

Senior (Male) Health 101 – 9-2-16

Disclaimer: This information here is not intended for the use of diagnosing any disease, condition or prescribing any treatment whatsoever. This information has not been evaluated by the US FDA.

1 - Introduction:

Alma 46:40 (plants and roots from God)

40 And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate— Medicinal herbs and also common foods.

Weeds are Free and are planted by Heavenly Father, for US.

2 - Physiology 101 - Organs

liver – detoxifies the blood of pesticides, fats, etc.

The liver filters and processes blood as it circulates through the body. It metabolizes nutrients, detoxifies harmful substances, makes blood clotting proteins, and performs many other vital functions. The liver's ability to process other toxins, the cells' ability to produce energy, and the nerves' ability to send messages can all be compromised by pesticide exposure.

gall bladder - Its primary function is to store and concentrate bile, a yellow-brown digestive enzyme produced by the liver, to aid in fat digestion.

Weeds to help organ function:

Barberry LG - A combination of barberry root bark (or Oregon grape root), wild yam, cramp bark, fennel seed, ginger, catnip and peppermint.

kidneys – filter the blood, control calcium metabolism.

The kidneys are powerful chemical factories that perform the following functions:

- remove waste products from the body
- remove drugs from the body
- balance the body's fluids
- release hormones that regulate blood pressure
- produce an active form of vitamin D that promotes strong, healthy bones
- control the production of red blood cells

Weeds to help organ function:

Junipars - This formula consists of juniper berries, parsley, uva ursi, marshmallow root, lobelia, ginger, and golden seal

prostate

The prostate gland is a male reproductive organ whose main function is to secrete prostate fluid, one of the components of semen. Grows with age.

Meat and the Prostate: Hot Dogs

bladder – holds urine for discharge

The bladder stores urine, allowing urination to be infrequent and voluntary.

Weeds to help organ function:

Red Clover Combination, a purifying formula of red clover blossoms, chaparral, licorice root, peach bark, Oregon grape or barberry root bark, poke, and stillingia or echinacea, cascara sagrada bark, sarsaparilla root, prickly ash bark, burdock root, and buckthorn bark

pancreas – creates insulin for sugar utilization in the body

Enzymes, or digestive juices, produced by the pancreas are secreted into the small intestine to further break down food after it has left the stomach. The gland also produces the hormone insulin and secretes it into the bloodstream in order to regulate the body's glucose or sugar level.

Weeds to help organ function:

Panc Tea - The herbal formula is golden seal, uva ursi, cayenne, cedar berries, licorice root and mullein.

Diabetes: WOW, low fat, plant based diet, herbs to strengthen pancreas and other glands

thyroid – regulates growth, highly reactive to Iodine

The function of the thyroid gland is to take iodine, found in many foods, and convert it into thyroid hormones. Thyroid cells are the only cells in the body which can absorb iodine. These cells combine iodine and the amino acids and are then released into the blood stream and are transported throughout the body where they control metabolism (conversion of oxygen and calories to energy).

- People take Potassium Iodide before nuclear attack to load the thyroid with Iodine so radioactive iodine will not be able to infiltrate the thyroid.

- Every cell in the body depends upon thyroid hormones for regulation of their metabolism.

- One can imagine the thyroid gland as a furnace and the pituitary gland as the thermostat.

Weeds to help organ function:

Kelp, Iodine, iodized salt, fish, black walnut (biological transmutation)

intestines – extracts nutrition from the food stream

Weeds to help organ function:

Fen LB - Barberry, Cascara Sagrada, Cayenne, Ginger, Lobelia, Red Raspberry, Turkey Rhubarb, Fennel, Goldenseal

Lungs, Respiratory System, Sinuses

Weeds to help organ function:

Mullein, Horseradish

Immune System:

Weeds to help organ function:

Echinacea – Coneflower

Bones

produce red and white blood cells,

enable mobility as well as support for the body.

Protection for brain, uterus, and other internal organs

Mineral reservoir for calcium and phosphorus

Defense against acidosis

Trap for some dangerous minerals such as lead

bone mineral density testing - osteoporosis

Milk/Calcium/Protein Problem

Here's how it happens. Like all animal protein, milk acidifies the body pH which in turn triggers a biological correction. Calcium is an excellent acid neutralizer and the biggest storage of calcium in the body is in the bones. So the very same calcium that our bones need to stay strong is utilized to neutralize the acidifying effect of milk. Once calcium is pulled out of the bones, it leaves the body via the urine, so that the surprising net result after this is an actual calcium deficit.

