

YOUR HEALTH NEWS

Vol. 1, No. 5a

December 6, 2005

Your newsletter providing you with information and resources that will help you become "healthy, wealthy and wise."

-----Feature Article-----

How to Discover Your Health Status in Two Easy Steps Part I

She was my friend, and she was not feeling well at all. She was in her early 50's, a Baby Boomer like many of us. She struggled with a history of thyroid problems and was overweight. She was working way too hard with raising children, doing ministry, trying to improve her own self. But most of all, she just didn't feel well. Tired, stressed, not able to sleep, not able to get up in the morning. She had been doing some bodywork (massage). That helped some, especially helping her to learn and practice some relaxation techniques and to build those into her life. But, most of all, (did I mention this?) she just didn't feel well. What should she do? Where to go?

She went to her doctor for a checkup and get some blood work. The usual thing in a case like hers is to, obviously, check her thyroid status. That was OK. The next thing was to do a routine yet fairly comprehensive blood test, often called the Comprehensive Metabolic Screen. Simple to do - two tubes of blood taken from your arm. Her doctor did that. Of the 26 numbers - results of various tests - that came back, one (1) was abnormal according to lab standards. Her cholesterol was slightly elevated. Her doctor, a wonderful person, had known her for several years, very knowledgeable about current medicine, had one suggestion for her: "Watch your fats". But she just didn't feel well. Have we already mentioned that before? Yeah, I thought so.

She thinks, "So, what could be wrong? The blood tests are basically OK. The exam shows a little too much weight but nothing else for my doctor to be concerned about. What is going on? Why do I feel so bad? Life is not working."

Sound familiar to anyone? Do you have problems that your doctor can't seem to track down? What if you could get a real handle on what your body was doing metabolically in two simple, easy steps?

Next week I'll show you how to do that, and how my friend found some real answers and got some real help!

THE HERB GARDEN

Dr Richard Schulze has his own herbal approach to colds and flu. You can find that at <http://www.herbdoc.com> or 1-800-HERBDOC. This is a great means of keeping the immune system at a high level. The BioDefense would be a second line of defense if problems did arise.

HEALTHY ENVIRONMENTS (Personal Space)

I'll warn you up front this paragraph is both medical and an advertisement. Did you know that when you burn the usual wax (paraffin) candle you are putting the liver toxin benzene in the air which you then breathe? Paraffin is a petroleum product. Hence, when it burns, you get toxic fumes, plus lots of soot (from incomplete burning). Each of which goes into your body. Lungs and liver for sure will be affected. There is now a healthy alternative - soy candles. These are candles made from soy and vegetable oils. No toxic fumes, so little soot it is rare to see it at all, easy to clean up, long lasting, and healthy for you! (Unless you happen to be allergic to soy, If that is the case we need to talk!) GoodHeart Wellness Institute is happy to offer our readers the soy candle alternative, for their health. See it at

<http://www.goodheart.scent-team.com/usa2.php>

My admitted "candle freak" wife will help you find just the right candle and scent for you. Note her Sponsor ad on the last page.

FEED YOUR SPIRIT

We are multidimensional beings, composed of body, mind, and spirit. It is easy to get caught up in our body and emotions while neglecting the nurture of our spirits. We need to spend time daily in meditation and prayer, nurturing the relationship with our Loving Father. To help you do this, check out the material we have posted at <http://www.threebrothersbooks.com>. There is writing here that will challenge and stretch you. Works by Liliias Trotter are especially unique with a great message and reproductions of original artwork.

I have added an original work to the listings here.

Loving Father is the day by day story of my sojourn with our Dad in the Emory Hospital ICU in March, 1999 when he experienced a ruptured Aortic Aneurysm. 80% of folk who have this problem do not survive the event. Of the 20% who do, most of them have serious problems as a result. Dad returned to near normal levels, even went back to teaching school as a substitute for a while! They were calling him the "Modern Day Lazarus"! The story includes, besides medical info and progress reports, spiritual insights, body-mind connections, alternative approaches (they actually let us do them in the ICU!!). It is a good window into looking at dis-ease from a wholistic approach, an example from which you will be able to learn much. The book is over 200 pages, in PDF ebook format. You can order it from the web site, but until I can get the links to work correctly I will have to send it to you via email, not directly off the site. Or, I have posted it on <http://www.ebay.com>. Search on "Real Live Medical Miracle" and it will come up. Payment links should be working there.

