



# Hands of Health Newsletter

August 2015

Hello, again:

The summer is just cruising along. How is everybody holding up? I really have no complaints. I love living in Arizona. I don't mind the heat, the monsoons, or the haboobs. If I did I wouldn't be living here. I just can't keep the weeds in my yard under control. What's new and good? Any health problems, concerns, questions? Give me a call and let's talk about it. (480)423-0578. As usual a couple of really good articles, the first one really being an eye opener although I've known this for many years. Go ahead; read it.

## FLUORIDE DID YOU KNOW???



In 1955, Crest became the first fluoride toothpaste.



Fluoride calcifies the pineal gland, otherwise known as your 3rd eye which literally has rods and cones, just like your other eyes!



Fluoride is so toxic that it considered Hazardous Waste by the EPA.



Hitler fluoridated the water in the concentration camps to sedate the prisoners.



Fluoride is the same ingredient in rat poison and Prozac



According to Dr. Bill Osmunson, there's the same equivalence of fluoride in an 8 ounce glass of fluoridated tap water as there is in a "pea sized" amount needed to call the Poison Control Center, as recommended on the back of any fluoridated toothpaste.

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Came across this article on Facebook and wanted to share it with you. This is in not intended to be a replacement for something your doctor would advise. Always consult your physician.

### Why do we not know about this?

Because there are organizations that continue to profit from disease. It is that simple.

Do you know how many people die while this secret is kept simply in the name of profit?

**Lemon** has already been proven to have strong **anti – carcinogenic** properties. In addition to this there are many other useful properties. Lemon has a strong effect on **cysts and tumors**.

Citrus fruit can cure **cancer**. Recent studies have shown that consuming citrus fruits, specifically lemons have prevented and in some cases cured cancer. And by adding **baking soda** you will normalize the pH of the body which does not allow the cancer to continue to spread.

A recent case-control study out of Europe showed that consuming four or more 150-gram portions per week of citrus fruit decreased the risks of throat cancer by 58 percent, oral/pharyngeal cancer by 53 percent, stomach cancer by 31 percent, and colorectal cancer by 18 percent. This study did not find a protective effect of citrus against breast cancer, but a recent American study did show that women consuming about 75 grams daily of grapefruit (fruit or juice) saw a 22% reduction in breast cancer risk if they had never used hormone replacement therapy. It is noteworthy that the protective level of citrus consumption was nearly identical in both these studies (525-600 grams per week) and could be interpreted as a minimum intake level for meaningful cancer protection. However, it's also important to know the best sources of limonoids if they are key to citrus fruit's anti-cancer properties.

**Lemon** has a very strong antimicrobial effect with a very broad spectrum of activity against bacterial and **fungal infections**. Lemon is effective against **internal parasites and worms**, it regulates **blood pressure** and is a powerful **antidepressant**, reduces **stress and nerve crises**.

**What is the source of this information?** It comes from one of the largest manufacturers of drugs, which states that after 20 laboratory tests conducted since 1970 they have proved that:

Lemon destroys carcinogenic cells in 12 types of cancers. Lemon prevents the spread of carcinogenic cells and has **10,000 times** stronger effect than drugs like **Adriamycin, chemotherapy** and narcotic products.

Chemotherapy has horrible side effects the worst being that it destroys healthy cells, simply put it kills you. Lemon juice and baking soda, on the other hand only kills the cancer cells.

### Lemon and Baking soda Miraculous combination: 10,000 times stronger than Chemotherapy!

Author: Drew Canole

#### Ingredients

2 teaspoons lemon juice (fresh squeezed) organic  
½ teaspoon baking soda (no aluminum)  
8 oz water

#### Instructions

**Patients should drink 4 times a day.**  
**Please make sure to use organic**

- See more at: <http://fitlife.tv/lemon-and-baking-soda-miraculous-combination-10-000-times-stronger-than-chemotherapy/#sthash.LkT6EsQW.dpuf>

Please make sure to use organic lemons. Organic lemons are 100 times more effective than a lemon grown with chemical fertilizers and sprayed with chemicals.

Source: Instituto de Ciencias de la Salud, L. L. C. 819 N. Charles Street Baltimore, MD 1201  
<http://www.secretlyhealthy.com/lemon-and-baking-soda-miraculous-combination/>  
<http://cancerres.aacrjournals.org/content/69/6/2260.abstract>

More good stuff. Pretty serious. But it's important that we know this. We have to take precautions and measures for the betterment of our health. Because there are a lot of people and places out there that don't want you to have this information. Look at all the holistic doctors that have been murdered recently. That's scary. Sorry for the morbid mention but this has to be addressed. Still, there's lots of information still available and our knowledge can't be taken away from us once we know it. Continue to eat whole, clean, non-GMO foods, no refined, processed, or manufactured foods, keep HYDRATED, and you should be good to go. And keep active, exercise, and get in for regular therapeutic bodywork sessions. When was the last time you did? I know I haven't seen a bunch of you recently so let's get that changed! (480)423-0578 And remember: I make house calls!

Until next time,

Stay healthy, stay well,



*"Not sick does NOT mean you are healthy.  
It means just that; you aren't sick."*

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