Refined sugar does this too!

<http://saveourbones.com/osteoporosis-milk-myth/>

Weeds to help organ function:

Organic calcium - Calc-Tea is made of horse tail grass, oat straw, comfrey root and lobelia.

Inorganic calcium – calcium carbonate (chalk), helps create bone spurs, etc.

Arthritis: inflammation from previously broken bones, etc. Localizes in joints

Weeds to help organ function:

Anti-inflammatory - Cayenne, Ginger, Nutmeg, Turmeric

BF&C ointment - comfrey, oak bark, mullein, lobelia, wormwood, skullcap, walnut bark and gravel root

blood – high blood pressure, purification
high sodium (Lite salt with potassium salt)
cholesterol

Hemoglobin (Fe) and Chlorophyll (Mg)

Weeds to help organ function:

Dandelion root is a blood purifier

yellow dock root and stinging nettles are good iron sources

BPE – blood circulation formula - cayenne, ginger, parsley, goldenseal, garlic, and Siberian ginseng root.

Eyes:

cataract lens replacement with IOL

floaters

flashes

Weeds to help organ function:

eyebright eyewash and capsules

(eyebright herb, red raspberry leaf, bayberry root bark, goldenseal root, cayenne)

Ears: - hearing loss, tinnitus

B&B tincture – Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia
garlic oil, ACV flush

Muscle Mass Loss with age

Exercise: move every joint every day, flexibility – Br. Bruce Woolley

3 – Other Weeds

Fruits, Vegetables, Grains, Nuts, seeds, meat sparingly for B12

Black walnut – iodine, potassium

Memory – Gingko

Herbs I take:

red clover

anti-inflammatory

eyebright

Calc tea

cayenne

bf&c

4 - GMOs

Monsanto – Roundup-Ready – glyphosate

Monsanto buys Seminis

Monsanto mergers with Syngenta and Bayer. Working with Chinese chemical co.

UK has a safe limit for (Roundup) glyphosate level in the blood and it has been exceeded.

Most water supplies have been contaminated by glyphosate.

The U.S. Environmental Protection Agency has set a drinking water Maximum Contaminant Level (MCL) of 700 micrograms per liter for glyphosate.

The 1972 Clean Water Act has been amended three times: in 1977; in 1981; and in 1987.

- Water from taps brown or red!

- Pharmaceuticals such as birth control pills, psychotic drugs, etc.

Linda Fisher: Monsanto ↔ FDA Staff

Only people promoting GMO are those making a profit from it!

GMO: antibiotics (Future of Food video)

Superweeds resisting glyphosate requiring 2-4,D. Don't worry: New 2-4,D gmos on the way.

GMO farm raised salmon! FDA approval.

GMO Wheat – (remember gluten intolerance levels now, just watch)

GMO's and the use of antibiotics as a marker in the gene.

Forcing themselves on foreign nations by giving them FREE food, Africa.

Monsanto suing farmers for growing patented crops. Percy Smeizer – Canada

No food health studies done on GMO:

Flavr-Savr Tomato, finally removed from market because of unprofitability. Labeled as GMO.

Star-Link corn allergic reactions? Bt corn. Recalled from market.

Foreign countries rejecting grain at the docks if gmo!

WTO, Pacific trade agreements, NAFTA, etc.

Corn in Mexico, home of corn, now contaminated with GMO's.

Like Pandora's box, Asian Carp in the GT Lakes.

Alcohol fuel for vehicles

High Fructose Corn Syrup – uses GMO process to produce. Not regulated as a sugar.

FDA not regulating GMOs because there is no significant difference between them and common foods but patenting them because there IS a significant difference.

