Summer Fun Means Bug Season
Homeopathy can help!

Excerpt from an article written by Dr. George Guess, M.D., homeopath and author, with a practice in Charlottesville, VA.

Summer is upon us and with it the inevitable annoyances of insect stings and bites. Self treatment with homeopathic medicines is usually highly successful in managing these complaints. Of course, if the condition is severe or there is a history of severe reaction to insect stings, professional medical advice should be sought and heeded. For the more common reactions to insect stings and bites, one of the following homeopathic remedies will probably be effective.

**Ledum palustre (marsh tea)** — This is the most common remedy for stings/bites in general. It is recommended for routine use unless symptoms specifically point to another remedy. Specific Ledum symptoms include: the affected area feels cold yet discomfort is relieved by cold applications. Ledum can relieve the redness, swelling, stinging, itching, and pricking associated with the sting. There may be numbness in the affected area, sensitivity to touch, and pains that extend up the limb. This remedy has frequently been effective in resolving the effects of brown recluse spider bites.

Additionally, undiluted Ledum tincture can be applied directly to the sting site. Such application can be quite effective, for example, for the itching of mosquito bites. **Calendula (marigold)** tincture can help as well, again only topically.

**Apis mellifica (honey bee)** — The bite or sting causes marked redness (rosy) and impressive puffy swelling; the affected part is hot and made worse by heat and warm applications.

Apis is also commonly indicated for **hives** after a bite or sting. (*Urtica urens* is another.) Burning, stinging pains. Apis is more frequently indicated for Hymenoptera (bee, wasp, hornet) stings.

**Staphysagria (stavesacre)** — Staphysagria is useful for large, irritating mosquito bites, especially in kids. The sufferer may display anger, indignation at the fact of having been bitten.

**Cantharis (Spanish fly)** — Cantharis can be useful if the site displays great burning, and is red and inflamed. The area is worse from touch, and there is a dread of being approached. (The remedy **Arnica** has this symptom also.)

**Hypericum perforatum (St. Johns’ Wort)** — This remedy may be indicated if the pain of the sting or bite is severe and shoots upward (toward the body).

**Vespa vulgaris (wasp)** — There is burning, stinging, soreness, and intense itching; the symptoms are likely to be better from bathing the affected area with vinegar.

**Dosage**: depending on the severity of the reaction, take one dose of 30X or 30C every 15
minutes to 2-3 hours until improvement begins, then take as needed. Lower potencies (6C or X, 12C or X) can work as well.

Note: Any reaction to insect stings which is very severe—that is entailing swelling in locations other than that of the sting itself, generalized hives, shortness of breath, throat constriction and swelling, faintness, loss of consciousness—should be viewed as a medical emergency. If you are in the possession of a prescribed bee sting kit, use it as directed. Otherwise, immediately seek emergency medical care.

Dr. Guess is a family physician and has practiced classical homeopathic medicine for 30 years. He maintains a private family practice in Charlottesville. He is the editor of the American Journal of Homeopathic Medicine (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board). For questions or further information, call 434-291-0362 or write ggguessmd@embarqmail.com. For more information see www.drgeorgeguess.com.

Did You Know?

**Skin Care -- Summer and All Year Round**

Excerpted from Herbs for Health, June 2008.

Animal studies at the Technion-Israel Institute of Technology have demonstrated that too much fructose, a sweetener found in soda and many processed foods, can affect skin collagen, potentially reducing the elasticity of the skin and leading to wrinkles. Remedy: reduce the amount of fructose intake.

**Natural foods** that are especially good for your skin include organic greens, blueberries, apples, tomatoes, broccoli, cauliflower, onions, garlic, bee pollen, oats, barley, brown rice, wheat germ, strawberries, apricots, alfalfa tea, melons, salmon, flaxseed, almonds and other nuts, dried beans, and lentils.

Catherine Cardinal, Ph.D., an anti-aging expert in Santa Monica, CA, reports that stress is a big component in aggravating many skin conditions such as acne, eczema, rashes, and hives.

