

# April 2007

A World of Wisdom  
Living in Harmony with the Word of Wisdom

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***These past few months for my family have been ones of medical questions, dealings, and healings. So, this issue of the WOW newsletter will be geared towards healing some common medical issues that, if they don't affect you personally, I know you know someone who they have affected. There are many purposes the Lord had in giving us the Word of Wisdom and I know that one of them was to make sure we were in the best possible health.***

***While the WOW doesn't lay out specifically what herbs are good for what ailment, I personally consider the education of ones self in natural healing a spiritual and practical responsibility of all, especially mothers. Throughout the scriptures, herbs and natural healing, in addition to spiritual healings, are referenced many times, and herbs are certainly put forth in scripture as something God has put on this earth for our use in medicinal purposes.***

***So, I hope you read on with interest, as my own personal testimony of natural healing modalities has been strengthened and expanded over the first of this year. I would be remiss if I didn't express my gratitude to my Lord for his divine gifts in the form of prayer, revelation, plant remedies, and gifted healers on this earth....they have saved and improved my husband's life, and increased the quality of my and my children's life.***

# What's Wrong With This Picture?



A bar fight? Fell down the stairs? A smack down in nursery?  
I wish.

This is a picture of Athena right before going to the dentist. I'm surprised she's smiling. 2 weeks ago Athena woke up with a swollen lip, going up into her eye: an abscessed tooth. No, she doesn't usually look like that, thank you. I wasn't terribly surprised, as she had been complaining (more like crying for hours at a time and waking up in the middle of the night in pain) for two days prior. Because her verbal skills aren't so clear yet, I couldn't pin point if she was saying her throat hurt or it was her teeth.

## How does a barely 2 year old get an abscess, you ask?

Oh, our dental history is a bit sorted. All four of my girls have had what looks like baby bottle rot on their four front upper teeth, even though they've never had a bottle or sippy cup. Through all my research (mainly by reading Nutrition and Physical Degeneration), the cause is a just a matter of generations of terrible, processed nutrition. After my oldest two had their teeth pulled at ages 2.5 and 4, I vowed to avoid it with subsequent children. I did my best with what information I had. Cranberry extract, cod liver oil, brush, brush, brush, no refined sugars, etc. etc etc.

Despite my best efforts, my 3rd daughter's teeth still didn't fare well, but thankfully she had kept her front teeth, even if they do look terrible. Athena, on the other hand - the one I had been most diligent with, was just as bad as my oldest two, hence the abscess. So horrible!!!

## The point of this story is coming.....

One of the blessings of moving to Cedar City is that it forced me to look for a new dentist. I found one that we will stick with forever in St. George. Bekki Patton is super cool, so respectful, so non interventionist, won't even do mercury fillings, is very holistic, uses essential oils and supplements. She's dreamy. Anywho.....she told me what I knew, at this point antibiotics and probably tooth extraction was really the best option. Because she can't work on a two year old for tooth extraction, she referred me on to a pediatric dentist. Also, a very cool guy. I've had such negative dentist experiences (meaning, the dentists have belittled me about my kids' teeth problems), that it was such a relief to talk to someone on my same wave length. No papoose boards and general anesthesia only were my requirements, to which he happily agreed, and even preferred. The skilled dentist that he was, the numbing took longer than the actual pulling of the 4 teeth. It was 8 minutes of torture, but it was done.

**Now to the point.**

Our family has had experience with antibiotics only twice. Once, when Sage got cellulitis in her eye when she was 2, and Athena for this abscess. My kids have a history of yeast issues, especially Athena. One of the downsides of antibiotics is an increase in yeast in the body, so to counteract that I gave her a probiotic with each antibiotic dose (Continental brand - \$6 at the health food store, refrigerator section).

Anywho, no diarrhea, no eczema flare up, and she's happy as a clam. So what does being happy have to do with anything? Well, since she turned one, she went from my easiest to my most difficult child. She's easily provoked, she bites, screams, slaps. Not exactly gentle. Well, since she's been on the probiotic, she's like a new kid. Humming as she goes along, laughing when someone accidentally bumps her. This isn't like her at all. Then I remember a study I read a while back. At the time it didn't even click that I could apply it to a toddler. I provide the study in the following article, but needless to say, we will be keeping up the probiotic.

