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Health Freedom Network **Newsletter**

ISSUE #370

www.HealthFreedomNetwork.com

Drug Companies In Bed with Doctors

Guess which medication your doctor is likely to prescribe for you. Sadly, it's not necessarily the one that is best matched to your health concern, but rather it's more likely to be the one that the pharmaceutical companies promote the strongest. The end result? You pay more and aren't always getting the most suitable medicine, according to a new report published in the Public Library of Science journal *PLoS Medicine*.

In this analysis of 58 studies from numerous countries around the world, the researchers determined that information from drug companies altered physicians' decisions, and not necessarily in a positive way. In short, doctors who accepted information from drug companies were more likely to prescribe medications from those companies.

This report urged for regulations on the amount of money that drug companies can spend on product promotion. In one recent year alone, pharmaceutical companies spent \$57.5 billion on promotion in the United States.

What can you do to protect yourself? Ask your doctor to adhere to the official U.S. guidelines that advise doctors to use the oldest, cheapest generic drugs to treat health problems such as high blood pressure and diabetes before turning to newer, patented, and often more dangerous prescription drugs.



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The Ugly Side of Sweet

Historically, if you wanted to cut back on sugar but still have something sweet, your choices have been very limited. Today there are options for sugar substitutes and alternatives, which is good news for diabetics, hypoglycemics, those concerned with the dental risks of sugar, dieters, or anyone else seeking non-sugar sweetness, but not all of these are healthy to use.

Non-sugar sweeteners started life with a shaky reputation, when saccharin (the first sugar substitute) – sold under the brand name Sweet'N Low – was suspected of increasing the risk of bladder cancer. Although saccharin-containing products are no longer required to carry a warning statement, many consumers have justifiable lingering doubts about it.

Currently, Splenda garners the

largest market share of artificial sweeteners, although aspartame (Equal and NutraSweet) and acesulfame K (Sunett) remain steady sellers, as well. Although these artificial sugars sweeten snacks and drinks with no or greatly reduced calories, using these artificial sugars doesn't actually help people lose weight, according to the latest and most comprehensive review of sugar substitutes. In short, this study casts serious doubts on the main reason many people use artificial sugars: to lose weight.

So if artificial sugars such as saccharin and Splenda are out, what's a health-conscious person with a sweet tooth to do? There are a growing number of not-white-sugar sweeteners now available to consumers. Better yet? These newcomers are made by Mother Nature, not in a laboratory. Agave (a nectar

from the agave plant) is sweeter than sugar, but doesn't cause as much blood sugar fluctuation as sugar. Other natural sweeteners include amasake, barley malt, brown rice syrup, date sugar, honey, and maple syrup.

Stevia is an intensely sweet herb that contains zero calories and is 100-400 times sweeter than white sugar. A little goes a long way with this healthy, natural product since just one teaspoon can replace one cup of sugar. This South American herb even has medicinal properties, such as lowering blood pressure.

Another healthy option is xylitol. It's about as sweet as sugar, but with far fewer calories. Xylitol can be found in gums and candies and even as a tabletop sweetener. As opposed to sugar, xylitol actually promotes healthier teeth.

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newsletter present this information for educational and informational purposes only. No attempt is being made to prescribe any medical treatment or diagnose any medical disorder.

Yours in Health,
Sandra Oshiro, Editor

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Exercise For Your Ticker

There is an ironclad case to be made that exercise is good for your heart. Just as exercise tones the muscles of the arms and legs, it also improves muscular function and strength of the heart muscle. Exercise does a lot for circulation, as well, since it improves the body's ability to transport and use oxygen.

Cardiovascular diseases comprise a large number of conditions affecting the heart and blood vessels, including atherosclerosis (hardening of the arteries), heart attack, and stroke. Living a sedentary life is one of the five major risk factors for cardiovascular diseases (along with high blood pressure, high cholesterol, obesity, and smoking). Staying fit does double duty since it's good by itself and also benefits the other risk factors of obesity, cholesterol, and blood pressure.

Couch potato lifestyles contribute to hundreds of thousands of deaths every year. Even though the connection between exercise and heart health is clear and irrefutable, the vast majority of Americans do not engage in regular exercise. Less than one-third of Americans meet even the minimum exercise

recommendations of at least 30 minutes of moderate intensity activity on most (and preferably all) days of the week. Moderate intensity activities are those that are comparable to a brisk walk of 3-4 miles per hour. If all Americans met this minimum recommendation, cardiovascular events would plummet by 30-40% in this country.

Aerobic exercise (that is, anything that raises your heart

rate such as brisk walking, cycling, or swimming) is the gold standard for heart health. While aerobic activities should be your focus, there is some evidence that strength training kicks in some heart protection, as well.

