

Get Healed Without Drugs
(Simple practical steps to curing sicknesses and
diseases permanently without drugs)

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Published by Mike Chukwu at Free-Ebooks.net

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To God Almighty – *Our Great Physician*

Let Nature Heal You Now

In this book you will learn how to...

- 1.** Depend on nature's gifts and provisions for a healthy living.
- 2.** Use food and water to heal yourself of sicknesses and diseases.
- 3.** Stop fighting against yourself (in the course of battling to be treated, you still unknowingly eat things that cause / contribute to the growth of the sickness).
- 4.** Maintain your health through simple daily practices.
- 5.** Guard against sicknesses and diseases.

Preface

Nature cures... People often wonder what this means. Can nature truly cure? How can this happen? What does nature cure? How do I access it?

Some patients are just too tired of living. The simple reason is because drugs have failed to restore their health. They are just waiting for the end to come either by a miracle, which would restore their ailing system to normalcy or an end to their suffering by death. If euthanasia were to be an easy decision, especially in nations it's permitted by law, many patients would have chosen it. Why? Just because they want to put an end to their sufferings... they'd trusted physicians, they'd spent their life's earnings on therapies, and they'd religiously adhered to and observed medical advice, which included strictly adherence to regular drug intake. But all failed them. Some have even been unwittingly and subconsciously initiated into drug abuse.

Some sick people live on drugs. They've been placed on medication for life and though they're tired of it, they can't help but continue if they must keep breathing and hoping to get healed someday.

Some of such persons keep wondering: *how do I stop the stranglehold of drugs (medications) on my life?* This last query was the state of a man (my friend's customer) who had been a chronic Activan user for six straight years due to high-level high blood pressure, until we met in November 2012.

In my quest for answers to these questions (a few of which I've asked before), my knowledge of Applied Biochemistry led me to stumble on naturopathy – the processes through which nature cures sicknesses and diseases without drugs. Nature cures... through natural foods' intake, exercises and principles governing healthy living.

I welcome you to study, learn and *faithfully* practice these simple steps. They will free you, family, friends and neighbours from the devastating torment of sicknesses and diseases. They will also stop drugs from siphoning your hard-earned money!

Drugs treat... yes. But not always... And when they do, you will need to recover twice. First, from the sickness; next, from the effects of the drugs. You may have heard that every drug is a potential poison. This is true!

Discover the safest ways to healthy living here. And note: your healing depends not just on studying this but in practicing it religiously.

P.S.: This is not an attempt to ridicule the medical profession in any way. It will never be! The steps you will learn in this book are results of proven research work. However, you must understand that it's your choice what to do with it.

“Nature cures, not the physician.”

--- Hippocrates

Healing Through Revelation Knowledge

On a bright Saturday mid-morning in November 2012, my friend Tony and I went to see his customer, who had been on clinical medication, drugs to be precise, for six years running. He had been suffering from severe high blood pressure (hypertension), which had crippled his business, kept him indoors and virtually inactive for a long time. That day marked the end of an era of severe clinical militancy in his life.

When I told him he would have to go off drugs and allow nature to heal him, he was skeptical. I guessed this was because he didn't understand the phenomenon. But the moment he heard me say, "If you believe..." his mien changed. I'm so thankful to God that we went there in His name, and He caused the man to see us from that light.

Later in his testimony the man recalled, "When Mike spoke those words, '*If you believe,*' it was like a pastor speaking. I believed."

He believed, and today, he's not just healed but celebrating. Nature cured him. It's all God's glory, I must say here!

Nature cure is a way of life. It is a simple process which involves the correction of bodily disorders, restoration and maintenance of health through elements God has provided free in nature. The body has powers to cure, and what you eat, how and when you eat it matters. Nutrition is the major problem of human life. Man can enjoy perfect health by proper regulation of eating, drinking, breathing, bathing, dressing, working, thinking, and other social activities on a normal and natural basis.

Though this book is recommended for everyone who desires to restore health structure and function, it will be especially important to only that person who is tired of drugs and their highly tasking side effects.

1

Nature Cure

Nature cure is a constructive method of treatment. Its objective is to remove the basic cause of disease through the use of elements freely available in nature. It is a system of healing as well as a way of life. Nature cure is based on the truth that a man born healthy and strong can stay as such when he lives in accordance with the laws of nature.

Even when born with a disorder, putting to the best use the natural agents of healing can eliminate the disorder. Nature cure believes that disease is an abnormal condition of the body resulting from violation of natural laws. Every such violation demands a price on the human system, and this is not always a sweet experience. Sunshine, fresh air, proper diet, exercise, scientific relaxation, constructive thinking, prayer, meditation and the right mental attitude all play vital parts in maintaining a sound mind in a sound body.

2

Fasting – *The Cornerstone of Natural Healing*

Fasting refers to the complete abstinence from food for a short or long period for a specific purpose. It is nature's master remedy. Fasting is nature's oldest, most effective and yet least expensive method of treating disease. The practice of fasting is one of the most ancient customs followed by virtually all religions. The accumulation of waste and poisonous matter in the body which results from overeating has been identified as the common cause of all diseases.

Only one remedy can heal every disease – doing the opposite of what causes it, i.e. reducing food intake or fasting. Whenever the body is deprived of food, all elimination organs such as the kidneys, bowel, skin and lungs are given opportunity to expel the overload of accumulated waste from the system. Thus, fasting is merely a process of purification; an effective and quick method of cure.

Fasting is for the healthy and sick alike.

What Fasting Does...

1. Fasting assists nature in her continuous effort to expel foreign matter and disease-producing waste from the body.
2. It helps in correcting faults of improper diet and wrong living.
3. It leads to regeneration of the blood as well as the repair and regeneration of the various tissues of the body.

Duration of Fasting

Long fasting periods can be dangerous if undertaken without professional guidance. The duration of the fast depends on 3 things:

1. Age of the patient
2. Nature of the disease
3. Type of drugs previously used.

It is therefore advisable to undertake a series of short fasts of 2 to 3 days, and gradually increase the duration of each succeeding fast by a day or so. The period however, should not exceed a week at a time.

This will enable the chronically sick body to gradually and slowly eliminate toxic waste matter without seriously affecting the body's natural functioning.

After the fast, a balanced diet and a correct mode of living will restore vigour and vitality to the body.

Methods

Juice Fasting

The old classic form of fasting was pure water fast. Today, leading authorities on fasting agree that juice fasting is the best, safest and most effective fasting method, far superior to water fast. World-famous authority on nutrition, Dr. Rangar Berg notes, "During fasting, the body burns up and excretes huge amounts of accumulated waste. We can help this cleansing process by drinking alkaline juice instead of water while fasting... elimination of uric acid and other inorganic acids will be accelerated, and sugars in juices will strengthen the heart... juice fasting is, therefore, the best form of fasting."

Juice must be prepared from fresh fruit immediately before drinking. Don't use canned or frozen juice!

