

Health Action

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Beneficial Bacteria—A Macro Look at Microbes

What have you done for your gut microbiome lately? Dr. Richard Calland makes a compelling argument for appreciating these many essential microorganisms, which are key players in the dynamics of health and disease.

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Get Feisty with Fermented Foods

One of the most inexpensive and powerful nutritional tools that you can use to improve your detoxification, digestion and immune processes is fermented foods. Learn to incorporate them into your diet with these vibrant recipes from nutritionist and culinary artist Eden Elizabeth.

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The Zero Waste Kitchen: Making Fruits and Veggies Last

North American households allow an estimated 30 to 40 percent of their food to go to waste. Turn your kitchen into a zero-waste cookery, courtesy of these tips from registered holistic nutritionist Christina Peressini.

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Can Homeopathy Prevent Disease during Epidemics or Pandemics?

You be the judge after reading this comprehensive review of homeopathic use during actual epidemics, along with comments and suggestions from classical homeopath Elena Cecchetto on what's needed to improve research and public understanding of this natural health discipline.

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Taking Antioxidants with Chemotherapy and Radiation



If your oncologist, pharmacist or other members of your oncology team advises you to stop taking antioxidants during chemotherapy and radiation, please show them this review article by naturopathic oncologist Dr. Walter Lemmo.

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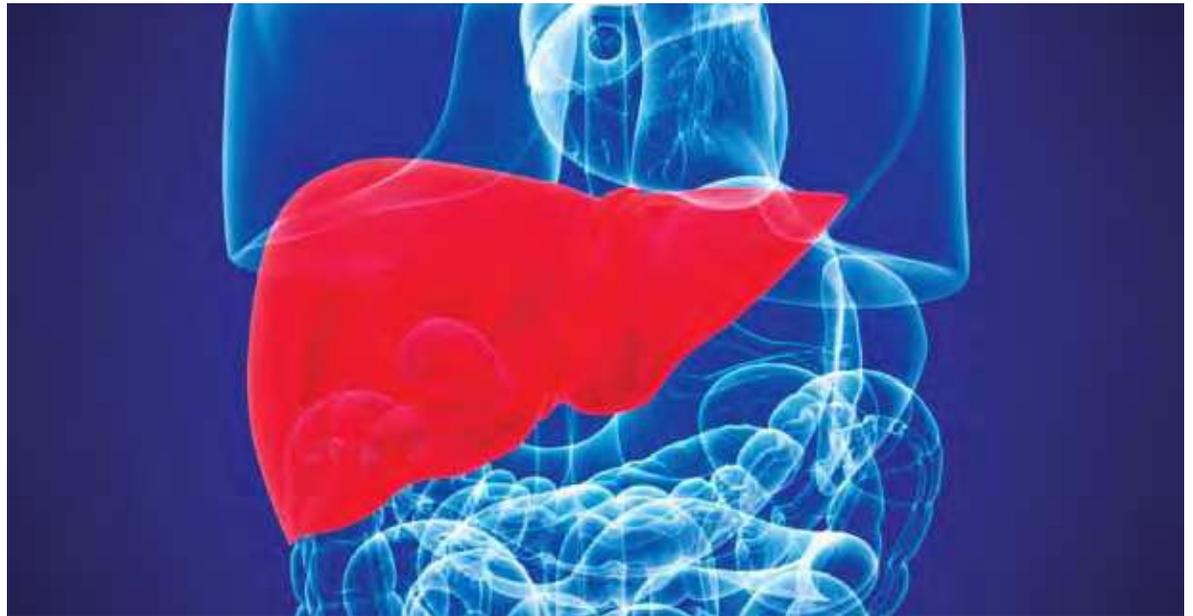
Simple Steps to Rejuvenate Your Liver

And enhance your fat-burning and detoxifying abilities

by Brenda Eastwood,
RNCP

Your liver is very busy performing more than 500 functions. Here are five that relate to weight control and the detoxification process.

1. Most fats are formed in your liver, and when sugar enters your liver, it decides whether to store it, burn it or turn it into fat.



The liver must break down virtually everything toxic to the body.

2. Your liver will “dispose” of estrogen after it has been used. If the liver does not metabolize estrogen properly, estrogen dominance can result,

creating PMS symptoms such as heavy periods, cycle-related headaches and migraines, sore breasts and weight gain.

3. Carnitine is the only known nutrient that can “escort” fats into the mitochondria, where those fats can be “burned” to generate energy. One of the ways the liver helps you burn

fat is by manufacturing the amino acid carnitine.

4. A healthy liver will convert the thyroid hormone thyroxin (T4) into its more active form triiodothyronine (T3). Inadequate conversion of T4 to T3 by the liver may lead to hypothyroidism, chronic fatigue, weight gain, poor memory and a host of other problems.

