

HEALTH REFORMER

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Women's Health & Natural Remedies-Part 1

**Anemia, Birth Control, Breast
& Cervical Cancer, Endometriosis,
Enlarged Uterus, Fibroids,
Irregular Menstruation, Menopause,
Painful Periods, Polycystic Ovary Syndrome,
Premenstrual syndrome,
Urinary Tract Infection, and
Uterine Prolapse & Vaginal infections**

(Natural Remedies - Series 11)



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1. Premenstrual syndrome (PMS)

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Women live longer than men, but women have more health issues than men. In In-

dia, however, women have high mortality rate.

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Symptoms of PMS

Bloating, abdominal cramps, breast swelling or tenderness, constipation, joint or muscle pain, acne along with emotional symptoms like mood swings are some of the symptoms which occur one to two weeks before the periods. Some women could even suffer from a very severe form of PMS called the Premenstrual Dysphoric disorder (PMDD).

Why do periods hurt so much?

When the big strong uterine muscle contracts to shed the inner lining of the wall, menstrual cramps are caused. This shedding is assisted by a host of hormones, the master being 'prostaglandins'. This hormone is also prominent during delivery. It is responsible for pushing the lining of the uterus out. In severe cases this condition is called Dysmenorrhea. Dress for comfort. Avoid tight clothes, especially at the waist. They hurt the stomach and compressing it causes discomfort. Avoid pain killers and use natural remedies.

Home Remedies for PMS:

1. Hydrotherapy - Use hot or cold wa-

Articles in the Next Issue:

Women's Health & Natural Remedies - Part II - Arthrites, Autoimmune Diseases, Depression, Domestic Violence. Heart Disease, Metabolic Syndrome, Obesity, Osteoporosis, Scanty Milk,

Men's Health Issues.

ter towels or bag on the stomach. Take a hot shower. Water has healing power.

2. Diet - Since there will be an imbalance of hormones, eat foods that have phytoestrogens. Phyto means plant. Plant hormones are similar to human hormones. Wild yam (Ratalu) is a great pain reliever. It is antispasmodic and helps make the pain bearable. Carrots, Aloe vera juice with honey, Papaya and Soya are beneficial.

3. Exercise helps to release beta-endorphins, which are internal Opioids — your own 'human morphine'. Massage also will be helpful.

4. Herbal remedies - Chaste tree berry tea, dandelion tea, Raspberry leaf or jasmine flavored tea will calm the body and mind. Evening Primrose Oil capsules, 500 mg, taken every day for 3 months may ease PMS symptoms.

5. Nutrient Supplements should be the last. B6, Magnesium, and Vitamin E. Get these from seeds, fruits, grains, and nuts.

6. Charcoal - A big dose of charcoal three times, every 1/2 hour, relieved a person from pains.

7. Natural Progesterone Cream - It is made from Mexican yam. Apply it at different places at a time: under the arm pit, under the breasts, stomach, etc. Dilute and apply Lavender oil on your stomach. It helps to relieve cramps in 10 to 15 minutes.

8. Trust in Divine power. Pray.

However, if you are suffering from the type of pain you have never experienced before, do monitor it closely. You may need to see a doctor to rule out any cause such as Endometriosis, Fibroids, Polycystic Ovarian Syndrome (PCOS/PCOD), Pelvic Inflammatory Disease, Premenstrual Syndrome. Ω

2. Painful Periods (Dysmenorrhea)

There are two types of menstrual pain. Primary dysmenorrhea, caused by the muscular contractions of the uretus, is experienced as menstrual cramps during the first two or three days of menstruation. It is common in teenage girls and young women.

Secondary dysmennorrhea occurs when periods suddenly become painful. This is usually due to an underlying condition such as fibroids or endometriosis.

Natural Remedies to Decrease Pain

1. Nutrition - Eat an anti-inflammatory diet: whole grains, millet, brown rice, quinoa; fresh fruits and vegetables. Eliminate refined flour, sugar, dairy meat, egg, which are acidic.

2. Nutritional supplements—Vitamin A (Carrots keep estrogen levels regulated). Magnesium helps to relax smooth

muscle tissue. It has been shown to reduce menstrual cramping greatly. Magnesium deficiency is a leading cause of menstrual cramps. (Almonds, sunflower seeds, sesame, bananas, cashew, tofu, oats, sweet corn, peas).

3. Omega 6 - Borage oil and Evening Primrose oil are high in Omega-6 fatty acids. They assist fertility by improving reproductive cell structure, decrease risk of inflammation and improve the condition of organs in the body. Both are available in capsule form in the market. Borage leaves could be cooked.

4. Massage with essential oils - any of lavender, camomile, sweet marjoram, cypress, clary sage, peppermint, dilute with a carrier oil, apply on the stomach and use a heating pad.

5. Herbs to relieve pain and to relax cramps are:

- Cramp bark (Kutaj), and
- Black haw (black cohosh) both of same family, are useful for the following conditions:

1. Premenstrual migraine
2. PMS
3. Dysmenorrhea
4. Pain associated with ovarian cysts, uterine fibroids, endometriosis
5. As part of a heavy menstrual bleeding management plan
6. Threatened miscarriage
7. Miscarriage
8. Incontinence, uterine prolapse due to weak pelvic floor muscles
9. After birth pains, safe for use when breastfeeding.
10. Postpartum hemorrhage

These are probably the most effective herbs for reducing uterine spasm and cramping. These sister herbs bring relief of pain and muscle spasm in the uterus. Cramp bark and Black haw have been shown to be safe for use for several days prior to onset of menses in anticipation and prevention of painful cramps. These herbs are one of the best herbs to have on hand at all times for any sort of menstrual pain. There is also no risk of liver damage from this herb.

Black Cohosh is very anti-inflammatory and wonderful at reducing spasm in both the smooth muscles, and also the skeletal muscles associated with pain that radiates to the lower back and down the thighs. This is called The Menopause Plant. Capsules, roots and tincture of these two are available in the market.

- Dong Quai (Angelica, female ginseng) - Dong Quai is popular with women with absent period, but it has other beneficial actions. It helps to reduce menstrual cramps in women with a heavy feeling uterus due to stagnation, poor circulation and scant blood flow during menstruation. Dong Quai acts on

the circulatory system and lymphatic system reducing tissue congestion. It has both analgesic and anti-inflammatory properties. It is also very relaxing to the nervous system, which may be helpful to those with anxiety or tension during PMS and menstruation. Interestingly this herb has been shown to first stimulate the uterus and then go on to relax it. Dong Quai is also a wonderful hormonal balancing herb for the female reproductive system. This herb should not be used if there is heavy bleeding during menstruation.

- Wild Yam: Wild Yam has a wonderful action on smooth muscle tissue, reducing muscle spasm of the uterus, fallopian tubes and ovaries, aiding in painful menstruation and chronic pelvic pain. Wild Yam helps the uterus to work more efficiently during menses. This uterine support allows for proper function of the uterus while working to prevent uterine cramping or spasm. This herb has a wonderful action on the ovaries, toning them and aiding in ovarian cyst pain.

- Ginger tea: If you experience nausea, vomiting or diarrhea due to painful cramping and hormonal changes, ginger is one of the best herbs to soothe the stomach. It is also anti-inflammatory.

- Chamomile tea - This fragrant tea has been used as a sedative to calm nerves due to anxiety, nervous tension, and irritability with menstrual Cramps. It is anti-inflammatory and antispasmodic.

- Motherwort: Very effective at reducing uterine muscle spasm, cramping and improving uterine tone. It is also a wonderful mild sedative, aids in insomnia, headache and dizziness. It is a specific remedy for heart palpitations, stress and anxiety associated with pelvic pain. It is a common weed in the mint family and is a treasured ally to women stressed by menopausal problems.

- Jamaican dogwood (fish poison tree)

- Its actions are nervine, anti-spasmodic, cardiogenic, analgesic, diuretic, sedative and anodyne. A traditional remedy for treating migraine and neuralgia (severe stabbing nerve pain). Jamaican dogwood was used for its narcotic, analgesic and sweat promoting properties as early as 1844. It has been used primarily as a remedy for insomnia, anxiety, fear, nervous breakdown, dysmenorrhea (painful menstruation), violent toothaches and menstrual cramps. The bark decoction of Jamaican dogwood has been used as a herbal remedy to help relieve cough and whooping cough.

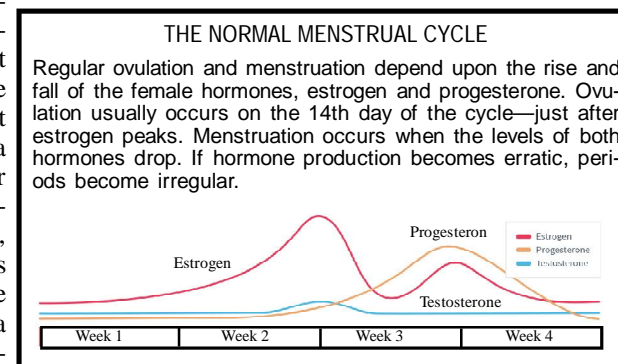
For insomnia it is best combined with hops and valerian and it may be combined with black haw as a natural treatment for dysmenorrhea. It has been used to promote sweating, to relieve smooth muscle spasms and as a remedy to reduce fever and inflammation. Jamaican dogwood has been used throughout Central and South America as a fish poison. It contains a substance known as rotenone that is used in insecticides to control lice, fleas, and larvae. The component rotenone is not considered to be

toxic to warm-blooded animals, including humans. It is important to seek the guidance of a qualified herbalist, midwife or naturopathic doctor if you are considering this herb for pain. Never self prescribe this herb. This herb is extremely antispasmodic and analgesic. It is traditionally used for all neuralgic and muscular cramps and spasm. This is a herb that is often relied on by herbalists for women who have unrelenting, debilitating pain, disturbing daily life activities. Side effects of improper administration and consumption of Jamaican dogwood may include sweating, salivation, gastric distress, nausea, numbness and depression. It should only be administered under the supervision of a qualified health care provider who understands its pharmacology, toxicology, and proper herbal preparation. There are no known reports of interactions with conventional medications. These are natural options for extreme dysmenorrhea. Jamaican Dogwood may be a good option for women who have lost all hope, or where other remedies have failed. Tincture and powder are available in India. — *Article by Herbal Resource* Ω

3. Irregular Menstruation

Periods that are unpredictable in frequency, do not follow the usual 22- to 35- day cycle, or vary in the amount of bleeding are termed irregular. Irregular menstruation is normal at puberty and at the menopause, but at other times it may be a symptom of another problem such as a hormonal disturbance, eating disorder, stress or malnutrition. See your gynecologist for a diagnosis before turn-

ing to natural therapies. If the cause is due to malnutrition, take supplements, preferably through your food and eat



well. If your periods fluctuate in the months or years leading up to your menopause, chaste tree may help by acting on the pituitary gland to normalize hormonal levels. False unicorn root can help to stimulate ovarian hormones and may be useful in regulating periods, after the prolonged use of oral contraceptives. This herb is a good uterine tonic, which helps the kidneys, bladder and ovaries. Standard recommended dosage

is about 5 to 15 drops of tincture per day. Tincture and root powder are available in India. Other natural remedies are: unripe Papaya juice (it regulates menstrual flow), 1/4 tsp. Turmeric mixed with soya milk (regulates and balances hormones), Aloe vera - extract gel from one leaf, blend with your fruit juice (helps treat menstrual irregularities), and Ginger (ginger is highly recommended for regulating menstrual cycles). Ω

4. Absence of Menstruation (Amenorrhea)

Menstrual periods stop naturally during pregnancy and menopause. You should be concerned if your periods stop at other times. It is not uncommon for women to miss one or even two menstrual periods, but if your amenorrhea has no cause and lasts longer than a few months, you should seek medical help. The same applies to girls who have not begun to menstruate by the age of 16.

It can be quite frustrating if you are trying to get pregnant, yet have no period. Having a healthy cycle is step one for boosting your fertility naturally and being able to get pregnant. There are a myriad of reasons your cycle may be irregular such as stress, dietary deficiencies, low body weight, getting off of birth control pills, hormonal imbalance, perimenopause or other underlying issues.

Causes of Absent Period

A menstrual cycle that has stopped is not a disease, it may be a sign that there is an underlying imbalance in the body. A regular menstrual cycle is regulated by a complex system of messages and actions orchestrated by the endocrine system. The endocrine glands work together to send messages via hormones. This is called the feedback loop.

In very simple terms the hypothalamus

produces GnRH (gonadotrophin-releasing hormones) which signals to the pituitary to produce LH (luteinising hormones) and FSH (follicle stimulating hormone) to signal to the ovaries that it is their turn to release estrogen and progesterone which is recognized by the pituitary gland.

Simple right? Not so. As you can see a healthy cycle is dependent on each part of the feedback loop functioning properly. Think of it as an orchestra, if just one part of the cycle is off, it will throw the entire cycle off, causing imbalances that can affect regular menstrual cycles.

Nutritional Deficiencies

Sometimes the body is not getting enough nutrition daily to be able to sustain normal functions, including the menstrual cycle. There are many very important nutrients the body requires to maintain a healthy menstrual cycle. Nutritional deficiencies can actually cause menstrual cycle irregularities and eventually may cause the entire cycle to stop. What you eat daily makes up every part of your body. You are what you eat!

Learn how to eat a healthy whole food fertility diet! Harvard U performed a recent study that showed an 80% decrease in infertility with the lifestyle changes made by switching to a fertility diet.

Women who followed a combination of five or more lifestyle factors, including changing specific aspects of their diets, experienced more than 80 percent less relative risk of infertility due to ovulatory disorders compared to women who engaged in none of the factors, according to a paper published in *Obstetrics & Gynecology*.

Eating a wide variety of whole foods is vital to a healthy menstrual cycle. The body relies on the foods we consume daily to function at its best. There are key nutrients and foods that support a healthy menstrual cycle, if any of these are lacking there may be a deficiency that may be contributing to an absent period. Be sure you are getting enough of the following:

1. Iron - Studies have shown that women who do not get sufficient amounts of iron may suffer anovulation (lack of ovulation) and possibly poor egg health, which can prevent pregnancy, 60% higher than those with sufficient iron stores in their blood.

Foods rich in iron are divided into two groups: heme and nonheme. This simply means it comes from an animal source or a non-animal source. Nonheme iron rich foods include blackstrap molasses, pumpkin and sunflower seeds, beans, nettles, amaranth, dark leafy greens, Turkish apricots (unsulphured), seaweed, and quinoa. "In a study of women who were having ovulation problems, 40% became fertile after supplementing with iron."

2. Vitamin C - improves hormone levels and increases fertility in women. The body requires food sources of vitamin C for proper iron absorption, so be sure to eat a food high in vitamin C when consuming a food high in iron. Great food sources of vitamin C are lime, red bell peppers, oranges, strawberries and hibiscus flower tea.

3. B Vitamins: Green leafy vegetables are rich in B vitamins which are necessary for proper hormonal balance!

4. Essential fatty acids: EFA's are important for hormone production. Many women are low in EFA's, specifically omega 3. Some foods rich in EFA's are flaxseeds, walnuts, chia seeds and purselane.

5. Cholesterol: Cholesterol is necessary for hormone production. Source of good cholesterol are: Olive oil, Beans and legumes, Whole grains, High-fiber fruit, Flax, Nuts, Chia and coconut oil.

6. Fiber: Fiber helps to remove excess hormones from the body which may be causing hormonal imbalance. Fiber also helps to regulate the blood sugar levels which helps to reduce fertility issues such as PCOS, immunological issues, and promotes healthy hormonal balance. Some examples of high fiber foods are fresh fruits, vegetables, dark leafy greens, and beans.

7. Zinc: This is just one of the minerals that the body uses to keep hormone levels (like estrogen, progesterone and testosterone) stable throughout the entire menstrual cycle. A woman's body needs a certain amount of zinc to produce mature eggs that are ripe for fertilization. The richest source of zinc are raw pumpkin seeds, sesame seeds, legumes (beans and peas), nuts, seeds, and soy products.

