



FIGU ADVICE

to
Wellbeing

Observations, insights, findings, helpful,
important, worth knowing as well as
Interesting things from nature



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1. Vintage
No. January 1, 2017

Liver damage from energy drinks: Red Bull changed liver of British woman as much as alcohol

Dr. Utz Anhalt; Heilpraxisnet; Mon, Jun 06002016:00 UTC

The British woman Mary Allwood came to 2015 the hospital in November. Her liver had become massively enlarged. This is typical for alcoholics, and so the doctors first thought it was alcoholism.

Too much Red Bull

Mary really drank too much, but not alcohol. She poured **cans20 of Red Bull** into herself **every day**. These energy drinks carry a warning label in Germany - because of their high caffeine and sugar content.

Red Bull attacks the liver

Doctors agreed: the energy drinks had affected the liver as much as alcohol usually does.

Effect like drugs

Mary's 20 cans of the energy drinks per day contain 550 grams of sugar. **Coffee is healthier than most people think**, but Mary was consuming the caffeine of 16 cups every day - way too much. At 22, Mary drank Red Bull for the first time and increased the dose daily.

Sugar addiction

Evidence from a **recent study: sugar addiction comparable in effect to drug addiction**.

The now 26-year-old says herself that she was addicted. *As with other drug addictions, she suffered from withdrawal symptoms. If she didn't feed herself Red Bull, she was 'unhappy and grumpy,' she says.*

"My Heroin"

"I needed the taste, that tingle. It was my heroin. I felt terrible without it," Mary says.

Heart and liver problems

With her heart beating 23 irregularly, the extreme amount of sugar damaged the liver: it more than doubled in size and scarred over. Only when she could no longer stand the pain did Mary go to the clinic.

Withdrawal

January 2016, the young woman started her withdrawal. She was shaking and her mood was fluctuating. But Mary persevered, and since she got clean, her liver regenerated.

Ban for minors? Today Mary is calling for Red Bull, like alcohol and cigarettes, not to be sold to minors. The organization Foodwatch is also calling for an age restriction, and Latvia already introduced a ban on sales to minors.



Known problem

The damage caused by energy drinks has been known for years. In 2012, for example, a mother in the USA went to court because her year-old14 daughter died of heart failure. The reason: large quantities of the energy drink 'Monster Energy' with 240 mg of caffeine per can. However, it remained unclear whether the girl had already suffered from a weak heart.

Serious incidents

The U.S. Food and Drug Administration (FDA) already stated in 2012 that very often young people came to hospital emergency rooms after consuming energy drinks. Numerous deaths were related to the consumption of the sugar-caffeine drinks.

Consumer advocates have been warning for a long time

The consumer center in Hamburg has already called for a ban on the sale 2012of caffeinated energy drinks for children and young people. These drinks had three times as much caffeine as cola and were therefore not suitable for children.

Source :<https://de.sott.net/article/24402-Leberschaden-durch-Energy-Drinks-Red-Bull-veranderte-Leber-einer-Britin-so-strong-like-alcohol>

Help from nature - coconut against Alzheimer's disease

Posted on March by 29,2014admin

Alzheimer's disease is not yet curable. But there is a simple way to stop it and even partially reverse the symptoms - with selected, healthy fats, for example from coconut, with coconut oil!

Mary Newport, a physician whose husband developed Alzheimer's disease at the age of 50, worked hard to find help for her husband.

In the process, she discovered this nutritional treatment that anyone can easily do at home: With so-called medium-chain fatty acids, such as those found in coconut or palm oil.

In diseases such as Alzheimer's, the brain can no longer utilize its usual energy source, glucose; the brain cells lack energy and gradually die. Medium-chain fatty acids, which we can consume in increased quantities with certain foods, are converted in the liver into ketones - tiny building blocks of an organic nutrient that the brain can also use as an energy source in Alzheimer's disease. The death of the cells and thus the worsening of Alzheimer's can thus be prevented or at least slowed down.

Source: <http://marialourdesblog.com/hilfe-aus-der-natur-kokosnuss-gegen-alzheimer/>

**FIGU information on this from 'Pleiadian-Pleiadian Contact Reports',
Contact14,619. block, Thursday, page 2.4.2015,202;**

Ptaah in an execution about the metabolism of humans:

Metabolism can be stimulated with natural, high-quality, organic, cold-pressed coconut oil, because this oil contains triglycerides, simply called MCTs for short, which are found in very few oils in nature. These fats are not absorbed by the body and are therefore not stored as fat. They also lower cholesterol levels, and besides that, they stimulate metabolism, supply the body with high-quality energy and promote the absorption of calcium and magnesium. It is also worth knowing that triglycerides are burned long before proteins, which is otherwise reserved only for carbohydrates. When frying and cooking, coconut oil can be used very well and specifically, because it does not develop harmful substances that are harmful to health, and this is because it remains stable even under heat and stimulates the metabolism, while other oils that are industrially treated can not do this and thus burden the organism.

Danger from smartphone and WLAN 40known for years

Posted on July by 30,2016admin

The effects of radiation as used today by smartphones, WLAN and mobile communications were already 40known years ago.

1976 the U.S. military prepared a summary of the research results of the Eastern Bloc on the biological effects of technically generated electromagnetic radiation in the radio and microwave range - source: Pravda

Effects on the nervous system:

"Subjects exposed to microwave radiation showed a variety of neurasthenic disorders (...). The most common subjective complaints were headache, fatigue, sweating, dizziness, menstrual disorders, irritability, restlessness, tension, drowsiness, insomnia, depression, agitation, forgetfulness, and concentration disorders."

"If the leading nations of the West are strict in enforcing binding exposure standards, it could have unfavorable effects on industrial production and military functions."

Thus the report in Biological Effects of Electromagnetic Radiation (Radiowaves and Microwaves) - Eurasian Communist Countries | Defense Intelligence Agency | 1976

Secret weapon of the military

Microwave technology was originally used not for radio but for war purposes. Already, the Naval Medical Research Institute, which is part of the U.S. military complex, had 1971 listed diseases 120 from studies 2300 that were associated with radio and microwaves.

From the 1950s to the 1970s, he said, microwave technology proved to be so perfect and dangerous military weapon turned out that the U.S. Defense Intelligence Agency (DIA) recommended that Western governments keep quiet about it - which is what had happened.

"Thus, microwaves are until today unknown but highly effective secret weapons of the military," explains the microwave specialist Barrie Trower and warns the world of the catastrophic consequences of mobile radio. In a 1976 DIA document dealing with the 'biological effects of electromagnetic irradiation (radio waves and microwaves) of Eurasian communist countries', it says:

"If the more developed nations of the West are strict in enforcing increased radiation standards are, this could have adverse effects on industrial production and military operations."

The document lists various diseases triggered, depending on the wavelength and the intensity of the radiation. Because of these facts, the document had to be kept secret from the public, Trower explains.

1976 It came to light that the U.S. Embassy in Moscow had been microwaved for some years.15 was irradiated. Various (cancer) diseases were the result, 'the whole staff had to be exchanged'. With these weapons, he said, one could even choose which disease, for example, anti-government people should get or specifically weaken the heart, the lungs, the hormone system. *"It's very easy to irradiate people the government doesn't want."*

Meanwhile, high-frequency weapons have much more sophisticated technology: *"To date, these weapons have evolved to the point where you don't even have to be in the same country to use them."* Trower states that he knows of at least two specific radio transmitters that have the ability to economically destroy another country:

Microwaves are beamed into the ionosphere in such a way that they can be reflected down onto a specific land. *"You can target all the cattle, all the sheep, or damage all the animals right away, weaken the immune system of the plants so they're no longer healthy, even stop growing and die."*

The potentials are comparable to a nuclear bomb.

Source: <http://marialourdesblog.com/gefahr-durch-smartphone-und-wlan-seit-40-jahren-bekannt/>

FIGU info on this:**Excerpt from the official649. contact meeting in March 26.2016**

BillyThen I have a question again: You have often said how harmful the radiation of cell phones, etc. are and trigger brain tumors with frequent use, as well as other ailments. Can you briefly say something about this again?

PtaahYes , the radiations of these devices are not harmless, as the manufacturers of these devices as well as the representatives of these devices liefully claim. In fact, the radiation from these communication devices is very dangerous in several ways. If the devices are held closer than 18 centimeters to the head in active state, the radiations become very dangerous, because, as you say, brain tumors can be caused by the vibrations. Subsequently, difficulties arise in relation to consciousness, up to severe disturbances of consciousness as well as thought-feeling, thus affecting the psyche. Further damages result in the form of aggressiveness, coldness of feeling, and uniformity, as well as a general lack of interest in the environment, fellow human beings, fauna and flora, personal affairs, family, friendships, and world events. Furthermore, online addiction, lack of communication in personal form, as well as an isolation from interpersonal relationships and reality result from this, whereby reality and its truth can no longer be perceived and realized, as well as no longer understood. Furthermore, the whole thing also leads to the fact that violence appears and life itself becomes meaningless, worthless and disregarded in all its forms, even to the point of suicide.

BillyThanks . I see the whole thing with these devices as an addiction of a sheer stupidity and senselessness of those earthlings who don't know what to do with their time and their life anymore. And addicted in this kind are innumerable, who 'fool around' on their devices, because they are simply too stupid and sick in the head, in order to really live and do something clever. The whole thinking and feeling is affected as well as the perception of reality and the initiative for a healthy, meaningful and valuable occupation. The result is a laziness of occupation, which means that people only sit around, talk weak sense and sleep away the time in bed, instead of getting active and pursuing an activity.

Moringa - the Helpfood for all of us!

14. June aikos 20162309

Moringa is a superfood that is making headlines! No other vegetable raw material is said to contain as many healthy substances as moringa. Well, what's the truth behind this headline? Is Moringa really that good?

Yes, it is and even better! Because as Helpfood it helps not only people in this country, but also the producers in often very poor regions of countries in the so-called Third World.

Moringa

Moringa oleifera (Latin name), or also called horseradish tree, belongs to the plant genus of the bennut family and originally comes from India. More precisely, from the foot of the Himalayas. The German name horseradish tree originated from the roots, which smell 'fiery' like horseradish, which is also the European' discovery of Moringa, because the English colonists in India discovered Moringa for themselves as their 'horseradish substitute'.

Moringa has been a sacred medicine and food for many generations. Already in 5000ancient Hindu scriptures one can find reports about the Moringa tree. Moringa has always been an integral part of the traditional medicine of South India (Ayurveda). It is therefore not surprising that even the ancient Greeks, Egyptians and Romans valued this plant immensely.

In recent years, Moringa has also become increasingly well-known in our latitudes - not least due to numerous studies that have investigated the mode of action and ingredients of Moringa oleifera. Each part of the Moringa tree has its own specific positive effects.

Thus, the leaves and fruits of Moringa oleifera have an unprecedented nutritional content - they contain many elementally important amino acids, vitamins and minerals. But also the seeds have he -

amazing properties - they are suitable, for example, for the treatment of drinking water. Even the roots are sensibly used in many areas due to their 'horseradish sharpness'. It becomes clear: *Moringa oleifera* is extremely versatile and has its nickname 'miracle tree' and 'tree of life' not without reason.

Moringa leaf powder Just a few grams of Moringa leaf powder daily are enough to meet many daily requirements of vital and nutrients for a healthy body balance! Moringa can prove to be a true 'all-rounder' among the natural

The main reason for this is that no other natural dietary supplement really has 'everything' in it.

