However, this test may be appropriate for sedentary people over age 50 with multiple cardiac risk factors, especially before they begin an exercise regimen.

For patients with new symptoms that suggest angina, a stress test is usually the first diagnostic step. If the stress test is positive (abnormal), then a procedure called catheterization is used to get a better look inside the arteries and determine the best treatment approach.

Sometimes the results of a stress test are not clearly normal or abnormal. In those cases coronary CT calcium scoring can be used to measure the amount of calcium in the arteries. Since most plaque contains calcium, this test indirectly measures plaque buildup and can help determine whether or not a catheterization is necessary,

Coronary CT testing is often marketed as a screening test for heart disease risk. However, finding coronary calcification in the absence of any symptoms doesn't tell your doctor enough information. You would still need a functional test (a stress test) to determine if your high calcium score actually represents a problem that needs treatment.

I generally don't recommend routine screening tests looking for coronary artery disease. Instead, my advice is to concentrate your efforts on controlling all of your modifiable risk factors, in order to prevent future plaque from forming.

Blood Pressure: HOW LOW IS TOO LOW?

High blood pressure (hypertension) is pretty easy to define: Anything above 120/80 is abnormal. Low blood pressure is not so simple. There is no absolute number below which blood pressure is considered abnormally low.

To help you understand low blood pressure, it's useful to think of the arteries and veins as basically just a system of pipes that carry blood around the body. The heart is the pump that keeps the fluid moving. As long as there is enough pressure in the pipes to get the blood to where it's headed, the plumbing system is doing its job and there's nothing to worry about.

Low blood pressure is only a problem when there isn't enough pressure to get enough blood to a body part(s). The brain - probably the most sensitive organ - is pretty good at letting us know if it isn't getting enough blood.

The brain also happens to live at the very top of our bodies, which means it often temporarily loses some of its blood supply when we first stand up and gravity pulls everything (including our blood supply) down.

That dizzy or lightheaded sensation that happens when you get up quickly is your brain's reaction to low blood pressure. Fortunately, these symptoms usually pass in a few seconds as our bodies quickly respond with a faster heart rate and an increased blood pressure.

If your blood pressure is too low, however, it may take more than 10-15 seconds to recover after standing up. More severe low blood pressure can cause dizziness or lightheadedness even when you're not standing up.

And very low blood pressure can sometimes cause complete loss of consciousness because the brain isn't getting enough blood.

If you have these symptoms, you might have low blood pressure. The actual numbers can vary a lot, so it's no help to compare your blood-pressure numbers with other people's.

A person who recently began taking medicine for very high blood pressure might be dizzy even though his or her blood pressure is still above 120/80. On the other hand, many people feel just fine with a blood pressure of 80/50.

If your blood pressure is very low but not causing any symptoms, then there's nothing to worry about - congratulations. You are a long way away from having high blood pressure, and nothing else needs to be done.

But if you frequently feel lightheaded and dizzy, you should see your doctor. And don't automatically assume that your dizziness is always going to be a blood-pressure problem; many things other than low blood pressure can cause these symptoms.

The treatment for low blood pressure is usually pretty simple. Eating more salt and drinking more fluid works for most people. Some patients need to take salt tablets, or occasionally prescription medicine, to raise their blood pressure.

If you are taking medicine for high blood pressure and feeling dizzy or lightheaded, you might need a lower dose of the medicine, at least temporarily until your body adjusts to it. And if your medication is keeping your blood pressure well below 120/80, it's worth asking your doctor-even if you aren't having any symptoms or problems-if you can take less medicine to allow your blood pressure to run a little bit higher.

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Alternate to bypass surgery (Very Useful)

This is a new theory that has come to my knowledge very recently and I thought that I should also share with you all.

A few days back my Father in law was admitted in a nursing home due to severe chest pain. He had an attack in 1997 and was undergoing normal treatment.

Due to the sudden pain just 15 days back we once again got him admitted in a private nursing home at Kandivli. The doctors later suggested for Angiography. We conducted the Angiography at Hinduja Hospital and knew from the reports that he has multiple blockages. The doctor told that he cannot undergo Angioplasty due to several blockages but suggested By - Pass - Surgery.

The same day evening we bought him home since the doctor suggested that his heart is very weak and we can perform the by-pass only after 15- 20 days. In the mean time we were discussing this issue with our

relatives and friends, we got this new information from one of our family friends. There is a new therapy in the market, which is known as: - Chelation Therapy. Or Calation Therapy.

According to this therapy any patient who has to undergo by-pass need not undergo the same. The patient is given approx. 18 bottles of blood wherein some medicines are injected along with it. The blood cleans the system and removes all the blockages from the heart. The no. of bottles may increase depending upon the age factor and health of the patient. The cost of the blood per bottle would be approx. Rs. 2,500/-. The treatment takes approx.1 month of time. There are only 4 doctors in India and one of them is Dr. Dhananjay Shah at Malad (Mumbai) another at Karnataka.

He has a list of patients who had to undergo by-pass from Lilavati, Hinduja and other major hospitals but after undergoing the above treatment they are absolutely fine and leading a normal life. I give below the Doctors details for your info:-

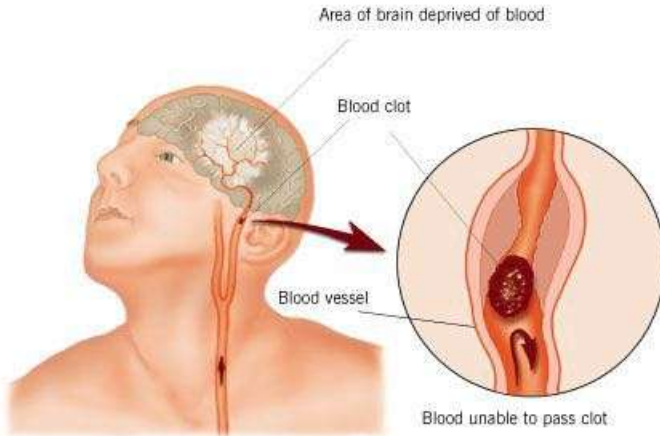
Dr. Dhananjay Shah.

(Disp): 022-28892089 - Mob: 098194 39657 - shahdhananjay@rediffmail.com

I hope the above information would be of any help to you. Kindly pass on the message to the people you know and one can save huge amount of money, time and risk of undergoing the operation.

INFORMATION EVERYONE SHOULD KNOW

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue



STROKE: Remember the 1st Three Letters.... S.T.R.

STROKE IDENTIFICATION

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

TO PREVENT STROKE DRINK TEA!

Prevent buildup of fatty deposits on artery walls with regular doses of tea. (actually, tea suppresses my appetite and keeps the pounds from invading....Green tea is great for our immune system)!

Heart and Warm Water

Heart Attacks and Drinking Warm Water

This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The ancient Indian doctors have recommended in Ayurveda to drink hot water, not cold water, maybe it is time we adopt their drinking habit.

For those who like to drink cold water, this article is applicable to you. It is feels nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal

French fries and Burgers are the biggest enemy of heart health. A coke after that gives more power to this demon. Avoid them for your Heart's Health

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives!!

CANCER

<http://suratiundhiyu.wordpress.com/>

ANNUAL CHECKUPS FOR CANCER:

Annual checkups and tests such as colonoscopies and PSA assays are important, but it's not a good idea to rely on tests alone to protect you from cancer. It's just as important to listen to your body and notice anything that's different, odd, or unexplainable.

(You should also listen to those close to you, such as a wife or partner, because others sometimes notice things we're unaware of—or don't want to admit.) You don't want to join the ranks of cancer patients who realize too late that symptoms they'd noticed for a long time could have sounded the alarm earlier, when cancer was easier to cure.

1. Upset stomach or stomachache

One of the first signs colon cancer patients remember experiencing when they look back is unexplained stomach aches. Those with pancreatic cancer describe a dull ache that feels like it's pressing inward. Many liver cancer patients say they went in complaining of stomach cramps and upset stomachs so frequently that their doctors thought they had ulcers. Liver cancer patients and those with leukemia can experience abdominal pain resulting from an enlarged spleen, which may feel like an ache on the lower left side. If you have a

stomachache that you can't attribute to a digestive problem or that doesn't go away, ask your doctor to order an ultrasound. Finding a liver or pancreatic tumor early can make all the difference in treatment.

2. Chronic "acid stomach" or feeling full after a small meal

The most common early sign of stomach cancer is pain in the upper or middle abdomen that feels like gas or heartburn. It may be aggravated by eating, so that you feel full when you haven't actually eaten much. What's particularly confusing is that the pain can be relieved by antacids, confirming your conclusion that it was caused by acid in the stomach, when it's more than that. An unexplained pain or ache in lower right side can be the first sign of liver cancer, known as one of the "silent killers."

Feeling full after a small meal is a common sign of liver cancer as well.

If you have frequent bouts of acid stomach, an unexplained abdominal ache, or a full feeling after meals even when you're eating less than normal, call your doctor.

3. Unexplained weight loss

If you notice the pounds coming off and you haven't made changes to your diet or exercise regime, it's important to find out why. Unexplained weight loss can be an early sign of colon and other digestive cancers; it can also be a sign of cancer that's spread to the liver, affecting your appetite and the ability of your body to rid itself of waste.

4. Jaundice

Pancreatic cancer, another one of the "silent killers," is often discovered when someone notices jaundice and asks the doctor to do a battery of tests. Jaundice is most commonly thought of as a yellowing of the skin or whites of the eyes, but darker-than-normal urine that's not the result of dehydration is also a sign. Clay-colored stools are another little-known sign of jaundice. Oddly, jaundice can also cause itching, because the bile salts in the bloodstream cause the skin to itch. Some people with pancreatic cancer say they noticed the itching before they noticed the jaundice itself.

5. Wheezing or shortness of breath

One of the first signs lung cancer patients remember noticing when they look back is the inability to catch their breath. "I couldn't even walk to my car without wheezing; I thought I had asthma, but how come I didn't have it before?" is how one man described it. Shortness of breath, chest pain, or spitting blood is also signs of testicular cancer that's spread to the lungs.

6. Chronic cough or chest pain

Several types of cancer, including leukemia and lung tumors, can cause symptoms that mimic a bad cough or bronchitis. One way to tell the difference: The problems persist, or go away and come back again in a repeating cycle. Some lung cancer patients report chest pain that extends up into the shoulder or down the arm.

7. Frequent fevers or infections

These can be signs of leukemia, a cancer of the blood cells that starts in the bone marrow. Leukemia causes the marrow to produce abnormal white blood cells, which crowd out healthy white cells, sapping the body's infection-fighting capabilities. Doctors sometimes catch leukemia in older adults only after the patient has been in a number of times complaining of fever, aches, and flu-like symptoms over an extended period of time.

8. Difficulty swallowing

Most commonly associated with esophageal or throat cancer, having trouble swallowing is sometimes one of the first signs of lung cancer, too. Men diagnosed with esophageal cancer look back and remember a feeling of pressure and soreness when swallowing that didn't go away the way a cold or flu would have. Consult your doctor also if you have a frequent feeling of needing to clear your throat or that food is stuck in your chest; either of these can signal a narrowing of the esophagus that could mean the presence of a tumor.

9. Chronic heartburn

If you just ate half a pizza, heartburn is expected. But if you have frequent episodes of heartburn or a constant low-level feeling of pain in the chest after eating, call your doctor and ask to be screened for esophageal cancer.

Gastroesophageal reflux disease (GERD) — a condition in which stomach acid rises into the esophagus, causing heartburn and an acidic taste in the throat — can trigger a condition called Barrett's esophagus, which can be a precursor of esophageal cancer...

10. Swelling of facial features

Some patients with lung cancer report that they noticed puffiness, swelling, or redness in the face. The explanation for this is that small cell lung tumors commonly block blood vessels in the chest, preventing blood from flowing freely from the head and face.

11. Swollen lymph nodes or lumps on the neck, underarm, or groin

Enlarged lymph nodes indicate changes in the lymphatic system, which can be a sign of cancer. For example, a lump or enlarged lymph in the neck or underarm is sometimes a sign

of thyroid, head, or throat cancer. A painless lump on the neck, underarm, or groin can be an early sign of leukemia.

12. Excessive bruising or bleeding that doesn't stop

This symptom usually suggests something abnormal happening with the platelets and red blood cells, which can be a sign of leukemia. One man with leukemia noticed that his gums bled when he brushed his teeth; another described bruising in strange places, such as on his fingers and hands. The explanation: Over time, leukemia cells crowd out red blood cells and platelets, impairing the blood's ability to carry oxygen and clot.

13. Weakness and fatigue

"I had to stop halfway across the yard and sit down when I was mowing the lawn," said one man when describing the fatigue that led to his discovery of pancreatic cancer. Generalized fatigue and weakness is a symptom of so many different kinds of cancer (and other ills) that you'll need to look at it in combination with other symptoms. But any time, you feel exhausted without explanation and it doesn't respond to getting more sleep, talk to your doctor.

14. Rectal bleeding or blood in stool

"I thought it was hemorrhoids" is one of the most common statements doctors hear when diagnosing colorectal cancer. Blood in the toilet alone is reason to call your doctor and schedule a colonoscopy. Another sign of blood in the stool many people miss is stools that are darker in color.

15. Bowel problems

Constipation, diarrhea, and changes in stools can all be signs of cancer.

As with many other cancer symptoms, the way to tell if this is cause for concern is if it goes on for more than a few days without a clear cause, such as flu or food poisoning. People diagnosed with colon cancer say they noticed more frequent stools, as well as a feeling that their bowels were not emptied completely. One of the early signs of pancreatic cancer is fatty stools, which can be recognized as frequent, large stools that are paler than normal and smelly. This is a sign that your body's not absorbing your food normally, and it should be brought to your doctor's attention.

16. Difficulty urinating or changes in flow

Hands-down, the most common early sign of prostate cancer is a feeling of not being able to start peeing once you're set to go. Many men also report having a hard time stopping the flow of urine, a flow that starts and stops, or a stream that's weaker than normal. Any of these symptoms is reason to call your doctor for an exam and a screening test for prostate-specific antigen.

17. Pain or burning during urination

This symptom can also indicate a urinary tract infection or sexually transmitted disease, of course, but in any case it warrants an immediate trip to the doctor. This symptom is often combined with the feeling that you need to go more often, particularly at night. These same symptoms can also indicate inflammation or infection in the prostate or benign prostatic hyperplasia, the name for what happens when the prostate grows bigger and blocks the flow of urine. However, you need to get checked out to tell the difference.

18. Blood in urine or semen

Men are often warned about blood in the urine, but they may not realize that blood in semen is also a danger sign for prostate cancer. Blood in the urine or semen isn't always visible as blood; urine may just be a pink, dark red, or smoky brown color, while blood in the semen may just look like a pinkish streak.

19. Erection problems

As prostate cancer progresses, another very common sign is difficulty getting or sustaining an erection. This can be a difficult subject to talk about, but it's important to bring it to your doctor's attention. It could be a sign of sexual dysfunction with another cause, of course, but it's a reason to have an exam and a prostate-specific antigen (PSA) test.

20. Pain, aching, or heaviness in the groin, hips, thighs, or abdomen

One sign of prostate cancer is frequent pain in the hips, upper thighs, or the lowest part of the back. Men with testicular cancer report noticing a heavy, aching feeling low in the belly or abdomen, or in the scrotum or testicles themselves. They sometimes describe it as a feeling of downward pulling or as a generalized ache throughout the groin area. Prostate cancer that has spread to the lymph nodes often makes itself known as discomfort in the pelvis or swelling in the legs.

21. Testicular swelling or lump

The lumps that indicate testicular cancer are nearly always painless. It's also common for a testicle to be enlarged or swollen, but lacking any specific lump that you can see or feel. Some men report feeling discomfort from the enlargement, but not an outright pain.

22. Unexplained back pain

Back pain can mean all sorts of things, of course — most often pulled muscles or disc problems. But unexplained, persistent back pain can be an early sign of cancer as well, so get it checked out. Pain in the lower back and hips can be a sign of prostate cancer, while pain in

the upper back can signal lung cancer. A pain in the upper abdomen and back is one of the few early signs of pancreatic cancer.

23. Scaly or painful nipple or chest, nipple discharge

Men do get breast cancer; they also get a condition called gynecomastia, which is a benign lump in the breast area. Breast cancer is usually detected as a lump, but if it's spreading inward it can also cause chest pain. Other signs of breast cancer include patches of red, scaly, or dimpled skin or changes to the nipple such as turning inward or leaking fluid. Bring any lump, swelling, or skin or nipple problem, or any chest pain, to your doctor's attention.

24. A sore or skin lump that doesn't heal, becomes crusty, or bleeds easily

Most of us know how to watch moles for changes that might indicate skin cancer. But other signs, such as small waxy lumps or dry scaly patches, are easier to miss. Familiarize yourself with the different types of skin cancer — melanoma, basal cell carcinoma, and squamous cell carcinoma — and be vigilant about checking skin all over the body for odd-looking growths or spots.

25. Changes in nails

Unexplained changes to the fingernails can be a sign of several types of cancer. A brown or black streak or dot under the nail can indicate skin cancer. A newly discovered "clubbing," which means enlargement of the ends of the fingers, with nails that curve down over the tips, can be a sign of lung cancer..

Pale or white nails can be an indication that your liver is not functioning properly, sometimes a sign of liver cancer.

PAPAYA IS A STOREHOUSE OF CANCER-FIGHTING LYCOPENE

"When someone shares with you something of value, you have an obligation to share it with others..."

The gorgeous Fruit Papaya.... Make sure that you have some as often as possible. Read all about it.

Papaya was the only studied food found to halt breast cancer. Scientists studied 14 plant foods commonly consumed in Mexico to determine their ability to halt breast cancer cell growth. These included avocado, black sapodilla, guava, mango, prickly pear cactus (nopal), pineapple, grapes, tomato, and papaya. They also evaluated beta-carotene, total plant phenolic, and Gallic acid contents and antioxidant capacity. They found that only papaya had

a significant effect on stopping breast cancer cell growth. (International Journal of Food Science and Nutrition, May issue).

Papaya is a store-house of cancer-fighting lycopene. The intense orangey-pink colour of papaya means it is chock full of cancer fighting carotenoids. Not only beta carotene, but lycopene is found in abundance. The construction of lycopene makes it highly reactive towards oxygen and free radicals. Scientists at the University of Illinois think this anti-oxidant activity contributes to its effectiveness as a cancer fighting agent. Epidemiological studies have indicated an inverse relationship between lycopene intake and prostate cancer risk. They showed that oral lycopene is highly bio available, accumulates in prostate tissue, and is localized in the nucleus of prostate epithelial cells. In addition to antioxidant activity, other experiments have indicated that lycopene induces cancer cell death, anti-metastatic activity, and the up-regulation of protective enzymes. Phase I and II studies have established the safety of lycopene supplementation. (Cancer Letter, October 8, 2008).

Prostate cancer was the subject of a study in Australia that looked at 130 prostate cancer patients and 274 hospitalized controls. The scientists found that men who consumed the most lycopene-rich fruits and vegetables such as papaya were 82% less likely to have prostate cancer. In this study, green tea also exerted a powerful anti-cancer effect. When lycopene-rich foods were consumed with green tea, the combination was even more effective, an outcome the researchers credited to their synergy. (Asia Pacific Journal of Clinical Nutrition, 2007).

Isothiocyante found in papaya restore the cell cycle to eliminate cancer. Organo-sulphur compounds called isothiocyante are found in papaya. In animal experiments, isothiocyante protected against cancers of the breast, lung, colon, pancreas, prostate, as well as leukemia, and they have the potential to prevent cancer in humans. Isothiocyante have shown them capable of inhibiting both the formation and development of cancer cells through multiple pathways and mechanisms. (International Journal of Oncology, October, 2008).

Researchers in Japan clarified the mechanisms of action in a type of isothiocyante found in papaya known as BITC, which underlies the relationship between cell cycle regulation and appropriate cell death. When cancerous cells die on schedule, they are no longer a problem.

The researchers established that BITC exerted cancer cell killing effects that were greater in the proliferating cells than in the quiescent cells. Cancer cells that are proliferating are much more dangerous than cancer cells that are in a state of dormancy. (Forum of Nutrition, 2009).

Enzymes from papaya digest proteins including those that protect tumors.

The fruit and other parts of the papaya tree, also known as the paw tree, contain papain and chymopapain, powerful proteolytic enzymes that facilitate chemical reactions in the body. They promote digestion by helping to break down proteins from food into amino acids that can be recombined to produce protein useable by humans. Proteolytic enzymes protect the

body from inflammation and help heal burns. They do a good job of digesting unwanted scar tissue both on the skin and under its surface. Being a proteolytic enzyme, papain is able to destroy intestinal parasites, which are composed mostly of protein. To rid the body of intestinal parasites, half a cup of papaya juice can be alternated each hour for twelve consecutive hours with the same amount of cucumber or green bean juice.

Research has shown that the physical and mental health of people is highly dependent on their ability to produce proteins they can use effectively. However, as people age, they produce less of the enzymes needed to effectively digest proteins from food and free needed amino acids. They are left with excessive amounts of undigested protein which can lead to overgrowth of unwanted bacteria in the intestinal tract, and a lack of available amino acids. Eating papaya after a meal promotes digestion, and helps prevent bloating, gas production, and indigestion. It is quite helpful after antibiotic use to replenish friendly intestinal bacteria that were the casualties in the war against the unwanted bacteria. When the intestinal tract is well populated with friendly bacteria, the immune system is strengthened, and can protect better against flu and cancer.

Papaya contains fibrin, another useful compound not readily found in the plant kingdom. Fibrin reduces the risk of blood clots and improves the quality of blood cells, optimizing the ability of blood to flow through the circulatory system. Fibrin is also important in preventing strokes.

Proteolytic enzymes containing fibrin are a good idea for long plane rides to minimize the potential of blood clots in the legs. People who sit at a desk all day might want to use proteolytic enzymes too. Proteolytic enzymes are able to digest and destroy the defense shields of viruses, tumors, allergens, yeasts, and various forms of fungus. Once the shield is destroyed, tumors and invading organisms are extremely vulnerable and easily taken care of by the immune system. Undigested proteins can penetrate the gut and wind up in the bloodstream where they are treated by the immune system as invaders. If too many undigested proteins are floating around, the immune system becomes overburdened and unable to attend to the other tasks it was meant to do. Proteolytic enzymes can digest these rogue proteins, freeing up the immune system.

Let's ensure a slice of papaya every day in our diet. Papaya juice will be great.

CHEMOTHERAPY IS THE ONLY WAY TO TRY?

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY (TRY THE KEY WORD) AND ELIMINATE CANCER, JOHN HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.

- 1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.**
- 2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.**
- 3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.**
- 4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.**
- 5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.**
- 6. Chemotherapy involves poisoning the rapidly growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.**
- 7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.**
- 8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.**
- 9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.**
- 10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.**
- 11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.**
- 12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrified and leads to more toxic buildup.**

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells.

Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

CANCER CELLS FEED ON

a. Sugar, is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like Nutrasweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soya milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and

reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells.

To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water- best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

PLEASE READ ON

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well.

DIOXIN CHEMICALS:

Dioxin chemicals causes cancer, especially breast cancer.

Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital was on a TV program to explain this health hazard.

He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat.

He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body.

Instead, he recommends using glass, such as corningWare, Pyrex or ceramic containers for heating food.

You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

Asparagus - Best medicine for cancer!

A woman had been taking the full-stalk canned style

Asparagus that she pureed and she took 4 tablespoons in the morning and 4 tablespoons later in the day. She did this for over a month. She is on chemo pills for Stage 3 lung cancer in the pleural area and her cancer cell count went from 386 down to 125 as of this past week. Her oncologist said she does not need to see him for 3 months.

THE ARTICLE:

Several years ago, I had a man seeking asparagus for a friend who had cancer. He gave me a photocopied copy of an article, entitled, Asparagus for cancer 'printed in cancer News journal, December 1979. I will share it here, just as it was shared with me: I am a biochemist, And have specialized in the relation of diet to health for over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D..S. that asparagus might cure cancer. Since then, I have worked with him on his project. We have accumulated a number of favorable case histories. Here are a few examples:

Case No. 1,

A man with an almost hopeless case hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2,

A successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on

asparagus. Within 3 months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

Case No. 3,

A man who had lung cancer. On March 5th 1971, he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the Asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared. He is back at his regular business routine.

Case No. 4,

A woman who was troubled for a number of years with skin cancer. She finally developed different skin cancers which were diagnosed by the acting specialist as advanced. Within 3 months after starting on asparagus, her skin specialist said that her skin looked fine and no more skin lesions.

This woman reported that the asparagus therapy also cured her kidney disease, which started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus.

I was not surprised at this result, as 'The elements of material medica', edited in 1854 by a professor at the University of Pennsylvania, and stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of asparagus in dissolving stones. Note the dates!

We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large number of case histories that will overwhelm the medical skeptics about this unbelievably simple and natural remedy.

For the treatment, asparagus should be cooked before using, and therefore canned asparagus is just as good as fresh. I have corresponded with the two leading canners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives. Place the cooked asparagus in a blender and liquefy to make a puree, and store in the refrigerator give the patient 4 full tablespoons twice daily, morning and evening. Patients usually show some improvement in from 2-4 weeks. It can be diluted with water and used as a cold or hot

drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases. As a biochemist I am convinced of the old

saying that 'what cures can prevent.' Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals. We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold. For years we have made it a practice to have blood surveys taken as part of our regular checkups. The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink.

As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer.

Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth.. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and in acting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance. The FDA cannot prevent you from using it and it may do you much good. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anticarcinogens and antioxidants.

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY AND ELIMINATE CANCER, JOHN HOPKINS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY

Cancer Update from Johns Hopkins

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc., and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

WHAT CANCER CELLS FEED ON?

a. Sugar is a cancer-feeder- By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and

reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells.

To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water--best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrified and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing, help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

A GREAT ALTERNATIVE TO TAKING MEDICATION!!!!

20 Painkillers in Your Kitchen

Make muscle pain a memory with ginger

When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Experts credit ginger's potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

Cure a toothache with cloves

Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a ¼ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

Heal heartburn with cider vinegar

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain," explains Joseph Brasco, M.D., a gastroenterologist at the Center for Colon and Digestive Diseases in Huntsville, AL.

Erase earaches with garlic

Painful ear infections drive millions of Americans to doctors' offices every year. To cure one fast, just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University Of New Mexico School Of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing bacteria. To whip up your own garlic oil gently simmer three cloves of crushed garlic in a half a cup of extra virgin olive oil for two minutes, strain, then refrigerate for up to two weeks, suggests Teresa Graedon, Ph.D., co-author of the book, Best Choices From The People's Pharmacy. For an optimal experience, warm this mix slightly before using so the liquid will feel soothing in your ear canal.

Chase away joint and headache pain with cherries

Latest studies show that at least one in four women are struggling with arthritis, gout or chronic headaches. If you're one of them, a daily bowl of cherries could ease your ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing's Michigan State University. Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatories 10 times stronger than ibuprofen and aspirin. "Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain," explains Muraleedharan Nair, Ph.D., professor of food science at Michigan State University. His advice: Enjoy 20 cherries (fresh, frozen or dried) daily, and then continue until your pain disappears.

Fight tummy troubles with fish Indigestion, irritable bowel syndrome, inflammatory bowel diseases...if your belly always seems to be in an uproar, try munching 18 ounces of fish weekly to ease your misery. Repeated studies show that the fatty acids in fish, called EPA and DHA, can significantly reduce intestinal inflammation, cramping and belly pain and, in some

cases, provide as much relief as corticosteroids and other prescription meds. “EPA and DHA are powerful, natural, side effect-free anti-inflammatories, that can dramatically improve the function of the entire gastrointestinal tract,” explains biological chemist Barry Sears, Ph.D., president of the Inflammation Research Foundation in Marblehead, MA. For best results, look for oily fish like salmon, sardines, tuna, mackerel, trout and herring.

Prevent PMS with yogurt

Up to 80 percent of women will struggle with premenstrual syndrome and its uncomfortable symptoms, report Yale researchers. The reason: Their nervous systems are sensitive to the ups and downs in estrogen and progesterone that occur naturally every month. But snacking on 2 cups of yogurt a day can slash these symptoms by 48 percent, say researchers at New York’s Columbia University. “Yogurt is rich in calcium, a mineral that naturally calms the nervous system, preventing painful symptoms even when hormones are in flux,” explains Mary Jane Minkin, M.D., a professor of gynecology at Yale University.

Tame chronic pain with turmeric

Studies show turmeric, a popular East Indian spice, is actually three times more effective at easing pain than aspirin, ibuprofen or naproxen, plus it can help relieve chronic pain for 50 percent of people struggling with arthritis and even fibromyalgia, according to Cornell researchers. That’s because turmeric’s active ingredient, curcumin, naturally shuts down cyclooxygenase 2, an enzyme that churns out a stream of pain-producing hormones, explains nutrition researcher Julian Whitaker, M.D. and author of the book, *Reversing Diabetes*. The study-recommended dose: Sprinkle 1/4 teaspoon of this spice daily onto any rice, poultry, meat or vegetable dish.

End endometrial pain with oats

The ticket to soothing endometriosis pain could be a daily bowl of oatmeal. Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during your period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That’s because oats don’t contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear, explains Peter Green, M.D., professor of medicine at Columbia University.

Soothe foot pain with salt

Experts say at least six million Americans develop painful ingrown toenails each year. But regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California’s Stanford University. The salt in the mix naturally nixes inflammation, plus its anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

Prevent digestive upsets with pineapple

Got gas? One cup of fresh pineapple daily can cut painful bloating within 72 hours, say researchers at California's Stanford University. That's because pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine, say USDA researchers.

Relax painful muscles with peppermint

Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future flare-ups in half, says Stengler.

Give your back some TLC with grapes

Got an achy back? Grapes could be the ticket to a speedy recovery. Recent studies at Ohio State University suggest eating a heaping cup of grapes daily can relax tight blood vessels, significantly improving blood flow to damaged back tissues (and often within three hours of enjoying the first bowl). That's great news because your back's vertebrae and shock-absorbing discs are completely dependent on nearby blood vessels to bring them healing nutrients and oxygen, so improving blood flow is essential for healing damaged back tissue, says Stengler.

Wash away pain injuries with water

Whether it's your feet, your knees or your shoulders that are throbbing, experts at New York's Manhattan College, say you could kick-start your recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out, histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building block of the cartilage that cushions the ends of your bones, your joints' lubricating fluid, and the soft discs in your spine," adds Susan M. Kleiner, Ph.D., author of the book, *The Good Mood Diet*. "And when these tissues are well-hydrated, they can move and glide over each other without causing pain." One caveat: Be sure to measure your drinking glasses to find out how large they really are before you start sipping, she says. Today's juice glasses often hold more than 12 ounces, which means five servings could be enough to meet your daily goal.

Heal sinus problems with horseradish

Latest studies show sinusitis is the nation's number one chronic health problem. And this condition doesn't just spur congestion and facial pain; it also makes sufferers six times more likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do. The study-recommended dose: One teaspoon twice daily (either on its own, or used as a

sandwich or meat topping) until symptoms clear.

Beat bladder infections with blueberries

Eating 1 cup of blueberries daily, whether you opt for them fresh, frozen or in juice form, can cut your risk of a urinary tract infection (UTIs) by 60 percent, according to researchers at New Jersey's Rutgers University. That's because blueberries are loaded with tannins, plant compounds that wrap around problem-causing bacteria in the bladder, so they can't get a toehold and create an infection, explains Amy Howell, Ph.D. a scientist at Rutgers University.

Heal mouth sores with honey

Dab painful canker and cold sores with unpasteurized honey four times daily until these skin woes disappear, and they'll heal 43 percent faster than if you use a prescription cream, say researchers at the Dubai Specialized Medical Center in the United Arab Emirates. Raw honey's natural enzymes zap inflammation, destroy invading viruses and speed the healing of damaged tissues, say the study authors.

Fight breast pain with flax

In one recent study, adding 3 tablespoons of ground flax to their daily diet eased breast soreness for one in three women within 12 weeks. Scientist's credit flax's phytoestrogens, natural plant compounds that prevent the estrogen spikes that can trigger breast pain. More good news: You don't have to be a master baker to sneak this healthy seed into your diet. Just sprinkle ground flax on oatmeal, yogurt, and applesauce or add it to smoothies and veggie dips.

Cure migraines with coffee

Prone to migraines? Try muscling-up your painkiller with a coffee chaser. Whatever over-the-counter pain med you prefer, researchers at the National Headache Foundation say washing it down with a strong 12- ounce cup of coffee will boost the effectiveness of your medication by 40 percent or more. Experts say caffeine stimulates the stomach lining to absorb painkillers more quickly and more effectively.

Tame leg cramps with tomato juice

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occur when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp flare-ups in as little as 10 days, say UCLA researchers.

Ayurvedic approach to Overweight - Causes and effects of obesity

- increase usage of fresh fruits and vegetables
- Decrease the usage of white breads and other processed foods
- Avoid intake of too much salt

- Cook with spices like cayenne, turmeric, black pepper, ginger and rock salt.
- Avoid refined sugars and carbonated drinks
- Fasting once in a week is very effective. While fasting you may have fruit or vegetable juices, warm skim milk, light soups, teas, etc. ***
- Use vegetable oil in place of butter or margarine
- Avoid milk products like cheese, butter etc. and non-vegetarian foods as they are rich in fat.
- Mix one teaspoon of fresh honey with the juice of half a lime in a glass of lukewarm water and take several times a day at regular intervals.
- Avoid eating meat products as they slow digestion and cause heaviness. Use lot of onion slice with out cooking if you eat meat which will help to reduce fat formation.

Skin Care - Premature Aging of Skin

- Honey, is a good remedy for dry skin.
- Add half tablespoon of honey to 1-2 tablespoon of rose water. Apply on face, neck, and other dry skin area. This is natural and safe. Leave it for about 15-20 minutes, then wash off with tepid water. Honey moisturizes and soothes dry skin, and is gentle enough for daily use. This mixture cleans the skin, tones it, and makes it glowing.
- Egg yolk and honey is another best solutions for dry skin care.
- Make a paste using egg yolk (one teaspoon), milk powder (1-2 teaspoon), and honey (one teaspoon). Apply this paste on face, neck and other dry skin area and let it dry for 10-15 minutes then wash your face using cold water.
- Apply natural mayonnaise, either homemade or from natural foods store. Massage into skin, leave on for 15-20 minutes, rinse thoroughly with warm water.
- Eating food rich in minerals and proteins and vitamins is very much helpful in overcoming dry skin.
- An oil massage is a simple yet well-known remedy to treat dry skin. Adding a few drops of glycerin to the oil just before application will give better result.
- An oil massage is a simple yet well-known remedy to treat dry skin. Adding a few drops of glycerin to the oil just before application will make it more effective.
- Applying clarified butter or milk cream for a couple of days before going to bed is very effective for curing cracked lips.

Asthma Treatment (All respiratory diseases) - Ayurvedic methods of asthma treatment and cure

- Take a mixture of 1 tablespoon of water and 2 tablespoon of fresh lemon juice twice a day.
- Take a teaspoon of fresh ginger juice mixed with a cup of fenugreek decoction and honey to taste.

- Drink a glass of 2/3 carrot juice, 1/3 spinach juice, 3 times a day.
- Mix 10 – 15 drops of garlic juice in warm water and take internally.
- Grind to powder form - 2 gms each of Nagar (Nut grass, Cyperus rotundus) and Bharangi and mix them in water to prepare a paste which should be taken, with warm lukewarm water, twice daily.
- Mix 1 teaspoon honey with 1 teaspoon of Indian bay leaf (Cinnamomum tamala) powder and have it before going to bed at night. This will help you in preventing the attack of asthma at night.
- Take 10 cloves of garlic boiled with 30 ml of milk once a day.
- Make paste of Black resin, dates, long Pippli (Piper longum) and honey, in equal quantity. Take one teaspoonful of it morning and evening with warm milk.
- Eating onions helps ease constriction of bronchial tubes. (When I was young, my mother would make onion packs to place on our chest, helped the respiratory ailments and actually made us breathe better).

HOME HEALTH TIPS:
<http://suratiundhiyu.wordpress.com/>

INSOMNIA (CAN'T SLEEP?) HONEY!

Use honey as a tranquilizer and sedative.

ARTHRITIS? - EAT FISH

Salmon, tuna, mackerel and sardines actually prevent arthritis. (fish has omega oils, good for our immune system)

UPSET STOMACH? BANANAS - GINGER!

Bananas will settle an upset stomach.
 Ginger will cure morning sickness and nausea.

BLADDER INFECTION? DRINK CRANBERRY JUICE

High-acid cranberry juice controls harmful bacteria.

BONE PROBLEMS? EAT PINEAPPLE!

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

PREMENSTRUAL SYNDROME? EAT CORNFLAKES

Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.

MEMORY PROBLEMS? EAT OYSTERS!

Oysters help improve your mental functioning by supplying much-needed zinc.

COLDS? EAT GARLIC!

Clear up that stuffy head with garlic. (remember, garlic lowers cholesterol, too.)

COUGHING? USE RED PEPPERS

A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

BREAST CANCER? EAT Wheat, bran and cabbage

Helps to maintain estrogen at healthy levels.

LUNG CANCER? EAT DARK GREEN AND ORANGE AND VEGGIES!

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

ULCERS? EAT CABBAGE ALSO!

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

DIARRHEA? EAT APPLES!

Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are good for this ailment)

CLOGGED ARTERIES? EAT AVOCADO!

Mono unsaturated fat in avocados lowers cholesterol.

HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL!

Olive oil has been shown to lower blood pressure.

Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS!

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

HEADACHE? EAT FISH!

Eat plenty of fish -- fish oil helps prevent headaches.

So does ginger, which reduces inflammation and pain.

HAY FEVER? EAT YOGURT!

Eat lots of yogurt before pollen season.

Also-eat honey from your area (local region) daily.

Kiwi: Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. It's Vitamin C content is twice that of an orange.

