

(The following are news items and opinions. This is not medical advice.)

### **Prevent Alzheimer's Disease With Milk Thistle**

Milk thistle has been traditionally used for hundreds of years as an herbal remedy to treat liver and gall bladder problems. Scientists believe that substances in milk thistle (especially a flavonoid called "silymarin") protect the liver from toxins. Silymarin has antioxidant and anti-inflammatory properties, and it may help the liver repair itself by growing new cells. Now, researchers at the Tokyo Metropolitan Institute of Gerontology in Tokyo, Japan, think milk thistle may be useful in the treatment of Alzheimer's disease. Alzheimer's is characterized by progressive cognitive impairment and the formation of plaques in the brain. The research team fed mice a powdered diet containing milk thistle for six months. They found that the mice showed a reduction in brain plaque formation and an improvement in behavioral abnormalities. The milk-thistle-treated mice also showed less anxiety. The researchers concluded that milk thistle is a promising agent for the prevention of Alzheimer's disease.

### **Coconut Macaroons Help Crohn's Disease (Testimonials)**

"I read that coconut macaroons might have an effect on Crohn's disease. Having suffered with this dread disease for years, I bought four boxes of Archway cookies. Much to my shock, there has been dramatic improvement in my diarrhea in less than a week. I am on prednisone, which has horrible side effects. My gastroenterologist pooh-pooed this new remedy, but the macaroons have given me far more relief than any medication I have taken. It is still too early to tell if this improvement is a temporary blip on the radar screen, but it is the first optimism that I have had in years!"

"I had my entire colon removed over 30 years ago (I had a very severe case of ulcerative colitis). As a result I have suffered from constant diarrhea ever since. A couple of years ago I heard about the coconut macaroon on The People's Pharmacy radio program. At that time, the macaroons were off the market. So instead, I just ate shredded coconut (in the baking section in the grocery store). To my delight and amazement, shredded coconut has worked wonderfully. I take a pinch of coconut after each meal. My bowel movements are much less frequent and more solid. The coconut is "magic!"

### **Prevent Allergies with Alfalfa Tablets (Testimonial)**

My sister told me years ago that if I took 2 alfalfa pills with 8 oz of water first thing in the morning and not eat anything for 30 minutes that I would mostly be rid of all my allergies. I live in an area, that is just like a bowl of pollen. Winds can't blow it out so we are just saturated with all the pollen and other allergens. I started taking the alfalfa tablets and it took around 3 months before I could see a difference. But now, 3 years later, I have my allergies pretty much under control. After taking anti-biotics for years and being sick so much and I had to miss a lot of work. I still have very mild symptoms, sore throat, slight headache occasionally, but I haven't gone to doctor or missed work from allergies in 3 years.

### **10 Other Benefits of Coconut Oil**

1. ***Keeps You Healthy and Slim.*** You can help boost and regulate your metabolism to keep your weight under control with this wonder oil.
2. ***Supports Your Immune System.*** Organic coconut oil is jam-packed with lauric acid, the immune supporting nutrient.
3. ***Promotes Heart Health.*** Packed full of healthy fats that are good for your heart, organic coconut oil is a great addition to your daily diet.
4. ***Gives You Instant Energy.*** Organic coconut oil can help you feel less fatigued and require less sleep by stimulating your metabolism. It can also enhance athletic performance.
5. ***Supports Healthy Thyroid Function.*** Organic coconut oil helps to stimulate the activity and proper functioning of this important gland which provides energy, supports the health of your skin and metabolism, and keeps your moods in balance.
6. ***Help Keeps Your Skin Youthful, Smooth & Healthy Looking.*** Using organic virgin coconut oil as a lotion will help improve your skin, hair, and nails due to its moisturizing and smoothing effects that also promote elasticity.
7. ***Increases Cell Regeneration.*** When your metabolic rate increases, your cell regeneration speeds up, too. This means that your body will more quickly replace old cells with newer, healthier cells.

