

Focus On Health

QUARTERLY NEWSLETTER

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How Much Do You Know About Cannabis Oil And Its Uses?



Cannabis oil (cannabidoil rich CBD hemp oil) is available and legal in all fifty states. It can be found on the Internet and in health food stores anywhere. It is a non-psychoactive compound of cannabis that occurs naturally in agricultural

hemp. It can be found in liquid form, a spray, capsules, and a balm. Indications for use include anxiety, chronic pain, spasms, rheumatoid arthritis, Parkinson's, MS, diabetes, strokes, cancer, sleep disorders, and inflammation. Additional information on cannabinoids can be found in United States Patent #US6630507 B1. We can show you how to order it online or buy it in health food stores.

Theory: Copper Linked to Alzheimer's

Every 68 seconds, another American develops Alzheimer's disease. It is the fifth-leading cause of death among people age 65 and older. A scientific paper published in Journal of Trace Elements in Medicine and Biology theorizes that inorganic copper found in nutritional supplements and in drinking water is an important factor in today's Alzheimer's epidemic. Studies on humans have linked the combination of copper and a high-fat diet to memory loss and mental decline. There is plenty of copper in our diets – no one needs additional copper from a multivitamin.



Scientists Examine Peanut Butter And Breast Disease



A study from Washington University, St. Louis on 9,039 schoolgirls who were given peanut butter or nuts 3 days a week reduced their risk for breast disease by 39% fifteen years later. Benign breast disease -- non-cancerous changes in the breast tissue -- affects about one-fourth of all women and is considered a risk factor for later development of breast cancer.

Exercise and Brain Shrinkage? Now Here's Some Good News!

Exercise prevents brain shrinkage, says Stephen Rao, Ph.D. Moderate exercise a few times a week should dramatically lessen shrinkage of the hippocampus, which is associated with Alzheimer's. After 18 months brain scans confirmed this.



Migraines Worse During Allergy Season?

Nasal allergies and hay fever are linked to migraine frequency, reports Vincent Morgan, M.D. Recent study: People with migraine headaches who also have allergies such as hay fever were 33% more likely to have frequent migraines than people who had no allergies. Theory: Treating allergy symptoms may relieve migraine symptoms.

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A Low T Link You Should Be Aware Of

Low Testosterone Syndrome increases the death of brain cells. It has also been linked to an increase in amyloid-B, proteins that are associated with Alzheimer's disease and other forms of dementia. Source: Bottom Line, Vol. 35, number 4, February 15, 2014.

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