
An Electronic Journal for NSP Distributors

Lemon Citrus Limon

By Steven H. Horne

Because this month's topic is getting rid of toxic household cleaning products and replacing them with non-toxic alternatives I had a hard time thinking of an "herb" that fit the topic. That was, until I thought of lemon. Just think how many "lemon-fresh" cleaning products, dish soaps and furniture polishes are on the market. Obviously, the lemon scent is associated with "clean" in our minds.

There's a good reason for this. Essential oils from plants like lemon, eucalyptus and pine are natural antiseptics. When we smell them, we subconsciously associate them with sanitation. And, besides being highly effective, they are much safer to use than chemical disinfectants, which are often toxic chemicals. In fact, even the AMA feels that disinfectant hand soaps may be doing more harm than good. There is no evidence to show that there is any benefit to using commercial disinfectant hand soaps over regular soap and water when it comes to preventing the spread of infection. So, when you consider the potential toxicity of these products, it makes sense to avoid them.

After all, one can make a pleasant smelling and effective antibacterial hand cleaner just by adding a few drops of an essential oil like lemon to a natural soap like Sunshine Concentrate. This is both safer and more economical.

Besides being antiseptic, lemon oil is also an immune stimulant and a digestive stimulant. Not only does it help reduce blood fat and cholesterol by stimulating liver and bile function, it can also help break down cellulite and abscesses. Topically, it can be helpful for greasy skin, cuts and boils. The fact that the oil helps cut grease is another reason why it's a good oil for cleaning (both your house and your body).

The smell of lemon oil is emotionally uplifting, relieving depression, intellectual fatigue, moodiness, obsession and ex-



haustion. There's still another reason why it's also a great fragrance to use for cleaning, it lifts your mood while you're doing the chores.

Lemons themselves are a great medicine, and one of those foods that show that the difference between food and medicine isn't always that distinct. Lemon is a very popular remedy in Spanish medicine, where whole books have been written about its use.

Lemon is part of the Master Cleanse, popularized by Stanley Burroughs. However, I'd done natural lemonade cleanses long before I'd heard of this book, so the therapy has been around for a long time. Ed Millet, my first herb teacher, expounded to me back in 1980 on the benefits of drinking the juice of half a lemon in a glass of water first thing in the morning to "cleanse" the system.

I've found lemon to be a wonderful medicine for my constitution. Whenever I start to feel heavy, congested, sluggish, tired and stuffy, I find that doing even a short lemon "juice fast" makes me feel refreshed, lighter and more energized. This may be due, at least partially, to the alkalizing effect of lemon. It helps flush waste acids from the body, dissolves fatty congestion and stimulates energy production in the mitochondria of the cells. I've used both raw honey and natural maple syrup to sweeten my lemonade.

The Master Cleanse adds cayenne to the lemonade, but I personally never do this. I enjoy the lemonade by itself too much and, besides, I use cayenne in plenty of other foods

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all the time. However, when I'm fasting on freshly made lemonade, I do take whatever herbs I feel I need.

Besides having an alkalizing effect, drinking natural lemonade like this has a cooling effect on inflammation and fever. It can be a very useful therapy for colds and flu, especially if consumed warm. It helps loosen phlegm and relieve congestion and can help settle the stomach.

Lemon also acts as a tonic to the pancreas and liver. It can help settle an "acid" stomach and is helpful for "acid" conditions such as gout, rheumatism and arthritis. It can also help relieve sore throats and strengthen blood capillaries because of its vitamin C and bioflavonoids. Lemon juice can also be applied topically to acne, bites and stings, sunburn, topical fungal infections and warts.

Lemon juice is also used with olive oil to flush gallstones, as part of the gallbladder flush. If you don't want to do the full flush, however, taking just one tablespoon of lemon juice

mixed with one tablespoon of olive oil every day can be very helpful for the gallbladder. You can even use the mixture as a salad dressing.

Another use for lemon juice is to flush kidney stones. For that, you use the juice of four lemons dissolved in a gallon of distilled water. You consume this unsweetened lemon water over the course of a day (while fasting) to help dissolve kidney stones.

A really good remedy for respiratory congestion and infection is to peel a lemon, leaving the "white" part (which is rich in bioflavonoids) and blend it up with a quart of water, some honey or maple syrup and a fresh clove of garlic. Now, that will "knock out" what ails you!

