Several years ago I wrote about Lyme Disease in my newsletter Second Opinion (www.secondopinionnewsletter.com). I advise people to avoid taking antibiotics unless they are certain that it is needed, as antibiotics can have serious side effects. I also recommend using ozone therapy, as it is a safe and effective way to boost the immune system and fight infection.

Ozone therapy involves the use of a machine called a ozone generator, which produces ozone gas. This gas is then introduced into the body through the lungs or via a rectal tube. Ozone therapy has been shown to activate the immune system, boost the body's natural defenses, and destroy harmful bacteria and viruses.

I have been using ozone therapy for many years, and have found it to be highly effective in treating a wide range of conditions, including Lyme disease. I have also found that ozone therapy can help to improve overall health and well-being, and can be used as a preventative measure to avoid infection.

I hope that this article has given you some insight into the benefits of ozone therapy, and that it may be of interest to you. If you have any questions or would like more information, please feel free to contact me. Thank you for reading.
by Harriet Bishop

Dry, flaky itchy skin? At this time of year when we heat our homes, often the humidity indoors is too low for comfort. A cool mist vaporizer or even simmering homemade soup, stew or homemade delicacies can bring relief to not only skin and hair but also to lungs and noses that have been fed a supplemental diet. Eating a serving or two a week of cold water fish like salmon also helps. 

Healthy oils are also found in avocados, olives and olive oil and seeds. If you are not allergic to them, try a few walnuts, almonds, pecans, cashews, filberts and Brazil nuts as small snacks. Seeds such as sesame, caraway and poppy seeds can give your healthy diet a kick! Adding half a teaspoon or more of caraway seeds directly to a pot of oatmeal can bring oatmeal into the realm of exquisitely delicious dishes! Give it a try! Dark green leaves like spinach, collards and parsley pack a lot of nutrition. In a restaurant, eat that parsley garnish first! At home, if you fresh organic broccoli comes with some dark green leaves, don’t make the mistake of discarding them, but steam them along with the stalks and buds, or toss them raw into your salad. A few drops of borage oil on a salad with a bit of apple cider vinegar can make a delicious salad dressing.

Now for the outside. A loofah sponge with a skin softening bath product will remove dead skin. Take a tip from Jackie Kennedy…a few drops of almond oil in your warm bath water will remain on your skin and help to reduce the flaking. Baby oil also does the trick, but remember it is mineral oil, so you may wish to stay with vegetable oils. For a lovely fragrance try a tiny bit of lavender oil!

Avoid any lotion containing parabens as recent research suggests they may be harmful. Check ingredient carefully and try to avoid ingredients such as sesame oil that can cause an allergic reaction.

The 5th Annual Morgellons’ Medical Conference will be held in Austin, Texas, on Saturday, March 24 and Sunday, March 25, 2012. Medical practitioners, researchers and patients all mingle amid a room of exquisitely decorated bathrooms as well as the Coastwood Woods Baptist Church Conference Center at 2910 Slaughter Lane, Austin, TX 78748 to share ideas, while results of recent research are clarified. For more information and to register, go to www.themeds.org. See you there!

The PHA is committed to research and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include: 

- Lyme Support Group of Washington, D.C.
- Multiple Sclerosis, Lou Gehrig’s Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public’s attention. We wish to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

A: They both do! 

But the child is far less likely to receive proper diagnosis and treatment from a knowledgeable doctor. See www.txlda.org for more info!

Download Dr. Burrascano’s Lyme Protocol FREE at: www.PublicHealthAlert.org
focus on how stress affects you. Today’s article will address the question of the same as the symbol for change is the symbol for opportunity. In Chinese proverbs, the phrase, “If you want room to get your mind free, you make room for opportunity.” makes room for opportunity. Stress involves some loss, but this change can be used in a creative manner.

Illnesses often are life-changing. Change involves some loss, but this makes room for opportunity. Nothing brings out the question of the meaning of life like being diagnosed with a chronic illness. Today’s article will focus on how stress affects you and your family in ways that can help you deal with stress in a healthier manner.

