

## Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Welcome!!!  
Just hang On :o)  
Our meeting will start soon.



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## Why Not Take Pain Medication?

1. Masking symptoms which are a warning
2. Addiction (Especially – Opiates which don't just block pain but heighten pleasure)
3. Liver toxicity
4. Effects your pH
5. Side effects
6. Can make you feel lethargic and groggy
7. The disease process continues
8. Liver and tissue toxic



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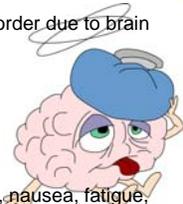
## Headaches VS Migraines

Migraine headaches are neurological disorder due to brain chemistry imbalances

Dilated blood vessels releases a chemical which causes the blood vessel's lining to swell and contract putting pressure on nearby nerves

Other possible symptoms: Blurred vision, nausea, fatigue, dizziness, bright flashes, blind spots or wavy lines. Some people experience seeing an aura about 1 in 5

Migraines are usually caused by a toxic liver, pH imbalance, Misalignment of the vertebrae in the neck or a calcium deficiency



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## What Cause Headaches

1. Liver toxicity
2. Lack of Fatty acids
3. Calcium/Magnesium Deficiency &/or pH imbalance
4. High blood pressure and/or potassium deficiency
5. Misalignment
6. Glandular/Hormonal Imbalances
7. Stress
8. Pituitary
9. Injury
10. Allergies
11. Brain Tumor, Aneurisms, Encephalitis



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## 1. Liver toxicity

Accompanying symptoms:

- The liver filters out mutated hormones.
- Sensitivity to chemicals and food allergies
- Digestive Problems
- Blood Sugar Imbalances
- Waking up at night
- Acne, age spots, moles, skin tags
- Normal bowel movements
- Cholesterol imbalance
- High Triglycerides
- Tight Trapezoid muscle



**Suggestions:**

Liver Cleanse <http://www.marysherbs.com/Miscellaneous/DosageLiver.shtml>.

If the weakness seems profound I suggest doing a castor oil pack <http://www.marysherbs.com/Miscellaneous/castor.shtml>

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## 2. Lack of Fatty acids

### Accompanying Symptoms:

Forgetfulness  
Depression  
Dizziness when changing positions

### Causes:

Statin drugs  
Diet  
Poor liver function  
Lack of gallbladder  
Unhealthy gut



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## 3. Calcium Deficiency and/or pH imbalance

Calcium helps keep the muscles strong which in turn helps keep the bones in line.

If you get a headache around your menses, Chances are it is a calcium deficiency.



Calcium also helps alkalize and is a natural pain killer.

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## 4. High blood pressure and/or potassium deficiency



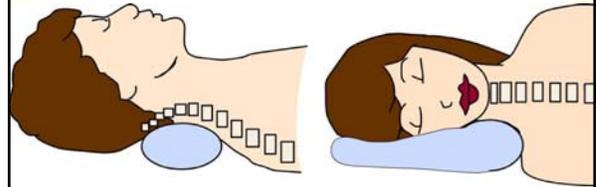
- Cut down on Salts
- Add potassium
- Soothe Adrenal glands if blood pressure is higher while laying down



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•Parsley

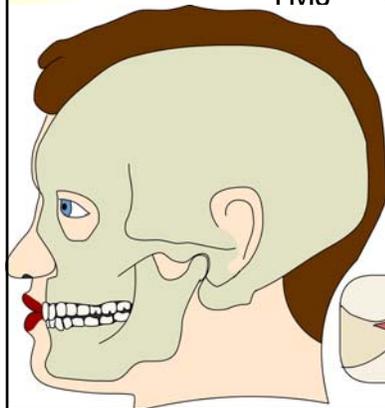
## 5. Misalignment

Using the proper type pillow is especially important because the muscles relax making the spine vulnerable to misalignment.



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## TMJ Temporomandibular Joint

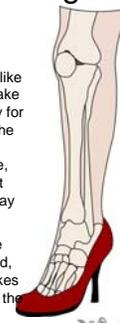


## Misalignment



High Heels like a wedge make it necessary for the rest of the body to compensate, fight against gravity to stay upright.

Being at the opposite end, the neck takes the brunt of the adjusting.



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### 6. Glandular/Hormonal Imbalances

- Pituitary
- Pineal
- Thyroid
- Parathyroid
- Thymus
- Pancreas
- Adrenals
- Ovaries
- Testes

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### 7. Stress

- Muscles tighten
- Blood pressure goes up
- B complex Deficiency

Did you ever have  
of those days...

... when it just isn't  
worth Gnawing off  
the restraints?

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### 8. Pituitary

- Headache
- Peripheral vision loss
- Missing or scanty menstrual periods
- Body hair loss
- Increased frequency and amount of urination
- Unexplained weight loss or gain

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### 9. Injury Concussion

Taken with a Protein

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### 10. Allergies and Sinus

- Cut out Milk
- Cut out Sugar
- Correct pH

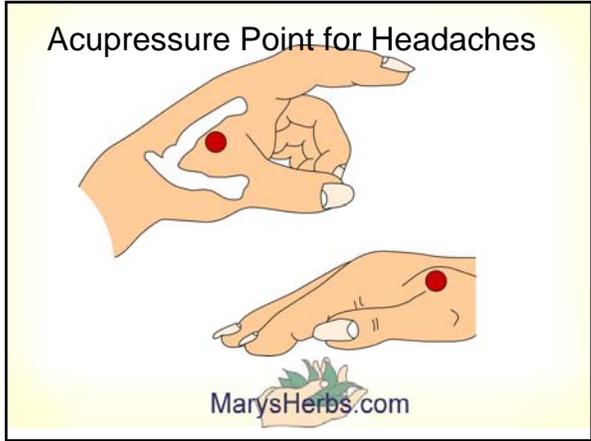
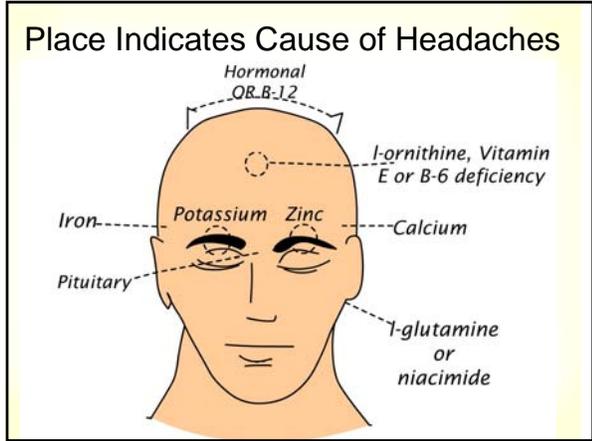
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### 11. Brain Tumor, Aneurisms, Encephalitis

Time for a Doctor

- Lacking Copper Symptoms
- Premature Graying of the Hair

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