

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

Bells & noises in your ears?

A daily dose of 100 or 150 mg of pine bark extract (the study used a particular brand -- Pycnogenol) brought substantial relief to people suffering from mild to moderate tinnitus, as demonstrated in a four-week trial. The results of the trial, which are published in the journal *Panminerva Medica*, showed that the extract improved blood flow to the ear (impaired blood flow is a common cause of tinnitus). The higher dose was more effective

Why keep aspirin by your bedside?

Heart attacks can come in many different forms. Heart attacks often reveal themselves through pain on the left arm, chest and chin, as well as nausea and lots of sweating, however there may be NO pain in the chest during a heart attack and relatively minor discomfort. If you suspect that you are having a heart attack, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: CALL 911 - say "heart attack!" - say that you have taken 2 aspirins.. - phone a neighbor or a family member who lives very close by - take a seat on a chair or sofa near the front door, and wait for their arrival and... ~ **DO NOT lie down**~ while waiting for the EMT or other help. You might want to place some aspirin in your purse, night stand, medicine chest, car glove box, and wrap two aspirin in saran wrap and put in your wallet, and any other place that you might think appropriate. There is a new kind of aspirin on the market made of crystals that dissolves very quickly in the mouth and this alone is very important as time is critical in stopping any damage.

Stem cells for new organs are in your mouth!

A new study published in the *Journal of Biological Chemistry* reveals an interesting new medical fact about wisdom teeth. Wisdom teeth actually hold valuable tissues inside them that are capable of creating therapeutic stem cells. In the event that a person needs them, such stem cells could be used to regrow needed tissues and organs or to treat debilitating diseases.

Researchers from Japan's National Institute of Advanced Industrial Science discovered that wisdom teeth contain considerably viable "starter" cells. And since most people in developed nations get their wisdom teeth removed anyway, the process of obtaining them is simpler than it is from practically any other source. The cells proliferated 100 times more efficiently than those derived from skin, and they were capable of forming a variety of different adult cell lines. Wisdom teeth can also be frozen for several years after being extracted, allowing their valuable pulp to be stored for potential future use.

Apple cider vinegar has many health uses.

Apple cider vinegar, or as it is more affectionately termed "ACV", has been popular as a multi purpose remedy since the nineteen seventies. It is important that the ACV used is organic and unfiltered, so that it keeps its nutritional value in place. The hazy looking stuff that settles to the bottom is thought to be the most valuable part of organic, unfiltered ACV. This is called "the mother", and it is thought to be the most nutritious part of the ACV for therapeutic benefits. The hypothesis is that ACV helps to stabilize blood sugar for several hours, which in turn helps to control the appetite. This is welcome news for those with diabetes. The recommendation is generally to take 1-2 teaspoons of ACV mixed with water, before each meal.

The digestive benefits of ACV can be tremendous. Many with chronic acid reflux have noticed an almost complete disappearance of their symptoms after taking ACV religiously with each meal. ACV has also been used for common skin problems. It can be used as a topical astringent for acne prone skin, and some even report that taking ACV orally every day has helped clear their skin. It has been used to get rid of warts as well. This home wart removal remedy consists of using a band aid and a cotton ball soaked in ACV overnight, every night, until the wart disappears.

One of the most commonly mentioned benefits of ACV is that those who take it every day report that they rarely get sick. While the exact mechanism is not known for this interesting "side effect", it most likely can be chalked up to ACV's unique blend of vitamins, minerals and enzymes. It also possesses antimicrobial and antiseptic properties, which may help explain why it wards off sickness.

CINNAMON, HONEY and BAKING SODA ...THE MIRACLE CURE?

HEART DISEASES: Use the cinnamon, honey and baking soda powder mixture to apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from a heart attack. Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; cinnamon, honey and baking soda powder mixture revitalize the arteries and veins.

ARTHRITIS: Arthritis patients may take daily: morning and night, one cup of hot water with two spoons of the cinnamon, honey and baking soda mixture. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with one tablespoon of the cinnamon, honey and baking soda mixture before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, most all the patients who could not walk or move around because of arthritis started walking without pain.

