

Health is Wealth

A TO Z ENCYCLOPEDIA
OF OVER THE COUNTER
NATURAL REMEDIES

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B

B VITAMINS

See Vitamins and Minerals Caption.

BABY FOODS

Next time you purchase baby foods, study the ingredients labels. One well advertised brand shows over 30 ingredients, many of them synthetic or unnatural. Others are somewhat similar. The best before date on some is over 12 months hence. Many baby foods are just like all too much 'foods' on the shelves of the food store or pharmacy. They are overly additive-filled, not being natural. Usually there is an important warning notice printed on. Have you read it? The manufacturers even tell us that breastfeeding is best. *Always read the ingredients labels, at the same time remembering that you are responsible for your health and also that of your child. See Breastfeeding caption.*

BACH FLOWER REMEDIES

The 38 Bach Flower Remedies are medicines for the emotions - simple, natural preparations that are used to treat everyday emotional states such as worry, anxiety and lack of concentration. They are available from the health food store or pharmacies. Dr Edward Bach, a bacteriologist, pathologist and homoeopath, whose career took him from University College Hospital to the London Homoeopathic Hospital and a successful Harley Street Practice, discovered them in the 1930's.

Bach was convinced that the only path to true health was to treat the individual personality, rather than concentrating on the physical symptoms of disease. He found that specially prepared plants could resolve emotional imbalances and that well-balanced people then got better physically, because their bodies were free to heal themselves.

By the time he died in 1936 Dr Bach had discovered 38 remedies, a complete system that could be combined to treat every possible emotional state.

For example, a kind, gentle person who found it hard to say 'No' to other people would be given Centaury, while someone who always tries to hide their worries by making a joke of them would need Agrimony. Both might be suffering from the same physical symptoms, such as insomnia and frequent colds, but the remedies

would be different for each person.

When using Bach Flower Remedies it is essential to ignore any physical symptoms or disease. Instead the remedies are selected according to the personality of the person being treated.

The most famous remedy is Rescue Remedy. This is a mix of five remedies - Rock Rose for terror, Clematis for light-headedness, Impatiens for agitation, Cherry Plum for loss of self-control and Star of Bethlehem for shock. Dr Bach selected these five remedies because he felt there would be at least something in the mix that would help anyone going through a crisis.

There are two main ways to take Bach Flower Remedies. One is to take two drops of each selected remedy in a glass of water and sip from this at least four times a day or until the problem has passed. Alternatively the two drops can be put into a clean empty 30ml dropper bottle, which is then topped up with pure water. From this bottle - known as a treatment bottle - four drops are taken four times a day. Kept in the fridge and used regularly, a treatment bottle will last up to three weeks.

The Bach system is as vital today as it was when first discovered. When we feel fulfilled, happy and positive we tend to enjoy better health. We get more out of life and we can give more to our friends and family. But when things happen every now and again we need a little help to stay in balance, to regain control and move forward. This is when the Bach Flower Remedies can help.

Each of these 38 remedies aids a specific problem and really helps resolve emotional fears and traumas and helps one get more out of life.

Agrimony	When you put on a cheerful face to hide problems
Aspen	When you have unexplained fear and worries, are nervous and anxious
Beech	Where you are critical and intolerant of others
Centauray	When you have difficulty in saying no and are anxious to please
Cerato	When you doubt your own ability to judge situations
Cherry Plum	Where there is fear of losing control of your behaviour
Chestnut Bud	Where there is failure to learn from experience, repeating the same mistakes
Chicory	Where one is overly possessive and you expect others to conform to your values
Clematis	Where there is a lack of interest in the present and a tendency to daydream
Crab Apple	Where there is a poor self-image or feeling of embarrassment or shame
Elm	Where overwhelmed or burdened by responsibility

Gentian	Where there is discouragement or despondence
Gorse	Where there is hopelessness and despair, a feeling of pessimism
Heather	Where one is self-absorbed, dislikes being alone and is excessively talkative
Holly	Where there are feelings of extreme jealousy, envy or suspicion
Honeysuckle	When one lives in the past, feels homesick or is nostalgic
Hornbeam	Where there is the Monday morning feeling, doubting your ability to face the day's work
Impatiens	For those who are impatient and easily irritated
Larch	Where there is a lack of self confidence and an inferior feeling
Mimulus	Where there is fear rooted in known causes e.g., spiders, flying, dentist
Mustard	Where one experiences unexplained gloom which comes and goes for no apparent reason
Oak	Where one struggles on though exhausted because of a strong sense of duty
Olive	When you feel exhausted in body and mind
Pine	Where you feel guilt and blame yourself for other peoples mistakes
Red Chestnut	When one is over-anxious or over-concerned for others
Rock Rose	Where you experience terror, frozen in fear and feel helpless, e.g., driving test etc
Rock Water	For those who are inflexible, setting themselves high standards
Scleranthus	For those times of uncertainty and indecision
Star of Bethlehem	For the after effects of shock, grief or fright
Sweet Chestnut	When one is at the limit of endurance and in deep despair
Vervain	When one is over-enthusiastic, argumentative, with fixed principles and ideas
Vine	Where you are strong, filled with a tendency to be domineering or inflexible
Walnut	When one faces major life changes and is in need of protection from the influence of others
Water Violet	Where you prefer to be alone or are proud and aloof - maybe thinking loneliness
White Chestnut	Where there are unwanted thoughts, preoccupations and worries
Wild Oat	Uncertain as to correct path of life, dissatisfied with present lifestyle and cannot decide which way to go