8. Whole food multivitamin - A great way to support the body in getting all the necessary nutrients it needs daily is to take a whole food multivitamin. Include a whole food multivitamin, along with eating a fertility diet are the first steps in getting your period back!

9. Being Overweight or Underweight. There is a direct link between anovulation and obesity. Body fat cells, called adipocytes produce estrogen. Obese women may have too much estrogen due

to too much body fat. Women who are underweight may also have anovulation due to lack of body fat. There may not be enough estrogen or adequate cholesterol levels being maintained to support the menstrual cycle. Studies have shown that women with extreme exercise habits have significantly lower levels of estradiol due to low levels of body fat in key areas of the body, leading to anovulation.

10. Estrogen is essential for healthy bone formation, healthy gene expression, maintaining healthy cholesterol levels, and is vital for a healthy menstrual cycle. Too much estrogen, or too little in the body may cause the feedback loop to not function properly and the menstrual cycle may cease. Now you can see why it is so important to have adequate amounts of body fat; not too much and not too little!

11. PCOS (Polycystic ovarian syndrome), sometimes also called polycystic ovarian dysfunction is the most common endocrine disorder in women of reproductive age. There are two distinct and consistent features of PCOS: absent period or inconsistent menstrual cycles and hyperandrogenism (the body is producing too many androgens, the most common one being testosterone).

12. Stress - may cause the body to stop the menstrual cycle. Stress causes the body to release stress hormones like cortisol and adrenalin that prevent our fertility hormones from being released at the correct times in the menstrual cycle. This can cause a disruption in the menstrual cycle by affecting how the adrenal glands function. Reducing stress and supporting adrenal health is essential to a healthy menstrual cycle and is a relatively easy fix for healthy fertility. The adrenal glands also directly impact thyroid health.

13. Thyroid issues - Poor thyroid function may cause the menstrual cycle to stop. An overactive thyroid that produces too many thyroid hormones is called Hyperthyroidism. Hypothyroidism is when the thyroid is underactive and does not produce enough thyroid hormones. An absent menstrual cycle is a sign of hyperthyroidism, where irregular or heavy cycles may be a sign of hypothyroidism.

14. Pituitary tumor - A pituitary tumor may cause disruption in the release and manufacturing of certain hormones which may cause the menstrual cycle to stop.

15. Premature Ovarian Failure - POF, also known as Ovarian Hypofunction, is defined as a loss of normal ovarian function before the age of 40. The menstrual cycle may cease before the age of 40, or become sporadic.

16. Perimenopause and Menopause - Perimenopause is the time leading up to menopause. As perimenopause progresses toward menopause, it is normal for menstrual cycles to become irregular and for hormone levels to fluctuate. The menstrual cycle may become absent for many cycles and then suddenly come back for a couple cycles, and then go away again, becoming sporadic for some years. As ovarian reserve diminishes and egg health declines, FSH levels rise, the menstrual cycle will become more and more irregular, until eventually it stops.

17. Menopause is defined as absent menstruation for a year or longer. Menopause may also be confirmed by elevated FSH levels between 60 to 100mIU/L on two tests done at least 1 month apart, and/or LH level greater than 50mIU/L and estradiol less than 50pg/mL. Natural therapies cannot reverse the aging process, or bring back the menstrual cycles in a woman who has already gone through, or is going through menopause.

When to see a doctor!

If you have not had a menstrual period for 3 consecutive cycles or more, it is time to make an appointment with your healthcare practitioner. They can help you to determine what the causes may be. Most medical doctors will often prescribe oral contraceptives (birth control pill) to get the menstrual cycle to regulate. It is important to realize that this method will force the body to have a cycle and prevent pregnancy. Oral contraceptives do not solve the problem of why the menstrual cycle is absent to begin with. There are natural therapies such as herbs, specific massage techniques, supplements, stress reduction techniques and dietary changes that can help support the body in regulating the menstrual cycle in most cases.

Herbs to Promote Menstruation

Before heading for herbs that are known to help bring back the menstrual cycle (emmenagogues) it is also important to consider herbs that support healing of the cause of the absent menstrual cycle. Why is it you are not having a period to begin with? Once you know what is causing this to happen, you will be able to formulate a plan for yourself. This is vital when desiring to use herbs as well. For example there are herbs that support hormonal balance through endocrine system support, some that help the body to respond to stress and others that have a direct action on the uterus.

Emmenagogues stimulate and normalize the menstrual cycle

Important caution: It is extremely important to rule out pregnancy prior to beginning any herbs for fertility, especially those used to bring back a menstrual cycle. Most herbs that help to regulate the menstrual cycle are not safe for pregnancy and may potentially cause a miscarriage!

Herbs to Bring on Menstruation

The following herbs may help to bring on a menstrual period. All the herbs in this section will only be effective if the menstrual period is absent due to hormonal imbalance. If the menstrual cycle is absent due to nutritional deficiencies, these herbs may not be as effective. It is very important that diet changes are in place before beginning any herbs to bring back the menstrual cycle.

1. Black Cohosh root (*Actaea racemosa*) - promotes regulation of the entire menstrual cycle while helping to support a calm uterus.

2. Dong Quai root (*Angelica sinensis*) - This is the main herb for this issue. Dong Quai works by promoting blood flow to the pelvis where it helps support the body to bring back an absent period. It does this by nourishing the blood (it is in nearly all Chinese herbal blood-building formulas because it is iron rich), improving hormonal regulation, and aiding in uterine tone.

3. Motherwort aerial parts (*Leonurus cardiaca*) - This herb is very effective at reducing uterine muscle spasm, cramping and improving uterine tone. Motherwort has been found to mildly stimulate the uterus, while also aiding the uterus to work efficiently, which is helpful in bringing on menstruation.

4. White Peony (*Paeonia officinalis*) - This herb helps build the blood and increase circulation to the reproductive organs. Overall, White Peony provides excellent hormone balancing support and aids in pain reduction and relaxation. White Peony moves the blood in the pelvic area offering support for uterine stagnant conditions including absent period.

Since it can be challenging to source all of these herbs in the proper ratios, the team of Natural Fertility Specialists at

Natural Fertility Info.com created a formula specifically to address this need.

Herbs to Promote Regular Menstrual Cycles

The following herbs would be used once the first menstrual period comes back or after performing a Fertility Cleanse.

1. Shatavari (*Asparagus racemosus*) - Shatavari helps to promote regular menstrual cycles by aiding in regulation of estrogen levels. Shatavari is also an adaptogen that supports endocrine system function for healthy hormonal balance.

2. Tribulus (*Tribulus terrestris*) - This herb has been shown to normalize ovulation in infertile women. Tribulus supports healthy hormone levels, is a known female reproductive system tonic and may increase libido.

3. Vitex (*Vitex agnus-castus*), The Chaste Tree. Vitex is another great herb for amenorrhea due to hormonal imbalance. Vitex supports hormonal balance in the body by having an effect on the hypothalamic-pituitary-ovarian axis (hormonal feedback loop), correcting the problem at the source. There have been numerous studies showing the effectiveness of vitex for all types of menstrual cycle irregularities when used for many months consistently. Vitex has been found to help normalize ovulation, improve a short luteal phase, support healthy hormone levels and reduce Polycystic Ovary Syndrome (PCOS).

Studies have shown vitex extremely helpful in bringing back the menstrual cycle in women with absent periods due to eating disorders and lack of menstruation due to breastfeeding. We do not advise weaning a baby until they are over a year old. For mothers of older babies who are ready to try to conceive again, and still have yet to begin menstruating, vitex is a safe option.

If you have not had a menstrual cycle for two or more months you may want to consider performing a Fertility Cleanse. Fertility cleansing helps to cleanse the uterus of old blood and tissues while helping the liver to get rid of excess hormones to promote a healthy menstrual cycle. If after doing a Fertility Cleanse your period still does not come back and you have implemented a nutrient dense fertility diet, consider herbs to bring back the menstrual cycle.

4. Self Fertility Massage - A uterus that is not stimulated to shed the endometrium, or sheds the endometrium inadequately each month, may become atrophied. This means the muscles lose their tone and strength. If the mucosa lining known as the stratum functionale is not stimulated to secrete mucous and build up the endometrium, then the uterus is not lubricated and may become “dry” and weak. You can see why this would not be the best environment to house an embryo. Having a regular menstrual cycle is essential to having a healthy uterus. Watch this link to learn how to do self-fertility massage: <https://www.youtube.com/watch?v=UpJLflHe0B0>.

Here’s how Self Fertility Massage aids the body in regulating menstrual cycles:

- 1) Promotes hormonal balance
- 2) Helps to reduce stress and stress hormones
- 3) Improves communication within the endocrine system
- 4) Increases circulation to the uterus, ovaries, and fallopian tubes
- 5) Promotes the movement of fluids
- 6) Helps the body to rid itself of old stagnant blood and tissues

Summary

Overall it is extremely important to begin by nourishing the body through good nutrition. Your dietary habits are your

foundation, without that in place first, the body is not going to respond to herbs for amenorrhea as well. One theory holds that the body naturally stops a malnourished woman from becoming pregnant, because she does not have enough stored energy to support a developing baby.

Second, be sure to include a good whole food multivitamin, reduce stress and

exercise regularly. Third, consider an herbal program for getting the menstrual cycle back on track. Last, but not least, practice fertility massage regularly. This combination is a great plan for working to promote a healthy menstrual cycle long-term! Be patient, the body needs time to establish a cycle. Be gentle with yourself and your body will come back into balance. Ω

5. Birth Control

Natural Birth Control is Moral

“Parents have no right to bring children into the world to be a burden to others. Have they a business that they can rely upon to sustain a family so that they need not become a burden to others? If they have not, they commit a crime in bringing children into the world to suffer for want of proper care, food, and clothing. In this fast, corrupt age these things are not considered. Lustful passion bears sway and will not submit to control, although feebleness, misery, and death are the result of its reign. Women are forced to a life of hardship, pain, and suffering because of the uncontrollable passions of men who bear the name of husband—more rightly could they be called brutes. Mothers drag out a miserable existence, with children in their arms nearly all the time, managing every way to put bread into their mouths and clothes upon their backs. Such accumulated misery fills the world.

There is but little real, genuine, devoted, pure love. This precious article is very rare. Passion is termed love. Many a woman has had her fine and tender sensibilities outraged, because the marriage relation allowed him whom she called husband to be brutal in his treatment of her. His love she found to be of so base a quality that she became disgusted.

Very many families are living in a most unhappy state because the husband and father allows the animal in his nature to predominate over the intellectual and moral. The result is that a sense of languor and depression is frequently felt, but the cause is seldom divined as being the result of their own improper course of action. We are under solemn obligations to God to keep the spirit pure and the body healthy, that we may be a benefit to humanity, and render to God perfect service. The apostle utters these words of warning: “Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.” He urges us onward by telling us that “every man that striveth for the mastery is temperate in all things.” He exhorts all who call themselves Christians to present their bodies “a living sacrifice, holy, acceptable unto God.” He says: “I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

It is an error generally committed to make no difference in the life of a woman previous to the birth of her children. At this important period the labor of the mother should be lightened. Great changes are going on in her system. It requires a greater amount of blood, and therefore an increase of food of the most nourishing quality to convert into blood.

Unless she has an abundant supply of nutritious food, she cannot retain her physical strength, and her offspring is robbed of vitality. Her clothing also demands attention. Care should be taken to protect the body from a sense of chilliness. She should not call vitality unnecessarily to the surface to supply the want of sufficient clothing. If the mother is deprived of an abundance of wholesome, nutritious food, she will lack in the quantity and quality of blood. Her circulation will be poor, and her child will lack in the very same things. There will be an inability in the offspring to appropriate food which it can convert into good blood to nourish the system. The prosperity of mother and child depends much upon good, warm clothing and a supply of nourishing food. The extra draft upon the vitality of the mother must be considered and provided for." These are quotes from Ellen G. White, a messenger of God and an educator.

Talking about tribulation time, Apostle Paul said to the youth considering marriage: "Become like me so that you can fully serve the Lord." Paul was single. And Jesus said: "Woe to those who are pregnant and nursing in those days."

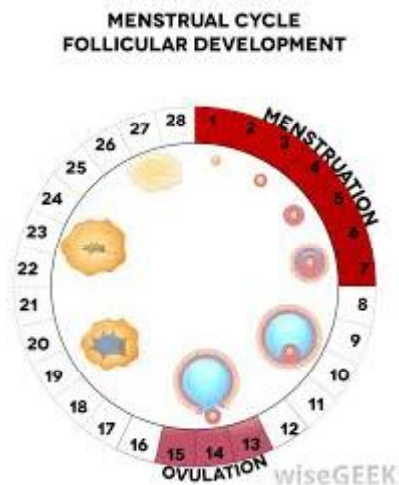
A new, September 2017 prophecy from a servant of God says: "Four judgments are coming upon America: The first judgment is the hurricanes that are hitting the coasts now. The second judgment will be the earthquakes that will strike both coasts. The third judgment is

a massive tidal wave that will hit the East Coast and drive water all the way to the mountains. The tidal wave was half the size of the Empire State building. (An asteroid, a tsunami, an island splitting?) The fourth judgment is so terrible that God would not tell me what it was going to be. However, the fourth judgment is the worst. Many will perish in this judgment that will finally drive the Church to its knees, crying out for repentance. I asked of the Lord, "What is going to do this?" But He said, 'It is not for you to know.'

The overall picture of the above quotes shows that we have come to the end of the world. Paul admonished those living in the last days to stay single. Jesus said it will be very difficult for mothers with babies during this time. And Ellen G. White said that to bring children into the world without means and planning will be a sin to the parents. So, birth control is Biblically sound

advise, though not abortion. Men need to take all precautions and not give a child to the mother each year. Because most men do not plan, nor use protection on ovulation days (days 13 to 15 of a menstrual cycle) women end up taking 'Birth control pills.'

Many birth control pills contain high levels of estrogen that effectively convince your pituitary gland that you are pregnant (this explains some of the side effects of the drugs) and that you don't need to ovulate. Because your body



thinks you are pregnant, the uterine lining thickens. Once you start the placebo pills (fake pills), however, your estrogen level drops suddenly, and your body menstruates "normally."

SIDE EFFECTS of Birth Control Pills

Here is an overview of the reported risks and side effects of birth control pills. Some physical and emotional changes take place that are permanent while you stay on the pill. Many of these changes occur as your body's response to synthetic estrogen. These changes include:

1. Larger breasts
2. Weight gain or loss
3. Reduced or increased acne
4. Slight nausea
5. Emotional sensitivity right before your period
6. Mood swings throughout your cycle
7. Irregular bleeding or spotting
8. Breast tenderness
9. Decreased libido

The above SIDE EFFECTS might be enough to deter some women from taking birth control pills, but many women are just not aware of them, while others justify the side effects because the pill is so convenient. But imagine taking your birth control pill, feeling depressed and then taking an antidepressant to handle your mood swings and hypersensitivity. Adding an antidepressant could then contribute to even lower libido, which would surely be noticed by you and your partner. My point is that birth control pills are a prescription drug with very real ramifications on your overall health.

SERIOUS HEALTH RISKS due to Birth Control Pills

And even scarier than the "mild" side effects are the SERIOUS HEALTH RISKS that accompany birth control pills. These include:

1. Increased risk of cervical and breast cancers
2. Increased risk of heart attack and stroke
3. Migraines
4. Higher blood pressure
5. Gall bladder disease
6. Infertility
7. Benign liver tumors
8. Decreased bone density
9. Yeast overgrowth and infection
10. Increased risk of blood clotting

Cancer, heart disease, stroke, infertility— Surely these side effects make birth control pills a less than desirable option for contraception. And now that heart disease has become the leading cause of death among women, one has to wonder if there is a connection between the widespread and long-term use of oral contraceptives. Yeast overgrowth and yeast infections (candida), too, are particularly dangerous to your overall health.