It is therefore not surprising that moringa is mixed into the food in many refugee camps in Africa to counteract deficiency symptoms of the refugees. Moringa is therefore also a real bestseller among people who call themselves 'preppers'.

'Preppers' are people who prepare for 'the crisis' or 'the end of the world'. No wonder, because dried moringa leaves can be stored for a long time and are therefore a really good crisis precaution due to the nutrients and vital substances they contain ...

Here's what's in dried moringa leaves: Almost as much vitamin A as in carrots; half as much vitamin C as in oranges; 4 times more calcium than in milk; exactly as much protein as in eggs; 3 times more potassium than in bananas; 25 times more iron than in spinach; and twice as much protein as in soy.

Furthermore, the leaves contain anti-inflammatory²⁷ substances, antioxidants²⁵ and 18 amino²⁰ acids,¹⁸ which are¹¹ essential for human life.

In addition, moringa even contains the messenger substance zeatin, which was recently discovered by science. This is responsible for the control and influence of absorbed substances in the body cells. And not to be forgotten is the also not negligible amount of minerals such as: Iron, phosphorus, selenium, copper, manganese, magnesium, sulfur and zinc, as well as a very high content of chlorophyll, alpha-carotene and beta-sitosterol! And all this is only in one component of the Moringa tree, the leaves!

Moringa tea

If you do not grind the leaves to a powder, but leave it at cut, you have a very good and beneficial tea, because such a tea can be prepared from the leaves and flowers. In this way, the hardly soluble substances of the moringa tree, which need heat and water, reach our 'temple'-our body - in an optimal way. Especially good are mixtures with other teas and substances, such as jiaogulan, tulsi, pomegranate, goji and cistus.

Moringa seeds and oil

But Moringa provides not only the great leaf powder and the good tea. The seeds are also extremely valuable. The Moringa flowers produce the Moringa fruits, the so-called 'Moringa Drumsticks'. These ripe fruits are ribbed sticks about up to 2cm⁴ wide, filled with the seeds (similar to the beans we know). They can grow very long, up to 90 cm. They are very tasty and a common ingredient in South Indian dishes. But also the moringa leaves are often used in the morning with egg to make a very tasty scrambled egg.

The seeds of the miracle tree are roundish or almost triangular and each with 3 papery wings. They are arranged in a row in the 'drumstick' and embedded in a white dry pith. They are able to purify water and when cold pressed, the behen oil known since the Middle Ages can be extracted from them. The oil of the Moringa seeds is very valuable and is particularly suitable for external application for skin problems. Especially in case of neurodermatitis good results are said to be achieved. But also in the field of anti-aging Moringa oil on the skin is an insider tip.

Moringa tips

For an optimal daily supply of nutrients and vital substances is an effective combination: Moringa leaf powder together with Sango coral! The Sango coral contains an optimal ratio of calcium and magnesium and other secondary minerals such as iron. If one takes now daily approx. 3-6 g Moringa leaf powder and 1-2 g Sango coral powder, one has the best possible natural supply at all important materials for the daily need. In other words, with Moringa and Sango coral you have a real and percent100 natural food supplement for health.

Another tip are capsules. Because unfortunately Moringa tastes, to put it elegantly, very 'healthy'. The effect that you sometimes simply can't see Moringa after a longer intake can be avoided by taking the leaf powder in vegetarian capsules, because they are completely neutral in taste.

But also in the popular smoothies Moringa can be integrated perfectly. Every day one or two teaspoons in the daily smoothie give and one comes into the pleasure of the forces of the miracle tree. To counteract the aforementioned taste, the following ingredients have been shown to compensate very well for the natural Moringa taste: Oranges (alternatively orange juice) and bananas.

Recipe for a tasty moringa smoothie:

Any amount of water and the following ingredients into a blender: 2 teaspoons moringa leaf powder; 1 pinch of sango coral powder; 1 peeled orange or alternatively orange juice; 1 peeled banana; 1 washed carrot; washed 1 apple; teaspoon 1 coconut oil.

But moringa is also very suitable for pets. For cats, mix a knife tip into the food once a week, for dogs, depending on the size, teaspoon 1 or more.

Moringa quality

You should pay attention to where and how the Moringa is produced! Because here there are incredible differences in quality. Especially with trendy products, the market is quickly flooded by dubious suppliers who want to buy Moringa raw materials cheap and sell expensive. First of all, it is important to have a real BIO-certification, i.e. the product should bear the official logos, either the German or the European one. This way you can be comparatively sure that the plant has not been poisoned with pesticides. Furthermore, pay attention to the production of the leaf powder. How was it dried? Because there have already been some recalls of Moringa in Germany due to salmonella. This is because the leaves are often dried in the open air. This can lead to nasty side effects in Africa or India, but also cause important nutrients to be lost due to the heat. Therefore, it should be noted that the Moringa leaves are dried indoors and that this is in accordance with the raw food guidelines. That is, Moringa should not have been heated above degrees 39, because only in this way very many important substances are completely preserved.

Moringa Helpfood

Moringa is a superfood in the best sense, because it helps us to maintain our health and should also help those people who produce it for us. Because moringa mostly comes from very poor parts of the world, like India, Africa and South America. Therefore, fair prices should be paid to the original producers. It would be terrible if children also had to work for Moringa or it comes to similar scenes as in the textile industry in India. Therefore, one should always be mindful when buying food, because not every supplier wants the best for the health and welfare of all, but often primarily only the money.

Source: <http://www.pravda-tv.com/2016/06/moringa-das-helpfood-fuer-uns-alle/>

In this regard, valuable information from the official 221. contact meeting held on Wednesday, December 30, 1987

BillyThe Kalach tree, which is extinct, was a huge umbrella acacia under which a small village could fit. But what is the so-called moringa tree that you once spoke of and said would one day become of great importance to earth people? Until today I have not heard or read anything that this tree or its fruits and seeds are somehow used.

Quetzal The moringa tree is a so-called medicinal tree, which grows extremely fast and reaches a height of about three (3) meters per year. The tree grows mainly in South Asia and North Africa and contains active substances that can be used by the earthlings against anemia, high blood pressure and diabetes. The various active substances can also be used to build up and strengthen the immune system. The relevant building up of the immune system can, among many other possibilities, also be a successful means against AIDS.

disease. The diverse tree also provides food for humans and animals, and the nutrients are extremely rich in vitamin C and calcium. In addition, the seeds of the Moringa tree are extremely oily, and the oil can be used as a lubricant and fuel for machines, among other possibilities. Furthermore, the seeds of the tree can also be used to purify dirty water, much better than any chemical can do. However, these are not the only possibilities and advantages that this tree and its seeds and fruits provide, because there are several more.

BillyThat is interesting, then one can also hope that from it a certain progress in some way for the earth people develops.

Quetzal As our probability calculations show, this will indeed be the case.

US patent B26506148 for the manipulation of the nervous system by the electromagnetic fields

Published on June10. by 2016rsvarshan

US patent 6506148 B2 for manipulation of the nervous system by the electromagnetic fields of the monitors

(Note: The text incl. translation is taken from the original and not adapted, therefore it may be a bit difficult to read [Note FIGU: The text was corrected as far as possible based on the English original and also shortened]. <https://google.com/patents/US6506148>)

Our brain is essentially receptive to two physically measurable frequency ranges. These are the microwave range, as it is also used for cell phones, and the low-frequency ELF range. ELF frequencies work with very low oscillations of up to 1Hertz100. These waves have the ability to penetrate deep into the earth and can even follow curvatures. By means of ELF waves not only words, thoughts or images can be transported into the subconscious, but it is also possible to manipulate a person's feelings.

Humans have different brain wavebands in the ELF range:

Delta (1-3 Hz): deep sleep, coma

Theta (4-7 Hz): hypnosis, trance, dream

Alpha (8-12 Hz): meditation, relaxation

Beta (13-40 Hz): Waking state to highest arousal.

Detailed knowledge of electromagnetic fields allows access to the complex neurocognitive processes associated with the human self, consciousness and memory. When appropriate frequencies are irradiated to the brain, above a certain intensity, altered brainwave patterns are forced and brain function is disrupted, which can lead to serious disorders. **This manipulation of mental function disrupts neurological and physical functions. The impact on health can be significant, as the human brain and various other organs operate precisely with electromagnetic waves in the ELF range.**

The fact that it is possible today to influence or even control people through radiation is no longer in question. Scientific studies have already proven this several times.

Here is the US patent about the manipulation of the nervous system by the electromagnetic fields of the monitors: <http://google.com/patents/US6506148>

And here is the German translation of the patent text

Nervous system manipulations by electromagnetic fields of US B2 6506148monitors SUMMARY.

Physiological effects have been observed in a human subject in response to stimulation of the skin with weak electromagnetic fields once they are applied at certain frequencies in the vicinity of

1/2 Hz or 2,4 Hz pulsed, such as to excite a sensory resonance. When displaying 'pulsed' images, many computer monitors and TV tubes emit pulsed electromagnetic fields of sufficient amplitudes to cause such excitations. It is therefore possible to manipulate a subject's nervous system by pulsing images displayed on a nearby computer monitor or TV set. The pulsed image may be inserted in the program material, or it may be superimposed/inserted by modulation of a video data stream, either as an RF signal or as a video signal. The image displayed on a computer monitor can effectively be pulsed using a simple computer program. Certain monitors can generate pulsed electromagnetic fields capable of inducing sensory resonances in nearby subjects, even when the displayed images are pulsed at subliminal intensity.

DESCRIPTION BACKGROUND OF THE INVENTION

The invention relates to stimulation of the human nervous system by an electromagnetic field applied externally to the body. A neurological effect of external electric fields was mentioned by Wiener (1958) in a discussion concerning the focusing of brain waves by nonlinear interactions. The electric field was applied to provide 'a direct electric drive to the brain'. Wiener describes the field as being arranged/set up by a Hz10 alternating voltage of 400 V, placed in a room between the ceiling and the floor. Brennan (1992), in U.S. Patent No. 5,169,380, describes a device for reducing disturbances in circadian rhythms of a mammal in which an alternating electric field is applied over the subject's head at a short distance from the skin by means of two electrodes.

More articles on the topic of Mindcontrol:

Brainwashing through digital television

https://www.youtube.com/watch?feature=player_embedded&v=A4PvzVdtgBg

10 Strategies to completely manipulate society - Mind Control-Mindcontrol

https://www.youtube.com/watch?v=_aw9aRyjLcI

How we are hypnotized by television

<http://www.wahrheitssuche.org/tv-hypnose.html>

Manipulation of consciousness by ELF waves

<http://www.zeitenschrift.com/artikel/min-control-bewusstseinsmanipulation-durch-elf-wellen>

More on this topic:

Our contribution: Mass hypnosis through cinema and television

Source: http://www.oppt-infos.com/index.php?p=us-patent_6506148_b2_zur_manipulation_des_nervensystems_durch_die_electromagnetic_fields/ or <https://rsvdr.wordpress.com/2016/06/10/us-patent-6506148-b2-zur-manipulation-des-nervensystems-by-electromagnetic-fields/>.

