



Nature vs Modern Medical Science In The Treatment of Disease

Is Natural Medicine at odds with Modern Medical Science?

When it comes to treatment of disease in America, when the average person thinks of the words **Nature** or **Natural** they often think, "**primitive, weak, ineffective and not to be taken seriously.**" In short, they have very little confidence in it. When these same people think of the words **Medical Science** they think, "**modern, powerful, lifesaving and the only serious choice for serious illness.**" In short, they have confidence in it. Not only is this true for the average citizen, but it is also true for the average medical doctor.

The belief is that natural medicine and modern medical science are at odds, and that modern medical science is the hands down winner. In reality modern medical science all over the world is revealing that natural medicine is often more powerful and more effective than chemical based medicine in many areas, and is infinitely safer.

The real conflict is not between natural medicine and modern medical science. The real conflict is between modern natural medical science and pharmaceutical science; not a clear distinction for many.

Among the uninformed, the illusion is that

scientists (backed by government and philanthropic organizations), have diligently researched and found chemical based pharmaceuticals to be the best way to treat disease. I mean, "Why else would doctors mainly use pharmaceuticals to treat their patients?"

There is this sort of absent-minded belief that natural methods have been tried and found ineffective in comparison, and therefore set aside. This is far from the truth.

In reality, natural medicines have been used to treat disease with great success, both in America and around the world.

So why don't more people know this?

In America, the fault lies largely with these three groups: the FDA, the FTC and the pharmaceutical industry. Quoting Jonathan Emord, successful health freedom lawyer and activist,

"FDA prohibits dietary supplement companies from informing consumers if their products treat

disease. It does so to protect drug companies from competition, to preserve a monopoly on treatment information for those companies. The consequences of this censorship are profound. FDA censorship of how basic foods and elements in foods affect disease helps no one in the country except for drug companies. We all benefit from knowing about the effects of foods and dietary ingredients on disease."

Regarding the FTC he says,

"FTC is also violating basic civil liberties. When it accuses a dietary supplement company of deceptive advertising, it presumes that company guilty until it proves itself innocent with proof to a near certain degree. Moreover, it rejects proof from publicly available scientific studies corroborating the effects of active ingredients, requiring a company to prove the effectiveness of its multi-ingredient product with studies performed on the product itself. That reversal of the burden of proof and imposition of Herculean burdens on the accused insures that truthful, lifesaving information is suppressed."

Mr. Emord goes on to give examples of how, in spite of the federal Public Health Service's statement to physicians that women of childbearing age who consumed 400 mcg of folic acid daily before becoming pregnant could reduce neural tube defects by 40% or more, the FDA suppressed this information for five years from 1990-1995. Congressional pressure and litigation by Mr. Emord's firm forced

the FDA to finally allow this claim. Neural tube defects immediately dropped from 2400 in a year to 1700.

Jonathan Emord wrote the Health Freedom Protection act, known as Hr4284, which frees manufacturers of natural healing products to tell you what their products actually do. The burden of proof would then be on the FDA to prove that products are harmful, rather than the burden of proof being on the manufacturer to prove that their products are beneficial.

(You can read more about this bill by going to:<http://www.stopfdacensorship.org>. To read the full article titled, Legal Eagle HR4282 author Jonathan Emord sets his sights on FDA and FTC, you can go to: <http://www.rgarden.com/hnewsletter.pdf>.)

The bottom line is that because of the size of the pharmaceutical industry and their corrupt influence on the FDA, the FTC and the AMA many doctors and patients are unaware that natural medicines, being tested by scientists worldwide, are proving over and over again to be more effective and safer than pharmaceutical medicines. Let's look at a few examples.

Powerful Natural Healer #1 Garlic

Historically many individuals have successfully used garlic to treat themselves. Albert Schweitzer used garlic to treat his amoebic dysentery. Dr. Richard Schulze, well known herbalist, shares the anecdotal story of a woman in her eighties who had a viral infection which her allopathic doctors had not been able to successfully treat. After many months of trying they told her they just had nothing

that could cure her and sent her home to die. Being an intelligent, pro-active woman she did some research and found out that garlic was a powerful anti viral. Based on her research, she decided to take matters into her own hands and try some self-treatment with garlic. In one set of his teaching video's, *The Incurables Program*, Dr Schulze reports that she took about 40 cloves of garlic a day for three days and she was cured of the viral infection.

