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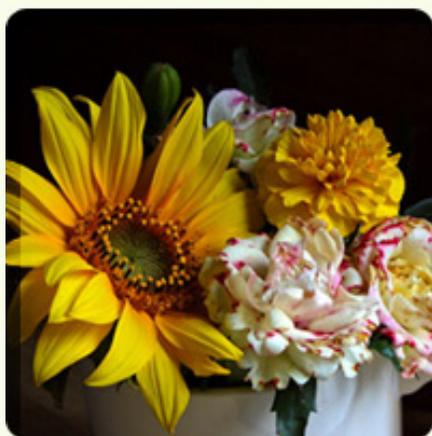


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## Are You Making Healthy Decisions?

Given the fact that we are blissfully enjoying the warmth of the summer season (for those of us located in the



northern hemisphere anyway) you would probably think that it's unusual to hear the hacking cough of a nasty winter cold, right?

But recently it seems that everywhere I go I hear more and more people coughing.

There was no news of a cold or flu epidemic, so there was no way to really pinpoint what was going on, but it piqued an interest. As our team researched 'coughing' and 'breathing problems', there was one thing that was quite evident – there is an incredibly large number of people in America and around the world suffering from chronic lung disorders.

Although there are millions suffering from mild forms of asthma or occasional bouts of bronchitis brought on during the flu season, there are more than 600 million people worldwide suffering from

ebook or on ANY website.



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Getting sick (or at least pretending to) was sort of fun back in the old da



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Overall health can often occur naturally if the body receives the proper nu

COPD or Chronic Obstructive Pulmonary Disease. What's more, this is a disease that many people don't know a thing about!

When we discovered that this unfamiliar condition was not only the 4th leading cause of death amongst Americans, but that more than half of those cases were likely preventable by diet alone, we knew we had to raise COPD awareness.

I don't want to give away the contents of the entire article, but one interesting thing we found out is that many environmental pollutants are a contributing factor for COPD. This lead into some research on toxicity and an entire article dedicated to the beneficial nature of eating organic foods, as well as the 12 most polluted foods you should only purchase from an organic source and the 12 least polluted that can be purchased from a regular source.

I hope you find the articles in this ebook – *More FDA Warnings about Depression Medications Validate Your Natural Approach, Did Depression Cause Your Diabetes?* and *Popular Diabetes Treatment Could Increase Your Risk of Heart Problems* – both interesting and informative.

## **Second Hand Smoke, Diet and Chronic Lung Disease**

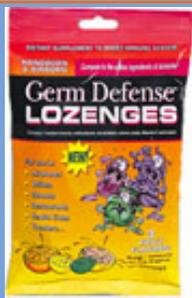
### **New Study Finds Prevention is Key**

Although there are more than 600 million people worldwide affected by COPD (Chronic Obstructive Pulmonary Disease), according to estimates by



the World Health Organization, it is a disease that is unfamiliar to many of us.

COPD often goes undiagnosed because the symptoms and



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conditions usually develop over months and in some cases over years. Even once it is many of the 11 million Americans afflicted with the disease are so unfamiliar with COPD that they are unaware of how to treat it. Unfortunately, the quandary with chronic lung conditions is that they become very difficult to treat once they have fully developed.

With experts in the field of chronic lung disease emphasizing **prevention as the best remedy for decreasing the prevalence of COPD** – one that kills more than 2.75 million people each year – awareness is now one crucial element in the fight.

Recently scientists at the Harvard School of Public Health discovered that the newly coined *Mediterranean Diet*, a diet typified by **fish, fruits, vegetables and whole grains, can lead to a 50% decrease in your risk of developing COPD.**

These types of foods contain a very high level of antioxidants, which have been proven to help fight cancer in other studies.

Foods rich in antioxidants can

### What is COPD?

COPD, Chronic Obstructive Pulmonary Disease, can be defined as one of two things, either chronic bronchitis or emphysema.

