

PlantHealth LifeStyle Bi-Monthly HealthWise News

February 1st, 2017, volume #3

FOOD-HERBS-ESSENTIAL OILS-CHEMICAL EXPOSURES-HEALTH NEWS



Our goal is simple to inform, to educate, to point out how easy good health is, if we/you pay attention to what we eat, breathe, drink & use.

We report on real-time science-based HealthWise information from Health agencies and propose Plant Based Options for better Health.

Good health is very easy when we begin to find out, “what else can kill us?” and begin a change in our LifeStyle. That is what this information is all about, so seat back, relax and begin your changes to a better LifeStyle.

GO TO HEALTH 2017, Part 3

In our first issue, volume #1, January 7th, we informed on the “root of all illnesses”, Inflammation. We suggested four easy changes to begin your 2017 Life Improvement Journey, the first change was to improve you Home AIR, we mentioned how our cells breathe continuously the oxygen in the air and an enclosed home is known to have chemically laced air oxygen. Hopefully you followed our suggestion and “air out” your home, if you did, you should be feeling the difference of inhaling fresh oxygen. On our 2nd issue, we informed on “Oxidative STRESS- Oxidative DAMAGE” and connection to many of our illnesses.

If you have not looked through volume #1 & 2, go back to volume #1, gas off your home and join us later.

In this issue we are going to cover some of the chemically laced products we use daily and offer do-it-yourself non-toxic products to avoid chemical exposures in an effort to promote better health. Let's look at an excerpt from *“LifeStyles of the SICK & HEALTHY”*...

Ready for Month #2, as we continue our quest for better Health ...

“Let's concentrate next in the exchange of daily used Home and Personal chemically formulated products we also diffuse as we use, adding more toxins to our indoor Air. In Week Two, you are going to learn how to make your own cleaning, personal products and natural insect repellants, and most importantly the health reasons why. This will have multiple benefits;

1st - Healthy fumes diffused in your home as you begin to clean with Plant Essential Oils based products, will add to your home-air their known therapeutic benefits such as; antibacterials, antiviral and anti-fungals, in-addition to their known

side-effect of relaxation, stress reduction, respiratory benefits and more. A major health change to the air you breathe, and the oxygen feeding your cells.

2nd - By replacing personal products, you are beginning to remove from your body daily chemical exposures of petrochemicals known to be absorbed into our bloodstream and gathered in our system, capable of accumulating in time and pass on to your next generation, as we mentioned in Chapter One. Many of these chemicals in daily use products have been known to cause inflammation illnesses to include cancer, toxic shock syndrome, headaches, respiratory problems, and a few more we will cover in this section.

We now begin to pay attention to what our bodies consume, accumulate and pass-on when we use/apply/inhale, petrochemical products, to our home, to ourselves our family and pets.

The Health risks are real, and mentioned throughout these writings. As you continue to add another level of health benefit to your lifestyle, you will continue to feel additional difference in you, your family & your pets health, as you proceed increasing the odds for a healthier Lifestyle.

The Products/Meds we use...

I recommend for learning purposes that you take your favorite product from aromatherapy plug-ins to your favorite insecticide, cleaning product or personal product, and Google search your product name followed by MSDS (Material Safety Data Sheet). You will be provided with the exposure risk(s) of that product or products in your home environment so you can make a choice; choosing what is best for your individual home & personal environment. I prefer Plant Based products; many are easy to make and can be used for cleaning, as insecticide, for personal products, and more, with the additional mentioned benefits of being anti-bacterial, antiseptic, anti-microbial and the added bonus of relaxing effects. Once you have followed Week's One Gassing-off your Home directions, product replacement is the best way to maintain your indoor air quality naturally healthy.

There are many products that we use unknowingly that are connected to many of our present day illnesses. The massive number of damaging chemicals and chemical cocktails in daily use products could be mind-numbing to anyone trying to recognized what product(s) exposure(s) could cause harm. Let's make it easy. Let's simply replace any product that has an "Ingredient List" of names that don't grow in soil. Let's also choose natural bases as the delivery method of the product and Plant Essential Oils as the active ingredient(s). This concept will become clear as we

continue our blending sessions in this Chapter, but first let's take a brief look at more chemical home diffusions.

Looking at some Deadly Home Chemicals

The following is a list of twenty-two chemical based home use products and information provided in their Material Safety Data Sheet (MSDS). Many of them we can replace with Plant Based Options, others we can just throw away and replace with their non-toxic version. Formulations for replacement will be provided later on this chapter. Keep in mind these are some of the petrochemicals we are a "product of," found in concentration in enclosed Home environments, in the oxygen your cells breathe, and in most of today's newborns, as mentioned in the American Red Cross studies.

