

# Did you know, about health?

## Excuse ME!

Excuse me for being exasperated, frustrated, & concerned about the fact that the American public would rather have their organs and body parts removed than to think about what actions they are doing which are bring about the loss of organs and body parts. Parts deemed necessary for **life** according to your creator. There is not much life in dying 50 years early, popping a handful of pills morning, noon, and night. Dragg'n your ass through the day, only to collapse into "brain dead" when you get home in your couch or chair. Too worn out to cook. So a bottle of soda and a bag of corn chips with artificial cheddar powder and a fifteen minute box meal or a 5 minute TV dinner.

High in suite estrogens/preservatives, bad fats, % low food value, & preservatives, low% food value, or preservative, even lower in % food value/add in radiation exposure then spend the night holding a gaming device or a telephone(add heavy metal poisoning to the mix so you turn into an ass over time) while watching radiation blasting boob tube!

I won't give up my TV either but I spend alot of time in front of a computer screen, and watch a 3-4 programs on TV. BUT I detox my body daily. Once or twice a year I chelate: the heavy metals, molds/fungi, virus, bacteria, clean arteries; out of my body.

And you don't see anything wrong with your picture?

Have you really bought into the lie that feeling and being this way is normal.

Do you really want to follow the Jones off the cliff. Remember the stampeding American Bison.

Do you accept illness and early aging as a fact of life? It would be if you ate a natural diet.

But since 80% of the American population eats fast foods weekly. 53% are men. 51% make more than \$70,000 a year. 40% would rather reach for a snack food then a meal for lunch. 9-10 or 86% think nutrition is all about calories, carbs, fats, & the food pyramid. 63% would rather eat what appeals to senses then the waist line. 78% eat snack for meals. It seems like vegetables can offer aid to almost every human ailment. And yet, only 23 percent of American meals include them. It seems like vegetables can offer aid to almost every human ailment. And yet, only 23 percent of American meals include them. Think again America. Manufactures know this, so they add artificial colors and flavors and flavor enhancers to your food. These are addictive & toxic to the body, contrary to good health.

Are you giving up health for laziness or has the TV trained you to the corporate media mind set?

It is all about providing necessary nutrients starting with elements, enzymes, amino acids, protein, fats, minerals, vitamins, etc. In that order.

You're in the "Queen of de Nile" song. Just because your parents, siblings, peers are in the same boat. Doesn't mean they are AWAKE, doing the right things for their health, doesn't mean they

understand what they are doing. It just mean the status quo is what they are buying into. Just means most of you are following the blind. Means you have the same bad habits and wonder why you develop cancer, diabetes, stroke, heart disease, breast cancer.

The old advantage of “You are what you eat” is so true! Forget the food pyramids on food labels. It matter little is the food your eating list unnatural things.

If you eat a variety of whole: green vegetable, other color veggies, fruits, unpreserved meats, poultry, etc.; your starting down the road of enlightenment.

Bring the food home RAW and preservative FREE.

There is not a liquid beverage on the market that is healthy to drink unless it comes in glass bottles without preservatives!

You will not have a natural life or life span if you do not eat naturally. Eating naturally means eating natural foods. (Unpreserved.) Certain detoxing steps need to be done to rid your body of the chemical soup you are carrying around, and compounding year to year. When your organs are full, when the body cells fill up.....when you are so polluted your cells can't function.....what do you think happens?

Others chelation products available are: amalgam, asbestos, barium, flu, brucellosis, pollution, food poisoning, hepatitis, herpes, kidney stones, meningitis, whooping cough, smallpox, tarantula, tellurium, vaccinosis, westnile, aluminum, amoebas, anthrax, anti-inflammation, aspartame, beautox, cadmium, city water chemicals, dengue fever, encephalitis, epilepsy, food additives, HPV, industry pollution, lupus, malathion, mercury., metals, MSG, mycosis, Norwalk virus, periodontal virus, silicone, syphilium miasm, tuberculosis, virus.

I was figuratively hit by a Mack truck, train, speeding locomotive in 2000 choke when swallowing or eating, 2003-2005 tumors & cancer calls, 2006,sick my share \$800. Monthly in pills and office fees, etc., 2007(mild stroke), 2008 sick., 2010 tendons pulling off the bone, didn't heal. Couldn't walk without braces holding my feet, ankles, and legs in an upright position. 2011 Feel cancer coming back, sick, weak, fat, thinning hair. Started detoxing, learning, supplementing with what I really needed. Lost 75 pounds in 5 months. Been gaining muscle, & hair since. Better vision. Irregular heart beat gone. Heart murmur gone when calcium & chloride is in balance. (Fixed with liquid Calcium, mineral and occasionally a dash of table salt. No longer on a low salt low fat diet. ON a high mineral salt, good fat diet, high in raw nuts, hemp seed, hemp oil, chia seeds, goji berries for Vit C. On only one prescription a month whole whopping \$1.20 cents. Have Addison's (adrenal fatigue), hypothyroidism. My peers are fat, sluggish, and loosing hair, color, energy. My energy is improving. I feel 15 years younger. At 49 years.

I was a point where I was dying. Probably won't have lived past 2015 had I not turned my whole life around. Physically, mentally, socially.

You can do it too. ONE step at A TIME. First it takes a support team/life coach. That is me.

You have to love yourself, life, and your family enough to take action.

Action equals just do it. NOW not later.

Start by educating yourself and making small changes in your life. One thing at a time.

Easiest is to **not buy anymore preserved** foods.

Finish off what is in storage as time permits unless you can afford to donate it to charity.

Study and detox with me, (**proper protocol is important**). And on your own.

Later may never come, when have time – won't happen unless you prioritize, schedule in.

## **Spirit, Soul, Physical Problems**

Left long enough, spiritual problems will cause a physical and/or a mental illness. Rebellion, and failure to do what is right are major factors. Failure to come to Yahweh through Yahshua.

Physical problems will wear down the spirit and plague the soul. And physical problems are often the root cause of mental illness.

Everything in balance, in proper order of operation, equals spiritual, mental, and physical health.

Prosperity.

## **Measles (morbillivirus)**

Is making a come back in the USA; especially in North Texas. 161 cases in USA this year. We must take full range of vaccinations to be effective or not to vaccinate. Even one person not vaccinating leaves an opening for measles to make whole community ill. Dolphins are dying off the coast of New York to North Carolina at a rate of nearly 10 x the normal rate. Authorities clam that beach goers can not catch measles waters where the sick dolphins live. The disease is expect to spread South as the dolphins move South to warmer waters.

I am not speaking for or against vaccinations.

**FDA says**

<b>SAFE</b>	<b>UnSAFE</b>
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Aspartame  
 MSG monosodium Glutamate  
 Artificial flavors  
 Propylene glycol  
 Fluoride  
 SSRI antidepressants  
 Anti-psychotic drugs for soldiers  
 Psychotropic drugs for kids  
 Mercury in vaccines  
 Chemotherapy for babies  
 Autolyzed proteins  
 Chemical preservatives  
 Sodium nitrite  
 Cow pus in milk  
 Pesticides  
 Herbicides  
 Fungicides  
 Radiation  
 GMO's  
 Chlorine/arsenic  
 Aluminium  
 Mercury in fish  
 Bisphenol-A (BPA)

Fresh Milk

### Aspartame

Roaches and ants won't eat it, cats and dog's won't eat it, even house flies won't eat it – but the FDA (Food and Drug Administration) serves Aspartame to you! Side effects include:

Headaches, muscle spasms, irritability, heart palpitations, loss of taste, joint pain, dizziness, weight gain, tachycardia (racing heart), breathing difficulty, tinnitus (ringing in ears), blurred vision, seizures, rashes, insomnia, hearing loss, depression, vertigo, nausea, blindness, slurred speech, fatigue, numbness, memory loss.

