

# (1)Overcome the Disability of MS (2) Cruciferous vegetables & turmeric reduced tumor growth (3) Therapy for Raynaud's disease

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Health e-Tips  
International Edition

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## Overcome the Disability of MS

You too could finally break free from the chains of your bed, walker, or wheelchair. In fact, a life full of independence could be more attainable than you dared to dream in a long time.

Find out why thousands of Multiple Sclerosis sufferers worldwide are reporting "amazing" relief.

Click below to find out more... directly from those practitioners who've helped their own patients live life to the fullest once again.

<http://www1.youreletters.com/t/375758/12790505/789796/0/>

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Dear Reader,

Back in April I told you about a Rutgers University study that found that the combination of cruciferous vegetables and turmeric significantly reduced tumor growth in laboratory mice (Health eTip from 3 April 2006, subject line: "Hot stuff"). Cruciferous vegetables contain a chemical called phenethyl isothiocyanate, which researchers found could slow the growth of prostate cancer cells. Combined with turmeric, the duo offers antioxidant protection against even advanced prostate cancer.

Now a study from Sweden says that a diet rich in plant-based estrogens called lignans could reduce prostate cancer risk by 26 percent.

The study compared the dietary intake of lignans in 1,499 men with prostate cancer to the lignan intake of 1,130 healthy men. The researchers evaluated the information based on food frequency questionnaires and blood samples taken from some of the subjects to measure levels of serum enterolactone, a metabolite of lignans. They

found a significant relationship between high blood levels of enterolactone and reduced prostate cancer risk.

Lignans are found in flaxseed, linseed, sunflower seeds, peanuts, beans, soy, berries, and broccoli (which also doubles as a cruciferous vegetable).

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### A Special Report on Medical Teamwork

Picture this. Your doctor joins a big, new medical clinic.

On your next visit, he listens to your complaint and examines you.

But instead of treating you himself, he decides to refer you to a specialist down the hall. And here's the surprise:

The specialist could be an herbalist. Or a chiropractor, acupuncturist, naturopath, or homeopath. Or perhaps a certified practitioner in Chinese medicine, massage therapy, clinical nutrition, biofeedback, or even Ayurvedic medicine from India.

Intrigued? Want to learn more? Then click below to discover how you could live a longer, happier life... with less illness, less pain, and much smaller medical bills. Bring yourself up to speed on the new blended medicine, the simultaneous treatment of illness by more than one method!

<http://www1.youreletters.com/t/375758/12790505/789275/0/>

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### Therapy for Raynaud's disease

Q: My daughter has Raynaud's disease. What do you recommend for people suffering from this condition?

JVW: For those who may not know, Raynaud's disease is characterized by spasms in the smaller arteries of the fingers and toes. These spasms are often triggered by cold or allergies, but sometimes they happen for no reason at all. The condition causes the skin to turn chalky white and to sting, or feel numb or cold.

Intravenous magnesium therapy can lessen the degree of symptoms significantly. It usually takes more than one treatment, and it has to be done with the help of a physician, nurse, or other individual skilled in IV therapy, but it can bring about much needed relief for this uncomfortable condition.

What are... lignans?

Lignans are phytoestrogens with a chemical makeup similar to human estrogen. Although lignans are found in flaxseed, there is one note of caution you should be aware of: The lignans in flaxseed are concentrated in the outer shell of the seeds. So when the seeds are refined into oil, only a trace of the lignans ends up in the finished product. This process dramatically increases the concentration of alpha-linolenic acid or ALA. Men who have an elevated risk of prostate cancer should avoid large quantities of ALA because it can potentially increase the risk of developing prostate cancer. Men in this category should not consume flaxseed oil. Although the whole

flaxseed does contain some ALA, the quantity is generally considered too low to be harmful.

Yours in good health,  
Amanda Ross  
Editorial Director  
Nutrition & Healing

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Keep Your Body Young, Alive, and Fully Functioning...

Over the last year, you might have heard about an exciting product, Mind Aerobics. Mind Aerobics uses a powerful sound technology to put you -- very safely, quickly, and easily -- into states of...

- Deep stress release and relaxation
- Superlearning
- Dramatically enhanced creativity
- Laser-beam focus and concentration
- Enhanced memory
- Increased feelings of well-being

Now we've received exciting new research concerning Mind Aerobics and its effect on stress, longevity and aging and I just had to tell you about it. This research confirms everything we've been telling you about Mind Aerobics and more...

<http://www1.youreletters.com/t/375758/12790505/786110/0/>

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