Lemons are extremely safe, but the overuse of lemon oil internally may cause nausea. Externally, lemon oil may cause dermal irritation. Lemon oil is phototoxic, so avoid using it on skin that is exposed to light.

Don't Poison Your Home Trying to Keep It Clean

Replace Your Toxic Household Cleaning Products!

This month's Herbal Hour features Steven Horne explaining the dangers of indoor pollution due to toxic products we use to clean our homes. It covers lots of safe, natural options for a clean (and non-toxic) home.

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Selected References

- The Encyclopedia of Medicinal Plants* by Andrew Chevallier
- The Illustrated Encyclopedia of Essential Oils* by Julia Lawless
- Aromatherapy: A Complete Guide to the Healing Art* by Kathi Keville and Mindy Green
- The Comprehensive Guide to NSP Products* by Tree of Light Publishing
- The Master Cleanse* by Stanley Burroughs

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Clean Your Home, Don't Poison It

by Steven H. Horne, RH (AHG)



Louis Pasteur is regarded as a hero in medical circles for his “germ theory” of disease. I won’t dispute that the discovery of micro-organisms wasn’t important. It was. It helped us develop better sanitation methods and prevent the spread of a lot of disease. However, we’ve carried our obsession with germs too far.

Spurred on by TV ads promising us a “germ free” environment, Americans use disinfectant sprays, antimicrobial soaps, disinfecting toilet bowl cleaners, antiseptic wipes and other products designed to keep our homes “germ free.” However, the whole notion of “germ free” is a joke. Even after you wash that counter top with a disinfectant cleaner there are still millions of bacteria on that surface. It’s just not possible to keep a home totally sterile.

Furthermore, it’s totally unnecessary. For example, a 2005 FDA report concluded that there is no added benefit to antibacterial soaps over regular soap and water. Even the AMA took an official stance against adding antimicrobials to consumer products in 2000.

There are several reasons for this. First, the chemicals being used in these antiseptic soaps are toxic. Disinfectants create indoor air pollution which can cause eye, nose, and throat irritation, headaches, asthma, loss of coordination, nausea, cancer, and liver, kidney, and central nervous system damage. Also, in 1989, the EPA determined the toxic chemicals found in common household cleaners, often dispersed in fumes, are three times more likely to cause cancer than are other air pollutants.

Second, they contribute to the development of disease resistant microbes. They may actually make a person more, not less, prone to skin infections. That’s partly because of their toxicity and partly because there are friendly microbes on our skin (just like there are in our colon) which help protect us. These antiseptics kill the good along with the bad.

The other reason over disinfecting is bad is because our bodies need to be exposed to a certain amount of germs to develop immunity. Even though our bodies are exposed to germs everyday, we don’t get sick from them because the body was designed to be able to deal with a certain level of these infectious organisms. In fact, it’s necessary to have some exposure to germs in order to develop the immune system. If you were raised in a completely sterile environment, the body would never be presented with any microbial challenges and wouldn’t build up resistance to microbes. The microbes which are naturally present in our environment provide a kind of natural vaccination process.

Another problem with these chemicals is that they contribute to environmental pollution. The Clean Water Fund estimates that the average American uses 40 pounds of unsafe household cleaners each year. If we multiply that by 295 million Americans, that’s 12 billion pounds of toxic chemicals released into the environment from household cleaning products alone.

Here are just a few of the possible hazards in these cleaners.

- Antimicrobial soaps may contain toxic compounds such as the pesticide triclocarban (TCC). It is known to cause cancer and reproductive problems in mammals and is a persistent organic pollutant that doesn’t break down readily in the environment. 60% of US streams contain this chemical.
- Petroleum-based furniture polish and sprays can contain ingredients that are neurotoxic. They can act as central nervous system depressants, cause headaches or interfere with mental concentration.
- Oven cleaners are very dangerous, corrosive chemicals. They can cause severe burns and respiratory

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distress. They typically contain ingredients that are neurotoxic and central nervous system depressants, which can cause headaches, depression, and a loss of concentration.

- Commercial toilet bowl cleaners may contain sodium acid oxalate, chlorinated phenols and o-or-p-Dichlorobenzene, all of which are highly toxic. Sodium acid sulfate is highly corrosive. O-or-p-Dichlorobenzene is a liver and kidney poison, as well as being a powerful central nervous system depressant which can cause confusion, headaches, lack of concentration, and symptoms of mental illness.
- The chlorine in chlorine bleach is corrosive and can damage skin, eyes and mucus membranes. Chlorine was listed as a hazardous air pollutant in the 1990 Clean Air Act.