Comment

Again, this report recalls the official512. contact meeting of Saturday, January 1.between2011 Ptaah and Billy. (See FIGU Special Bulletin No60. <http://www.figu.org/ch/verein/periodika/sonder-bulletin/2011/nr-60>). In it they talk about things that the great mass of the people are not aware of in any way, but through which already here and now practically all people are being manipulated in an evil way, who in any way use techniques of television, the Internet, cell phones, etc. More about this in FIGU Time Sign no. 46.

Achim Wolf, Germany

Other side effect from cola and sodas: Impotence

Heilpraxisnet; Sat, Jul 09002016:00 UTC

Cola reduces sperm count. Cola and lemonade are not exactly the healthiest drinks. It has long been known that regular consumption of these drinks can lead to obesity. In addition, however, there are other dangers for men from the sugary soft drinks. Researchers found that they increase the likelihood of erectile dysfunction.

Regular drinking of lemonade and cola is not very healthy. These drinks attack the health of our teeth and often cause weight gain. Researchers have now found another good reason why men should drink fewer soft drinks in the future: Regular consumption seems to lead to erectile dysfunction in men.

Scientists from Nicolaus Copernicus Hospital in Poland found that regular consumption of soft drinks is not really recommended for men. Consumption of these drinks can trigger erectile dysfunction in men. The physicians published the results of their study in the journal Central European Journal of Urology (CEJU).

Consumption of one liter of cola daily drastically reduces sperm count

When men drink a liter of cola a day, their sperm count decreases by up to percent,30 researchers have found. The new study examined young2554 men who all drank a lot of cola. The subjects were found to have an average sperm count of 35 million per milliliter, compared to millions56 of sperm per milliliter when men drank a little cola only occasionally, the authors explain.

Caffeine has no effect on sperm count The study also tested whether there is a link between caffeine consumption and sperm count. However, such a connection could not be found, the researchers say. From for this reason, the medical experts assumed that the problem was probably caused by another ingredient in the drink.

Experts warn against erectile dysfunction from cola

Sperm counts are still within a normal range in affected individuals, but the reduction of sperm by such a large percentage could complicate future baby plans. That's why men might want to give up sodas and colas and switch to water instead, advise authors Jan Adamowicz and Tomasz Drewa of Nicolaus Copernicus Hospital. The likelihood of a link between soft drinks and erectile dysfunction is considered very high, the experts from Poland add.

What does cola do in our body after minutes60?

How much cola harms our body in minutes60 is still ignored by many people today. Probably few consumers expect any effects on fertility. However, scientists from Copenhagen University Hospital also examined the effects of soft drinks on our bodies in a recent study, and the results coincided with the Polish study. They also came to the conclusion that regular soft drink consumption promotes erectile dysfunction.

Does sweetener in lemonade lead to erection problems?

Whether men get an erection depends on many different factors. However, certain ingredients in soda pop contribute to making it harder for men to get an erection, the researchers explain. Apparently, large amounts of fructose syrup cause the arteries in a man's member to become damaged. This substance is used as a sweetener in many soft drinks, say the medical experts.

Reduce your cola consumption If you occasionally drink a glass of your favorite soda, this is unlikely to have any negative side effects on your body. However, medical experts advise a change of mindset and a reduced

intake if you regularly consume soft drinks. About a billion1,8 bottles of cola alone are consumed worldwide every day, and there are certainly a lot of men who could improve their sex lives by giving up this drink. (as)

Source: <https://de.sott.net/article/24927-Weitere-Nebenwirkung-durch-Cola-und-Limonaden-Impotenz>

Study: Frankincense oil kills cancer cells and strengthens the immune system

30. July aikos 20162309

One of the most important studies on this subject was conducted by 2013scientists at the University of Leicester in England.

They found that the natural acetyl-11-keto- β -boswellic acid (AKBS) contained in frankincense attacks and destroys ovarian cancer cells. Their findings were particularly significant because they demonstrated that AKBS had this effect even in patients with advanced ovarian cancer, not just in laboratory experiments with isolated cells.

"Frankincense is taken by many people with no known side effects," said research leader Kamla Al-Salmani. "Our findings have tremendous potential and should be explored in a clinical trial to develop an alternative treatment for ovarian cancer."

Frankincense oil kills cancer cells and reduces the side effects of radiation treatments

The Leicester findings were based on an extensive and still growing body of evidence for the potent immunostimulatory and anticancer properties of frankincense and its components.

For example, a 2009 study published in BMC 'Complementary and Alternative Medicine' found that the frankincense plant leads to the death of bladder cancer cells by activating various cellular mechanisms. Another study, conducted by researchers at Nihon University in Tokyo and published in 'Biological and Pharmaceutical Bulletin', demonstrated that several chemical components of frankincense can kill three separate human neuroblastoma cell lines.

Neuroblastoma is a type of cancer that forms in the nerve cells and mainly affects young children. In the same study, frankincense was shown to inhibit the growth of Epstein-Barr virus. Other studies found that frankincense and its components can kill brain, breast, colon, pancreatic, prostate and stomach tumors (**cancer: ginger kills 10,000 times more cancer cells than chemotherapy**).

Frankincense can also alleviate the often distressing side effects of cancer therapies. A 2011 study published in the journal 'Cancer' was conducted on patients with brain tumors in whom radiation therapy had resulted in cerebral edema (a swelling in the brain).

The researchers found that brain swelling decreased by percent75 in 60 percent of the subjects given frankincense. This effect was strong enough for the scientists to recommend frankincense as a potential alternative to steroids, which are currently preferred for this purpose. Steroids can cause headaches, cloudy vision and migraines (**'chemo-brain' - permanent damage to the brain from chemotherapy**).

Frankincense boosts the entire immune system

Frankincense owes its cancer-fighting properties in part to its powerful effect on the immune system. A study by scientists at Baylor University Medical Center in Dallas found that frankincense affects the expression of genes that regulate the immune system, causing the death of cancer cells.

In another study with mice published in Phytotherapy Research, researchers demonstrated that frankincense increases several important markers for the immune system, particularly levels of white blood cells (lymphocytes) and anti-inflammatory mechanisms. (Cancer is a man-made disease).

The strong anti-inflammatory effect of frankincense has already been demonstrated in several studies. This, as well as the other immune stimulating properties, partly explain its effectiveness in fighting infections and in the treatment of autoimmune diseases such as asthma, rheumatoid arthritis and inflammatory bowel disease.

Frankincense can also be used to treat skin problems such as acne and scars, and it can relieve anxiety. If you want to regularly benefit your health with frankincense, you can apply the essential oil undiluted on the skin or put a few drops under the tongue. If you have respiratory problems, the oil can be atomized and inhaled. But there are also capsules with frankincense powder for sale.

Among the numerous species of frankincense, Boswellia cateri, Boswellia serrata and Boswellia sacra in particular have been shown in scientific studies to be effective against cancer. Boswellia cateri, native to East Africa, is the best-studied frankincense species.

Boswellia sacra, the 'sacred incense', was until recently only allowed to be used by the Saudi Arabian royal family, who bought it in Oman. But now an Omani distillery produces Boswellia sacra essential oil for public trade as well.

Source: <http://www.pravda-tv.com/2016/07/studie-weihrauchhoel-toetet-krebszellen-ab-und-staerkt-das-immunsystem/>

No to alcohol:

Why permanently abstaining from alcohol is good for the body

T-Online; Mon, Aug01 2016 10:09 UTC

For many, an after-work beer or a glass of wine is part of everyday life: Germans drink almost ten liters of pure alcohol per capita every year. But what happens in the body when you abstain from alcohol for several weeks or even months? What alcohol fasting really brings.

Abstaining completely from alcohol for a while and thus keeping one's consumption low is a good idea at first. "There is basically **no such thing as safe alcohol consumption. Even small amounts of alcohol increase the risk of cell damage to the liver. One thing is** certain: the higher the consumption, the more harmful," explains Georg Poppele, spokesman for the Qualified Withdrawal in Internal Medicine working group of the Professional Association of German Internists. Cardiovascular diseases and cancer in particular can then be the result.

Do without - but for how long?

"Within two months, absolute abstinence can also **reverse detectable damage to the liver, such as alcohol-related inflammation or fatty liver,**" Poppele says. And just two to four weeks of abstinence can help the immune system recover. The pounds can fall off. **The healthwise still acceptable alcohol consumption of** grams¹² of pure alcohol per day for women and of 24 grams of pure alcohol for men is exceeded by about 13 percent of the women and by about 16 percent of the men. For these people in particular, who normally drink more than recommended, abstaining is a rewarding experience, says Michaela Goecke, head of the BZgA's Addiction Prevention Unit: **"Loss of weight may be an effect."** Not only because alcoholic beverages are often high in calories, but also because alcohol-induced cravings can disappear. **"Many people also sleep more deeply and better without their evening glass of wine or beer."**

Curbing the desire for alcohol

"Changing your behavior is fundamentally difficult," Goecke says. "If you've successfully abstained for a while, it's okay to reward yourself, for example, with a trip to the movies." To get a grip on the desire for alcohol, little tricks help: If you do something small or distract yourself in such a situation, the desire for alcohol often passes quickly.

Alcohol is often simply part of a social gathering. So is it better to stay at home during an alcohol break? Social occasions should not be avoided on principle. "But you should make your position clear, **in the form of a friendly but firm no to alcohol,**" Goecke says. "It's not rude not to drink alcohol." Plus, there are plenty of alternatives to common drinks.

Do not make up alcohol twice after the break

Once the alcohol fasting period is over, however, caution is advised. "Anyone who proves their ability to abstain for a month and then drinks all the more and makes up for it is not doing themselves any favors," warns Prof. Falk Kiefer. The medical director of the Clinic for Dependent Behavior and Addiction Medicine at the Central Institute for Mental Health in Mannheim advises instead to abstain from alcohol regularly on at least two days a week. This also helps the body in the long term.

Source: <https://de.sott.net/article/25357-Nein-zum-Alkohol-Warum-dauerhafter-Alkoholverzicht-dem-Korper-guttut>

We owe a suntan in part to alien galaxies

24. August 2016 aikos 2309

Astronomers at the International Centre for Radio Astronomy Research (ICRAR) in Australia have found in their study that the photons that cause our skin to tan do not all come from our own sun.

As the scientists report in the current issue of the journal 'The Astrophysical Journal', a small fraction of light particles - a total of one ten trillionth - actually originate in distant galaxies and black holes located beyond our galaxy.

In some cases, they have traveled millions or even billions of years to reach us. "Most of the light photons that hit us come from the sun - either directly or scattered in the sky or reflected by dust in the solar system.

However, we are also inundated by radiation originating from beyond our galaxy, called extragalactic background light. These photons come from the cores of stars and from matter swirling into supermassive black holes," explains ICRAR study leader Prof. Simon Driver.

But while photons from the sun only need a distance of about eight minutes to stimulate the tanning processes in our skin cells, extragalactic light particles often travel millions or even billions of years before they hit our bodies.

For their astronomical study, the team of Australian, British, and U.S. researchers had analyzed data from various observatories to produce the most accurate determination of extragalactic background light to date.

From this compilation, astronomers hope to gain new insights into how the uniform distribution of atoms in the young universe could develop into the abundance of stars, galaxies, and galaxy clusters that we find today.

Indeed, the extragalactic background light contains almost the complete information on the history of energy production in the universe, the researchers said.

