

## Path to disease – Transform Inside and Out – Connie Dello Buono



Dear Readers, My goal is to provide a healthy dose of health-related knowledge on each page. Most of these topics I answered at Quora.com with the help of internet sites , my experience and some research. Email me at [motherhealth@gmail.com](mailto:motherhealth@gmail.com) to shed light for more info and helpful stories to share on topics close to your heart. Thank you NIH, neurosciencenews.com , Wiki, Dr Mercola and other health authors and professionals.

Blessings, Connie

### What will happen if a person accidentally drinks kerosene/petrol/diesel?

My five year old sister accidentally ingested kerosene. Now she is 50 yrs old and eating only whole foods. But when she was in her 30s, one of her ovaries was removed. At that time, she is working in a factory with lots of chemicals and in polluted environment.

### Why do I get my period every 3 weeks? Is it normal?

Excess estrogen. See a doctor. I would avoid estrogen rich food and eat more progesterone rich food. There is cell energy herbal caps at <http://www.getwellinternational.com> that removes excess estrogen.

If body weight is brought down into control and uric acid levels kept down for some prolonged time, can gout be cured permanently?

My 83 yr old mother has high uric acid, with her meat diet, stress and lack of sleep, it attacked her again last week. I am now starting a strict diet for her, as listed below.

## **Gout**

Gout, a painful form of arthritis, occurs when high levels of uric acid in the blood cause crystals to form and accumulate around a joint.

Uric acid is produced when the body breaks down a chemical called purine. Purine occurs naturally in your body, but it's also found in certain foods. Uric acid is eliminated from the body in urine.

**High-purine vegetables.** Studies have shown that vegetables high in purines do not increase the risk of gout or recurring gout attacks. A healthy diet based on lots of fruits and vegetables can include high-purine vegetables, such as asparagus, ginger spinach, peas, cauliflower or mushrooms. You can also eat beans or lentils, which are moderately high in purines but are also a good source of protein. Greens rich in sulfur such as asparagus, broccoli, parsley, celery, carrots, cucumbers, red onion, tomatoes, bell peppers, lettuce, zucchini, squash, pumpkin, watermelon, green beans, cinnamon, black currants berries for tea, nettle soup, coffee (black and green), and probiotics such as pickled greens and yogurt.

**Eat high potassium rich foods.** Potassium citrate helps alkalize your urine and improves the excretion of uric acid. Potassium is widely available in fruits and vegetables. The most beneficial sources include broccoli, celery, avocado, spinach and romaine lettuce. If you want to supplement, consider using potassium bicarbonate, which is probably the best potassium source to use as a supplement.

**Avoid sugar.** Uric acid is a byproduct of [fructose metabolism](#). In fact, fructose is the ONLY type of sugar that will raise your uric acid levels and will typically generate uric acid within minutes of ingestion. The ideal range for uric acid is between 3 to 5.5 mg/dL. The connection between fructose consumption and increased uric acid is so reliable that a uric acid level taken from your blood can actually be used as a marker for fructose toxicity.

**Avoid Organ and glandular meats, high in purines.** Avoid meats such as liver, kidney and sweetbreads, which have high purine levels and contribute to high blood levels of uric acid. Organ meats, brewer's yeast, sardines and tuna packed in oil, chicken livers and beef fillet all have over 100 mg of purine per 100 g of product. **Foods high in purine will breakdown to uric acid.**

**Avoid Selected seafood.** Avoid the following types of seafood, which are higher in purines than others: anchovies, herring, sardines, mussels, scallops, trout, haddock, mackerel and tuna.

**Avoid Alcohol.** The metabolism of alcohol in your body is thought to increase uric acid production, and alcohol contributes to dehydration. Beer is associated with an increased risk of gout and recurring attacks, as are distilled liquors to some extent.

The effect of wine is not as well-understood. If you drink alcohol, talk to your doctor about what is appropriate for you.

**Vitamin C.** Vitamin C may help lower uric acid levels. Talk to your doctor about whether a 500-milligram vitamin C supplement fits into your diet and medication plan. Vit C rich citrus fruits such as lemon, digestive enzymes from pineapple, papaya and mangoes.