Many modalities help reduce stress. Just a few of them are acupuncture, chiropractic, breath work, massage, meditation, yoga, Pilates, walking, or just getting out of the car or office and into nature.

**Green tea** contains polyphenols, strong antioxidants, that help protect the skin against the adverse effects of UV-radiation sun damage and possibly photochemical damage. Researchers at Case Western University in Cleveland, Ohio have found that green tea helps reverse the oxidative damage caused by the sun and also helps prevent wrinkles caused by sun damage—as well as helping with existing wrinkles.

SPF-15 is the recommended sun-block to use when you are out getting enough sunshine to ensure a good Vitamin D source for yourself. Colorado State University researchers have studied 1,200 people (including 300 teens) in New Guinea and 115 hunter-gatherers of Paraguay and found not a single case of acne during a two-year study. These people were all eating natural foods. The researchers hypothesize that those of us eating a Western (junk food) diet eat high glycemic foods that spike blood sugar levels (and thereby testosterone) leading to overproduction of sebum and blockage of pores that triggers acne. Stress is judged to also be higher in Westernized societies—and a contributor to acne.

**Aloe vera** gel has been shown to restore skin damaged by the sun’s UVB rays according to International Journal of Immunopharmacology.

**Horse chestnut** has been used as a sunscreen since the early 1900s. It is also known for its vascular actions. Stronger capillaries may help keep wrinkles at bay.

**Wild yam**, a plant source for progesterone, is considered to reduce skin dryness and wrinkling. **Willow bark** contains salicylic acid-like compounds that boost cell renewal which creates a smoothing effect to skin. Internal use of garlic is reported to prevent or delay chronic diseases associated with aging and possibly even rejuvenating the skin.

Wendy Lewis, author of The Beauty Battle, recommends antioxidant supplements that include beta-carotene, CoQ-10, milk thistle, Vitamins C and E, and lycopene. She also suggests polyphenols to help the rate of cell turnover such as grape seed extract, green tea, white tea, and quercetin.

**Skin Research Technologies** (August 2002) found that using DMAE increased the firmness of skin.

As always, check with your wellness provider for personalized recommendations.

**Hot Off The Press**

**BPA: Is It Safe?**

The issue on whether or not Bisphenol A (BPA), which is found in many plastic bottles and the lining of most metal cans, is safe has become a hot topic. As always there are two sides to the story. After reading numerous articles in People Magazine, Redbook and Natural Solutions there seemed cause for concern. After checking the bottom of our supposed extremely safe polycarbonate water bottles, we found they had the 7 in the triangle that indicates the bottle contains BPA. We called the local health food store that sells these items and were referred to the manufacturer, New Wave Enviro Products. In a conversation with their representative, we were assured that the bottles were extremely safe for humans. She indicated that BPA was the building block for all poly-carbon plastics and that the leaching issue only occurs at extremely hot temperatures over 212 degrees Fahrenheit. They do not make baby bottles, which require heating, for this reason. They also caution not to use bleach or strong chemicals for cleaning which can result in the plastic breaking down. For cleaning they recommend soap-water or vinegar. They forwarded us the published study from the Food Additives and Contaminants, Vol.15, #3 PG 370-375 which substantiates their data.

On May 15, 2008 Congress began talks about the safety of BPA with members of a Senate consumer affairs subcommittee faulting federal agencies for reacting too slowly to concerns that children are exposed to bisphenol A through leaching from common items such as water bottles, baby bottles and the linings of food and baby-formula cans. On May 23, PBS did a special on Bill Moyers’ Journal that was based on the research and articles written in the Milwaukee Journal Sentinel since last Nov. and most especially, their article called Chemical Fallout. To view the entire Bill Moyer’s expose, check http://www.pbs.org/moyers/journal/05232008/watch2.html and to read all the follow-up articles from the Milwaukee Journal Sentinel including “Chemical Fallout” click http://www.jsonline.com/index/index.aspx?id=305.

