

HEALTHFUL HINTS

27 OF THE BEST HEALTH “TIPS”

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“PRACTICAL HEALTH GUIDES”
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Introduction

This booklet contains 27 selected health tips compiled by the editors of PRACTICAL HEALTH GUIDES. They are effective and easy to follow.

Many are based on recent research, while others were known in ancient times. But they have all been proven to be effective. So keep this guide close at hand and make the advice it offers a part of your daily life.

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1. How to fight aging

Did you know that just walking for 30 minutes, 3 or 4 times a week is enough to combat aging?

According to researchers at the University of California, one of the principle causes of deterioration of the human organism’s physical faculties is its diminished ability to metabolize glucose. And they showed that even leisurely exercise, like taking a walk, plays an important role in keeping glucose metabolism functioning smoothly.

Do you spend the whole day sitting at your desk or in front of a computer screen? Why not get up occasionally and do a few minutes of physical exercise? Don’t worry about what other people think.

In some Japanese companies, it is even become a collective habit. Every twenty minutes a bell sounds, and everybody gets up to do some stretching exercises, after which they sit down again as if nothing had happened. Japanese managers are convinced that their employees are more productive when they are relaxed.

2. Are you anxious?

Is worrying one of your characteristics? Well, stop! It is okay to worry, but at the right time.

Psychologists at the University of Pennsylvania tell patients who suffer from anxiety to regularly do a daily twenty minute “worry session,” always at the same time and in the same place. Collect your head full of worries during the day (don’t suppress them!) and then pour them out during your daily worry session.

Exaggerate your worries to the point of absurdity - knit your brows, make faces, let the sweat flow, shake and cower as much as you like. In other words, make a caricature of the part of yourself that is always worried, and in so doing exorcise it.

Eliminating worry will help prevent numerous psychosomatic illnesses, which result from living in a state of permanent anxiety.

3. Care for your heart while you sleep

In which position do you sleep?

If you sleep on your stomach or on your left side, you are putting pressure on your heart with the extra body weight, while the heart has to continue pumping blood as usual.

This additional burden wears the heart out more quickly. Think about it - you spend more than one third of your life sleeping!

To reduce the strain on your heart, sleep on your right side, or on your back. This simple technique will add years to your life.

4. How to avoid cancer caused by smoking

If you smoke, you can greatly reduce the risk of contracting cancer by drinking carrot juice. This according to the German Doctor Hans Nieper, founder of Eumatabolic Medicine, a new alternative mode of treatment which has become very popular in Germany. The carotene found especially in carrots prevents and can even cure cancer.

Dr. Nieper states, "If you smoke 60 cigarettes a day but drink 4 glasses of carrot juice, you will still be less prone to contract cancer than someone who doesn't smoke but who doesn't drink carrot juice." Of course, if you don't smoke and do drink carrot juice all the better!

5. Avoid eye problems caused by T.V. and monitors

The eye was not made to be constantly focused on close objects. If your work requires that you stare at a computer screen all day long or if you watch a lot of television, stop from time to time to do a few eye exercises.

For example, roll your eyes in large circles in both directions; look over to each side as far as possible and then go from up to down; or scan an imaginary text on the wall from left to right; or look out the window as far as you can following the horizon then return to a point right in front of you and begin again.

In this way, you will avoid long term eye problems, you will enlarge your inner space, and relax both your eyes and your mind.

6. How to beat asthma

Asthma partially obstructs the bronchial tubes, making breathing difficult. The cause of asthma is still not known. But if you are an asthma sufferer, you can, through natural means, considerably reduce the number of asthma attacks you get.

A placebo study has shown that asthmatics who consume 1 gram of vitamin C per day had 4 times fewer attacks. When they stopped taking vitamin C, the attacks resumed with the same frequency as before (Trop. and Geog. Med., Vol. 32, Mo. 2, 1980).

As for magnesium, it also works wonders! Dr. Zack H. Haddad of the Faculty of Medicine at the University of Southern California conducted a study on thirty children suffering from asthma associated with allergies.

