

In this issue:

The Heart Disease-Mood Connection
ACL Knee Injuries
Is Bottled Water Any Better Than Tap?

Health Freedom Network Newsletter

ISSUE #373

www.HealthFreedomNetwork.com

What You Can Do About Breast Cancer, Part One

In the 1950s, one American woman in 20 was at risk for developing breast cancer. Today, one in nine is at risk, and about 44,300 women die annually.

There are numerous factors that raise your risk for developing breast cancer:

- Family history of breast cancer
- Onset of menstruation before age 12
- Beginning menopause at a late age
- Giving birth after age 30 to your first child
- Never giving birth
- Being 40% above normal weight for your age and height

In addition, what you put on your dinner plate plays a role in breast cancer risk. In fact, 38 percent of breast cancers in the U.S. could be prevented by dietary changes, according to cancer experts. The basic nutrition message here won't be surprising at all: aim for a balanced diet consisting of plenty of fruits, vegetables, and whole grains. Try to get five servings

of fruits and veggies each day, select whole grain (as opposed to refined ones), eat less fat and sugar, and focus on calcium-rich foods, along with a daily multi-vitamin with folic acid.

While a high-fat diet is linked to a higher risk of breast cancer, the type of fat is also important. Walnuts contain a healthy fat called omega-3, as well as antioxidants and phytosterols (another type of plant fat) – all of which have been shown to slow cancer growth.

A study presented at the American Association for Cancer Research showed that mice eating the equivalent of just 14 walnuts a day were much less likely to develop breast cancer. Related research shows that the same amount of walnuts in the diet can slow breast tumor growth by blocking cancer cell proliferation. Since walnuts pack a wallop of fat (even though it's the healthy kind, it's still fat) and concentrated calories, make sure you're substituting walnuts for

other snacks and not just eating more; weight gain raises the risk of breast cancer.

Fiber doesn't just help keep you regular, it can also lessen your chances of developing breast cancer. Women should aim for 28 grams of fiber daily (the average American gets just 10-15 grams). Fiber-rich foods include whole grains, nuts, fruits, and vegetables – foods which should sound familiar since they are the same ones that form the basis of a healthy, anti-cancer diet in general. Fiber keeps breast cancer at bay, especially in premenopausal women, by clearing out excess estrogen. Fiber also indirectly fights cancer by helping you keep your weight in check; studies clearly show that being overweight is a big risk factor for breast cancer.

Check out next month's newsletter for "What You Can Do About Breast Cancer, Part Two," to learn about the complex role of soy and alcohol in breast cancer.

Share this vital information with your friends, family, and neighbors!

If you'd like to get this information monthly, please visit: <http://Subscribe.HealthFreedomNetwork.com>

Unlock the Power of Green Foods

“Green foods” is a general term that refers to a handful of chlorophyll-rich plants; including micro-algae such as spirulina, chlorella, and Klamath Lake blue-green algae and cereal grasses such as barley grass and wheat grass.