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Source: <http://www.pravda-tv.com/2016/08/sonnenbraeune-verdanken-wir-teilweise-fremden-galaxien/>

Danger from fine dust:

Iron oxide deposits in the brain and can trigger Alzheimer's disease

Heilpraxisnet; Thu, Sep 08 15:20:16:20 UTC

Iron oxide from fine dust penetrates into the brain

It has long been known that fine dust is a health hazard and can cause cancer, among other things, at high levels of exposure. A group of researchers has now discovered that fine dust particles are also deposited in the brain and may be involved in the development of Alzheimer's disease.

Millions dead from air pollution

In Germany alone, around one million people 35000 die each year as a result of air pollution, an international team of researchers reported in the scientific journal Nature. The World Health Organization (WHO) estimates that around seven million people die each year worldwide. The most harmful part, according to experts, is particulate matter. It is known that the tiny dust particles inhaled damage the lungs and significantly increase the risk of cancer, respiratory diseases and cardiovascular diseases such as heart attacks.

Fine dust affects the brain

In recent years, studies have also indicated that dirty air may cause brain damage. For example, researchers from the Beth Israel Deaconess Medical Center and the

'Boston University School of Medicine' **that the more the brain was exposed to particulate matter, the older it appeared in one study.**

A few years ago, the results of a scientific study were also published in the British Medical Journal, which showed that fine dust has an effect on the brain.

Most of humanity at risk

Worldwide, **more than 80 percent of people live in cities where** air pollution has reached dangerous levels, according to the **WHO**. One of these cities is Mexico City. Samples from this metropolis suggest that air pollution may also be a risk factor for Alzheimer's disease.

Possible risk factor for Alzheimer's disease

Ärzte Zeitung' reports on a study by Barbara Maher of the University of Lancaster (UK) and her colleagues that provides evidence that increased inhalation of particulate matter is linked to the occurrence of Alzheimer's disease. The results of the study were published in the journal

Proceedings of the National Academy of Sciences (PNAS).

The scientists had examined a total of 37 brain samples from patients with neuro-degenerative diseases from Manchester and Mexico City. They discovered accumulations of iron oxide particles in all samples. "Iron oxide is associated with the formation of oxygen free radicals - and the formation of oxygen radicals is associated with neurodegenerative diseases such as Alzheimer's," the researchers said.

Only a few cases of Alzheimer's are hereditary

According to the data, the iron oxide particles (up to 150 nanometers) in the brain samples had the same composition and surface characteristics as iron oxide particles in particulate matter samples. Therefore, they were probably of external origin and did not come from the deceased themselves. The researchers pointed out that less than five percent of all Alzheimer's cases are hereditary, so environmental influences apparently play a major role in the development and progression of Alzheimer's disease.

Interpretation of the study authors

Dr. Wolfgang G. Kreyling of the Institute of Epidemiology at Helmholtz Zentrum München and external scientific advisor to the study said, "The results of the study are an important step toward better understanding what role iron oxide nanoparticles might play in the brains of patients with neurodegenerative diseases. Second, the research shows that it is likely that the accumulation of nanoparticles in the brain comes from the polluted air there." So far, however, he said, there has been no comparison of the Alzheimer's brains studied with decedents of the same age in a control group who died from other causes. Therefore, the claimed connection between the iron oxide nanoparticles in the brains of the patients and the development of Alzheimer's disease should not be regarded as evidence so far, but as a mere interpretation of the authors. (ad)

Source: <https://de.sott.net/article/26022-Gefahr-durch-Feinstaub-Eisenoxid-lagert-sich-im-Gehirn-ab-und-kann-Alzheimer-draw>

Asthma attacks can be halved by vitamin D intake

Heilpraxisnet; Thu, Sep 08 15:20:16:28 UTC

Study: Asthma attacks significantly reduced by vitamin D

Asthma is a chronic disease that affects many people around the world. The disease can lead to severe asthma attacks in sufferers. Researchers have now found that taking vitamin D supplements can halve the risk of severe asthma attacks.

Scientists at Queen Mary University of London found that taking vitamin D pills drastically reduces the risk of severe asthma attacks. This finding could make life much easier for many people around the world. The physicians published the results of their study in the scientific journal 'Cochrane library'.

Vitamin D reduces the number of asthma attacks

The experts from the United Kingdom found that people with mild and moderate asthma can gain a great advantage by taking vitamin D supplements. By taking vitamin D, sufferers can reduce the number of asthma attacks they have, the experts say. There had already been other studies on the effect of vitamin D. These had shown **that vitamin D can also slow down the development of cancer.**

Severe attacks can be halved by vitamin D Doctors are always looking for new ways to treat bronchial asthma. Vitamin D supplements may be able to help. The risk of severe attacks fell from six percent to half with vitamin D supplements.

three percent. For this, the test subjects took vitamin D over a period of six months to one year, the physicians explain. Taking the supplements also reduces the frequency of seizures in patients who require steroid treatments. If sufferers normally require such treatment every two years, taking the vitamin D pills leads to a significant reduction. Steroid treatment is then only necessary every four years in such cases, the authors explain.

Many severe asthma attacks end up in the emergency room

Half of all asthma patients have asthma attacks at some point, which must be treated with oral steroids such as predni- solone. For a quarter of those affected, these attacks end up in a hospital emergency room, the researchers say. One in eight seizures is so severe that patients must remain in the hospital for further care. More than five million people in the United Kingdom and millions³³⁴ around the world suffer from asthma. The condition causes shortness of breath, coughing and a tightness in the chest.

Asthma leads to several deaths daily

There are some apparent positive results from our study, explains Professor Adrian Martineau of Queen Mary University of London. These could now help sufferers avoid asthma attacks. In the UK alone, asthma attacks cause 185 hospital admissions and three deaths every day. So asthma is a serious and widespread problem in today's society.

Researchers analyze data from over subjects¹⁰⁰⁰

For their study, the researchers analyzed data from seven published studies. These had previously studied children⁴³⁵ and adults⁶⁵⁸. Most of the patients had mild to moderate asthma. Affected people suffered the symptoms of the disease at least two days per week. However, the daily routine of these people was not seriously affected.

Further studies on children needed

The physicians found that daily intake of up to²⁵ micrograms⁵⁰ of vitamin D reduced the risk of severe seizures. However, these results were largely found only in adults, and more specific studies in children are needed, experts say. In addition, the effects on adults with severe asthma need to be better studied, Professor Martineau explains.

Public Health England advises taking vitamin D Back in July, Public Health England recommended that every person over the age of one take ten micrograms of a vitamin D supplement, scientists explain.

Especially in autumn and winter

we need more vitamin D. During this time there is less sunlight. Our body produces vitamin D when it absorbs sunlight through the skin. For this reason, especially the dark season can lead to vitamin D deficiency.

Vitamin D increases the immune defense and reduces inflammation

It is not clear exactly how vitamin D helps patients. By boosting immune defenses, it could reduce respiratory infections. These are among the most important triggers for severe asthma attacks, explain the experts from Great Britain. The vitamin also appears to reduce inflammation. So vitamin D can increase immunity to infections and additionally dampen inflammation, explains Professor Martineau.

Drug helps people with severe asthma attacks Other study results have recently shown that a drug could help patients with the most severe asthma attacks. This real miracle drug helps against severe asthma attacks.

Two sub

searches in more than people²⁵⁰⁰ have found that injections of benralizumab ⁵⁰reduce asthma attacks by one to percent. (as)

Source: <https://de.sott.net/article/26023-Asthma-Anfalle-konnen-durch-Vitamin-D-Einnahme-halbiert-werden>

Ginger is not only a remedy, but also helps to lose weight

Heilpraxisnet; Tue, Sep 06142016:44 UTC

Ginger diet: miracle tuber lets pounds fall There are numerous methods that help to get rid of excess pounds. For example, some prefer a low-carb diet, while others prefer a low-fat diet. Ginger can also contribute to weight reduction. The fact that the miracle tuber helps with weight loss has also been scientifically confirmed.

Spicy helps to lose weight

Spicy food can help you lose weight. One study showed that subjects who spiced all their main meals with chili reduced their **cravings** for salty, fatty and sweet foods. Spicy drinks also help reduce weight. A Columbia University New York study from the year 2013 proves that losing weight with ginger works. According to the researchers, subjects who consumed ginger tea were fuller more quickly and ate less accordingly.

Metabolism is activated

Certain 'pungents' are responsible for the 'fat killer' effect. Chili and ginger contain the active ingredients capsaicin and gingerol, which trigger a heat stimulus when eaten. The human body reacts to this with increased blood circulation and sweating in order to contain the supposed overheating and cool down the body. For this, the metabolism is activated, whereby additional calories are consumed. Thus, more fatty tissue is burned.

Miracle tuber against health complaints

But the miracle tuber is not only good for weight loss, **ginger also helps against diseases**. According to a study, the tuber has a soothing effect on **menstrual pain**. Ginger is even sometimes used in **cancer therapy**. According to the German Cancer Aid, the root has a convincing effect against the stomach complaints associated with chemo-therapy, such as **nausea and vomiting**.

Ginger as a home remedy

Ginger is also popular as a **home remedy for bloating**. The tuber is effective for digestive problems, **diarrhea, loss of appetite** and numerous other complaints. In naturopathy, the root has long been used against **high blood fat levels**. In addition, ginger has an anti-inflammatory effect and can help **strengthen the immune system**.

Always use fresh ginger Preparing ginger tea is very simple: all you need is water and fresh ginger. The peeled ginger tuber is cut into slices, which are then added to boiling water. The tea may then be about 15 minutes for a few minutes. The longer the ginger stays in, the more flavorful the drink will be. A little tip: A squeeze of lemon juice gives the tea a fresh note.

Ginger has been used in parts of Asia for thousands of years, and in recent years the root with its fruity, pungent note has also become an integral part of modern cuisine in our latitudes. Many people know ginger as an ingredient for pumpkin soup, as a component of various Thai curries, in smoothies or in the pickled version with sushi.

Experts recommend to always use fresh ginger and not powder. Delicious recipes with ginger can be found on the Internet. According to experts, to achieve a weight loss effect, adults should consume about two grams of ginger daily. (ad)

Source: <https://de.sott.net/article/25987-Ingwer-ist-nicht-nur-Heilmittel-sonden-hilft-auch-beim-Abnehmen>

Increasing number of cancers in children under age14

Heilpraxisnet; Mon, Sep 05152016:21 UTC

More and more children are developing various types of cancer

Scientists made a disturbing discovery. More and more children and young people are developing cancer.

In the UK, cancer is the most common cause of death among children under the age14 of 18.

In today's world, more and more people are contracting cancer. The diseases not infrequently end in the death of those affected. Researchers have now discovered that children are also becoming increasingly ill with cancer. In less than two decades, the number of cancer cases in children has increased by forty percent. Scientists from the charity Children with Cancer, UK, found in a survey that the number of cancer cases in children is rising sharply. Over the last twenty years, about 40 percent more children have developed cancer. There are many reasons for this. For example, air pollution and the use of pesticides are associated with this increase. The physicians published the results of their study at a conference for Child Cancer Awareness Month.

Many children suffer from cancer Cancer is a malignant tissue neoplasm or tumor. The corresponding diseases are widespread throughout the world. For a long time now, doctors have been searching for new medicines and Treatment options against the dreaded cancers. Not only adults are threatened by cancer, but also more and more children are getting cancer, the British newspaper 'The Independent' quotes the scientists.