Fresh juice may be diluted with pure water. Total liquid intake should be approximately 6 to 8 glasses.

Precautions

- 1.** In all cases of fasting, complete emptying of patient's bowels must be carried out at the beginning of the fast. This is done through enema (I will describe this process later). It removes gas or decomposing matter formed from excrement remaining in the body from bothering the patient.
- 2.** Patient must get as much physical rest and mental relaxation as possible during the fast because a lot of energy is spent in the process of eliminating accumulated poisons and toxic waste materials.
- 3.** Discontinue fast if dizzy spells, diarrhoea and vomiting occur and persists. Give cooked vegetables containing adequate roughage such as spinach and beets until the body functioning returns to normal.
- 4.** Take only very simple exercises like short walks during fasting.

5. A warm water or neutral bath is advised during the period. Avoid cold baths!
6. Sun and air baths should be taken daily.
7. If sleeplessness occurs during fasting, use a warm tub bath. Hot water bottles at the feet or drinking 1 or 2 glasses of hot water can also put patient to sleep.

Benefits of Fasting

In practically all kinds of stomach and intestinal disorders and in serious kidney and liver conditions, fasting is highly beneficial. Various nervous disorders respond favourably to fasting, and it holds the only hope of permanent cure in many cases.

Generally, no harm comes to fasting patients, provided they take rest and are under professional care. However, fasting should not be resorted to in every illness. Long fasts will be harmful in cases of diabetes and advanced stages of tuberculosis.

During a long fast, the body feeds on its own reserves, i.e. it burns and digests its own tissues. But this is not indiscriminate. Diseased, damaged, aged

or dead cells and tissues are decomposed and burnt first. This speeds up the building of new and healthy cells.

Food digestion and utilization of nutrients are greatly improved after fasting. All the vital physiological, nervous and mental functions receive a normalizing and stabilizing effect after fasting.

Breaking Fast

Success in fasting depends largely on how it is broken, and this forms the most significant phase. Observe these rules for a successful breaking of fast...

1. Do not overeat
2. Eat slowly
3. Chew your food thoroughly
4. Take several days for the gradual change to your normal diet.

You will feel no discomfort if you plan transition to eating solid foods carefully. Be sure to continue to take rest during the transition period. Don't jump

immediately into heavy activities like work. The right food after the fast is as important as the fast itself.

3

Enema

Enema involves the injection of fluid into the rectum. It is also known as rectal irrigation. Simply put, it means cleaning of the bowel through injection of fluid. In nature cure, only lukewarm water is used.

The Process of Enema Administration

1. Make patient to lie on his left side, extend his left leg and bend the right leg slightly.
2. Lubricate the enema nozzle with oil or Vaseline, and insert it into the rectum.
3. Raise the enema can containing lukewarm water slowly and allow its contents to enter into the rectum.
4. Allow patient to either lie down on his back or walk a little while retaining the water.

5. After 5 to 10 minutes, the water can be ejected from the body. You will observe accumulated morbid matter ejected with it.

Benefits of Enema

A warm water enema cleans the rectum of accumulated faecal matter. It is the safest system for cleaning of bowels, which improves bowel movement and relieves constipation. Painful haemorrhoids and irritation due to inflammation of the rectum are properly relieved through warm water enema.

A cold water enema helps in relieving inflammatory conditions of the colon. It is especially effective in cases of dysentery, diarrhoea, ulcerative colitis (*inflammation of the colon*) haemorrhoids and fever.

Menstrual Disorders

Menstrual flow in women is nature's provision to cleanse the inner surface of the womb and enable reproduction to take place normally. Sometimes however, there are disorders with menstruation. Quite common but abnormal, these disorders are caused by nutritional deficiencies which lead to deficiency and improper metabolism of the female sex hormones oestrogen and progesterone. Women who live in tune with natural laws and eat diets of natural foods do not suffer these.

Dysmenorrhoea

(Painful Menstruation)

Dysmenorrhoea is a very common occurrence which is traceable to a toxic condition of the system in general and of the sex organs in particular. Nervous exhaustion, wrong diet and wrong style of living can cause this.

- 1.** Pain may be felt 2 or 3 days before the flow, and this usually shows that the ovaries are not functioning properly.

Correction: 1. A carefully planned natural diet.

2. Hot hip baths on alternate nights for a week before flow starts.

2. Pain may be felt immediately before flow starts, and this means that the womb's position is abnormal.

Correction: 1. Professional examination will help ascertain the position of the womb. Corrective exercises can then be undertaken under professional advice and guide.

3. Pain may occur during menstruation, and this usually means that the womb itself is inflamed.

Correction: 1. Take hot hip baths for 8-10 minutes each time just before period is due. Bath water temperature should start at 100°F and gradually increase to 120°F.

2. Between periods, take cold hip

baths for 10-15 minutes at a water temperature of 50°F-65°F.

Amenorrhoea

(Stoppage of Menstrual Flow)

During pregnancy and at menopause, stoppage of menstruation is natural, but at any other time, it is abnormal. Some women naturally have very infrequent periods, but this cannot be identified as stoppage as it seems peculiar to their type. However, where periods have been regular for some years, then suddenly the cycle becomes interrupted or even stops, it is abnormal.

This is indicative of a devitalized condition of the system especially the sex organ.

Causes

1. Malformation of womb
2. Displacement of womb especially after a serious illness
3. Tuberculosis
4. Anaemia, worry, grief, fright or other serious emotional disturbances

Correction: 1. Rectify the disease condition causing the disorder first

2. Initiate a period of quietness and rest first where serious emotional disturbance caused the disorder
3. Eliminate all excitement and excessive strain
4. Avoid all study for a considerable period.

Menorrhoea

(Excessive Menstruation)

In certain women, profuse menstrual flow is common, and this usually indicates a blood deficiency, especially blood calcium. The root cause of menorrhoea is system toxicity.

- Correction:**
1. Keep patient absolutely quiet and confined to bed
 2. Raise bottom of bed slightly
10cm-13cm
 3. A gauze may be inserted into the vagina as a temporary measure
 4. Diet should consist of milk and raw vegetables for the first few

days

- Note:**
- 1.* Great care should be taken to avoid straining the body in any manner after bleeding has stopped.
 - 2.* Stimulants tend to increase flow. Therefore, do not give any stimulant during or even after treatment.
 - 3.* Adopt a complete nature cure using fresh vegetables' raw salads twice daily after bleeding has stopped.
 - 4.* Cleanse the system thoroughly of toxic material to effect permanent treatment.

General Treatment for Menstrual Disorders

An all-round health-building treatment is important to free any female suffering from menstrual disorders. It is important to note that these disorders are indicative of a woman's low health level and a

toxic condition of her sex organ. Attempts by modern medical practice to treat them through the suppressive agency of drugs and surgery only complicate them.

The only sure solution is to treat the system as a whole in order to clear the toxicity, and build up the woman's general health level.