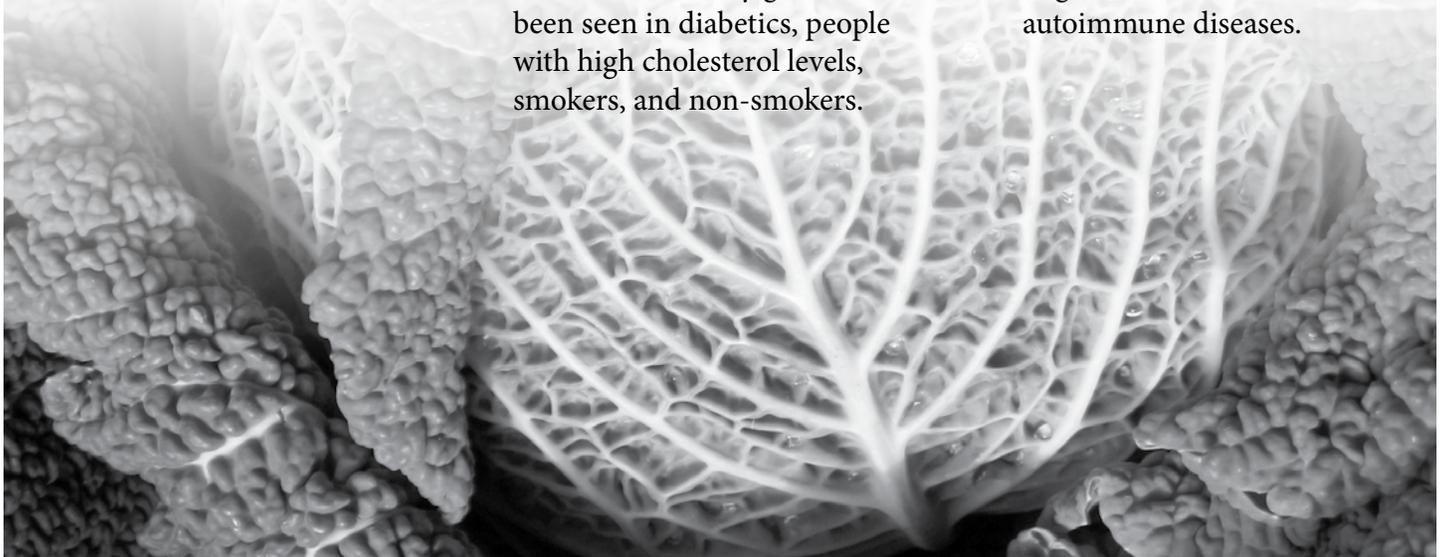
All green foods contain chlorophyll; the chemical structure of chlorophyll is quite similar to hemoglobin (blood’s oxygen transporter), which accounts for chlorophyll’s reputation as being the lifeblood of the plant world. Chlorophyll eases inflammation, promotes wound healing, and has potent antioxidant abilities to counteract harmful free radicals.

Research documents spirulina’s liver-protecting abilities. Chlorella, another type of micro-algae, has the highest chlorophyll level of the green foods. Many alternative practitioners use chlorella as a detoxifier. Clinical trials with chlorella supplements have found that daily use of this green food reduces high blood pressure, lowers cholesterol levels, speeds wound healing, boosts immunity, and improves quality of life for those with fibromyalgia.

Barley grass lowers cholesterol and reduces risk factors for cardiovascular disease. This benefit from barley grass has been seen in diabetics, people with high cholesterol levels, smokers, and non-smokers.

Wheat grass juice has been the leader in the green foods arena for over three decades and anecdotal use highlights its ability to aid various digestive ailments and purify the blood and detoxify the liver. Recent research suggests a role for wheat grass in treating ulcerative colitis.

Green foods are very safe. The only concern is for people with autoimmune diseases (a class of diseases in which the body’s own immune system is attacking itself, such as lupus or rheumatoid arthritis) because there are some reports that the immune boosting effects of green foods could worsen autoimmune diseases.



Health Freedom Network

1314 Kensington Road #3162
Oak Brook, IL 60523

Newsletter@HealthFreedomNetwork.com

Disclaimer:

This newsletter contains the opinions of the Health Freedom Network. It is not intended to be used as medical advice. All opinions are believed to be accurate at the time of publishing. Many medical experts have differing opinions. If you do anything recommended in this newsletter without the supervision of a licensed health practitioner, you do so at your own risk. The publishers of this

