



## Selected Questions asked by Adults

**Q:** My wife of 72 is battling breast cancer. She is undergoing radiation treatment, yet I wonder if your natural health system could offer anything to help her?

**A:** There are a number of things that can be done within the natural health field which can support her body as she undergoes radiation treatment. It is important to minimize the effects of free radical damage caused by the radiation treatments and also to support her immune system throughout the process. Antioxidant vitamins and minerals have been shown to be helpful as well as grape seed extract or pine bark.

**Q:** I suffered a whiplash injury 2 years ago and have lost some of the mobility in turning my neck from side to side. What can you suggest?

**A:** Whiplash is a sprain/strain of the small soft tissues of the cervical vertebra. Since there has been significant time passed, there may be scar tissue built up impeding your mobility. Gentle, controlled stretching may help regain your range of movement. Pilates would probably be a good exercise program to participate in.

**Q:** A recent blood test showed my cholesterol levels to be high. Is there any way I can lower this with natural products?

**A:** Cholesterol levels tend to rise when there is an inflammatory process going on in the body. Cholesterol is a sticky, waxy substance manufactured by the liver and is used to patch up damaged cells. When the body signals there are many damaged cells due to an increase in inflammation, cholesterol levels rise to the challenge. Finding out what or why there is an increase in damage, is a key component is lowering cholesterol levels. There are many natural products that can aid in bringing cholesterol into an acceptable range.

**Q:** I am not in favour of a flu shot. What can you suggest?

**A:** Flu viruses mutate constantly, producing new strains from year to year; this questions the effectiveness of the flu vaccine. The one sure way to protect yourself is to keep your immune system strong. This can be done by ensuring proper rest and exercise and a good diet eliminating sugar. To help the immune system fight the viruses that are around, I suggest our flu protocol. This includes a homeopathic preparation of bacterial and viral strains formulated to stimulate the body's defences to

combat all types of influenza, other homeopathic elements and remedies to ensure the immune system's ability to fight off viruses and extra vitamins and nutrients specifically targeting the mucous membranes and immune system.

**Q:** Aside from vitamin C, what works best to fight off colds?

**A:** Vitamin C is not only an antioxidant vitamin, it is also necessary in the health of the mucous membranes such as the sinus cavities. However it is not the only recommended vitamin for colds, the other is Vitamin D. There has been recent research showing the benefits of Vitamin D for the immune system. A good probiotic is also essential in supporting the immune system. Since viruses and bacteria adhere to mucous membranes, one way to block this adhesion is to line the membrane with good bacteria derived from an assay attested probiotic.

**Q:** I have a prostate issue. Are there natural products that effectively work in this area?

**A:** You have not stated exactly what the "issue" is with your prostate gland. However, regardless of the severity, there are natural products that can help support this gland, especially as a male ages. The mineral zinc is an important nutrient for a healthy prostate as this gland is one of the *storage bins* for this mineral. Pumpkin seeds also known as pepitas, are very high in zinc, so including these snacks in your diet is a good idea. Pumpkin oil capsules are also available. Other botanicals that have been used to support the prostate gland include saw palmetto and goldenseal.

**Q:** Before I retired, I worked as a welder for most of my life. I have been reading about heavy metals and with that, I have two questions. Will the Ion Cleanse foot bath help remove metals from my system and is there a way to measure the metal content in my body?

**A:** As a welder, I am sure you have inhaled microscopic metal and alloy fibres over the years. These metals can embed themselves in the respiratory tract and also be transported to other areas of the body for storage. Hair tissue analysis is one of the best measures for heavy metals as these potentially toxic elements tend to concentrate in soft tissue rather than blood or urine. The Ion Cleanse foot bath has been shown to be an effective method to remove heavy metals.