



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Natural Pain Relievers That Really Work

Mark A Stengler, ND

For most people, prescription and over-the-counter (OTC) pain relievers are fine for occasional use, but they can carry increasing risks the longer they are taken. Aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs), such as *ibuprofen* (Advil), *naproxen* (Aleve) and *ketoprofen* (Orudis KT), can cause digestive problems, including internal bleeding. *Acetaminophen* (Tylenol) is potentially toxic to the liver and kidneys after months of use. Prescription drugs that contain either barbiturates or opiates are potentially habit-forming.

These are among the reasons why many people are turning to natural pain relievers, which include vitamins, minerals, herbs and homeopathic remedies (highly diluted natural substances made from plants, minerals and animal products).*

Natural pain relievers aren't as strong as pharmaceutical products, so they may not work as fast, but because they are less toxic, they typically are much safer over the long run, especially for treating chronic pain. Both drugs and natural pain relievers block the body's pain signals, but natural remedies will also enhance the body's own recuperative power to repair injured tissue and fight disease.

The following are among my favorite natural pain relievers...

Arthritis and Back Pain

- **Methylsulfonylmethane (MSM):** This compound, which occurs naturally in living organisms, works as a potent anti-inflammatory. It decreases muscle spasm and slows down the overactive nerve impulses that may cause this condition. Because most back pain is the result of muscle spasm and inflammation, MSM often brings lasting relief and can prevent future episodes. In addition, it has been shown to ease the pain associated with fibromyalgia and osteoarthritis.

Typical Dosage: For preventative purposes, 1,000 to 2,000 milligrams (mg) daily, indefinitely. For relief of acute pain, the effective dose will depend on individual factors, such as weight and age. Start out with 3,000 mg per day and increase at increments of 1,000 mg every two to three days, until you experience relief or reach 6,000 mg. Take MSM with food to minimize digestive upset.

- **Boswellia:** This herb, widely used in Indian medicine, is another anti-inflammatory that treats both rheumatoid arthritis and osteoarthritis. A review of 11 German studies found that boswellia brought substantial benefits to 260 people who had not responded to conventional medical treatment. Most were able to curb their intake of anti-inflammatory medication.

Typical Dosage: 1,500 mg of a standardized preparation (containing 60-65% boswellic acid), three times a day for six weeks. For long-term use, decrease the dosage to 750 mg, three times a day.

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JUNE

*June falls asleep
upon her bier of flowers;
In vain are dewdrops
sprinkled o'er her,
In vain would fond winds
fan her back to life,
Her hours are numbered
on the floral dial.*

Lucy Larcom

Fish Is Food For Your Brain:

Want your brain to stay young or get younger? Eat fish. Research at Rush University studied mental function of people age 65 and older. They found that those who ate fish rich in omega-3 fatty acids once a week slowed their rate of cognitive decline by 10 percent.



Dog Walking Beats Dieting:

Studies reported in the Tufts University Health & Nutrition Letter show that walking a dog regularly can encourage people to lose more weight than dieting can. The study showed that those who walked dogs for 50 weeks lost an average of 14 pounds. They began walking 10 minutes daily, three times a week, working up to a routine of 20 minutes a day, five times a week.

Participants in the study said they knew it was good for their health, but they mostly enjoyed walking because it was good for the animals.

Outstanding Client of the Month!

Laura & David Rappattoni

We have been cleaning their home for several years and this year they have opted for our EnQue Program. That is a maintenance schedule that lets us worry about your cleanings – you don't have to. Thank you for your trust and endorsement in our services - working with you has always been a pleasure!

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*Character consists of what you do
on the third and fourth tries.*

James Michener

*No matter how good you get,
you can always get better
and that's the exciting part.*

Tiger Woods

*A house is not a home unless it
contains food and fire for the mind
as well as the body.*

Benjamin Franklin

*Frisbeetarianism is the belief that
when you die, your soul goes up on
the roof and gets stuck.*

George Carlin

A smile is the universal welcome.

Max Eastman

The Summer Solstice: June 21st



One of the most spectacular summer solstice celebrations takes place at Stonehenge, the ancient circle of massive stones on Salisbury Plain in Wiltshire, England. The first day of summer is one of the few days of the year when English Heritage - the governing body that preserves the site - opens the gates to allow people to watch the sun rise. Since the early 1900s, people have gathered at Stonehenge to welcome in the new season but, by the 1980s, England's Prime Minister Margaret Thatcher put an end to the festival, declaring that there was too much public disorder at what is regarded as one of the world's great historical sites. By the late 1990s, English Heritage agreed to grant access to modern-day Druids, followers of the ancient Celtic religion. They wear white robes and dance and chant as part of their solstice ceremony.

From the vantage point of the center of Stonehenge, the sun rises in direct alignment with the massive Heel Stone, one of the stones that lies outside the main circle. Archaeologists believe that Stonehenge was built between 3,000 to 5,000 years ago as a calendar. By counting the days between these annual alignments, people could determine the length of the year.

Moderate Alcohol Use Produces New Brain Cells

It is well known that one or two glasses of alcohol, especially red wine, is good for the nerves and good for the heart.

Now there is more good news. Drinking moderately over a long period of time can enhance the formation of new nerve cells in the adult brain. Research published by the Karolinska Institute in Stockholm, Sweden, shows that the new brain cells discourage dementia in later life.

Researchers at Wake Forest University Baptist Medical Center studied the effect of alcohol and determined that older women who drank a moderate amount each day performed better on cognitive functions and reason, and suffered less dementia than women who abstained.