Chronic Bronchitis is an inflammation of the airways that restricts breathing, causes coughing and wheezing, and often leads to more serious respiratory infections.

Emphysema occurs when lung tissue loses its elasticity, causing shortness of breath and a decreased flow of oxygen throughout the body.

Both of these diseases are very serious, as COPD is

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help to rid your body of *free radicals*, the harmful molecules that can disrupt the functions of living cells and end up causing

cancer and other ailments, including those affecting the lungs.

While COPD awareness and maintaining a balanced diet of healthy foods and whole grains are both excellent methods of prevention, avoiding smoke from cigarettes, pipes and cigars is another method of avoiding this very serious disease.

Although it has been linked to a number of causes, smoking or second-hand smoke accounts for most COPD cases. In addition to creating free radicals, smoking causes enormous wear and tear on the entire respiratory system, which over time causes many people to end up with COPD. The most important thing you can do to avoid COPD is to quit smoking and take yourself out of environments where cigarette smoke exists.

- [NicoTonic](#) promotes nervous system functioning for people undergoing nicotine withdrawal.
- [Rx-Hale](#) helps maintain balanced mood during the nicotine withdrawal program.
- [Crave-Rx](#) helps maintain systemic and mood balance during and after nicotine withdrawal.

Pollution can also cause COPD, as over the years breathing in pollutants in the air can cause significant duress on the respiratory system. However, it can be difficult to avoid air pollution altogether, especially if you live in an urban environment.

This is why taking precautions to make sure you do not develop

currently the 4th leading cause of death amongst Americans.



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future respiratory problems is often the most effective approach when it comes to chronic lung disease, including the preventative measures we have mentioned – awareness, diet, not smoking and avoiding excessive pollution.

There are also many natural and herbal remedies available to help you to maintain a healthy respiratory system and fight free radicals. Using these in conjunction with other preventative measures can have a tremendous impact on decreasing the possibility of COPD.

- [Anti-Can Caps](#) promotes systemic health at the cellular level with strong antioxidant support for all body systems.

If you are currently living with COPD, there are many natural remedies available to help heal the damage the disease has caused, such as improving circulation to affected areas and encouraging free breathing.

- [Triple Complex BronchoSoothe](#) promotes easy, comfortable and normal breathing.
- [BioVent](#) supports bronchial and respiratory health for easy breathing.
- [ComfiCoff](#) promotes relaxation to soothe throat and chest discomfort, irritation and congestion.
- [Fatigue Fighter](#) helps maintain energy levels and feelings of well being, overall systemic and immune functioning.
- [Immunity Plus](#) promotes healthy immune system functioning and helps fight viral and bacterial

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**MORE INFO**

*"I have been dependent on an inhaler for many years and have hardly needed it at all since starting with BronchoSoothe. I can't believe how quickly my chest relaxes... I can recommend BronchoSoothe with no hesitation" - **Jamie L.***

*"Absolutely a life saver! I use to make frequent trips to the hospital but since taking [BronchoSoothe], I have not. I just place two to four pills under my tongue then I lay back and relax and in no time my chest opens up. Excellent product!!!" - **Shannon, MI , USA***

## The Danger of Pesticides

### Are they Finding their Way into Your Diet?

Organic! Organic! Organic! Does it seem like everywhere you look you see the word organic?

Whether it's in a health food store, a restaurant,



or even your local grocery store *organic foods are all the rage.*

They are being sold practically everywhere and you can find everything from organic fruits and vegetables to organic flour, and even organic meats!

Many claim that eating organic products means avoiding overly processed foods, thereby cutting hydrogenated oils, trans-fats, preservatives and other negative ingredients out of your diet. But lately the debate over fruits and vegetables seems to be taking center stage. *The pesticides used on foods are currently a big concern for the health community,* due to their many acute and chronic effects.

The basis of this debate lies in the method by which foods are grown. To put it simply, organic



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foods are grown without the use of pesticides, and only with naturally occurring organic fertilizers.