### **My other point to the story is XYLITOL**

I found out about this one too late. I briefly touched on it in my October 06 issue, but believe me, xylitol is our new best friend. The beauty of xylitol is that it looks, tastes, and acts just like white sugar. It just doesn't cost as little as white sugar. But really, in our case anyway, I am either going to pay some up front to prevent the problem, or more in the end to treat the problem. I only found out about xylitol last Sept., otherwise I would have been using this stuff like it was candy. By the time I knew about it, the damage had already been done, I felt defeated, and really didn't push it on Athena like I should have.

### **So, what is Xylitol?**

Derived from fibrous vegetables and fruit, as well as in corn cobs and various hardwood trees like birch and it metabolizes in the body without using insulin, so it's perfect for diabetics. Xylitol heals and repairs. It also builds immunity, protects against chronic degenerative disease, and has anti-aging benefits. Xylitol is considered a five-carbon sugar, which means it is an antimicrobial, preventing the growth of bacteria. While sugar is acid-forming, xylitol is alkaline enhancing. All other forms of sugar, including sorbitol, another popular alternative sweetener, are six-carbon sugars, which feed dangerous bacteria and fungi. This is where it helps to change the mouth's bacteria, preventing decay.

Xylitol has 40% fewer calories and 75% fewer carbohydrates than sugar and is slowly absorbed and metabolised, resulting in very negligible changes in insulin. About one-third of the xylitol that is consumed is absorbed in the liver. The other two-thirds travels to the intestinal tract, where it is broken down by gut bacteria into short-chain fatty acids.

Using xylitol right before bedtime, after brushing and flossing, protects and heals the teeth and gums. Unlike sugar, it can even be left on the teeth overnight. With proper use, xylitol actually stops the fermentation process leading to tooth decay. Long-term use suppresses the most harmful strains of oral bacteria, making a long-lasting change in those bacterial communities. Xylitol even has the ability to enhance the mineralization of the enamel. It is most effective in treating small decay spots. Although larger cavities won't go away, they can harden and become less sensitive.

Xylitol has recently received positive support in the Journal Of The American Dental Association. "Xylitol is an effective preventive agent against dental caries... Consumption of xylitol containing chewing gum has been demonstrated to reduce caries in Finnish teenagers by 30-60%. Studies conducted in Canada, Thailand, Polynesia, and Belize have shown similar results.... "

Another unexpected benefit came from a Finnish study which showed that children whose teeth are colonised between 19 and 31 months of age by *Streptococcus mutans* bacteria are more likely to have a large number of cavities. Most children acquire this bacteria from their mother's

saliva through food tasting, sharing cups, and kissing. The study showed a dramatic 70% reduction in tooth decay among children whose mothers chewed xylitol gum.

### **Ear Infections, allergies, and osteoporosis, Oh My!**

One of xylitol's versatile benefits is its ability to inhibit the growth of bacteria that cause middle-ear infections in young children. In two recent studies involving over 1,000 children, xylitol flavored chewing gum was found to reduce the incidence of middle-ear infections by 40%, significantly decreasing ongoing middle-ear complications and the need for antibiotics.

Regularly washing the nose with a spray or neti pot containing xylitol decreases the number of harmful bacteria and stimulates normal defensive washing of this area. A clean nose reduces problems with allergies and asthma that originate from nasal irritants and pollutants.

Dr. Lon Jones, a physician in Plainsview, Texas, reported that the use of a xylitol nasal spray in his practice prevented 93% of ear infections and resulted in comparable reductions in sinus infections, allergies, and asthma.

Xylitol has been shown to be effective in inhibiting *Candida Albicans*, a serious systemic yeast problem, and other harmful gut bacteria including *H. Pylori*, implicated in periodontal disease, bad breath, gastric and duodenal ulcers, and even stomach cancer.