11. Birth control pills actually destroy the beneficial bacteria in your intestines, making you more susceptible to yeast overgrowth, lower immunity and infection.

12. After years and years of taking birth control pills and creating an imbalanced inner ecosystem (with an overgrowth of bad bacteria and yeast), it is no wonder that women are at greater risk for infections as well as chronic diseases like cancer.

Natural Birth Control Options

1. Natural family planning is a method of working out when a woman is most fertile and then avoiding unprotected sex at that time to prevent pregnancy.
2. Neem oil as spermicide. A safe and effective method of birth control, with no side effects, that on top of preventing pregnancy may also protect from

How to Make Homemade Suppositories for Hemorrhoids, Colon Cancer, Constipation, Menstrual Cramps, Vaginosis and Birth Control

Witch Hazel Suppository to Shrink Hemorrhoids:

- 1 tsp. witch hazel leaf/bark powder
- 1 tsp. yellow beeswax
- 1/2 cup cocoa butter

Fold aluminium foil like a cup. Apply a thin layer of oil. Keep aside. Add witch hazel powder in 1 cup boiled water. Steep for 10 minutes. Strain. Melt the cocoa butter and beeswax over a pan of hot water. Stir until melted. Add witch hazel extract. Pour the mixture into the mold. Allow 30 minutes for it to set. If it has not hardened enough, place it in the refrigerator (not the freezer). Cut it to the size you want and push it into the vagina.

Aloe Vera Suppository for internal hemorrhoids, constipation, menstrual cramps and indigestion:

- 1 tsp. bees wax
- 1 tsp. cocoa butter
- 250 ml. coconut oil
- 2 tbsp. fresh aloe vera gel, ground
- 3 drops marjoram essential oil

In a double boiler, melt the first three items. Add aloe vera gel. When cooled, add the essential oil. Pour into molds.

Following the above recipes, make: Tea Tree oil Suppository (for Vaginal and Rectal Routs);

Neem oil Suppository for Vaginosis and birth control;

Activated Charcoal Suppository for Colon Cancer. Can be used both rectally and vaginally.

some sexually transmitted diseases is Neem oil. Researchers are excited that it was 100% effective in preventing pregnancies. "In the first century B.C., Charaka, the Indian physician, gave a detailed method for using neem for con-

traception. Cotton soaked in neem oil was kept in the vagina for fifteen minutes before intercourse. This killed the sperm." (neemfoundation.org). Newer studies showed that neem oil contraceptive indeed kills sperm in the vagina within 30 seconds and remains active for five hours. It causes no irritation or discomfort like the chemical based spermicidal foams do, except it has strong smell. In addition neem oil acts as a lubricant, and it

CYCLE LENGTH	OVULATION PERIOD
22 Days	Day 6-10
24 Days	Day 8-12
26 Days	Day 10-14
28 Days	Day 12-16
30 Days	Day 14-18
36 Days	Day 20-24
42 Days	Day 26-30

offers protection from vaginal and sexually transmitted diseases. Vaginal creams and suppositories made with neem oil are quickly becoming the birth control method of choice in India. There were other studies as well. Using rats it was shown that a single injection of a small amount of neem oil in the uterine horns (the uterus, not just the vagina) resulted in long term (up to 12 months) and reversible infertility. There were no adverse reactions, and all subsequent litters were perfectly normal in every respect. Neem oil also prevented fertilized eggs from implanting in the uterus wall, if given to rats on day 2 to 7 of an expected pregnancy. Another study on rats showed that taking neem oil orally, eight to ten days after implantation of the fetus, terminates the pregnancy. The animals regained completely normal fertility in the next cycle. Researchers also showed that the effect of neem oil on the immune system is responsible for those results. The body's immune system gets stimulated to a degree where it kills the sperm and rejects (or rather re-

sorbs) the embryo.

Neem as a Male Contraceptive

Take 2 pills, 1000 mg, per day every day. This pill is for men only! Neem takes 6 weeks to become fully effective. During this time you should continue to use condoms or other birth control to prevent pregnancy. Do not miss any doses, Continue to take the Neem for as long as you want to prevent pregnancy. After 6 weeks you can discontinue use of other birth control methods. If you want to become pregnant, simply stop taking the pill. After 6 weeks, full fertility will be renewed. Neem leaf tablets and capsules are available in the market.

Neem as a Female Contraceptive

In addition to using Neem tea, tablets, or capsules, Neem oil could be applied around the vagina area or Neem oil suppository could be used. Several studies showed that neem oil appears to be a safe and very effective contraceptive, pre and post coital (before and after sex). Ω

6. Endometriosis

Endometriosis is a gynecological condition affecting approximately 176 million women and girls worldwide. Endometriosis happens when the endometrium, the tissue that makes up the inside surface of the uterus, grows outside the uterine cavity. It can grow on the ovaries, bowel and tissues lining the pelvis.

The misplaced endometrial tissue follows the menstrual cycle (grows, thickens and breaks down) due to hormonal changes in the body. As it has no way to exit your body, it becomes trapped and causes irritation and formation of scars and adhesions. This in turn causes severe pain during periods and possible fertility problems, both of which can have a massive impact on a woman's

quality of life. Women of all ages are at risk for endometriosis. Typically, it affects women from age 25 to 40. The exact cause of endometriosis is not known. However it has been found that retrograde menstruation, or backflow of menstrual fluid, may play a key role. Other contributing factors are genetics, a weak immune system and environmental toxins.

Some of the common symptoms of endometriosis are pelvic pain and cramping during menstruation, sharp pain during ovulation, pain during sexual intercourse, painful bowel movements, heavy or irregular bleeding during menstrual periods, fatigue, infertility, swollen abdomen and digestive problems like indigestion, diarrhea, constipation and

nausea. The symptoms may vary from person to person. In most cases, women with endometriosis have no symptoms.

The condition tends to get better when menopause begins. However, to control the severity of the disease and alleviate the main symptoms of pain and infertility, try natural remedies. Drugs to suppress endometriosis will be futile.

Natural Remedies for Endometriosis

1. Castor Oil - An age-old effective remedy for endometriosis is castor oil. Castor oil helps the body get rid of excess tissues and toxins. It should be used at the beginning of the menstrual cycle, when cramping is first noticed. This will help reduce the severity of symptoms throughout the cycle.

Mix eight drops of lavender essential oil and one-fourth cup of castor oil. Soak a washcloth in this mixture. Place the cloth on your lower stomach. Cover it with a plastic wrap and place a hot water bag on it. Use the pack once a day for an hour. Do not use this remedy during menstrual flow.

2. Sitz Bath - A contrast hot and cold sitz bath is often recommended by naturopathy practitioners for reducing symptoms of endometriosis. The hot bath will help relax the pelvic muscles, in turn reducing cramping and pain. The cold bath will help reduce inflammation and alleviate pain.

Fill two large bathtubs, one with warm water and another with cold water. Add 10 drops of rosemary essential oil or lavender essential oil to each bath and stir well. Sit in the tub with hot water up to

your waist for three to five minutes. Then sit in the tub of cold water up to your waist for one minute. Repeat for five rounds. Do this three to four times a week. Avoid this remedy during menstruation.

3. Pelvic Massage - Massaging the pelvic area and lower abdomen with essential oils such as lavender or sandalwood will help to relax and soothe minor pain associated with endometriosis. Lie on the bed and stretch out your body. Rub

some essential oil on your stomach. Gently massage in a rotating pattern for 10 minutes. Do this once daily. Do not do this massage during your menstrual cycle.

4. Flaxseed - Flaxseeds are very beneficial in the treatment of endometriosis. The antioxidant and omega-3 fatty acids in flaxseeds help slow the growth of abnormal endometrial tissue. Flaxseeds help the body to eliminate harmful toxins. Sprinkle ground flaxseeds

on rice or salads.

5. Turmeric - has curcumin which has anti-inflammatory benefits and hence can be used to treat endometriosis. It has also been shown to have anti-endometriotic property.

Bring two cups of water to a boil and add one teaspoon each of turmeric powder and ginger powder and one tablespoon each of honey and lemon juice. Drink this solution once daily until you get rid of the problem. You can also take turmeric capsules (300 mg) three times a day. Avoid turmeric if you are on blood-thinning medications.

6. Wild Asparagus - Wild asparagus or shatavari in Ayurveda, which is rich in folic acid, can help treat anemia as well

as endometriosis caused by a deficiency of folic acid. And it has vitamin E that helps alleviate pain, particularly cramps. Mix one teaspoon of wild asparagus powder in a glass of warm water. Drink it two times daily until you feel better.

7. Activated Charcoal - Activated Charcoal removes toxins from the body and supports the immune system. Mix two teaspoons full of Activated Charcoal powder in half a glass of water and drink. Add another half glass of water, clean

the glass and drink. Do it twice a day.

8. Progesterone cream - Apply on your stomach.

9. Clary sage essential oil helps balance hormones and has been found to effectively reduce the symptoms of endometriosis. Apply 4 drops topically over abdomen and apply a warm compress over the area. Essential oils need 1:1.5 dilution with a base oil. Add 6 drops of coconut oil to it, and apply. Ω

7. Polycystic Ovary Syndrome (PCOS)

Polycystic ovary syndrome is a common condition related to a hormonal imbalance in women of reproductive age. It is characterized by high levels of androgens (male hormones) in the body. Researchers have also linked insulin to PCOS because many women with this condition also have too much insulin in their bodies. High levels of insulin cause the ovaries to produce more male hormones. Women with PCOS have also been found to have low-grade inflammation, contributing to insulin resistance.

In Polycystic ovarian syndrome a woman's levels of the sex hormones, estrogen and progesterone are out of balance. This leads to the growth of ovarian cysts (benign masses on the ovaries). PCOS can affect a woman's menstrual cycle, fertility, cardiac function, and appearance. Between 1 in 20 women of childbearing age has PCOS.

Causes

Doctors believe that hormonal imbalances and genetics play a role. Women are more likely to develop PCOS if their mother or sister also has the condition.

Symptoms of PCOS

Symptoms of PCOS typically start soon after a woman begins to menstruate for

the first time. The type and severity of symptoms varies from person to person. The most common characteristic of PCOS is irregular menstrual periods. Difficulty getting pregnant may be another reason that leads to diagnosis. Because PCOS is marked by a decrease in female sex hormones, this condition may cause women to develop certain masculine characteristics, such as: excess hair on the face, chest, stomach, thumbs, or toes; decrease in breast size; deeper voice; and hair loss. Other symptoms may include: acne, weight gain, pelvic pain, depression, and infertility. While not symptoms of the disease, many women with PCOS have other concurrent health problems, such as diabetes, hypertension, and high cholesterol. These are linked to the weight gain typical in women with PCOS.

Diagnosis

1. Your doctor will perform a physical and pelvic examination to look for signs of PCOS, such as swollen ovaries or a swollen clitoris.
2. Blood tests to measure sex hormone levels are typically ordered.
3. Thyroid function tests to determine how much of the thyroid hormone your body produces;

Both endometriosis and fibroids have a role in menstrual irregularity and pelvic pain. They can present similar symptoms and can cause similar problems. And both are leading causes for a hysterectomy. But they are very different conditions.

4. Fasting glucose tests to measure your blood sugar levels;
5. Lipid level tests to assess the amount of cholesterol in your blood;
6. A vaginal ultrasound allows your gynecologist to create real-time images of your reproductive organs.
7. A pelvic laparoscopy is a surgical procedure in which your doctor makes a small incision in your abdomen and inserts a tiny camera to check for growths on your ovaries. If growths are present, your doctor may take a small tissue sample (biopsy) for further examination. PCOS can be treated naturally.

Natural Remedies for PCOS

1. Eat a healthy diet. This can help to regulate your menstrual cycle and lower your blood glucose levels.
2. Cinnamon powder - mix 1 tsp. in water and drink it. Cinnamon combats insulin resistance. Consult a Naturopath first as it may lower your blood sugar level.
3. Flaxseed - helps decrease androgen levels. It contains lignans that increase the production of sex hormone binding globulin (SHBG) that binds testosterone in the blood, thereby preventing it from wreaking havoc in the body. Being high in fiber, flaxseed helps slow down glucose metabolism and lower cholesterol levels. The omega-3 fatty acids in this superfood also reduce inflammation, lower blood pressure and reduce the risk of chronic diseases like heart disease. Add ground flaxseeds to your food.
4. Spearmint Tea - can help deal with PCOS due to its anti-androgenic properties. Drinking spearmint tea can help reduce hirsutism, or excess body hair, by reducing free and total testosterone levels and increasing luteinizing hormone (LH) and follicle-stimulating hormone (FSH) levels. Boil one cup of wa-

ter in a pan. Add one teaspoon of dried spearmint leaves. Cover and steep for 5 minutes. Strain and drink twice a day for a few weeks.

5. Fenugreek - promotes glucose metabolism in the body and improves insulin resistance. This in turn helps balance your hormones. It also helps lower cholesterol, aid weight loss and promote healthy heart functioning. Soak three teaspoons of fenugreek seeds in water for six to eight hours. Take one teaspoon of the soaked seeds along with some honey in the morning on an empty stomach. Also take one teaspoon of the seeds about 10 minutes prior to lunch and one teaspoon prior to dinner. Continue this treatment daily for a few weeks or until you see improvement. You can also include fenugreek seeds and leaves in your curries.

6. Saw Palmetto - This herb acts as an anti-androgen, blocks 5-alpha-reductase activity and reduces the conversion of the testosterone into a more active form called dihydrotestosterone (DHT). This in turn may help prevent hirsutism or excessive hairiness in women with PCOS. It also helps thinning hair to grow back. Naturopaths often suggest this herb for the treatment of PCOS because it helps correct the hormonal imbalance. Take 320 mg of standardized saw palmetto extract daily for a few months. If you are taking a liquid extract, take one teaspoon per day. Make sure to consult a naturopathic physician before taking this. This is super effective in Prostate Enlargement and women's diseases. Surgery may be recommended for some women with PCOS. Ovarian drilling is a procedure in which your doctor punctures your ovary with a small needle that carries an electric current. This is done in order to destroy part of the ovary. It is a short-term solution that can promote ovulation and reduce male hormone levels. Homeopathy also can help one get relief from symptoms of PCOD. Ω

8. Fibroids

Upto 70% of women will develop fibroids. Normally, fibroids do not cause any symptoms. But sometimes they can cause pain and heavy bleeding.

The cause of fibroids can result from several factors, including imbalanced estrogen levels, pregnancy and birth control pills. Fibroids are normally found in the womb, breast, and near the uterine walls. Shrinking a fibroid takes time but herbs, diet and reducing stress are three common ways to naturally reduce the size of a fibroid. These remedies may not only shrink fibroids, but can prevent them from growing bigger. Fibroids shrink after menopause due to the lack of the hormone in the body. Occasionally, they can grow to weigh several kilograms and cause pain during sexual intercourse, frequent urination, urgency to urinate and in very rare cases, infertility. If symptoms become worse, individuals should consult a physician.

Natural Ways to Shrink Fibroids

1. Castor Oil Pack - Applying a castor oil pack to the abdomen helps stimulate the lymphatic and circulatory systems, and increases lymphocytes (disease-fighting cells) to eliminate disease-causing toxins from the body. Many holistic practitioners believe a buildup of these toxins plays an important role in fibroid development. Castor oil contains ricinoleic acid with anti-inflammatory properties. The following remedy may help shrink fibroids and also aid in pain relief.

Saturate two layers of cotton, 12 x 12 inch size in castor oil. Place it on your abdomen and cover it with a plastic wrap. Place a heating pad or hot water bottle on it and cover it with a towel. Leave it on for one hour. Repeat three times a week for one month, or until you

see improvement. Do not use this remedy during menstruation or if you are trying to conceive.