Wild Rose	For feeling of resignation, apathy, lack of interest in the present
Willow	Where there is resentment, have feelings of self pity - "poor me"
Rescue Remedy	A flower combination to help you cope with demanding and stressful situations, Exams, a visit to the dentist, redundancy, any of life's problems
Complete Set	A box containing one of each of the remedies
Rescue Cream	Soothes and restores rough, flaky or chapped skin. Contains a blend of six flower remedies

For more information contact The Dr Edward Bach Centre, Mount Vernon, Bakers Lane, Sotwell, Oxon OX10 OPZ or ask at your local health food shop or some pharmacies.

BACKACHE

One of life's most common complaints. Like we do with our body, we take our back and the use of it for granted. How many know how to lift, sit, stand or work properly to keep the back safe? 'A Little Book About Your Back' as outlined in the Bibliography at the end of Guide gives much information. Back pains can be eased by manipulative treatment such as Osteopathy, Acupuncture or Chiropractic Therapy.

Rucksacks and children's schoolbags are often ill fitting with little thought given to their design. They are all too often over filled. Parents seldom realise the burden of the school bag. This can lead to back problems in later life. There are many forms of Backache, the most common of which is lower Back pain, which could be prostate problem. Because of wrong method of lifting or as a result of accident there may be vertebrae or disc complication. See under caption for specific remedies; sciatica, osteoporosis, rheumatism, arthritis, lumbago, fibrositis, lower Back pain, etc. ***It is not widely realised that some suffer Back pain because of defective thrombin in the blood, an enzyme which helps clear fibrin, which repairs damaged tissue. Ask your doctor to do a blood test, explaining why you are making the request.*** Relief of certain Backache is gained by taking Runo, Devils Claw (Pagosid), Combination G (New Era) or Wild Yam. The Alexander Technique Therapy has proved to be excellent, with many favourable reports of Back problems being put right. *See Alexander Technique caption.*

BAD BREATH

See Hallitosis Caption.

BALANCED DIET

How often do we hear of this? The majority understand this as being a Balanced Diet

of any foods, additive-filled or otherwise. This is wrong. Only a Balanced Diet of pure natural additive-free food can be nourishing. *See DIET caption* to be guided about natural foods which go to make up Balanced Diet.

BANANAS

They are full of goodness, one of our best snack foods, also a good source of potassium, magnesium and phosphorous. In the stomach they act as a buffer, neutralising excess hydrochloric acid. The taste, aroma and satisfying hunger qualities are the Banana's main attractions. There is much which can be written about their health-giving benefits.

BARLEY WATER

A kidney tonic, being a healthy invigorating drink. To five cups of water add half cup of pearl Barley, quarter stick of cinnamon, a little ground ginger and simmer for 20 minutes. When cool, strain, add fresh lemon juice, and sweeten, if so desired, with pure honey and drink once or twice daily. Will keep for five days in refrigerator. Barley Water drinks bought off the shelf in the supermarket are mostly with additives and are not natural. If with additives leave on the shelf. Read the ingredients labels.

BATES METHOD FOR BETTER EYESIGHT

This is based on vision education. It means much more than just eye exercises, as one learns to use the eyes and brain in different ways, to improve the way we see. It was developed out of the work of Dr W.H. Bates (1860-1931). The Bates method incorporates a range of practises based on the twin principles of relaxation and movement, to normalise the relationship between eyes and brain, so improving function and condition. Many of those sufficiently disciplined to follow the simple advice given have been able to leave their glasses aside. See Bibliography for book details or contact **The Bates Association, P.O. Box 25, Shoreham-by-Sea, West Sussex, BN43 6ZF UK.** Visit the website www.seeing.org

BATH - (Hot)

Before entering a Bath or shower, some look forward to and like to enter when it is extremely hot. This can be harmful to the system and the skin. Better to enter when it is reasonably warm and then run the hot water to increase the temperature.