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

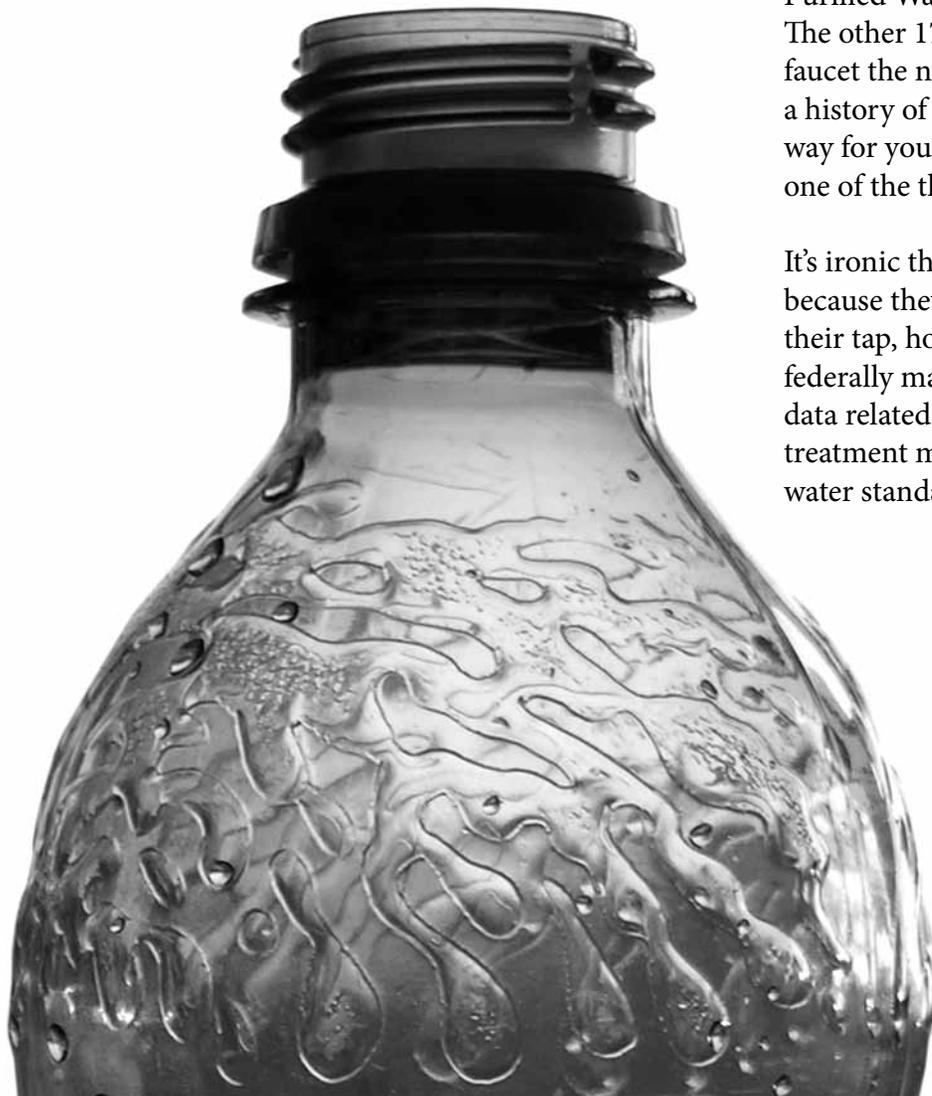
Share this vital information with your friends, family, and neighbors!

Label Dangers of Bottled Water

The Environmental Working Group, a Washington, D.C., advocacy group, just examined 173 different brands of bottled water on the market and released its “Bottled Water Scorecard,” a rundown of the data displayed (or not!) on the labels of the most popular brands of bottled water.

A paltry three brands of water bottles contained the three key pieces of data that consumers need to know in order to judge the water quality: the water’s source, how it’s purified, and the results of any tests for contaminants. These three brands were: Gerber Pure Purified Water, Nestle Pure Life Purified Water, and Penta Ultra Purified Water. The other 170 water bottles could come from a faucet the next town over or from a company with a history of bacterial contamination – there’s no way for you to know, since they all lacked at least one of the three data points.

It’s ironic that a lot of people drink bottled water because they don’t trust what comes out of their tap, however municipal water supplies are federally mandated to track and supply all of the data related to where their supplies originate, treatment methods, and any violations of drinking water standards.



Share this vital information with your friends, family, and neighbors!

If you’d like to get this information monthly, please visit: <http://Subscribe.HealthFreedomNetwork.com>

Heart Disease Risk Connected to Mood

While surviving a heart attack certainly calls for celebration, up to 20 percent of heart attack survivors find that instead of tackling their new lease on life, they enter a major depression. For reasons that are not fully understood by heart experts, heart attacks trigger depression in many people. Additionally, some medications (such as beta blockers and high blood pressure medications) can contribute to depression.