We have more than anecdotal evidence now-a-days to show that garlic is a powerful natural healer. You might be surprised to know that there have been more than 1100 studies done, world-wide, on garlic. Modern scientific research confirms what natural healers have known all along; simple garlic has a very wide anti-microbe spectrum. It is anti-bacterial, anti-mycobacterium, anti-fungal, anti- protozoa, and anti-viral. Studies show garlic works as well as or better than pharmaceuticals as an anti-microbial.

An article at Medical News Today reports that garlic is effective against the bacteria Methicillin Resistant Staphylococcus Aureus, commonly known as MRSA.

(<http://www.medicalnewstoday.com/medicalnews.php?newsid=5056>)

You may have heard about MRSA on your local television news. MRSA is a deadly hospital super-bug (mainly caught in hospitals) which is resistant to pharmaceutical antibiotics. Six hundred cases were reported in Canada in 1994. Only three years later, in 1997, ten thousand cases were reported..

MRSA's resistance to anti-biotics has caused serious concern in medical circles.

MRSA kills people, and anti-biotics don't kill MSRA; that is something to be concerned about. However, tests show that garlic can cure patients with MRSA-infected wounds within days. This is just one of garlicks many benefits.

Visit the Garlic Mistral at:

<http://www.garlic.mistral.co.uk>

There you will find a multitude of studies confirming the many benefits of garlic. The Garlic Mistral is an international information service dedicated to sharing the medicinal benefits of garlic. There I learned that there are now "over 12 well designed studies published around the world that confirm that garlic in several forms can reduce cholesterol." I also found an article by Peter Josling B. Sc. where he refers you to many studies showing garlicks potent anti-viral and anti-fungal properties.

Research also shows that taking garlic during pregnancy can cut the risk of pre-eclampsia (raised blood pressure and protein retained in the urine). Research carried out by Dr D Sooranna, Ms J Hirani and Dr I Das in the Academic Department of Obstetrics & Gynecology at the Chelsea & Westminster Hospital in London UK reveal that garlic helps to boost the birth-weight of babies destined to be too small.

Garlic as a natural therapy is effective enough to warrant an **International Garlic Symposium** in Berlin Germany, where garlicks benefits for heart disease and diabetes were presented by scientists from around the world, including Australia, Canada, Germany, the UK and more.

Garlic is much more than a nice flavoring for our food. As you can see, modern medical science shows that it is a powerful

natural healer.

Powerful Natural Healer #2 Serratia Peptidase Enzyme

Another well researched and powerful natural healer is Serratia peptidase enzyme, also referred to as serrapeptase. Serrapeptase is an enzyme produced by the silk worm. This natural enzyme is used by the silk butterfly to dissolve the hard casing of it's cocoon allowing it to escape. It is a powerful protease: an enzyme which digests protein. Scientists discovered that in the human body it could digest scar tissue, fibroid cysts and adhesions with no negative effects on healthy human tissue. Researchers in Germany have used Serrapeptase for atherosclerosis to digest atherosclerotic plaque without harming the healthy cells lining the arterial wall. (That is part of the beauty of serrapeptase. It only digests protein that is not part of you.) In one study of 70 patients with evidence of cystic breast disease, 85.7% of the patients reported moderate to marked improvement, with NO adverse reactions.

The list of ailments that can be relieved or eliminated with serrapeptase is remarkably long.

Though lengthy, below is just a partial list:

**Ankylosing Spondylitis - Arthritis
Back Problems, Lower - Back
Problems, Neck - Diabetes - Leg
Ulcers - Osteoporosis
Polymyalgia Rheumatica Prostate
Problems Repetitive Strain (RSI)
Carpal Tunnel Rheumatoid
Arthritis - Breast Engorgement
Cystitis - Joints or muscles**

**Fibromyalgia - Fibrocystic Breast
Disease - Headaches & Migraines
caused by inflammation
Inflammatory bowel diseases
(Ulcerative Colitis, Crohn's, IBS.)
Lupus - Asbestosis, Miners and
Farmers Lung, - Bronchiectasis
Bronchial Asthma - Bronchitis
Coughs - Cystic Fibrosis
Emphysema - Pulmonary
Tuberculosis - Inflammation
Blocked veins - Damaged Nerves
Multiple Sclerosis - Chronic ear
infections - Catarrhal
Rhinopharyngitis - Hayfever
Sore Throat - Swollen Glands
Laryngitis Runny nose Sinusitis
problems Sports Injuries,
prevention & Recovery Traumatic
swelling/ Oedema/Edema Post
Operative & Traumatic Swelling
Post Operative Scars & Lesions
Varicose Veins & Thrombophlebitis
Cardiovascular Disease - Arterial
Disease:Angina, DVT, Blood Clots.**

Serrapeptase is a natural anti-inflammatory agent which is in wide clinical use throughout Europe and Asia as a viable alternative to salicylates, ibuprofen and NSAID's; which are the standard drugs recommended for inflammatory-mediated disease.