Begin with an all-fruit diet for 5 days. Take 3 meals a day of fresh juicy fruits – apples, grapes, pear, pawpaw, oranges, melon, peaches, and pineapple. Do not add any other foodstuff else, treatment value will be lost. A glass of milk may however be added to each fruit meal for a patient who is already underweight.

After the all-fruit diet, the patient should adopt a well-balanced diet like this...

Upon rising in the morning... a glass of lukewarm water mixed with freshly-squeezed half-lime juice, and a tablespoon spoon of honey

Breakfast... fresh fruits – apple, orange, grapes, banana, pawpaw and milk

Lunch... a bowl of freshly-prepared steamed vegetable – carrot, cabbage, cauliflower and beans

Mid-afternoon... a glass of carrot juice or sugarcane juice

Dinner... a large bowl of fresh green vegetable salad using all available vegetable such – carrot, cabbage, cucumber, tomatoes, radish, red beets and onion. Bean sprouts may be added.

Bed-time snack... a glass of fresh milk or an apple.

Note: Salads and fruits are nature's body-cleansing and health-restoring foods. They must therefore, form the bulk of the patient's future diet, along with whole grains, nuts and seeds, especially in sprouted forms.

Smoking should be stopped entirely, especially if habitual. It aggravates menstrual disorders.

To prevent low blood sugar which is common during menstruation, frequent small meals should be taken instead of a few large ones.

After treatment, avoid white-flour products, sugar, confectionery, rich cakes, pastries, sweets, flesh foods, refined cereals, tinned or preserved foods, greasy foods, strong tea, coffee, pickles, condiments and sauces.

At monthly intervals, all-fruit diet can still be taken for 2-3 consecutive days according to the body's need.

All cold baths should be suspended during menstruation. However, cold hip baths can be taken after the flow period.

Banana flower appears to boost progesterone and reduce bleeding. Therefore, cooked banana flower can be eaten often as a very important remedy.

Beet juice is also very effective and should be used in small quantities of 60 to 90 grams, 2 or 3 times a day.

A piece of fresh ginger should be pounded and boiled in a cupful of water for a few minutes. Add sugar to sweeten and use thrice daily after meals for dysmenorrhea and amenorrhoea due to exposure to cold winds or cold baths.

Mix half teaspoonful of sesame seeds powder with hot water and use twice daily.

This excellently reduces spasmodic pain during menstruation in young unmarried anaemic girls. It also cures scanty menstruation when used regularly two days prior to start of flow. Use a warm hip bath containing a handful of bruised sesame seeds simultaneously with the drink.

Arthritis

The word 'arthritis' means 'inflammation of joints'. It comes from the Greek word: 'athron' meaning joints, and the suffix, '-itis' which means inflammation. It is a chronic disease process, which usually involves the whole body in the early stages, and may completely deform one or two joints, leaving the patient handicapped or somewhat weakened.

2 forms are osteoarthritis and rheumatoid arthritis. Its main feature is inflammation, which is a reaction of the joint tissues to some form of damage or injury.

Osteoarthritis

This is a degenerative joint disease which usually occurs in the older age-group. It results from structural changes in the articular cartilage in the joints, usually those which are weight-bearing such as the spine and knees. (N.B: *it is a form of arthritis characterized by gradual loss of cartilage of the joints, usually affecting people after middle age.*)

Symptoms

Chief symptoms are pain and stiffness in the joints. The pain usually increases after exercise (which includes work).

Other symptoms: Watery eyes, dry neck, leg cramps, allergies, arteriosclerosis (*a kind of degeneration or softening of the inner lining of the blood vessels' walls. The most risky places for such degeneration are the coronary vessels of the heart and the arteries leading to the brain. Arteriosclerosis results in the loss of elasticity of the blood vessels, with a narrowing of the smaller arteries, which interferes with the free circulation of the blood. These changes may gradually extend to capillaries and veins*), impairment in the functioning of the gall bladder and liver disturbances.

Possible Causes

Malnutrition, continuous physical stress, obesity (*extremely or unhealthily fat or clinically overweight*), glandular insufficiency, calcium deficiency and shortage of hydrochloric acid

Rheumatoid Arthritis

This is a serious disease which affects not only the joints of the fingers but also the muscles, tendons and other tissues of the body. It is often called the ‘cooked food disease’. Usually, it develops over several months with persistent pain and stiffness in one or more joints. The whole body is ultimately affected.

Cause

The cause of this disease is chiefly due to an inflammatory process of the synovium (lining of the joints) accompanied by swelling and eventual deformity. Other causes include hormonal imbalance, physical and emotional stress, infection, severe fright, shock and injury. Hereditary factors may also be responsible for the onset of the disease.

Symptoms

- ✓ *Anaemia (a blood condition in which there are too few red blood cells or the red blood cells are deficient in haemoglobin, resulting in poor health. Common causes include a lack of dietary iron, heavy blood loss, or the*

production of too few red blood cells due to disorders such as leukaemia. Anaemia also involves weakness)

- ✓ Colitis (*(inflammation of the colon, characterized by lower-bowel spasms and upper abdominal cramps)*)
- ✓ Constipation, gall bladder disturbances, low blood pressure, deformed hands and feet

Treatment

- ✓ Give patient a lukewarm enema for a few days to cleanse the bowels.
- ✓ Neutral immersion baths, hot foot baths, ultrasonic diathermy (*the treatment of organs or tissues by passing high-frequency electric currents through them in order to generate heat, thus increasing circulation*) and exposure of the affected parts to infra-red rays, a knee pack applied for an hour every night, stream baths and a massage once every week are highly beneficial in the treatment of

arthritis.

- ✓ Avoid all general cold water treatments such as cold baths and cold sprays!
- ✓ The diet of the arthritis patient should be alkaline and should include fruits and vegetables for protection and proteins and carbohydrates for energy. It may consist of a couple of fresh raw vegetables in the form of a salad and at least two cooked vegetables. Cabbage, carrot, celery, cucumber, endive, lettuce, onion, radishes, tomatoes and watercress may be used for a raw salad.

The cooked vegetables may include asparagus, beets, cauliflower, cabbage, carrots, celery, mushroom, onions, peas, beans, spinach, tomatoes, squash and turnips.

- ✓ In severe cases, put patient on raw vegetable juice therapy for about a week. Green juice, extracted from any green leafy vegetable, mixed with carrot, celery and red beet juice, is specific for arthritis. N.B.: the alkaline

action of raw juices dissolves the accumulation of deposits around the joints and in other tissues.

- ✓ Fresh pineapple is also valuable. The enzyme in fresh pineapple juice, bromelain reduces swelling and inflammation in both types of arthritis.

Repeated juice fasts are recommended at intervals of every 2 months.

- ✓ Raw Potato Juice Therapy

This is considered one of the most successful biological treatment for rheumatic and arthritic conditions.