BED

How many give thought to the most important aid to proper and good sleep? Do they replace the Bed within the time stipulated by the manufacturer? It is advisable to turn the mattress regularly to prevent the interior springs remaining uncoiled.

The Bed should be a place of precious relaxation, preferably not too hard as orthopaedic beds are, unless with back problems and for which the latter type of Bed is recommended. Normally it should be neither too hard nor too soft. Do your pillows feel comfortable? Like synthetic food fillers not being good, so with the pillows! The feather pillow as of old is still the most comfortable, as it fills in between head and shoulders when resting on it. A comfortable Bed leads to good and restful sleep which is as medicine to the body.

BED SORES

They usually occur because of a lack of Vitamin C, also a Zinc deficiency, in the system. Allergenic Non Steroidal ointment has helped enormously. Change the patient's position frequently. Keep risk regions dry such as heels, elbows, hips and shoulders.

BED WETTING – (Children)

This is sometimes hereditary. It also occurs because of lack of love in the home, insecurity, family disputes or school worries, resulting in it being a psychological problem. It can also be as a result of food allergy. *The majority of Bed wetters over the age of five do not have the capacity to control their bladder during sleep. In this case it is necessary to reduce the intake of liquid for three or four hours before bedtime.* The following have been found to help solve the problem: KaliPhos and Nat Mur alternated daily or Cranesbill, Plantago or Causticum have also been good. I have seen two things which stop the Bed-wetting. Protein is needed to help level off the blood sugar during sleep, to allow for proper brain function. Before Bedtime give natural cereals, pulses or nuts. Pure additive-free peanut butter from the health food shop is a source. The other remedy is an old one handed down over the years, simply a piece of raw potato eaten last thing at night. I can testify that it has worked for any child for whom I have prescribed it. During the daytime, children whether thirsty or not, should be given plenty of water to drink. As well as being good for the child this helps enlarge the bladder. It is another aid to solving the Bed wetting problem.

BEE STINGS

Apply Bicarbonate of soda mixed to a paste or malt vinegar applied neat. Remove sting as quickly as possible by rubbing out, not pulling out.

BELCHING

Treat as Flatulence Caption.

BELLS PALSY

Pure natural Diet as with most ailments is all-important. *See DIET caption.* Vitamin

E taken as 100iu for 30 days then 200iu taken for 30 days and 400iu daily long-term is excellent aid to recovery. Also of benefit are Echinacea, Black Cohosh or Combination A, New Era. Black Cohosh should not be taken long term.

BETA CAROTENE

This is an antioxidant, a preventative and fighter of diseases, an immune booster. It is claimed that a Diet rich in Beta Carotene is an insurance against certain types of cancer also prostate and cardiovascular disease. A Beta Carotene Combination supplement is the best source, to be used alongside pure natural balanced Diet from which Beta Carotene should come in the first instance.

BIBLE

The Book is the biggest seller in the world. Don't ignore it. It gives sound advice, including that regarding health. Proverbs 25:27, tells us 'It is not good to eat much sweet things'. This is a warning to all as we eat the additive filled, sugarised, junk food on offer. 1 Corinthians 6:19 warns us to 'Look after our bodies'. Sleep, of which many leave themselves short, costs nothing. There is much free to aid all of us. The Bible is a mine of spiritual wealth, including advice on health. Genesis 1:29 says 'Behold I have given you every herb bearing seed upon the earth'.

BILBERRIES

Good for healthy vision and eye disorders. They help circulation and varicose veins. Excellent for haemorrhoids during pregnancy. When taking in supplement form use same strength at all times.

BILIOUSNESS

Occurs usually as nausea and belching. May be due to constipation or acidity associated with bad Diet or alcohol. Milk thistle, Combination S New Era or Blue Flagroot are remedies. Proper Diet is important. *Turn to DIET caption.*

BIOMAGNETIC THERAPY

See Magnetic Therapy Caption.

BIOSTRATH

See Tonics Caption.

BLACK COHOSH

This is a herbal remedy used mainly to treat pre-menstrual symptoms, also difficult or painful menstruation. It may also be used to help with menopause problems including hot flushes and mood swings, cramps, low back pain and tinnitus - *see relevant captions.* Usually it has to be taken for four weeks before results are seen.

Stop the use during pregnancy or breast-feeding. Do not take Black Cohosh long term.

BLADDER INFECTION

For mild infections take Pure Cranberry Juice and Vitamin C together or take Cranberry Supplement capsule. Most juices in supermarkets or convenience stores are not pure juice. The health food store will supply Pure Cranberry Juice.

BLEEDING GUMS

See Periodontal Disease Caption.

BLEPHARITIS

See Eyes Caption.

BLOATED FEELING

See Flatulence Caption.