## Hip Replacement

Cost of a hip replacement could cost you \$11,000, \$125,000 or anywhere in between, depending on the hospital, a new study found. And that's if you can even find out ahead of time how much the procedure will cost. So doesn't it make sense to protect your bones by making sure your digestive system is strong, and has enough acid?

Low stomach acid equals low calcium absorption.

Low calcium absorption over time could cause calcium deficient bones. Stiffness, cramping.

## Sample of typical doctor treatment billings

There is a tri-terrier system of billing for medical services in America, dated 8-14,2013.

Remove nodule on your neck: as reported on Faith 1200 radio.

1. If you have no medical insurance or Medicare/Medicaid you pay full price. \$12,000.000 hospital emergency room as out-patient.
2. If you have insurance or Medicare/Medicaid you are billed approximately \$300.00 in clinic as out-patient. Health insurance companies and Medicare/Medicaid bargain/barter for a reduced service rates.

Jonilund.com alternative health renewal center. Flat office fee billed one time yearly Approximately \$50.00 Plus machine rentals, and herbs/supplements/books purchased. For natural products which support the body verses shut down this or that. We pride ourselves in providing mainly non-radiated products.

Since 1971 When Earl L. Butz took over the Dept of Agriculture, farmers where rewarded for excess bushels produced especial corn. And they had to come up with use for such a cheap crop.

Petroleum oil is feed to plants in the form of ammonium nitrate fertilizer, > example CORN to cattle or processed foods, > to us. Oil is used in processing foods, oil is used in moving foods to consumer.

Healthy calories are filling (\*high protein, \*green vegetables, colorful fruits).

Obesity = too much corn in the form of high fructose corn syrup. It can be found in coffee, wine, cheese wizz, vitamins, candy, etc.

Americans use 39 million gallon of fuel for each additional pound of passenger weight.

The poorer you are the more likely you are to be over-weight. Be part because they'll buy cheaper low quality high fat foods; more quantity for dollar.

Problem based on information in 2006.

1. Government incentives for poor health grains. Not excluding corn, wheat. Scottie Pipen basketball star recieved ovr \$850,000 in farm subsidiaries between 2003 and 2005.
2. Corporate greed. And the products they produce. Most contain suito estrogens; which are fatteners, Certain preservatives also act like suito estrogens. Pushing the idea that junk is fun, exciting, energing, sexie.
3. Complacent ignorant society. 66% of our society is obese.
4. Lack of chrophil in diet. Ice berg lettuce doesn't cut it!
5. Advertising switching to good for you redrick. Remember you can add perfume to shit. Shit that smells like a rose, is still shit. Same for food. You can add a couple good things which will be a selling point, but the health departments ate still in the product. The government reimburses schools \$2.10 for each child meal, .80 go towards the food. Convicts get meals at \$9.00 STARVE the body, DEGRADE THE MIND, slow death to the body & spirit. By by sound mind.
6. It is not as simple as more exercise for calories you eat. Hormone imbalances will cause your biochemistry to crave the wrong calories and to metabolize for weight gain as a rule. Dieting/food restriction causes weight gain as a rule. Fat dissolves fat. It is the type of fat that matters. Lack of sleep = weight. Too much stress. Lower body oxygen. Obesity costs business 11% more in health care. Kills more than 112,000 us citizens a year. Only 28 Americans died by terrorists that year. 75% obese by 2020. Obesity has little to do with will power.
7. Culture is found in agriculture. Schools should have school gardens to teach & feed students. All fresh food is medicine for the body.
8. Beef has been viewed as the big enemy. Right now beef is the lesser of the food enemies, unless a processed meat product. Chicken and processed foods. Eggs are not your enemies. Connect with where your food comes from. Grow your own, and know the life of farmers to empathize.
9. Finally not enough regular exercise. You must exercise over 30 minutes to get heart benefits.

### **US Healthcare System Causes these Figures in Death; Over the Period of 23 Years, This Equals**

**Figures from:** “Starfield, B. (2000, July 26.) Is US health really the best in the world? *Journal of the American Medical Association*, 284, 483-485. Quote from article... “

times 23 yrs. to get a value to compare with supplement deaths reported over a 23 yr. period.

- \* **276,000** deaths in 23 years from unnecessary surgery
- \* **161,000** deaths in 23 years due to medical errors in hospitals
- \* **460,000** deaths in 23 years due to other errors in hospitals
- \* **1,840,000** deaths in 23 years due to infections from hospitals
- \* **2,438,000** deaths in 23 years from negative effects of drugs
- \* **5,175,000** Total deaths in 23 years from US Healthcare System

In the same period, 10 deaths attributed to supplements in 23 years; however, many of those people were already very sick.

Released on Radio at Oldies in Devils Lake ND on 9-29-2013 (2004 – 2013)

1500 deaths from acetaminophen. It builds up in their systems, causing a toxic problem, organ failure, then death.

Note: A lot of pain can be remedied by colloidal mineral and mineral salt supplementation and drink approximately one gallon of water. Body cells hurt when they are deficient or poisoned. After a period of time, while taking pain killers, the pain medicine builds up in the body, which can actually cause the sensation of pain, often worse the original condition which preempted the use of pain reliever.

### **Soy Bean good or bad?**

This is the umpteenth time a doctor researching health has stated that SOY not so good. Why, because it mimics estrogen with its isoflavones. It is thought to improve menopause symptoms. But 100 grams of soy protein daily has the equivalent of a birth control pill. Should any baby boy or girl get the equivalent of one birth control pill a day from formula? Some experts are now thinking a mineral found in soy can lead to learning disabilities and even premature sexual development.

Tofu is tied to accelerated brain aging with only two servings a week.

It is thought that common pesticides and herbicides are stimulating the conversion of testosterone in men to estrogen. And when you have excess or unopposed estrogen your health really suffers. The acceleration of the major heart, cancers, and thyroid diseases to name a few.

And with these and other environmental pollutants men are chemically and physically turning into women.

Today 2013 some American men over 60 have more Estrogen in their bloodstreams than 60 year old women. Too much estrogen is bad for everyone, men are experiencing a 70% increase in breast cancer. Millions of strong,

healthy, alert men are changing into frail, chronically ill, mentally dull, old codgers who haven't had an erection in decades and could care less. Worse yet they are gender swapping. Men taking DHT blockers are developing certain prostate cancers at a 750% higher rate. Standard prostate therapy is encouraging cancer and Turning men into women. Medical authorities are getting to the point where they tell men that prostate cancer is eventual if you live long enough. Women are losing their health in other ways. Bad estrogen feeds cancer in breasts and sex organ tissues. Good estrogen inhibits & progesterone inhibits this out-of-control growth. Excess estrogen can and is coming from our foods. Especially in the American diet in conjunction with the exposure to PCB's, pesticides, herbicides makes for ESTROGEN mimicking " " healthy foods. This brings about an excess in insulin, which overstimulates the enzyme that transforms testosterone into estrogen, resulting in too much estrogen. After the age of 40, about one in three American men have this excess and it is likely they also have too much estrogen. Aches, pains, gender changes, cancers, irritable, breastie men, swollen prostates.

Taking a passionate herb called \_\_\_\_\_ has given many rejuvenated sex life, reverse years of depression, reduce risk of heart disease, relieve problems of insomnia to osteoporosis, reverse the feeling of being a bit behind the curve.