FINANCIAL HEALTH

Last month I told you about this book:

Secrets of the Millionaire Mind, by T. Harv Eker.

Did you get it and read it? My wife, Susan, is reading it! Almost threatened to divorce her if she didn't! No, not really, but she is appreciating it and seeing how a lot of it really makes sense. He talks about the "financial blueprint" that we all have that governs how much money we make and keep. Sure has been that way for me; I need to change the blueprint!! He talks about how to do that and offers a way to get it done quickly and easily.

For a free preview of Harv's thoughts, concepts and style, go here:

http://www.secretsofthemillionairemind.com/a/gain_lasting_health?page=/preview/tele

Having read his thoughts and experience, I believe you can expand the concept to all parts of life as well. A "relationship blueprint", an "education blueprint", perhaps even a "spiritual blueprint"? You have got to get the book!

Find the book at your local bookstore or on Amazon.com by going to my website <http://www.goodheartgroupinc.com/GHGBooks.htm> and clicking on the banner.

FOLLOW UP

We are getting reports of good results with Dr. Fierro's BioDefense for those acute infectious problems. Colds, sinus infections, bladder infections have all been helped when the standard antibiotics haven't. Used it myself for some chronic sinus problems and saw improvements. Fortunately the Bird Flu hasn't hit yet (supposedly?). But, even when it does, have some on hand. Let us know what your results have been, and for what kinds of problems. And keep your eye out for the book, making progress toward completion. I am looking forward to that day!

This remedy has sparked an interesting philosophical discussion. Do you live your life the usual way and just take a remedy when you need it, or do you live life in a pro-active, dis-ease preventing way and perhaps never need the acute remedies. What do you think? Let us know.

SO LONG FOR NOW

That will do for now. Trying to keep things short and sweet. LOTS more to talk and write about in future issues. Stay tuned.

Note some format changes. I have put the sponsor links and info all together on the last page to make it easier to read the newsletter content. If you have a product or service to advertise to our readers, send me an email or call me for pricing.

Your questions and feedback are always encouraged and welcomed.

Until next time, tell your friends about healthy candles, and watch your email inbox for the quick and easy way to discover how healthy you really are.

Dr Jon
goodheartgroup@sbcglobal.net
314-750-6916
<http://www.goodheartgroupinc.com>

RESOURCE PAGE

*****Sponsor*****

The amazing candle that burns cleanly, smells better than anything else and is healthy and non-toxic as well. One of our customers said:

"Jon, these candles are PHENOMENAL! Smelled great just in the box when they arrived in the mail!"

Everyone is talking about how wonderful they smell - the best ever discovered so far. I use them in my office. One votive lasts a couple of days, and makes my work space smell and feel like home, not like the office! Work for any time of the year, but are especially wonderful gifts this time of the year.

To find out more, or to order, call Susan at 314-750-8633 or go to <http://www.goodheart.scent-team.com/usa2.php>

*****Sponsor*****

*****Sponsor*****

JUICE PLUS+ IS A WAY TO GET ALL THE RAW FRUITS AND VEGETABLES YOU AND YOUR FAMILY NEED EVERY DAY! What is Juice Plus? It's a convenient and inexpensive way to get all the nutrition from fresh, raw fruits and vegetables everyday. Juice Plus is more than extra vitamins and minerals. It is actually a whole food supplement. The fruit capsules are made from apples, oranges, pineapples, cranberries, peaches, cherries, papayas, dates and prunes. The vegetable capsules are made from carrots, barley, parsley, beets, kale, broccoli, cabbage, oats, spinach, tomatoes. (Taken from <http://www.askdrsears.com>).

For more information on Juice Plus+ please contact Jamie Groff-Kuenzie OTR/L, LMT at 1-866-210-0977 or 314-276-4489. Or check out her [web site](#).

