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Health Freedom Network

# Newsletter

ISSUE #372

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## Heart Attack Survival Guide

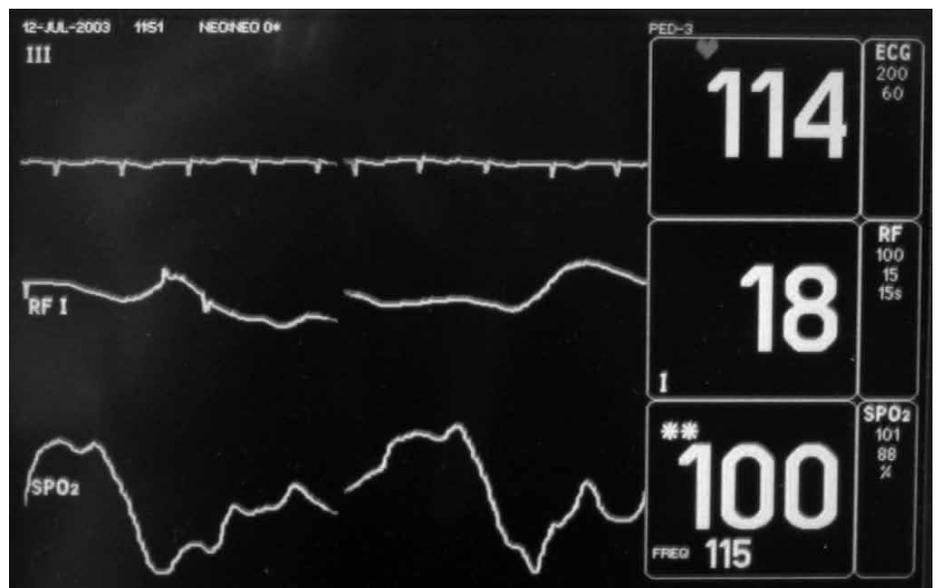
From the very first sign of a heart attack, consider that a clock is ticking a dangerous countdown. You are in the race of your life: the race to save your own life. The stakes are even higher if you happen to be alone when experiencing a heart attack, but you can save yourself.

Your priority should be getting yourself to a hospital within an hour of heart attack onset. Don't sit at home second-guessing your symptoms and feeling worried that you might be mistaken about your symptoms. Isn't it better to risk being wrong (and a little embarrassed), than risk being dead? There are time-sensitive treatments, such as clot-busting drugs, that are optimal to use in the first hour. Taken quickly enough, these medications can save heart muscle.

Even if someone else is with you (but especially if you are

alone), call 911 immediately. It's better to have an ambulance transport you to the hospital, since paramedics can help if additional complications arise and they might even be able to administer medications to lessen the amount of heart damage while you are en route to the hospital.

While waiting for the ambulance, there is something important you can do: *chew* an aspirin to minimize the formation of blood clots. Finally, if you start to feel lightheaded or dizzy while waiting for the paramedics to arrive, try coughing since that will improve blood flow to the right coronary artery and might keep you conscious and alert for a bit longer.



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# Tea's Ovarian Cancer Connection

Ovarian cancer has a relatively high mortality rate, in part because there are no early symptoms or easy screenings in place for it yet. For this reason, it is often diagnosed at a much later stage, when treatment options are more limited in their success. Key risk factors for ovarian cancer include: increasing age, never giving birth, and a family history of ovarian or breast

cancer. Although there are often no warning signs of ovarian cancer, some women experience an enlarged abdomen and abnormal bleeding.