Twenty of them drank a daily amount of mineral water rich in magnesium, while the others received no magnesium supplement. After three months, the first group had a higher level of magnesium in their blood, and they were able to breathe more easily.

So taking vitamin C and magnesium is an excellent way to prevent asthma attacks.

But what can you do to breathe more easily during an attack? Simply drink 2 or 3 cups of strong coffee. By activating blood circulation, it eases respiratory blockage.

In addition, the American Lung Association recommends the following exercise:

1. While standing, contract all your muscles. Keep them contracted for a few seconds.
2. Release the muscles, like letting the air out of a balloon. Relax all your muscles completely until you feel like a limp cloth.
3. Let yourself fall to the floor, and stretch out. Close your eyes and relax your face and your feet.
4. Imagine that you are floating on water. Concentrate on the effect the earth's gravity has on your muscles and on the pleasant feeling of being completely relaxed.
5. Breathe gently and quietly, as if you were about to fall asleep.
6. Open your eyes.

Practising this exercise when you feel an attack coming on, or once it is already started, will help you overcome your asthma condition.

7. Losing weight: The Pakistani method

Pakistani women have an amazing trick they use to stay slim: they keep a string permanently tied around their forearms. According to Dr. Drupas, a gentle but constant pressure on the nerves in the forearm stimulates certain glands, particularly those involved in weight control (thyroid, suprarenals).

Why don't you try it? Find two ordinary rubber bands and place them around your right forearm, one third of the way up between your wrist and elbow.

The rubber bands should exert noticeable pressure without cutting off blood circulation and should not slip or slide when you move your arm. This is not a tourniquet!

For best results, you have to wear the rubber bands constantly, even at night when you sleep. It is also recommended not to wear any other jewelry on the right arm.

8. What to do when you get something in your eye

Got some dust in your eye? Or some other irritant like an eyelash or cigarette ash? You can use the following technique to help others as well as yourself.

Before doing anything, make sure you don't do what you absolutely shouldn't: rub or press the eye, lift the eyelid, or remove contact lenses without washing your hands.

How to proceed?

- Examine your eye. Is it red? Swollen? Is it tearing? What do you feel? Does it itch? Burn? Is your vision blurred?
- Let nature do its work - it is usually effective. Tears and natural eye movements will usually get rid of the irritation.
- Try rinsing your eye with some warm water, or with drops. You can pull on the skin around the eyes, but don't touch the eyelid.
- If this doesn't work, wash your hands, and then lift both the upper and lower eyelids to locate the irritant. Is it on the inside of one of the eyelids, or is it stuck to the eyeball itself? Pour some sterilized, warm water on your eye to flush the irritant out.
- If you can't locate the irritant or if the discomfort persists after you have removed the particle, you would better consult a doctor.

9. A few tricks for treating insect bites

You don't have to sit back and just passively put up with insects, especially those that like to bite (mosquitoes, wasps etc.). Eat asparagus and your sweat will develop an odor that repels insects. Or apply lemon oil to your skin.

If you are bitten, there are natural substances to soothe the irritation. Aloe vera has extraordinary powers of soothing skin disorders. It is available in forms for both internal and external application in most health and beauty stores.

If you have one of these amazing plants growing at home, cut the tip off one of the leaves (the leaf will heal itself). Apply the pulp and juice to the itching or swollen area.

Lightly boiled cabbage or leek makes an excellent analgesic poultice. Of course, if you are hiking in the woods, you might have a little trouble finding cabbage! Plantain also works well. Cut it and rub it to get to the juice then apply it to the affected area.

10. How to get rid of liver spots

If you have liver spots, it is up to you to get rid of them.

Maybe you took too much sun, without using the proper precautions like sunscreen, gradual exposure, etc. If you continue ignoring your skin in this way, you might end up looking like a lizard!

Liver spots can also result from a thyroid deficiency. The thyroid gland must therefore be stimulated through a variety of means. For example, brown seaweed tablets: take one a day every morning, for fifteen days a month.