By now, you should be realizing the Health importance to Gassing-Off your home and creating a Plant Based environment, as we continue our awareness to a Healthier Lifestyle.

Do not be overwhelmed with all the information you are reading, of the many harmful chemical in products we use. I have added easy to do Plant-Based product formulations at the end of the chemical based product warnings, to avoid/reduce these illness promoting chemical exposures and absorptions, health is easy once you know, what else can "kill us" and know how to safeguard yourself and your family.

Beware of the following products and warnings, but don't worry, Plant-Based options are provided later on this Chapter.

- 1. Air Fresheners: Most air fresheners interfere with our ability to smell by coating your nasal passages with an oily film, or by releasing a nerve deadening agent. Known toxic chemicals found in an air freshener: Formaldehyde: Highly toxic, known carcinogen. Synthetic Phenol: When phenol touches your skin it can cause it to swell, burn, peel, and break out in hives. Can cause cold sweats, convulsions, circulatory collapse, coma, teary eyes, and even death!! Exposure Routes inhalation, ingestion, skin and/or eye contact. Ammonia: a very volatile chemical; it is very damaging to your eyes, respiratory tract and skin. Symptoms include eye, nose, and throat irritation, dyspnea (breathing difficulty), wheezing, chest pain, pulmonary edema; pink frothy sputum, skin burns, and vesiculation. Now is the time to unplug the plug-ins and throw them out.**

2. **Bleach:** It is a strong corrosive. It will irritate or burn the skin, eyes and respiratory tract. It may cause pulmonary edema or vomiting and coma if ingested. **WARNING:** never mix bleach with ammonia it may cause fumes which can be **DEADLY**. Another **WARNING** that we ignore “Use only in well ventilated areas”. The closed environment of a home is not a “well ventilated area”.
3. **Carpet and Upholstery Shampoo:** Most formulas are designed to overpower the stain itself. They accomplish the task but not without using highly toxic substances. Some include Perchloroethylene, a known carcinogen which damages the liver, kidney and nervous system. Some may also contain Ammonium Hydroxide which is a corrosive and extremely irritable to eyes, skin and respiratory passages.
4. **Dishwasher Cleaner:** Most products contain chlorine in a dry form that is highly concentrated. This is the # 1 cause of child poisonings according to the Poison Control Center. Whoever opens the lid of a dishwasher in mid cycle will get a blast of a most potent chemical cocktail, suspected of many of our illnesses to include Cancer.
5. **Drain Cleaner:** Most drain cleaners contain lye, hydrochloric acid or trichloroethene. Lye is a caustic which burns skin and eyes. If ingested lye will damage esophagus and stomach. Drain cleaners may also contain Hydrochloric acid which is corrosive, an eye and skin irritant, and capable of causing damage to our kidneys, liver and digestive tract. An ingredient found in most drain cleaners we need to avoid is Trichloroethane which is an eye and skin irritant, a nervous system depressant and has been known to cause damage to our liver and kidneys.
6. **Furniture Polish:** Contains Petroleum Distillates which are highly flammable and can cause skin and lung cancer. They may also contain Nitrobenzene which causes irritation to the eyes and skin, and is known to cause anoxia, dermatitis and anemia. You may also find Methemoglobinemia in furniture polish. In animals Methemoglobinemia has been known to damage liver and kidneys along with testicular effects. Easily absorbed through the skin & toxic.
7. **Mold & Mildew Cleaner:** Chemicals contained are: Sodium hypochlorite (Corrosive, irritates or burns skin and eyes, causes fluid in the lungs which can lead to coma or death), and Formaldehyde (Highly toxic, known carcinogen. Irritant to eyes, nose, throat, and skin. May cause nausea, headaches, nosebleeds, dizziness, memory loss and shortness of breath).
8. **Oven Cleaner:** Contains Sodium Hydroxide (Lye) which is caustic, a strong irritant, known to cause burns to both skin and eyes. It inhibits reflexes, and will cause severe tissue damage if swallowed.

9. **Laundry Cleaning Products:** Contain sodium or calcium hypochlorite which are highly corrosive, and irritate or burn skin, eyes and/or respiratory tract.

They also contain Linear alkylate sulfonate which is easily absorbed through the skin and is known to be a liver damaging agent and Sodium Tripolyphosphate which irritates skin and mucous membranes and may cause vomiting. Both are easily absorbed through the skin from the fabrics washed with these chemicals.

10. **Toilet Bowl Cleaners:** Contain Hydrochloric acid a highly corrosive skin and eye irritant known to damage kidneys and liver. These cleaners also contain Hypochlorite Bleach which is a Corrosive and irritates or burns eyes, skin and respiratory tract. It can cause pulmonary edema, vomiting or coma if ingested. If it comes in contact with other chemicals it may cause chlorine fumes, which may be fatal.