2. Chasteberry tea (Vitex) - The Chaste tree is a female-friendly tree. Vitex Agnus castus is helpful in dissolving uterine fibroids by normalizing hormonal imbalances. It relieves PMS symptoms, improves female fertility, clears up acne, treats endometriosis, improves female fertility, remedies Amenorrhea, may promote lactation, lowers Menopause Symptoms, treats Enlarged Prostate, and also cancers. Chaste tree berry has been shown to help balance the progesterone and estrogen levels. This is why it has been referred to as a "female" herb. The plant has a pleasing aroma. Plant Parts Used: fruit/berries, leaves and tender stem parts are all used to make tea. (Once I went to harvest some herbs in my neighboring village and was surprised to smell a scent like night jasmine, saw this tree with lavender flowers, brought a four-inch twig and planted it in my garden and now it has grown to be 6 ft. tall. If you have space in your garden, you may come to collect a twig from my neighborhood.)

3. Mullein and ginger can help in the reduction of fibroid by improving circulation. Cramp bark, wild yam rhizome, cleaver leaves and dandelion root are other herbs that can be taken to shrink the size of fibroids. Used regularly, motherwort can not only reduce fibroids, but can also help strengthen the uterine wall tissues and minimize bleeding caused by fibroids.

4. Milk Thistle - This herbal remedy helps metabolize and get rid of excess estrogen. Estrogen is a reproductive hormone that stimulates cells to release growth factors, which in turn contributes to fibroid growth. Take 10 drops of a

tincture of this herb, three times a day for three months. Milk Thistle is edible greens. Nursing mothers are given capsules of this plant to increase milk.

5. Dandelion - Many herbalists believe that poor liver function leading to poor elimination of excess hormones contributes to fibroids. Dandelion aids in liver detoxification and in clearing excess estrogen from your body. Boil three tablespoons of dandelion root in three and one-half cups of water. Let it simmer for 15 minutes. Turn off the heat, and allow it to steep for another 15 minutes before straining it. Drink this tea three times a day for at least three months.

6. Soya beans - have isoflavones which are similar to human hormones and these balance the estrogen levels in the body.

7. Blackstrap molasses - is believed to help shrink fibroids. It is rich in iron and other nutrients, and helps combat anemia that may result from heavy bleeding due to fibroids. Mix one or two tablespoons of blackstrap molasses in three-quarters cup of warm soya milk or use it as a sweetener.

8. Avoid foods that make it worse: sugar and high fat intake can contribute to fibroids. It can also slow the elimination

of estrogen from your body, leading to fibroid formation.

9. Eat foods which will shrink your fibroids: Organic Foods, Green Leafy Vegetables, Cruciferous Vegetables, Beta-carotene Rich Foods (carrots, amaranth), High-Iron Foods, Flaxseeds and Whole Grains. Six foods that may shrink fibroids are: fruits and vegetables, beans and lentils, unprocessed grains, soya beans and flaxseeds. Avoid animal products including milk.

10. Manage stress. Major life events that cause stress may be associated with a number of fibroid cases in women. Stress causes the adrenal glands to release a hormone called cortisol. This hormone has been shown to increase fatty tissues. Since increase of fatty tissue is linked to fibroids, eliminating stress will lessen the degree of fatty tissue being formed. Exercises such as walking and jogging can reduce some forms of stress, and counseling may be helpful for some individuals.

11. Boost your immune system and help your body fight against fibroids. Look up <http://shrinkfibroidsfast.com> website to know how a woman shrank her own fibroids and is helping many women in this process. Ω

9. Vaginal infections (Vaginitis)

If you have itching and redness around your vagina, abnormal vaginal discharge with an unpleasant smell, burning sensation during urination and/or pain during intercourse, it could be vaginitis, an infection or inflammation of the vagina. Some women may not have any symptoms. Extreme illness, creams, tight clothing, douching, sexual activity, faecal contamination, etc. disrupt the normal bacterial environment of the vagina and cause vaginitis. Vaginal yeast infections can be treated with over-the-counter

creams and vaginal suppositories.

Natural Remedies for Viginosis

1. Activated Charcoal - To one tbs. charcoal powder, add some water to make a slurry. Pump with a syringe into vagina; or soak a tampon in it and insert it. You may keep it as many hours as possible. Activated charcoal tampons showed remarkable improvements of the symptoms of bacterial vaginosis. This approach is a potentially promising treatment for this infection without adverse

effects.

2. Neem - Chronic candida infection and bacterial vaginosis are the two most common types of vaginal infections. Neem is anti-viral, anti-fungal and has been used successfully to treat both of these conditions. Neem can be used two different ways to treat chronic vaginal infections. Neem tea, tablets or capsules could be taken orally to eradicate fungal or viral infections while neem oil can be used intra-vaginally to combat itch and discharge.

3. Garlic - has strong antibacterial properties, and has long been used as a home remedy for bacterial vaginosis. Take a garlic supplement tablet or put a raw garlic in vagina. Please look up "Cure Cervical Cancer Naturally, Dr. Schulze" at <http://womenagainststirrupspro>

boards. com on how to do garlic treatment.

4. Hydrogen peroxide - Use one ounce daily for one week as vaginal irrigation. Use a large syringe or rubber bulb to pump into vagina.

5. Tea Tree oil - Tea tree oil has powerful antibacterial and antifungal properties that can help treat bacterial vaginosis. Dilute it with 1.5 drops carrier oil such as coconut oil to 1 drop Tea tree oil. Soak a tampon in it. Insert the tampon into the vagina and remove it after an hour. If it burns, remove it. Apply this on the hands first to test because Tea tree oil can be strong on the skin.

6. Breathable cotton underwear - to help your bacterial vaginosis heal quickly and to prevent future cases.

7. Practice good hygiene. Ω

10. Urinary Tract Infection (UTI)

The majority of cases of UTI occur in women. An infection is not limited to the bladder. However, if the infection is not treated promptly, it can spread to the kidneys (called pyelonephritis), causing kidney damage. Cystitis (bladder infection) is the lower urinary tract infection and pyelonephritis (kidney infection) is the upper urinary tract infection. UTI may cause burning pain during urination, frequent urination and/or urgency to urinate. Fever and pain may also be seen in pyelonephritis. In uncomplicated cases, urinary tract infections are easily treated with a short course of antibiotics. The infection may also be viral or fungal. Menopausal women are at high risk of getting a UTI, because the loss of estrogen causes thinning of the tissue of the bladder and urethra. A thinner lining is more prone to infection with bacteria.

How Do Bacteria Cause Urinary Tract Infection?

Most cases of UTIs are caused by the bacteria E. coli. This bacteria is normally present inside the digestive tract and on the skin surrounding the anus. In women, it is easier for the bacteria to travel to the urethra because the urethral opening is a lot closer to the anus than in men. In order to cause an infection, bacteria must first adhere to the cells lining the urinary tract. They do this using hair-like fimbriae that protrude from their surfaces. The fimbriae attach to specific receptors on your cells.

Here are some natural ways to cure and prevent bladder infections, but do remember that if you are going to treat yourself at home, you must be diligent, and set down an aggressive treatment plan and stick to it. If you do, there is no reason why you cannot cure your bladder infection 100%.

1. Water - is the best way to treat any urinary tract infection, says Agatha

Thrash, M.D. People who get infections usually don't drink enough water, so the urine sits in the bladder too long, and bacteria build up. Drink loads of water at the first sign of an infection: 6 to 8 eight-ounce glasses a day for young, healthy people; 10 eight-ounce glasses for those over age 50; and 12 eight-ounce glasses for active people over 60, whose bodies need extra fluids. If you are suffering from UTI you should increase your water intake to help clean the system. Water will increase the flow of urine and it will help to wash away the bacteria.

2. D-mannose - helps to prevent infections by interfering with the ability of the fimbriae to latch onto your cells. D-mannose is a natural molecule that is found in cranberries, apples and some other fruits. It is the active ingredient in cranberries, minus the sugar that usually accompanies cranberry products like juice. D-mannose cures more than 90% of all urinary tract infections (most urinary tract infections are caused by E-Coli and D-Mannose is most effective on E-Coli) and, best of all, it does this without killing a single bacteria. Nearly 15 years of clinical experience has shown that D-Mannose is just as effective as antibiotics are at curing urinary tract infections. It is completely safe, highly effective, inexpensive, and available without a prescription.

D-Mannose "sticks" to E.coli lectins even better than E.coli lectin "sticks" to human cells. When we take a large quantity of D-Mannose, almost all of it spills into the urine through our kidneys, literally "coating" any E.coli present so they can no longer "stick" to the inside walls of the bladder and urinary tract. The E.coli are literally rinsed away with normal urination.

How to take D-mannose. D-mannose is best taken on an empty stomach. Take 1

or 2 capsules daily, to help prevent urinary tract infections. D-mannose is safe for long term use. D-mannose tablets are available at amazon.in.

Other recommendations for preventing urinary tract infections:

3. Activated Charcoal - Drink 2 tsp. Activated Charcoal powder mixed in a glass of water three times a day. Charcoal adsorbs bacterial infections from the body. Make charcoal slurry, soak tampon in it and insert into vagina.

4. Women should urinate after sexual intercourse.

5. Drink 8 to 10 glasses of water or herbal tea each day, to keep the urine dilute and to flush the walls of the urinary tract. Increase your water intake during an infection. This helps to reduce the risk of the infection travelling upwards to the kidneys.

6. Try to eat lots of fresh vegetables and fruit each day, as they contain nutrients to strengthen your immune system, as well as antioxidants to keep the lining of your urinary tract healthy. Incorporating raw vegetable juices into your diet will provide even more benefits. Avoid sugar as yeast infection is made worse by consuming it.

7. Selenium is a mineral that many people don't get enough of in their diet because not many foods are a rich source. Selenium helps to strengthen the immune system and reduces the risk of infections.

8. Cranberries and Blueberries - You can either buy an extract or juice (and food form) to eat and drink. Be certain to buy 100% pure juice with no sugar or other juices added. Drink about 2 cups a day. Cranberries and blueberries are very helpful in preventing and treating a urinary tract infection. They work by preventing bacteria from sticking to the walls of the bladder where it can multi-

ply and cause infection. They act like a natural antibiotic to the urinary system. Not all berries do this but cranberries and blueberries are two that do. If you are going to use just one, use cranberries as more research has been done on them but both are helpful with curing bladder infections.

9. Indian Gooseberry (Amla) - contains large amounts of Calcium which is very effective in treating bladder infection. Take 60 gms of amla juice per day.

10. Onion - is a rich source of sulfur and acts as a natural antibiotic. Chop 50 grams of onion and boil in 500 ml. water till water is reduced to half. Strain and drink in small doses.

11. Uva Ursi (Bearberry) - This is an excellent herb for treating urinary tract infection. An extract of uva ursi is used in Europe and in traditional herbal medicine in North America, as a treatment for UTI. This herb is approved in Germany for treatment of bladder infections. The active constituent in uva ursi is arbutin. It is a chemical that has antiseptic and analgesic properties that are helpful in clearing the urinary tract of bacteria. It is also astringent and has diuretic effects that help reduce the accumulation of uric acid. Uva Ursi has been used by herbalists for bladder infections and to ease the pain of urinary stones or gravel.

Give a cup of uva ursi and buchu tea every 10-15 minutes until pain and spasms subside. Do not take uva ursi for long periods of time.

12. Eat foods high in vitamin A as a deficiency can increase the risk of infections. Take vitamin C. About 1,000 milligrams taken throughout the day will acidify the urine enough to interfere with bacterial growth. This is a good idea if you are having problems with reinfection or have recurrence in the middle of nowhere without quick access to medical help. A whole-food source of vitamin C is preferable.

13. Garlic - is a natural antibiotic and will destroy growing bacteria in the bladder and urinary tract. Crush or mince it raw in soups.

14. Oil of oregano and olive leaf extract are powerful UTI fighters.

If you are treating yourself naturally and after three days are not seeing results or if symptoms are worsening you should call your doctor right away. UTI can lead to kidney damage and renal failure. These Can Worsen your Infection; make sure to avoid them:

Caffeine	Shellfish
Sugar	Salt
Spices	Bubble baths
Dairy products	Sex
Red meat	Ω

11. Enlarged uterus (Adenomyosis)

A women's uterus is the size of a clenched fist but can grow as big as a soccer ball or larger during pregnancy. In addition to pregnancy, there are many other reasons why a woman's uterus may become enlarged. An enlarged uterus can be the result of a medical condition that not only causes it to grow but also to bleed and become painful. A condition that results in an enlarged uterus may require treatment. A woman can be unaware that she

has an enlarged uterus. Most often, women discover they have a problem during a pelvic exam.

It is possible a woman may notice a bloated belly or that clothes seem too tight, but for most, a diagnosis of an enlarged uterus is unexpected. There are multiple reasons why the uterus may become enlarged. An enlarged uterus may be more common in menopausal women,

but women in their childbearing years can develop this condition too.

Fibroids

Fibroids are one of the most common causes of an enlarged uterus. Fortunately, fibroids are noncancerous. Fibroids are small lumps that can weigh up to several pounds. They are most common in women who are in their 40s and early 50s. Fibroids may be asymptomatic, or may cause pain and heavy menstrual cycles. Fibroids also put pressure on the bladder and the rectum, causing frequent urination and rectal pressure. If they get too big, fibroids may cause the uterus to become enlarged.

Adenomyosis

Adenomyosis is not endometriosis, but many women who have endometriosis may also have adenomyosis. Theories as to What May Cause Adenomyosis are:

1. Invasive Foreign Tissue Growth.
2. In the case of uterine surgery, it is thought that the incisions made during surgery promote direct invasion of the endometrial cells into muscular layers of the uterus (myometrium).
3. Uterine Inflammation from Childbirth. This theory suggests that postpartum uterine inflammation may cause a break in the boundary between the endometrium and the myometrium. This would allow for the endometrial cells to invade the myometrium.
4. Abnormal Uterine Development - Another theory suggests that when the uterus is developing in the female embryo, somehow the formation of the cells of the endometrium become deposited in the muscles of the uterus.

Symptoms of Adenomyosis

Many women experience no symptoms even though they have adenomyosis.

1. Painful menstrual cycles known as dysmenorrhea, usually pain may in-

crease over time.

2. Painful sexual intercourse
3. Heavy, clotty or long-term menstrual bleeding
4. Mid-cycle bleeding
5. A feeling of a mass in the uterus, or the feeling of an enlarged uterus. In the case of adenomyosis, the uterus may double or triple in size.

Natural Methods to Shrink Enlarged Uterus

1. Self Fertility Massage.
2. Castor oil packs.
3. Slow flow - this herbal blend combines these herbs: Ginger root, Cranesbill root, Periwinkle herb, Yarrow flower, Liferoot herb, Shepherd's purse herb. Slow Flow should only be used to manage heavy bleeding, therefore it should only be taken on heavy bleeding days.
4. Anti-Adenomyosis Tincture - 1 dropper full, 2 times a day. It has Licorice root, Partridge berry leaf, Blue Cohosh root, Geranium root, Cotton root bark.
5. Shepherd's Purse, Ginger tea, Turmeric, Vitex (Chasteberry tea), Aloe vera are helpful.
6. Calcium and Magnesium.
7. Heating pad
8. Aroma therapy - Clary sage essential oil, apply on the stomach.
9. Diet. Add to your diet, Carrots, Papaya, Chamomile tea (has antispasmodic and anti-inflammatory properties and helps reduce swelling and alleviate menstrual cramps); Basil (contains caffeic acid that helps in eliminating pain associated with menstrual cramps); Cinnamon (has anti-inflammatory and anti-clotting properties that provide comfort during menstrual periods); Fennel (has antispasmodic and anti-inflammatory properties that help in decreasing the swelling caused by menstrual cramps); Parsley (contains apiol and myricistin which help in regulating menstrual flow). Ω

12. Uterine Prolapse / Vaginal Prolapse

Uterine Prolapse (uterus displacement/womb displacement or procidentia) is a condition in which: 1) The pelvic muscles and ligaments that hold the uterus in place start sagging resulting in a downward displacement of the uterus between the bladder and the rectum. (moderate or mild uterine displacement). 2) Tissues are damaged to the extent that Uterus eventually falls in the vaginal canal (Uterovaginal prolapse).