Good fats in avocado, coconut and fruits such as apples, kiwi, plums, pomelo, pears, cherries, peaches, blackberries.

**Coffee.** Some research suggests that moderate coffee consumption may be associated with a reduced risk of gout, particularly with regular caffeinated coffee. Drinking coffee may not be appropriate for other medical conditions. Talk to your doctor about how much coffee is right for you.

**Cherries.** There is some evidence that eating cherries is associated with a reduced risk of gout attacks.

**Avoid:** Prescription drugs, such as non-steroidal anti-inflammatory drugs ([NSAIDs](#)), which are the norm when it comes to [treating gout](#), have been proven to do you more harm than good.

Reduce stress, sleep more and **Practice Grounding**. Grounding or earthing is the process of [walking or standing barefoot on bare earth](#), permitting free electrons from the earth to enter your body. These powerful antioxidants combat free radicals in your system.

Grounding may reduce your risk of cardiovascular disease and may thin your blood, both good things when you want to reduce your risk for gout. If you want to try grounding, start by walking in a dewy, grassy area barefoot. If you live near a large body of water, that's a great location for walking barefoot, as seawater is a good conductor.

I have been going to Santa Cruz beach every Sunday to spend 30min or more jogging or walking on the beach bare foot.

## Why does urine smell burnt?

Did you eat asparagus (healthy sulfur rich veggie)?

Acetaldehyde: Smell of roasted nuts or dried out straw.

Amyl-acetate: Sweet or Smell of "fake" candy banana flavoring

Brettanomyces: Smell of barnyards, fecal and gamey horse aromas

Diacetyl : Smell of rancid butter

Ethyl acetate : Smell of vinegar, paint thinner and nail polish remover

Hydrogen sulfide: Smell of rotten eggs or garlic that has gone bad

Iodine: Smell of moldy grapes

Lactic acid bacteria: Smell of sauerkraut

Mercaptans: Smell of burnt rubber and/or cooked cabbage

Sorbic acid plus lactic acid bacteria: Smell of crushed geranium leaves

Sulfur dioxide: Smell of burnt matches.

## How long does it take for damaged nerves to repair themselves?

Once the insulating cover of the nerve is repaired, the nerve generally begins to heal three or four weeks after the injury. Nerves usually grow one inch every month, depending on the patient's age and other factors.

With an injury to a nerve in the arm above the fingertips, it may take up to a year before feeling returns to the fingertips. Vitamin D, light energy, massage, nutrition, rest/sleep, and other healing modalities can facilitate healing in various ways like stimulating your immune system to help in cell growth and cleansing of your body.

The feeling of pins and needles in the fingertips is common during the recovery process. While this can be uncomfortable, it usually passes and is a sign of recovery.

<http://orthoinfo.aaos.org/topic....>

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I hurt the tip of my little finger (by bumping it to a cemented wall) yesterday with a small redness by the nail bed. It healed in 12hrs as I massaged it right away (w saliva).

What are the differences between smoking cigars and cigarettes?

This question previously had details. They are now in a comment.

Based on price, those who use an expensive cigar are regarded of higher social status. Smoking is an addiction issue over a longer period of time. My father died of lung cancer, the most painful of all cancer.

From wiki:

Cigars are tightly rolled bundles of dried and fermented tobacco, which are ignited so their smoke may be drawn into the smokers' mouths.

Cigarettes are a product consumed through inhalation of smoke and manufactured from cured and finely cut tobacco leaves and reconstituted tobacco, often combined with other additives, then rolled into a paper cylinder.

Tobacco smoking poses a risk to health due to the inhalation of poisonous chemicals in tobacco smoke such as Carbon Monoxide, Cyanide, and Carcinogens which have been proven to cause heart and lung diseases and Cancer. "Much of the disease burden and premature mortality attributable to tobacco use disproportionately affect the poor", and of the 1.22 billion smokers, 1 billion of them live in developing or transitional economies.

