

PlantHealth LifeStyle Bi-Monthly HealthWise News

March 1st, 2017, volume #5

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



In this issue...

- **GO TO HEALTH 2017, PART 5**
- **HEADACHES-Avoidable PAIN**
- **Recent Studies on Foods, Air, Med's, Toxic Products & more...**
- **Plant Based Educational Programs, NEW for 2017**

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 5

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 your 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 Health difference of inhaling fresh oxygen. On our 2nd volume we informed on “Oxidative STRESS- Oxidative DAMAGE” and connection to many of our illnesses. On our 3rd volume we looked at some Deadly Home Chemicals, volume #4 we introduced some of the Plant Essential Oil we use in developing non-toxic product replacement. In this issue(#5), we begin to look at some of the options for medications that the risks are greater than their benefits.

If you have not looked through volume #1, 2, 3 or 4 , go back, make those changes and join us later. This is a series, that if you follow from volume #1, you will improve your odds for many illnesses connected to chemical exposure and absorption.

Remember there are FOUR AREAS in our LifeStyle that are well known to be the cause of illness connected chemicals; Air, Water/Beverages, Products & Foods. These are Evidence Based areas the Plant Based-CAM Practitioner focus in their Practice. In these writings, we are sharing a capsulized version of our practice in an effort for those who take the time to make the changes to a LifeStyle of Health.

To request a PB-CAM Consultation, call 786-597-3760 or email education@plantbasedCAM.com we will connect you with a PB-CAM Practitioner/Consultant in your area.

The Quest for a Healthier LifeStyle...

In this issue we are going to cover some of the most discomforts afflicting many of us daily, making us dependent on over-the-counter synthetic medications with multiple side-effects, many of us don't look at over-the counter products as being harmful, but growing research is proving this to be a fact and an area of awareness for a healthier life.

As always this is Complementary Alternative Medicine (CAM), our information is intended for educational/informational purpose only and should not be construed as Medical advice. If you need a "pill" you need a "pill" . Our advice is to always seek Medical Diagnosis for any health condition or if feeling sick before trying any Complementary Care. The following are time-tested Evidence-Based guidance and Plant options to Better Health.

HEADACHES-Avoidable PAIN

Plant Based Options for Headaches, Muscle Aches, Sinus & Stress

Headaches- If you suffer from headaches, the first thing to do is to rule out your environments as a possible cause, this includes your car and workplace & a review of fragrant products (Check out volume 1 & 2 for instructions). The 2nd thing to do is to make sure you are not "feeding" your headache, information on "Foods for Sickness" on our next issue.

The PB-CAM protocols has proven very effective for those suffering these headaches, we have observed immediate results in 9 out of 10 headaches following the uses of the Headache Synergy and PB-CAM recommendations. Below are some single Essential Oils that have been known to be effective by itself and/or in combination.

IMPORTANT: Advice and observations are based on the application of A-CAM Pure Plant Essential Oils, check with your Essential Oil supplier for proper use of their oils, before using any of our suggestions. Read Issue #4 for "How to Tell the Real Essential Oils".

-Tension Headache

Inhalation of any of these Essential Oils by themselves or best combine in a synergy; Marjoram, Valerian, Ylang-Ylang, Sage/Clary Sage, Peppermint and/or Lavender.

For added care we recommend the addition of Medicinal Herb Tea or Tincture combination of Lavender Flowers, Calendula, Marjoram, Valerian Root & Peppermint.

-Sinus Headache

Your environment play a big role, if you get your headache at night or morning I would look at your home environment, if you feel better inside than outside, I would be looking at the outside environment for the possible cause(s) to include new car chemicals diffusion, which are also connected as a possible cause for many of these headaches.

Inhalation of any of these Essential Oils by themselves or best in combination (synergy); Eucalyptus, Pine Needle, Cypress, Cajuput, Lavender and/or Peppermint.

Medicinal Herb Tea of Eucalyptus leaf, Lavender & Chamomile Flowers, Marjoram, Peppermint & Spearmint (equal parts).

-Migraine & Cluster

Environments, Chemical Products, Med's & Food could be the cause of either of these headaches, and should be ruled out before depending on medications and risking debilitating side effects.

For additional info on "Food 4 Health" join us on our FB group page <https://www.facebook.com/groups/PLANTHEALTHFOOD/>

After Medical Diagnosis we recommended to seek the guidance of a PB-CAM Practitioner/Consultant for a custom program for these types of Headaches.