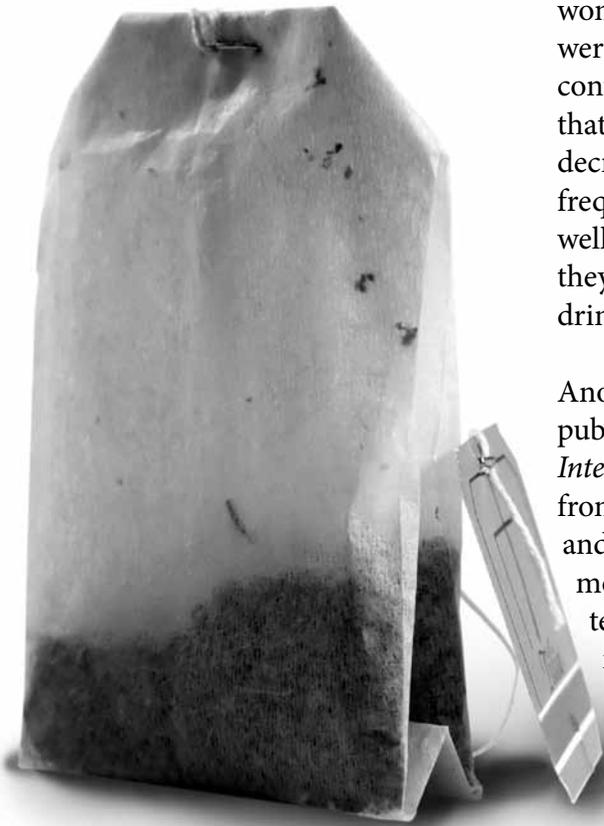
Although it is clearly not a cure, there is a role for tea in reducing the risk of developing ovarian cancer. In a case-control study from China reported in *Cancer Epidemiology, Biomarkers, and Prevention*, the diets of 254 women with ovarian cancer were compared to that of 652 control women. It was found that the risk for ovarian cancer decreased with the more frequently women drank tea, as well as the longer time period they had been habitual tea drinkers.

Another study, this one published in the *Archives of Internal Medicine*, gathered data from more than 61,000 women and tracked their health for more than 15 years. Drinking tea showed an inverse relationship with ovarian cancer. In fact, for each additional cup of tea drank daily, there was an 18 percent lower risk

of developing ovarian cancer.

When the 254 women from the Chinese study previously mentioned were followed during the three years following diagnosis, researchers noticed that how much tea they drank after diagnosis also had an effect. For tea-drinkers, almost 78 percent survived the three years after diagnosis, while only 48 percent of the non-tea drinkers were still alive after three years. It seems that it is not too late to benefit from tea, even after diagnosis.

In addition, the component unique to green tea, called L-theanine, has been found to have benefits connected to ovarian cancer. Animal-based studies indicate that L-theanine shrinks the size of ovarian tumors (when given along with cancer-treating drugs), and lessens the chances of metastases to the liver. Finally, L-theanine was found to protect healthy, non-cancerous cells from the damaging effects of chemotherapy drugs in a study published in *Acta Biochimica et Biophysica*.



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## Disclaimer:

This newsletter contains the opinions of the Health Freedom Network. It is not intended to be used as medical advice. All opinions are believed to be accurate at the time of publishing. Many medical experts have differing opinions. If you do anything recommended in this newsletter without the supervision of a licensed health practitioner, you do so at your own risk. The publishers of this

newsletter present this information for educational and informational purposes only. No attempt is being made to prescribe any medical treatment or diagnose any medical disorder.

Yours in Health,  
Sandra Oshiro, Editor

# Winter Exercise Blahs

As winter settles in, it's tempting to settle into your couch for a three-month rest. Granted, it can be more difficult to stay active during the winter months, but there are ways to make it more tolerable, whether you brave the outdoors or break a sweat inside.

Warming up properly is essential during winter months, but you need to be careful not to perform any stretches if your body temperature has dropped. So walk for a few minutes before stretching. It's a good idea to add on clothing layers or go indoors during cool