Fight for GMO Labeling laws. Now superseded by US Govt, not allowing states to regulate labeling of GMO foods. On July 29, 2016, Pr. Obama signed bill, overturning VT bill requiring labeling of GMO containing foods and allowing 2 years to implement their version of the GMO labeling: requiring web site access, QR codes, etc. to get info and not all are required to obey?

terminator Gene

FDA
USDA
EPA
AMA

Codex Alimentarius – UN Food Act

<http://www.fao.org/fao-who-codexalimentarius/en/>

Evils and designs which do and will exist in the hearts of conspiring men.

tobacco subsidies
Sugar Blues and govt subsidies

8-26-16 Strawberries from Egypt contaminated with Hep A, put into smoothies.

\$\$\$ - industry is in it for the money

Agricultural subsidies
us govt subsidizes with our tax dollars, gmo corn, soybeans and cotton

Milk:

Monsanto's gmo health-hazardous [rBGH](#) has been banned in 27 countries. US?
Complaining because they are losing business. \$\$\$\$

Who pushed for milk and dairy products to be added to the food pyramid chart?

How about meat?

Dairy Industry, Meat Industry, Pork checkoff program?

Foods:

meat – mostly from 5 companies in the US

milk – mostly from milking parlors

Sugar – 55% from sugar beets of which 95% are GMO, 45% from HFCS and sugar cane?

GMO Bottom line

Patented gene technologies will not help small farmers survive climate change, but they will concentrate corporate power, drive up costs, inhibit public sector research and further undermine the rights of farmers to save and exchange seeds.

5 - Our Opportunity – the Future: our pocketbook in the stores directs future offerings.

What you can do about it!

How do you know if you are eating good, healthy food?

Grow it yourself or know your farmer!

Buy Local – buy fresh.

Certified Organic? – controlled by the government with big money trying constantly to modify the standards.

USDA issued a rule change allowing composts containing pesticide residues to be used in organic farming. But then a federal judge tossed the rule out!

Laws against defaming beef

Oprah Winfrey –

cuts into the beef industry profits – 13 states have these laws

Food Disparagement Laws

- The first food disparagement law meant to protect agricultural products such as beef was enacted in Louisiana in 1991. Since then, twelve more states have passed similar legislation, including Alabama, Arizona, Colorado, Florida, Georgia, Idaho, Mississippi, North Dakota, Ohio, Oklahoma, South Dakota, and Texas. The beef industry is often subject to volatile price swings, making it difficult for producers to turn a profit at times. Laws against defaming beef are meant to help reduce some of the outside forces that can lower the price.

Meat Consumption: (3.785 liters per gallon)

7# food protein produces 1# beef protein

(if 10% protein, 70# food for 1# beef protein)

water usage – 12,008 gallons for 1 # meat

108 gallons of water go into producing a pound of wheat.

Potatoes are even less "thirsty," at 48 gallons per pound.

world wide fresh water shortage – foreign nations wanting to suck up Gt Lakes water.

exporting grain and hay exports water

water pollution

poisoning of water with pesticides

energy inefficiency of meat production

soil erosion

land space for grain and grazing/forage

Links:

herballegacy.com

<http://online.snh.cc/files/2100/HTML/index.htm>

<http://naturalsociety.com/top-10-worst-gmo-foods-list/>

<http://www.takepart.com/photos/6-gmo-foods>

<http://www.gmwatch.org/gm-firms/10558-the-worlds-top-ten-seed-companies-who-owns-nature>

Herbs to the Rescue: Herbal First Aid Handbook , by Kurt King

<http://www.pcrm.org/health/health-topics/calcium-and-strong-bones>

The Open Source Seed Initiative (OSSI)

Read more: <http://www.waterencyclopedia.com/Ce-Cr/Clean-Water-Act.html#ixzz4I1IIDzvt>

GMO watch list – internet search

Other Links:

<http://www.forksoverknives.com/>

Publications:

A word of wisdom by Mark E. Petersen – 1981

Just what is the word of wisdom – Dr. John R Christopher

The Word of Wisdom Food Plan – Dr. Kenneth E. Johnson

Basic Essentials of Edible Wild Plants and useful herbs – Jim Meuninck

The Male Herbal – James Green

www.ldsveg.org/WidtsoeWordOfWisdomAModernInterpretation.htm

School of Natural Healing – Dr. John R. Christopher

<http://online.snh.cc/files/2100/HTML/index.htm>

https://www.lds.org/ensign/1975/12/how-to-get-better-as-you-get-older?lang=eng#pop_001-03064_000_024