-Muscle Aches

We have all experienced aches & pain from time to time, some of us much more than others. No doubt lack of circulation by seating or standing for hours/days, in addition to a sedentary life can be a cause for aches, as well as medical conditions, such as Lupus, Fibromyalgia & Neuropathy.

Chemically Laced LifeStyle is a SICK LifeStyle

Because chemical exposures have been connected to debilitating effects, we recommend to check your Environment(s), and HOW you ARE FEEDING your INFLAMMATION, consuming and using chemically based Beverages, Food, Chemical Products & Med's, best known as "INFLAMMATION FOOD".

Why not change to antiinflammatory options which brings us to Plant Based FOOD, BEVERAGES & PRODUCTS as the best way to STARVE our ILLNESS. DO NOT THINK THAT ACHES ARE PART OF AGING, NOT TRUE!! GOOD HEALTH is part of aging. Beware of possible debilitating effects in your LIFESTYLE and change it.

The following A-CAM Essential Oils has been observed by itself, in a synergy or in a gel based with amazing results;

Lavender- reduces inflammation

Sage Dalmation-Strong muscle relaxer

Clary Sage- Medium muscle ache

Clove Bud-analgesic

Birch-analgesic

-Sinus Problems

No doubt your environment(s) could be the cause of your sinus condition, to find determine whether you feel better inside or outside your home? also do you have sinus problems in the morning? Or your car or work. Follow our recommendations in our 1st issue about airing out your home.

The following A-CAM Essential Oils are very effective in an inhaler or home diffused by themselves or in combination;

Cypress-bronchodilator

Eucalyptus-when mix with oxygen in the air creates ozone

Fir Needle-Respiration, Cajeput-effective for coughs

-Stress

Stress signals the body to self-destruct causing debilitating health conditions easy to diffuse with awareness of the four areas mentioned above and the right Essential Oils & Medicinal Herbs by itself and/or synergy combination or Home diffuse. In the PB-CAM Practice we use the following Plant Materials with effectual results;

Essential Oils

Ylang-Ylang-controls rapid heartbeats and respiration

Marjoram-antidepressant

Valerian-antidepressant

Orange-relaxing

Herbs in Tea form or Tincture

Strong relaxers-Marjoram, Valerian and St. John's Wort

Medium relaxers-Chamomile, Lavender, Jasmine, Calendula, Immortal

Recommended A-CAM Pure Plant Essential Oil Suppliers

-Keys Naturals <https://www.facebook.com/KeysNaturals/>

-VR00TZ <https://www.facebook.com/verootzbotanicalblends>

-Keep it in the Heart <http://www.keepitintheheart.com/en/>

- Pure Plant E.O.'s www.pureplantessentialoils.com

On our next issue, March 14th, we will cover FOOD 4 Health and share more HealthWise information on our way to a better LifeStyle.

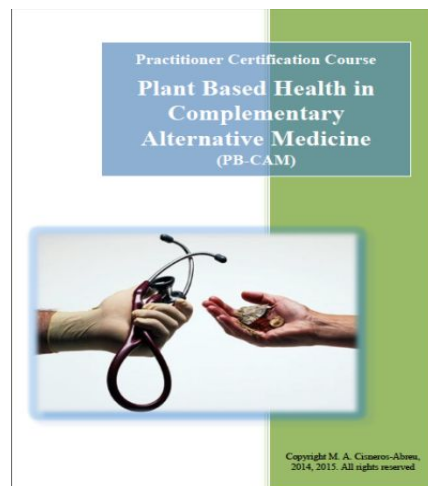
For questions & comments email us at education@plantbasedCAM.com

Leading-Edge Plant Based Education & Practice

If you have an interest in Plant Based Health Practice, 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 right for you.

Want to know more?? education@plantbasedCAM.com .

Who knows it might be your time to follow your passion and join an Evidence Based Plant Health Practice, which 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...

Bad Diet in Youth Might Raise Risk of Early Breast Cancer

THURSDAY, March 2, 2017 (HealthDay News) -- A poor diet while young may do more than just make it tough to fit into a pair of jeans: New research suggests it might also raise a younger woman's risk for breast cancer. https://medlineplus.gov/news/fullstory_163880.html

Can an Apple a Day Keep COPD Away?