This nutrient can relieve Emphysema. \_\_\_\_\_

Loosen grip of Angina pain, & drugs with \_\_\_\_\_

Congestive Heart Failure Aide \_\_\_\_\_

Joint pain & depression \_\_\_\_\_

Chronic fatigue falls away \_\_\_\_\_

Anxiety vanishes \_\_\_\_\_

Aging bodies surge with new energy \_\_\_\_\_

Hyperactive kids become "normal & bright" with \_\_\_\_\_

Did you know that some schools receive up to about \$1,000 in federal funds for each child they put on Ritalin. Poor suffering ADHD children. Minerals, understanding, and K-P diet. Plus \_\_\_\_\_ are a safe alternative.

Macular degeneration \_\_\_\_\_

Nearly half of all Americans over 60 lack the stomach acid to digest their food fully; let alone absorb vitamins.



Low stomach acid = low calcium absorption.

Traditional medicine would have probably had them on antacids because of discomfort years earlier, exasperating the situation more. Adding malnutrition problems; getting forgetful, creaky, and sick before your time. . What 90% of them need is \_\_\_\_\_ ; we sell it. Medically speaking they are starving to death. You could eat several meals a day; be overweight. yet if your stomach acid isn't there to dissolve foods, your food passes through without getting digested. Malnurtished. Vision, memory and spirits improve. Vision – getting nutrients, memory & depression – improve because proteins get broken down into essential amino acids that power your nerve cells. Viral – healthy stomach acid kills off dangerous parasites and bacteria....Can aide in the improvement of artery strength and health; decreased osteoarthritis. Avoid chlorine from in tap water; and caffeine (mineral receptor blocker; & liver stressors.)

Low grade food allergies will trigger immune reaction in the body. In time, you might come down with a full-blown autoimmune condition like Arthritis, lupus, asthma, colitis, Graves's disease, chronic fatigue, chronic pain,. And other thyroid related diseases. Allergy reactions cause inflammation. Inflammation cause cell damage and/or death. Remember DNA isn't made once in you and it is done. DNA strands are forever rebuilding themselves. Along with the other cells in your body. That is why you can be conceived normal, born normal, and become retarded from a stressor. Lack of food, physical trauma, or mental trauma/anguish. That is why it is important to have quiet, safe, home environments.

Food allergy fixes: "Diet change, anti-parasite program, hormone & nutrient supplementation and exercise."

Lupus suffers share sensitivity to gluten, a protein found in wheat, rye, barley, spelt, oats, but not in corn or rice with celiac suffers.).

90 million American suffer from this same grain sensitivity getting joint pain, cancer, depression, brain disorders...osteoporosis without even suspecting they have a food allergy. Often when you treat the food intolerances the other problems go away.

Is your pain from GRAIN or DAIRY?

Not suffering from allergies, or deficiencies can cut your health costs in half or more. The average person saves approximately \$1,271.00 a year switching to holistic treatments.

80% of Asthma children share one nutritional problem. Relieve the wheezing with one vitamin.

Lacking this food in your diet\_\_\_\_\_ creates extra pressure inside your intestines, and this swells the veins in your legs. When the values in the vein are overstretched a backup of blood develops in the area, more valves fail – more vein area swelled.

All of the above makes you a hot bed for parasite infections which also have the same symptoms. By parasite, we mean viruses, bacteria, fungus, worms, and other single cell organisms

Bursitis is a signal you're lacking vitamin B12 in this form\_\_\_\_\_

THIS IS A MIND BENDER. people you know you are losing your hair, figure, mental or visual sharpness don't write it off to Father Time. You should even be reasonably sexually active through your late 80's.

Premarin or Provera don't contain progesterone or estriol: Premarin or Provera are not bio-identical estrogens, so they block and inhibit and don't do the job bio-identical estrogens do. Estrogens & testosterone in nature are never by themselves, they are always in conjunction with progesterone, the control hormone.

This mineral deficiency can cause prostate swelling\_\_\_\_\_.

Premarin (short for pregnant mare). Is a horse urine concentrate.

What does years of birth control pills do to your hormone levels? Your fertility health?

A woman's body makes different types of estrogens. Three main ones: estrone, estradiol, and estriol (the good one).

Women with breast cancer tend to be low on estriol, and higher on others A good balance for women is 90% Estriol, \_\_\_\_\_. A woman can balance hormones by these three simple steps: 1.d\_\_\_\_\_, h\_\_\_\_\_, & m\_\_\_\_\_ supplementation.

For these articles toxic food means, food with chemical additives in them like artificial flavors, artificial colors, & preservatives. And food harvested from fields sprayed with herbicides & pesticides.

Dead foods, foods are foods processed for long shelf life and full of toxins. Example take an organic or other grain. Dry it to grind. You lost water based nutrients. Bleached, ground, & re-dried. Lost water & fat based nutrients.

Made into food, get dried again, lose more water based nutrients. Now this product has less than nature intended. In order for this product to taste good enough to sell with long shelf life, hydrogenated oils, flavors are added & preservatives. Baked or fried. Now what is left nutrient wise?

In the old days, butter or olive oil was used. For profit hydrogenated oils are used. Hydrogenated oils turn to a plastic like substance in the veins from body heat. Animal fats may collect in the veins but they can be chelated out with herbs and the right foods. Plastics can't be, thus people suffer endoplasmic reticulum now. (Crudely put they rot your veins.)

Any fake butter anyone? Vegetable oil? Soy Oil? Cotton seed oil? Canola oil?

Seizures & nerve troubles: injury, pinched nerves, food allergies, parasites, A shortage of salt or mineral in diet, buildup of toxins in liver. Usually the last four, generally more than one. In that area we can help. There is a three minute migraine miracle. The same combination can even relieve menstrual cramps and back muscle spasms. We have mineral and equipment. [Jonilund.com](http://Jonilund.com)

A known cancer causer is put in pet food as a preservative. \_\_\_\_\_.

### **Algerian Foods**

Corn and corn products: corn starch, corn syrup corn flour, xanthan gum,

Wheat and wheat families, plastic silverware made from wheat,

Refined: sugar and salt,

Petroleum Oil Based Products: Plastics, food colors, pesticides, herbicides,

Artificial Flavors:

Preservatives:

Side effects of Diabetes medication: extreme weakness, muscle pain, trouble breathing, and heart arrhythmia.

Common home used herb is very effective for type II diabetes \_\_\_\_\_.

Skin Cancer

In 3 months or less, an extract from eggplant can cure the majority of non-melanoma skin cancers (squamous and basal cell cancers),. 80,000 success stories. Known as BEC5.

### **Bad sugars**

Bad sugars attract bad microbes to your cells. Where they attach and feed, on the bad sugars. But the sugars in unsweetened cranberries wraps your cells in a good sugar signal, and the microbes can't attach to your cells. The bad microbes then get flushed out.

### **Nasty side effects of antibiotic use:**

diarrhea, cramps, yeast overgrowth, fatigue.

Strep, staph, salmonella, trachoma- major source of third world blindness.

### Prostrate Problems

Nearly 30% of all men taking Proscar – for benign prostate problems.

With a drop in testosterone – erections wilt, libido sinks, develop a form of diabetes, heart risk rocket. INSTEAD the prostate swelling should be decreased and turn on your cancer fighting genes. Cure is found in a few common nutrients.

### Alzheimer's Drug

Namenda – a drug used to treat Alzheimer's by treating confusion has a common side effect. It causes confusion.

### Insulin Hormone

Insulin hormone from pancreas is designed to stimulate cell membranes to open so glucose can get into the cells.

### Doctors training in Nutrition

Typically doctors receive only 6 hours of nutrition/food training in their first year of college. Including the fact they are not taught how food affects hormones, or how that ties into endocrine system function.