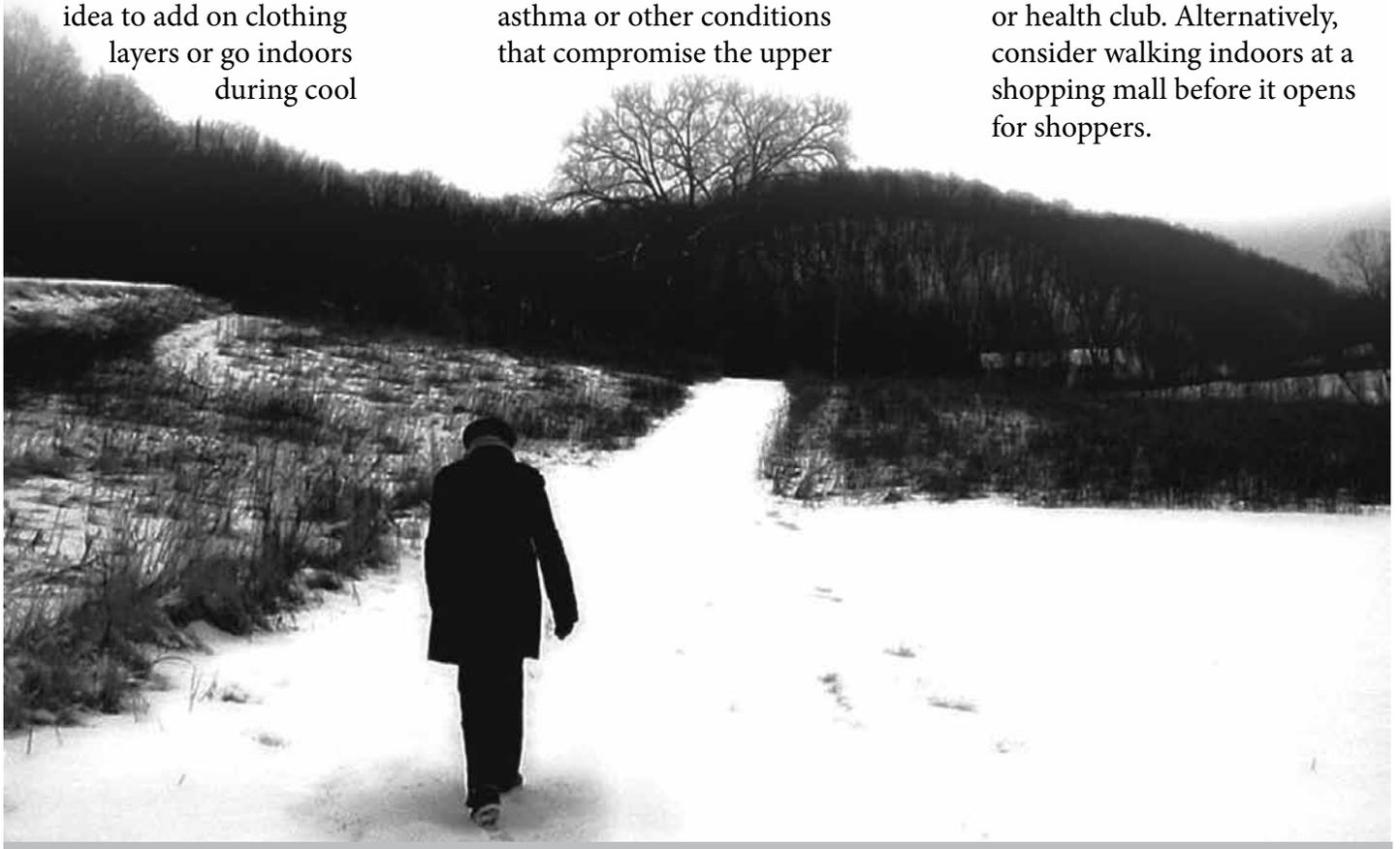
down and stretching, so you don't become chilled and more susceptible to injuries.

Dehydration is an oft-forgotten hazard of the winter months, since exercisers don't feel as thirsty in winter as they do in summer. Keep yourself hydrated by drinking before, during, and after workouts.

Outdoor workouts in cold weather are not for everyone, however. It would be best to move workouts indoors for exercisers who have asthma or other conditions that compromise the upper

respiratory system because cold winter air (especially when it's dry) is a common asthma trigger and can cause symptoms in the majority of asthmatics. If that's not feasible, those with asthma should drink plenty of fluids before and after exercise to keep the airways moist, wear a scarf over the mouth and nose so that the air is warmed before being breathed in, and ensure a proper warm up and cool down.

If the weather is just too nasty to venture out, it might be the perfect time to join a gym or health club. Alternatively, consider walking indoors at a shopping mall before it opens for shoppers.



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# Menopause Alternatives



Menopause brings an end to the monthly cycle of PMS, which is a relief to many women, but new troublesome symptoms, such as hot flashes, headaches, muscle aches, weight gain, mood swings, vaginal dryness, insomnia, and hair loss, often make an appearance. Although hormone replacement therapy (HRT) can ease many of these menopause symptoms, new studies show that HRT increases the risk of heart attack, stroke, and breast cancer. Not surprisingly, when this news came out, many women stopped taking HRT, yet were saddled with menopause symptoms once again. Fortunately, there are natural remedies that can

even out the hormonal changes of menopause without putting your health at risk.

The herb black cohosh has been researched and used by menopausal women for decades. Black cohosh offers several benefits to menopausal women, including fewer hot flashes, the lifting of mild depression, and smoothing out of mood swings. Despite misconceptions to the contrary, black cohosh does not contain a form of estrogen and does not raise estrogen levels in women taking it. Black cohosh is just as effective at relieving menopause symptoms (hot flashes, anxiety, and depression) as a low-dose estrogen patch.