Apple: An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

Strawberry: Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protects the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you..they're high in anti-oxidants and they actually keep us young.....blueberries are the best and very versatile in the health field.....they get rid of all the free-radicals that invade our bodies)

Orange: Sweetest medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

Watermelon: Coolest Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium. (watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those darn sun rays)

Guava & Papaya: Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation. Papaya is rich in carotene, this is good for your eyes. (also good for gas and indigestion)

Tomatoes: Are very good as a preventative measure for men, keeps those prostate problems from invading their bodies."

EAT OR DRINK RIGHT KIND THINGS:

We've all heard it times and again that sitting all day long at the desk is not really good for the health. Sadly, there aren't any feasible alternatives to this mode of working. While you can't just leave your job, you can surely do something which is beneficial for your health. Eating the right kind of fruits can help you overcome the negative effects of sitting like a robot all day.

Here are five power foods you can enjoy while sitting at your desk. They can work wonders for your heart, blood pressure, and can even improve your memory and concentration.

Walnuts

Some new researches have pointed out that walnuts have more (and better quality) antioxidants than almonds, peanuts, pistachios and many other nuts. All nuts have been found to improve lipids and can reduce the risk of heart diseases. Walnuts have also been found to enhance cognitive and motor function in animals with Alzheimer's. Experts recommend seven walnuts a day.

Cup of Green Tea

Polyphenols, one of the major ingredients of green tea, is known to help repair the damaged DNA and stimulate the immune system. Besides, research shows that green tea also helps in reducing the risk of cancers, including skin cancer and prostate cancer.

Popcorn

If there ever was a list of healthy snacks, this is definitely going to be on the list. In fact, many say that popcorn is the healthiest snack available. It is 100 percent whole grain and is big on fiber and antioxidants. If you can air-pop your popcorn and add a minimal quantity of salt, you'd have the best popcorn, say experts. If your office has a microwave, just make sure you bring a pack of low sodium popcorn to work.

Dark Chocolate

This, too, contains those powerful antioxidants called Polyphenols which combat the risk factors (like oxidation of LDL cholesterol) for heart diseases and also inhibit clotting. Studies have also indicated that consuming a small bar of dark chocolate daily can reduce blood pressure in people with mild hypertension. Caffeine, another active ingredient of dark chocolate, can give you that much-required kick and a boost in concentration levels.

Fruits

Not only they help you conquer that "false hunger", they are also brimming with nutrients which are needed to keep you going all day. You can choose between apples, bananas, mangoes, oranges, papayas etc. but make sure you carry some fruits to the office on a daily basis.

Natural Remedies to Battle Common Cold

The common cold is a viral infectious disease of the upper respiratory system. While it gives you ailments like cough, sore throat, runny nose, and fever, it can also lead to breathing problems as there are good chances of the nasal passage getting congested.

We can understand what a horrible experience it is to have a stuffed nose and keep gasping for breath every other minute. You can easily pick up cold by inhaling somebody else's germs or touching someone who has a virus and then touching your eyes and nose, thereby allowing the germs to enter your body. Once the virus has invaded, it opens its account in your throat and starts producing baby viruses by hundreds. These viruses then traverse all around your body and trigger those hateful symptoms like: a stuffy/drippy nose, sore throat, aches, breathing problems and cough.

These are some of the detestable symptoms of cold:

Runny nose, Cough, Nasal congestion, Sore or itchy throat, Sneezing, Watery eyes, Mild headache, Mild fatigue or body aches, Fever less than 102 degrees

It is said that time is the sure-shot cure for cold. It is a viral infection and may last for 7 to 10 days. There are medications available to treat cold but they do no magic. The medicines curb the symptoms and may help you recover quickly. For prevention and treatment of cold, natural remedies should be preferred over pharma drugs as the latter have been found to create several adverse effects in the body.

Let's take a look at some of the natural remedies for cold:

Using Lemon

Vitamin C-rich lemon juice is known to amplify body resistance, decrease toxicity and reduce the duration of illness. Take a lemon and squeeze it into a glass of water. Add a teaspoon of honey. This should be taken once or twice daily.

Using Garlic

Garlic Soup is time-tested remedy to battle cold. The soup can be easily prepared by boiling three or four cloves of chopped garlic in a cup of water. In soup form, it flushes out all toxins from the system and thus helps bring down fever. This soup should be taken once a day.

The oil which resides inside garlic helps open the clogged respiratory passages. Five spoons of garlic oil should be mixed with a teaspoon of onion juice and then diluted in a cup of water. The resulting mixture can be taken two or three times a day.

Using Turmeric

Apart from cold, Ginger also works wonders for throat irritations. Half a teaspoon of turmeric powder mixed in 30 ml of warm milk can be taken 1-2 times daily. Turmeric powder should be put into a hot ladle (the spoon used for pouring soup). Milk should then be poured in it

and boiled over a slow fire. In case you have a running nose, smoke from burning turmeric can provide quick relief.

Using Bitter Gourd

Many would be sulking as they read this but bitter gourd is not as bitter when it comes to treatment of cold. You would need the roots of bitter gourd to prepare this remedy. A teaspoon of root paste, mixed with an equal quantity of honey or holy basil leaf juice can be taken once every night. This will help you get rid of the cold soon and will keep the symptoms at bay.

Using Honey

Honey is a popular home remedy for cold and cough in many cultures. It is believed that honey works by soothing and coating an irritated throat; not to forget its antioxidant-ial and antibacterial effects.

Try these to deal with the symptoms of cold:

Nurture your Throat: Suck the over-the-counter lozenges (Vicks, Honitus, Strepsils etc.) to soothe that wounded throat. You can also go for a medicated spray.

More and More Zinc: Studies in the US have indicated that zinc tablets can cut the duration of a cold by 42 percent. Zinc may also inhibit virus replication and reduce inflammation. But seek medical advice before taking any sorts of zinc supplements.

Steam your Nose: Sip soups or take a steamy shower. This will help dilate the mucus in your nose and upper throat to help make breathing easier. You can also use over-the-counter decongestant sprays and inhalers.

Apart from this try drinking a good quantity of water and take adequate rest. Vitamin C may help but only to an extent. Don't expect it to do magic.

INDIAN SPICE REMEDIES

COLDS: Mix a gram of dalchini/cinnamon powder with a teaspoon of honey to cure cold. Prepare a cup of tea to which you should add ginger, clove, bay leaf and black pepper. This should be consumed twice a day. Reduce the intake as the cold disappears.

GINGER FOR COLDS: Ginger tea is very good to cure cold. Preparation of tea: cut ginger into small pieces and boil it with water, boil it a few times and then add sugar to sweeten and milk to taste, and drink it hot.

DRY COUGHS: Add a gram of turmeric (haldi) powder to a teaspoon of honey for curing dry cough. Also chew a cardamom for a long time.

BLOCKED NOSE: For blocked nose or to relieve congestion, take a table spoon of crushed carom seeds (ajwain) and tie it in a cloth and inhale it.

SORE THROAT: Add a tea spoon of cumin seeds (jeera) and a few small pieces of dry ginger to a glass of boiling water. Simmer it for a few minutes, and then let it cool. Drink it twice daily. This will cure cold as well as sour throat.

AJWAIN/AJMO FOR ASTHMA: Boil ajwain in water and inhale the steam.

CURE FOR BACKACHE: Rub ginger paste on the backache to get relief.

GARLIC FOR HIGH BLOOD PRESSURE: Have 1-2 pod garlic (lasan) first thing in the morning with water.

HONEY AND GINGER FOR HIGH BLOOD PRESSURE: Mix 1 table spoon and 1 table spoon ginger (adrak) juice, 1 table spoon of crushed cumin seeds (jeera), and have it twice daily.

MIGRAINE: For the cure of migraine or acute cold in the head; boil a tablespoon of pepper powder, and a pinch of turmeric in a cup of milk, and have it daily for a few couple of days.

BLOOD SUGAR: BITTER GOURD/KARELA IS GOOD: A tablespoon of Amla juice mixed with a cup of fresh bitter gourd (karela) juice and taken daily for 2 months reduces blood sugar.

CURE FOR INJURIES: TURMERIC/ARAD CURE FOR INJURIES: For any cut or wound, apply turmeric powder to the injured portion to stop the bleeding. It also works as an antiseptic. You can tie a bandage after applying haldi/turmeric.

CRAMPS: You must do a self-massage using mustard oil every morning. Just take a little oil between your palms and rub it all over your body. Then take a shower. This is especially beneficial during winter. You could also mix a little mustard powder with water to make a paste and apply this on your palms and soles of your feet.

HEADACHES: If you have a regular migraine problem, include five almonds along with hot milk in your daily diet. You could also have a gram of black pepper along with honey or milk, twice or thrice a day. Make an almond paste by rubbing wet almonds against a stone. This can be applied to forehead. Eat an apple with a little salt on an empty stomach everyday and see its wonderful effects. OR When headache is caused by cold winds, cinnamon works best in curing headache. Make a paste of cinnamon by mixing in water and apply it all over your forehead.

FOR ARTHRITIS: Turmeric can be used in treating arthritis due to its anti-inflammatory property. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day.

TURMERIC: GOOD FOR THE HEART: Turmeric lower cholesterol and by preventing the formation of the internal blood clots improves circulation and prevents heart disease and stroke. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day. It is also used as a paste for local action.

TURMERIC: Good for indigestion. Turmeric can be used to relieve digestive problems like ulcers, dysentery. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day. It is also used as a paste for local action.

HONEY: HONEY IS A GOOD CURE FOR ALL DISEASES: Mix 1 teaspoon honey with 1 teaspoon cinnamon powder and have it at night.

HICCUPS: Take a warm slice of lemon and sprinkle salt, sugar and black pepper on it. The lemon should be eaten until the hiccups stop.

HIGH BLOOD CHOLESTEROL: In 1 glass of water, add 2 tbsps. of coriander/dhania seeds and bring to a boil. Let the decoction cool for some time and then strain. Drink this mixture two times in a day. OR Sunflower seeds are extremely beneficial, as they contain linoleic acid that helps in reducing the cholesterol deposits on the walls of arteries.

PILES: Radish juice should be taken twice a day, once in the morning and then later in the night. Initially drink about 2 cups of radish juice; once in the morning and then later in the night. OR Soak 3-4 figs in a glass of water. Keep it overnight. Consume the figs on an empty stomach, the next day in the morning

VOMITING: Take 2 cardamoms, elachi and roast them on a dry pan (tava). Powder the cardamoms and thereafter add a tsp of honey in it. Consume it frequently. It serves as a fabulous home remedy for vomiting. OR In the mixture of 1 tsp of mint juice and 1 tsp. lime juice, add 1 tsp. of ginger juice and 1 tsp honey. Drink this mixture to prevent vomiting. OR Limejuice is an effective remedy for vomiting. Take a glass of chilled limejuice and sip slowly. To prevent vomiting, drink ginger tea. OR In 1 glass water, add some honey and drink sip by sip.

WARTS: Apply castor oil daily over the problematic area. Continue for several months. OR apply milky juice of fresh and barely-ripe figs a number of times a day. Continue for two weeks. OR Rub cut raw potatoes on the affected area several times daily. Continue for at least two weeks. OR Rub cut onions on the warts to stimulate the circulation of blood.. OR Apply milk from the cut end of dandelion over the warts 2-3 times a day. OR Apply oil

extracted from the shell of the cashew nut over the warts. OR Apply papaya juice OR Apply pineapple juice.

URINARY TRACT INFECTION: In 8 oz of water, put ½ tsp of baking soda and drink it. OR Drink plenty of water, as it aids in flushing out the waste products from the body. OR Drink Cranberry juice. You can also add some apple juice for taste.

SINUSITIS: Mango serves as an effective home remedy for preventing the frequent attacks of sinus, as it is packed with loads of vitamin A. OR Another beneficial remedy consists of consuming pungent foods like onion and garlic, as a part of your daily meals. OR Fenugreek/methi leaves are considered valuable in curing sinusitis. In 250 ml water, boil 1 tsp of Fenugreek seeds and reduce it to half. This will help you to perspire, dispel toxicity and reduce the fever period. OR Tie a tsp of black cumin seeds in a thin cotton cloth and inhale.

TONSILLITIS: Take a fresh lemon and squeeze it in a glass of water. Add 4 tsp of honey and ¼ tsp of salt in it. Drink it slowly sip by sip. OR Milk has proved beneficial in treating tonsillitis. In 1 glass of pure boiled milk, add a pinch of turmeric powder and pepper powder. Drink it every night for about 3 days.

INDIAN HOME REMEDIES

Here are 35 Indian Home Remedies for everything imaginable and have been used for hundreds of years, before the advent of modern medicine. This is good especially for minor ailments and aches and pains. This may avoid a trip to the doctors and/or make you feel healthy (and even look beautiful) in the process.

(1) Home Remedy for Asthma: Take 1 tsp honey and ½ tsp cinnamon powder and mix them well before consuming. OR For people who are in their early stages of asthma, a perfect home remedy is to boil 8-10 cloves of garlic in ½ cup of milk and consume it during night time. OR Take very hot water and add a tsp of honey in it. Consume it just before sleeping and take small sips.

(2) Home Remedy for Body Odor: Use antibacterial soap or deodorant soap while bathing. OR To combat the unpleasant armpit odor apply cider vinegar. It serves as the best body odor home remedy treatment. OR In the bathing water, add a few cups of tomato juice and soak yourself in water for about 15 minutes.

(3) Home Remedy for Backache: Lime juice serves as an excellent home remedy for backache. Squeeze the juice of 1 lemon and add common salt in it. Drink it two times in a day. It will act as a great back pain reliever. OR As a part of back pain home remedy treatment,

raw potato in the form of poultice is to be applied on the pain affected area. OR Usually Vitamin C that is mainly found in citrus fruits is considered valuable for getting rid of backaches. Consume about 2000 mg of this vitamin everyday. OR Applying garlic oil on the back gives immense relief from back pain. Take about 10 small garlic pieces and fry them in oil on a low flame. You can either use sesame oil, coconut oil or mustard oil. Fry till the garlic cloves turn light brown. Let the oil prepared from garlic cool completely. Thereafter apply it on the back and keep it for about three hours. In a couple of days, you'll feel its magical effects.

(4) Home Remedy for Cough: Grapes help a great deal in treating cold in a few days. Consume 1 cup grape juice and also add 1-teaspoon honey to it. OR Almonds are excellent for dry coughs. Soak about seven almonds in water and keep them overnight. Next morning peel off the brown skin. Now grind them to form a powder and add twenty grams each of butter and sugar and form a paste. Consume it twice a day, once in the morning and the second time in the evening.

(5) Home Remedy for Common Cold: Lemon can be used effectively to treat common cold, as it increases the body resistance. Take one glass of warm water and pour some lime juice and a tsp of honey in it and consume it once or twice on a daily basis. OR Take 1 tbsp of Pepper powder and boil it in a cup of milk. Also add on a pinch of turmeric to it. Put some sugar for taste. Drink it once in a day for about three days. OR Take 3-4 tsp Onion juice and 3-4 tsp Honey and mix well before consuming

(6) Home Remedy for Common Fever: The juice of grapefruit is valuable in all fevers. Helpful in quenching thirst, it also removes the burning sensation produced by the fever. Half a glass of grapefruit juice should be taken with half a glass of water. OR Another ideal food in all types of fever is orange. It provides energy, increases urinary output, and promotes body resistance against infections. It is especially effective when the digestive power of the body is seriously hampered.

(7) Home Remedy for Defective Vision: Consume foods rich in vitamin A (like raw spinach, turnip tops, milk cream, cheese, butter, tomatoes, lettuce, carrots, cabbage, Soya beans, green peas, fresh milk), as vitamin A helps in improving eyesight.

(8) Home Remedy for Diabetes: Take 15 fresh mango leaves and boils them in 1 glass of water. Keep them overnight. Filter and drink the next morning. OR As a part of diabetes home remedy treatment, grapefruit is considered most beneficial. Eat three grapefruits three times in a day. OR Indian gooseberry, a rich source of vitamin C serves as the best home remedy for diabetes. Take 1 tbsp of gooseberry juice and mix it with a cup of bitter gourd juice. Consume the mixture daily for about 2 months.

(9) Home Remedy for Dry Chapped Lips: Drink plenty of water everyday. OR Cut fine slices of cucumber and rub on lips. OR Take a saline bath. OR Apply neem leaves extract on your lips.

(10) Home Remedy for Diarrhea: Take a ripe banana and mash it properly. Add 1 tsp of tamarind pulp and a pinch of salt to it. Consume this mixture two times in a day. OR A simple effective home remedy for diarrhea is to drink a cup of strong tea or coffee. OR A popular diarrhea home remedy treatment is to consume a paste made of 15-20 fresh curry leaves mixed with 1 tsp honey. OR Take a ripe banana, add 1/4 tsp nutmeg powder to it and eat it on a daily basis. OR Take a tsp of date paste and mix with 1 tsp honey. This mixture is to be consumed 4-5 times a day.

(11) Home Remedy for Ear Ache: Boil 3-4 cloves of Garlic in some water. Mash them and add a pinch of salt. Wrap this poultice in a flannel or woolen cloth and place on the aching ear. OR Pour some garlic juice in the paining ear. Its antibiotic qualities help to relieve the pain. OR Take Vitamin C to boost your immune system. It is a natural antibiotic and antihistamine that helps to reduce inflammation and fever. Include zinc in your diet because it reduces ear infection. Certain foods, more commonly dairy products like milk, butter, cheese etc tend to aggravate ear infections, so it is better to avoid them during an ear infection.

(12) Home Remedy for Genital Warts: Extract juice from onion slices and add salt to it. Apply this juice on the wart-affected area and see the magical effects. OR Another great idea is to apply the milky juice of figs on the warts 2-3 times in a day, till the warts disappear. OR Put few drops of apple cider vinegar on the warts using cotton ball. OR Consume foods rich in folic acid and beta-carotene. Eat plenty of green leafy veggies.

(13) Home Remedy for Gingivitis: Take some clove oil and rub it on your gums. Or else, keep a clove in your mouth and chew slowly. OR Brush your teeth with toothpaste that contains sage oil, peppermint oil etc. OR In 1 glass of lukewarm water, add a pinch of salt and prepare a homemade saline solution. Using this solution, gargle two times in a day. It will help a great deal in reducing the swelling in your mouth. OR To heal the gum swelling, use an anti bacterial mouth wash. OR Patients suffering from Gingivitis should consume foods containing low saturated fats.

(14) Home Remedy for Hair Loss: One of the best home remedies for treating hair loss is to massage your scalp with fingers gently. It will also aid in increasing blood circulation and lend glow to your hair. OR Amla oil serves as an excellent tonic for hair conditioning. Apply this oil on the scalp and see the wonderful results. OR For nourishing your hair, apply coconut milk all over your scalp and massage it into the hair roots.

(15) Home Remedy for Hangover: Drink plenty of water before going to bed as well as when you wake up in the morning. OR Eating some foodstuff while and after you are drinking

will slow down the rate at which alcohol enters the blood, thereby reducing the hangover. OR Consume vitamin C tablets, as they lead to the breakdown of alcohol content in the body.

(16) Home Remedy for Headache: Eat an apple with a little salt on an empty stomach everyday and see its wonderful effects. OR When headache is caused by cold winds, cinnamon works best in curing headache. Make a paste of cinnamon by mixing in water and apply it all over your forehead.

(17) Home Remedy for Heartburn: Ginger serves as an effective home remedy for heartburn. Grind fresh ginger and prepare ginger tea. You can even add ginger to foods. OR Increase your fiber intake, as it aids in the absorption of excess acid and gas. It helps in flushing out the toxins from your body. OR Drink plenty of water at least 8 glasses everyday. OR Green tea is also effective in treating heartburn. OR Prepare herbal tea, containing equal small amounts of peppermint, chamomile, ginger, licorice root and catnip. Preferably, it should be taken after dinner

(18) Home Remedy for Herpes: Take a few ice cubes and rub them on the cold sore affected area for a few minutes. OR Take a warm tea bag and apply it on the fever blisters for about half an hour. OR Lemon balm extract is considered valuable in healing Herpes infection. OR Consume foods rich in vitamins. Zinc and iron are also vital. Eat plenty of fruits and green veggies.

(19) Home Remedy for High Blood Cholesterol: In 1 glass of water, add 2 tbsps of coriander seeds and bring to a boil. Let the decoction cool for some time and then strain.. Drink this mixture two times in a day. OR Sunflower seeds are extremely beneficial, as they contain linoleic acid that helps in reducing the cholesterol deposits on the walls of arteries. You just need to modify your cooking style a bit and substitute sunflower seeds for solid fats such as butter and cream. OR Incorporate loads of fiber in your meals, as fiber helps a great deal in lowering the cholesterol pressure in blood.

(20) Home Remedy for High Blood Pressure: A real effective home remedy for high blood pressure is to take 1 tsp honey, 1 tsp ginger juice and 1 tsp cumin powder and mix them well. Have this mixture at least two times in a day. OR As a part of high blood pressure home remedy treatment, it's good to try out the idea of consuming coriander or fenugreek leaves mixed in 1 cup of water. OR Take about 25-30 curry leaves and make a juice, using 1-cup water. You can even add on limejuice to it for making it tastier. Strain and drink it in the morning.

(21) Home Remedy for Menopausal Disorder: When a woman experiences menopause, she should take a daily supplement consisting of 500 mg magnesium and 2 gm of calcium. OR Carrot seeds are of great value in case of menopause. In 1 glass of cow's milk, put a tsp of carrot seeds and boil for about 10 minutes or so. Consume it everyday as a medicine.

OR Liquor serves as an effective remedy for menopause, as it contains the natural female hormone, estrogen. Thus, it helps in making up for the lost hormones.

(22) Home Remedy for Obesity: On an empty stomach in the morning, drink 1 glass of warm water mixed with juice of half a lime and 1 tsp honey. OR In 1 cup of water, add 3 tsp of lime juice, ½ tsp pepper powder and some honey. Drink this everyday for about 3-4 months. OR As a substitute of breakfast, consume 2 ripe tomatoes in the morning. This remedy will aid in reducing your weight at a faster rate.

(24) Home Remedy for Prostate Disorders: Pumpkin seeds are extremely useful in treating prostate disorders. The seeds of pumpkin act as a rich source of unsaturated fatty acids that are vital to the health of the prostate. Men suffering from prostate trouble must take about 60-90 gm of pumpkin seeds daily. Pumpkin can be consumed in the form of powder spread over the cooked food. You can also mix them with white flour for making chapattis. OR Zinc has been found beneficial in the treatment of prostate disorders. Take about 30 milligrams of this mineral everyday. OR Vitamin E is beneficial for prostate health. The patient should be given foods rich in vitamin E like wholegrain products, green leafy vegetables, milk and sprouted seeds. OR In 200 ml spinach juice, add 300 ml of carrot juice. You can even have carrot juice separately. Vegetable juices are excellent in curing prostate disorders.

(25) Home Remedy for Ringworm: Take a raw fresh papaya and cut out slices. Rub the slice on the ringworm patch. It serves as an excellent home remedy for ringworms. OR Take a few mustard seeds and powder them. Thereafter, make a paste using water.. Apply the paste on the ringworm-affected area and see its wonderful effects.

(26) Home Remedy for Sexual Impotence: Garlic is considered valuable in treating the problem of sexual impotence. It acts like a tonic for loss of sexual power Chew 2-3 cloves of raw garlic daily. OR Another aphrodisiac food next to garlic is onion. It aids in strengthening the reproductive organs. Prefer going in for white onions. OR Carrots have proved beneficial in creating the desire for sex. Take about 150 gm of finely chopped carrots and eat them with a half boiled egg, dipped in 1 tbsp of honey. Consume it once a day for about a month or two.

(27) Home Remedy for Sinusitis: Mango serves as an effective home remedy for preventing the frequent attacks of sinus, as it is packed with loads of vitamin A. OR Another beneficial remedy consists of consuming pungent foods like onion and garlic, as a part of your daily meals. OR Fenugreek leaves are considered valuable in curing sinusitis. In 250 ml water, boil 1 tsp of Fenugreek seeds and reduce it to half. This will help you to perspire, dispel toxicity and reduce the fever period. OR Tie a tsp of black cumin seeds in a thin cotton cloth and inhale.

(28) Home Remedy for Sore Throat: Take 1-2 cloves of garlic and 2-3 cloves and make a paste. Mix with 1 cup of honey. Drink 1 tsp about 3 times in a day. OR In 1 cup of warm milk,

add a pinch of turmeric powder. Drink the milk before going to bed. OR Take 1 whole onion and boil it with some water. Thereafter, mash it and add some butter, salt and pepper to it. Now eat this mixture.

(29) Home Remedy for Stomach Ache: Drink plenty of water, as it helps in ensuring smooth bowel movements. OR Drink lemon tea with some honey added in it for taste. It will keep away stomach ache. OR Mix 1 tsp each of mint juice and lime juice. Add some ginger juice and black salt in it. Drink this mixture.

(30) Home Remedy for Tonsillitis: Take a fresh lemon and squeeze it in a glass of water. Add 4 tsp of honey and $\frac{1}{4}$ tsp of common salt in it. Drink it slowly sip by sip. OR Milk has proved beneficial in treating tonsillitis. In 1 glass of pure boiled milk, add a pinch of turmeric powder and pepper powder. Drink it every night for about 3 days 31) Home Remedy for Toothache: Dip 1 clove of garlic in rock salt and place it on the affected tooth. OR Keep a piece of raw onion inside the mouth on the affected tooth. OR Clove serves as an excellent home remedy for toothache. Keep a clove in your mouth and suck it. You can even apply clove oil on the affected tooth. OR Lime is considered valuable in maintaining the health of teeth. OR Consume the juice of wheat grass, as it acts as a fabulous mouthwash in case of tooth decay. For immediate treatment put half aspirin near the tooth and within minutes your pain will disappear then to your doctor.

(32) Home Remedy for Wrinkles: Application of leftover egg whites at the bottom of the shell to the problematic area serves as an effective home remedy for wrinkles. OR For the sagging skin under the eyes or on the throat, apply some odorless castor oil. OR Take some coconut oil and massage on the wrinkled skin. OR Eat 1 tsp of shredded ginger along with a few drops of honey every morning. OR Rub the core of a pineapple all over your face for sometime and leave it for 10 to 15 minutes.

(33) Home Remedy for Urinary Tract Infection: In 8 Oz of water put $\frac{1}{2}$ tsp of baking soda and drink it. OR Drink plenty of water, as it aids in flushing out the waste products from the body or Drink Cranberry juice. You can also add some apple juice for taste.

(34) Home Remedy for Warts: Apply castor oil daily over the problematic area. Continue for several months. OR Apply milky juice of fresh and barely-ripe figs a number of times a day. Continue for two weeks. OR Rub cut raw potatoes on the affected area several times daily. Continue for at least two weeks. OR Rub cut onions on the warts to stimulate the circulation of blood. Or Apply milk from the cut end of dandelion over the warts 2-3 times a day. OR Apply oil extracted from the shell of the cashew nut over the warts. OR Apply Papaya juice OR Apply Pineapple juice.

(35) Home Remedy for Vomiting: Take 2 cardamoms and roast them on a dry pan (tava). Powder the cardamoms and thereafter add a tsp of honey in it. Consume it frequently. It serves as a fabulous home remedy for vomiting. OR In the mixture of 1 tsp of mint juice and 1

tsp limejuice, add ½ tsp of ginger juice and 1 tsp honey. Drink this mixture to prevent vomiting. OR Limejuice is an effective remedy for vomiting. Take a glass of chilled limejuice and sip slowly. To prevent vomiting, drink ginger tea. OR In 1 glass water, add some honey and drink sip by sip.

Acidity

After the meals, take one piece of Clove and suck on it slowly. This gives instant relief and helps in reducing other problems arising out of acidity.

Weight Loss

Eat a tomato everyday before your breakfast for a couple of months. This really helps. Next drink a half glass of Nimbu pani (lemon juice in water) every morning before tea.

Tooth Ache

Bite a clove. Clove oil is an excellent remedy for toothaches.

Indigestion

Drink 1 tsp. of mint juice mixed with an equal amount of honey and lemon juice.

Cough & Cold

Dissolve a 1/2 tsp. of turmeric powder in half a cup of hot sweetened milk and drink for relief.

Chest Congestion

Boil tea leaves, mint & a bit of ginger. Mix with a dash of honey and drink it hot for relief.

Mouth Sores

Sprinkle a mixture of powdered cardamom and rock sugar (misri) over the tongue.

Bee Bite

Rub the area with a paste of soft mud and salt in order to avoid swelling.

Burns & Scalds

Place a crushed onion on the affected part & cover with a bandage.

Stains in Teeth

Add a drop of clove oil to the toothpaste before brushing your teeth OR Sprinkle a little table salt on your toothpaste before brushing your teeth.

Constipation

Have an apple or guava to cure constipation.

Nausea

Keep a whole cardamom or clove in the mouth to subside the sensation of vomiting.

Acne & Pimples

Do not try to prick and peel the acne as this can leave permanent marks on the face. Rub whole nutmeg with milk on a grinding stone and apply this paste. Leave until dry then wash.

Constipation

Take 10/12 pieces of Raisin, wash and remove the seeds and then boil them with a glass of milk. Drink this milk and eat the raisins. Next day you will have normal bowel movements.

Ear ache & infection

Take two cloves of Garlic. Remove the skin. Put them in two spoons of Mustard Oil in a small pan and warm it up on low heat. When the garlic starts turning black (burning) then turn off the heat. Sieve the contents. When the oil becomes lukewarm, then using a cotton stub, put 2 to 4 drops in the aching ear.

Throat Irritation

Take a teaspoon of table salt and mix with a cup of hot water. Gargling with this mix 3-4 times a day is helpful in giving relief to throat irritation.

Weak Memory

Take few almonds and immerse them in a cup of water in the evening. Next morning, after removing the red skin, grind the almonds. Then mix the ground almonds with a glass of milk and boil. When it has boiled, then mix a spoonful of Ghee and one spoonfuls of sugar. When it is lukewarm, then drink it. Do this for 15 to 40 days. It helps in improving memory and also brings vitality to the body.

Cold

Drink a glass of warm water with 2-3 drops of lime juice. Do not eat anything for at least half an hour before & after taking it.

Wounds

Apply turmeric powder to the wound. It will stop the bleeding immediately and the wound will also heal faster.

Diarrhea

Take a teaspoon of ginger juice mixed with pinch of a salt.

Insect Bites and Stings

Wash the affected area with vinegar.

Cough

Take a spoonful of ginger juice mixed with equal parts of honey two or three times a day.

Itchy throat

Take honey. It will relieve the itchiness as it moisturizes the throat.

DENGUE CARE:

I would like to share this interesting discovery from a classmate's son who has just recovered from dengue fever. Apparently, his son was in the critical stage at the SJMC ICU when his pallet counts drops to 15 after 15 liters of blood transfusion. His father was so worried that he seeks another friend's recommendation and his son was saved. He confessed to me that he give his son raw juice of the papaya leaves. From a pallet count of 45 after 20 liters of blood transfusion, and after drinking the raw papaya leaf juice, his pallet count jumps instantly to 135. Even the doctors and nurses were surprised. After the second day he was discharged. So he asks me to pass this good news around.

Accordingly it is raw papaya leaves, 2 pcs just cleaned and pound and squeeze with filter cloth. You will only get one tablespoon per leaf. So two tablespoon per serving once a day. Do not boil or cook or rinse with hot water, it will loose its strength. Only the leafy part and no stem or sap. It is very bitter and you have to swallow it like Won Low Kat. But it works.

Papaya Juice - Cure for Dengue

You may have heard this elsewhere but if not I am glad to inform you that papaya juice is a natural cure for dengue fever. As dengue fever is rampant now, I think it's good to share this with all. A friend of mine had dengue last year. It was a very serious situation for her as her platelet count had dropped to 28,000 after 3 days in hospital and water has started to fill up her lung. She had difficulty in breathing. She was only 32-year old. Doctor says there's no cure for dengue. We just have to wait for her body immune system to build up resistance against dengue and fight its own battle. She already had 2 blood transfusion and all of us were praying very hard as her platelet continued to drop since the first day she was admitted. Fortunately her mother-in-law heard that papaya juice would help to reduce the fever and got some papaya leaves, pounded them and squeeze the juice out for her. The next day, her platelet count started to increase, her fever subside. We continued to feed her with papaya juice and she recovered after 3 days!!! Amazing but it's true. It's believed one's body would

be overheated when one is down with dengue and that also caused the patient to have fever. Papaya juice has cooling effect. Thus, it helps to reduce the heatiness in one's body, thus the fever will go away. I found that it's also good when one is having sore throat or suffering from heatiness.

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Home Remedies for Hemorrhoids / Piles

Dry figs are the most important food remedy for piles. 3-4 figs should be soaked overnight in water and taken empty stomach in the morning along with the water in which they were soaked.

Mango seeds are also effective remedy for bleeding piles. The seeds should be dried and powdered and should be taken in the doses of about one and a half gram to two grams with or without honey.

Remedy for Hemorrhoids / Piles

Diet for hemorrhoids - White radish is also considered highly valuable in the treatment of piles. Grated radish mixed with honey can be taken.

Boil 20g of sesame seeds in 500 ml of water and drink it. This is another effective home remedy for hemorrhoids.

White radish juice with a pinch of salt is also beneficial. It should be taken in doses of 60-90 ml in the morning and evening.

Make a paste of well-grounded radish with milk and apply over inflamed piles to get relief from pain and swelling. This is very simple and effective home remedy for hemorrhoids.

Yogic kriyas like jalneti and vamanhouthi are highly beneficial.

Cold-water treatment also helps the veins to shrink and tones up the walls. The treatment should be taken twice a day by sitting in a tub filled with cold-water up to the chin level.

Good Home Remedies for Hemorrhoids / Piles

Cold compress applied to the rectal area for about an hour before going to bed at night is also beneficial.

Hemorrhoids treatment - Various yogasanas such as sarvangasana, vipritakarani, halsana and gomukhasana are also useful. Sarvangasana is highly beneficial as it drains the stagnant blood from the anus.

Make a solution of a of powdered Alum in a glass of water and apply frequently. This will give relief and is also good natural remedy for hemorrhoids.

A cup of milk boiled with mashed banana and taken thrice a day is also beneficial for piles.

The jambul fruit is another effective hemorrhoids remedy. The fruits should be taken with salt every morning for 2-3 months in the season.

Roast 1 tbsp of black cumin seeds and mix with 1 tbsp of unroasted black cumin seeds to make a fine powder. Take 1/2 a tsp of this powder with a glass of water at least once in a day. This is also one of the effective natural remedies for hemorrhoids.

Make a mixture of half-teaspoon fresh ginger juice, half-teaspoon fresh limejuice, a tablespoon honey, and a half-teaspoon mint leaves and take this mixture once a day. This is one of the simple and effective Hemorrhoids cure.

Make a fine paste of cumin seeds powder with water and apply to the affected areas to reduce pain. This is one of the simple and effective hemorrhoids treatments.

Benefits of Kalonji oil

Diseases and its Treatment:

1) ASTHMA, COUGH & ALLERGY: For the treatment of these diseases the following method is adopted. Take a cup of warm water, one spoon of honey and half tea spoon of Kalonji oil. Mix this together and drink in the morning before the breakfast. Similarly after dinner in the night. Treatment for forty days. Avoid cool food stuff.

2) DIABETES (SUGAR): For the treatment of these diseases the following method is adopted. Take one cup decoction (Black tea), Mix half table spoon of kalonji oil and drink it in the morning and before going to bed. Avoid oily food stuff, particularly fried items. If any other allopathic treatment is going on continue it that treatment. After 20 days check the sugar, is its normal Allopathic treatment should be stopped and kalonji treatment be continued. After forty days, sweet can be taken to check the sugar level. If it's normal stop the treatment.

3) Heart Attack: In a cup of goat milk add half tea spoon of Kalonji oil and use this mixture twice a day. Avoid all fatty food items. Continue treatment for ten days. After ten days use daily once.

4) POLIO AND PARALYSIS (Laqwa): Take one cup of warm water, add one spoon of honey and half tea spoon kalonji oil and use this mixture twice daily and for children's in two spoons milk add 3 drops of Kalonji oil of warm water, this mixture three times a day. Treatment continues forty days.

5) JOINT-PAINS AND ARTHRITIS, etc.: Take one spoon of vinegar, add half tea spoon of Kalonji oil and mix two spoons honey, use twice a day (In the morning before the breakfast and in the night after dinner)

6) DYSPEPSIA INDIGESTION, GASES, and STOMACH IRRITATION AND STOMACH ACHE: In this case take one spoon of Ginger juice and half tea spoon of kalonji oil and drink twice day. This treatment is also useful for removing obesity. This medicine makes the patient slim.

7) OPHTHALMIC DISEASE: Redness of eyes, cataract, eye's trouble, eye weakness and watering etc. Treatment- Take one cup of carrot juice mix with half tea spoon of Kalonji oil and use this mixture twice a day (in the morning before breakfast and in the night after dinner), Treatment many continue for forty days. Avoid Pickle, Brinjal

8) LADIES SECRET DISEASES: (Leucorrhoea, White Discharge, Menses discharges 2 to 4 times a month, stomach pain, back pain) Treatment – Take mint (Pudina leaves) add two glasses of water and boil, then add half tea spoon kalonji oil and drink one time in the morning before the breakfast and in the night at the morning before breakfast and in the night at the time going to bed. Treatment may continue for forty days. Avoid Pickles, brinjal egg and fish.

9) LADIES DISEASES: (Stoppage of menses for long term, stomach pain): Take one cup of warm water add half tea spoon kalonji oil and two spoons honey one time in the morning before the breakfast and in the night after dinner. Treatment may continue for month. Avoid potato and Brinjal.

10) CANCER: (Intestine cancer, Blood cancer, Throat cancer, etc.): Take one glass grape juice and half tea spoon kalonji oil and use thrice a day once in the morning before breakfast, after lunch and after dinner. Take one Kg. barley and two Kg. wheat flour, mix together, make bread (Roti) or Daliya of Harira and give to the patient. Treatment may continue for forty days. Avoid Potato, Arvee, Brinjal and Ambada vegetables.

