

# Choice

## Health & Wellbeing



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The Leading Publication for Complementary Health, Education and Wellbeing



# Strengthen Your position

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### Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

### Letter from the Editor



To fit into the calendar year the Dec/Jan issue has become the Jan/Feb issue. This will not affect your subscription at all, the Mar/Apr issue will be out from the third week in February. With the dark nights drawing in, shop windows filled with Christmas trees and people busy buying gifts for their loved ones, we shouldn't forget those that aren't as fortunate as ourselves. We all have our ups and downs in life, staying strong and focused isn't always easy.

We all have a destination that we want to reach, the thing is we can only reach this destination when we are willing to invest in ourselves.

Self-confidence is the state of self-assuredness and trust in oneself and one's abilities and strengths. It's the state of hopefulness that one can succeed. It's all about feeling comfortable in different situations, even if their outcome is unknown. Success is not the key to happiness. Happiness is the key to success.

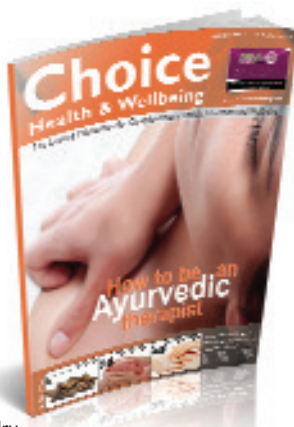
*"If you love what you are doing, you will be successful."* ~ Albert Schweitzer

Wishing you and your loved ones a happy, healthy and prosperous 2013.

### Happy reading

*Angela*

Angela Mahandru  
Editor



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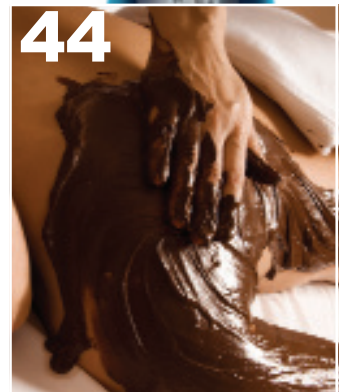
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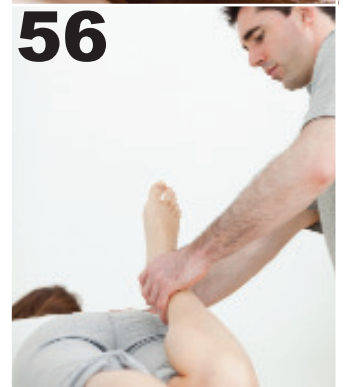
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# Is salt bad for hypertension?



**What is bad for hypertension is iodized salt, which is a fake salt. It is made up of only three synthetic chemicals, sodium, chloride, iodine.**

It takes a long time to dissolve in water (glistens like diamonds), does not dissolve in the body, does not get through to the kidneys, causes kidney stones, and raises blood pressure. However, it is the salt favoured by the synthetic drug-based doctors who say it is very clean and sanitary, pointing to how white it is and how it glistens like diamonds. The fake salt is man-made in a factory. The true salt, which comes from the sea and dried under the sun and commonly called rock salt, has 72 natural minerals including natural sodium, chloride, and iodine. It dissolves in water, absorbs in your body, does not produce kidney stones, and best of all brings down blood pressure and stops/prevents muscle cramps, numbness and tingling.

If you get muscle cramps in the lower legs at night, taking rock salt in a glass of water will get rid of the pain quickly. The highest BP that came my way was in a woman who had a BP of 240/140 and came to my house at 10:30 pm on what she said was a matter of "life and death" because the high BP was already giving her a crushing headache, especially at the back of her head. She could not walk up the six shallow steps to my porch. Two men had to help her, one on each side, in addition to the cane that she needed to prop herself up.

I muscle tested her and found that underlying her BP of 240/140 and the crushing pain in the

head, her body's water content was only 6% (normal is 75%), salt content was zero, potassium was 96% deficient, and cardiac output (blood flow from the heart) was only 40% (normal is 100%). So the blood supply to the head was 60% deficient.

I gave her one 6" long green hot pepper, 1 raw ripe banana, 1/2 teaspoon of rock salt and 3, 8-oz glasses of tap water. The pepper was to normalize cardiac output and shoot blood to the head, the banana was for the potassium deficiency and to have food in the stomach because the pepper will cause a stomach ache if the stomach is empty, and the rock salt and the water were the first aid for her severe dehydration which was causing her arteries to be dry and stiff and her blood to be thick and sticky, because they were dehydrated.

After 5 minutes, she said, "The pain in my head is gone." We took her BP, it was 115/75, and cardiac output was up to 100%.

She walked out of the house to her car without any help and without the cane. She has been taking 2.5 teaspoons of rock salt, 15 glasses of water, 6 bananas and 3 of the long peppers daily since the beginning of September 2009, and her BP and cardiac output have been normal since then.

Two months later, in November, at a PCAM round table forum on hypertension in Club Filipino, she gave her testimony, followed by her brother who said that she grew 2", because the salt and the water had refilled her compressed disc spaces in her vertebral column. The disc spaces had become compressed because they had become dehydrated since the fluid filling up these discs is 95% water.

Why salt? Because without salt the body cannot retain water no matter how much water is drunk. You will still be dehydrated because you will just keep urinating and sweating the water out.

This is not an isolated case. When BP is rising high but there is little or no headache but there is stiffness of shoulder and neck muscles, all you need to normalize the BP and remove the stiffness and the pain in 5 minutes is 1/2 a teaspoon of rock salt and 3 glasses of water. If there is crushing pain in the head, it means blood supply to the head is lacking, and you will need the hot peppers to normalize it and shoot blood to the head and remove the extreme pain. **CHW**

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## Healing from the honey bee

**We all know about the benefits of honey and how it can be used for healing but I'm very impressed with a range that takes this to the extreme.**



Studies and research show that the Lifemel range of healing honeys has been found to counteract the side effects induced by chemotherapy and radiation treatment by stimulating blood cell production in the body and maintaining the blood picture, including white blood cells. It also works for those with low immunity or anaemia.

The Lifemel range consists of specially 'targeted' honeys because they are processed from bees which have been given a carefully selected combination of nature's immune system-boosting herbs; these include; Cat's Claw, Echinacea and Siberian Ginseng. Once this herbal nectar is processed into honey the active properties are intensified in the hive and put into a pre-digested format, making them easy for the body to absorb.

From the results of a hospital trial which was part of a report from the Oncology unit at the Israel institute of technology in Haifa it was concluded that the use of this honey in patients who are at high risk of developing these side effects of chemotherapy negated the need for other high risk treatment. They concluded that LifeMel is inexpensive, has no side effects and is easy to administer.

This honey is cold pressed because, of course, the heat treatment process would kill the beneficial properties that derive from the herbs. All honey in its natural state crystallises as the product ages; this is a positive property as the properties actually become even stronger in the crystals which dissolve if the jar is placed in warm water, without harming the quality of the honey.

So this season I'm going to trial the Bronchomel and also am looking forward to treating my hormones with the Ladymel... watch this space! **CHW**

To buy Lifemel go to health stores or <http://www.nuvitalityproducts.com/>  
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