BLOOD – (Impure)

Pure natural Diet is number one remedy. *See DIET caption.* Blood Tonics are Floradix, Silica, Echinacea, or Combination D New Era. *Also turn to Nettles caption.*

BLOOD PRESSURE – (High) – (Hypertension)

I have seen many restore their Blood Pressure to normal, including myself, by using natural methods. Of utmost importance is the Diet, which must be of pure natural foods. Avoid alcohol, smoking, including passive, also salt and sugar. We obtain far too much of the latter, with them being almost impossible to avoid. Everything mentioned in this Guide is natural, available from a good health food shop or some chemists. They may be taken with anything prescribed by the doctor, unless otherwise stated. *Tell them what you are taking or intend to take. They will know little or nothing about them, unless familiar with natural remedies, or additive free food, which is highly unlikely.* Combined with the Diet recommended in this Guide take Hawthorn, Rutin, Vitamins C and E, Lecithin Granules, Zinc with Copper tablet combined, Calcium with Magnesium tablet combined also garlic. If, like myself, you cannot digest raw garlic, then take an odourless one a day Garlic capsule or tablet, which gives all the goodness of this invaluable root. The Vitamins C and E are extremely good antioxidants, working in tandem. In order to be assimilated into the system, take one Vitamin E capsule 100iu for 30 days, then 200iu for following 30 days and one 400iu or 500iu thereafter daily. To learn about the goodness of the other suggested remedies turn to the relevant captions. *Also see Heart captions.*

If overweight steps should be taken to lose some of the excess. The Zinc will be an aid for this, also Dandelion and Helix Slim. The latter two are herbal aids to help

control weight when used in conjunction with the natural Diet repeatedly advocated, prescribed and written about in this Guide. Exercise is vital. *If with health problem or on medication be advised by your doctor before serious exertion.* The exercise suggested is walking, which can be to your own pace according to how energetic you feel. *See Exercise caption.* Relax, enjoy yourself, at the same time helping to normalise the blood pressure. *Read fully the DIET caption,* which describes how natural food is one of the best medicines for blood pressure, whether high or low.

BLOOD PRESSURE – (Low) – (Hypotension)

Unless there is an underlying problem or blood loss due to accident, internal bleeding or other ailment Low Blood Pressure can be corrected. It is all too often caused by debility of the systems. Antidepressants must be avoided. The root cause must be treated and if nothing serious found then the natural good food Diet mentioned, also some vitamins and food supplements, should help to correct. From your health food store can be obtained Prickly Ash Bark, Vitamin B12 also Kordel's Celery Seed 6,000 plus, which are all excellent remedies for the ailment when taken with additive free, nutritious food. Avoid smoking and alcohol, being guided by the Dietary advice. Take exercise such as walking. *See Walking also Exercise captions.* If on medication be advised by your doctor. Tell him what you are taking or intend to take. George Bernard Shaw had Low Blood Pressure, but this did not stop him in his pursuits and work. People with Low Blood Pressure usually have long lives. *See DIET caption.*

BLOOD SHOT EYES

See Eyes Caption

BLOOD SUGAR LOW

See Hypoglycaemia Caption

BODY ODOUR

Often occurs because personal hygiene is not on the list of the perspirer, resulting in stale sweat, which when mixed with or added to fresh perspiration makes the odour objectionable. Deodorants, some of which carry warnings, are not recommended to solve the problem. It can be as a result of over-active sweat glands or improper functioning of bowels or kidneys. Almost always a change of Diet to pure natural foods can be the answer, also the addition of some Vitamins, Minerals or Food supplements. *See DIET caption.* Take Silica, Zinc, Vitamin B Complex or Wild Yam, all in tablet form from your health food shop. Bath or shower regularly,

BODY WARMTH

Here are two words which mean snug, cosy, comfortable, warm body and more. They mean better health. Thousands of times I've given advice to those, who particularly in Winter time, appear to almost traipse about, often with silk stockings, open toed light sandals, flimsy clothes, with little if any underwear and complaining about the cold. They are often with coughs, colds or other avoidable illness. Men are equally at fault. One must be alert to the change of seasons. Be practical, wear warm clothing, including heavy stockings or tights. Women and children are the chief rule breakers regarding the wearing of thin clothes. Children can only be guided by the parent or guardian. Warmth is almost as important as food. Frequently the lightly clad people referred to venture out from their centrally heated homes, to be met by the elements of our Winters. This is highly detrimental to their health. The wearing of hats or caps is laughed at -. 80% of our body heat escapes through our heads. There is much evidence that keeping warm, keeps one healthy. The doctors could very often prescribe warm headgear or clothes, but then there is nothing to be gained monetary- wise, except by prescribing antibiotics or other synthetic pills or potions.