11) POISONOUS VIRUS: Take one glass warm water, add one spoon date (Khajur) powder half spoon kalonji oil and two spoons of kalonji oil and two spoons on Honey, mix together and use thrice a day once in the morning before breakfast, after lunch and after dinner. Treatment may continue for forty days. Avoid Potato's, Brinjal, Pulses (Chana ki Dal), and Pulses (Masoor ki Dal).

12) REVITAL OF THE BODY, (Azme-e-Hali): Take juices of Orange (Malta) add half tea spoon of Kalonji oil and use it. Laziness and tiredness will be removed.

13) MEMORY POWER: To increase the memory power and take 10 gm. Mint (Pudina leaves) and boil it with the water and add half tea spoon of Kalonji oil and use it twice a day. Treatment continues for twenty days.

14) RENAL COLI (Kidney pain): Take 250 grams Kalonji grind it and take one cup of honey, mix together. Out of this mixture take two spoons mixture and add half cup water and add half tea spoon of kalonji oil use it once a day. Treatment may continue for twenty days.

15) NAUSEA OR VOMITING: Take one spoon of Caration powder and add half tea spoon kalonji oil and boil it. Now in this warm mixture add mint (Pudina leaves) & use thrice a day.

16) FRESHNESS AND HANDSOMENESS: Take one spoon of olive oil. Mix together with half tea spoon of kalonji oil and rub it on the face. After one hour wash it with soap water. Treatment may continue for one week.

17) GENERAL WEAKNESS: Take half tea spoon of kalonji oil and add one spoon honey. Mix together and use it once a day. General weakness and other diseases will be removed.

18) TREATMENT OF SWELLING ON VITAL ORGAN: On swelling below thigh and pulse, first wash it with soap water and dry. Rub the Kalonji oil on the swelling part and keep it as it is for the next day morning. Treatment may continue for three days.

19) LEPROSY: Take apple juice and Kalonji oil, First rub apple juice and then Kalonji oil one by one the effected part.

20) TUMOUR: Rub the Kalonji oil on the effected part and drink half tea spoon of Kalonji oil once. Treatment may continue of fifteen days.

21) HEADACHE: Rub Kalonji oil on the forehead and near ears, and also drink half tea spoon Kalonji oil twice a day.

22) CHEST IRRITATION AND STOMACH TROUBLE: Take half tea spoon of Kalonji oil mixed with a cup of milk and use this mixture twice daily. Treatment may continue for 3 days.

23) HICCUPS: Take one big spoon cream (Malai) Mixed with 2 drops of Kalonji oil and drink in the morning and in the night. Treatment may continue for seven days.

24) BLOOD PRESSURE: In any hot drink tea/ coffee, add half tea spoon of Kalonji oil and use this mixture twice a day. Also eat two cloves of Garlic daily.

25) FALLING HAIRS PREMATURELY: Rub Lime Juice on the head and leave it for fifteen minutes, then wash it with shampoo, after getting dried rub the Kalonji oil all over the head. Falling hairs will be controlled with in a week. Treatment may continue for one week.

26) BRAIN FEVER: Allow the vapors of Kalonji oil enter the body through breath. Take one lemon juice and half tea spoon kalonji oil and use for 3 days twice a day. From fourth day tea spoon kalonji oil in one cup of decoction twice day.

27) KIDNEY TROUBLE, INFECTION IN THE KIDNEYS: Take half tea spoon of Kalonji oil; add 2 grams Akar khara Powder, mix one spoon honey with one cup of water and drink. This treatment is also useful for chronic cough (Purani Khansi). Treatment may continue 21 days.

28) STOMACH ACHE OF THE CHILDRENS: Take two drops of Kalonji oil mix it with mother's milk or cow milk and give to the child. Kalonji oil also should be rubbed on the ribs.

29) PILES, FLOW OF BLOOD, and CONSTIPATION: Take half tea spoon of Kalonji oil mixed with one cup of Decoction (Bleak tea) twice a day (once in the morning before breakfast, and one in the night). Avoid hot and spicy items.

30) SKIN DISEASES – (White/Black spots): In one cup of vinegar add half spoon Kalonji oil and apply that on the affected area before going to sleep in the night and take bath in the morning. Treatment may continue until you get relief.

31) SIMPLE FEVER: Take half cup of water and add half lemon Juice mixed with half tea spoon of Kalonji oil and use it twice a day. Treatment may continue until you get relief. Avoid use of Rice.

32) ROUND WORMS AND TAPS WORMS IN THE STOMACH: Take half spoon Vinegar mixed with half tea spoon of Kalonji oil and use it twice a day and eat some coconut pieces. Avoid sugar items.

33) Stone in Kidney, Bladder and Uterus: Take one cup of warm water and add two spoon of honey mixed with half tea spoon of Kalonji oil and use that twice a day. (Once in the morning before the breakfast and once in the night after dinner). Avoid tomatoes, spinach (Palak), lemon diet, Sitaphal for three years.

34) EPILEPSY: Take one cup of warm water and add two spoons of honey mix them and add half tea spoon Kalonji oil use it twice a day. During this treatment cold food should not be taken. Avoid guava, Banana, Sitaphal for three years.

35) EAR DISEASES, EAR ACHE, FLOW OF PUS, and LOW HEARING: Heat the Kalonji oil and let it cool and put it two drops of cooled Kalonji oil in ear.

36) CRACKED HAND AND CRACK FOOT WITH BLOOD FLOW: Take one glass of sweet lime (Mausambhi) Juice and add half tea spoon of Kalonji oil and use this twice a day (In the morning before the breakfast and in the night before going to bed). Avoid chicken, egg, brinjal. Use the herbal ointment made of Kalonji.

37) FACIAL PROBLEMS, PIMPLES, RED GRANULES AND ANY TYPE OF SPOTS: Take one cup of Orange Mausambhi (sweet lime) juice or Pineapple juice and add half tea spoon of Kalonji oil and use this mixture twice a day (in the morning before the breakfast and in the night before going to bed). Also use Kalonji Pimple cream for application. Treatment may continue for four weeks. Avoid hot eatable items.

38) DENTAL DISEASES: *Fall of teeth prematurely, weakness of the teeth, flow of blood from the teeth, bad smell of the mouth, swelling on gums:* Take one cup of curd and half tea spoon of Kalonji oil, use this mixture twice a day (once in the morning before the breakfast and in at night after dinner). Also use Kalonji Herbal Tooth powder.

39) MALE RELATED DISEASES: *Night discharge:* Take one cup of apple juice and add half tea spoon of Kalonji oil and use this mixture twice a day in the morning before breakfast and in the night after dinner. Daily four drops of Kalonji oil should be rubbed on the head. Treatment may continue for 21 days. Avoid hot/spicy eatable items.

40) BLOOD DEFICIENCY (Anemia) and Ulcer in the Intestine: Take a branch of mint (Pudina Leaves), mix with water, boil it and make a cup of juice and add half tea spoon of kalonji oil and use this mixture twice a day (once in the morning and at evening). Treatment may continue for 21 days.

41) JAUNDICE: Take one cup of milk, add half tea spoon of kalonji oil and use this mixture twice a day (one in the morning and once after the dinner). Treatment may continue for a week. Avoid fatty and sour eatable items.

42) SWELLING OF THROAT, LUNGS PROBLEM: Take one cup of warm water and add two spoons of honey and half tea spoon of Kalonji oil. Use this mixture twice a day (Once in the morning before breakfast and in the night after dinner, before going to bed). Treatment may continue for 10 days. Avoid ice Cream, ice water, coconuts, lemon, orange and Mausambhi.

43) COUGH: Take one cup of warm water, add two spoons of honey mix with half tea spoon of Kalonji oil and use this mixture twice a day once in the morning before breakfast, and once after the dinner. Treatment may continue for two weeks. Avoid cold stuff items.

44) HEART ATTACK, SWELLING ON BREATHING VEINS: Blockage of heart valve, breathing problem, cold sweating, pressure on heart. Take one cup of Goat's milk add half tea spoon of Kalonji oil. Use this mixture twice a day, once in the morning before the breakfast and once in the evening before going to bed. Treatment may continue for 21 days. Avoid fatty items.

45) MATERNITY: The mental weakness after the child born, tiredness, and bleeding related diseases: Take one cup of cucumber juice, add half tea spoon of Kalonji oil. Use this mixture twice a day once before the breakfast in the morning and once in the night before going to bed. Treatment may continue for 40 days.

46) DIGESTION OF FOOD, COLOR OF FACE ETC: Treatment: Mix 2 spoons of ginger, half spoon of Kalonji oil and one spoon of sugar. Use this mixture twice a day (Morning and evening). Continue the treatment for 10 days. Avoid gas creating food.

47) BURNING MICTURIATION: Take one cup sweet lime (Mausambhi) juice; add half tea spoon of Kalonji oil. Use this mixture twice a day (in the morning before breakfast and at night before going to bed). Treatment may continue for 10 days. Avoid hot stuff items chilly and sour food items.

48) WORMS IN THE STOMACH: Mix one spoon vinegar with half tea spoon of Kalonji oil. Take thrice a day (In the morning before the breakfast, after noon and at night). Continue the treatment for 10 days.

49) JOINT PAIN: Swelling on ankle and other pains in the joints. Take one spoon vinegar and two spoons of honey and add half tea spoon of kalonji oil. Use this mixture two times a day and also massage with same (Til) oil. Avoid gas producing elements for 21 days.

50) BALDNESS OF HEAD: Rub the kalonji oil on the head twice a day and use a mixture of one cup of coffee mixed with half tea spoon of Kalonji oil and use it twice a day.

51) TO MAINTAIN HEALTHY BODY: 1 Kg. of wheat flour, add half tea spoon of kalonji oil and make roti and eat. Insha-Allah! You will remain healthy.

52) MADNESS AND PILES: Take half tea spoon of kalonji oil and mix with cold water and drink. If you mix the same (TIL) oil with boiled water and let it cool and drink, Insha-Allah piles will be cured. For SNAKE POISON same process should be adopted. Avoid Guava, Banana and Sitaphal.

53) TOOTH PAIN AND SWELLING OF GUMS: Take one spoon of vinegar and add half tea spoon of Kalonji oil and apply on affected area for two or three minutes and rinse the mouth. Repeat this process twice a day. Treatment may continue for one week.

54) SEVERE COLD: Take half cup of water and half tea spoon of Kalonji oil and quarter spoon of Olive oil and mix together and filter. Put two drops of filtered mixture into the nose. This method is the best for cold. Use this process twice a day.

55) SKIN DISEASE RELATED TO PIMPLES BOILS: Before going to bed apply Kalonji oil on the affected areas of the body and sleep, in the morning wash with soap. This treatment may continue for 21 days.

56) TO KEEP THE FACE AND SKIN SMOOTH: Take two big spoons of honey and half spoon of Kalonji oil and half spoon of Olive oil and mix altogether. Use this mixture two times a day in the morning and before going to bed. Treatment may continue for 40 days.

57) PILES: Take one spoon of Vinegar and add half tea spoon of Kalonji oil and apply on piles. This process may be used twice a day.

58) DISEASES OF LIVER & ABDOMENT: Take 200 grams of honey and half tea spoon of Kalonji oil and drink this mixture half in the morning before breakfast and half in the evening. Use this process for one month. Avoid Tamarind items.

59) MENSTRUATIONS PROBLEMS: Take one spoon of honey and mix with half tea spoon of Kalonji oil and drink one tea spoon in the morning before the breakfast and one tea spoon in the evening. Use this process for two weeks.

60) ANYTYPE OF SWELLING: Heat required quantity of Kalonji oil and apply on affected area. Half tea spoon of Kalonji oil to be consumed twice a day.

61) POISONOUS ATTACKS: Eat two pieces of fig and take half spoon of Kalonji oil and mix with two spoons of honey and drink, with this mixture you will be protected from snake bites. Don't allow the patient to sleep for four hours. Use this mixture for seven days.

62) HIGH TEMPERATURE: Take half tea spoon of Kalonji oil with decoction (tea without Milk or Black tea). Continue till the temperature comes to normal.

63) BURNS: 30 grams of Olive oil and 5 grams of Kalonji oil, 15 grams of Calamus (BUCH) and 80 grams of Mehendi leaves. Mix together and apply on affected parts.

64) OBESITY: Half tea spoon of Kalonji oil, two spoons of honey mixed in Luke warm water and take twice a day. Avoid taking rice.

65) DANDRUFF: Mix 10 grams of Kalonji oil, 30 grams of Olive oil, and 30 grams of Mehendi powder Heat of a while. Apply after the past becomes cool.

66) SOUND SLEEP: After dinner take half tea spoon of Kalonji oil with one spoon of honey, you will get sound sleep.

67) FOR ACTIVENESS: Half tea spoon of Kalonji oil with 2 spoon honey daily before breakfast.

68) FOR INCREASING MOTHER'S MILK: One cup milk two drops of kalonji oil in the morning before breakfast and at night before going to bed.

69) LEPROSY, WHITE SPOTS OF ANY KIND: Take half spoon of Kalonji oil in one cup of orange juice and use this portion twice a day or take one spoon vinegar (homemade), one spoon honey and half spoon kalonji oil mixed together and use this mixture twice a day. Treatment may continue until the symptoms disappear.

70) SKIN DISEASES: In one cup of vinegar add half tea spoon of Kalonji oil and apply this mixture on the affected areas before going to bed. Treatment may continue until you get relief.

71) STOMACH PAIN: (all types): In a glass of sweet lime (Mausambhi) juice add to spoon of homey and half tea spoon of Kalonji oil and use this mixture twice a day. Avoid all gas elements. Treatment may continue for 20 day.

72) STONE IN KEDNEY: In a cup of warm water add two tea spoons of honey and half tea spoon of Kalonji oil dilute and use this mixture twice a day. Avoid spinach, lemon, sweet lime (mausambhi), tomatoes. Treatment should be continued until the stone is discharged.

73) FROM HEAD TO TOE: Mix one cup of orange juice with half tea spoon of Kalonji oil, take morning before breakfast and at night bed time. Treatment may continue for four months.

74) SWELLING OF STOMACH: Mix 3 grams of Ajwan, 3 grams Methi, 4 drops of Kalonji oil together. Take this mixture before breakfast and before dinner

75) JOINT PAINS, BACK ACHE & NECK PAIN: Eat two pieces of dry fig and add 4 drops of kalonji oil in one cup of Milk. Do not eat anything till two hours. Treatment is to be continued for 2 months. Avoid potatoes, tomatoes, green chills and bottle gaud.

76) PERSISTENT COUGH: Mix 10 grams of Akal Kara, 200 grams honey, 100 grams of Kalonji oil together. Take the mixture, one spoon thrice a day. Restrict from ice cream, fridge water, custard apple. Treatment for 40 days.

77) SORIASIS: Mix juice of six limes with 50 grams of kalonji oil together rub on the affected places.

78) UTERUS PROBLEMS: 1 bunch of Pudina juice, 2 spoon of Misri powder, 1 tea spoon of Kalonji oil, mix and use before breakfast. This treatment may continue for 40 days.

79) STAMMERING: Mix half tea spoon of Kalonji oil 2 spoons of honey and keep it on the tongue twice a day.

80) IN ALL EAR DISEASES: Heat one teaspoon of Kalonji oil with one spoonful of olive oil and let it cool. Put two drops of the mixture at bed time, you will get immediate relief.

81) TOOTH ACHE, CAVITIES TOOTH DECAY: At the time of going to bed put a piece of cotton which is soaked in Kalonji oil, on affected area. Continue this treatment at least for seven days. Dental problems will vanish.

82) BLEEDING RELATED DISEASES OF WOMEN: White discharge etc. Put half bunch of mint (Pudina) in two cups of water and reduce it to one cup by heating it. Add 2 spoon powder of misree + 1 spoon kalonji oil take this mixture before breakfast. Treatment may continue for 40 days.

83) FAIRNESS OF FACE: Take 50 grams of Olive oil and add 50 grams of Kalonji oil. Take half teaspoon in the morning before breakfast. Skin will be fair and glowing pink. (Note: - Pregnant women are not allowed to take this medicine).

84) TREATMENT FOR BALDNESS: Take 20 grams Kalonji oil and 20 grams powder of Mehendi, Add 60 grams of vinegar (Sirka) and rub on the bald head. Wash head after one hour. Insha-Allah baldness will vanish and also useful for recovery of damaged hair. Note: - this process may be used once in a week.

85) SINUS, COLD: Take one spoon honey and add 1 spoon Kalonji oil. Use this mixture daily in the morning and evening. Avoid cold stuff items. At night when going to bed, put one drop of Kalonji oil in to the nose Insha-Allah you will get relief from SINUS and Persistent Cold.

86) BEAUTIFULNESS: Take 10 grams of 'Sunheri gearu' and add four drops of Kalonji oil rub this paste at night before going to bed. In the morning wash the face with like warm water and soap (skin care) Insha-Allah your skin will look smooth and beautiful.

87) DISEASES OF ABDOMEN: (Increase of Hernia): Take one tablespoon of juice of Karela and add half tea spoon of Kalonji oil. Use this mixture in the morning before breakfast and before lunch and before dinner.

88) SEXUAL DISORDERS: (Weakness): Take two teaspoon of honey and add one drop of Kalonji oil with one drop of 'Jaiphal oil'. Use this mixture daily before going to bed. Treatment may continue for two weeks.

89) HEART WEAKNESS: (Heart Trouble): Mix 4 drops of garlic juice add four drops of kalonji oil to this add some misree and water and take this mixture daily.

90) GASES AND ACIDITY: Mix one tola of ginger juice with half tola Kalonji oil, add some salt and water. Use mixture for immediate relief.

91) DYSENTERY, DIARRHEA: Mix one tola esapgol with half cup of curd and 1 tea spoon of Kalonji oil, use three to four times a day

92) LIVER DISORDER AND JAUNDICE: Put one tola of Ajwan in water and keep in shade at day time and in the dew drops at night time. Next day filter and pour 1 spoon of Kalonji oil. Take once in day. Or take two tola leaves of Mehendi and put in the water at night time. In the morning after filtering add 14 pieces of Kalonji seeds, one spoon of honey and 1 spoon of Kalonji oil. Use this mixture once in a day.

93) PILES: Take 50 grams of powder of Mehendi leaves add 250 grams pure Olive oil and boil them for 5 minutes. Pour three drops of Kalonji oil with the help cotton. Apply this past of the affected area. This process may be used twice a day that is in the morning and at the bed time. Also eat 4-5 figs with 1 spoon kalonji oil.

94) BURNING MICTURITION, URINE DEFICIENCY, BURNING SENSATION IN URINE: Take 1 liter of milk and add 1 spoon of Kalonji oil and one spoon honey. Take this mixture twice a day Or two tola coth boiled in water, add 1 spoon of Kalonji oil and take this mixture.

95) ECZEMA : Mix 10-10 grams of Sona mahi and Kalonji oil kiste-e-Shirin with 500 grams vinegar (sirka) after boiling filter it add some Kalonji oil and apply on the affected area.

96) HALF SIDE HEADACHE: Put one drop of Kalonji oil in nostril (nose) opposite to the headache area and also take half spoon of kalonji oil daily.

97) POLIO AND PARALYSES: (Laqwa): Daily put one drop of Kalonji oil in the nostril, which is opposite to Polio side, use half spoon of Kalonji oil with one spoon of honey.

98) SHIVERING: Daily take two half boiled eggs and follow the treatment as mention for POLIO and Paralyzes aliment.

99) WEAK MEMORY: (Absent mindedness): In case of absent mindedness crush seven seeds of Kalonji. Add one spoon of honey and 1 spoon of Kalonji oil. Use this mixture daily. Also chew 3-4 pieces of cardamom in a day.

100) CATARACT: Mix 1 spoon of Kalonji with tea in the morning and in the milk at night. Take twice a day.

101) STOMACH PAIN: Mix 1 spoon of Kalonji oil with little (Pinch) of salt in half glass of warm water and drink it. It is useful for stomach pain.

102) HEARING PROBLEMS, EAR PAIN, and FLOW OF PUSS: Mix equal quantity of pure olive oil, almond and Kalonji oil and heat them. Put one drop in each ear of this mixture twice a day in the morning and bed time.

103) TOOTH ACHE AND SWELLING OF GUMS: Apply one drop of clove oil with Kalonji oil on the affected area 2-3 minutes for cleaning the teeth, heat lohari salt and crush it the add few drops of olive oil and rinse the teeth with it.

104) COUGH BRONCHITIS: Crush one tola of Alsee and boil in 1 liter of water Boil the water to half, filter it. Add 1 spoon of kalonji oil and two spoon honey. Use this mixture twice a day and avoid cold stuffs.

105) ASTAMA: Mix little (Pinch) salt, 1 spoon of Kalonji oil with one spoon pure Ghee and apply/rub on the chest and throat. Simultaneously drink mixture of 1 spoon Kalonji oil and two spoon of honey twice a day.

106) GASTICE TROUBLES: Take 60 grams Ajwan 1 spoon. Kalonji oil and mix lime juice let it dry in the Sun add 10 grams black salt by crushing and use daily once in evening.

107) FOR HICCUPS: Eat 1 spoon Kalonji oil and 7 seeds of Kalonji with butter.

108) NAUSEA AND VOMITING: Mix and preserve, 100 grams pure vinegar (sirka) 200 grams sugar and 1 spoon of Kalonji oil. Chew it Nausea and vomiting will be cured.

109) STOMACH PAIN (SINGLE): Mix 1 spoon of Kalonji oil with little (Pinch) of salt in half glass of warm water and drink it. It is useful for stomach pain.

110) CONSTIPATION: Two tola of jaggery (Red Sugar) 4 grams sona makki mixed with half big glass of warm water add 1 spoon Kalonji oil and drink it before going to bed.

111) MEDICINE FOR DIGESTION: Mix 4 tola of Ajwan, 1 spoon Kalonji oil with lime juice let it dry in the sun use one pinch after every meal. Avoid gas creating foods.

112) WORMS IN THE STOMACH: Take 14 crushed seeds of Kalonji, 2 drops of Kalonji oil and one drop of pure vinegar (sirka) mix it with ? Litter of water. Deink it. Insha-Allah worms of the stomach will be removed /discharged.

USEFUL VODKA

1. To remove a bandage painlessly, saturate the bandage with vodka. The stuff dissolves adhesive.

2. To clean the caulking around bathtubs and showers, fill a trigger-spray bottle with vodka, spray the caulking, let set five minutes and wash clean. The alcohol in the vodka kills mold and mildew.

3. To clean your eyeglasses, simply wipe the lenses with a soft, clean cloth dampened with vodka. The alcohol in the vodka cleans the glass and kills germs.

4. Prolong the life of razors by filling a cup with vodka and letting your safety razor blade soak in the alcohol after shaving. The vodka disinfects the blade and prevents rusting.

5. Spray vodka on wine stains, scrub with a brush, and then blot dry.

6. Use a cotton ball, apply vodka to your face as an astringent to cleanse the skin and tighten pores.

7. Add a jigger of vodka to a 12-ounce bottle of shampoo. The alcohol cleanses the scalp, Removes toxins from hair, and stimulates the growth of healthy hair.

8. Fill a sixteen-ounce trigger-spray bottle with vodka and spray bees or wasps to kill them.

9. Pour one-half cup vodka and one-half cup water into a Ziploc freezer bag and freeze for a slushy, refreshing ice pack for aches, pain or black eyes.

10. Fill a clean, used mayonnaise jar with freshly packed lavender flowers, fill the jar with vodka, seal the lid tightly and set in the sun for three days. Strain liquid through a coffee filter. Then apply the tincture to aches and pains.

11. To relieve a fever, use a washcloth to rub vodka on your chest and back as a liniment.

12. To cure foot odor, wash your feet with vodka.

13 Vodka will disinfect and alleviate a jellyfish sting.

14. Pour vodka over an area affected with poison ivy to remove the urushiol oil from your skin.

15. Swish a shot of vodka over an aching tooth. Allow your gums to absorb some of the alcohol to numb the pain.

MIRACLE MEDICINE

GARLIC-VINEGAR AND HONEY a wonderful drug

Nature's wonder medicine is a cheap way to beat obesity, cancer, arthritis and more. Top doctors have revealed that combination of GARLIC, VINEGAR (CIDER) and HONEY is a wonder drug that can cure everything from cancer to arthritis.

Amazing studies from respected universities around the world prove the miracle home remedy that costs just pennies a day to make, is a super way to fight about any affliction. Experts have verified that this health restoring trio of garlic, vinegar and honey can wipe out both common and chronic ailments.

Successes include ACHE, ALZHEIMER'S disease, ARTHRITIS, HIGH BLOOD PRESSURE, some forms of CANCER, excessive CHOLESTEROL levels, COLD, FLU, GAS INDIGESTION, HEADACHES, HEART and CIRCULATORY problems, HAEMORRHOIDS, INFERTILITY, IMPOTENCE, TOOTHACHE, OBESITY, ULCERS and many other diseases and conditions.

In a study of ARTHRITIS victims, Dr. Angus Peters of the University of Edinburgh Arthritis Research Institute, found that a daily dose of VINEGAR and HONEY reduced pains by 90%.

A daily dose of GARLIC and VINEGAR has proven to be a powerful fat destroyer and weight reducer , according to Dr. Raymond Fisk of London's famous Obesity Research Centre.

The prestigious British Medical Journal Lancel reported the CHOLESTEROL levels plunged on average from 237.4 to 221.4 after volunteers consumed 50 grams of GARLIC and 4 ounces of butter.

The study proved the dangers associated with high fat foods can be neutralized by adding GARLIC to your diet. A study by 261 adult patients by the German Association of General Practitioners indicated that SERUM CHOLESTEROL and TRIGLYCERIDE level factors associated with the risk of HEART DISEASES are significantly reduced by regular use of a GARLIC diet.

Studies at Houston's MF Anderson Cancer Institute in Houston, the Pennsylvania State University and UCLA support earlier evidence that ingredients in GARLIC, block the CANCER of the breast, colon, oesophagus and skin.

The National Cancer Institute found in a study of 1000 people that, eating a lot of garlic is linked to a reduced risk of STOMACH CANCER.

Dr Elick Block of the State University of New York at Albany has discovered that GARLIC unleashes at least 1000 sulphur-producing components, all of which are powerful medicines. There appears to be little doubt that this astounding remedy of GARLIC, VINEGAR and HONEY can extend life by protecting the user from many proven killers.

Dr. Hun Lee Tasao writes in China's respected Journal of Natural Medicines: "Patients given this miracle drink half hour before breakfast showed a remarkable reduction in HIGH BLOOD PRESSURE and CHOLESTEROL in less than a week".

Italian nutritionist Emilio Staffani adds; "Years of scientific investigation by experts around the world have proved beyond a doubt that GARLIC and HONEY are nature's magic mixture". The three powerful ingredients are available everywhere and cost only pennies a day.

Considering all that these natural substances can do for human health, it is amazing they are not more widely used".

Dr Jack Soltanoff, a nutritional expert from New York praises the benefits of APPLE CIDER VINEGAR. He's recorded remarkable success stories involving ARTHRITIS sufferers. "I have seen many ARTHRITIS patients starts to loosen up at once", says Dr. Sotanoff. "Some even call it (APPLE CIDER VINEGAR) a natural ARTHRITIS tonic that frees them from stiffness, pain and throbbing aches". "Within just a few weeks, most pain wracked ARTHRITIS patients can perform usual activities because of this simple tonic".

Boxing legend Muhammad Ali reportedly takes a dose of GARLIC, VINEGAR and HONEY to fight the symptoms of Parkinson's disease and many other athletes use it to gain competitive edge.

Dr. Tasao is sweet on the powers of HONEY. "HONEY has been described as the Perfect Food" noted the respected researchers. It contains at least 31 MINERALS, the component parts of 9 VITAMINS, 6 ACIDS and 4 ENZYMES. Patients who took the traditional VINEGAR and HONEY drink daily were more vigorous, had fewer infectious diseases (LOD) and in general were healthier than those who didn't. There is no question that this astounding elixir can extend life by protecting you from many proved killers.

GARLIC provides a storehouse of VITAMINS and MINERALS, but what excites researchers is most growing evidence that ALLICIN and ENZYMES present in large amounts in GARLIC

stimulates the immune system.

HERE'S HOW TO MAKE YOUR MIRACLE MEDICINE:

In a bowl, mix together ONE CUP of CIDER/FRUIT VINEGAR (do not use SYNTHETIC VINEGAR), ONE CUP of HONEY and SIXTEEN (16) CLOVES of CHOPPED GARLIC.

Place the combination in a grinder and MIX on high speed for 60 seconds. Pour the mixture into a glass container and seal and REFRIGERATE it for a minimum of SEVEN days. NORMAL DOSAGE TWO (2) TEASPOONS in a glass of WATER or FRUIT JUICE, GRAPE or ORANGE juice, BEFORE BREAKFAST.

A second dose, if desired can be taken in the evening. NOTE: As a service to ailing humanity, please distribute this recipe to family and friends and Pray for ONE and ALL OUR FRIENDS.

Cherish yesterday, Dream tomorrow. Live today.

Honey and Cinnamon

A MIXTURE FOR CURES

INTRODUCTION

- ★ It is found that a mixture of Honey and Cinnamon cures most diseases.
- ★ Honey is produced in most of the countries of the world.
- ★ Ayurvedic, as well as Yunani medicine, have been using honey as a vital medicine for centuries.
- ★ Scientists of today also accept honey as a Ram Ban (very effective) medicine for all kinds of diseases.
- ★ Honey can be used without any side effects for all kinds of diseases.
- ★ Today's science says that, even though honey is sweet, if taken in the right dosage as a medicine, it will not harm diabetic patients.
- ★ A famous magazine named Weekly World News published in Canada dated 17 January, 95 has given a list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

ARTHRITIS

- ★ Take one part honey to two parts of luke warm water and add a small teaspoon of cinnamon powder. Make a paste and massage it on the itching part of the body slowly.
- ★ The pain should recede within fifteen minutes in most cases.
- ★ Arthritis patients can take one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder every day.
- ★ If drunk regularly, even chronic arthritis can be cured.
- ★ In a recent research done at Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half a teaspoon of cinnamon powder before breakfast, they found that within a week, out of the 200 people treated, 73 patients were totally relieved of pain within a month. Mostly of these patients could not walk or move around freely, but after the therapy, they started walking with less pain.

HAIR LOSS

- ★ Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before a bath and keep it for approximately 15 minutes, and then wash the hair.
- ★ It was found very effective if kept for 5 minutes as well.

BLADDER INFECTIONS

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of Luke warm water and drink it. It destroys the germs of the bladder.

TOOTHACHE

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey, and apply on the aching tooth. This may be done 3 times a day (daily) till such time, that the tooth has stopped aching.

CHOLESTEROL

- ★ Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea, when given to a cholesterol patient, reduce the level of cholesterol in the blood by 10% within 2 hours.
- ★ As mentioned for arthritic patients - If taken 3 times a day, it lowers the cholesterol level.

- ★ As per the information received in a Medical Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS

- ★ Those suffering from common or severe colds should take one tablespoon of luke warm honey with 1/4 teaspoon cinnamon powder daily for 3 days.
- ★ This process will cure most chronic cough, cold and clear the sinuses.

INFERTILITY

- ★ Yunani and Ayurvedic have been using honey for years in medicine to strengthen the semen of men.
- ★ If impotent men regularly take two tablespoons of honey before sleeping, their problem will be solved.
- ★ In China, Japan and the Far East, women who do not conceive, and to strengthen the uterus, have been taking cinnamon powder for centuries.
- ★ Women who cannot conceive may take a pinch of cinnamon powder in half a teaspoon of honey, and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body.
- ★ A couple in Maryland (USA) had no children for 14 years and had left hope of having a child of their own. When told about this process, both husband and wife started taking honey and cinnamon as stated above, The wife conceived after a few months and had twins at full term.

STOMACH UPSET

- ★ Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.
- ★ GAS : According to the studies done in India and Japan, it is revealed that honey, if taken with cinnamon powder, relieves gas and pain in the stomach.

HEART DISEASES

- ★ Make a paste of honey and cinnamon powder. Apply on bread or chapatti instead of jelly and jam, and eat it regularly for breakfast.
- ★ It reduces the cholesterol in the arteries and saves the patient from the risk of a heart attack.

- ★ For those who have had an attack in the past, follow this process daily and avoid the risk of another attack.
- ★ Regular use of the above process relieves loss of breath and strengthens the heartbeat.
- ★ In America and Canada, various nursing homes have treated patients successfully and have discovered that the arteries and veins lose their flexibility and get clogged. Honey and Cinnamon improves blood flow.

IMMUNE SYSTEM

- ★ Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks.
- ★ Scientists have found that honey has various vitamins and iron in large amounts.
- ★ Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

INDIGESTION

Cinnamon powder sprinkled on 2 tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals

INFLUENZA

A scientist in Spain has proved that honey contains a natural ingredient which kills influenza germs and saves the patient from flu.

LONGEVITY

- ★ Tea made with honey and cinnamon powder, and when taken regularly, arrests the ravages of old age.
- ★ Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea.
- ★ Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age.
- ★ Life span also increases, and you begin to feel younger!

PIMPLES

Take three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it the next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS

Eczema, ringworm and all types of skin infections are cured by applying honey and cinnamon powder in equal parts on the affected parts.

WEIGHT LOSS

- ★ Every morning, on an empty stomach, half an hour before breakfast, and again at night before sleeping, drink honey and cinnamon powder boiled in one cup water.
- ★ If taken regularly it reduces the weight of even the most obese person.
- ★ Also drinking of this mixture regularly does not allow the fat to accumulate in the body, even though the person may eat a high calorie diet.

CANCER

- ★ Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully.
- ★ Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month, 3 times a day and continue with the Oncologist's treatment. No harm lost!

FATIGUE

- ★ Recent studies have shown that the sugar content of honey is more helpful than detrimental to one's body strength.
- ★ Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible.
- ★ Dr. Milton, who has carried out extensive research on this subject, says that, half a tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder taken daily after brushing, and again in the afternoon around 3.00 p.m. when the vitality of the body starts decreasing, increases the vitality of the body within a week.

BAD BREATH: People of South America: The first thing in the morning they gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.

LOSS OF HEARING: Honey and Cinnamon powder taken in equal parts daily, restores hearing.

OKRA (BHINDA) MAGIC



The wonder of “BHINDA”.

A guy has been suffering from constipation for the past 20 years and recently from acid reflux. He didn't realize that the treatment could be so simple -- OKRA! He started eating okra within the last 2 months and since then has never taken medication again. All he did was eat 6 pieces of OKRA every day. He's now regular and his blood sugar has dropped from 135 to 98, with his cholesterol and acid reflux also under control.

Here are some facts on okra (from the research of Ms. Sylvia Zook? PH.D (nutrition), University of Illinois.

"Okra is a powerhouse of valuable nutrients, nearly half of which is soluble fiber in the form of gums and pectins. Soluble fiber helps to lower serum cholesterol, reducing the risk of heart disease. The other half is insoluble fiber which helps to keep the intestinal tract healthy, decreasing the risk of some forms of cancer, especially colo-rectal cancer. Nearly 10% of the recommended levels of vitamin B6 and folic acid are also present in a half cup of cooked okra.

Okra is a rich source of many nutrients, including fiber, vitamin B6 and folic acid. He got the following numbers from the University of Illinois Extension Okra Page . Please check there for more details.

Okra Nutrition (half-cup cooked okra)

- * Calories = 25
- * Dietary Fiber = 2 grams
- * Protein = 1.5 grams
- * Carbohydrates = 5.8 grams
- * Vitamin A = 460 IU
- * Vitamin C = 13 mg
- * Folic acid = 36.5 micrograms
- * Calcium = 50 mg
- * Iron = 0.4 mg
- * Potassium = 256 mg
- * Magnesium = 46 mg

These numbers should be used as a guideline only, and if you are on a medically-restricted diet please consult your physician and/or dietician. Ms Sylvia W. Zook, Ph.D. (nutritionist) has very kindly provided the following thought-provoking comments on the many benefits of this versatile vegetable. They are well worth reading.

1. The superior fiber found in okra helps to stabilize blood sugar as it curbs the rate at which sugar is absorbed from the intestinal tract.
2. Okra's mucilage not only binds cholesterol but bile acid carrying toxins dumped into it by the filtering liver. But it doesn't stop there...

3. Many alternative health practitioners believe all disease begins in the colon. The okra fiber, absorbing water and ensuring bulk in stools, helps prevent constipation. Fiber in general is helpful for this but okra is one of the best, along with ground flax seed and psyllium. Unlike harsh wheat bran, which can irritate or injure the intestinal tract, okra's mucilage soothes, and okra facilitates elimination more comfortably by its slippery characteristic many people abhor. In other words, this incredibly valuable vegetable not only binds excess cholesterol and toxins (in bile acids) which cause numerous health problems, if not evacuated,? But also assures their easy passage from the body.

4. Further contributing to the health of the intestinal tract, okra fiber (as well as flax and psyllium) has no equal among fibers for feeding the good bacteria (probiotics).

5. To retain most of okra's nutrients and self-digesting enzymes! , it should be cooked as little as possible, e.g. with low heat or lightly steamed. Some eat it raw (I EAT THREE RAW OKRA WITH LITTLE LEMON/SALT. I eat also one clove RAW GARLICK on the toast and chew.)

Biological Name:

Abelmoschus esculentus, Hibiscus esculentus

Other Names:

Okra, Okro, Ochro, Okoro, Quingombo (Cuba), Quingumbo, Ladies Fingers, Gombo, Kopi Arab, Kacang Bendi, Bhindi (S. Asia), Bendi (Malaysia), Bamia, Bamya or Bamieh (middle east), Gumbo (Southern USA), Quiabo, Quiabos (Portugal and Angola), okura (Japan), qiu kui (Taiwan)

History:

Okra traces its origin from what was known as Abyssinia (Ethiopia) spreading right through to Eastern Mediterranean, India, Africa, North America, South America and the Caribbean. Though long popular in the South, it is becoming increasingly common and well known in Western Countries.

