

SUN Exposure

The power of the house plant

Day in and day out, we are bombarded with pollution—we touch it inside and outside our homes, listen to it outside our windows and breathe it in our lungs, and sometimes even put it in our mouths. But there are simple ways to go about reducing some of the chemicals you have in your home.

NASA scientists researched in the 70's how to clear pollution in an enclosed environment like a space station. They tested plants in enclosed plexi-glass environments and watched in astonishment how chemical-laden gases that were intentionally pumped in, were cleared. The leaves had low-level absorption, but the activated carbon-mixed soil, helped the roots pick up the rest.

The chemicals they were concerned with were benzene, trichloroethylene (TCE), and formaldehyde. These are chemicals found throughout every household and found especially in office buildings, with

many other carcinogenic chemicals. Benzene is found in cigarette smoke, synthetic fibers, plastics, regular candles, inks, and detergents. TCE is seen in dry-cleaning materials, paints, thinners, varnishes, laquers, adhesives, wood finishes, and photocopiers. All new carpeting, wall coverings, fiberboard, plywood, resins, and natural gas all emit formaldehyde, and continue to emit it over the years. These chemicals, especially for the pregnant, children, and elderly, can have serious effects on their health. But just buying a simple house plant can slowly help clear your house.

Spider plants (*Chlorophytum elatum*) and heart leaf philodendron (*Philodendron oxycardium*) both are very good at clearing formaldehyde. Also azaleas (*Rhododendron indicum*), poinsettias (*Euphorbia pulcherrima*), and fig trees (*Ficus moraceae*) are good too.

Benzene cleaners are English ivy (*Hedera helix*), mar-

ginata (*Dracaena marginata*), and Golden pothos (*Scindapsus aureus*). TCE can be removed by Peace lilies (*Spathiphyllum 'Mauna Loa*) and Dragon tree (*Dracaena deremensis*).

Another interesting plant is the *Cereus peruvianus*, a cactus found in Mexico. Swiss researchers found it to absorb—surprisingly enough—electromagnetic pollution, when placed on a computer or TV. Although these were the plants that were tested, there are countless other plants that were not that probably

have a good effect. So surround yourself with these plants, as they are not only pleasant to the eye, but good for your health!



(list taken from [The Green Witch Herbal](#), by Barbara Griggs)

The cost of regular, extended aerobic training is decreased speed, power and strength.

Anonymous



Bring a friend or family member to get their first ACG work-up and get \$10 off your own initial work-up PLUS 1 bottle of the multi-vitamin Catalyn™!!

Herbs are not for everyone

Looking for alternatives to westernized medicine, many people have turned to herbs to help their ailments. What many people do not realize is that herbs, whether organic, wild-crafted or anything else, are not having the same effect on them as they would have on their ancestors. Its not because we are physiologically different to our great, great, great- grandparents, but that we eat, think and live differently then them. First and foremost is that our bodies are neglected and do not receive the same saturated, nutrient dense foods as they did. They ate from the earth, and the earth was pretty pristine. Their stress was different and lower. We are bombarded by industrial, pharmaceutical and household chemicals, noise pollu-

tion, work and lack of relaxation, and electronics. With all this and the lack of proper nutrition, it's a wonder why most people take herbs and get minimal relief. A body needs to be somewhat healthy to have a good and adequate response to herbs, because herbs do not "feed" the body. Most people walk around in need of lots of nutrients for their body to heal and to function. Lack of function, or ailment is not a deficiency of an herb but once again of vitamins and minerals. The answer is not "well isn't it better that instead of taking aspirin, I take white willow bark for my knee pain?" or "instead of taking Ambien, I take Valerian root?" Herbs are not a band-aid or a substitute for man-made pharmaceuticals. The underlying cause still needs to be addressed as all symptoms of the body are signs of more serious nutrient deficien-



cies.

Botanical Medicine/ Herbology is an art. People who have correctly studied them know, herbs work synergistically with an already appropriately functioning body. So before you walk into a health food store or vitamin shop, and ask the person "what can I take for my headaches?"; think about what was said here, and analyze your diet, thoughts and lifestyle. If your just looking to an herb for a quick fix because its more "wholistic", then you are going to be disappointed with your results and might even be wasting your money. Having a cold is not an Echinacea deficiency.

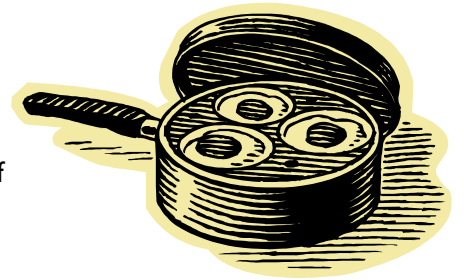
Recipes for Health

Roasted mushrooms with crème fraiche and bacon

2 large Portobello mushrooms
1 tbsp butter
2 organic, free range eggs
2 tbsp crème fraiche
2 slices of bacon
Salt to taste

Preheat the oven to 300 F. Place the mushrooms in tray . Spoon over the butter and season. Bake for 20 minutes until tender. Meanwhile half-fill a skillet with water and bring to a boil, then reduce the heat to low. Break the eggs into the pan and cook them at a gentle simmer for 3 minutes, then remove using a slotted spoon and drain. Place a mushroom on a plate and top with a poached egg. Place a spoonful of crème fraiche on top of each one and

sprinkle with the bacon snipped into small pieces. Season with salt and enjoy.