Heart attack patients who become depressed are more likely to have a second heart attack. If you (or your loved one) had a heart attack, take note of developing symptoms of depression. Seeking treatment (psychotherapy, counseling, and/or medication) will not only improve the depression but also lessens the risk of another heart attack.

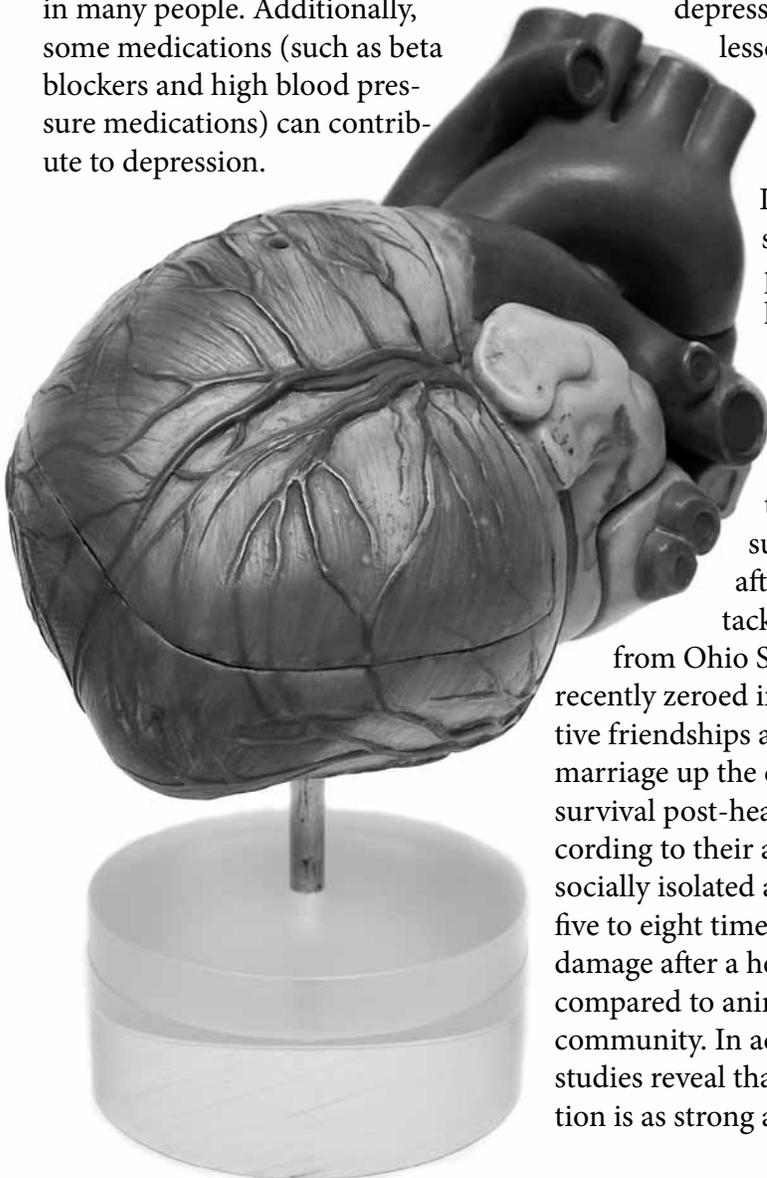
In addition, social support after a heart attack is extremely important; the bigger your social network the better your survival chances after a heart attack. Researchers from Ohio State University recently zeroed in on why positive friendships and a healthy marriage up the chances for survival post-heart attack. According to their animal study, socially isolated animals suffer five to eight times more brain damage after a heart attack compared to animals living in a community. In addition, other studies reveal that social isolation is as strong a predictor of

one-year survival rates among heart attack victims as the classic risk factors of high cholesterol and high blood pressure.

Proper stress management is also very important after a heart attack. Stress increases heart rate and blood pressure, both of which make the heart work harder. And it doesn't help that during stressful times we often end up indulging other heart-sapping behaviors, such as eating junk food, smoking, drinking too much, skipping regular exercise, or not getting enough sleep.

