Phosphatidylserine is a phospholipid - a molecule made up of two fatty acids and a phosphate group attached to a glycerol backbone. Phosphatidylserine is concentrated in cells of the brain, where it may be related to brain cell function and neurotransmitter metabolism. Phosphatidylserine is also found in other cell membranes, such as muscle tissue and cells of the immune system, where they may play both a structural and functional role in muscle metabolism and immune system function.

- Prevents muscle breakdown
- Stimulates immune function
- Maintains brain function, memory and cognitive ability

Phosphatidylserine has been shown to reduce blood levels of cortisol - a hormone produced in response to stress. One of the effects of elevated cortisol production is accelerated amino acid catabolism - which could lead to muscle breakdown. Suppression of cortisol levels could theoretically maintain muscle mass during periods of increased stress and intense training.

Scientific Support Phosphatidylserine, like other phospholipids, is a major constituent of cellular membranes. Maintenance of membrane integrity is a crucial component of proper function, but there is little direct evidence that Phosphatidylserine supplements improve membrane integrity or cellular function. Phosphatidylserine has, however, been linked to a suppression of cortisol secretion during periods of intense training (20-30%) - an effect which may help enhance recovery and repair, particularly following intense exercise or injury As a brain-support nutrient, Phosphatidylserine has been validated through double-blind trials for improving memory, learning, concentration, word recall, and mood in middle-aged and elderly subjects with dementia or age-related cognitive decline. In animal studies, long-term phosphatidylserine treatment has been shown to maintain the integrity of neuronal structures in the brain which have been altered by the aging process. These are logical findings, as Phosphatidylserine is particularly enriched in the brain and has an excellent benefit-to-risk profile when compared to traditional treatments for memory loss.

It is interesting to note that Phosphatidylserine could also be considered a “general stress” nutrient – providing benefits for athletes subjected to the physical stress of exercise as well as for those individuals who are under chronic emotional stress from hectic lifestyles, job deadlines and many of the other stresses of modern life.

Phosphatidylserine supplement

Description Phosphatidylserine (PS) is a phospholipid - a molecule made up of two fatty acids and a phosphate group attached to a glycerol backbone. PS is concentrated in cells of the brain, where it may be related to brain cell function and neurotransmitter metabolism. PS is also found in other cell membranes, such as muscle tissue and cells of the immune system, where they may play both a structural and functional role in muscle metabolism and immune system function.

Claims
- Prevents muscle breakdown
- Stimulates immune function
- Maintains brain function, memory and cognitive ability
Theory PS has been shown to reduce blood levels of cortisol - a hormone produced in response to stress. One of the effects of elevated cortisol production is accelerated amino acid catabolism - which could lead to muscle breakdown. Suppression of cortisol levels could theoretically maintain muscle mass during periods of increased stress and intense training.

Scientific Support PS, like other phospholipids, is a major constituent of cellular membranes. Maintenance of membrane integrity is a crucial component of proper function, but there is little direct evidence that PS supplements improve membrane integrity or cellular function. PS has, however, been linked to a suppression of cortisol secretion during periods of intense training (20-30%) - an effect which may help enhance recovery and repair, particularly following intense exercise or injury.

As a brain-support nutrient, PS has been validated through double-blind trials for improving memory, learning, concentration, word recall, and mood in middle-aged and elderly subjects with dementia or age-related cognitive decline. Animal studies: Long-term phosphatidylserine treatment has been shown to maintain the integrity of neuronal structures in the brain which have been altered by the aging process. These are logical findings, as PS is particularly enriched in the brain and has an excellent benefit-to-risk profile when compared to traditional treatments for memory loss.

It is interesting to note that PS could also be considered a “general stress” nutrient – providing benefits for athletes subjected to the physical stress of exercise as well as for those individuals who are under chronic emotional stress from hectic lifestyles, job deadlines and many of the other stresses of modern life.

Safety There do not appear to be any significant side effects associated with dietary supplements containing phosphatidylserine.

Value PS may be recommended for individuals under increased physical or emotional stress or in those athletes recovering from a particularly strenuous bout of exercise (e.g. after running a marathon).

