

# NATURE'S SWAY

## IRIDOLOGY & HERBALISM

Consultations for Iridology Health  
Surveys and personal Therapy,  
also Herbal Formulations by post  
for Humans and Animals.

# NATURE'S SWAY

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**REAL SECRETS  
OF LIVING LONGER,  
HEALTHIER LIVES**

# REAL SECRETS OF LIVING LONGER, HEALTHIER LIVES

More energy, delaying the ageing process, actually living a longer, healthier life, without the need for synthetic aids, is no fanciful dream. It is a reality. And you do not have to be financially super-rich to achieve it. But what can be achieved is a life that is super-rich in quality. This is not an exaggeration – or a sales gimmick.

For several decades Naturopathy has taught the need for a body to be kept in a slightly more alkaline than acid state for it to be healthy. Research worldwide over the last few years has further revealed that an overgrowth of a fungus known as *Candida albicans* in the body lies behind most, if not all disease, including cancer. It is variously referred to as a fungus, yeast or mould. We consider this to be one of the most important revelations possible, since, by simple means, it can bring about fundamental change in peoples' health, and save lives. It has inspired us to give special attention to what bodily processes are involved and how this state of being comes about, and particularly in respect of the vital role that herbs can play in helping to clear the fungus overgrowth.

Like cancer cells, candida thrives in an acidic state and one where tissue has become starved of oxygen (anaerobic). It is a naturally occurring fungus and is akin to the fungi that break down the waste matter in a garden compost heap. Your health is threatened when it becomes out of balance with the many other microbes in your body that work to maintain your health, including your protective immune system. In a state of overgrowth it produces toxic by-products that can both feed and stimulate all manner of diseases.

**It's what causes this fungus to spread that is the key,** and therefore which we all need to understand. Incredibly, understanding this fundamental situation will enable you to powerfully affect your health for the better – if you so

choose - indicating to what a great extent the quality of your life is actually in your hands.

We would acknowledge there are all manner of health aids available, many of which do improve things, but there are none so utterly fundamental and 'un-dodge-able' than the necessity to bring the body to a state of alkalinity.

## Some of the most common conditions associated with fungal overgrowth

- Weight problems.
- Digestive problems, such as Indigestion, Diarrhoea, Constipation, Irritable Bowel.
- Mouth infections, Coated Tongue, Bad Breath.
- Cravings for Sugar, Bread/Cakes, Milk/Cheese, Alcohol, Sweetened Drinks AND Drugs.
- Respiratory problems, inc. Flu, Catarrh, Colds, Sinusitis etc. Allergies/Sensitivity to foods and Drugs.
- Skin Sensitivity, Itching, Rashes, Psoriasis, Eczema.
- Pain and Swelling in Joints and Muscles.
- Fatigue, Adrenal Failure, Thyroid Disease.
- Headaches, Irritability, Over-Sensitivity, Panic Attacks, Depression, Bipolar, Mood Swings, Aggressive Behaviour, Attention Deficit, Obsessive Compulsive Disorder (OCD), Paranoia, Autism.
- Prostate Problems, Low Sex Drive, Menstrual problems including PMS and Endometriosis.
- Vaginal Yeast Infection.
- Cancer, Leukaemia.

## Agents which bring about acidity and resulting fungal overgrowth

Candida fungus is native to the whole digestive tract (mouth to anus), but overgrowth depends on how much of the factors below you consume or are affected by.

- SUGAR and the many manufactured food products containing added sugar (especially dangerous to cancer sufferers) – always read the label – carefully.
- Fizzy, sweet drinks, so-called 'diet' drinks, squashes, jams, etc.
- Alcohol, especially beer and spirits – (an occasional glass of red wine is OK). Tobacco.
- Yeast containing foods, including bread & cakes but also in many other products (read the label).
- All refined or white flour carbohydrate products – as in pasta, bread, pies, pastries, cakes, noodles, and many breakfast cereals.
- Food additives, flavourings, preservatives, most synthetic sweeteners, colourings, inc. sodium chloride (salt) and monosodium glutamate.
- Over-indulgence in Meat consumption – especially mass-market fatty red meat and offal.
- All cows' dairy products - milk, cheese, butter, etc.
- Shell fish – especially prawns, crab, scallops.
- Caffeine (coffee, tea, stimulating fun drinks) – stimulates liver to release glucose into the blood stream, which is especially dangerous to cancer sufferers – keep intake to absolute minimum.
- General pollution and Electro-magnetic radiation - especially dangerous living or working near high voltage cables and transformers, and to varying degrees from wireless telephones, computers, computer (wireless) modems, etc., AND food cooked in a micro-wave oven.
- All anti-biotics, drugs medical or otherwise, chemo therapy, radiotherapy.
- Synthetic oestrogens - for example HRT, xenoestrogens, contraceptive treatments.

