

June 2016

newsletter

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La Diosa

Natural Health, Beauty & Well Being Clinic



Featuring in June

- Why They Call It Blood Pressure by Dr Gabor Mate
- June special: Buy 4 vouchers Get the 5th for FREE!
- In the Realm of Hungry Ghosts
- A life with less: Why everyone's throwing all their stuff out
- Truth About Your Candida
- Nature's Goodness Australia Active Manuka Honey 20+ 250g
- Top Reasons to Eat Bone Broth
- Doctors are Dangerous Take Control of Your Health and Escape the Sickness Industry

FOR ME WINTER IS ALWAYS ASSOCIATED WITH INDOOR ACTIVITIES SUCH AS READING, WATCHING THE VOICE, MAKING SOUPS AND SLEEP. OUR BODY NATURALLY TENDS TO SLOW DOWN AS IT GETS READY FOR ITS OWN FORM OF HIBERNATION. IT IS ACTUALLY A WONDERFUL TIME TO PAUSE, REFLECT AND GET COSY WITH YOURSELF.

FOR MANY OF US THAT MIGHT BE AN INTIMIDATING EXPERIENCE AS OUR OVERSTIMULATED BODIES AND MINDS MIGHT NOT KNOW HOW TO SWITCH GEARS. START WITH A COUPLE OF PAGES FROM A GOOD CLASSIC NOVEL (OR HEALTH/INSPIRATIONAL BOOK!) BEFORE YOU GO TO SLEEP RATHER THAN CHECKING YOUR SOCIAL MEDIA. TRY TO SLOW DOWN BY PREPARING HEALTHY SOUPS FROM ORGANIC INGREDIENTS WHILE ENJOYING SOFT MUSIC RATHER THAN WATCHING THE NEWS ON TELEVISION. RELAX IN A WARM BATH WITH MAGNESIUM SALTS WHILE DRINKING A CALMING CHAMOMILE TEA. GOING TO BED BY 10PM CAN BE AN EFFORT FOR MANY BUT IN WINTER YOUR NATURAL CLOCK IS SUPPORTING YOU AND YOU WILL FEEL AMAZING WHEN YOU WAKE UP IN THE MORNING. DON'T FORGET WHENEVER YOU FEEL GOOD YOU ALSO BOOST YOUR IMMUNE SYSTEM.

WE WISH YOU A HAPPY TRANSIT INTO WINTER WITH MANY HELPFUL TIPS IN OUR JUNE NEWSLETTER. IN TRADITION OF LA DIOSA WE MUST REMIND ALL WHO HAVEN'T USED THEIR HEALTH FUNDS BEFORE THE END OF FINANCIAL YEAR TO DO SO! THIS IS YOUR CHANCE TO PURCHASE YOUR VOUCHERS FOR AN INCREDIBLY AFFORDABLE PRICE.

ALSO ANNA EVENS OUR ENERGY HEALER WILL BE VISITING AGAIN FROM 10-12 JUNE.

WE WISH YOU A HAPPY BEGINNING OF WINTER, KEEP WARM AND HEALTHY.

BRIGHT BLESSINGS

JASMINKA AND TEAM

Why They Call It Blood Pressure

By Dr Gabor Mate



Posted by: Daily Superfood Love in Cancer 101: Focus, Nutrition, The Basics

Many CBC listeners were chagrined to learn last week that radio personality Shelagh Rogers is taking a break from her national morning program, *Sounds Like Canada*. Although Ms. Rogers is rumoured to be exhausted from hassles with CBC management, the ebullient radio host insisted, "It is not a stress leave. It is because I have high blood pressure."

Ms. Rogers may be excused for making that false distinction. In keeping with the mind/body split endemic in Western culture, the medical profession itself fails to recognize — despite ample research evidence — the connection between the stresses of modern life and elevated blood pressure. Insufficient attention is paid to stress reduction as a way of treating high blood pressure.

Hypertension, the medical term for high blood pressure, is a major risk factor for strokes and heart disease. Its successful treatment has demonstrable health benefits and is a multibillion-dollar source of revenue for the drug industry. Research dollars, predictably, go to projects that focus on pharmaceutical approaches.

Blood pressure is a measurement of the pressure in the arteries, the vessels that conduct blood from the heart to the other organs. "The cause of elevated arterial pressure is unknown in most cases," a widely respected medical textbook states. It is a case of the lay public being ahead of the professionals, since many people will remark when they are upset that "I'm sure my blood pressure is sky-high." Physiologically, they are entirely correct.