BOILS

They occur because of blood impurity, usually as a result of bad Diet, which should be corrected. Floradix or Biostrath Elixir are good tonics and blood purifiers, as are Silica, Echinacea or Garlic capsules or tablets. This is one ailment where detoxing is recommended by the intake of natural foods. Drink copious amounts of water. *See DIET also Nettles captions.*

BOLDO

This is an excellent remedy for water retention syndrome.

BONE HEALTH INCLUDING BRITTLE BONES

In the body, of which the Bones are the framework or skeleton, there are over 200 in number. Unless Bone problems are due to infection, such as TB or other ailment, the health of our Bones is not helped by inferior Diet of processed or fast foods. It is not helped in our damp and wet climate where we do not take proper steps to protect the joints. Disorders of the Bones, especially the joints, are widespread today. The chief protector or aid to Bone health is a balance of Calcium, Magnesium and Vitamin D. The natural remedies circle has impressed this on us for many years. Only recently has it dawned on the medical profession that Calcium is a must. Only some of them now prescribe it. All over the age of 35 should take Calcium/Magnesium/Vitamin D supplement, Ostron or Bone Nutrient Complex tablet. Activjuice, which is high in Glucosamine content, is a well know natural aid

to better bone health. Equally important is natural DIET also body warmth as mentioned. *See also Osteoporosis and Body Warmth captions.*

BOWEL SYNDROME – (Irritable)

See Irritable Bowel Syndrome Caption

BRAIN HEALTH – (Including Weak Memory)

To those worrying about weak memory, being forgetful, with memory loss, including being unable to remember names, mislaying things and not being able to remember where left, it must be said 'Don't find fault, find a remedy'. Most important for both the health of the Brain and the body is pure natural additive-free food and drink. Exercise of both mind and body is very important. Keep the Brain active and enjoyably employed. Read books including puzzle books, write letters or do crosswords, even if left unfinished. Don't bother about newspapers or the television as they only depress. Joining voluntary organisations enables one to meet others, helping to make friends. Take up a hobby. Keeping active, keeps the Brain active. Take each day as it comes, doing just one thing at a time. ***Allowing your mind to fill up or to become cluttered, feeling that you should be doing many things, is an extremely bad mental habit. This way of thinking only hinders the marvellous element which is the Brain. Relax body and mind regularly. Sit down, visualise things unrelated to every day life. Think of friends, places to visit and the things you must do which are enjoyable. Relaxing the mind regularly helps sharpen the Brainpower.***

Don't try to store everything in the Brain. Keep a diary or carry a notebook or pad, writing things down which you feel should be remembered. These are aids to your mind or memory. I am an old person in years, being young in body and mind, using a battery-operated pocket memo. This is simply because a pen or even the notebook could all too frequently not be found, especially when away from home. Previous to this I always used a notebook. Now there is no excuse for taxing the Brain with reminders, many of them often trivial. ***Research tells us that older people have more than sufficient Brainpower for memory. They do not use it properly, filling it up with much thoughts or ideas which are wholly unnecessary.*** It is not what comes to mind, it is how we insist on thinking about it, how we sort out the necessary from the inessential. This I have proved to be precious advice over the years, as was the advice to use a diary and later the pocket memo. First thing in the morning I always read yesterday's diary page and clear the pocket memo. It does much good, because it creates a chuckle or a laugh, as one looks at all the things written and undone, now of no importance, far different from how it appeared the previous day. The problems of yesterday left undone, not crossed out, appear as irrelevant or unimportant. The unnecessary and, at the time often worrying, ideas were not stored in the Brain, it being therefore unburdened.

The need for a balanced Diet of pure additive-free food is repeated. Equally important is the necessity to avoid Fluoridated or Chlorinated water. Here can be one of the main reasons for Brain deterioration. Fluoride is a noxious and toxic substance that should not be in our water. Turn to both Fluoride and Water captions.

Following are excellent supplements to keep the Brain healthy, which when added to the natural Diet suggested, make an enormous contribution to the Brain including the memory: Lecithin granules, Udo's Choice Oil to obtain the necessary Omega Oils, Vitamin B Complex, Lemon Balm either taken fresh or as Melissa herb tablet or tea. Rhodolia is a great aid to memory and concentration, as also are Rosemary or Ginkgo Biloba. The latter is not to be taken with blood thinning medication such as aspirin or warfarin. All these aids to Brain memory and general health can be obtained at your health food shop. *See Exercise and DIET captions.*

BRAN

See Fibre Caption.