This is a serious issue as plastic is in everything and leaching has always been a concern; but now, with these more recent revelations about BPA in polycarbonate bottles, we have something else to think about. There is a real need to have accurate unbiased research data available so we can make more informed decisions. A number of companies are responding to this issue. To see alternative products available, check out Dr. Mercola’s website at http://articles.mercola.com/sites/articles/archive/2008/05/22/where-to-find-bpa-free-products.aspx?source=nl. If you still have concerns about plastic then it might be time to reconsider the use of glass, which has its own shortcomings, but at least it is gentler on our health and on Mother Earth.

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Sharing Wellness Info, June, 2008
Vitamin D -- A Hot Topic

We have written about Vitamin D in a number of previous newsletters but it has been in the news a lot lately so we felt it deserved some more attention. Recently on NBC Nightly News, Dr. Pamela Goodwin of the University of Toronto reported on a study of 512 women with breast cancer. In the report, Dr. Goodwin discusses the fact that vitamin D receptors, which are present in almost all cells, have a very important function, especially with regard to breast cancer. When Vitamin D bonds with receptors in breast cancer cells, growth of the cancer cell slows down and there is a reduction in the aggressiveness of the cancer cells. She indicated in this study of over 500 women, only 24% of the women had sufficient blood levels of vitamin D. Those who had vitamin D deficiencies had double the risk of metastases and a 75% relative increase in the risk of death. This news broadcast went on to further explain that research indicates over ½ of Americans have deficiencies in their level of vitamin D in the body. Because vitamin D is recognized and used by every cell and tissue in the body, this has far reaching ramifications. Vitamin D deficiencies may play a role in a long list of health conditions which include, but are not limited to, heart disease, MS, hypertension, osteoporosis, diabetes, depression, and a number of cancers – specifically breast, prostate, and colon.

Why are we hearing so much about vitamin D at this time and why are so many individuals deficient in this important nutrient? With better testing for vitamin levels in the body and a greater understanding of the vital role vitamin D plays in protecting the body, researches are gathering a lot more data. The important preventive characteristics of this vitamin are becoming clearer everyday. Perhaps the reasons for such low levels of vitamin D in the body are two fold. One is that more and more of the population, both adults and children, spend a great deal more time indoors. Second, with the advent of sunscreen less and less of the necessary vitamin D is being produced in the body through exposure to sunshine. So, over time, the body is becoming more and more depleted. With these thoughts in mind, people need to be aware of how they maintain a healthy level of vitamin D. In a recent article in the May 2008 Cooking Light, Robert Heaney PhD; professor of Medicine at Creighton University, says “Vitamin D is a key component in helping the body respond to many different kinds of assaults and stimuli. In the absence of it, you are asking the body to defend itself with one hand tied behind its back.”

Vitamin D is unlike any other vitamin in that it acts like a hormone in the body sending chemical messages. It is the action of vitamin D sending messages to the intestines that allows for the absorption of calcium. Vitamin D plays a role in the modulation of neuromuscular and immune function as well as inflammation reduction. The NIH fact sheet on vitamin D says that many genes encoding proteins that regulate cell proliferation, differentiation and apoptosis are modulated by vitamin D. http://ods.od.nih.gov/factsheets/vitaminD.asp.

Vitamin D is found in the skin and once exposed to ultraviolet radiation (sun) converts to the most readily used form of vitamin D (Vitamin D3). Fish oils and the flesh of fish also provide the body with sources of vitamin D3. Vitamin D2 comes from plant sources. Both these forms of vitamin D are processed by the liver and kidneys into its final form called calcitrol. Sunlight provides the body with the greatest source of Vitamin D. Ten to 15 minutes of sunshine 3 times weekly is enough to produce the body’s vitamin D requirement. This sun exposure needs to be without sun block and, therefore, should be early or late in the day. Sunblock with SPF 8 reduces the skin’s ability to produce Vitamin D by 98%. It is believed that those with darker skin need longer exposure (as much as 20-30 times as much) to sun than fair-skinned individuals as well as those living in more northern latitudes. Those unable to get sun exposure must rely on supplements. Although the U.S. government will be updating the dietary guideline for Americans in 2010, at this time the following adequate intakes are recommended by the Institute of Medicine: 200 IU (International Units) for adults under 50, 400 units for adults between 51 and 70 and 600 IU for those over 70. However, an editorial published last year in American Journal of Clinical Nutrition is strongly suggesting these levels be increased to as high as 1,000 IU per day. This editorial authored by Dr. Walter Willett, chairperson at Harvard School of Public Health, goes on to say this may even be a small amount. This may prove true especially when one considers the idea that the body of a fair-skinned individual produces 15,000 IU or more in as few as 30 minutes of optimal sunlight. For the full editorial on Vitamin D go to: http://www.ajcn.org/cgi/reprint/85/3/649