Method of Preparation

Cut potato into thin slices without peeling the skin, and place them overnight in a large glass filled with cold water. The water should be drunk in the morning on an empty stomach. Fresh juice can also be extracted from potatoes and diluted with water on 50:50 basis, first thing in the morning.

✓ Black Gingerly Seeds

Black gingerly seeds soaked overnight in water, have been found to be effective in preventing frequent joint pains. The water in which the seeds are soaked should be taken along with the seeds first thing in the morning.

✓ Drinking water kept overnight in a copper container also serves the same purpose. This water has traces of copper which helps strengthen the muscular system. For the same reason, wearing a copper ring or bracelet will also help.

✓ Warm coconut oil or mustard oil, mixed with camphor should be massaged in case of stiff or aching joints. It will increase blood supply and reduce inflammation and stiffness on account of gentle warmth produced while massaging.

✓ Citric acid contained in lime is solvent of the uric acid which is the primary cause of arthritis. Therefore, lime has also been used

as a home remedy for arthritis for a long time.

- ✓ Iodine regulates the acid-alkaline balance in the blood and tissues, helps to repair and regenerate worn out tissues and nourishes the skeletal structure. It also enters into the thyroid gland's secretion. The hormone uses this iodine to nullify germs in the bloodstream and to create a self-cleansing of internal toxæmia. Sea water contains natural iodine, which helps to relieve arthritis pain. Therefore, sea bathing is considered beneficial in the treatment of arthritis. Where sea bathing is not possible, the patient should relax for 30 minutes every night in a tub of warm water in which a cupful of sea salt has been mixed. The minerals in the sea salt, especially iodine, can be absorbed through the skin pores. This will help correct any internal imbalance.

- ✓ Keep body warm at all times. Don't bandage joints tightly as this limits movements and interferes with free circulation of blood.

- ✓ Allow plenty of indirect ventilation in the bedroom or wherever the patient sleeps.
- ✓ Rest is of great importance in arthritis; therefore, patient should not overdo work, exercise or recreational activities. Light exercise e.g. walking, hiking and swimming are recommended.
- ✓ Avoid constipation. It poisons the system and adds to the irritation and inflammation of the joints.
- ✓ Always maintain a normal body weight. Obesity places excess stress on weight-bearing joints and interferes with the smooth functioning of tendons, ligaments and muscles.

6

Diabetes

Diabetes mellitus is a nutritional disorder which results from an absolute or relative lack of insulin. This leads to abnormalities in carbohydrate metabolism as well as in the metabolism of protein and fat. Diabetes mellitus is characterized by:

1. an abnormally elevated level of blood glucose
2. excretion of the excess glucose in urine.

Diabetes mellitus occurs in all age groups, from young infants to the elderly. Incidence of diabetes mellitus is much higher at present than in the past. The greatest incidence occurs in middle age or older aged persons. Estimates have shown that 80-85% of all persons with diabetes mellitus are 45 years of age or older.

Commonly-used screening tests for it are:

1. Determination of the fasting blood glucose level
2. The 2-hour postprandial, i.e. after a meal.

Normal fasting blood sugar content is 80 – 120 mg/100ml of blood. This can rise to a level of 180mg/100ml of blood 2 hours after meals. Any level above these norms can be termed *diabetic levels*.

Symptoms

- ✓ 2 characteristic symptoms namely, copious urination and glucose in urine gave the disorder its name. The normal volume of urine passed daily is about one and half litres. The urine is of a pale colour, sweetish odour and acidic reaction. The quantity of sugar present in it varies from one-and-quarter decigram to two-and-half grams. The daily total in many cases reaching as much as 1kg in 15 litres of urine.

A diabetic:

- ✓ feels hungry and thirsty most of the time
- ✓ does not put on weight, though he eats every now and then
- ✓ gets tired easily, both physically and mentally
- ✓ looks pale

- ✓ may suffer from anaemia, constipation, intense itching around the genital organs, palpitations and general weakness
- ✓ feels drowsy
- ✓ has a lower sex urge than a normal person

Causes

1. Systematic overeating and consequent obesity. This is not only the overeating of sugar and refined carbohydrates but also of proteins and fats, which are transformed into sugar if taken in excess, is harmful and may result in diabetes. Too much food taxes the pancreas and eventually paralyses its normal activity. It has been estimated that the incidence of diabetes is 4 times higher in persons of moderate obesity and 30 times higher in persons of severe obesity.
2. Grief, worry and anxiety also have a deep influence on metabolism and may cause sugar to appear in urine.
3. Diabetes mellitus may also be associated with other grave organic disorders like cancer, tuberculosis and cerebral disease.

4. Heredity is also a major factor in the development of the disease.

Treatment

Any successful method of diabetes treatment should aim at:

1. Removal of the actual cause of the disease and;
2. Building up of the whole health level of the patient.

Diet plays a vital role in such a treatment. The primary dietary consideration here is that a diabetic patient should be a strict lacto-vegetarian and take a low-calorie, low-fat, alkaline diet of high quality natural foods.

- ✓ Fruits, nuts and vegetables, whole meal bread and dairy products form a good diet for the diabetic. They are best eaten in as dry a condition as possible to ensure thorough salivation during the first part of the process of digestion.
- ✓ Cooked starchy foods should be avoided. (*In the process of cooking, the cellulose envelops*

of the starch granules burst and consequently, the starch is far too easily absorbed in the system. The excess absorbed has to be eliminated by the kidneys and appears as sugar in the urine. However, with raw starchy foods, saliva and digestive juices in the small intestine regulate the quantities required to be changed into sugar for the body's needs. Unused and undigested portion of raw starchy foods does not become injurious to the system as it readily ferments)

- ✓ A diabetic should not be afraid to eat fresh fruits and vegetables which contain sugar and starch. Fresh fruits contain the sugar, fructose, which does not need insulin for its metabolism and is well tolerated by diabetics.
- ✓ Fats and oils should be taken sparingly, for they are apt to lower tolerance for proteins and starches.
- ✓ Emphasis should be on raw foods as they stimulate and increase insulin production.
- ✓ For protein, home-made cottage cheese, various forms of soured milks and nuts are best.

- ✓ A patient should avoid overeating. It is better to take 4 or 5 small meal daily rather than 3 large ones.

Diet Guideline

Upon arising: a glass of lukewarm water with freshly squeezed lemon juice.

Breakfast: any fresh fruit (*with the exception of bananas and soaked prunes*) and a small quantity of whole meal bread with butter and fresh milk.

Lunch: steamed or highly cooked green vegetables e.g. cauliflower, cabbage, tomatoes, spinach, turnip, asparagus and mushrooms. A glass of butter milk may be added.

Mid-afternoon: a glass of fresh fruit or vegetable juice

Dinner: a large bowl of salad made up of all raw vegetables in season. This may be followed by a hot course, if desired.

Bedtime snack: a glass of fresh milk.