8. **Promotes Anti-Viral, Anti-Fungal, and Anti-Bacterial Activity.** Teeming with lauric acid, organic coconut oil possesses abundant natural agents that may reduce fungus, bacteria and the viruses that cause influenza, herpes, and other illnesses.
9. **Improves Insulin Secretion.** This helps to better utilize glucose to balance insulin output which can help relieve the symptoms and reduce the health risks associated with diabetes.
10. **Protects Your Body from Disease.** Organic coconut oil may help protect your body from cell damaging free radicals.

### **Shingles Can Be Stopped with Vitamin B12**

Shingles can hit at any age. But you're more likely to get the rash if: " You're over 60 " You had chickenpox before age one " Your immune system is weakened by medications or disease " You are under extreme stress.

Usually, you first notice a burning pain around your mid-section. It can also strike your face. Next, the tell-tale rash appears at the site of the pain. Then, the rash blisters and crusts form. The crusts usually fall off in two to three weeks. Most conventional docs try to treat shingles with anti-viral medications. But these may only shorten the virus by a day or two. Plus, you still have the pain to deal with. For that, you'll need some heavy-duty pain killers. Anti-inflammatory meds won't cut it. And neither will the vaccine.

The good news is there's something else that works even better. It significantly shortens the duration of the attack. Plus, it's all natural. Vitamin B12 is hands down the best way to get over shingles. Nothing else work as well or as fast. It goes directly to the nerve root to attack the zoster virus. Ask your doctor for an intra-muscular shot that contains 1 mg of B-12. Get one shot each day for a week or until the symptoms completely disappear. (Remember, most cases of shingles last two to three weeks!) This method shortens the outbreak like nothing else. But you can also take B12 to prevent shingles. Go for 500 mcg of sublingual B12 (under the tongue) each day. This will keep your nerve cells healthy and help prevent the zoster virus from ever "waking up."

One more safe option to try. You can also try lysine to shorten the duration of a shingles attack. Go for 3 grams (3,000 mg) of lysine daily until your symptoms disappear. It can also help lessen the pain and itching. You can find lysine at most grocery stores and vitamin shops. Just don't take lysine on a routine basis as it disrupts your body's lysine-arginine ratio. You see, lysine competes with arginine in the body. The more lysine you take, the less arginine available to your body. And that's not a good thing. Arginine is an amino acid that stimulates your growth hormone. It also plays an important role in cell division, wound healing, and immune function. Plus, in supplement form, high doses of lysine may raise cholesterol levels and increase the risk of gallstones. The good news is you can treat and prevent shingles without resorting to a sketchy vaccine. Don't let your regular MD tell you otherwise!

### **Vitamins & Minerals Relieve Diabetic Neuropathy**

Diabetes is characterized by raised levels of glucose in the bloodstream and over time these elevated levels can lead to damage to the bodies tissues resulting in visual deterioration, blindness, kidney disease, and nerve damage.

One manifestation of that nerve damage is called 'peripheral neuropathy'. This condition usually affects the feet and lower legs, and can result in numbness (this can lead to diabetics damaging their feet without even knowing it) and/or abnormal sensations such as phantom feelings of heat, pain, or pins and needles.

The most straightforward approach to reducing the risk of diabetic complications like peripheral neuropathy is, of course, to get your blood sugar control. The key being to limit the consumption of foods that tend to disrupt those blood sugar levels.

However, in a recent study individuals with diabetic neuropathy were treated with micronutrients (vitamin and minerals).

In this study, 67 individuals with diabetic neuropathy were treated with one of three regimes:

**Group 1** " 20mg zinc" 250 mg magnesium" 200 mg vitamin C" 100 mg vitamin E"

**Group 2**" 20mg zinc" 250 mg magnesium" 200 mg vitamin C" 100 mg vitamin E" 10 mg vitamin B1" 10 mg vitamin B2" 200 micrograms biotin"  
10 micrograms vitamin B12" 1 mg folic acid"

**Group 3** " Placebo

After four months, individuals in groups 1 and 2 had seen very significant reductions in neuropathic symptoms, while those taking placebo did not. This was in contrast to medical testing of neuropathy, which showed no improvement. Neither blood sugar control nor nerve function were improved either.