Vs      Naturopaths

Naturopaths study to recognize what systems are not working by looking at a person. And confirming suspicions by talking to patient and taking simple written tests. They typically spend around 3 hours, time discussing patients habits, health, injuries and what's been happening over patients life-time. They suggest life style changes, while providing supportive nutrients, equipment, treatments and herbs to stimulate specific areas that aren't functioning at a "normal" level.

[Sayer Ji, Greenmedinfo.com](http://Sayer Ji, Greenmedinfo.com)

Why is **cupric sulfate** – a known herbicide, fungicide and pesticide — being used in infant formula? And why is it displayed proudly on product labels as a presumably nutritious ingredient?

Used to kill fungus, aquatic plants and roots of plants, parasitic infections in aquarium fish and snails, as well as algae and bacteria such as Escherichia coli, cupric sulfate hardly sounds fit for human consumption, much less for infants.

Indeed, infants are all too often looked at as “miniature adults” from the perspective of toxicological risk assessments, rather than what they are: disproportionately (if not exponentially) more susceptible to the adverse effects of environmental exposures. Instead of reducing or altogether eliminating avoidable infant chemical exposures (the precautionary principle), the chemical industry-friendly focus is always on determining “an acceptable level of harm” – as if there were such a thing!

It boggles the imagination how cupric sulfate ended up in infant formula, as well as scores of other consumer health products, such as Centrum and One-A-Day vitamins?

After all, it is classified, according to the Dangerous Substance Directive (one of the main European Union laws concerning chemical safety), as “Harmful (Xn), Irritant (Xi) and Dangerous for the environment (N).”

Read more at <http://www.realfarmacy.com/why-is-pesticide-used-as-an-ingredient-in-infant-formula/#5OyQV8tAHRHwTM5.99>

Moreover, the U.S. Environmental Protection Agency (EPA) requires that the warning signal “DANGER” appear on the labels of all copper sulfate end-products containing 99% active ingredient in crystalline form.

The [Material Safety Data Sheet](#) for Cupric Sulfate clearly states, in ‘Section 3: Hazards Identification,’ that it has the following adverse health effects:

“Potential Acute Health Effects: Hazardous in case of skin contact (irritant), of eye contact (irritant), of ingestion, of inhalation.

Potential Chronic Health Effects: CARCINOGENIC EFFECTS: Not available. MUTAGENIC EFFECTS: Mutagenic for mammalian somatic cells. TERATROGENIC EFFECTS: Not available. DEVELOPMENT TOXICITY: Not available. The substance may be toxic to kidneys, liver. Repeated or prolonged exposure to the substance can produce target organs damage.”

In ‘Section 7: Handling and Storage’ the following precautions must be taken:

“Do not ingest. Do not breathe dust. Wear suitable protective clothing. In case of insufficient ventilation, wear suitable respiratory equipment. If ingested, seek medical advice immediately and show the container or the label. Avoid contact with skin and eyes. Keep away from incompatibles such as metals, alkalis.”

Clearly we have a problem here. Cupric sulfate is used in most mass market infant formulas. Even Similac’s “sensitive” formula contains the ingredient:

## Similac Sensitive®

### Infant Formula with Iron

- Comfort your baby’s fussiness and gas\* with Similac Sensitive® — it has an easy-to-digest blend of carbohydrates that’s gentle on your baby’s tummy

\* Due to lactose sensitivity



Availability	Features	Preparation	Nutrition	► Ingredients
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## Ingredients

### Unflavored Powder

- Similac Sensitive EarlyShield Powder / 1.45-lb (657-g) SimplePac / Case of 6
- Similac Sensitive Powder / 2.12-lb (963-g) SimplePac / Case of 6
- Similac Sensitive EarlyShield Powder / 12.6-oz (357-g) Can / Case of 6

Corn Syrup Solids, Sugar (Sucrose), Milk Protein Isolate, High Oleic Safflower Oil, Soy Oil, Coconut Oil, Galactooligosaccharides. Less than 2% of the Following: C. Cohnii Oil\*, M. Alpina Oil†, Beta-Carotene, Lutein, Lycopene, Calcium Phosphate, Potassium Citrate, Potassium Chloride, Sodium Citrate, Magnesium Phosphate, Ascorbic Acid, Calcium Carbonate, Choline Chloride, Ferrous Sulfate, Magnesium Chloride, Ascorbyl Palmitate, Choline Bitartrate, Taurine, m-Inositol, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Mixed Tocopherols, L-Carnitine, Niacinamide, Calcium Pantothenate, Vitamin A Palmitate, **Cupric Sulfate**, Thiamine Chloride Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Folic Acid, Manganese Sulfate, Potassium Iodide, Phylloquinone, Biotin, Sodium Selenate, Vitamin D3, Cyanocobalamin, Potassium Hydroxide, and Nucleotides (Adenosine 5'-Monophosphate, Cytidine 5'-Monophosphate, Disodium Guanosine 5'-Monophosphate, Disodium Uridine 5'-Monophosphate).

\* A source of docosahexaenoic acid (DHA).

† A source of arachidonic acid (ARA).

**Contains milk ingredients.**

Read more at <http://www.realfarmacy.com/why-is-pesticide-used-as-an-ingredient-in-infant-formula/#5OyQV8tAHRHiwTM5.99>

## Breastmilk

One Florida neonatologist is breaking down the unusual and uncommon uses for one of mom's greatest gifts.

"It is liquid gold," says Sandra Sullivan, M.D., a neonatologist at the University of Florida in Gainesville.

And they call it that for a reason! True or false: breast milk can treat ear, and eye infections like pink-eye? The answer is true.

"Fresh milk has white blood cells in it which fight infection and they go around and chop up bacteria," explains Sullivan.

A few drops in the eye or ear will work wonders in clearing up infections without the harmful side effects of antibiotics.

Next, breast milk can heal diaper rash? This is also true. It works as well as any cream on the market without risk of allergic reaction. Rub in a few drops and allow it to air dry before putting a diaper back on.

Finally can it treat skin wounds, bites, and scrapes? Yes, it's true!

"It's really a remarkable thing I have to say. I put breast milk on my daughter's skin wounds," says Sullivan.

A few drops before bandaging can prevent infection and speed the healing process. It's solid advice for your liquid gold.

Research shows people of all ages can benefit from the healing properties of breast milk. Burn victims can use breast milk to help heal and protect their skin. Chemo patients can use it to calm their nausea and help with digestion, after treatment.

And if you're willing to try it, breast milk can help heal acne or be used as a makeup remover.

The benefits of [breastfeeding](#) and breast milk have been loudly touted. The majority in this modern world accept that 'Breast is Best' and take a stance in supporting a woman's endeavor to breastfeed. However, the modern world is often caught off guard when exposed to **alternative** uses for breast milk, and breastfeeding! Breast milk has been used for centuries for alternative uses that most people would be surprised, but not distraught or disgusted over. The public reaction to the use of breast milk as a 'cure' for pink-eye, or an ear infection pales in comparison to this list of five unique [alternate uses for breast milk](#).

### [Breastfeeding Animals](#)

Breastfeeding animals tops the chart for bizarre breastfeeding behavior. It is also an action that has taken place again, and again, and again. While some marvel at the inter-species bond, many are left feeling more than a little uncomfortable. Are these breastfeeding relationships forged out of genuine care and concern for the health, well-being and life of a helpless animal? Or, is the woman instigating a perverted relationship in the hopes of fulfilling her personal desires? Chances are, the answers will never be known. Pumping and donating milk to an infant animal in need is not inherently met with the same regard.