BREAD

All too often taken for granted, accepted without question, as to goodness, purity, sustenance, or otherwise. The additive-filled Bread of today is not what it should be. Much could be written about the subject. This is a Guide where one can only dwell fleetingly on Bread. *White Bread which was accepted as good food because of the ingredients, also the method of baking up to about 30 years ago, is now processed, factory-made, with flour treatment agents, so called improvers, ascorbic acid, bleaching and other additives. It is now mostly made by what is known as the Chorley Wood Bread Process, one of the modern over-processing, fast food methods of producing cheaper 'food'. Where it took hours to ferment and knead the dough it is now done by electrically operated high-speed mixers, which agitate the mix for only a few minutes. Low protein, soft or finer flour, with more added water and, of course, the extra additives, some of them synthetic, are the recipe for fast Bread.* This is one of the main reasons why in recent years we hear the call for a return to the use of bran in our Diet. The Bread we are now offered is all too often just processed, additive-filled, part-baked dough. Some of it is of inferior quality with little if any nutrition. An example of this is in the 'Bread' very often used as a loss leader in the food shop. It could often be said to resemble eating cotton wool. *Nothing could be more tempting than the aroma of home-baked wholemeal Bread.* It is highly recommended for its starch, fibre and much other nutritional goodness. At the same time there are many nutritious Breads, especially wholemeal, to be found in some outlets, including the health food shop. One must search for them. *Again the advice is: "Read the ingredients label. Leave that which is additive filled on the shelf".*

BREAKFAST

*Read the Diet caption to be guided by what is partly repeated here. **Breakfast is the most important meal of the day and should not be skipped.*** It should be of natural, unprocessed, additive-free, non-sugarised cereals. Of the over 80 breakfast 'cereals' counted, as being offered for sale, many in psychedelic-coloured packaging, which are over refined, treated and altered, there are only two which have nothing added, nothing taken away. Some are with added synthetic vitamins and minerals, which when processed and heated are of little value. Others are just fillers, being sugarised, having being made acceptable to the palate or taste buds, especially that of our young people. The two referred to as being natural are Shredded Wheat, which is slightly processed and Porridge Oats. The latter is pure food, unadulterated. Added to the cereal can be oat or wheat bran, wheat germ, sunflower seeds or linseed. One can also partake of pure fruit juice, fruit or bread, especially if it is wholemeal. In the health food store are fruit spreads or jams, which are sweetened with fruit juice - no added sugar. Sugar should be avoided. No apology is made for repeating the advice to read under DIET to learn of the value of a proper nutritious Breakfast.

BREASTS – (Sore & tender)

May be a hormonal problem. Recommended is what is often referred to as a woman's best friend, Agnus Castus, also Evening Primrose Oil. Ask for high strength EPO.

BREASTFEEDING

Until recently the media and the medical profession, including the maternity fraternity would have us believe that Breastfeeding, which has always been and still is the natural way to feed a baby, is not correct, being frowned upon. To those interested in the natural way, with all things being additive-free and good for the health of the child, Breastfeeding has always been accepted as the best method. Breastfed first and then on to natural foods. The up-to-date, state-of-the-art, relatively cheap liquidiser makes it ever so much easier to produce natural vegetable and fruit-based, highly acceptable, nutritious meals, when breastfeeding weaning time comes.

UNICEF has got it right as they tell us ***“Imagine that the world had invented a new dream product to feed and immunise everyone born on earth. Imagine also that it was available everywhere, required no storage or delivery – and helped mothers to plan their families and reduce risk of cancer. Then imagine that the world refused to use it. After a century of unprecedented discovery and invention, even as scientists discover life itself, this scenario is not alas a fiction. The dream product is human***

breast milk, available to us all at birth and yet we are not using it.”

Despite the Health sectors advice to Breastfeed, it is being ignored, with the information not reaching or being conveniently ignored by many, including the disadvantaged. Those in the low income or social class bracket are the least likely to breastfeed.

Research shows that infants who are breastfed may be at a lower risk of being overweight or obese later in life. Other benefits include prevention of allergies, infections, including the mother's risk of breast cancer being lowered.

Breastfed milk is free. When a mother is properly nourished there is no doubt that Breastfeeding is best, also her baby should not require supplements for at least six months. The child's digestive system and kidneys are unable to cope with solid food, including cereals before the age of four months at least, and these should be introduced gradually. Many are not aware of the dangers of feeding solids too soon to a baby. The bowels are not strong enough to accept this type of food. The solids of pure natural edible nourishment should be introduced very slowly in liquidised form, with the weaning from milk done equally so. Feeding with solids too early in life can lead to colon inflammation which is colitis, also bowel and other stomach problems in later years. When weaning, a good natural remedy to discourage suckling is to apply Aloe Vera Juice to the nipples.

