



The Health Zone

“Keeping in touch with you”
March 2006



Question of the month

ARE YOU TAKING TOO MANY MEDICATIONS????

When a representative from Bottom Line health Company, interviewed a Harvard medical instructor, John Abramson, M.D., He revealed some shocking facts about commonly prescribed drugs.

When he was asked the question, are most Americans over medicated, his answer was, they sure are. “Americans take many drugs unnecessarily, and when drugs are taken, people often take the wrong ones.”

When asked what about pills, he replied, “many patients prefer pills because they’re easier. There is no question that many of us would rather take a pill than change our lifestyle.” But do you think that pills are the answer?

MANY DRUGS MAY MULTIPLY YOUR PROBLEM

Many high blood pressure drugs multiply your problems. Usually, the first drug prescribed expands the blood vessels, thereby lowering pressure. However it also causes the pulse rate to speed up, so the doctor prescribes a second drug to slow down the pulse. Often, this drug causes water retention, and the doctor gives you a prescription for a diuretic.

The British Medical Journal reported that 9% to 23% of men become impotent from these three drugs. Also woman and men get gout, diabetes, headaches, dizziness, depression and higher cholesterol levels as side effects.

The fourth group of drugs usually prescribed by doctors are “beta-blockers,” which are incredibly powerful. They block the effects of adrenaline on the heart, reduce the heart’s output, inhibit some kidney functions, change the blood pressure control center in the brain and alter the sensitivity of nerves that monitor the blood pressure.

The side effects of beta-blockers are equally powerful: nausea, sexual dysfunction, drowsiness, dizziness, low blood sugar, loss of appetite, fatigue and depression.

The following is a quote by the Mayo Clinic Doctors, “today, medicine offers an array of high-tech capabilities, but too often we call on modern medicine to remedy preventable problems. Simple preventive measures may add up savings. However, they also protect your most precious asset- your health.”

When Doctor John Abramson of the Harvard Medical School was asked, “are natural therapies a better alternative, his reply was, if you look at the data rather than listen to the drug ads, you see that natural alternatives such as improved diet and routine exercise, along with some nutritional supplements often are far more effective than drugs at achieving real health improvements.”

An article published in the journal of the American Medical Association states, Doctors are the third leading causes of death in the US, causing 250,000 deaths every year.

It seems that the great question is, are you concerned enough about your health to change your life style? The choice is yours.



Did You Remember March 17th is St. Patrick's day

*There's a dear little plant that grows in our isle,
'Twas Saint Patrick himself, sure, that set it;
And the sun of his labor with pleasure did smile,
And with dew from his eye often wet it.
It grows through the bog, through the brake,
through the mireland
And they call it the dear little Shamrock of Ireland*

The shamrock is a symbol of the Trinity and the Cross for most Irish-Catholics. This is due to the most famous shamrock legend, starring St. Patrick. The story basically says that he used the shamrock to help the pagan Druid High Priests and their followers to comprehend the Holy Trinity; Father, Son, and Holy Spirit-all in One Almighty God...the number three was a sacred number for them. Their belief was: **GREAT THINGS COME IN THREES...**

- Past, present, and future
- Land, sea, and sky
- Love, valor, and wit
- Faith, hope, and charity

The shamrock was already considered a sacred plant to the druids long before St. Patrick's mission in Ireland began in approximately 431 AD. Perhaps that is why, according to the shamrock legend, he chose this common little clover to illustrate the Trinity concept to them and convert them to Christianity. The shamrock legend has the power to comfort and inspire. So the legend will no doubt live on for quite some time, as it should.

The leprechaun is an Irish fairy. He looks like a small, old man (about 2 feet tall), often dressed like a shoemaker, with a cocked hat and a leather apron.

Leprechauns are aloof and unfriendly, live alone, and pass the time making shoes. They also possess a hidden pot of gold. Treasure hunters can often track down a leprechaun by the sound of his shoemaker's hammer. If caught, he can be forced to reveal the whereabouts of his treasure, but the captor must keep his eyes open.

*Near a misty stream in Ireland in the
Hollow of a tree
Live mystical, magical leprechauns
Who are clever as can be
With their pointed ears, and turned up
Toes and little coats of green
The leprechauns busily make their shoes
And try hard not to be seen.
Only those who really believe have seen
These little elves
And if we are all believers
We can surly see for ourselves.
(Irish Blessing)*

Perhaps it was by the Luck of The Irish, that we discovered many great and wonderful health benefits to be obtained from the beautiful red blossom of the shamrock and why we have included them in some of our Gifts of Nature products. If you will look through our literature and examine our labels, perhaps you will discover our hidden treasure. We feel it is more valuable than the leprechaun's pot of gold.

The first three people to find our treasure and call us the morning of March 17th ,, will receive a free product of their choice with their next order.



You can purchase **Gifts of Nature** products by calling us toll free at **[1-800-529-4715](tel:1-800-529-4715)** or you can purchase them online by visiting our wonderful website at **www.zonashealth.com**
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