The common causes for weakened pelvic muscles are: Obesity; Chronic coughing; Constipation or intense straining during defecation; Pregnancy; Childbirth and Estrogen deficiency.

Possible Complications

Uterine displacement if not treated timely can have a significant bearing on the quality of life. Urinary incontinence, Inability to conceive and reduced sexual pleasure are the most common fall outs of uterine prolapse.

Possible modes of treatment

The best way to deal with uterine displacement is the naturopathic course. Surgery may incapacitate the patient for a long period of time, not to mention the

pain, risks and expenses involved. Natural cures may take only a few months to bring considerable relief. In general, the following course of treatment is followed for curing Uterine Prolapse.

1. Kegel's exercises - Pelvic floor exercise - They will strengthen pelvic muscles and help you tighten your vaginal area in order to increase the sensation during intercourse.

2. Diet: Estrogen is the one that maintains the vaginal tightness and elasticity. Without it, you will have a hard time regaining your pre-pregnancy and pre-childbirth vaginal tightness. It is also the one that maintains the strength and tone of the pelvic muscles. Without estrogen, no matter how much you practice your kegels, it will still not be enough to rejuvenate your pelvic muscles. The following foods are known to have phytoestrogens: Soybeans and soy products, Tempeh, Linseed (flax), Sesame seeds, Wheatberries, Fenugreek (contains diosgenin, but also used to make Testofen®, a compound taken by men to increase testosterone), Oats and Barley. Flaxseeds are the number one way to help get more estrogen into the body. It should be used regularly in our diet.Ω

13. Menopause

Menopause means, the ceasing of menstruation, the period in a woman's life (typically between the ages of 45 and 50) when menstruation ceases.

Symptoms

Most women approaching menopause will have hot flashes, a sudden feeling of warmth that spreads over the upper body, often with blushing and some sweating. The severity of hot flashes

varies from mild in most women to severe in others. Other common symptoms around the time of menopause include: Irregular or skipped periods, Insomnia, Mood swings, Fatigue, Depression, Irritability, Racing heart, Headaches, Joint and muscle aches and pains, Changes in libido (sex drive), Vaginal dryness, and Bladder control problems. Not all women get all of these symptoms.

What Causes Menopause?

A woman is born with a finite number of eggs, which are stored in the ovaries. The ovaries also make the hormones estrogen and progesterone, which control menstruation and ovulation. Menopause happens when the ovaries no longer release an egg every month and menstruation stops.

Menopause is considered a normal part of aging when it happens after the age of 40. But some women can go through menopause early, either as a result of surgery, such as hysterectomy, or damage to the ovaries, such as from chemotherapy. Menopause that happens before 40, regardless of the cause, is called premature menopause.

How Does Natural Menopause Happen?

Natural menopause is not brought on by any type of medical or surgical treatment. The process is gradual and has three stages:

1. **Perimenopause.** This typically begins several years before menopause, when the ovaries gradually make less estrogen. It lasts up until menopause, the point when the ovaries stop releasing eggs. In the last 1 to 2 years of perimenopause, the drop in estrogen quickens. At this stage, many women have menopause symptoms.

2. **Menopause.** This is the point when it's been a year since a woman last had her last menstrual period. At this stage, the ovaries have stopped releasing eggs and making most of their estrogen.

3. **Postmenopause.** These are the years after menopause. During this stage, menopausal symptoms such as hot flashes ease for most women. But health risks related to the loss of estrogen rise as the woman ages.

What Conditions Cause Premature Menopause?

Autoimmune disorders, or medical pro-

cedures; Premature ovarian failure; Induced menopause (when ovaries are surgically removed for medical reasons, such as uterine cancer or endometriosis. Induced menopause can also result from damage to the ovaries caused by radiation or chemotherapy.

Natural Treatment for Menopause

1. Eat foods that help manage menopause symptoms such as: Organic fruits and vegetables, cruciferous vegetables, high fiber foods (these balance hormones). watermelon, cucumber.

2. Water - drink ten glasses per day.

3. Soya beans - have plant estrogen that can help balance hormones. Soya estrogen actually helps women during menopause by reducing cancer risk, reducing night flashes, protecting the heart and making a decrease in natural estrogen feel less drastic.

4. Omega-3 fats: Omega-3 fats from flaxseed, chia seeds, walnuts, soybeans, spinach can protect the heart, promote smooth skin and help to counteract inflammation from omega-6 fats (found mostly in refined oils and low quality meat). Consuming omega-3s help to prevent preeclampsia, postpartum depression, menopausal problems, postmenopausal osteoporosis, heart complications, depression and breast cancer.

5. Use these essential oils for managing menopause symptoms: clary sage, peppermint oil, lavender, geranium, basil (tulsi), citrus and chaste tree oil. Make a hand lotion using these oils and apply. Your skin will absorb these oils, which will balance your hormones.

6. Get Regular Exercise.

7. Get Enough Sleep.

8. Turn to Social activities and to God.

Avoid Foods that Make Menopause Worse

Avoid all meat, dairy, sugar, refined foods, coffee, alcohol, spicy foods, and

reduce and manage stress.

What Long-Term Health Problems Are Tied to Menopause?

The loss of estrogen linked with menopause has been tied to a number of health problems that become more common as women age. After menopause, women are more likely to have: osteoporosis, heart disease, a poorly working bladder and bowel, greater risk of Alzheimer's disease, poor skin elasticity (increased wrinkling), poor muscle power and tone; some weakening in vision, such as from cataracts (clouding of the lens of the eye), and macular degeneration (breakdown of the tiny spot in the center of the retina that is the center of vision).

Natural Remedies for Menopause Relief

A number of treatments can help lower

risks that are linked with these conditions.

Black Cohosh, Kava - have positive effects on hot flashes, anxiety, peri-menopausal or menopausal depression; Hops, valerian, cat mint in case of insomnia; Red Clover tea lowers menopause symptoms; Dong Quai - was discussed early.

Ginseng - may be the best general-purpose herb for menopause. Its primary menopausal benefit is its ability to support vitality and ease stress. Women entering menopause will often feel physically low because some symptoms, such as hot flashes, zap energy; Evening Primrose Oil - Use with Caution.

Do not seek hormone therapy as it poses serious risks and may increase the risk of heart attack and stroke. Ω

14. Anemia

Anemia is of three primary types: nutritional deficiency, an increased loss of red blood cells, and a reduction in the formation of red blood cells by the bone marrow. Iron is absorbed normally in the upper portion of the small bowel. A woman should carefully guard against depletion of her iron stores, which might occur following pregnancy or any type of hemorrhage. It may take several years to bring stores to normal for a woman who has lost a significant quantity of blood in childbirth or hemorrhage, or in repeated losses from excessive menstruation, intestinal parasites, or a peptic ulcer.

The commonest cause of anemia is an iron deficiency, accounting for more than 90% of cases. If a woman in the child-bearing age has anemia it should be considered due to iron deficiency unless it is proven to be from some other cause. A man, on the other hand, should be

given a complete medical workup if he turns up with anemia, since anemia can often herald a systemic disease such as shut-down of the bone marrow following toxicity from a drug such as an antibiotic, or chronic blood loss from a peptic ulcer or a cancer. No treatment should be given to a man until the medical workup is complete, but a woman can be given a trial anemia routine. She will usually respond nicely.

Vitamin C present in a meal can increase iron absorption. Use a diet high in iron and vitamin C. The common greens, both cooked and raw, are especially efficient in correcting anemia. All common beans, dried fruits, apricots, avocados, and fruits high in vitamin C are helpful. Apricots and prunes are most active, with raisins, grapes, and apples being next. The whole grain breads and cereals are good sources of iron. Vitamin C is required for the absorption of iron from

the digestive tract. Avoid milk as it has been shown to possess an inhibiting factor in iron absorption.

One should work out daily in the sunshine, getting plenty of exercise, as exercise stimulates the bone marrow. Deep breathing also stimulates the bone marrow. Go to bed at the same time each night. Outdoor exercise should be 1-3 hours. Hydrotherapy in the form of a moderately cold daily shower is thought to be stimulatory to the bone marrow. Another water remedy is the short cold bath, beginning with a bath temperature of 75 degrees and reducing the temperature five degrees per day until the temperature is 60 degrees. The length of time

spent in the cold water should be 1/2 to three minutes, splashing the water onto the arms and shoulders while sitting in the tub of cold water. Continue daily treatments until the anemia is corrected. If the anemia is due to cancer, the use of wood charcoal internally may be helpful. Cancer-induced anemia is due to toxicity, and charcoal taken by mouth can adsorb toxic products. Take eight charcoal tablets in the mid-morning, eight in the mid-afternoon, and eight at bedtime. Avoid taking the charcoal tablets within one hour of eating a meal, since eating interferes with the action of the charcoal. Charcoal does not interact with the body, therefore, overdosage is unlikely. Ω

15. Breast Cancer

Breast cancer is now developing in one out of every seven women, a steady increase since 1960 (about the time birth control pills became widely used). Heredity and lifestyle are involved in the great increase. According to medical experts, about 4 out of 5 breast cancer patients in India are at an advanced stage when they come to a hospital. The cancer registries' data shows that urban women are at almost double the risk of breast cancer than rural women.

Breast cysts are often caused by a food sensitivity, especially foods containing methylxanthines (caffeine, theophylline, theobromine) which are found in coffee, tea, colas and chocolate. Nicotine stimulates the growth of breast tissues and should not be taken in any form. Vitamin E can also cause breast cysts and tenderness in some women, but in others it may actually help to resolve fibrocystic disease. Drugs containing methylxanthines may promote fibrocystic disease: asthma medications, Anacin, Mycol, Dexedrine (an amphetamine), Dristan, Empirin, Excedrin, No-Doz,

pain relievers, cold and sinus preparations, appetite suppressants, and hormones (birth control pills, estrogens, etc.). Allergies and food sensitivities represent one of the important causes of fibrocystic disease. It has been observed that the same things that cause acne can cause breast cysts.

Treatment for Benign Lumps

Treatment of benign lumps may cause them to disappear in a few weeks.

1. Apply fomentations daily, a series of four hot compresses alternating every four minutes with a cold compress for 30 seconds.
2. Simplify the diet, using only fruits, vegetables, and whole grains, with a few nuts. For resistant cases or multiple lumps, you may wish to try the same diet and general program we use for acne as the conditions have similarities.
3. If tenderness is present, wear a charcoal compress every night until it goes away.

4. If the lesion is a cyst, it can be emptied usually with a Vacutainer setup such as is used for drawing blood from the arm. Any nurse or phlebotomist can easily puncture the cyst using an 18 gauge Vacutainer needle.

5. Do Not Use Hormones. The two principal reasons for offering hormones to women are the hope of preventing osteoporosis, and to help menopause symptoms. For osteoporosis we use a very effective program with herbs, diet, and exercise. For menopausal symptoms we successfully treat women using diet and other treatments. To give estrogen treatment in menopause treats menopause as a disease, not a normal physiologic process. That there are symptoms associated with it in a certain percentage of women, should bring us to search for physiologic and natural remedies rather than pharmacologic remedies. An increase in breast, ovarian, and endometrial cancer has been associated with the use of female sex hormones. If a woman takes estrogen for five years, she increases her risk of getting cancer of the breast measurably, and if she takes it for 15 years the risk of breast cancer increases by 30-35 percent. Taking synthetic Progesterone also increases her risk of getting cancer of the breast. Taking Progesterone also increases the likelihood of getting gallstones, hypertension, and intravascular blood clotting.

6. **Reduc dietary calories** - The person in whom cancer is discovered should eat only enough food to barely maintain an ideal weight. You should weigh no more

than figured by the formula, "100 pounds for your first five feet in height, and five pounds per inch thereafter for women, and six to seven pounds per inch thereafter for men."

7. **Flaxseed** - fights breast cancer. It acts also as a chemotherapeutic agent to curb the growth of existing breast cancers. Flaxseed contains a type of fiber called lignins which has anti-estrogenic activity, tying up the kind of estrogen which increases the risk of cancer of the breast.

Flax oil helps prevent breast cancer tumor invasiveness.

8. Avoid vigorous rubbing. Cancer should not be rubbed vigorously, pushed strongly, or squeezed. Women who were given the classical vigorous surgical scrub using large steel sponge forceps, rapidly and vigorously rubbing, shaking, pulling and scrubbing the breast

containing cancer, suffered more recurrences and metastases than did women who had a gentle surgical scrub simply anointing the skin, gently rinsing without great pressure or pulling of the tissues. One of the problems with mammograms is their squeezing of the breast, which might contain a cancer.

9. Use a very simple vegan vegetarian diet, without free-fats, irritants such as vinegar, alcohol, hot spices, or free-sugars (sugar, syrup, molasses, etc.). For example, use all grape diet (grapes of any available kind on the market, raisins, grape juice, etc.); or the all greens diet (cooked greens, salad greens, avocados, cucumbers, green barley powder, etc.).

Phytoestrogens, or plant-based estrogens, are an almost mysterious part of nutrition. Countless studies show that they can fight and arrest breast cancer. A Canadian research warns that low concentrations of certain phytoestrogens actually promote breast cancer tumor growth. The word phytoestrogens comes from the Greek word "phyto," or plant, and "estrogen," the hormone that causes fertility in all female mammals. Phytoestrogens have also been termed dietary estrogens because they're not created by the human endocrine system. They can only be ingested or consumed.

