

# **NATURAL CURES AND REMEDIES**

## **Home Cures and Other Interesting Information**

Note: We have not necessarily tried nor confirmed (nor denied) these remedies, nor do we vouch for their efficacy or safety. Please report any results you may obtain (positive or negative) to us, so we may update this information that is presented for educational purposes only.

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## **EATING FRUIT**

Dr Stephen Mak treats terminally ill cancer patients by an “un-orthodox” way and many patients have recovered. He believes in natural healing in the body against illnesses. See the article below.

Dear Shereen,

Thanks for the email on fruits and juices. It is one of the strategies to heal cancer. As of late, my success rate in curing cancer is about 80%. Cancer patients shouldn't die. The cure for cancer is already found. It is whether you believe it or not. I am sorry for the hundreds of cancer patients who die under the conventional treatments.

Thanks and God bless.

Dr Stephen Mak

**EATING FRUIT...**

We all think eating fruit means just buying fruit, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and **WHEN** to eat fruit.

What is the correct way of eating fruits?

**IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! \***

**FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.**

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

**FRUIT IS THE MOST IMPORTANT FOOD.** Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals!

You have heard people complaining — every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc — actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes - all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon, that are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

**KIWI:** Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its 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 & protect the body from cancer-causing, blood vessel-clogging free radicals.

**ORANGE :** Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens 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.

**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.

### **DON'T DRINK COLD WATER AFTER A MEAL.**

Can you believe this?? 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**

**HEART ATTACK PROCEDURE:** Women 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. Sixty percent 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 gets this mail sends it to 10 people, you can be sure that we'll save at least one life.

### **HOW TO EXHALE**

Breathing exercises are a wonderfully effective way to reduce stress, regulate heartbeat, and feel energized. One way to promote deeper breathing and better health is by exhaling completely. Try it: take a deep breath, let it out effortlessly, and then squeeze out a little more. Doing this regularly will help build up the muscles between your ribs, and your exhalations will soon become deeper and longer. Start by practicing this exhalation exercise consciously, and before long it will become a healthy, unconscious habit.

### **NIGHTTIME COUGHING**

To stop nighttime coughing in a child (or adult as we found out personally), put Vicks Vaporub 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.

I heard 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 acupressure. Just happened to

tune in A.M. Radio and picked up this guy talking about why cough medicines in kids often do more harm than good due to the chemical makeup of these strong drugs so, I listened. 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. Some say this works 100% of the time although the scientists at the Canada Research council (who discovered it) aren't sure why.

### **GOOD TIPS / FACTS ON HONEY AND CINNAMON**

It is found that a mixture of Honey and Cinnamon cures many 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 any kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

Weekly World News, a magazine in Canada, on its issue dated 17 January, 1995 has given the following list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

**HEART DISEASES:** Make a paste of honey and cinnamon powder, apply on bread, chappati, or other bread, instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who already had an attack, if they do this process daily, they are kept miles away from the next 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 found that as age the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins.

**INSECT BITES:** Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and

massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two.

**ARTHRITIS:** Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without 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 bath and keep it for approx. 15 min. and then wash the hair. It was found to be effective even if kept on for 5 minutes.

**BLADDER INFECTIONS:** Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in 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 applied 3 times a day till the tooth stops aching.

**CHOLESTEROL:** Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day, any Chronic cholesterol is cured. As per information received in the said journal, pure honey taken with food daily relieves complaints of cholesterol.

**COLDS:** Those suffering from common or severe colds should take one tablespoon lukewarm honey with  $\frac{1}{4}$  spoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

**INFERTILITY:** Yunani and Ayurvedic Medicine have been using honey for thousands of years to strengthen the semen of men. If impotent men

regularly take two tablespoon of honey before going to sleep, their problem will be solved.

In China, Japan and Far-East countries, women, who do not conceive and need to strengthen the uterus, have been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half 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 lost hope of having a child of their own. When told about this process, husband and wife started taking honey and cinnamon as stated above; the wife conceived after a few months and had twins at full term.