Or apply a cream composed of 1 teaspoon oxygenated water and 4 1/2 tablespoons lanovaseline every morning and night.

Aloe vera (see previous chapter) is very effective in treating skin disorders. Daily application of aloe vera over a period of time can eliminate liver spots completely.

Also take a look at your nutrition: the real problem might lie in what you do or don't eat, like a diet too high in fat.

11. Treat diarrhea without medication

If you have ever been to a tropical country, you have probably experienced diarrhea: frequent and uncontrolled evacuation of liquid stool caused by bacteria in local water, milk or food.

Diarrhea can also be caused at home by excesses in diet (a diet that is too rich) or an allergic reaction to certain foods or medication or even by stress.

To treat diarrhea, avoid all solid food on the first day. Drink liquids like water, apple juice, meat or vegetable bouillon and tea. These will compensate for your loss of water - dehydration being one of the main dangers of diarrhea - and will give your intestines a period of rest.

If you have stomach cramps, rub your hands together for about a minute. Then place both palms on your abdominal region. The heat will soothe the pain.

On the second day, eat small quantities of solid food. Among the least irritating are cooked cereals (especially rice), biscuits and soft boiled eggs.

You can also try charcoal. It comes in tablet or capsule form (you can also get it off burnt toast!)

Chinese medicine has always considered ginger one of the best remedies for diarrhea. Dilute a tablespoon in hot water and add honey.

12. Use seaweed to stimulate your immune system

Japanese seaweed possesses remarkable immunizing properties, especially in fighting cancer. Japanese researchers at the University of Kitasato have discovered 6 kinds of seaweed which inhibit the growth of colon cancer cells in rats, notably two types of Laminaria. Laminaria extract has proven 70% to 84% effective in suppressing intestinal tumors.

Wakame, another Japanese seaweed, is now familiar to many Westerners, thanks to the arrival in the west of Japanese macrobiotic cooking, which uses it a lot.

Pharmacologists at the University of Hawaii injected rats with an extract of this substance. They found that the seaweed helped prevent and cure cancer. The researchers claim that Wakame fights cancer by activating and strengthening the immune system. It can be found in most health food stores.

13. How to prevent motion sickness - naturally

Did you know that half a teaspoon of ground ginger is more effective than chemical medication in suppressing motion or sea sickness? And unlike most medication, it will not make you drowsy. Ginger has been used in the Orient for centuries to prevent sea sickness.

Researchers asked subjects who were especially susceptible to motion sickness to sit in a reclining chair that spun around at high speed. All the subjects who ingested a well known medication or who took a placebo experienced violent nausea and/or vomiting.

On the other hand, six of the twelve subjects who took ginger twenty minutes before the test experienced no discomfort. They consumed only 840 milligrams of ground ginger, which is the equivalent of half a teaspoon.

The Japanese have a very curious method of treating all kinds of motion sickness. They use an adhesive plaster to fasten an “umeboshi” (a very salty fermented plum, available in most health food stores in the West) to their navel. The idea may seem a little strange, but what have you got to lose!

14. The anti-allergy vitamin

So much has been said in praise of Vitamin C. So it is not surprising that it is also effective in treating allergic reactions like hayfever.

We recommend taking Vitamin C in the form of ascorbate rather than ascorbic acid. When taken in ascorbic acid form, it can cause gastro-intestinal disorders.

To fight an allergic reaction, you should consume up to 8 grams. 5 grams are necessary, on average. Start with a dose of 3 grams. Every three hours, take another 1 or 2 grams, until the symptoms disappear completely.

15. How to prevent Flatulence (Aerophagy)

Aerophagy results simply from “eating” air. The condition is not dramatically serious, but it does bloat the stomach and can prove embarrassing (stomach gurgles, etc.)

How to prevent it? Above all chew your food properly and savor it fully. Swallowing too much is a direct cause of aerophagy. So don't swallow needlessly.

Don't drink a lot when you eat. Avoid tobacco and alcohol, cabbage, radishes, doughy bread, strong spices and bubbly drinks. Don't eat food that is too hot or too cold.

