

1: Natural Health Secrets Free Hard Copy â€“ Healthy Living Association

Emphasizing the joys of positive natural good health, The Natural Health Bible is for people who want to improve their overall health and feel great while doing so. To help readers create individual programs for well-being, author Lisha Simester presents the best options for health of the body, mind and spirit.

References This book was published by Prima Health in The editors are Steven Bratman, M. D They are principals of The Natural Pharmacist. They make a point of balancing the good with the bad. This makes their overall positive assessment of Milk Thistle particularly more meaningful. And they reference all of the studies they researched, which is extremely valuable. Milk Thistle Silybum Marianum Principal Proposed Uses Chronic viral hepatitis, acute viral hepatitis, alcoholic liver disease, liver cirrhosis, mushroom poisoning special intravenous form only , protection from liver-toxic medications Milk thistle, a spiny-leafed plant with reddish-purple, thistle-shaped flowers, has a long history of use both as a food and a medicine. English gardeners at the turn of the century grew Milk Thistle and used the leaves like lettuce, the stalks like asparagus, the roasted seeds like coffee, and the roots soaked overnight like oyster plant. The seeds, fruit, and leaves of Milk Thistle are used for medicinal purposes. Over 2, years ago, Pliny the Elder reported that the juice of Milk Thistle could "carry off bile," an insight that foreshadowed its modern uses. In Europe, the herb was widely used through the early twentieth century for the treatment of jaundice as well as for insufficient breast milk. Based on the extensive folk use of Milk Thistle in cases of jaundice, European medical researchers began to investigate its medicinal effects. It is widely used to treat alcoholic hepatitis, alcoholic fatty liver, liver cirrhosis, liver poisoning, and viral hepatitis, as well as to protect the liver from the effects of liver-toxic medications. Milk thistle is one of the few herbs that have no real equivalent in the world of conventional medicine. Liver enzymes as measured by blood tests frequently improve, and if a liver biopsy is performed, there may be improvements on the cellular level. Some studies have shown a reduction in death rate among those with serious liver disease. The active ingredients in Milk Thistle appear to be four substances known collectively as silymarin, of which the most potent is named silybinin. When injected intravenously, silybinin is one of the few known antidotes to poisoning by the deathcap mushroom, Amanita phalloides. Animal studies suggest that Milk Thistle extracts can also protect against many other poisonous substances, from toluene to the drug acetaminophen. Silymarin appears to function by displacing toxins trying to bind to the liver as well as by causing the liver to regenerate more quickly. It may also scavenge free radicals and stabilize liver cell membranes. However, Milk Thistle is not effective in treating advanced liver cirrhosis, and only the intravenous form can counter mushroom poisoning. In Europe, Milk Thistle is often added as extra protection when patients are given medications known to cause liver problems. Milk thistle is also used in a vague condition known as minor hepatic insufficiency, or "sluggish liver. Symptoms are supposed to include aching under the ribs, fatigue, unhealthy skin appearance, general malaise, constipation, premenstrual syndrome, chemical sensitivities, and allergies. Milk thistle is also sometimes recommended for gallstones and psoriasis, but there is little to no evidence as yet that it really works for these conditions. There is considerable evidence from studies in animals that Milk Thistle can protect the liver from numerous toxins. However, human studies of people suffering from various liver diseases have yielded mixed results. This mushroom destroys the liver if left untreated. However, Milk Thistle seems to be so dramatically effective that its value is not disputed. Chronic Viral Hepatitis Preliminary double-blind studies of people with chronic viral hepatitis have found that Milk Thistle can produce significant improvement in symptoms such as fatigue, reduced appetite, and abdominal discomfort, as well as results on blood tests for liver inflammation. Acute Viral Hepatitis While good results have been reported in one study of 57 people with acute viral hepatitis, another study of participants showed no benefit. Alcoholic Liver Disease A double-blind study followed Finnish soldiers with mild alcoholic liver disease. In the treated group, there was a significant improvement in liver function as measured by blood tests and biopsy. Another study reported similar results. However, a study of participants showed little to no benefit, as did another study of 72 people followed for 15 months. Liver Cirrhosis A controlled study followed people with liver cirrhosis for 3 to 6 years. However, a recently reported