With the advancement of vitamin D testing in the last 15 years, more research data is surfacing. This test can be added to a cholesterol panel and usually runs between $25.00 and $100.00. Insurance often will not cover it so make sure you check cost and coverage before asking your practitioner to order the test. There are ramifications for too much vitamin D in the body as well. To find out more about vitamin D levels and the type of testing one needs to have check out http://www.westonaprice.org/basicnutrition/vitaminDmiracle.html-updatefall02 or Dr. Mercola’s video at http://articles.mercola.com/sites/articles/archive/2002/02/23/vitamin-d-deficiency-part-one.aspx.

In light of recent research maintaining proper vitamin D levels seem imperative. Consider increasing your time in the sun, your consumption of foods like salmon, mackerel, fish oils and fortified milk, and your supplemental dose of vitamin D. Because of the increase in skin cancer rates, sun exposure raises concerns for some. However, small doses should not pose a problem. Also, the fatality rate from skin cancer is much lower than from breast, colon, prostate cancer, and heart disease for which vitamin D has
preventive effects. So think it over, consult your physician, get your vitamin D level checked if necessary, and then get outside more to enjoy Mother Nature. The body is meant to be exposed to sunlight. This does not mean sitting for hours getting a tan or sunburned but moderate amounts of optimal sun over extended periods of time. The body has its own vitamin D building mechanism and sunshine is free, so the next time you take a work break step outside and let the vitamin D production begin.

Holistic Counseling With Karen Sugden
--Stacey DeMarco, intern from Tai Sophia

Karen Sugden is a state of Maryland licensed clinical social worker. She is also a licensed clinical alcohol and drug counselor. Karen’s practice provides stress management, chemical dependency, counseling of adult children of alcoholics, and couples therapy, among other things. Treatment modalities include neurolinguistic programming, clinical hypnosis, and eye movement integration.

Since 1979, Karen has been working in private practice with individuals, families and couples. She has much experience leading retreats and workshops on boundaries, self-care, communication, and assertiveness. She is very relationship-oriented in her counseling approach and addresses not only the psychological and emotional needs of her clients, but also their spiritual needs. Her own journey into healing began when she was told by a counselor of her own years ago that she would be a good counselor. When she initiated her journey, one opportunity led to another. She obtained lots of useful training with amazingly helpful and invested teachers.

As a counselor, what she finds most amazing is the metamorphosis that occurs with the humans that come through her door. She sees instantly their strengths and resources that are within and simply taps in, nourishes, and cultivates. She uses encouragement, visualization, and affirmations consistently as well as meditation. Approaching clients with a deep spirituality brings out their own. Having such a spiritual emphasis is reassuring and comforting to people, she asserts, and acts as a great aid in recovery and transformation.

Karen sees most clients for brief periods. The techniques she uses in treatment are quick in their effects and results. Eye movement integration, for instance, drastically improves the speed of therapy for conditions such as trauma, sexual abuse, major losses, self-deprecation and phobias. EMI interrupts the patterns that were established as a result of a traumatic event. This technique helps the brain to reprocess the event without the traumatic aspects.

Karen encourages her clients to pursue alternative therapies. Reiki, massage therapy, and acupuncture are among the modalities she is adamant about. Patients that have sought alternative therapies report great improvement with their symptoms and struggles. In Karen’s experience, some, however, require biochemical intervention.

Karen’s practice facilitates change with respect, recognition, and acknowledgement of where each individual is in his or her journey. She loves what she does and this shows in her approach to healing. Being in practice is a privilege and an honor, she insists. She looks forward to continually helping and cultivating effected change with her clients.