Red clover serves as a source of estrogen-like compounds called isoflavones, which help smooth the transition through menopause. Red clover supplements (combined with another isoflavone source, the herb kudzu) taken by a group of women burdened with severe hot flashes granted amazing relief—with the average hot flashes dropping from almost ten a day down to about half that. A little-known herb from Peru called maca shows a lot of promise for menopausal women in terms of hot flash relief, mood improvement, and increased energy.



# Seeking Fibromyalgia Relief

Three to six million people have fibromyalgia, which causes aches and pains in muscles, tendons, and ligaments, as well as fatigue, swelling, muscle spasms, stiffness, headache, and difficulty getting a “good” night’s sleep. Since the symptoms of fibromyalgia are somewhat vague, misdiagnosis as hypothyroidism, rheumatoid arthritis, chronic fatigue syndrome, lupus, or other disorders is common. Although fibromyalgia generally emerges between the ages of 29-37 years old, most people are not

correctly diagnosed until the ages of 34-53 years old—with the intervening years often spent being treated for one of the above-mentioned misdiagnosed conditions.

In terms of treatment, a good place to start is an examination of the overall diet—it should be adequate in all of the essential vitamins and minerals. Caffeine, alcohol, and nicotine should be avoided; since they interfere with sleep and energy patterns.

A combination supplement



providing 300-600 mg magnesium and 1,200-2,400 mg malic acid might relieve muscle pain for some with fibromyalgia. The B vitamin thiamin may also be involved in fibromyalgia, since some studies have found fibromyalgia patients to have low thiamin status. However, the exact role that this vitamin might have in fibromyalgia remains unclear.

Exercise is among the most important recommendations for people with fibromyalgia. Start out with low-impact aerobic exercise, such as swimming, stationary bicycling, or walking, for as little as a few minutes every other day, and build up to 20 minute sessions three to four times per week. Once you feel comfortable with a regular exercise schedule, more intense exercises, such as jogging or tennis can be incorporated.



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# Nuts for Coconuts



Coconut oil, derived from coconuts, contains a unique type of oil called medium-chain fatty acids. Long ago, coconut oil acquired a bad reputation when it was lumped in with all the other artery-clogging saturated fats, but today lipid researchers understand that the medium-chain fatty acids in coconut oil actually have numerous health benefits, such as lower risk of heart disease, weight loss aid, immune system booster, and even cancer-fighting abilities.

Unlike long-chain fatty acids

that are readily stored as body fat or deposited in the arteries, medium-chain fatty acids are metabolized very differently. They are predominately burned as an energy source and thus seldom find their way to the hips or blood vessels. In fact, a diet based on coconut oil as its fat source favorably affects levels of lipoprotein (a), a substance related to LDL cholesterol that is an independent risk factor for cardiovascular disease.

There are two types of coconut oil: virgin and RBD (refined, bleached, and deodorized);

both are healthy and beneficial. Virgin coconut oil is less processed and more flavorful; however, many people prefer the RBD oil because it is colorless, tasteless, and odorless, thus it does not overpower food dishes. Unlike other oils and fats, coconut oil is very stable and doesn't need to be refrigerated. It stays fresh for several years.

Another product from coconuts, coconut water, is stepping into the spotlight. Coconut water is the sweet liquid poured straight from the hollow centers of baby coconuts; it shouldn't be confused with thick, rich coconut milk made from mature coconut meat. Think of coconut water as "nature's Gatorade," as it replenishes potassium and other electrolytes lost from sweat.

Drinking coconut water keeps high blood pressure in check and protects against heart attacks. In addition, recently scientists discovered that coconut water lowers cholesterol just as well as the prescription drug lovastatin in rats fed a cholesterol-rich diet. There is certainly a lot to love about the versatile coconut.

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# Congress Supports Organics in Schools