Products for Sale

Description	Qty	Cost Rs.
HEALTH PRODUCTS		
Activated Charcoal Powder	500 gm	300.00
Activated Charcoal Powder	250 gm	180.00
Activated Charcoal Powder	125 gm	110.00
Activated Charcoal Tablets	150 Tablets	250.00
Activated Charcoal Capsules	60 Capsules	210.00
Activated Charcoal is the strongest adsorbent of poisons in the world. Use it for gas, stomach problems, to restore kidneys, liver, for snake bites, for poison cases, to cleanse one's blood in case of leukemia, to remove radiation from the body, etc. Order the booklet: 'Activated Charcoal, God's Natural Remedy' which lists diseases A-Z which Activated Charcoal treats, as a reference guide.		
Barley leaf powder	100 g	250.00
A powerful way to get needed nutrients including betacarotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life. Mix 1 tsp. per day in water or with Protein powder and drink it.		
Black Strap Molasses	200 g	300.00
It has the lowest sugar content of any sugar cane product. Blackstrap molasses contains vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium. Molasses has the power to naturally relieve PMS symptoms, stabilize blood sugar levels, prevent cancer, treat arthritis, has cholesterol lowering potassium, improve bone health, treat symptoms of ADHD, and boost skin health. It is a natural sweetener and sugar alternative.		
Diabetic tea	125 g	100.00
It has leaves, seeds, and roots of over 10 plants which treat diabetes. Add 1 tsp. to 3 cups of water. Boil for 5 minutes. Cool and drink 3 cups per day. It helps your pancreas to shed sugar.		
Mosquito Repellent cum Skin Salve	25 g	80.00
This travel size container has essential oils and oils which repel mosquitos.		
pH Papers	1 set Strips	15.00
Strips that will measure the pH of saliva and urine from 5.5 to 8.0. pH paper is used for determining whether a substance is an acid or base. To do this you use the pH scale which goes from 1-14. If the pH is less than 7 it is an acid and if it is above 7 then it is a base (alkaline). When the pH scale reads 7, it means that the substance is neutral. You can tell the pH of a said solution by looking at the color that it corresponds with. If you look at the picture, you can see the color correspondence to the pH. If a reading shows acid, you may eat alkaline food, and check again. Daily checking will help to understand your body and thus moderate your diet to improve your health.		
Protein Powder	500 gm	275.00
Two varieties: Soya-Multigrain, or Pea and Brown rice. They have differing multigrain combinations of millets, lentils, beans, herbs, roots and nuts, thoughtfully made to provide maximum vitamins and minerals and to give a variety. Put 3 tbsp. Protein powder in a Shaker bottle, add 1 tsp. Barley leaf powder, add water, shake and drink. You may keep a set at your work place. Use Protein Powder in your cookies, patties, dose, baking, etc.		
Protein Shaker Bottle	1 bottle ...	150.00 / 399.00
This plastic bottle is used by sports people. It comes with a steel ball to mix the contents. Add 2-3 tbsp. Protein Powder, 1 tsp. barley leaf powder in the bottle, add molasses if de-		

Description	Qty	Cost Rs.
sired, pour cold water, lock it, shake it, and drink it. Wash the steel ball after drinking the protein drink. Rs.399.00 bottle is being sold for Rs.2,800+ on Amazon.		
Protein Shaker Mason Jar (Glass)	1 jar	120.00
Make the same protein drink by using hot water.		
Skin Soap	1 No. 100 g	100.00
This soap was made from wound healing plants. This medicinal soap is good for diabetic wounds, eczema, and all kinds of skin conditions. 1 gram = Re.1.		
Soapnut, Shikakai Shampoo Bar	1 No. 100 gm	100.00
This all natural aromatic shampoo bar gives extra lather due to soap nuts and is long-lasting. You may use it for both bath and hair. 1 gram = Re. 1.		
Sonamasuri Brown Rice from Guntur	5 kg.	300.00
It has absolutely no polish. The rice is high in fiber. This is for Bangalore residents only and it needs to be picked up.		
Wound ointment, Herbal	25 g / 5 g	70.00 / 20.00
Four different ointments are made with Papain, Touch-me-not; Siam weed, and Chickweed, all of which are powerful wound healers. You may order samples to see which herbal ointments ones work best on which patients. They come in lami tubes.		
BOOKS		
18 End-Time Bible Prophecies	278 pages	120.00
Bible Stories with End Time Parallels	206 pages	80.00
Charcoal Remedies.Com	302 pages	180.00
Evidence of Modern Science in the Bible	144 pages	100.00
Finding Peace Within, Paper back	220 pages	30.00
Handwriting for School and Church	100 pages	50.00
Hymns, Choruses, School Songs, 545 songs	172 pages	80.00
MAGAZINES -	per copy	25.00
Activated Charcoal—God's Natural Remedy	God's Natural Remedies vs Allopathy	
Cancer	Marriage, Adultery, Divorce and Remarriage	
Counsels on Diet and Foods	Milk—For Health or Disease	
Depression	The Coming New World Order	
Diseases in the End Time	Thyroid Disease	
Does God Require Us to be Holy	Vitiligo, Leocoderma	
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Subscription expiry date is mentioned on your address label. If you fail to renew your subscription after this magazine, this will be the last issue. If you wish to receive your next magazine, please see your subscription expiration date on your address label and pay Rs.200 online towards two years' subscription. Thank you.		
ADD POSTAGE: Please add Rs.72 per one kg. weight towards Registered Parcel Post and handling or call us and we will calculate and tell you.		
Payments to be made to:		
Account Name	All Natural (Current Account)	
Bank Name	Axis Bank, Whitefield Branch	
Account No.	917020025346597	
IFSE Code	UTIB0002177	

Recipes

Black Strap Molasses Oatmeal recipe

In a small saucepan, bring water to a boil. Add oats, reduce heat to medium and simmer 5-10 minutes, or until most of the water is absorbed and the oats are tender. Towards the end, add soya protein powder. Place cooked oatmeal in a bowl and add chopped banana, raisins or fresh grapes, blackstrap molasses, flax seeds, and nuts.

No-Bake Snacks/Cookies

Raisins, chopped nuts, chopped dates, sesame, sun flower seeds, flaxseeds, oats roasted in honey. Add Black Strap Molasses. Mix and make nut and dry fruit balls.

Pumpkin Pie

Make pumpkin pie using Black Strap Molasses. Use Black Strap Molasses as a sugar and sweetener alternative for Smoothies, Protein drinks and Puddings. It is safe and healthy for diabetics. Ω

10. Exercise. If the patient is strong, exercise should be encouraged to easy tolerance. The exercise should be described as vigorous but not violent. It has been shown that the greater the physical fitness, the less rapidly cancer will spread.

11. Herbs. Ginseng works to tie up estrogen receptors in much the same way as Tamoxifen, to prevent estrogen from binding to breast cells to stimulate cancer. The isoflavones in foods protect against breast, prostate and colon cancer. Genistein, an isoflavone in soybeans, inhibits blood vessel growth (angiogenesis) in the same manner as shark cartilage, famed for inhibiting cancer growth. Forming new blood vessels is a major factor in many forms of disease like rheumatoid arthritis, diabetic retinopathy, and solid cancers.

12. Soybeans. Soy sauce, weight gain soy drinks, and soy based baby formulas, have almost no isoflavones or phyto-

estrogens, whereas, tofu and soy flour are good sources. Whole, dry, soybeans are the best source, and contain phytoestrogens that bind to receptor sites for estrogen in the breast, a feature which helps prevent breast cancer. At first phyto-hormones were thought to be a single kind of hormone, but 15 different estrogen-like plant compounds have been found in human urine. They fall in two major categories — lignins, and isoflavones. Lignins are found in oats, barley, wheat, lentils, sesame seed, and flaxseed; flax is the most concentrated source. High levels of lignins prevent both the synthesis of estrogen and estrogen stimulated breast cancer growths. Kudzu also contains phyto-estrogens. It is of incidental interest that 150 milligrams daily per kilogram of body weight of kudzu suppresses the desire for alcohol. In women who increase their breast cancer risks by drinking alcohol, eating kudzu would have double benefit. Ω

16. Cervical Cancer

From "Cure Cervical Cancer Naturally by Dr. Schulze"

Cervical cancer has beaten breast cancer as the leading cause of cancer deaths in women in India. It kills around 33,000 women every year in India. Cervical cancer is caused by a virus called the Human Papilloma Virus (HPV) transmitted

through sexual contact.

What is HPV?

HPV is the most common sexually transmitted infection. HPV is a viral infection that can be spread from one person

How to Test Your Body's pH (Saliva & Urine)

Testing Your pH for Alkaline Balance

Tracking your daily pH is inexpensive, extremely easy to do, and takes very little time (less than 30 seconds). All you need is a box of pH test strips and something to write in to track your progress. Do a daily pH test for 30 days because it gives you a trend and is a GREAT way to objectively measure the effect of your health choices. Monitoring your pH on a consistent basis gives you excellent motivation.

Rise and Shine Saliva Test

Upon waking, test your saliva with a pH test strip. First thing, before drinking any water, brushing your teeth, or eating any food, you will lick and wet the end of the pH test strip with your saliva.

To avoid the chance of any inaccuracy, you can spit some saliva onto a spoon, and dip the pH test strip into that. Wait 15 seconds, note the color change and write down the pH number. The optimum rise and shine saliva pH should be 6.8 to 7.2.

Rise and Shine Urine Test

Next, test your first urine of the morning. You are measuring the urine that has been stored in your bladder during the night. To test, briefly place the pH strip in the urine mid-stream, shake the excess fluid and wait 15 seconds to read your pH. Note the color change and write down the pH number. The first morning

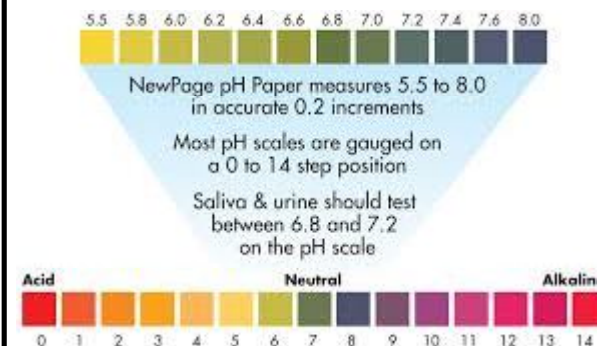
rise and shine urine should also be 6.8 – 7.2. If your pH is below 6.8, you are overly acidic and low in alkaline buffers, and need to increase your alkalinity with more alkaline water, and organic greens high in minerals, calcium, magnesium and potassium. If you are 7.2 or higher, you are doing great. You have the alkaline buffers needed to neutralize acidity in your diet and lifestyle.

Second Morning Urine Test:

Next you want to test your second morning urine of the day. Ideally, try to do this test before eating any food. This second urine test is a post-hydration urine test. This means you are taking the reading after drinking water or a green drink. Write down your pH number. Repeat Daily for Thirty Days (and more). Test your pH regularly to see how your body reacts to alkaline diet.

Check your pH between meals (between breakfast and lunch, and between lunch and dinner). The ideal range should be between 7.2 – 7.4. You may notice a slightly higher pH RIGHT after meals. If this happens it is good, indicating you are sufficient in mineral reserves (up to 8.4). After alkalizing your body (green drink, mineral salts, water with lemon, avocado, almond butter, vegetable soup, etc) test your saliva and urine pH again within 5 minutes and write down the number. If you have sufficient alkaline

reserves to buffer and neutralize acid, the pH number will go up from your initial rise and shine saliva and urine tests. If it stays the same, or even goes down, your mineral reserves are depleted, indicating your body has been depleting its own resources to deal with the acid. Ω



to another person through anal, vaginal, or oral sex, or through other close skin-to-skin touching during sexual activity. If you are sexually active you can get HPV, and nearly all sexually active people get infected with HPV at some point in their lives. HPV infection isn't cancer but can cause changes in the body that lead to cancer. These include cervical cancer in women, penile cancer in men, and anal cancer in both women and men. HPV can also cause cancer in the back of the throat, including the base of the tongue and tonsils (called oropharyngeal cancer).

How do men get HPV?

You can get HPV by having sex with someone who is infected with HPV. This disease is spread easily during anal or vaginal sex, and it can also be spread through oral sex or other close skin-to-skin touching during sex. HPV can be spread even when an infected person has no visible signs or symptoms. Most men who get HPV never develop symptoms and the infection usually goes away completely by itself. However, if HPV does not go away, it can cause genital warts or certain kinds of cancer. HPV is found in mouth and throat cancers in men and women. Certain types of HPV may cause warts on or around the female and male genital organs and in the anal area. Treatment for HPV is focused on relieving symptoms. Genital warts will often clear without treatment. If precancerous cells are discovered, your doctor will remove any affected tissue.

The human papillomavirus (HPV) is a common infection affecting one in four people in the United States. The virus, which spreads through skin-to-skin contact, will often go away on its own, although certain strains can cause cervical cancer. At this time, there isn't a cure for HPV, though its symptoms can be treated.

How does HPV present?

Warts are the most common symptom of HPV infections. For some people, this may mean genital warts. These can appear as flat lesions, tiny stemlike lumps, or as small cauliflowerlike bumps. Although they may itch, they generally don't cause pain or discomfort. Genital warts on women occur on the vulva, but could also appear inside the vagina or on the cervix. On men, they appear on the penis and scrotum. Both men and women can have genital warts around the anus.

Although genital warts may be the first type of wart to come to mind, this isn't always the case. You may also experience: **Common warts:** These rough, raised bumps appear on hands, fingers, or elbows. They may cause pain and are sometimes prone to bleeding. **Flat warts:** These dark, slightly raised lesions can occur anywhere on the body. **Plantar warts:** These hard, grainy lumps can cause discomfort. They generally occur on the ball or heel of the foot.

In most cases, HPV infections won't show symptoms and will clear up on their own. But two strains, HPV-16 and HPV-18 can cause precancerous cervical lesions and cervical cancer. Depending on the state of your immune system, this can take 5 to 20 years to develop.

Cervical cancer is generally asymptomatic until it has reached a later stage. Advanced symptoms of cervical cancer include: irregular bleeding, bleeding between periods, or abnormal vaginal bleeding post-sex, leg, back, or pelvic pain, vaginal pain, foul smelling discharge, weight loss, loss of appetite, fatigue, a single swollen leg, HPV can also lead to cancers that affect the following areas of the body: vulva, vagina, penis, anus, and throat.

Suppository for Cervical , Endometrial, and Prostate Cancer

Make a suppository using: Coconut oil, cocoa butter, Tea tree oil, Turmeric, Yellow dock (OPTIONAL: Poke root, Cayenne pepper, Garlic.

Put in a bowl an amount of finely-powdered herbs. Finely is a key word, because if you have a rough herb in there, it's going to get stuck in your bottom. Use 2 heaping tablespoons of yellow dock and golden seal, one of each, finely powdered into a bowl.

Squirt into that 4-6 dropperfuls of tea tree oil, which would be 150-200 drops of tea tree oil. Tea tree oil is a multi-spectrum antibiotic, and antifungal. It's an Australian shrub in oil form that is available commercially.

Put the jar of coconut oil in a pot of warm water, along with cocoa butter. Then add this to the herbs and mix to get a dough consistency. If it is too wet, just add more golden seal and yellow dock. And if it's too dry add more coconut oil. Just keep playing with it back and forth until you get a dry dough consistency. You form them into 12 large

or 24 medium suppositories. You put them on a glass plate and put them in the freezer.

If you have cancer and are using poke root powder, you could use equal parts of yellow dock and golden seal. You have to be really careful with fresh poke root. You grate it through a kitchen grater. It is going to be like a wet root. Most people will sell it in powder and the powder is the least active but also the least acrid or burning.

When you take the suppositories out of the freezer, they will be frozen. But when you hold on to them they will start melting, just from your body heat. Grease up your vaginal area first with a little olive oil and then put the suppository in. You want to make sure you grease up first or it's a pretty rough ride.

Now, if you want to add something that's a little more dramatic, you can even put a slight pinch of cayenne in there. This is a powerful herb for really stimulating the blood flow. Remember, if we don't get the blood there we are not going to get the healing we want. - Dr. Schulze Ω

Natural treatments for HPV

1. Bowel Cleansing and Liver Programs. One woman came complaining heavy periods, but instead she had cervical and endometrial cancer. We cleaned her bowels with an enema. Instead of chemotherapy and radiation, she did all the things to create circulation down there, castor oil pack, douches, and enemas. The uterus is surrounded by the bowel. Imagine if you or the average person has five pounds of extra fecal matter and some diverticulosis herniation spilled with fecal matter. They are

all going to be pressing, flattening, squeezing and prolapsing that uterus. So now you go to have a period, and the uterus starts to swell, and you have a painful period. "80% of the women who come in with painful periods—we clean their bowels and their periods are fine. In two months, she brought chunks of the dead tumor to my office in canning jars. Her body had expelled it. It was the cancer sloughing off. Her body was rejecting it. So we really fired up the program. Three months later, she went back to the gynecologist and the gynecologist

said that they could not see any cancer on the cervix or the uterus. A lot of these cervical cancers are caused by waste not getting out of the body.