Childhood cancer cases increase by percent40

In less than two decades, the rate of cancer in children increased by about percent40. There are approximately additional cancer 1300diagnoses in people under the age of 18 in the UK each year25, compared to 1998, the researchers explain. These additional illnesses cost the National Health Service (NHS) about millions130 of British pounds a year. The reasons for the illnesses are varied. Other studies recently found, for example, that children of overweight fathers have an increased risk of breast cancer.

What types of cancer are most common in children?

Alarmingly, for example, cases of colorectal cancer in children have increased by 200 percent. Thyroid cancer in children more than doubled. Cancers of the ovary increased by percent70, scientists say. Cervical cancer increased by percent50 in children.

Cancer most frequent cause of death with children under 14 years alone in Great Britain develop each year approximately children4000 and young people a cancer illness. Cancer is the leading cause of death in children up to the age14 of 14, according to medical experts published in the daily newspaper 'The Independent'. The sharp increase of percent40 in about a year16 is partly due to population growth. However, the incidence rate per person100000 has also increased by percent30, the scientists explain.

Lifestyle and emerging environmental factors influence cancer risk

Lifestyle and a number of environmental factors play a major role in the development of cancer, explains Professor Denis Henshaw, Chief Scientific Officer at Children with Cancer, UK. The significant increase in cancer cases cannot be explained by improvements in cancer diagnosis or registration alone, he says. Lifestyle and environment are additional causal factors that we need to consider, Professor Henshaw says. In addition, scientists found that natural radiation also increases cancer risk in children.

Air pollution and pesticides increase cancer risk There are quite a few reasons for this dramatic increase. Burnt meat from barbecues and electric fields from power lines and hair dryers, for example, increase the risk of cancer, scientists say. Also the diet of pregnant mothers and shift work affect the likelihood of cancer, reports The Independent, citing Professor Henshaw. It is also known that many cancers are caused by air pollution and the use of pesticides and solvents. It is very difficult to avoid some of these factors. Curbing the world's increasing air pollution, for example, feels like we're fighting a losing battle, the expert adds.

Major cancer conference on the topic of cancer in children

Children with Cancer, UK, is currently hosting a three-day international conference on cancer in

children. In particular, the new possibilities of immunotherapy and modifiable causes of childhood cancer will be addressed. Another major topic is so-called precision medicine. This looks at the genes of living beings, the environment and the lifestyle of those affected, say the researchers.

Targeted therapies show good effect

There are already early signs that so-called precision medicine for childhood cancers is working well. This type of treatment is likely to save many lives in the future, researchers speculate. Targeted therapies can reduce the burden of toxicity. These treatments can also improve the quality of life for those affected. (as)

Source: <https://de.sott.net/article/25973-Immer-mehr-Krebserkrankungen-bei-Kindern-unter-14-Jahren>

Arteriosclerosis study:

Omega-3 fatty acids as an effective aid against calcification of arteries

Heilpraxis.net; Sat, Aug27 002016:00 UTC

New treatment strategy for the therapy of arteriosclerosis *Arteriosclerosis is a widespread complaint that, in the worst case, can have consequences such as a heart attack or stroke. Scientists at the Ludwig Maximilians University of Munich (LMU) have now tested a new treatment approach against arteriosclerosis in which 'the body's own healing processes' are activated. Omega-3 fatty acids play a crucial role in this process. The researchers published their results in the journal Circulation Research.*

Vascular calcification occurs when deposits in the inner walls of the vessels lead to chronic inflammation and constrict the vessels, according to the LMU statement. This impedes or completely blocks blood flow, which can trigger a heart attack or stroke. So far, treatment has mainly been aimed at inhibiting the inflammatory response, according to the researchers. But the research team led by Professor Oliver Söhnlein of the Institute for Prophylaxis and Epidemiology of Circulatory Diseases at the LMU has now developed a completely new treatment approach aimed at activating the body's own processes that promote healing. **The key to this could lie in omega-3 fatty acids.**

Inflammatory response influenced by lipid mediators

According to scientists, the results of research in recent years have shown that not only the development, but also the termination of inflammation is an active process of the immune defense. **This**

'Inflammation termination program' is disrupted in atherosclerosis, so inflammation becomes chronic, explains Prof. Söhnlein. According to the experts, the course of inflammation is controlled by special signaling molecules (so-called lipid mediators) that are formed from essential fatty acids. "In acute inflammation, pro-inflammatory lipid mediators are initially active" and **"to stop the reaction, anti-inflammatory lipid mediators take over the regulation,"** according to the LMU statement.

For the process of inflammation to function, both types of lipid mediators must be present in a balanced ratio, the researchers explain. We were able to demonstrate "that this balance is disturbed in atherosclerosis," emphasizes Prof. Söhnlein. While normally the inflammatory reactions are stopped after the acute phase by an increasing concentration of the anti-inflammatory lipid mediators, the opposite is the case in arteriosclerosis. In arteriosclerotic tissue, the required lipid mediators actually decrease as inflammation progresses.

Vascular calcification reduced by anti-inflammatory lipid mediators In the mouse model, the researchers succeeded in correcting the imbalance and reducing atherosclerosis "by adding the anti-inflammatory lipid mediators maresin and Iresolvin D2," reports

Prof. Söhnlein of the study results. In the body, Maresin 1 and Resolvin D2 "are formed from essential omega-3 fatty acids, which are contained **among other things in fish oil**, which has long been said to have a health-promoting effect," according to the LMU statement.

Natural processes are activated

According to the researchers, the lipid mediators cause the scavenger cells of the immune system, so-called

macrophages. These attach themselves to arteriosclerotic plaques and can act in different directions. On the one hand, they contribute to the progression of the inflammation when "they overeat on blood fats and perish themselves, (...) on the other hand, they also have an important function in the healing of inflamed tissue," according to the LMU statement. This is because macrophages remove dead cells and trigger the proliferation of smooth muscle cells. "The addition of the lipid mediators promotes this inflammation-reducing effect, thus directing the activity of the macrophages in a desired direction," emphasizes Prof. Söhnlein.

Omega-3 fatty acids with numerous positive effects

In a next step, further studies must now clarify whether the findings from the mouse model can also be transferred to humans. If the study results are confirmed, this is one more reason to consume increased amounts of omega-3 fatty acids. **Earlier studies had already shown that omega-3 fatty acids can protect against heart attacks, prevent colorectal cancer and help prevent Alzheimer's disease.** Overall, numerous positive effects on our health are attributed to omega-3 fatty acids. They are found, for example, in oily fish, but also in walnuts and chia seeds. (fp)

Source: <https://de.sott.net/article/25794-Studie-zu-Arteriosklerose-Omega-3-Fettsauren-als-effektives-Hilsmittel-gegen-Ver-calcification-of-arteries>

New study: miracle tuber turmeric helps with arthritis

Heilpraxisnet; Wed, Sep 28 13:20:16:57 UTC

The curcumin contained in turmeric is known for its anti-inflammatory and antioxidant effects. It is therefore used for inflammatory rheumatic diseases such as chronic arthritis. In a meta-analysis, Korean scientists have now been able to prove its effectiveness in alleviating symptoms.

In their meta-analysis, the scientists evaluated eight studies that met specified inclusion criteria. In most studies, the turmeric extract was taken in a dose of mg1000 per day over a period of eight to twelve weeks.

The primary endpoint of all studies was the degree of pain. Secondary outcome measures were other arthritis-specific symptoms such as inflammation, stiffness, degree of swelling, and joint mobility. In almost all studies, pain intensity was measured using the Western Ontario & McMaster Universities Osteoarthritis Index (WOMAC) questionnaire, as well as assessed using a visual analog scale to measure subjectively felt pain.

The scientists were able to show that curcumin relieved arthritis pain and inflammation-specific symptoms as well as standard painkillers and anti-inflammatory drugs (e.g., ibuprofen and diclofenac). However, the turmeric extract had significantly fewer side effects than the standard medication.

The study can be found here. (Note: see <https://www.ncbi.nlm.nih.gov/pubmed/27533649>)

Source: <https://de.sott.net/article/26315-Neue-Studie-Wunderknolle-Kurkuma-hilft-bei-Arthritis>

Plastic, cosmetics, fuel with a difference - algae, the 'all-rounders

Published on September 26, under 2016 Science; Good News Algae are playing an increasingly

important role in science and in business. In space exploration and nutrition, algae can no longer be dispensed with. The designer company AMAM from Tokyo is researching the extent to which algae can be used to produce plastic. In particular, agar is used, which is obtained from the cell walls of various algae. The AMAM researchers call their project Agar Plasticity. They want to develop different types of plastic, such as bags, films and foam packaging.

The idea behind this is that plastic products made from agar do not leave any residues in nature when they are disposed of. One would even have the positive effect that when agar decomposes and gets into the soil, it would be enriched and its water permeability increased.

However, to enable agar production on a larger scale, artificial algae farms would have to be used to avoid disturbing the ocean ecosystem.

Cosmetics from algae

The company oceanBASIS GmbH, which has been cultivating the brown alga *Saccharina latissima* in 2001 the Baltic Sea near Kiel, is following a similar path. This is used to produce the Oceanwell range of natural cosmetics. The algae are harvested, rinsed and crushed in a mill. This is followed by a fermentation process and several filter runs. This provides the basic ingredient needed for the cosmetic products.

Algae become biofuel

At the Algae Science Center at the University of Jülich, scientists from the Institute of Biosciences and Geosciences combine microalgae with CO₂ from the lignite-fired power plant in neighboring Niederaussem. From this, they obtain oils that serve as the basis for biofuels. The researchers argue: "The tiny algae grow particularly quickly at the high concentrations. These can then be used as an alternative to petroleum for jet fuel, as a base material for the chemical industry or as food."

Algae, which we humans tend to find annoying in swimming lakes, apparently have a potential that we are only just beginning to explore. Who knows how positively algae will surprise us in the near future.

Source: *deutsche-wirtschafts-nachrichten.de* or <http://www.gute-nachrichten.com.de/2016/09/wissen/plastik-kosmetik-fuel-other-algae-they-all-know/>

Garlic - The bulb with a long healing tradition

Posted on November by 5,2016admin

Popular in the kitchen, valued for its healing properties for centuries.

Garlic helps with stomach and intestinal problems, arteriosclerosis, heart attack and stroke.

But it also has a soothing and healing effect on many other health problems.

Nature's wealth: Garlic - The tuber with a long healing tradition

History

It is assumed that the original garlic was already cultivated in Central Asia about years 5000 ago and from there finally came to Europe via the Near East.

Egypt, for example, was considered the garlic country of antiquity. There, the bulb was considered a sacred plant and was given to the pharaohs as a burial gift on their last journey. Workers building the pyramids were also given raw onions and garlic to keep them healthy and strong. **In China, people have also known how to use garlic since 2000 BC.** The Chinese script represents the word for garlic, 'suan', by a single character - an indication of its frequent use since the beginning of language development.

When Roman doctors arrived in a new country, the first thing they did was to plant garlic. In addition to its many other uses, the bulb also served Roman soldiers on their long marches as a remedy for athlete's foot.

However, wherever the garlic was planted and used medicinally, its main use -

The areas of concern were almost universally the same: digestive disorders, respiratory diseases, infections of all kinds, snakebites, worm infestations, and general debility.

In the Middle Ages, garlic was also used against the plague and other contagious diseases, and later against scurvy and rheumatism.

