

Welcome to this winter edition of **healthbites**. Winter hit hard and early in Canterbury with an early dump of snow!

In this edition we take a critique on chemotherapy, which is seen as the one-stop-shop for cancer. The article shares some amazing results from polls with medical staff.

Over the page we look at a powerful herb which most of us mutter about while caring for our lawns – the dandelion. Don't under-estimate this humble but powerful plant. We include a tasty recipe and a collection of interesting **littlebites** in the side column. For Rangiora and surrounding residents, keep the calendar free for Wednesday nights from July 11 onwards for a health and cooking series for the community. See details in this edition.

Is Chemo Outdated?

Doctors used to think that if they drained a sick person's blood it would purge the "evil" infection or disease right out of the body, but all that did was make the ill person much weaker, unable to fight off whatever was invading their body, and the patient was then highly likely to lose the battle for life, and in less time.

Research using polls and questionnaires continue to show that 3 of every 4 doctors and scientists would refuse chemotherapy for themselves due to its devastating effects on the entire body and the immune system, because of its extremely low success rate. On top of that, only 2 to 4% of all cancers even respond to chemotherapy or prove to be "life extending," yet it is prescribed across the board for just about every kind of cancer.

Polls were taken by accomplished scientists at the McGill Cancer Center from 118 doctors who are all experts on cancer. They asked the doctors to imagine they had cancer and to choose from six different "experimental" therapies. These doctors not only denied chemo choices, but they said they wouldn't allow their family members to go through the process either!

This lack of trust by doctors is spilling over to patients, and the move towards natural remedies is increasing, much the way it did in the early 1900's, before the dawn of modern medicine, pharmaceuticals, and radiation.

An elevated level of toxicity is actually the last thing any human being needs when fighting infection, disease, or pneumonia.

Auto-immune disorders are mainly caused when humans ingest chemicals from food, drinking water, vaccines contaminated with chemicals, artificial sweeteners and environmental pollution. Chemotherapy also fills the body with toxins in an effort to destroy cancer cells.

The most common chemotherapy agents act by killing cells that divide rapidly, which is one of the main properties of most cancer cells. This means that chemotherapy also harms cells that divide rapidly under normal circumstances: cells in the bone marrow, digestive tract, and hair follicles. This results in the most common side-effects of chemotherapy: decreased production of blood cells, immunosuppression, inflammation of the lining of the digestive tract, and hair loss.

It is better to help treat cancer by detoxifying your body and building up your host immune system, not break it down further by dousing one tumor or one organ with chemicals that pollute the entire system. Put it this way, if you had an injured toe and it needed a cold compress to help heal it, you wouldn't submerge the whole body in a freezing pool of water repeatedly for days, and then wait for the toe to heal!

Chemotherapy shows very little success with common solid tumors that occur in the colon, lung and breasts, as documented over the past decade. At best, chemotherapy should be considered alternative treatment.

—Adapted from: S D Wells, NaturalNews.com, 4 June 2012; wikipedia.org, 11 June 2012



Quote of the Month

A human being is happiest and most successful when dedicated to a cause outside his own individual, selfish satisfaction.

—Benjamin Spock,
Pediatrics

healthbites

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little bites

Fast food diet increases risk of depression

Naturalnews.com, 5 May 2012
Scientists have found that eating a fast food diet increases the risk for depression by more than fifty percent. Our grey matter is largely composed of the omega-3 fats, DHA and EPA. When we don't provide these basic building blocks through our diet, especially in the early formative years, the body is forced to use inferior fats such as those provided by hydrogenation, most frequently found in fast and processed foods. —John Phillip

Raw foods help ease fibromyalgia

Naturalnews.com, 12 May 2012
A seven-month study of 30 individuals who were placed on a controlled raw food diet showed improvement in pain levels, flexibility and range of motion. Participants were absent from their workplace less and reported an increase in the number of days where they were pleased with their quality of life. —Raw Michelle

Fat, Sick and Nearly Dead DVD

This an inspiring film that chronicles an overweight and sick man's personal mission to regain his health. Joe then shares his experience with Phil, an American truck driver who is one cheeseburger away from a heart-attack. What emerges is nothing short of amazing – an inspiring tale of healing and human connection. A must-watch!



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Dandelion

While many people think of the dandelion (*Taraxacum officinale*) as a pesky weed, herbalists consider it a valuable herb that can be used as a food and medicine. Dandelion is a rich source of vitamins A, B complex, C, and D, as well as minerals such as iron, potassium, and zinc. Dandelion leaves are used to add flavor to salads, sandwiches, and teas. The roots are used in some coffee substitutes.

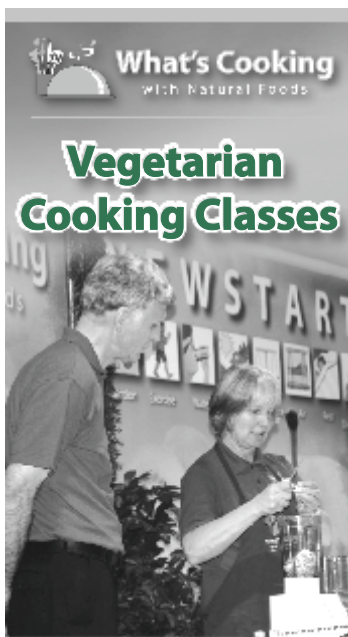


Most natural health advocates know that dandelion is a good liver tonic. Native Americans also boiled dandelion in water and took it to treat kidney disease, swelling, skin problems, heartburn, and upset stomach. In traditional Chinese medicine, dandelion has been used to treat stomach problems, appendicitis, and breast problems, such as inflammation or lack of milk flow. In Europe, it was used in remedies for fever, boils, eye problems, diabetes, and diarrhea.

But now research is showing that it's also a cancer fighter. Oncologist, Dr. Caroline Hamm noticed a few cancer patients who had been drinking dandelion tea seemed to be getting better and recommended further study be conducted. Researchers at Windsor University in Windsor, Canada plunged into the research by working on leukemia blood samples with their own dandelion root extract. They were amazed to find the leukemia cells were forced into apoptosis, or cell suicide.

More amazing to them was the fact that non-cancerous cells were left alone. In other words, the dandelion root extract targeted only the cancer cells, which is not true with chemotherapy pharmaceuticals that kill everything in their paths.

—www.umm.edu, 11 June 2012; Paul Fassa, NaturalNews.com, 3 April 2012



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Recipe of the Month

Immune Booster Juice

- | | |
|---------------------------|--------------------|
| 1 celery stick | 1 ripe tomato |
| 1/2 beetroot | 2 carrots |
| 2 dandelion leaves | 1/2 cm ginger root |
| 1 clove garlic (optional) | 1/2 red onion |

Process all ingredients through a juicer.

Tomato contains lycopene, which is anti-cancer properties. Beetroot is an excellent blood tonic and immune booster. Dandelion supports liver function.