2-year double-blind study of alcoholics with cirrhosis found no benefit. Protection from Medications That Damage the Liver Numerous medications can injure or inflame the liver. Preliminary evidence suggests that milk thistle might protect against liver toxicity caused by such drugs as acetaminophen, dilantin, alcohol, and phenothiazines. There is some evidence that silymarin bound to phosphatidylcholine may be better absorbed. This form should be taken at a dosage of to mg twice a day. Also, do not inject Milk Thistle preparations that are designed for oral use! Top Safety Issues Milk thistle is believed to possess very little toxicity. Animal studies have not shown any negative effects even when high doses were administered over a long period of time. A study of 2, participants reported in showed a low incidence of side effects, limited mainly to mild gastrointestinal disturbance. On the basis of its extensive use as a food, Milk Thistle is believed to be safe for pregnant or nursing women and researchers have enrolled pregnant women in studies. However, safety in young children, pregnant or nursing women, and individuals with severe renal disease has not been formally established. No drug interactions are known. However, one report has noted that silybinin a constituent of silymarin can inhibit a bacterial enzyme called beta-glucuronidase, which plays a role in the activity of certain drugs, such as oral contraceptives. This could reduce their effectiveness. Milk thistle may reduce their effectiveness. Medications that could damage the liver: Milk thistle might be protective. Schulz V, et al. Muriel P, et al. Silymarin protects against paracetamol-induced lipid peroxidation and liver damage. J Appt Toxicol Paulova J, et al. Verification of the hepatoprotective and therapeutic effect of silyrmarin in experimental liver injury with tetrachloromethane in dogs. Vet Med Praha 35 Skakun NP, et al. Clinical pharmacology of Fegalon review of the literature. Tuchweber B, et al. Prevention of silybin of phalloidin-induced acute hepatotoxicity. Toxicol Appl Pharmacol 51 2: Boari C, et al. Toxic occupational liver diseases. Therapeutic effects of silymarin. Minerva Med 72 Protective effect of Legalon in workers exposed to organic solvents. Acta Med Hung 45 2: Advances in pharmacological studies of silymarin. Mem Inst Osivaldo Cruz 86 Suppl. Hikino H, et al. Natural products for liver disease. As cited in Wagner H, et al. Economic and medicinal plant research, Vol 2. Muzes G, et al. Effects of silymarin Legalon therapy on the antioxidant defense mechanism and lipid peroxidation in alcoholic liver disease double-blind protocol. Orv Hetil Giannola C, et al. A two-center study on the effects of silymarin in pregnant women and adult patients with so-called minor hepatic insufficiency. Clin Ther 2: Berenguer J, et al. Double-blind trial of silymarin vs. Munch Med Wochenschr Buzzelli G, et al. A pilot study on the liver protective effect of silybin-phosphatidylcholine complex IdB in chronic active hepatitis. Liruss F, et al. Cytoprotection in the nineties: Experience with ursodeoxycholic acid and silymarin in chronic liver disease. Acta Physiol Hung 80 Magliulo E, et al. Results of a double blind study on the effect of silvinarin in the treatment of acute viral hepatitis, carried out at two medical centers. Bode JC, et al. Silymarin for the treatment of acute viral hepatitis? Report of a controlled trial. Med Min 72

2: THE NATURAL HEALTH BIBLE FOR WOMEN | The Natural Health Practice

The Natural Health Bible, Revised 2nd Edition is truly the most comprehensive and up-to-date book on the science-based use of herbs and supplements.

