

NATURAL HEALTH

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Hello Everyone in Natural Health Nation-

Well we almost had spring this weekend. Thursday and Friday were pretty nice but back to snow on Sunday. It will be hard to get the mushrooms to grow if this cold weather stays around, along with everything else. I hope you still had a great weekend and got some relaxing in.

The 1st article this week is entitled Cell Phones Strongly Linked to Cancer-New Study Replicates Government Finding. This is, of course, looking at the EMF pollution problem, electromagnetic frequency issue. We've looked into this here at Natural Health and are now carrying the Q-link products to help your body combat the negative effects of EMF. In some of my research I found that EMF was particularly hard on the eyes and perhaps even a cause of detached retina. Just think how much more of this we are subjected to in the last decade.

The 2nd article this week talks about the 4 powerful adaptogens (herbs) for adrenal support. We carry 3 of the 4 here at Natural Health, those being Ashwaganda, Rhodiola, and Ginseng. As you may know, your adrenals produce adrenaline for energy and your own natural cortical steroids to help with inflammation throughout the body. Your adrenal gland is your stress gland and we abuse it daily. To keep it in good shape and working correctly, you must support it with good nutrition and the use of these herbs help your body to handle the stress of everyday life.

The bonus article this week is titled Up to 40% of Consumer DNA Tests Are Inaccurate. The article talks about these tests never being designed for medical testing and that some of these companies share the results with others and cause insurance coverage issues. Our take on DNA testing is that the DNA is the blueprint and if you use good materials to build using this blueprint, you will have a good structure but if you use bad materials and the same blueprint you have disaster. The medics love to blame DNA for everything but that is only because they are not looking for the cause and that gives you no power to correct the problem yourself. The study of Epigenetics, or what causes the genes to activate, looks at diet and lifestyle as the triggers and if those are in good shape, the DNA is no problem.

So it's even more important to **Get Healthy, Stay Healthy, and Live Well**

-Dr. Mark

Next Education Workshop: Tuesday, April 16 at 5:00 pm – Stress and Fatigue

Patient Testimony: What Was It Like Before I Came to See Dr. Mark?

I was having a lot of pain in my hands – it was so bad I couldn't sleep. Went to the doctor and they ran test for Lupus, Gout and Arthritis. They said everything was negative but said my immune system was not where it should be. She also said we'll see you in six months. That is when I went to Dr. Mark.

How Is It Now?

I started the nutrition program with Dr. Mark and in the three months I had no pain and feel more like I did at 40 – I am 69. I'm also off all prescription drugs. (J.T.)

Please click links below to read articles from Dr. Mark

[Cellphones Strongly Linked to Cancer — New Study Reproduces Government Findings](#)

[Four Powerful Adaptogens for Adrenal Support](#)

[Up to 40 Percent of Consumer DNA Tests Are Inaccurate](#)