THURSDAY, Feb. 23, 2017 (HealthDay News) -- Eating lots of fruits and vegetables is good for everyone -- and may even help current and former smokers avoid chronic lung disease, a new investigation reveals. https://medlineplus.gov/news/fullstory_163759.html

10 Daily Servings of Fruits, Veggies a Recipe for Longevity

THURSDAY, Feb. 23, 2017 (HealthDay News) -- If you want to add years to your life, 10 daily servings of fruits and vegetables may be the best recipe you can follow, a new analysis suggests. https://medlineplus.gov/news/fullstory_163748.html

Heart-Healthy Tips for Your Grocery List

THURSDAY, Feb. 9, 2017 (HealthDay News) -- A healthy heart begins with what you eat, and one way to shop for groceries wisely is to start with a list, a cardiologist recommends. https://medlineplus.gov/news/fullstory_163517.html

Cutting Salt a Health Boost for Kidney Patients

THURSDAY, Feb. 16, 2017 (HealthDay News) -- Encouraging people with kidney disease to reduce their salt intake may help improve blood pressure and cut excess fluid retention, at least for a while, a new study suggests. https://medlineplus.gov/news/fullstory_163628.html

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...

Could Common Insecticides Be Tied to Behavior Issues in Kids?

THURSDAY, March 2, 2017 (HealthDay News) -- Children exposed to a widely used group of insecticides may be at increased risk for behavioral problems, according to a new study. https://medlineplus.gov/news/fullstory_163885.html

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...

Common Painkillers Don't Ease Back Pain, Study Finds

Patients who took NSAIDs were also 2.5 times more likely to suffer gastrointestinal side effects.

THURSDAY, Feb. 2, 2017 (HealthDay News) -- Painkillers like aspirin, Aleve and Advil don't help most people with back pain, a new review finds.

https://medlineplus.gov/news/fullstory_163385.html

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...

Indoor Tanning: A Big Financial Hit to U.S. Health Care

“Skin cancers from UV light in devices totalled \$343 million in 2015 alone, researchers say”

TUESDAY, Feb. 28, 2017 (HealthDay News) -- Skin cancers linked to indoor tanning are estimated to have cost the U.S. healthcare system hundreds of millions of dollars in 2015, a new study says.

https://medlineplus.gov/news/fullstory_163830.html

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.

<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. https://medlineplus.gov/news/fullstory_163112.html



Camping Time in the Forest!!

Make Plans to Join Us

Earth HealthFest Celebration

A Celebration of Earth's Medicine, Foods, Energy & Beauty in its contribution to our Health, October 18th-23rd at the edge of the Ocala Forest

This FREE event is for all of us to enjoy, with FREE workshops in Plant Based Medicines, Foods that Heals, Native American Wisdom, Yoga, Wilderness Survival, and more. We have planned daily swimming & canoe trips to areas Mineral Springs as well as Hiking in the Forest. Bring your family, bring your friends to one of a kind adventure, and yes bring your diving mask, snorkel & fins, tent or RV. More info? Go to <https://www.facebook.com/events/1720239408287908/>

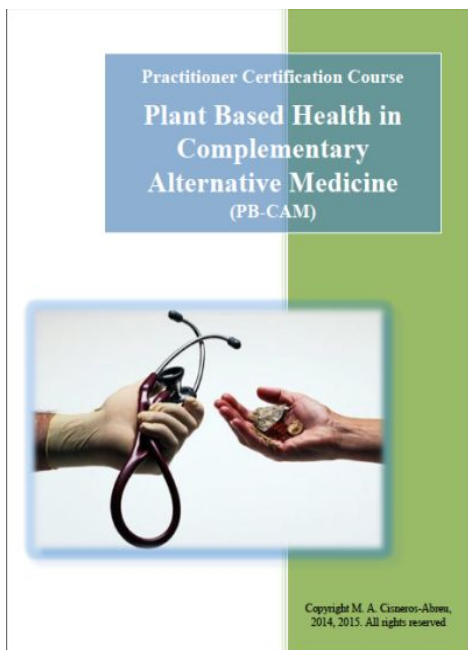
Leading-Edge Plant Based Education & Practice

NEW for 2017...

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)

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



-The course starts when you are ready and never ends! It is a completely self-paced online course - you decide when you start and when you finish, includes participation and continuous Educational updates.

-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

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.

For additional information visit www.plantbasedCAM.com or email education@plantbasedCAM.com . Payment plans available

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. We welcome your feedback, testimonials and questions, wishing all much peace, much abundance & above all stay Healthy my Friends..."see" you in two weeks :)

Stay informed Join us on 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/>



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