



Hands of Health Newsletter

December 2015

Hello, again:

OK, THIS is the last newsletter of 2015. We are full swing into the holiday season. I had TWO Thanksgiving celebrations, one early with my dear friend of 30+ years who I usually party with because she was going out of town to her daughter's and one with a vegetarian meetup at a vegan restaurant who I meet up with from time to time. I made my famous Kale-Avocado salad for the former. Everybody grabbed it! As we wind down this year and you reflect on what you did and didn't accomplish this year what are your thoughts? What was your biggest accomplishment? And what did you do for your health? You knew I was going to ask! And what can I do to help you next year? Enjoy this issue, read and learn!

CHINESE HERB PAIRED WITH IRON KILLS 98 PERCENT OF BREAST CANCER CELLS IN 16 HOURS!

By Lynn Griffith

One hundred and fifty years ago, cancer was nearly non-existent, but with the increased consumption of processed foods, low quality meat and dairy, and refined sugars, many new diseases have surfaced. Disease and sickness have become an epidemic. Mainstream medicine is just now beginning to point fingers to diet and lifestyle as precipitating factors that could lead to cancer. (1)

RISE OF PROCESSED FOODS, LOW QUALITY MEAT AND DAIRY AND REFINED SUGARS HAVE CAUSED MANY NEW DISEASES TO SURFACE!

For many people, conventional treatment is chosen to cure cancer but for 88 percent of all cancer patients it is normal for them to seek alternative therapy. (2)

Some herbal remedies are showing great results when research is applied. Even the potent anticancer drug taxol comes from the bark of the yew tree. Many people are hesitant to take herbs due to the fact that they are not regulated by the Food and Drug Administration. For people who are interested in using herbs, seek out the care of a specialist who can help guide you and assure that any herbs you are taking are being dosed properly and will not have a negative interaction with any medications that you may currently be taking. For many taking herbs may seem like an attractive option but many wonder what herbs are best. (2)

The wormwood plant is native to temperate regions of Eurasia and North Africa and has also been planted and grown in Canada and northern United States. It's often grown as an ornamental plant but most people are familiar with the plant due to being used as the main ingredient of absinthe. (3)

WORMWOOD PAIRED WITH IRON KILLED 98 PERCENT OF BREAST CANCER CELLS!

In terms of cancer, wormwood has made headlines due to its profound ability to fight already developed cancer and allow the body to heal itself. One study found that artemisinin derived from the wormwood plant paired with iron killed 98 percent of breast cancer cells in 16 hours! (1)

The herb on its own reduced breast cancer cells by 28 percent but when partnered with iron, it nearly eliminated the cancer without impacting healthy cells. (1)

Iron is an important part of the equation due to cancerous cells having transferrin receptors that help them in cell division. Iron accumulates in cancerous cells due to these receptors, by adding iron with the wormwood, it assures that the wormwood is absorbed by the cancerous cells. (1)

In mainstream cancer treatment, often the treatment attacks the healthy cells causing the body to have to work harder to regenerate healthy cells. If you desire to prevent cancer, remember that an acidic body that results from poor dietary and lifestyle choices is the best environment for cancer to grow in. Consuming a plant-based diet, living food, and eliminating process food will help alkalize the body and provide the body the nutrients that it needs to heal. (1) cells due to these receptors, by adding iron with the wormwood, it assures that the wormwood is absorbed by the cancerous cells. (1)

Sources included:

(1) <http://www.trueactivist.com/this-chinese-herb-iron-kills-cancer-cells-in-16-hours/>

(2) <http://consumer.healthday.com/encyclopedia/holistic-medicine-25/mis-alternative-medicine-news-19/herbs-as-cancer-fighters-648024.html>

CHILDREN WHO EAT 12 OR MORE HOT DOGS PER MONTH HAVE 9 TIMES THE NORMAL RISK OF LEUKEMIA

Processed meats no doubt contribute to a large number of childhood cancers. According to the National Cancer Institute, over 1,500 children die each year in the United States from childhood cancer (<http://www.cancer.gov/cancertopics/factsheet...>)

Children who eat more than 12 hot dogs per month have nine times the normal risk of developing childhood leukemia, a USC epidemiologist has reported in a cancer research journal. Two other reports in the same issue of Cancer Causes and Control suggest that children born to mothers who eat at least one hot dog per week during pregnancy have double the normal risk of developing brain tumors, as do children whose fathers ate hot dogs before conception.

Hot Dog Cancer Risks

Here are the chemical additive ingredients that cause cancer and other diseases. Here are the ingredients for Oscar Meyer hot dogs:

MECHANICALLY SEPARATED TURKEY, PORK, MECHANICALLY SEPARATED CHICKEN, WATER, CONTAINS LESS THAN 2% OF SALT, FLAVOR, SODIUM LACTATE, CORN SYRUP, DEXTROSE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ASCORBATE, SODIUM NITRITE.

EAT COLORS FOR YOUR HEALTH

White to strengthen the immune system

Yellow to fortify skin elasticity

Orange to prevent inflammation

Red to improve heart and blood health

Purple to protect the nervous system

Green to detoxify

Well alrighty! I don't think I need to say much more. Did you already know some of this? At least about hot dogs? I haven't eaten hot dogs since I was 15 and that's a lifetime ago; two lifetimes! I believe we all know by now how food affects our health, good and bad. OR maybe you're not sure what's best for you. I can help you with that; you know that! And you still haven't called me? Tsk, tsk, tsk! As a New Year's gift I'm going to offer 6 complimentary discovery and strategy sessions (\$197 value) to find out where you are and where you'd like to go. Call right away because these go FAST! With the holidays coming up fast and Black Friday behind us a great gift is a gift certificate for a therapeutic bodywork session. No crowds to contend with! I have a menu of certificates to choose from and remember: "Everyday with a massage in it is a great day". Happy holidays and a safe and happy New Year's to all of you and yours.

Until next time,

Stay healthy, stay well,



A handwritten signature in cursive script that reads "Saul".

"Those who think they have no time for healthy eating will sooner or later have to find time for illness."

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