There are many reasons that foods are grown in this method. Some feel organic farming encourages better soil for future growing seasons, and other cite that pesticides can have a harmful effect on water supplies and farm animals. But from a health standpoint the debate takes a different turn.

While many people are proud of buying organic food to support more environmentally sustainable growing methods, other want to know: *Does eating organic fruits and vegetables mean you are making a better health decision for yourself and your body?*

It seems that more and more evidence is being uncovered that suggests the answer to that

question is a resounding 'Yes'. The problem with many fruits and vegetables grown using synthetic pesticides these days is that very little is done to rid the foods of the chemicals in the pesticides.

## What Does Organic Really Mean?

by Sue Gilbert, M.S.,  
Nutritionist (iVillage)

Most people understand the simple definition of organic -- food that's grown without the use of synthetic fertilizers and pesticides. But it is much more than that.

Farmers who use organic growing methods and people who buy organic foods are committed to long-term stewardship of the land and a vision of humans being in ecological harmony with nature.

Their mission is to ensure sustainability of the air, soil and water, and to maintain the health of people, plants and animals.

Washing fruit and vegetables thoroughly before consuming them has always been advocated by authorities on the subject, but the Environmental Working Group reminds consumers that even a thorough cleaning does not effectively remove all of the chemicals left behind.

"While washing fresh produce may help reduce pesticide residues, it clearly does not eliminate them," says EVG. "Nonetheless, produce should be washed before it is eaten because washing does reduce levels of some pesticides. However, other pesticides are taken up internally in the plant, are in the fruit, and cannot be washed off..."

Synthetic pesticides, in essence, are toxins and consuming foods that have been subject to pesticide spraying means that you're consuming those toxins. Nowadays, pesticides are suspected to have negative effects on development and neurological systems. In fact, the EPA recently undertook to begin a study on the effects of 73 of the most common pesticides on the endocrine system, which includes the pancreas, adrenal gland and the pituitary gland.

While eating one apple grown in pesticides may not cause your health to go suddenly downhill, the prolonged exposure and consumption over an extended period of time is of great concern to scientists. So, the potential positive impact on your endocrine system that eating organic foods can have on your health is quite significant.

There are natural remedies that can also help improve the functioning of the endocrine system, which helps counteract the effects of pesticides.

- [Insulate Plus](#) - Helps maintain healthy circulation, blood sugar levels, insulin production and bio-availability.
- [AdrenoBoost](#) - Protects adrenal glands from the damaging effects of stress to maintain healthy functioning.

Changing your consumption habits by switching to organic foods is definitely effective, but it is also important to help alleviate some of the stress that pesticides, synthetic fertilizers and other toxins put on our body's own natural detoxification system.

Often times, the liver and kidneys have to do a lot of work to help constantly cleanse our bodies of toxins, and often times they can become overworked. There are a variety of herbal and homeopathic remedies that can aid your body's natural removal of the toxin build-up and help to keep your kidneys and liver functioning properly.

- [Detox Drops](#) - Promotes natural cleansing function and ability to eliminate toxins.
- [Kidney Dr.](#) - Promotes kidney and urinary system health and functioning.
- [Liver Dr.](#) - Promotes healthy liver functioning, resistance to toxin/disease damage and systemic health.

*"I have been struggling with fatigue for many years. Every day I woke up feeling like I couldn't face the demands of the day - you know that feeling of "Oh No!" you get when you wake up? After taking Detox Drops for only three days, I started to feel more alive and my energy levels increased every day... Detox Drops are great!" - Carla*

*"I have always had bad headaches and have been to doctors, chiropractors - you name it! Some helped but the headaches always came back. Michele has helped me to see that I am poisoning myself with what I eat and that the pain tablets have been causing me to have more headaches. The Detox Drops have really helped. I haven't had a headache for weeks." - Winston*