As the authors of this study concluded, these results suggest that micronutrient supplementation might help diabetic neuropathy symptoms. Nutrient supplementation represents a low-cost, low-risk and relatively hassle-free way to perhaps combat this common and troublesome diabetic complication.

### **Magnesium Helps To Prevent Heart Attacks**

First a little background on this marvelous mineral. Magnesium is an essential mineral that is required to sustain healthy blood vessels, generate cellular energy, and maintain healthy nerve and muscle function. Known as the relaxation mineral because of its ability to relax muscle spasms, magnesium is required for more than 300 critical biochemical reactions throughout the body and it's especially important to heart health.

Dropping dead from a heart attack or other cardiac event is a leading cause of death in those over 40. But it doesn't have to be. A new study shows that people who have high amounts of magnesium circulating through their blood stream are 41% less likely to die of a heart attack compared to those with low levels.

Magnesium is necessary to relax blood vessels and arteries while maintaining normal blood pressure. Low magnesium levels have also been linked to the development of foamy plaque on the inner lining of the coronary arteries as well as thickening of the artery walls. High levels, on the other hand, can decrease arterial wall thickness and stiffness by 42%.

But if you're relying on your diet to supply you with this important mineral, let me tell you right now that you aren't get enough.

The sad fact is that the food sold in supermarkets today has 75% less magnesium than the foods your grandparents ate. Even if that weren't the case, cooking and processing depletes magnesium. This means that 80% of Americans don't have enough magnesium in their bodies to do all the tasks that require this mineral.

Taking too much magnesium when you aren't used to it can create a laxative effect you weren't expecting. To prevent this, I think it's important to start with a lower dose of 150 to 200 mg. and build up to 400 mg. once or twice a day until your bowel movements are comfortably loose.

(Testimonial )Let me tell you why I've become so passionate about this. Recently, I went to the cardiologist with a friend of mine who had been experiencing a benign arrhythmia for two years. Before the visit that I attended, my friend had been tested thoroughly with a stress test, ultrasound, EKG and Holter monitor. It's the next visit that I went to, where he was offered the ablation/pacemaker procedure by his cardiologist.

He did not immediately opt for that since he is a curious sort and wanted a few opinions. On my recommendation, he saw a functional medicine physician afterward, who ordered a blood test to evaluate his micronutrient status. Lo and behold, he was found to be deficient in taurine and magnesium. Taurine is a natural amino acid, and magnesium is a mineral, both of these were purchased at the health food store along with an herbal supplement of hawthorn extract. **His heart sank into a near-perfect rhythm within two weeks, after suffering for almost two years.**

Had he gone for the ablation procedure, he would have become pacemaker dependent and the underlying deficiencies would have gone undetected. In this particular case, it would have literally left him a ticking time bomb, pacemaker and all because the deficiencies would have gone uncorrected and the pacemaker would have masked his poor nutritional status and declining health.

### **Comfrey Causes Gardens To Super Grow**

As the food supply becomes more and more poisoned, a lot of people are moving toward growing their own food in backyard gardens. And if there's one thing every backyard gardener should know about - it's comfrey.

Comfrey is an herb that makes things grow - and using it in the garden can easily and dramatically increase the size, heartiness, and productivity of your plants. In the garden, using some comfrey can boost the size of many plants and encourage lackluster plants to grow.

An easy way to use comfrey in the garden is simply to use some dried, finely shredded leaves and soak them in water to make a tea. You can use a half cup of leaves of so per gallon of water - just let them sit for about 24 hours until it becomes a tea.

Then, just water your plants with the tea and let the leaves fall around your plants too. You can water every few days or as desired - and smaller plants may just need a cup or so of the tea per watering, while larger plants can use a bit more. Generally, you'll start to see the difference in a month or so, with regular use.