*****Sponsor*****

*****Sponsor*****

Clean up your personal space by removing dirt and filtering the air while improving your physical health at the same time. Use a SuperCoach Backpack Vacuum Cleaner from ProTeam. For more information, go to <http://www.healthybackvac.com>

*****Sponsor*****

*****Sponsor*****

Save money on gas, save your vehicle's engine by cutting down on engine wear. 90% of engine wear occurs at start up because the oil is in the bottom of the engine, not around the cylinders. Now a tested and tried technology can solve that problem. The MPT RoadRunner system, a three-step, easy solution that will save you money and your car's engine. For more information go to

<http://www.goodheart.oceancitynetwork.com>.

*****Sponsor*****

*****Sponsor*****

BioDefense, the remedy that works against viruses, fungi and bacteria.

To obtain this remedy call Dr Fierro's office at:

877-434-2495 (toll free)

Use the code: **JM0001** for a discount below the
standard price of \$24.95 + S&H

The usual dose is two capsules twice daily.

At half the usual dose, or 1 capsule twice daily, you can cover chronic
infections.

I would have some around just in case.

*****Sponsor*****

*****Sponsor*****

Another way to improve your immune system is to take LIMU Plus. This is a liquid vitamin product that has help,
Russian adaptogens, Aloe Vera and Green Tea combined. Does lots of neat things for your body and your health!
Actually tastes pretty good, too. For more info, go to

<http://www.LimuPlus.com/192739>.

*****Sponsor*****

*****Sponsor*****

Appropriate time for a word from a sponsor!

Looking for a great all-round multivitamin that is easy to take, effective, and tastes good? Look no further. Body
Balance may be your answer. Made from whole foods, in liquid form, so it is absorbed easily. Has nearly everything in
it. Check it out at

<http://www.lifeforce-intl.com/20448363>.

*****Sponsor*****

*****Sponsor*****

Interested in turning an interest in nutrition into a business as well?
Take a look at this [company](#) and click on "Join Vitamark" link at the bottom of
the page.

*****Sponsor*****

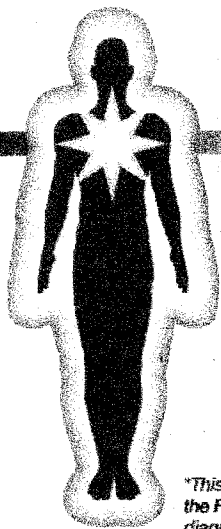
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educate and assist you in creating the best possible health that you can. You
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Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork.

You are encouraged to forward it to your friends who would be interested. Don't forget to click on the links of our sponsors!

Previous issues can be found [here](#).



Bio-Defense

A powerful formulation to boost the body's natural defenses*

A dietary supplement
56 capsules

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 4 capsules • Servings Per Container 14

Amount Per Serving	%DV
Calcium (as calcium phytate)	100 mg 13%
Zinc (as zinc oxide)	2 mg 13%
Monolaurin (medium chain triglycerides providing lauric acid)	500 mg *
Olive leaf extract (standardized to 15% oleuropein)	500 mg *
IP6 (inositol hexaphosphate)	500 mg *
Colostrum	500 mg *
Beta 1,3 glucan	25 mg *
Proprietary Blend	500 mg *
<small>Echinacea purpurea (root), garlic (bulb), golden seal (root), and neem leaf extract</small>	
MSM® (Methylsulfonylmethane)	10 mg *
Alpha lipoic acid	10 mg *
L-Glutathione	10 mg *
N-Acetyl L-Cysteine	10 mg *
DMG (dimethylglycine)	10 mg *

*Daily Value not established.

Other Ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

Researched and Formulated by Dr. Arthur Fierro, DC, DACBN, FACCN

A Natural Antibacterial, Antiviral, Antifungal Supplement

Bio-Defense ingredients

Monolaurin – An oil found naturally in mother's milk and coconuts. It has the ability to dissolve a bacteria/virus outer protective membrane. *Isaacs C.E, Thomer, H.: Membrane Disruptive Effects of Human Milk: Inactivation of enveloped viruses. J. Infectious Diseases 1986;154:996-971*

Extract of Olive Leaf – A compound found in olive leaves that splits bacteria and viruses DNA, preventing it from reproducing and spreading its disease. *Bisignano, G., et. al: In vitro antimicrobial Activity of Oleuropein. J. Pharmacology 1999 Aug:51(8):971-4*

