



## CHELATION

Contrary to what some skeptics maintain, chelation patients are not naïve, trusting, poorly educated or highly suggestible. Quite the reverse. Surveys show they have above-average intellect, are well-read, and are not easily duped. They are eager to share what they know.

### MEET THE PEOPLE

“Eight months ago I could hardly get out of bed. Now, I’m well enough to fend for myself,” said the elderly lady, planning a birthday party for one of her seventeen grandchildren.”

You better not tell the man whose brothers carried him in for his first EDTA infusion that he’s experiencing a placebo effect or has been taken for a fool. You’ll have a fight on your hands. Within two weeks of his initial session, he was driving himself to the doctor’s office, walking in under his own steam. After 30 treatments, he could go fishing, chop wood, and dance. What next? He was about to reopen his auto repair shop. “I’m embarrassed to say I didn’t think it would work,” he confessed. “I thought if it did, all doctors would be doing it.”

The most humorous rebuttal came from the academician who had researched the chelation literature and found that, according to an outstanding expert in veterinary medicine, Dr. Lloyd McKibbin, chelated race horses turn into track superstars. The ‘Professor’ as his fellow patients called him, chuckled at the idea that the ‘placebo effect’ would work with horses.”

*Forty Something Forever, by Harold and Arline Brecher*

## CONDITIONS HELPED BY CHELATION

- Memory problems or “brain fog”
- Heart disease: Angina & chest pains; arrhythmias; heart attack; stroke
- Hypertension (high blood pressure)
- Diabetes
- Elevated cholesterol
- Heavy metal toxicity
- Chronic fatigue
- Fibromyalgia & autoimmune disorders
- Kidney disease
- Leg cramps / walking problems
- Shortness of breath
- Erectile dysfunction
- Poor circulation / cold feet and/or hands
- Slow-healing sores

Terry Pfau, DO, HMD

## PAIN FREE WITHOUT DRUGS

Pulsed Electromagnetic Field (PEMF) is a unique therapy that has successfully treated a variety of conditions for over 60 years. By reproducing Earth’s pulsating magnetic fields, it supplies the body with a vital dose of the healing power of nature. Because modern life is not conducive to receiving adequate exposure to the Earth’s magnetic field, many of us are suffering from chronic tiredness, insomnia, back and other pain, headaches, and lack of energy. PEMF therapy can eliminate stress & tension while encouraging greater oxygen supply and enhancing how our bodies work at the cellular level.

Book your free 8 minute trial session today!

Stay Happy & Healthy!

Liz Kerby,

Certified Health Coach  
& Nutritional Consultant



“We’ve found a mass. The good news is we have weapons of mass destruction.”

# Renaissance

Healing the Whole Person

## ASTHMA/ALLERGIES

When I first saw Rebekah at age three she was ashen in color with dark circles under her eyes. Her mother related how she had been sick a good part of her life. From birth she seemed to always have sinus and chest congestion. When she was only six months old, her mom began to notice that whenever the wind blew or the air pollution was up, her congestion and cough would get especially bad. Once she started teething, recurring ear infections and wheezing set in. At a very young age she was given the diagnosis of asthma and was placed on three medications. But these medications seemed to only palliate the symptoms.

Rebekah’s mom also voiced several concerns about her daughter’s behavior that did not seem normal. Raising Rebekah was difficult because of jealousy with siblings, possessiveness, and the inability to be pleased. At moments she could be sweet and gentle, but those moments were very few and far between. The only time there is life in her eyes is when she is doing something mean.

Within two months of starting Rebekah on her constitutional homeopathic remedy Ipecac she was able to go off all her asthma medication. By four months, the only time she experienced wheezing was if she was around dogs or cats. Along with dramatic improvement with her asthma her mother noticed a change in personality. She tended to be much less malicious and jealous with her sister and easier to get a long with. Just looking at her one could see that life had come back into her eyes.

Whereas conventional therapy has the goal of controlling the symptoms of asthma, homeopathy has the goal of curing the asthma. Cure is defined as being free from all asthmatic symptoms and not needing to take any medication, including homeopathic. Homeopathy accomplishes this by treating wholistically; that is, your whole being is treated, rather than simply the part of your body that is sick.



## IMMUNIZATIONS - THE GOOD AND THE BAD

Parents with young children have no easy decision in deciding whether or not to vaccinate their children. Where possible I like to present evidence that either supports vaccination or questions their safety.

Thirty years ago a Danish anthropologist called Peter Aaby began working in the West African state of Guinea-Bissau. In 1979 he witnessed a severe measles outbreak that killed 1 in 4 infants affected. He arranged measles vaccine to be introduced, but was surprised to see that even after the epidemic abated, immunized children were more likely to survive childhood. He found similar benefits in other third world countries.

In 2001 he worked in Guinea-Bissau. For several months they ran out of DTP, and some infants never got their shot. Aaby noted that, among children who had been admitted to hospital, for some reason, those who had had the DPT shot were over twice as likely to die during their hospital stay. This effect was particularly pronounced for girls. \*This later observation is inconvenient for the pro-vaccination group as they are afraid of causing vaccination rates to drop overnight if this information were brought to light. However it’s important that we have a more balanced discussion about immunization than what currently exists.

