



## FREE HEALTH AND WELLNESS NEWSLETTER

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### Inside this issue:

<i>Fasting</i>	1
<i>Schizophrenia</i>	2
<i>Sinus trouble</i>	3
<i>Shingles</i>	3
<i>Skin disorders</i>	4
<i>Editor's Message</i>	4

### Did you know:

Fast is derived from the Anglo-Saxon word, **faest**, which means "firm" or "fixed." The practice of going without food at certain times was called fasting, from the Anglo-Saxon, **faesten**, to hold oneself from food. Like most English words, the word fasting has more than one meaning. Thus, the dictionary defines fasting as "abstinence from food, partial or total, or from proscribed kinds of foods." In most religious fasts abstinence from proscribed foods is all that is meant. We may define it thus: **Fasting--is abstention, entirely or in part, and for longer or shorter periods of time, from food and drink or from food alone.**

## Fasting

**Plutarch said: "Instead of using medicine rather fast a day."**

Fasting is a rest-- a physiological vacation. It is not an ordeal nor a penance. It is a house-cleaning measure which deserves to be better known and more widely used.



Dr. Felix Oswald says: "Serious sickness prompts all animals to fast. Wounded deer will retire to some secluded den and starve for weeks together." Dr. Erwin Liek, endorses fasting and observes that "small children and animals, guided by an infallible instinct, limit to the utmost their intake of food if they are sick or injured."

Arthur Brisbane disapproved of fasting and took Mr. Sinclair to task for advocating it. After a lengthy correspondence about the matter, Mr. Brisbane acknowledged that "even dogs fast when they are ill." Sinclair retorted, "I look forward to the time when human beings may be as wise as dogs." A dog or cat, if sick or wounded, will crawl under the wood shed or retire to some other secluded spot and rest and fast until well. Occasionally he will come out for water. These animals will, when wounded or sick, persistently refuse the most tempting food when offered to them. Physical and physiological rest and water are their remedies.

From the book:

"The Hygienic System: Fasting And Sun Bathing", by Herbert M. Shelton.

<http://chestofbooks.com/health/natural-cure/The-Hygienic-System-Fasting-and-Sun-Bathing/index.html>

## Fasting in illness

It is estimated that fasting for the alleviation of human suffering has been practiced uninterruptedly for 1,000 years. No doubt it has been employed from the time man first began to get sick. Fasting was part of the methods of healing practiced in the Ancient Asculapian Temples of Toscurd Guido, 1300 years before the time of Jesus. Hippocrates, the mythical Greek "Father of Physic," seems to have prescribed total abstinence from food while a "disease" was on the increase, and especially at the critical period, and a spare diet on other occasions. Tertullian has left us a treatise on fasting written about 200 A.D. Plutarch said: "Instead of using medicine rather fast a day." Avicenna, the great Arab physician often prescribed fasting for three weeks or more.

I think that there is no room to doubt that man, like the lower animals, has always fasted when acutely ill. In more modern times the medical profession has taught the sick that they must eat to keep up their strength and that if they do not eat their resistance will be lowered and they will lose strength. The thought behind all of this is that unless the sick eat they are likely to die. The reverse of this is the truth --the more they eat, the more likely are they to die. In his **Eating for Strength**, M. L. Holbrook, an outstanding **Hygienist** of the last century, says: "Fasting is no cunning trick of priestcraft, but the most powerful and safest of all medicines."

Practicing 5-14 fast we strongly suggest medical monitoring and retreating from usual daily life. Best option -- to go to some residential spa (anti-aging resort) with experienced personal supporting you in any needed moment.

<http://www.anti-aging-plan.com>



## Sinus trouble



Sinus trouble is directly caused by wrong eating habits that can be controlled by the one it affects. Wrong diet causes the catarrhal condition that often-times affects the sinuses. Constipation is one great cause of sinus trouble.

Lack of exercise and fresh air also bring on this condition.

### What You Can Do:

**NOTE FOR SINUSITIS:** Ulcers of the nasal passages, draining sinuses, and infection of bronchial tubes may be relieved by doing the following treatments:

- Take 25,000 IU Beta Carotene 2 times daily
- Take 500 IU Vitamin D 2 times daily
- Take 1000 mg Vitamin C 3 times daily
- Mix: 4 Tbsp Comfrey; 3 Tbsp Goldenseal; 1 Tbsp Lobelia; 2 Tbsp Juniper. Use 1 Tbsp in a cup hot water drink tea 3 times daily.
- Blend small onion, 3 oz raw horseradish, 1/3 tsp peppermint oil, garlic bulb, juice of 2 lemons, 1 cup of honey. Mix all together then take 1 tsp 4 times daily.

### What You Can Do:

- Take Hot bath 3 times weekly: Use 1 Tbsp peppermint oil in water, and 1 lb Epsom salt.
- Mix 1/2 tsp salt in 4 oz water, drop 1 tsp in your nose; then drop 1/2 tsp weak Goldenseal tea in your nose. Do 2 times daily.
- Take **NO ENEMA INTESTINAL CLEANSER:** Mix 1 Tbsp Psyllium Husk powder in 5 oz juice, shake well, drink before it gets thick. Drink 3 times daily. Take 3 capsules Senna every other day.
- Take 5 capsules Feverfew 2 times daily.
- Go on a fruit juice or fresh fruit diet for 4 or 5 days, drinking all the juice you can of orange, grapefruit, lemon, pineapple, and grape. Do not mix the juices. Drink 1 at a time alternating them. Then go on a vegetable diet, using all kinds of greens, red cabbage, and eggplant, which are especially good.