**UPSET STOMACH:** Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.

**GAS:** According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

**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 two 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 the influenza germs and saves the patient from flu.

**LONGEVITY:** Tea made with honey and cinnamon powder, 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  $\frac{1}{4}$  cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age.

Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

**PIMPLES:** Three tablespoons of Honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

**SKIN INFECTIONS:** Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

**WEIGHT LOSS:** Daily in the morning ½ hour before breakfast on an empty stomach and 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.

**FATIGUE:** Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible.

Dr. Milton who has done research says that a half tablespoon honey taken in a glass of water and sprinkled with cinnamon powder, taken daily

**BAD BREATH:** People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.

**HEARING LOSS:** Daily morning and night honey and cinnamon powder taken in equal parts restore hearing.

### **DRINK WATER ON EMPTY STOMACH**

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. For old and serious diseases as well as modern illnesses the water treatment

had been found successful by a Japanese medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear nose and throat diseases.

#### METHOD OF TREATMENT

1. As you wake up in the morning before brushing teeth, drink 4 x 160ml (640ml) glasses of water
2. Brush and clean the mouth but do not eat or drink anything for 45 minute
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking little water and gradually increase it to 4 glasses per day.
6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure/control/reduce main diseases:

1. High Blood Pressure - 30 days
2. Gastric - 10 days
3. Diabetes - 30 days
4. Constipation - 10 days
5. Cancer - 180 days
6. TB - 90 days
7. Arthritis patients should follow the above treatment only for 3 days in the 1st week, and from 2nd week onwards - daily.

This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

It is better if we continue this and make this procedure as a routine work in our life.

### **DRINK WATER AND STAY HEALTHY AND ACTIVE.**

This makes sense .. The Chinese and Japanese drink hot tea with their meals ...not cold water. Maybe it is time we adopt their drinking habit while eating!!! Nothing to lose, everything to gain...

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.

### **USES FOR PEROXIDE**

Safer and Healthier than Bleach?

...A friend was over recently and smelled the bleach I was using to clean my toilet and countertops. This is what she told me...

I would like to tell you of the benefits of that plain little ole bottle of 3% peroxide you can get for under \$1.00 at any drug store. What does bleach cost? My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide. Have you ever smelled bleach in a doctor's office? NO!!! Why? Because it smells, and it is not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better!

Did you also know bleach was invented in the late 40's? It's chlorine, Folks! And it was used to kill our troops. Peroxide was invented during WWI in the 20's. It was used to save and help cleanse the needs of our troops and hospitals. Please think about this.

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe.) No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.

2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, faddish, or dirty blonde. It also lightens gradually, so it's not a drastic change.
11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. I use peroxide to clean my mirrors. There is no smearing, which is why I love it so much for this.

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner!

### **MISCELLANEOUS HOME CURES**

Eliminate ear mites. All it takes is a few drops of Wesson corn oil in your cat's ear...Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Kills fleas instantly...Dawn dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.

Rainy day cure for dog odor... Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

Did You Know that drinking two glasses of Gatorade can relieve headache pain almost immediately—without the unpleasant side effects caused by traditional “pain relievers.”

Did you know that Colgate toothpaste makes an excellent salve for burns.

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore throat? Just mix ¼ cup of vinegar with ¼ cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly—even though the product was never been advertised for this use.

Honey remedy for skin blemishes ... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus. Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

Cleaning liquid that doubles as bug killer ... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover. Just pour a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure ...cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine. a powerful antiseptic.

Vinegar to heal bruises ... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Quaker Oats for fast pain relief... It's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

### **VODKA, THE PERFECT CURE ALL**

I don't know if these work but it sounds great...

1. To remove a bandage painlessly, saturate the bandage with vodka. The solvent 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 vomit stains, scrub with a brush, and then blot dry.
  6. Using 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 and spray bees or wasps to kill them.
  9. Pour one-half cup vodka and one-half cup water in a Ziplo freezer bag and freeze for a slushy, refreshable 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.
- And silly me. I've only been drinking the stuff!!!