The narrower the arteries, the greater the resistance to blood flow. Emotional upset triggers the release of adrenaline and activates the sympathetic nerves, the flight-or-fight component of our nervous system. Muscles throughout the body tighten, including in the walls of arteries. Resistance to flow increases, as does the blood pressure.

Voluminous research documents the hypertensive effect of stressful situations, including job stress. In British studies, individuals who perceived themselves to be under high job strain were shown to have higher blood pressure on work days than on non-work days. In another study, blood pressure was elevated in response to tasks that were imposed on the subjects and which, therefore, they could not control. By contrast, self-chosen, controllable tasks had no such effect.

Such findings are consistent with what is known about stress: Stress is characterized by a loss of control, lack of information, uncertainty and conflict, all features of contemporary social life. Urbanization increases the risk for hypertension.

A common, but hidden, source of stress are emotions a person may not even be aware of — or, if aware, unable to express effectively. The chief of these is anger. Both the unrestrained expression of anger and its suppression are significant contributors to high blood pressure and heart disease. The sympathetic nerves triggered in rage reactions narrow the blood vessels, inducing hypertension and reducing oxygen supply to the heart. The stress hormones secreted during rage states raise cholesterol levels and heighten the risk of blockages in the arteries.

“It was blind rage, I was sure, that had gotten me into this fix with my heart,” U.S. journalist Lance Morrow wrote in *Heart*, his memoir of cardiac disease.

The other side of the coin is that people who repress their anger also increase the resistance in their arteries and thus their risk of hypertension.

With high blood pressure, as with many other phenomena, our language tells us more than sometimes we are prepared to understand. Is it purely accidental that the word “pressure” can refer to a feeling and also to a hydrodynamic state of our blood vessels? Or that “tension” describes both what we experience emotionally and a physical state in our cardiovascular system?

About two months ago, I had a routine check and learned, to my surprise, that my blood pressure — usually in the normal range — was markedly elevated. The first question my family physician, a doctor aware of psycho-emotional factors in health and illness, asked me was whether I was stressed. “No, of course not,” I replied automatically. My response was typical. Most of us live our lives as if nature had intended us to spend our days running on treadmills, without a thought for our emotional and spiritual rest and well-being. But further reflection led me to make changes. Within a few weeks, the blood pressure was back to normal.

A recent Canadian medical journal article on the treatment of high blood pressure advises physicians to take into account such lifestyle factors as excessive alcohol intake, obesity, lack of exercise, too much dietary salt and excessive licorice intake. Sensible advice, but notable in its omission of social and emotional stress. Healthy blood pressure control requires a recognition of the stresses acting on us, a clear sense of when we are upset and an effective way of expressing and resolving anger.

June special

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Get the 5th one **FREE!**

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In the Realm of Hungry Ghosts, Winner of the 2009 Hubert Evans Non-Fiction Prize By Dr Gabor Maté

From street-dwelling drug addicts to high-functioning workaholics, the continuum of addiction cuts a wide and painful swath through our culture.

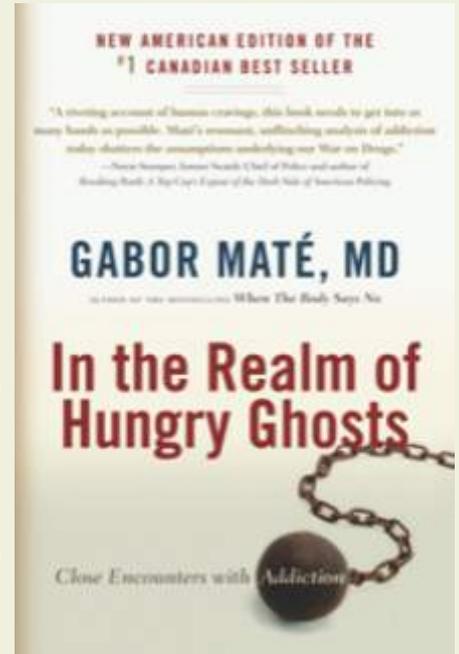
Blending first-person accounts, riveting case studies, cutting-edge research and passionate argument, In the Realm of Hungry Ghosts: Close Encounters with Addiction (available for order in Canadian and U.S. editions, as well as an acclaimed audiobook version) takes a panoramic yet highly intimate look at this widespread and perplexing human ailment.