11. **Pesticides:** Most pesticides have ingredients that affect the nervous system of insects. Imagine what these extremely poisonous chemicals do to your body or your family. They contain chemicals such as Dimpylate (Better known as Diazinon), which is extremely toxic and impairs the central nervous system. They contain Chlorinated Hydrocarbons a suspected carcinogen and mutagen which accumulates in food and in fatty tissue and will attack the nervous system. You can also find Organophosphates which are toxic and poisonous. Keep in mind that if you can smell it, your lungs are absorbing it. Even the ones you can't smell, still have health risks. My advice if you have a regular insecticide service for your home, make sure to ask them for a "MSDS" sheet, so you can be aware of the chemical health risks.

12. **Flea Powder:** Contains talc a known Carcinogen, Carbaryl which is very toxic, and causes skin, respiratory and cardiovascular system damage. They contain Chlordane which accumulates in the food chain, may damage eyes, lungs, liver, kidney and skin. And Dichlorophene is known to cause skin irritation and may damage liver, kidney, spleen and central nervous system. Remember these chemicals are transferred to whoever hugs & kiss their Pets.

13. **Lice Shampoo:** Children are especially vulnerable to the ingredients found in lice shampoos such as Lindane which when inhaled, ingested, or ABSORBED through the SKIN causes vomiting, diarrhea, convulsions and circulatory collapse. It may also cause liver damage, stillbirths, birth defects and cancer.

14. **Car Wash & Cleaner:** Contain Petroleum Distillates which are associated with skin and lung cancer, are an irritant to skin, eyes, nose and lungs, and may also cause chemical pneumonitis (aspiration liquid). Entry into the

lungs may cause fatal pulmonary edema, most are marked Danger, Harmful or Fatal.

15. **Tar & Bug Remover:** Contain Petroleum Distillates, and Xylene known for the following symptoms: eyes Irritation, skin, nose, throat; dizziness, excitement, drowsiness, incoordination, staggering gait; corneal vacuolization; anorexia, nausea, vomiting, abdominal pain; and dermatitis.
16. **“Aromatherapy Candles”:** Aromatic candles, with a wire wick, are known to diffused lead at amounts dangerous to health. Symptoms include Lassitude (weakness, exhaustion), insomnia, facial pallor, anorexia, weight loss, malnutrition, constipation, abdominal pain, colic, anemia, gingival lead line, tremors, paralysis of wrists & ankles, encephalopathy, kidney disease, irritation eyes, and hypotension.
17. **Particle Board:** Used in the manufacture of furniture, it contains Formaldehyde (irritation to eyes, nose, throat, respiratory system; lacrimation - discharge of tears, cough; wheezing, potential occupational carcinogen); Methylene Bisphenol Isocyanate (irritation to eyes, skin, respiratory sensitization; chest tightness, dyspnea - breathing difficulty, cough, dry throat, wheezing, pulmonary edema and skin blisters); Pentachlorophenol (Irritant of eyes, nose, throat; causes sneezing, coughs, lassitude - weakness, exhaustion, anorexia, weight loss, sweating, headache, dizziness, nausea, vomiting, dyspnea, chest pain, high fever, and dermatitis); and Toluene-2 (Irritant of eyes, nose; lassitude, confusion, euphoria, dizziness, headache; dilated pupils, lacrimation, anxiety, muscle fatigue, insomnia, paresthesia, dermatitis, liver, and kidney damage).
18. **Non-Sticky Cooking Pans & Utensils:** The “Teflon” chemical is called PFOA and sometimes C-8. PFOA and has been reported to be in nearly everyone's blood. But just how it got there remains a mystery according to Jennifer Seed, PhD, EPA and chief of pollution prevention and toxics in the risk assessment division of the Existing Chemicals Assessment Branch. "PFOA is present in most people's blood in this country and beyond; it's even in wildlife," Dr. Seed said, "We have absolutely no understanding at this point how it got there. It is like fairy dust." The Science Advisory Board from the U.S. Environmental Protection Agency has determined PFOA to be a cancer-causing agent in humans. The ‘Teflon Flu’, is another more immediate health problem caused by Teflon according to the Environmental Working Group. Cooking with Teflon can make a person sick with a temporary flu if a non-stick pan gets over- heated. "It feels like the flu, with headaches, chills, backache, and a temperature between 100 and 104 degrees."