### **Vicks on Feet Stop Cough (testimonial)**

Our 5-year-old caught a cough that was going around her class. She was miserable with a nonproductive cough every half-minute or so. It was torture. Finally, at midnight, after trying chamomile tea and steaming in the shower, we tried rubbing the soles of her feet with a generic brand similar to Vicks VapoRub. It worked like turning off a spigot. Awesome remedy!

### **Welch's Grape Juice & Pectin for Arthritis (testimonial)**

My husband and I have begun using pectin in Welch's grape juice and find it really helps ease our aches and pains. We started with liquid Certo, one packet to a half-gallon of purple grape juice. We drank a cup a day. I now use pure pectin powder (Pomona's Universal Pectin). I sprinkle ¼ teaspoon gently on a cup of juice and then run the mixture in the blender for a minute or two. This gets frothy, but pectin clumps if you just drop it in the juice. The powder can't be mixed up ahead of time, or the juice tends to turn to jelly. Do not use juice that has been fortified with calcium. The pectin won't dissolve. Others have found pomegranate or cherry juice also works.

Another testimonial states, "We can't drink the fruit juice because of sugar problems, but have found the same relief by mixing a pouch of Certo along with 2 large boxes of sugar-free jello and making a BIG bowl of jello. We eat about 1/2 cup of our "jello cocktail" with our lunch each day and it seems to do us just fine!!"

### **Feel the Calming Effect of Earthing!**

In essence, the human body is filled with free radicals, which are capable of doing a lot of damage if left unchecked. Yeah, you can take antioxidants. But Earthing, that's correct, is an important tactic for neutralizing free radicals. And, it's simple. No devices needed.

Earthing, also known as grounding, is caveman medicine. It means that you literally go walking barefoot on the earth, sand, or grass. Concrete is okay, but not asphalt. Slate is okay, and so is ceramic tile, if it's been laid on top of concrete or gravel. The important thing is to walk barefoot, which allows you to take in the electrons from the earth.

Lightning strikes the earth thousands of times per second, especially around the equator. As a result, the earth's surface is a plethora of electrons. We know that the human body is full of free radicals. They are enormously abundant in our bodies from the air we breathe, the heavy metals, the mercury, the Trans fats, the insecticides, the pesticides, the radiation, the sugars, and many other things in our environment.

So, the human body is a sea of chemicals and free radicals, and we need electrons to neutralize them. You can take all the good antioxidants in the world, such as CoQ10, zinc, beta carotene, lycopene, or lutein, but that may not be enough. You need more than just antioxidants to combat the effects of all the chemicals and free radicals. If you ground, you're going to be soaking up these electrons, which will in turn neutralize free radicals. Experiments have shown that grounding has several effects on the human body. The autonomic motor system calms down. There is a lot of influence on the vagus nerve, so there's more parasympathetic stimulation. Cortisol dynamics improve. People sleep better. Inflammation improves, as does the thickness of the blood. Heart rate variability, which means irregular heartbeats, also improve. For the cardiovascular system, grounding is like a panacea. It does everything right.

Think about people who take a vacation at the beach. They lie in the sun and walk on the beach, getting direct contact with the sand and the water. When they get home, they feel refreshed, alive, and calm. They also say that they slept better while they were away. This isn't actually due to the time away or the lack of stress; it's because of the grounding. Grounding (aka Earthing) really does make you feel better. You can sleep grounded. You can walk grounded. It's absolutely free, and it makes a huge difference.

### **Women, Remember 3 Cups of Tea for The Heart**

Three cups of tea daily may lower stroke risk in women by reducing plaque in the carotid arteries--the two arteries that supply blood to the brain.

French researchers compared dietary habits to carotid artery ultrasound examinations of more than 6,000 elderly subjects.

Among male subjects, no dietary habits were linked to reduced carotid plaque. But women who drank three or more cups of tea daily were far more likely to show no evidence of plaque build up in the carotid arteries compared to women who didn't drink tea.

