

PlantHealth LifeStyle

Bi-Monthly HealthWise News

January 14th, 2017, Volume #2

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 2

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. If you have not, go back to volume #1, gas off your home and join us later. In this issue we are going to cover what happens when our body breathes chemical AIR. Let's look at an excerpt from “*LifeStyles of the SICK & HEALTHY*”

Oxidative STRESS-Oxidative DAMAGE

“ Here is why, our bodies constantly react with oxygen, as our skin breathes in the oxygen from our environments, our cells produce energy. As a result of this activity, highly reactive molecules are produced within our cells known as free radicals and oxidative stress occurs.



When our protein-controlled antioxidant-response doesn't keep up, oxidative stress causes oxidative damage that has been implicated in the cause of many diseases and also has an impact on the body's aging process.

The house pet is usually the first one to show the effects of indoor air sickness! Remember that we began to hear about Dogs with tumors just about 15-20 years ago. In my observation, usually the indoor pet will show signs of indoor

air toxicity after 7-10 years living in a chemically toxic enclosed environment. Our pets serve as the “canary in the mine”. This does not mean that we are not affected, we are, let us remember it was around 5-7 years ago that we began to

noticed a great number of our friends with thyroid dysfunctions, before that we only new somebody, that new somebody that had Thyroid problems.

Today we all know somebody with Thyroid problems, and yes hormone mimicking chemicals known as thyroid disruptor are found in enclosed in-door home air, as reported by the Environmental Protection Agency (EPA).

Let's take a look at some known illnesses from indoor chemical air living. I have included the source link for those who want to undertake their own research.

The following are some of the known illnesses caused by oxidative damage;

- **Diabetes-Both types of diabetics have increased levels of reactive oxygen species such as free radicals; for this reason, the onset of diabetes is closely associated with oxidative stress.**
Ref:<http://www3.interscience.wiley.com/journal/82002376/abstract>
- **Cardiovascular Disease-Oxidative stress has been associated with cancer, renal disease, and neurodegeneration. Forty years of research also shows that all vascular cells produce reactive oxygen species, the byproducts of oxidative stress, and that that contributes to many of the abnormalities associated with vascular diseases, including atherosclerosis and hypertension.** Ref:<http://circ.ahajournals.org/cgi/content/full/108/16/1912>
- **Cancer-Oxidative DNA modifications are frequent in mammalian DNA and appear to be important mechanisms in carcinogenesis, diabetes, and aging. This is indicated by, for example, high levels of oxidative lesions in cancer tissue, and reduced cancer incidence in populations with high dietary antioxidant intake.** Ref:<http://www.ncbi.nlm.nih.gov/pubmed/16092724>
- **Asthma-oxidative stress – plays in the development of chronic airway inflammation. Researchers are investigating the role that an imbalance of oxidants and antioxidants – oxidative stress – plays in the development of chronic airway inflammation in asthma.** Source: NIST, National Institute of Standards and Technology. Ref:<http://pubs.acs.org/doi/abs/10.1021/pr800685h>

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.

Remember the best food for our bodies is the Oxygen in the Air that Feeds our Cells, make sure it is not chemically laced!

This is some of the science seldom covered in a Medical Consultation, but yet as you can see, connected to many of our illnesses.

We just covered the AIR we BREATHE, in a Plant Based-CAM Consultation, we also evaluate three more areas known to be the cause of many of our illnesses; the WATER/BEVERAGE we Drink, the PRODUCTS/Meds we USE & the FOODS we EAT, and search for chemicals/exposures in those four areas known or suspected of causing that particulate illness.

Remove the cause, could eliminate the illness, we have seen this in many cases. At no time in the 30-years of research, education & practice has the PB-CAM protocols has been so beneficial as a complement to an individual Medical Treatment.

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 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 Science Based, Plant Based Health Practice, that has evolved and continues to grow side-by-side with today's health needs, awareness and maintenance.

Recent Scientific Studies.....

FOODS we Eat...

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...

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



Medicinal Plant Materials in Plant Based Health

We are adding this space as a regular section geared to share information on the therapeutic uses of Essential Oils & Herbs.

To understand the concept it is wise to begin describing the many usage of these materials, we begin with essential oils and its many levels of practice. For this information we included below an excerpt from the *"PB-CAM Practitioner Manual"* Level TWO, page 2 & 3.

How to identify "real" plant essential oils

"Let's begin by separating "Aromatherapy Essential Oils" from the medicinal grade essential oils (from now on referred to as Plant Essential Oils) we use in PB-CAM. You are welcome to view the YouTube video we posted in the late 1990s on how to identify Plant Essential Oils, <https://www.youtube.com/watch?v=hAjYE5N5yIs&t=2s> . We recorded this video when we realized that the majority of the essential oils sold as "100% pure" were oily whereas Plant Essential Oils are not. Many of these "aromatherapy" oils also did not keep their fragrance and all had a shelf life of about 1-2 years again unlike like the Plant Essential Oils we use in our practice. We also realized that these "Essential Oils" were being marketed to people with limited knowledge of their use and safety.

The Term “Essential Oil” is interchangeable with organic and inorganic chemistry. In many cases the term “100% Essential Oil” could very well be 100% synthetic and it may be unwise to depend upon information found on a label if you are going to practice Plant Based Health. As you continue to smell Plant Essential Oils you will develop your senses. Your experience will guide you and you will be able to detect the not so real essential oils. Until then you may refer to the following information to help you identify the real Plant Essential Oils and so that you don’t have to depend on what a label may say or imply.

- **Plant Essential Oils are not oily**
- **They can be left open without evaporation/oxidation**
- **They have a shelf life of 25 plus years**
- **Due to the aromatic alcohols and fermentation they become better with time (just like wines)**
- **Most of them can be placed directly on skin without any negative side effects**
- **They can be combined in a synergy (2 or more oils with the same properties) and thus benefit from the Law of Synergy which states that the therapeutic properties of each Plant Essential Oil multiplies by 100 to produce a combined effect greater than the sum of their separate effects. (The Power of a Synergy will be covered in greater detail in Level Three in the blending video session and again in Level Four.)”**

Have a question? Just ask, email us at education@plantbasedCAM.com

NEW for 2017...

One Level at a time to Plant Based Practitioner 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 are FOUR LEVELS 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 email any questions to
education@plantbasedCAM.com**

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/>

NEW BOOK for 2017 SURVIVAL
Available NOW on AMAZON!!

M.A.CISNEROS-ABREU'S

Lifestyles
of the
Sick & Healthy

21ST CENTURY SURVIVAL GUIDE
IN SYNC WITH NATURE & HUMAN HEALTH



Chemical illnesses Connections
& Plant Based Options
for a Healthier Lifestyle

IN FOUR AREAS OF GOOD OR BAD HEALTH

- AIR WE BREATHE
- PRODUCTS/MED'S WE USE
- WATER/BEVERAGE WE DRINK
- FOODS WE EAT

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!!



www.plantbasedCAM.com