

October  
2009



# The Abundant Life Line

## Naturopath's Notes:

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We are in the prime of swine flu-mania in the U.S. Everywhere we turn we hear about threats of mandatory swine flu vaccinations, schools possibly closing because of the swine flu, etc. In this month's newsletter, I hope to shed some light on the hype and fear the media is placing on this virus and offer practical and safe help in preventing and combating the swine and any other flu.

I am including information from a report that came out

last month from the Environmental Working Group (EWG) on the safety of cell phones. EWG conducted a research project that rates the safest and most dangerous cell phones relative to the radiation they emit. I have also included information on a device that will provide more safety for you and your family while using your cell phone. Lastly, I was asked to write an article for the Holistic Networker,

a local wellness magazine, on improving breast health since October is breast cancer awareness month. I have included the contents of the article below.

As we head into the beautiful Fall season, my favorite time of year, I am praying for health and wellness for you and your family.

*God Bless and  
Be Healthy,  
Jennifer*

*Product on Sale for the Month of October  
10% off BioSET's Soft Tissue-Disc/Joint  
Regularly \$32 now \$28.80*

**Soft Tissue - Disc/Joint** contains Serratiopeptidase, an enzyme that has been successfully used for more than 40 years in Japan and Europe, where it has been shown to reduce pain and inflammation. It also contains the proteolytic enzymes, bromelain and Protease Bio-E™, plus a blend of herbs and nutrients, including:

- Antioxidants grape seed, turmeric, and vitamin C.
- Boron, copper, and manganese—minerals that support bone health and are essential for the metabolism of other minerals, such as calcium and zinc.
- Anti-inflammatory herbs including Boswellia, devil's claw, and yucca, plus celery seed, which has antiarthritic properties.
- MSM (methylsulfonylmethane) supplies biologically active sulfur and is believed to contain analgesic and anti-inflammatory properties.

**Indications**—Soft tissue trauma or surgery, soft tissue inflammation. Weakened or degenerative cartilaginous tissues including intervertebral discs and joints.

**Directions**—Two capsules three times per day on an empty stomach. For best results, take at least two hours after or one hour prior to a meal.

## *Six Ways to Avoid the Winter Flu—and a Flu Shot Isn't One of Them*

*By Dr. Rachael Droege*

Do you come down with a case of the flu like clockwork every year as soon as the leaves start to change color or the snow starts to fall? Do you feel helpless against the flu? If you said yes, and if you feel that avoiding the flu is beyond your ability, then read on. These are surefire ways to greatly reduce your chances of getting the flu this year.

### **Avoid Sugar**

Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is key to fighting off viruses and other illness, including the flu. It is especially imperative to avoid sugar if you feel you are coming down with something, but keeping sugar out of your diet for the long haul will do wonders for your health and make your body stronger, which will make it harder for the flu to bother you.

Be aware that sugar is present in foods you may not suspect like ketchup and fruit juice. For all the steps to building your immune system to its peak levels, which is by far the most effective way to avoid the flu (and chronic disease), consider my new book, "Dr. Mercola's Total Health Program", which presents my entire dietary and health program that took twenty years to develop and has helped tens of thousands of patients at my clinic overcome illness and disease.

### **Get Enough Rest**

Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu. Regular rest will keep you strong and ensure that your body has the strength to fight off any potential invaders. Be sure to check out my recent article on sleep and cancer prevention for some great tips to help you get quality rest.

### **Eat Garlic Regularly**

Garlic is a triple-whammy: it's antibacterial, antiviral and anti-fungal. Garlic is one food that you should be eating every day.

One problem with garlic, of course, is the smell, but generally a few cloves a day are tolerated by most people. If you develop a socially offensive odor then all you need to do is slightly decrease the amount of garlic you're consuming until there is no odor present. Garlic is an herb, however, so if you do not like it or it makes you feel sick, this is your body's way of telling you that you should avoid it.