How to make the CINNAMON - RAW HONEY - BAKING SODA MIXTURE.

In an electric mixer, " MIX in 1 teaspoon of baking soda into " 1 cup of Raw Non-Pasteurized Honey " Mix on low to medium until foam dissipates (Approx. 10 minutes) NEXT - " Add in 4 tablespoon of Cinnamon and continue mixing until the foaming has completely subsided.

NEVER HEAT THIS MIXTURE OVER 80 TO 85 degrees Fahrenheit (25 degrees Celsius) Any hotter and it destroys the healing properties of the honey. SERVING 1 Tablespoon - 1 to 2 times a day: depending on health concerns. **only buy: ORGANIC BAKING SODA - Aluminum FREE, RAW, NON-PASTEURIZED HONEY, and PURE CINNAMON - true name is Cinnamomum Verum (or Cinnamomum Zeylanicum)**

PLEASE NOTE: Young Living Cinnamon Essential Oil is Cinnamomum Verum.

If you would like to purchase Young Living's Cinnamon Essential Oil please click on <http://www.youngliving.org/marilynvine>

Few people realize the essential role that Vitamin K plays to prevent and reverse coronary artery calcification.

This powerful nutrient has been shown to be the missing link in the development of a natural solution to keep calcium from depositing as deadly plaque in arterial walls. Most people ingest insufficient quantities of this critical vitamin from their diet to receive any therapeutic benefit. Fortunately Vitamin K intake can be corrected by adding leafy green vegetables to your diet and supplementing as necessary. Research has shown that Vitamin K escorts calcium out of the blood so it can be used to build bone and teeth. When insufficient Vitamin K is found to be circulating in the blood, calcium is picked up by soft tissue throughout the body. This is especially evident in the delicate endothelial lining of the arteries surrounding the heart. Tissue calcifies and normal function declines as cells begin to age at an accelerated rate. This eventually results in atherosclerosis and increased risk of a heart attack.

The result of a study published in the journal Atherosclerosis demonstrates that biologically active Vitamin K2 (menaquinone) can reverse the build up of deadly plaque. The study concludes that K2 is associated with reduced coronary calcification. Adequate menaquinone intakes could therefore be important to prevent cardiovascular disease. The K2 form of the vitamin is found in fermented soy products such as natto. Many people will need to supplement to achieve optimal levels of the vitamin. Vitamin K deficiency is rampant due to poor diet and insufficient knowledge about its many health benefits.

Vitamin D for asthma?

A reader states: "Since I started taking Vitamin D one year ago my asthma is very nearly nonexistent." Anyone else had benefits from Vitamin D? Please let us know!

Keep Your Nails Healthy With These Beneficial Nutrients

Achieve beautiful, healthy fingernails, check out these nutrients that can help make your nails the envy of all of your friends.

Protein: You should be sure to get adequate biologically complete protein. To ensure the best results, use a high-quality protein supplement daily.

Vitamin E: This vitamin helps promote healthy circulation and boost nail growth. For stronger nails, you should take up to 1500 international units (IU) daily.

Zinc: Brittle nails with obvious white spots on them often signal a zinc deficiency. When there is a rapid cell division such as that involved in growing nails, zinc is a necessary nutrient.

Vitamin A: If your nails are constantly splitting, reach for 25,000 IU of vitamin A daily in the form of beta-carotene. This vitamin maintains the growth and development of the tissues that cover and line the body.

B-Complex: This vitamin works with zinc and protein in rapidly dividing cell layers, and it tends to promote even nail growth.

Free Vitamin & Mineral DEFICIENCY SYMPTOMS CHART

Wouldn't it be great to have chart that gives some clues as to what your body might be lacking? If you would like a copy of such a chart, email us at info@straussheartdrops.com and we will be glad to email it to you.