A well-known liquid baby food, taken from the shelf in a supermarket, gives a sell by date of over 12 months hence. The ingredients label shows over 30 additives, amongst them being Citric acid, Calcium hydroxide, Potassium hydroxide, Tri calcium phosphate, Tri sodium citrate, Sodium chloride, Choline chloride, Taurine, Zinc sulphate, Copper gluconate, Manganese sulphate, Potassium iodide, Sodium selenite. One must ask the question: 'Why the need for all this in a baby food? Do any mothers read the ingredients label of what they purchase off the shelf? Reading this list must be sufficient proof that where it is at all possible breastfed is best.'

BREATH – (Bad)

See Hallitosis Caption.

BREATHING

Many people unknowingly breathe incorrectly. Proper Breathing techniques help to promote better health, often giving one a relaxed feeling. It is good for relief of stress, also to ease pain, including menstrual pain, even hot flushes. Do you ever Breathe deeply and fully, filling the lungs, extending the chest? If posture is not correct, neither is Breathing. Proper Breathing technique is essential for avoidance and relief of asthma attacks. For all who wish to learn about and improve their Breathing with resultant good feeling Yoga is recommended as is the wonderful therapy of Buteyko. This is an invaluable aid for asthma. It could not be more

natural. *See Buteyko also Asthma and Yoga captions.*

BREATHLESSNESS

This must not be accepted as normal, unless after exercise, when powers of recovery come into practise. If with feeling of Breathlessness or with tightness in the chest requires examination by your doctor. If the difficulty to breathe is distressing the underlying cause must be found in order to treat. It is associated with heart disease especially angina, farmers lung, emphysema or bronchitis. For those other than with heart or angina disease, relief has been obtained by use of Lobelia tablets also Combination J New Era.

BREWER'S YEAST

This is a rich source of Vitamin B Complex also RNA and DNA, the nucleic acids which are so necessary for cell growth. Dried yeast is high in the acid content. To help banish acne, itch and other skin problems, including dermatitis, it is excellent. Brewer's Yeast is very good for the treatment of eczema. Many do not know about the goodness of Vitamin B Complex for the treatment of skin diseases. Brewer's Yeast contains this vitamin in quantity.

BRITTLE BONES

See Bone Health also Osteoporosis Captions.

BRITTLE NAILS

See Nails Caption.

BROCCOLI

Broccoli is one of our greatest medicines as food. *See Fruit and Vegetables caption.*

BRONCHITIS

There are two kinds of Bronchitis, chronic and acute. With the latter there is usually a yellow/green phlegm, a bad cough often painful, a raw throat and wheezing, also breathlessness. One may feel ill for up to 10 days. The cough may persist for longer. Often chronic Bronchitis can result from repeated attacks of acute Bronchitis, smoking, dust or other air pollutants. It occurs often in the elderly. Being run down, lack of exercise, inhalation of nicotine, improper breathing, impure air, all lead to Bronchitis. *It often occurs or develops after a cold or flu. Avoid polluted air; keep wrapped up for body warmth, stop smoking, try losing weight where necessary.* With acute Bronchitis, treating with antibiotics will not help as it is seldom caused by bacterial infection. See your doctor and discuss, also remembering that there are many things natural you can do to help relieve Bronchitis and obtain better health. The immune system must be built up. Here is an example of where proper

nutritious food aided by food Supplements and Vitamins would have helped prevent the Bronchitis. Similarly it can help to alleviate the problem. *Let good food be your medicine and medicine be your food.* Added to this are the taking of excellent restoratives such as a Multivitamin tablet, Lobelia, Cider vinegar and Manuka honey, two teaspoons of each in a little warm water three times daily, Garlic capsules, Echinacea, Thyme drops or Iceland Moss. Everything mentioned can be obtained from your health food store. If the advice about natural food Diet is followed there can be vast Bronchial health improvement.

BRUISES

Arnica is excellent. Not to be used on open wounds. Other aids are Echinacea liquid or Elder.

BRUISING EASILY

Can be put down to lack of Vitamin K which comes from natural foods, especially green vegetables, including cauliflower, broccoli and cabbage. Meat, including pigs or lambs liver, is high in this vitamin. Inferior Diet leads to Bruising easily. This occurs quite often in the elderly, also being a side effect where there is weight loss. Even a small bump will cause Bruising. Apparently the capillaries, which have become lazy, do not maintain their stability in either the elderly or those who are overweight. Take a good Multivitamin tablet also extra Vitamins E and C, not more than 500mg daily of the latter, to help avoid Bruising.