**Does eating eggs impede healing? Chinese medicine describes eggs as "fa wu," that can cause wounds to heal slowly. Surgeons tell patients to not eat eggs, seafood, beef or lamb after surgery. What are the differences between the sources of protein?**

Eggs are important for healing because they contain 9 essential amino acids, most athletes need it for muscle building and my dad used to drink raw eggs to heal his TB (lungs). Histidine () and Leucine are two of the 9 essential amino acids in eggs. Eggs plus Vitamin B rich foods are happy foods, helping happy hormones in the brain.

Eggs contain Histidine which is an amino acid that is used to develop and maintain healthy tissues in all parts of the body, particularly the myelin sheaths that coat nerve cells and ensure the transmission of messages from the brain to various parts of the body. It may be useful for treatment of mental disorders as well as certain types of sexual dysfunction.

Histidine levels in the body must be balanced to ensure good mental and physical health. High levels of this amino acid have been linked to the presence of psychological disorders such as anxiety and

schizophrenia, while low levels of histidine are thought contribute to the development of rheumatoid arthritis and the type of deafness that results from nerve damage. Taking histidine supplements may help relieve symptoms of rheumatoid arthritis.

Histidine in eggs is important to normal sexual functioning, because it gets converted into histamine, a chemical needed to stimulate sexual arousal. When taken together with vitamin B3 (niacin) and vitamin B6 (pyridoxine), histidine can increase sexual pleasure by boosting histamine levels in the body. Histamine is also needed to help the immune system know when the body is experiencing an allergic reaction, and for the production of gastric juices needed for normal digestion.

Research suggests that histidine also acts as a natural detoxifier, protecting against radiation damage, and removing heavy metals from the system. It may even help prevent the onset of AIDS—histidine is crucial to the production of both red and white blood cells. Like other amino acids, histidine is found in many high-protein foods such as raw eggs.

Leucine in eggs helps regulate blood sugar.

Leucine works with the amino acids isoleucine and Valine to repair muscles, regulate blood sugar, and provide the body with energy. It also increases production of growth hormones, and helps burn visceral fat, which is located in the deepest layers of the body and the least responsive to dieting and exercise.

Leucine, Isoleucine, and Valine are branched-chain amino acids (BCAAs), and all three of them help promote muscle recovery after exercise.

Leucine is the most effective BCAA for preventing muscle loss because it breaks down and is converted to glucose more quickly than isoleucine and valine.

Increased glucose supplies prevent the body's cannibalization of muscle for energy during intense workouts, so it is no surprise that this amino acid supplement is popular among professional body builders.

Leucine also promotes the healing of bones, skin, and muscle tissue after traumatic injury, and is often recommended for those recovering from surgery. Because it is so easily converted to glucose, leucine helps to regulate blood sugar; a deficiency of leucine produces symptoms similar to those of hypoglycemia, which may include headaches, dizziness, fatigue, depression, confusion, and irritability.

Histamine is also essential in defending the body against invasion by potentially disease-causing agents such as bacteria, viruses and other foreign invaders. Histamine is made and stored within white blood cells (leukocytes) such as mast cells in tissues and basophils that circulate in blood. When the immune system is activated in response to foreign material entering the body, histamine is the first "defence chemical", or more correctly, inflammatory mediator, released in the process called inflammation.

Foods with High Histamine levels: Long cooked or leftover meat, Most Alcohol (Wine, Beer, Cider, Fermented Drinks), Yeast, Fish that is not immediately gutted after catching, Aged Fish (Canned, Smoked), Tomatos (Fresh or Processed), Pickled, Fermented & Cultured Foods Sauerkraut Pickles, Kimchee, Soy Sauce, Tamari, Miso), Smoked & Cured Meats (Ham, Sausage, Salami), Shell Fish, Red Beans, Nuts, Chocolate, Citrus Fruit, Wheat Based Foods, Vinegar (Salad Dressings, Mustard, Ketchup, Mayonnaise), Spices & Seasonings (Cinnamon, Nutmeg, Hot Peppers, Cloves, Anise, Curry, Chili Powder, Overripe Fruits, Yogurt & Kefir (depends upon the cultures used), Canned Food ( additives & preservatives), Soy Products, Mushrooms, Dried Fruits, Cola, Raw & Undercooked Egg (Whites in particular).

My 83 yr old mother itches a lot. She loves her red wine and soft boiled eggs every day. I up her zinc intake lately. But, as we age our tissues become weaker and increasing intake of omega 3 ,Vitamin C and B and CQ10 can help in our cell healing and growth.