Step one in curing cervical cancer: herbal suppositories. Garlic for 6 days and vaginal suppository for 6 days. The best way to do it is to put that suppository in at night, let it be in all night long. You need to wear a sanitary napkin. Anyone who has any vaginal problems should not use tampons. Tampons are made with bleached paper, they are known to contain dioxin. Dioxin is carcinogenic. There's a lot of people who theorize that the high rate of cervical cancer is due to the bleaches on tampons. You ought to get rid of tampons and go to sanitary napkins. There are tampons available in the health food stores without bleached fibers. The herbal vaginal products that are sold commercially are impotent. Make your own. Leave it all day. In the evenings, do a lemon juice douche (enema), or castor oil douche. Also, you need to balance the female hormones. There are three herbs I think are the greatest and there's a formula that I make which is clinically proven to be a women's savior. It contains equal parts of each herb. The first herb is called wild yam. Wild yam is what the pharmaceutical industry used to make progesterone from. But it got too expensive, so they

make it from horse urine. The second herb is chaste tree, which is the herb of Europe. It's used for women's problems from PMS to menopause all over Europe. It's the berry of a tree. The third herb is Angelica. In China, they call it Don Quai. So I use these three herbs in equal proportions, either as a tea, or as a tincture. This is an endocrine balancer. I've weaned every woman I've seen off of Premarin/ Estrogen and Provera/ Progesterone. And got them onto this formula with no hot flashes, no problems. Ninety percent of women can take a month, wean off their Premarin/ Provera every day and work onto this formula and never have a bump. Ten percent of women have a little bump, you have to adjust the dosage. Also, vaginal hemorrhaging can be stopped by cayenne. Please read this amazing interview with Dr. Schulze, "Cure Cervical Cancer Naturally, Dr. Schulze" at <http://womenagainststirrupsproboards.com>. Allopathy has no cure for Cervical or Endometrial cancer. By following instructions in this article, with home remedies, many women could be cured. Male circumcision reduces the risk of cervical cancer in their female partners. The prevalence of cervical cancer is 50% less in Muslim women than in Hindu women. It will be good if some doctors could undertake natural treatments for cervical cancer. Ω

NATURAL NEWS

● **10 best herbs and foods for cleanse of parasites** - Fresh garlic, cloves, cucumber seeds or seed powder, raw pumpkin seeds, papaya seeds, turmeric, green hulls of black walnut, cayenne, diatomaceous earth, curled mint, barberry, wormwood, oregano grape, anise.

Beforeitsnews.com

● **Cataract behind 63% blindness**

cases in India: Experts - India currently has the highest numbers of blind and visually impaired people. There are nearly 0.8 crore blind and 5.4 crore visually impaired in India. Nearly 80-90 per cent blindness is avoidable and more than 90 per cent of it is seen in people aged 50 years and above.

Tobacco, betel nut and lime cause damage to eyes. In children, steroids caused blindness. — *Znews*.

Foods to improve eye sight are: bell pep-

pers, carrots, spinach or other green leafy vegetables, sweet potatoes, chia seeds, corn, oranges, whole grains, citrus fruit and berries, nuts, colorful fruits and vegetables.

● **Death by Medicine [an expose on the Errors and Terrors of Big Pharma].Mp4** - Please watch this youtube. The Big Pharma controls the governments.

● **Contribution of the Holy Bible in the making of the Mahatma: Jesus Christ has been one of the major sources of inspiration for Gandhi** - In UK, the Esoteric Christian Union and their vegetarianism influenced Gandhi, and he learnt to oppose materialism and view the Bible as the book of the soul.

In India, the Nonconformist Protestants—Wesleyans, Presbyterians, Baptists, Quakers and Congregationalists—were instrumental in influencing Gandhi to read the Bible and understand both Jesus Christ and Christianity in general. These nonconformists staunchly supported Gandhi's passive resistance and helped him value the disciplined study of the Christian scriptures. According to William W. Emilsen: "These Protestants awakened the religious quest within Gandhi."

Thirdly, Gandhi revered the Russian writer Leo Tolstoy and claimed to be a humble follower of the great writer. Gandhi was astounded by Tolstoy's "The Kingdom of God is Within You. (1893) and admired his Biblical studies. Tolstoy's ideology, which gave soul force greater importance than brute force, greatly influenced

Gandhi and invigorated his movement of non-violence and Satyagraha. These movements proved to be highly effective and a true reflection of the doctrine of superiority of soul force over brute force.

Gandhi also read other religious works of Leo Tolstoy such as, "Christianity and Patriotism (1894), "Translation and Harmony of the Gospels (1880-81), and "What to do?" (1887). These works of Tolstoy helped mold Gandhi's perceptions and ideologies with regard to the New Testament and the Sermon on the Mount. Gandhi venerated Bible. He had often said that he admired Jesus Christ but did not like the Christians because, the materialism the affluent Christian countries displayed, contradicted the claims of Jesus Christ which said that it is not possible to worship both Mammon and God at the same time.

The story of Daniel in the den of lions appealed to Gandhi. He referred to Daniel as the epitome of passive resistance, he drew immense amount of inspiration from him. Gandhi referred to Christ as one of the greatest teachers humanity has seen and followed his path of righteousness. What attracted Gandhi was the Sermon on the Mount. He called himself the "Sermon on the Mount Christian," and advised people to follow it to attain true happiness and to end misery. Both Matthew and Gandhian principles say that one who bears suffering, poverty, renounces the materialistic world and worldly rewards, is rewarded



The message of Jesus as I understand it, is contained in the Sermon on the Mount unadulterated and taken as a whole. If then I had to face only the Sermon on the Mount and my own interpretation of it, I should not hesitate to say, "Oh, yes, I am a Christian."

But negatively, In can tell you that in my humble opinion, what passes as Christianity is a negation of the Sermon on the Mount. — Mohandas Gandhi

in the kingdom of God.

With the help of the the Book of Matthew, the Mahatma learnt to distinguish between passive resistance and non-violent resistance and observed that the Europeans mistook Christ's bold resistance to be passive resistance. Principles he adopted from the Bible are: An eye for an eye turns the whole world blind, Turn the other cheek, love for enemies, humility, bread labor, honorable exile, non-cooperation, fast unto death.

V. Ramya Rajasri Kumar , Journal Of Humanities And Social Science

● **Kala-azar, Sand Fly Parasitic Disease - has afflicted 3,000 people in West Bengal.** Endemic to the Indian subcontinent in 119 districts in four countries (Bangladesh, Bhutan, India and Nepal), India itself accounts for half the global burden of the disease. After DDT spraying was stopped, the cases started increasing.

The Hindu, Aug. 19, 2017

Leishmaniasis - Is a parasitic disease caused by Leishmania parasite which lives in infeced sand flies. It comes in three forms:

1. Cutaneous - ulcers on your skin.
2. Mucocutaneous - occurs several months after the skin ulcers heal.
3. Visceral - Kala-azar - happens 2-8 months after bitten by the sand fly. It damages internal organs, such as spleen and liver, affects bone marrow, as well as immune system through damage to these organs. The condition is fatal if not treated. Per WHO, poverty is the determining factor for this disease. It occurs where the following conditions are common: malnutrition, famine, lack of financial resources, large migrations of people caused by urbanization, emergency situations, war, environmental changes, and climate change. People with weakened immune system, HIV are at risk.

Prevention - Use clothing that covers as much skin as possible; use insect repellent on any exposed skin; spray indoor sleeping area; sleep on higher floors of a building; avoid outdoors between dusk and dawn; use screens, air conditioning, fans, and a bed net.

Natural Remedies

Tea tree oil - is effective against sheep fly strike and lice infestations. It is antibacterial and wound healing. It kills blowfly maggot larvae. It is the best treatment for fly strike, lice infestations, and any wound likely to be struck.

You can also apply lavender and chamomile essential oils; Pongamia (Karanja), Cedarwood and Neem oils to cure flea bites. Dilute these oils with carrier oils like olive or coconut oil and apply on the infected area to relieve pain, irritation, rashes, and allergy, on sheep and on yourself. I got reports that charcoal is not healing some wounds. After reading about Kala-azar, I asked if this could be the case of sand flies. The answer came that it was the sheep fly, which bites and lays eggs. If you suspect this, then please use the above oils to kill the parasites and eggs first, and then use charcoal to close up the wound.

Rural Industries, Australia

● **The Nazis, A Warning from History, Episodes 1-6.** Produced in 1999, these are some of the best documentaries by BBC. In February 2017, BBC aired these series again in UK. The person who did the voice for these episodes wondered about the timing. I happened to see these series last month, all by chance. I watch news in the evenings on my laptop and this video came up on the screen. I wanted to click stop, but for some reason, compulsively and with tears, I watched all six of them. God must be behind this because, He knows that whatever information I get, I faithfully share with friends and readers.

Letter to Adolf Hitler From Gandhi, Wardha, Dec. 24, 1940

We have found in non-violence a force which, if organised, can without doubt match itself against a combination of all the most violent forces in the world. In non-violent technique, as I have said, there is no such thing as defeat. It is all edo or diei without killing or hurting. It can be used practically without money and obviously without the aid of science of destruction which you have brought to such perfection. It is a marvel to me that you do not see that it is nobody's monopoly. If not the British, some other power will certainly improve upon your method and beat you with your own weapon. You are leaving no legacy to your people of which they would feel proud. They cannot take pride in a recital of cruel deed, however skillfully planned. I, therefore, appeal to you in the name of humanity to stop the war. I am your sincere friend, M. K. Gandhi.

Summary of the Episodes

After WWI, the nations had put a lot of debt on Germany and it was economically broke. Food was scarce. No leader in Germany could fix it. Hitler, head of Communist Party then, had only 20+ votes, but with powerful speeches, he said that he could fix Germany. So the masses voted for him. Hitler killed all the crippled and the elderly. He removed voting rights and jobs from foreigners. 80% of the lawyers in Germany were Jews. Banks, businesses and hotels were owned by them. Hitler needed all of these. He announced "the final solution."

He made his personal army, the brown shirts, to knock on all foreigners' and Jews' doors at midnight, loaded the inmates onto trucks, which loaded them on to a train, which took and left them in a desert. Hitler caused millions of these young, old, children, men and women to be shot there; and on the next day, he distributed their houses, hotels, and businesses to the Germans. He looted the bank accounts, businesses and properties of the Jews and the foreigners.

We have reached such a situation in the world today. The UN has destroyed Europe with millions of refugees. This is so that they can destabilize countries so

that the elite can own the natural resources of these nations. The Storm systems in America were created so that FEMA camps could be activated. In 'Pet Goat II' film, NY is supposed to be hit by a storm called Jose, after which stock exchange is supposed to crumble. Under Obama's administration, FEMA (Federal Emergency Management Agency) had stocked thousands of guillotines to execute people in Walmart stores, which were turned into FEMA camps, into which, the storm victims have been forced into. It is pathetic to see one person say: "I don't want to go in there because they are killing people." People are advising not to take shelter in FEMA camps and are exposing their mass tombs and burial sites.

Today, people are being forcefully microchipped. The nations are angry with America for what it did to them since WWII and they stopped trading in dollars. We are under NWO already. When the dollar collapses in America, and there is no food in the stores, there will be martial law; and everyone will be against his brother—whites against blacks, Hispanics against whites, whites against Asians, etc. Thousands of illegal Indians who are expected to be deported should thank God for this situation because if they stay in the USA, they

will be killed. The time has come to Survive under dire circumstances. The time to make money is over!

America is in debt just as Germany was after WWI. Americans are without jobs and money just as the Germans were. To create jobs for them, they need to get rid of the foreigners who have taken local jobs, just as Germany did. There is no more Social Security money to pay the elderly and so confining them in FEMA camps and to get rid of them will be America's 'final solution.'

Through all these signs, Indians in America should open their eyes and flee, just as the wise Jews and foreigners fled Germany with families to Europe when they saw situation getting difficult for them and thus they saved their lives. But those Jews who stayed back in Germany, hoping that better days will come, faced Hitler's "final solution," death. Why did FEMA choose guillotins instead of guns? It is to benefit their Big Pharma so that they could sell the organs and body parts, which have become scarce.

Even in India, all rights are being taken away. To own a cell number or to buy gas, we are threatened that we need to link our Aadhar number or our accounts will be ceased from January 2018. Mr. Manmohan Singh, the former PM had said: "Demonitization is organized crime and legalized plunder," and his statements have come true, wrote a writer.

"Troublous times are ahead. Let us pray for patience like Gandhi did under British tyranny; let us look out for our neighbors; let us stand for the truth under all circumstances; and let us be prepared to lose our all when the time comes. What we lose on this earth cannot be compared with the riches and eternal glory in heaven. Jesus said: "For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it." Matthew 25:16. Gandhi said: "That renunciation was the highest form of religion appealed to me greatly." May we find wisdom in the sayings of these two and may we be willing to turn the other cheek, is my prayer. — *Ellen Prasad*

● **Kamal Haasan's brother Charuhasan's (also an actor and Director of films) Christian conversion story is a**

The Parable of the Great Banquet

Luke 14:15-24 New International Version (NIV)

15 When one of those at the table with him heard this, he said to Jesus, "Blessed is the one who will eat at the feast in the kingdom of God."

16 Jesus replied: "A certain man was preparing a great banquet and invited many guests. 17 At the time of the banquet he sent his servant to tell those who had been invited, 'Come, for everything is now ready.'

18 "But they all alike began to make excuses. The first said, 'I have just bought a field, and I must go and see it. Please excuse me.'

19 "Another said, 'I have just bought five yoke of oxen, and I'm on my way to try them out. Please excuse me.'

20 "Still another said, 'I just got married, so I can't come.'

21 "The servant came back and reported this to his master. Then the owner of the house became angry and ordered his servant, 'Go out quickly into the streets and alleys of the town and bring in the poor, the crippled, the blind and the lame.'

22 "'Sir,' the servant said, 'what you ordered has been done, but there is still room.'

23 "Then the master told his servant, 'Go out to the roads and country lanes and compel them to come in, so that my house will be full. 24 I tell you, not one of those who were invited will get a taste of my banquet.'" Ω

must see. In the film, many Pujaris sit and discuss about the slokas from Vedas, and with several Bible quotations, Charuhasan explains to the Hindu priests about Jesus Christ in the vedas. I watched this in Tamil and when I shared it with someone, he told me, "Asathoma sadhgamaya" is even better, which I watched and understood it better in my own language. Now this movie is in major languages of India. It is no longer secret. Thousands of Muslims, Hindus, Buddhists, transgenders, Jews, etc. are accepting Christ. Jesus said: "I have other sheep, too, that are not in this sheepfold. I must bring them also. They will listen to my voice, and there will be one flock with one shepherd." John 10:17. While all false religions are joining under one false prophet, the Pope; Jesus' children from all over the world, will become one flock under one shepherd, Jesus Christ. Jesus said: "But many who are first will be last (that means, they will not make it into heaven), and many who are last will be first." Matthew 20:16, 30. "When Jesus heard this, He marveled and said to those following Him, "Truly I tell you, I have not found anyone in Israel with such great faith. I say to you that many will come from the east and the west to share the banquet with Abraham, Isaac, and Jacob in the kingdom of heaven."

Jesus' last parable on this earth is the "Wedding Feast." A wealthy man arranged a wedding feast for his son and gave out the invitations. But those who were invited, gave excuses saying they were too busy. Then the father of the groom asked his servants to go to the highways and by ways and to bring the poor, the crippled, the blind and the lame. Even idlers on the road side were compelled to come in, and the wedding banquet was full.

In this parable, the Father is God the Father. The son is Jesus Christ. Those who were invited were the Christians, major-

ity of who say: "Lord, Lord, but do not keep His law" and Jesus will tell them: "I never knew you." And those who filled the banquet hall were the end time invitees, the non-Christians, the 11th hour workers—Muslims, Hindus, Buddhists, Sikhs, etc. These will form 90% of the 144,000 select, elite, the end time group who will surround Jesus Christ in heaven for eternity. It is with tears of joy that I watch these conversion stories on the internet. These conversions are happening, not through preaching, but through dreams, visions and Jesus' personal visits to His devout Imams, Pujaris, Jihadists, RSS leaders, ISIS terrorists, and common men. Truly the airways of the world—the internet, TV, radio, youtube, etc.—have filled the skies with testimonies, praises, and the glory of God.

A hundred years ago, Ellen G. White said: 1) "An impressive number of church members will leave. The shaking of God blows away multitudes like dry leaves. New converts will take the place of the defectors. The broken ranks will be filled up by those represented by Christ as coming in at the eleventh hour. Large numbers will be admitted who in these last days hear the truth for the first time.

2) Let me tell you that the Lord will work in this last work in a manner very much out of the common order of things, and in a way that will be contrary to any human planning. There will be those among us who will always want to control the work of God, to dictate even what movements shall be made when the work goes forward under the direction of the angel who joins the third angel in the message to be given to the world. God will use ways and means by which it will be seen that He is taking the reins in His own hands.