19. **Talc:** Found in the list of chemicals published by the FDA known to cause of ovarian and other forms of cancer. Talcum powder is found in disposable gloves, condoms and baby powder. Talc has a chemical composition similar to asbestos, a well-known carcinogen, with a zero safety level of exposure. No one should use products containing Talc, specially those with illnesses, pregnant, breastfeeding or with a family history of cancer. Instead we should replace powder with pure cornstarch and/or arrowroot powder. Remember that talc is used in pet products, easy to replace with what is suggested above. Product formulations will follow for non-toxic pet health.
20. **Disposable Diapers:** Made from plastic and synthetic fibers has been a cause for complaints made to the Federal Consumer Protection Agency. Complaints include chemical burns, noxious chemical fumes, insecticide odor and chemical dyes staining the baby's skin. In addition, dioxins at 90 parts per trillion are found in disposable diapers made from bleached white paper. Dioxins have been found to be carcinogenic, causing birth defects, liver damage and immune system suppression. Using 100% cotton cloth diapers with natural fiber diaper covers is a safe and recommended format.
21. **Petrochemical clothing:** Synthetic and semi synthetic fabrics are treated with chemicals known to diffuse toxic gases throughout the life of the fabric. Harmful materials include dyes, formaldehyde, pesticides and PVC/vinyl chloride. These are just some of the health hazards and chemicals found in synthetic fabrics. These chemicals have been associated with a list of conditions; respiratory complications, immune depletion, cancer, insomnia and headaches just to name a few.

Anyone looking for better health or experiencing any of the above symptoms, or family planning or have babies, should avoid exposure(s) by changing to natural fabrics. For woman it is very important to begin to replace synthetic fabric underwear & bras, and for men the same with the their underwear. The last thing you want to do is diffuse and absorb the above mentioned chemical cocktails in those areas. Remember we are talking accumulative damage.

Dangerous Chemicals inside Tampons and Pads...



Special warning to woman using feminine products for personal care, Tampons & Pads are known to have potentially harmful ingredients including pesticides, dyes and dioxin. "Additionally,

many of these products are coming into direct contact with the bloodstream and very sensitive tissue, which can make them potentially more dangerous.” says Dr. Ami Zota, an assistant professor at the School of Public Health and Health Services at George Washington University.

These can accumulate in time and pass on to their children. I highly recommend the use of 100% organic cotton tampons and pads, easily found on google search, your local health stores, often times at a lesser cost.

Now let’s imagine a chemical cocktail diffused with the use of any of the above chemicals or other chemicals we or others bring inside our homes and/or work place. It becomes very clear why many of us have asthma, allergies, insomnia, headaches, anxiety, fatigue, flu like symptoms, dermatitis, dizziness, cancer, and the list goes on.

Once again there are reasons why Cancer is becoming the #1 Killer, as you are beginning to see, by implementing the Four Week Program, we are going to eliminate or reduce the odds of getting Cancer and other illnesses of our times, by simply and systematically remove any chemicals products known or suspected of causing harm.

Lets now take a look at Common Illnesses and Possible Environmental Causes;

-Asthma: There are many known environmental causes for this ailment, one is polyvinyl chloride (PVC), used in in-door flooring and wall covering. In a study published in the American Journal of Public Health concluded that a child’s “risk of bronchial obstruction was related to the presence of PVC flooring” in his or her home. Dr. Jouni Jaakkola with the National Institute of Public Health in Oslo, Norway concluded the same concern with “plasticizers” emitted by PVC products, that it could increase risks for respiratory symptoms in young children, and inflammation of airways to all occupants.

-Breast Cancer: There are many, many chemicals known or suspected of causing cancer in our environment, we will list a few that have been associated with breast cancer. Beginning with Dioxin, a chlorine byproduct, which enters the food chain and can accumulate in humans over a lifetime; the EPA has also link exposure to dioxin to a variety of health problems, to include diabetes, developmental problems and irregularity in the immune system. The chemical is also found, but not limited to; dairy products, breast milk, and underarm deodorants, do not forget the synthetic fabric warnings & advice mentioned earlier.

There are also occupational hazards, as reported in the American Journal of Public Health, and the Journal of the American Public Health Association. The list of job classifications associated with excess risk are “pharmacists, teachers in theoretical subjects, schoolmasters, systems analysts, programmers, telephone operators, office telephone operators, telegraph and radio operators, metal platers and coaters, hairdressers and beauticians.”

-Nerve Damage: The chemical solvent in-hexane, found in some cleaning products especially car engine degreasers and car cleaning products that come in a spray cans, spray paints, coatings, silicone and other products can cause nerve damage according to a study by the Health Department of California.

-Headaches: Acetone, Benzene, Benzyl chloride, vinyl chloride and about 500 more chemicals that are known or suspected of causing headaches are found in numerous home and personal products.