Another exciting benefit from xylitol is its role in reversing bone loss. Studies in Finland found that xylitol maintained bone density in rats that had their ovaries removed. Without ovaries, estrogen levels plummeted and so did the bone density in rats that were not given xylitol. However, in the rats that had ovaries removed and were given xylitol, bone density actually increased. Another study showed that xylitol was effective in decreasing age-related bone loss in older male rats by 10%.

### **Stay Young, Lose Weight, no PMS and Diabetes...what is this miracle???**

On the glycemic index, which measures how quickly foods enter the bloodstream, sugar is rated at 100 and xylitol at just seven! Xylitol is a natural insulin stabilizer, therefore it causes none of the abrupt rises and falls that occur with sugar. In fact, it actually helps in stopping sugar and carbohydrate cravings. Foods sweetened with xylitol will not raise insulin levels. This makes it a perfect sweetener for people with diabetes as well as those wanting to lose weight. There is a growing consensus amongst anti-aging researchers that maintaining low insulin levels is a key to a successful anti-aging program.

Using xylitol instead of sugar, as well as reducing intake of high-glycemic, refined carbohydrate foods, helps to lower the risk not only of PCOS but also of ovarian cysts, fibroids, endometriosis, PMS, hot flashes, weight gain, and depression.

Imagine never having to feel those twinges of guilt when you bite into a xylitol-sweetened brownie. Or how about increasing your bone density while enjoying your favorite hot drink with two spoonfuls of xylitol crystals, or knowing that xylitol-sweetened chewing gum is preventing cavities and gum disease?

With xylitol, you can now have your sweet tooth and treat it, too!

### **Where Can I Get This Stuff?**

Like I said, it isn't cheap, but it's certainly an investment. You can buy it in the granular form, that looks like sugar, You can find it in the sweetener aisle at the health food store. Use it like you would white sugar...I like to leave it in a bowl on the table for the kids to dip wet fingers into. Also, I'm partial to the Spry brand of gum, mints, tooth gel, mouthwash and toothpaste. Available

at any health food store, or you can order online at <http://www.xlear.com/spry>. The jars of gum and mints have 100 or 600 pieces in them. There are other brands, but I just haven't tried them yet. Have fun!

To see all the references go here <http://mizar5.com/xylitolsalvation.html>

## STUDY: PROBIOTICS TAME A TANTRUM AND COLIC



A daily dose of the probiotic *Lactobacillus reuteri* can improve the symptoms of infantile colic. In a new study, 83 infants were given either the probiotic or the pharmaceutical control simethicone (a commonly used colic medication, also called Mylanta) for a period of one month.

**At the study's end, the average crying times of the probiotic group had decreased by about 75 percent, compared to only 26 percent for the control group.**

A daily dose of 108 colony-forming units (CFU) of *L. reuteri* was given to the infants in the probiotic group 30 minutes after feeding. Mothers were asked to follow a diet free of cow's milk.

The average crying times of the infants in this group decreased by 21 percent, from 197 to 159 minutes per day, after only one week of treatment. The crying time of the control group decreased by only 10 percent, to 177 minutes per day, in the same period.

**At the end of the full month, the average crying times of the probiotic group had decreased to 51 minutes per day, while crying times for the control group had only decreased to 145 minutes per day. No adverse effects were reported by the mothers.**

Infantile colic is one of the most common problems reported during the first three months of an infant's life; it affects more than a quarter of all newborns. It is characterized by excessive and inconsolable crying, with no identifiable cause.

Pediatrics January 2007; 119(1): 124-130  
Nutra Ingredients USA.com January 10, 2007

<http://www.mercola.com/2007/jan/25/tame-a-colicky-baby-with-a-high-quality-probiotic.htm>

# Whole Foods Spotlight: Blueberries



*"They're gonna squeeze her, like a pimple. They've got to squeeze all that juice out of her immediatley."*

Well, there could be worse things, I suppose.