Dosage Concentrated PS supplements are available in doses of 400-2000 mg per day. For brain and mental support, 500-1000mg /day of PS is recommended for a month or so, followed by a lower maintenance dose of approximately 500 mg per day. Athletes may want to consider taking as much as 1-2 grams (1000-2000 mg) immediately before or following intense training to help suppress cortisol secretion and promote muscle recovery.1-800- 471- 4007 60 softgels $45

FREE HEALTH ANALYSIS
Every Thursday by Dr. Frank Wyatt N.D. 1:00 to 5:00 Pm
Dr. Wyatt’s University Herbs 32 S. 40th St. 215-222-0900
Analysis: natural, non-invasive, non pharmaceutical health recommendations
FREE Community Health Meeting Every 3rd Monday 32 S. 40th St. 7:00pm
FREE YOGA CLASS: West Philadelphia High School 48th St. Entrance
Tuesday & Thursday 6:00 pm – 8:00 pm  Saturday 9:00 am – 12:00 pm
Hiram 267-258-5994

Simple Home Candida Test: Try this simple test to see if you have an overgrowth of Candida albicans. First thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill with water and work up a bit of saliva, then spit into the glass of water. Check the water every 15 minutes or so for up to one hour. If you have a Candida yeast infection, you will see strings (like legs) traveling down into the water from the saliva floating on the top, or "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are not strings and the saliva is still floating after at least one hour, you are probably Candida yeast free.
**Remedial Effects of Chlorophyll**

Builds a high blood count
Provides iron to organs
Counteracts toxins eaten
Improves anemic conditions
Cleans and deodorize bowel tissues
Helps purify the liver
Aids hepatitis improvement
Feeds heart tissues iron
Regulates menstruation
Aids hemophilia condition
Improves blood sugar problems (diabetes)
Aid in asthma improvement
Improves milk production
Increase iron intake in milk
Helps sores heal faster
Eliminates body orders
Resists bacteria in wounds
Cleans tooth & gum structure in pyorrhea
Improve nasal drip
Lessens need for underarm deodorizers
Eliminates bad breath
Relieves sore throat
Makes excellent tooth gargle (surgery)
Benefits inflamed tonsils
Soothes ulcer tissues
Soothes painful hemorrhoids & piles
Aids catarrhal discharges
Revitalizes vascular system in legs
Improves varicose veins
Reduces pain caused by inflammation

A liquid chlorophyll enema will help bring the bile down through the liver and gall bladder. You can take such an enema once or twice a day if you are uncomfortable with gas.

Chlorophyll deserves a high place in eliminative diet programs because it is fluid which helps clean the cell structure of the body. It has vital minerals to help build these structures with new cell life.

The concentrate is especially convenient because it will not spoil as most fresh juices will. It can be diluted, one teaspoon to a cup of water, as you need it.

When we use chlorophyll we help feed the bowel tissues and deodorize them. When we use alfalfa and chlorophyll tablets we are providing the bowel wall with fibrous material with which this muscle can work against the toxic settlements in the diverticulae.

**Umaxx-15**

**What is it?** Trying to live a full active life without a full supply of CoQ10 is about as impossible as trying to drive 500 miles on a single gallon of gas. You simply do not have enough fuel. In fact, scientists now know that CoQ10 is needed to produce 95% of your body’s energy - energy your cells need to keep you alive and youthful. CoQ10, also known as Ubiquinone is a coenzyme that is naturally produced by your body. The problem is that your body loses its ability to produce CoQ10 as you grow older. That is why supplementation is critical, especially if you are over 50. CoQ10 is in its highest concentration in the heart, liver and kidney’s - organs that require a huge amount of energy to service. With adequate amounts of CoQ10, it allows your heart to pump stronger. Your arteries circulate more blood and your blood pressure lowers back to nominal levels. CoQ10 also protects your heart by shielding it from cholesterol buildup. You strengthen your whole vascular system.