## Is there a good natural alternative to Ranitidine?

Natural ways to combat heartburn from Dr Mercola:

Your First Line of Treatment – Unprocessed Foods and Probiotics

Ultimately, the answer to heartburn and acid indigestion is to restore your natural gastric balance and function. Eating large amounts of processed foods and sugars is a surefire way to exacerbate acid reflux as it will upset the bacterial balance in your stomach and intestine. Instead, you'll want to eat a lot of vegetables and other high-quality, ideally organic, unprocessed foods. Also, eliminate food triggers from your diet. Common culprits here include caffeine, alcohol, and nicotine products.

Next, you need to make sure you're getting enough beneficial bacteria from your diet. This will help balance your bowel flora, which can help eliminate *H. pylori* bacteria naturally without resorting to antibiotics. It will also aid in proper digestion and assimilation of your food. Ideally, you'll want to get your probiotics from fermented foods. If you aren't eating fermented foods, you most likely need to supplement with a probiotic on a regular basis.

Ideally, you'll want to include a variety of cultured foods and beverages in your diet, as each food will inoculate your gut with a variety of different microorganisms. Fermented foods you can easily make at home include:

- Fermented vegetables
- Chutneys
- Cultured dairy, such as yoghurt, kefir, and sour cream
- Fish, such as mackerel and Swedish gravlax

## **Addressing Low Acid Production**

### **Heartburn is typically a sign of having too little stomach acid.**

To encourage your body to make sufficient amounts of hydrochloric acid (stomach acid), you'll also want to make sure you're consuming enough of the raw material on a regular basis.

High-quality sea salt (unprocessed salt), such as Himalayan salt, will not only provide you with the chloride your body needs to make hydrochloric acid.

It also contains over 80 trace minerals your body needs to perform optimally, biochemically. Sauerkraut or cabbage juice is also a strong—if not the strongest—stimulant for your body to produce stomach acid.

Having a few teaspoons of cabbage juice before eating, or better yet, fermented cabbage juice from sauerkraut, will do wonders to improve your digestion.

### **Other Safe and Effective Strategies to Eliminate Heartburn and Acid Reflux**

Besides addressing your day-to-day diet and optimizing your gut flora, a number of other strategies can also help you get your heartburn under control, sans medications. The following suggestions are drawn from a variety of sources, including [Everydayroots.com](http://Everydayroots.com), which lists 15 different natural remedies for heartburn;<sup>6</sup> as well as research from the University of Maryland School of Medicine,<sup>7</sup> the Beth Israel Deaconess Medical Center,<sup>8</sup> and others.

#### **1. Raw, unfiltered apple cider vinegar**

As mentioned earlier, acid reflux typically results from having too little acid in your stomach. You can easily improve the acid content of your stomach by taking one tablespoon of raw unfiltered apple cider vinegar in a large glass of water.

## 2. Betaine

Another option is to take a betaine hydrochloric supplement, which is available in health food stores without prescription. You'll want to take as many as you need to get the slightest burning sensation and then decrease by one capsule. This will help your body to better digest your food, and will also help kill the *H. pylori* bacteria.

## 3. Baking soda

One-half to one full teaspoon of baking soda (sodium bicarbonate) in an eight-ounce glass of water may ease the burn of acid reflux as it helps neutralize stomach acid.

I would not recommend this as a regular solution but it can sure help in an emergency when you are in excruciating pain.

## 4. Aloe juice

The juice of the aloe plant naturally helps reduce inflammation, which may ease symptoms of acid reflux. Drink about 1/2 cup of aloe vera juice before meals. If you want to avoid its laxative effect, look for a brand that has removed the laxative component.

## 5. Ginger root or chamomile tea

Ginger has been found to have a gastroprotective effect by blocking acid and suppressing helicobacter pylori.<sup>9</sup> According to a 2007 study,<sup>10</sup> it's also far superior to lansoprazole for preventing the formation of ulcers, exhibiting six- to eight-fold greater potency over the drug! This is perhaps not all that surprising, considering the fact that ginger root has been traditionally used against gastric disturbances since ancient times.

