

EClub Weekly Health Tip – Hyperfollicular Keratitis

Phillip Day – 16 April 2010

'If you are suffering with permanent goosebumps on your arms in hot and cold weather, then you are suffering from a condition known as hyperfollicular keratitis. Take more omega-3 and -6, both in your diet and with supplements, and this condition should disappear in one to three months.'

From *The Diet Doctors Inside and Out*

by Dr Wendy Denning and Vicki Edgson

To purchase any of the items mentioned above please go to
<http://interneka.com/affiliate/AIDLlink.php?BID=11205&AID=34037>

Phillip Day
The Campaign for Truth in Medicine
<http://www.campaignfortruth.com>

EClub Weekly Tip – Eclubcampaignfortruth.com

Marilyn comment: When I did research on ADD and ADHD early 2000 I discovered that this condition (which I did not know the name of) was referred to as chicken skin i.e. goose bumps on the arms was a sure indicator of an omega deficiency. Many children who suffer from this ailment are omega deficient.

A good quality omega supplement called Omega Blue can be purchased through Young Living Oils.
<http://www.youngliving.org/marilynvine>