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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**10 Steps To Detoxification**

**By Dr. Janet Starr Hull, PhD., CN**

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Technology. We live in a grand time of technological development. Computers, the Internet, cell phones, digital cameras and DVDs. But the human body has not 'kept up' with technology. Human beings certainly shouldn't eat technology! But that is happening today as a result of the onslaught of chemicals in our foods and environments, and with the impending threat of chemical warfare.

This very second, your physical body is mysteriously functioning internally exactly the way human bodies functioned 10,000 years ago. Because our bodies today are the same as in the past, it is critical to eat, drink, and live the same as in years past – centuries past. But modern societies are adopting one of the most unnatural lifestyles known to mankind. Cancer rates and cardiovascular disease in the United States alone are among the highest in the world as a result of technology interfering with our food supply and living environments.

**SO WHY DETOX?**

Have you ever washed greasy dishes without hot water or dish soap? The dishes don't get clean, do they? When toxic metals and chemical food additives get inside your body, it takes a strong "cleanser" to scrub your body clean from the inside out. The combination of vitamins and minerals through detoxification work in this fashion to remove toxins from your body tissues and body organs, from your water stores, fat deposits, and within your bloodstream. Natural cleansing is critical to remove body toxins, and protects from re-depositing them somewhere else in the body.

Toxins such as lead, mercury, and the side effects of aspartame's by-products of formic acid and formaldehyde, block nutrients from getting into normal body cells in the same fashion a lead shield blocks radiation during an x-ray.

If toxins are present within your body, oxygen and the body's "food supply" cannot get inside your cells to supply needed nutrients, nor can the cells' waste products get out. Diseases, such as cancer, now

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have an environment in which to form. When these body toxins are removed, your body can then restore a healthy balance.

### IDENTIFY, REMOVE, AND RESTORE

The basic philosophy behind any effective detox program is to identify, remove, and restore.

Identify what toxins are at the root of your health problems.

Identify = hair analysis

Remove the toxins by cleansing your body.

Remove = detoxification

Restore lost nutrients.

Restore = nutritional supplements

Like peeling the layers off an onion, as each layer is removed through detoxification, the underlying layers reveal what's really behind disease symptoms. The deeper you go toward removing the 'core' of the problem, healing becomes long-term reality.

### TEN STEPS TO DETOXIFICATION

Begin with detoxing your body of all residual chemical toxins and see if any adverse health symptoms remain. Try these steps for yourself, and within 30 days your symptoms should improve if not completely disappear.

The Ten Steps: Remove all chemicals from your diet. Learn to 'read' your body. Begin recording any health changes. Get a hair analysis. Be happy with yourself. Detoxify. Restore depleted nutrients. Exercise and get plenty of rest. Eat 75% raw foods at every meal. Drink water, water, water. Get control of your life.

Do not overlook the fact that healing from disease and illness takes faith, personal strength, and perseverance. Curing illness and degenerative diseases with a mind-body approach might be considered old-fashioned and ineffective when compared to today's high tech prescriptions, but it's essential that human beings remember that the roots of disease and their cures are as old-fashioned as the body itself, and healing begins with SELF.

### WHAT IS A HAIR ANALYSIS?

A hair analysis determines exactly what chemicals are inside of you, including radiation. Generic medical lab tests don't identify deep tissue toxins nor nutrient depletions the same way a hair analysis does.

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The protein in hair fiber holds the composition of the body tissues for a permanent period. By analyzing your hair fiber composition, you can tell what toxins have accumulated in the body tissues and what vitamins and minerals are depleted or too abundant causing imbalances in body function. By detoxifying unnatural chemicals and by replacing specific vitamins individual to your needs, proper health can be restored using nutrition. The human hair analysis points out these levels, making the hair analysis the BEST tool out there.

The link below provides a sample hair analysis report of a twenty-year-old male toxic in mercury. Andy has been a vegetarian all of his life, and ate canned tuna most every day. His over-all toxins were low and his nutrients were fairly balanced, but his mercury level was dangerously high which, in turn, depleted his lithium stores. Lithium is a critical element that supports emotional and hormonal development. Thinking he was on a 'healthy' diet, Andy would never have known the potential health dangers within his tissues and bloodstream without having a hair analysis performed. He is relieved to know he prevented future health problems, and now knows how to adjust his diet and supplement program to achieve optimum health.

