

# Alternative Health News

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## Bone Broth, Fact or Fiction...

Bone broth is a term used for a stock made from boiled bones, particularly larger, marrow-rich bones, which create a rich liquid on which to base a soup. Usually, meat, vegetables or herbs are also thrown into the mix. The making of such stocks and broths has largely gone by the wayside with people more frequently buying broth from supermarkets to make their soups and stews. However, these modern substitutes are, unsurprisingly, not as healthful as their homemade counterparts.



### Long History of Use

The story of making chicken soup for someone who is ill has its origins far back into human history. At least as early as the ancient Greeks, healers like Hippocrates have used bone broth to promote general health and to support and cure problems with the gut. It was in more modern times that bouillon, powdered soups or canned soups became so popular. In fact, it was during the age of Napoleon, when the Emperor wanted a means of making portable soup to feed his army, that these products were developed. Needless to say, however, they do not contain the health benefits of old-fashioned stock or broth.

### Benefits of Bone Broth

Problems related to digestion and joint health seem to be most responsive to consumption of bone broth. This is because such broth is a rich source of collagen. Collagen has the ability to heal tears or weaknesses in the lining of the gut and this can translate into real health benefits. Gut leakage has been linked to many chronic conditions, including autoimmune disorders, allergies and a host of neurological problems. This collagen also works on supporting joint health and helping to rebuild the connective tissues in the joints that can keep them flexible and avoid the pain and stiffness that comes with arthritis and other joint dysfunctions.

Bone broth is considered to be an integral part of the gut and diet. Many people with an array of digestion problems can benefit from it. There is still much research going on today in regard to the importance of the gut to overall health and it is likely that still more information on this will be uncovered in the future.

## Got Candida?

Do you experience symptoms like chronic fatigue, digestive problems, or vaginal infections with no real explanation? You're not alone. Estimates now suggest that up to 25% of Americans may suffer from yeast related problems.

Candida overgrowth, also known as yeast infection or simply 'Candida,' is a condition that affects millions of people worldwide and causes symptoms such as chronic fatigue, skin rashes, recurring vaginal yeast infections, or digestive problems. Candida yeast infection usually occurs in individuals with an overgrowth of an intestinal organism called Candida albicans due to an unhealthy diet high in sugar, prolonged stress, or overuse of broad-spectrum antibiotics. Once the Candida albicans overwhelms the healthy bacteria in your gut, it can negatively affect your health in numerous ways.

### Symptoms of Candida Overgrowth

- Fatigue
- Athletes Foot
- Rashes-skin, mouth, sexual organs
- Flu-like Symptoms
- Headaches
- Brain Fog
- Food Allergies
- Vaginal Yeast Infections
- Constipation
- Diarrhea
- Bloating
- Sinus conditions

And the list goes on and on...

There are many symptoms, but they all start because of out-of-control growth of Candida cells in the intestines. There it may produce a number of toxic by-products that may infiltrate the bloodstream. The result is a fight, and your body is the prize. Chronic yeast infection is a modern day disease in epidemic proportions. However, countless have already been helped with Herbal remedies, probiotic and diet therapy.

Educating yourself thoroughly about the symptoms and causes of this condition is your first step to better health.

**Order our Candida Self Test for FREE and find out what your fungal score is!**



## Everything You Wanted to Know About Coffee Enemas!

### What is a Coffee Enema?

A coffee enema is an ancient herbal procedure in which you fill an enema bag or bucket with a mix of water and coffee, then feed this mixture into your colon via a tube, hold it inside for about 15 to 30 minutes, then expel it into the toilet.

Sounds easy enough, eh?

But coffee enemas aren't exactly some new underground alternative method. The coffee bean and coffee plant have been part of herbal medicine and folk medicine for thousands of years. One colorful description of an enema is said to be found in the Dead Sea scrolls:



"...seek, therefore, a large trailing gourd, having a stalk the length of a man; take out its inwards and fill it with water from the river which the sun has warmed. Hang it upon the branch of a tree, and kneel upon the ground before the angel of water, and suffer the end of the stalk of the trailing gourd to enter your hinder parts, that the water may flow through all your bowels. Afterwards rest kneeling on the ground before the angel of water and pray to the living God that he will forgive you all your past sins, and pray the angel of water that he will free your body from every uncleanness and disease. Then let the water run out from your body, that it may carry away from within it all the unclean and evil-smelling things of Satan."

While "Evil-Smelling Things Of Satan" may accurately describe some of your bathroom experiences, please take heart, I will be giving you a far more pleasant version of a coffee enema than "suffering the end of the stalk of a trailing gourd to enter your hinder parts". I think gourds are best left as a table decoration for a nice Thanksgiving Day dinner, and not as something for your backside!

### Health Benefits of Coffee Enemas

Coffee Enemas may facilitate the detoxification of the Liver.

There is a duct that connects the sigmoid Colon and the Liver (it is named the entero-hepatic circulation system). When the stool reaches this duct, it contains many toxins, which are sent to the Liver for detoxification.