According to medieval monastic medicine, garlic also stimulated the desire for love, which gave it an extremely immoral image at the time.

Thus, the relationship to garlic was already in the past a divided one, even if for quite different reasons than today, where rather the typical garlic smell divides people into two camps.

But all this does not change the now scientifically proven healing effects of the aromatic tuber.

Incidentally, the first scientific evidence of its strong antibacterial effect dates back to the year 1858, namely by Louis Pasteur himself - the world-famous microbiologist who made a name for himself in particular in the field of vaccine research.

Garlic: allicin protects against free radicals

Allicin is initially present in garlic in its precursor 'alliin'. Only when the garlic cells are injured by peeling, cutting or chopping is an enzyme called alliinase released which, under the influence of air, reacts instantaneously with the alliin present in the garlic clove. Allicin is formed from this reaction.

Allicin increases the level in the blood of the two antioxidant enzymes catalase and glutathione peroxidase. In this way, more free radicals can be intercepted and damage to the cell membranes can be prevented. This slows down the aging process.

Garlic prevents thrombosis and stabilizes blood pressure

Ageing processes of the vascular system (arteriosclerosis) can also be curbed with garlic. Moreover, it improves the flow properties of the blood, dilates and relaxes the vessels and thus contributes to the normalization of high blood pressure.

Also worth a thought is the better supply of the cells of the brain and the back of the eye by the vasodilatory effect of allicin, which may not be uninteresting with regard to diseases such as Alzheimer's, dementia, cataracts and glaucoma, etc..

Garlic also contains saponins, secondary plant compounds with positive effects on the regulation of blood lipids (cholesterol). They thus contribute to improved blood flow and increased vascular tone.

Ajoen is also a sulfur compound in garlic. It naturally thins the blood by breaking down the clotting substance fibrin.

With the help of all these different substances, garlic can counteract blood clots and prevent thrombo- and strokes - and unlike blood-thinning drugs, in a completely natural way and without side effects.

Garlic: Natural antibiotic

Already in the Talmud is written to the garlic:

"It makes the face radiant, it increases sperm, and it kills small creatures in the intestines."

No wonder garlic is traditionally used for intestinal problems (flatulence, fermentation processes and cramp-like pain) and also for colds or flu.

In particular, allicin and the sulfur compounds formed from it exhibit germicidal properties

They are able to fight against all kinds of pathogenic microorganisms and parasites (bacteria - e.g. also Borrelia, viruses, fungi, amoebae, worms) without attacking the beneficial intestinal bacteria.

Thus, garlic can be called a natural antibiotic, which, unlike chemical antibiotics promotes the maintenance of healthy intestinal flora. Since the intestinal flora makes up the largest part of the human immune system, garlic thus simultaneously contributes to strengthening the immune defense. An intact intestinal environment also enables better absorption and utilization of nutrients, i.e. more 'useful' substances reach the cells, which in turn benefits the entire organism.

In some cases garlic works even better than antibiotics, e.g. when bacteria are already resistant to antibiotics.

Garlic against urinary tract infections

One study showed that aqueous garlic extracts were able to kill bacteria that had already developed resistance to antibiotics. However, since these bacteria can cause urinary tract infections - which affect millions of people every year - it is extremely important to find alternatives here. Garlic could provide the basis for such an alternative. And garlic can of course be taken by anyone (in addition to D-mannose) who suffers from urinary tract infections and wants to speed up the healing process.

Garlic in cancer prevention and cancer therapy

The anti-cancer properties of garlic are no longer just said to exist, but have now been proven by a number of studies (e.g. Mirelman, David (2005): Apoptotic killing of B-chronic lymphocytic leukemia tumor cells by allicin generated in situ using a rituximab-alliinase conjugate).

Also, the sulfur compounds are believed to be primarily responsible for the anti-cancer effects of garlic. For example, the conversion of allicin produces two fat-soluble substances: Diallyl sulfide (DAS) and diallyl disulfide (DADS).

According to current knowledge, it is assumed that these sulfur compounds of garlic before intervene in two of the processes involved in tumor formation in particular:

On the one hand, they reduce the reactivity of carcinogenic substances and accelerate their elimination, so that DNA (genetic material) is less damaged.

On the other hand, they are able to disrupt the growth of cancer cells and thus induce their cell death by apoptosis (suicide). They thus counteract the spread of tumors.

Specifically, the anti-cancer effects of garlic have been demonstrated for colon cancer, stomach and esophageal cancer, lung cancer and breast cancer.

With regard to lung cancer, for example, at least two Chinese studies have attracted attention. Both garlic and green tea were shown to be protective factors against this type of cancer. The scientists announced that garlic and green tea seemed to compensate to some extent for the negative effects of typical lung cancer risk factors (smoking, consumption of fried food, etc.). **Garlic preparations have also long been used in the treatment of prostate cancer and benign prostate enlargement.** One justifies the positive influences with prostate cancer also here with its anti-inflammatory, anti-oxidative and generally cancer-inhibiting effect.

Garlic protects the liver

Garlic also counteracts liver deterioration by strengthening its cell walls and supporting the organ in its detoxification function.

For example, the tuber can be used in cases of heavy metal poisoning (mercury, cadmium), or the mitigate negative consequences of alcohol consumption.

Garlic in Traditional Chinese Medicine (TCM)

Traditional Chinese Medicine, like many other naturopathic healing methods, confirms the mentioned effects of garlic.

Garlic is assigned to the flavor 'pungent'. Among other things, the pungent taste releases stagnations of blood and qi (energy), expels external pathogenic (disease-causing) factors, opens the pores and induces sweating.

The temperature behavior of garlic is warm to hot, i.e., it is able to absorb penetrated cold.

and to warm up 'the center'. At the same time, foods with warm or hot temperature allow blood and qi (energy) to circulate better.

This makes it even more understandable why garlic with its combination of 'warm/hot and spicy' especially suitable for the treatment of colds and improve the vascular situation so well.

It is also understandable that garlic is not necessarily suitable for everyone and in every situation precisely because of this combination 'pungency and heat'. Thus, the use of garlic is indicated only for those colds, flu-like infections, etc. that are not accompanied by fever.

Apart from acute fever, Chinese medicine knows other patterns of disharmony which are already based on too much heat in the body (e.g. 'damp heat in the gall bladder'). In these cases, the regular consumption of garlic would tend to aggravate the symptoms.

Does garlic have side effects?

Side effects are basically not to be feared when garlic is consumed in the kitchen,

only when consuming very large quantities, stomach and intestinal upsets are possible.

"The dose makes the poison" applies here as for any herb, spice or other food. If you absolutely do not like garlic, you should keep your hands off it - perhaps this aversion is not without reason.

People who are already taking anticoagulant medications should start taking them regularly.

People who consume garlic should be careful, as well as people with low blood pressure.

High consumption of garlic is also not indicated in the case of pancreatic disorders or kidney disease.

Bad breath: Knobli flag

If, with regard to the environment, fresh garlic is not an option on a daily basis, one should take an interest in the method of production of the garlic preparation in question and preferably select preparations made from garlic dry powder, in which all the original components are still contained and not just individual active ingredients have been isolated from the garlic.

A guarantee for the highest possible amount of effective allicin, however, you probably have only with fresh consumption - provided the garlic has been stored appropriately. According to star chef Alfons Schuhbeck, ginger is able to buffer the odor-forming effect of garlic. He adds a slice of ginger to every garlic-flavored dish because, in his opinion, the positive properties of both spices reinforce each other.

Parsley, milk or lemon are also often mentioned as remedies for garlic odor. Ultimately, however, there is probably no one hundred percent remedy, since the smell of garlic escapes not only the mouth, but ultimately all skin pores of the body.

Proper storage of garlic

Garlic bulbs should be kept cool and dry in the kitchen, in summer in the vegetable compartment of the refrigerator. Once a bulb has been opened, it should be used within 10 days so that the individual cloves do not dry out.

Basically, the fresher and juicier, the better.

A good storage option is also to soak the garlic in oil.

Detoxify with garlic

The natural protective substances of garlic gently support the detoxification of our body and at the same time help to lose weight.

Around percent30 of Germans suffer from non-alcoholic fatty liver and thus have an increased risk of chronic inflammation of the organ (cirrhosis), diabetes and cardiovascular disease. Most of them without knowing it. Only in the final phase of the disease, cirrhosis of the liver, do those affected experience symptoms. However, constant fatigue can indicate damage at an earlier stage.

But we can protect ourselves from this by taking care of our liver and promoting its detoxification, because the liver is the body's central detoxification organ. The good news is that liver cells are constantly being regenerated, so the organ can usually recover completely if we take action in good time.

Fatty liver: the result of poor nutrition?

In the long term, a fatty liver can only be cured by a balanced diet.

Animal fats such as those in sausage, trans fats such as those in convenience foods, white flour and sugar should be avoided as much as possible.

Fruits, vegetables, whole grains and cheese, on the other hand, do not have a burdening effect. Some foods, such as artichokes and milk thistle, even protect the organ. Researchers have now discovered another medicinal plant that helps **the liver detoxify: Garlic.**

Liver cleanse with garlic

Garlic significantly reduces body weight and body fat percentage in patients with non-alcoholic fatty liver disease (NAFLD). This was the result of a study conducted at the University of Isfahan, Iran. The study involved 110 patients. They received garlic tablets (2 x 400 mg) or a placebo for 15 weeks. Dietary habits and physical activity were recorded using questionnaires, and body fat was determined using bioelectrical impedance analysis (BIA).

Daily administration of garlic powder resulted in greater loss of weight (-2.6 percent to -0.8 percent) and body fat mass (-2.9 percent to -0.4 percent) compared to placebo. The effects of garlic in NAFLD, which have so far only been demonstrated in animal models, are confirmed by this clinical study. The scientists hold the garlic ingredients S-allylmercaptocysteine and diallyl disulfide responsible for the positive influence on the so-called fatty acid synthesis. These sulfur-containing substances activate enzymes of the liver, which are particularly responsible for the elimination of toxins from the body.

What causes fatty liver?

The gift of being able to cleanse ourselves is one of the most important abilities of our body. The liver takes over a large part of the work. It rids our blood of toxins and harmful substances and breaks them down with

enzymes so that they can be excreted. But occasionally our self-cleansing program reaches its limits: ***Do we eat too much fat or too sweet, drink too much alcohol or do harmful substances take over in our organism, they can no longer be disposed of completely. They then accumulate in the connective tissue and impair the central nervous system and immune defenses.***

Chronic fatigue and flu-like symptoms can be the result - but also stomach and respiratory irritations. But we can protect ourselves from this.

Sources praxisvita and center-of-health - found at Allure by liebeisstleben.

Source: <http://marialourdesblog.com/knoblauch-die-knolle-mit-langer-heiltradition/>

New studies show: Killer games are more dangerous than thought!

30. October aikos 20162309

Killer games are still a big threat to your child. Because every press of a button detaches your child more from reality and can turn him into a violent offender.

26. April 2002: 19-year-old Robert Steinhäuser shoots eleven teachers, a trainee teacher, a secretary, two students and a policeman. He then kills himself.

11. March 2009: 17-year-old Tim Kretschmer shoots nine students, three teachers and three other people. He fires over shots 100 before executing himself.

22. July 2016: 18-year-old David S. shoots nine people in Munich, over 36 injured. David S. shoots himself before he can be arrested.