Frank also taught me that during biblical times, our ancestors actually lived very long and very healthy lives. The average age was years and this was during a time without modern medicine. In fact, the very same diseases that exist for us today, existed for them as well. But because of their diet they were able to fight them off with ease. And removing them from your diet today can give you big results in your health almost overnight. Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud – that you may eat. Some of these parasites are difficult to kill even when cooking. Pigs also digest food very quickly which means it becomes part of their flesh. Pigs carry many diseases with them. And by eating their meat we put ourselves at higher risk of getting one of these painful, often debilitating diseases not to mention put our bodies on toxic overload. BUT, there is a way you can still enjoy bacon, pork chops, and even pork ribs IF you follow the word of God. But even most of these breads contain sugars and starchy yeasts. In fact sticking to breads like flat breads and sourdough breads that are made without yeast will help your health and your checkbook. These kinds of breads help with your digestion and can rid your body of bacteria. But you must not eat meat that has its lifeblood still in it. Eating uncooked or undercooked meats exposes a person to e. Whatever is in the water that has fins and scales, whether in the seas or in the rivers – that you may eat. But in all the seas or in the rivers that do not have fins or scales, all that move in the water or any living thing which is in the water – they are an abomination to you. But it stops sounding strange when you stop to consider what kinds of fish do not have scales. They consume the waste of other creatures, as well as that which has already died. Remember, when you eat an animal's flesh, you are basically eating what it eats. The same way that animals treated with antibiotics or hormones are bad for us. But avoiding them will make you healthier and less susceptible to deadly food poisoning incidents. They can extend make your life longer and more active. Frank steers his patients away from these types of foods and the changes have been amazing. His teachings can do the same for you. But hidden deep inside the passages of the Bible are dozens of cryptic suggestions on how to heal the most common ailments and diseases. It will reduce arthritis pain and prevent inflammation which is what leads to nagging joint pain. Your chances of cancer and heart disease will drop through the floor. Once I started working with him, it became very clear that I had stumbled on something special. Frank and I decided to put everything he taught me in one place that would be easy for you to access. And it goes further than that. It covers dozens of natural cures for the most common and deadly diseases affecting Christians today. Frank and I shared this with friends and family, they started seeing the same results I did. They started feeling better within a few weeks. They slimmed down without having to go to the gym or jog laps around the neighborhood. My friends with high blood sugar were able to keep their levels in the normal range without medication. I had more time and energy for things like golf. And while we might look at those stories and scoff, the truth is many who have followed this path the Lord set out for them have lived long and healthy lives. Not only that, they are able to keep their dignity in their old age. In fact, according to a recent study by the National Geographic Society, the people who live the longest lives on the planet are eating exactly what our Biblical ancestors ate. Doctors are few and far between on this tiny island in the Mediterranean. They eat natural, whole foods that were the primary staples of our Biblical Ancestors. But they are consistently living to years old and more. And they are eating an ancient diet that was taken straight from the pages of the bible. Discover what they are eating in Natural Health Cures from the Bible and how you can adopt their simple lifestyle for a long, active life. I sat down and read it one sitting it was so enlightening. But recent medical studies have shown it to be an incredibly effective arthritis remedy, joint pain reliever and inflammation reducer. It uses direct references from the scripture and you can even have your Bible open to check this stuff out for yourself. The 1 cause of death and disease in our country is inflammation. It causes heart disease and dozens of other issues that shorten our lives. But by adding these Biblical secrets to your regular diet you can halt inflammation in its tracks. And this all-natural health system can lower blood

pressure naturally. But their benefits are anything but ordinary.

3: Bible Verses and Natural Healing

The following excerpt about milk thistle is from The Natural Health Bible, From the Most Trusted Source in Health Information, Here is Your A-Z Guide to Over Conditions, Herbs, Vitamins, and Supplements.

Axe content is medically reviewed or fact checked to ensure factually accurate information. With strict editorial sourcing guidelines, we only link to academic research institutions, reputable media sites and, when research is available, medically peer-reviewed studies. Note that the numbers in parentheses 1, 2, etc. The information in our articles is NOT intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. Our team includes licensed nutritionists and dietitians, certified health education specialists, as well as certified strength and conditioning specialists, personal trainers and corrective exercise specialists. Our team aims to be not only thorough with its research, but also objective and unbiased. November 4, Whether you eat, drink or whatever you do, do all for the glory of God. Representing health and longevity from Almighty God, the importance of diet and of preparing and eating food was oftentimes seen as a spiritual act. Of course, all of the healing foods land in the clean category. What Are Clean and Unclean Foods? When you go on the Bible diet, there are only certain kinds of food that you can eat. All fruits are acceptable in the Biblical diet, just as long as they come from seeds. Fruits from fruit trees are okay to eat, as well as anything that grows on a vine, a shrub or anything with a woody bark tissue. Examples of seed-bearing plants include squash, tomatoes, corn and beans. According to Leviticus, clean meat is defined as the meat of every animal that has the hoof cloven in two and chews the cud. The Bible also instructs us not to eat the blood of animals or to eat any meat that has been sacrificed to idols. For birds, everything is allowed except eagles, vultures, kites, ravens, ostriches, seagulls and owls. It is also noted that all winged insects are considered unclean. During antiquity, this precious commodity was used for its healing capabilities, for cooking, to light lamps, for soaps, for cosmetics and even for currency. Olive oil was considered so sacred to ancient culture that it was even used to anoint kings and priests. They have even been linked to cancer and diabetes prevention. For your love is better than wine. Song of Solomon 1: Several epidemiological studies have shown that moderate alcohol intake, particularly drinking red wine, may lower the risk of cardiac mortality due to atherosclerosis. Consequently, researchers have focused much of their attention on evaluating the health benefits of resveratrol in recent years, which has been linked to chronic disease prevention and treatment including diabetes and obesity. For her worth is far above jewels. She looks for wool and flax and works with her hands in delight. Although it has been widely replaced by cotton in recent years, flax remains one of the most important fiber plants in the world and one of the top Bible foods. Having a rich history of medicinal use dating back to Babylon in B. Subsequently, research shows that flax seeds may be able to help fight against cancer, lung disease and heart disease. The main reason that Ezekiel bread is healthier than other breads is because the grains and legumes are soaked and sprouted, which makes them easier to digest and as a result, is the only bread to make this list of top Bible foods. During this critical growth state, the young shoot digests a portion of the starch to fuel its growth. Lamb is the meat of young sheep that are generally one year old or younger. Due to slaughtering the animal at such a young age, the marbled fat content is considerably lower than older varieties of meat, which contributes to heart health and helps prevent again obesity. Rich in protein, vitamin B12, vitamin B6, niacin, zinc and other vital nutrients, it is arguably the healthiest red meat on the planet. Grain-fed factory farmed animals are loaded with genetically modified corn feed, countless additives and are simply not worth the risk. Coriander is the seed of the powerful anti-oxidant and natural cleansing agent cilantro. Traditional medicine has long used and labeled coriander as an anti-diabetic plant and scientific research confirms its helpful effects on blood sugar. Coriander also appears to be helpful for high blood pressure and heavy metal detoxification amongst other positive health effects. When it was time for them to be presented to the king, Nebuchadnezzar and all of the leaders were astounded to see that the four young Jewish friends were more fit and looked better than the other young men who ate the Babylonian fare. Often referred to as the Daniel diet or the Daniel fast, history and biblical text actually support that Daniel continued his vegetarian lifestyle throughout his entire life. Of all the