Most likely, it's all about the catechins. Catechins are flavonoid compounds with significant antioxidant power. Research suggests that a key catechin variety known as EGCG prevents the formation of arterial plaque while also promoting elasticity of veins.

Green teas contain as much as 10 times the amount of EGCG as black teas.

### **Do You Believe in Birdies?**

This is a true story that occurred in 1994 and was told by Lloyd Glenn.

Throughout our lives we are blessed with spiritual experiences, some of which are very sacred and confidential, and others, although sacred, are meant to be shared. Last summer my family had a spiritual experience that had a lasting and profound impact on us, one we feel must be shared.

It's a message of love. It's a message of regaining perspective, and restoring proper balance and renewing priorities. In humility. I pray that I might, in relating this story, give you a gift my little son, Brian gave our family one summer day last year.

On July 22nd I was in route to Washington DC for a business trip. It was all so very ordinary, until we landed in Denver for a plane change. As I collected my belongings from the overhead bin, an announcement was made for Mr. Lloyd Glenn to see the United Customer Service Representative immediately. I thought nothing of it until I reached the door to leave the plane and I heard a gentleman asking every male if they were Mr. Glenn.

At this point I knew something was wrong and my heart sunk. When I got off the plane a solemn faced young man came toward me and said, "Mr. Glenn there is an emergency at your home. I do not know what the emergency is, or who is involved, but I will take you to the phone so you can call the hospital. My heart was now pounding, but the will to be calm took over. Woodenly, I followed this stranger to the distant telephone where I called the number he gave me for the Mission Hospital.

My call was put through to the trauma center where I learned that my three-year-old son had been trapped underneath the automatic garage door for several minutes, and that when my wife had found him he was dead. CPR had been performed by a neighbor, who is a doctor, and the paramedics had continued the treatment as Brian was transported to the hospital. By the time of my call, Brian was revived and they believed he would live, but they did not know how much damage had been done to his brain, nor to his heart. They explained that the door had completely closed on his little sternum right over his heart. He had been severely crushed.

After speaking with the medical staff, my wife sounded worried but not hysterical, and I took comfort in her calmness. The return flight seemed to last forever, but finally I arrived at the hospital six hours after the garage door had come down. When I walked into the intensive care unit, nothing could have prepared me to see my little son laying so still on a great big bed with tubes and monitors everywhere. He was on a respirator.

I glanced at my wife who stood and tried to give me a smile. It all seemed like a terrible dream. I was filled in with the details and given a guarded prognosis. Brian was going to live, and the preliminary tests indicated that his heart was OK -- two miracles, in and of themselves. But only time would tell if his brain received any damage.

Throughout the seemingly endless hours, my wife was calm. She felt that Brian would eventually be all right. I hung on to her words and faith like a lifeline. All that night and the next day Brian remained unconscious. It seemed like forever since I had left for my business trip the day before.

Finally at two o'clock that afternoon, our son regained consciousness and sat up uttering the most beautiful words I have ever heard spoken, He said, "Daddy hold me," and he reached for me with his little arms.

By the next day he was pronounced as having no neurological or physical deficits, and the story of his miraculous survival spread throughout the hospital. You cannot imagine our gratitude and joy. As we took Brian home we felt a unique reverence for the life and love of our Heavenly Father that comes to those who brush death so closely. In the days that followed there was a special Spirit about our home. Our two older children were much closer to their little brother. My wife and I were much closer to each other, and all of us were very close as a whole family. Life took on a less stressful pace. Perspective seemed to be more focused, and balance much easier to gain and maintain. We felt deeply blessed. Our gratitude was truly profound.

Almost a month later to the day of the accident, Brian awoke from his afternoon nap and said, "Sit down mommy. I have something to tell you."