### [Breast Milk Cheese](#)

Adding breast milk to food is not a new concept. Breast milk cheese has made its way to the forefront of our media, not once but twice in recent years. The first occasion, [Chef Daniel Angerer](#) decided to experiment with excess pumped milk that he did not want to throw away. It flourished from there, from [a posted recipe](#) to make your own, to a full-blown appetizer at Klee Brasserie. Again in the first half of 2011, breast milk cheese was making headlines. This time in an artistic display dubbed '[The Lady Cheese Shop](#).'

### [Cancer Research](#)

Making the list for the sheer **surprise** response -- breast milk is being used in conjunction with cancer research! Breast milk, it has recently been discovered, contains a substance that appears to kill cancer cells. While the research and conclusions on this bizarre and amazing connection are far from over, it sure helps breast milk pack the extra 'wow' factor!

### [Breast Milk Soap](#)

Breast milk is claimed to [provide antibodies](#), as well as numerous other benefits. This, it stands to reason, is why breast milk is used for common skin irritations and infections like acne, and pink eye. So, how would you feel about cleaning your face and body with it every day? The owner of [Mothers Moon Soap](#) is betting you will! Compared with some of the chemical



ingredients in soap these days, this may be a perfect product for those in the market, and is definitely not your standard use for breast milk!

### Breast Milk Ice Cream

The most recently heard about bizarre breast milk product comes straight out of Britain -- [breast milk ice cream](#). Milk was screened for disease, and pasteurized and sold for a hefty price. Sales of the ice cream were quickly shut down. UK officials did not allow the sales of bodily fluids, and the greater public expressed safety concerns. Later, Lady Gaga pressed legal charges against the owner for using her moniker on the product.

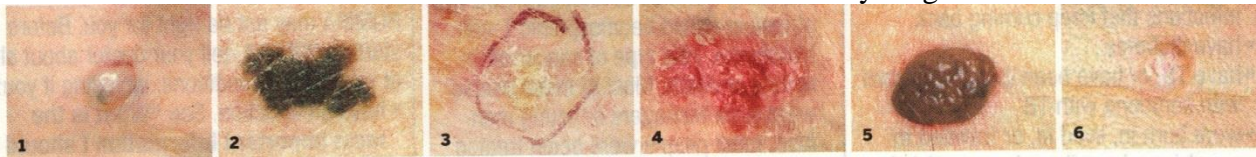
## Cancer

On the subject of cancer. Your body will not make cancer cells in a cellular environment with enough oxygen.

Second, very hard to get sick from anything if blood pH is 7.2. Immediate death can ensure at pH range 3-2. pH level of 8.3 for three days kills cancer cells. My systems help dog, cats, horses and cattle, rabbit, pig, etc. . [jonilund.com](#) I use some of the same equipment as Gerson Cancer Institute and the Betty Ford clinic.

Avoid dead foods.. refined foods including white flour, sugar, and salt.

Melanoma cancer increases by 75% for people who have been exposed to the ultraviolet radiation emitted by indoor tanning machines. 2013 28 million Americans still use them. 70% of them young white women.



**ANSWERS** **1** Basal cell carcinoma, the most common form of skin cancer. Like squamous cell, it tends to show up in places that get a lot of sun, like the face, shoulders and back. **2** Melanoma, the deadliest skin cancer. Look for its so-called ABCDE signs: **A**symmetry (the mole's halves don't match); **B**orders that are uneven; **C**olor ranging from light to almost black; **D**iameter typically larger than 6 millimeters (the size of a pencil eraser); and **E**volution of some kind in a short amount of time—what doctors consider the most telling sign. **3** Actinic keratosis. These scaly or crusty growths are the most common precancer, affecting over 58 million Americans. **4** Squamous cell carcinoma, the second-most-common skin cancer. **5** A benign mole; it's symmetrical, with smooth borders and consistent coloring. **6** Nodular melanoma, which can be especially fast-growing.

**What the eye says about your health.** Bible says eye window to soul.

Health problems are pictured in the eye's color patterns before health problems show up in the body. If you are pregnant then it doesn't show in the eyes. Detecting health problems in eye is the study of **iridology**.

**We need trees for oxygen**, so use other options.

Trees make oxygen, hold soil, slow wind & provide shade. Sells for \$40. a ton. Industrial hemp sells for \$400. A ton, used for ethanol, a wood product which is stronger in wood or straw-board, renewable @ a faster more makes better paper than rice paper, makes finer cloth than silk, or tougher material than burlap, financially prosperous, reseeds itself only needs a bit of fertilizer every "x" years. Seeds used for high protein food, stalks used for fuel, wood, paper, & cloth production.

### Health Condition of USA

60% of USA population have auto immune disease. Thyroid / endocrine problems.

90-96% of those tested don't show any thyroid problems with initial testing. Of those tested once 90% of these have malfunctioning thyroids. A malfunctioning thyroid leads to malfunctioning pituitary gland, plus other endocrine system glands: liver, kidney, lymph glands.



Difficulty getting up in morning could be a sign of thyroid or adrenal gland problems.

Diabetics get to the point where they don't sweat. However, one I talked to said he hadn't sweated since 1970's. But when he started to take an atypical high dose of a vitamin complex for diabetics for several months he started to sweat again. Finally the feelings began to return to his legs, feet, and hands. (2010).

## Digestion

Corn syrup causes the inability to feel satisfied when you eat.

Fat doesn't make you fat. Fat processes vitamin : A, D, & E. Keeps you feeling full and satisfied. Knowing what your going to eat helps with weight loss success. 78% of successful weight loss losers ate breakfast every day within 90 minutes of waking. **Lean people don't diet.** In part, because restricting calories reduces strength, bone density, & muscle mass. Muscle is the body's #1 calorie burner. The more you enjoy your food the leaner you're going to be. Eat slowly and savor your food. That act releases two hormones that make you feel fuller. Cornell University studies show people eat 35% less with plates of food verses passing food around. Moderate levels of protein in diet make it twice as likely to lose weight and keep it off then those who don't eat protein. High protein, low refined starches. Fit people stay in motion through fun leisure exercises. Your body is a super machine of 24/7 mechanics as long as you continue to feed it raw materials it will produce a product called energy. It transfers proteins, fats, & carbohydrates into oxygen which is 100% food energy.

Knowing how this process works can illuminate secrets to why you gain weight.

## Steps:

1. Smell food > release of amylase enzyme > triggers mouth glands > food ground by teeth which allows the amylase enzymes in saliva to work more efficiently, > to stomach, where stomach walls ripple churning and mixing food to a uniform soup in about 3 hours. The stomach's hydrochloric acid unwinds the food's bands. FAT untouched. 51 minutes later > 3-11 hours later. > Food enters the small intestine, where the pancreatic enzymes further break down the carbohydrates, and proteins. Sugars get broken down into smaller units. Proteins get broken down to individual amino acids while you snack on your next meal. Bile from your liver attacks all the fatty triglycerides @ this point. Once broken down the individual fat particles pass through the intestinal walls along with the rest of your food.
2. At 15-35 hours the fiber from your meal passes on to large intestine along with other indigestible particles and any other nutrients which slipped through the process. 5 to 10% of calories you consume aren't absorbed. The more fiber in your diet the higher the percent of undigested calories. Nutrients which passed through walls of small intestine are sent into the bloodstream. Blood is the distribution highway material. Simple sugars ride the blood to liver where they are converted to glucose. If you recently worked out and your muscles are depleted, then

## Two Super Fruits against Breast Cancer.

Researchers used extracts from two everyday fruits: the "Rich Lady" peach; and the "Black Splendor" plum. The extracts killed even the most aggressive cancer cell, but left normal cells alone, which is very significant. In regular chemotherapy, normal cells are killed along with cancerous ones, causing major side effects.