Andy's Hair Analysis:

Good nutrition works. Take the time to determine at which point you may have gotten off track nutritionally and what 'poisons' you have been exposed to. Detox your body of all environmental and food chemicals you have been exposed to throughout your lifetime. Restore depleted nutrients through proper supplements and whole foods.

Toxins are at the root of most diseases, and once they are removed, health and well being return. An effective detoxification plan removes the source of disease symptoms, such as aspartame or radiation poisoning, detoxifies toxic residue from the body, and replaces specific nutrients to regain a state of wellness. Detoxing the body removes toxins from chemicals quickly and can actually remove most chemical toxins from your body tissues and body organs, from your water stores, and from fat stores within your bloodstream, along with assisting in the elimination of those toxins via the bowels and pores of the body.

For more information about Dr. Hull's Detox Program, visit the link below:

Dr. Hull is a Licensed Certified Nutritionist, certified fitness professional, and author of the best selling book, Sweet Poison. She currently holds a Doctorate in Nutrition, a Master's Degree in Environmental Science, is an international geographer and geologist, a former university professor, firefighter and Hazardous Waste Specialist and Emergency Responder.

Dr. Hull writes a monthly newsletter covering a wide range of important health topics including Government Safety Alerts, Q and A's, and more! To sign up for her newsletter or to view past articles visit the link below:

**Alcoholism-- What Should I Know About It?**

### By Geoff Hugh

What is alcoholism?

Alcoholism is a disease that affects the part of the brain that controls your feelings, the way you make decisions, and the way you act. People with alcoholism cannot control how much they drink. What causes alcoholism?

Nobody knows what causes alcoholism. People with parents who have alcoholism have a greater chance of getting the disease. Alcoholism may be related to the things we learn when we are growing up. Alcoholism is not caused by a lack of will power or moral values.

How can I tell if I have alcoholism?

It is not easy to tell if you have alcoholism. You might drink socially at first, but over time the drinking can get out of control. Your family, friends, or doctor might notice it before you do. You might drink to help yourself go to sleep or deal with stress and anxiety. Over time, you need to drink more to feel the same way. As the drinking gets worse, you may have some of the following:

- \* Stomach ulcers
- \* Liver disease
- \* Mood problems, such as depression and irritability
- \* Trouble sleeping
- \* Problems with family and friends
- \* Problems at work.

You might have alcoholism if you have tried to quit drinking but were not able to stop. Alcoholism can make you do things you wouldn't do if you were sober. Some of these things can hurt other people, even the people you love.

Where can I get help for alcoholism?

Your doctor can help you find the right treatment program. You also can check with your health insurance company. Some insurance plans cover alcohol treatment only at certain places.

If you have been a heavy drinker for a long time, do not stop drinking suddenly. This can lead to serious withdrawal symptoms. What is withdrawal?

When you stop drinking, your body might find it hard with no alcohol. You might have some uncomfortable feelings. That is called withdrawal. You might feel anxious and confused or have trouble sleeping. If you get "the shakes" when you don't drink, or if you feel like you need to have a drink early

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in the day, you might need to take medicine when you stop drinking to help with the withdrawal. This is called detoxification (say:dee-tox-uh-fuh-kay-shun, or "detox," for short).

How can my doctor tell if I need detoxification?

Your doctor will ask you questions to see if you need to take medicine to stop drinking. It is important to be honest with your doctor about how much you drink and the kinds of drugs you take.

Can detoxification be done at home?

Yes, but only with close supervision from your doctor. You will need to have another person at home to help you take your medicine. If you have serious withdrawal symptoms or other medical problems, you might have to go to a hospital for detoxification. Tell your doctor if you had a seizure or got delirious when you tried to stop drinking before.

What happens after detoxification?

Detoxification is not enough to treat alcoholism. You should have counseling before and after detoxification. Counseling will help keep you from drinking again.

What about Alcoholics Anonymous?

Alcoholics Anonymous, or "A.A.," is a free support group for people with alcoholism. The people in A.A. help each other stay sober. Most communities have A.A. meetings, and most alcohol treatment programs tell their patients to go to these meetings.

Where can I get more information?

Your doctor

This information provides a general overview and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and to get more information on this subject.

Geoff Hugh

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