Why did researchers look for a viable alternative to these drugs? Because they are drugs that have serious downsides. They do not cure, they only treat symptoms and in doing so they suppress the immune system and cause gastric ulcers in many. More serious adverse reactions include, blood dyscrasias, kidney damage and cardiovascular stress. Serrapeptase, on the other hand, has no side effects and actually causes healing

rather than just treating the symptom.

This is a well researched, natural healing remedy (more powerful and more effective than it's pharmaceutical counterparts) which has no side effects, in which you can have confidence. Serrapeptase is inexpensive, readily available over the counter and not something that your doctor is likely to know about or tell you about.

To give you an idea of how nearly miraculous this little enzyme can be, I will share a story health expert Robert Redfern told about a man he helped with serrapeptase. When this man's wife brought him to Robert's clinic he was in a wheel chair and was breathing oxygen through a canula. He had advanced emphysema and could barely whisper out his words. After a consultation with Robert he left the clinic with serrapeptase in hand.

A few weeks later he bounded into the clinic and asked Robert if he remembered him. He looked so different that Robert didn't recognize him. Robert apologized saying that he saw so many people, could he refresh his memory. The man proceeded to tell Robert that he was the man in the wheel chair he had seen previously who could hardly speak. He said that immediately upon taking the serrapeptase he began to expel what he thought was lung tissue. He literally thought his lungs were disintegrating, but he quickly realized this was not the case as he was being able to breath easier. His lungs quickly cleared and his energy was restored and he was singing the praises of serrapeptase to anyone who would listen.

Another anecdotal story of the wonders of serrapeptase was told to me by a client

with breast implants. Women who have breast implants more often than not find that their breasts become unnaturally hard due to the formation of scar tissue around the implants. This womans breasts were quite hard and it was very embarrassing for her. She started taking serrapeptase for a completely different issue but was surprised and pleased that in less than a week her breasts felt normally soft and natural.

Below are just a few of a multitude of studies on serrapeptase..

1) Kee WH, Tan SL, Lee V, Salmon YM. The treatment of breast engorgement with Serrapeptase: a randomized double blind controlled trial. Singapore Med J. 1989;30(1): 48-54.

2) Mizukoshi, D. et al. A double blind clinical study of Serrapeptase in the treatment of chronic sinusitis. Igaku Ayrni 109:50-62.1979

3) Carratu, L. et al. Physio-chemical and rheological research on mucolytic activity of Serrapeptase in chronic broncho-pneumopathies. Curr. Ther. Res. 28(6): 937-951. 1980.

4) Esch PM, Gemgross H, Fabian A. Reduction of postoperative swelling. Objective measurement of swelling of the upper ankle joints in treatment with Serrapeptase a prospective study (German). FortschrMed. 1989; 107(4): 67-8, 71-2.

5) Selan L, Berlutti F, Passariello C, Comodi-Ballanti MR, Thaller MC. Proteolytic enzymes: a new treatment strategy for prosthetic infections? Antimicrob Agents Cheroother. 1993; 37(12): 2618-21.

Powerful Natural Healer #3 Curcumin

“Curcumin Can Work On At Least One Dozen Cancers” That's the name of an article written by Dr. Bharat Aggawal

August 18th 2005 heralding the remarkable healing powers of curcumin, a standardized extract from a plant root and common kitchen spice called tumeric.

Dr. Aggawal headed a 12 member research team at the University of Texas (U.T.) M.D. Anderson Cancer Center. He said their research has made available **"not only the master switch to turn off cancer, but also a cure for it."** **"It was already known that Curcumin can prevent cancer, now it can also be used to cure cancer."** **"We are providing evidence that curcumin can work on at least one dozen cancers."** **"In fact, let's put it this way: we have not found a single cancer on which curcumin doesn't work."** Their findings were published in the Aug 15 issue of the medical journal **Cancer**.

Dr. Aggawal and his team are not the only ones to do research on curcumin. Pharmacological research has shown curcumin to be anti-biotic, anti-viral, anti-fungal, anti-spasmodic, anti-allergenic, anti-tumor, anti-inflammatory, and diuretic. These are just a few of its many benefits.