And pay attention to the kinds of food you eat together: make a note of any combination that seems to provoke an attack and avoid it in future.

16. How to put an end to heartburn

Heartburn usually results from excess acidity in the stomach, or from improper functioning of your digestive system.

At the point where the esophagus and stomach join, a special muscle opens and closes the esophagus. When we swallow food this muscle relaxes to let the food pass into the stomach after which it closes again.

But it can happen that the muscle malfunctions. The contents of the stomach then rise back up the esophagus, irritating the area. And this results in the infamous feeling of heartburn.

How to stop it? Avoid acidic foods (lemons, etc.), alcohol, fat or fried food, food that is overcooked, coffee, juice, tomato base products and chocolate. But don't deprive yourself too much. Rather, observe which foods bring on heartburn and avoid them. Also, don't go to sleep right after eating (you should eat supper around 7 o'clock) and don't smoke, especially after meals.

17. A miracle remedy

If we offered you a miracle remedy that prevents cardiac disease, certain types of cancer, diabetes, obesity, tooth decay and varicose veins, would you buy it? Certainly you would.

There is such a product. But it is not a recent discovery and you won't find it in a pharmacy but at the grocery store. We are talking about fiber.

A study conducted in Holland on 871 men, over a period of ten years, showed that subjects who had a low fiber diet were three times more susceptible to mortal disease - causes notwithstanding - than those who ate a lot of fiber (Future Youth).

This said, it cannot be confirmed at present that fiber prevents the above mentioned diseases in all cases. But there is conclusive proof that they occur more frequently in populations with low fiber diets which is precisely the case in the west.

According to The Lancet (the British Medical Journal) a diet which contains at least 37 grams of fiber per day (the equivalent of one cup of bran, one apple, one potato and a half cup of cooked spinach) can effectively protect the organism against chronic illnesses common to western society.

So fiber is useful in combatting many disorders besides constipation.

LOW FIBER FOODS:

Notably white bread (since fiber is removed in white flour), beef, pork, chicken, milk, butter, cheese, sugar, processed meats, desserts, fish, seafood and noodles.

GOOD SOURCES OF FIBER:

- Fruits: especially apples and prunes.
- Vegetables: potatoes with their peel, spinach, artichokes, cabbage, peas.
- Whole grains: barley, whole wheat (you should eat whole wheat bread because of the bran it contains), oats, corn.
- Nuts: peanuts and almonds.
- Dried fruit: apricots, plums, figs, dates.
- Legumes: soy beans, lima beans, lentils, chick peas.

Note that there are numerous types of fiber, and that you should alternate between them. For example, the fiber contained in apples and the fiber in cereals are both essential, since they don't have the same digestive function.

18. Reducing your cholesterol

To reduce cholesterol:

- First cut down on saturated fats. To do this:
- Eat lean meat. Select lean cuts and ask your butcher to cut off the fat.
- Drink skim milk instead of whole milk.

Do the same for all dairy products. Note that vegetarians have a much lower cholesterol level (almost twice as low as average) which is perfectly understandable, since cholesterol is only found in products derived from animals.

- Alcohol - in moderation. Not more than two glasses a day. However, it does appear that drinking a moderate amount of alcohol raises the number of HDL lipids (the good ones!), which break down cholesterol. (Moderation = two 4 oz. glasses of wine or two 12 oz. beers.)

- Do regular exercise, for example walking.
- Take Vitamin E. It reduces the risk of coronary disease.
- Calcium brewer's yeast, Vitamin C and Vitamin B-6 also combat the accumulation of cholesterol. And don't forget lecithin, which helps fight excess cholesterol, arteriosclerosis, hypertension

and angina (as well as psoriasis, anxiety and diabetes - and reduces the likelihood of contracting cancer). Losing weight is a good way to raise your HDL level.

- Use poly-unsaturated, non-hydrogenated, cold pressed oil: corn oil, sunflower seed oil, soy, flax etc. A mono-unsaturated oil like olive oil can even raise your HDL level.