In this regimen, flesh foods should be strictly avoided! They increase toxæmic condition underlying the diabetic state and reduce sugar tolerance. But a non-stimulating vegetarian diet, especially one made up of raw foods, promotes and increases sugar tolerance.

- ✓ Celery, cucumbers, string beans, onion and garlic are especially beneficial. String bean pod tea is an excellent natural substitute for insulin and is highly beneficial in diabetes. The skin of green beans pods are extremely rich in silica and certain hormone substances which are closely related to insulin. One cup of string bean tea is equal to one unit of insulin.
- ✓ Cucumbers contain a hormone needed by the cells of the pancreas for producing insulin. Onion and garlic have proved beneficial in reducing blood sugar in diabetes.
- ✓ Recent scientific investigations have shown that bitter gourd (karela) is highly beneficial in diabetes treatment. It contains an insulin-like principle, known as plant-insulin, which has been found effective in lowering blood

and urine sugar levels. It should therefore be liberally added in the diet of the diabetic.

- ✓ For better results, a diabetic should take the juice of about 4 or 5 fruits every morning on an empty stomach.
- ✓ A diabetic should avoid tea, coffee and cocoa because of their adverse influence on the digestive tract. White bread, white flour products, sugar tinned fruits, sweets, chocolates, pastries, pies, puddings, refined cereals and alcoholic drinks should also be avoided.
- ✓ Manganese is the most important nutrient in the treatment of diabetes. It is vital in the production of natural insulin. Manganese is found in citrus fruits, outer covering of nuts, grains and the green leaves of edible plants.
- ✓ Other nutrients of special value are zinc, B complex vitamins and poly-unsaturated fatty acids.
- ✓ Exercise is also an important factor in diabetes treatment. Light games, jogging and swimming are recommended.
- ✓ Hydrotherapy and colonic irrigations form a very important part of treatment. The colon

should be thoroughly cleansed every second day or so, until the bowel discharge assumes normal characteristics.

- ✓ Bathing in cold water greatly increases circulation and enhances the capacity of muscle to utilise sugar.
- ✓ A diabetic should eliminate minor worries from his daily life, endeavour to be more easy-going, and not get unduly worked up by the stress and strain of life.

Habitual Abortion

Abortion is the expulsion of the foetus from the uterus before the complete formation of the placenta. It is commonly known as miscarriage, and may occur any time before 28 weeks (7 months) of gestation.

When miscarriage occurs repeatedly at a certain period of pregnancy, it is known as *habitual abortion*.

Find out: 1. How many times miscarriage has occurred (to determine if it is habitual or not)

2. At what period during gestation has it been occurring in that particular patient, i.e. at how many weeks (months) of pregnancy has it been occurring?

Symptoms

1. Pains resembling labour pains
2. Bleeding

Note: If foetus is well developed, if it dies in the uterus, it leads to maceration (*soften something by soaking in liquid; break something up by soaking in liquid; make somebody or something lean or thin, or become lean or thin esp. by starvation or fasting*) of the body. The abdomen is filled with blood and skin colour appears red.

Causes

1. Congenital (*existing at birth: an unusual condition present at birth*) malformation of the uterus. A hysteroqram before the woman becomes pregnant will help in detecting any abnormality. *Hysteroscopy is the examining of womb interior using a fibre-optic endoscope to study the womb lining, take biopsy samples, and carry out local treatment.*
2. Deficient functioning of the thyroid (NB: study thyroid and its functions) *Thyroid gland (ductless gland) is an endocrine gland located at the base of the neck in human beings and other vertebrate animals that secretes the hormones responsible for controlling metabolism and growth. Its excessive action can*

cause Graves' disease (an inflammatory disorder of the thyroid gland commonly associated with protrusion of the eyes), while underactivity can cause myxoedema (a disease caused by an underactive or atrophied thyroid gland, characterized by sluggishness and weight gain. It can be treated with artificial thyroid hormone; dry swelling of the skin and subcutaneous tissues, associated with an underactive thyroid gland)

- 3.** *Inadequate secretion of the female hormone progesterone (NB: study progesterone and its functions). Progesterone is a sex hormone produced in women, first by the corpus luteum (a yellow mass of tissue that forms in a part of the ovary Graafian follicle after ovulation in mammals and secretes the hormone progesterone. If no pregnancy is established, the corpus luteum degenerates, but it continues to secrete the hormone if pregnancy occurs.) of the ovary to prepare the womb for the fertilized ovum, and later by the placenta to maintain pregnancy. It is responsible for placenta development. Lack of progesterone is especially*

instrumental in expelling the fertilized ovum and it results in an abortion.

4. Chronic constipation. This leads to putrefaction (*decaying with a foul smell*) of morbid (*relating to disease: relating to or resulting in illness*) matter and wastes in the large intestines. This in turn, causes autointoxication and inflammation of the reproductive organs, which can lead to miscarriage.
5. Excessive use of certain drugs. Drugs enter foetus through placenta. They may act quite differently on the foetus from the way they act on the mother. Drugs which have adverse effects on the foetus are “teratogenic” drugs (*drugs that interrupt or alter the normal development of a foetus, with results that are evident at birth, e.g. a chemical, virus, or ionizing radiation*). They include painkillers, antibiotics, tranquilizers and hormones. A high dosage of these may produce contraction in the uterus and induce abortion.
6. Excessive physical exercise.
7. Mental Excitement.

8. Sexual intercourse
9. Syphilis infections
10. Fibroid tumours.
11. Blood incompatibility of husband and wife.
12. Systemic disorders in the mother e.g. hypertension, chronic nephritis (*kidney inflammation: severe inflammation of the kidney caused by infection, degenerative disease or disease of the blood vessels*), diabetes and her mental condition.

Important

1. Through examination of the pregnant woman's blood, urine, blood pressure and their related parameters help in detecting maternal disorders.
2. Serological tests, for example prove the presence or absence of syphilis infection.
3. Pelvic examination helps to diagnose uterine displacement, fibroids or ovarian tumours.
4. A hysteroqram also helps to detect uterine malfunction.

Note: Exact cause must be ascertained for prescribing correct treatment.

Treatment

Conditions such as hormonal imbalance, infections of the uterus and chronic constipation can be remedied by natural methods of treatment. For congenital uterine malformation, however, recourse may have to be taken to surgery.

Cure: 1st Symptoms of Possible Abortion

1. Put patient to bed immediately and raise the bottom end of the bed.
2. Apply cold compresses at 60°F (about 28°C) temp continuously to the inner portion of the thighs, the perineum, the vagina and the lumbar region.
3. Change compress every 15 to 20 minutes.

Note: When the compress is removed for renewing, rub the surface with a warm dry flannel for half a minute or until reddened, before applying the compress again. Simultaneously, a hot application should be made to the feet.

For a CONSTIPATED COLON, this is a major cause for the toxæmic condition of the uterus:

1. Apply a neutral or warm water enema. (This is an effective remedy. It will relieve the bowels and thus reduce any excessive pressure on the uterus and other pelvic organs.)