**Face and Sinus Inhalation:** hold large towel over your head, allow hot steam vaporizer to blow in your face, put 1/3 tsp peppermint oil in the vaporizer. Breathe the steam for 10-15 minutes.

## Shingles

Shingles is a disease caused by the varicella-zoster virus - the same virus that causes chickenpox. After you have chickenpox, the virus stays in your body. It may not cause problems for many years. As you get older, the virus may reappear as shingles. Unlike chickenpox, you can't catch shingles from someone who has it.

Early signs of shingles include burning or shooting pain and tingling or itching, usually on one side of the body or face. The pain can be mild to severe. Blisters then form and last from one to 14 days. If shingles appears on your face, it may affect your vision or hearing. The pain of shingles may last for weeks, months or even years after the blisters have healed.

There is no cure for shingles. Early treatment with medicines that fight the virus may help. These medicines may also help prevent lingering pain. A vaccine may prevent shingles or lessen its effects. The vaccine is for people 60 or over who have had chickenpox but who have not had shingles.



### What You Can Do:

(This program is for 60 to 90 days.)

- Begin with 200 mg Vitamin B-6 daily.
- Take 800 IU Vitamin E 2 times daily.
- Rub skin with Vitamin E and Aloe cream.
- Take baking soda baths.
- Take hot Epsom salt baths.
- Place cabbage leaves over skin.
- Do clay bath or spread clay on skin.
- Apply cayenne pepper salve. Good to stop pain. See Cayenne Salve.

### **In case of fever:**

- Take a cup of Golden Seal or Myrrh tea (1/2 tsp to a cup) or 3 capsules.
- Remove the patient's clothes and put him in bed. Begin sponging off with tepid apple cider vinegar (feet, back, etc.)
- If patient becomes chilly, stop sponging and place hot water bottle or hot fomentations over stomach.
- Eat no solid food until the fever is down.
- Drink only fruit juices if the fever is high.
- Slippery Elm tea is excellent alone or mixed with Yarrow, Pleurisy Root or Lobelia.
- Drink 2 or more quarts of water.
- A nice hot dish of garlic soup is very good.
- Mix Horehound and Licorice Root powder and Peppermint together and drink.

## Skin disorder

### SKIN ACNE, ECZEMA, PSORIASIS ETC.

The skin not only acts as a covering for the body, but also as a means of elimination of wastes and as a temperature controller. There is within the body a thermostat which causes the pores to open to allow perspiration to escape.

Through the pores of the skin, each day, this can be readily seen in case of jaundice. The poisons from the liver are yellow in color, as a great deal of these poisons are eliminated through the pores of the skin. The yellowish tint is sometimes very noticeable.

Anything that affects the health of the body as a whole will naturally affect the skin. In constipation, the blood stream becomes laden with an excess of these toxic wastes and nature attempts to eliminate them through the pores.

Sometimes this poisonous waste form little pustules or scales. The condition is known as pimples, eczema, psoriasis etc. The only effective way to rid the skin of this irritating condition is by a thorough cleansing of the body both inside and outside.

#### What Can you Do:

(This program is for 60 days.)

Take:

Beta Carotene- 25,000 IU in the morning, 25,000 IU at night. Vitamin A is especially needed by the skin. Without this vitamin the skin cannot be healthy, smooth and firm.



In severe cases of Vitamin A deficiency, there is a dry condition of the skin. Carrot juice is exceptionally high in Vitamin A. It should be used in large quantities with beet juice. Beets being high in iron, are very good for the health of the skin. Drink 2 or more quarts the first 3 to 5 days with no other food but water.

For pimples, drink a quart of water with the juice of 5 lemons the first thing in the morning. Then wash your face in hot water, then cold water. Rub the affected parts with blackstrap molasses or honey before going to bed. Wash off with hot and cold water the next morning. Take hot Epsom salt bath weekly using about 2 or 3 pounds of Epsom salt in the water. Rub on face well.

**For Eczema or Psoriasis**, the same health program must be followed if the body is to be rid of skin problems. Psoriasis is caused by a disturbance of fat metabolism. A great many cases are corrected by following a diet low in fats. This has also been very helpful in eczema. All flesh meat should be omitted. Cream, ice cream, cheese, margarine, whole milk, all cakes, cookies and pastries should be strictly forbidden.

Use thick cream from unpasteurized milk, and add ½ cup of cider vinegar. Also add 5000 IU Vitamin E and 150,000 IU of Vitamin A with 4 tablespoons of Lecithin mixed in 16 ounces of the unpasteurized milk. Apply at night and wash off in the morning.

## Editor's Message

It is our prayer that you will enjoy optimal health. We, at the 3a- Wellness Retreat Center are here to help you in your journey to great health and we hope that you will enjoy and benefit from our Newsletter. Collecting our issues and obeying God's principle of health can save you hundreds of dollars on your medical bills! It is our mission to provide you with the information you need to attain the highest level of physical, spiritual, and emotional health possible. Through this monthly newsletter, we will endeavor to bring you practical information about natural health care.

May God bless you and give you great health!

*Eva Sabo, Natural Health Consultant (Editor)*

**WE ARE ON THE WEB**  
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*In the next issue:*

**THYROID, TUBERCULOSIS,  
 TUMOROUS GROWTHS**

## What's new

### Tobago Wellness Center March 17, 2012



Pouring the concrete for the main building Foundation

<http://vimeo.com/40984888>



First Guest House