Description:

Okra is a tall-growing (3 to 6 feet or more in height), warm-season, annual vegetable from the same family as hollyhock, rose of Sharon and hibiscus. The immature pods are used for soups, canning and stews or as a fried or boiled vegetable. The hibiscus like flowers and upright plant is very pretty.

When cut, okra releases a sticky substance with thickening properties, useful for soups and stews.

Parts Used: Immature pods

Constituents: Nutrition Information

Medicinal Applications According to Sylvia W. Zook, Ph.D. (nutritionist) Okra has several benefits.

1. The superior fiber found in okra helps to stabilize blood sugar by curbing the rate at which sugar is absorbed from the intestinal tract.

2. Okra's mucilage binds cholesterol and bile acid carrying toxins dumped into it by the filtering liver.

3. Okra helps lubricate the large intestines due to its bulk laxative qualities. The okra fiber absorbs water and ensures bulk in stools. This helps prevent and improve constipation. Unlike harsh wheat bran, which can irritate or injure the intestinal tract, okra's mucilage soothes, and okra facilitates elimination more comfortably by its slippery characteristic. Okra binds excess cholesterol and toxins (in bile acids). These, if not evacuated, will cause numerous health problems. Okra also assures easy passage out of waste from the body. Okra is completely non-toxic, non-habit forming, has no adverse side effects, is full of nutrients, and is economically within reach of most unlike the OTC drugs.

4. Okra fiber is excellent for feeding the good bacteria (probiotics). This contributes to the health of the intestinal tract.

5. Okra is a supreme vegetable for those feeling weak, exhausted, and suffering from depression.

6. Okra is used for healing ulcers and to keep joints limber. It helps to neutralize acids, being very alkaline, and provides a temporary protective coating for the digestive tract.

7. Okra treats lung inflammation, sore throat, and irritable bowel.

8. In India, okra has been used successfully in experimental blood plasma replacements.

To retain most of okra's nutrients and self-digesting enzymes, it should be cooked as little as possible, e.g. with low heat or lightly steamed. Some eat it raw.

LADY FINGER means OKRA means BHINDI

A guy, suffering from constipation for the past 20 years and recently from acid reflux didn't realize that the treatment could be so simple! BHINDI!

Some 2 months ago, he started eating 6 pieces of Bhindi and, since then, has not taken any other medication. Now, his blood sugar has dropped from 135 to 98 and his cholesterol and acid reflux are also under control.

From the research of Ms. Sylvia Zook, PH.D (nutrition), University of Illinois . "Bhindi" is a powerhouse of valuable nutrients, nearly half of which is soluble fiber in the form of gums and peptins.

Soluble fiber helps to lower serum cholesterol, reducing the risk of Heart disease. The other half is insoluble fiber which helps to keep the intestinal tract healthy, decreasing the risk of some forms of cancer, especially colorectal cancer.

Nearly 10% of the recommended levels of vitamin B6 and folic acid is also present in a half cup of cooked Bhindi. Bhindi is a rich source of many nutrients, including fiber, vitamin B6 and folic acid.

1. The superior fiber found in Lady's Finger (Bhindi) helps to stabilize blood sugar as it curbs the rate at which sugar is absorbed from the intestinal tract.

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Lady's Finger (Bhindi) is one of the best, along with ground flax seed and psyllium. Unlike harsh wheat bran, which can irritate or injure the intestinal tract, Lady's Finger (Bhindi's) mucilage soothes, and Lady's Finger (Bhindi) facilitates elimination more comfortably by its slippery characteristic many people abhor.

In other words, this incredibly valuable vegetable not only binds excess cholesterol and toxins (in bile acids) which cause numerous health problems, if not evacuated, but also assures their easy passage from the body. The veggie is completely non-toxic, non-habit forming (except for the many who greatly enjoy eating it), has no adverse side effects, is full of nutrients, and is economically within reach of most.

4 . Further contributing to the health of the intestinal tract, Lady's Finger (Bhindi) fiber (as well as flax and psyllium) has no equal among fibers for feeding the good bacteria (probiotics).

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Specific Ailments

Acid Reflux and Constipation

A person, suffering from constipation for the past 20 years and recently from acid reflux, started eating 6 pieces of Okra. Since then, has not taken any other medication. Now, his blood sugar has dropped from 135 to 98 and his cholesterol and acid reflux are also under control.

Asthma

Vitamin C is a powerful antioxidant and anti-inflammatory. This anti-inflammatory activity may curtail the development of asthma symptoms. A large preliminary study has shown that young children with asthma experience significantly less wheezing if they eat a diet high in fruits rich in vitamin C. 1/2 cup of cooked Okra contains over 13 mg of vitamin C.

Atherosclerosis

Diets high in insoluble fiber, such as those containing okra, are associated with protection against heart disease in both men and women.

Cancer

The insoluble fiber found in Okra helps to keep the intestinal tract healthy, decreasing the risk of some forms of cancer, especially colo-rectal cancer.

Capillary fragility

Eating plenty of flavonoid and vitamin C-rich fruits and vegetables such as okra helps to support the structure of capillaries.

Cataracts

1/2 cup of cooked okra contains 460 IU of vitamin A. Some studies have reported that eating more foods rich in beta-carotene or vitamin A was associated with a lower risk of cataracts.

Cholesterol

A study (JAMA July 23, 2003) showed that consuming a "dietary portfolio" of vegetarian foods lowered cholesterol nearly as well as the prescription drug lovastatin (Mevacor). The diet was rich in soluble fiber from oats, barley, psyllium, eggplant and okra. It used soy substitutes instead of meat and milk and included almonds and cholesterol-lowering margarine (such as Take Control) every day.

Depression and Lack of Energy

Okra is a supreme vegetable for those feeling weak, exhausted, and suffering from depression.

High homocysteine

A controlled trial showed that eating a diet high in fruits and vegetables containing folic acid, beta-carotene, and vitamin C effectively lowered homocysteine levels. Healthy people were assigned to either a diet containing a pound of fruits and vegetables per day, or to a diet containing 3 1/2 ounces (99g) of fruits and vegetables per day. After four weeks, those eating the higher amount of fruits and vegetables had an 11 percent lower homocysteine level compared to those eating the lower amount of fruits and vegetables. Okra is a storehouse of vitamins and folic acid.

Multiple sclerosis (MS)

In one survey, researchers gathered information from nearly 400 people (half with MS) over three years. They found that consumption of vegetable protein, fruit juice, and foods rich in vitamin C, thiamine, riboflavin, calcium, and potassium correlated with a decreased MS risk.

FOR GOOD HEALTH

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EFFECTS OF COLD WATER

Please be a true friend and send this article to all your friends you care about.

For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while

they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this & Send the link to a friend. It could save a life. So, please be a true friend and send this article to all your friends you care about.

VICKS:

Generally we are a BIG VICKS FANS

You can try this for your cough. Don't laugh, it works 100% of the time although the scientists at the Canada Research Council (who discovered it) aren't sure why.

To stop night time coughing in a child (or adult, as we found out personally), put Vicks Vaporub (I think you can use any other balm also) generously on the bottom of the feet at bedtime - then cover with socks. Even persistent, heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition, it is extremely soothing and comforting and they will sleep soundly. The head of the Canada Research Council describe these findings on the part of their scientists when they were investigating the effectiveness and usage of prescription cough medicines in children as compared to alternative therapies like acupuncture. It was a surprising finding and found to be more effective than prescribed medicines for children at bedtime, and in addition, to have a soothing and calming effect on sick children who then went on to sleep soundly. So, if you have Grandchildren, pass it on, if you end up sick, try it yourself and you will be absolutely amazed by the effect.

Foods to Fight Fatigue

If you're beat and need to drum up some energy, you are not alone. But the right foods and nutrition can supply the oomph you're missing.

Tired, Drained. Pooped. No matter how you put it, you're beat and need to drum up some energy. You are not alone. Many people have trouble getting in gear in the morning, experience the afternoon slump, or just want to crash on the couch in the evening.

The exhaustion can be a constant problem for some folks. According to the CDC, 2.2 million Americans experience marked fatigue lasting at least six months. Sluggishness can be caused by many factors, but experts say poor nutrition is a big culprit. A well-balanced diet, on the other hand, can boost energy.

"Food is truly our body's fuel," says Cindy Moore, MSRD, director of nutrition therapy for The Cleveland Clinic. "What we choose as our fuel is going to absolutely impact the performance of our bodies."

How do we fill up our personal tanks, and how well do they make our engine run? The experts weigh in on how major food and drink sources and habits affect energy levels.

The Forgotten Meal

At the beginning of the day, most people dash off to work or school without a thought to their body's dietary needs. Who has time to eat in the morning anyway?

"Breakfast is an easy meal to forget," says Mary Ellen Camire, PhD, professor of food science and human nutrition at the University of Maine. "But if people are skipping breakfast and find they're tired by midmorning, and then it's time to re-evaluate that eating habit."

Research shows breakfast improves alertness and concentration, helps shed pounds by preventing overeating during the day, and prevents obesity, diabetes, and heart disease. To get these benefits and to prepare the body for the day, the American Dietetic Association recommends carbohydrates for energy and protein for endurance. Some quick options include:

- Whole grain bagel with cheese
- Cereal with fruit and yogurt
- Whole-grain toast with peanut butter and fruit
- Hard-boiled egg sliced into a whole-wheat pita
- Scrambled eggs, toast, and fruit
- Oatmeal with raisins

For the really busy bee, Camire says choices include breakfast bars, frozen omelets and breakfast sandwiches, oatmeal packets to go, and whole-grain cereals in prepackaged plastic bowls. Be mindful, though, of the sugar and fat content of your morning meal. A study in the November 2003 issue of *Pediatrics* found children who ate sugary breakfasts were hungrier and ate more at lunch.

Complex Carbohydrate Charge

Healthy eating doesn't stop in the morning. A well-balanced diet throughout the day is an essential source of sustained energy. The American Medical Association recommends that 50% to 60% of overall food intake come from carbohydrates, 30% from fat, and the rest from protein.

Although carbohydrates have gotten a bad reputation, the nutrient is still the body's preferred source of energy, says Dave Grotto, RD, director of nutrition at the Block Center for Integrative Cancer Care in Evanston, Ill. Low-carb diets, he says, initially boost energy, but deplete it in the long run.

The best way to maximize the body's potential for energy is to eat a combination of complex and simple carbohydrates. Complex carbohydrates, which are slow burning, should represent the bulk of the carbohydrates we eat, says Grotto. Foods such as whole grains and starchy vegetables such as potatoes, squash, pumpkin, and carrots fall into this category.

This does not mean ignoring simple carbohydrates with a slower burn, such as the sugar fructose, found in fruits, vegetables, and honey. They can provide an immediate source of energy.

Simple sugars found in candy bars, soft drinks, and cookies can also provide a quick boost, but then a big letdown afterward.

"You are going to get a rise in energy from the original hit of the sugar, but then, particularly for diabetics, sugar can drop below the baseline where it started," says John W. Finley, associate editor of the *Journal of Agriculture and Food Chemistry*, a publication of the American Chemical Society. He says the peak effect of sugar normally lasts 30 minutes to an hour, depending on the dose. Anything beyond that is reportedly psychological.

Without the complex carbohydrates to sustain the blood sugars, the body loses steam. "A diet that is based in complex carbohydrates seems to have less of that peak and valley of blood sugar effect," says Grotto.

It is also important to make sure your complex carbohydrates have fiber, says Dee Sandquist, MSRD, a spokesperson for the American Dietetic Association. "Fiber helps the carbohydrates

that we eat to be more slowly absorbed by the body," she says. "So, therefore, the body gets a more balanced release of energy, as opposed to the quick burst of energy."

Many processed carbohydrates such as white rice, white bread, and pasta contain little or no fiber, thus expending energy at a rapid rate. To ensure you have a food rich in fiber, check the label. A slice of bread should contain 2 to 3 grams of fiber.

Fat Force

Fat has also gotten a bad reputation, and for good reason. Too much of the "bad" fats is associated with heart disease, some types of cancer, and some chronic illnesses. In the right amount, however, fat can make food taste good, and is a concentrated source of energy.

In order to strike the right balance, choose polyunsaturated fats such as vegetable oils and seafood, and monounsaturated fats such as olive oil, meat, and poultry. The unsaturated variety can help lower "bad" LDL cholesterol.

Protein Power

Fats and carbohydrates may supply the body with energy, but protein helps regulate the release of that power. Protein maintains cells, transports hormones and vitamins, and creates muscle. Muscles and many hormones are, in fact, made up of protein. So replenishing the body's source of the nutrient is very important.

Good sources of protein include meat, poultry, fish, eggs, beans, nuts, and low-fat dairy products.

In diets where the body does not get its usual fuel of carbohydrates and fat, protein provides the body with energy. Preliminary studies have shown that people with high-protein diets appear to be able to work longer and harder, says Finley.

Such findings, however, are controversial. Critics say high-protein diets will ultimately make people more tired and gain weight. There are also concerns the diets may increase the risk of kidney stones and osteoporosis, and be harmful to those with liver or kidney disease.

The Weight of Water

Two-thirds of the human body is made up of water. Without it, we could only live a few days. The fluid helps control body temperature through sweat, moves food through the intestines, and greases the joints. It is also an essential ingredient in the production of energy molecules.

"Dehydration is one of the leading causes of a lack of energy," says Grotto. If you're not well hydrated, your body puts its resources into maintaining your water balance instead of into giving you energy.

Everyone's water needs vary. In February 2004, the Institute of Medicine released a report indicating most people meet their daily hydration needs by using thirst as their guide. In general, the Institute's expert panel recommended that women get about 11 cups of water from food and drink each day, and men get about 16 cups daily. This may seem like a lot of liquid, but 80% of it usually comes from drinking water and other beverages. The other 20% comes from food.

To adequately get your hydration needs, particularly on a hot and humid day, the American Dietetic Association suggests carrying around a bottle of water, or replacing your afternoon soft drink with water. Frozen juice bars or icy treats are also a good idea.

Water is especially important after exercise, with certain medicines, and with a high-fiber diet. Your fluid intake should be adjusted to how much water you're losing, says Finley. "Simple things like stopping at a drinking fountain when you walk by one is a good idea."

Caffeine Fix

More than half of Americans reach for a coffee cup every day, and 25% drink it occasionally, reports the National Coffee Association. This should come as no surprise, as there are those who swear they cannot function without the caffeine.

The compound can be found not only in coffee, but in tea, soft drinks, chocolate, and herbs as well.

John Allred, PhD, a food science communicator for the Institute of Food Technologists, says stimulants like caffeine exaggerate the effect of natural hormones like adrenaline. "They get your heart pumping faster, you respire faster, and that gives you a stimulated feeling," he says, noting the results usually last no more than two hours.

Psychology tests have shown a combination of caffeine and sugar can improve alertness and performance. "But then it wears off, and then you get a little bit of a slump afterward," says Camire. The high-low effect of caffeine, she says, is not as pronounced as it is in sugar, but is significant enough in that frequent users often experience headaches without the substance.

The chemical is, indeed, so potent a stimulant that the National Collegiate Athletic Association (NCAA) lists caffeine as one of its banned drugs, as long as the concentration in a urine sample exceeds 15 micrograms per milliliter. (Two cups of black coffee will produce

urine levels of approximately 3 to 5 micrograms per milliliter, according to the National Center for Drug Free Sport.)

The effect of caffeine varies from person to person. Some people need a few cups before experiencing stimulation, while others feel shaky or jittery with one serving.

Caffeine can also interfere with sleep, particularly if it is consumed in the late afternoon. The lack of shuteye could obviously affect one's energy level. To resolve this issue, Camire recommends switching to decaffeinated beverages by about 3 p.m. She also suggests gradually cutting back on caffeinated drinks, especially since they may have a dehydrating effect.

Beating the Doldrums

Food can, indeed, raise or diminish the body's energy levels. If you are eating healthy and are still tired, try changing the frequency of your meals. Some people find they get more of a boost with several small meals throughout the day, while others prefer the dining concept of three square meals daily. There's no right or wrong way, says Sandquist, noting that everyone's energy needs differ.

The amount of food you eat can also make a difference. If someone overeats constantly, they tend to gain more weight and become lethargic, says Finley. "It's like the snowball rolling down the hill," he explains. "As [overeaters] get more overweight, they have less energy, and then they exercise less and don't burn the calories."

Other dietary reasons for fatigue include too much alcohol (which is a depressant) and lack of certain vitamins and minerals. Low iron is a common problem for women.

If you still find yourself sluggish with a well-balanced diet, then a visit to the doctor may be in order. Certain diseases, medications, stress, and inadequate sleep and exercise can contribute to fatigue.

YOUR EYES

During a recent visit to an optician, one of my friends was told of an exercise for the eyes by a specialist doctor that he termed as 20-20-20.' It is apt for all of us, who spend long hours at our desks, looking at the computer screen.

I Thought I'd share it with you. 20-20-20

Step I :-

After every 20 minutes of looking into the computer screen, turn your head and try to look at any object placed at least 20 feet away. This changes the focal length of your eyes, a must-do for the tired eyes.

Step II :-

Try and blink your eyes for 20 times in succession, to moisten them.

Step III :-

Time permitting of course, one should walk 20 paces after every 20 minutes of sitting in one particular posture. Helps blood circulation for the entire body.

Circulate among your friends if you care for them and their eyes. They say that your eyes r mirror of your soul, so do take care of them, they are priceless.....

Otherwise our eye would be like this.....

Some yogic eye exercises to strengthen eyes.

They are easy to do and most of them can be performed any time of the day wherever you are.

Most of us do not exercise our eye muscles at all, but yet, we work them all the time, causing them to be under constant strain. The only time the eyes rest for more than a split second, is when we are asleep. Here are a few yogic eye exercises to strengthen eyes. They are easy to do, and most of them can be performed any time of the day, wherever you are.

1. Close your eyes as tight as possible, for around 5 seconds. Open them, and close them again. Do this 6 times.
2. Do you sit in front of the computer screen for hours at a time? Every half an hour, get up from in front of the screen and move around a bit. Get yourself a glass of water. Give your eyes a 2 minute break.
3. Shut your eyes and roll your eyeballs around for a minute.
4. Rub your palms together and gently cup them over your closed eyes for around a minute. This is known as palming and is very beneficial for the eyes. The eyes need darkness to rejuvenate them and this need is best served by palming. Palming should be done after every eye exercise, to relax the eyes and every now and then during the day.
5. Imagine that there is a huge clock in front of you. Look at the number 12 for around 10 seconds, and then move your gaze down to . Do this around 10 times, rapidly. Then, move your eyes horizontally, in the 3-9 position. Finally, move them diagonally (2-7 and 10-4).

6. Look up to the position in the middle of your eyebrows. Hold for a few seconds and then move your gaze downwards, towards your nose.. This is called Sambhavi mudra.
7. Slowly, direct your gaze to the ceiling, as you inhale. Exhale, and move your gaze down in a straight line, towards the floor. Do this 6 times.
8. Any form of exercise, including walking, reduces pressure on the eyeballs and is beneficial for the eyes. So keep exercising.
9. We blink to lubricate the eyes. But sometimes, when we are concentrating hard, we tend to blink less. Make a conscious effort to blink more.
10. Dim the lights in your workplace. Bright lights increase eye strain.
11. Reduce the brightness on your computer. The eyes can adjust to dim light without much strain.
12. Strengthen the organ which adjusts the lens of the eye, by this exercise, and you may never need spectacles. Sit in a room by the window, and focus on a point in the distance. Hold your arm straight out in front of you, in the same direction as the point you are focusing on, with your thumb extended in a 'thumbs-up' position. Your thumb should be directly in the line of vision of the object you are focusing on in the distance. Now, keep shifting your focus from your thumb to the point in the distance. Do this around ten times, and at least once a day.

How to Get Rid of Acne Scars

Scars left by acne on skin appear ugly. This leaves a painful impressions on the patient, people genuinely try to get rid of these scars. They try everything from topical creams, to gels, pills and lotions to remove these scars. Everyone wants flawless skin. However, acne marks may make you feel like hiding your face inside a pillow. Acne scars develop as soon as you pop pimple or squeeze it out. Popping or squeezing results in a permanent mark at the affected area. The deeper you have peeled the skin, the darker is the mark. Most of the times this action leaves a scar and it gets very difficult to get rid off this scar. Don't panic if you have already developed an acne scar. There are some home remedies that will help you eliminate these scars on your face.

Here are some tricks to solve your problem:

A) Take fresh juice of lemon. Now dip a cotton ball in it. Pat your face with the cotton ball and let it dry naturally. Some people may find this a little irritating. You may dilute the lemon

juice with some rose water or plain water. Let the surface dry naturally for 15-20 minutes and wash your face with water after a while. Repeat this process at least four times a week and you will see a remarkable change in your skin structure.

B) Prepare a paste with some sandalwood powder and rose-water. Now add 2-4 drops of lime juice to it. Apply this paste on your face and neck. Now, let the solution dry naturally. After that, you need to rinse your face and neck thoroughly. Do this on a regular basis to get best results.

C) Applying cucumber juice on your face with cotton wool. This should be your daily regime during summers. This will help cooling off the skin and tighten the pores. Cucumber juice is extremely helpful in making your skin glow and makes it feel fresh.

D) Another popular homemade remedy for removing acne marks into make a paste of apple and honey. First, make apple paste and then add about 4-6 drops of honey. Apply this mask on your face. Wash off after 15 minutes. This paste helps tightening pores and also makes complexion lighter.

The surprising benefits of lemon!

Institute of Health Sciences, 819 N. L.L.C. Charles Street Baltimore, MD 1201.

This is the latest in medicine, effective for cancer!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas. The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the

growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

Institute of Health Sciences, 819 N. L.L.C. Cause Street, Baltimore, MD1201

Amazing Gingers

Ginger contains anti-viral, anti-toxic, and anti-fungal properties, and is used for the prevention of and treatment against the common cold.

Ginger acts as an antihistamine and aids in the treatment of allergies.

Ginger displays anti-inflammatory properties and can be used to treat rheumatoid arthritis, osteoarthritis, and various other muscular disorders.

The chemical components of the root are instrumental in inhibiting the biosynthesis of prostaglandins which are responsible for causing inflammation.

Thus the root has proven to be a highly effective form of treatment in some cases; even more so than the NSAID's that are traditionally prescribed.

So eating ginger may help to prevent cancer and aging disorders.

Ginger contains special enzymes responsible for catalyzing the proteins in your food, thus aiding in digestion and the prevention of cramps.

Good for those with constipation!

The ancient Greeks used to eat ginger after a large meal, in order to ease the digestion process.

Ginger has proven to help lower your cholesterol level and prevent the formation of blood clots.

As a mood enhancer, ginger's cineole content may help contribute to stress relief.

Also used for migraine headache

Ginger can also be used for reducing toothache and the discomfort which arises due to the infection in the upper respiratory tract due to its antibacterial and antifungal nature.

Chewing on fresh ginger, can help freshen the breath.

Being a warming herb, ginger can help knock out a fever. This property also makes it effective in stimulating circulation of the blood.

It can also help relax muscles around the blood vessels and is said to help prevent blood clots from forming. The warming effects make it a natural decongestant as well as an antihistamine, making it the perfect remedy for colds.

Some studies show that it can even help inhibit the replication of the herpes simplex virus.

Recent studies show that ginger might also have a role in lowering LDL cholesterol because the spice can help reduce the amount of cholesterol that is absorbed.

It has also been shown in animal trials to help slow or even prevent cancerous tumor growth.

To discover the health benefits of ginger for yourself, simply make a tea by steeping about 5 slices of ginger in hot water.

If you prefer it in your food, Ginger is excellent in many dishes and is perfect when combined with garlic.

Ginger doesn't only spice up your food it can also help to put some extra spice in your intimate life too. It improves blood flow to your sexual organs, and contains Vitamin C, zinc and magnesium.

FRUITS WITH CHART-VERY USEFUL

Apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smooths skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system

Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates Diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease

Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

51 Tips for Perfect Health

1. Drink eight glasses of water a day.
2. Include two vegetables and one fruit in every meal.
3. Begin each meal with a raw vegetable salad.
4. Make a light snack of assorted sprouts.
5. Start the day with a glass of warm water and a dash of lime.
6. Use only fresh vegetables.
7. Once a week have only fresh fruits until noon, make lunch the first meal of the day.
8. Eat only freshly cooked meals not refrigerated leftovers.
9. Include one green vegetable and one yellow vegetable in every meal.
10. Go on a juice fast for a day. Start with vegetable juice, and sip fruit for lunch and dinner.
11. Kick the old coffee habit. Have a glass of fresh fruit juice instead.
12. Cut out all deep-fried foods from your diet.
13. Cut down on high sugar products like soft drinks, ice-cream, candy and cookies in your diet.
14. Never skip a meal, even if you are on a diet. Eat a fresh fruit or have vegetable juice instead.
15. Avoid beverages like soda, coffee, colas and so on.
16. Include high fiber foods plenty of fruits, vegetables and grains in planning your diet.
17. Use salt in moderation
18. Wash vegetables thoroughly in clean water before chopping.
19. Steam or boil vegetables (rather than fry or sauté).
20. Retain peels of potato, cucumber, carrot and tomato while cooking.
21. Do take a moment off to mentally list out the nutritional value of the food you are about to eat.
22. Don't rush through your meals. Set aside enough time to appreciate, enjoy and digest your food.
23. Make every meal an enjoyable experience. Set dishes out attractively and chew slowly to appreciate the full flavour of the foods you eat.
24. Choose to be radiantly healthy. Keep yourself informed about the nutritive value of every food you buy.

25. Shop for groceries yourself. Notice the look, feel and smell of fresh fruit and vegetables and enjoy their intrinsic goodness.
26. Watch out for eating habits paired with emotional states, like reaching for a chocolate when you are depressed. Resist the urge and eat fruit instead.
27. Eat popcorn (rather than chips) while watching a movie.
28. Sit at the table at meal times. Don't read the paper or review bills while eating.
29. Make it a point to have dinner with the entire family at the table, and not in front of the TV.
30. Eat just to the point of the fullness. Don't stuff yourself!
31. Stop smoking.
32. Restrict alcohol consumption.
33. Get a good night sleep, every night.
34. Enroll today in an exercise programme.
35. Take a brisk, 20 minute invigorating walk each morning.
36. Spend 10 minutes every morning and evening doing basic stretches.
37. Do not use elevators when you can climb the stairs.
38. Enroll in a TM programme today.
39. Focus on your breathing. Take a deep breath, and then exhale slowly. Repeat a couple of times a day.
40. Learn to relax. Spend 20 minutes consciously relaxing each muscle of your body.
41. Spend 20 minutes a day in silent meditation, prayer or contemplation.
42. Learn the healing power of laughter. Watch a crazy movie, recall a joke or read a funny book and laugh out loud.
43. Tap the powers of your sub-conscious. Relax your body for 20 minutes and project the Perfect You on your mind screen.
44. Balance your lifestyle. Devote equal time each week to work and fun.
45. Join kids in a sports activity and rediscover the joys of childhood.
46. Do keep in touch with friends. Call up or visit them and be at peace with the world.
47. Enroll in an activity (like dancing, swimming or roller skating...) you never indulged in because you were afraid of what people might say.
48. Forgive someone who you think has done you wrong and cleanse your spirit of rancour.
49. Do a nice turn to someone you don't know too well, but who could do with a friend.
50. Spend a quiet half-hour chatting with your family.
51. Read a great book once a week.

HERNIA

Before birth the testicles are formed within the body close to the kidneys. As the fetus grows, these glands move down to the groin and pass into the scrotum, carrying with them the spermatic cord, along with blood vessels and nerves. Failure to descend is known as undescended testicles. Often the channel through which the testis comes down fails to close,

so that loops of bowel or omentum may find their way into the scrotum on one or both sides. This is known as indirect inguinal hernia.

Weakness in the abdominal wall may produce a similar result, known as a direct inguinal hernia. Both conditions may occur in the male.

A femoral hernia is usually more common in the female.

Strangulated hernia occurs when a portion of the bowel becomes caught in the hernial sac, resulting in a strangulated hernia. This can be very serious, and may lead to complete intestinal obstruction and even severe peritonitis.

Umbilical hernia occurs when a small protrusion may be visible at or above the umbilicus, which gives an impulse on coughing. It is usually congenital and felt as a ring like opening. It may be acquired also when there is much distension of the abdominal wall as in ascitis, frequent pregnancy or great obesity.

Hernias are caused by a weakened area in the body to aging, surgery or an unusually large opening in the passage between the abdomen and the genitals that does not close completely before birth. Some athletes develop a hernia when repeated twisting and turning is involved.

Sometimes a portion of the stomach is located in the chest. This is known as hiatus hernia, or diaphragmatic hernia. Fullness of the stomach or pressure on the abdomen may cause part of the stomach to move up into the chest. In such cases there is often a feeling of distress, and there may also be bleeding at times.

Hiatus hernia may develop in people of all ages and both sexes, although it is considered to be a condition of middle age. In fact, the majority of otherwise normal people past the age of 50 have small hiatus hernia.

HOME REMEDIES FOR HERNIA

- Do not apply any heat to the area and avoid any pressure over the swollen area.
- An ice bag may help to control the pain.
- Do not exhaust yourself.
- Do not exercise with full stomach.
- If you are overweight, losing weight alone may relieve the symptoms
- Do not smoke.
- Avoid wearing tight clothes around your chest or abdomen. They put pressure on the stomach.
- Elevate the head of your bed 6 inches by placing bricks under the bed frame. Gravity will help prevent stomach acid from moving up into esophagus as you sleep. Do not

use pillows, as they tend to increase pressure on the abdomen. This is very effective home remedy for hernia.

- Avoid eating large meals. Eating small, frequent, bland meals to keep pressure on the esophageal sphincter.
- Do not eat for at least 2 hours before going to sleep.
- Avoid spicy and acidic foods.
- Do not bend over or lie down after eating.
- For hernia treatments avoid drinking alcohol.
- Avoid eating fats or high cholesterol foods that causes bloating in the abdomen.
- Avoid constipation, avoid straining during bowel movements and protect the back when lifting heavy objects.
- Gotu Kola is good for wound healing and is an effective general tonic.
- American Ginseng helps strengthen internal defenses.
- Slippery Elm and Chamomile both may be given to day old babies for curing hernia. Make up a paste of slippery elm (one dessertspoonful) mixed into chamomile tea and eat it in tiny teaspoonful so that each swallow coats the area.
- Avoid or reduce pressure on your stomach.
- For hernia treatment include extra fiber in the diet.
- Do not consume spicy foods, and do not take enzyme supplements that contain hydrochloric acid.
- Drink 1/4 cup of aloe vera juice in the morning and again at night. This is also very effective home remedy for hernia.
- Do not use peppermint within two hours of meals.

CURE FOR ACIDITY:

Acidity, it is said, is worse than Cancer. It is one of the most common dis-ease people encounters in their daily life. The home remedy for Acidity is Raw Grains of Rice.

The Process:

1. Take 8 - 10 grains of raw uncooked rice
2. Swallow it with water before having your breakfast or eating anything in the morning
3. Do this for 21 days to see effective results and continuously for 3 months to eliminate acidity from the body

The Cure: Reduces acid levels in the body and makes you feel better by the day.

CURE FOR CHOLESTEROL:

Cholesterol problem accompanies with Hypertension and Heart Problems. This is also one of the common problems in people who have High Blood Pressure and Diabetes. The home remedy for Cholesterol problem is RAW SUPARI.

The Process:

1. Take Raw Supari (Betel Nut that is not flavored) and slice them or make pieces of the same
2. Chew it for about 20 - 40 minutes after every meal
3. Spit it out

The Cure: When you chew the supari, the saliva takes in the juice that is generated and these acts like a Blood Thinner. Once your blood becomes free flowing, it brings down the pressure in the blood flow, thereby reducing Blood Pressure too.

CURE FOR BLOOD PRESSURE:

One of the simple home remedy cure for Blood Pressure is Methi Seeds or Fenugreek Seeds.

The Process:

1. Take a pinch of Raw Fenugreek Seeds, about 8 - 10 seeds
2. Swallow it with water before taking your breakfast, every morning

The Cure: The seeds of Fenugreek are considered good to reduce the blood pressure.

What to Eat to Beat Knee Pain

Looking for a natural way to relieve knee pain ? You may want to tweak your diet. A growing body of research suggests that small dietary changes can add up to big benefits for knee health. "A number of foods have powerful anti-inflammatory and pain-relieving properties that may be as effective as some prescription medicines for arthritis and other types of knee pain," says Beth Reardon, RD, MS, an integrative nutritionist and medicinal foods expert at Duke Integrative Medicine Center in Durham, N.C. Read on to learn how mealtime may be affecting the health of your knees.

Diet and Knee Pain: Go Fish

The omega-3 fatty acids found in fish are natural anti-inflammatories. Calming joint inflammation can often help ease knee soreness, according to Steven Stuchin, MD, director of orthopedic surgery at NYU Hospital for Joint Diseases in New York City. In randomized clinical studies, omega-3 fatty acids were found to ease pain and reduce the duration of morning stiffness in people with rheumatoid arthritis . The best sources of omega-3s are salmon, tuna, sardines, herring, cod, and mackerel, as well as fish oil supplements. Another benefit of

adding fish to your diet: "Fish is safer than anti-inflammatory medication , which may have side effects," says Reardon.

Diet and Knee Pain: Drink Orange Juice

Orange juice is a top-notch source of vitamin C, a nutrient that may guard against knee osteoarthritis. A 10-year Australian study of almost 300 middle-aged adults found that those getting high amounts of vitamin C were less likely to suffer the kind of bone degeneration associated with knee osteoarthritis. "Drinking a glass of orange juice provides about 25 percent more vitamin C than eating an orange," says Reardon. Other good sources of vitamin C to prevent knee pain are green peppers, grapefruit, and strawberries.

Diet and Knee Pain: Eat Spinach and Onions

Follow Popeye's lead and add spinach to your regime. Australian researchers found that getting high amounts of the antioxidants lutein and zeaxanthin (found in green veggies like spinach) can help relieve knee pain caused by osteoarthritis. Several studies have found an additional benefit of lutein and zeaxanthin, as they can help prevent vision-related diseases.

Don't forget to add some onions to your spinach salad as well. Adding onions to salads, sandwiches, stews, and casseroles may help put the brakes on knee pain. Onions are a rich source of quercetin, a flavonoid with strong anti-inflammatory properties, says Reardon. In studies of arthritic mice, quercetin resulted in significant decreases in arthritis symptoms. Apples, red grapes, and tea are also good sources of quercetin.

Diet and Knee Pain: Order Indian Food

A helping of curry could do wonders for your knee pain. That's because turmeric, a spice used in curry and other Indian dishes, contains curcumin, a powerful anti-inflammatory. "Curcumin works similarly to COX-2 inhibitors — drugs that reduce the COX-2 enzyme that causes the pain and swelling of arthritis," says Reardon. A 2006 Canadian study of the effects of both curcumin and quercetin found that curcumin reduced the inflammation of arthritis in animals. Quercetin (the flavonoid in onions) worked too, but not to the extent of the curcumin.

Diet and Knee Pain: Use Ginger Generously

The herb ginger traditionally has been used to relieve upset stomach, but researchers recently discovered that it also reduces knee pain by decreasing inflammation. In a study of 261 patients with moderate to severe knee pain due to osteoarthritis, ginger extract significantly reduced knee pain during standing and walking. Cooking with this spice can increase the flavor of meals while decreasing knee pain.

Diet and Knee Pain: Avoid Refined Carbohydrates

Some research suggests that diets high in refined carbohydrates can increase inflammation, says Reardon. She recommends steering clear of white bread, pasta, and baked goods — taking these foods out of your diet can have an added bonus of helping you drop excess pounds.

Because changing your diet is a relatively easy step, it makes sense to try some — or all — of the foods listed above. You may find some relief from knee pain and get some added health benefits to boot.

Regular Health Mistakes

All of us make little health mistakes that cause damage to our bodies in the long run - simply because we are unaware we are doing something wrong. Here are some of the most common mistakes made by many of us.

Crossing our legs

Do you cross your legs at your knees when sitting? Although we may believe that this is the lady-like elegant way to sit, sitting this way cuts down circulation to your legs. If you don't want varicose veins to mar the beauty of your legs and compromise your health, uncross your legs every time you realize you have one knee on top of the other. The best way to sit is to simply place both legs together on the floor, balancing your weight equally. If you feel like changing position, instead of crossing your legs, simply move both legs together to one side. As an alternative, you could also consider crossing your legs loosely at the ankles. This is a classically elegant way to sit, and is far better for your legs and your health than sitting with your legs crossed at your knees.

Not changing our toothbrush

How often do you change your toothbrush? Most of us wait until most of the bristles have either fallen off, or are in such bad shape that we'd be embarrassed to pull out our brush in public. However, since not many of us need to pull out our brush in public, we carry on with our frayed one until we lose it. Replace your toothbrush often. Damaged bristles can harm the enamel, and don't massage your gums well. If you find brushing your teeth a pain like I do, but know you must do it, you might as well be doing it right. Imagine going through the annoyance of brushing your teeth twice a day only to find out that you're damaging your

enamel every time you clean your teeth. Also, use a brush with soft bristles unless your dentist has advised otherwise.

Eating out often

There are oils that are high in cholesterol, and oils that cause little harm and are better for your heart. However, no matter how light the oil is, it is never a good idea to eat too much of it. Avoid fried foods. Remember that in all probability your favorite Indian food restaurant throws a huge, HUGE chunk of butter in a tiny bowl of dal. Rita, who worked in the kitchen of a 5 star hotel, was shocked when she saw the cook chop a 500gm butter slab in half, and throw half into a Paneer Makhani dish. No wonder the customers left licking their fingers. And no wonder they felt so stuffed and heavy afterwards. Limit outdoor eating unless you know that you're getting served light and healthy food.

Skipping breakfast

Never, ever skip breakfast. Remember, when you wake up in the morning it's been around 10-12 hours since your last meal. Your body needs food now, more than at any other time. Eat a heavy breakfast. You will then be busy through the day, and the calories will get expended quickly. If you are trying to diet, eat a light dinner. Here are some more common health mistakes we make. Being informed and making a few changes can help make us feel a whole lot better.