This is just the tip of the iceberg where these chemicals are concerned. If you just do a little bit of research, you'll find out a lot of other hazardous chemicals that find their way into products people use to clean their homes. But, all you really have to do is look at the labels.

When I was researching this article I was surprised to find that there is a hierarchy to the warning labels on these household products. So, from most toxic, to least toxic, here's what the labels mean.



- **Poison/Danger:** This means the product is highly toxic. Ingesting small amounts—in some cases just a few drops—can be fatal. This is the most important category to avoid. Why would you want to use chemicals that are this toxic in your home? It's like creating your own indoor pollution problem.
- **Warning:** This means the product is moderately toxic—as little as a teaspoonful can be fatal. This is a little better, but still something to avoid.
- **Caution:** These products are definitely less toxic—it would be necessary to ingest between two tablespoons and two cups to be fatal. If you've got to use a commercial product, at least make sure this is as toxic as it gets.
- **Corrosive:** Products with this word are those that can damage skin and mucous membranes upon direct contact.

I usually don't buy stuff with chemicals in it, because a long time ago I got suspicious of today's "wonderful, exciting,

make-life-better" chemicals. My general attitude towards this stuff is that it hasn't been around long enough to really know for sure if it's safe or not. Still, I've been more lax with cleaning supplies than I have with anything else. While I don't use pesticides, commercial personal care products (toothpaste, deodorant, etc.) and so forth, I have been known to purchase some harsh cleaning supplies from time to time.

I think that's because when I was younger I did cleaning for a living, including janitorial work, carpet cleaning and cleaning, painting and fixing up rental properties after they'd been vacated. What we are around regularly, we tend to grow accustomed to, so I think I'd never thought much about the stuff I was using for cleaning. Now, after researching this topic I've decided to be more careful about what cleaning products I choose.

I do know that some cleaning products I've used have really irritated my lungs. In particular, one product I purchased to remove some thick soap scum from a shower was so bad that I had to leave the room because of the fumes. That can't be good for one's health or the health of the environment. Also, I know that when I travel and sleep in certain hotels that I'm always thirsty and have problems and I believe it's from the chemicals they're using to clean the rooms. So, I can see how constant exposure to this stuff could really adversely affect your health over time.

I would like to caution you, however. If you're not careful, it's easy to become a little paranoid from excessive worry about exposure to chemicals. So, one caution I would like to make is to not be governed by fear. The body was designed to be able to handle some amount of toxic exposure, so don't worry if you're occasionally exposed to this stuff. It's repeated exposures to these chemicals, coupled with stress and malnutrition, that ultimately causes people's health to break down.

What I'm trying to do is educate you, so you can make better choices. I choose to look for safe, natural ways of doing things because I desire to create a healthy, safe home, not because I'm afraid of getting sick. There's a big difference in those two attitudes, even though they achieve the same end. One of my personal choices is, "I refuse to live my life in fear."

So, I'd like to encourage you to keep toxic chemicals out of your home and learn to use natural cleaning products. Not because of fear of the commercial chemicals, but out of a positive desire to have a clean (and poison-free) home. It's also a good choice to make for our planet.

Fortunately, there are plenty of non-toxic options for household cleaning that are also *cheaper* than commercial cleaners. While it's often an increased expense to use natural products in other areas, in this case, natural products can actually save you money, too. Here are some of the options.

Vinegar

For health purposes you want to use raw apple cider vinegar that still has the "mother" in it. For cleaning purposes you should use distilled white vinegar with 5% acidity. You can actually just put the stuff in a spray bottle and use it straight. It's a natural antiseptic that kills 99% of bacteria, 82% of molds, and 80% of viruses on contact. So, when you need a disinfectant spray for cutting boards or counter tops why not just use vinegar? It's cheap, non-toxic and effective.

Vinegar makes a great glass cleaner, toilet bowl cleaner, bathroom cleaner and rinse water agent (it helps dissolve soap scum). Vinegar also dissolves hard water deposits.

Baking Soda

Baking soda is Sodium hydrogen carbonate or sodium bicarbonate (NaHCO_3). This is the body's natural alkaline buffer so although it's a chemical substance, it has very low toxicity and can even be taken internally. It has a pH of about 8, which makes it a weak alkali, in contrast to vinegar, which is an acid.

