

December  
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## The Abundant Life Line

### Naturopath's Notes:

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*Naturopath's Notes* 1

Merry Christmas! What a joyous time of year we are in. I hope you are getting ready for a wonderful Christmas celebrated with family and friends.

*Stress Relief Tips* 1

I know this is generally a hectic time of year with parties, activities, shopping and family gatherings all of which can lead to stress – stress on our bodies, finances and relationships. Stress has such an impact on our health both in the short and long-term. It lowers our immune system which makes us more susceptible to illness. Praying, letting go of past hurts, and exercising can do miracles for our stress levels and therefore our health. Below I offer some recommendations on improving your health this Christmas season. Also don't miss the information below on the new product I am carrying to help lower cholesterol. And finally, there is a great article on recent findings concerning the vaccine, Gardasil.

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I hope you have a blessed Christmas and wonderful New Year.

*A Savior is Born!*  
*Luke 2:11*

*God Bless and Be Healthy,*  
*Jennifer*

### 5 Tips to Help Stay Healthy this Christmas

With all of the shopping, planning dinner and traveling, the holidays can be very stressful. However, maintaining your health during this time is vital. Stress can cause illness and depression during the holidays so here are a few tips on staying healthy.

1. Get plenty of rest - The first and most important is to get enough sleep. During this time of year, it is easy to skip out on sleep. Getting enough sleep is crucial to staying healthy. Try to get to sleep no later than 10:30 p.m. and get 7-8 hours of rest so your body's natural clock can reset itself.
2. Don't forget to exercise - Try to exercise at least 20-30 minutes each day, even though you may be tired or worn out. Going for a walk with the family after dinner, climbing stairs in your house several times, or doing some stretching and sit-ups while watching TV is an easy way to get exercise in. Just move as much as you can daily.
3. Curb your hunger - Don't go to big holiday meals on an empty stomach. Eat a light healthy snack before going to family dinners or parties. If you go to the table very hungry, you are more likely to eat more quickly and end up overeating.
4. Don't forget to take a digestive enzyme. Taking digestive enzymes before a meal will help you break down, digest and absorb the foods you are eating. Taking digestive enzymes daily can be more important than taking a multi-vitamin especially if your diet is healthy. If your body is

I highly recommend reading *Micro Miracles* by Dr. Ellen Cutler for information on the importance of using enzymes to improve and maintain health.

5. Cut down on sugar - We often tend to indulge ourselves by eating way too many wonderful sweets during the holidays. Remember that eating healthy foods will give you energy and help keep you healthy at the same time. Sugar also greatly lowers our immune system.

*Product on Sale for the Month of December  
10% off BioSET's Digestion Enzyme  
Regularly \$30 Now \$27*

Proper digestion is essential to maintaining wellness. BioSET **Digestion Enzyme** provides a superior blend of 18 different enzymes to aid in digesting every component of your food. Improved digestion can almost immediately reduce bloating, belching, gas, indigestion, and fatigue that often accompany a meal. Over time, supplementing digestive enzymes can increase your overall energy level because your body needs less energy for digestion. As you get more from your food, your appetite may also decrease.

**Directions**—One capsule with each meal. More may be taken if needed.

### *New Product - Cholest*

Cholest is a proprietary formula that helps support LDL and HDL Cholesterol levels. The ingredients in this product have shown to inhibit platelet aggregation, reduce triglyceride levels, enhance circulation and reduce clotting potential.

Ingredients include:

Vitamin B3 (Niacin)  
Red Yeast Rice Extract  
Guggul Resin Extract  
Curcumin  
Inositol Hexanicotinate  
Phosphatidylcholine Complex  
Hawthorn Berry Extract  
CoQ10  
Policosanol Complex

Do not forget that in order to reduce cholesterol, you must make lifestyle changes. Exercising at least 3x/week for 30 minutes, eating more raw fruits and vegetables, reducing dairy, increasing water consumption, and reducing stress will greatly reduce cholesterol levels naturally.

***\$31.00 for 90 capsules***

### *New Article on Gardasil*

**Gardasil** is the latest vaccination added to the numerous list that our children are recommended to receive. I want to reiterate that it is only a recommendation and not a requirement like some doctors and schools will lead you to believe. I encourage you to read the article below and also log onto my website ([www.abundantlifewellnesscenter.com](http://www.abundantlifewellnesscenter.com)) and look under Articles and read *Vaccine Safety not Scientifically Proven*. Also on my website, click on Links and you can find out how to legally file an exemption from this vaccine as well as any vaccine for your child. The exemption process is easy and is all on-line.

Gardasil Researcher Drops A Bombshell***Harper: Controversial Drug Will Do Little To Reduce Cervical Cancer Rates*****By Susan Brinkmann, For The Bulletin**

SUNDAY, OCTOBER 25, 2009

Dr. Diane Harper, lead researcher in the development of two human papilloma virus vaccines, Gardasil and Cervarix, said the controversial drugs will do little to reduce cervical cancer rates and, even though they're being recommended for girls as young as nine, there have been no efficacy trials in children under the age of 15.