Again and again, such terrible headlines appear in our newspapers. Again and again the discussion boils up: Do we have to ban killer games? Among the perpetrators, there are recurring characteristics that can no longer be ignored: All perpetrators are young, male and all play the game 'Counter Strike' and other baller games.

Proponents of first-person shooters then like to bring up fabulous arguments like: Each of the spree killers ate bread and went to the hairdresser. But nobody forbids that either. So that can't be the point.

Is that so? To what extent do the killer games influence young people then?

Studies prove uncomfortable truth: Killer games promote propensity to violence

None of the above-mentioned perpetrators were known in their environment to be particularly prone to violence. If you ask the gamers themselves what they find so fascinating about gaming, they usually say it's the challenge and the strategic thinking.

In the meantime, however, there are countless studies that prove the inconvenient truth. Die Zeit' reported that psychologists from Potsdam have now found a clear correlation between computer games and violent behavior.

Consequently, the games not only promote aggression, but also gradually lower the inhibition threshold for violence. Shooting at people is trivialized, killing is presented as a completely normal act.

Little by little, people learn how to use force and lose their natural fear. Thus, slowly but surely, a spiral is set in motion, at the end of which the fuses blow for some (children today spend less time in the fresh air than prisoners).

IS advertises with 'GTA V

Playing such shooter games has become so ingrained in our society that the terrorist organization Islamic State (IS) advertises in a propaganda video on YouTube with the slogan: "We do in real life what you do in the game."

The psychologists found the following: young people who classified themselves as aggressive were also more likely to be attracted to violent games. Gender also influences affinity for shooters: In a study conducted among high school students shortly after the launch of the game 'GTA V', 62% of boys said they had already played the game. Among girls, the figure was only 32%.

Killer games become more and more popular

What is frightening is that the games seem to be getting more and more popular: The study also drew a comparison with the previous version of GTA V, which was launched 2008. There, only 53% of boys and 17% of girls said they played the game. It can be seen that the proportion of children who own such games has increased significantly.

Duration also plays a role: The longer test subjects had played the violent games, the more likely they were to react aggressively in certain situations. However, many of the kids play Counter Strike: Global Offensive for hours on end. After school, they go home and play until late at night. The average age of young people is also falling from year to year. In the study, it was just one year old 13,5. Yet most parents pay little attention to their children's games. In the case of children playing GTA 131 V, the parents didn't care that the age rating of the game was 18 and that their child played the game anyway. Accordingly, youth protection exists only on paper. It's not enough for a politician to pass a law in his office and think that the problem has been solved (Digital pact' for schools: A measure for dumbing down).

Some of the young people whose aggressive behavior eventually clearly gains the upper hand are forced to undergo psychiatric treatment. Psychiatrist Josef Sachs assesses the killer games as follows: "Offenders tell me again and again in my practice that the first-person shooter games have supported their fantasies. They replay their violent acts several times in their heads beforehand. At the beginning, they usually do this playfully, without the intention of actually carrying out an act.

At some point, there is an almost imperceptible transition from playful fantasy to almost general-staff planning of an act of violence."

Violence in the first person

The games also differ from other media, such as films or books that glorify violence, in one point: you are in control and can act. You virtually take other people's lives into your own hands and subjugate them (which can dull us emotionally and make us lose our humanity).

Banning the games completely, however, is not a solution and is equally unenforceable. Smoking and drinking can also have their consequences, but not every smoker gets lung cancer or everyone becomes addicted to alcohol.

But there must finally be more clarity and awareness about the consequences of such games that glorify violence. Parents must show more interest in what their children are actually doing all day. Because one thing is for sure: Shooting people in front of the PC for hours every day can trigger an avalanche in young people who are easily psychologically susceptible.

Source: <http://www.pravda-tv.com/2016/10/neue-studien-zeigen-killerspiele-sind-gefaehrlicher-als-gedacht/>

Annotation:

See FIGU's free 'Harmful Computer Games, Feature Films and Plays, etc.' small paper at https://shop.figu.org/sites/default/files/schaedliche_computerspiele_spiel filme_und_theaterstuecke_usw.pdf

Amazing effect:**This plant destroys 98% of cancer cells in just hours¹⁶**

Published on November 25, 2016 Health by anonymous; From bewusst-vegan-froh.de



Ancient miracle herb reveals its secret

In our country, mugwort is probably known to many only as the main ingredient of absinthe and wormwood. Wormwood is a wine flavored with spices and herbs, which was especially popular with the Romans and later in the Middle Ages, where wine was diluted and 'spiced' with all kinds of strange herbs. Using a lot of expensive spices was considered particularly distinguished in aristocratic circles at the time. Today, this would be called 'aggravating'. **However, a species of wormwood, Artemisia annua, has been used as a medicinal plant in China for centuries. A few years ago, Henry Lai and Narendra Singh of the University of Washington also discovered the wormwood derivative artemisinin as a promising anti-cancer agent.**

Artemisinin - an ancient remedy fights cancer

Artemisinin is a secondary plant substance, chemically a sesquiterpene, which occurs in the leaves and flowers of the annual mugwort (*Artemisia annua*). Characteristics of the artemisinin structure are a trioxane ring system and a peroxide bridge. It is used in Vietnam, China and Africa to treat infections with multidrug-resistant strains of *Plasmodium falciparum*, the causative agent of malaria tropica.

The Chinese used artemisinin to treat malaria. Its use was forgotten for a long time. It was not until the seventies of the last century that ancient remedy recipes were found during an archaeological dig - among them the one for artemisinin. Since then, one has to speak of a great success story for the substance, as it is now frequently used in Asia and Africa to combat malaria.

The secret **of artemisinin's** action lies in its reaction with iron, which is found in high concentrations in malaria pathogens. When artemisinin comes into contact with iron, a chemical reaction occurs that causes free radicals are generated; these are the real weapon against the malaria parasites. They attack the cell membrane, literally tearing it apart and thus destroying the pathogen. Since cancer cells consume large amounts of iron to reproduce their DNA during cell division, they also contain much higher concentrations of iron than in normal cells. The cancer cells can therefore absorb more iron because there are many transferrin receptors on their surface.

These bind the iron particles and channel them into the cell interior. Cancer cells are supplied with as much iron as

pumped full as possible. If artemisinin is given, the same reaction as in malaria is set in motion, there is a massive release of oxygen radicals in the cancer cell, so that this leads to their demise: They are destroyed.

These findings were confirmed in breast cancer cell cultures. Eight hours after exposure to artemisinin, percent75 of the cells were destroyed; after hours, virtually none were 16alive. Tests with leukemia cells were even more impressive. These were already completely destroyed after eight hours.

A study reported in Science Mag shows that artemisinin mixed with iron destroyed percent98 of all cancer cells provided in the test during an experiment.

Against all types of cancer this procedure is said to have shown considerable effect. Mixing with iron seems to be the crucial point; when artemisinin was administered without iron, only 28% of all cancer cells were killed. Moreover, by targeting iron preparations, the artemisinin might be able to distinguish good cells from bad. Gary Poser, a chemist at Johns Hopkins University in Baltimore, Maryland, called the results of the study 'very promising' and a potential major breakthrough.

Besides its high effectiveness, artesiminin has many advantages: It is selective. It has a toxic effect on cancer cells, but almost no negative effect on normal cells.

Cancer cells that are resistant to cytostatic drugs also react or are killed. All types of cancer react and are sensitive!

(Intern. J. Oncology 18: 767- 773,2001 Effert et al.)

Also significant in these experiments was that breast cancer cells were used in one experiment, who had previously failed to respond to radiation treatment but were sensitive to artemisinin.

This means that cancer treatment with artemisinin could also be successful in cancers for which conventional therapies have so far been ineffective.

From idea to treatment

For more aggressive cancers, such as pancreatic cancer or acute leukemia, the test results are very promising. These cancers are characterized by extremely rapid cell division and thus by even higher iron concentrations. Recent studies have shown that artemisinin also influences neoangiogenesis. This means that the substance can possibly prevent the tumor from creating new pathways in the organism and forming metastases.

Artemisinin in the context of complementary tumor therapy

As part of complementary tumor therapy, cancer patients are primed with iron (1-2 days e.g. Ferinject, Ferlecitin) before artemisinin is used. Afterwards, 3-6 milligrams of artemisinin per kilo of body weight are given. After six weeks, re-priming with iron is done, followed by six weeks of artemisinin again. Artemisinin can specifically kill cancer cells while leaving normal cells unharmed. "In cell cultures, artemisinin alone is about 100 times more effective at killing cancer cells than known cyto- statics," Lai said. Because cancer cells multiply so rapidly, most cancer cells need more iron than normal cells for DNA replication. In order for cancer cells to also take up more iron, they have more transferrin receptors on their surface, significantly more than healthy cells. These receptors enable the rapid transport of iron into the cancer cell. Transferrin is an iron-binding protein. Transferrin serves as a Trojan horse: because cancer cells recognize transferrin as a natural protein, they take up more iron, and the artemisinin then applied can then release aggressive oxygen radicals from its bound hydrogen peroxide. Artemisinin has a similar effect in malaria because high iron concentrations are accumulated by the malaria parasites, at which artemisinin then releases hydrogen peroxide on contact, leading to the death of the parasites. Artemisinin has proven its good tolerability thousands of times in the treatment of malaria.

Antimalarial drug artesunate activates cancer cell-specific lysosomal cell death Heidelberg scientists study cellular processes in killing breast cancer cells. Cancer cells treated with artesunate show fragmented mitochondria as well as lysosomes that are located near the cell's nucleus have accumulated. In contrast, untreated cancer cells typically have interconnected mitochondria and lysosomes distributed throughout the cell.

The active substance artemisinin, which is derived from a medicinal plant, can be used not only in the treatment of malaria, but possibly also in the treatment of cancer. Scientists at the Bio- Quant Center of Heidelberg University and the German Cancer Research Center (DKFZ) have investigated the cellular processes involved in killing breast cancer cells with the help of artesunate, a derivative of artemisinin. They were able to show that membrane-bound cell organelles, the so-called lysosomes, and the reactive iron present there play a central role in the artesunate-induced programmed cell death of cancer cells. The research results were published in the Journal of Biological Chemistry.

Extracts of the medicinal plant annual mugwort - *Artemisia annua* L. - have been used in traditional Chinese medicine for more than two thousand years. In the 1970s, the active ingredient artemisinin was identified and clinically characterized as an effective antimalarial agent. Today, artemisinins are used worldwide as anti-malarial agents. The derivatives include artesunate, which, like artemisinin, exerts its cell-killing effect through chemical reaction with iron. This produces so-called reactive oxygen species, also known colloquially as free oxygen radicals. In malaria pathogens, the toxic effects of artemisinin unfold in the parasite's food vacuole, which contains high concentrations of redox-active iron due to the degradation of host hemoglobin that takes place there.

In analogy to the food vacuoles of the malaria pathogen, the Heidelberg scientists studied lysosomes in artesunate-induced cell death in breast cancer cells. Lysosomes are eukaryotic cell organelles surrounded by a membrane that degrade cellular components with the help of certain enzymes. In addition, like the food vacuole of malaria pathogens, they contain larger concentrations of redox-active iron. The scientists have identified this lysosomal iron as the central starting point for the cell death triggered by artesunate in breast cancer cells. The research group 'Systems Biology of Cell Death Mechanisms', led by Dr. Nathan Brady, found in their studies that the targeted blockade of reactive iron in the lysosomes protects the cancer cells, while on the other hand an increase in the lysosomal iron content increases the harmful effect of artesunate for the cancer cells.