A closer look determined that two specific phenols — chlorogenic and neochlorogenic — were responsible

for this targeted kill. Both are very common in fruits, the researchers said, but stone fruits such as plums and peaches have especially high levels.

The team said laboratory tests also confirmed that the compounds prevented cancer from growing in animals as well. The researchers want to see how these compounds could be incorporated into the growing of peaches and plums.

### **When changing to Healthy Habits**

Keep a friend whom will aid you in staying on a healthy choice when you are weak.

### **Super Foods by Season**

Spring:

Summer:

Fall: Apples, pears, and sweet potatoes. Antioxidants and fiber.

Winter:

### **Ease Aches**

With reflexology by 40%. According to a study at University of Portsmouth in England. It releases endorphins in the spinal cord and brain. Doing a light exercise two days after a hard work out is as effective as a massage for relieving aches. Light exercise increases blood flow.

1. 20 minute moderate walk
2. A few easy laps in pool.
3. Work out your core: single-leg squats or side planks.

### **Happiness bust**

Think of two past happy events.

### **Hot ingredient: oxygen**

Oxygen facials, beauty products with oxygen in them. Most contain hydrogen peroxide, which breaks down into oxygen and water. Having antimicrobial properties. Oxygen increases circulation and has wound-healing abilities. But let us not loose site of the fact that beauty products become a toxic build-up in the body interfering with good health. No matter how much good stuff they add to the other garbage ingredients.

### **Got the munchies**

Fish oil supplements can make you hungrier by up to 20%. Add more fiber rich foods to ward off hunger.

### Sun spots

Brown sun spots can be disapated/faded by using FIR Hot House and E power. We have the machines for sale.

Jonilund.com

**Running**      **5 foods that boost performance** Only if not loaded with preservatives & according to your blood type.

Brown rice: carbs=energy fiber feel full. Eat at least one hour before running.

Pineapple: eat after a run: loaded with bromelain, a natural anti-inflammatory, adds muscle repair.

Greek Yogurt: Eat often: The calcium keeps bones strong to ward off stress fractures, protein means

Quicker muscle recovery. Peanut butter: 1 Tablespoon, a high muscle fuel & healthy fats for sustained energy, use on whole wheat bread.

**Berries: promotes healty heart and help with soreness.**

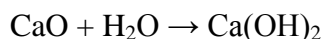
### Amount of Sugar in Colas.

9 teaspoons of sugar in popular brand name colca. That is the equivalent of eating 34 feet of sugar cane. In one 12 oz pop. That is not eating a natural amount of sugar. Try drinking that 3-4 times a day?

Refined Sugar is known to cause varying degrees of muscle weakness in humans.

Refined Sugar is a toxin. It is not metabolized well. Mess with your bodies hunger/appetite messages.

White sugar is refined by adding toxins to the sugar beet pulp. Brown sugar is refined with low toxicity of calcium hydroxide. Calcium hydroxide is produced commercially by treating lime with water:



In the laboratory it can be prepared by mixing an aqueous solutions of calcium chloride and sodium hydroxide. The mineral form, portlandite, is relatively rare but can be found in some volcanic, plutonic, and metamorphic rocks. It has also been known to arise in burning coal dumps.

## Uses

One significant application of calcium hydroxide is as a flocculant, in water and sewage treatment. It forms a fluffy charged solid that aids in the removal of smaller particles from water, resulting in a clearer product. This application is enabled by the low cost and low toxicity of calcium hydroxide. It is also used in fresh water treatment for raising the pH of the water so pipes will not corrode where the base water is acidic because it is self-regulating and does not raise the pH too much.

Another large application is in the paper industry, where it is used in the production of sodium hydroxide. This conversion is a component of the [Kraft process](#).

### **Niche uses**    **Look where it is being used, those applications caution exposure but we are to eat it?**

Because it is produced on a large scale, is easily handled, and is cheap, myriad niche and even large-scale applications have been described. A partial listing follows:

- In life support systems as a carbon dioxide scrubber, particularly in closed-circuit diving re-breathers such as the US Navy LAR V or MK-16, where the more caustic lithium hydroxide is deemed too risky due to inhaled dust, combat handling, or generation of caustic "slurry" in flooding events
- An ingredient in [whitewash](#), [mortar](#), and [plaster](#)
- In road construction, to improve the quality of excessively plastic [subgrade](#) soils
- To fill the root canal for the first stage of [endodontic therapy](#) (it is then replaced by rubber)
- As an additive to sea water to reduce atmospheric [CO<sub>2</sub>](#) and mitigate the [greenhouse effect](#)<sup>[5]</sup>
- In the production of metals, lime is injected into the waste gas stream to neutralize acids, such as fluorides and chlorides prior to being released to atmosphere.
- An [alkali](#) used as a [lye](#) substitute in no-lye hair [relaxers](#)
- A [chemical depilatory](#) agent found in most hair removal creams (for example Nair)
- In [Bordeaux mixture](#) to neutralize the solution and form a long-lasting fungicide
- In lime-sulfur, it is mixed with sulfur and boiled in water for an hour. The ratio by weight of Ca(OH)<sub>2</sub>:S:water is about 1:1.7:8.7. Diluted (1:32) lime-sulfur is sprayed as a fungicide and used as a dip to combat sarcoptic mange.
- In the [petroleum refining industry](#) for the manufacture of additives to [oils](#) (salicatic, sulphatic, fenatic)
- In the chemical industry for manufacture of calcium [stearate](#)
  - In the [petrochemical](#) industry for manufacturing solid oil of various marks
  - In the manufacture of [brake pads](#)
  - In manufacturing the trademarked compound "Polikar", an [antifungal](#) and [antimicrobial](#) preservative for [vegetables](#) in storage
  - For preparation of dry mixes for [painting](#) and decorating
  - In manufacturing mixes for [pesticides](#)
  - In the manufacture of [ebonite](#)
  - As a [calcium](#) supplement and pH/carbonate buffer (known as [Kalkwasser](#) *lit. trans. lime-water*) for the aquaculture of corals in reef aquaria.
  - As a natural "alternative" insecticide, most crawling insects are killed by its touch, including ticks, fleas, beetles and grubs.

For making a fungicide or a dip for treating mange, it is boiled with sulfur, then diluted. One recipe for the concentrate is 36 lb quicklime, 80 lb sulfur, and 50 gal water boiled for 1 hour—the authors suggesting 1/3 more lime if slaked lime is used.

### **Food industry**

Because of its low [toxicity](#) and the mildness of its basic properties, slaked lime is widely used in the [food industry](#) to:

- to clarify raw juice from [sugarcane](#) or [sugar beets](#) in the sugar industry, (see [carbonatation](#))
- process water for alcoholic beverages and soft drinks
- [pickle](#) cucumbers and other foods

- make Chinese [century eggs](#)
- make corn tortillas (it helps the corn flour (*masa*) bind together) (see [nixtamalization](#))
- clear a [brine](#) of [carbonates](#) of calcium and [magnesium](#) in the manufacture of salt for food and pharmaceutical uses
- fortify (Ca supplement) fruit drinks, such as orange juice, and [infant formula](#)
- aid digestion (used in India as [paan](#), a mixture of [areca nuts](#), calcium hydroxide and a variety of seeds wrapped in betel leaves)
- substitute for [baking soda](#) in making [papadam](#).

### Native American uses

Dry untreated corn (left), and treated corn (right) after boiling in water with calcium hydroxide (1 Tbsp lime for 500 g of corn) for 15 minutes

In Spanish, calcium hydroxide is called *cal*. Corn cooked with *cal* ([nixtamalization](#)) becomes [hominy](#) (*nixtamal*), which significantly increases the bioavailability of niacin, and it is also considered tastier and easier to digest.

