

## MAY NEWSLETTER

I recently attended a course with a Homeopath named Dr Buletov. Besides being jam-packed with wonderful information, he also highlighted a few potential enemies to our health. Of course these enemies not only have a negative impact on our own health but also on the health of our animals and the environment.

Now, I have over the years of working in the field of natural health, realized that one could go crazy trying to bring total balance into our environment and into our own bodies. So I urge you to look at the A – Z points mentioned below. A good start maybe to attend to those issues that resonate on a deep tissue level and those that are easily addressed.

Many people are already aware of this information but due to fixed ideas, habits and beliefs, are finding it difficult to make the changes. It may help to remember the saying, “It takes 21 days to break a habit.” The Yogis believe that stuck patterns can be release in only 40 days. If you think of the speed at which the past 40 days have passed, I am sure you would agree that any blockage in belief can be remedied in a flash.

Take a look at the first part of the A – Z list and see what changes you can make in your life:

- A - artificial light
- B - breast feeding
- C - cholesterol
- D - disharmonious sounds and noises
- E - emotional trauma
- F - food intolerances and allergies
- G - geopathic stress
- H - homocysteine
- I - intra-hepatic gall stones
- J - justifying medication
- K - kidney health
- L - lipoprotein(a)
- M - mercury fillings
- N - natural body products

- O - obstruction of spirituality
- P - perfumes
- Q - quick fixes
- R - recreational drugs
- S - smoking
- T - toilet paper
- U - underwear etc
- V - vibrational frequencies
- W - water
- X - x-chromosome
- Y - yoga
- Z - zen

**A Artificial light** - decreases melatonin levels. A decrease in melatonin has been found to increase the risk of cancer.

**B Breast feeding** – immunity from the mother is transferred to the baby. Breast is best! HIV positive moms can safely feed their infants pasteurized breast milk.

**C Cholesterol** – LDL increases the risk of cardiovascular disease. HDL decreases the risk of heart disease. Nobody should take cholesterol lowering medication for readings between 5 and 7.

**D Disharmonious sounds and noises** – the brain and inner ear are affected negatively by this type of sound. Constant noise causes damage to the inner ear. Harmonious music stimulates the brain increasing focus and the ability to learn.

**E Emotional trauma** – People respond differently to emotional trauma. Memory of trauma is held in the brain and all body tissues. Unless these memories are released, the trauma remains unchanged causing continuous negative feedback. Any triggers can re-activate the original trauma. Please deal with trauma as soon as possible. This can be done with energy balancing, mentoring, counseling etc. Psychiatric drugs and electro-convulsive therapy do not cure emotional trauma.

**F Food** intolerances and allergies – besides being life threatening, they can lead to weight gain and general illness. Eliminate foods that make you feel unwell. Investigate Dr Coca's pulse test to identify food allergies. The use of Kinesiology or blood tests can also identify certain allergies. (Nutron, Alcat, IgG, IgE, eosinophils)

**G Geopathic stress** – is caused by cracks in the earth or underground water. These areas can be harmful to humans. House clearance can identify these areas and neutralize these “hot” spots.

**H Homocysteine** – Many well informed medical practitioners now recognize the importance of requesting and if needed, treating high levels of Homocysteine. Levels higher than 6mmol/l can have damaging effects on the whole body. Smoking, caffeine, alcohol, lack of exercise, high salt intake and stress could increase this level. Treatment with vitamins and minerals is easy, safe and effective.

**I Intra-hepatic gall stones** – Many people have small gall stones in the liver. This could cause impaired liver function. Often no symptoms appear for many years. It’s a good idea to use some form of liver flush or liver detox diet. Repeat regularly.

**J Justifying medication** – The use of flu, indiscriminate use of HIV medication and other forms of immunization must always be done with caution and if at all possible, not at all. If immunizing infants, always give the herbal remedy Thuja before doing so. Remember that many vaccines contain mercury and other toxic substances. Homeopathic alternatives are available.

**K Kidney health** – Never hold onto a full bladder. This could result in bladder / kidney infections, kidney stones, urinary reflux and even cause water retention, cellulite and weight problems.

**L Lipoprotein(a)** – When going for your annual check-up, ask your healthcare practitioner to request a Lipoprotein(a) test. High Lipoprotein(a) increases the risk of cardiovascular (heart) disease much more than cholesterol. The level should be below 14mg/dl; above 20 is dangerous. Lipoprotein(a) is effectively treated with Vitamins C and E and certain Amino Acids.

**M Mercury fillings** – According to Chinese Medicine, our teeth are connected to our organs. Mercury fillings create electrical currents which alter the function of our organs. These currents can be measured with a galvanometer. Mercury fillings evaporate fumes when stimulated. These fumes, together with the electrical current, can cause over 200 symptoms on a mental, emotional and physical level. Removal of mercury fillings, without protection, could lead to severe poisoning that could affect a person for years. Your dentist MUST take all necessary precautions to prevent inhalation and ingestion of this mercury. Speak to your alternative healthcare practitioner about treatment to prevent side effects and support you through the removal of your mercury fillings.

Next month, I will continue this article. We will look at the N – Z of our health enemies.

**LOVE AND LIGHT**

**Debbie**