As Dr. Anne Hamacher-Brady, research associate in the research group 'Integrative Bioinfor-

matics and Systems Biology' under the leadership of Prof. Dr. Roland Eils, intact lysosomes are the prerequisite for the cell death signal to be transmitted to the mitochondria. Mitochondria, normally the 'power plants' of the cell, often play a role in programmed cell death by releasing so-called pro-cell death molecules. In cell death by artesunate, this conversion of mitochondria into cell death organelles takes place in a lysosomal iron-dependent manner. The scientists were also able to show that artesunate, through its influence on the spatial distribution of cellular components, blocks processes that normally support the survival and proliferation of cancer cells. These include the process of autophagy, in which the cell lysosomally degrades its own components and thus recycles macromolecules important for survival in situations with limited nutrient supply, such as inside a tumor.

According to the Heidelberg scientists, cell death was triggered by artesunate only in breast cancer cell lines and not in 'healthy' breast epithelial cell lines. Their hypothesis is that this selectivity towards cancer cells could be due to the fact that the cancer cells have an increased need for iron due to an altered metabolism. This is the subject of current investigations by the two research groups at the BioQuant Center.

Original publication:

A. Hamacher-Brady, H.A. Stein, S. Turschner, I. Toegel, R. Mora, N. Jennewein, T. Efferth, R. Eils, N.R. Brady: Artesunate activates mitochondrial apoptosis in breast cancer cells via iron-catalyzed lysosomal reactive oxygen species production. *J Biol Chem* Feb 2011; 286(8): 6587-6601, DOI: 10.1074/jbc.M110.210047.

Facts about mugwort Mugwort, a perennial, up to 1 m high plant with strongly dissected leaves (dark green above, silvery below). The inconspicuous yellowish or reddish-brown flower heads are in a terminal panicle. Comes in ver-

The plant is found in several varieties, as wormwood (*Artemisia absinthium*, mainly Oriental), annual wormwood (*Artemisia annua*, mainly Chinese) and common wormwood (*Artemisia vulgaris*), (syn. *Artemisia lactiflora*, *A. sama - misica*, syn. spice wormwood), which grows in Europe.

PLANT PARTS USED

Artemisiae herba (syn. *Herba Artemisiae*); mugwort (syn. maidenhair, St. John's wort, white girdlewort, flyweed, gooseweed, St. John's head), the carefully dried branch tips collected during the flowering season.

ACTIVE INGREDIENTS / INGREDIENTS

The essential oil (up to 0.3%) is very variable and contains 1,8-cineole, camphor, linalool, thujone and numerous monoterpenes and sesquiterpenes (depending on the origin). Furthermore there are: Sesquiterpene lactones (including vulgarin and psilostachyin), flavonol glycosides and coumarins.

PHARMACOLOGY

Application and effects are largely the same as those of wormwood (*Artemisia absinthium*), but the therapeutic benefits have not yet been proven by modern studies.

APPLICATION

Used since ancient times for numerous medicinal and magical purposes (for example, as a vermifuge against various intestinal parasites). Modern use is limited mainly to the use as a stomach bitter for the treatment of indigestion and lack of appetite. Traditionally, *Artemisia vulgaris* is popularly used to treat neuroses, depression, restlessness, insomnia, anxiety, and painful or irregular menstruation.

PREPARATION AND DOSAGE

The following examples are taken from the literature:

Mugwort herb: 0.5 g to 2 g as an infusion, 3 times daily.

Several times a day (5 to 6 times) a knife tip of the powdered drug is taken.

To prepare a tea, steep a coffee spoon of the drug for 10 min in a cup of boiling water; up to 2 cups a day.

Fluidextrakt BHP : up to 0,5 ml / 3 times daily.

Production of ARTEMISIA OINTMENT

Artemisia ointment can be produced in 3 strengths! Dried and powdered leaves (amount see below) with ml 100olive oil (cheaper: sunflower oil; better but more expensive: rhizinus oil from the pharmacy) heat in a water bath for an hour, filter through gauze, add g10 melted beeswax, stir, fill into clean tins (e.g. washed and dried photo tins).

Amount of artemisia powder in this recipe:

For A-3 M (Mild) ointment take g2,5 (e.g. for use on hemorrhoids).

For A-3 N (Normal) ointment take g5 (e.g. wounds, infant eczema, lying on bedridden).

For A-3 F (Forte) ointment take g10 (eg, athlete's foot, neurodermatitis, acne. For pets also for bleeding ear lobes and other fly-covered wounds).

Important: NO water should get into the ointment, otherwise it will spoil quickly.

Well made, it can be kept at room temperature for one year.

HOMOOPATHY

Artemisia vulgaris HAB1, the fresh underground parts harvested at the beginning of winter. Indications: For cramps and worm complaints.

Historical and legends about mugwort

For the ancient Germanic tribes, mugwort was the most powerful of all plants:

Mugwort - power root!

"Remember, Mugwort, what you promised,

What you ordered in solemn proclamation!

Una is your name, most ancient root!

You overcome Dreie and Dreissige

You overcome pus and seizures

You overcome the power of suffering that passes over the land."

- Dioscorides used mugwort against intestinal worms. Hildegard von Bingen recommended mugwort for very fatty food.
 - Hippocrates recognized mugwort as menstrual stimulant, Loncierus recommended it to facilitate childbirth and after childbirth.
 - Tabernaemontanus recommended the mugwort "as useful herbs to the mother diseases".
 - Mugwort is dedicated to St. Valentine (the one from Valentine's Day) and Artemis.
- Supposedly, in ancient times, a woman who had just given birth to a child was given a clump of mugwort in her left hand to protect the patron goddess of mothers, Artemis, from harm.
- In addition, the room in which the woman and child slept is said to have been fumigated with mugwort. And also in the postpartum itself is said to have been mugwort. In addition, one wore mugwort roots also as an amulet to strengthen the power.
- Among fortune tellers, mugwort was considered an auxiliary herb that was supposed to facilitate divination. In general, the mugwort seems to have been popular with diviners, because they also cleaned their glass balls with it.
 - In ancient Rome, people put mugwort leaves in their sandals to protect their feet from overtiredness. This probably also gave the mugwort its German name.
 - In the past, the mugwort was fixed on the roof of the house, so that it would protect from lightning and also from epidemics.
 - On August15., the day of the Assumption of Mary, the stables on farms were fumigated with mugwort so that the cattle remained healthy throughout the year.
 - The plant was sacred to the ancient Germanic tribes, who took mugwort to the funeral pyre when they burned their dead. This was supposed to ease the transition of the soul into the afterlife.
 - In ancient times, people tied mugwort to their legs to protect them from fatigue.
 - An old custom says that one should put on a belt made of mugwort, dance with it around the fire of the sun and then burn this belt in the fire, so that one is protected from illness all year round.
 - The Celts smoked mugwort at certain times, such as Samhain. It was considered a protective plant that drove away evil spirits.

Mugwort was not only considered to protect against demons and evil forces, it was also supposed to help against conflagrations and lightning strikes. But it was supposed to protect against even more mischief - from the evil eye, from witchcraft, from nightmares, against hatred, envy and intrigues that harm the soul.

However, the church did not like the mugwort at all in the past, it was seen as a witch herb, probably because it was supposed to give protection to the 'infidels' or witches.

In the past it was superstition - today we actually find the background for it: The essential oils in mugwort are antibacterial and kill fungi - exactly what is needed to protect young mothers with their children from diseases.

By the way, mugwort was a popular mystical herb for women anyway. Thus, women sat down in the smoke of the mugwort to consecrate their life-giving sexual organs, so that they remained fertile, or else to induce childbirth.

A popular name is also women's root, which indicates the special effect on women's complaints. Mugwort relaxes the abdomen of women, it is also said to increase the feeling of pleasure in the female body. Mugwort was also used in the Middle Ages as an herb for abortion. As a so-called period herb - that is, an herb that stimulates periods and can also cause contractions in the pelvis - it should not be taken in the first weeks of pregnancy. Other herbs to avoid also include centaury, motherwort, sage, lovage and parsley root.

"These herbs are very useful to women for steam or sulphur baths, then they bring them their sicknesses, expel the dignity and the dead fruit. They also open the closed mother, break and crush the stone, and bring against the understood urine."

Leonhart fox

When cooking, he advised the following: "For this purpose the stemmed and stripped little flowers are most serviceable and useful / Geese, fowls and other birds and meat dishes stuffed with them..."

The young leaves of mugwort, along with eight other medicinal herbs, are part of the magic nine herb soup in the spring.

During the First World War, mugwort smoke was also used in military hospitals where wounded soldiers lay - the aim was to suppress the spread of disease.

In the Middle Ages, this smoke was also used against demons, exorcists also probably used it. One used the Beifuss against the bad forces of the darkness, which took the power over humans. These evil forces then showed themselves, among other things, through epileptic seizures or a heart attack. Also strokes were a sign of the evil power or for example nightmares and terrible fantasies during the day.

"Whoever has a foot in his house, the tuffel may not do him any harm."

For example, an old tea recipe against evil forces looked like this:

Take g each of angelica 50root and lemon balm leaves; g each of 20mugwort, dost, verbena, St. John's wort, bedstraw and rose petals. Mix everything well and take teaspoon2 of it per cup of tea.

But please do not drink for more than weeks3 ...

Aside:

By the way, Mugwort is called Chornobyl in Ukrainian - just like the city known to us as Chernobyl, where a nuclear 1986power plant blew up.

Harry Potter, a sorcerer's apprentice and now master wizard, uses the mugwort in the 'Potion of the Living Dead.

The red essential oil of the mugwort was used by the ancient Germanic tribes to make bock beer, which was very strong and intoxicating - and was probably also supposed to make people want to make love more. This aphrodisiac property is also found in ancient Greece, where an infusion of mugwort was also used as an aphrodisiac. This was reinforced by the garlic and onion, which harmonize well with the mugwort.

By the way, dogs do not like the smell that the mugwort gives off. So if you want to keep certain places free from dogs, plant mugwort there or lay out mugwort.

And: Mugwort should not be grown together with other medicinal herbs in a bed, because it can suppress the growth of the other plants.

Dietary intake has a significant influence on the risk of cancer, countless doctors, researchers and experts from all camps are certain. In particular, meat and dairy products and refined sugar are generally discouraged. But environmental factors and the psyche also play a role.

Similar effects are also attributed by scientists to vitamin B17, found in apricot kernels, which specifically poisons cancer cells through a prussic acid compound that is harmless to healthy cells. Cannabis oil is also reported to have a similar effect. However, the pharmaceutical industry and dependent institutes in the EU and the USA reject these treatment methods, preferring cost-intensive, alternative procedures.

Original study: <http://www.ncbi.nlm.nih.gov/pubmed/22185819>

Sources: <http://www.healthyfoodhouse.com/amazing-herb-kills-cancer-cells-in-just-16-hours/> <http://brd-schwindel.org/beifuss-ancient-knowledge-against-cancer/>

Source: <http://derwaechter.net/erstaunliche-wirkung-diese-pflanze-zerstort-98-der-krebszellen-nur-16-stunden>

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