Cholesterol-lowering statin drugs cause organ damage

Cholesterol-lowering statin drugs significantly increase a person's risk of cataracts, muscle weakness, liver dysfunction and kidney failure, according to a study in the British Medical Journal. The study also confirmed that the drugs lower the risk of heart disease and esophageal cancer, but claims of other health benefits were unsupported.

Researchers from Nottingham University in the United Kingdom examined data on more than 2 million patients between the ages of 30 and 84, seen at 38 different general practices, who had been prescribed the cholesterol-lowering drugs. More than 70 percent were taking simvastatin (Zocor), 22.3 percent were taking atorvastatin (Lipitor), 3.6 percent were taking pravastatin (Pravachol, Selektine), 1.9 percent were taking rosuvastatin (Crestor) and 1.4 percent were taking fluvastatin (Canef, Lescol, Lochol, Vastin).

The researchers confirmed prior data suggesting that statins increase patients' risk of cataracts, liver dysfunction, kidney failure and a form of muscle weakness known as myopathy. They found that for every 10,000 women treated with the drugs, 23 would develop acute kidney (renal) failure, 39 would develop myopathy, 74 would develop liver dysfunction and 309 would develop cataracts. Men suffered an even higher risk of myopathy, but their risks of the other three conditions were similar to those suffered by women. The researchers did find, however, that the risk of cataracts returned to normal within one year of stopping statin treatment, while the risk of liver and kidney problems returned to normal within one to three years.

Could GTF Chromium Wipe Out the Diabetes Epidemic?

A healthy diet and regular physical activity have been rightly identified as keys to preventing and controlling diabetes. However, what has not been recognized is that regular consumption of a key form of chromium could virtually eliminate diabetes along with sensible eating and being even modestly active. Thanks to our unhealthy SADS diet and mineral depleting soils, each decade is bringing us more chromium deficiency. The deficiency has now reached a crisis state, with 90 percent of us estimated to be deficient in chromium.

Chromium works together with insulin in providing sugar to the cells for energy. If chromium levels decrease there is a corresponding decrease in sugar delivery from insulin. Modern medical terms such as "insulin resistance" and "insulin sensitivity" should be more accurately replaced with "gross chromium deficiency".

Although we do see chromium supplement promoted for various health areas, we hear very little about GTF chromium. A major reason is likely because the vast majority of medical research is oriented towards finding new, patented medicines. Another might be due to the US government owning a patent on a different, much less effective but more highly promoted, form of chromium - chromium picolinate.

The right form of chromium is whole foods grown GTF chromium, and the right daily amount is about 100 micrograms taken three times daily. If every American took 100 per cent whole food GTF chromium, ate reasonably healthily and got modest regular physical activity, it would virtually wipe out diabetes.

Coconut Oil reverses Alzheimer's

A doctor's husband made a remarkable reversal of his serious Alzheimer's problem by ingesting coconut oil daily. Dr. Mary Newport had her husband Steve get off the pharmaceutical Alzheimer's drugs as his condition just kept worsening with them, along with added negative side effects. Steve's condition has improved greatly since coconut oil was included in his diet.

How Dr. Newport Found the Coconut Oil Solution

Mary had helped her husband Steve volunteer for a promising Alzheimer drug trial, but not in time to be accepted. She researched the new drug and discovered it was a pharmaceutical version of MCT oil, (Medium Chain Triglycerides). Then she realized that both coconut and palm kernel oils naturally contained MCTs.

MCTs are easier to quickly digest than other types of fats. They require less bile and enzyme action for intestinal absorption, and they are metabolized quickly in the liver. Therefore, MCTs expend energy more rapidly and strongly with less fats storing in the blood and tissues.

Metabolizing MCTs creates ketones. Recent research, which led to Big Pharma's attempt to duplicate naturally occurring MCTs, has shown that ketones help protect against Alzheimer's, even reverse it. Compared to Big Pharma's synthetic version of MCT Oil, naturally sourced ketones remain in one's body over twice as long, eight hours compared to three.

