

Hello Everyone in Natural Health Nation,

We finally got some rain. It'd been a long time coming and it sure was a nice gentle rain. The grass is greening back up so will probably have to mow soon. I'm glad to see that it's staying warm, at least for a while. I hope that you had a great weekend and was able to relax on those rainy days.

The first article this week looks at the problems with artificial sweeteners that can lead to diabetes. Artificial sweeteners have been a problem for years and especially since they're chemicals, the body does not work with them very well at all. This is another reason why they can cause cancer too. The only good non-calorie sweetener that we know of is Stevia, but not all people like it. And again, it's important to watch labels as they sneak some of the stuff in certain foods to make it more appealing to the taste buds.

The next article is kind of odd but is important to know about as another cause of health issues. The article is on the rarely discussed reality of radioactive pollution. Things like this are another reason why we need to watch everything that we do and have control of so that our bodies can handle some of this pollution from sources that we have no control over. I'm always amazed at some of the agendas behind policies that pollute the environment. It's a very interesting article! At Natural Health, we even have vials in our test kit for radiation and homeopathic remedies to help get it out of the body.

The bonus article this week is about a news headline but the underlying problem is about people's reliance upon drugs to handle nutritional problems. We find that almost all psychiatric problems are due to heavy metal poisoning and poor diets, usually over an extended period of time. The psychiatric drugs are some of the worst and they're handed out like candy. Most people are aware of the opioid epidemic in this country which is another cause of big problems. At Natural Health, we strive to get patients off of medication if possible, by improving their normal daily diet and adding nutritional supplements that actually help to heal the body, not just mask symptoms. We have so much good information to share with patients explaining all this and making it easier for them to follow our programs. It does take some work but it's well worth it to stay out of nursing homes or Alzheimer units, etc.

Get Healthy, Stay Healthy, Live Well-Dr. Mark