High heels

High heels sure look great, but they're murder for your back. This however doesn't mean you should steer clear of stilettos. Wear them, but not when you know you will be walking around a lot. Wear them when going out for lunch or dinner - when the only walking you will be doing is to your car, to the table, and back. Avoid high heels when you are going somewhere on foot. If you are constantly tempted to wear your heels, take a good look at your flats. Is there something about them you dislike? Invest in a new pair of beautiful flats or shoes with a low heel. Buy something you love, that you will enjoy wearing. If possible, get a matching bag. You will then enjoy your flats as much as you do your heels.

Sleeping on a soft bed

You don't have to sleep on the floor be kind to your back, but do make sure you have a firm mattress. Although a mattress on springs is soft and lovely to sink into, it's bad for your back. If you already have an old bed with springs, you don't need to invest in a new one - simply get a thick wooden plank put over the springs, and place the mattress on the plank. Similarly, if your mattress is old and lumpy, throw it out and get a new one. Your neck and your back will thank you. The same rule applies to sofas. If you will be spending hours on a sofa, get a firm yet comfortable one. Sofas you completely sink into are not the best idea.

Pillows

No matter how comfortable sleeping with ten cushions is, have pity on your neck and resist. Sleep with one pillow, and make sure it is not too thick. If your pillow gets lumpy, discard it and go for a new one. Get a thin pillow if you sleep on your stomach and something a little thicker if you sleep on your back, to give your neck adequate support

Not exercising

So all of us know we should exercise more, but many of us don't. This is a health mistake we consciously make! And why is that? Simply because we refuse to admit the damage we are causing to our bodies by not working out. A number of people only start working out once they've experienced a warning signal. Don't wait for a heart attack to strike before you decide to opt for a lifestyle change. Make the change now. You don't need to train for the marathon to be in top shape. Half an hour of brisk walking three to four times a week will make a world of difference to your health. You could then increase this to forty minutes, four times a week - and you're all set. If you haven't exercised for a week, you're making a mistake.

<http://suratiundhiyu.wordpress.com/>

KIDNEY PROBLEMS:

CLEAN KIDNEYS – IN A NATURAL WAY IN LESS THAN \$ 1.00

Its very important whether you have problem or not you should do once. Years pass by and our kidneys are filtering the blood by removing salt, poison and any unwanted entering our body. With time, the salt accumulates and this needs to undergo cleaning treatments and how are we going to overcome this? It is very easy; first take a bunch of Parsley (MALLI Leaves) KOTHMIR (DHANIYA) and wash it clean Then cut it in small pieces and put it in a pot and pour clean water and boil it for ten minutes and let it cool down and then filter it and pour in a clean bottle and keep it inside refrigerator to cool. Drink one glass daily and you will notice all salt and other accumulated poison coming out of your kidney by urination also you will be able to notice the difference which you never felt before. Parsley is known as best cleaning treatment for Kidneys and it is Natural!

KIDNEY STONE

Natural Remedies & Cleanses: How to Cure Kidney Stones with Natural Remedies

Cure kidney stones, making sure to visit a general physician in the case of fever or blood in the urine,

A kidney stone is a hard mass developed from crystals that separate from the urine and build up on the inner surfaces of the kidney.

What are kidney stones?

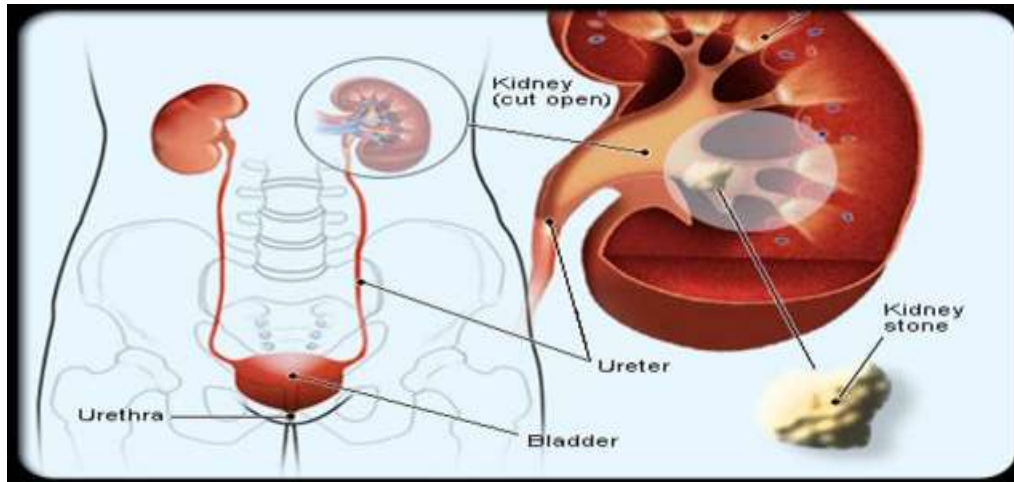
Kidney stones are made of salts and minerals in the urine that stick together, creating small "pebbles" formed within the kidney or urinary tract. They can be as small as grains of sand or as large as golf balls. Kidney stones are a common cause of blood in the urine and often severe pain in the abdomen, flank, or groin. One in every 20 people develops a kidney stone at some point in their life.



The most common cause of kidney stones is not drinking enough water.

What causes kidney stones?

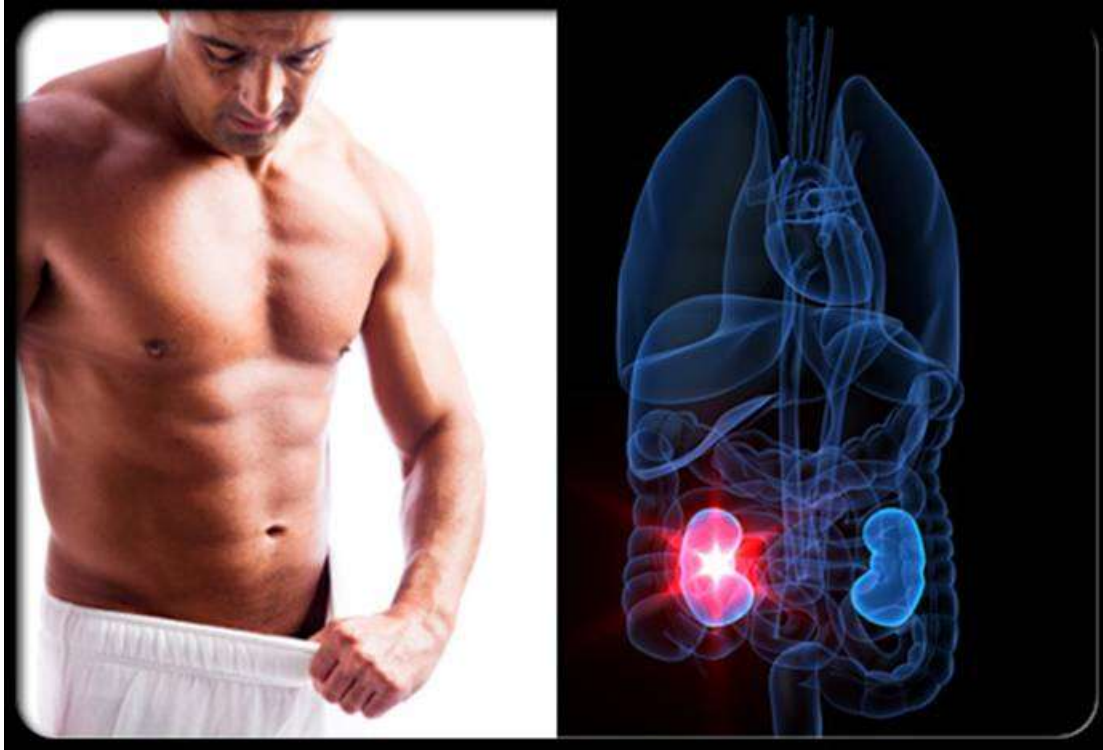
Kidney stones form when a change occurs in the normal balance of water, salts, minerals, and other substances found in urine. Other chemical compounds that can form stones in the urinary tract include uric acid and the amino acid cystine. Dehydration through reduced fluid intake and strenuous exercise without adequate fluid replacement increase the risk of kidney stones. Some people are more likely to get kidney stones because of a medical condition or family history, as the tendency to form kidney stones may also be inherited. If other people in your family have had them, you may have them too.



The number of people in the United States with kidney stones has been increasing over the past 30 years.

Who is likely to develop a kidney stone?

For unknown reasons, the number of people in the United States with kidney stones has been increasing over the past 30 years. The prevalence of stone-forming disease rose from 3.8% in the late 1970s to 5.2% in the late 1980s and early 1990s. White Americans are more prone to develop kidney stones than African Americans, and they occur more frequently in men. The prevalence of kidney stones rises dramatically as men enter their 40s, and it continues to rise into their 70s. For women, the prevalence of kidney stones peaks in their 50s. Once a person gets more than one stone, others are more likely to develop.



Symptoms and signs of a kidney stone include excruciating, cramping pain in the lower back and/or side, groin, or abdomen as well as blood in the urine.

What are symptoms of kidney stones?

Kidney stones often cause no pain while they are in the kidneys, but they can cause sudden, severe pain as they travel from the kidneys to the bladder. Symptoms and signs include excruciating, cramping pain in the lower back and/or side, groin, or abdomen as well as blood in the urine. If infection is present in the urinary tract along with the stones, there may be fever and chills. A doctor should be called immediately.



A helical CT scan without contrast material is the most common test to detect stones or obstruction within the urinary tract.

How are kidney stones diagnosed?

The diagnosis of kidney stones is suspected by the typical pattern of symptoms when other possible causes of the abdominal or flank pain are excluded. Imaging tests are usually done to confirm the diagnosis. A helical CT scan without contrast material is the most common test to detect stones or obstruction within the urinary tract. In pregnant women or those who should avoid radiation exposure, an ultrasound examination may be done to help establish the diagnosis.



Depending on the size, most stones eventually pass on their own within 48 hours.

What is the treatment for kidney stones?

Most kidney stones eventually pass through the urinary tract on their own within 48 hours, with ample fluid intake. Pain medications can be prescribed for symptom relief. There are several factors which influence the ability to pass a stone. These include the size of the person, prior stone passage, prostate enlargement, pregnancy, and the size of the stone. A 4 mm stone has an 80% chance of passage, while a 5 mm stone has a 20% chance. Stones larger than 9-10 mm rarely pass on their own and usually require treatment.



For kidney stones that do not pass on their own, a shock wave procedure called lithotripsy is often used to break up a large stone into smaller pieces to pass.

What is the treatment for stones that do not pass on their own?

For kidney stones that do not pass on their own, a procedure called lithotripsy is often used. In this procedure, shock waves are used to break up a large stone into smaller pieces that can then pass through the urinary system. Surgical techniques have also been developed to remove kidney stones. This may be done through a small incision in the skin (percutaneous nephrolithotomy) or through an instrument known as a ureteroscope that is passed through the urethra and bladder up into the ureter.



To help prevent kidney stones, drink enough water to keep your urine clear.

How can kidney stones be prevented?

The most common cause of kidney stones is not drinking enough water. Try to drink enough water to keep your urine clear (about eight to 10 glasses of water a day). Drinking grapefruit juice may increase your risk for developing kidney stones.



Dietary choices can affect kidney stone development.

What are risk factors you can control?

If you think that your diet may be a problem, schedule an appointment with a dietitian and review your food choices. Vitamins C and D can increase your risk of kidney stones when you take more than the daily recommendations. Levels of calcium in the diet may also affect your risk of kidney stones. Getting the recommended amounts of calcium combined with a low-sodium, low-protein diet may decrease your risk of kidney stones. Diets high in protein, sodium, and oxalate-rich foods, such as dark green vegetables, also increase your risk for developing kidney stones.



Weight gain can increase the risk of kidney stones.

Weight gain can result in both insulin resistance and increased calcium in the urine, which can result in a greater risk for kidney stones. In one study, weight gain since early adulthood, a high body mass index (BMI), and a large waist size increased a person's risk for kidney stones. People who are not very active may also have problems with kidney stones. Additionally,

some medicines, such as acetazolamide (Diamox) or indinavir (Crixivan), can cause kidney stones to form.

Forizog.com

The Facts About Kidney Disease


Kidney disease is one of the costliest illnesses in the U.S. today.

Each year, more than 50,000 Americans die because of Kidney Disease.

More than 260,000 Americans suffer from chronic renal failure and need dialysis or kidney transplantation to stay alive.

More than 35,000 patients are waiting for kidney transplants, but only about 11,000 will receive transplants because of a shortage of suitable organ donors.

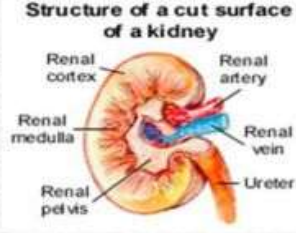
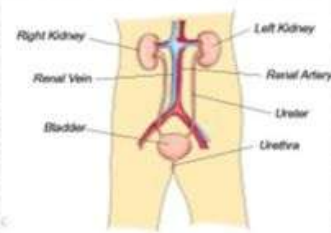
Every year 2200 new cases of Malaysians are diagnosed with end stage renal failure. There are over 1800 people waiting for a kidney transplant in Malaysia, the numbers are increasing each year. This number is frightening.....



2/22/2011 By Occupational Health Team

Forizog.com

Kidneys : What are they?



Your kidneys are two bean-shaped organs near the middle of your back. Their main function is to eliminate excess fluid and waste material from your blood.

2/22/2011 By Occupational Health Team

press.com/

How do your kidneys function?

Your kidneys do some important jobs to keep your body healthy:

- Balance your body fluids. Excess fluid is filtered out as urine.
- Remove waste products from your blood.
- Remove drugs and toxins from your body.
- Release hormones into your blood to :
 - Control blood pressure
 - Make red blood cells
 - Keep your bones healthy.

2/22/2011

By Occupational Health Team

What are kidney diseases?

Kidney diseases are diseases of the kidney substance that alter the structure and function of the kidney.

There are many diseases of the kidneys such as glomerulonephritis, pyelonephritis & polycystic kidney. The treatment and potential for recovery depends on the type of disease. Kidney diseases can lead to kidney failure.

Normal Kidneys



Healthy kidneys eliminate waste from the blood & maintain the body's normal chemical balance.

Polycystic kidneys



Fluid filled sacs, called cysts, characterize autosomal Dominant polycystic kidney disease.

2/22/2011

By Occupational Health Team

What is kidney failure?

- ❖ Kidney failure is a condition where the kidneys are incapable of performing its normal function. Certain toxic substances which should have been excreted such as urea and creatinine are accumulated in the body.
- ❖ The two main causes of kidney failure are **Diabetes & High Blood Pressure**.

Many other conditions can harm the kidneys. These include :

- ❖ **Glomerulonephritis**, a disease that causes inflammation in the kidneys.
- ❖ Inherited diseases like **polycystic kidney disease**, which causes many cysts to form in the kidneys.
- ❖ **IgA nephropathy** or other nephropathy. Essentially an autoimmune problem. Exact trigger not well known.
- ❖ Very large, long standing **kidney stone**.
- ❖ **NSAID** or pain killer like ponstan, voltaren can cause kidney failure.

2/22/2011

By Occupational Health Team

Who is at Risk ?

Risk factors for chronic kidney disease include :

- Diabetes
- High blood pressure
- A family history of chronic kidney disease
- Older age
- Drug overdose, excessive use of alcohol
- Long term use of pain medications such as aspirin, panadol, ibuprofen and treatment with antibiotic.



2/22/2011

By Occupational Health Team

How to early detect kidney ailments?

1. Blood in urine. Most often not visible. But sometimes may appear tea color urine.
2. Protein in urine, low urine output.
3. Swelling of face and legs
4. Tiredness, fatigue
5. Pale and sallow complexion
6. Have dry and itchy skin
7. Poor appetite, sometimes accompanied with nausea and vomiting
8. High blood pressure. Especially when it is hard to bring it to good control.



2/22/2011

By Occupational Health Team

How do you prevent kidney failure?

Early detection can do a lot in preventing deterioration of the kidney function. Kidney failure does not go down the drain in 3 months, or even one year usually. But deteriorate very slowly. Thus getting screening helps.

What are the screening test done?

1. Simple testing of urine with dipstick for protein. If you have 2 positive result over several weeks, please consult Dr.
2. Have a blood test for creatinine. Once creatinine exit the high control limit of 133 umol/L, the kidney will fail expodentially.
2. 24 hours urine collection for creatinine and urine protein.
3. Ultra sound or CT scan of kidney.

2/22/2011

By Occupational Health Team

Important message:

Since 30 – 40 % of kidney failure in Malaysia is due to diabetes, it is imperative that all diabetics take note of this and screen for this complication annually.

There is an extra urine test called urine microalbumin, to detect extra early diabetic kidney disease. Good diabetes control is important part of prevention of kidney failure.

What happens if kidney failure occurs?

(End Stage Renal Disease)

- ✓ Two successful treatment can be done – **Dialysis or a Kidney Transplant.**
- ✓ These treatments can help you stay healthy and continue your daily activities.

2/22/2011

By Occupational Health Team

Dialysis and Kidney Transplant – what are they ?

- ✓ Dialysis is a type of treatment that removes wastes and excess fluid from your blood. 3 forms of dialysis can be done – hemodialysis, peritoneal dialysis and continuous ambulatory peritoneal dialysis (CAPD).



You need dialysis when you develop End stage renal disease – usually by the time you lose about 85 – 90% of your Kidney function.

- ✓ A kidney transplant is an operation to place a new kidney in your body to take over the work of your failed kidneys.
- ✓ The kidney may come from someone who has died or from a living donor who may be a close relatives, friend or possibly a stranger who wished to donate a kidney to anyone in need of a transplant.

2/22/2011

By Occupational Health Team

How do you keep your kidneys healthy and more resistant to deterioration?

1. Hydrate yourself well. Drink lots of plain water to keep your urine pale most of the time.
2. Avoid unnecessary medication (esp NSAID and on long term). Look for better alternative solution.
3. Avoid overloading your kidney with protein. Most of us only need about 2 ounces of protein a day! Protein leakage thru the kidney filter accelerate the deterioration of kidney function. Consult a renal dietitian if you need help.
4. Keep your cholesterol in good level.
5. Keep blood pressure and sugar in good control.



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What else you can do ?

Keep yourself in your best health by practicing all known health habits, ie :

1. Good diet, pay special attention to salt intake (better use sea salt due to its wider range of mineral profile) and protein intake.
2. Handle life stress well
3. Regular exercise
4. Adequate rest/sleep.



This article is not meant to diagnose nor treat your disease. It is only for general information. You should seek a face to face consultation with a qualified medical practitioner for a proper assessment and treatment plan.

HEALTH IS WEALTH

2/22/2011

By Occupational Health Team

Managing Kidney

What you need to know about?

Kidney Failure / Renal Failure

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4. Keep your cholesterol in good level.
5. Keep blood pressure and sugar in good control.

USES OF SALT

1. If you drop a whole egg on the floor, pour salt all over the egg, let it sit for awhile, then use dustpan, the egg will come right up, without all that mess.
2. Soak stained hankies in salt water before washing.
3. Sprinkle salt on your shelves to keep ants away.

4. Soak fish in salt water before descaling; the scales will come off easier.
5. Put a few grains of rice in your saltshaker for easier pouring.
6. Add salt to green salads to prevent wilting.
7. Test the freshness of eggs in a cup of salt water; fresh eggs sink; bad ones float.
8. Add a little salt to your boiling water when cooking eggs; a cracked egg will stay in its shell this way.
9. A tiny pinch of salt with egg whites makes them beat up fluffier.
10. Soak wrinkled apples in a mildly salted water solution to perk them up.
11. Rub salt on your pancake griddle and your flapjacks won't stick.
12. Soak toothbrushes in salt water before you first use them; they will last longer.
13. Use salt to clean your discolored coffee pot.
14. Mix salt with turpentine to whiten your bathtub and toilet bowl.
15. Soak your nuts in salt brine overnight and they will crack out of their shells whole. Just tap the end of the shell with a hammer to break it open easily.
16. Boil clothes pins in salt water before using them and they will last longer.
17. Clean brass, copper and pewter with paste made of salt and vinegar, thickened with flour
18. Add a little salt to the water your cut flowers will stand in for a longer life.
19. Pour a mound of salt on an ink spot on your carpet; let the salt soak up the stain.
20. Clean your iron by rubbing some salt on the damp cloth on the ironing surface
21. Adding a little salt to the water when cooking foods in a double boiler will make the food cook faster .
22. Use a mixture of salt and lemon juice to clean piano keys.
23. To fill plaster holes in your walls, use equal parts of salt and starch, with just enough water to make stiff putty.

24. Rinse a sore eye with a little salt water.
25. Mildly salted water makes an effective mouthwash. Use it hot for a sore throat gargle.
26. Dry salt sprinkled on your toothbrush makes a good tooth polisher.
27. Use salt for killing weeds in your lawn.
28. Eliminate excess suds with a sprinkle of salt.
29. A dash of salt in warm milk makes a more relaxing beverage.
30. Before using new glasses, soak them in warm salty water for a while.
31. A dash of salt enhances the taste of tea.
32. Salt improves the taste of cooking apples.
33. Soak your clothesline in salt water to prevent your clothes from freezing to the line; likewise, use salt in your final rinse to prevent the clothes from freezing.
34. Rub any wicker furniture you may have with salt water to prevent yellowing.
35. Freshen sponges by soaking them in salt water.
36. Add raw potatoes to stews and soups that are too salty.
37. Soak enamel pans in salt water overnight and boil salt water in them next day to remove burned-on stains.
38. Clean your greens in salt water for easier removal of dirt.
39. Gelatin sets more quickly when a dash of salt is added.
40. Fruits put in mildly salted water after peeling will not discolor .
41. Fabric colors hold fast in salty water wash.
42. Milk stays fresh longer when a little salt is added.
43. Use equal parts of salt and soda for brushing your teeth.
44. Sprinkle salt in your oven before scrubbing clean.

45. Soaked discolored glass in a salt and vinegar solution to remove stains.
46. Clean greasy pans with a paper towel and salt.
47. Salty water boils faster when cooking eggs.
48. Add a pinch of salt to whipping cream to make it whip more quickly.
49. Sprinkle salt in milk-scorched pans to remove odors.
50. A dash of salt improves the taste of coffee.
51. Boil mismatched hose in salty water and they will come out matched.
52. Salt and soda will sweeten the odor of your refrigerator.
53. Cover wine-stained fabric with salt; rinse in cool water later..
54. Remove offensive odors from stove with salt and cinnamon.
55. A pinch of salt improves the flavor of cocoa.
56. To remove grease stains in clothing, mix one part salt to four parts alcohol.
57. Salt and lemon juice removes mildew.
58. Sprinkle salt between sidewalk bricks where you don't want grass growing.
59. Polish your old kerosene lamp with salt for a brighter look. Remove odors from sink drainpipes with a strong, hot solution of salt water.
60. If a pie bubbles over in your oven, put a handful of salt on top of the spilled juice. The mess won't smell and will bake into a dry, light crust which will wipe off easily when the oven has cooled.

Dengue Cure

I would like to share this interesting discovery from a classmate's son who has just recovered from dengue fever. Apparently, his son was in the critical stage at the ICU when his blood platelet count drops to 15 after 15 liters of blood transfusion.

His father was so worried that he seeks another friend's recommendation and his son was saved. He confessed to me that he gave his son raw juice of the papaya leaves. From a platelet count of 45 after 20 liters of blood transfusion, and after drinking the raw papaya leaf juice, his platelet count jumps instantly to 135. Even the doctors and nurses were surprised. After the second day he was discharged. So he asked me to pass this good news around.

Accordingly it is raw papaya leaves, 2pcs just cleaned and pound and squeeze with filter cloth. You will only get one tablespoon per leaf. So two tablespoon per serving once a day. Do not boil or cook or rinse with hot water, it will lose its strength. Only the leafy part and no stem or sap. It is very bitter and you have to swallow it like "Won Low Kat". But it works.

Papaya Juice - Cure for Dengue

You may have heard this elsewhere but if not I am glad to inform you that papaya juice is a natural cure for dengue fever. As dengue fever is rampant now, I think it's good to share this with all.

A friend of mine had dengue last year.. It was a very serious situation for her as her platelet count had dropped to 28,000 after 3 days in hospital and water has started to fill up her lung. She had difficulty in breathing. She was only 32-year old. Doctor says there's no cure for dengue. We just have to wait for her body immune system to build up resistance against dengue and fight its own battle. She already had 2 blood transfusion and all of us were praying very hard as her platelet continued to drop since the first day she was admitted.

Fortunately her mother-in-law heard that papaya juice would help to reduce the fever and got some papaya leaves, pounded them and squeeze the juice out for her. The next day, her platelet count started to increase, her fever subside. We continued to feed her with papaya juice and she recovered after 3 days!!!

Amazing but it's true. It's believed one's body would be overheated when one is down with dengue and that also caused the patient to have fever papaya juice has cooling effect. Thus, it helps to reduce the level of heat in one's body, thus the fever will go away. I found that it's also good when one is having sore throat or suffering from heat.

Please spread the news about this as lately there are many dengue cases. It's great if such natural cure could help to ease the sufferings of dengue patients.

Furthermore it's so easily available.

Blend them and squeeze the juice! It's simple and miraculously effective!!

AN EYE OPENER. CALORIES IN GUJARATI FOODS/SNACKS.

If you are fond of Indian food/snacks please read how many calories you intake when you over-load your tummy

<u>BREAKFAST, SNACKS</u>	<u>Serving Size</u>	<u>Calories</u>	<u>FAT (gms)</u>	
Chevdo	3.5 oz	300	21	
Papdi Gathia	3.5 oz	580	52	
Fried Chana Daal	3.5 oz	160	30	
Farsi Puri	1 puri	200	7	
Khari Biscuit	1 biscuit	428	27	
Khakhra	1 khakhra	80	9	
Chakri	3.5 oz	592	32	
Bhakarwadi	1 bhakarwadi	466	20	
<u>REGULAR FOOD</u>	<u>SERVING</u>	<u>CALORIES</u>	<u>FAT (gms)</u>	<u>CARB (gms)</u>
Rotli	2	100	2	22
Fruit Salad	1/2 cup	60	15	
Khaman Dhokra	2 pieces	80	2	15
Tindora, or Fansi, or Parwal	1 cup	50	4	5
Rice	1/2 cup	80	15	
Kadhi	1 cup	127	5	15
Raita	1 cup	107	4.5	12
Salad: carrot, cucumber, tomato	1/2 cup	25	0	5
Papad-baked	1 serving	29	2.5	6.9
Total		658	20	111
<u>OCCASIONAL FOOD</u>	<u>SERVING</u>	<u>CALORIES</u>	<u>FAT (gms)</u>	<u>CARB (gms)</u>
Puri	2 puris	105	22	15
Shreekhand	1/2 cup	178	15	30
Ladoo	1 piece	245	15	30
Potato/Eggplant Shaak	1/2 cup	75	10	15
Fried Bhinda Shaak	1/2 cup	266	21	5
Rice	1 cup	160	0	30
Kadhi	1 cup	127	5	15
Butter or Ghee	1 tsp	45	5	0
Samosa	1	369	17	15
Mango Pickle	1 tbs	22	9	0
Paapad (fried)	1	347	18	15

Total		1939	137	170
<u>DESSERT AND SWEETS</u>	<u>SERVING</u>	<u>CALORIE</u>		
Puran Puri	1	250		
Magaj (whatever left in U)	1	250		
Barfi	1	100		
Gajar Halwa	1	570		
Gulab Jambu	1	100		

MEDICAL ADVICE FOR AGEING!!!

Different parts of our body ages at different times

WE all accept that getting older is inevitable, and now leading clinicians have revealed the exact age when different body parts start to decline, most alarming being the brain and lungs.

French doctors have found that the quality of men's' sperm starts to deteriorate by 35, so that by the time a man is 45 a third of pregnancies end in miscarriage. Here, with the help of leading clinicians, Angela Epstein tells the Daily Mail the ages when different parts of the body start to lose their battle with time.

BRAIN - Starts ageing at 20

As we get older, the number of nerve cells - or neurons - in the brain decreases. We start with around 100 billion, but in our 20s this number starts to decline. By 40, we could be losing up to 10,000 per day, affecting memory, co-ordination and brain function.

GUT - Starts ageing at 55

A healthy gut has good balance between harmful and 'friendly' bacteria. But levels of friendly bacteria in the gut drop significantly after 55, particularly in the large intestine, says Tom MacDonald, professor of immunology at Bart's And The London medical school. As a result, we suffer from poor digestion and an increased risk of gut disease. Constipation is more likely as we age, as the flow of digestive juices from the stomach, liver, pancreas and small intestine slows down.

BREASTS - Start ageing at 35

BY their mid-30s, women's breasts start losing tissue and fat, reducing size and fullness. Sagging starts properly at 40 and the areola (the area surrounding the nipple) can shrink considerably.

BLADDER - Starts ageing at 65

Loss of bladder control is more likely when you hit 65. Women are more vulnerable to bladder problems as, after the menopause, declining estrogen levels make tissues in the urethra - the tube through which urine passes - thinner and weaker, reducing bladder support.... Bladder capacity in an older adult generally is about half that of a younger person - about two cups in a 30-year-old and one cup in a 70-year-old.

LUNGS - Start ageing at 20

Lung capacity slowly starts to decrease from the age of 20. By the age of 40, some people are already experiencing breathlessness. This is partly because the muscles and the rib cage which control breathing stiffen up.

VOICE - Starts ageing at 65

Our voices become quieter and hoarser with age. The soft tissues in the voice box (larynx) weaken, affecting the pitch, loudness and quality of the voice. A woman's voice may become huskier and lower in pitch, whereas a man's might become thinner and higher.

EYES - Start ageing at 40

Glasses are the norm for many over-40s as failing eyesight kicks in - usually long-sightedness, affecting our ability to see objects up close.

HEART - Starts ageing at 40

The heart pumps blood less effectively around the body as we get older. This is because blood vessels become less elastic, while arteries can harden or become blocked because of fatty deposits forming on the coronary arteries - caused by eating too much saturated fat. The blood supply to the heart is then reduced, resulting in painful angina. Men over 45 and women over 55 are at greater risk of a heart attack...

LIVER - Starts ageing at 70

This is the only organ in the body which seems to defy the aging process.

KIDNEYS - Starts ageing at 50

With kidneys, the number of filtering units (nephrons) that remove waste from the bloodstream starts to reduce in middle age.

PROSTATE - Starts ageing at 50

The prostate often becomes enlarged with age, leading to problems such as increased need to urinate, says Professor Roger Kirby, director of the Prostate Centre in London. This is known as benign prostatic hyperplasia and affects half of men over 50, but rarely those under 40. It occurs when the prostate absorbs large amounts of the male sex hormone testosterone, which increases the growth of cells in the prostate. A normal prostate is the size of a walnut, but the condition can increase this to the size of a tangerine.

BONES - Start ageing at 35

'Throughout our life, old bone is broken down by cells called osteoclasts and replaced by bone-building cells called osteoblasts - a process called bone turnover,' explains Robert Moots, professor of rheumatology at Aintree University Hospital in Liverpool . Children's bone growth is rapid - the skeleton takes just two years to renew itself completely. In adults, this can take ten years. Until our mid-20s, bone density is still increasing. But at 35 bones loss begins as part of the natural ageing process.

TEETH - Start ageing at 40

As we age, we produce less saliva, which washes away bacteria, so teeth and gums are more vulnerable to decay..? Receding gums - when tissue is lost from gums around the teeth - is common in adults over 40.

MUSCLES - Start ageing at 30

Muscle is constantly being built up and broken down, a process which is well balanced in young adults. However, by the time we're 30, breakdown is greater than buildup, explains Professor Robert Moots. Once adults reach 40, they start to lose between 0.5 and 2 per cent of their muscle each year. Regular exercise can help prevent this.

HEARING - Starts ageing mid-50s

More than half of people over 60 lose hearing because of their age, according to the Royal National Institute for the Deaf.

SKIN - Starts ageing mid-20s

The skin starts to age naturally in your mid-20s.

TASTE AND SMELL - Start ageing at 60

We start out in life with about 10,000 taste buds scattered on the tongue. This number can halve later in life. After we turn 60, taste and smell gradually decline, partly as a result of the normal ageing process.

FERTILITY - Starts ageing at 35

Female fertility begins to decline after 35, as the number and quality of eggs in the ovaries start to fall. The lining of the womb may become thinner, making it less likely for a fertilized egg to take and also creating an environment hostile to sperm.

HAIR - Starts ageing at 30

Male hair loss usually begins in the 30s. Hair is made in tiny pouches just under the skin's surface, known as follicles. A hair normally grows from each follicle for about three years, is then shed, and a new hair grows. Most people will have some grey hair by the age of 35. When we are young, our hair is coloured by the pigments produced by cells in the hair follicle known as melanocytes.

Camphor- The effective & healthy mosquito repellent.

Malaria and Dengue are on a steep rise. We all must be using liquid or the old blue tablet type of mosquito repellents sold under various names. Despite their use, it is common to see mosquitoes hovering around with the best of repellents in action. Secondly, we cannot use these mosquito repellents whole day – be they be of any brand. Thirdly, many people land up with allergies due to them.

In the past, man would light diyas and burn camphor on a regular basis as a part of daily puja. These helped to purify the air and keep harmful bacteria, viruses and mosquitoes away! We can definitely have a better and healthy environment with the use of camphor.

Camphor or Kapur is a waxy, white or transparent substance extracted from the wood of the Camphor Laurel tree found in Asia . Camphor has many known medicinal uses-

It relieves nasal congestion and cough when rubbed on the chest as an oil. Camphor is used as an ingredient in throat lozenges and cough syrups and in Vicks. Camphor is also used in some anti-itch ointments, creams and cooling gels because it is can be absorbed through skin and is effective at treating pain locally. It has an analgesic effect which makes it a favorite oil to be used in pain relieving massage blends for sore muscles and arthritic pain. Camphor is known to improve the quality of air making it a better for our lungs and heart.

Many people are not aware of the Mosquito repellent power of Camphor - a simple solution without side effects and very cost effective. CAMPHOR IS A NATURAL MOSQUITO REPELLENT With effect round the clock! You do not need to burn it for that. There are three easier ways to do it - 1. Put 2 tablets of commercially available camphor on any warm surface- the device shown in the picture serves the purpose well. Plug it for an hour and see the results! You can do it twice a day- morning and in the night as well!

2. Place 2 tablets of camphor on different corners of the room or at places where mosquitoes seem to love to stay! Leave them there and they will evaporate in a day or so keeping the air purer and mosquito free.

3. Take a wide opened cup or plate with water. Drop 2 tablets of Camphor into the water. Keep the cup with water and camphor in your sleeping room. The quantity of water and camphor may differ from room size. Water evaporates at normal temperature. Camphor slowly started dissolving in water. The water evaporates with Camphor smell. Adding little bit hot water gives instant action.

You will be amazed at the results! Do experience it and help spread these healthy tips!

A SINGLE MEDICINE FOR SEVERAL AILMENTS

THE ACTUAL RECIPE

50 GRAMS FENUGREEK (METHI)

20 GRAMS CARAWAY (AJMO / AJVAIN/Omam)

10 GRAMS BLACK CUMIN SEEDS (KALI JIRI)

The above ingredients **MUST** be electronically weighed as proportion is very important. Each ingredient has to be dry roasted on very slow fire separately then all the 3 to be cooled, mixed and powdered and stored in a transparent bottle.

Everyday just before going to sleep 1 small teaspoon has to be taken with hot water. It will remove all the unwanted waste toxins from the nooks & corners of the whole body and excrete out thru faecal matter in urine. After 3 months one excess fat and layers of tumors n wrinkles are removed.

Life will be free from diseases, healthy, pleasant, and cheerful. Diabetes remains under control.

HELPS

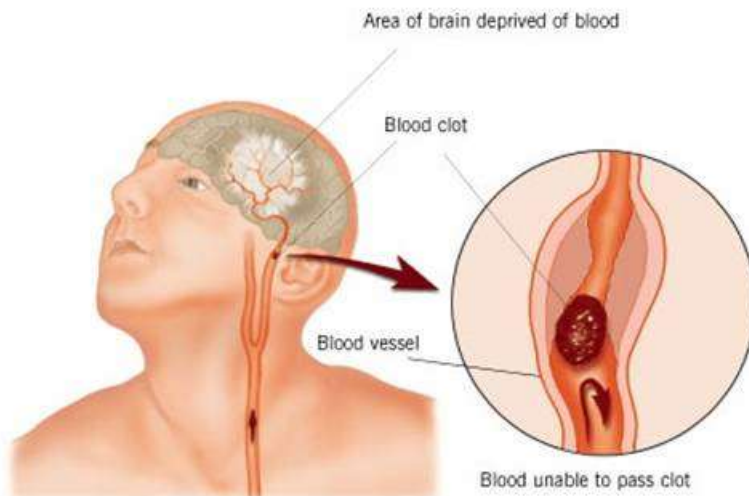
- Reduce excess fat from the body
- Cure rheumatism, even extreme (hathilova)
- strengthens bones
- makes you energetic & invigorating
- makes eyes brilliant
- improves hair growth
- even long term constipation permanently cured
- increases blood circulation
- cures cough permanently
- improves heart
- makes you run like a horse
- improves memory
- improves upon deafness
- turns body back into shape after pregnancy
- strengthens teeth and enlivens enamel
- cleans up blood vessels
- maintains quality of blood

- removes impotency and new born baby will become brilliant
- increases resistance power against malaria, jaundice, typhoid, cholera etc.
- makes one feel younger and increases life longevity
- gives relief from difficulties experienced by young women after marriage (???)
- permanently protects one from diseases spread by water air or weather
- improves digestion even when one has over eaten
- prevents heart attacks and helps in reducing bad cholesterol very effectively
- makes your skin glowing pink and cures skin troubles like dryness itching etc.
- relieves bad effects of tobacco / gutka
- with this remedy you can continue with the medicines you have been taking.