So Mary Newport's investigation led her to a less expensive solution for her husband without the often predictable side effects of a pharmaceutical. Her sharing of the information benefits all of us. And lately more and more nutritional value has been attributed to coconut oil. Now real science and human experience are proving the health benefits of coconut oil. Almost all health food stores have it. Large quantities can be ordered on line. The ideal coconut oil is organic virgin. But not so ideal has some virtues remaining as well. Coconut oil is considered a saturated fat because it is solid, though it begins melting above 75 degrees Fahrenheit, or 24 degrees Celsius. In addition to ingesting it, say with dark chocolate to make it yummy, coconut oil is one of the best oils for cooking because of its very high smoke temperature; this makes it less likely to turn toxic from excess heat than olive and other pure vegetable oils.

BEHIND THE MIRROR

When I was a little girl we lived in New York City just down the block from my grandparents. Every evening my grandfather would go for his "constitutional." In the summers I would join him. One evening when Grandpa and I went for our walk, I asked how things were different when he was a little boy compared to now, 1964. He told me about outhouses instead of flush toilets, horses instead of cars, letters instead of telephones, candles instead of electric lights. As he told me all the wonderful things that that I never thought of living without my little mind wandered and I asked him, "Grandpa, what was the hardest thing you ever had to do in your life?" Grandpa stopped walking and stared at the horizon and didn't say a word for a minute or so. Then he knelt down and took my hands and with tears in his eyes he began to speak. "When your mom, and uncles were little children, Grandma got very sick after your Aunt Mary was born. Grandma had to go to a place called a sanitarium to get well for a long time. The little ones went to live with Grandma's sisters. But there was no one to take care of your mom and uncles so they went to an orphanage. The nuns took care of them for me so I could work two and three jobs to get your Grandma well and everyone home again. "The hardest thing I ever had to do was put them in there. I went every week to see them but the nuns would not let me talk to them or hold them. I watched the three of them play from behind a one-way mirror. I brought them sweets every week hoping they knew it was from me. I would keep both hands on the glass for the 30 minutes I was allowed to see them, hoping they would come and touch my hand. I went a whole year without touching my children. I missed them very much. But I know it was a harder year for them. I will never forgive myself for not making the nuns let me hold them. But they said I would do them more harm than good and they would have even more trouble living there. So I listened." I had never seen my Grandfather cry before. He held me close and I told him that I had the best Grandfather ever and that I loved him. We continued our walks for years until my family and Grandparents moved to separate states. Fifteen years went by and I never talked about that one special walk with Grandpa. After my Grandmother passed away, my Grandfather had memory lapses and what I believe were periods of depression. I was encouraging my mother to let Grandpa come and live with us. My mother and Grandpa were never very close. She was not interested in the topic of Grandpa coming to live with us. But I kept harping "it was our duty as a family to figure out what was best for him. In a fit of rage she replied, "Why? He never cared about what happened to us!" I somehow knew what she was talking about. "He has always cared and loved you," I said. My mother replied, "You don't know what you are talking about!" "The hardest thing he ever did was put you, Uncles Eddie and Kevin in the orphanage." "Who told you about that?" she asked. My mother had never discussed her days there with us. "Mom, he came every week to see the three of you. He used to watch the three of you play from behind the one-way mirror. He used to bring you sweets every visit. He never missed

a week. He hated not being able to hold you for that year!" "You're lying! He was never there. No one ever came to see us." "How would I know about the visits if he didn't tell me. How would I know about the treats he brought? He was there. He was always there. But the nuns wouldn't let him be in the room with you because they said it would be too hard when he had to leave. Mom, Grandpa loves you and always has!" That day changed my mother's relationship with her father for the rest of his life. He always thought that his children knew that he was there behind the glass but because they had not felt the warmth and strength of his arms they thought he had forgotten them. My Grandfather came to live with us for the rest of his life. At least my mom learned her father had always loved her, even if she learned it from her little girl.

-- Laura Reilly

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

<http://WWW.STRAUSSHEARTDROPS.COM>