

## **NUTRITIONAL HEALING.**

In this present climate where we are all bombarded with various dietary advice it is sometimes difficult to know where to turn. There is always a new 'perfect' diet regime to follow, or another report stating that your favourite food has a cancer risk! We don't know who to believe about what supplements to take. One minute vitamin supplements are great for us the next there is a report to say they are a complete waste of time.

The naturopathic approach to healthy eating is quite simple really. We look at the individual, their lifestyle, their ancestry, their physical and emotional and spiritual selves and devise a specific programme for their individual needs.

Health is not a mere absence of disease, but a positive feeling of well being which embraces mental, emotional and spiritual as well as physical health.

A nutritional therapist looks at the nutritional aspects of health, the dos and don'ts of healthy eating, because in the words of that famous T.V. presenter

**WE ARE WHAT WE EAT.**

By giving the body the sufficient amount of nutrients it needs, it has the best opportunity to heal itself and stay well.

Most nutritional therapists will use their other skills, such as Reiki, Crystal healing, Flower essences, homeopathy, healing techniques and remedies to improve the advice and healing they give to their clients. As well as advice on dietary changes.

The basis of naturopathic nutrition does take you back to nature, and use what we have naturally in our own healthy environment to the best of its ability.

Supplementation should only be used to bridge the nutrition gap. In other words where there is a need to support a particular weak area of the diet or to improve a health issue.

Your nutritional healer will advise you personally on what supplements would benefit you personally.

Two natural supplements that are becoming extremely popular in nutritional healing are described in brief below. Of course there are many more but these two are quite topical at the moment.

To find your local nutritional healer please see the names of therapists listed or the contacts below.

**MSM “nature’s little miracle”**  
(Natural organic sulphur)

Stories are spreading about some remarkable recoveries with MSM drinks-  
Relief from the pain and inflammation of  
ARTHRITIS, IRRITABLE BOWEL SYNDROME, ASTHMA, FOOD ALLERGIES,  
BACK AND JOINT PAIN, ME(CHRONIC FATIGUE), GOUT, POOR  
CIRCULATION, CONSTIPATION, DIABETES, POST INJURY PROBLEMS,  
CANDIDA, TENDINITIS, FIBROMYALGIA, HAY FEVER, and SINUSITIS.

The Ayurvedic MSM skin cream is in an absolute class of it’s own for the treatment of  
PSORIASIS, ECZEMA, DRY OR ITCHY SKIN, ATHLETE’S FOOT and  
DERMATITIS.

How can a natural and inexpensive supplement be so effective across such a wide range  
of modern health problems??

The major impetus behind MSM’s growing popularity is word of mouth. As people  
experience the healing benefits of MSM, they often become enthusiastic emissaries eager  
to tell family members and friends who have pain problems.

Sulphur is a major ingredient of our important amino acids-the building blocks of  
proteins and connective tissue, such as collagen.

Proteins provide the structural raw materials for our ongoing renewal processes.  
We do get sulphur from our diet but only in very small amounts. It is not one of the  
minerals that are replaced in modern farming.

What little there is in fresh food is often lost in freezing, processing and cooking.

MSM is made from a liquid called DMSO which comes from trees during paper making.  
By taking it in the crystal state dissolved in water mixed with powder vitamin C it gets in  
to the body quickly.

MSM is a surprising supplement. When you start taking it you may notice a number of  
good things happening in your life in addition to pain and allergy relief. More energy,  
softer skin, thicker hair, stronger nails decreased scar tissue and relief of constipation.

At this point based on the clinical experience it is believed that such healing potential  
may be as great, if not greater than any other nutritional supplement, and that we are only  
beginning to scratch the surface of its multiple uses.

MSM can be taken along side any other medication as it is a natural product and is  
metabolised normally by the body. You should not stop your normal medication without  
consulting your doctor.

## NATURAL CELLULAR DEFENSE (ZEOLITE)

### ARE YOU TOXIC??

The answer increasingly appears to be yes—and in order to maintain optimal health and reduce the incidence of disease, you must detoxify. That is the conclusion reached by more and more health practitioners. Dr. Rashid Buttar stated in his recent report that based on the evidence, every single chronic insidious disease process is related to one word – TOXICITY.

You cannot address key health issues unless you address detoxification. We are surrounded by environmental toxins. Heavy metals such as lead and cadmium are produced in Industrial waste.

The current total toxic load exceeds the body's ability to adapt and is creating our "Body Burden" (an overload of toxins).

Toxins poison our air, water, food and our bodies.

Research proves that as many as 25% of Americans are estimated to suffer from some degree of heavy metal poisoning, particularly from mercury, lead, cadmium and arsenic.

We are also exposed to a significant amount of radiation and increasing viral attacks. Our immune systems are further compromised by poor nutrition and unhealthy lifestyles.

Most people suffer from an excessively acidic pH level. This creates an internal environment in which cancer, as well as viral, bacterial and fungal infections can thrive.

Zeolite is a naturally occurring negatively charged mineral with a unique crystalline structure. It is formed from the fusion of volcanic lava and ocean water, and combines the four elements-air, earth, water and fire.

It has been used for 800 years throughout Asia as a traditional remedy to promote overall health and well being.

It has undergone 13 years of pharmaceutical research in the U.S with humans and is considered to be completely safe.

Zeolite appears to remove toxins from the body in a hierarchical order. It first acts strongly to remove lead, mercury, cadmium and arsenic. This first phase may take one to four weeks or longer. It then removes second priority toxins including pesticides, herbicides and plastics.

ZEOLITE may well be one of the most potent natural preventatives and treatments for cancer ever discovered.

ZEOLITE is being used extensively with autistic and ADHD children and the results on behaviour are very exciting indeed.

Zeolite also is a unique antioxidant. It traps free radicals in its complex structure, inactivating and eliminating them. It has been proven to increase energy and well being; users report improvements in mental clarity and a sense of peace, wellness and happiness. One study has demonstrated that Zeolite also appears to increase serotonin level which is known to help alleviate some forms of depression.

Waiora's Natural Cellular Defense is clinically formulated Zeolite.

For more information on either MSM or NCD Zeolite

Please contact

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