food groups, vegetables are arguably the most nutrient-dense and safest to eat. Vegetables are so effective at healing that, according to the National Cancer Institute, cruciferous veggies broccoli, cabbage, collards, kale, radish etc. Known to break down during chewing and digestion, these powerhouse chemicals can slow down and even reverse cancer cells growth. Additionally, it has also been reported that glucosinolates can treat the following health concerns:

4: Top 10 Bible Foods that Heal - Dr. Axe

'The Natural Health Bible for Women' Is a practical, easy-to-use, one-stop reference book for women of all ages. Containing everything you need to know to make informed choices about your body, how it works, and how to keep it in the best of health.

5: The Natural Health Bible: Stay Well, Live Longer by Lisha Simester

The Natural Health Bible for Women: The Complete Guide for Women of All Ages by Marilyn Glenville An illustrated natural health resource for women. It shows how women can use nutrition, lifestyle and natural therapies to keep themselves fit and well.

6: Natural Health Bible Excerpt - UltraThistle®

With energizing colors and action-oriented photographs, The Natural Health Bible first inspires health-seekers and then guides them in making healthy habits part of their regular routines. Emphasizing the joys of positive natural good health, The Natural Health Bible is for people who want to.

7: Natural Health Secrets From the Bible No Pop â€“ Healthy Living Association

Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in womens' health. She is the former President of the Food and Health Forum at the Royal Society of Medicine, a registered nutritionist, psychologist, author and popular broadcaster who obtained her doctorate from Cambridge.

8: 59 Bible verses about Health

This book was published by Prima Health in The editors are Steven Bratman, M.D. and David Kroll, Ph.D They are principals of The Natural Pharmacist.

9: Superfoods of The Bible - Healthy Food You Can Believe In

'The Natural Health Bible for Women' Is a beautifully, colour illustrated practical, easy-to-use, one-stop reference book for women of all ages. Containing everything you need to know to make informed choices about your body, how it works, and how to keep it in the best of health.

Enagic usa application form Studies From An Eastern Home Mother, Daughter, Sister Journeys of the Spirit Humane treatment and proportionality China at a glance. Presentation of death in Tolstoy's prose Financial markets institutions and money 2nd edition Redaction tool for California science grade 5 textbook Travel and tourism definition De Vloek van de Faracs. Best-Worst-in Sports Speeches and poems Earthwork out of Tuscany (Large Print Edition) Impacts and influences Opportunities in research and development careers Teaching with films Animals of the tropical rainforest Soviet perceptions of the oil factor in U.S. foreign policy The Mouse Without a House! History of the University of Colorado Division of Pulmonary Science [sic and Critical Care Medicine Tip 8 : Review code early and often Monster buys a pet The Operating System Wordpress tutorial in bengali Atlantic Coast Lighthouses 2003 Calendar Approaching the apocalypse Quick primer for old school gaming Beauty Labyrinth of Razors Pictorial practical fruit growing Back in the first person Beth kari looking inside Performance of pavements designed with low-cost materials Facing up to the media: Walter Ong and the embrace of technology John J. Pauly. Synchronous and resonant DC/DC conversion technology, energy factor, and mathematical modeling Powershell 101 the no-nonsense beginners guide to powershell The power of why Notebooks of Srinivasa Ramanujan. First There Is a Mountain Valentine Sampler