Consider the follow ways to manage stress:

- Think rationally: break the stressful situation down into controllable parts
- Behave assertively (but not aggressively)
- Vent anger by confiding in a friend, loved one, or counselor
- Try a relaxation method, such as meditation, prayer, or exercise
- Get enough sleep
- Exercise regularly to lessen stress hormones
- Find something to laugh about (read humor books, listen to jokes, watch funny movies with a friend)



Share this vital information with your friends, family, and neighbors!

If you'd like to get this information monthly, please visit: <http://Subscribe.HealthFreedomNetwork.com>



ACL Knee Injuries

If you're an active woman, your knee may be a ticking time bomb. Women are up to eight times more likely than men to injure a ligament in their knee during sports activities; a type of injury that is woefully hard to treat and often sets the stage for osteoarthritis down the road. This injury-prone ligament, called the anterior cruciate ligament (ACL), is positioned deep within the knee where it serves as the fulcrum of stability for the knee, connecting the shin bone to the thigh bone.

There are approximately 95,000 new ACL injuries each year, with the tear most often occurring during an intense twisting motion or excessive

pressure upon landing, and not as the result of falling or bumping into someone or something. You might hear a "pop" at the time of injury, the pain could be severe, and the knee will generally swell up in the first few hours.

The standard injury treatment of RICE: rest, ice, compression, and elevation, is called for. If the knee continues to give out and feel unstable after recovery would be expected, surgical reconstruction might be necessary.

There are a few dietary supplements that help promote the healing of any soft tissue injury, including ACL knee

injuries. Top of the list are the enzymes bromelain and papain (from papaya). These enzymes reduce inflammation and aid the repair of injured tissue.

In addition, vitamin C and zinc both play crucial roles in repairing connective tissue wounds, it would be prudent to supplement with these while healing from an ACL injury. Glucosamine sulfate and chondroitin sulfate are supplements that supply the body with some important building blocks for repairing ligaments; they are also worth a try. Finally, topical use of horse chestnut gel or arnica (a homeopathic remedy) might also aid in the healing process.

Share this vital information with your friends, family, and neighbors!

If you'd like to get this information monthly, please visit: <http://Subscribe.HealthFreedomNetwork.com>

Cleansing for Better Health

Cleansing the bowels has been relied upon as a primary healing tool for a myriad of diseases for thousands of years. It has gone in and out of favor over the years. In the early 1900s, there was a flurry of research showing it to be beneficial for many health problems, but the research field has really languished since then (in part