BUERGERS DISEASE

Although a serious condition, natural remedies have been of much help. Unless the person ceases smoking, there is little hope of success of any treatment. I have noted where sufferers gave up smoking, took the advice given, and within six months came off the doctor's medication. They continued with Dietary food supplements and vitamin advice, being restored to good health. It is usually men who are affected. The suggested treatment, which can be taken in conjunction with whatever your doctor prescribes, is the all important natural Diet, to which is added Vitamin E to be taken as 100iu daily for 30 days then 400iu or 500iu daily to be taken thereafter. Vitamin C should also be taken because both vitamins work in conjunction with one another. Also recommended are Brewer's Yeast, Calcium/Magnesium, Lecithin granules and Hawthorn. Take gentle exercise. Any exercise possible would be of help, even down to sitting on a chair and swinging the legs when unable to do more. *When feeling unwell it is advisable to speak with your doctor regarding exercise before taking it up.*

BULIMIA

This eating disorder is usually a problem of teenagers or those in their 20's. Can be

traced sometimes to Zinc deficiency or may be endorphin related. There are many symptoms. Where excitable the person should be given Valerian also Skull Cap, the latter being an aid to stress, fear and anxiety, which are some of the causes of Bulimia. There may also be an imbalance of hormones. Sometimes it can be traced to food allergy. Very often with the aid of proper natural additive free Diet, also the use of food supplements, Bulimia can be conquered. Some recover of their own accord even if they receive no treatment. What is suggested will speed the alleviation and a return to normal health. The natural Diet is the most important aid or medicine. I have found that Spirulina when taken or given on retiring to bed can be the answer to Bulimia. Also recommended is the taking of a Multivitamin tablet, Zinc or Brewer's Yeast. All are available from your health food store. *See DIET caption for some excellent advice, also Allergies caption.*

BUNION

To relieve pain take Mag Phos. Rings are available to place around the Bunion, helping to prevent further inflammation or swelling. Where skin is broken seek medical help. Applying Manuka Honey will help the healing process.

BURNS AND SCALDS

For minor Burns or Scalds use pure honey such as Manuka, which has marvellous healing properties. Always keep a jar in the medicine cabinet. Smear it over the Burn or Scald; there is no need to cover it. Take a Multivitamin tablet, Nat Mur tissue salts or Echinacea to aid the healing process.

BUTEYKO Breathing method for asthmatics

Professor Buteyko's radical method of treating asthma cannot be sufficiently praised. It teaches how 'asthma can be cured by learning how to breath properly'. From my experience of its use I firmly believe this statement to be true. I cannot understand why it is not widely publicised. Scientific trials show results that within three months there were:

70% less symptoms - coughing, breathlessness, wheezing;

90% less need for reliever medication;

49% less need for preventer medication;

(Results are based on scientific trials of Buteyko breathing at The Mater Hospital, Brisbane in 1995). *See Bibliography for details* of the book '**Close Your Mouth**' by Patrick McKeown which is a guide to the Buteyko method.

BURSITIS

Also referred to as housemaids knee or tennis elbow. Take Prickly Ash Bark, Calc Fluor or Wild Yam, Magnesium or Zinc. If there is no improvement it may be due to arthritis or rheumatism and should be treated as such.

BUTTER

When we visit the supermarket and view the shelves at the Butter section, there are also innumerable brands of so-called Butter substitutes, low fat greases, margarines and other similar-type spreads, many being well presented in Butter-shaped packaging. **If only the discerning purchasers would take time to read and study the ingredients label and then try to understand about some or all of them, much would be left on the shelves.** Only Butter is pure and natural. Use sparingly. There is little if anything injurious to our good health in pure Butter. This cannot be said about the so-called substitutes or spreads. Most of these are artificial, containing hydrogenated oils and fats, both animal and vegetable, being refined, processed, denatured, or adulterated. They contain an amount of water, up to 20 percent in some instances, salt, preservative, emulsifiers, flavourings, colouring also synthetic vitamins, with other additives to give them the creamy palatable texture.

The question can be asked "Why is margarine bought in such quantity?" The manufacturers at your expense and mine have the money to advertise. They are not worried about the health of the nation. They are only concerned about the bottom line – their turnover and resultant profit.

One of the results of huge promotion by the 'food' conglomerates is that purchasers are often brainwashed by the incessant advertising of spreads, which are supposedly low in fats. The ingredients are not mentioned. Too often we hear of the virtues of margarine being low fat. The manufacturers, also the purveyors, should be honest and tell the unwitting user about some of the ingredients. We should learn to read the ingredients labels. At least they print these on the packaging, knowing that the majority do not look at them. The discerning should leave these spreads on the shelves, buying pure natural Butter instead. Butter when used sparingly gives us little fat and remember we do need some in our intake of food. When used to excess certainly it provides us with an excess, as does margarine. Butter is pure and natural. Margarine is not. *See Margarine caption.*

BUZZING – (in ears)

See Tinnitus Caption.