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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!

Brain Power Versus Computer

By Lena Sanchez

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Your brain uses almost 20% of all the oxygen you take into your lungs. Your blood carries the oxygen to your brain. This is why clogged arteries cause memory loss and organizational skills impairment. Today's society is a fast food society and fast foods are basically void of nutrients and full of artery clogging fats.

You hear a great deal these days about information processing – usually has "new age technology" tacked onto the end of it usually referring to the revolution that has occurred using computers to communicate. Communication is a very important part of life, whether it be a husband to wife or parent to child, company to employees, clients to customers it still remains the most important thing we need to do. The computer does not hold that power only as a tool for long distance communication. The real true communicator is – The "Brain" and it's power may still be compared to computers as we know them but the brain is a much older and definitely more powerful form of information processing and communication. Our brain is of the utmost importance in our lives and without it working up to par you are either a vegetable or retarded.

When growing up (in the olden day as my children and grandchildren call it), there was no such thing as a computer, calculator, TV etc.. We communicated by talking to each other, writing, playing games and visiting others while really communicating and socializing. Learning about each other.

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Even though we may still compare our brain to our computer there is a vast difference in what we actually process in our brain and in our computer but not so different really. Because the nutrition put into our brain is equivalent to the electrical current put into our computers that makes them work. Without the electrical current being completed the computer won't work... Without proper nutrients to the brain it won't function well either.

Lets compare the two –computer versus brain – by saying if you don't have an electrical outlet to plug your computer into or a battery pack to provide the electrical current there

will be no information data input or output from the computer. By the same token, our brain needs electrical power not from an electrical plug-in but from nutrition. The saying goes for computers, "garbage in, garbage out." Our brain is the same way, "garbage in, garbage out." What are you feeding your brain?

Your brain uses 50% of your energy and only occupies a small portion of your total body volume, yet is the most important organ in your body. If you are tired frequently, it could very well be that you are not feeding your brain properly. Are you forgetting things that shouldn't be forgotten? Could be a malnourished brain. Your brain and body requires complete minerals and trace minerals to function on all cylinders. Are you putting them all in or are you putting in the three nutrients that are in our fruits, grains and vegetables gleaned from their fertilizers? Or are you putting in all the chemicals and hormones fed our animals to fatten them and make them worth more dollars? It now takes more than our foodstuff to give our brain the nourishment required to function properly.

After World War II the farmers were told that the new fertilizers would produce better and more crops than the natural (manure) fertilizers they had used prior to that.

Exactly what happened?

Gradually the natural (manure) went by the way side taking with it the nutrients that they put into the ground and had been supplying us with a complete nutrient base.

Chemical manmade fertilizers have all of three nutrients, nitrogen, potassium and phosphorus. What happened to the other 91, which our bodies need?

This also set up a chain reaction with our food animals as well. The feed they are fed now has only those three nutrients absorbed from the fertilizers along with the chemicals and hormones, which are added to fatten them, therefore prevent the natural (manure) fertilizers from containing the nutrients of old! Setting up a vicious cycle! There are some nutrients added to the animal feed, usually 7 to 23, but not the complete 94 as required by our bodies to be healthy. The following was taken directly from Website Southwest Livestock Mineral Company

"We blend for dairy cattle, beef cattle, sheep, goats (Boer, Milk, and angora) and swine.

Our custom minerals for domestic consumers carry a consumption guarantee. We have FDA clearances for many medications including Bovatec®, Rumensin®, Rumatel®, Mecadox®, Banmith®, Deccox®, and several antibiotics."

Tests with animals have shown that by withholding certain nutrients from their diets they forget tricks that they had learned and usually could perform with no problem. In both animals and humans, aging compounds the problem of memory loss and retention – doesn't have to – later on I will show you why. In the early 1950's large numbers of animals – cattle, hogs, sheep, chickens and turkeys – began getting diseases never before seen in animals, such as heart disease, cancer, arthritis, etc. In most cases veterinary scientist traced the cause to specific nutritional deficiencies. Today all feed for animals have added nutrients to eliminate a large portion of those illnesses and diseases along with some not so good added chemicals in their foodstuff as you can see above.