Natural Pain Relievers

(Continued from Page 1)

- **Rhus Toxicodendron:** This homeopathic remedy, derived from poison oak, is particularly helpful for rheumatoid arthritis or osteoarthritis pain that is worse in the morning and improves with motion and activity...or arthritis pain that flares up just before a storm or in very damp weather.

Typical Dosage: For long-term use for pain that is chronic, take a 6C potency pellet, two to three times daily.

Join me next month for more effective natural pain relievers that could prove helpful.

** Even when a natural remedy (or drug) does effectively relieve pain, it is important to discover and treat the underlying cause. Consult your physician, especially if muscle or joint pain or other symptoms worsen.*

See Insert This Issue:

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Cleaning Trade Secrets

Panty Hose – Place your panty hose in a zip lock plastic bag, fill with water and freeze until it's frozen solid. Thaw the bag at room temperature. Freezing hardens the fibers extending their life tenfold.

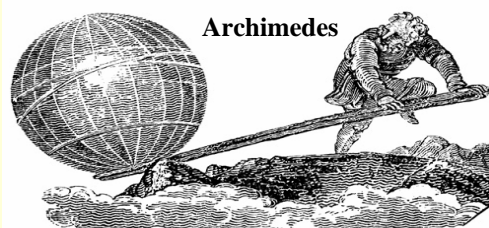
When they do run cut off the leg just under the panty line and just above the knee. Slide over your dust mop for a nifty "Swiffer". It's reusable and cheap. Slide your soap slivers down into the toe part and tie that end around an outdoor faucet. You have an easy way to wash your hands outside.

Stuck Oil Filter – When you change the oil in your car and the filter sticks, don't jab a screwdriver through the filter to remove it like the manuals say. You just disabled your car. Set your hair dryer to the hottest setting and heat the filter. The heat expands the outside metal and the filter pops right off.

Ants – Sprinkle automatic dish soap around where the ants enter. It's a most unwelcome doormat and they leave.

Sticky Iron – If your iron sticks, run it back and forth across plain paper with salt sprinkled on it. Use only plain paper bag with no printing.

Jewelry – Add a piece of chalk to your jewelry box to prevent costume jewelry from tarnishing.



Give me a lever long enough and a fulcrum on which to place it, and I shall move the world.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

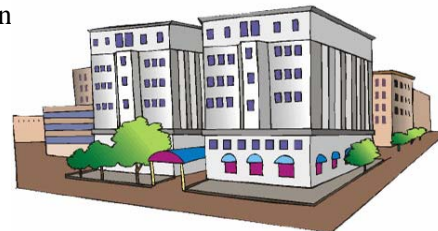
Ginny Rigby, Sandy Bellows, Tracey Phelan, folks at Nova Tile and Joy Osborne

Safer Hotel Stays

The safest floors to stay on in a hotel are the third through sixth. Burglars most often target rooms on the first and second floors due to ease of entry and exit (through windows, doors to patios and pools, etc.). You are also better off on these floors in case of fire.

Above the sixth floor you'll have a long walk down and firefighting equipment may have a harder time getting up.

- John Fannin, SafePlace Corp.



Some Of My Favorite Websites

Hillary Mendelsohn

The following shopping websites are both useful and user-friendly. Give them a try...

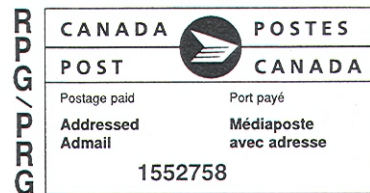
- **Accessories:** Hats in the Belfry (www.hatsinthebelfry.com). Every hat you can imagine is here, from dignified headwear to a purple Mad Hatter's top hat.
- **Entertainment:** Audible.com (www.audible.com) offers a huge selection of audio books.
- **Epicurean:** Pop's Wines and Spirits (www.popswine.com) has a great selection. Petrossian Paris (www.petrossian.com) sells caviar, pate, and other gourmet delicacies.
- **Gadgets/Electronics:** B&H (www.bhphotovideo.com) bills itself as the world's leading retailer of imaging equipment at discount prices.
- **Health/Beauty:** Sephora at www.sephora.com puts thousands of high-quality beauty products at your fingertips.
- **Home/Garden:** Cooking.com (www.cooking.com). Everything on this site is so well laid out that even a novice cook will have no trouble navigating it.
- **Pets:** Doctors Foster & Smith (www.drsfostersmith.com). All your pet needs plus the expert advice of veterinarians.
- **Sports/Outdoors:** Tourline Golf at www.tourlinegolf.com has great deals on used golf clubs and more.
- **Stationery/Gifts:** Star Treatment at www.startreatment.com has wonderful gift baskets.
- **Travel:** Magellan's (www.magellans.com). This website has appliances and accessories for every travel need.

Thanks For All The Kind Words!

Archie Katzman,
General Manager of the St. Catharines Club

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Len Hume

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Listen to Radio Stations Online

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Who Wants To Win Movie Tickets?

*Take my Trivia Challenge
and you could win too!*

This is one of my favorite parts of the newsletter! The first 10 people who call my office will be entered into a draw for 2 FREE movie tickets. Again this month – increase your chances of winning. The first 2 people with the correct answer sent to me via email len@pcsniagara.com will be the lucky winners of the first and second set of tickets – the last set going to the lucky caller. Go ahead and take your best guess, then EMAIL me at len@pcsniagara.com or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month's *MegaTrivia Question*:
**What day does the Summer Solstice
take place this year?**

a) June 21st b) June 14th c) June 30th
HINT: The answer is somewhere in this newsletter

Last month's answer d) A Study in Scarlet
Last month's winners were : Gladys Bruce, Doreen
Jack and Maureen Chudyk