- Daily consumption of fish would be ideal for preventing cardio-vascular problems, as demonstrated conclusively in a number of studies on fish-eating populations (Eskimos for example). Ideally, you would eat fish twice a day. And as strange as this sounds, you should select the fattest kinds: mackerel, sardines, herring, salmon etc.

As for the oil in the fish, it is used to treat arterial disorders. Its effects can be felt in about six weeks. Fish oil contains two poly-unsaturated fatty acids which are very beneficial for the arteries.

19. Digest better

There is a plant for each type of digestion problem.

- **AIGREMOINE** is useful when the stomach problem is accompanied by enteritis, diarrhea and/or chronic liver infection. It helps tone a lazy digestive system. And it also helps regularize acidity and soothe ulcers by improving metabolism.

3 or 4 cups a day. 3 1/2 to 4 tablespoons per quart of water.

- **ANGELICA** is a digestive, an aperitif, a stimulant, a tonic. It decongests and soothes stomach pains and swelling.

Prepare an infusion (tea) preferably using the fresh **plant**: 3 1/2 tablespoons of roots per quart of water. If your stomach is very swollen, prepare and drink 3 cups per day made of 5 tablespoons of seeds per quart of water.

- **ANISE** is a soothing digestive. It aids digestion and the elimination of intestinal gas, it soothes stomach cramps, aerophagy, dyspepsia (contractions of the digestive organs, dizziness and a heavy feeling after eating).

2 or 3 cups per day, after meals: 2 tablespoons of seeds per quart of water.

- **CAMOMILE**: a digestive, sedative, anti-inflammation agent and tonic. It helps painful or difficult digestion, stomach cramps, gastro-intestinal spasms, loss of appetite, and it helps expulsion of gas

(carminative). Particularly recommended for persons who suffer from stomach cramps (and/or who are irritable, temperamental, angry etc.)

One cup of infusion, a half hour before meals, or one hour after. To prepare the infusion, add 5 1/2 tablespoons to a quart of boiling water and let stand for five minutes.

• **CHERVIL:** digestive, depurative and diuretic. It also acts as a stimulant. For difficult digestion, drink 2 or 3 cups per day. Prepare an infusion with one teaspoon of dried leaves per cup of water, and let stand for 10 minutes.

• **SAGE:** The ancients had a saying - "Why die when your garden is full of sage!" It is a digestive, diuretic, antispasmodic and helps combat hypoglycemia.

It stimulates the appetite, fortifies the stomach and aids digestion, especially when digestion is difficult. It is also a general tonic. 2 or 3 cups of infusion per day. 1 1/2 tablespoons of dried leaves per quart of water. (Practical Guide No. 6, Vol. II).

20. Menstrual cramps - suffer no more!

To reduce the intensity of menstrual symptoms, you can change your diet:

- Less sugar, and slightly more protein.
- Diuretic foods such as eggplant, cucumbers and parsley can help diminish water retention.
- Calcium supplements (1 gram per day) and magnesium (500 milligrams) can help reduce anxiety (always take both).
- Vitamin B-6 (not more than 50 milligrams per day) can alleviate symptoms of anxiety and tension.
- Vitamins E and C also help reduce the intensity of cramps.
- Aspirin has a mildly soothing effect.
- And once again you can turn to plants to relieve your pains:
 - * ANGELICA in infusion: 3 1/2 tablespoons of root per quart of water.
 - * MATRIX (derived from the Latin for womb): 2 teaspoons of flowers per quart of water.

* MILFOI OR YARROW which soothes and reduces overly abundant menstruation: about 5 1/2 tablespoons of flower tops per quart of water.

* SAGE in infusion: 1 1/2 tablespoons of dried leaves per quart of water.

In extreme cases, ask your doctor for medication to alleviate pain.

21. Stop catching colds

As much as possible, avoid coming into close contact with infected persons, especially if they cough or sneeze.