Countering prevailing notions of addiction as either a genetic disease or an individual moral failure, Dr. Gabor Maté presents an eloquent case that addiction – all addiction – is in fact a case of human development gone askew.

Dr. Maté, who for twelve years practiced medicine in Vancouver's notorious Downtown Eastside – North America's most concentrated area of drug use, begins by telling the stories of his patients, who, in their destitution and uniformly tragic histories, represent one extreme of the addictive spectrum. With his trademark compassion and unflinching narrative eye, he brings to life their ill-fated and mostly misunderstood struggle for relief or escape, through substance use, from the pain that has tormented them since childhood. He also shows how the behavioural addictions of society's more fortunate members – including himself – differ only in degree of severity from the drug habits of his Downtown Eastside patients, and how in reality there is only one addiction process, its core objective being the self-soothing of deep-seated fears and discomforts.

Turning to the neurobiological roots of addiction, Dr. Maté presents an astonishing array of scientific evidence showing conclusively that:

1. addictive tendencies arise in the parts of our brains governing some of our most basic and life-sustaining needs and functions: incentive and motivation, physical and emotional pain relief, the regulation of stress, and the capacity to feel and receive love;
2. these brain circuits develop, or don't develop, largely under the influence of the nurturing environment in early life, and that therefore addiction represents a failure of these crucial systems to mature in the way nature intended; and
3. the human brain continues to develop new circuitry throughout the lifespan, including well into adulthood, giving new hope for people mired in addictive patterns. Dr. Maté then examines the current mainstream.



A LIFE WITH LESS: WHY EVERYONE'S THROWING ALL THEIR STUFF OUT

From: news.com.au

For more info visit: <http://www.theminimalists.com/>

WRITER Erin Van Der Meer, 27, is a new convert to the simple life, giving away about \$10,000 worth of stuff to reduce her possessions to a box of sentimental mementos and a backpack of clothes to head to Central America for a long sojourn.

While travel inspired the initial cull, Van Der Meer says the experience was liberating and when she eventually resettles into a more permanent lifestyle, she'll approach furniture, fashion and other belongings differently.

"It's made me wonder why I had so much stuff in the first place — books I'd never read again, DVDs I never watched, clothes I didn't wear any more," she says.

"The thing that struck me was how much money I'd spent on it all. Before, \$30 for a book or \$100 on a dress didn't seem like a lot, but now that I'm travelling long term, I wish I could get all those dollars back."



Joshua Fields Millburn and Ryan Nicodemus are The Minimalists.

De-cluttering and living with less is clearly having a moment, with books like [The Life-Changing Magic Of Tidying Up](#) hovering at the top of bestseller lists for the past six months and blogs like [The Minimalists](#) boasting four million readers.

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In Millburn's case, his mother had died and his marriage had ended in the space of a month, forcing him to reassess his life's focus. After reading about minimalism online, he decided to have a go at throwing out 30 things in 30 days, but ended up culling a lot more.

"It started with the stuff in my life, but led to other areas, with me questioning the relationships in my life," he told news.com.au

"I wasn't contributing much to the community and showing the people I loved that I loved them."

Millburn says the average American household has 300,000 items and after coming to Australia recently, he's convinced that we're catching up on the consumerism front.

"We hold onto so many things 'just in case'," he says.

Millburn says culling his possessions naturally reduced his financial stress and gave him more clarity about his life choices. He describes his home now as neat and tidy, and says he dresses in investment pieces that are long-lasting and make him feel good.

"Now everything I own serves a purpose or brings me joy," he says.

"It's not about depriving myself of things I use, it's about questioning what adds value to my life and being intentional about what I bring into my life."

For Brooke McAlary, from the Blue Mountains, it was a brutal case of postnatal depression that caused her to reassess her consumerism. As a jewellery designer, she'd put herself under a lot of pressure to look the part, living a jetsetting lifestyle and always dressed to the nines.



kids never played with," says McAlary who now hosts The Slow Home podcast.

She and her husband tried a massive garage cull but it quickly became clear that going gung ho was too overwhelming, so she started tackling one small thing at a time, such as her car, her handbag and each kitchen drawer — which included getting rid of heaps of unused appliances. Now she only owns 32 pieces of clothing.

Erin Van Der Meer decided to downsize so she could travel fulltime.



Erin Van Der Meer is living with less so she is free to move.