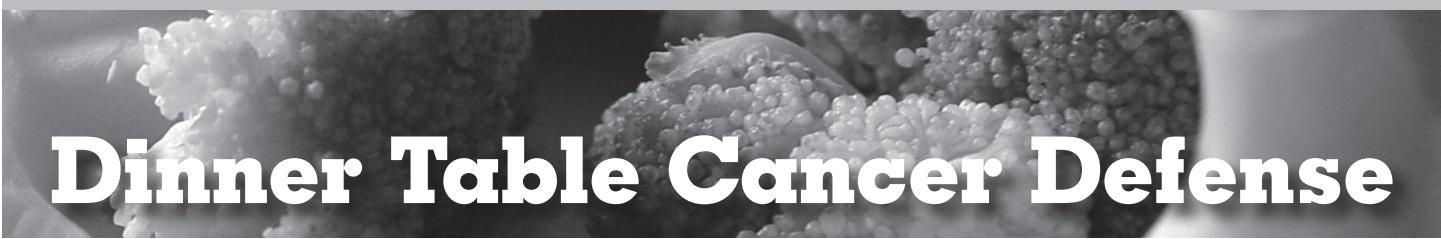
People who are physically fit are less likely to develop heart disease than couch potatoes. And if, by chance, heart disease does develop in a physically active person, it strikes at a later age and is less severe than in their inactive counterpart.

It's never too late to get back on track, literally. The risk of dying from heart disease goes down in middle-age men who are starting an exercise program for the first time. And you don't have to become an elite athlete to help your heart. People who go from being sedentary to being moderately active garner the greatest gains in terms of heart disease protection. Even people who have already had a cardiac event can be aided by exercise. Heart attack patients who subsequently start an exercise program are 20-25% less likely to die from heart disease. Of course, you should talk with your doctor before starting a new exercise regimen.



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Dinner Table Cancer Defense

Think that there's not much you can do about your risk of cancer? Think again. Diet is estimated to contribute to about one-third of preventable cancers—about the same amount as smoking. Choosing cancer-fighting foods is essential; a diet with plenty of fruits and vegetables provides a treasure trove of immune-boosting phytonutrients and cancer-fighting antioxidants. One class of veggies stands out as particularly effective in this regard: cruciferous vegetables (e.g., cabbage, Brussels sprouts, broccoli, cauliflower, watercress, and others).

A diet rich in cruciferous vegetables (five or more weekly servings) has been shown to significantly reduce the risk of

various cancers. Cruciferous vegetables contain high levels of sulfur compounds called glucosinolates, which are changed in the body to become isothiocyanates. There are numerous isothiocyanates that provide health benefits, for example broccoli forms sulforaphane and watercress leads to phenethyl isothiocyanate (PEITC).

A large body of research, including epidemiological studies, indicates that isothiocyanates help prevent cancer by eliminating cancer-causing compounds called carcinogens from the body and boosting the activity of proteins in the body that suppress tumors. One clinical trial, based on smokers, found

that daily consumption of PEITC-rich veggies lessened the activation of carcinogen precursors in tobacco smoke. Diets supplemented with PEITC, according to an animal model, significantly lessened carcinogen-DNA adducts in all tissues examined (liver, colon, and prostate), even when there was only low exposure to carcinogens. Adduct formation in DNA contributes to cancer development.

Although cruciferous vegetables contain high levels of isothiocyanates, the cooking process (particularly boiling and microwaving) can decrease their bioavailability. This means that supplementing with these sulfur compounds can make a lot of sense in a cancer-fighting plan.

Cash Incentives for a Healthy Life



Will folks get healthy if offered some cold hard cash? Absolutely. In a test program, IBM offered \$150 to each of 40,000 workers who agreed to participate in a 3-month “healthier living” program. More than 22,000 of the workers (and their families) signed up and learned about exercising, reducing computer and TV time, and how to increase veggie consumption in the family diet. Most people not only completed the program, they followed through on many of the healthy changes advocated by it.

It turns out that simple incentives can go a long way toward meaningful health changes, especially when these changes are things that people know they should do. It's a nudge in the direction they wanted to go anyway. Simple incentives can effectively promote positive health change. Let's hope more companies follow in IBM's healthy footsteps.

A New All-Natural Way of Getting Rid of Depression

Depression is so common that everyone either has it at some point in their life or they are affected by a loved one's depression. Mostly, people suffer alone and in silence. But more and more, people are going to their doctors demanding help for their depression. And doctors are doling out antidepressants at an alarming rate. Antidepressants are the most prescribed category of drugs in America, with 118 million prescriptions for them given in 2005 according to the CDC, and that number is rising each year.