Although feeling stressed is a normal reaction to changes and illness, how you deal with it is up to you. A normal stress reaction is a kind of automatic alarm reaction - it’s your body’s way of getting ready for a defensive or aggressive action. A stressor can be short-term and predictable such as tax time or longer term such as a chronic illness. Either way your autonomic reaction is the same. Stress creates a state of physiological and psychological arousal characterized by muscle tension, strong emotions, fright, anxiety, and anger. This “fight or flight” reaction involves a rapid cascade of nervous system activation and the release of stress hormones that mobilize fuel for action. In addition, our eyes dilate to let in more light, our digestive system shuts down, and the hair on the body stands erect so that we are more sensitive to vibrations to become very alert and our heart rate and blood pressure increase. These changes provide more blood and energy for our large muscules so that we may fight or run. This activation is helpful when you find yourself in a life-threatening situation. On the other hand, chronic fight or flight activation, caused by situations that are not life-threatening, can suppress your immune system and damage your health. Unfortunately, this state of being hyper-aroused can become a permanent way of being. Many people feel tense and anxious all the time, resulting in chronic muscle tension, usually in the shoulders, the forehead, jaw and hands. One common way people attempt to deal with stress is to suppress the body’s need to fight-or-fly, thus exhibiting outward signs of stress and internalizing them. If this happens, one doesn’t get the physical release and recovery needed and the stress is carried around inside. Mounting evidence indicates that this elevated internal stress will lead to longer term physiological problems such as increased blood pressure, cardiac arrhythmias, digestive problems, chronic headaches, headaches, and sleep disorders. Jon Kabat-Zinn, PhD writes that a healthy alternative to “reacting” to stress is to “respond” instead. “You can choose to not react but to use mindfulness instead to become aware of what is going on in a stressful situation to change that situation dramatically. If you are fully present while the stressful event is happening you are an integral part of the situation and you increase your level of awareness - you actually change the entire situation even before you do anything”. He uses this example:

“If you remain centered in that moment of stress and recognize both the stressfulfulness of the situation and our impulses to react, you have already introduced a new dimension into the situation. Because of this, you don’t have to suppress all your thoughts and feelings associated to a heightened arousal and you can actually allow yourself to feel fearful or angry or hurt and the tension in your body at this time. This simple shift can reduce the power the stress reaction has over you and you have a very real choice to still go down the route of a stress reaction or not. You can respond instead of react”.

There are many other creative ways to deal with stress. Patients and their families find volunteering in illness-related organizations very meaningful. We all need new positive ways to put our help in many ways. Support groups that exist and religious ones are great at offering support in practical matters like transportation to treatment and others are great at offering support in practical matters like transportation to treatment and emotional support in practical matters like transportation to treatment and emotional support in practical matters like transportation to treatment and emotional support in practical matters like transportation to treatment and emotional support in practical matters like transportation to treatment and emotional support in practical matters like transportation to treatment and emotional support in practical matters like transportation to treatment.

Communication is key - the ability to be more open about what one can and can’t do will often make a big difference in living with a chronic disease.

Give your family the facts about the challenges they will face. Then create a family action plan specifying who is willing to take responsibility for what.

It is often easier to write things to one another first rather than trying to talk when people are raw with emotions.

Say to yourself, “I will let myself worry about this problem for ten minutes, after that time no more worrying for today”. Just say “STOP” after this.

Picture a big “STOP” sign and yell “STOP” out loud if you can. As you use the technique more and more, it will likely work to just yell it inside of your head or to just picture the sign. Anytime the STOP is stopped, replace the negative thought with something positive. Or, visualize a comfort room (a beach, a special room) to get your mind ready for positive thinking.

Change your home by making more open about what one can and can’t do will often make a big difference in living with a chronic disease.
medical PerspectiveS

"stress"...cont'd from pg 3

“oxidation”...cont’d from pg 1
Michelle Hibler, center, with her adoptive mom, Phyllis Hamilton, left, and biological mom, Ellen Hart, right. (Contributed photo)

Tears to Triumph

by Joan Vetter

Over forty years ago, Ellen Hart cried at the overwhelming news of an unplanned pregnancy.

Over two years ago, Ellen and her newly found daughter Michelle Hibler cried tears of joy when they met for the first time.

In 1970, when Ellen was 25, she faced the uncertainty of an unplanned pregnancy. In those days the shame and reproof of a baby born without marriage was very strong. Plus, the father of the baby had no desire to be involved. Ellen knew the importance of having both a father and mother involved, so feeling she could not provide what her child needed, she sacrificially chose to remove from Iowa to Indiana with her women’s Bible study group. Their acceptance enabled her to shed the shame, the fear and her insecurity.

Ellen placed her baby for adoption, never knowing if it was a boy or a girl. Then the tears of joy flowed - the missing piece of her life was emerging like a photograph lifted out of the developing fluid. The following are some of the comments from Michelle’s first letter to Ellen.

Dear Ellen,

I have been waiting my whole life for this moment. It is hard to believe it has arrived. It really has been a black hole of emptiness not knowing about you. It has taken this long to get up enough courage to pursue this. I am so glad I finally did. It was very scary to think of meeting you. I guess it was the “unknown”. Reading your letter put me at ease. You seem like a very caring and lovely person, and you have a wonderful family. First of all, I want to thank you for making the choice that you did. I wouldn’t be who I am today without it. I am grateful for that. I truly believe that everything happens for a reason. It was meant to be. I am ready to move forward and enjoy getting to know you now and hopefully your family too. Your daughters are very beautiful, as well as your grandchildren.

A little about me. I was raised on a farm growing up and I always knew I was adopted. My mom and dad made me feel very special. Your daughters are too. I feel I don’t know where to begin. I am just thankful we have finally reached each other.