Today the chemicals used on the farms and fed to the cattle and sheep in the form of nutrients are taking its toll on our bodies and minds. For what affects our minds

also effects our bodies!

Here is an excerpt from the United States Government in 1936 – Verbatim from the Farm Land Depletion Senate Document #264 of 1936; "Our physical well-being is more directly dependent upon minerals we take into our systems than upon calories or vitamins, or upon precise proportions of starch, protein or carbohydrates we consume...."

It goes on to say, "Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until depleted soils from which our food comes are brought into proper mineral balance." "No man today can eat enough fruits, vegetable and grains to supply his stomach with the mineral salts he requires for perfect health, because his stomach isn't big enough to hold them! And we are turning into big stomachs."

(End of Excerpt)

Has that come to pass or what? We are a society of big stomachs. Obesity is rampant and you thought it was your entire fault. So even if you eat the very best

food available there still is a chance you would not be nourishing your brain and body like you should. I am not telling you this to depress you but to inform you – I also hope to make you act – so that you may make some right decisions for your brain's necessary nutrients. I take supplements daily to prevent that from happening to me and being 63 years old my brain seems to be functioning very well but wasn't a few years ago, prior to taking mineral & vitamin supplements.

The older you get the more malnourished you will be and it will become more noticeable. Malnourishment comes on slow and most times it isn't detected. Some people become very ill early in life, which makes it very possible that the malnourishment is being passed from parent to child! Why do you think that all the Alzheimer's and senile dementia is diagnosed these days so much more than 30 or 50 years ago?

One of the very first things on the list to do for yourself and your brain is make sure you are getting good quality digestible liquid minerals and vitamins! "With taking them I have noticed a big

improvement in my whole well being" Whipped Chronic Fatigue Syndrome right out of my system and controlling chronic anemia along with 25 years of fibromyalgia.

Here is a LITTLE KNOWN SECRET The 1999 Physician's Desk Reference (page 1542) shows that vitamins and minerals in a PILL form are only 10% to 20% absorbed by the body. DID YOU KNOW? That in 1998 Tacoma Washington alone, 250,000 pounds of undigested vitamin and mineral pills were pulled out of the sewers every six weeks. In Salt Lake City, over 150 gallons of vitamin and mineral pills show up in their filters every month and numerous other cities sewer systems. The reason; high metallic content of these pills. Metallic minerals like oyster shells, carbonates, oxides and dolomites have the consistency of crushed up rocks, which our bodies were not designed to digest. So even if you are taking vitamins and minerals how sure are you that you are absorbing sufficient amounts? The only way to know absolutely is to make sure they are capsules, liquid or powder.

You hear about this herb or that herb being brain food, so to speak, but there are numerous ones the Chinese have used for centuries that are not commonly talked about or even know about and when taken together create a healthier more defined brain. I am a believer of covering all bases.

Dateline 10/21/99: for almost one hundred years, it has been a mantra of biology – brain cells do not regenerate. In a

startling discovery that could have profound implications for treating brain disorders and injuries, researchers at Princeton University have discovered that new neurons are continually being added to the brains of adult monkeys.

The neurons are added to the cerebral cortex of the brain.

The cerebral cortex is the most complex part of the brain and scientists were startled to find neuron formation in this "high" brain area. The cerebral cortex is responsible for higher level decision making and learning.

The researchers found the formation of new nerve cells; a process called neurogenesis, in three areas of the cerebral cortex:

- Prefrontal region which controls decision-making.
- Inferior temporal region which plays a role in

visual recognition.

·Posterior parietal region which plays a role in 3D representation.

The researchers believe that these results call for a fundamental reassessment of the development of the primate brain. For almost a century, scientists have believed that primate brains do not regenerate or add new neurons after maturity. It was a fundamental tenet of neuroscience that the brain could not repair itself or grow new cells. In recent years, scientists have begun to chip away at the dogma as previous research has shown that other areas of the brain such as the hippocampus add new neurons.

Many researchers believed that these previous results were anomalies or were confined to "lower" parts of the brain. These results are even more startling since they occur in the most advanced part of the brain.

Researchers are optimistic that with further study scientists might one day unlock the key to this process of brain cell growth and use the knowledge to treat a variety of brain disorders and diseases.