Blueberries are awesome! I really didn't begin my love of them until a few years ago. I always knew they were good for you, but between the price and the bitterness if you get a bad one, I never really gave them much thought until I saw a show on how they reduce under eye puffiness and increase your skins elasticity. Yes, my vanity got the better of me. I admit it. In looking into it further, I really regret not hopping on the blueberry train sooner.

Promotion of the fruit may be easy, as animal studies have found that blueberries may reverse age-related memory loss and other studies have found that blueberries contain many health-promoting antioxidants.

In one study, which is partly funded by the blueberry industry, the fruit is even being added to hamburgers and chickenburgers to improve the taste of reheated meat. Wild blueberry milk, blueberry beer and blueberry face cream are also being developed.

**Blueberries are associated with numerous health benefits including protection against urinary-tract infections, cancer, age-related health conditions, hearth disease and brain damage from strokes,** yet current per capita consumption is just four cups a year, an amount that is just one-sixth the amount of strawberries consumed.

In a previous study on lab rats, old rats fed a diet rich in blueberries grew neurons, which means the blueberries may play a role in reversing age-related short-term memory loss. While the results haven't been replicated in human trials, another study on lab rats is further investigating the effects of blueberries

The European blueberry, bilberry, is also known to prevent and even reverse the most common cause of blindness, macular degeneration.

The Wall Street Journal April 23, 2003

# Recipe: Blueberry Coconut Soup with Lime

*WOW Recipes for Everyday Living*

If you'd like a smoother texture, whirl the cooked berries in a food processor or blender before adding coconut milk.

3 cups blueberries, fresh or frozen  
3/4 cup xylitol or sucanat  
1/2 cup water  
Grated zest of 1 lime  
1/4 cup fresh lime juice  
1 15-ounce can lite coconut milk  
1/3 cup flaked coconut, lightly toasted

1. In a medium saucepan, combine blueberries, sweetener, water, lime zest, and lime juice. Bring to a boil, reduce heat, and simmer for 10 minutes. Remove from heat and let cool. Transfer to a large bowl and chill.

2. In a medium bowl, whisk coconut milk until smooth and light. Stir into chilled soup and serve garnished with toasted coconut.

recipe courtesy of <http://www.pastrywiz.com/archive/recipe/0425.htm>

## Study:

### Mediterranean Diet Reduces Allergies in Children



There is an index card on my refrigerator with a list of items typed out. That list serves as a reminder of what my life used to be like. When I was 10, I was diagnosed by an MD turned Homeopath in our ward, with over 40 different allergies. Before being diagnosed, I had fatigue, muscle degeneration in my legs (I spent months on crutches) and would break out in hives occasionally. What a fun 5th grade year I had. The only girl in the lunch room with a natural peanut butter and honey sandwich on rice cakes and carob brownies.

I spent that year limiting my diet, self injecting homeopathics every day, and occasionally I could "cheat" and have a piece of chocolate or sit on the grass - to which I was allergic to. I don't know

how I made it through that year, as I was allergic to tap water, artificial colors and flavors, grass varieties, chocolate, cigarette smoke, mercury (had to get my fillings replaced!) just to name a few. Needless to say, I lost 20 pounds that year.

But I am so grateful for that experience. Today I am completely allergy free, as are my kids.

### **The Mediterranean Diet**

Guess how close the Mediterranean Diet is to the Word for Wisdom? Pretty darn close. In essence, this study says to me that living the WOW will reduce and eliminate allergies. And who doesn't want that?

Researchers studying children in Greece found that those who eat a Mediterranean diet rich in vegetables, fruits, nuts, and olive oil experience less respiratory allergies and asthma than other children. Dr. Paul Cullinan of Britain's Royal Brompton Hospital and National Heart and Lung Institute and colleagues in Greece and Spain studied 690 children aged 7 to 18 using a 58-food frequency questionnaire.

Comparing children on the Greek island of Crete who ate the most fresh fruits and nuts to children who ate the most margarine, researchers discovered "a high consumption of nuts was found to be inversely associated with wheezing, whereas margarine increased the risk of both wheezing and allergic rhinitis (sneezing and runny nose)."