When postnatal depression struck after the birth of her second child, she realised a lot of her self-worth was tied up in the things she owned — a lot of which she says is in big part due to advertising that constantly tells us we need new the latest and greatest to be successful.

"We had a two-car garage that was full of stuff, a wardrobe crammed with clothes and a spare bedroom filled with toys my

"I started to get back in touch with what was important as I cut away the clutter and the crap that we'd accumulated," McAlary says.

"Some people really love their stuff and I don't think there's anything inherently wrong with that. It's when it's a mindless grab and people hold onto things out of fear or obligation that it starts to become problematic."

How to start living a more minimalist life:

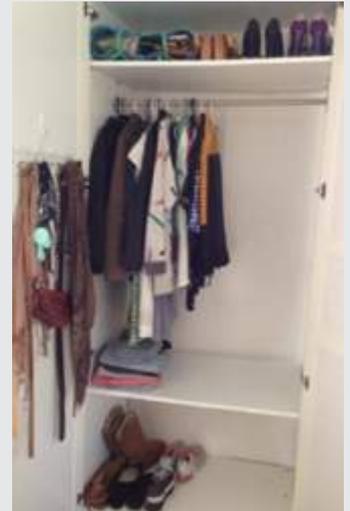
1. Start small. "Start getting rid of one item a day for 30 days and you get momentum and it becomes more exciting and fun," Millburn says.

2. Stop the comparisons. "We buy into this idea of 'Keeping up with the Joneses,'" McAlary says. "Choose to look at things mindfully."

3. Ease yourself into the sentimental stuff. "That memory or person or holiday is not actually in the item," McAlary says. "Once you're able to remove the emotional attachment you can look at an item as just an item. But it takes time; you can't rush that."

4. Look to the cloud. "Music streaming and Netflix allow us to access movie and music without having to own the physical thing," Millburn says. "You can also scan photographs and handwritten notes from loved ones, which means they are backed up and protected from something like a flood or fire."

5. Don't stress about other people. "Some [minimalists] stress about people giving them gifts, but I think it's important to minimise the drama," McAlary says. "Sometimes you have to do your best, then you kind of let go."



The minimalist dream home.

Truth About Your Candida

By Anthony Williams (from the book: **Medical Medium**)

Until recently, few people had even heard of Candida. By the late 1990s, however, Candida diagnoses had spread from the alternative to the conventional medical world. In reality, however, few cases of Candida overgrowth are strictly a Candida problem. Candida in and of itself is harmless. In fact, we can't sustain life without it in our intestinal tract, and it helps protect us by consuming debris from poor quality food and toxins. In the process, this helps reduce the food supply available to truly harmful pathogens that would otherwise feed on this debris.

In other words, Candida cells intentionally consume food waste and poisons to prevent harmful bugs, such as E. coli, C. diff, and Streptococcus, from feasting on these things and building their armies. Candida can also co-occur with conditions such as Lyme disease, shingles, Epstein-Barr virus, herpes, diabetes, and more. Thus, a large build-up of Candida can serve as a warning sign that something else in your body requires attention—but Candida is often the scapegoat. For instance, a vaginal Streptococcus infection could go unnoticed by doctors, while yeast that's also present is blamed for the patient's symptoms. Once you put an end to the primary issue, Candida levels will naturally return to normal.

Fat vs. Fruit

If you have been diagnosed with Candida, odds are you have been advised to cut all processed foods from your diet, avoid sugar like the plague (including fruit), and to consume a high-protein, high-fat diet. While it is indeed critical to avoid sugar-laden and processed foods such as doughnuts, cakes, cookies, candy, popcorn, pastries, croissants, scones, and bagels, strictly avoiding fruit is unwarranted. Candida does not feed on sugar unless it is from a grain such as corn or wheat, and it does not feed on natural fruit sugar.

Importantly, the natural fructose in fruit is bonded with beneficial compounds, including antioxidants, minerals, phytochemicals, and even cancer-killing micronutrients that help kill pathogens such as strep, E. coli, C. diff, staph, and viruses that are likely responsible for your increased Candida (again, increased Candida levels are actually a defense mechanism designed to prevent these pathogens from proliferating). Thus, fruit is your anti-Candida secret weapon because it is your "broad-spectrum" anti-pathogen secret weapon!