5. The liver is the main poison-detoxifying organ of the body. It must break down virtually everything toxic to the body.

such as insecticides, herbicides and food additives, and detoxifying them.

Couple this toxic overload with a lack of minerals, vitamins and other nutrients from our nutrient-poor foods and you get subclinical liver dysfunction. This means your liver still works; it just doesn't function optimally.

New Study: Probiotics Lower Fat Accumulation in the Liver

In a new study in the journal *PLOS One* (May 2014), University of Grenada researchers fed obese rats three strains of probiotics (*Lactobacillus paracasei*, *Bifidobacterium breve* and *Lactobacillus rhamnosus*) over 30 days. They found the probiotic-fed rats had a significant reduction of fat in their liver and less inflammation in the liver compared with those that were not fed probiotics.

The accumulation of fat in the liver, called steatosis, constitutes the first stage in non-alcoholic fatty liver disease, which is linked to obesity and diabetes. According to the researchers, probiotics show promise as support therapy with other treatment for liver disease.

10 symptoms of liver dysfunction

- Chronic fatigue
- Feeling tired after meals
- Depression, mood instability
- Hypoglycemia (low blood sugar)
- Nausea
- Dietary fat intolerance
- Foul-smelling gas
- Swollen belly
- Constipation and diarrhea
- Headaches, especially behind the eyes

How's your liver doing?

Most people assume if they don't drink alcohol or just drink moderately that their liver is doing fine. But the liver can get swamped with work doing everything from processing nutrients to pulling out all the toxic compounds,

3 steps to rejuvenation

Unfortunately, a large amount of liver tissue must be damaged or destroyed before the customary tests of liver function reveal abnormality. Yet health practitioners know from experience that many people with no apparent liver damage improve their health by rejuvenating their liver. Start with these three steps.



1. Eat cruciferous vegetables

- Consume broccoli, cauliflower, Brussels sprouts, kale, cabbage, bok choy, collard greens and watercress as well as garlic, onions and turmeric to help the detoxification ability of the liver.
- Other good liver foods are spinach, beets, beetroot tops, parsley, mint, wheatgrass, dandelion greens and alfalfa sprouts.



2. Add supplements to your daily regime

- B-complex vitamins work individually and synergistically to facilitate energy release and the manufacture of new cells.
- Vitamin C, even in as low a dose as 500 milligrams daily, helps prevent fatty buildup and cirrhosis (much more serious diseases than “liver dysfunction”).

- Vitamin E reduces scar tissue production.
- MSM (methylsulfonylmethane) must be present in the body for the liver to make its own powerful antioxidant, glutathione.
- Omega-3 essential fatty acids help the liver to reduce the inflammation of its cells, which aids in its healing process.
- Green tea extract protects and helps cleanse your liver.



3. Reduce your exposure to chemicals

- Use certified organic skin care products and swap out high-chemical cleaning products for low- and non-toxic cleaning products.
- Don't microwave food in plastic containers.
- Instead of plastic water bottles, use stainless steel or BPA-free reusable plastic bottles.
- Buy certified organic food products as often as you can. 🌱

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Breeding Ground for Yeast!

Q: I get chronic yeast infections. Could this be due to the fact that I wear a panty liner every day?

A: We all have some yeast in our system; it is a natural part of our flora. An overgrowth of yeast is what is considered a yeast infection. Yeast needs a few things in order to flourish, including a warm, damp, mucous-dense, nutrient-rich environment. If your body has these characteristics, you are now a breeding ground for yeast. The yeast infection becomes chronic when the environment that causes the yeast in the first place has not changed, allowing an overgrowth to continue.

When most women get a yeast infection, they take an over-the-counter yeast-buster—either herbal or pharmaceutical—and may take a probiotic along with some short-lived dietary changes. Success! The yeast will disappear—for a while. But if you do not change the environment and continue to have a warm, damp, mucous area with nutrients, the yeast will grow right back.

Now let's discuss panty liners. These products are designed to be used on light days of menstruation, in other words, only a few times per month. The panty liner holds the moisture in this warm area, making it a perfect area for yeast. The panty liner is also holding bodily discharge (for example, urine, blood or mucous), and by doing so, affecting pH and making it a more nutrient-dense area. Voila—a perfect breeding ground.

Is there anything that can be done to help this? My recommendation would be to work on the reason you're wearing a panty liner daily in the first place. Do you have chronic spotting (potential hormone imbalance)? Is it due to incontinence (there are treatments that can help this). Perhaps a chronic mucous discharge from a flora imbalance? Going after the cause of your issue will help to reduce the factors contributing to the yeast.

Your chronic yeast infections are a symptom of bigger issue. Fix the cause and then you'll be able to eliminate the daily use of panty liners!

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