Questions about Counseling? Call Karen at 443-484-2442 or kmsugden.msw@comcast.net.

Legislative Issues

Mental Health & Addictions Get Equal Time.
--Kim Deane, intern from Tai Sophia

The US House of Representative’s recent passage of the Paul Wellstone Mental Health and Addiction Equity Act of 2007 (HR 1424) was lauded as an historic moment that would end discrimination against those needing treatment for mental illness. The bill offers the promise of extensive updates to the Mental Health Parity Act (MHPA) of 1996, which only requires that a group health plan’s lifetime and annual dollar limits on mental health benefits not be lower than those for medical and surgical benefits. With HR 1424, which the House passed on March 5th of this year, there would be an equitable field for all financial obligations – for instance, your copay for mental health treatments would have to be the same as your co-pay for a medical appointment. Your limits for mental health and addiction treatment would not be allowed to differ from comparable medical and surgical treatment limits. Under HR 1424, if your health plan offers out-of-network medical and surgical benefits, then it must offer the same terms for mental health benefits. Of course, there are plenty of things that the bill doesn’t do. It doesn’t require an employer to offer any mental health benefits at all. It maintains the MHPA exemption for companies who employ fewer than 50 people, as well as exempting those companies for whom compliance would mean a premium increase of 2% in the first year and 1% in the following years. The Congressional Budget Office estimates the increase of premiums as a result of the bill will be only 2/10ths of 1%.

The Paul Wellstone parity bill originated in the Senate last year as S 558. Passed by a unanimous vote, it was the result of compromise between industry interests and many mental health groups. It agrees with HR 1424 on a few points, notably the equity for financial obligations, out-of-network terms, and parity for limits on treatment. Where it differs is a veritable gulf between the two versions. HR 1424 mandates that all mental health disorders listed in the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders be covered whenever mental health benefits are offered. Opponents argue that this would result in prohibitive costs for employers. It is worth noting, however, that this point of the bill is the same coverage that all Federal employees enjoy. In fact, the Federal Employee Health Benefits Program has made this coverage available to Congressperson's and over 8 million federal employees for near a decade, and research finds no significant cost increase attributable to it.

One other large point of contention is how HR 1424 offsets costs for the new requirements. $800 million is accounted for by rebates that drug manufacturers would make to state Medicaid programs. Another measure limits the growth of specialty hospitals by preventing doctors from referring patients to physician-owned hospitals. It comes as no surprise that the drug company lobby is opposed to the rebates -- business interests oppose all of the additional requirements of the House bill as well as the rebates, and so does the White House. Congress is currently working on a compromise that will pass in the Senate, but no specifics have been mentioned about what the new cost offsets might be. The hope is that a mental health parity bill is on the President’s desk by the end of the year, and it may happen as early as this summer. If that occurs and the bill is enacted into law, it will be in effect by January 2010. The administration has stated that it supports mental health parity legislation that does not significantly raise health care costs, and in opposing HR 1424
said that it would not support any requirements beyond those outlined in the Senate version of the bill.

**Genetic Information Nondiscrimination Act Passes into Law**

On May 21, 2008 President Bush signed into law H.R. 493, the Genetic Information Nondiscrimination Act (GINA). For summary of entire Act click: [http://www.govtrack.us/congress/bill.xpd?bill=h110-493](http://www.govtrack.us/congress/bill.xpd?bill=h110-493). The basis of this law is to protect individuals from being discriminated against, on the basis of their genetic information. Basically it means that employers and health insurance companies are forbidden from denying Americans employment, promotions or health care coverage when genetic testing shows they may be at increased risk for costly diseases. This long awaited legislation has been 13 years in the making. Proponents of the bill hope this will clear the way for individuals to take advantage of the cutting edge genetic research which they believe will allow for a new era of personalized medicine. These genetic tests look for signs of disease or disorders in the DNA, which is taken from blood, body fluids, and tissues.