If you're still fearful of fruit, bear in mind that the sugars from fruit leave your stomach in about three to six minutes, and the sugar doesn't reach the intestinal tract. What does reach the intestinal tract is the skin, pulp, and fiber in fruit, which actually helps to clear the intestines of things like SIBO (small intestinal bacterial overgrowth) and other pathogen-related conditions. Apart from fruit, other forms of sugar—cane sugar, beet sugar, agave nectar, corn syrup, etc.—do feed Candida and other pathogens, so you should indeed avoid these things.

Another misconception about Candida is the notion that a high-protein, high-fat diet starves Candida cells, but in reality, both protein and fat feed Candida! Even if your symptoms initially improve, ultimately this approach can backfire, as excess protein and fat in the gut provides a feeding ground for bacteria, cancer cells, viruses, etc. which can trigger Candida growth as your body attempts to combat these things. Thus, the best approach is to eat a lower-fat diet that includes fruits and their pathogen-killing nutrients. It's not that healthy fats (such as avocados, nuts, seeds) are bad for us, it's just that it is best to keep fat intake in check.

This is true regardless of the type of diet you eat. For example, if you eat a vegan diet, reduce the amount of fat you take in from things like nuts, nut butters, seeds, oils, and avocados. If you are ovo-lacto vegetarian, cut back on eggs, dairy, nuts, seeds, oils, avocado, etc. If your diet includes animal products, cut back to one serving of meat per day, as even lean animal protein contains some fat. In addition to reducing fat and including fruit, it is also important to consume ample quantities of leafy green vegetables such as spinach, lettuce, and arugula, and to avoid processed foods and grains.

While these recommendations may contradict everything you've heard about Candida, if you are one of many who has endured restrictive diets, denying yourself even a small handful of blueberries—without the reward of symptom relief—it may be time to try something new.

To learn more about Candida, check out

[Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal.](#)



Nature's Goodness Australia

Active Manuka Honey 20+ 250g



available @

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\$39.95

How It Works

Nature's Goodness Active Manuka Honey 20+ comes from the Southern Alps of the South Island of New Zealand. This area is recognised to produce the best Active Manuka Honey. Manuka honey also tastes great, and is a great boost for your dietary nutrient intake.

Benefits

Manuka Honey is produced when honey bees gather nectar from the flowers of the Manuka (*Leptospermum scoparium*) tree, a native of the New Zealand. Manuka Honey is prized for its antibacterial activity.

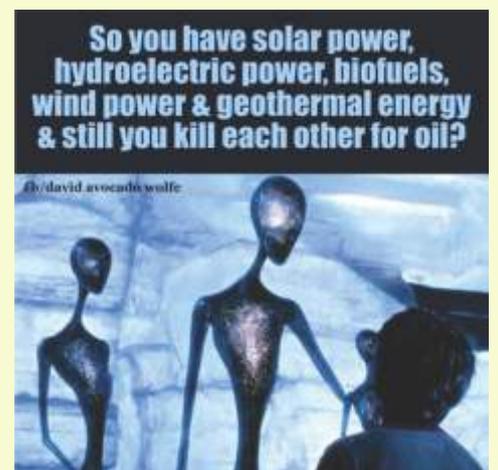
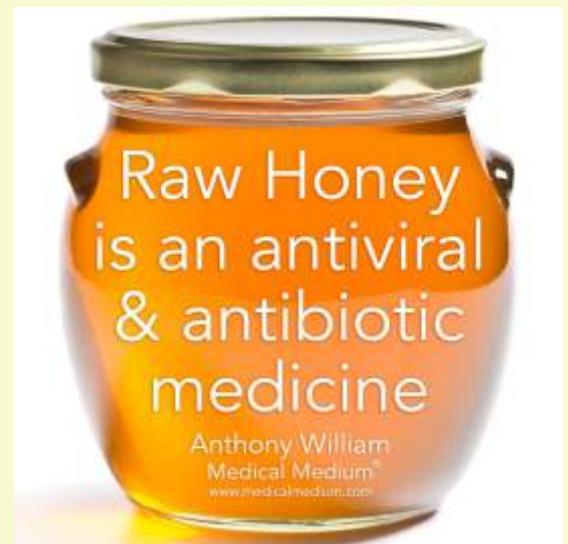
Cold processing is used throughout the harvesting process to ensure there is no degradation of the honey's activity.

Nature's Goodness Manuka honey has a Methylglyoxal (MGO) content of 500, which is a measure of antibacterial strength in Manuka honey.

Ingredients

Pure Active Manuka Honey.