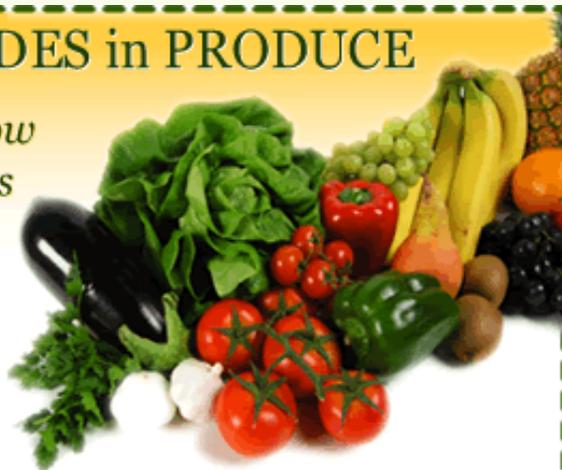
## **Twelve Organic Produce Items to Reduce Your Pesticide Exposure by 90%**

Health conscious people worldwide have a growing concern about the toxin risk associated with eating food contaminated by synthetic fertilizers and pesticides. Many people are switching to organic foods in an attempt to minimize their toxin intake, but in some locations certain organic fruits and vegetables may not be available.

As a result, the Environmental Working Group has released a guide to the fruits and vegetables that commonly contain the highest amounts of pesticides. The guide is intended to provide consumers with a general idea of which foods are most important to buy from organic farm sources, and which foods you can buy from other sources with a relatively low risk.

## PESTICIDES in PRODUCE

*Do you know  
which foods  
are best  
to buy  
organic?*



### *DIRTY DOZEN*

Peaches  
Apples  
Sweet Bell Peppers  
Celery  
Nectarines  
Strawberries  
Cherries  
Pears  
Grapes (Imported)  
Spinach  
Lettuce  
Potatoes

### *CLEANEST 12*

Onions  
Avocado  
Sweet Corn (Frozen)  
Pineapples  
Mango  
Asparagus  
Sweet Peas (Frozen)  
Kiwi Fruit  
Bananas  
Cabbage  
Broccoli  
Papaya

(The entire list is below)

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## Test Results: Complete Data Set