### **Don't Let Stress Become Overwhelming**

We all face some stress everyday, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness. It has been estimated that up to 90 percent of illness and disease is stress-related.

### **Exercise**

When you exercise you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it has a chance to spread. In a sense, exercising helps your immune system to be more efficient in weeding out and acting upon viruses and diseases. You can review my exercise guidelines for some great tips to get started.

### **Wash Hands**

Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. If your immune system is strong, it should be able to fight off the virus if it does enter your body, but washing your hands provides a bit of extra protection. Be sure you don't use antibacterial soap for this. Antibacterial soaps are completely unnecessary, and they cause far more harm than good. You can read my recent article on hygiene mistakes for more information. Instead of antibacterial soap, identify a simple chemical-free soap that you can switch your family to. Local health food stores typically carry a variety of natural soaps. You may have noticed that I didn't mention getting a flu shot. This is because the flu shot, and the newly released FluMist nasal vaccine, are not the answer to avoiding the flu. The "experts" will use fear to motivate people to get a flu vaccine, but this is yet another health care illusion. Let's be clear, flu can definitely be a killer disease and is not something that should be easily dismissed. But, remember that flu shots don't prevent illness--never have, never will.

The flu vaccine can actually weaken the immune system and make you more predisposed to the illness. And the side effects of FluMist, cough, runny nose/nasal congestion, irritability, headaches, chills, muscle aches and fever, sound just like the symptoms of the flu. If you decide to get the nasal flu vaccine, you will get not only a live flu virus in each dose but also table sugar and MSG, which are fraught with their own problems.

Plus, research has shown an increased risk of Bell palsy following intranasal flu vaccination, according to the Global Advisory Committee on Vaccine Safety (GACVS). The makers of the nasal flu vaccine in the study decided not to market it the following season due to the risk. According to GACVS, the greater risk of Bell palsy following immunization with this vaccine may have been due to specific vaccine components, or simply to use of the intranasal administration route. It is therefore possible that such complications of vaccine administration may also apply to other nasal vaccines.

The flu vaccine, whether in the shot or nasal form, is worthless at best and should be avoided. Not only are they loaded with toxic chemicals including mercury and aluminum, but many people come down with the flu shortly after receiving the shot. This is because it actually weakens the immune system, making the person more predisposed to the illness. I have never received a flu shot and haven't missed a day of work due to illness in over 20 years.

The bottom line is to lead a healthy lifestyle, which includes eating right, exercising, getting adequate sleep, and addressing stressors, year round.

For additional information specific to the hype of the swine flu we see so much of in the media, refer to the link below: <http://articles.mercola.com/sites/articles/archive/2009/04/28/Swine-Flu.aspx>

*ALWC offers Acute clearings for the flu, colds, strep throat, or other such illness.  
We can determine what is contributing to your illness and provide  
natural remedies to get over your illness quickly.  
Cost is \$75.00 (excluding remedies/supplements) & takes 1 hour.*

### *Cell Phones and Radiation: 10 Best & 10 Worst By Lori Bongiorno*

How much radiation does your cell phone emit? It's easy to find out the answer thanks to the Environmental Working Group's new online guide to cell phone emissions.

The non-profit research and advocacy group ranked over 1,000 different cell phones according to radiation levels (see the list of all 1,000 cell phones at [www.ewg.org/cellphoneradiation/Get-a-Safer-Phone](http://www.ewg.org/cellphoneradiation/Get-a-Safer-Phone)). It looked at the publicly available, but difficult to find, specific absorption rate (SAR) for each phone. SAR is a measure of how much radiation is absorbed by the body when the phone is sending a signal to the network. (Your phone only emits radiation when you talk or text.)