**Can I raise the level of CoQ10 in my body by eating the right kinds of foods?**
The sad truth is that this anti-aging substance does not come in adequate abundance from any food sources. And unfortunately, as we age, our body's capacity to manufacture and maintain a maximum daily supply of CoQ10 just doesn't exist. Fortunately, there is a way to increase CoQ10 blood levels thanks to Dr. William V. Judy. For the past 33 years, Dr. Judy has tirelessly studied CoQ10, absorption. He has been a speaker in 9 international conferences and 34 national symposiums and has been a part of 244 different studies exploring the biochemical and clinical aspects of CoQ10. In Dr. Judy’s own words: 'It may not be the ultimate
fountain of youth, but I know of nothing else that comes closer - people with normal to above normal levels of CoQ10 age slower, have better muscle mass, less wrinkles and lower body fat. They have less tissue breakdown, better cell repair and the highest level of cellular renewal. Degenerative diseases that have responded to CoQ10 supplementation with marked improvement are: heart disease, chronic fatigue, arthritis, bursitis, Parkinson's, and Alzheimer's, obesity, sexual dysfunction, joint pain and many others. I personally formulated Umaxx, a CoQ10 formula, 7 times more potent and fully absorbable to every cell in your body, which means 700% more effective. Using the basic concepts behind biocompression technology developed by NASA, we finally found a way to make the CoQ10 molecule more absorbable while still retaining all of its anti-aging benefits. To make it even more effective, I combined 14 other ingredients in Umaxx that helps your body to manufacture more CoQ10 on its own. It's like getting another extra dose of CoQ10 in your body for one low price.

For a complete list of the ingredients in CoQ10 are as follows:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coenzyme Q10</td>
<td>30 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>30 IU</td>
</tr>
<tr>
<td>Natural Beta Carotene</td>
<td>2500 IU</td>
</tr>
<tr>
<td>Ascorbic Acid (Vitamin C)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Thiamine HCl (Vitamin B1)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Riboflavin (Vitamin B2)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Niacinamide (Vitamin B3)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Pyridoxine HC1 (Vitamin B6)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Cyanocobalamin (Vitamin B12)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>400 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>60 mg</td>
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<tr>
<td>Chromium</td>
<td>100 mg</td>
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<tr>
<td>Magnesium</td>
<td>150 mg</td>
</tr>
<tr>
<td>L-Carnitine</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

**Umaxx-15**

Discover how the most important biomedical discovery in the last 40 years:

Could slash your risk of heart disease and high blood pressure to nearly zero!

Build a new, youthful super immunity system and make yourself totally resistant to the most crippling diseases of age.

Restore every last ounce of lost vitality...so you generate incredible energy, endurance and physical stamina and even increase sexual performance.

**Dr. Karl Folkers**, a world-renowned scientific expert in cellular energy and the winner of the president's Award for science, calls CoQ10, "the most important, biomedical discovery in 40 years".

**Dr. Peter Mitchell** won the Nobel Prize for scientifically describing the actual process by which CoQ10 charges your body with life giving energy. Scientists have now verified that CoQ10 is responsible for 95% of the body's energy.

**Dr. William V. Judy**, The Father of CoQ10 absorption announces a proven new formula called Umaxx that is absorbed as much as 7 times greater than any other tablet, pill or capsule ever made available to the public! It means that your body would surge with more bursting energy, more power and strength, more round the clock stamina and endurance than you've enjoyed in years.

It means that your heart would start to grow stronger, younger and healthier...your blood pressure would start to return to a perfectly normal level...your arteries would begin to unplug and cleanse themselves...and according to clinical tests conducted at leading medical schools; your immunity to heart disease, sudden heart attacks or strokes would increase by as much as 700%.

**Umaxx-15**

Why you need it. . . The most potent formulation of Coenzyme Q10, Umaxx 15, fortifies your body to give you a second chance at youth by...

Repairs and energizes your cells... and ignites its natural self-healing power.
Slows down, even reverses the devastating effects of aging...
Helps to elevate crystal clear concentration
Gives new strength and support to your once tired limbs and bones ... now infused with youthful strength.
Helps to disease proof your body ... armor plates you against sickness!
Gives your body the fire power it needs to help keep itself free from arthritis, high blood pressure, chronic fatigue, heart disease ...all without relying on drugs or expensive medical procedures.
Helps to rejuvenate the cellular repair to smooth out fine lines and wrinkles and give you more youthful resilience.

**How does CoQ10 work in your body to boost energy, increase immunity and fight off age?**

Every cell in your body has its own power plant called mitochondria that generates your energy needs. Each of these cellular power plant produces a body fuel called ATP that is the prime energy ounce for your cells, muscles, respiratory, circulatory and immune systems. CoQ10 is the essential catalyst in the body's internal furnace that generates ATP. And without sufficient CoQ10, you have a furnace that is starved for fuel. Unfortunately, as we age, our supply of this precious coenzyme starts to diminish and premature aging begins to tighten its ugly grip. By age 40, CoQ10 is often reduced by as much as 38%. At age 50, down as much as 54% and by age 60, levels reduced by as much as 70%. Hair begins to turn gray or fall out, lines and wrinkles start to form, once firm muscle turns to loose, flabby fat, eyesight begins to fade, the first fiery pains of arthritis and bursitis stab through your body's joints, even sexual drive and performance start to slip away. In short, your youth slowly, gradually, and steadily vanishes.