Rank (worst to best)	Commodity	Combined Score	Percentage of Samples Tested with Detectable Pesticides	Percentage of Samples With Two or More Pesticides	Average Number of Pesticides Found on a Sample	Average Amount (in ppm*) of All Pesticides Found	Maximum Number of Pesticides Found on a Single Sample	Number of Pesticides Found on the Commodity in Total
1	Peaches	100	96.6%	86.6%	3.1	1.134	9	42
2	Apples	96	93.6%	82.3%	2.8	0.894	9	50
3	Sweet Bell Peppers	86	81.5%	62.2%	2.4	0.138	11	64
4	Celery	85	94.1%	79.8%	3.0	0.413	9	30
5	Nectarines	84	97.3%	85.3%	3.0	0.576	7	26
6	Strawberries	83	92.3%	69.2%	2.3	0.799	8	38
7	Spinach	77	81.1%	55.0%	2.5	1.000	5	27
8	Imported Grapes	75	80.0%	50.0%	2.0	0.500	4	20
9	Tomatoes	74	79.2%	50.0%	2.0	0.500	4	20
10	Broccoli	73	77.8%	50.0%	2.0	0.500	4	20
11	Avocados	72	76.4%	50.0%	2.0	0.500	4	20
12	Bananas	71	75.0%	50.0%	2.0	0.500	4	20
13	Pineapples	70	73.7%	50.0%	2.0	0.500	4	20
14	Asparagus	69	72.4%	50.0%	2.0	0.500	4	20
15	Papaya	68	71.1%	50.0%	2.0	0.500	4	20
16	Onions	67	69.8%	50.0%	2.0	0.500	4	20
17	Broccoli	66	68.5%	50.0%	2.0	0.500	4	20
18	Spinach	65	67.2%	50.0%	2.0	0.500	4	20
19	Tomatoes	64	65.9%	50.0%	2.0	0.500	4	20
20	Apples	63	64.6%	50.0%	2.0	0.500	4	20
21	Strawberries	62	63.3%	50.0%	2.0	0.500	4	20
22	Imported Grapes	61	62.0%	50.0%	2.0	0.500	4	20
23	Avocados	60	60.7%	50.0%	2.0	0.500	4	20
24	Broccoli	59	59.4%	50.0%	2.0	0.500	4	20
25	Spinach	58	58.1%	50.0%	2.0	0.500	4	20
26	Tomatoes	57	56.8%	50.0%	2.0	0.500	4	20
27	Apples	56	55.5%	50.0%	2.0	0.500	4	20
28	Strawberries	55	54.2%	50.0%	2.0	0.500	4	20
29	Imported Grapes	54	52.9%	50.0%	2.0	0.500	4	20
30	Avocados	53	51.6%	50.0%	2.0	0.500	4	20
31	Broccoli	52	50.3%	50.0%	2.0	0.500	4	20
32	Spinach	51	49.0%	50.0%	2.0	0.500	4	20
33	Tomatoes	50	47.7%	50.0%	2.0	0.500	4	20
34	Apples	49	46.4%	50.0%	2.0	0.500	4	20
35	Strawberries	48	45.1%	50.0%	2.0	0.500	4	20
36	Imported Grapes	47	43.8%	50.0%	2.0	0.500	4	20
37	Avocados	46	42.5%	50.0%	2.0	0.500	4	20
38	Broccoli	45	41.2%	50.0%	2.0	0.500	4	20
39	Spinach	44	39.9%	50.0%	2.0	0.500	4	20
40	Tomatoes	43	38.6%	50.0%	2.0	0.500	4	20
41	Apples	42	37.3%	50.0%	2.0	0.500	4	20
42	Strawberries	41	36.0%	50.0%	2.0	0.500	4	20
43	Imported Grapes	40	34.7%	50.0%	2.0	0.500	4	20
44	Avocados	39	33.4%	50.0%	2.0	0.500	4	20
45	Broccoli	38	32.1%	50.0%	2.0	0.500	4	20
46	Spinach	37	30.8%	50.0%	2.0	0.500	4	20
47	Tomatoes	36	29.5%	50.0%	2.0	0.500	4	20
48	Apples	35	28.2%	50.0%	2.0	0.500	4	20
49	Strawberries	34	26.9%	50.0%	2.0	0.500	4	20
50	Imported Grapes	33	25.6%	50.0%	2.0	0.500	4	20
51	Avocados	32	24.3%	50.0%	2.0	0.500	4	20
52	Broccoli	31	23.0%	50.0%	2.0	0.500	4	20
53	Spinach	30	21.7%	50.0%	2.0	0.500	4	20
54	Tomatoes	29	20.4%	50.0%	2.0	0.500	4	20
55	Apples	28	19.1%	50.0%	2.0	0.500	4	20
56	Strawberries	27	17.8%	50.0%	2.0	0.500	4	20
57	Imported Grapes	26	16.5%	50.0%	2.0	0.500	4	20
58	Avocados	25	15.2%	50.0%	2.0	0.500	4	20
59	Broccoli	24	13.9%	50.0%	2.0	0.500	4	20
60	Spinach	23	12.6%	50.0%	2.0	0.500	4	20
61	Tomatoes	22	11.3%	50.0%	2.0	0.500	4	20
62	Apples	21	10.0%	50.0%	2.0	0.500	4	20
63	Strawberries	20	8.7%	50.0%	2.0	0.500	4	20
64	Imported Grapes	19	7.4%	50.0%	2.0	0.500	4	20
65	Avocados	18	6.1%	50.0%	2.0	0.500	4	20
66	Broccoli	17	4.8%	50.0%	2.0	0.500	4	20
67	Spinach	16	3.5%	50.0%	2.0	0.500	4	20
68	Tomatoes	15	2.2%	50.0%	2.0	0.500	4	20
69	Apples	14	0.9%	50.0%	2.0	0.500	4	20
70	Strawberries	13	0.0%	50.0%	2.0	0.500	4	20