Add two or three slices of fresh ginger root to two cups of hot water. Let steep for about half an hour. Drink about 20 minutes or so before your meal.

Before bed, try a cup of chamomile tea, which can help soothe stomach inflammation and help you sleep.

## 6. Vitamin D

Vitamin D is important for addressing any infectious component. Once your vitamin D levels are optimized, you're also going to optimize your production of about 200 antimicrobial peptides that will help your body eradicate any infection that shouldn't be there.

As I've discussed in many previous articles, you can increase your vitamin D levels through appropriate amounts of sun exposure, or through the use of a safe tanning bed. If neither of those are available, you can take an oral vitamin D3 supplement; just remember to also increase your vitamin K2 intake.

## 7. Astaxanthin

This exceptionally potent antioxidant was found to reduce symptoms of acid reflux in patients when compared to a placebo, particularly in those with pronounced helicobacter pylori infection.<sup>11</sup> Best results were obtained at a daily dose of 40 mg.

## 8. Slippery elm

Slippery elm coats and soothes the mouth, throat, stomach, and intestines, and contains antioxidants that can help address inflammatory bowel conditions.

It also stimulates nerve endings in your gastrointestinal tract. This helps increase mucus secretion, which protects your gastrointestinal tract against ulcers and excess acidity. The University of Maryland Medical Center<sup>12</sup> makes the following adult dosing recommendations:

- Tea: Pour 2 cups boiling water over 4 g (roughly 2 tablespoons) of powdered bark, then steep for 3 - 5 minutes. Drink 3 times per day.
- Tincture: 5 mL 3 times per day.
- Capsules: 400 - 500 mg 3 - 4 times daily for 4 - 8 weeks. Take with a full glass of water.
- Lozenges: follow dosing instructions on label.

#### 9. Chinese herbs for the treatment of "Gu" symptoms caused by chronic inflammatory diseases

So-called "Gu" symptoms include digestive issues associated with inflammation and pathogenic infestation. For more information about classical herbs used in Chinese Medicine for the treatment of such symptoms, please see the article, "Treating Chronic Inflammatory Diseases with Chinese Herbs: 'Gu Syndrome' in Modern Clinical Practice," published by the Pacific College of Oriental Medicine

#### 10. Glutamine

Research<sup>14</sup> published in 2009 found that gastrointestinal damage caused by *H. pylori* can be addressed with the amino acid glutamine, found in many foods, including beef, chicken, fish, eggs, dairy products, and some fruits and vegetables. L-glutamine, the biologically active isomer of glutamine, is also widely available as a supplement.

## 11. Folate or folic acid (vitamin B9) and other B vitamins

As reported by clinical nutritionist Byron Richards,<sup>15</sup> research suggests B vitamins can reduce your risk for acid reflux. Higher folic acid intake was found to reduce acid reflux by approximately 40 percent. Low vitamin B2 and B6 levels were also linked to an increased risk for acid reflux. The best way to raise your folate levels is by eating folate-rich whole foods, such as liver, asparagus, spinach, okra, and beans.

**Know that:** Folic is lacking in new moms so up your intake before getting pregnant. To have healthy fetus, feed your body with whole foods and avoid meds before, during pregnancy and labor and after when you are breastfeeding your baby. Folic is good for our nervous system development which impacts our brain growth and determines our behavior problem as a child and then to adulthood.

### How do I treat coarse hair to make it smooth like baby hair?

Massage with coconut oil (night before) before bathing and washing it. Use coconut base shampoo and conditioner. Use cold or lukewarm water. Eat raw eggs (biotin), probiotics (yogurt/acidophilus), prebiotic, coconut and omega 3/Vit C/selenium rich whole foods.

See a doctor for your thyroid health and to balance your sex hormones (avoid plastics, hormone rich foods like regular eggs/milk). Avoid sugar and bad fats, focus on avocado, nuts and fish oil. Sleep and exercise more. De-stress with massage. Do not wash hair everyday and do not use hot water (and harsh chemicals).