In chewing [areca nut](#) or [coca leaves](#), calcium hydroxide is usually chewed alongside to keep the [alkaloid stimulants](#) chemically available for [absorption](#) by the body. Similarly, Native Americans traditionally chewed tobacco leaves with calcium hydroxide derived from burnt shells to enhance the effects. It has also been used by some indigenous American tribes as an ingredient in [yopo](#), a psychedelic snuff prepared from the beans of some [Anadenanthera](#) species.<sup>[6]</sup>

**Afghan uses** It is used in making [naswar](#) (also known as *nass* or *niswar*), a type of dipping tobacco made from fresh tobacco leaves, calcium hydroxide (*chuna*), and wood ash. It is consumed most in the [Pathan](#) diaspora, [Afghanistan](#), [Pakistan](#), [India](#) and also in [Sweden](#), [Norway](#). Villagers also use calcium hydroxide as a paint on to their mud houses in Afghanistan and Pakistan.

### Ancient Celtic use

According to Diodorus Siculus:

"The Gauls are tall of body with rippling muscles and white of skin and their hair is blond, and not only naturally so for they also make it their practice by artificial means to increase the distinguishing colour which nature has given it. For they are always washing their hair in limewater and they pull it back from the forehead to the nape of the neck, with the result that their appearance is like that of Satyrs and Pans since the treatment of their hair makes it so heavy and coarse that it differs in no respect from the mane of horses." —[Diodorus Siculus](#)

## Health risks

Unprotected exposure to  $\text{Ca}(\text{OH})_2$  can pose health risks, so should be limited. It can cause severe skin irritation, chemical burns, blindness, or lung damage. See [MSDS](#)

### Taking Birth Control Pills

If a woman takes birth control pills long enough the women will go crazy. Guaranteed. With depression.  
Quote from Dr. John R. Lee's "What Every Woman Should Know" lecture question and answer session.

## Top 12 Reasons to Quit Smoking

By Jennifer Gruenemay, Special to Lifescript  
Published October 11, 2012

*Every year, 500,000 people die from tobacco-related illnesses like emphysema and cancer. But statistics and hospital stories aren't enough for some people to stop smoking. So what will it take for you to put down the cigarettes? Here are 12 reasons to quit now...*

You want to quit, but it never seems to be the right time. You'll wait until after that big exam, or after the holidays, or once your in-laws leave town.

But when it comes to saving your life, there's no time like the present. Here are 12 compelling reasons to quit now:

### 1. Smokers Die Young

Smoking is the No. 1 leading cause of preventable disease and death in the U.S.

And it's not a pleasant way to go. Smokers risk chronic obstructive pulmonary disease (COPD), cancer of the mouth, throat and lungs, as well as asthma, chronic bronchitis and emphysema.

They're also more prone to high blood pressure, high levels of LDL (bad) cholesterol, stroke and heart disease.

In fact, a smoker's risk of dying from a heart attack is 2-4 times greater than in non-smokers.

### 2. You Stink!

You don't just smell like cigarettes while you're smoking... you reek all day. The scent of stale smokes saturates hair, clothes, your vehicle, workplace and home. Smoking also gives you bad breath, and no mint in the world can get rid of the smell of a pack-a-day habit. Kick the habit to reclaim a pleasant aroma.

### 3. You Have 10 Times More Wrinkles

You can always pick a regular smoker out of a crowd, not just by the stench, but also by her skin. Smoking accelerates aging.

"It inhibits the body's ability to repair damage caused by the environment," says Michelle Aszterbaum, M.D., a dermatologist in Newport Beach, Calif.

That means more wrinkles. The damage is more than skin deep: Smokers with prominent wrinkles are five times more likely to suffer from COPD than non-smokers, according to a study published in the *British Medical Journal*.

Smokers also have pale, ashen skin and yellowing teeth, fingers and fingernails -- all extremely *visible* reasons to quit smoking. **4. Your Lungs Are Full of Phlegm and Tar**

Smoking causes sticky, black tar to build up in your lungs, which reduces the exchange of oxygen, carbon dioxide and nutrients between the tissues and bloodstream. This hurts your entire body, but you'll especially feel it in the lungs.

Smokers have a harder time breathing and are more likely to develop painful, chronic coughing because of the increased phlegm.

The good news? If you kick the habit, your lungs can clear some of the tar. Your body begins to heal just 12 hours after your last cigarette, according to the National Cancer Institute.

But it'll take up to three months for improved lung function and circulation.

## **5. Smoking Can Cause Depression**

Feeling blue lately? Is your outlook on life pessimistic? Smoking is a major cause of depression.

A study published in the *Archives of General Psychiatry* followed more than 1,000 people over five years and found that smokers were twice as likely as non-smokers to be depressed.

Some smokers turn to cigarettes to ease depression, but they only make it worse. Kick the habit and you may see life sunny-side up.

## **6. It's Expensive**

You now know smoking burns a big hole in your health and happiness. It's also taking a wallop out of your wallet.

Depending on where you live, a single pack of cigarettes can cost up to \$9; if you smoke a pack a day, that's almost \$3,285 a year.

If you picked up the habit at age 18 and live to age 68, you'll spend almost \$164,250 on cigarettes alone. And that doesn't include the cost of health care bills, extra gum and breath mints. Kick the habit and take several vacations instead!

## **7. You Could Become Infertile**

Infertility and sexual problems are great reasons to quit smoking. Female smokers may have a harder time getting pregnant, and male smokers generally have a low sperm count.

"Smoking appears to accelerate the loss of eggs and reproductive function and may advance the time of menopause by several years," according to the American Society for Reproductive Medicine.

The society's study also showed that genetic mutations of sperm may cause infertility. Men who smoke are also at a higher risk for erectile dysfunction.

## **8. You'll Have a Difficult Pregnancy**

Women who smoke during pregnancy are more likely to experience life-threatening ectopic pregnancies, where the fertilized egg begins to develop in the slender fallopian tube instead of the uterus.

You're also 50% more likely to deliver prematurely, according to a National Institutes of Health study.

Smoking can also endanger the health of your baby, dooming it to lifelong health problems before it's even born.

Toxins from cigarettes travel into the placenta, which cuts oxygen flow to your baby by up to 25%.

Smoking can cause your baby to have a lower birth weight and birth defects, two good reasons to quit smoking, according to the American Lung Association.

## **9. Your PMS Will Get Worse**

Smokers are more than twice as likely to develop premenstrual syndrome (PMS) than non-smokers, according to a 2008 University of Massachusetts study.

We're not talking about a few cramps and some water retention. Women who began puffing before age 15 reported suffering from severe PMS - backaches, bloating, breast tenderness, acne, severe cramps, headaches, mood swings.

The study found that women who start smoking before 15 years old increase the chance of developing PMS by more than 2-1/2 times.

The habit may affect the levels of several hormones involved in the menstrual cycle, such as estrogen and progesterone, says **Edward C. Geehr, M.D.**, Lifescript's chief medical officer.

And the likelihood of irregular cycles increases with the number of cigarettes smoked. Smokers on birth-control pills are nearly 50% more likely to have spotting or bleeding.

### **10. You're a Bad Influence**

Kids imitate their parents. So if you smoke in front of your children, there's a good chance they'll pick up a cigarette. It gives them indirect permission to smoke too.

One study showed that 50% of kids whose parents were smokers thought the habit was "cool;" 55% planned on smoking in the future.

Still not convinced? Smokers' children are generally less active and develop poor nutrition habits.

### **11. Second-Hand Smoke Kills**

Not only is your smoke annoying to others, it's killing them too.