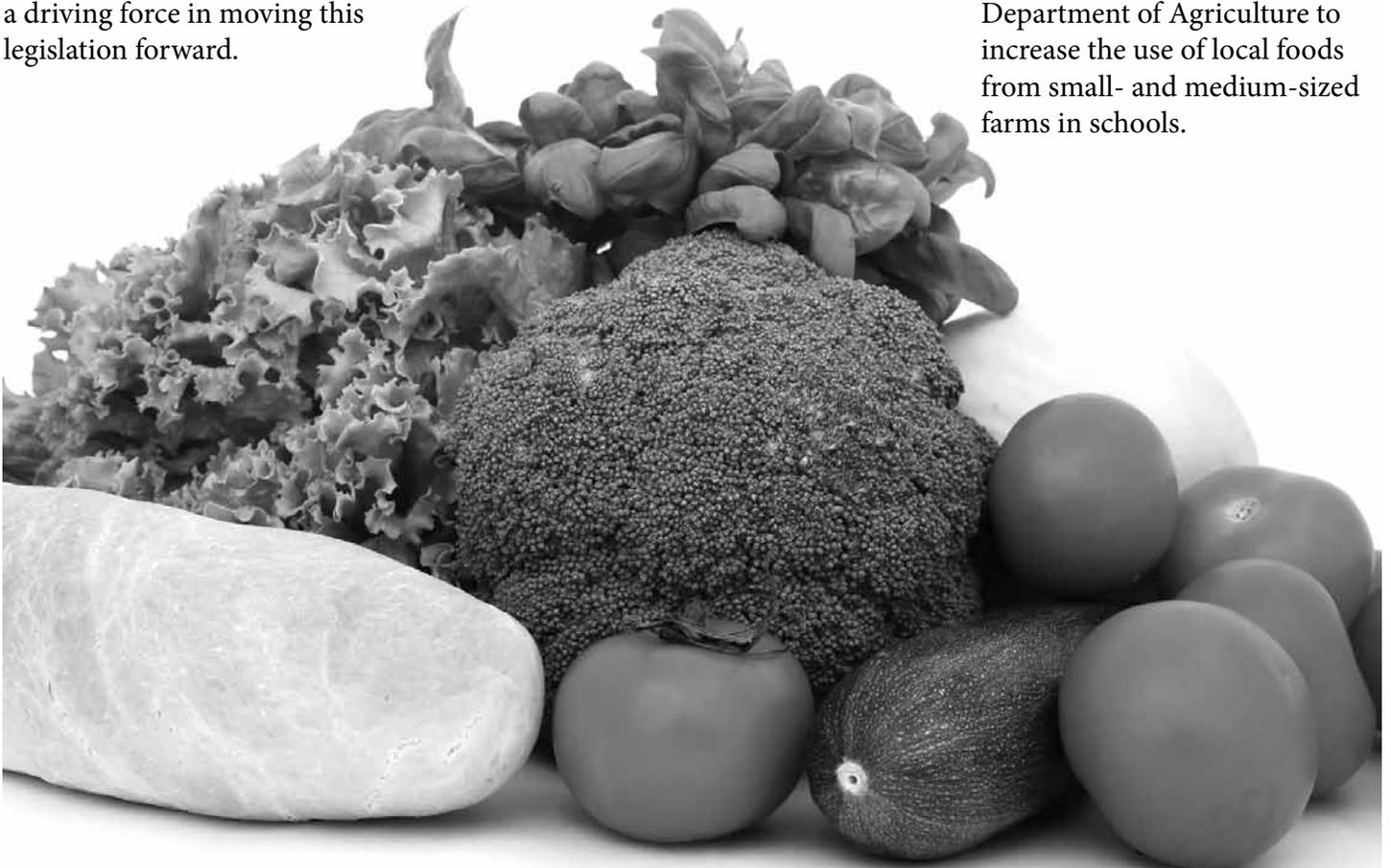


Squeaking in at the end of the year, Congress passed the Healthy, Hunger-Free Kids Act of 2010 that includes a line item for a \$10 million Organic Pilot Program to help support organic food choices in school nutrition programs. The Organic Trade Association was a driving force in moving this legislation forward.

Although the bill passed the Senate back in August, it only made it through the House of Representatives (passing with a 264-157 vote) just before the close of 2010.

The Organic Pilot Program will offer competitive grants favoring

socially disadvantaged schools to achieve the goal of increasing organic food options in school meal programs. Included in the bill is a \$40 million Farm-to-School Program that provides mandatory funding of a competitive grant and technical assistance program in the US Department of Agriculture to increase the use of local foods from small- and medium-sized farms in schools.



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# Crazy for Coconut Smoothie



## Ingredients:

2 ripe, frozen bananas  
1/4 cup shredded coconut  
1 cup coconut water  
1/2 cup frozen mango chunks  
1/4 cup milk  
1/2 tsp. cinnamon  
1/2 cup ice cubes

## Preparation:

Combine all ingredients in a blender or food processor and blend until smooth. Serve immediately.

## 5 Favorites

MinuteCancerCure.com  
CancerCureBottle.com  
VitalVelvet.com  
PacificRimShop.com  
CoralReefRemedy.com

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