## **REASONS WHY YOU SHOULD START DRINKING GREEN TEA**

Green tea has increasingly become a very popular drink worldwide because of its immensely powerful health benefits. It is extraordinarily amazing what green tea can do for your health.

And if you're not drinking 3 to 4 cups of green tea today, you're definitely NOT doing your health a big favor.

Here Are The 25 Reasons Why You Should Start Drinking Green Tea Right Now:

### **1. Green Tea and Cancer**

Green tea helps reduce the risk of cancer.

The antioxidant in green tea is 100 times more effective than vitamin C and 25 times better than vitamin E.

This helps your body at protecting cells from damage believed to be linked to cancer.

### **2. Green Tea and Heart Disease**

Green tea helps prevent heart disease and stroke by lowering the level of cholesterol.

Even after the heart attack, it prevents cell deaths and speeds up the recovery of heart cells.

### **3. Green Tea and Anti-Aging**

Green tea contains antioxidant known as polyphenols which fight against free radicals.

What this means it helps you fight against aging and promotes longevity.

### **4. Green Tea and Weight Loss**

Green tea helps with your body weight loss. Green tea burns fat and boosts your metabolism rate naturally.

It can help you burn up to 70 calories in just one day.

That translates to 7 pounds in one year.

### **5. Green Tea and Skin**

Antioxidant in green tea protects the skin from the harmful effects of free radicals, which cause wrinkling and skin aging.

Green tea also helps fight against skin cancer.

### **6. Green Tea and Arthritis**

Green tea can help prevent and reduce the risk of rheumatoid arthritis.

Green tea has benefit for your health as it protects the cartilage by blocking the enzyme that destroys cartilage.

#### 7. Green Tea and Bones

The very key to this is high fluoride content found in green tea.

It helps keep your bones strong.

If you drink green tea every day, this will help you preserve your bone density.

#### 8. Green Tea and Cholesterol

Green tea can help lower cholesterol level.

It also improves the ratio of good cholesterol to bad cholesterol, by reducing bad cholesterol level.

#### 9. Green Tea and Obesity

Green tea prevents obesity by stopping the movement of glucose in fat cells.

If you are on a healthy diet, exercise regularly and drink green tea, it is unlikely you'll be obese.

#### 10. Green Tea and Diabetes

Green tea improves lipid and glucose metabolisms, prevents sharp increases in blood sugar level, and balances your metabolism rate.

#### 11. Green Tea and Alzheimer's

Green tea helps boost your memory.

And although there's no cure for Alzheimer's, it helps slow the process of reduced acetylcholine in the brain, which leads to Alzheimer's.

#### 12. Green Tea and Parkinson's

Antioxidants in green tea helps prevent against cell damage in the brain, which could cause Parkinson's. People drinking green tea also are less likely to progress with Parkinson's.

#### 13. Green Tea and Liver Disease

Green tea helps prevent transplant failure in people with liver failure.

Researches showed that green tea destroys harmful free radicals in fatty livers.

#### 14. Green Tea and High Blood Pressure

Green tea helps prevent high blood pressure.

Drinking green tea helps keep your blood pressure down by repressing angiotensin, which leads to high blood pressure.

### 15. Green Tea and Food Poisoning

Catechin found in green tea can kill bacteria which causes food poisoning and kills the toxins produced by those bacteria.

### 16. Green Tea and Blood Sugar

Blood sugar tends to increase with age, but polyphenols and polysaccharides in green tea help lower your blood sugar level.

### 17. Green Tea and Immunity

Polyphenols and flavonoids found in green tea help boost your immune system, making your health stronger in fighting against infections.

### 18. Green Tea and Cold and Flu

Green tea prevents you from getting a cold or flu.

Vitamin C in green tea helps you treat the flu and the common cold.