Please consult your medical doctor OR a Health Professional before trying this or any medication/remedy...

<http://suratiundhiyu.wordpress.com/>

Blood clot - for everyone's



STROKE: Remember The 1st Three Letters...S.T.R

My friend sent this to me and encouraged me to post it and spread the word. I agree. If everyone can remember something this simple, we could save some folks.

STROKE IDENTIFICATION:

During a party, a friend stumbled and took a little fall - he assured everyone that he was fine and just tripped over a brick because of his new shoes. (they offered to call ambulance)

They got him cleaned up and got him a new plate of food - while he appeared a bit shaken up, Ingrid went about enjoying himself the rest of the

evening. Ingrid's wife called later telling everyone that her husband had been taken to the hospital - (at 6:00pm , Ingrid passed away.)

He had suffered a stroke at the party . Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today.

STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Remember the '3' steps, **STR**. Read and Learn!

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to **SMILE**.

T * = TALK. Ask the person to **SPEAK A SIMPLE SENTENCE** (Coherently) (e.g. 'It is sunny out today').

R * Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with **ANY ONE** of these tasks, call the ambulance and describe the symptoms to the dispatcher.

NOTE : Another 'sign' of a stroke is

1. Ask the person to 'stick' out their tongue.
2. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A prominent cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved and it could be our own loved ones.

BREATHING THERAPY

The nose has a left and a right side; we use both to inhale and exhale. Actually they are different; you would be able to feel the difference. The right side represents the sun, left side represents the moon. During a headache, try to close your right nose and use your left nose to breathe. In about 5 minutes, your headache will go?

If you feel tired, just reverse, close your left nose and breathe through your right nose. After a while, you will feel your mind is refreshed. Right side belongs to 'hot', so it gets heated up easily, left side belongs to 'cold'. Most females breathe with their left noses, so they get "cooled off" faster. Most of the guys breathe with their right noses, they get worked up.

Do you notice the moment we wake up, which side breathes faster? Left or right? If left is faster, you will feel tired. So, close your left nose and use your right nose for breathing, you will get refreshed quickly. This can be taught to kids, but it is more effective when practiced by adults. So, why not give it a try it ourselves

BREATHING EXERCISES

A 20% reduction in oxygen blood levels may be caused by the aging process and normal breathing habits. Poor breathing robs energy and negatively affects mental alertness. Unless breathing is exercised, aging affects the respiratory system as follows:

Stiffness: The rib cage and surrounding muscles get stiff causing inhalation to become more difficult. Less elasticity and weak muscles leave stale air in the tissues of the lungs and prevents fresh oxygen from reaching the blood stream.

Rapid, Shallow Breathing: This type of breathing, often caused by poor posture and weak or stiff muscles, leads to poor oxygen supply, respiratory disease, sluggishness, or heart disease.

BELLY BREATH EXERCISES

The following exercises are simple ways to deepen breathing and to cleanse the lungs. These exercises will also increase energy and decrease tension.

Lie flat on your back to get a proper sense of deep breathing. (Have some small pillows available to reduce strain by tucking them under the neck and knees. The natural course of breathing in that position will create a slight rise in the stomach upon inhaling and a slight fall upon exhaling.)

Place your hands palm down on your stomach at the base of the rib cage. (The lungs go that far down. What fills them deeper is the pushing down of the diaphragm. The diaphragm creates a suction which draws air into the lungs. The air is then expelled when the diaphragm

pushes up. In this process, the life-giving oxygen fills the lungs and gets into the blood stream for distribution to the cells. Carbon dioxide is expelled from the blood into the about-to-be exhaled breath, thus cleansing the body and blood of waste products.) Lay the palms of your hands on your stomach just below the rib cage, middle fingers barely touching each other, and take a slow deep breath. (As the diaphragm pushes down, the stomach will slightly expand causing the fingertips to separate somewhat.

This movement indicates full use of the lungs, resulting in a truly deep breath rather than the "puffed chest" breath experienced by many as the greatest lung capacity. Chest breathing fills the middle and upper parts of the lungs. Belly breathing is the most efficient method. Infants and small children use only this method until the chest matures. The yoga breath or roll breathing combines belly and chest breathing.

FOR BEST RESULTS, PRACTICE THIS EXERCISE FOR 5 MINUTES. COMPLETE BREATH EXERCISES

1. Sit up straight. Exhale.
2. Inhale and, at the same time, relax the belly muscles. Feel as though the belly is filling with air.
3. After filling the belly, keep inhaling. Fill up the middle of your chest. Feel your chest and rib cage expand.
4. Hold the breath in for a moment, and then begin to exhale as slowly as possible.
5. As the air is slowly let out, relax your chest and rib cage. Begin to pull your belly in to force out the remaining breath.
6. Close your eyes, and concentrate on your breathing.
7. Relax your face and mind.
8. Let everything go.
9. Practice about 5 minutes.

HUMMING BREATH EXERCISES

Follow the instructions for inhaling the COMPLETE BREATH (Steps 1-3 above). Now, as you begin to slowly exhale, make a HUM sound. Keep making that humming sound as long as possible. Pull your stomach muscles in, squeezing out a few more seconds of humming. Then relax. Practice for 2 to 3 minutes.

CHINESE BREATH EXERCISES

A very fine, short (though not shallow) breath exercise comes from the Chinese Tai Chi Chuan. Three short inhales are done through the nose without exhaling. On the first inhale, the arms are lifted from the sides straight out in front at shoulder height. On the second, the arms are opened out straight to the sides while still at shoulder height. And on the third, the arms are lifted straight over the head. Then, on the exhale through the mouth, the arms are moved in

an arc back down to the sides. Usually, ten or twelve breaths are sufficient and will not cause light headedness. If light headedness should occur, simply stop the exercise. This exercise also has the effect of really opening up people physically. In subtle ways, this exercise uses the body in leading the mind and spirit to greater openness with each other and the environment.

CAUTION!! Especially for older people: Never do panting or shallow breathing except while seated. Hyperventilation may occur. As long as one is seated, hyperventilation will not be a problem because, even if a brief blackout should occur, the body's automatic breathing apparatus will immediately take over

CLEAN YOUR KIDNEYS IN Rs. 1.00 OR EVEN LESS

Years pass by and our kidneys are filtering the blood by removing salt, poison and any unwanted entering our body. With time, the salt accumulates and this needs to undergo cleaning treatments and how are we going to overcome this? It is very easy, first take a bunch of parsley (MALLI Leaves) KOTHIMBIR (DHANIYA) and wash it clean

Then cut it in small pieces and put it in a pot and pour clean water and boil it for ten minutes and let it cool down and then filter it and pour in a clean bottle and keep it inside refrigerator to cool.

Drink one glass daily and you will notice all salt and other accumulated poison coming out of your kidney by urination also you will be able to notice the difference which you never felt before.

Parsley is known as best cleaning treatment for kidneys and it is natural!

20 PAIN CURES YOU CAN FIND IN YOUR KITCHEN

MAKE MUSCLE PAIN A MEMORY WITH GINGER:

When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Experts' credit gingers potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

CURE A TOOTHACHE WITH CLOVES

Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a

natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a ¼ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

HEAL HEARTBURN WITH CIDER VINEGAR

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain, explains Joseph Brasco M.D., a gastroenterologist at the Center for Colon and Digestive Diseases in Huntsville, AL.

ERASE EARACHES WITH GARLIC

Painful ear infections drive millions of Americans to doctors offices every year. To cure one fast, just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing bacteria. To whip up your own garlic oil gently simmer three cloves of crushed garlic in a half a cup of extra virgin olive oil for two minutes, strain, then refrigerate for up to two weeks, suggests Teresa Graedon, Ph.D., co-author of the book, Best Choices From The Peoples Pharmacy. For an optimal experience, warm this mix slightly before using so the liquid will feel soothing in your ear canal.

CHASE AWAY JOINT AND HEADACHE PAIN WITH CHERRIES

Latest studies show that at least one in four women is struggling with arthritis, gout or chronic headaches. If you're one of them, a daily bowl of cherries could ease your ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing's Michigan State University. Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatory 10 times stronger than ibuprofen and aspirin. Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain, explains Muraleedharan Nair, Ph.D., professor of food science at Michigan State University. His advice: Enjoy 20 cherries (fresh, frozen or dried) daily, then continue until your pain disappears.

FIGHT TUMMY TROUGLES WITH FISH

Indigestion, irritable bowel syndrome, inflammatory bowel diseases...if your belly always seems to be in an uproar, try munching 18 ounces of fish weekly to ease your misery. Repeated studies show that the fatty acids in fish, called EPA and DHA, can significantly reduce intestinal inflammation, cramping and belly pain and, in some cases, provide as much

relief as corticosteroids and other prescription meds. “EPA and DHA are powerful, natural, side effect-free anti-inflammatories, that can dramatically improve the function of the entire gastrointestinal tract,” explains biological chemist Barry Sears, Ph.D., president of the Inflammation Research Foundation in Marblehead, MA. For best results, look for oily fish like salmon, sardines, tuna, mackerel, trout and herring.

PREVENT PMS WITH YOGURT

Up to 80 percent of women will struggle with premenstrual syndrome and its uncomfortable symptoms, report Yale researchers. The reason: Their nervous systems are sensitive to the ups and downs in estrogen and progesterone that occur naturally every month. But snacking on 2 cups of yogurt a day can slash these symptoms by 48 percent, say researchers at New York’s Columbia University. “Yogurt is rich in calcium, a mineral that naturally calms the nervous system, preventing painful symptoms even when hormones are in flux,” explains Mary Jane Minkin, M.D., a professor of gynecology at Yale University.

TAME CHRONIC PAIN WITH TURMERIC

Studies show turmeric, a popular East Indian spice, is actually three times more effective at easing pain than aspirin, ibuprofen or naproxen, plus it can help relieve chronic pain for 50 percent of people struggling with arthritis and even fibromyalgia, according to Cornell researchers. That’s because turmeric’s active ingredient, curcumin, naturally shuts down cyclooxygenase 2, an enzyme that churns out a stream of pain-producing hormones, explains nutrition researcher Julian Whitaker, M.D. and author of the book, *Reversing Diabetes*. The study-recommended dose: Sprinkle 1/4 teaspoon of this spice daily onto any rice, poultry, meat or vegetable dish.

END ENDOMETRIAL PAIN WITH OATS

The ticket to soothing endometriosis pain could be a daily bowl of oatmeal. Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during your period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That’s because oats don’t contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear, explains Peter Green, M.D., professor of medicine at Columbia University.

SOOTHE FOOT PAIN WITH SALT

Experts say at least six million Americans develop painful ingrown toenails each year. But regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California’s Stanford University. The salt in the mix naturally nixes inflammation, plus it’s anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest

temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

PREVENT DIGESTIVE UPSETS WITH PINEAPPLE

Got gas? One cup of fresh pineapple daily can cut painful bloating within 72 hours, say researchers at California's Stanford University. That's because pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine, say USDA researchers.

RELAX PAINFUL MUSCLES WITH PEPPERMINT

Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future flare-ups in half, says Stengler.

GIVE YOUR BACK SOME TLC WITH GRAPES

Got an achy back? Grapes could be the ticket to a speedy recovery. Recent studies at Ohio State University suggest eating a heaping cup of grapes daily can relax tight blood vessels, significantly improving blood flow to damaged back tissues (and often within three hours of enjoying the first bowl). That's great news because your back's vertebrae and shock-absorbing discs are completely dependent on nearby blood vessels to bring them healing nutrients and oxygen, so improving blood flow is essential for healing damaged back tissue, says Stengler.

WASH AWAY PAIN INJURIES WITH WATER

Whether it's your feet, your knees or your shoulders that are throbbing, experts at New York's Manhattan College, say you could kick-start your recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out, histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building block of the cartilage that cushions the ends of your bones, your joints' lubricating fluid, and the soft discs in your spine," adds Susan M. Kleiner, Ph.D., author of the book, *The Good Mood Diet*. "And when these tissues are well-hydrated, they can move and glide over each other without causing pain." One caveat: Be sure to measure your drinking glasses to find out how large they really are before you start sipping, she says. Today's juice glasses often hold more than 12 ounces, which means five servings could be enough to meet your daily goal.

HEAL SINUS PROBLEMS WITH HORSERADISH

Latest studies show sinusitis is the nation's number one chronic health problem. And this condition doesn't just spur congestion and facial pain, it also makes sufferers six times more

likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do. The study-recommended dose: One teaspoon twice daily (either on its own, or used as a sandwich or meat topping) until symptoms clear.

BEAT BLADDER INFECTIONS WITH BLUEBERRIES

Eating 1 cup of blueberries daily, whether you opt for them fresh, frozen or in juice form, can cut your risk of a urinary tract infection (UTIs) by 60 percent, according to researchers at New Jersey's Rutgers University. That's because blueberries are loaded with tannins, plant compounds that wrap around problem-causing bacteria in the bladder, so they can't get a toehold and create an infection, explains Amy Howell, Ph.D. a scientist at Rutgers University.

HEAL MOUTH SORES WITH HONEY

Dab painful canker and cold sores with unpasteurized honey four times daily until these skin woes disappear, and they'll heal 43 percent faster than if you use a prescription cream, say researchers at the Dubai Specialized Medical Center in the United Arab Emirates. Raw honey's natural enzymes zap inflammation, destroy invading viruses and speed the healing of damaged tissues, say the study authors.

FIGHT BREAST PAIN WITH FLAX

In one recent study, adding 3 tablespoons of ground flax to their daily diet eased breast soreness for one in three women within 12 weeks. Scientists credit flax's phytoestrogens, natural plant compounds that prevent the estrogen spikes that can trigger breast pain. More good news: You don't have to be a master baker to sneak this healthy seed into your diet. Just sprinkle ground flax on oatmeal, yogurt, applesauce or add it to smoothies and veggie dips.

CURE MIGRAINES WITH COFFEE

Prone to migraines? Try muscling-up your painkiller with a coffee chaser. Whatever over-the-counter pain med you prefer, researchers at the National Headache Foundation say washing it down with a strong 12- ounce cup of coffee will boost the effectiveness of your medication by 40 percent or more. Experts say caffeine stimulates the stomach lining to absorb painkillers more quickly and more effectively.

TAME LEG CRAMPS WITH TOMATO JUICE

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occur when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp flare-ups in as little as 10 days, say UCLA researchers.

TEN FRUIT JUICES GOOD FOR HEALTH

Not many people know that soursop fruit (also part of the soursop tree, ie leaves) keep hidden strength to fight cancer effectively than with treatment using medicines and chemo therapy. Unfortunately, the good news is covered up by one of world company who conduct research and wants research funding plus generous benefits go to the company, before the pharmaceutical raw materials from soursop fruit thrown into the world market. Apart from soursop fruit, there are many other fruits that have a great benefits for health. All fruits are also consumed it easier and more comfortable with processed into healthy fruit juice.

10. Avocado juice for health benefits include:

elps formation of red blood cells

Preventing anemia

For pregnant women, folic acid content of avocados can stimulate brain development and the formation of the spinal cord.

Controlling the bad fats (LDL cholesterol) and raise the good fats (HDL cholesterol)

Prevent stroke.

Anti-wrinkle and ageless. etc.

09. Tomato juice

Tomato juice for health benefits are:

High antioxidant useful to defend the body from free radicals.

Content of lycopene in tomatoes could prevent prostate cancer.

To maintain ideal body weight for those who are dieting to lose weight and may increase appetite for those who are raising the weight as well as in the recovery phase after illness.

Preventing constipation.

Glycogen levels can stabilize liver function, etc.

08. Apple juice

One apple a day could save your life, this phrase seems to be true, the content of apples is very useful for health, including:

Content of quercetin in apples may as anticancer and anti-inflammatory.

Content of pectin can help remove dirt buildup in the gut for so long.

Can lower cholesterol levels, blood pressure and blood sugar levels.

Can reduce appetite.
Can treat headaches, etc.

07. Strawberry juice

Strawberry juice for health benefits are:

Contain ellagic acid, which act as antioxidants to counteract free radicals that enter the body.
Can inhibit tumor cell growth in lung, breast, cervix.
Can cleanse the body's digestive system.
Controlling cholesterol levels.
Can reduce pain in joints, etc.

06. Guava juice

Benefits contained in guava juice include:

Can reduce cholesterol in the blood and lowers blood pressure.
Can prevent thrush.
Able to lose weight.
Content of vitamin C in guava juice can relieve colds and coughs.
Content astrigent can cure diarrhea.
Can prevent bone loss in, etc.

05. Kiwi fruit juice

Kiwi juice for health benefits include:

Rich in vitamin C is useful for protecting the body from cancer cells.
Rich in fiber can reduce constipation.
Content of potassium helps regulate blood pressure.
To prevent infection, premature aging.
Very good for those who suffer from heart disease.
Relieve cold and flu, etc.

04. Mango juice

Mango juice for health benefits include:

Can be as a disinfectant to cleanse the body and blood in the body.
Rich in caretenoid that can mencegahh colon cancer and cervical cancer bone.
Can rejuvenate the body's cells.

Can prevent body odor caused by bacteria, etc.

03. Noni juice

Although it tastes pretty bad, but noni juice or noni fruit drench is very beneficial to health, including:

Can boost the immune system.

Can normalize / reduce blood pressure.

Be able to fight tumors and cancer cells.

Contains scopoletin which functions as an anti-inflammatory and anti-allergic.

Very useful for the disease: hypertension, stroke, diabetes, migraine, vertigo, vaginal discharge, painful joints, etc.

02. Pomegranate juice

Pomegranate juice for health benefits:

Substances tannins can anesthetize roundworms, pinworms and tapeworms in the intestines and release it with feces.

Rich in vitamins A, C, E and folic acid good for pregnancy.

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A study published by The Journal of Natural Products mentioned that the soursop fruit as the “miracle fruit” that is very nutritious for health, including:

Can effectively pick and choose the target bad cells from 12 different types of cancer, namely breast cancer, prostate, lung, colon, pancreas.

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Soursop juice selectively hunt down and kill the bad cells and not harm / kill healthy cells, in contrast with a deadly chemo therapy evil and gels healthy cells (ie causing hair loss).

Increase energy, immune system, preventing it from infection, etc

HEART ATTACKS AND DRINKING WARM WATER

The Chinese And Japanese Drink Hot Tea With Their Meals, Not Cold Water, Maybe It Is Time We Adopt Their Drinking Habit While Eating.

For Those Who Like To Drink Cold Water, This Article Is Applicable To You. It Is Nice To Have A Cup Of Cold Drink After A Meal. However, The Cold Water Will Solidify The Oily Stuff That You Have Just Consumed. It Will Slow Down The Digestion. Once This 'Sludge' Reacts With The Acid, It Will Break Down And Be Absorbed By The Intestine Faster Than The Solid Food. It Will Line The Intestine. This Will Turn into Fats and Lead to Cancer.

It Is Best To Drink Hot Soup Or Warm Water After A Meal.

Common Symptoms of Heart Attack...

A Serious Note about Heart Attacks - You Should Know That Not Every Heart Attack Symptom Is Going To Be the Left Arm Hurting

Be Aware Of Intense Pain in the Jaw Line.

You May Never Have The First Chest Pain During The Course Of A Heart Attack. Nausea And Intense Sweating Are Also Common Symptoms. 60% Of People Who Have A Heart Attack While They Are Asleep Do Not Wake Up.. Pain In The Jaw Can Wake You From A Sound Sleep. Let's Be Careful and Be Aware. The More We Know, The Better Chance We Could Survive.

A Cardiologist Says If Everyone Who Reads This Message Sends It to 10 People, You Can Be Sure That We'll Save At Least One Life. Read This & Send To A Friend. It Could Save A Life...So, Please Be A True Friend And Send This Article To All Your Friends You Care About.

Valuable Information!

Correct Timing To Drink Water, Will Maximize Its Effectiveness On The Human Body.

Two (02) Glasses of Water - After Waking Up - Helps Activate Internal Organs

One (01) Glass of Water - 30 Minutes before Meal - Help Digestion

One (01) Glass of Water - Before Taking a Bath - Helps Lower Blood Pressure

One (01) Glass of Water - Before Sleep - To Avoid Stroke or Heart Attack

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- Increase energy, immune system, preventing it from infection, etc

Natural therapy for opening the veins of the heart.

For Heart Vein opening:

Lemon juice	01 cup
Ginger juice	01 cup
Garlic juice	01 cup
Apple vinegar	01 cup

Mix all above and boil on low heat, approximately half hour, when it becomes 3 cups, take off stove and let cool. After cooling, mix 3 cups of natural honey and keep it in bottle. Every morning before breakfast use one Table spoon regularly. Your blockage of Vein's will open.

No need now for any Angiography or Bypass...

Prof. Dr. S. Vikineswary
Biotech Division
Institute of Biological Sciences
University of Malaya
50603 Kuala Lumpur

THE SURPRISING BENEFITS OF LEMON

Just cut 2-3 thin slices of lemon in a cup/container and add drinking water will become "alkaline water", drink for the whole day, just by adding drinking water. Take it as drinking water everyday is good for everybody.

Institute of Health Sciences, 819 N. L.L.C. Charles Street Baltimore , MD 1201.

This is the latest in medicine, effective for cancer!

Read carefully & you be the judge

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes.

You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and

worms, it regulates blood pressure which is too high and an antidepressant combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that :It destroys the malignant cells in 12 cancers including colon, breast, prostate, lung and pancreas ... The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapy in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

Institute of Health Sciences, 819 N. L.L.C. Cause Street, Baltimore, MD1201

SPECTACULAR TRICKS TO TEACH YOUR BODY:

One of the complex machines in the world is nothing but our human body. There are lots of amazing things that are yet to be learned from the human body. Not all things are known to our body, there are few cool tricks that we can teach our body. So, let's see those cool tips...

- 1.) If you've got an itch in your throat, scratch your ear. When the nerves in the ear get stimulated, they create a reflex in the throat that causes a muscle spasm, which cures the itch.
- 2.) Having trouble hearing someone at a party or on the phone? Use your right ear its better at picking up rapid speech. But, the left is better at picking up music tones.
- 3.) If you need to relieve yourself **BADLY**, but you're not anywhere near a bathroom, fantasize about **RELATIONS**. That preoccupies your brain and distracts it.
- 4.) Next time the doctor's going to give you an injection, **COUGH** as the needle is going in. The cough raises the level of pressure in your spinal canal, which limits the pain sensation as it tries to travel to your brain.
- 5.) Clear a stuffed nose or relieve sinus pressure by pushing your tongue against the roof of your mouth then pressing a finger between your eyebrows. Repeat that for 20 seconds it causes the vomer bone to rock, which loosens your congestion and clears you up.
- 6.) If you ate a big meal and you're feeling full as you go to sleep, lay on your left side. That'll keep you from suffering from acid reflux it keeps your stomach lower than your esophagus, which will help keep stomach acid from sliding up your throat.

7.) You can stop a toothache by rubbing ice on the back of your hand, on the webbed area between your thumb and index finger. The nerve pathways there stimulate a part of the brain that blocks pain signals from your mouth.

8.) If you get all messed up on liquor, and the room starts spinning, put your hand on something stable. The reason: Alcohol dilutes the blood in the part of your ear called the cupula, which regulates balance. Putting your hand on something stable gives your brain another reference point, which will help make the world stop spinning.

9.) Stop a nose bleed by putting some cotton on your upper gums right behind the small dent below your nose and press against it hard. Most of the bleeding comes from the cartilage wall that divides the nose, so pressing there helps get it to stop.

10.) Slow your heart rate down by blowing on your thumb. The vagus nerve controls your heart rate, and you can calm it down by breathing.

11.) Need to breathe underwater for a while? Instead of taking a huge breath, HYPERVENTILATE before you go under, by taking a bunch of short breaths. That'll trick your brain into thinking it has more oxygen, and buy you about 10 extra seconds.

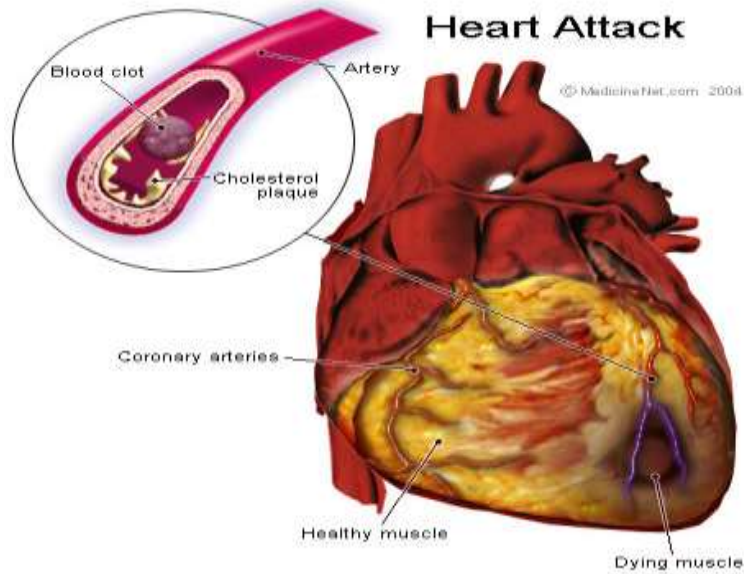
12.) You can prevent BRAIN FREEZE by pressing your tongue flat against the roof of your mouth, covering as much surface area as possible. Brain freeze happens because the nerves in the roof of your mouth get extremely cold, so your brain thinks your whole body is cold. It compensates by overheating which causes your head to hurt. By warming up the roof of your mouth, you'll chill your brain and feel better.

13.) If your hand falls asleep, rock your head from side to side. That will wake your hand or arm up in less than a minute. Your hand falls asleep because of the nerves in your neck compressing so loosening your neck is the cure. If your foot falls asleep, that's governed by nerves lower in the body, so you need to stand up and walk around.

14.) Finally, this one's totally USELESS, but a nice trick. Have someone stick their arm out to the side, straight, palm down. Press down on his wrist with two fingers. He'll resist, and his arm will stay horizontal. Then, have him put his foot on a surface that's half an inch off the ground, like a stack of magazines, and do the trick again. Because his spine position is thrown off, his arm will fall right to his side, no matter how much he tries to resist.

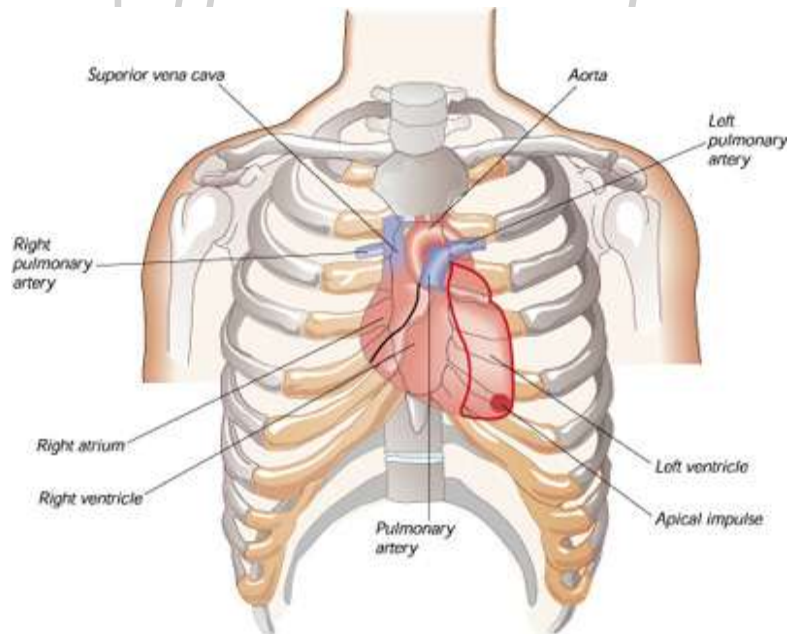
15.) Got the hiccups? Press thumb and second finger over your eyebrows until the hiccups are over - usually shortly.

Heart Attacks and Drinking Warm Water



This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating.

<http://suratiundhiyu.wordpress.com/>



For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will

break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

Common Symptoms of Heart Attack...

A serious note about heart attacks –

You should know that not every heart attack symptom is going to be the left arm hurting

Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack.

Nausea and intense sweating are also common symptoms.

60% of people who have a heart attack while they are asleep do not wake up.

Pain in the jaw can wake you from a sound sleep.

Let's be careful and be aware. The more we know the better chance we could survive.

Valuable Information!

Correct timing to drink water, will maximize its effectiveness on the Human body..

Two (02) glasses of water - After waking up - Helps activate internal organs

One (01) glass of water - 30 minutes before meal - Help digestion

One (01) glass of water - Before taking a bath - Helps lower blood pressure

One (01) glass of water - Before sleep - To avoid stroke or heart attack

End is not the end. In fact E.N.D. is "Effort Never Dies"

If you get NO in answer remember N.O. is "Next Opportunity".

So always be positive in life !!!

"Safety" in Driving means "Safe Tea" at Home.

"etc" means end of thinking capacity.

11 benefits of Brisk Walking

Walk for a healthy body

Walking is one of the easiest ways to stay fit. You may have a busy life, but try and introduce physical activity in your life. A moderate dose of physical exercise for 30 minutes (if you can't manage that much, even 15 minutes is okay to begin with) a day is enough to keep you healthy. This form of aerobic fitness can lift your mood, make you physically fit, and improve the quality of your life.

Before you start

Wear the right pair of walking shoes and comfortable clothes. Also remember to carry and drink water while you walk, to hydrate yourself. Walk for 15-20 minutes for the first three days, and then gradually increase the time. You can use a pedometer to count the steps you take.

Walk your way to a healthy heart

Walking can lower your cholesterol levels and decrease the risks for cardiovascular diseases. It can also strengthen your heart, muscles and lungs. A strong heart with an increased heart rate is able to carry more blood to the rest of your body. Brisk walking every day lets you burn up to 200 calories and reduces body fat.

Cuts your risk of hypertension and diabetes

According to a study, regular walking improves the BMI (body mass index) and blood pressure levels in people with diabetes. Allowing muscle movement leads to more use of glucose by the muscle cells. This also involves utilization of more insulin, which improves blood sugar levels. Low blood pressure levels can also protect against kidney failure, heart attack and stroke.

Reduces risks and effects of cancer

Research shows that in colon cancer, a speedy walk can give less time to the carcinogens present in the food to come in touch with the intestinal lining and reduce the risks of having cancer from the start itself. With improved blood circulation, walking brings in positive energy within the body and therefore lessens the side effects of chemotherapy.

Protect against miscarriages

Despite the several body changes during pregnancy, regular walking can benefit you in many ways. It can reduce fatigue and related pains, help lose weight easily, and lower risks of gestational diabetes. Walking can also prevent spontaneous abortions by lowering down the hormonal fluctuations which cause uterine contractions.

Walk for better sexual health

A regular habit of brisk walking can improve your performance in bed. Walking two miles a day boosts blood circulation which cuts down on the risk of impotency. You can be healthy and fit, and need not rely on medicines to keep your love life active.

Rejuvenate your mind and spirit

Walking benefits not just your body but also your mind. Brisk walking helps ease stress and anxiety, reduces depression and imparts a positive kick-start to your day. It improves your self-esteem, charges up the mood and helps to keep you energetic, positive and happy throughout the day.

Manage extra kilos

Proper exercise coupled with a nutritious diet can help to burn calories which would otherwise end up as fat. You can burn up to 100 kcal of energy by walking a mile and for every two miles you walk, three times per week, you are guaranteed to lose 0.5 kg every month. With a habit of brisk walking 45 minutes a day, a slimmer waistline will not remain a distant dream.

Improves brainpower

Walking stimulates the blood flow, and provides oxygen to the brain. This leads to improved functioning of the brain and better ability to recall. Besides, a moderate dose of physical activity is also known to lower the risk of dementia and Alzheimer's disease in seniors.

Add years to your life

Exercising can add to longevity. Thirty minutes of daily physical activity is said to extend your life by 1.3 years. More importantly, it can keep you fit by preventing, or delaying, the onset of age-related conditions such as osteoarthritis. Walking with peers can also cheer you up and motivate you.

Last word: Consult your doctor

If you happen to suffer from any condition, and intend to start walking, it is always better to consult your doctor first. Discuss whether you need to take any precautions and follow his suggestions about whether you should go for brisk walk, and also how you should go about it.

INTRESTING ARTICLE ABOUT "SUGAR-FREE" PRODUCTS.

IT IS SWEET POISON!

(Article received in email)

"In October of 2001, my sister started getting very sick she had stomach spasms and she was having a hard time getting around. Walking was a major chore. It took everything she had just to get out of bed; she was in so much pain.

By March 2002, she had undergone several tissue and muscle biopsies and was on 24 various prescription medications. The doctors could not determine what was wrong with her. She was in so much pain, and so sick she just knew she was dying.

She put her house, bank accounts, life insurance, etc., in her oldest daughter's name, and made sure that her younger children were to be taken care of.

She also wanted her last hooray, so she planned a trip to Florida (basically in a wheelchair) for March 22nd.

On March 19, I called her to ask how her most recent tests went, and she said they didn't find anything on the test, but they believe she had MS.

I recalled an article a friend of mine e-mailed to me and I asked my sister if she drank diet soda? She told me that she did. As a matter of fact, she was getting ready to crack one open that moment.

I told her not to open it, and to stop drinking the diet soda! I e-mailed her an article my friend, a lawyer, had sent. My sister called me within 32 hours after our phone conversation and told me she had stopped drinking the diet soda AND she could walk! The muscle spasms went away. She said she didn't feel 100% but, she sure felt a lot better.

She told me she was going to her doctor with this article and would call me when she got home.

Well, she called me, and said her doctor was amazed! He is going to call all of his MS patients to find out if they consumed artificial sweeteners of any kind. In a nutshell, she was being poisoned by the Aspartame in the diet soda.. and literally dying a slow and miserable death.

When she got to Florida March 22, all she had to take was one pill, and that was a pill for the Aspartame poisoning! She is well on her way to a complete recovery. And she is walking! No wheelchair! This article saved her life."

If it says 'SUGAR FREE' on the label; DO NOT EVEN THINKS ABOUT IT!

"I have spent several days lecturing at the **WORLD ENVIRONMENTAL CONFERENCE** on '**ASPARTAME**,' marketed as '**Nutra Sweet**,' '**Equal**,' and '**Spoonful**.'

In the keynote address by the EPA, it was announced that in the United States in 2001 there is an epidemic of multiple sclerosis and systemic lupus. It was difficult to determine exactly what toxin was causing this to be rampant. I stood up and said that I was there to lecture on exactly that subject.

I will explain why Aspartame is so dangerous: When the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. Formic acid is the poison found in the sting of fire ants. The methanol toxicity mimics, among other conditions, multiple sclerosis and systemic lupus.

Many people were being diagnosed in error. Although multiple sclerosis is not a death sentence, Methanol toxicity is!

Systemic lupus has become almost as rampant as multiple sclerosis, especially with **Diet Coke and Diet Pepsi** drinkers.

The victim usually does not know that the Aspartame is the culprit. He or she continues its use; irritating the lupus to such a degree that it may become a life-threatening condition. We have seen patients with systemic lupus become asymptotic, once taken off diet sodas.

In cases of those diagnosed with Multiple Sclerosis, most of the symptoms disappear. We've seen many cases where vision loss re- turned and hearing loss improved markedly.

This also applies to cases of tinnitus and fibromyalgia. During a lecture, I said, 'If you are using **ASPARTAME (Nutra Sweet, Equal, Spoonful, etc)** and you suffer from

Fibromyalgia symptoms

Spasms

Shooting

Pains

Numbness in your legs

Cramps,

Vertigo,

Dizziness,

Headaches,

Tinnitus,

Joint pain,

Unexplainable depression

Anxiety attacks

Slurred speech

Blurred vision

Memory loss

You probably have **ASPARTAME poisoning!** People were jumping up during the lecture saying, 'I have some of these symptoms. Is it reversible?'

Yes!

Yes!

Yes!

STOP drinking diet sodas and be alert for Aspartame on food labels! Many products are fortified with it! This is a serious problem. Dr. Espart (one of my speakers) remarked that so many people seem to be symptomatic for MS and during his recent visit to a hospice; a nurse stated that six of her friends, who were heavy **Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence!**

Diet soda is NOT a diet product! It is a chemically altered, multiple **SODIUM** (salt) and **ASPARTAME** containing product that actually makes you crave carbohydrates.

It is far more likely to make you GAIN weight!

These products also contain formaldehyde, which stores in the fat cells, particularly in the hips and thighs. Formaldehyde is an absolute toxin and is used primarily to preserve 'tissue specimens.'

Many products we use every day contain this chemical but we SHOULD NOT store it IN our body!

Dr. H. J. Roberts stated in his lectures that once free of the 'diet products' and with no significant increase in exercise; his patients lost an average of 19 pounds over a trial period.

Aspartame is especially dangerous for diabetics. We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame. The Aspartame drives the blood sugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are NEUROTOXIC when taken without the other amino acids necessary for a good balance.

Treating diabetes is all about BALANCE. Especially with diabetics, the Aspartame passes the blood/brain barrier and it then deteriorates the neurons of the brain; causing various levels of brain damage, Seizures, Depression, Manic depression, Panic attacks, Uncontrollable anger and rage.

Consumption of Aspartame causes these same symptoms in non-diabetics as well.

Documentation and observation also reveal that thousands of children diagnosed with ADD and ADHD have had complete turnarounds in their behavior when these chemicals have been removed from their diet.

So called 'behavior modification prescription drugs' (Ritalin and others) are no longer needed. Truth be told, they were never NEEDED in the first place!

Most of these children were being 'poisoned' on a daily basis with the very foods that were 'better for them than sugar.'

It is also suspected that the Aspartame in thousands of pallets of diet Coke and diet Pepsi consumed by men and women fighting in the Gulf War, may be partially to blame for the well-known Gulf War Syndrome.

Dr. Roberts warns that it can cause birth defects, i.e. mental retardation, if taken at the time of conception and during early pregnancy. Children are especially at risk for neurological disorders and should NEVER be given artificial sweeteners.

There are many different case histories to relate of children suffering grand mal seizures and other neurological disturbances talking about a plague of neurological diseases directly caused by the use of this deadly poison.'