Honestly, when you read up on curcumin you begin to scratch your head and wonder, "Is there anything that curcumin does not help?"

Curcumin is powerful in healing the nervous system. Studies show it repairs myelin sheath and the experience of Multiple Sclerosis patients shows that it is powerfully healing. Consider Dr. Alex Torres' wife who has MS. Before starting on Curcumin powder she was in advanced stages of MS. She was barely functioning. Dr. Torres started her on curcumin powder and in a very short time she started to

show serious improvement and in less than a year she was pretty much symptom free. He says she will take curcumin for the rest of her life.

New studies show the potential benefits with, Alzheimer's, Liver disease, Kidney disease, Arthritis, and Parkinson's etc.

At <http://www.curcuminhealth.info> you can find articles with these titles:

"Spice That Stems Liver Disease Caused By Liquor"

"Curcumin May Block The Progression of Multiple Sclerosis"

"Curry Memory Cure"

"Curcumin Treating Eye Disorders"

"Curcumin Induces Apoptosis in Human Cervix Epthelioid Carcinoma Cells"

All these articles come with references to the actual studies.

Powerful Natural Healer #4 **CMO**

CMO stands for Cetyl Myristoleate an oil commonly found in fish oils, whale oils, dairy butter and kombo butter. It is the hexadecyl ester of the unsaturated fatty acid cis-9-tetradecenoic acid; CMO for short. An article by Dr. Charles Cochran and Dr. Raymond Dent in the Townsend Letter for Doctors & Patients (07-31-1997 ISSUE #168 p. 70-74) calls it **"A Unique Natural Compound Valuable in Arthritis Conditions."** CMO is effective for both osteoarthritis and rheumatoid arthritis sufferers. Here is one example the doctors share.

BOB

He is a 67 year-old retired politician who suffered lumbar and pelvic fractures in WWII when his jeep struck a land mine. Over the years, these injuries produced increasing pain, which seriously affected routine daily activities like getting out of bed in the morning and his ability to play golf. X-rays demonstrate degenerative arthritic changes in the lumbar articulations and the right sacroiliac joint. At 6 feet tall and 185 pounds, he is otherwise in good health. Bob has been using anti-inflammatory drugs for over 20 years, including Voltaren, ibuprofen, Tylenol, and aspirin.

He took a one-half course of 7.6 grams of Cetyl Myristoleate in September, 1996. He experienced moderately severe inflammation (breakthrough pain) on day two which lasted for three days. On the 4th day, the pain began to subside and was completely gone by the 5th day. He has been virtually pain-free since and is very happy with the increased comfort with which he can begin each day.

He can now comfortably walk the golf course whereas before he was limited to a golf cart. In February, 1997, he perceived a slight return of his low back pain and decided to take another one-half course. He experienced no breakthrough pain this time and is currently pain-free. He has not taken any other medication for his back pain since taking Cetyl Myristoleate initially.

A simple layperson explanation of how CMO works is this: Immune cells are responsible for cleaning out debris from our joints. However, in the case of stress

or injury these immune cells cease to distinguish between healthy cells and cell debris and begin to attack healthy cells. This causes inflammation, pain and damage to joints. In short, CMO turns this mechanism off and the immune cells stop attacking healthy cells and return to their normal activity.

In addition CMO works as a surfactant, which means that it lubricates tissues and thins synovial fluids. This makes them less sticky and allows the joint to move more freely. The result of all this is that inflammation, and the pain that accompanies it, stops and repair begins.

You might also have noticed that Bob only took two 'courses' of this product. CMO is not something that has to be taken for the rest of your life to be effective. Once it restores proper function to the memory T-cells you're done. As one report stated, "*A single CMO therapy program usually lasts forever without any need to repeat the therapy or use any additional medication of any kind.*" This is great good news for arthritis sufferers but the good news does not stop there.

Medical researchers report that CMO can:

Lower blood sedimentation rates in lupus patients,

Reverse lung inflammation in emphysema,

Lower the need for insulin in diabetics,

Reverse prostate inflammation,

Relieve certain symptoms of multiple sclerosis,

Correct Crohn's disease,

Reverse fibromyalgia,

Reverse lung damage in sarcoidosis patients,

Lower high blood pressure and elevate low blood pressure; depending on the need,

Benefit virtually any ailment with autoimmune components.

