

CNH Newsletter

June 2009

Center for Natural Healing

800-757-9731



In this issue...

1. Homotoxicology - Principles of Healing
2. June Specials - **20% Off SELECT Gaia Products!**
3. Product Highlight - Black Elderberry

1. Homotoxicology - Principles of Healing

This month's newsletter is late because yours truly was late getting this article written. As promised, the topic is Homotoxicology, a German model of medicine developed by Dr. Hans-Heinrich Reckeweg. As part of our training, Kevin and I were able to study Dr. Reckeweg's model of healing and have used his principals in our practice since.

During his practice Dr. Reckeweg noticed that he was not getting the full healing results from his patients that he had hoped for. He determined that this was a result of unaddressed, unnoticed, underlying toxic causes. In fact, he concluded, the body had gotten so used to having these toxins present (whether chemical, bacterial, viral, emotional etc), that in order to maintain homeostasis, the toxins became unrecognized or "cloaked" He determined that treating his patients based on underlying causes rather than working only with the symptoms, that he got much better results. By preparing the body, "uncloaking", and then detoxing based on cause rather than symptoms, a deeper level of health was(is) obtained.

According to this theory the body goes through 6 phases in which the body either detoxifies or become more toxic and eventually dies. Phase 1 is the excretion phase. This is the phase in which the body excretes the toxin by sneezing, sweating, vomiting, etc. If the body is unsuccessful at this phase it will move to phase 2 and so on. This will continue up until phase 5 which is called the degeneration phase. At this phase the body stops functioning properly and begins to break down. Many people die in this phase but some continue to accumulate toxin and move into phase 6 which is that of neoplasm or cancer.

The good news with this theory is that once these principals are understood, all illness is addressed simply by backing the body out of the imbalance the same way the imbalance entered. A pre-cleanse is always done first in order to prepare the body for detoxification and to insure that the toxins truly leave the body rather than become re-located. Than all imbalances, no matter what they are named, are rebalanced using these same principals. And since we know that a symptom is never the cause of the imbalance, but rather an indicate of the body trying to re-balance itself, we will always look at symptoms as markers leading us to the underlying cause of the imbalance.

To summarize, in order to regain full health one needs to look beyond the symptom to the cause. Once this cause is located and moved along, the symptoms will go away on their own. It is our opinion that this is the optimum and most long lasting (often permanent) way to rebalance the body.

My personal experience: As I became peri-menopausal I began to "need" so many herbal remedies in order to feel better. At the same time I had another condition in which the only option was to do a detox. When I did the detox I noticed that all of my peri-menopausal symptoms disappeared. I breezed through menopause with only the barest of remedies needed - (some adrenal support).

Until next month,
Sierra

2. June Specials - 20% off!

June Special on Gaia Herbs products!

*** 20% OFF SELECT GAIA HERBAL PRODUCTS**

Now through June 30th, when you purchase any of the following herbal products by Gaia Herbs you'll receive **20% off!** To take advantage of this promotion online, simply add any of the sale items you wish to purchase to your shopping basket, and those items will appear at the discounted price.



- Astragalus Supreme Liquid Phyto-Caps (60 caps)
- Echinacea-Goldenseal Supreme Liquid Phyto-Caps (60 caps)
- Echinacea Supreme Liquid Phyto-Caps (30 and 60 caps)
- Ginger Supreme Liquid Phyto-Caps (60 caps)
- Hawthorn Supreme Liquid Phyto-Caps (60 caps)
- Holy Basil Liquid Phyto-Caps (60 caps)
- Maitake Defense Liquid Phyto-Caps (60 caps)
- Male Libido Liquid Phyto-Caps (60 caps)
- Milk Thistle Seed Liquid Phyto-Caps (60 caps)
- Olive Leaf Liquid Phyto-Caps (60 caps)
- Oil of Oregano Liquid Phyto-Caps (60 caps)
- Phyto-Estrogen Liquid Phyto-Caps (60 caps)
- Prostate Health Liquid Phyto-Caps (60 caps)
- Saw Palmetto Liquid Phyto-Caps (60 caps)
- Siberian Rhodiola Rosea Liquid Phyto-Caps (60 caps)
- Sound Sleep Liquid Phyto-Caps (30 and 60 caps)
- Valerian Root Liquid Phyto-Caps (60 caps)
- Whole Body Defense Liquid Phyto-Caps (60 caps)
- Women's Libido Liquid Phyto-Caps (60 caps)

- Echinacea Supreme extract (1 oz. and 2 oz.)
- Echinacea-Goldenseal Supreme extract (1 oz. and 2 oz.)
- Echinacea Supreme Alcohol Free extract (1 oz. and 2 oz.)
- Echinacea-Goldenseal Supreme Alcohol Free extract (1 oz. and 2 oz.)
- Echinacea-Goldenseal-Propolis Throat Spray (1 oz.)

For sale prices, [click here](#).
To order, call us at 1-800-757-9731 or order [online](#).



3. Product Highlight - Reflux Relief

REFLUX RELIEF

*For Occasional Heartburn, Acid Indigestion, and Upset Stomach**

- **Calcium carbonate from Limestone and sodium bicarbonate from Nahcolite work quickly to buffer against excess stomach acid***
- **Freeze-dried extracts of Aloe, Licorice, Chamomile, Barley, and Marshmallow act to soothe, protect, and reinforce the defensive capabilities of the stomach***

Reflux relief is a special combination of botanical and mineral nutrients specifically designed to provide relief for occasional heartburn and acid indigestion while promoting healthy stomach function. The mineral salts Nahcolite and Limestone, extracted from ore bodies are a natural source of Sodium Bicarbonate and Calcium Carbonate which work as alkaline neutralizers to maintain stomach acid balance. The freeze-dried extracts of soothing plants such as certified organic Barley, Licorice, Chamomile, and Aloe are naturally processed to ensure optimum concentration and maximum absorption to promote healthy gastric function.*

This formula contains Calcium (as natural calcium carbonate from Limestone), Sodium (as natural sodium bicarbonate from Nahcolite), a Proprietary Blend of Organic Aloe leaf (Aloe vera), Organic Barley seed (Hordeum vulgare), Organic Licorice root (Glycyrrhiza glabra), Organic Chamomile flower (Matricaria recutita), Organic Marshmallow root (Althaea officinalis), Cane sugar, spearmint natural flavor, and acacia gum.

[More info...](#)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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