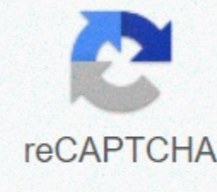




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## How to heal your life pdf

When someone feels sick, the conventional tendency is to turn to medication and certainly, it often works. However, nutritional healing is science for turning to food, natural supplements and herbs to treat or even cure health problems. Many people rely on nutritional healing as a supplemental practice, in addition to taking medication. The use of food as therapy is an ancient practice; there is a long cultural history associated with prescription of certain foods to treat specific ailments. Eating foods rich in the nutrients the body needs helps us ward off diseases and maintain optimal health. Although not every disease or condition can be prevented by a healthy diet, many can. Even if you do not suffer from any particular ailment, you may be interested in aspects of nutritional healing. By embracing a diet aimed at supporting optimal nutrition, you can maintain your health and long-term well-being. PeopleImages/Getty Images Inflammation is one of the hallmarks of many conditions. It can cause discomfort, intense pain, and lead to worsening symptoms. Many foods have natural anti-inflammatory properties. Although doctors can prescribe medications designed to reduce inflammation, many of these drugs have side effects or interact negatively with other medications. Nutritional healing can help reduce inflammation without medication. Foods like garlic and ginger have anti-inflammatory properties, as do many others, including leafy vegetables, olive oil and nuts. Dulezidar/Getty Images Nutritional Therapy can help keep hormones balanced. If our age or as diet affects our health, we can fall prey to unbalanced hormones, which are often at the root of symptoms such as mood disorders and weight gain. A nutrient-rich diet and natural supplements that support hormone balance can improve health. PeoGeo/Getty Images A poor diet can lead to the build-up of toxins in our bodies. But even having a healthy diet, toxins from our water and the air we breathe can affect our health. Nutritional therapy can promote natural detoxification. Certain foods have cleansing properties; by eating more broccoli, lemon, and green tea, or taking natural supplements, we can help our bodies get rid of these toxins. If you feel tired or mentally foggy for no explicit reason, you can try a natural detox. Petrenkod/Getty Images Did you know certain foods have the strength to help you balance your blood sugar levels? With type 2 diabetes diagnoses rising across multiple age demographics, it is increasingly clear that diet is a factor in the onset of this disease. By eating a healthy diet and choosing nutritional therapy to keep blood sugar balanced, you can use this disease or manage it. Foods like whole grains and nuts can help. boygvideo/Getty Images Antioxidants derived from food could help prevent oxidation of achieving alarming levels in the body. Oxidation and the development of free radicals are the oats of diseases. Foods rich in antioxidants can help us neutralize these free radicals. Your nutritional therapist or dietary counselor can help you choose foods high in antioxidants. GMVozd/Getty Images Digest foods are among the essential tasks of our body. If you experience indigestion or heartburn, you may have a sluggish gaseous tract caused by excess bad bacteria. Probiotics, the good bacteria in our gut that promote healthy digestion, are an important component of nutritional therapy. They can be found in fermented foods such as yogurt, or taken as supplements. Metamorworks/Getty Images Malnutrition seems to have a detrimental effect on wound healing. Without the nutrients it needs, the body finds it difficult to heal wounds. People with diabetes, especially, may find that wounds take longer to heal. With nutritional therapy, people get access to the nutrients they need to support optimal wound healing. Many clinics offer injections of nutrients for this purpose. Jodi Jacobson/Getty Images While earth reveals another true fountain of youth, it seems we can delay the aging process by eating better foods. You can embrace nutritional therapy to target certain areas of your health likely to be affected by the aging process, such as your skin and bones. Blueberries, salmon, spinach, and high-calcium food are just some of the healthy options to address these parts of the body. Django/Getty Images Many conventional doctors recognize the importance of good nutrition in health and healing. Some may offer nutritional therapy or recommend diettians who can help design a nutrition plan that serves a patient's specific needs. Talking to your doctor about your condition and asking him or her or nutritional therapy is the right course of action for you. LanaSweet/Getty Images The treatment of choice for sinus disease is to return the body to their normal function, beating 16 times per second, says Dr. Murray Grossan, a Los Angeles-based internist and author of The Sinus Cure, to be issued by Bantam Books in early 2001. When the cilia is normal, people don't have sinusitis; they don't even have [sinus-related] allergies. Dr. Grossan is also the developer of a special nasal irrigation seizure for the Waterpik, a device that he says can help cure many cases of sinusitis. To prove it, he tests his patients' cilia function before and after irrigation by putting a pocket carin grain in their nose, then times how long it takes the particles to travel from front of the nose to the back, where it is swallowed. (Don't try it at home.) Ad If They pocket carin] in five minute tastings, cilia function is probably normal, explains Dr Grossan. If it takes 30 takes then the likelihood is that even using all the different gadgets I have, the patient will not be cured. What that means, says Dr. Grossan, is that the patient will have to ithus his or her sinuses on a regular basis for the rest of his life to make up for the absence of the cilia's sweeping action. Other drugs thought to jump-start these little hairs or brushes are hot tea (not coffee) first thing in the morning and chicken soup - Dr. Grossan's breakfast in bed cured. By drinking hot tea before getting out of bed, the body is warmed up, the cilia speeds up, and you avoid slurs and coughs. A recently discovered threat to cilia health is the toxicity of most preservatives in salt sprays. Ironically, over-the-counter salt sprays have long been advised for sinus sufferers as a portable way to hydrate