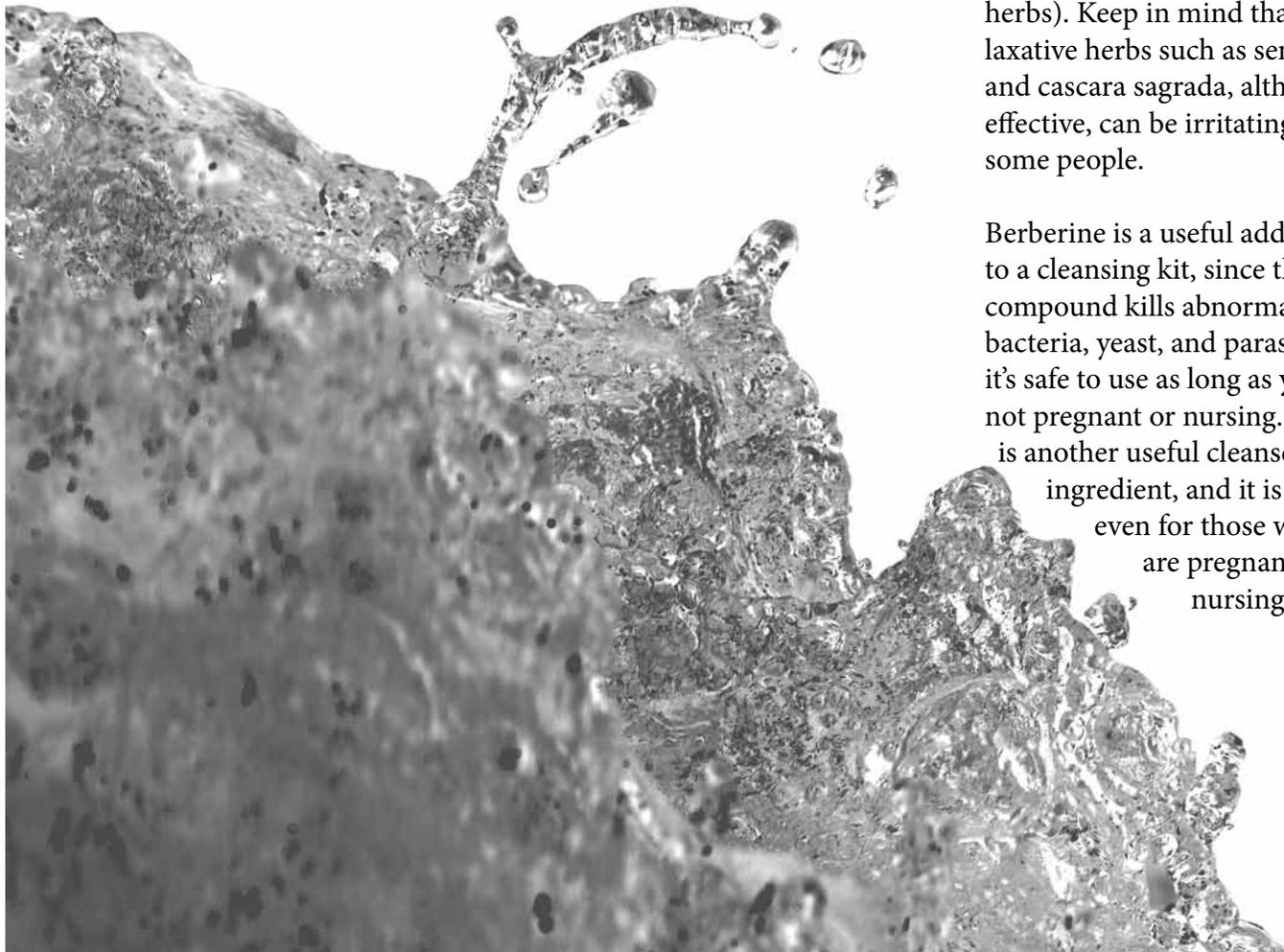
because of the popularity of pharmacology) and currently it is somewhat frowned-upon by mainstream medicine. The time-honored technique of bowel cleansing, however, still holds merit.

If you try bowel cleansing, experts recommend using a gentle cleanse that won't be too

harsh on the digestive tract and will assist in creating healthier colon flora and function.

Cleansing kits that include herbs such as psyllium, flaxseed, fenugreek, and glucomannan work gently to supply extra bulk to the stool (make sure you drink extra water while taking any of these herbs). Keep in mind that laxative herbs such as senna and cascara sagrada, although effective, can be irritating for some people.

Berberine is a useful addition to a cleansing kit, since this compound kills abnormal bacteria, yeast, and parasites; it's safe to use as long as you're not pregnant or nursing. Garlic is another useful cleanse ingredient, and it is safe even for those who are pregnant or nursing.



Share this vital information with your friends, family, and neighbors!

If you'd like to get this information monthly, please visit: <http://Subscribe.HealthFreedomNetwork.com>

See a Doctor While You're at Work

marked decrease in health-related absences and a boost to worker productivity.

These health centers typically provide routine primary care, urgent care, lab testing, allergy and flu shots, travel medicine and vaccinations, physical therapy, fitness training, and pharmacy services. They will make referrals to specialists, as necessary, and also identify chronic health conditions and provide education on nutrition and exercise to help reduce risk factors.

As health care costs continue to skyrocket, some employers are seeking out a win-win option to reduce costs for everyone by creating onsite health care. By opening full-service primary care centers inside or adjacent to the company, the employees can access health care without the high overhead cost of a typical provider's office. This serves to reduce costs to both the employees and the employer.