*\*Small shot big impact, Michael Brooks 17Aug 2013, New Scientist.*

Renaissance Health Centre • 702.258.7860 • iwholehealth.com

## POTTINGER'S CATS



*Are we as healthy as we were 100 years ago? How about 50 years ago? Even 15 years ago? Currently the USA ranks 50<sup>th</sup> for life expectancy compared to other countries, and the projected lifespan of the next generation of Americans will be shorter than their parents. Why do the citizens of the 6<sup>th</sup> wealthiest country have such poor health? The answer might be found in Pottenger's cats.*

In 1932 Pottenger was studying the adrenal gland using cats. Due to an excess donation of unwanted cats he resorted to different feeds. He noticed that certain groups were healthier than others, so he decided to do a study on nutrition in the cats.

The study involved 900 cats which were placed in identical physical enclosures with diet being the only variable.  
Group 1 ate 2/3 raw meat, and 1/3 raw milk, and cod liver oil.  
Group 2 ate 2/3 cooked meat, 1/3 raw milk, and cod liver oil

On following the raw meat group over 3 generations he found facial bone structure, dental arches and dentition was normal. Tissue tone excellent, and the fur of good quality with very little shedding. Internal organs showed full development and normal function. Over their life spans, they proved resistant to infections, to fleas, and other parasites, with no signs of allergies. In general, they were gregarious, friendly and predictable in their behavioral patterns. Miscarriages were rare, and the litters average five kittens with the mother cat nursing without difficulty.

By the end of the first generation the cats eating cooked meat started to develop degenerative diseases and became quite lazy. By the end of the second generation, the cats had developed degenerative diseases by mid-life and started losing their coordination.

The third generation of cats had developed degenerative diseases very early in life and some were born blind and weak and had a much shorter life span. Many of the third generation cats couldn't even produce offspring. There was an abundance of parasites and vermin while skin diseases and allergies increased from an incidence of five percent in normal cats to over 90 percent in the third generation of deficient cats. Kittens of the third generation did not survive six months. Bones became soft and pliable and the cats suffered from adverse personality changes. Males became docile while females became more aggressive.

The cats suffered from most of the degenerative diseases encountered in human medicine and died out totally by the fourth generation. Pottenger also studied the effects of raw vs pasteurized milk with similar result.

Scientists today are finding that nutritionally deficient diets in animals induce alteration in the expression of genes, not the genetic sequence.

We are in the throes of epidemics of; autism, autoimmune diseases, cancer, allergy, suicide and violent behavior, chronic disease and infertility.

**Could our over processed nutrient deficient diet be a key factor?**

### **"The Little Boy and the Old Man"**

Said the little boy, "Sometimes I drop my spoon."

Said the old man, "I do that too."

The little boy whispered, "I wet my pants."

"I do that too," laughed the little old man.

Said the little boy, "I often cry."

The old man nodded, "So do I"

"But worst of all," said the boy "it seems

Grown-ups don't pay attention to me."

And he felt the warmth of a wrinkled old hand.

"I know what you mean," said the little old man

Shel Silverstein,

## MICROWAVE COOKING

Over 90% of American homes have microwave ovens used for meal preparation. Because microwave ovens are so convenient and energy efficient compared to conventional oven, very few homes or restaurants are without them. In general, people believe that whatever a microwave oven does to foods cooked in it doesn't have any negative effects on the food.

Although there are many reasons not to use a microwave, one specific concern with microwave cooking is that vegetables and other foods lose valuable nutrients when micro-waved. One study published in the November 2003 issue of The Journal of the Science of Food and Agriculture found that broccoli "zapped" in the microwave lost up to 97% of the beneficial antioxidants it contained.

Russian researchers have reported a marked acceleration of structural degradation leading to a decreased food value of 60 - 90% in all microwaved foods tested. They noticed decreased bio-availability of vitamin B complex, vitamin C, vitamin E, essential minerals, and lipotropic factors in all foods tested. Thus vitamins, and nutrients were reduced, or altered, so that the human body receives little, or no, benefit from the food.

With the decline in the quality of our food and our tendency to eat pre-processed food, we are only further decreasing the nutritional aspect of our foods when we microwave them.



## MILK CONNECTION TO CANCER

In 1977 Dr. Frank Oski – at the time Director of the Department of Pediatrics at Johns Hopkins University School of Medicine, and Physician-in-Chief of the Johns Hopkins Children's Center - published a small book titled Don't Drink Your Milk. Researchers at that time reported that men who ingested more than 2 ½ servings of dairy products daily had a significantly higher risk of prostate cancer. In it, Dr. Oski reviewed all the reasons why cow's milk is good for little cows but is not at all good for either little (or bigger) people.

Research continues to confirm and add to the evidence about which Dr Oski wrote. One of the very latest (2013) is from researchers I at UCLA, which confirms the findings published in 2001: More milk, more prostate cancer. Skim/low-fat milk intake was positively associated with risk of low-grade, early stage, and screen-detected cancers, whereas whole milk intake was associated only with fatal prostate cancer.

For women, more cow's milk means higher ovarian cancer risk. For further information on this go to <http://www.ncbi.nlm.nih.gov/pubmed?cmd=Display> and enter "milk" and "ovarian cancer."

**"Miracles do not happen in contradiction to nature, but in contradiction to that which is known to us of nature."**

**Saint Augustine**