Non-smokers breathe in your second-hand smoke, which increases their risk of developing lung cancer, heart disease and other respiratory problems, including shortness of breath, coughing and more phlegm. Children exposed to second-hand smoke are more likely to develop asthma.

### **12. One is the Loneliest Number**

It's the question asked on every roommate form and dating website: Smoker or non-smoker?

You may love your cigs, but they're putting you on the dark side of one of the world's greatest social divides.

According to Harvard and UC San Diego research, smokers are increasingly edged out and marginalized by their peers.

A study published in the *Australian Medical Journal* suggested smokers are far more likely to be dateless.

It may have something to do with the way they smell, their wrinkly, yellowed skin, or the fact that parents don't want their kids bringing home a smoker.

For more information, check out:

- Lifescript's [Smoking Cessation Health Center](#)
- [Aspire](#)
- [The American Heart Association](#)
- [The Centers for Disease Control and Prevention](#)
- [The National Cancer Institute](#)
- [The American Cancer Society](#)

Get support:

- [QuitNet](#)
- [Nicotine Anonymous](#)
- 1-800-QUIT-NOW 1-800-QUIT-NOW, a toll-free telephone counseling service



## Urine and toxins

**A lot of toxins in the body equals DARK URINE.**

**Not enough water equals DARK URINE.**

**Urine should have little to NO color.**

**Consuming artificial flavors and preservatives equals smelly urine.**

## Acetaminophen

As stated on the news ABC's Good Morning America, Aug 2, 2013

**All drugs have side effects; it is a matter of assessing the benefits verses risk of side effects!**

Health Day News) -- The widely used painkiller acetaminophen, best known as Tylenol, can cause rare but serious skin reactions and a warning about this danger will be added to product labels, the U.S. Food and Drug Administration said Thursday.

Acetaminophen is also often used in combination with other medicines, including opioids for pain and medicines to treat colds, coughs, allergy, headache and sleeping problems.

According to the FDA, acetaminophen can trigger three serious skin reactions. Two of them -- Stevens-Johnson Syndrome and toxic epidermal necrolysis -- usually require hospitalization and can be lethal.

The reactions usually begin with flu-like symptoms followed by rash, blistering and extensive damage to the skin surface. Recovery can take weeks or months, and possible complications include scarring, skin color changes, blindness and damage to internal organs.

A third skin reaction that can be caused by acetaminophen is called acute generalized exanthematous pustulosis. It usually resolves within two weeks after a patient stops taking acetaminophen.

People who develop a rash or other skin reaction while taking acetaminophen should stop taking the drug and seek immediate medical attention, the FDA said.

"This new information is not intended to worry consumers or health care professionals, nor is it meant to encourage them to choose other medications," Dr. Sharon Hertz, deputy director of FDA's Division of Anesthesia, Analgesia and Addiction, said in an agency news release. "However, it is extremely important that people recognize and react quickly to the initial symptoms of these rare, but serious, side effects, which are potentially fatal."

The FDA said that a warning about these skin reactions will be added to the labels of all prescription medicines containing acetaminophen, and the agency will work with manufacturers to have warnings added to the labels of non-prescription medicines that contain acetaminophen.

The FDA's decision to add warnings about possible skin reactions to products with acetaminophen is based on an analysis of data showing that there were 107 cases of acetaminophen-related skin reactions in the U.S. between 1969 and 2012. These cases resulted in 67 hospitalizations and 12 deaths.

Other drugs used to treat fever and pain, such as non-steroidal anti-inflammatory drugs (NSAIDs) including ibuprofen and naproxen, already carry warnings about the risk of serious skin reactions.

Two years ago, the FDA took steps to reduce the risk of liver damage from acetaminophen. The agency asked manufacturers of prescription products to limit acetaminophen to 325 milligrams per tablet or capsule and required all prescription acetaminophen products to include a boxed warning about liver damage risk.

Hertz stressed that the, "FDA's actions should be viewed within the context of the millions who, over generations, have benefited from acetaminophen. Nonetheless, given the severity of the risk, it is important for patients and health care providers to be aware of it."

### More information

The U.S. National Library of Medicine has more about acetaminophen.

SOURCE: U.S. Food and Drug Administration, news release, Aug. 1, 2013

By [Katie Moisse](#)

[@katiemoisse](#)

[Follow on Twitter](#)

Aug 2, 2013 2:11pm

A move by the U.S. Food and Drug Administration to add [Stevens-Johnson Syndrome](#) to a list of acetaminophen side effects comes one month after [a Supreme Court ruling related to the rare but deadly skin disease](#).

The federal agency announced Thursday that the makers of Tylenol and other forms of the popular painkiller would be required to warn consumers about the dangerous drug reaction, which can cause [the skin to blister and slough off the body](#).

But with just 107 known cases since 1969, the reason the FDA is adding the warning now is unclear.

"This new information is not intended to worry consumers or health care professionals, nor is it meant to encourage them to choose other medications," Dr. Sharon Hertz, deputy director of FDA's Division of Anesthesia, Analgesia and Addiction, [said in a statement](#). "However, it is extremely important that people recognize and react quickly to the initial symptoms of these rare but serious, side effects, which are potentially fatal."

A similar warning was added to non-steroidal anti-inflammatory drugs like Advil in 2005, one year after [a New Hampshire woman suffered a near-fatal reaction to the generic drug sulindac](#). In late June, the Supreme Court ruled that the maker of sulindac could not be held accountable for Karen Bartlett's injuries, which include full-body burns and blindness, reversing a jury verdict that granted her \$21 million in damages.

### **Read about Karen Bartlett's injuries and why no one was held responsible.**

The FDA announcement means that the makers of brand-name drugs like Tylenol and Midol as well as the makers of generic acetaminophen-containing drugs will have to update their packaging with black box warnings — the strongest form of a drug warning, used to call attention to serious risks.

“FDA’s actions should be viewed within the context of the millions who, over generations, have benefited from acetaminophen,” Hertz said. “Nonetheless, given the severity of the risk, it is important for patients and health care providers to be aware of it.”

The updated labels will warn about Stevens-Johnson Syndrome as well as toxic epidermal necrolysis and acute generalized exanthematous pustulosis, all skin conditions that can occur without warning in people that have taken acetaminophen before without a problem.

“There is currently no way of predicting who might be at higher risk,” the agency said in a statement.

### **Virus from outer space**

The Pandora virus is the largest virus on earth. It is only similar to other viruses by 6%. It is believed it is not from earth. The only two places to be found is off the coast of Chili and a pound in Australia. Should people fear? Not yet, it has moved to other areas. Scientists don’t know how it will affect people yet. This virus looks like bacteria. Viruses are not classified as living organisms. Viruses have a lot of genetic material, but they don’t have cell structure.

### **Mass Animal Suicides?**

World wide phenomena; birds, fish, and all kinds of creatures just dropping dead for no reason. Is this nature’s way of protecting the rest of a species from something? Caused by something? Always happened and never noticed? Or a sign of things to come? WHY.

No one knows.

The medals given out to gold medalists in the 2014 at Sochi Russia will have a shiny piece of the meteorite from Chelyabinsk Feb 15, 2013. Ten thousand ton meteorite. 11,000 people were injured.

### **Bermuda Triangle**

A semi translucent pyramid started showing up out of the ocean floor in the Bermuda Triangle. It measures 300 meters wide and 200 meters tall. With two holes in it which allow volumes of water to flow into making a whirling water vortex. Which emits a misty fog in the area. Is this the source of all the mysterious happenings in the Bermuda triangle? It is hypothesis is that

this structure is tied to the Noah's Ark event in biblical times. The scientists are hard at work pin pointing time, purpose, builders, etc.