A person with a cold is extremely contagious: he or she fills the air with fine particles of saliva or mucous which transport the virus microbe. Even if the person is careful to wipe his nose with tissue or a handkerchief, the microbes will be transported to his hands.

And studies have shown that these viruses are transmitted through hand contact. So if you have to shake hands with someone who has a cold, you would better wash soon after!

What can you do if you do catch a cold?

It is useless to take antibiotics: they have no effect on viruses. However, there are certain substances found in alcohol which help decongest sinuses, that is why a good hot toddy can work wonders. But take care of your liver: a toddy is just as good with a little rum as with a lot.

You don't have to get drunk to get better. You don't even have to drink it - just sniff some strong alcohol like cognac or brandy and breathe in the fumes.

22. Use heat to cure

Everyone has heard about how good a sauna feels, and of the relaxing effect of a steam bath which bathes you in hot vapor.

But there are other heat treatments which are equally beneficial. Heat relaxes the muscles and ligaments. When applied locally, for example, with hot towels, it can ease muscle spasms. It can also reduce arthritic pain. Heat dilates the blood vessels, which in turn activates circulation.

Applied to a wound, it can prevent infection by helping white blood corpuscles and fresh oxygen surround the area more quickly.

23. How to combat fatigue

First make sure you are sleeping enough.

Is your nutrition sufficient? In general women need at least 1200 calories per day and men 1500.

Avoid monotony: a varied diet will be more likely to provide the nutritive elements you need to conserve your energy.

The sensation of fatigue may be stress-related, especially when you experience emotional stress. Do you feel tense at work or at home?

Lastly, don't neglect physical exercise. Tired or not, get out in the fresh air every day. Walking is the minimum effort necessary for staying in shape.

24. Protect yourself against cancer

Radical liberals are not a political group, but a kind of very active molecule that is suspected of being one of the causes of cancer.

How can you protect yourself? Diet plays an important role here, especially in the absorption of anti-oxidants. The strongest anti-oxidizing agent is Vitamin E, which is found in wheat germ oil and sunflower seeds.

Next comes Vitamin C (oranges, grapefruits, lemons, red peppers etc.).

Beta carotene also absorbs large amounts of radical liberals. This substance seems to act as a protecting agent against most types of cancer.

Where do you find it? In red vegetables (like tomatoes), orange ones (carrots), yellow (squash), and dark green (broccoli). All these are rich in beta carotene. So make them a regular part of your menu!

25. Prevent high blood pressure

Research has shown that people whose diet is rich in potassium (vegetarians for example) are less likely than others to develop high blood pressure.

Calcium is also beneficial. Fortunately, potassium and calcium are abundantly present in a large variety of foods.

Fruits, vegetables, beans, fish, fowl and lean meats are full of potassium.

Calcium is a little more restricted. Foods rich in calcium usually also contain large amounts of sodium and fat, which can increase blood pressure.

However, moderate amounts of milk are recommended, as well as yogurt, almonds, bananas, grapes, broccoli, potatoes, beans, tofu and sardines.

26. Iron strong health

Without iron, there would be no hemoglobin in the blood. Hemoglobin gives red corpuscles their color. And it is the hemoglobin that carries oxygen to all parts of the body.

If you lack iron, an insufficient supply of oxygen in your hemoglobin will produce sensations of fatigue, headaches and shortness of breath.

Men don't have to worry too much: most men have a reserve of iron stored in their body that could last 3 years !

But women, because of the menstrual cycle, need twice as much iron as men.

And the amount is even higher for pregnant women. Vitamin C doubles the amount of iron the body absorbs: so it is a good idea to add a glass of tomato or orange or grapefruit juice to every meal.

On the other hand, tea reduces the amount of iron absorbed by 50% and coffee by about 39%.

27. Aging with a healthy body and mind

Did you know that sexual activity can keep you looking good as you age? Studies conducted in Sweden have shown that elderly people who have sexual partners have much more vitality and a better memory than those who do not.

So don't let your golden years deprive you of the pleasures of sex !

Just forget about the obsession of having to “perform” - the final result is less important than the stimulation itself.