For some the jury is still out on whether cell phone radiation is harmful to human health, but it certainly won't hurt to limit your exposure to cell phone radiation when you can. Several research teams from different countries report a higher risk of developing brain and salivary gland cancer among high-volume, long-term cell phone users compared to people who use cell phones less often, according to EWG. For example, a 2009 scientific analysis of studies done in Sweden and several other European countries found a consistent pattern of an increased cancer risk after more than 10 years of mobile phone use.

"The data is still conflicting and the science isn't settled," says Jane Houlihan, research director at EWG. "But there is enough evidence now that it makes sense for people to take personal action while the teams of scientists and health agencies sort through the data." Houlihan also points out that health agencies in six different countries are warning people to cut their exposure to cell phone radiation, particularly when it comes to children.

Taking personal action can be as simple as adding radiation emissions to the list of criteria you use when purchasing a new cell phone, especially when it's for your child.

How much of a difference can choosing a low-radiation phone make? High-radiation cell phones on EWG's list emit eight times more radiation than those on the low end of the spectrum.

### 10 Best Phones (lowest radiation)

1. Samsung Impression (SGH-a877)
2. Motorola RAZR V8
3. Samsung SGH-t229
4. Samsung Rugby (SGH-a837)
5. Samsung Propel Pro (SGH-i627)
6. Samsung Gravity (SGH-t459)
7. T-Mobile Sidekick
8. LG Xenon (GR500)
9. Motorola Karma QA1
10. Sanyo Katana II

### 10 Worst Phones (highest radiation)

1. Motorola MOTO VU204
2. T-Mobile myTouch 3G
3. Kyocera Jax S1300
4. Blackberry Curve 8330
5. Motorola W385
6. T-Mobile Shadow
7. Motorola C290
8. Motorola i335
9. Motorola MOTO VE240
10. Blackberry Bold 9000

Buying a new cell phone isn't your only option for limiting your exposure to cell phone radiation. Keeping your phone away from your head and body is the best thing you can do.

Here are some tips adapted from EWG's guide to reducing cell phone radiation exposure:

Use speakerphone or a headset. There's no consensus on whether it's safer to go with a wired or wireless headset, but headsets emit less radiation than cell phones.

Send text messages instead of talking. Phones use less power and therefore emit less radiation to send text than voice. It also keeps radiation away from your head.

Stay off the phone when you have a poor signal. Your phone will emit more radiation to get the signal to the tower when there are fewer signal bars on your phone.

Since not having a cell phone is generally not an option for most people, ALWC has found a product that we use personally that will reduce the radiation exposure you receive from a cell phone. It is called a Blue Tube Headset and it is offered on Dr. Joseph Mercola's website here: <http://products.mercola.com/blue-tube-headset>

## Improving Breast Health Through Thermography and Breast Exams

*By Jennifer Trejo*

In October, we see lots of pink ribbons in an effort to bring awareness to breast cancer. That leads me to a question: "Do women have a role in their breast health or do they simply wait for a mammogram and biopsy to confirm their worst fears?" I believe all women should take an active role in preventing this disease.

### **Active Cancer Cells Double in Number Every 90 Days**

90 days	2 cells
1 year	16 cells
2 years	256 cells
3 years	4,096 cells
4 years	65,536 cells
5 years	1,048,576 cells (still undetectable)
6 years	16,777,216 cells
7 years	268,435,456 cells
8 years	4,294,967,296 cells (doubled 32x)*



\*Normally detectable by mammogram at this stage. 40 doublings (approx. 10 years) considered lethal.

For many women, mammography is not their first step towards breast health. Many women are choosing to use non-invasive and safer methods such as thermography and monthly self-examinations as well as annual exams by their physician. But what is thermography? Thermography uses digital infrared thermal imaging to detect and record the infrared heat radiating from the surface of the body. Clusters of abnormal cells that can develop into a cancer often have an increased blood supply that leads to an elevation in the temperature of the skin over the area. With thermography, there is no radiation, no pain, no compressing of the breasts, and it is affordable. Thermography has the ability to warn women years before any other procedure that inflammation is present that could become cancer. If a high score is received on a breast thermogram, a qualified practitioner can assist in recommending changes in lifestyle, supplements, or further testing to get your score, and therefore your risk of breast cancer, lowered.