Recent research said that as many as 92% of Americans were concerned that genetic test results would be used against them. Many individuals were refusing to have the test done or went to labs under false names and paid cash to get the test done anonymously. This bill certainly is a step in the right direction but no bill is perfect. There are still a few concerns when it comes to the control of this genetic information. In a recent article Tera Erkes, a founder of the genetic testing company Qtrait, feels there are 3 main shortcomings. First, this bill does not prevent discrimination against individuals when applying for life insurance, disability insurance or long term care insurance. Secondly, she feels it is not clear if this legislation will supersede individual state regulations. And finally this bill does not regulate third party use. There will undoubtedly be an increase in the number of individuals wanting this test now that they feel safe with this bill in place. Tera has concerns that some genetic testing companies have contractual clauses which lets the companies gather the data and then use and sell their client’s information to outside parties. These outside parties are not regulated in any way on how they use this information. Even if the patient feels it is unethical, they have no control of how their personal information is used. For more on Tera Erkes’ interview, check the Wired Science site at [http://blog.wired.com/wiredscience/2008/05/genetic-protect.html](http://blog.wired.com/wiredscience/2008/05/genetic-protect.html).

Genetic testing can lead to individuals getting life saving therapies for a wide range of genetically linked health conditions such as breast and prostate cancer, heart disease, diabetes and Parkinson’s disease. It is hoped that this law will provide protection to all those who need these tests and they will not have to make the trade-off between genetic privacy and appropriate health care.

**Are We Losing Our Rights to Hold Drug Companies Accountable?**

It was brought to our attention in a recent article of TruthOut.org that there is an upcoming Supreme Court case to be heard this fall, which could make it illegal to sue a pharmaceutical company for medical harm caused by using an FDA approved drug. On May 14, 2008 the House Committee on Oversight and Government Reform met to discuss this issue of preemption. The House committee has concerns over two cases, the one coming before the Court this fall and one the Supreme Court ruled on this past February. The February case, Riegel vs. Medtronic, says a consumer cannot sue the maker of a medical device if the device passed FDA approval. The fall case, Wyeth vs. Levine, looks at whether FDA approved drug makers are also immune from lawsuits. This whole preemption issue began back in 2001 when Daniel Troy (a lawyer for pharmaceutical and tobacco companies) was chosen by President Bush to serve as general counsel for the FDA. He immediately filed several friend of the court briefs on behalf of medical device and pharmaceutical companies being sued in state courts, basically saying that state courts do not have the right to rule on safety issues already approved by FDA scientists. The Supreme Court then followed that logic.

The TruthOut article goes on to say that Troy’s predecessor, Margaret Porter, supported the right to have civil suits and was quoted as saying, “FDA’s view is that FDA product approval and state tort liability usually operate independently, each providing a significant, yet distinct layer of consumer protection.” FDA commissioner between 1990-1997, David A. Kessler, testified before the committee saying even if the FDA were doing its job of monitoring manufacturers, “the companies will always have better and more timely information on its products than the FDA will ever have.” He urged Congress to write legislation explicitly giving consumers the right to sue companies whose medical device or drug may have caused harm. Stay tuned for the upcoming attempt by Congress to try and correct the Courts earlier ruling and perhaps prevent another. To read the complete article see [http://www.truthout.org/article/supreme-court-case-could-redefine-right-sue-drug-makers](http://www.truthout.org/article/supreme-court-case-could-redefine-right-sue-drug-makers).

**Attempt to Stop Animal ID Program**

*From Weston A. Price Foundation*

On May 15, 2008 attorney’s representing the Farm-to-Consumer Legal Defense Fund sent a Notice of Intent to Sue letter to the United States Department of Agriculture (USDA) and the Michigan Department of Agriculture over the implementation of the National Animal Identification System (NAIS). The NAIS is a program that plans to track every livestock animal in the country electronically. This will require every owner of even one cow, horse, pig, sheep, alpaca, llama, goat, chicken or any other livestock to be fitted with an electronic ear tag or RFID chip regardless whether their ownership is for commercial or personal reasons. In addition, the law will require that owners report any events to a database within 24 hours. These requirements will drive many small farmers out of business and may violate Fourth and Fifth Amendment rights. The Weston A. Price Foundation says “the purpose of the Farm-to-Consumers Legal Defense Fund is to defend the rights of farmers to produce and sell their products of their farms and gardens directly to consumers and the rights of consumers to obtain food directly from farmers engaged in nontoxic, environmentally friendly agriculture.” Concerned citizens can support the fund by joining www.farmtoconsumer.org. And for more on this issue see [http://www.westonaprice.org/federalupdate/aa2008/15may08.html](http://www.westonaprice.org/federalupdate/aa2008/15may08.html).