And here's the important part: the employer setting up these onsite health care centers do not have access to any primary care data from the doctor visits. In addition, visits to the centers are voluntary and employees continue to have the option to go to a doctor of their choosing, off-site.

Walgreens Health and Wellness Division currently operates more than 375 worksite health centers across the country for various employers, and according to their data, these types of health care centers result in a significant drop in employees' use of emergency rooms and urgent care centers,

Several Fortune 500 companies currently offer this type of onsite medical facilities for their employees, including Toyota, Goldman Sachs, General Electric, Citibank, Disney, and Kraft.



Share this vital information with your friends, family, and neighbors!

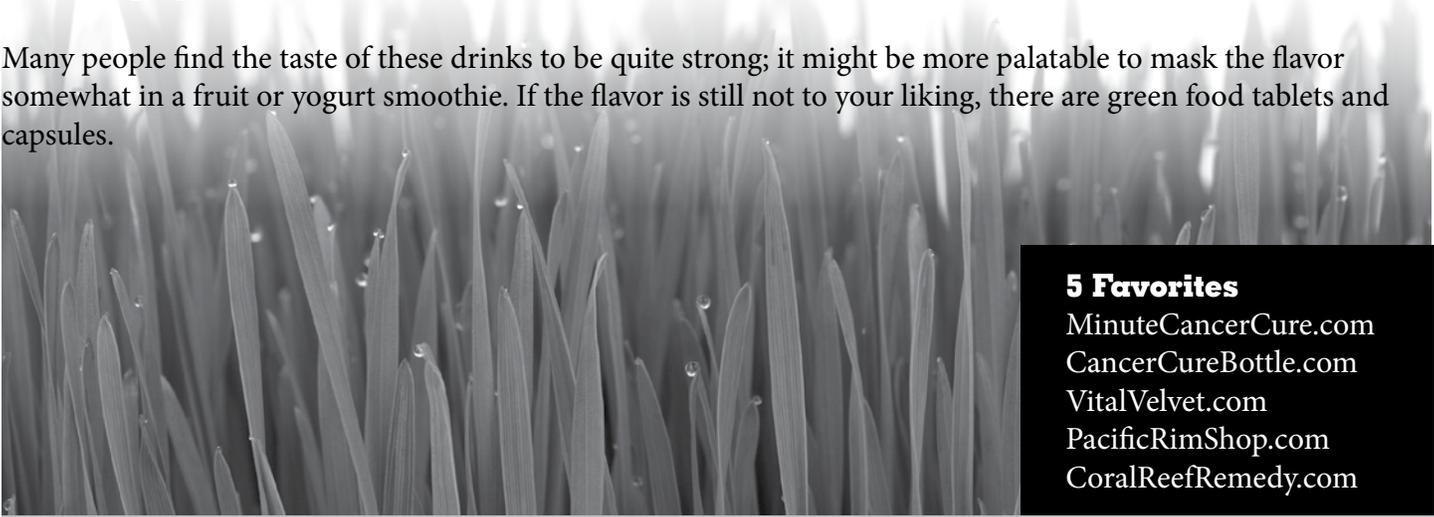
If you'd like to get this information monthly, please visit: <http://Subscribe.HealthFreedomNetwork.com>

Getting Green Foods Into Your Life

One way to take green foods is to grow a small planter of cereal grasses and juice them (you will need a juicer that is robust enough to handle grasses); cut off a 2-3 inch round of the grass for each serving of juice.

If you don't have the time, space, or inclination to do this, there are other ways to take green foods. Green food powder or flakes can be mixed with water or juice. When mixing a drink, use 1-3 teaspoons of the powder or flakes, keeping in mind that the more used produces stronger flavor.

Many people find the taste of these drinks to be quite strong; it might be more palatable to mask the flavor somewhat in a fruit or yogurt smoothie. If the flavor is still not to your liking, there are green food tablets and capsules.



5 Favorites

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

Health Freedom Network

Newsletter

1314 Kensington Road, #3162
Oak Brook, IL 60523