At this time in his life, Brian usually spoke in small phrases, so to hear him say a large sentence surprised my wife. She sat down with him on his bed and he began his sacred and remarkable story. "Do you remember when I got stuck under the garage door? Well it was so heavy and it hurt really bad. I called to you, but you couldn't hear me. I started to cry, but then it hurt too bad. And then the "birdies" came.

"The birdies?" my wife asked puzzled. "Yes," he replied. "The birdies" made a whooshing sound and flew into the garage. They took care of me."

"They did?" "Yes, he said." "One of the "birdies" came and got you. She came to tell you I got stuck under the door."

A sweet reverent feeling filled the room. The Spirit was so strong and yet lighter than air. My wife realized that a three year-old had no concept of death and spirits, so he was referring to the beings who came to him from beyond as "birdies" because they were up in the air like birds that fly.

"What did the birdies look like?" she asked. Brian answered. "They were so beautiful. They were dressed in all white. Some of them had green and white. But some of them had on just white."

"Did they say anything?" "Yes" he answered. "They told me the baby would be all right." "The baby?" my wife asked confused.

And Brian answered. "The baby laying on the garage floor." He went on, "You came out and opened the garage door and ran to the baby. You told the baby to stay and not leave." My wife nearly collapsed upon hearing this, for she had indeed gone and knelt beside Brian's body and seeing his crushed chest and unrecognizable features, knowing he was already dead, she looked up around her and whispered, "Don't leave us Brian, please stay if you can."

As she listened to Brian telling her the words she had spoken, she realized that the spirit had left his body and was looking down from above on his little lifeless form. "Then what happened?" she asked. "We went on a trip." He said, "far, far away." He grew agitated trying to say the things he didn't seem to have the words for. My wife tried to calm and comfort him, and let him know it would be okay. He struggled with wanting to tell something that obviously was very important to him, but finding the words was difficult.

"We flew so fast up in the air." "They're so pretty Mommy." he added. "And there is lots and lots of "birdies." My wife was stunned. Into her mind the sweet comforting Spirit enveloped her more soundly, but with an urgency she had never before known.

Brian went on to tell her that the 'birdies' had told him that he had to come back and tell everyone about the "birdies." He said they brought him back to the house and that a big fire truck, and an ambulance were there. A man was bringing the baby out on a white bed and he tried to tell the man the baby would be okay, but the man couldn't hear him.

He said, " The "birdies" told him he had to go with the ambulance, but they would be near him. He said, they were so pretty and so peaceful, and he didn't want to come back. And then the bright light came. He said that the light was so bright and so warm, and he loved the bright light so much. Someone was in the bright light and put their arms around him, and told him, "I love you but you have to go back. You have to play baseball, and tell everyone about the birdies." Then the person in the bright light kissed him and waved bye-bye. Then whoosh, the big sound came and they went into the clouds."

The story went on for an hour. He taught us that "birdies" were always with us, but we don't see them because we look with our eyes and we don't hear them because we listen with our ears. But they are always there, you can only see them in here (he put his hand over his heart). They whisper the things to help us to do what is right because they love us so much.

Brian continued, stating, "I have a plan, Mommy. You have a plan. Daddy has a plan. Everyone has a plan. We must all live our plan and keep our promises. The "birdies" help us to do that cause they love us so much."

In the weeks that followed, he often came to us and told all, or part of it again and again. Always the story remained the same. The details were never changed or out of order. A few times he added further bits of

information and clarified the message he had already delivered. It never ceased to amaze us how he could tell such detail and speak beyond his ability when he spoke of his "birdies."

Everywhere he went, he told strangers about the "birdies."

Surprisingly, no one ever looked at him strangely when he did this. Rather, they always get a softened look on their face and smiled.

Needless to say, we have not been the same ever since that day, and I pray we never will be.

*Perhaps you could forward the Heartnews to someone who would enjoy it.*

**Thanks to all who sent in their home remedies....they are the best! If you have any alternative remedies (simple home remedies or other) that you have tried and found successful please forward them to us at:**

**[info@straussheartdrops.com](mailto:info@straussheartdrops.com)**

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