The other good news about CMO, according to Dr. Cochran and Dr. Dent, is that though tens of thousands of people have taken CMO there have been no confirmed reports of any side effects. Compare that with pharmaceutical options for advanced arthritis such as the drugs methotrexate, corticosteroids and cyclosporin which have severe side effects. Cyclosporin is a neurotoxin which can reduce cognitive function and diminish nerve responsiveness. Methotrexate suppresses bone marrow function and can cause severe liver damage. CMO is looking better all the time.

Cost is also a major benefit when considering CMO over pharmaceuticals. The 1992 National Health Interview Survey said that more than \$65 billion a year is spent on treating rheumatic disorders. A natural compound like CMO with zero side effects that is inexpensive and needs to be taken for less than three months to be effective deserves serious consideration.

Clearly CMO is a profoundly healing natural compound worth knowing about. Current products on the market are generally derived from four basic sources: beef tallow, sheep tallow, butter or chicken fat.

Studies, and articles that reference

studies, can be found in:

The Journal of Rheumatology

A randomized clinical trial by Dr. H. Siemandi, MD.. et al. Primary research administrator at Hospital SM, Avenida Mazatlan, Rosarito Beach, Baja, California

Institute SM, Kamin Pamorski, Poland.

Journal of Nutritional & Environmental Medicine Jun2001, Vol. 11 Issue 2, p105, 7p, 2 graphs

Townsend Letter for Doctors "A Randomized Clinical Trial" Published 1997, Second Quarter Dr. H. Siemandi, M.D., et al

Advanced Medical Systems & Design, Ltd. a two year field study.

Quarterly Review of Natural Medicine 12-31-1997 p. 315-316

Nature's Impact ; 09/30/1998 Cetyl-myristoleate: Remarkable relief from pain and inflammation By Zimmerman, Marcia

Powerful Natural Healer #5 Hawthorn Berry

Another powerful natural healer that you might not know about is Hawthorn Berry. The scientific name for Hawthorn is Crataegus species. Historically it has been used to strengthen the heart.

Dr. Richard Schulze, who I quoted previously, also tells his own personal story regarding hawthorn berry. When he was a young man in his teens he was diagnosed with "incurable" heart disease, part of which was a faulty heart valve. Being a determined young man, and learning of the healing effects of hawthorn for the heart, he immediately began to munch on hawthorn berries all day long. In less than two years his heart was totally

restored.

Dr. Schulze is just one of many who have experienced the profound healing abilities of hawthorn. And, like garlic, clinical studies have revealed what the natural healers knew all along; hawthorn is healing to the heart. At this site alone you can find a list of 32 clinical trials, 11 observational studies, and 24 animal studies.

<http://www.herbmed.org/Herbs/Herb97.htm>

What were some of the results? In one study, "Patients with cardiac insufficiency stage NYHA II, showed significant improvement in clinical symptoms like reduced performance in the exercise tolerance test, fatigue, palpitation & exercise dyspnea, ankle edema & nocturia by 83%." 83% improvement? That is enormous. That's practically a cure.

Others studies found increased ability to exercise, quality of life improved, showed "promise as adjunctive agents for the treatment of left ventricular dysfunction," decreased orthostatic fall in blood pressure, improved heart rate, reduced shortness of breath and edema, reduced anxiety. It was found to be "therapeutically equivalent with chemotherapeutics and also being devoid of any adverse effects."

An article listed at PubMed, (see link below) says that the results of meta-analysis of randomized trials using hawthorn extract for treating chronic heart failure suggest that there is a significant benefit from hawthorn extract as an adjunctive treatment for chronic heart failure.

http://www.ncbi.nlm.nih.gov/sites/entrezcmd=Retrieve&db=PubMed&list_uids=12798455&dopt=Abstract,

All studies showed the efficacy and safety of using hawthorn in the treatment of heart disease and no adverse drug reactions were reported.

Sometimes when looking for results from medical studies it can seem a little daunting and unfriendly. Some are written in foreign languages and some are just too technical for non-medical people. However, if you look around you can find more layperson friendly information.

When I scrolled to the bottom of the HerbMed websites long list of Pub Med articles, I found an article by Christopher Hobbs entitled *Hawthorne For The Heart*.

(<http://www.healthy.net/asp/templates/article.asp?PaeType=Article&ID=898>).

I thought that sounded user friendly enough so I clicked on it and started reading. Mr. Hobbs takes information from complex medical papers and makes it understandable by the average person.