**These chemicals can facilitate aging or Alzheimer's disease.**

## I'm 36 years old, and my SGPT level is 131. Is this serious? How can I reduce my SGPT level in a week?

Possible causes for high ALT (SGPT) levels are liver inflammation (hepatitis A, B, C, infectious mononucleosis, acute viral fever, alcohol, pancreatic disorder), injury to muscles (trauma, myocardial infarction, congestive heart failure, acute kidney failure), and many toxins and drugs.

Massage body with essential oil of peppermint/eucalyptus/lemon grass oil in base of grapeseed/coconut/apricot oil. Drink warm water in the morn with lemon and maple syrup. Drink in the afternoon water with 1 tsp of apple cider vinegar.

Eat at noon 30 min after your protein and high-fat meal (whole foods) papaya and pineapple.

Rest and supplement with foods: omega 3, Vit C and Vitamin B complex, tea of dandelion.

## Is it bad to take an antacid everyday?

I do not encourage use of Tums or other antacids. Seek a naturopathic doctor or internal medicine.

Tums: "They do have significant side effects, especially in older patients," Dr. Logan said. Studies have linked antacids to an increased risk of pneumonia, gastrointestinal infections, antibiotic resistance, severe diarrhea, and possibly osteoporosis. And Tums can also cause B12 deficiency and other health issues.

I will take calcium with magnesium and Vit C/D from whole food sources and supplements with better absorption results. Take your calcium and magnesium in the evening since it will cancel the absorption of iron in the morning.

The Endocrine System combines neural and glandular mechanisms which control physiological functions/behavior via the secretion of hormones. Hormones are chemical signaling molecules which play an integral role during development (organizational effects) and day-to-day functioning (activational effects) of target tissues at critical times. Secretory cells of a particular type are often clumped together into a well defined gland (e.g. pituitary, thyroid, adrenal, testes, ovaries). Secreted at that site they distribute throughout the body via the blood stream, and cause physiological changes at any other sites.

- Steroids: derived from cholesterol
- Amines: derived from amino acids
- Peptides: short chains of amino acids via protein synthesis

Sex hormones, largely steroids, are secreted from gonads and adrenal cortex. Androgens (e.g., testosterone) are usually higher in male mammals while levels of estrogens (e.g., estradiol) in female mammals exceed those in males. Circulating levels of sex hormones then provide the basic organization for gender phenotypes.

Neurohormone refers to a compound that is released into the bloodstream at specialized neurohemal release sites. It binds to receptors anywhere in the body and thereby coordinates disparate biochemical responses. They are released from glands, transported via the circulatory system and influence the activity of target organs.

Functionally hormones are categorized as Effector hormones (e.g. Vasopressin, Oxytocin) or Tropic hormones, releasing factors (e.g. Gonadotropin Releasing Hormone - GnRH, Growth Hormone Releasing Hormone - GHRH). Target Organs receive hormones via blood stream, respond directly or release their own hormones in response (steroid hormones), and these hormones circulate back to turn off hormonal secretion: endocrine feed back loops.

### [Animal Behavior/Hormones in Behavior](#)

## What are the possible causes of back pain with white discharge?

Yeast infection is white vaginal discharge. Wash with diluted vinegar, avoid cheese and sugar and add acidophilus, raw and fermented veggies in the diet. Back pain has many causes (bacteria, virus and others) that your doctor can find out after some blood, urine and stool tests.

## Why are alcoholics skinny?

Alcohol facilitates aging of cells. Connie

From wiki: Alcohol is a potent neurotoxin. The National Institute on Alcohol Abuse and Alcoholism has found, "Alcoholism may accelerate normal aging or cause premature aging of the brain."

Another report by the same agency found, "Chronic alcohol consumption, as well as chronic glucocorticoid exposure, can result in premature and/or exaggerated aging." Specifically, alcohol activates the HPA axis, causing glucocorticoid secretion and thus elevating levels of stress hormones in the body. Chronic exposure to these hormones results in an acceleration of the aging process, which is associated with "gradual, but often dramatic, changes over time in almost every physiological system in the human body. Combined, these changes result in decreased efficiency and resiliency of physiological function." Chronic stress and chronic heavy alcohol use cause a similar premature aging effect, including nerve cell degeneration in the hippocampus.

