

# Eat Your Broccoli

Why? It's one of the most effective anti-cancer foods you can buy! Researchers at Johns Hopkins University School of Medicine discovered that broccoli contains a natural compound that helps the body fight cancer by causing it to produce protective enzymes. These enzymes detoxify the carcinogens that could potentially lead to cell mutations. If you want to get the highest concentration of the compound, choose young broccoli sprouts—and the fresher, the better.

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## All or Nothing

Reginald B. Cherry, M.D. claims that nutritional supplements can provide optimal health benefits “only if they consist of nutrients in their most complete, natural and bioavailable forms.” A case in point is vitamin E. Generally sold in its isolated, alphanatocopherol form, vitamin E is actually a family of nutrients consisting of four tocopherols (alpha, beta, gamma and delta) and four tocotrienols (alpha, beta, gamma and delta), Cherry says. He recommends that the various forms of vitamin E be taken together because they work as an antioxidant team to give maximum protection against disease.

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## **Avoiding Asthma Triggers**

In his book *The Bible Cure for Asthma* (Siloam) Don Colbert, M.D., says that some food additives might trigger an asthma attack. Read labels carefully and avoid the following:

1. Preservatives BHA and BHT, found in cereals and other grains
  2. MSG, often used as a flavor enhancer in Asian food
  3. Food coloring, namely tartrazine (yellow dye #5), found in candies, cake mixes, margarine and some soft drinks
  4. Foods that contain salicylates, or aspirin, including apples, cherries, cucumbers, pickles, grapes, raisins, oranges, peaches, plums, prunes, strawberries, tomatoes, etc.
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## **Sleep Can Help You Lose Weight**

In his recent book, *The Jerusalem Diet* (WaterBrook), pastor Ted Haggard cites a CBS News report on the link between obesity and sleep deprivation. The report was based on an article in the *Journal of Clinical Endocrinology and Metabolism* and explained that sleep affects the body's production of hormones, including leptin, which helps control appetite.

Leptin levels rise when we sleep, telling the brain that the body has stored up enough food. "If you deprive your body of sleep," Haggard warns, "you may develop a shortage of this hormone. And...your body may start asking for food it doesn't really need."

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## How to Talk to Your Preschooler About Sex

According to Dr. Richard Dobbins, author of *Teaching Your Children the Truth About Sex*, it's never too early to start talking to your **child** about **sex**.

"In spite of all you will do to control the social contacts in their young lives," Dobbins says, "there is no way you can totally protect them from the toxic **sexual influences** permeating our society today."

Because of this, he recommends that **parents** of **young children** build a strong bond of affection by offering them lots of hugs, kisses and compliments. Then, Dobbins says to take

advantage of this **relationship** to carry on a healthy dialogue about sex with them from the time they are able to talk.

“By doing this you can be sure that whatever they hear from others won’t surprise them,” Dobbins explains. “By the time they venture out into the preschool or kindergarten world, you will have become their most trusted expert on the subject of sex.”

He says this is the healthiest way to curb their natural curiosities and keep them looking to you as their trusted source of information as they grow into healthy adults.

*Walt Larimore, M.D., is one of America’s best-known family physicians. He is the author of Why ADHD Doesn’t Mean Disaster, which he co-wrote with Dennis Swanberg and Diane Passno. Visit for more information on this subject and many other health-related topics.*

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## Natural Menopause Management

According to Janet Macarro, Ph.D., CNC, in her book Midlife Meltdown (Siloam), it’s time to start “rethinking midlife hormonal health.”

She encourages the use of the following natural supplements \* to alleviate some of the symptoms brought on by menopause:

### **Black cohosh capsules**

80-160 mg per day

Anxiety, hot flashes, night sweats, vaginal dryness, depression, heart palpitations, headaches, sleeplessness

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