**Health-'Shocking' vest for heart patients**

Vest: "Extremely inexpensive compared to surgery"

**By Corinne Podger of BBC Science**
A vest that administers an electric shock has been designed to help heart patients in the United States.

The electric vest is shaped like a bra and is set off if the wearer's heart stops beating. As many as one in four patients in the US awaiting a heart transplant die when their heart stops beating and starts to quiver uncontrollably.

Without an electric shock to re-start it, death is almost inevitable.

**Positive results**

Initial tests on the vest have been positive and it is about to be tried out on a group of volunteers from Philadelphia.

**Vest developed at Temple University**
"There have been two patients who have had ventricular fibrillation," said Howard Eisen, head of the transplant research unit at Temple University in Philadelphia.

"In both circumstances the vest has successfully detected the rhythm and shocked them back to a normal rhythm. So essentially the vest has saved their lives."

The vest has a series of electrodes, strapped to the wearer's chest to listen for these fibrillating rhythms. If one of these rhythms is detected, the vest automatically squirts a gel that conducts electricity onto the patient's body.

At the same time, it sounds an audible alarm so the patient can prepare for what follows - five electric shocks, one every thirty seconds.

Call 1-800-832-3269
$69.95 for 60 Day Trial Supply
The vest also carries a sound transmitter, which warns people nearby not to touch the patient in case they too get an electric shock.

'Cheaper than surgery'

There are already devices that can be implanted inside the body to give an electric shock from within. But they have to be removed by surgery once the patient gets a heart transplant.

Dr Eisen said that for these patients an electric vest would be an ideal alternative.

"The purpose of this device is in people who will not always be at risk of ventricular fibrillation, that you can use this device just during the time they're at risk," he said.

"So in other words someone who is waiting for a transplant. Once they get transplanted, their new heart is not at risk of developing these rhythms, so then they don't have to wear the vest."

"The vest is extremely inexpensive compared to surgery and can be used over and over again," he said.

Although the electric vests are undoubtedly unusual, the idea could eventually save hundreds of lives.

**Junk food link to asthma**

Jeddah has adopted westernized diets

Scientists believe junk food may be partly responsible for an increase in rates of childhood asthma in developed countries. Researchers examined communities in Saudi Arabia, where there are striking differences in lifestyle and rates of allergies across the country.

They compared more than 100 children with the symptoms of asthma with 200 non-asthmatic children.

They found that children who had the lowest intakes of vegetables and milk, vitamin E, and certain minerals were at significantly greater risk of asthma-type symptoms.

A diet rich in fruit and vegetables can help to prevent the world's children from developing asthma and wheezy diseases

Dr Martyn Partridge, British Thoracic Society

However, other factors thought to increase risk such as large family size, poverty and parental smoking did not appear to be important.

The researchers found that the children who were most at risk lived in urban areas such as the westernized city Jeddah.

It is in these areas where diets are least nutritious - and where they most closely resemble the junk food-laden fare commonly eaten by children in developed countries.

In contrast, rural children were less likely to be asthmatic.

Their traditional Arabic Saudi diet is based on cows' and goats' milk, rice, vegetables, lamb, chicken, dates and local fruits - and contains none of the processed and frozen foods increasingly found in city supermarkets.

The researchers, led by Professor Anthony Seaton from the University of Aberdeen, said: "This study suggests that dietary factors during childhood are an important influence in determining the expression of wheezy illness."

**High UK rates**

Professor Anthony Seaton: Led research team

One in seven children in the UK suffers from asthma. The number of children under five who develop asthma and wheezing has almost doubled in less than a decade.
Doctors have suspected that diet might play a role in the trend, which is seen throughout the world and associated with prosperous urban lifestyles.

Dr Martyn Partridge, chairman of the British Thoracic Society, said: "This study adds to the evidence that a diet rich in fruit and vegetables can help to prevent the world's children from developing asthma and wheezy diseases.