## What could cause an low basophil count?

Basophil count can be too low in if you are suffering from a severe allergy or hyperthyroidism. A low basophil count can also occur if you are pregnant, ovulating, stressed or taking corticosteroids

## How long does it take for uti go away?

Health is restored easily with a strong immune system. Bad bacteria can linger more than 5days so that the doctor prescribes antibiotic to be taken for 7 to 10days.

My 80 yr old mom who works in a care home is prone to UTI. So, I always buy the following for her: acidophilus capsules, Vitamin C, cranberry (juice,capsule,powder,whole foods) and hydration.

## Why do people always ask for boiling water when helping a woman give birth?

The hot compress from boiled water as supported by the hands of midwives support the perineum of the mother to not tear so much.

I feel more pain in the hot compress on my perineum than the birth, although I felt a sharp knife pain when the baby comes out. And so I have a second degree tear at 36 yrs old (second birth). Younger mom delivers her baby with less tear (skin is richer in Vit C, A and E).

Boiling water is used by midwives for many purpose in home birth. A compress of sage, salt and comfrey (or guava leaves) is used from the boiled water to add to the sanitary napkin which is frozen or refrigerated to be used after birth to aid in skin healing.

## What is the life expectancy of stage 4 lung cancer that has spread to the bones and liver?

Stage 4 lung cancer based on the experience of my father that travelled to his bones (most painful form of cancer), made him live for 9 months but if it travelled to the brain, it will be shorter. We gave him daily massage and juice of green papaya and apples. He prayed a lot with my sister and refused to die. His doctor said he will live for only 3 months from diagnosis. This ebook is written for his memory. Yes he smoked cigarettes at an early age but was also exposed to many metals such as copper, nickel and asbestor working in mines and a car mechanic in the air polluted city of Manila and mining companies. He also had Tuberculosis and worked non stop, 24 hours at one time as limo driver for tourists. He felt the chronic back pain for more than 5 years before he died and 15 years after he stopped smoking. He loves burned BBQ meat.

## What happens if you starve yourself during pregnancy?

Are you trying to abort? I eat every 3hrs and drink healthy drink every 2hrs during pregnancy. What is your goal for the growing baby? To have smart babies, eat whole foods before and during pregnancy. More protein and fat during the first 3 months and more healthy carbs and iron rich food during the last 3 months.

If the baby boy is hungry, he will be born two weeks early. The baby takes mosts of the nutrients in your body. Some new moms lost a tooth after pregnancy and each baby will minus 5 yrs from our life in terms of the nutrition and pregnancy demands.

To have smart babies, a happy and well-nourished mom is the norm.

## Can high SGPT and SGOT lead to heart disease?

Yes. The blood SGPT levels are elevated with liver damage (for example, from viral hepatitis) or with damage to the heart (for example, from a heart attack).

## What's a good analogy to explain the immune system?

- System Analogy: Someone who's trying to rob a bank. Like pathogen.
- Organs Analogy: tonsils interacts with lymphocytes. Like pathogen. , adenoid = interact with pathogens ; the door of the bank building.
- Thymus Analogy: interact with Pathogens, lymph fluids, lymphocytes. : security camera.
- Cells and Cells parts: Antigen and Pathogen ; Analogy: The robber.
- Phagocytes interact with White blood cells, capillary walls ; Analogy: the vault on the bank.
- Lymphocytes interact with Lymph vessels, lymph fluids , pathogens and antigens .
- B cells interact with Antibodies, proteins.
- Cytotoxic cells interact with Pathogens, body cells ; Analogy: security guard.
- Suppressor T cells Memory cells interact with Pathogens, T and B cells ; Analogy: Shut down of Fire in the bank and electricity.
- Memory cells Analogy: Increasing security at the bank after a robbery.
- Antibodies Pathogens: phagocytes Same as adenoid, interact with pathogens.
- Interact with lymphocytes. interact with Pathogens, immune system ; Analogy: police officers
- Analogy Lymph vessels interact with Pathogens, lymph fluids, lymphocytes: air conditioner or ventilation system.
- Antibodies; Analogy: reinforcement of police officers.
- Acidophilus and digestive enzymes ; Weeds out destructive bugs in the intestines, preventing entry into the brain

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