3) He will raise up from among the common people men and women to do His

work, even as of old He called fishermen to be His disciples. There will soon be an awakening that will surprise many. Those who do not realise the necessity of what is to be done will be passed by, and the heavenly messengers will work with those who are called the common people, fitting them to carry the truth to many places.

4) In the last solemn work few great men will be engaged. God will work a work in our day that but few anticipate. He will raise up and exalt among us those who are taught rather by the unction of His Spirit than by the outward training of scientific institutions. These facilities are not to be despised or condemned; they are ordained of God, but they can furnish only the exterior qualifications. God will manifest that He is not dependent on learned, self-important mortals. There are many souls to come out of the ranks of the world, out of the churches—even the Catholic Church—whose zeal will far exceed that of those who have stood in rank and file to proclaim the truth heretofore.

5) In heathen Africa, in the Catholic lands of Europe and of South America, in China, in India, in the islands of the

sea, and in all the dark corners of the earth, God has in reserve a firmament of chosen ones that will yet shine forth amidst the darkness, revealing clearly to an apostate world the transforming power of obedience to His law. Even now they are appearing in every nation, among every tongue and people; and in the hour of deepest apostasy, when Satan's supreme effort is made to cause "all, both small and great, rich and poor, free and bond," to receive, under penalty of death, the sign of allegiance to a false rest day, these faithful ones, "blameless and harmless, the sons of God, without rebuke," will "shine as lights in the world. The honest children of God sever the bands which have held them. Family connections, church relations, are powerless to stay them now. Truth is more precious than all besides. Notwithstanding the agencies combined against the truth, a large number take their stand upon the Lord's side. Thousands will be converted in a day." — EGW

Dear brother and sister, God has in reserve, His chosen ones. The broken ranks need to be filled up and there is still room for you! Will you hear His call and accept Him today? — *Ellen O*

Section II

Restoring the Withered Arm of the Third Angel

"Then a third angel followed them, saying with a loud voice, 'If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb. And the smoke of their torment ascends forever and ever; and they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name.' Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus (Revelation 14:9-12 NKJV).

During Jesus' 3.5 years of public work on this earth, His work was divided into two parts: Healing and preaching. He healed 60% of His time; and he preached 40% of His time. Jesus knew that sick-

ness is due to sin; and that only when the body is restored to health, can the mind of man understand spiritual things. And so Jesus first healed the people.

We need to learn Christ's methods of evangelism. Only preaching will not save a man. His body also needs to be saved from harmful indulgences and health destroying habits. Man is a 3-part whole: Body, Mind and Spirit (Soul). "God wants all three. EGW said, "The Lord requires the sanctification of the whole being. The mind as well as the whole body, is to be elevated and ennobled. God has claims upon mind, soul and body. All the heart, all the soul, all the mind, and all the strength, does God require. He will accept of nothing short of this."

Apostle Paul said: "Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore glorify God with your body. 1 Corinthians 6:19. And he said: "I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified." 1 Corinthians 9:27. Therefore, Christians are supposed to be clean persons, both inside and outside as Jesus commanded: "Be ye therefore perfect, even as your Father which is in heaven is perfect." Matthew 5:48.

Let us imagine that a drunkard is caught in the Florida storm. Until he becomes sober in mind, he will not understand the seriousness that his house has gone under water. Ellen G White said that Christians need to work with addicts and make them sober so that they will understand the seriousness of the times they are living in, so that they will surrender their souls to Christ. A medical missionary I know, used to go to the village, bring terminally ill patients and treat them, and used to say: "It is better for these to die in our sanitarium knowing about Christ; than for them to die in their homes without Christ and salvation." Most Christian churches went astray from this method and teaching of Jesus.

They only do preaching, and neglect the health work. In fact, the preachers themselves are sick. They eat meat, drink health destroying coffee, tea, colas; eat unhealthy foods, and then demand Jehovah to heal their sick members, who have been led into sickness by the pastors themselves because they did not teach them about healthful living.

Another method of Jesus they totally ignore is the use of natural remedies. Jesus, the creator of natural remedies for the cure of human beings, Himself used them to heal people and did not perform one presumptuous (arrogant, disrespectful) healing. Then where did these pastors learn to perform such inappropriate healings? If the members are getting healed, it is because of their faith and not because of the pastors' prayers. Jesus often noticed sin-sick souls and asked them, "Would you like to be made whole?" And He told them: "Your faith has made you whole, go and sin no more." By His life, they learned about the Kingdom of God. God offers healing and forgiveness, and man's part is to reach out in faith, and to put away sin.

Preaching and healing are like two arms: Health Message is the Right Arm; and Preaching is the Left Arm. When the right arm, the most important arm, withers, then health of God's people suffers. Since we cannot glorify God with sick bodies, then our salvation also will be under question.

Medical Missionaries—the Need of the Hour

Said EGW: Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Pioneer means, "the first to use or apply". Before ascending to heaven, Jesus imparted His power to His disciples: "These signs shall follow them that believe; In my

name shall they cast out devils; they shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.” Mark 16:17-18.

Today’s pastors have reversed Christ’s order of work. They preach first, and then they lay hands and pray for the sick. They neither probe about the cause of the sickness, nor do they know about God’s FREE natural remedies such as water, fresh air, sunshine, exercise, herbs, etc., nor do they wish to learn so that they could teach it to their members. 70% of the diseases in India are due to improper diet (vitamin deficiencies); and the other 30% is due to not using natural remedies which God freely provided in nature.

God is the author of our bodies. He wrote laws on every nerve, cell, and tissue and told them how they should function. This, we call as natural law. It is our duty to know which foods strengthen each of these organs and to give proper food to our body. God is also the author of the Moral Law, the Ten Commandments. It is not possible for us to keep the Ten Commandments while we violate the health laws or natural law. If we die 5 years early due to our unhealthy habits, we violate the 6th Commandment of the Moral Law which says: “Thou shalt not kill.” Therefore violation of health laws (natural law), is violation of the Moral Law.

The work of a pastor is to nurture man back to the image of His Maker; and then when his mind is at rest, he will be able to listen to a sermon. When the body is suffering, how will his mind cooperate? And so, among Christianity, the right arm of the gospel, the beginning or the pioneer work, which should have been done

before gospel could be presented—the healing work with natural remedies—has totally withered. The disciples are not working like their Master.

Restoring the Withered Arm of the Third Angel

The Third Angel’s Message says, “Do not receive the Mark of the Beast. If you receive it, you will burn in hell.” What connection does the Mark of the Beast have with the right arm, the health message? It is still a mystery to me because not everything about the Mark of the Beast has been revealed yet. First let us look at what EGW said about the mark

of the beast. These are the statements she made: “Not fully understood until unrolling of scroll; People who receive, seven last plagues will fall on them; persons who would not receive, must have decision now to say, Nay; sign of allegiance to Rome; highest earthly

authority will enforce it: church and state will unite to compel men to receive it; contest between two classes/two days: Sabbath and Sunday; comes with pain of persecution and death.”

In the latest news, much is being discussed about the forming of the Mark of the Beast: That, FEMA camps have been stocked with 30,000 guillettins the world over; that Obama silently had passed an order into law that dissenters (Christians?) will be beheaded; and this Order is part of Obama Health Care Bill, which also says that all who take this Health Care should be chipped with RFID chip; India is leading the world in biometrically scanning the people through Aadhar card; all the bank accounts are being connected to Aadhar; and later, Aadhar may be removed and men will be forced to take the chip; whenever the government

needs to collect taxes, etc., they will automatically deduct the amounts from the bank accounts; and if the governments wish to seize the bank accounts, they will freeze the accounts and will make people cashless and thus will starve and kill them.

EGW said that both church and state will unite to compel men to receive it; and that the highest earthly authority will enforce it. The highest earthly authority in the world today is not American President because he is a puppet in the hands of his cardinals, who are under the Pope. And so we should look for this mark of the beast (mark of Satan) to come from Rome, through America, the strongest civil power on earth. The mark of the beast has to do with God’s laws vs Rome’s laws (God’s Sabbath, Saturday, vs Rome’s sabbath, Sunday). The mark of the beast may be implemented when a natural tragedy occurs or is created, and when economy collapses. When food is scarce, Satan, through Rome and America, will make all men on this earth, to take the mark, and only then will food be sold to them. To those who refuse the mark, all buying and selling will stop. On page 39, I asked Indians to leave America. When the mark is introduced the world over, it will be time for every Christian to leave cities, through villages, into the mountains. It is about this time that Jesus said: “None is like it. It is like the time of Jacob’s trouble.”

The Mark of the Beast Could be Connected to Health

If the withered right arm of the gospel, which is healing or the health message, should be restored during the time when the mark of the beast is being enforced, it tells me that the mark has something to do with the ill-health of the people: (1) First, the seven last plagues will fall on those who receive the mark; (2) during the first plague, those who receive the mark suffer from boils; and (3) those

who take it will lose heaven. Scientists who created the RFID chip say that it causes severe reactions on those who take it. Now nations are compelling their citizens to take RFID chips. I hope that Indians will delay in doing so; or will put a pressure on the government to delay it as long as possible. In the last days, all the forgotten truths will be restored; and all evil will be exposed. The health message, the withered arm of the third angel, will be restored with powerful healings—of all three—the body, mind, and soul.

In this connection, in order to equip God’s people to restore the health message, we have organized a 3-month Health Retreat on our campus from Dec. 5, 2017 to March 5, 2018. Godfearing and experienced staff from Fiji and Australia are coming to train us on how to treat major diseases with natural remedies. It is our desire that youth from all parts of India will come to take this training. After the training, we will form a team and will help one another in treating patients. Pastors who wish to learn so that they could follow the methods of Jesus, are welcome. If you wish to be a part of the end time group who will restore the withered right hand of the gospel in these last days, please attend the retreat. If there are sick who wish to be treated during this time, we will be glad to take them. Those non-Christians who have accepted Jesus Christ as their Lord, are also welcome. It is time that we all learn how to treat ourselves with natural remedies because taking drugs during hospitalization is not God’s way; and most drugs used there have been made to kill the people. Health is wealth. If some of you are unable to attend for three months, but can come for a couple of days, you could still come. Those who will attend full-time will benefit greatly and will learn Christ’s methods of healing and preaching! Wish to see you then! —Ellen Ω

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. — B.K.S. Iyengar

15 Blackstrap Molasses (BM) Benefits

Blackstrap molasses is a byproduct of sugar cane's refining process. Sugar cane is mashed to create juice, and then boiled once to create cane syrup. A second boiling creates molasses. After this syrup has been boiled a third time, a dark viscous liquid emerges known to Americans as blackstrap molasses. It has the lowest sugar content of any sugar cane product. BM contains vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium. It has strong nutritional value. Consume at least 1 tablespoon of blackstrap molasses twice daily (for a child, use 1 teaspoon).

1. Diabetes-Friendly Sweetener - it may be digested slowly, which may help stabilize blood sugar.
2. Strong Bones - For strong bones, magnesium and calcium (along with Vitamin D) are needed. BM has calcium.
3. Prevents or Cures Iron-Deficiency Anemia - BM has iron. Add it to hot water or Protein drink and drink warm or cold as a dietary supplement.
4. Packed with Potassium
5. BM heals Skin Diseases - cases such as eczema, dermatitis, etc.
6. It heals Endometriosis.
7. Unsulfured blackstrap molasses can prevent heart disease.
8. Glowing Skin and Glossy Hair -

long-term consumption of blackstrap has been linked to improved hair and skin quality, hair regrowth and even less gray hairs!

9. Beat PMS - Drinking a healing tea of molasses mixed with warm water can offset some of the symptoms experienced, which include breast tenderness, bloating, water retention, acne, depression and irritability.
10. Gentle Laxative - relieves constipation due to its high nutrient content.
11. Less Stress - Combats stress and anxiety - The Vitamin B6 will raise serotonin levels in the brain. Serotonin is an important neurotransmitter that influences the brain cells related to mood, sexual desire, appetite, sleep, memory and learning. Conversely, a lack of serotonin is linked with depression, compulsive behavior, anxiety, panic, and anger problems!
12. Antioxidant and Anti-Inflammatory
13. Lowers Blood Pressure - it is a useful tonic to take daily.
14. Both magnesium and calcium in it lowers hypertension.
15. Maintains Blood Sugar Balance - the syrup is ideal for those who want a little added sweetness, without experiencing the blood sugar peaks and dips often associated with refined sugar. Ω

also learn to make your own. Women do not know that lack of hormones causes havoc in the body, and no one told us to consume plant foods which support human hormones. Please include 2 tbsp. soya into your diet as it has phytoestrogens which support female problems.

Women with fibroids and excess bleeding may rely on natural remedies to shrink their fibroids and uterus instead of going for surgeries like I did. For educated fools, ignorance is bliss. Education has taken us away from our home-grown natural remedies. How I regret the wrong surgeries and treatments I underwent in my life due to lack of this knowledge! So that women may not repeat the mistakes I made, I have thoughtfully put this magazine together. All women's health issues could not be put into one magazine as the topic is vast. Therefore, the next issue also will have remaining undiscussed topics. If you wish for me to research about a particular problem you are facing, you may email to me at

wakeup77@gmail.com and we will discuss about them in the coming issues. It is knowledge to me that warts are caused by HPV. I see many people with warts and I wonder if someone told them that there are natural remedies like Activated Charcoal, neem oil, etc. which kill viruses. In this internet age, any disease could be looked up in the internet and natural remedies for them found. Two days ago I got a call from Andhra saying that a brother has been admitted in a hospital with an enlarged heart and if I could look up some natural remedies. I found 10 natural remedies and emailed to them. The time is here to rely on natural remedies only. We cannot glorify God with sick and drugged bodies. We cannot afford to get sick because the governments are ready to put RFID chips on hospitalized patients. Therefore, eat well, use healthy herbal teas, and hope in God! If you wish to learn how to treat major diseases with natural remedies, please attend our Health Retreat. — Ellen Prasad

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Editorial

This magazine is for women, by a woman! It is my desire that many women who face problems silently, are helped by this magazine. I have learned many new things by putting this magazine together. It is my first time to know that there is a bark called 'Cramp bark.' If only allopathics had a crash course on

herbal remedies, they would have prescribed this tea to women 50 years ago and women who faced severe cramps monthly, and at labor, would have been helped.

It is my first time to know the terms: 'Female friendly tree' and 'Menopause tree.' All the products I mentioned in the magazine are available in India from amazon or from an ayurvedic store near you. Please order them and use them and

HEALTH RETREAT



DATES: Dec. 5, 2017 to March 5, 2018

PLACE: WUI Campus, Doddadunnasandra
560117 Bangalore

GUEST PROGRAM DIRECTOR: Gabriel
Allen Simpson, Fiji

Mr. Gabriel is the administrator of the Three Angels Missionary College in Fiji. He is a Preacher and a Teacher of the health laws and the plan of salvation. He is a devout Christian. He has a strict syllabus, and has trained several people in various countries who have set up their own Lifestyle Centers. We in India are privileged to have him with his family for three months to train our people. This will be a confidence-building, spiritually-uplifting and a life-changing experience for you. Therefore, please do not miss this opportunity of attending this training. This retreat is open to all religions and denominations who have accepted Jesus Christ as their Lord. The Bible will be taught.

This is a Certification Program. Medical Missionary Certificate will be issued to those who complete additional three months' practical training in treating patients after this course. The top 10 will be selected for employment and for placement. We would like to see that many Lifestyle Centers in various parts of India are set up as a result of this training. Therefore, we request students from various States to attend this. For course content and fees, please look up Health Retreat brochure which is available at the website: <http://independent.academia.edu/JohnEllen> or email inquiries to: wakeup77@gmail.com.

Registration has begun! Seats are Limited!

We are taking limited students only! If you wish to reserve your seat, please pay an advance of Rs.3,000 and register today!

(Pay into All Natural account mentioned on p. 31. Purpose: Health Retreat)

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