Dear Health Enthusiast

Almost all of us have plans for Thanksgiving, right? The airports are full, families are getting together, there's a spirit of reconciliation in the air. And what about your health? What about your life? This month we have chosen some special articles for you. Read them. Study them. Enjoy them. And start today to enjoy your life and live healthier!

Wildwood Lifestyle Center & Hospital

FEATURED ARTICLES

Flu Prevention
Health leaders around the world are very concerned about a new strain of swine influenza from Mexico because it has crossed into other countries including our United States.

Better Than Medicine: Disguised Blessings
Maybe your health is poor or your finances look bleak. If your future prospects seem dark, as you read Hien’s story, remember blessings are kept in reserve for you.

Join more than 3,400 people that already liked Wildwood on Facebook!

Upcoming Lifestyle Programs
Make a plan to be here!

WILDWOOD NEEDS
We have many projects going on right now! Please, consider making a
All Natural Products for Arthritis Relief
Is there an herbal-based product that substantially reduces inflammation, ameliorates pain and protects the cartilage in the joints as well? Fortunately, there is!

WILDWOOD HELPED ME - RUTH

After hearing about Wildwood, my daughter insisted that I attend the Lifestyle Program. My diabetes was not well controlled, and I didn’t want to continue taking so much medication. I had already lost three siblings to diabetes and renal failure and I didn’t want to go down the same road. Also I could hardly walk because of my spondylitis scoliosis and severe canal stenosis.

While at Wildwood, I really enjoyed the hydrotherapy treatments which I received. I also benefitted greatly from the cooking classes, the vegan food, and all the personal attention given to me.

Wildwood was a little piece of heaven for me. I cried much but the prayers of everyone who attended me gave me strength. With the help of my God I have walked little by little and I feel better. I am going home 10 pounds lighter and with my diabetes better controlled!

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Before every flu epidemic breaks out, health officials encourage us to get our flu vaccine. When it hits, network health editors admonish people to wash their hands frequently, disinfect surfaces frequently, isolate sick individuals, and not to panic. Is there something more we can do to prevent from getting the flu?

As important as these principles are, it seems to me, as a medical investigative journalist, that the network news channels are missing some important preventive steps. Here is what I would add from my study of the physiology of the immune system. Like air force bombers, Killer-T lymphocytes and natural killer cells act by destroying viruses and cancer cells. Let me explain some simple lifestyle procedures that will boost the efficiency of these two cells immune system.

**Vitamin D combats influenza**

Your body produces natural antibiotic-like compounds called antimicrobial peptides in the white blood cells. Bio-active Vitamin D dramatically increases the activity of these antimicrobial compounds found in white blood cells and epithelial cells of the respiratory tract. Vitamin D deficiency also predisposes children to respiratory infections. Ultraviolet radiation (either from artificial sources or from sunlight) reduces the incidence of viral respiratory infections. Nutritional epidemiologists estimate that as many as 50% of North Americans and Europeans have an insufficient amount of Vitamin D. To solve this problem, get at least 20 minutes of sunlight a day and consider taking a Vitamin D supplement, especially if you are indoors most of the day, are elderly, or have dark skin. Also have your Vitamin D level checked annually if you are at risk for developing Vitamin D insufficiency.

**A neglected remedy**

Sing or hum a song. Not only does singing improve one’s mood, but humming and singing can actually prove therapeutic! Concentrations of nitric oxide in healthy sinuses are high and nasal nitric oxide is known to be increased 15- to 20-fold by humming, compared with quietly exhaling. Nasal nitric oxide is known to be broadly antifungal, antiviral, and antibacterial. Ask God’s creatures. Starlings, who are robust singers, exhibit enhanced immunity when compared to their counterparts, non-robust singers. Studies show that singing also increases IgA in the saliva. IgA is a class of antibodies that guard the mucus membranes in the body, including the respiratory mucosa. Of course, you might not want to sing around others if you have an upper respiratory tract infection since it could spread your germs, but otherwise, singing will improve your breathing capacity, reduce stress, and probably lift your spirits! Incidentally, listening to chorale music reduces the hormone cortisol, which exerts immunosuppressant effects when produced in excessive amounts. A merry heart, indeed, does good like a medicine.

Another point to consider: A regular dose of fresh air is important, especially in cold weather when central heating dries you out and thus weakens the immune system. Also, people tend to spend more time indoors during the cold weather season, which means more germs are circulating in crowded, dry rooms.

