



Hands of Health Newsletter

March/April 2016

Hello, again:

Spring is in full swing and it's not even Spring yet. This is what I was hoping for just a couple months ago; warmth! I just had a very special visit with my father who just turned 98! Physically he's in top shape. He has his doctors amazed and baffled. He was a runner for many years, a marathon runner from his mid 60's until his early 80's, played tennis for years and years up until about 2 years ago, he roller blades from time to time, now he swims every morning, and he's been eating very well for the past 35+ years. He's a cancer survivor numerous times over and still looks pretty darn good. This just goes to show that a healthy lifestyle of diet and exercise goes a LONG way.

Are you doing anything remotely close to what my father does so you can still be going strong at 98? Would you like to talk about it? Do you need a little bit of guidance or a lot of guidance to assist you? Let's meet for a discovery and strategy session, complementary (a \$197 value) and see what we can find. This offer is only open to 4 of you. Call right away: (480)423-0578. And be sure and schedule a therapeutic bodywork session. It goes well with diet and exercise. Some good information follows; as usual.

The Ovarian Cancer Culprit: Johnson & Johnson Talcum Powder

When one thinks of the well-known brand Johnson & Johnson, the image of a happy mother and child fresh from a no-tears bath and powdering may come to mind, but that image is no more as it has been discovered that products by Johnson & Johnson containing talc are causing cancer in women across the nation.

On Monday, Johnson & Johnson lost a case brought against them by a woman who claimed that her daily use of J&J products caused ovarian cancer. Jacqueline Fox, who lived in Birmingham, Alabama, said that she used the company's talc-based Baby Powder and Shower to Shower products for more than 35 years. Unfortunately, the J&J-caused cancer took Fox's life before the ruling on her case could be given.

Johnson & Johnson has been ordered by a Missouri state jury to pay a hefty \$72 million fine for damages to the family of the woman, but is that enough for the company that knowingly exposed generations of Americans to a dangerous product?

Several studies have been conducted which link talc powder to ovarian cancer, and talc is a common ingredient in many Johnson & Johnson products. In 23 case-controlled studies conducted by the International Journal of Gynecological Cancer in May of 2015 found that talc use increased the risk of ovarian cancer by 30-60 percent in "almost all well-designed studies." While studies had been previously unable to determine whether talc played a role in ovarian cancer, International Journal of Gynecological Cancer concluded that their results "suggest that talc use causes ovarian cancer." Several other recent studies, including one conducted by the Journal of the National Cancer Institute, confirmed those same results.

Ovarian cancer is the most lethal gynecological cancer there is, and it is most often detected in the later stages of the illness when it is too late to do much to fight the cancer. Because of this, the best way to fight Ovarian cancer is preventing it, which is not what Johnson & Johnson were doing. The connection between talc powder and ovarian cancer was made stronger when scientists discovered talc minerals inside the cancerous tumors they were removing from women's bodies.

There is evidence that Johnson & Johnson was aware of the ill-effects of talc in the 1980s according to Jere Beasley, one of the lawyers representing the Fox family. "They knew as far back as the 1980s of the risk." And yet, they did not remove it from their products.

Attorney Mike Papantonio, of the Law Firm of Levin, Papantonio, Thomas, Mitchell, Rafferty and Proctor is a specialist in handling complicated litigation cases like these. Papantonio praised Beasley's initiative in seeking out the case against Johnson & Johnson and battling the corporate giant.

"Jere Beasley, one of the finest trial lawyers in America, undertook this project that looked like it was facing impossible odds. With these results, they will save the lives of thousands of women throughout this country."

Papantonio has railed against Johnson & Johnson, asking why the corporation continued to put profit before the health of its customers. Rather than simply take the cancer-causing product off the market, or changing the formulation to exclude the carcinogenic compound, Johnson & Johnson allowed women like Fox to be dedicated customers until their death. How many others will suffer the same fate, and how long will it take until Johnson & Johnson faces truth they have covered up for so long?

Sydney Robinson is a contributor at Ring of Fire

Your Body is Acidic. Here is what you NEED to Do (The Truth Behind Cancer that You Will Never Hear From Your Doctor)

Noble prize Winner Dr. Otto H Warburg, who discovered the real cause of cancer, has found that the root cause of cancer is oxygen deficiency. Oxygen deficiency leads to an acidic state in the human body. Dr. Warburg also found that cancer cells are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen, as found in an alkaline state.

"All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen – a rule without exception. "Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous."

Our diet plays a vital role in maintaining proper pH levels in the body. PH balance is the balance of acid and alkaline in all fluids and cells throughout your body. Your body must balance the blood's pH levels at a slightly alkaline level of 7.365 in order to survive. Unfortunately, the typical American diet consists primarily of toxic and acid-forming foods like processed sugars, refined grains, genetically modified organisms, and etc. This leads to unhealthy acidic pH. An imbalanced pH can interrupt cellular activities and functions. Excessively acidic pH can lead to many serious health problems such as cancer, cardiovascular disease, diabetes, osteoporosis and heartburn. If you keep your body in an acidic state for a long period of time, it can drastically accelerate aging. Robert O. Young in The pH Miracle, says, that most health problems arise from being acidic. This is because parasites, bad bacteria, viruses, and candida overgrowth thrive in acidic environments. But an alkaline environment neutralizes bacteria and other pathogens.

Therefore, maintaining pH balance is one of the important tools to optimizing your health.

Home Remedies for Acidity

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Home remedies for acidity

Ingredients

1/3 tsp. baking soda
2 tablespoons fresh lemon juice or organic apple cider vinegar

Method

Mix everything together. The acid/base combination will immediately begin to fizz. Keep adding baking soda until the fizz stops and then fill the glass with 8 oz. water.

Drink all at once. This home remedy will help neutralizes the pH and create an alkaline-forming environment in your body. It will help with stomach acid and reduce acidosis.

Source: livingtraditionally.com

Drop Toxic Sanitizers! They Cause the Skin to Absorb 100 times MORE of the Hormone Disrupting BPA Here is How to Make The Most Effective Hand Sanitizer

The Most Effective Homemade Hand Sanitizer

Ingredients:

1/4 cup Aloe Vera Gel
10 Drops of Tea Tree Oil
10 Drops of Lavender Essential Oil
8 drops Cinnamon Essential Oil

Instructions:

1. Mix all ingredients together.
2. Pour into a spray bottle or a pump type bottle.
3. Shake before applying

Keep in mind that many essential oils on the market are not 100% pure and therapeutic; they potentially may have toxic extenders. Found this information online.

This should give you plenty to think about and digest. I said it above and I'll say it again and next newsletter I'll say it AGAIN: make your health your #1 priority. Take better care of your health than anything else you own. We tend to take better care of our automobiles than we do our health. Just remember: you can neglect and trash your automobile and wear it out and go buy another one. But if you wear out your body, where are you going to live??? I provide you with preventive maintenance for your body to help keep it fine tuned and running at peak performance so it will last you a lifetime. Call me!

Until next time,

Stay healthy, stay well,



*“There are many obstacles in your path;
don't let yourself be one of them.”*

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