What do you think? How might this discovery impact our ability to treat Brain injuries? How do you think that neuronal generation may differ in humans?

It is believed that similar processes occur in humans since monkeys and humans have very similar brain structures. Would you like to engage in rebuilding lost brainpower?

For a list of herbs that will keep your brain arteries working

and your brain processing information, oxygen circulating and providing you the power to communicate when needed
<mailto:salesmanager@envirodocs.com?subject=BrainPowerHerbalListPlease>

Compare the following mineral nutrients to the three in manmade fertilizers! How many are missing? The only place left to find all these minerals is the ocean and that could be in danger due to the pollution!

Magnesium, Chloride, Sodium, Potassium, Sulfate, Calcium, Bicarbonate, Chromium, Bromide, Nitrogen, Iodine, Rubidium,

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Zinc, Copper, Strontium, Silicon, Manganese, Boron, Scandium, Phosphorus, Molybdenum, Cesium, Gold, Silver, Vanadium, Dysprosium, Nickel, Fluoride, Cobalt, Titanium, Barium, Erbium, Yttrium, Holmium, Neodymium, ytterbium, Bismuth, Terbium, Lutetium, Samarium, Europium, Selenium, Beryllium, and other trace minerals too numerous to print here but a total of 84 in all.

Remember, feed your brain or lose the brainpower you were born with!

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Want to know more about Lena Sanchez a retired Medical office nurse/administrator/consultant go to http://www.envirodocs.com/lena_health_story.htm
Editor of "Natural Environmental Health & Business Facts,"
newsletter subscribe at <http://www.envirodocs.com/newsletter.htm>

Retired Medical office Administrator/Nurse/Consultant, author of "Dangers & Secrets Doctors Refuse To Tell You" and "Antibiotic Alternatives To Preventing Mega Bacteria." A person who wants to help others in health and business. Brief bio at http://www.envirodocs.com/lena_health_story.htm

Computer Viruses are Bad Luck

By Maya Pinion

OK, so you caught a computer virus and your system is all screwed up and you're frustrated and angry and upset. Bad luck.

Here's something that might make you feel better ...

The universe has true balance. And if a computer virus causes bad luck for the user it can also cause bad luck for the person who launched it.

Computer virus creators are usually very young and do not realize, or care, that they are causing harm to others. They just think it's cool. What they don't realize is that when a virus is launched it also unleashes a mystical power into the world, a malevolent thing that does bad things and makes victims of other people.

What these teen and pre-teen computer terrorists also don't realize is what goes around comes around. The universe will get them. Sooner or later. Payback time. They cause you bad luck, bad luck will befall them. What goes around comes around. If they launch a virus, causing bad luck for millions of people, in return, that can unleash and focus millions of bad vibes, BIG bad luck, back at them. That could mean serious bad luck for the launcher of a virus. Perhaps their mother will finally become totally disgusted with their attitude and behavior and cease to love them. Maybe they'll end up in a foster home, too old for adoption. Or maybe they'll have to run away and live on the streets, with no place to hook up their computer. Or maybe they won't run away but will get a weird but temporary brain disease that prevents them from using a computer until they're old enough to use it responsibly. Bad luck for

them.

The computer virus. Bad luck for you, worse luck for the one who launches it.

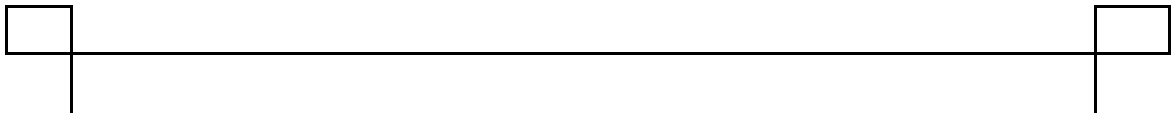
Maya Pinion is a New Age writer, contributing editor at News4Net and, for those who wish to discover their true destiny, highly recommends

Computer Viruses are Bad Luck
The Great Underutilized Computer
The Power Of Our Subconscious Mind
Fear Factor
A Quick Guide to Computer Cases

How To Improve Blood Circulation
Blogs and RSS Revealed
How To Overcome Snoring and Sleep Apnea
Mind Power Creative Thinking
Vegetarian Recipe Book



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