Herein lies the problem: There were Congressional Hearings when Aspartame was included in 100 different products and strong objection was made concerning its use. Since this initial hearing, there have been two subsequent hearings, and still nothing has been done. **The drug and chemical lobbies have very deep pockets.**

Sadly, MONSANTO'S patent on Aspartame has EXPIRED! There are now over 5,000 products on the market that contain this deadly chemical and there will be thousands more introduced. Everybody wants a 'piece of the Aspartame pie.'

I assure you that MONSANTO, the creator of Aspartame, knows how deadly it is.

And isn't it ironic that MONSANTO funds, among others, the American Diabetes Association, the American Dietetic Association and the Conference of the American College of Physicians?

This has been recently exposed in the New York Times. These [organizations] cannot criticize any additives or convey their link to MONSANTO because they take money from the food industry and are required to endorse their products.

Senator Howard Metzenbaum wrote and presented a bill that would require label warnings on products containing Aspartame, especially regarding pregnant women, children and infants.

The bill would also institute independent studies on the known dangers and the problems existing in the general population regarding seizures, changes in brain chemistry, neurological changes and behavioral symptoms.

The bill was killed.

It is known that the powerful drug and chemical lobbies are responsible for this, letting loose the hounds of disease and death on an unsuspecting and uninformed public. Well, you're informed now! "

Bypassing the bypass

By Dr Syed Zair Hussain Rizvi

EVERY SEED OF POMEGRANATE WHICH GOES IN YOUR STOMACH IS A SEED OF LIFE FOR YOUR HEART

NO harm trying as there is hardly anything to lose!!

Two things are full of benefits for the human being, lukewarm water and pomegranate. Pomegranate is a seasonal fruit in Pakistan so I tried an experiment with dried pomegranate seeds (DRY ANARDANA in Urdu), prepared a decoction boiling the fistful of dried seeds in half litre of water for 10 minutes, squeezed the seeds, strained the decoction and advised those patients suffering from painful angina to use a glass of lukewarm decoction on an empty stomach in the morning, amazing result was observed, the decoction of dried pomegranate seeds worked like a magic, the feelings of tightness and heaviness of chest and the pain had gone,

It encouraged me to try more experiments on all types of cardiac patients so I tried other experiments on patients who were suffering from painful angina, coronary arterial blockage, cardiac ischemia (insufficient blood flow to the heart muscle) etc, waiting for a bypass surgery, the same lukewarm decoction was used empty stomach in the morning, the patients experienced quick relief in all symptoms including painful condition

In another case of coronary arterial blockage the patient started using half glass of fresh pomegranate juice everyday for one year, although all symptoms were completely relieved within a week but he continued taking it for a whole year, it completely reversed the plaque build-up and unblocked his arteries to normal, the angiography report confirmed the evidence, thus decoction of dried pomegranate seeds, fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning proved to be a miracle cure for cardiac patients,

But the lukewarm dried seeds decoction proved to be more effective compared to eating a whole pomegranate or fresh pomegranate juice, use of pomegranate in any way has demonstrated even more dramatic effects as blood thinner, pain killing properties for cardiac patients, lowers LDL (low-density lipoprotein or bad cholesterol) and raises the HDL (high-density lipoprotein or good cholesterol), there are more than 50 different types of heart diseases the most common being coronary artery disease (CAD), which is the number one killer of both women and men in some countries, and there has been no medicinal cure for this disease, many cardiac patients have reversed their heart diseases on my advice using one glass of lukewarm decoction of pomegranate dried seeds, half glass of fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning, it was the very first

real breakthrough in the history of cardiology to successfully treat the cardiac diseases by a fruit, The more super foods to obtain the even faster results for cardiac patients which are most promising curative and protective agents like fresh raisins, quince, guava, prunes (dried plums), natural vinegar, mixture of grape fruit juice and honey in the morning (empty stomach), basil leaves, chicory leaves, powder of oregano leaves and rock salt in equal quantity (in case the patient is not hypertensive) and sesame oil as cooking oil for cardiac patients.

It is regretted to say that treating the heart patients and bypass surgery has become far more profitable business around the world which has failed to help avert life threatening heart attacks and life time cardiac complications resulting in almost paralyzed life. A regular use of pomegranate in any way ensures a healthy cardiac life, thinning your blood, dissolving the blood clots and obstruction inside the coronary arteries, maintains an optimal blood flow, supports a healthy blood pressure, prevents and reverses atherosclerosis. (Thickening of the internal lining of the blood vessels) from whatever I experienced and observed in last several years, I can say:

“A pomegranate a day keeps the cardiologist away” you can try and see the wonder.

7 Benefits of Cabbage!!!!

Cabbage is very delicious vegetable which is liked by the majority of the people; however, some people dislike it. It has a pleasant and humble look having harder outer green leaves and light yellow inner soft leaves. It is cooked and also eaten uncooked and used as a salad. This delightful vegetable is very beneficial for health. Here are given some benefits of Cabbage for health and checkout below.

It is a best option for you which helps in treating, repairing and wearing in body. It is used as treatment of stomach, colon, lungs and prostate cancer and ulcer.

It is a best source of iodine which helps in body development and muscular building.

It brings down the serum cholesterol in blood.

It contains vitamin B which is an energy booster.

It provides the vitamin D which is helpful in increasing calcium and keeps the skin vigor as well.

It is a rich source of vitamin E and D that is much effective for maintaining the freshness of skin.

It is very necessary to add more and more cabbage in your diet as soups, salad and cooking Chinese dishes.

10 Most Useful Diet

10 of the most useful products that are worth incorporating into the diet as often as possible — Created by the very nature of a miracle foods contain whole biologically active complexes of nutrients needed to maintain and restore our health. Of course, the list of such products can be extended to include many kinds of grains, vegetables, fruits and berries.

1. Fish

If the time - at least three times a week - on the menu include fish instead of meat, you can greatly reduce your risk of heart disease and acute (atherosclerosis, coronary heart disease and others), as well as blood cholesterol levels. At the same time in their food and culinary qualities of the fish is not inferior to the meat (it contains many beneficial substances for the human body - from 13 to 23% protein, and fats, extractives and mineral matter), but for ease of digestion of proteins even surpasses it.

2. Bread made from rye flour, wheat flour and corn

This is the bread was staple of our ancestors. Bread made from rye flour, wheat flour, and whole grain contains not only vitamins and minerals, but also high in fiber. On its wonderful properties known to many things: fiber lowers blood cholesterol and blood pressure, stimulates digestion and accelerates metabolism, displays the body of toxins, promotes cell renewal and even helps preserve youth. But do not forget that all is good in moderation: too much fiber can cause bloating and other unpleasant consequences.

3. Apples

Of the 15 vitamins necessary to man, the apples have been found 12 - a vitamin B complex, C, E, P, carotene, folic acid and others. Many of them, and minerals (potassium, phosphorus, sodium, magnesium, iodine, iron) and sugars (fructose, glucose, sucrose) as well as pectin and fiber. If every day eat apples, you can significantly reduce the risk of cardiovascular disease and cancer. Because these fruits cleanse the body of toxins and reduce cholesterol. And besides, they are rich in antioxidants, which protect cells from aging.

4. Carrots

In carrots rich in vitamins A (carotene), also called vitamin beauty, B1, B2, B3, B6, C, E, K, P, PP, minerals (potassium, calcium, sodium, magnesium, iron, copper, iodine, , phosphorus, cobalt, etc.), it also contains enzymes, fructose, glucose, lecithin, amino acids, proteins and starch. It is recommended for diseases of the heart, liver, gallbladder, kidney, high stomach acidity, salt metabolism disorders, and various inflammatory processes. And carrot prevents the development of cancer, improves blood and is very useful for vision.

5. Pumpkin

Pumpkin without reservation is an ideal vegetable for diet food. No wonder it is recommended to include in the diet for many diseases: heart, blood vessels, stomach, intestine, liver, kidney, and colds. Pumpkin has no equal among the vegetables on the

content of iron, so it is indicated for the treatment of anemia. Due to the large quantity of vitamins - C, group B, carotene, E, PP, K, T - it strengthens hair, nails, protects the skin from aging and prevents the appearance of extra pounds. And in a lot of pumpkin pectin and natural antioxidants that remove toxins from the body, lower cholesterol and strengthen the immune system.

6. Blackberry

This miracle berry has surpassed all others in the content of useful substances. It is full of vitamin C (to get his daily dose for an adult should only 30-60 g of berries) and vitamin P (100 g of berries - from 5 to 10 of his daily doses), minerals (iron, magnesium, manganese, and etc.), contains tannin, pectin and organic acids. Black currant strengthens the walls of blood vessels, improves the process of blood, lowers blood pressure and is an excellent tool for the treatment and prevention of infectious diseases. And it improves the metabolism, prevents the appearance of extra weight and is recommended for the treatment of obesity.

7. Briar

Rosehip knowingly consider means of forty diseases. He ranks first among the fruit and berry plants for the content of vitamin C. A lot of it and other B vitamins (P, K, B group, carotenoids) and minerals (phosphorus, potassium, calcium, magnesium, iron, manganese, zinc, molybdenum, cobalt, chromium), contains sugar, malic and citric acid, tannin and pectin. Infusions, decoctions, teas rosehip prevent the development of cardiovascular disease, increase body resistance to infections and have a restorative and tonic effect.

8. Dried fruits

Dried apricots, dried apricots, dried apricots, prunes, raisins, figs, dates, dried apples and pears can serve as the perfect replacement of sugar and sweets with all sorts of artificial additives. Dried fruits that contain vitamins, minerals (high in potassium, phosphorus, calcium, iron) and organic acids include suggestions on the menu at the diseases of the cardiovascular system, lungs, bronchial asthma, anemia, colds. In addition, fruits are an excellent means to strengthen the nervous system, stimulates the blood and cleanse the intestines well.

9. Green tea

Green tea, which contains many vitamins (A, K, PP, C, group B) and minerals (potassium, zinc, fluorine, iodine, etc.), much more useful than black. This drink improves heart, kidney, liver, pancreas and enhances immunity. And green tea normalizes blood pressure, strengthens the walls of blood vessels, improves digestion, neutralizes free radicals, cleanses the body of toxins, reduces the risk of heart disease and cancer and slows the aging process. Another property of this drink - antimicrobial effect, which increases after insisting it within 2-3 days.

10. Honey

Honey is extremely useful: it increases the body's resistance to many infections and has antibacterial properties. It is recommended to accept the treatment of diseases of the liver, gastrointestinal tract, respiratory, etc. This wonderful natural product contains many vitamins (C, K, E, F, group B), enzymes, organic acids and proteins, and in the number of trace elements - whole periodic table: potassium, calcium, manganese, chromium, sodium, nickel, silicon, magnesium, iron, copper, silver and others.

Cancer can be cancelled

I AM CONFUSED AS TO HOW FAR THIS CAN BE TRUE AND VIABLE. Hope it is as it will save many lives. No harm in trying.

Just take a few minutes and it is worth reading.....whether U believe it or not..... doesn't harm to try it.....



Three types of asparagus on a shop display, with white asparagus at the back and green asparagus in the middle. The plant at the front is *Ornithogalum pyrenaicum*, is commonly called wild asparagus,

Several years ago, I had a man seeking asparagus for a friend who had cancer. He gave me a photocopied copy of an article, entitled, 'Asparagus for cancer' printed in Cancer News Journal, December 1979.

I will share it here, just as it was shared with me: 'I am a biochemist, and have specialized in the relation of diet to health for over 50 years.

Several years ago, I learned of the discovery of Richard R.Vensal, D.D.S. that asparagus might cure cancer. Since then, I have worked with him on his project.. We have accumulated a number of favorable case histories.

Here are a few examples:

Case No. 1,

A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors

were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2,

A successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

Case No. 3,

A man who had lung cancer. On March 5th 1971, he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared. He is back at his regular business routine. *

Case No. 4,

A woman who was troubled for a number of years with skin cancer. She finally developed different skin cancers which were diagnosed by asking specialist as advanced. Within 3 months after starting on asparagus, her skin specialist said that her skin looked fine and nomore skin lesions. This woman reported that the asparagus therapy also cured her kidney disease, which started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus.

I was not surprised at this result, as 'The elements of Material Medica', edited in 1854 by a Professor at the University of Pennsylvania, and stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of asparagus in dissolving stones.

We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large number of case histories that will overwhelm the medical skeptics about this unbelievably simple and natural remedy. For the treatment, asparagus should be cooked before using, and therefore canned asparagus is just as good as fresh.

I have corresponded with the two leading canners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives.

PROCEDURE:

1) Place the cooked asparagus in a blender and liquefy to make a puree, and store in the refrigerator.

2) Give the patient 4 full tablespoons twice daily, morning and evening.

Patients usually show some improvement in from 2-4 weeks. It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases.

As a biochemist I am convinced of the old saying that 'what cures can prevent'. Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals. We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold.

For years we have made it a practice to have blood surveys taken as part of our regular checkups.

The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink...

As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer. Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and enacting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance.

The FDA cannot prevent you from using it and it may do you much good.. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent ant carcinogens and antioxidants.

Treating the Antibiotic Cough and Cold Myth

Myth.

Yes.

It is a MYTH that antibiotics can treat most coughs and colds.

They can't, because both coughs and colds are bodies fighting, and trying to destroy the viruses causing infection in the respiratory tract.

Self-Medication

This is the reason why people use the leftover antibiotics from a previously recommended course of medicine, and take them without any medical consultation. This may, in fact, worsen the problem by delaying the proper treatment of illnesses that require a different course of medication.

Misusing Antibiotics

A faulty understanding of how the human body works, as well the real cause of coughing and other respiratory problems, and problems for which a bacteria (and not a virus) might be to blame.

Misusing them might also create a new strain of untreatable infections by enabling drug resistance. According to the European Centre for Disease Prevention and Control, antimicrobial resistance "is one of the most serious public health. In the EU, killing 25,000 Europeans every year.

Heavy usage of antibiotics could also lead to antibiotic-related diarrhea, a dangerous condition when the human body is rapidly losing fluids.

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Signs and Treatment Facts

Antibiotics will not increase the recovery rate of most coughs and colds.

Do not take them unless your physician prescribes them.

Do not panic when you see yellow phlegm - you still do not need antibiotics. In fact, a runny -nose-sore-throat combination (with phlegm) means that antibiotics might not be an effective.

You might, however need an antibiotic when you're running a high temperature, red throat and feeling ill

Other Precautions

Do not keep leftover doses - even if you've gotten well, finish the entire prescribed course of medication? If you do have medications from your last bout of illness, ask your doctor what to do with it, or take it only when it is prescribed.

VITAMIN – D – FREE OF CHARGE BY NATURE

Vitamin D prevents osteoporosis, depression, prostate cancer, breast cancer, and even effects diabetes and obesity. Vitamin D is perhaps the single most underrated nutrient in the world of nutrition. That's probably because it's free: your body makes it when sunlight touches your skin. **Drug companies can't sell you sunlight, so there's no promotion of its health benefits.** Truth is, most people don't know the real story on vitamin D and health. So here's an overview taken from an interview of Dr. Michael Holick.

1. Vitamin D is produced by your skin in response to exposure to ultraviolet radiation from natural sunlight.
2. The healing rays of natural sunlight (that generate vitamin D in your skin) cannot penetrate glass. So you don't generate vitamin D when sitting in your car or home.
3. It is nearly impossible to get adequate amounts of vitamin D from your diet. Sunlight exposure is the only reliable way to generate vitamin D in your own body.
4. A person would have to drink ten tall glasses of vitamin D fortified milk each day just to get minimum levels of vitamin D into their diet.
5. The further you live from the equator, the longer exposure you need to the sun in order to generate vitamin D. Canada, the UK and most U.S. states are far from the equator.
6. People with dark skin pigmentation may need 20 - 30 times as much exposure to sunlight as fair-skinned people to generate the same amount of vitamin D. That's why prostate cancer is epidemic among black men -- it's a simple, but widespread, sunlight deficiency.
7. Sufficient levels of vitamin D are crucial for calcium absorption in your intestines. Without sufficient vitamin D, your body cannot absorb calcium, rendering calcium supplements useless.
8. Chronic vitamin D deficiency cannot be reversed overnight: it takes months of vitamin D supplementation and sunlight exposure to rebuild the body's bones and nervous system.
9. Even weak sunscreens (SPF=8) block your body's ability to generate vitamin D by 95%. This is how sunscreen products actually cause disease -- by creating a critical vitamin deficiency in the body.
10. It is impossible to generate too much vitamin D in your body from sunlight exposure: your body will self-regulate and only generate what it needs.
11. If it hurts to press firmly on your sternum, you may be suffering from chronic vitamin D deficiency right now.
12. Vitamin D is "activated" in your body by your kidneys and liver before it can be used.
13. Having kidney disease or liver damage can greatly impair your body's ability to activate circulating vitamin D.
14. The sunscreen industry doesn't want you to know that your body actually needs sunlight exposure because that realization would mean lower sales of sunscreen products.

15. Even though vitamin D is one of the most powerful healing chemicals in your body, your body makes it absolutely free. No prescription required.

On the issue of sunlight exposure, by the way, it turns out that super antioxidants greatly boost your body's ability to handle sunlight without burning. Astaxanthin is one of the most powerful "internal sunscreens" and can allow you to stay under the sun twice as long without burning. Other powerful antioxidants with this ability include the superfruits like Acai, Pomegranates (POM Wonderful juice), blueberries, etc.

Diseases and conditions cause by vitamin D deficiency:

- Osteoporosis is commonly caused by a lack of vitamin D, which greatly impairs calcium absorption.
- Sufficient vitamin D prevents prostate cancer, breast cancer, ovarian cancer, depression, colon cancer and schizophrenia.
- "Rickets" is the name of a bone-wasting disease caused by vitamin D deficiency.
- Vitamin D deficiency may exacerbate type 2 diabetes and impair insulin production in the pancreas.
- Obesity impairs vitamin D utilization in the body, meaning obese people need twice as much vitamin D.
- Vitamin D is used around the world to treat Psoriasis.
- Vitamin D deficiency causes schizophrenia.
- Seasonal Affective Disorder is caused by a melatonin imbalance initiated by lack of exposure to sunlight.
- Chronic vitamin D deficiency is often misdiagnosed as fibromyalgia because its symptoms are so similar: muscle weakness, aches and pains.
- Your risk of developing serious diseases like diabetes and cancer is reduced 50% - 80% through simple, sensible exposure to natural sunlight 2-3 times each week.
- Infants who receive vitamin D supplementation (2000 units daily) have an 80% reduced risk of developing type 1 diabetes over the next twenty years.

Shocking Vitamin D deficiency statistics:

- 32% of doctors and med school students are vitamin D deficient.
- 40% of the U.S. population is vitamin D deficient.
- 42% of African American women of childbearing age are deficient in vitamin D.
- 48% of young girls (9-11 years old) are vitamin D deficient.
- Up to 60% of all hospital patients are vitamin D deficient.
- 76% of pregnant mothers are severely vitamin D deficient, causing widespread vitamin D deficiencies in their unborn children, which predisposes them to type 1 diabetes, arthritis, multiple sclerosis and schizophrenia later in life. 81% of the children born to these mothers were deficient.
- Up to 80% of nursing home patients are vitamin D deficient.

What you can do:

Sensible exposure to natural sunlight is the simplest, easiest and yet one of the most important strategies for improving your health. If more people understood , this could drastically reduce the rates of chronic disease in this country and around the world. Sunlight exposure is truly one of the most powerful healing therapies in the world, far surpassing the best efforts of today's so-called "advanced medicine." There is no drug, no surgical procedure, and no high-tech procedure that comes even close to the astonishing healing power of natural sunlight.

And you can get it free of charge. That's why nobody's promoting it, of course

CURE FOR ACIDITY-BLOOD PRESSURE-DIABETES- CHOLESTEROL

CURE FOR ACIDITY:

(Courtesy Col Suresh Kandoth, MD)

Acidity, it is said, is worse than Cancer. It is one of the most common dis-ease people encounters in their daily life.

The home remedy for Acidity is Raw Grains of Rice.

The Process:

1. Take 8 - 10 grains of raw uncooked rice
2. Swallow it with water before having your breakfast or eating anything in the morning
3. Do this for 21 days to see effective results and continuously for 3 months to eliminate acidity from the body

The Cure:

Reduces acid levels in the body and makes you feel better by the day.

CURE FOR CHOLESTEROL:

Cholesterol problem accompanies with Hypertension and Heart Problems. This is also one of the common problems in people who have High Blood Pressure and Diabetes. The home remedy for Cholesterol problem is RAW SUPARI.

The Process:

1. Take Raw Supari (Betel Nut that is not favoured) and slice them or make pieces of the same
2. Chew it for about 20 - 40 minutes after every meal

3. Spit it out

The Cure:

When you chew the supari, the saliva takes in the juice that is generated and this acts like a Blood Thinner. Once your blood becomes free flowing, it brings down the pressure in the blood flow, thereby reducing Blood Pressure too.

CURE FOR BLOOD PRESSURE:

One of the simple home remedy cures for Blood Pressure is Methi Seeds or Fenugreek Seeds.

The Process:

1. Take a pinch of Raw Fenugreek Seeds, about 8 - 10 seeds
2. Swallow it with water before taking your breakfast, every morning

The Cure:

The seeds of Fenugreek are considered good to reduce the blood pressure.

CURE FOR DIABETES:

There are 2 home remedies for Diabetes. One is Ladies Finger and the other is Black Tea.

BLACK TEA:

Due to high medication, the organ that is worst affected is the Kidney. It has been observed that Black Tea (tea without milk, sugar or lemon) is good for the Kidney. Hence a cup of black tea every morning is highly advisable.

The Process:

1. Boil water along with the tea leaves (any tea leaves will do).
2. Drink the concoction without adding milk, sugar or lemon.

The Cure:

Black Tea will help in enhancing the function of the kidney, thereby not affecting it more.

LADIES FINGER or OKRA:

Ladies finger is considered to be a good home medicine for diabetes.

The Process:

1. Slit the ladies finger into 2 halves vertically and soak it in water overnight.
2. The next morning, remove the ladies fingers and drink the water, before eating your breakfast.

The Cure:

After the ladies fingers are soaked overnight in the water, you can observe that the water becomes sticky in the morning. This sticky water is considered to be good for people who suffer from Diabetes.

OIL PULLING:

Dr. Med. Karch, a Russian, introduced a simple process for the Human body by using oil. This was further popularized by Lt. Col T. Koteswara Rao (Retd.). Initially it causes doubts, but after trying it out the results is astonishing.

The Process:

1. Take one spoon of refined oil in the mouth on an empty stomach early in the morning, before eating or drinking anything.
2. Without much effort or speed, slowly suck and pull the oil through the teeth. Gargle the oil within closed mouth for 15 - 20 minutes.
3. During this process, the oil becomes liquid and white like milk. Spit the liquid out and wash your mouth thoroughly, preferably with warm water..
4. DO NOT SWALLOW the oil as it contains toxins and harmful bacteria drawn from the body through the saliva. Continue this process every day for better results.

The Cure:

The process of Oil Pulling can give relief and cure Headaches, Asthma, Bad Breath, Nose Block, Tooth Pain, Acidity, Ulcers, Cracked Feet, Joint Pains, Stomach Problems, Problems related to Lungs, Liver & Nerves.

Who can practice this?

Oil Pulling can be practiced by all from the age of 5 years onwards for any type of health problems. People who are in a habit of taking a lot of medicines should try this, as it will release a lot of toxins from the body.

Which Oil to be used?

Any cooking oil can be used, but the most preferred is the Sesame Oil.

STRESS RELIEF. Is salt bad for hypertensive?

What is bad for hypertension is iodized salt, which is a fake salt. It is made up of only 3 synthetic chemicals, sodium, chloride, iodine. It does not melt in water (glistens like

diamonds), does NOT melt in the body, does not melt in the kidneys, gives kidney stones, and raises blood pressure. However, it is the salt favored by the synthetic she drug-based doctors who say it is very clean and sanitary, pointing to how white it is and how it glistens like diamonds. The fake salt is man-made in a factory. The true salt, which comes from the sea and dried under the sun and commonly called rock salt, has 72 natural minerals including natural sodium, chloride, and iodine. It melts in water, melts in your body, melts in the kidneys, do not give kidney stones, and best of all brings down blood pressure and stops/prevents muscle cramps, numbness, tingling.

If you get muscle cramps in the lower legs at night, just take ½ teaspoon of rock salt and a glass of water, and the cramps with its horrific pain will be gone in 5 minutes. The highest BP that came my way was in a woman who had a BP of 240/140 and came to my house at 10:30 pm on what she said was a matter of "life and death" because the high BP was already giving her a crushing headache, especially the back of her head. She could not walk up the 6 shallow steps to my porch. Two men had to help her, one on each side, in addition to the cane that she needed to prop herself up.

I muscle tested her and found that underlying her BP of 240/140 and the crushing pain in the head, her body's water content was only 6% (normal is 75%), salt content was zero, potassium was 96% deficient, and cardiac output (blood flow from the heart) was only 40% (normal is 100%). So the blood supply to the head was 60% deficient.

I gave her one 6" long green chili (hot pepper), 1 raw ripe Saba banana, 1/2 teaspoon of rock salt and 3 8-oz glasses of tap water. The chili was to normalize cardiac output and shoot blood to the head, the Saba banana was for the potassium deficiency and to have food in the stomach because pepper will give a stomach ache if the stomach is empty, and the rock salt and the water were the first aid for her severe dehydration which was causing her arteries to be dry and stiff and her blood to be thick and sticky, because they were dehydrated.

After 5 minutes, she said, "The pain in my head is gone." We took her BP, it was 115/75, and cardiac output was up to 100%. She walked out of the house to her car without the men helping her and without the cane.

She has been taking 2.5 teaspoons of rock salt, 15 glasses of water, 6 Saba bananas and 3 of the long pepper daily since then (beginning September 2009), and her BP and cardiac output have been normal since then.

Two months later, in November, at a PCAM round table forum on hypertension in Club Filipino, she gave her testimony, followed by her brother who said that she grew 2", because the salt and the water had refilled her compressed disc spaces in her vertebral column. The disc spaces had become compressed because they had become dehydrated since the fluid filling up these discs is 95% water.

Why salt? Because without salt the body cannot retain water no matter how much water is drunk. You will still be dehydrated because you will just keep urinating and sweating the water out.

This is not an isolated case. When BP is rising high but there is little or no headache but there is stiffness of shoulder and neck muscles, all you need to normalize the BP and remove the stiffness and the pain in 5 minutes is 1/2 teaspoon of rock salt and 3 glasses of water. If there is crushing pain in the head, it means blood supply to the head is lacking, and you will need the chili to normalize it and shoot blood to the head and remove the extreme pain.

DR.JOSEPH A. ANTONY (FRCS(C); FICS; FAAS)
Urologist & General Surgeon
Consultant: St.Philomena's Hospital, Bangalore, India.

DO NOT WEAR CONTACT LENSES WHERE OVERHEATING AND FLAMES ARE CONCERNED OR WHILE COOKING.

A 21 year old guy had worn a pair of contact lenses during a barbecue party.(An event or meal at which food is cooked outdoors over an open grill or fire) While barbecuing he stared at the fire charcoals continuously for 2-3 minutes. After a few minutes, he started to scream for help and moved rapidly, jumping up and down. No one in the party knew why he was doing this? Then he admitted into the Hospital, the doctor said he'll be blind permanently because of the contact lenses that he had worn. Contact lenses are made by silicon / plastics, and the heat from the charcoal melted his contact lenses.

NO NEED OF ANGIOPLASTY OR BYPASS

Natural therapy for opening the veins of Heart

Lemon juice - one cup

Ginger juice –one cup

Garlic juice- one cup

Apple vinegar - one cup

Mix all above and boil in light flame, when it becomes three cups, take it off and cool down.

Now mix it with three cup of natural honey and keep it in a clean bottle.

How to take: Take one table spoon of this juice daily before breakfast. Your blockage from veins will disappear slowly.

Rub your stomach away: Waa Piang

Did You Know...

... that you can rub your stomach away effortlessly using *nothing but your hand* -- for only 2 minutes a day?

This may sound hard to believe, but Dr. Stephen Chang, an M.D. and Ph.D. who's trained in both Western and Chinese medicine, states that this simple 2-minute internal exercise, which does not come from Western medicine, but rather from the wisdom of ancient Chinese sages -- has been used successfully as a self-healing mechanism for over 6,000 years.



Whatever you do, don't confuse this *internal exercise* with the *external exercises* of the Western world, such as sit-ups, crunches and other movements that only firm up the underlying stomach muscles ... but do nothing to melt the fat surrounding those muscles.

According to Dr. Chang, losing weight is a simple matter of increasing the efficiency of the digestive system. If you've ever wondered why you fail to shed pounds even when you reduce your food and/or caloric intake -- the reason is because your digestive and eliminatory systems are not functioning efficiently.

The following 2-minute exercise works like a *gentle colonic irrigation* that helps speed up a sluggish digestive system (which usually carries at least 5 pounds of fecal matter within it), and this elimination of useless sludge has the effect of burning off excess fat. The exercise effectively metabolizes the fatty tissues around the stomach and intestines, and flushes them out of your body through blood, sweat, urine, and feces.

Here's how to do the stomach-rubbing exercise:

- 1) Lie flat on your back on your bed or on the floor. Take your top off or pull it up so that your abdominal area is bare.
- 2) Rub your hands together vigorously for about 15 seconds, or until they feel hot.



3) Place one of your hands directly on your belly button and begin to rub in small circles around your belly button, and gradually make the circles larger (as shown in the diagram). Use fairly firm but comfortable pressure and rub at a slow, even pace, approximately 1 circle per second. 4) Concentrate on the heat building up in, around and throughout your stomach. 5) Do about 40 to 50 circles, or for an approximate duration of 2 minutes or more. Note: It is important to keep the abdominal area warm while doing the exercise, especially during winter months when even heated indoor air tends to be cool. For best results, do this routine twice a day for 2 minutes -- first thing in the morning (before breakfast) and just before you go to bed. Most people see noticeable results within 1 week of consistent practice

According to Traditional Chinese Medicine (TCM), the stomach is the center of energy. Massaging the stomach in the manner described above therefore accomplishes more than just melting away adipose tissue (fat). It also ...

- * stimulates the abdominal organs
- * helps speed up slow digestion and remedies constipation
- * increases blood circulation in the abdominal area
- * helps heal indigestion, nausea, diarrhea, vomiting and the adverse effects of overeating

MIRACLE DRINK FOR CANCER

This MIRACLE DRINK has been circulating for a long time. It is worth your while to take note. There is a celebrity Mr. Seto who swears by it. He wants to make it public to draw the attention of people who have cancers. This is a drink that can protect bad cells forming in your body or it will restrain its growth!

Mr. Seto had lung cancer. He was recommended to take this drink by a famous Herbalist from China. He has taken this drink diligently for 3 months and now his health is restored, and he is ready to take a pleasure trip.

Thanks to this drink! It does not hurt for you to try.

It is like a Miracle Drink! It is simple

You need one beet root, one carrot and one apple that combine together to make the JUICE! Wash the above, cut with the skin on into pieces and put them into the juicer and immediately you drink the juice. You may add some lime or lemon for more refreshing taste.

This Miracle Drink will be effective for the following ailments:

1. Prevent cancer cells to develop.
It will restrain cancer cells to grow.
2. Prevent liver, kidney, pancreas disease and it can cure ulcer as well.
3. Strengthen the lung; prevent heart attack and high blood pressure.
4. Strengthen the immune system
5. Good for the eyesight, eliminate red and tired eyes or dry eyes
6. Help to eliminate pain from physical training, muscle ache
7. Detoxify bowel movement, eliminate constipation. Therefore, it will make skin healthy & LOOK more radiant. It is God sent for acne problem.
8. Improve bad breath due to indigestion, throat infection,
9. Lessen menstrual pain
10. Assist Hay Fever Sufferer from Hay Fever attack.

There is absolutely no side effect. Highly nutritious and easily absorbs! Very effective to loose weight. You will notice your immune system will be improved after 2 week routine. Please make sure to drink immediately from the juicer for best effect.

WHEN TO DRINK IT:

DRINK IT FIRST THING IN THE MORNING WITH THE EMPTY STOMACH! AFTER ONE HOUR YOU CAN EAT BREAKFAST. FOR FAST RESULTS DRINK 2 TIMES A DAY, IN THE MORNING AND BEFORE 5 P.M.

YOU WILL NEVER REGRET!

IT DOES NOT COST YOU MUCH MONEY!

BABA RAMADEV'S YOGA FOR VARIOUS DISEASES

બાબા રામદેવના વિવિધ રોગો માટેના આસનો

[LOOSE WEIGHT-વજન ઘટાડો](#)

[To Reduce Fat -ચરબી ઓછી કરવા](#)

[Yoga for the Youth-યુવાનો માટે](#)

[Yoga for Young Women-યુવાન યુવતીઓ માટે](#)

[Yoga for Obesity-સ્થૂળતા માટે યોગ](#)

[Yoga for Stomach Ailments-પેટના રોગો માટે આસનો](#)

[Yoga for Constipation & Piles-કબજિયાત અને હરસ માટે યોગ](#)

[Yoga for Diabetes-ડાયાબીટીસ માટે યોગ](#)

[Daily Yoga Aasans-Sunday-દરરોજ કરવાના યોગ](#)

[Yoga for Insomnia-અનિદ્રા માટે યોગ](#)

[Self - Realisation \(Atma Bodh\)](#)

[Yoga for Leucoderma-કોઢ માટે યોગ](#)

[Yoga for Migraine & Epilepsy-માથાના દુખાવા અને ખેંચ માટે યોગ](#)

[Yoga for Eye Diseases-આંખોના રોગો માટે યોગ](#)

[Yoga for Musculoskeletal Disorders \(Vaat Rog\)-વાયુનારોગો](#)

[Yoga for High Blood Pressure-હાઈબ્લડ પ્રેસર માટે યોગ](#)

[Reducing Belly Fat-પેટની ચરબી ઓછી કરવા માટે યોગ](#)

DIABETES – QUESTIONS AND ANSWERS

Understanding Your Test Results

	<u>Fasting Blood Glucose</u>	<u>Oral Glucose Tolerance Test (OGTT)</u>	<u>Random Blood Sugar (taken any time of day with or without fasting)</u>	<u>A1C</u>
Preferable Result	Less than 100mg/dl	Less than 140 mg/dl	Less than 140 (even after eating a large meal)	Less than 5.7%
Pre-diabetes	100-125mg/dl	140-199mg/dl	140-200	5.7% to 6.4%
Diabetes	126mg/dl and greater	200 mg/dl and greater	200 or greater	6.5% or more

Questions & Answers

Q: I have had type 2 diabetes for 15 years. Although my fasting levels are generally higher in the morning, two weeks ago I noticed a few levels approaching 240 fasting before breakfast. For example, last week my morning level was 235. I ate a meal that had eggs and turkey sausage and coffee without sugar. My blood sugar dropped to 196 after one and a half hours. I took a walk for 20 minutes and my sugar level was 127. Then I had another coffee and an hour later my sugar was 190 again. Why would this happen?

A: Food intake is a most powerful player here. It is common for blood sugar levels to be elevated in the early morning due to hormonal activity during the night, then begin to drop during the day with usual daytime activity. Then, assuming eating is well-controlled, daytime levels can be in normal ranges. You should clarify with your physician what the target glucose goals are for you for both fasting and 1-2 hours post meals. The morning protein meal you ate converted into glucose at a far slower rate than if you had eaten a carbohydrate based meal, so it is not surprising that you saw a drop in levels as you did after that meal. Coffee is often listed as a "free food" that does not affect blood sugar levels but you can see this may not be the case. It does stimulate the central nervous system and can cause some short term rise in levels.

Q: I was diagnosed with type 2 diabetes five months ago. I have been testing and trying to determine what is working and what is not. I've noticed recently I could have a double cheeseburger and fries and have a reading of roughly 140 two hours after. Yesterday I vigorously tested and found, 1.5 hrs post was 122, 2 hrs post was 142, 2.5 hrs post was 168, 3 hrs post was 189 and finally 3.5 hrs post was 85. A 104 pt drop in 30 minutes. Should I still be testing two hours after a meal when I was apparently at my highest three hours after?

A: This all depends on what you are eating. A double cheeseburger will show its greatest impact in that 3-4 hour time frame because proteins and fats start to peak into glucose 3-4 hours post meal. Most carbs peak by 1 hour after eating and are pretty much through the entire digestive process 2 hours after eating. If you eat few carbs and primarily meat and fats,

then you will peak later. This is why in most structured meal planning, you will see meat intake to be about 3oz./serving, gradually increased for high calorie meal plans required by larger individuals. Get a good balance with your foods to where you include lots of veggies/higher fiber foods and smaller amounts of refined carbs/very low fiber starches (white breads, etc.). Testing after different times with different foods will give you a better idea of what raises your glucose levels more quickly.

Q: Can the hot weather have an effect on a person's blood sugar readings?

A: High heat, particularly warm weather, does not directly affect your glucose levels, but it can lead to changes in your daily habits: eating less and not adjusting medication, being less active, and possibly over exerting yourself. These situations can lead to either higher or lower levels. Dehydration can set in more readily; don't wait for thirst to be your clue. Carry water at all times. Sunburn is stressful to the body and can elevate glucose, so plan your sun exposure and exercise for earlier or later in the day. Remember also that high heat can affect meter strips and medications, especially insulin. Be smart with the heat, and you will manage your glucose much better this summer.

Q: When my type 1 diabetic son goes low....under 70, if we give him 15 grams of carbs, how much does it bring his levels up by?

A: 10-15 grams is targeted to elevate glucose levels 30-45 mg/dL. Assuming this is from quick acting choices such as 4 oz. juice, 3 glucose tabs or 6 oz. of milk; his levels should come up quickly and be tested at 15 minute intervals until the target is reached. For those on insulin, it is especially suggested to treat once blood sugars drop below 72mg/dL. I suggest you enroll in diabetes management class if you have one in your area, or at least be very clear from your medical team what the basic targets and management skills are for your son.