"Here in the UK, the government has recognized this and committed to providing children with free fruit in school.

"We would urge all health care professionals to help parents understand that eating a balanced diet can have a positive effect on the lungs as well as the heart."

The research is published in the journal Thorax.

A spokeswoman for Burger King said: "Our understanding is that this study does not suggest that eating fast food contributes to the likelihood of asthma, but that eating a diet containing fresh fruit and vegetables can help to prevent it."

She added that Burger King believed hamburgers can be part of a balanced diet.

The time has come to take the tap water out of the toilets

Kevin White
Yorkshire Water

There was a significant increase in the amount of water the children drank and the company now plans to put the coolers in every primary school in Yorkshire over the next three years.

One of the schools involved in the pilot was Otley Ashfield Primary in north Leeds.

Head teacher Yvonne Davison said she supported the initiative "wholeheartedly".

Pupils will be given refillable bottles

"All brain activity is neurological and is a chemical activity which doesn't function without water.

"Children who are dehydrated don't learn well."

Dr Martin Schweiger, a consultant at Leeds Health Protection Unit, said dehydration in childhood can cause serious health problems in adults.

"If children don't drink enough water, the delicate enzyme systems their bodies depend on start to get out of kilter.

"And long-term problems of infection, kidney disease and high blood pressure are the price many people pay for drinking too little as a child."

Kidney health

Yorkshire Water is teaming up with local companies who lease water coolers.

If they lease three, they are offered a fourth to donate to a local school.
The initiative is welcomed by kidney charities

Kevin White, managing director of Yorkshire Water, said: "The standard of sanitation and provision of drinking water in some schools hasn't improved since schools were built back in Victorian times.

“The time has come to take the tap water out of the toilets.”

The project was welcomed by the National Kidney Research Fund.

"It is another way to get across the important message that everyone should drink more water," said spokeswoman Louise Cox.

**Smoking Anxiety New Study Suggests Lighting Up Doesn’t Help You Lighten Up By Sarah Adler**

According to new research published in the *Archives of General Psychiatry* daily smokers have a fourfold increase in risk for a first-time panic attack.

Despite the fact that nicotine is a stimulant, smokers commonly report that smoking alleviates feelings of anxiety, anger and depression. But research now shows that smoking may actually increase subsequent risk for future anxiety, particularly panic attacks.

Results also indicate that former smokers are not at an increased risk, suggesting that smoking may be the mechanism for the onset.

**Little Focus on Mental Health Issues**

Previous research has shown a high prevalence of smoking in people with psychiatric disorders, most commonly depression. And while the physical health consequences of smoking are widely known, there is less attention given to mental health issues surrounding smoking.

This study, conducted by Naomi Breslau of the Henry Ford Health System and Donald F. Klein of the New York State Psychiatric Institute, used data from the Epidemiologic Study of Young Adults and the National Co-

morbidity Survey Tobacco Supplement to evaluate the relationship between smoking and panic attacks.

Daily smoking was defined as smoking every day for at least one month. Most — 90 percent — smoked at least 10 cigarettes per day and some one or more packs per day. A small proportion of the study samples, 10 percent, smoked fewer than 10 cigarettes a day.

It is not known whether casual smokers are at risk for panic attacks. Breslau says that future research should focus on these “chippers” or those who smoke daily, on a regular basis, but are less dependent.

“We know that smoking impacts our physical health but our study shows that smoking may result in the onset of a psychiatric disorder,” said Breslau.

**A Closer Look at Nicotine**

Dr. Jack Gorman, the Lieber professor and chairman for research in the Department of Psychiatry at Columbia University, sees this study as an indication that people who smoke may have higher rates of anxiety disorders.

“A question that needs answering is what is it about nicotine or active smoking that people with panic disorders crave — are cigarettes therapeutic for people with panic disorders?”

Scientists say that by identifying factors like cigarette smoking that may predispose individuals to having a panic attack, prevention and quality of life can be improved.

Panic attacks can occur unexpectedly or out of the blue. Symptoms include accelerated heart rate, dizziness, light-headedness, trembling and nausea. Medication and psychotherapy are available for treatment.


