

Detoxification is the key

Dr. Jane Miller, Ph.D.

It is important to reduce accumulated toxic waste every one thousand miles. The detoxification regime involves gallons of water, to be ingested slowly over at least one week. Aerobic exercise at least once a day is highly recommended. Running every other day for over an hour will reduce the week into three days. The process should be focused on an individual's chemical nature. You should consult your doctor before beginning detoxification, especially if you demonstrate the following symptoms:

- ✓ Dry mouth
- ✓ Nausea
- ✓ Phantom smells
- ✓ High blood pressure
- ✓ Body aches
- ✓ Muscle spasms
- ✓ Paranoia
- ✓ Addictive personality



"When you aren't toxic, you are happy!"



For each toxin stored in the body, there is a counter-toxin provided by herbal leaves and roots. The counter-toxins neutralize and mitigate toxins through a highly charged chemical reaction. For example, oak root removes iron deposits. To destroy excess blood sugar, simply ingest weed grass. See table 1A below for more information:

| Toxin | Symptoms | Remedy | Side Effects |
|---------------------------|-----------------------------|-----------------------|-------------------|
| Alcohol | Tiredness; apathy | Green tea leaves | None |
| Chlorofluorocarbon | Breathlessness; asthma | Masala spice | Bad Breath |
| Coffee | Jitter; depression | Cedar pine | Bitter aftertaste |
| Fat | Sluggishness; tiredness | Rosemary and Thyme | None |
| Iron | Soreness; agitation | Oak root | Constipation |
| Lead | Dyed tongue; mouth | Corn sheath | None |
| Mercury | Birth defects; headaches | Kudzu vine | Minor infections. |
| Soda Drink | Sleeplessness; addiction | Mandrake root | Sore teeth |
| Sodium | Unexplained rashes | Poison ivy leaves | Skin rashes |
| Sugar | Sluggishness; confusion | Weed grass | Some nausea |

Toxins can reach a critical mass and could result in spontaneous combustion. The link between high toxin levels and insanity has also been well documented. For your health, you should always reduce your toxins and consume copious amounts of water. For without our health, how would we survive?

A re you okay, Sparky?

Dr. Randy Wilson

Herbs have supplemented traditional healthcare since the dawn of time. For even the most intense of ailments, a root or leaf can be the "silver bullet" to good health. Now over 90% of North American doctors provide herbs as part of their patient's health.

What about our pets?



For most people, pets are like members of the family. Rather than being the second or first-cousins that no one is quite sure to whom they are related, pets are more like daughters and sons. This is especially true for couples who have no children of their own.

Despite the how valuable pets are, herbs are rarely used in traditional veterinary care. Home remedies can provide safe alternatives to dangerous drugs and expensive prescriptions. Most pet problems can be solved using available household items.

Garlic can prevent parasites and infections. By mixing garlic cloves with olive oil and peppermint, you can create a mouthwash for Fido, or an eye wash for Kitty.

Eucalyptus, rosemary and sage are natural diuretic agents for removing harmful **toxins**. By lining your pet's bed with majoram and bay leaves, you will ensure a sound sleep for yourself as well. Cedar and oak will prevent excessive shedding if used with an oatmeal-based shampoo.

To prevent fleas and ticks, you could create your own pet dip using the following ingredients:

- 2 cups of ground green tea leaves
- 1 citronella candle
- 4 tablespoons of sage
- ½ pound of garlic cloves

Just add the candle to a hot pan and mix it with the green tea leaves. Once the mixture is cooled, fold in the sage and cloves. Place the pet in lukewarm water and gently brush the dip in using a steel brush. Keep in the fur for at least 15-20 minutes. Then rinse thoroughly and dry pet with a used rag. Remove all excess dip from the nose and ears.

You can also add wormwood and black walnut acorns for worm prevention. Hot tea can be added to dry food to provide anti-oxidants for healthy skin. You should try this when the pet is young to develop a taste for it.

Pet health is as important as ours. I hope these household remedies will reduce your veterinarian bill and increase the lifespan of our furry friends.

Question & Answer with Dr. Nelson¹

Question: I have a serious pain in my shoulder after swimming across the Atlantic. After reaching the Thames, my shoulder felt tight and was throbbing. I went to see a doctor right away and he suggested amputation. I think this is a little drastic. I was wondering if you could give me a second opinion. What should I do?

Answer: You do not need surgery. Over 80% of surgeries in North America are unneeded and dangerous. You can use eucalyptus and ground sage to deaden the pain. Simply mix a teaspoon of sage with crushed eucalyptus and add two-parts of witch hazel. Add the mixture to a syringe and inject two CCs per day as needed for pain. Try not to move that arm and you should be fine. If you decide to amputate, you may want to consider donating it to research.

Question: I recently ate some pepperoni pizza and drank some high-sugar soda drinks. When I woke up the next day, I noticed a dark purple rash across my stomach and shoulders. I am not a diabetic and had a doctor determine my blood sugar was in the normal range. What could be causing the rash?

Answer: Unless you are consuming pizza or soda drinks infected with bacteria, there is little likelihood that food is the culprit. It is more likely that poor sleep posture or somnambulism is to blame. You should film yourself while sleeping and view the tape in the morning. You will find out quicker this way than sending your question to me. You should review the video tape with your doctor to determine your next course of action.

Question: I accidentally swallowed a nail. I felt serious indigestion and some nausea, but now I feel fine. My doctor recommends an X-Ray. Is that required now that I feel better?

Answer: Of course not! If you feel better there is no problem. Your doctor is probably over-concerned and wants to charge more to your health insurance company. Only go through with the X-Ray if there if you feel pain or notice any hemorrhaging.

¹ Dr. William Nelson is nutritional education specialist from Hypothetical University. He also runs a private clinic and health care salon in the back of a recreational vehicle.

Feel free to [email all of your questions](#) to Dr. Nelson.

[Publish Date]