

## **JUNE NEWSLETTER**

This article follows on to the May Newsletter where we are looking at the A – Z of improving ones health. We covered A – M and will now look at the rest of the alphabet.

**N** Natural Body products – avoid Fluoride based toothpastes and treatments. Sodium Fluoride is a rat poison. Rather use Miswak or other herbal toothpaste. Avoid mouthwash as they are full of chemicals that are absorbed via saliva. Rather use herbal mouth washes. Aqueous cream, Vaseline, paraffin bases and Lipice are all petrochemicals that can damage your skin. They can also cause lung problems. Would you put petrol on your skin? Rather use food based oils like olive oil, beeswax, lanolin or creams and lotions containing alpha lipoic acid.

**O** Obstruction to spirituality – this is caused by negative thought and negative energies. Ensure that you are positive and that you surround yourself with positive people. Watching and reading horror or disturbing movies could result in obstruction. If you suffer from either mental, emotional or physical symptoms that cannot be cured by conventional or holistic treatments, please consider having an auric cleanse done.

**P** Ensure that your perfumes, deodorants, anti-perspirants, soaps, shampoos, aftershaves, hair products and make-up do not contain dangerous chemicals that your body may absorb. Use natural products at all times. Many varieties are now easily available.

**Q** Quick fixes – diet pills – most contain pseudo-ephedrine and ephedrine that can lead to palpitations, prostate enlargement, headaches and much more. Rather use the natural alternative called synephrine from Citrus Aurantium.

**R** Recreational drugs – most interfere with the body's metabolism and the nervous and endocrine system. Memory loss is one of the biggest side effects. Research indicates that all drug addicts are gluten and dairy intolerant.

**S** Smoking – leads to many diseases. Too many to list here. Avoid passive smoking; it's just as dangerous. Some people have reported success in breaking the habit when they stopped drinking coffee. Many successful programs exist to stop this nasty habit.

**T** Toilet paper – contains many chemicals that could irritate sensitive skin. It is advised that you wash soiled areas or use a bidet to keep your anus and genitals clean and fresh.

**U** Underwear – bras, corsets, underwear and socks often restrict circulation, create cramps and cause stiff muscles. Some research indicates that metal in bras could have cancer causing effects.

**V** Vibrational frequencies – all computers, TV's, videos, DVDs, radios and electrical equipment emit frequencies between 50 – 100 Hz. Research indicates that this frequency negatively interferes with cellular membrane potential. This raises acidity in the body and increases the growth of cancer 6 times.

**W** Water – most water available to us today is dead. It contains chlorine, trihalomethanes, rust, heavy metals and has been demagnetized in the production and supply process. Do use water filters, use crystals in your drinking water and always give thanks for the water before you drink it. Water is medicine; bless it for its wonderful properties. Do not re-use plastic bottles. A very dangerous carcinogen called diethylhydroxylamine is release when doing so.

**X** X-rays – avoid all and any unnecessary X-rays. They can be a lifesaver but always remember that radiation is harmful and can lead to infertility and cancer.

**Y** Yoga – a gentle yet effective manner to keep fit and flexible. High impact exercise can be hard on the body and must be done with caution and duration and intensity increased slowly over a period of time.

**Z** Zen – is the ability to still the mind. This is important if and when the mind is busy and running away from itself. Meditation changes brain wave patterns. A quiet mind is achieved in Alpha cycle. This is the brain wave cycle where healing resides.

I do hope that you have learnt something from the article and ask that you make the necessary changes to improve your general health and wellbeing.

LOVE AND LIGHT

Debbie