No artificial additives (sweeteners, preservatives, or colourings).





The Goddess for Sale Was 195 (now \$110)



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Garden Bike for Sale was \$550 (now \$399)



DID YOU KNOW?

- The gelatin found in bone broth is a hydrophilic colloid that attracts and holds liquids, including digestive juices, thereby supporting proper digestion
- Bone broth reduces joint pain and inflammation courtesy of chondroitin sulfates, glucosamine, and other compounds extracted from the boiled down cartilage
- Amino acids such as glycine, proline, and arginine in bone broth all have anti-inflammatory effects
- Bone broth contains high amounts of calcium, magnesium, and other nutrients that play an important role in healthy bone formation
- Bone broth can be made from any type of bones you like – chicken, beef, pork, or even fish – but seek bones from organically raised, pastured, or grass-fed animals



TOP REASONS TO EAT BONE BROTH

There are many reasons for incorporating good-old-fashioned bone broth into your diet. The following health benefits attest to its status as "good medicine."

<p>Helps heal and seal your gut, and promotes healthy digestion. The gelatin found in bone broth is a hydrophilic colloid. It attracts and holds liquids, including digestive juices, thereby supporting proper digestion</p>	<p>Inhibits infection caused by cold and flu viruses, etc.: A study published over a decade ago found that chicken soup indeed has medicinal qualities, significantly mitigating infection</p>
<p>Reduces joint pain and inflammation, courtesy of chondroitin sulphates, glucosamine, and other compounds extracted from the boiled down cartilage</p>	<p>Fights inflammation: Amino acids such as glycine, proline, and arginine all have anti-inflammatory effects. Arginine, for example, has been found to be particularly beneficial for the treatment of sepsis (whole-body inflammation). Glycine also has calming effects, which may help you sleep better</p>
<p>Promotes strong, healthy bones. Bone broth contains high amounts of calcium, magnesium, and other nutrients that play an important role in healthy bone formation</p>	<p>Promotes healthy hair and nail growth, thanks to the gelatin in the broth</p>

INGREDIENTS

- 3-4 pounds beef marrow and knuckle bones
- 2 pounds meaty bones such as short ribs
- ½ cup raw apple cider vinegar
- 4 quarts filtered water
- 3 celery stalks, halved
- 3 carrots, halved
- 3 onions, quartered
- Handful of fresh parsley
- Sea salt

METHOD

1. Place bones in a pot or a crockpot, add apple cider vinegar and water, and let the mixture sit for 1 hour so the vinegar can leach the mineral out of the bones.
2. Add more water if needed to cover the bones.
3. Add the vegetables bring to a boil and skim the scum from the top and discard.
4. Reduce to a low simmer, cover, and cook for 24-72 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day)
5. During the last 10 minutes of cooking, throw in a handful of fresh parsley for added flavor and minerals.
6. Let the broth cool and strain it, making sure all marrow is knocked out of the marrow bones and into the broth.
7. Add sea salt to taste and drink the broth as is or store in fridge up to 5 to 7 days or freezer up to 6 months for use in soups or stews.



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Anna Evans

INTUITIVE ENERGY HEALER

BIO

Maori Heritage - NZ

*Intuitively guided and assisted from an early age. My natural abilities and skills have developed over the years with the support of loving parents and a mentor
10 plus years working with clients*

Gifted Abilities

Intuitive Psychic

Intuitive Energy Healing

Medical Intuitive

Conduit for Universal Energy Source - LOVE

Supported by High Vibrational Ascended

Masters

Available for Bookings

45 Mins Energy Healing - \$150

Realignment of the body, mind and spirit, Calmness, Centred and Grounding

30 Mins Psychic Reading - \$70

Specific questions and answers

60 mins Psychic Reading - \$120

Specific questions and answers including reading of your energy



*Reconnect to your Energy,
Vibration, Frequency & Love*

Testimony

Anna is an incredible healer. I walked in feeling anxious and heavy and walked out feeling open and like a huge weight had been lifted from my shoulders. She was very nurturing and gave me a feeling of relief that I haven't experienced from anyone before.

ANNASENERGYHEALING@GMAIL.COM

Doctors are Dangerous Take Control of Your Health and Escape the Sick Industry

US National Cancer Institute: Millions Treated Falsely for Cancer

Millions of people who have been treated for cancer with chemotherapy, radiation and surgery over the past several decades did not really have the deadly disease, a new report shows.