5	Nectarines	84	97.3%	85.3%	3.0	0.576	7	26
6	Strawberries	83	92.3%	69.2%	2.3	0.799	8	38
7	Cherries	75	91.4%	75.8%	2.8	0.290	7	25
8	Lettuce	69	68.2%	44.2%	1.7	0.142	9	57
9	Grapes - Imported	68	84.2%	53.2%	1.8	0.284	8	37
10	Pears	65	86.2%	45.7%	1.6	0.586	6	33
11	Spinach	60	70.0%	31.2%	1.1	1.240	6	24
12	Potatoes	58	81.0%	18.0%	1.0	1.655	4	18
13	Carrots	57	81.7%	48.3%	1.6	0.046	6	31
14	Green Beans	55	67.6%	42.0%	1.4	0.199	6	35
15	Hot Peppers	53	55.0%	27.5%	1.0	0.290	6	51
16	Cucumbers	52	72.5%	31.7%	1.2	0.057	6	40
17	Raspberries	47	47.9%	23.3%	0.9	0.906	6	21
18	Plums	46	74.0%	27.1%	1.1	0.666	4	15
19	Oranges	46	85.1%	34.6%	1.3	0.100	4	18
20	Grapes - Domestic	46	60.5%	23.4%	0.9	0.104	7	31
21	Cauliflower	39	84.6%	14.6%	1.0	0.004	5	15
22	Tangerines	38	66.7%	33.3%	1.2	0.375	3	4
23	Mushrooms	37	60.2%	22.3%	0.9	0.158	5	16
24	Cantaloupe	34	53.3%	19.4%	0.8	0.026	4	25
25	Lemon	31	55.6%	10.0%	0.7	0.188	5	10
26	Honeydew Melon	31	59.2%	14.2%	0.8	0.012	4	16
27	Grapefruit	31	62.9%	15.2%	0.8	0.056	4	9
28	Winter Squash	31	41.3%	11.6%	0.6	0.017	5	26
29	Tomatoes	30	46.9%	13.5%	0.6	0.029	5	16
30	Sweet Potatoes	30	58.4%	10.0%	0.7	0.198	3	17
31	Watermelons	25	38.5%	13.2%	0.6	0.021	4	13
32	Blueberries	24	27.5%	10.0%	0.4	0.327	4	11
33	Papaya	21	23.5%	5.0%	0.3	0.053	4	19
34	Eggplant	19	23.4%	6.9%	0.3	0.013	4	15
35	Broccoli	18	28.1%	3.2%	0.3	0.004	3	19
36	Cabbage	17	17.9%	4.8%	0.2	0.121	3	18
37	Bananas	16	41.7%	2.0%	0.4	0.029	2	7
38	Kiwi	14	15.3%	3.4%	0.2	0.160	3	8
40	Asparagus	11	6.7%	0.6%	0.1	0.026	2	19
41	Sweet Peas - Frozen	11	22.9%	2.3%	0.3	0.010	2	5
42	Mango	9	7.1%	0.5%	0.1	0.057	2	13
43	Pineapples	7	7.7%	0.6%	0.1	0.002	2	7
44	Sweet Corn - Frozen	2	3.8%	0.0%	0.0	0.005	1	3
45	Avocado	1	1.4%	0.0%	0.0	0.001	1	2
46	Onions	1	0.2%	0.0%	0.0	0.000	1	2

	Frozen							
45	Avocado	1	1.4%	0.0%	0.0	0.001	1	2
46	Onions	1	0.2%	0.0%	0.0	0.000	1	2

Note: We ranked a total of 42 different fruits and vegetables but grapes are listed twice because we looked at both domestic and imported samples.

\* ppm means parts per million