Lifestyle Shapes the Immune System

Dr. Morimoto and associates at Osaka University, Graduate School of Medicine, investigated the association between lifestyle and mental health status and natural killer (NK) cells. As I mentioned before, natural killer cells, along with killer T-lymphocytes, destroy viruses and cancer cells. The lifestyle habits they examined included cigarette smoking, alcohol consumption, sleeping hours, working hours, physical exercise, eating breakfast, balanced nutrition, and mental stress. Here is what they discovered: Participants with a good overall lifestyle...
showed significantly higher NK cell activities than those subjects with poor lifestyle habits. Subjects who complained of an unstable mental status had significantly lower NK cell activity than those who reported having a stable mental status. Consequently, when subjects were divided into four groups by lifestyle and mental health status, subjects who had poor or moderate lifestyle and reported unstable mental status showed the lowest NK cell activity and subjects who had good lifestyle practices and reported stable mental status showed the highest NK cell activity. (4)

**Exercise: Another Immune Booster**

*Moderate* exercise helps to protect us from influenza, but strenuous, *exhaustive* exercise increases susceptibility to influenza and other respiratory infections. Hong Kong researchers discovered individuals that never or seldom exercise increased their risk of dying from influenza from between 5½ to 8 times. In contrast, those who exercised frequently, decreased their risk by 4 to nearly 6½ times. (5) Researchers at the University of South Carolina found that exercise stress in mice was associated with an increase in susceptibility to infection in the form of morbidity, mortality and symptom severity on days 6 and 7. (6) Serum IgG is important in protection against influenza infection and is considered to be a good predictor of resistance to infection. In a study done by scientists at Iowa State University, the subjects who exercised vigorously following a flu vaccine, had a higher concentration of both IgG and IgM, suggesting a greater degree of protection, and our data on symptom incidence is inconsistent with this possibility. (7) Clinical data in humans support the concept that heavy exertion increases the athlete’s risk of upper respiratory tract infection (URI) because of negative changes in immune function and elevation of the stress hormones, epinephrine and cortisol. (8),(9) Interestingly, strenuous exercise in elite endurance swimmers makes them have more inflammatory cells in their airways. (10) On the other hand, there is growing evidence that moderate amounts of exercise may decrease one’s risk of URI through favorable changes in immune function without the negative attending effects of the stress hormones.

*Moderate* exercise also *increases* antibody production, *improves* T-lymphocyte function in the elderly, and *slows down* the aging of the immune system. (11),(12) This means that with moderate exercise even older people can develop an increased *resistance* to viral infections, reduce the formation of cancer cells, and *slow* down the aging of the immune system. Following strenuous, *exhaustive* exercise, however, the number of natural killers and T-lymphocytes is decreased and their activity is depressed for several days. (13)

**Temperance**

Temperance is the abstinence from all injurious agents and harmful habits, and the moderate use of all good substances and activities. Alcohol suppresses natural killer cell activity.

Smoking decreases natural killer cell activity and cessation of smoking improves it. Smoking also dries out your nasal passages and paralyzes cilia, the delicate hairs that line the inside of your nose and lungs that help keep germs out of the body. Just one cigarette can paralyze cilia for as long as 30 to 40 minutes. Exposure to other’s smoke can increase susceptibility to upper respiratory and lung infections. Deep breathing improves the circulation of the blood and consequently of the white blood cells that circulate in the blood.

**Nutrition**

Obesity suppresses the immune system. *Wise* calorie-restriction and vitamin E actually slow down this aging of the T-lymphocytes. A high fat diet slows antibody production and suppresses the immune system in general. When the total fat is decreased from 30% to 25% of the total calories, T and B-lymphocyte activity increases significantly. Reduction of fat intake from 32% to 22% of the total calories also improves the activity of non-specific lymphocytes called natural killer cells. (14),(15) Sugar is also an immune suppressant too and promotes influenza as well. Stay away from junk foods if you want to seriously reduce your risk of influenza.

Eating foods rich in antioxidants gives the immune system an extra boost. If you are taking a little extra vitamin C, don’t forget vitamin E as well. Studies show that vitamin E-induced enhancement of immune functions was associated with significant improvement in resistance to influenza infection in aged mice and a reduced risk of acquiring upper respiratory infections in nursing home residents. (16),(17) Remember, too much of one antioxidant vitamin with marginal intakes of the other actually creates more free radicals in the body, a condition we don’t want.