For CONGESTION and INFLAMMATION OF THE UTERUS

1. Apply a regular cold (10° to 18° C) hip bath for duration of 10 minutes twice every day, on an empty stomach (if patient feels cold or is very weak, give a hot foot immersion with the bath). During bath, patient should rub the abdomen briskly from navel downwards and across the body with a moderately coarse cloth. Legs, feet and upper part of the body should remain completely dry during and after the bath. Patient should undertake moderate exercise after bath to warm the body.
2. Also apply wet girdle packs, twice a day, on an empty stomach. (This will also relieve

congestions and infections in the uterus and other pelvic organs)

NB: women with a history of repeated abortions should adopt these techniques before conception and continue them during the first 2 months of pregnancy.

For HORMONAL IMBALANCES, yogic exercise is recommended. They are especially useful in improving thyroid, pituitary, adrenal and gonadal endocrine functions and should be practiced regularly by women who suffer from imbalances of this sort, up to first 2 months of pregnancy.

Prevention of Habitual Abortion

- 1. *Dietary Control:*** This is of the utmost importance. Pregnant women should avoid:
 - i.** Refined carbohydrates
 - ii.** Sugars
 - iii.** Non-vegetarian food
 - iv.** Coffee and tea
 - v.** Oily and fried foods (these lead to constipation, which is very detrimental to pregnancy)

- vi.* Smoking or chewing tobacco (must be strictly avoided)
- vii.* Drinking alcohol (must be strictly avoided)

The pregnant woman's DIET CHART should be on the following lines:

Breakfast: Fresh fruits and a glass of milk mixed with a teaspoonful of honey.

Lunch: Steamed vegetables, boiled rice and soup or butter milk.

Mid-afternoon: A glass of fruit juice or a whole fruit.

Dinner: Cooked diet similar to the afternoon meal may be taken till the 7th month.

After 7 months, fruits, nuts, germinated seeds and sprouts, milk, buttermilk and soups must form her diet. These reduce the workload on the digestive system and thus help avoid indigestion, constipation and related disorders.

OTHER PRECAUTIONS NECESSARY TO PREVENT MISCARRIAGE (for women with a history of repeated abortions)

1. Avoid sexual intercourse during early pregnancy.
2. Go to bed early and rise early.
3. Take regular exercise, but avoid fatigue.
4. Sleep on a hard mattress with head low, and remain calm and cool.

High Blood Pressure

High Blood Pressure (hypertension) is a disease of the modern age. The fast pace of life and the mental and physical pressures caused by the industrial and metropolitan environments give rise to physical tensions. Worry and mental tension increase the adrenaline in the bloodstream and this, in turn, causes the pressure of the blood to rise. The blood which circulates through the arteries within the body supplies every cell with nourishment and oxygen.

The force exerted by the heart as it pumps blood into the large arteries creates a pressure within them and this is called blood pressure. A certain level of blood pressure is thus essential to keep the blood circulating in the body. But when the pressure becomes too high, it results in hypertension which is caused by spasm (*an involuntary sudden muscle contraction*) or narrowing of the small vessels, known as capillaries, throughout the body. This narrowing puts more stress on the heart to pump blood through the blood vessels. Hence, the pressure

of the blood to get through rises in proportion to the pressure on the heart.

The highest pressure reached during each heartbeat is called systolic pressure, and the lowest between the two beats is known as diastolic pressure.

Normal blood pressure level is considered to be 120/70, but may go up to 140/90 and still be normal. Within this range, the lower the reading, the better. Blood pressure between 140/90 and 160/95 is considered borderline area.

From 160/96 to 180/114 is classed as moderate hypertension.

180/115 and upward is considered severe.

A raised diastolic pressure is considered more serious than a raised systolic pressure as it has a serious long-term effect. The higher the pressure the greater the danger it causes to the wall.

Symptoms

Mild and moderate hypertension may not produce any symptoms for years. The first symptoms may appear in the form of pain toward the back of the

head and neck on waking in the morning, which soon disappears. Other usual symptoms include:

- ✓ dizziness
- ✓ aches and pains in the arms, shoulder region, leg, back, etc.
- ✓ palpitations
- ✓ pain in the heart region
- ✓ frequent urinating
- ✓ nervous tension and fatigue
- ✓ crossness
- ✓ emotional upset
- ✓ tiredness and wakefulness.

A person suffering from high blood pressure cannot do any serious work, feels tired and out of sorts all the time. He may experience difficulty in breathing and suffer from dyspepsia (*acid indigestion*). Hypertension, if not eliminated may cause heart attacks or strokes or other disability conditions.

Causes

The most important causes of hypertension are stress and a faulty lifestyle. People who are usually tense suffer from high blood pressure, especially when

under stress. If the stress continues for a long period, the pressure may become permanently raised and may not become even after removal of the stress.

An irregular lifestyle, smoking and an excessive intake of toxicants, tea, coffee, cola drinks, and refined foods destroy the natural pace of life. Expulsion of waste and poisonous matter from the body is prevented and the arteries and the veins become slack. Hardening of the arteries, obesity, diabetes and severe constipation also lead to hypertension.

Other causes include:

- ✓ excessive intake of pain killers and common table salt
- ✓ food allergies
- ✓ eating a high fat, low fibre diet, and processed foods deficient in essential nutrients

The kidneys play an important role in controlling blood pressure through secretion of rennin, a natural chemical. If increased rennin is secreted by the kidneys, more salts are retained in the body, which leads to an increase in the volume of circulating

blood and consequently to an increase in the blood pressure.

Repeated inflammation and infections in the kidneys can also give rise to hypertension.

Treatment

The modern treatment of high blood pressure by drugs brings down the pressure without removing the underlying causes.

PLEASE NOTE:

1. Drugs may temporarily reduce blood pressure but they do not cure the condition. This is harmful in the ultimate analysis.
2. All drugs against hypertension without exception are toxic and have distressing side effects.
3. The safest way to cure hypertension is to remove the real cause.
4. The natural way of dealing with it is to eliminate the poisons which cause it from the system.

5. Persons with high blood pressure should always follow a well-balanced routine of proper diet, exercise and rest.
6. Diet is of primary importance: meat and eggs cause the blood pressure to rise more than any other food.
7. The pressure is lowered and blood clotting diminished by partaking of a higher fruit-content, lower-protein and non-flesh diet.
8. A natural diet consisting of fresh fruits and vegetables, instead of a traditional diet, is helpful in getting rid of the poisons from the body.

Do This!

**BEFORE YOU START THIS PROCESS,
STOP ALL DRUGS!**

- i.* A hypertension patient should start the process of healing by living on an exclusive fruit diet for at least a week, and take fruits at least at 5-hourly intervals thrice in the day. Oranges, apples, pears, mangoes, guava,

pineapples, raspberry, and water-melon are the best diet in such cases.
BANANAS AND JACK FRUIT SHOULD NOT BE TAKEN!