Spotlight on a book

Got knowledge? Want to know the truth about vaccines? The Germ theory and the rest of Mass Media Medicine? Good-bye Germ Theory by Dr. William Trebing gives great insight into all the hype about the “flu” and other ailments in our daily lives. He lays to rest all the misconceptions of how the body works, what relationship we have with bacteria and viruses and the real truth about our health that the pharmaceutical companies and most health “big business” does not want you to know about, that there **really isn’t any “immunity from germs”**.

This book is extensive, well researched and had thorough investigation into all aspects and arguments of why we get sick.

“If the bulk of society” Dr. Trebing says, “were to stop and realize for even a moment that *they are in charge of their own personal state of health, and that the healing and health maintenance ability of the body is well within their reach*, the medical profession would cease to exist and the pharmaceutical companies would go out of business”. This is great to hear especially in a time when the concern for healthcare is overwhelming and people feel helpless because HMO’s are taking over. This book is an inspiration and makes you aware that you can take back the power of your health into your own hands.

He goes on to say “disease runs rampant in America, and absolute health is indeed a rarity.” But he reasons it to the “attitude, and aptitude, of the victim consciousness and irresponsibility for how we live our lives’, which I completely agree. Stop blaming others, be your own caretaker, you don’t need a medical degree to keep yourself healthy, just a desire for it.

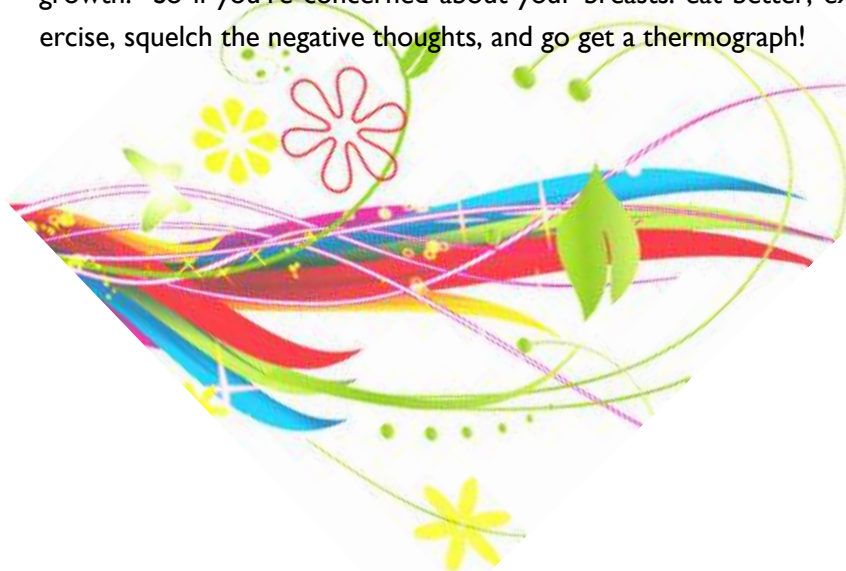
ENJOY!

Law of Attraction

You and your life are what you think. You are the master of your universe, literally. Good things happen because you thought them, believed in them and attracted them to you. Same goes with negative happenings. Same goes with the people around you. You attract what you want and what you don't want. How is this possible? When you concentrate on something, you are like a magnet and the universe throws those things towards you. Sometimes you focus on "I would love a new car" and you somehow get it. But then you think "I hope it doesn't break down" and it somehow does. The universe doesn't know "want" from "don't want", it only knows whatever you concentrate on. This is where positive thinking begets positive things. Negative thinking, even waking up grouchy can create a day of disaster. Its like skiing or snowboarding, point to where you want to go, down the hill away from all obstacles. The moment you see trees or people and concentrate on not going into them, you inevitably will go into them!

Did You Know?

Mammograms can be very hazardous to your health, for multiple reasons. Intense x-ray exposure has never been what the doctor ordered and constant exposure is **known** to lead to tumor growth. Also when the technician, who doesn't want to be sued for an unclear picture, really squashes the breast between 2 plates, that unnatural, physical torture can harm and ultimately damage the tissue, leading once again tumor growth. So if you're concerned about your breasts: eat better, exercise, squelch the negative thoughts, and go get a thermograph!



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Enriched flour, Figs preserved with sulfur dioxide, sugar, **corn syrup**, **high fructose corn syrup**, glycerin, whey (from milk), salt, soy lecithin, leavening (baking soda, calcium phosphate), calcium lactate, sodium benzoate added for freshness, malic acid, artificial flavor, malted barley flour cornstarch.

**Fat Free Fig Newtons
Nabisco**

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