### 19. Green Tea and Asthma

Theophylline in green tea relaxes the muscles which support the bronchial tubes, reducing the severity of asthma.

### 20. Green Tea and Ear Infection

Green tea helps with ear infection problem.

For natural ear cleaning, soak a cotton ball in green tea and clean the infected ear.

### 21. Green Tea and Herpes

Green tea increases the effectiveness of topical interferon treatment of herpes.

First green tea compress is applied, and then let the skin dry before the interferon treatment.

### 22. Green Tea and Tooth Decay

Green tea destroys bacteria and viruses that cause many dental diseases. It also slows the growth of bacteria which leads to bad breath.

### 23. Green Tea and Stress

L-theanine, which is a kind of amino acids in green tea, can help relieve stress and anxiety.

### 24. Green Tea and Allergies

EGCG found in green tea relieves allergies.

So, if you have allergies, you should really consider drinking green tea.

### 25. Green Tea and HIV

Scientists in Japan have found that EGCG (Epigallocatechin Gallate) in green tea can stop HIV from binding to healthy immune cells. What this means is that green tea can help stop the HIV virus from spreading..

### **FIRE ANTS**

An environmentally friendly cure for fire ants has been announced by Walter Reeves on his Georgia Gardener radio program. Testimonial that it REALLY WORKS are coming in.

Simply pour two cups of CLUB SODA (carbonated water) directly in the center of a fire ant mound. The carbon dioxide in the water is heavier than air and displaces the oxygen that suffocates the queen and the other ants. The whole colony will be dead within about two days. Here's the good side: club soda leaves no poisonous residue, does not contaminate the ground water, and does not indiscriminately kill other insects. Not harmful to your pets, soaks in ground. Each mound must be treated individually and a one liter bottle of club soda will kill 2 to 3 mounds. Spread the word.

### **ASPARTAME - THE WORLD'S BEST ANT POISON?**

We live in the woods and carpenter ants are a huge problem. We have spent thousands of dollars with Orkin and on ant poisons trying to keep them under control but nothing has helped.

So when I read somewhere that aspartame (NutraSweet) was actually developed as an ant poison and only changed to being considered non-poisonous after it was realized that a lot more money could be made on it as a sweetener than as an ant poison, I decided to give it a try.

I opened two packets of aspartame sweetener, and dumped one in a corner of each of our bathrooms. That was about 2 years ago and I have not seen any carpenter ants for about 9 to 12 months. It works better than the most deadly poisons I have tried. Any time they show up again, I simply dump another package of NutraSweet in a corner, and they will be gone for a year or so again.

Since posting this information I have had many people tell me of their success solving ant problems with this substance, when nothing else worked.

We found later that small black ants would not eat the aspartame. It was determined that if you mixed it with apple juice, they would quickly take it back to the nest, and all would be dead within 24 hours, usually. I have found that sometimes it will kill them, and sometimes it does not. Not sure why, may be slightly different species of ants or something.

Fire Ants: We got our first fire ant hill about 2 weeks ago. Poison did not work. We tried aspartame and the ants ignored it until we got a light rain. It was just a sprinkle, enough to moisten the Nutrasweet and ground, but not enough to wash it away. They went crazy, hundreds of them grabbing it and taking it back into the mound. When I checked the mound 2 days later, there was no sign of the fire ants. I even dug the mound up some, and still saw none of them.

How does it Work: Aspartame is a neuropoison. It most likely kills the ants by interfering with their nervous system. It could be direct, like stopping their heart, or something more subtle like killing their sense of taste so they can't figure out what is eatable, or smell, so they can't follow their trails, or misidentify their colonies members, so they start fighting each other. Not sure what causes them to end up dying, just know that for many species of ants it will kill them quickly and effectively.

As with any poison I recommend wearing gloves and washing any skin areas that come in contact with this poison, and avoid getting it in your mouth, despite anything the labeling may indicate. I suspect it will work for other insects such as yellow jackets as well, but have not tested that yet.