- ii.* Milk may be taken after a week of 'fruits only' diet. This should be fresh milk boiled only once.
- iii.* Permit the patient cereals in his food after 2 weeks.
- iv.* Vegetables are good for the hypertension patient. Preferably, they should be taken raw. If they are cooked, it should be ensured that their natural juices are not burnt in the process of cooking. **TAKE VEGETABLES LIKE CUCUMBER, CARROT, TOMATOES, ONION, RADISH, CABBAGE AND SPINACH, BEST TAKEN IN THEIR RAW FORM.** They may be cut into small pieces and sprinkled with

a little salt and the juice of a lemon added to make them more palatable.

- v. Garlic is regarded as one of the most effective remedies to lower blood pressure. **TAKE 2 TO 3 CAPSULES A DAY** to make a dent in the blood pressure. Garlic slows pulse, modifies heart rhythm and relieves the symptoms of dizziness, numbness, shortness of breath and the formation of gas within the digestive tract. Take this for about 7 days within the first 2 weeks.

- vi. Watermelon is another valuable safeguard against high blood pressure. A substance contained in its seeds has a definite action in dilating the blood vessels, which results in lowering the blood pressure. So, **EAT WATERMELON SEEDS!**

- vii. Exercise plays an important role in curing hypertension. Walking is an

excellent form of exercise here. It helps to relieve tension, builds up muscles and aids in blood circulation. So, **WALK!**

viii. Persons suffering from hypertension **MUST ENSURE AT LEAST 8 HOURS OF RESTFUL SLEEP**, because rest is an aspect of the treatment.

ix. Most important of all, the patient **MUST AVOID OVER-STRAINING, WORRIES, TENSION, ANGER AND HASTE. HE MUST TRY TO BE CHEERFUL AND DEVELOP A CONTENTED MIND.**

AVOID!

- i.* An irregular lifestyle
- ii.* Smoking.
- iii.* Alcohol.
- iv.* Toxicants, tea, coffee, cola drinks, and refined foods.
- v.* Pain killers.

vi. Common table salt.

The natural treatment may take some time but it is the safest and best way to get rid of the disease.

10 CANCER SYMPTOMS THAT MOST PEOPLE IGNORE

Are you ignoring these warnings your body is giving you?

Medicine has developed fantastically in recent years, finding new drugs that help with the control of various diseases that once haunted, and even killed.

But despite medical advancement, prevention is key to maintaining our health and fighting diseases early.

Good use of medicine is another important factor. Misuse of it can also cause harmful symptoms.

Cancer, a disease that scares many people, has a greater chance of cure when treated early. It stops being so scary when we periodically take preventive tests.

We must carefully watch every day, as different symptoms may indicate that something is not quite right, and there is need for medical help.

Because cancer can attack various parts of the body, it is crucial to pay attention to our bodies. Below are 10 cancer warning signs.

1. Frequent cough

Frequent coughing can simply be a sign of allergies -- but when the cough is very persistent you may want to consider seeking the opinion of a specialist. Even non- smokers can develop throat, larynx and lung cancer. Therese Bartholomew Bevers, MD of the MD Anderson Cancer Center, said that "Most coughs are not cancer, but a persistent cough needs to be evaluated because it can be a symptom of lung cancer."

2. Weight loss without dieting

Though losing weight is the dream of many women, without dieting it can be the indicator of a disease. Look out for sudden weight gain as well.

3. Frequent pain in the joints

Joint pain is one of the symptoms of bone cancer, whether it is frequent or not. Getting headaches does not mean you have a brain tumor, but it's always nice to closely evaluate them. Many ovarian cancers are diagnosed after persistent abdominal pain. And lung cancer can be spotted from chest pains.

4. Fatigue without apparent cause

Being overly tired for no apparent reason can be a sign of the blood cancer Leukemia. Being aware of changes like this in your body can save your life.

5. Jaundice

When jaundice, the yellowing of skin most commonly seen in babies, appears in adults, it may be a sign of liver problems, including cancer.

6. Dark spots and freckles that change color and size

It is never a bad idea to have freckles and moles

checked periodically. Also, all new dark spots on the skin should be examined. Skin cancer can be detected precisely from these spots.

7. Eye pain that persists

Pain in the eye, a symptom of eye cancer, can easily be mistaken as a result of being tired. If pain persists, consult a doctor immediately.

8. Discharges with or without blood

Discharges of different color and odor should also be investigated. Vaginal bleeding outside the menstrual period may indicate cervical cancer. Check in with your gynecologist at least once a year.

9. Hoarseness

Hoarseness can be started by the swelling of the vocal cords caused by a more serious problem, and could be a cancer indicator.

10. Diarrhea and bleeding

A diseased intestine can cause bowel changes.

Do not be terrified every time you notice any symptoms, such as those mentioned above.

Remember that many of these things are also common symptoms of other illnesses and things we encounter on a daily basis. However, if any of these symptoms persists longer than normal, it is always smart to check it out. It could save your life.

This article is a translation and adaption of the original article "_10 sintomas de câncer que a maioria das pessoas ignora" published on familia.com.br.

7 SURPRISING WAYS YOU'RE DESTROYING YOUR HEALTH

As we get older, we realize the importance of the basics: daily exercise, a diet abundant with fruits and veggies, etc. But that's not all we need to be in prime living condition. Consider this a wake-up call from your future self. Here are seven things you're doing now that will ruin your health later.

1. Not getting enough physical touch

Got hugs? If not, consider the positive effects of physical contact and affection: lowered heart rates, raised oxytocin levels, and heck — it feels good!

Game plan: Get a full body massage. Pet your dog. Frequently hold your spouse's and children's hands. Hug your loved ones. Cuddle on the couch. Be intimate with your spouse.

2. Not stretching

Flexibility isn't just for yoga gurus. Stretching brings blood to your muscles and increases joint flexibility.

And stretching warmed muscles a couple times a week may help ward off injury. Your future self wants you to remain active lifelong, and stretching may prevent injuries from repetitive activities such as typing, texting and even walking.

Game plan: Since improper stretching can do more harm than good, talk to your health provider about how to incorporate stretching into your life.

3. Not forgiving

You were wronged. You know it. God knows it. But not forgiving those who have offended you can be as hazardous to your health as a major stressful event.

Forgiveness doesn't mean that what happened to you is OK. Forgiveness says that you are letting go of any power that the hurt has in your life. "Future you" needs less stress — and so do you.

Game plan: Decide to forgive one person today. Pray for him or her. Let go of resentment.

4. Not getting your 7+ hours

Lack of sleep isn't a sign of endurance. It isn't an indicator of good genetics. Losing sleep because of family obligations isn't a sign of love for your family. Not getting enough ZZZ's is just not taking care of yourself. Future you wants you to know that the long-term effects of sleep deprivation aren't pretty, including an impaired immune system, being more accident prone and weight gain (like any of us want any of that).