For additional information I highly recommend a visit to “Tox Town”, an excellent EPA page informing on chemical exposures in areas where we work & play <https://toxtown.nlm.nih.gov/>

It is wise, if you have been diagnosed with any of the above mentioned illnesses, suspected or connected with chemical exposure(s) to at least look at that possibility of harm and begin to reduce suspected chemical(s) from your daily life. “

As you can see many of us might be on medications and suffering from debilitating conditions, or in process of accumulating in-door chemicals by simply not being aware. **This is some of the science seldom covered in a Medical Consultation, but yet as you can see, connected to many of our illnesses. These and other areas of Health Awareness are covered in a Plant Based-CAM Consultation**

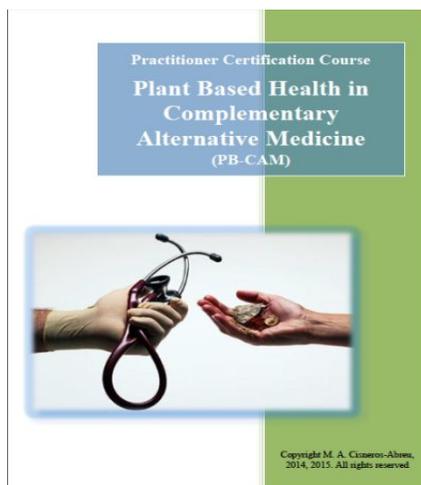
On our next issue, February 14th we will cover how to make your own Plant Based Non-Toxic Products, eliminating the debilitating daily exposures and possible sickness of the products mentioned above.

Follow your Passion make a difference, are you ready??

If you have an interest in Plant Based Health, Natural Product Development and an interest in helping others find better health, the Plant Based-Complementary Alternative Medicine (PB-CAM) Practitioner Consultant Certification Program might be for you.

Find out if PB-CAM is for you, for a free Educational Consultation or information email us at education@plantbasedCAM.com .

Who knows it might be your time to follow your passion and join a Evidence Based, Plant Health Practice, that has evolved and continues to grow side-by-side with today's health needs, awareness and maintenance.



www.plantbasedCAM.com

Recent Scientific Studies.....

FOODS we Eat...

Gut Bacteria May Link Diet, Colon Cancer, Study Says

High-fiber foods associated with lower risk of certain tumors

THURSDAY, Jan. 26, 2017 (HealthDay News) -- Researchers think they know why a diet high in whole grains and fiber might lower the risk of certain types of colon cancer.

https://medlineplus.gov/news/fullstory_163274.html

Toxins in Your Fast-Food Packaging?

Boxes, wrappers found to contain harmful fluorinated chemicals, study contends

WEDNESDAY, Feb. 1, 2017 (HealthDay News) -- Many grease-resistant fast-food wrappers and boxes contain potentially harmful chemicals that can leach into food, a new study contends.

https://medlineplus.gov/news/fullstory_163362.html

Blood Levels of Meat-Linked Chemical Tied to Odds of Heart Trouble

WEDNESDAY, Jan. 11, 2017 (HealthDay News) -- A molecule produced in the digestion of red meat, eggs and dairy products is linked to an increased risk of a fatal heart attack or stroke, researchers say. https://medlineplus.gov/news/fullstory_162995.html

Healthy Diet May Mean Longer Life for Kidney Patients

Study found eating lots of fruit, vegetables, fish, whole grains was linked to lower rate of early death. THURSDAY, Dec. 8, 2016 (HealthDay News) -- A healthy diet may help people with kidney disease live longer, researchers report. https://medlineplus.gov/news/fullstory_162440.html

AIR we BREATHE...

Environmental Health & Toxicology Update from the National Library of Medicine

TOX Town-If you had never visited Tox Town, now is the time. A great site from the EPA, where we can learn, "what else can Kill us" and make a change. <https://toxtown.nlm.nih.gov/>

Occupational Hazards...

Welders Showed Increased Risk of Parkinson-Like Symptoms in Study

WEDNESDAY, Dec. 28, 2016 (HealthDay News) -- Welders are in danger of developing symptoms similar to those of Parkinson's disease, according to a new study that suggests exposure to fumes containing manganese makes things worse. https://medlineplus.gov/news/fullstory_162774.html

MEDs we Use...

Everyday Pain Relievers May Be Linked to Hearing Loss in Some Women

But degree of impairment tied to acetaminophen and ibuprofen was modest, researchers say.

MONDAY, Dec. 19, 2016 (HealthDay News) -- Long-term use of over-the-counter pain relievers may be associated with increased risk of hearing loss in some women, a new study says.

https://medlineplus.gov/news/fullstory_162619.html

Products we Use...