Here are a few quotes:

"The extract of hawthorn can increase blood flow to the heart muscle itself, helping to counteract one of the most common modern causes of death in industrial countries--heart attack due to lack of blood flow to the heart. In pharmacological tests on both animals and humans, hawthorn has been shown to improve the contractility of the heart muscle (which can lead to a stronger pumping action of the heart), increase cardiac performance and output, lower the peripheral vascular resistance (reducing the workload of the heart), steady the heartbeat (anti-

arrhythmic effect), as well as increasing the heart's tolerance to oxygen deficiency, such as might happen during stress or excitement, or in diseases where the arteries are partially blocked."

He also reports, "With long-term use, hawthorn can safely help to strengthen and nourish the heart."

Here is a summary of the important clinical effects of hawthorn:

1. It dilates the arteries that supply the heart muscle itself with blood, oxygen, and fuel, providing a better supply of these essential nutrients. This results, with continued use, in a stronger, more efficient heart beat.

2. It acts as a powerful free-radical scavenger, protecting the heart against the harmful effects of lessened oxygen; a common result of vascular disease, such as atherosclerosis.

3. It can help steady the heartbeat if it is irregular, and does not lead to dependence.

4. It has mild sedative activity, which may be useful where mild heart disease is combined with nervousness, hypo-chondria, etc., in which case it can be combined with lavender or lemon balm.

When researching, if references to the original studies are not included in the article and you want to see the actual studies you can then write to the author of the article. Their contact information is usually obvious.

For more info on Christopher Hobbs:

<http://www.christopherhobbs.com/>

Another layperson friendly site is:
<http://www.viableherbalsolutions.net>

Their information is based on scientific studies, but it is reported in a fashion which makes it easy to understand. Here is a little of what they report about hawthorn.

"Hawthorne Berries have been used since the 19th century to support the heart, and to normalize cardiovascular functions. Hawthorne increases the body's ability to utilize oxygen, and the heart's ability to utilize calcium. This herb can actually help regulate both high and low blood pressure, in addition to slowly breaking down cholesterol and fat deposits in the body.

The bioflavonoids help strengthen the contractive force of the heart, and gently dilate & relax the coronary blood vessels, improving overall circulation. For this reason, Hawthorne Berries have been used to lower high blood pressure & high cholesterol, as well as increase low blood pressure.

When used to support weight loss programs, Hawthorne Berries help reduce water retention by expelling excess salt from the body. This botanical has also been known to reduce nervous tension, alleviate insomnia and aid digestion. Hawthorne can also be used to strengthen joint lining, collagen and spinal discs. "

For those who say '*prove it*' and who prefer "multi-center, double-blind, placebo-

controlled-type studies" you might want to consider **Nutrition Science News**, the journal of natural products research and innovation. Here is a link to an **NSN** article on hawthorn that lists 23 studies.

http://exchange.healthwell.com/nutritionscience/news/nsn_backs/Aug_00/hawthorn.cfm

In Summary

These five **natural healers**: Garlic, Serrapeptase, Curcumin, CMO and Hawthorn Berry are just a few of the many that **modern medical science** has shown to be **more powerful, more effective, and much safer** than pharmaceuticals in the treatment of disease. As you can see, **modern medical science** is proving daily that **Natural Medicine** is a wise choice in disease treatment.

To Your Health!

Donna Crow

<http://www.donnacrow.com>

<http://www.bulkcolostrum.com>

<http://www.excellentthings.com>

<http://www.theoriginalhomozon.com>

Other links that may be of interest:

Light House Oxygen

<http://www.lighthouseoxygen.com/medicine/death.htm>

Dietary Supplement Information Bureau

<http://www.supplementinfo.org>

Herb Research Foundation

<http://www.herbs.org>

National Center For The Preservation Of Medicinal Herbs

<http://www.ncpmh.org>

BE AWARE: There is no pill in the world that can take the place of a healthy diet and lifestyle.

Please be responsible and do due diligence before starting on any new health protocol, whether it is one you choose or one your doctor chooses. Be sure to consult with your health care provider before stopping any medications.

The information in this article is shared for education purposes only and is not intended to diagnose or prescribe. No results are guaranteed. Nothing works first time every time for everyone. A product that works well 80% of the time for 80% of the people will still work poorly, or even result in problems, for a small portion of the population.

Unfortunately, whether it is a pharmaceutical or a natural product, you won't know how it affects you until you try it, and that decision is up to each individual. Your health is your own responsibility. Please be responsible.

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