- Mercury fillings and chemicals in drinking water.
- Stress, over-striving, continued negative emotions - anger, frustration, anxiety, fear, etc., lack of sleep, insufficient rest and relaxation, of mind and body.

In fact all the stuff of modern living we are led to take for granted - doesn't that make you think?

Oh, and try using anti-biotics to destroy the candida and it will succeed – for a while. But in the process much of the essential, other micro-bacteria will be destroyed, depriving the body of its many digestive, nourishing and protective benefits. The result will be a huge upsurge in fermentation and wind in the intestines, and a massive fungal re-infestation, brought about by the toxic, acid effects of the anti-biotics – which will set you back a long way.

There are more and more reports in the media of anti-biotics failing to deal with bacteria/fungi in the long term, the latest one reporting many deaths in Mexico. See <http://www.bbc.co.uk/news/magazine-23166839>

**So, believe it or not, if you wish to, you can now be part of a revolution – in upgrading your all-round health, releasing yourself from negative symptoms you have long endured – there are no limits to what can be achieved.**

Do consider this – why should you not live healthily in mind and body until you die, literally of actual old-age. Don't allow yourself to be intimidated or brainwashed into anything less. Quite literally, this could be life-changing stuff.

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## Healthful, alkaline producing foods which oxygenate the blood and stimulate growth of beneficial bacteria.

- Greens – like broccoli, brussels sprouts, cabbage, kale, watercress, alfalfa sprouts, wheatgrass.
- Vegetables and culinary herbs, like aubergines, beet-root, carrots, parsnips, cauliflower, celery, chard, chicony, chives, cucumber, dandelion, dill, endive, fennel, green beans, lettuce, mushrooms, parsnips, peppers, potatoes (best in their skins), seaweed (especially nori/laverbread), radishes, sorrel, soya beans, spinach, squash, turnips.
- Whole grains, seeds, nuts, whole brown rice (but those with gluten intolerance avoid wheat and rye), small daily amounts of wholemeal bread (spelt is one of the best).
- Olive oil, flaxseed oil, fish oils, krill oil, walnut oil.
- Ginger, garlic, onions, curcumin/turmeric, cinnamon, cloves, oregano, nutmeg, coconut.
- Virtually all fresh fruits, but especially apples, apricot, avocado, blackberries, blackcurrants, cherries, cranberries, currants, raisons, dates, figs, grapes, lemons (particularly whole organic, frozen and then grated), limes, lychees, mangoes, melon, olives, papaya, peaches, pears, pomegranates, raspberries, redcurrants.
- Apple cider vinegar, fresh lemon or lime juice.
- Raw honey, molasses, agave syrup (all in small amounts), natural sweeteners stevia, xylitol.
- Cows' products alternatives – rice and almond milk, small amounts of goats' and sheep's dairy products.
- Safe salt products – Himalayan, Celtic.
- Medicinal mushrooms (shiitake).
- Multi-strain probiotics. Sunshine and vitamin D.

### Improving your health is about:

1. **Eating health-giving, alkalising foods** - ideally organic - as listed above - but a little of what you fancy does you good, so it's about balance.
2. **Taking advantage of herbal preparations with de-tox and anti-fungal properties** (the return to a healthy balance between all the micro-bacteria in your body is a progressive process, which takes time).
3. **Avoiding** or keeping to an absolute minimum the use of synthetic chemicals and drugs, and sources of pollution.

4. **Regular exercise**, such as yoga, pilates, walking, gardening, relaxation and meditation.
5. **Consciously and committedly releasing oneself** from past patterns and traumas – literally learning to 'live in the moment' and consciously and

## ACTIVELY enjoying life – You deserve it!!

We would, however, suggest you take note of the changes and progressive improvements in your health and in your more optimistic outlook and involvement with life –the NEW YOU. You will not be disappointed.

### How can we help – or rather, how we can help.

There are a number of very effective anti-fungal and detoxing herbs we have at our disposal, plus many others which activate the body and help its return to health, and to maintaining health.

Herbs have retained their special healing powers over the centuries because they have not been interfered with by man. They have long been held in the highest regard by Healers and Herbalists.

Now they are available to help you in your return to health and vitality – regardless of your age.

For immediate use we have a liquid mixture called ReVite (a 300ml bottle costs £46.99 at time of printing). Liquid extracts are the most powerful form of application, providing immediate effect upon the digestive and eliminatory systems, to bring re-vitalisation. To powerfully complement the liquid ReVite, to further extend essential digestive, detox and re-vitalising action we recommend our "Essence of Life" capsules (see website for current prices). To order please telephone us with credit or debit card details.

If you have particular problems you would like us to help you with, please telephone for a personal consultation. An early appointment can be arranged at our address near Buckfastleigh, South Devon, TQ11 0HR.

**KEEP THIS IMPORTANT LEAFLET SAFE FOR FUTURE REFERENCE – TELL OTHERS ABOUT IT**