Q: Why does my blood sugar level go up when I do yard work? I drink water all the time and eat my meals on time, but when I do yard work, like digging and planting and cutting the grass, my sugar levels rise.

A: The first 30-60 minutes of exercise, especially in warmer weather, can raise levels. They should come down after that. Try checking right after your yard work, then again in around 90 minutes and see if you have a drop.

Q: I just got a new glucose monitor and my numbers are lower than with my old monitor - as much as a 23 point difference. I am curious if you know why this would be?

A: I'm assuming you have made sure your old strips are up to date and calibrated if necessary? I suggest you call both companies for an explanation, and then perhaps assume the newer meter is giving more accurate readings. You can verify this by bringing your meter to your physician's office next time you go and test against their machine if they do this in the office. There is often some difference between meters, but that is a very wide range.

Q: I think I may have diabetes because my fasting glucose is 140 but my doctor said I do not have diabetes. I get light headed, dizzy, blurry eyed, and my hands shake if I don't eat a snack with sugar in it between meals. Please help, my doctor says I'm fine.

A: You clearly have blood sugar imbalances, going from some moderate highs to lows. The shakiness, etc. is hypoglycemia. Has your doctor done a glucose intolerance test on you yet? I suggest the one that shows your glucose levels at 4 intervals 2-3 hours apart. You may be higher in the morning and then going low daytime. Eating unrefined foods, lean protein, and more veggies than starches are really important for you right now. Eating 5-6 small meals/snacks should be your pattern. An apple and 1 oz. of cheese or 1 tbs. of nut butter is an idea for a snack. Learn where protein comes from and include it more. Beans have a good source of plant protein and fibers that stick with you longer and break down into sugar (as all food eventually does) in your blood stream more slowly. This is a good thing, as you won't get a low blood sugar nearly as quickly. Candy, juices, etc. are all turned into blood sugar very fast; they don't stick with you. Think of these simple sugars as very short term fuel. You may need a 2nd opinion. Eating correctly will help you straighten this out.

Q: My Dr. said my glucose number should be between 65-99. I am a 77 1/2 year old female who recently started experiencing low blood sugar episodes, especially at night. If my number when tested is 103 and lower, I shake, sweat and am generally miserable till I drink orange juice, etc. Is it possible that my count needs to be higher?

A: I do think you need to revisit this with your physician, as clearly you seem to be requiring a higher blood sugar level. A textbook normal fasting glucose is closer to 80; 65 would be too low for many people. Keep close track of your intake, and be sure to eat protein at each meal.

Q: I was recently diagnosed with type 2 diabetes and manage with diet and medication. My primary care doctor told me when my blood sugar gets low and I get shaky I should take a pinch of table sugar. My question is, should I eat something like an orange or something other than table sugar to raise my blood sugar? It just seems counterproductive to watch what I eat all day, every day, and then take some sugar to even out my blood.

A: Low blood sugars are better treated by drinking 4-6 ounces of milk if you are a dairy consumer, 4 ounces of juice, or some sugar equivalent to equal 15 grams. 3-5 Lifesaver candies often does the job. However, the goal is not to have to eat more, but to lower your medication requirements. As you continue to take charge of your lifestyle and how different foods affect your levels, episodes will be less frequent. When you are just beginning to show the signs of low blood sugar, milk is a good choice (this includes soy milk) because it has the right carbs to get into your bloodstream quickly, but also has some protein to digest at a slower rate. I suggest you try to find some diabetes classes in your area to learn all you can on how to manage, especially eating.

Q: My fingers are sore. Is there any other place on my body I can use to check my sugar?

A: Forearms are the next place you may be able to go. However, you may want to discuss this with both your meter company and your physician to see what the difference may be between finger/forearm. I trust you are testing the sides of your finger pads, and not directly on them.

Q: Are there any devices to test blood sugar that do not require the traditional needle and test strip?

A: Yes, there are, but by prescription. The GlucoWatch has been in the making/perfecting stage for years, and still requires some traditional backup finger sticking due to some detected inaccuracies. Worn like a watch, it can give an idea of 24/7 fluctuations in blood sugar. The MiniMed continuous glucose monitoring system is worn under the abdominal skin, recording glucose levels for 3 days. The results must be downloaded by your physician. This is a good tool for fine tuning your protocols. The Lasette is a \$1000 device that can draw blood with a laser prick, so it is less painful. There are devices for alternative site testing, giving the fingers a break. You can Google any of these mentioned to see if any fit your situation.

Q: I'm a type 1 diabetic and going through menopause. My blood sugars are consistently high whereas before they were on target. Does menopause cause my body to resist insulin?

A: Hormonal changes can affect your glucose levels, as you are experiencing, which is not exactly insulin resistance. It is important during this time that you eat foods as unrefined as possible and stay active to reduce any potential symptoms like sweats and hot flashes. This will help to reduce glucose fluctuations as a result of less fluctuation at the nerve levels. You may want to eat the exact same diet every day to see what is due to hormones versus diet, etc. In addition, nutritional compounds for menopause may help with balance.

Q: I have type 1 diabetes and whenever my blood sugar is low I feel as if my thinking process is different and I tend to feel anxious. Then once my sugar gets back up I don't feel that anxiety anymore. Does that have to do with blood sugar levels affecting my thinking?

A: These are symptoms that occur with most people with low blood sugar. Remember, food is fuel for the body, and the form of our food is sugar, which you need to have enough of in your body for your brain to function normally. With low blood sugar levels, anxiety, lack of focus, gloom-to-doom thought patterns can manifest. This is very true with hormonal imbalances as well. Many kids begin to show signs of this with puberty and poor lifestyle/eating patterns that abound in today's society. The important thing here is that you know how to fix these symptoms. Better yet, keep yourself from getting to that point by always having something with you to elevate your blood sugar. Keeping a pack of glucose tabs with you at all times gives you a set dose of carbs to take when you first feel signs coming on. Dry roasted nuts also carry well to hold off hunger.

Q: My friend's meter is giving me a different reading than my meter. I use the control solution BUT is that really accurate?

A: It is not uncommon to get some difference in readings between meters, but it should not be too broad a span. You might consider taking your meter to your physician's office at your next visit and see if you can test it against one of theirs. I suggest you also call your meter company and discuss your concerns. They do calibration studies and should be able to give you some solid answers.

Q: I am on an 800-1000 calorie diet and my blood sugar readings are still 104-109. Shouldn't they be lower?

A: I would first suggest that you are eating too few calories; this is not effective fat loss. It will most likely serve to alter your metabolism more than give you any long lasting results.

Fasting blood sugars of 100-125 constitute a diagnosis of pre-diabetes. You would fall into this range. A goal would be to be less than 100 fasting. I suggest you get some guidance with a healthy eating plan for yourself, be active, and target long term body fat loss at a gradual pace as the way to effectively achieve your goals.

Q: What finger should I use when testing? On two occasions I've had different readings from two different fingers.

A: It should not matter which finger you use as long as you test on the side of the finger. Do not milk the finger; hold it upside down to let the blood flow to the tip. Readings may vary slightly. If the spread is wide, be sure you tested correctly in both situations. If you still get discrepancies, I suggest you call the 800 number on your meter and ask their advice.

Q: What are the risks when blood sugar is 400 to 500?

A: The intensity of the symptoms will vary between individuals. If these high blood sugars persist, some symptoms that may be experienced include dizziness, nausea, headaches, frequent urination, and hunger. In some cases, one may even experience Diabetic Ketoacidosis, a condition that if left unchecked, can lead to coma. This is generally more associated with type one diabetes. High blood sugars over the long-term precipitate complications such as organ and nerve damage.

Q: Why does my blood sugar jump from 115 to 165 after eating breakfast?

A: All food turns into sugar and carbs turn the fastest. It is normal for everyone's blood sugar to rise after a meal though folks without diabetes don't go over 140 as a rule. If your blood sugars had been closer to 100 before your meal, you would have been closer to a normal range. Also, it may have been the types of foods you ate. A breakfast that includes protein, such as an egg, and whole grains, such as a higher fiber toast may help to keep your numbers down. Check your blood sugars 2 hours after eating for a while so that you see how you are the rest of the day. This will help your physician in adjusting any medications you might be on. Keeping a very healthy lifestyle is your best ally for keeping those numbers down.

Q: I had a blood test but did not realize that I was supposed to fast beforehand. I had two cups of the coffee in the morning, and a sandwich and chips for lunch. My results came back at 293. Is this an accurate test? Do I have diabetes? My doctor wants to put me on medication.

A: 293 would still constitute a diagnosis of diabetes, since it is over 200 - the limit for a random blood sugar, even without fasting. In my experience working with endocrinologists, the next step after "discovering" the high blood sugar would be to order an A1C test to measure an average over the last 3 months. An Oral Glucose Tolerance test may also be order to see how the blood sugars go over the course of 3 hours after a high carb load. If you have no other symptoms or uncontrolled conditions, a course of 3 months of focused diet/lifestyle changes may be put in place to see how far your numbers come down before starting medications. It is most important for you to get educated on eating for diabetes

management. Exercising and working towards reduced body fat is usually also at the top of the list.

Q: My question is what is the normal blood sugar levels for a pregnant person fasting, immediately following a meal and 2 hours after? How many carbs can I eat?

A: The guidelines for gestational diabetes have gotten tighter. Those practitioners who manage their patients more tightly prefer a fasting glucose of less than 90 and 110 one-two hours post meal. The best rule of thumb for carbs is NOT to eat them in the morning if you do experience elevated blood sugars. This often means saving your fruit for lunch or later. How many carbs is dependent on your nutritional needs and caloric needs for your pregnancy. It would be helpful for you to have a consult with a nutritionist who understands gestational diabetes patterns. Once you and your physician have determined your blood sugar guidelines, a management plan should follow. Meanwhile, eat unrefined foods as much as possible, lean “flesh”, and minimize sweets and juices.

Q: Can having diabetes cause your blood alcohol levels to go up?

A: Yes, though generally this is more pronounced for those with insulin dependent diabetes. When the cells can't suck in the blood sugar due to insufficient insulin, the body breaks down fat for fuel and produces ketones, which can cross-react with both blood and alcohol tests to produce a positive result, even without a drink. Lots of ketones can cause a fruity breath, mistaken for alcohol, and cause a person to have symptoms of being intoxicated such as slurred words and dizziness. ALWAYS HAVE ID ON YOU THAT IDENTIFIES YOU ARE DIABETIC TO AVOID UNNECESSARY HASSLE AND GET TREATMENT YOU MAY NEED IN A TIMELY FASHION!

Q: I suffered what I believe was a low blood sugar attack with extreme dizziness and nausea. I take medication for type 2 diabetes. What should I do next time this happens?

A: It sounds like you did have a low blood sugar attack. It could be that you are not requiring as much medication, and/or you waited too long between meals. You should be checking your blood sugars and make sure that you know what ranges your physician wants you in. The idea is not to eat more to feed the medication, but to hopefully lower the medicine dose. Glucose tablets are good to carry with you in emergencies as the dose is then measured. Lifesaver candies can also work. The usual amount is 15 grams of carbs every 15 minutes until blood sugars come up.

Q: Can sunbathing and high temperatures increase blood sugar levels?

A: High heat can lead to dehydration, which in turn can cause high blood sugars. It takes 6 molecules of water to move one molecule of sugar from the blood stream, so the higher the sugar, the more water you need to drink. Extreme hot or cold temperatures can cause changes in the vascular system that can affect blood sugar and cause reactions.

Q: Is a 132 glucose level, after a ten hour fast, high enough to be concerned about?

A: Two fasting levels of 126 or greater is a diagnosis of diabetes. If this was a lab test, your physician should order another fasting glucose to confirm, and an A1C to get your average level over a 3 month period. Meanwhile, start practicing a very healthy lifestyle,

understanding what food choices to focus on. In a nutshell, focus on eating lots of veggies, some fruit, legumes, lower starch, and fish or smaller amounts lean meat. BE ACTIVE! That is the best key to control.

Q: Why is my fasting reading higher first thing in the morning than after I eat?

A: This is the usual pattern for blood sugars: higher in the morning due to elevated hormonal and other factors during the early morning hours. During the day, activity tends to keep sugars under control if following a healthy, active lifestyle. Reevaluate your habits, with attention to your nighttime eating.

Q: My fasting blood glucose is normal, but the A1c was 6.5. What would you recommend?

A: I suggest to closely reviewing what you eat the entire day, and increase your activity level if necessary. If your fasting is between 80-90, great! If higher, then lifestyle habits certainly are what need to be addressed first. You may also request an Oral Glucose Tolerance Test to see what your blood sugar response is post-meal.

Q: Why does my blood sugar get highest 3 hours after eating? One hour after eating my blood sugar is around 160-180, after 2 hours it is around 100-125. What's confusing is it goes up again after 3 hours post-meal to reach 140 then drops down again to 100, and stays at that level. Readings taken after fasting are between 90 to 110. Is this usual?

A: Most of what you describe is usual, particularly depending on what you are eating. Is the 3 hour rebound the same daily? Do you monitor that often? If you are exercising or particularly active before that 3 hour measurement, that could account for a slight rise, followed by the drop. That is a normal pattern for the immediate effect of exercise on blood sugar. Are you on insulin? It sounds as though you may need to revisit your eating habits and tweak your medication program to help you start with an even lower fasting blood sugar.

Q: I have type 2 diabetes and am having problems keeping my morning blood sugar to desired levels. My afternoon levels are usually in the normal range. I'm overweight, but I've lost about 27 pounds hoping to reduce my average blood sugar. However, this has not happened. What could this mean? Is my disease progressing?

A: There are several factors that affect morning blood sugars. Often, with reasonable control of diet and exercise resulting in weight loss as you indicate, you do experience a drop. Is your diet as "impeccable" as you can make it? Nutritional supplements also can be helpful when professionally guided. Don't give up; keep up with your good work. Insulin resistance can be just that: resistive! For some people, if they don't follow a disciplined program, blood sugars will keep rising. Sticking to a healthy lifestyle will only be a win-win situation for you in the long run.

Q: I sometimes experience a rise in blood sugar levels whenever I am under a great deal of stress or am ill. Even if I'm strict about my diet, is there any way of keeping the sugar levels down without having to take insulin? Will they return to "normal" levels without medication, or will I still require insulin shots?

A: In general, illness and stress do elevate blood sugar, and if you are already requiring insulin when you are otherwise healthy/unstressed, you may need more at these times. If your blood sugars fall into normal levels without needing medications, then triggers such as an illness may or may not raise them, and if so, may not raise them high enough or long enough to warrant medication. Be sure you understand the nature of the disease, and monitor yourself in all situations as closely as you can. No one will be able to manage this better than you.

Q: What is a good blood sugar reading after eating a meal?

A: In an entire day, we generally say your blood sugar should not go over 140 even after eating a large meal. Ideally it would not go over 120 two hours after eating. With diabetes, one's physician may have a higher goal, depending on the health of the person, in order to avoid hypoglycemia (low blood sugar).

Q: Does maintaining a level glucose mean that I should constantly keep my sugars the same, or will the numbers go up and down?

A: There are ranges to maintain your glucose within. Ideally, you will target to be under 100 before breakfast (fasting), and under 140 after meals. You are trying to avoid the extremes of high and low blood sugars. Ask your physician what his/her blood sugar goals are for you immediately and over the long term.

Q: Does high blood sugar cause your blood to get thick and sticky?

A: Very high blood sugars can accelerate dehydration, which could contribute to "thick" blood. Other medications may also lend to dehydration. It takes six molecules of water to move one molecule of sugar through the blood stream. With all the emphasis on food and lifestyle changes, drinking enough water is basic to good management. Generally, 8 glasses per day is a good start for most people, realizing some will need more, some less. If your first morning urine is not reasonably pale, you are probably not getting enough water.

Q: Do I need to be concerned that my blood glucose runs about 106 fasting every morning? The rest of the day it is fine. I run and lift weights regularly, and my diet is good while watching my carbs. I do not drink. I am also careful with snacks at night.

A: It is good that you are normal during the daytime. The biggest wear and tear on the body seems to come from fluctuating daytime levels rather than a stable but slightly high fasting level. Yes, it would be good to get under 100, ideally between 80-90, but if you truly are most diligent in your lifestyle, you should be able to maintain good health. Certain hormones elevate nighttime levels, contributing to morning highs. Research is out there on many nutraceuticals that may lower fasting blood sugar levels. Water soluble cinnamon in capsule form is one of the most recent that is showing good results.

Q: What should my blood sugar be before meals and 90 minutes after a meal to be an acceptable level? I am pre-diabetic.

A: In general, you do not want to be over 140 post-meal at any time of day. Staying closer to 120 post-meal is an even tighter goal and mimics the non-diabetic state better. Pre-meal

blood sugars will vary depending on the last time food was consumed; a goal is to stay between 80-120. Maintaining consistent exercise and monitoring carbs and food quantity will assist in keeping your 2 hour post meal blood sugars under 140.

Q: However, I can have a normal blood sugar reading of about 90 before breakfast and then after a moderate cereal-toast breakfast, my blood sugar will go over 200. I am not diabetic according to medical tests.

A: Have you had an Oral Glucose Tolerance Test? Newer research is placing more emphasis on the after meal glucose elevations as opposed to just monitoring fasting glucose. You are experiencing hyperglycemia, which as an initial diagnosis, generally manifests as slowly elevating fasting glucose. Ideally, your fasting glucose should be closer to 80. 100 is pre-diabetes. I would suggest that your breakfasts now consist of more protein and less carbs. Good choices include egg, yogurt, nut butter, cheese, meat, oatmeal, etc. Target for 20-30 grams of protein at each meal. Any carbs you eat should have fiber: whole grain toast, fresh fruit, etc. Breakfast cereals generally don't fit these criteria unless you search for a type with higher fiber. I suggest an overabundance of plant foods now, to clean out your system a bit, giving your liver a work break. This should help to fine tune your metabolism. Make sure you have essential fatty acids in your intake: fish/plant foods are main sources.

Q: My husband is on an insulin pump but after a severe low blood sugar, he will struggle for several weeks to get his blood sugars under control again. The blood sugars go low and then high for no reason, regardless of diet, exercise, insulin.

A: I suggest you work a bit more closely with the pump trainer on how to cut back on insulin depending on time of day, activity level, etc. With the abilities of today's pumps, there are many options for programming different dosages throughout a 24 hour cycle. In my experience, most pumpers need at least 2-3 different program rates. If you begin to notice a pattern of lows, that would be the time of day or activity relationship to begin cutting back with. This may mean both bolus and basal rates. If lows do occur, try to avoid over treating. Four ounces of juice may be enough if he is really low. Tablets may be a better choice to control the carb amounts, re-administering every 15 minutes until a desired blood sugar level is reached. With perseverance and lifestyle consistency, he should reach a more stable pattern.

Q: Do cold temperatures affect blood sugar? My blood sugar numbers have gone up since the building turned the air conditioning down. The cold air vent is directly above my desk, blowing cold air directly on me.

A: Extreme temperature changes can create a stress reaction, elevating blood sugars. If you are cold, I'm sure you are "bundling up". Hopefully, you will adjust with time. And is it possible to shift your desk?

Q: How often should pen needles be used before discarding?

A: Pen needles technically are to be used once. In reality, most people who do more than one injection per day immediately cap their needles after use, discarding at the end of the day. Most pens are prefilled, so when finished, discard and start another pen.

Q: Why does my blood sugar increase after exercise? I had a blood sugar reading of 135 first thing in the morning but after a 3 mile walk my reading was 155. I had nothing to eat or drink during this time. I repeated this test and got the same results a few days later.

A: Wait an hour after you exercise and see if you get the same results. Exercise is a stressor, so blood sugar will be higher immediately after your session. Also, blood sugars tend to be higher in the mornings because of hormonal activity during the night.

Q: What is the normal range that your blood sugar should be if you test it at home?

A: For a basically healthy person, a good fasting is under 100, and 80-90 is even better for most people. If you test two hours after a meal, under 120 is ideal. I would suggest, if symptoms persist, that you get some blood work done, perhaps another Oral Glucose Tolerance Test may be indicated. This is also a good time to review your lifestyle habits which are important for keeping a lid on potential blood sugar changes.

Q: After 8 years of successfully controlling my type 2 diabetes, my fasting numbers are starting to creep up into the 200+ range and my doctor wants to put me on insulin. What am I doing wrong?

A: Many variables can cause this change. One factor is that as we age (I like to refer to this as "chronological maturity"), hormones change as well. Another very common variable is that we often eat the same way, not increasing our intake, but neither do we increase our activity levels. Taking insulin for a time may give the beta cells the rest they need, with perhaps returning to your lower levels. Conversely, many do experience a decline of insulin output over time, regardless of lifestyle management. Your gene pool may have you on this path. Do what you need to to get back into good management. Managing one's stress levels is a "must"; yoga, Tai Chi, dance are just a few examples of very positive supports. Find what works for you.

Q: My wife is having problems with her blood sugar levels. She has been watching her carbohydrate intake but when she sleeps for at least 8 hours, her sugar levels are higher. Why?

A: It is good she is monitoring her carbs closely, but it is also about the total intake of food and her activity level. Glucose is generally higher in the early morning due to hormonal activity during the night. If she is also elevated during the day, it again may be the types and quantities of foods. Perhaps her medication needs reevaluating. I would suggest she pose these questions to her physician.

Q: I have had type 1 diabetes for about 16 years now. My A1C was 8.6 for a while but now I have it down to 7.6 and lower now. The problem is that now I feel like I am having low blood sugar even when I am in the good range.

A: For many who have adapted to functioning on higher sugars for many years, then in a reasonably short period drop into more normal ranges, low blood sugar symptoms may persist for a time. This means that your insulin is functioning far more efficiently in removing sugar from your bloodstream. At 7.6, you are still in a higher range, but certainly closer to numbers that are more protective for complications. If you are on other medications,

particularly for CAD, these may also contribute to symptoms. Make sure you know from your physician what range you should be in. If the symptoms persist, perhaps something else would be the cause not directly related to glucose lowering in the bloodstream. Hormonal changes as part of the life cycle can also play a role.

Q: Do I use the first or the second drop of blood when testing my blood sugar?

A: With most strips now, you can touch them with the first drop. It takes far less blood than it used to to get a good sample. One drop is all that is needed.

Q: I've been taking my blood sugar readings for 2 years. The highest reading was 200 after a meal by 1 hour. Fasting blood sugar is almost between 80 to 100. With such readings, should I be concerned about being diabetic?

A: You are showing readings of hyperglycemia. There is a greater movement among diabetes management practitioners to emphasize the importance of post meal control. This is because blood sugar excursions contribute to higher oxidative stress, which in turn may cause increased tissue damage leading to greater risk of complications. This seems to be more true than chronic sustained high blood sugars, such as only high fasting levels.

The ideal fasting blood glucose reading is less than 100. The ideal post-meal blood glucose reading is less than 140. 140-200 post meal/random reading is considered pre-diabetes. I suggest you carefully reevaluate your daytime eating, perhaps being more careful of carb intake and type and follow up with your health care practitioner.

Q: I am a 74 year old male whose glucose level has gone slightly but steadily up over the past year and a half: 99, 104 and today 106. My doctor seems not concerned as I have none of the usual diabetes symptoms, have loads of energy, exercise a great deal at recreational sports, and eat wisely. Given the glucose level and fact that many in my family have diabetes, I am concerned and wonder what I could do?

A: It sounds like you are on a good path geared towards a healthy lifestyle. You may want to seek professional nutritional counseling to fine tune if you are not already very aware of such issues as the impact of carbohydrates. You are still maintaining a low pre-diabetes status. There are nutritional supplements such as cinnamon that may also be helpful in keeping your blood sugars down. Be certain too that you stay well hydrated by drinking lots of water. If you maintain these numbers and don't go any higher, you should do well.

Q: My blood glucose runs about 106 fasting every morning. The rest of the day it is fine. I run and lift weights regularly, and my diet is good while watching my carbs. I do not drink. I am also careful with snacks at night. Is this morning level a reason for concern and why is it high in the morning?

A: It is good that you are normal during the daytime. The biggest wear and tear on the body seems to come from fluctuating daytime levels rather than a stable but slightly high fasting level. Yes, it would be good to get under 100, ideally between 80-90, but if you truly are most diligent in your lifestyle, you should be able to maintain good health. Certain hormones elevate nighttime levels, contributing to morning highs. Research is out there on many

nutraceuticals that may lowering fasting blood sugar levels. Cinnulin PF, from cinnamon, is one of the most recent that is showing good results. It can be found in capsule form.

Q: I have been overweight for years and have been having my blood sugar checked at bi-annual doctor's appointments, always to be told it was "fine" or "normal". Five months ago the A1c was 6.3. Now it has gone to 10.1 with a fasting blood sugar of 329. While at my first diabetic management appointment, the nurse showing me how to test my blood sugar got a 428, stuck a needle of insulin in me, and sent me home with vials and needles. Is it normal for someone to go from fine to insulin diabetic so rapidly?

A: I would hope you had a bit more instruction than what you are conveying. With blood sugars over 300, it is now the thought of many endocrinologists to start a person on insulin to detox the beta cells of the pancreas. This may only be for a short period if lifestyle changes are diligently made. Sometimes, it is a shift to oral medication, or none at all. Over the years, one may need a return to insulin and/or other medications. Take charge of you lifestyle habits and get all the education you can on managing this disease.

FOOD AS MEDICINE

HEADACHE - EAT FISH!

Eat plenty of fish. Fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

HAY FEVER - EAT YOGURT!

Eat lots of yogurt before pollen season. Also-eat honey from your area (local region) daily.

TO PREVENT STROKE DRINK TEA!

Prevent build-up of fatty deposits on artery walls with regular doses of tea. (Actually, tea suppresses appetite and keeps the pounds from invading....Green tea is great for our immune system)!

INSOMNIA (CAN'T SLEEP?) HONEY!

Use honey as a tranquilizer and sedative.

ASTHMA - EAT ONIONS!!!!

Eating onions helps ease constriction of bronchial tubes. (Onion packs place on chest helped the respiratory ailments and actually made breathing better).

ARTHRITIS - EAT FISH, TOO!!

Salmon, tuna, mackerel and sardines actually prevent arthritis (Fish has omega oils, good for our immune system)

UPSET STOMACH - BANANAS - GINGER!!!!

Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.

BLADDER INFECTION - DRINK CRANBERRY JUICE!!!!

High-acid cranberry juice controls harmful bacteria.

BONE PROBLEMS? EAT PINEAPPLE!!!

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

MEMORY PROBLEMS - EAT OYSTERS!

Oysters help improve your mental functioning by supplying much-needed zinc.

COLDS - EAT GARLIC!

Clear up that stuffy head with garlic. (Remember, garlic lowers cholesterol, too.)

COUGHING - USE RED PEPPERS!!

A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

BREAST CANCER - EAT Wheat, bran and cabbage

Helps to maintain estrogen at healthy levels.

LUNG CANCER - EAT DARK GREEN AND ORANGE AND VEGGIES!!!

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

ULCERS - EAT CABBAGE ALSO!!!

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

DIARRHEA - EAT APPLES!

Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are good for this ailment)

CLOGGED ARTERIES? EAT AVOCADO!

Mono unsaturated fat in avocados lowers cholesterol.

HIGH BLOOD PRESSURE - EAT CELERY AND OLIVE OIL!!!

Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE - EAT BROCCOLI AND PEANUTS!!!

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

Kiwi:

Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. It's Vitamin C content is twice that of an orange.

Apple:

An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke..

Strawberry:

Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protects the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you. They're high in anti-oxidants and they actually keep us young.....blueberries are the best and very versatile in the health field.....they get rid of all the free-radicals that invade our bodies)

Orange :

Sweetest medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

Watermelon:

Cooler Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients Found in watermelon are Vitamin C & Potassium. (Watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those darn UV rays)

Guava:

Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation.

Papaya:

Is rich in carotene; this is good for your eyes. (Also good for gas and indigestion)

Tomatoes:

Are very good as a preventative measure for men, keeps those prostate problems from invading their bodies.....GOOD AS MEDICINE.

FOODS THAT HEAL

Apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocadoes	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chili Peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green Tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones

Oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
Olive Oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Strengthens respiration	
Peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
Sweet Potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat Germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Wheat Bran	Combats Colon Cancer				

STRESS RELIEF WITH SALT

Is salt bad for hypertensive?

What is bad for hypertension is iodized salt, which is a fake salt. It is made up of only 3 synthetic chemicals, sodium, chloride, iodine. It does not melt in water (glistens like diamonds), does NOT melt in the body, does not melt in the kidneys, gives kidney stones, and raises blood pressure. However, it is the salt favored by the synthetic she drug-based doctors who say it is very clean and sanitary, pointing to how white it is and how it glistens like diamonds. The fake salt is man-made in a factory. The true salt, which comes from the sea and dried under the sun and commonly called rock salt, has 72 natural minerals including natural sodium, chloride, and iodine. It melts in water, melts in your body, melts in the kidneys, do not give kidney stones, and best of all brings down blood pressure and stops/prevents muscle cramps, numbness, tingling.

If you get muscle cramps in the lower legs at night, just take $\frac{1}{2}$ teaspoon of rock salt and a glass of water, and the cramps with its horrific pain will be gone in 5 minutes. The highest BP that came my way was in a woman who had a BP of 240/140 and came to my house at 10:30 pm on what she said was a matter of "life and death" because the high BP was already giving her a crushing headache, especially the back of her head. She could not walk up the 6 shallow steps to my porch. Two men had to help her, one on each side, in addition to the cane that she needed to prop herself up.

I muscle tested her and found that underlying her BP of 240/140 and the crushing pain in the head, her body's water content was only 6% (normal is 75%), salt content was zero, potassium was 96% deficient, and cardiac output (blood flow from the heart) was only 40% (normal is 100%). So the blood supply to the head was 60% deficient.

I gave her one 6" long green chili (hot pepper), 1 raw ripe Saba banana, $\frac{1}{2}$ teaspoon of rock salt and 3 8-oz glasses of tap water. The chili was to normalize cardiac output and shoot blood to the head, the saba banana was for the potassium deficiency and to have food in the stomach because pepper will give a stomach ache if the stomach is empty, and the rock salt and the water were the first aid for her severe dehydration which was causing her arteries to be dry and stiff and her blood to be thick and sticky, because they were dehydrated.

After 5 minutes, she said, "The pain in my head is gone." We took her BP, it was 115/75, and cardiac output was up to 100%.

She walked out of the house to her car without the men helping her and without the cane.

She has been taking 2.5 teaspoons of rock salt, 15 glasses of water, 6 Saba bananas and 3 of the long pepper daily since then (beginning September 2009), and her BP and cardiac output have been normal since then.

Two months later, in November, at a PCAM round table forum on hypertension in Club Filipino, she gave her testimony, followed by her brother who said that she grew 2", because the salt and the water had refilled her compressed disc spaces in her vertebral column. The disc spaces had become compressed because they had become dehydrated since the fluid filling up these discs is 95% water.

Why salt? Because without salt the body cannot retain water no matter how much water is drunk. You will still be dehydrated because you will just keep urinating and sweating the water out.

This is not an isolated case. When BP is rising high but there is little or no headache but there is stiffness of shoulder and neck muscles, all you need to normalize the BP and remove the stiffness and the pain in 5 minutes is $\frac{1}{2}$ teaspoon of rock salt and 3 glasses of water. If there

is crushing pain in the head, it means blood supply to the head is lacking, and you will need the chili to normalize it and shoot blood to the head and remove the extreme pain.

PLEASE SHARE, IT MAY HELP SOMEONE

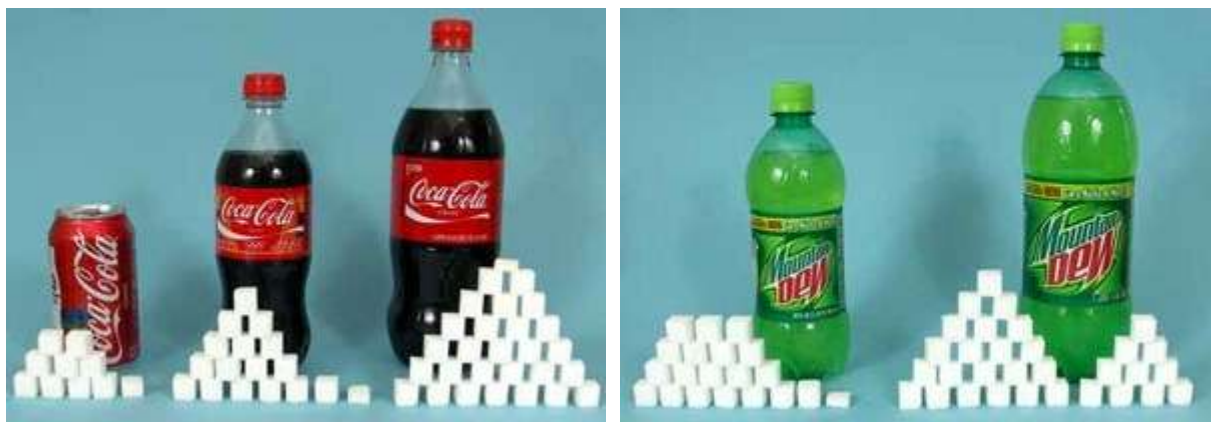
DR. JOSEPH A. ANTONY (FRCS(C); FICS; FAAS)
Urologist & General Surgeon
Consultant: St. Philomena's Hospital, Bangalore, India.

SUGAR IN VARIOUS FOOD-INTERESTING

What a Unique Way to Present This ...

4.2 grams = 1 teaspoon of sugar = 1 cube!

Someone ought to get an award for this. We know the facts, but this brings it into perspective quickly, doesn't it? Each cube is a teaspoonful.



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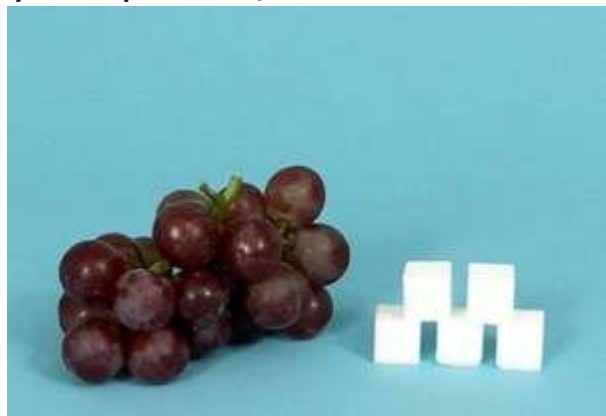
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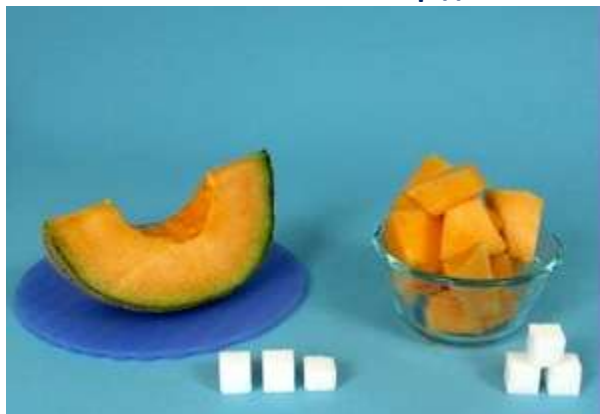
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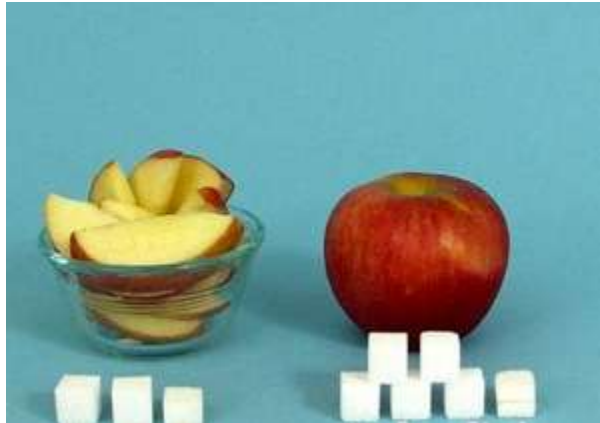
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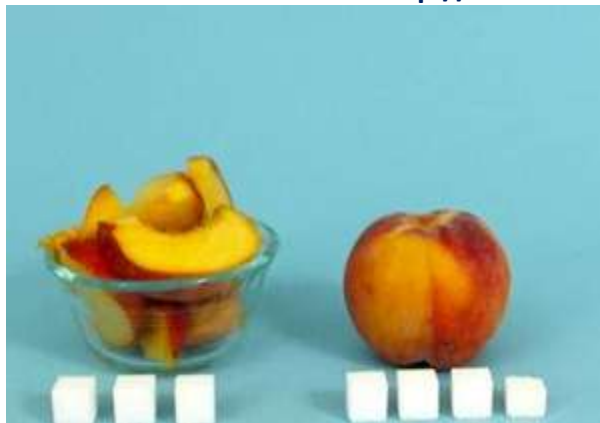
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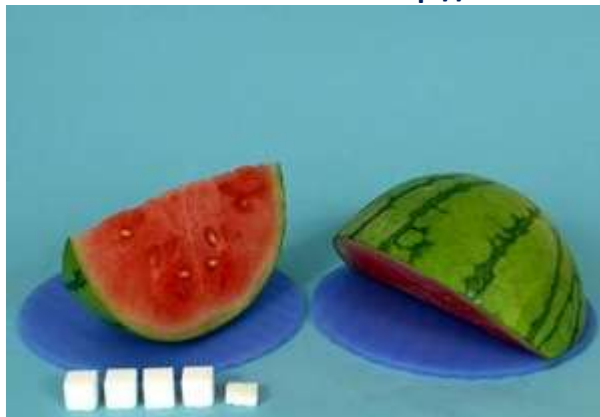
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BY
VIPUL M DESAI

THIS IS VIPUL DESAI'S COLLECTION

Everybody should understand and then use the above medicines under some specialist guidance. I just have collected it from various sources and I am not a medical professional.

Try it with your own risk.

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XX

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