Baking soda is a natural deodorizer and many people use it to deodorize fridges and garbage disposals. It can also be used as a cleaner by mixing 1 teaspoon with 2 cups of hot water. This can be put into a spray bottle. It can also be used as an oven cleaner. A stronger alkali is available in washing soda (which has a pH of about 11) for tougher cleaning jobs.

Sunshine Concentrate

NSP's cleaning solution is a surfactant, which means it increases the surface area of water. Water molecules are bipolar which means one end of the molecule has a positive charge and the other end a negative charge. This is what makes water a universal solvent, meaning it can dissolve just about anything.

This property of water also makes it cohesive, meaning that water tends to adhere to itself. A surfactant causes water to be less adhesive to itself, so it has more surface area to latch onto other things.

With its surfactant properties, Sunshine Concentrate has a wide variety of uses as a cleaning agent. It can be used for dishes, laundry, household cleaning, bathing and more. We've produced a brochure on the product for our Gold and Silver Associate members which they are free to copy and distribute. If you're not a Gold or Silver Associate, talk to one and I'm sure they'd be glad to provide you a copy. You are free to duplicate the brochure as long as you don't alter it.

Nature's Fresh

Nature's Fresh is an amazing product. It is a completely non-toxic enzyme based product that removes stains and odors. It can be used for carpets, laundry, dishwashers (in place of the rinse aid) and numerous other household purposes. Many people also use it as a topical first aid spray. Again, we've produced a brochure that outlines numerous uses for this product which you can distribute freely to anyone.

Essential Oils

Essential oils offer a non-toxic, alternative to commercial antimicrobial products. Unlike chemical antiseptics, they often stimulate the body's immune system and don't contribute to the growth of resistant microbes. Essential oils also lend a pleasing fragrance to your home and make cleaning more pleasant. Because they are natural substances, they usually don't aggravate allergies and can have positive effects on a person's mental and emotional state, as well.

Some good choices for disinfectant essential oils include: tea tree, cinnamon, thyme, oregano, lavender, lemon, rosemary, eucalyptus, clove, frankincense, myrrh, guardian, pine and mandarin. Use fragrances or blends of fragrances that appeal to you.

In summary, these are just a few of the many non-toxic cleaning options that are available to us. In addition to what's mentioned above, there are many commercially-available products that are non-toxic and biodegradable. Be sure to read the labels carefully, however. Not all products that claim to be natural and safe really are. Above all, trust your own senses. If a product makes you feel bad when you're using it, then you probably shouldn't be using it.





Kimberly Balas' Clinician's Corner

Difficult Clients, Hyperthyroid, Non-allergic Rhinitis and more...

Should I Take These Clients?

I've got a brand new couple needing answers. Both the husband and wife are quite heavy, and have adopted a semi-vegetarian diet, which includes fish and shrimp. In January, they want to go totally vegetarian, following the book, Eat for Life, by Dr. Furhman. They E-mailed me some of the numbers from the husband's recent blood test, which are as follows:

Creatine Kinase 221

LDH 697

Cholesterol 138

Triglycerides 68

HDL 35

LDL 89

He is only 28 years old. She is checking on his blood type for me, but I believe he is an O. Apparently he is seeing a cardiologist as he has a thickened wall in his heart due to a birth defect. This wall is getting thicker due to sleep apnea. The cardiologist and nurse both said his cholesterol number is good.

He does use a CPAP at night, taking Lunesta to sleep and Priligil during the day to stay awake. When I expressed concern about the cholesterol number, she said that in the Rave diet book it says that a cholesterol less than 150 is necessary for healthy heart function, and that a plant based diet is a natural way to reverse heart problems. That's why they are going totally vegetarian in January.

I'm wondering if this is a case I should even take on. The issues seem too complex for me to sort through, especially with the cardiologist and other sources they've explored telling them the opposite of what I would tell them, especially regarding cholesterol. What do you think about these numbers, and how would you proceed?

Carol

Personally, I wouldn't take them as clients. They seem to have their mind made up on what they are doing. The numbers you shared show protein deficiency and a lack of combustion in the cell. From the posted guidelines, this Rave diet plan looks to be a real cancer booster. There are much healthier ways to take care of the heart. If it were me, I

would just tell them that your understanding of the situation is different and because of the conflict between what they are going to do and the way you work, you just don't think it would be good for you to take them as a client.