Some people are weary of antidepressants, and rightly so, since they tend to blunt all emotions, not just sadness, leaving people feeling like a zombie. Plus, they often have dangerous and even potentially deadly side effects, such as increasing the frequency of suicidal thoughts. People want to take antidepressants so they can feel happy, not suicidal!

Therefore, a lot more people are looking for natural ways to deal with their depression. Some are trying natural supplements or hypnosis. Others are getting out and exercising to get the



mood-lifting endorphins released, while others are talking to therapists, going to support groups, and getting psychotherapy sessions. Many of these work well, but sometimes depression can be hard to get past.

There is a relatively new treatment for depression being used in Australia and making its way over to America, called Transformational Wellness. It is a reprogramming of the subconscious using a therapy session where commands are given to the brain and subconscious. It works on the theory that the thalamus in the brain has been programmed by our negative and stressful environments. If your surroundings are full of tension and stress, the thalamus interprets those negative emotions as a threat and begins

to tell your body to shut down, causing lethargy, the inability to be interested in daily life, sadness, and irritability, which are the first steps toward depression.

Transformational Wellness reprograms the subconscious to accept all outside influences as positive instead of negative. It changes the way the brain experiences stress and silences any inner negativity. With this treatment, the brain learns to control its responses to environmental stress, turning what could be a negative experience that leads to depression, into a positive experience that brings joy and happiness. So far it has been not only safe and effective, but also very affordable, freeing people from depression, but not robbing them of their emotions or their money.

Fighting Fibroids Naturally

One in four women have difficulties with fibroids—and an even greater number of women have fibroids that are asymptomatic. Fibroids cause heavy, painful periods, severe menstrual cramps, backache, frequent urination, intensified PMS, constipation, hemorrhoids, urinary urgency, painful intercourse, and even infertility. One-third of hysterectomies are performed each year to deal with fibroids.

With fibroids, a key problem is that estrogen levels are out of whack. There are a lot of things you can do to get back into hormone balance, and this should then hopefully lead to a lessening of fibroid symptoms. Regular exercise is a great way to lower circulating levels of estrogen, along with providing a myriad of other health perks.

The liver is ground zero when it comes to metabolizing and excreting estrogen. It follows, then, that a healthier liver gives you a better chance of balanced hormone levels. Drinking alcohol and eating heavy, fatty foods puts a lot of stress on the liver, and

should therefore be minimized. Milk thistle is best known as a liver-friendly herb. Compounds in milk thistle called silymarin protect the liver in many ways, such as blocking the entrance of toxins into the liver, boosting antioxidant defenses in the liver, and even regenerating damaged liver cells.



The roles of the hormones estrogen and progesterone are intertwined. The herb vitex (also known as chasteberry) sparks the body's production of progesterone to correct hormone imbalances. Take note, however, that vitex is not quick acting; it may take several months to show benefit. Vitex can be taken once daily in the amount of 30-40 mg. (Discontinue the use of this herb if you become pregnant.)

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Green Up Your Diet

Green is the color of healthy plants, new growth, and healing. When it comes to green foods (including spirulina, chlorella, Klamath Lake blue-green algae, barley grass, and wheat grass) – the color green really lives up to its reputation. Although green foods come from a wide variety of plants grown on both land and water, what they have in common are seriously high nutrient levels squeezed into a ridiculously small space. This means that they give you bang-for-the buck in boosting the quality of your diet.

All of these plants are chock-full of antioxidants, vitamins, minerals, amino acids, and essential fatty acids. Green foods improve immune function, detoxify the blood, and boost energy levels. Each one has some special health benefits, as well: spirulina has been shown in research to protect the liver from liver toxins, chlorella speeds wound healing, barley grass lowers cholesterol, and wheat grass treats ulcerative colitis.

Green foods generally taste “grassy,” and frankly many people find their taste to be too strong. You can experiment with the different green foods, to see if one tastes better to you, since they all have similar health effects. But what keeps people coming back to green foods is that you really can “feel” the benefits.

You can grow a small planter of cereal grasses and juice them (you will need a juicer that is robust enough to handle grasses); simply cut off a 2-3 inch round of the grass for each serving of juice. Alternatively, 1-3 teaspoons of green food powder or flakes can be mixed with water, juice, or into a smoothie.



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"Green Power" Smoothie

Ingredients:

1 banana
½ cup cubed mango or frozen berries
1 cup apple juice
1-3 teaspoons green powder
(spirulina, chlorella, or other green food)
½ cup ice cubes

Put ingredients into blender and blend until smooth.

5 Favorites

MinuteCancerCure.com
CancerCureBottle.com
VitalVelvet.com
PacificRimShop.com
CoralReefRemedy.com



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