inflamed, dried-out respiratory passages and encourage cilia movement. But in 1995, researchers discovered that salt spray additives, especially one called benzalkonium, could actually destroy the mucus lining, taking the cilia with it. Now there are several preservative-free salt sprays on the market, including Rhinocourt Aqua and dr. Grossan's own product, Breathe-Ease. Candida - An overhead cause of Sinusitis But says you've tried all these drugs and remain to be plagued with bouts of sinus infections. What next? A diagnosis that gains increasing respect in medical circles is that of candidiasis, an overgrowth of candida yeast in the body. Dr. William Crook, a physician in Jackson, Tenn., says he has successfully treated hundreds of patients for candida with antifungal medications, immune system support and a sugar-free diet. He has also written several books on the subject, including The Yeast Connection Handbook (Professional Books, 2000). Dr. Ivker agrees that addressing candidiasis is the missing link for many of his sinus-compromised patients and made his treatment part of his program as well. The idea of a link between candida and sinusitis gained a lot of credibility in 1999 after a Mayo Clinic study was published that showed subjects with sinusitis obtained significant relief from their disease via long courses of antifungal drugs. Repeated courses of antibiotics are thought to be yeast overgrowth by killing friendly bacteria in the body along with invasive pathogens. The candida itself is not considered harmful, but the toxins it suspects of emit, as it runs rampant, are thought to cause a host of problems including fatigue, repetitive vaginitis, depression and chronic infections such as sinusitis. To make matters worse, almost without exception, each person with a yeast-related problem is bothered by food sensitivities, says Dr. Crook. Of course, most people don't know their body is bothered specific foods, so they continue to eat them freely, putting even more pressure on Is often an already overburdened immune system. It becomes a vicious cycle, similar to that of antibiotics for the treatment of sinusitis. If you think this is a problem for you, you might want to consider being tested for food sensitivities, usually by a dietitian or a nutritional oriented doctor. Obviously, sinusitis treatment requires constant vigilance and usually a complete overhaul in lifestyle, but the payoffs can be great. Dr. Ivker, 53, still practices most aspects of his program every day and says he has never felt healthier or been in better shape in his life. It just gets better and better. He has not had a sinus infection in more than 12 years. Yes, it's a long road to recovery, but I think it's worth it, he says. In 1988, the doctor Randolph Byrd shocked the world with the results of a study he had conducted five years earlier on the effects of prayer on heart patients. Byrd studied 393 patients who checked into a coronary care unit in a San Francisco hospital. The patients were statistically inseparable, meaning their condition and symptoms were all similar. Each was randomly assigned to one of two groups: those who received intercession and those who did not. Neither the doctor nor the patients knew who was in which group. Byrd found the first name, diagnosis and condition of an IP patient to different groups of three or four active Christians from various denominations. These groups prayed daily for their patient throughout the patient's stay, away from the hospital, without meeting the patient. They prayed for a timely, easy recovery and one free of complications. Ad When the study concluded, Byrd found that there was indeed a significant difference in the quality of recovery among patients who received prayer: On average, they fared better than their fellow patients who did not receive prayer. Nearly 85 percent of the IP group achieved well on the rating system used by hospitals to assess a patient's response to treatment. They were less likely to have a heart attack, need antibiotics or require intervention such as ventilation or intubation. By contrast, 73.1 percent of members of the control group achieved good [source: Byrd]. Byrd's study launched a spate of similar studies. Although he also received a spate of criticism, Byrd provided a model for other studies on prayer. One, conducted by a group led by William Harris in Kansas City, Mo., in 1999, reiterated Byrd's study. Harris' group found somewhat similar results: 67.4 percent of the IP group is doing well, compared with 64.5 from the control group [source: Harris, et al.]. But other studies have not produced similar findings. Study of the Effects of Intercessory Prayer (STEP), a major study published in 2006 in the American Heart Journal, looked at patients at six medical centers in the United States. This study split who all had coronary artery bypassed vaccinating surgery in three groups: those who received prayer from an outside group, but who weren't aware they were prayed unsolved who didn't receive praying surgery in three groups: those prayed for Not only did the STEP study not find the same results as Byrd's and Harris' studies , it revealed a completely unexpected aspect. Those who received prayer suffered more complications than those who did not receive prayer (52 percent to 51 percent). More surprisingly, those who were aware they had received prayer fared worst: 59 percent of this group had complications after their surgery [source: Harvard]. A 2005 study led by Duke University researchers examined the effects of prayer, as well as touching, music and imagery therapy (MIT), which was delivered to patients at their bedside. The results showed little difference in recovery among the people who received prayer alone, the group that received only MIT, the group that received both prayer and MIT and the fourth group that did not receive prayer or therapy. However, it found that there was a slight difference below the rate of mortality within six months of treatment between the groups. The group that received both distant intercession and MIT had the lowest mortality rate within six months, although it was not considered a significant difference by the researchers who conducted the study [source: Duke]. So what gives? Is the power of prayer proven or proven effective? Was the last word issued? Read the following page to find out about the problems with conducting studies in the supernatural. supernatural.

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