More information on this fantastic poison can be found at:  
[www.dorway.com](http://www.dorway.com)

## **BUGS**

I was at a deck party awhile back, and the bugs were having a ball biting everyone. A man at the party sprayed the lawn and deck floor with Listerine, and the little demons disappeared.

The next year I filled a 4-ounce spray bottle and used it around my seat whenever I saw mosquitoes. And voila! That worked as well. It worked at a picnic where we sprayed the area around the food table, the children's swing area, and the standing water nearby. During the summer, I don't leave home without it....Pass it on.

#### **OUR FRIEND'S COMMENTS:**

I tried this on my deck and around all of my doors. It works - in fact, it killed them instantly. I bought my bottle from Target and it cost me \$1.89. It really doesn't take much, and it is a big bottle, too; so it is not as expensive to use as the can of spray you buy that doesn't last 30 minutes. So, try this, please. It will last a couple of days. Don't spray directly on a wood door (like your front door), but spray around the frame. Spray around the window frames, and even inside the dog house

#### **MOSQUITO TREATMENT: WEST NILE VIRUS**

Pass this on to anyone who likes sitting out in the evening or when they're having a cook out. So you don't like those pesky mosquitoes, especially now that they have the potential to carry the West Nile Virus? Here's a tip that was given at a recent gardening forum. Put some water in a white dinner plate and add a couple drops of Lemon Fresh Joy dish detergent. Set the dish on your porch, patio, or other outdoor area. Not sure what attracts them, the lemon smell, the white plate color, or what, but mosquitoes flock to it, and drop dead shortly after drinking the Lemon Fresh Joy/water mixture, and usually within about 10 feet of the plate.

Check this out---it works just super! May seem trivial, but it may help control mosquitoes around your home, especially in the South and elsewhere where the West Nile virus is reaching epidemic proportions in mosquitoes, birds, and humans.

#### **WASP SPRAY**

I know some of you own GUNS but this is something to think about...--- If you don't have a gun, here's a more humane way to wreck someone's evil plans for you. Did you know this? I didn't. I never really thought of it before. I guess I can get rid of the baseball bat.

Wasp Spray - A friend who is a receptionist in a church in a high risk area was concerned about someone coming into the office on Monday to rob them when they were counting the collection. She asked the local police department about using pepper spray and they recommended to her that she get a can of wasp spray instead.

The wasp spray, they told her, can shoot up to twenty feet away and is a lot more accurate, while with the pepper spray, they have to get too close to you and could overpower you. The wasp spray temporarily blinds an attacker until they get to the hospital for an antidote. She keeps a can on her desk in the office and it doesn't attract attention from people like a can of pepper spray would. She also keeps one nearby at home for home protection. Thought this was interesting and might be of use.

On the heels of a break in and beating that left an elderly woman in Toledo dead, self defense experts have a tip that could save your life. Val Glinka teaches self-defense to students at Sylvania Southview High School . For decades, he's suggested putting a can of wasp and hornet spray near your door or bed. Glinka says, "This is better than anything I can teach them."

Glinka considers it inexpensive, easy to find, and more effective than mace or pepper spray. The cans typically shoot 20 to 30 feet; so if someone tries to break into your home, Glinka says "spray the culprit in the eyes". It's a tip he's given to students for decades.

It's also one he wants everyone to hear. If you're looking for protection, Glinka says look to the spray. "That's going to give you a chance to call the police; maybe get out." Maybe even save a life.

Please share this with all the people who are precious to your life

Did you also know that wasp spray will kill a snake? And a mouse! It will! Good to know, huh? It will also kill a wasp!!!!

### **Lemons and Cancer**

**LISTEN UP FOLKS:** This is something that we should all take seriously - just had a recent test myself that sent shivers up my spine - or near by - Even doctors are now saying that there is value in trying "LEMON" So, a tablespoon of "real lemon" (the concentrate in a bottle) in a glass of water every morning. What

can it hurt?

Subject: The surprising benefits of lemon!

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 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.

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