Recent data show that adult smoking has remained unchanged during the 1990s and has fallen short of the nation’s public health goal of reducing smoking to no more than 15 percent by the year 2000.
NATURAL ANTIDOTES TO BIOLOGICAL TOXINS If pregnant or under a doctor’s care, consult your physician. Skin test for sensitivity. Use caution when taken with prescription drugs - do advise your prescribing physician and do see a medical professional for cold and flu symptoms.

These natural antibiotics and antioxidants may give those who have been exposed to biological or chemical weapons enough time to secure professional care. They may even save lives. We are a small independent herbal pharmacy that carefully prepares each botanical made to order and affordable.

The Garlic Information Center in Britain indicates that deadly anthrax is most susceptible to garlic. Garlic is a broad-spectrum antibiotic that even blocks toxin production by germs. [Journal Nutrition, March 2001] Before vaccines were developed against polio, garlic was used successfully as a prophylactic. In one test garlic was found to be a more potent antibiotic than penicillin, ampicillin, doxycycline, streptomycin and cephalaxin, Garlic was found to be effective against nine strains of E. coli, Staph and other bugs. [Fitoterapia, Volume 5, 1984] Freshly cut cloves of garlic or garlic powder may be beneficial.

The antibiotic activity of one milligram of allicin, the active ingredient in garlic, equals 15 units of penicillin. [Koch and Lawson, Garlic: The Science and Therapeutic Application, 2nd edition, Williams & Wilkins, Baltimore 1996]

The anthrax bacterium’s toxicity emanates from its ability to kill macrophage cells. Studies have shown that sulfur-bearing antioxidants (alpha lipoic acid, N-acetyl cysteine, taurine - take n in doses ranging from 100-500 mg) and vitamin C, (Buffered about 10,000 mgs combined with bioflavonoids) which elevate levels of glutathione, a natural antioxidant within the body, counters the toxicity produced by anthrax. [Molecular Medicine, November 1994; Immunopharmacology, January 2000; Applied Environmental Microbiology, May 1979]

Melatonin, (5-20 mg.) a sleep-inducing hormone available at most health food stores, has been shown to help prevent lethal toxins from anthrax exposure. [Cell Biology Toxicology, Volume 16, 2000]

Virtually all bacteria, viruses and fungi depend upon iron as a growth factor. [Iron & Your Health, T.F. Emery, CRC Press, 1991]

Iron-chelating (removing) drugs and antibiotics (Adriamycin, Vancomycin, others) are effective against pathogens. The plague (Yersinia pestis), botulism, smallpox and anthrax could all be potentially treated with non-prescription metal-binding chelators. For example, iron removal retards the growth of the plague. [Medical Hypotheses, January 1980] The biological activity of the botulinum toxin depends upon iron, and metal chelators may be beneficial. Infection Immunology, October 1989, Toxicon, July, 1997.

Extract from rice bran Phytic acid (IP6), is the most potent natural iron chelator and has strong antibiotic and antioxidant action. [Free Radical Biology Medicine, Volume 8, 1990; Journal Biological Chemistry, August 25, 1987] IP6 has been found to have similar iron-chelating properties as desferrioxamine, a drug commonly used to kill germs, tumor cells or to remove undesirable minerals from the body. [Biochemistry Journal, September 15, 1993] IP6 rice bran extract (2000-4000 mg) should be taken in between meals with filtered or bottled water only (no juice).

Oregano oil may protect against drug-resistant bacteria,


Oil from the common herb oregano may be an effective treatment against dangerous, and
sometimes drug-resistant bacteria, a Georgetown researcher has found. Two studies have shown that oregano oil-and, in particular, carvacrol, one of oregano's chemical components-appear to reduce infection as effectively as traditional antibiotics. These findings were presented at the American College of Nutrition's annual meeting October 6 and 7 in Orlando, Fla.

The antibacterial, antiseptic action of plant oils has been described in recent medical literature and may be helpful in fighting biological toxins. [Journal Applied Microbiology, Volume 88, 2000] A potent natural antibiotic, more powerful than many prescription antibiotics, is oil of oregano. One study showed that oregano completely inhibited the growth of 25 germs such as Staphylococcus aureas, Escherichia coli, Yersinia enterocolitica and Pseudomon asaeruginosa. [Journal Food Protection, July 2001] Oregano has been shown to be effective in eradicating intestinal parasites in humans. [Phytotherapy Research, May 2000] (typically one finds sage labeled as oregano in stores shelves) Wild Oregano Oil in 4000 dilution sterilizes contaminated water. [London Times, May 8, 2001]