"Eighty percent of children ate fresh fruit (and 68 percent vegetables) at least twice a day," they wrote in their report, published in the journal *Thorax*. Researchers reported that "data suggest a beneficial effect of commonly consumed fruits, vegetables, and nuts and of a high adherence to a traditional Mediterranean diet during childhood on symptoms of asthma and rhinitis. Diet may explain the relative lack of allergic symptoms in this population."

The scientists found intake of grapes, oranges, apples, and fresh tomatoes, which are local products widely available in Crete, had no association with atopy -- a hereditary immunoglobulin-related problem that can predispose a child to certain atopic allergic illnesses -- but was protective for wheezing and rhinitis.

"This benefit is thought to be linked to the vitamins and antioxidants which [fruits, nuts and vegetables] contain," said Leanne Male, assistant director of research at Asthma UK, "Asthma UK is currently funding a number of research projects to further explore this association."

Researchers stated grapes had never before been shown to protect against allergies. Compounds found in grape skins, especially antioxidant substances, may be responsible, they said.

"Most consumers do not know it, but allergies are often brought on by a highly inflammatory diet comprised of processed foods," said Mike Adams, author of *The 7 Laws of Nutrition*, "Switching to unprocessed foods, including fresh vegetables, olive oil, and vinegar results in a sharp reduction in inflammation, thereby reducing allergies in both children and adults."

## *Inspiration*

Alma 46:40

And there were some who died with fevers, which at some seasons of the year were very frequent in the land but not so much so with fevers because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate.

# STUDY: TOXIC MOLD

A proven, healthy, all natural way to get rid of mold

## THE PROBLEM

A Harvard University School of Public Health study of 10,000 homes in the US and Canada indicated that half the homes presented evidence of water damage and mold. Of those, a minimum of 50% of individuals in each home had an increase in respiratory problems. The culprit - mold. <br><br>Recently, many studies have shown that many common ailments can be attributed to mold. Allergies, asthma, breathing difficulties, colds, chronic sinusitis, fatigue, flu-like symptoms, runny nose, and sore throat are only a few of the conditions that can potentially be attributed to mold.

## HOW DO YOU GET RID OF MOLD???

For years, mold was treated with bleach or ozone air cleaners. Now even the EPA and California Dept. of Health discourage using these methods. Instead, studies conducted by Dr. Edward Close, PhD, PE, author of Toxic Mold: A Breakthrough Discovery, indicate that all natural, organic substances like Thieves essential oil ([www.youngliving.com](http://www.youngliving.com)) are highly effective in killing toxic mold. After being presented with several severe cases of mold, Dr. Close diffused Thieves essential oil blend into the air. After testing, he discovered the air quality had drastically improved.

In one instance, 10, 667 stachybotrys mold spores were identified in a per cubic meter area. After diffusing the Thieves for 48 hours, Dr. Close retested. Only 13 spores remained. Similarly, 75,000 stachybotrys mold spores were identified in a sample of sheetrock. After 72 hours of diffusing, no mold spores remained.

Diffusers are available at Herbally Grounded in Las Vegas and at YoungLiving.com. It is essential that you get a cold air diffuser, as heat diffusers kill the living properties in essential oils.

To purchase Thieves essential oil, visit Young Living's website, with a referral number of 612993 to get a better price.

Also, a comparable oil by Desert Rose Organics is available at Herbally Grounded under the name Immunity.

## Update:

Ask and it is Given

In my last newsletter I put a shout out for anyone who could help me compile my cookbook into an ebook. Well, help was right in my backyard. One of my midwives, who has extensive publishing experience, emailed and said, "uh, hello? You know I can help."

Well, she didn't say it like that, but I feel so silly for not connecting the dots like I should have. After batting it around, and through much generous work on her part, we are republishing the cookbook, to be available in Amazon! Yea! So, keep a look out for an announcement. I am super excited.

Thank you, Lindy! You rock.

In Love and Health,

*Amy*