Love,

Your daughter Michelle

On the day when Michelle flew to Dallas to meet her Mom, they fell into each other’s arms, opening their hearts immediately to each other. Then they exchanged gifts—almost identical heart necklaces. Ellen shares, “We both felt that God had brought us together in an amazing way, so now we have the rest of our lives to spend together.”

Michelle Hibler, center, with her adoptive mom, Phyllis Hamilton, left, and biological mom, Ellen Hart, right. (Contributed photo)
SunLight Yoga's Chair Yoga Home Practice

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Combining Arm and Leg Lifts:
Inhale as you lift the right arm and left leg. Exhale as you lower. Switch sides. Keep the spine tall.

Mountain Pose:
Sit tall in chair. Lift from base of spine through the crown (top) of head. Feel the back muscles strong and the side body lifting. The feet are on the floor.

Side Stretch (Crescent Moon):
Inhale, sitting tall as you lengthen the spine. Exhale as you lean gently to the right, placing right hand on the thigh or head. Exhale as you lean gently to the left, placing left hand on the thigh or head.

Cobra to Cat Pose:
Inhale, sitting tall as you lengthen the spine. Exhale as you lean gently to the right, placing right hand on the thigh or head. Exhale as you lean gently to the left, placing left hand on the thigh or head.

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Alternate Arm Lifts:
Inhale as you lift the right arm up. Exhale as you lower.

Alternate Arm Lifts:
Inhale as you lift the right arm up. Exhale as you lower.

Alternate Arm Lifts:
Inhale as you lift the right arm up. Exhale as you lower.

Alternate Arm Lifts:
Inhale as you lift the right arm up. Exhale as you lower.

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Switch sides. Only twist as far as comfortable with no strain. You can repeat this pose again, one on each side.

Final Relaxation:
Rest your back against the chair and your legs are on the ground. Relax the arms and legs on the chair. Keep your mind and body relaxed. Slowly move the hands and feet to come out and sit tall.

Questions?
Stacie: info@sunlightyoga.com
www.sunlightchairyoga.com
More Chair Yoga exercises and postures are in the book Sunlight Chairyoga by Stacie-Saraswati Dooreck

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National Multiple Sclerosis Society
www.nmss.org

Order a book:
SunLight Yoga's Chair Yoga Home Practice
by Stacie-Saraswati Dooreck

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National Support Groups

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Military Lyme Disease Support
Military Lyme Disease Support is an online resource of information and support. This site is for Military Members, Veterans, and their family members who suffer from Lyme and other vector-borne diseases. Members are monitored in the United States and abroad.

http://health.groups.yahoo.com/group/MilitaryLyme/

Texas Lyme Disease Association
www.txlda.org

All donations are tax exempt. Donate online with PayPal: donations@txlda.org

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SunLight Yoga's Chair Yoga Home Practice
by Stacie-Saraswati Dooreck

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Stacie-Saraswati Dooreck
Owner/Instructor/Teacher
Trainer for Sunlight Chair Yoga

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ABOUT THE COMPANY

Nutramedix was founded in 1993 and currently has facilities in Jupiter, Florida, USA and in Shannon, Ireland supplying highly bio-active nutritional supplements to health care professionals and consumers.

From the beginning, Nutramedix has operated with a unique business model. First, the owners and management work diligently to operate a company according to Biblical principles— with honesty, integrity, value and respect for all people. Its corporate environment is one that works to serve both its customers and its employees, producing one the best customer service teams in the industry. Second, Nutramedix was founded with the goal of using a significant amount of its proceeds to support orphans, widows, Christian pastors and missionaries in economically distressed parts of the world. So as a customer, you are not just purchasing high quality nutritional supplements, you are helping us give back to people in need all around the globe.

ABOUT THE PRODUCTS

Nutramedix has made a significant investment to develop a novel, proprietary extraction and enhancement process used to manufacture its liquid extracts. The result is a highly bio-available whole plant, broad-spectrum extract that is also very cost effective. We were the first to introduce Samento, a rare chemo-type of Cat’s Claw, which has remained one of our signature products. We have since developed a full line of liquid extracts utilizing the same proprietary extraction and enhancement process.

Nutramedix also conducts extensive research to procure the very highest quality raw materials for its powdered capsule products, many of which have been designed to enhance the effectiveness of the liquid extracts. We are committed expanding our line of natural products meeting the highest expectations of health care professionals and consumers.

ABOUT THE FOUNDATION

The owners of Nutramedix have been involved in international Christian ministry since the 1980s. Prior to starting the company in 1993, our Founder and President was a missionary pilot serving tribal groups in Peru. The Kairos Foundation was created in 1995 to fund projects that address both the physical and spiritual needs of people in some of the most disadvantaged areas of the world. The foundation provides ongoing financial support for organizations operating in Africa, Asia, Eastern Europe, North America and South America.

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