Nature also provides nerve gas antitoxins. Nerve gas interrupts the normal transmission of nerve impulses by altering levels of acetylcholinesterase, the enzyme that degrades the nerve transmitter acetylcholine. Huperzine A, a derivative of Chinese club moss, has been suggested as a pre-treatment against nerve gases. [Annals Pharmacology France, January 2000] The Walter Reed Army Institute of Research conducted studies which revealed that huperzine A protects against nerve gas poisoning in a superior manner to physostigmine, a long-standing anti-nerve toxin drug. [Defense Technical Information Center Review, Volume 2, December 1996] Huperzine A is available as a food supplement at most health food stores. Suggested dosage is 150 mcg per day. Pretreatment is advised prior to nerve gas exposure.

one of the methods by which mustard gas works is its ability to bring about cell death by depleting cell levels of glutathione Medicine Journal, April 9, 2001. So glutathione is also an antidote for mustard gas poisoning.

NATURAL treatment for Anthrax? from Ian "Doc" Shillington N.D.

e-mail: DanShr.Iillington@GilaNet.com

Yes! It's very simply this: Ultra High Quality Echinacea Tincture, Total Tonic, and USP Pharmaceutical Grade DMSO (Note, the FDA has not approved DMSO for internal use).

For Prevention of Anthrax:

One Dropperful of DMSO (DMSO should be USP Pharmaceutical Grade ONLY!) early in the morning, every morning on an empty stomach.

Two dropperfuls of Organic Echinacea Tincture (absolute highest quality only) three times a day and you should not take this for more than 3 weeks at a time. Best usage of Echinacea, is one week ON, and one week OFF.

Two or more dropperfuls of Total Tonic three times a day see also kombucha Super Tonic

For someone who has already contracted Anthrax:

One ounce of DMSO immediately, and then one dropperful first thing in the morning on an empty stomach.

One ounce of Echinacea Tincture immediately and then two dropperfuls every waking hour on the hour for a week.

One ounce of Total Tonic immediately and then two dropperfuls every waking hour on
the hour for as long as it takes to handle the disease.

You can use even more of the Total Tonic if you wish.

PLUS

The person must be put on an organic juice fast immediately and taken off of all solid foods. Freshly made Organic Juices Only!!!!!!!

At least one hot bath a day (preferably two or three), as hot as the person can stand it, for a minimum of an half an hour with six cups of hot fresh Ginger tea (best would be Yarrow tea if you can get it, but Ginger will do the trick). A hot sauna for up to an hour with the herb tea as above would be even better.

This is the handling for any plague, flu, cold, or any major bacterial or viral attack.

It's what I'll be using - if I have to.

Yours in health and love,

Ian "Doc" Shillington N.D

Total Tonic Recipe
From Ian "Doc" Shillington N.D.

1 – Part Fresh Organic Garlic Cloves
1 – Part Fresh Organic Hot White Onion
1 – Part Fresh Organic Ginger
1 – Part Fresh Organic Horseradish
1/2 Part Fresh Organic Habanero Peppers

Over with an inch or two of Raw Unfiltered Organic Apple Cider Vinegar (or aged Kombucha Vinegar my personal preference) and puree.

The mash now made is immediately excellent for colds, etc and can be taken as-is.

To tincture, place in a half gallon jar and let sit for two weeks on your counter (shake at least once a day). At the end of two weeks, use a potato ricer and clean organic cotton cloth and strain and press the liquid into a separate container.

not necessary to refrigerate.

The Happy Herbalist’s Pharmacy est 1997 featuring fresh-made Remedies Designed Exclusively For You!

Our liquid extracts are the most potent form of a botanical elixir.

Medicinal herbal teas are medicine.

If you have a disease it is very important to have a correct diagnosis. Medicinal herbs may overwrite symptoms. For example if blood in the stool is treated with oak bark, (a western herb) or San Qi (a Chinese herb) bleeding may stop but a possible cancer growth may continue to develop and early detection (when looking for the cause of the bleeding) may be delayed.

HappyHerbalist.com offers a Free Online Diagnosis. This is an A Confidential TCM diagnosis by Ed Kasper L.Ac., acupuncturist and herbalist. A California licensed primary health care provider. This TCM Diagnosis follows established protocols established under California law.