**Sleep**
Partial sleep deprivation reduces natural killer cell activity per number of natural killer cells. Even a modest sleep deprivation for part of the night can reduce the killing ability of the natural killer cells by almost 30\%.(18) Sleep deprivation also reduces the effectiveness of flu vaccines.

**You are what you think.**

Psychosocial factors have been shown to influence immune response and alter susceptibility to infection. Chronic stress was related to reduced antibody titer and influenza-specific IL-2 following influenza vaccination in older adults. Researchers at Iowa State University found that high stress was a significant predictor of reduced anti-influenza IgG and influenza-specific IL-2.\(^{(19)}\) In their study, greater optimism and a greater number of social interactions were associated with higher levels of influenza-specific IL-10 following the flu vaccine. They also found that individuals with a greater number of social ties may have decreased susceptibility to infection and optimism has been linked to improved immune status.

Psychological influences not only influence the effectiveness of the flu vaccine, but directly impact the immune system itself. For example, studies show that loneliness appears to have a significant impact on physical health, being linked detrimentally to worse sleep and immune stress responses over time in the elderly.\(^{(20)}\) In college students, elevated levels of loneliness throughout the semester and small social networks are independently associated with poorer antibody response to the influenza vaccine. Those with both high levels of loneliness and a small social network had the lowest antibody response.\(^{(21),(22)}\) Individuals who chronically experience social isolation actually change the genes so that more pro-inflammatory activity predominates.

Mental attitudes also significantly influence the efficiency of the natural killer cells, as well. Early in the last century, health educator, Ellen White observed, “The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes….Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.”\(^{(23)}\)

Scientific studies confirm these observations. They show that major depression, for example, reduces NK cells’ effectiveness. A persistent negative outlook erodes both the ability of the NK cells and killer T-lymphocytes to destroy viruses and cancer cells. The emotions and reactive thinking common in depression—helplessness, loneliness, hopelessness, lack of social support, and unhealthy suppression of these feelings—not only depresses the mind but also the immune system.

Both chronic and acute stress decreases the percentage of T-helper lymphocytes and decreases the numbers and function of natural killer cells.\(^{(24)}\) Stress reduces the ability of NK cells to make interferon, a chemical that substantially decreases viral replication. However, problem-solving techniques and coping skills improve NK activity in stressed individuals. If the individual possesses high emotional stability and low anxiety, stress actually improves NK cell activity.\(^{(25)}\) On the other hand, the same stress can result in a significant decline in NK cells if the individual possesses high anxiety and low emotional stability. Fortunately, realistic optimism, self-confidence, trust, and faith improve the natural killer cells’ job performance.\(^{(26)}\) When you have been exposed to a virus or your immune system is down, sip some immune-bolstering tea and take time to count your blessings and reaffirm your love to those who have encouraged you.

**Immune-bolstering herbs**

Garlic enhances immune functions and has antibacterial, antifungal and antivirus activities.\(^{(27)}\) Aged garlic improves natural killer activity and is extremely useful for preventing psychologically-induced immune damage.\(^{(28)}\) If you have been exposed to the flu virus, try this cocktail: 1 quart of water, 1 peeled garlic clove, and 1 lemon or grapefruit; blend it up and drink. Black elderberry activates the healthy immune system and is effective against eight known strains of flu viruses. Also it reduces the duration and severity of symptoms if the flu is contracted.\(^{(29)}\) According to expert herbalist James Duke, elderberry can actually help to prevent viruses from entering the respiratory tract. There is some evidence that astragalus root can help to restore depressed immune function. It too has antiviral properties. Several laboratory and animal studies show that echinacea contains active substances that enhance the activity of the immune system, relieve pain, reduce inflammation, and have antiviral effects.\(^{(30)}\) For general immune enhancement, use 1 – 2 grams dried root or herb in a tea or 2 – 3 mL of standardized tincture extract. Individuals with autoimmune disease should not take elderberry or Echinacea. As always, if you are taking any medicine, check with your pharmacist before taking any herb in medicinal amounts.

**Water: another biologic hero**
In flu prevention the use of water should be emphasized. Drink at least 8 glasses of water, including herb tea, every day. Adequate hydration is essential for the immune system. If you do not have circulatory or other serious medical problems, alternate hot for 1 ½ minutes and cold for 20 seconds. Do this three times. This stimulates the circulation of the immune cells throughout your blood.

In conclusion, proper nutrition, water, good hygiene, exercise, temperance, exposure to sunlight, rest, fresh air, and a positive, trusting attitude—form a chain of optimal health. Your immune system is only as strong as your weakest link.