Dr. Harper, director of the Gynecologic Cancer Prevention Research Group at the University of Missouri, made these remarks during an address at the 4th International Public Conference on Vaccination which took place in Reston, Virginia on Oct. 2-4. Although her talk was intended to promote the vaccine, participants said they came away convinced the vaccine should not be received.

"I came away from the talk with the perception that the risk of adverse side effects is so much greater than the risk of cervical cancer, I couldn't help but question why we need the vaccine at all," said Joan Robinson, Assistant Editor at the Population Research Institute.

Dr. Harper began her remarks by explaining that 70 percent of all HPV infections resolve themselves without treatment within a year. Within two years, the number climbs to 90 percent. Of the remaining 10 percent of HPV infections, only half will develop into cervical cancer, which leaves little need for the vaccine.

She went on to surprise the audience by stating that the incidence of cervical cancer in the U.S. is already so low that "even if we get the vaccine and continue PAP screening, we will not lower the rate of cervical cancer in the US."

There will be no decrease in cervical cancer until at least 70 percent of the population is vaccinated, and even then, the decrease will be minimal.

Apparently, conventional treatment and preventative measures are already cutting the cervical cancer rate by four percent a year. At this rate, in 60 years, there will be a 91.4 percent decline just with current treatment. Even if 70 percent of women get the shot and required boosters over the same time period, which is highly unlikely, Harper says Gardasil still could not claim to do as much as traditional care is already doing.

Dr. Harper, who also serves as a consultant to the World Health Organization, further undercut the case for mass vaccination by saying that "four out of five women with cervical cancer are in developing countries."

Ms. Robinson said she could not help but wonder, "If this is the case, then why vaccinate at all? But from the murmurs of the doctors in the audience, it was apparent that the same thought was occurring to them."

However, at this point, Dr. Harper dropped an even bigger bombshell on the audience when she announced that, "There have been no efficacy trials in girls under 15 years."

Merck, the manufacturer of Gardasil, studied only a small group of girls under 16 who had been vaccinated, but did not follow them long enough to conclude sufficient presence of effective HPV antibodies.

This is not the first time Dr. Harper revealed the fact that Merck never tested Gardasil for safety in young girls. During a 2007 interview with KPC News.com, she said giving the vaccine to girls as young as 11 years-old "is a great big public health experiment."

At the time, which was at the height of Merck's controversial drive to have the vaccine mandated in schools, Dr. Harper remained steadfastly opposed to the idea and said she had been trying for months to convince major television and print media about her concerns, "but no one will print it."

"It is silly to mandate vaccination of 11 to 12 year old girls," she said at the time. "There also is not enough evidence gathered on side effects to know that safety is not an issue."

When asked why she was speaking out, she said: "I want to be able to sleep with myself when I go to bed at night."

Since the drug's introduction in 2006, the public has been learning many of these facts the hard way. To date, 15,037 girls have officially reported adverse side effects from Gardasil to the Vaccine Adverse Event Reporting System (VAERS). These adverse reactions include Guilliane Barre, lupus, seizures, paralysis, blood clots, brain inflammation and many others. The CDC acknowledges that there have been 44 reported deaths.

Dr. Harper also participated in the research on Glaxo-Smith-Kline's version of the drug, Cervarix, currently in use in the UK but not yet approved here. Since the government began administering the vaccine to school-aged girls last year, more than 2,000 patients reported some kind of adverse reaction including nausea, dizziness, blurred vision, convulsions, seizures and hyperventilation. Several reported multiple reactions, with 4,602 suspected side-effects recorded in total. The most tragic case involved a 14 year-old girl who dropped dead in the corridor of her school an hour after receiving the vaccination.

The outspoken researcher also weighed in last month on a report published in the Journal of the American Medical Association that raised questions about the safety of the vaccine, saying bluntly: "The rate of serious adverse events is greater than the incidence rate of cervical cancer."

Ms. Robinson said she respects Dr. Harper's candor. "I think she's a scientist, a researcher, and she's genuine enough a scientist to be open about the risks. I respect that in her." However, she failed to make the case for Gardasil. "For me, it was hard to resist the conclusion that Gardasil does almost nothing for the health of American women."

### *Protection from EMF's*

**Electromagnetic Fields (EMFs)** are all around our environment. EMFs emit random and erratic electrical and radio waves in our environment. EMFs can increase your risk of cancer, decrease energy, and lower your immune system. EMFs are emitted from computers, cell phones, high voltage power lines, Wi-Fi, hair dryers, microwaves, fluorescent lighting, and the list goes on and on. Because we are unable to completely live apart from EMFs, personal protection is something that should be increased. ALWC has found a product that we personally use to help neutralize EMFs before getting into your body. We encourage you to click on the link below to the company who sells this product to read more about their diode pendants. The link is <http://www.electricalbody.com/product/emf-jewelry.htm>



ALWC BioSET Referral Program - If you refer a new client to us for BSET, you will receive a free follow-up BioSET session after the new client has their initial appointment with us.

Abundant Life Wellness Center

520 E. Northwest Hwy.

Suite 102

Grapevine, TX. 76051

817-328-1921 Phone

817-328-1933 Fax