

DISTURBING FEARS

Fear is a very basic human instinct. In fact, all living things from the smallest creatures to the largest and most powerful experience fear. The main benefit is that it is a warning and self-defense mechanism designed to keep you out of danger. If you have ever disturbed a procession of ants, you would notice how they panic and run around trying to get away from the source of danger. When a lion starts chasing a herd of buffalo, you can see that the buffalo have definite reasons to be fearful. The ones that are not alert or fast enough are likely to get eaten. So fear can protect you in many circumstances.

As humans today, we actually have very little to fear. But for some people, they unknowingly construct fears in their minds - fears that end up dramatically impacting their daily lives. Imagine what life would be like if we were in a constant state of fear. Such was the case of eight year old Larissa.



Larissa and her mother came to see me in hopes that I could help with her anxiety and fears. They were preventing her from sleeping at night, performing well at school, and achieving everyday tasks. A lot of her anxiety was associated with school. She would experience extreme anxiety in completing homework. The anxiety was so overwhelming, that it would cause her to forget what she had just learned. In addition, there was an underlying fear that she might get hurt at school, like from an errant thrown ball. When night came it brought a whole new set of fears. The biggest was her fear of the dark because she was sure there was someone/something in the room with her.

Being alone was frightening. Even when she slept, this all encompassing fear came percolating up at night in the form of teeth grinding and nightmares. She was haunted at night with nightmares of her school burning, with her running away, and sometimes being chased. Needless to say, her nights were restless with her waking up to eight times a night and taking at least 30 minutes to go back to sleep. After spending an hour thoroughly reviewing her symptoms, I prescribed the constitutional homeopathic remedy *Natrum phosphoricum*. Within the first two weeks of treatment, Larissa and her mother noted significant improvement with her sleeping and fears. There were no more nightmares, she was able to go to sleep more restfully, and the grinding of her teeth stopped as well. By the third and fourth week, she was 90% better in that her memory improved, she was no longer worried about things, she was falling asleep within 2-3 minutes, and the fear of the dark was gone.

Homeopathy is Just as Effective as Ativan or Lorazepam

Anxiety or panic attacks affect everyone at some stage or another but homeopathy has remedies to help. According to recent trials homeopathy is just as effective as diazepam (Valium) and benzodiazepine (Lorazepam or Ativan) at treating nervousness and anxiety disorders but without addictive or harmful side effects. In one small study by a professor of psychiatry, 60% of participants with major depression, social phobias, or panic disorders responded favorably to homeopathic treatment. It has even been used to help anxious mice! With the right homeopathic treatment, those living with debilitating anxiety can once again look forward to enjoying happy, worry-free lives.



Renaissance

Healing the Whole Person

CURE FOR COLON CANCER

Imagine This Scene

You've suffered through round after round of radiation. Sickening chemo drugs cost you your hair and had you bent over the toilet more times than you can count. And now your doctor tells you nothing is working -- and that your cancer may even be incurable.

That's what too many cancer patients -- especially people with colon cancers -- are hearing every year.

But now there's new hope on the horizon. Because researchers have proven that a simple vitamin cure may hold the key to helping you beat even the hardest-to-treat cancers. And it's available to you right now.

Cutting Off Cancer's Food Supply

"This (could) be the one answer... everybody's striving for."

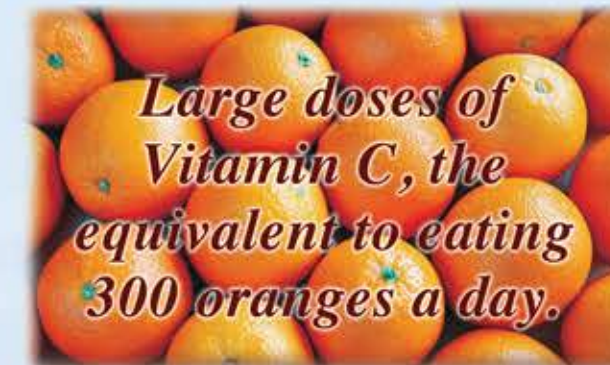
That's what Channing Der, a molecular biologist at the University of North Carolina, said about his latest research on using intravenous vitamin C (IVC) to stop colon cancer dead in its tracks.



You see, for years people with colon cancer have had the deck stacked against them. That's because about half the cases of colon cancer involve genetic mutations -- called BRAF or KRAS -- that make them nearly impossible to treat. In other words, they spit out just about anything doctors throw at them. **Well, not anymore.** Because when Der and his colleagues tested high-dose vitamin C on colon cancer cells with BRAF and KRAS mutations, the cells started dying off in droves.

Cancer cells are just like any other cells -- they need "food" to keep them growing. And the colon cancer cells with these mutations make extra sure they have enough to "eat" by producing a protein that draws glucose right to them. But large doses of vitamin C (equivalent to eating 300 oranges) actually cut off the food supply. And the next thing you know, these hungry, deadly cancer cells literally starve to death.