Game plan: Determine when you need to get up in the morning and then go to bed at least 7-8 hours beforehand. And go ahead and take that nap!

5. Not connecting with others

Emotional connection is a super-vitamin. It heals. It creates positive energy. And it is physiologically necessary. The connection found on your smart phone isn't going to cut it. We're talking in person, eye-to-eye contact. In fact, healthy connection decreases the overall pain we experience in our

lives. The research is convincing; loving relationships really are the answer. For those of us who are starting to feel the creaks in our bodies, being with those who love us can help us age better.

Game plan: To refuel, schedule time daily to spend time with loved ones.

6. Not scheduling preventive visits

We've heard it before: "an ounce of prevention is worth a pound of cure." Though you may be consistent with your annual physicals and bi-annual dental exams, consider the extra ounce of prevention offered by specialized screenings. For most women, mammograms should begin by age 40. For men, prostate cancer exams should begin at age 50. And for all, colorectal cancer screenings should begin no later than age 50.

Game plan: Talk to your health provider about your family's health history. Ask your doctor about screenings for cardiovascular disease, bone mass measurements, diabetes and glaucoma. Don't overlook symptoms of depression.

7. Not teasing your mind

Crosswords, jigsaw puzzles, playing a musical instrument, learning a language or picking up a new skill — these are things that can help challenge and maintain communication between the cells in your mind. Daily mind stimulation keeps your brain strong. Future you wants you to become a lifelong learner, bringing novelties to your synapses.

Game Plan: Try something new! Challenge your mind.

Don't forget: significant changes happen when you start small — but you've got to be consistent.

10 HEALTH BENEFITS OF HONEY

“My son, eat thou honey, for it is good” — King Solomon (Proverbs 24:13)

Discover the health benefits of one of the oldest sweeteners on earth, plus some interesting trivia, some great recipes and a few cautions.

Bees swallow, digest and regurgitate nectar to make honey; this nectar contains almost 600 compounds. We need our bees, so let's do everything we can to save them and keep them here on this earth.

Honey is so good we have included it in our list of power-foods that should be in your kitchen right now.

Health Benefits

1. Prevent Cancer and Heart Disease.

Honey contains flavonoids, antioxidants which help reduce the risk of some cancers and heart disease.

2. Reduce Ulcers and other Gastrointestinal Disorders.

Recent research shows that honey treatment may help disorders such as ulcers and bacterial gastroenteritis. This may be related to the 3rd benefit...

3. Anti-bacterial, Anti-fungal.

“All honey is antibacterial, because the bees add an enzyme that makes hydrogen peroxide,” said Peter Molan, director of the Honey Research Unit at the University of Waikato in New Zealand.

4. Increase Athletic Performance.

Ancient Olympic athletes would eat honey and dried figs to enhance their performance. This has now been verified with modern studies, showing that it is superior in maintaining glycogen levels and improving recovery time than other sweeteners.

5. Reduce Cough and Throat Irritation.

Honey helps with coughs, particularly buckwheat honey. In a study of 110 children, a single dose of buckwheat honey was just as effective as a single

dose of dextromethorphan in relieving nocturnal cough and allowing proper sleep.

6. Balance the 5 Elements.

Honey has been used in ayurvedic medicine in India for at least 4000 years and is considered to affect all three of the body's primitive material imbalances positively. It is also said to be useful in improving eyesight, weight loss, curing impotence and premature ejaculation, urinary tract disorders, bronchial asthma, diarrhea, and nausea.

Honey is referred as “Yogavahi” since it has a quality of penetrating the deepest tissues of the body. When honey is used with other herbal preparations, it enhances the medicinal qualities of those preparations and also helps them to reach the deeper tissues.

7. Blood Sugar Regulation.

Even though honey contains simple sugars, it is NOT the same as white sugar or artificial sweeteners. Its exact combination of fructose and glucose actually helps the body regulate blood sugar levels. Some honeys have a low hypoglycemic

index, so they don't jolt your blood sugar. (Watch this video Sweetener Comparison where I compare stevia, brown rice syrup, honey, molasses and agave, and discuss the strengths and weaknesses of each.)

8. Heal Wounds and Burns.

External application of honey has been shown to be as effective as conventional treatment with silver sulfadiazene. It is speculated that the drying effect of the simple sugars and honey's anti-bacterial nature combine to create this effect.

9. Probiotic.

Some varieties of honey possess large amounts of friendly bacteria. This includes up to 6 species of lactobacilli and 4 species of bifidobacteria. This may explain many of the "mysterious therapeutic properties of honey."

10. Beautiful Skin.

Its anti-bacterial qualities are particularly useful for the skin, and, when used with the other ingredients, can also be moisturizing and nourishing! For a powerful home beauty treatment for which you probably have all the ingredients in your kitchen

already, read Carrot Face Mask

Different honeys have different flavonoid profiles, depending on the floral source of the nectar.

Types of Honey (most popular): Alfalfa, Blueberry, Buckwheat, Clover, Manuka, Orange, Blossom, and Wildflower.

There are at least 40 types – each one has distinctive taste and unique properties.

Darker honey tends to have higher antioxidant levels.

Monofloral honey (honey from a single plant species) usually has the lowest glycemic index (GI). For example, locust honey from the Black Locust tree has a GI of 32. Clover honey, which is used commercially, has the highest glycemic index at 69.

Honey Suggestions.

If you want to get the goodness from your honey, make sure it is pure and raw. Raw honey contains

vitamins, minerals and enzymes not present in refined honey.

Honey Cautions.

It's best not to feed honey to infants. Spores of *Clostridium botulinum* have been found in a small percentage of honey in North America. This is not dangerous to adults and older children, but infants can have a serious reaction of illness in the first year. Do not add honey to baby food or use as a soother to quiet a fussy or colicky baby. Most Canadian honey is not contaminated with the bacteria causing infant botulism, but it's still best not to take the chance.

Honey is a sugar, so do not eat jars full of it if you value your good health and want to maintain a healthy weight. It has a high caloric value and will put you on a sugar high and low.

To cook with honey or not... There is some controversy about cooking with honey, although I cannot substantiate it from all of my research about honey.

“...when honey is heated above 108 degrees Fahrenheit, it becomes transformed into a glue-like substance that is extremely difficult to digest. This substance is considered a toxin (ama), since it adheres to the tissues of the body and is very difficult to remove.” (quote from the Ayurveda Wellness Center)

That said, I am not convinced that we should not cook with honey.

###

Thank you for reading my book. If you enjoyed it, won't you please take a moment to leave me a review at your favorite retailer?

Thanks!

Mike Chukwu

About the Author

Mike E. Chukwu is a researcher, teacher, writer, dramatist, playwright and cleric. He is most concerned about public health. His book *Icons of Charity*, published on Free-Ebooks.net spells out part of his purpose. He has also published *When Death Calls*. He lives in Lagos, Nigeria

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