**Medical Research**

**Can Magnets Heal?**

*From Spirituality and Health May-June 2008*

A number of studies are being conducted in university’s around the country. Two studies, one at Rush University Medical Center in Chicago and the other at The University of Pennsylvania Medical School, have shown that Transcranial Magnetic Stimulation (TMS) does have beneficial effects on individuals suffering from major depression. This procedure is a noninvasive technique that excites neurons in the brain via magnetic pulses passed through the scalp. Both studies were done on individuals who had not previously responded well to conventional antidepressants. Both studies showed marked improvements in the participants. At Rush University, those given the TMS had positive responses and remission rates that were approximately twice those receiving the placebo. This technique may prove hugely beneficial to those who have not responded to pharmaceuticals.
The National Institutes for Health’s National Center for Complementary and Alternative Medicine has many on going studies regarding the use of magnets for healing. A five year study sponsored by NIH and conducted at the University of Virginia concluded that magnets do have positive effects on microcirculation. The study showed that when magnets were placed near rats there was a direct effect in relaxing and dilating of the blood vessels allowing for greater blood flow, reduced swelling, and improved wound healing. The researchers now hope to replicate the effectiveness of magnets in clinical trials on humans. There is hope that the magnets, which seem to have better effects than ice or compression, will prove to be effective in treating bruises and sprains. The National Center for Complimentary and Alternative Medicine is researching magnet use for treating fibromyalgia, migraine headaches, and Parkinson’s disease, among others.

Green Peppers and Celery May Help People with MS and Alzheimer’s

United Press International reported that researchers at the University of Illinois at Urbana-Champaign have found that a plant flavonoid called luteolin which is present in green peppers and celery can block pathways that control inflammatory responses in the central nervous system. Research published in the Proceedings of the National Academy of Science indicated that luteolin reduced production of interleukin-6 by as much as 90%. Interleukin-6 is used in cellular communication in the microglia, a type of brain cell that acts as the first and main form of active immune defense in the central nervous system. These study results may have implications for research being done for Alzheimer’s and MS.

Caffeine Increases Risk of Type-2 Diabetes

From US News & World Report May 21, 2008

According to a study at the University of Guelph in Ontario, Canada drinking decaffeinated coffee in the morning before a breakfast of cereal with low-sugar content increased blood sugar levels by 25% as compared to those who drank decaffeinated coffee. Terry Graham, one of the researchers, indicated that caffeine interferes with the body’s ability to respond to insulin. This resistance to insulin results in sugar level going much higher. Based on this research, individuals at risk for type 2 diabetes should keep in mind the effect caffeine has on their system and may want to consider decaffeinated coffee and other drinks.

Food For Thought

Excerpted from an Abraham-Hicks workshop in Silver Spring, MD on Saturday, April 19th, 1997

Whatever you’re thinking about is literally like planning a future event. When you’re worrying, you are planning. When you are appreciating, you are planning. What are you planning?

10 Super Foods - Better Health

Sweet potatoes
Grape tomatoes
Organic Milk
Broccoli
Wild salmon
Crispbreads and/or flat breads
Fruits (’tis the season!)
Butternut squash
Spinach and Kale (all dark green veggies)
Almonds
Created to provide you with up-to-date health education and information. We give you the information you need to take responsibility for your own well-being.

**FIVE** searchable health provider **directories**, info on modalities and conditions, searchable wellness journeys of others, and lots of **inspiration**. NO flashing banners or pop-up ads!

**Keep** your own favorite practitioner data to access from any browser anywhere. **Find** the health services you need **at home, at work, or while traveling!**