Hyperthyroid Client

I need some help with a client. I have a lady with a hyperthyroid condition. I have worked a lot with hypothyroid but not hyperthyroid and this is way out of control.

Her blood work is as follows (the numbers are Canadian):

Glucose - 5.0

Urea - 3.8

Creatin - 65

Urate - 229

Sodium - 142

Potassium - 4.5

Cholesterol - 4.40

LDL - 2.05

HDL - 1.93

Triglycerides - 0.93

Bilirubin - 4.0

AST - 18.

Alkaline Phosphatase - 67

TSH - 16.22

T-4 - 11.0

T-3 - 4.9

Ferritin - 13.00

Hemoglobin - 133

Hemococrit - 0.41

WBC - 7.1

RBC - 4.76

MCV - 86.8

MCH - 27.9

Platelets - 269

NEUTRON - 4.8

LYMPH - 1.7

MONO - 0.4

EOS - 0.1

BASO - 0.0

As you can see her TSH, T-3, and T-4 are way out of balance.

My client does not have heart palpitations, but has lost a lot of weight so I'm figuring it is hyper thyroid. She does have some anxiety, but not as bad as she did because we have worked on that. She holds on to a lot of resentment. I have asked her if we can work emotionally and she also stops and really hesitates, but I believe she really has to so that things will come back into balance.

She is a blood type O and is eating right for her blood type. Her pH is double alkaline.

She also has huge digestive issues. Presently, she is taking protease plus between meals, PDA with food, 6 magnesium a day for nerves and bowels, 2 zinc a day for pH, 4 bee pollen, 3-100 mg. vitamin C, 3 adrenal support, 1 dandelion, 3 Tbsp of liquid chlorophyll, 1 TS11, 3 Calcium/Magnesium at bedtime, and 1 Tbsp of Mineral Chi. We did have her on 6 flax seed daily, but she is not presently on them now as I wanted to see what the blood work revealed. She was also taking another product called Thyrosense (for hyperthyroid).

No matter what we do, the TSH keeps rising. Any suggestions would be greatly appreciated.

Donna

From what you have listed, it looks like it is a complete hormonal issue with combustion issues in the liver.

I would say that she isn't getting enough good fats in her diet and is an insulin burner and not a fat burner. She needs to include more good fats in her diet.

I would start with the Spleen Activator (UC-C) and I'd also use Blood Build (BP-C). The liver and spleen has to do with hormone transport and storage. The spleen is also the core of issues that have to do with emotional support and the core of one's sense of self.

I'd also have her take Guggul lipids. Guggul is usually used for cholesterol but it can also help thyroid function and with her numbers, it would be good for her. Since you can't get Guggul in Canada, you could use Super Oils instead. Also have her take Master Gland and black walnut (10 per day).

If you do need to slow the thyroid, bugleweed and lemon balm are good at calming down the thyroid.

Non-allergic Rhinitis

Hi, I have a friend diagnosed with non-allergic rhinitis, an inflammation of the membrane lining the nasal passages not caused by allergic reaction. It often produces symptoms of a

stuffy or excessively runny nose, sneezing, and congested head. The most common causes are: changes in temperature, fumes; gasoline, paint, chemicals, tobacco, cold air, air pollutants, oral contraceptives, and deviated septum.

He also has hemochromatosis. I'm looking for suggestions for what I can recommend for him.

Natalie

I use high amounts of iodine for this problem. Rhinitis is an inflammation of the mucous membranes of the nose. Even in the non-allergenic form, it goes with symptoms of sneezing, itching, nasal discharge and congestion. It can be IgE mediated as a reaction to an irritant in the body. The body knows how to flush the irritant. They usually use medications for this that will create an immunotherapy-type protocol. This reaction will stimulate the adrenals to initiate an adrenal cortex reaction and a histamine response. If the adrenals are exhausted, then the stimulation over taxes them even more, making it draw on reserves of the thyroid. The thyroid is always low in iodine when allergies are present. I have a lot of people getting sinus and allergy relief with iodine therapy.

Iodine will not interfere with hemochromatosis. In hemochromatosis, they are taking up too much inorganic iron due to a congested liver issue. The iodine would be beneficial here, too.

Why Adrenal Support and Spleen Activator?