The Caffeine, Theophylline and Theobromine from the Coffee Enema that is absorbed into the entero-hepatic circulation system causes the Bile Duct to empty into the sigmoid Colon and then be eliminated.

Releasing the toxins in the Bile Duct makes room for other toxins in the body to enter the Liver for detoxification.

**Continued on the next page...**

## Here's how you do it!

### Coffee Enema

1. Make a pot of strong coffee, using organic coffee only (not instant) and using distilled water.
2. Let cool to room temperature.
3. Pour the coffee into a clean, disinfected enema bag. Preferable the kind grandma used.
4. Clamp the end of the enema bag to prevent leaks or spills.
5. Hang the enema bag 2-4 feet above where you will be lying down.
6. Release the clamp until the coffee begins to flow out and clamp immediately.
7. Lie on the floor on a comfy towel and insert the nozzle using a lubricant such as extra virgin olive oil.
8. Release the clamp and the coffee mixture flow.
9. Clamp the tube as soon as there is a sensation of fullness or when the enema bag is empty.
10. If possible, without forcing yourself, retain the Coffee Enema for 10-20 minutes, then empty your bowel.

When the bile duct empties, you will hear or feel a squirting sensation in the area of your right rib cage. After feeling the Bile emptying, you know your mission is complete. If you still feel as if the mission was incomplete or you were unable to keep the coffee in, you may repeat the next day!

## What Cherries Can do for You?

Generations of people have reported that cherries help keep painful osteoarthritis (OA) and gout flares in check.

Now, scientists are putting this popular folk remedy to the test with promising results. Researchers have tested different amounts of several varieties of cherries in almost every form, from juice to pills. And though most studies are small and the findings preliminary, evidence of the benefits of cherries is growing.

In a study of 633 participants, Boston University Medical Center researchers found that eating at least 10 cherries a day protected people with existing gout from recurrent attacks. The findings were published in 2012, in a supplement to the journal *Arthritis & Rheumatism*.

"Cherry intake was associated with a 50 percent lower risk of gout flares over a 48-hour period," says study co-author Hyon K. Choi, MD. "We extrapolate that cherries will continue to work long-term."

He attributes the positive effects to anthocyanins plant pigments that have powerful antioxidant and anti-inflammatory properties.



Tart Cherry  
Extract  
available in  
Capsules  
through

## THE LATEST UNIQUE HAIR GROWTH TREATMENT

Min Max Pro is the latest topical treatment to help improve the condition of alopecia (hair loss) and stimulate new hair growth and prevent further hair loss through a unique combination of growth factors.

These cutting edge growth factors: bFGF and caffeine are the key combination that are delivered straight to the hair follicles stimulating and kick-starting the follicles into growth mode that Minoxidil alone will not effectively accomplish.

These growth factors are supported by high strength Minoxidil (15%), that increases the blood supply to the hair follicles.

MinMax-Pro is the latest approach to help improve the condition of alopecia (hair loss). For some years, minoxidil has been at the core to improve blood supply (and therefore nutrients) to the root (bulb) of the hair; it is proven to act by significantly increasing the speed of hair growth and therefore improve the coverage of hair on the scalp.

MinMax-Pro has minoxidil in it and it has the highest strength of topical minoxidil available at 15%, plus it has cutting-edge growth factors and hair density improving agents; together they form a totally unique combination to improve new hair growth and also to prevent further hair loss.

For example, MinMax-Pro also contains a high strength of azelaic acid at 5%. Azelaic acid is an all-natural DHT-blocker, by helping to block this hormone within the scalp MinMax-Pro helps to reduce hair loss and to improve hair density and appearance.

DHT (di-hydro-testosterone) is a well-documented factor and higher levels are indicated as a trigger for hair loss, particularly so in men. It is why DHT is the target for hair loss drugs like Propecia (finasteride); but here in MinMax-Pro its natural DHT blocker is situated within the topical liquid solution to be applied directly onto the balding scalp, therefore it is not taken orally, (unlike the drugs)-thus avoiding any internal biochemical issues.

While most other topical agents would be delighted to just have the above agents in them, MinMax-Pro doesn't stop there! It also contains three potent growth stimulants, including Insulin-like Growth Factor) and bFGF (Basic Fibroblast Growth Factor) and caffeine.

Nowhere else can these trace factors be found combined into a topical hair loss agent-along with long-standing and proven agents and at such strength.



Don't settle for Hair  
Loss...

Order Your MinMax  
Today!

## Banana Berry Smoothie Recipe

2 Bananas

1 Cup frozen or Fresh Organic Strawberries

1 Cup Fresh or Frozen Organic Blueberries

2 Scoops Vanilla or Plain Bone Broth

1 Cup Organic Almond Milk or Organic Milk

Combine all ingredients

In blender, Puree and

Serve for a delicious, refreshing, nutritional treat!



Want more recipes, request Valerie's Smoothie Recipes when you place your next order.

## Alternative Health Show

### Super Channel

Monday-Friday 9:00 AM EST

8:00 AM Central

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6:00 AM PST

Watch daily online, <http://www.wacxtv.com/WatchTV55.aspx>

### CTN

Thursday 1:30 PM EST

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