Small Study Links E-Cigarettes to Potential Heart Trouble

WEDNESDAY, Feb. 1, 2017 (HealthDay News) -- A small study suggests that people who use e-cigarettes regularly may face an increased risk for heart disease.

https://medlineplus.gov/news/fullstory_163360.html

Just 1 Cigarette a Day Can Be Deadly: Study

MONDAY, Dec. 5, 2016 (HealthDay News) -- Think smoking just one cigarette a day is harmless?

Think again, a new study says. Even a single daily cigarette can raise your odds for an early death, the research showed. "There is no safe level of exposure to tobacco smoke," said study author Maki Inoue-Choi, who's with the division of cancer epidemiology and genetics at the U.S. National Cancer Institute (NCI). https://medlineplus.gov/news/fullstory_162365.html

Water/Beverage we Drink...

Basic Information about Lead in Drinking Water "EPA and the Centers for Disease Control and Prevention (CDC) agree that there is no known safe level of lead in a child's blood. Lead is harmful to health, especially for children.

On this page, you can find: **General Information about Lead in Drinking**

Water"<https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water>

Physical Activity...

Too Much Sitting Ages You Faster

Cells of elderly sedentary women look much older than their actual age, study finds

WEDNESDAY, Jan. 18, 2017 (HealthDay News) -- You might age a lot faster if you sit too much, a new study warns.



Medicinal Plant Materials in Plant Based Health

For this information we included an excerpt from the “*PB-CAM Practitioner Manual*”, Part One.

Medicinal Herb Tea in PB-CAM Practice

“We use the herbs internally and sometimes externally, in Tea & Tincture Formulations to complement and magnify the effectiveness of the essential oils, recommended for diagnosed health conditions, this is how we recommend consumption of the plant medicinal properties. We DO NOT use NOR RECOMMEND the CONSUMPTION OF ESSENTIAL OILS, and don’t have to, since the flavor of the tea is the essential oil we can conclude that the therapeutic properties of the essential oil also translates to the properties found in the herbal tea or tincture of the same plant material. This is why we suggest herb teas and/or tinctures taken internally for inflammation, as muscle relaxants, for respiratory issues, as antioxidants, for detoxing and as anti-depressants. We use herbs in addition to the external application of essential oils(s) for the same condition. We also find it beneficial to use herb teas in direct skin applications for a variety of skin problems.

How to brew an Herb Tea

This is important because most of us cook out the therapeutic properties by boiling the plant material. To extract the therapeutic properties add 1 tsp of herb blend per cup of hot steamy water. Wait 5-10 minutes and drink. If the desire is to omit caffeine simply brew for



60 seconds, throw out the tea and brew again with new hot steamy water. The caffeine is extracted within the first 60 seconds of brewing. We recommend 2-4 cups per day or as suggested for the condition you are addressing. NOTE: Seeds and roots need to be simmered for 15-25 minutes to extract its essential properties. It is also

good to mention that ingesting the water contained in teas may have therapeutic value (in some cases) in and of itself.

The PB-CAM Practitioner Consultant always provides the client with a list of each of the herbs in the formulation and recommends they inform their doctor before using. Remember this practice is complementary to their medical health care and maintenance.

The following herbs were selected for the PB-CAM Practice for their therapeutic properties, effectiveness and safety. The notation GCE is added to confirm scientific validation as stated by the German Commission E. Additional information regarding the uses of PB-CAM Herbs is available in our blending videos.

Agrimoni (Agrimoniae herba) Mild, nonspecific acute diarrhea (GCE) Astringent (GCE) External for superficial skin inflammation (GCE) Recommended usage: ½ tea spoon of anti-inflammatory tea mix with ½ tea spoon of Agrimoni Leaf per cup Directions: drink 2-4-6 cups of tea blend per day until problem is resolved Do not drink continuously for more than 4 days.

Basil Leaf (Basilici herba) Antimicrobial (GCE) Feeling of fullness (GCE) Flatulence (GCE) Stimulation of appetite (GCE) Digestion (GCE) Diuretic (GCE) NOTE: an ingredient in PB-CAM's Energy/Alert Tea Blend.

Blessed Thistle (Cnici benedicti herba) Loss of appetite (GCE) Dyspepsia (indigestion) (GCE) Stimulates secretion of saliva & gastric juices (GCE) Contraindications: Allergies to Blessed Thistle NOTE: an ingredient in PB-CAM's Cleansing Tea Blend.

Calendula Flower (Calendulae flos) Anti-inflammatory (GCE) Antifungal (GCE) Anti-bacterial anti-viral (GCE) Immune booster (GCE) Indigestion veins (GCE) Regulates menses (GCE) Varicose veins (GCE) Febrifuge (break fevers) (GCE) NOTE: 2nd best anti-inflammatory Also use cooled directly on skin or blended with Lavender & Chamomile An ingredient in Anti-inflammatory Tea Blend.