Why did you recommend Adrenal Support and Spleen Activator to someone with hot flashes? Would these products be good for anyone with hot flashes?

Lora

The spleen stores hormones for combustion and could be releasing improper ratios of hormones. The adrenals control all hormone delivery and when exhausted they have to work on regulating insulin instead (which is a hormone, too).

Kimberly Balas is a board certified naturopath and clinical nutritionist. She is currently head of the research department and a certified instructor for all Tree of Light courses. She is available for consultations by phone or at her Wyoming office. For more information on scheduling a consult please phone 307-277-2466.





Parting Thoughts from “The Herb Guy”

The Pleasure Principle

I’m not addicted to any chemical substances, but one thing I am addicted to is learning. So, I’m constantly reading or listening to something. However, I tend to “skim” a lot of things, rather than study them in any depth. Only when a program really opens my mind and heart does it bump to the list of things I’m willing to recommend to others.

Well, I have a new one to recommend. During the past week, I’ve been listening to an audio program called “The Pleasure Principle” by Paul Pearsall, author of one of my favorite books, *The Heart’s Code*. Dr. Pearsall talks about the role of pleasure in our lives as a way of maintaining health, and not only do I resonate with his message, I absolutely believe it’s true.

Too many people in our society are caught in a double-binding trap of time and thinking. What I mean by this is that most of us are racing around from one place to another governing our entire lives by the clock. At the same time, we live too much in our heads and are out of touch with our bodies.

As a result, we eat by the clock. The clock says it’s lunchtime, so we eat. We also eat what we think we should eat, that is, we eat according to some philosophy of diet. That philosophy may simply be that we eat whatever is convenient and fast, or it may be governed by some idea of what we think is healthy.

The problem is that we aren’t really paying attention to what our body is telling us. We aren’t paying attention to the feedback the body gives us when we are taking good care of it, and that feedback is an experience we call pleasure. Just so we’re on the same wavelength, let me explain what I mean by pleasure.

Pleasure is a very objectively observable physical reaction to sensations, feelings or thoughts. Pleasure causes muscles to relax. It causes blood to flow to the surface of the skin. The person experiencing pleasure glows and their eyes sparkle. There is happiness about their countenance and a warm, natural smile on their face. Pleasure opens the senses and increases their sensitivity. The skin feels sensations more intensely, colors are brighter, sounds are clearer.

All this is part of the physiological response of pleasure. There is a peace and a joy associated with this sensation, and it isn’t just good for us emotionally, it is good for us physically. Pleasure enhances immunity. It triggers healing. It enhances our health, energy and general well being. Dr. Pearsall believes that many people are sick because they lack pleasure in their lives. I think he’s right.

One of the “dangers” I perceive when I write about something like “toxic cleaning products” is that readers will start reacting out of fear and go further into their head worrying about all the hidden dangers of our chemical-laden society. I’m concerned about this because it is counter-productive to health. Fear, worry, guilt, shame, anger and so forth are not pathways to health. They are paths that lead to illness.

You should do things out of a desire to feel good (i.e., to have pleasure), not out of the fear of getting sick or dying. Toxic cleaning products don’t make you feel good. I know. I’ve tried using a few and the fumes were noxious and unpleasant. Things that are noxious and unpleasant aren’t the pathway to health. Natural cleaning products are more pleasurable to use, and this is the sign that they are healthier. Our body knows what is good for it and what isn’t and it tells us by producing sensations of pleasure or sensations of discomfort and pain.

If you get too caught up in worrying about what you eat, what you use to clean your house, what chemicals you might be exposed to, what might be threatening your health, you’re not enjoying your life and that is more dangerous to your health than eating “wrong,” or getting exposed to some chemicals once in a while. I’m not saying that taking good care of yourself isn’t important, I’m just saying that you should be doing it because you like feeling good and not because you’re afraid of getting sick. There’s a big difference.

I like feeling good. That’s why I eat the way I eat, that’s why I live the way I live. I’m not afraid of dying—something someday is going to kill me and that doesn’t bother me. What I want to do is enjoy my life while I’m alive and that’s why I like doing things to take good care of my health.

I encourage you to do likewise. And, if you are living a life where you aren’t experiencing much pleasure, then I suggest you get Dr. Pearsall’s program, “The Pleasure Principle” from Nightingale-Conant. It’s a real eye-opener about what really keeps us healthy.

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