We've known about the cancer-killing powers of IVC for years. And Mark Levine, a vitamin C researcher with the National Institute of Diabetes and Digestive and Kidney Diseases, said he's hoping that this latest research finally gets more doctors taking notice. *continued*



CURE FOR COLON CANCER *continued*



Linus Pauling

Linus Pauling, who won the Nobel Prize twice, began championing vitamin C to treat cancer back in the 1970s. More recently the University of Kansas developed an IVC protocol for treating cancer that is being used by many complimentary and alternative medical doctors.

In just the past few years, IVC has been tested on patients with deadly brain and pancreatic tumors, and it's been found to be both well-tolerated and often highly successful.

Six years ago, I treated an in-law with colon cancer that had metastasized to the brain, lung and liver. Her doctors had given up on her after she failed surgery, chemo, and radiation. Within six months of treating her with IV vitamin C she became cancer free and continues to this day to have no recurrence.

"We make a living by what we get We make a life by what we give." Winston Churchill

DO YOU HAVE LOW THYROID?

Do you...

- have thick or brittle fingernails?**
- have dry skin or dry eyes?**
- have a hoarse voice?**
- have thinning hair, hair loss, or coarse hair?**
- have thinning of the outer third of your eyebrows?**
- have cold hands and feet?**
- have excess fatigue?**
- have irregular menses?**
- have a low sex drive?**
- have frequently swollen hands and feet?**
- have high cholesterol?**
- have trouble remembering or concentrating?**
- have difficulty losing weight?**
- have sensitivity to cold?**
- have depression, anxiety, or irritability?**
- have muscle fatigue or pain?**
- have a family history of thyroid disease?**
- have constipation?**

If you answered "yes" to 4 or more questions, you may have a significant risk of having thyroid problems. At Renaissance Health Centre, we have found that very often the diagnosis is found in the patient's symptoms and not in the blood work. The reason being, there is such a wide range of what is considered "normal" thyroid function. Some people just do not feel normal even though their blood work says they are. Often a simple trial of Naturethroid or a bio-identical thyroid medication will reverse the symptoms thus revealing that the patient has a low functioning thyroid.



What Caused Japan to Have the Lowest Infant Mortality Rate in the World?

From 1981 to 1984 Japan had the lowest infant mortality rate in the world. Yet in 1974 they were ranked 17th. Why such a dramatic improvement? Beginning in 1975 Japan started giving the DPT vaccination at 24 months instead of 3 months.

HOMEOPATHIC "VACCINATIONS"

Parents with kids often question whether they should or should not vaccinate their children because of concerns over adverse effects associated with the vaccines. The decision is not always easy, but by becoming informed, parents can often feel more confident in whatever decision they make. The decision making process requires that the parents first become informed of the pros and cons of allowing their child to get an infectious disease. Then, if they decide that they want to prevent their child from getting the disease they must study the two existing options of either vaccinating their child or using homeoprophylaxis (HP).

In this article, I will be giving a brief description of the history and explanation of what is homeoprophylaxis and then review some relevant facts.

The history of HP dates back to the early 1800's when Samuel Hahnemann began using Belladonna to successfully prevent scarlet fever. Since then, HP has been continuously used to the present date. Since the early 1900's, there have been 10 studies done using HP that have shown anywhere between 80% - 97.5% success rate. As an example, during the 1918-1920 influenza (Spanish Flu) epidemics in the United States, the mortality rate was around 30%; the mortality rate among individuals treated homeopathically was less than 1%. Another 15 year study published in 2004 showed the following levels of efficacy in preventing 3 diseases; whooping cough - 88.3%; measles - 91.0%; mumps - 94.1%.

So what is homeoprophylaxis and how does it work? In homeopathy there are no immunizations as such, but there are remedies that can build up immunity to infections. They can also act as curative agents where a disease has developed. These remedies carry no risk of detrimental effects, they are absolutely safe. Dr. A. Pulford, a famous homeopath, explains very concisely how HP works - *"No disease will arise without an existing predisposition to that disease. It is the absence of the predisposition to any particular disease that makes us immune to it. Homeopathy alone is capable of removing these predispositions."*

Some Relevant Facts Concerning Homeoprophylaxis

1. This method does work. The fact that potentized substances, selected using the Law of Similars, will reduce the likelihood of a patient developing the characteristic symptoms of an infectious disease has been established clinically over a period of 200 years, and is well reported in homeopathic literature.
2. Protection against targeted diseases is not certain, as is the case with both conventional vaccination and even with immunity acquired through contracting the diseases themselves. Studies of HP over the years have been impressive with success rates around 90%.
3. The question regarding the duration of protection is less certain. While it is estimated that the efficacy of homeopathic Diphtherinum was at least 10 years, as measured by the Schick test, the dilemma is the same as for conventional vaccines, where length of protection is also uncertain.
4. In comparing side-effects of homeopathic remedies with those from conventional vaccine, it can be confidently stated that there is a zero possibility of a crude toxic reaction. There have been reported incidents (less than 2%) of presumably dynamic reactions to doses of the remedies. These reactions were mild and temporary. *At the Renaissance Medical Centre we offer homeoprophylaxis to those who would like to avoid certain diseases, yet do not want to have their children vaccinated.*