A critical difference between thermography and mammography is the ability to detect problems early enough to use preventive measures, rather than detecting disease at a stage where treatment is imminently required. Mammography uses radiation to image only the soft fleshy tissue of the breasts. Thermography images a much larger area including the entire breast region, between breasts and axillary views (Ref: Clinical Thermography, Dr. George E. Chapman). Thermography can see inflammatory breast cancer (IBC), a type of cancer that does not develop as lumps or masses in your breast. IBC cells block lymph vessels in the skin of your breast. This type of cancer grows rapidly and often spreads to other organs in your body (Ref: Inflammatory Breast Cancer: Questions and Answers, [www.cancer.gov/cancertopics/factsheet/sites-types/ibc](http://www.cancer.gov/cancertopics/factsheet/sites-types/ibc)).

Thermograms can be useful for younger women, since 23% of breast cancers occur in women under the age of 49. Breast cancer in younger women is generally more aggressive and has lower survival rates (Ref: [breastthermography.com](http://breastthermography.com), Imagining for Younger Women). Women ages 20-40 have denser breasts which makes it much harder for mammograms to be effective.

Studies Have Shown:

- An abnormal breast thermogram is an important marker of high risk for problems in the tissues. The marker is said to be 8 times more significant as a marker for disease than a family history of cancer.
- A person with a persistently abnormal thermogram has a 10 times greater risk of developing breast cancer in the future when no lifestyle or other changes are made.
- When added to regular physician breast exams, survival rates (if cancer is detected) are increased by up to 61%.
- A positive breast thermogram does not necessarily mean you have cancer. The increased heat can be suggestive of presence of many different breast abnormalities such as mastitis, benign tumors, fibrocystic breast, and hormonal imbalances.
- In a study from 1998, 100 new cases of ductal carcinoma in situ were diagnosed pre-operatively using a clinical breast exam, mammography, and infrared imaging. The number of tumors diagnosed with mammography alone was 85%; the number of tumors diagnosed by including a breast exam and breast thermography increased to 95%. (Ref: *The Breast Journal*, Volume 4, Number 4, 1998, 245-251)

It is essential that you examine your breasts at least once a month. If you are premenopausal, you should examine them shortly after your period, when hormone levels are low, so that premenopausal lumps aren't confused with a cancerous lump. If you are postmenopausal, you should examine your breasts at the same time each month. You should examine your breasts in the mirror and look for the following:

1. Unusual skin lump or dimpling
2. Increased size of one breast.
3. One breast appears lower than the other.
4. Discharge or bleeding from the nipple.
5. An enlargement of the lymph nodes.
6. Color or texture changes in the skin of the breast.

After a few months, you will become familiar with how your breasts feel, and you'll be able to detect very small abnormalities.

Mammograms look at anatomical changes in the breast, as they detect masses or lumps in the breast tissue. Thermograms look at vascular changes in the breast, as they detect blood flow patterns, inflammation and asymmetries. Because of these differences, some women are choosing to get annual thermograms and incorporating physician and self breast exams to look for masses and lumps. If something suspicious is found by these methods, a mammogram or, even better, an ultra sound, could be used to target the area(s) of concern. This can allow for a more proactive role in breast health for a woman.

Thermography is useful for more than breast health. There are many other health issues that thermography can help with. Visit [www.abundantlifewellnesscenter.com](http://www.abundantlifewellnesscenter.com) and click on "Thermography" for more information.

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Referral Program – If  
you refer a new client  
to us for BioSET, you  
will receive a free  
follow-up BioSET  
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client has their initial  
appointment with us.**



**“According to the latest studies,  
the human brain has already become a  
useless organ like the tonsils and appendix.”**

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