**References**


(30). [www.umm.edu/altmed/articles/echinacea-000239.htm](http://www.umm.edu/altmed/articles/echinacea-000239.htm)
Better than Medicine: Disguised Blessings

Posted on October 24, 2013 by wildwoodhealth

Maybe your health is poor or your finances look bleak. If your future prospects seem dark, as you read Hien’s story, remember blessings are kept in reserve for you.

As I looked out of my window on one mid-April spring day several years ago, I saw dead, brown, and blackened leaves, shriveled and curled, on many trees. You see, in this particular year warm weather came early. Leaves began appearing on deciduous trees about two weeks ahead of schedule in response to the extra early warmth we experienced down here in Georgia. Unfortunately, several nights of a deep freeze a week ago killed the azalea’s blossoms and the leaves on many oaks and sassafras trees. Some lamented the scene as they drove over campus roads. Others were simply too busy to notice. Indeed, I was one of the unobservant until a friend pointed it out. As I thought about the trees decked in brown, I remembered a comforting lesson I had learned from nature about twenty years ago.

God created trees with reserve buds that spring into action when a tree is cut down, enabling new shoots to still come up. If a freeze kills the leaves of a deciduous tree, reserve buds are activated and after a while, new green leaves will appear. Reserve buds usually stay on a tree two to three years until they are eventually replaced by new reserve buds. They remind me that in every emergency, God has His way to bring relief.

Ravi Zacharias tells an interesting story. Take a step back in time with me. It’s 1971 and the Vietnam War is wreaking havoc. America is not winning. The anti-war movement in the U.S. is increasing in strength. By the end of the war, four years later, 58,000 will have given their lives and somewhere between 3 and 5 million inhabitants of Vietnam, many of whom were civilians, will have also lost theirs. Torture. POW camps. Post-traumatic stress disorder. 1971. No one in his right mind wanted to go there then, although some did choose to go to assist the fight for freedom or to help alleviate suffering. Ravi Zacharias went as a Christian missionary. Traveling with him was Hien Pham, an energetic young Christian who had worked as a translator for the American forces. He proved valuable to Zacharias as they traversed the war-torn country.

Hien was imprisoned shortly after Vietnam’s fall because he had assisted the American forces by acting as a translator. Day by day, his captors drilled him in the theories of Marx and other Communist philosophers. His faith was fast eroding under the constant hardships of prison life. Brainwashing confused his mind, and eventually tortured his soul. Maybe God doesn’t exist. Maybe Christianity is a lie. He determined not to pray again.

Hien was ordered to clean the latrines, the lowest job for a prisoner. One particular day he found a piece of paper typed in English in one of the latrines. It intrigued him. He hadn’t read English in a long time, so he carefully washed the excrement from the paper and waited until his prison mates were asleep. Carefully he unfolded the paper; “And we know that in all things God works for the good of those who love him, who have been called according to his purpose…” He choked up; “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:28, 38, 39). Unable to restrain his tears, he asked God to forgive his doubt. Evidently one of the commanders had been using pages from a Bible as toilet paper. So he volunteered for the dreaded job again and soon found other relevant passages that bolstered his flagging spirit.

Have you perhaps felt, like Hien, that you are being treated worse than you deserve instead of like the precious pearl that you are in God’s sight? Have you ever had to clean up the scum left behind from other people’s sins without receiving any thanks? Have you ever had your faith come crumbling down like debris falling from an imploded building? No matter what your experience has been, God’s love is still for you, my friend. You might have been blasted by icy indifference, perhaps the storms of life have left you looking in every way unattractive to others, like the trees in my backyard, but God still has reserve buds of blessing in store for you. You will flourish again. Consider what happened next to Hien.
Eventually, the faithful latrine cleaner gained his freedom. With 53 others, Hien devised a plan to escape Vietnam but just days before their intended exit, four Vietcong (Vietnamese soldiers) knocked on his door claiming they had heard of his plan. Fearful of returning to prison and not wanting to jeopardize his life and the lives of his comrades, Hien denied the accusation and the soldiers left. Although Hien was initially relieved, he soon felt that he had disappointed not only himself but more importantly his God. He promised God—hoping that He would not take him up on it—that if the Vietcong returned, he would tell them the truth. Only a few hours before they were due to set sail, he was thoroughly shaken when the four men returned. When questioned again, he confessed the truth. The earnest men whispered, “Can we go with you?”