Chamomile Flowers (Anthemis nobilis) Antiphlogistic - preventing inflammation (GCE) Musculotropic - acting upon muscle tissue (GCE) Antispasmodic (GCE) Promotes wound healing (GCE) Deodorant (GCE) Antibacterial (GCE) Bacteriostatic (GCE) Skin metabolism activities (GCE) Anti-inflammatory (GCE) The GCE approved chamomile flower tea for gastrointestinal spasms and inflammatory disease and mild sleep disorder It has the German Standard License for gastrointestinal complaints and irritation of the mucous membranes of the mouth, throat and upper respiratory tract (Wichtl and Bisset, 1994) NOTE: an ingredient in PB- CAM's Insomnia Tea Blend, Anti-inflammatory Tea Blend, and Acid Reflux Tea Blend.

Juniper Berry (Juniperi fructus) Dyspepsia (indigestion) (GCE) Increased urine excretion (GCE) Plant Based Health CAM Practice Add 4 crushed berries to a cup of Anti-Inflammatory Tea Blend Drink 2-4 cups of tea blend per day until problem is resolved. Do not drink more than 4 days Contraindication - Pregnancy and inflammation of the kidneys Prolonged usage or overdosing may cause kidney damage.

Cinnamon Bark (Cinnamomi ceylanici cortex) Antibacterial (GCE) Fungistatic (GCE) Promotes motility (capacity for spontaneous movement in reference to the intestine) (GCE) Increases appetite (GCE) Dyspeptic complaints such as mild spastic condition of the gastrointestinal tract, bloating and flatulence Sugar level control; reduces sugar levels 30% within two days of consumption Add to taste to any anti-inflammatory blend or just dip a cinnamon stick in cup of any tea blend (cinnamon stick can be saved for next cup) Drink 2-4 cups of blended tea per day Contraindications: allergy to cinnamon and pregnancy NOTE: Human studies involving subjects with type 2 diabetes consuming 1, 3 or 6 grams of cinnamon per day for 40 days concluded that compounds present in cinnamon may have beneficial effects on glucose, insulin, and blood lipids and may be beneficial for the prevention and treatment of diabetes. Reference: Khan A, Safdar M, Khan M, Khattak K, Anderson R. Cinnamon improves glucose and lipids of people with type 2 diabetes. Diabetes Care. 2003;26:3215-3218.

Dandelion Leaf & Root (Taraxaci radix cum herba) Appetite-stimulating (GCE) Dyspepsia (indigestion) fullness & flatulence (GCE) Diuretic (excretion of urine) (GCE) Choloretic: stimulating liver to increase bile production (GCE) NOTE: an ingredient in PB-CAM's Cleansing Tea Blend Contraindications: obstruction of bile ducts and gallbladder In case of gallstones, use only after consultation with a physician Discomfort due to gastric hyperacidity may occur. "

You are welcome to view "**Brewing Medicinal Herb Tea**" With Miguel (me:)

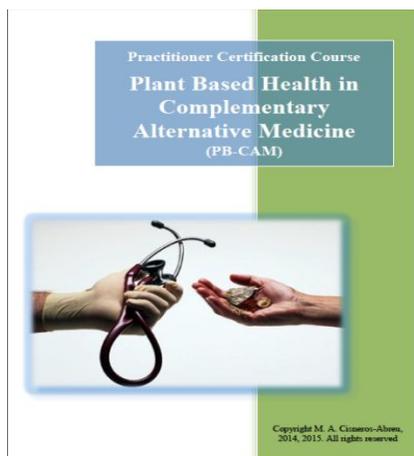
<https://vimeo.com/22580796>

Have a question? Need a PB-CAM Consultation ?

email us at education@plantbasedCAM.com or call 786-597-3760

NEW for 2017...

One Level at a time to Plant Based Practitioner/Consultant Certification Program...



NEW FOR 2017...Become a Plant Based Health Practitioner/Consultant one Level at a time, begin with Level ONE to Certification (cost-\$75)..

-The course starts now and never ends! It is a completely self-paced online course - you decide when you start and when you finish.

-How does lifetime access sound? After enrolling, you have unlimited access to this course for as long as you like - across any and all devices you own.

-Real time assistance as needed

Level ONE of FOUR Levels...

Take the PB-CAM Program One Level at a time, not time limit, work at your own pace...

Whatever Health Care you practice, the Plant Based-Complementary Alternative Medicine (PB-CAM) Practitioner Program will teach you to search for a possible cause of a diagnosed illness, by looking at the science seldom looked at in a Medical Consultation, yet connected with many of today's illnesses.

The urgency for the creation of this program was the recent reported rate of Cancer: one in two men, and one in three women – 2/3rd of cases blamed on “Lifestyle” & the other 1/3rd on “Genetics”.

It is fueled by the knowledge that we Breathe, Drink, use Products/Meds, and Eat cancer-causing chemicals daily. Reminded of this, we realize how easily we can prevent this risk and how simple it is to connect an illness to a chemical, eliminating the risk of exposure(s) and possibly eliminating the sickness itself.

These science-based protocols, combined with the uses of Plant-Based options for a healthier lifestyle, make this practice a valuable health tool, which may be practiced by itself or jointly with any other health practice. You will learn how to work with Essential Oils, Medicinal Herbs and Plant Foods as Complementary to today's Health Care & Maintenance.

While Medical Guidance treats the symptoms, PB-CAM uses its exclusive “Four Week Program to Healthier Lifestyle” which searches for the cause(s) of the diagnosed illnesses, by looking at the science seldom covered in a Medical Consultation, offering effectual plant-based non-toxic options in four areas of daily life suspected of causing many of our illnesses, producing a change from a Lifestyle of Sickness to a Lifestyle of Health. Working side-by-side with the Client’s Medical Treatments.

Our complete web-based PB-CAM Program includes live reviews and assistance, upon request, as participants become familiar with the material & practice.

There is FOUR LEVEL to PB-CAM Practitioner/Consultant Certification;

- **Level ONE-Chemical Illnesses to Chemical Exposures Connections & Plant Based options: Includes the full Level ONE Manual, 2 hrs of audio lectures, & 5-product blending videos. NOTE: once you**

register, your email will be added to the videos for your view.
Level One-Cost \$75

- **Level TWO-Medicinal Materials: Essential Oils & Medicinal Herbs in synergies, medicinal teas, tinctures, including time-tested original formulations. Includes Level TWO Manual, three Audio Lecture videos (2 hrs 23 minutes), 5 instructional videos (2 hrs). Cost of Level TWO-\$225.00**
- **Level THREE-Product Development: Learn how to built your own Plant Based Product line. Level THREE-Includes,Level THREE Manual, three Audio Lecture Videos (2hrs), Two instructional videos (1hr) Cost \$400**
- **Level FOUR- the PB-CAM Protocol of Practice, including case studies and an invite to join our FB "secret group" for continuous education & participation. Includes, Level FOUR Manual, Two Audio Video Lecture (2hrs), seven instructional videos (4 1/2 hrs). Level FOUR-Cost \$500**

Total cost of Program-\$1200.00 (financial assistance available)

email any questions to education@plantbasedCAM.com

Register at

<http://planthealth.teachable.com/p/level-one-of-4-levels-to-plant-based-complementary-alternative-medicine-practitioner-cert-program>

Also NEW for 2017...

**Whether you want to practice as a PB-CAM Practitioner,
Consultant or Plant Health Coach this time-tested
Evidence Based Education is for you...**

We are including the Practitioner's Essential Oil Blending Kit (\$235 value) FREE to students registering for our Complete PB-CAM Practitioner/Consultant Certification Program. (E.O. Oil kit from www.pureplantessentialoils.com)

For additional information on the complete program visit www.plantbasedCAM.com or email education@plantbasedCAM.com ask about our financial assistance program.

To keep up with growing information on Plant Based Health, you are welcome to join us in our FaceBook pages;

- **CANCER-Beating the ODDs**
<https://www.facebook.com/groups/CANCERBEATINGTHEODDS/>
- **FOOD 4 HEALTH**
<https://www.facebook.com/groups/PLANTHEALTHFOOD/>
- **Plant Health Complementary Alternative Medicine**
<https://www.facebook.com/ACAMedu/>



Congratulations to Guru Tony Torre, "URBAN SURVIVAL CRAFT"

<https://www.facebook.com/groups/1526820960956092/> for successful completion of the Plant Based Complementary Alternative Medicine (PB-CAM) Practitioner/Consultant Certification Program!

Our thanks for your support, hope you enjoyed our new HealthWise Newsletter & hope it helped a little in your changes for a healthier you.

We will continue our commitment to Plant Health Education & Practice, feel free to comment or ask any questions you might have on the PB-CAM Practice. Wishing all much peace, much abundance & above all stay Healthy my Friends...”see” you in two weeks :)

Meanwhile THINK PLANT FOODS...for the Health of it!!

Join us on our FaceBook Group “FOOD 4 HEALTH”

<https://www.facebook.com/groups/PLANTHEALTHFOOD/>



www.plantbasedCAM.com