IP6 - inositol hexaphosphate. IP6 effectively blocks bacteria and viruses main source of energy: iron. IP6 "starves" them to death. *Berridge, MJ, Irvine, RF Inositol phosphates and cell signaling – 1987: Nature 314:197-205*

Beta 1, 3 Glucan – Isolated from purified yeast and thought to be the most powerful "activator" to mobilize our own immune system to "go on the attack". *Czopik, Austen, KF: A b-glucan inhibitable receptor on human monocytes; its identity with phagocytic receptor for particular activators of alternate complement pathways. J. Immunology 1985;134:2588-2593*

Colostrum or "first milk" is from mothers' milk. It builds our immune system by supplying the immunoglobulins IgA, IgG, and IgM. *Zoltan Rona: Clinical Applications: Bovine Colostrum as Immune System Modulators The Am. J. of Natural Medicine March, 1998 No2 p 19-23.*

MSM – Methylsulfonylmethane is found in mothers' milk, fruits and vegetables. MSM has many health benefits. In fighting bacteria and viruses it provides natural sulfur, the specific antioxidant that protects our white blood cells. *Herschler, RJ Methylsulfonylmethane and Methods of Use Am Academe Science 1983 (411)*

Calcium Phytate –In this formula, calcium in the Phytate form serves two purposes: to raise the body's pH to an alkaline state. Bacteria and viruses do not thrive in an alkaline environment. This form of calcium acts as a substrate for the construction of new DNA *E. Neumann, S. Kakorin, et. al.: Calcium Mediated DNA Adsorption to yeast cells and kinetics of cell transformation by electroporation - Biophysical Journal Vol 71:868-877 1996*

Other natural antibacterials, antivirals, antifungals and antioxidants: Alpha Lipoic Acid, N-acetyl-cysteine, Echinacea, zinc, DMG, glutathione, Neem Leaf Extract, garlic and Golden Seal.

The following is a partial list of bacteria, viruses and fungi that have been shown in the literature to be effectively destroyed with the ingredients found in **Bio-Defense**.

Influenza (The Flu)	Strep (Strep Throat)	Mononucleosis	Staph	Candidiasis
Measles (Rubella)	Botulism (Food poisoning)	Conjunctivitis	Cold sores (Herpes Simplex)	
Tinea Cruris (Jock itch)	Diarrheal problems	Otitis Media (Ear Infections)	Ringworm	
Chicken Pox	Klebsiela	Anthrax	Athlete's Foot (Tinea Pedis)	
Yersinia Pestus (Plague)	Listeria	Epstein-Barr Virus	Helicobacter Pylori	

Bio-Defense comes in capsules and provides a two (2) week supply.

Directions: Take 4 capsules a day: 2 in the morning, 2 in the evening.

Frequently Asked Questions:

1. When do I take this? Take **Bio-Defense** at the first sign of illness. If you have been ill for a few weeks or more, start on Bio-Defense as soon as possible.
2. How do I take **Bio-Defense**? Take two (2) capsules in the morning and two (2) at night (4 a day).
3. Can I keep taking this beyond the two weeks recommended? Yes, this is a natural product and can be taken for another few weeks. If you are still ill, you should be evaluated by your health care physician.
4. Can I continue to take this as a preventive supplement? Although you can continue on this supplement, it was not meant to be taken as a preventive supplement. Take supplements when you need them.
5. Can my children take this? Children under the age of 5 should not take this as it contains nutrients not appropriate for them.
6. Can I take more than the recommendations on the label? If you're health care physician advises you to do so, you may double the dosage for 3 – 4 days to get a larger quantity of **Bio-Defense** nutrients into your body.
7. Why are there an unusual number of capsules in the bottle? You should not need to purchase more or less supplement than you need. Taking 4 capsules a day for 2 weeks is 56 capsules. This prevents unnecessary storage of unused product.
8. I can not take pills or capsules. Can I open these up and sprinkle them on or in food? Yes, twist open the capsules and consume them in your food or drink.

Price:

1 bottle: \$24.95 plus \$3.00 S&H = \$27.95

2 bottles: \$49.95 + \$3.00 S&H = \$52.90

To Order: **TOLL FREE 877-434-2495**

(Va. Residents add 5% sales Tax)

620 Neff Ave.

Harrisonburg, VA 22801

CODE : JM0001