The US National Cancer Institute commissioned a report that discovered that overdiagnosis and misdiagnosis are two major reasons that cancer has become such a widespread disease. The government study was published in the Journal of the American Medical Association (JAMA).



According to the report, breast cancer is more often than not a benign condition such as ductal carcinoma in situ (DCIS). Millions of women have been misdiagnosed with breast cancer when in reality they had DCIS and were treated for a condition that could have never caused them health problems. “The practice of oncology in the United States is in need of a host of reforms and initiatives to mitigate the problem of over-diagnosis and overtreatment of cancer.” The group judged that “a number of premalignant conditions, including ductal carcinoma in situ [in women] and high-grade prostatic intraepithelial neoplasia [in men] should no longer be called ‘cancer’.”

The study discovered that conventional cancer treatments are a leading cause of cancer and pointed out that “early diagnosis” is a flawed concept because many of the methods used to diagnose cannot differentiate between malignant and benign cancer cells. Therefore, many people who receive this diagnosis will end up developing cancer even though they did not really have the disease when they began the treatment. According to a study published in 2013 in JAMA, “cancers are heterogeneous and can follow multiple paths, not all of which progress to metastases and death, and include indolent disease that causes no harm during the patient’s life.” The article explained that “overdiagnosis is common and occurs more frequently with cancer screening.”

Overdiagnosis refers to the detection by screening of cancers that would not have become apparent to a doctor or produce symptoms detectable to the patient before an individual died of other causes.” Even when tumours are discovered in an early phase and are treated with chemotherapy and/or radiation, the cancer stem cells, which represent a minority subpopulation, are enriched and become more malignant via conventional treatment.

A document titled Second Cancers in Adults released by the American Cancer Society judged that the profitable cancer treatments may be creating more patients than they cure. “Radiation therapy was recognized as a potential cause of cancer many years ago,” the document reads. The explanation offered by the study’s authors is that “the risk of developing a solid tumour after radiation treatment goes up as the dose of radiation increases.”

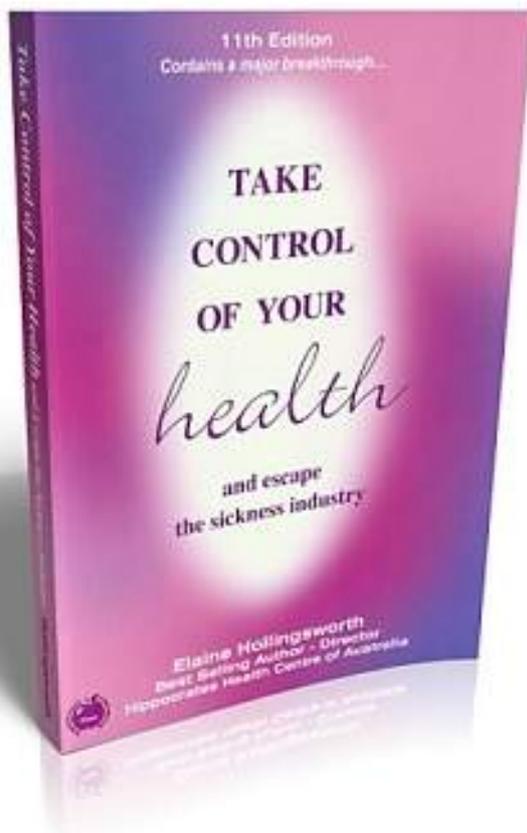
Books @



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«Take Control of Your Health and Escape the Sickness Industry»



At last... a No-Holds-Barred Book that Exposes the Lies the Food Industry and Drug Manufacturing Giants Have Been Telling Us For Years and What You Can Do To Lead An Improved and Healthier Life!

THIS BLATANTLY SUBVERSIVE BOOK SHOULD BE READ BY EVERYONE!...

- Elaine attacks the pharmaceutical multinationals and their medical co-conspirators.
- She warns about the life-threatening effects of artificial sweeteners.
- She explains exactly why soy is not fit to eat.
- She informs men about widely advertised foods that lead straight to impotence and prostate disease.
- She gives everyone a blueprint for overcoming all illnesses naturally, and living a long, healthy life.

I WONDER WHERE ELAINE GETS HER COURAGE!

Michael Curry B.A. DIP.ED.DIP.ACU.BR7
Accredited AACMA
Tweed Essential Therapies
Tweed Heads, NSW, Australia