



SEPTEMBER NEWSLETTER

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Hi Everyone!

We have begun **Sahaja Yoga Meditations** here in South Portland. Please let me know if you would like to come and I can fill you in on the details.

We are currently meeting **Tuesdays at 7:00 pm.**

All the best, Faye

Natural Antibiotics!

Garlic
Colloidal silver
Oil of oregano
Echinacea
Manuka honey

Cow Dairy, Allergies and your Immune System

It took me a long time to understand allergies. For years I avoided the subject because nothing I could learn about allergies made sense to me. Finally, I came to an article by Thomas Rau, MD and since then I no longer worry about or have to deal with hay fever, eczema, or hives.

Rau explains there are two types of allergies - primary and secondary. Primary allergies are to foods we were exposed to as babies before our intestines were sufficiently developed. Primary allergies are permanent and difficult to detect as they inflame the body on the inside. The most of egregious of these primary allergies is cow dairy.

Besides being highly allergic, cow dairy is also highly acidic, high in sugar, creates high levels of mucous (which is why we avoid dairy when we have a cold), contains high levels of bacteria, and robs the body of more calcium than it provides.

Whether cow dairy inflames the walls of the intestines through an allergic reaction or due to mucous, bacteria or acids, why is this important? Because 80% of your immune system lies in the walls of your small intestine. And once the intestines are inflamed we are at a major immunological loss.

The following excerpts are taken from Cow's Milk is the Perfect Food for Baby Calves But Many Doctors Agree: It is Not Healthy for Humans by Michael Dye

Frank Oski, M.D., author of *Don't Drink Your Milk!* is the Director of the Department of Pediatrics of Johns Hopkins University School of Medicine and Physician-in-Chief of the Johns Hopkins Children's Center. He is the author, co-author, editor or co-editor of 19 medical textbooks and has written 290 medical manuscripts.

In the first chapter of his book, Dr. Oski states, "The fact is: the drinking of cow milk has been linked to iron-deficiency anemia in infants and children; it has been named as the cause of cramps and diarrhea in much of the world's population, and the cause of multiple forms of allergy as well; and the possibility has been raised that it may play a central role in the origins of atherosclerosis and heart attacks."

Another outspoken critic of cow's milk is Dr. William Ellis, a retired osteopathic physician and surgeon in Arlington, Texas, who has researched the effects of dairy products for 42 years. Dr. Ellis is listed in *Marquis' Who's Who in the East*, *Leaders of American Science*, the *Dictionary of International Biography* and *Two Thousand Men of Achievement*. Dr. Ellis says dairy products are "simply no good for humans... There is overwhelming evidence that milk and milk products are harmful to many people, both adults and infants. Milk is a contributing factor in constipation, chronic fatigue, arthritis, headaches, muscle cramps, obesity, allergies and heart problems."

In Washington D.C. based pediatrician Dr. Russell Bunai was asked what single change in the American diet would produce the greatest health benefit, his answer was, "Eliminating dairy products."

Dr. Christiane Northrup, a gynecologist in Yarmouth, Maine, states, "Dairy is a tremendous mucus producer and a burden on the respiratory, digestive and immune systems." Dr. Northrup says when patients "eliminate dairy products for an extended period and eat a balanced diet, they suffer less from colds and sinus infections."

8 Reasons You Should Stop Drinking Milk Now by Mickey Z., Planet Green states, "The 9 million cows living on dairy farms in the United States spend most of their lives in large sheds or on feces-caked mud lots, where disease is rampant. Cows raised for their milk are repeatedly impregnated. Their babies are taken away so that humans can drink the milk intended for the calves. When their exhausted bodies can no longer provide enough milk, they are sent to slaughter and ground up for hamburgers." "According to a UN report," writes Brian Merchant, "cows are leading contributors to climate change ... Accounting for putting out 18% of the world's carbon dioxide, cows emit more greenhouse gases than cars, planes, and all other forms of transportation combined."

Why haven't we heard about this? Because the National Dairy Council, the National Dairy and Research Board, The American Meat Institute, to name a few, spend hundreds of millions of dollars yearly, to be sure we don't. It amazes me how the industry can propagate to the public that "Milk does a body good" because they must know the contrary - if I do. Why do 1:2 people have heart disease and 1:3 get cancer? Could cow dairy be a significant contributing factor? Please do your own research. I believe we have a huge impact on our health with the choices we make. Good Luck.

About: I have been practicing Quantum Biofeedback with the **QXCI/SCIO Biofeedback device** since 2004. The QXCI is able to test an individual for thousands of items such as allergens and sensitivities, yeast, bacteria, hormones, toxins and traumas, identify major stress patterns, and provide stress reduction therapies. It is comprehensive, non-invasive and informative. In addition, I practice, teach and continue to learn relaxation and stress reduction techniques including BodyTalk, **EFT** and **meditation**. These techniques are taught to clients for self-care.

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