Together they made it to the sea where before long a violent storm threatened to destroy them all. In the strife with the raging elements those four Vietcong soldiers proved themselves excellent boatmen, and because of their skills everyone made it to their desired haven alive! God’s reserve buds often bloom in ways that we least expect and at times when we think all is lost.

**Lifestyle Application: Hope Realized**

So, when you find your deepest aspirations are frozen from the blight of life’s challenges, and when its trials leave you looking uninviting to others, be of good courage. Before those reserve buds blossom into life, comfort your heart by drawing strength from a leaf from the tree of life: “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Sing an uplifting hymn or song especially in hard times. Read the inspiring story of someone who has endured the unendurable. Eventually, God’s promise of reserved blessings will be realized, and not disguised as you rely on them. And these are better than any medicine.

Adapted from the e-book, Keys to Optimal Health & Happiness. Used by permission of author and Wildwood’s College of Health Evangelism.
All Natural Products for Arthritis Relief

Posted on October 28, 2013 by wildwoodhealth
Posted in ,

Arthritis affects one in five American adults. Two thirds of the people diagnosed with arthritis are under the age of 65. An estimated 67 million Americans will have arthritis by the year 2030.

**Osteoarthritis**

Nearly 27 million Americans have its most common form, osteoarthritis. Osteoarthritis (OA) results from the progressive degeneration of cartilage in synovial joints. Osteoarthritis is a condition caused in part by aging, injury, cartilage destruction, and an imbalance in inflammatory and anti-inflammatory pathways.

**Rheumatoid Arthritis**

Rheumatoid arthritis (RA) is an autoimmune condition and is characterized by systemic inflammation inside the body. The immune system mistakenly attacks your body tissues. Not only joints, but the skin, eyes, lungs, and blood vessels can also be affected in this condition. Unlike the wear-and-tear damage of osteoarthritis, rheumatoid arthritis affects the lining of your joints and tendons and ligaments which hold the joints together. Eventually bone erosion and joint deformity develop. In RA five or more joints are progressively damaged.

Is there an herbal-based product that substantially reduces inflammation, ameliorates pain and protects the cartilage in the joints as well? Fortunately, there is!

**Curcumin for OA**

Curcumin from turmeric possesses powerful anti-inflammatory and analgesic properties. In fact, it inhibits inflammation in joints by at least five known mechanisms. Curcumin-phosphatidylcholine phytosome complex decreased joint pain and improved joint function in individuals with OA. (1) In contrast to NSAIDS (nonsteroidal anti-inflammatory drugs) and prescribed cox-2 inhibitors, curcumin has no gastrointestinal or cardiovascular side effects. Curcumin also protects the weight-bearing surface of the joint and the cartilage cells from breakdown. (2)

**Curcumin for RA**

Curcumin blocks the activity of certain T-memory cells that are involved in several auto-immune diseases, including multiple sclerosis and rheumatoid arthritis (RA). One study found that 500 mg. of curcumin reduce the signs and symptoms of RA, including joint swelling and tenderness, significantly better than 50 mg.of diclofenac sodium, a non-steroidal anti-inflammatory drug. (3) Curcumin exhibits some of same activities similar to recently discovered alpha- tumor necrosis factor blockers and other recently developed drugs used for RA. (4)

Exposure of turmeric to light destroys curcumin. It is not easily absorbed. However, there are curcumin supplements in which phospholipids or a lecithin is added to improve its absorption. These products have a standardized dose of curcumin. Consult your pharmacist first before using curcumin or turmeric medicinally if you are taking either prescribed or over-the-counter medication.

**Resveratrol Helps Joints**
Resveratrol, a phytochemical found in red grapes and blueberries, possesses powerful anti-oxidant and anti-inflammatory compounds and also targets several inflammatory agents and cartilage destroying compounds involved in OA. (5), (6)

More Help Is Needed

As helpful as these supplements are, more is needed in combating arthritis.

1. Adopt a plant based, anti-inflammatory diet. (See article entitled “The Anti-inflammatory Diet” on this web site.
2. Engage in appropriate daily exercise. Include stretching and range-of-motion exercises twice a day to improve flexibility.
3. Physical therapy can help.
4. If pain persists, please consult an orthopedic physician.

We are happy to announce the online Wildwood Herb Shop is now open. Both curcumin phytosome and resveratrol in veggie caps are available here. Please consider shopping at www.wildwoodherbshop.com for your herbal products. We are in the process of listing even more herbal products for the online store. If you don’t see what you need, please call 706-820-0915 for service.

Works cited: