**JOHANNA’S NEWSLETTER No. 29**

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<http://groups.google.com/group/johannasnewsletter> <http://tinyurl.com/29c9fj2>

**H2O2 NOT JUST FOR CUTS ANYMORE**

As it is painfully clear allopathic medicine isn’t curing anything, I keep trying to find an alternative healing technique that will serve to heal nearly all dis-eases in the body and I have come across two that prove to be very effective. This article will be about food grade hydrogen peroxide. It has been used in Europe for many years to cure, yes I said cure, many serious dis-eases including cancer. It is well known here for cleaning cuts and abrasions although I have cautioned about using it as it cauterizes the wound edges which does not allow the wound to heal without leaving a scar. You definitely don’t want to ingest h2o2 from the drugstore as it contains ingredients that are not body friendly, but food grade 35% h2o2 won’t hurt you unless you decided to go nuts and not follow the directions. I bought an e-book called “THE ONE MINUTE CURE” and what it said was amazing. So I decided to try it myself. You know I rarely recommend something I haven’t tried and I like to experiment on myself. Since I don’t have any serious dis-ease to cure I had to use it several different ways to have something to tell you. First of all, the h2o2 doesn’t actually cure anything. It enhances your body’s immune system so that you can cure yourself. It adds an extra molecule of oxygen into your cells and tissue which in turn alkalizes. And “Alkalize or Die!” is my war cry. I did the full protocol and then stayed at a high maintenance level for 6 months. Then I came down to the maintenance dose. My sinuses were nice and clear while I was at the higher maintenance level and are stuffy now because we’re having lots of wind and dust in the air so I may need to go back up to that dose. I had several sun spots on my face so I dabbed the full strength on the spots with a q-tip. It burns and turns white if there is something nasty under there that needs to be dealt with, but does nothing if there’s not. It actually brought to the surface other little spots that reacted and I treated them also. I looked like I had the creepin’ crud for about 2 weeks. Then I quit and let everything heal up. Well, even though I was focused on the crud spots, the sun spots are now gone. I have continued to retreat that part of my face two weeks on and two off and it is slowly healing whatever is there and it doesn’t look so bad each time. I also treated other brown spots on my torso that reacted and then either disappeared or smoothed out and turned a lighter color. This whole process might take several months so be patient. I know I’m finished treating when putting the h2o2 on I get no reaction. Basically, the h2o2 causes your immune system to react and in turns begins to heal whatever is there. If you find it burns too much you can dilute it with a little distilled water. I have dabbed it straight onto many areas of my body and had no reaction, but just let me get one little drop on my fingers and it burns and turns white. Don’t know what that’s about. If you decide to give this a try, ALWAYS DILUTE BEFORE INGESTING. Below are three good websites to check out before making a decision. You can find food grade H2O2 online or in some health food stores.

 before h2o2 After.

The red area above my temple is where I have just finished treating with h2o2. (Obviously doesn’t stop hair from getting grayer!)

<http://www.earthclinic.com/Remedies/hydrogen_peroxide_general.html> [www.theoneminutecure.com](http://www.theoneminutecure.com)

<http://curezone.com/art/read.asp?ID=73&db=5&C0=1> <http://drinkh2o2.com/>

**THE MUCH MALIGNED COCONUT OIL**

Poor old coconut oil! It is so good for us and has gotten such a bad rap. The list of areas of health benefits is long including supporting blood sugar levels, hypothyroidism, pancreas support, heart health, and many more. It was the oil used in theaters to make popcorn when it used to taste sooooo good. It is a good fat, like olive oil. You can eat it by the tablespoon for health issues or use it in cooking. It’s a little sweet so you have to be careful not to use it in savory dishes. Eggs taste great scrambled in coconut oil. It’s a little expensive, but I mix it with other oils. It’s good for your skin, too. Check out the video below.

Ghee is another good fat. Its unsalted butter simmered until the milk solids sink to the bottom. After skimming off the foam you pour off the clarified butter and use it to cook or bake. It stays liquid in warm weather or solid in cold. Makes great popcorn, too.

This whole no-fat thing is going to kill us. Our bodies need good fat to metabolize certain vitamins and minerals. Just stay away from processed vegetable oils, even canola. Use only cold pressed olive, rapeseed (canola) or grapeseed oil or any of the other nut oils available. All the other normal oils have already started going rancid by the time they make it to your grocery shelf and that will kill you. YOU ARE WHAT YOU EAT!!!!!!!!!

<http://www.healthiertalk.com/impact-coconut-oil-blood-sugar-diabetes>

***People are like stained glass windows. The sparkle and shine when the sun is out, but when darkness sets in, their true beauty is revealed only there’s a light from within.—Elizabeth Ross***

**Goodbye Fruit Flies**To get rid of pesky fruit flies, take a small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dishwashing liquid, mix well. You will find those flies drawn to the cup and gone forever!

**VEGGIE RECIPE**

Buttermilk Ice Cream

8 large egg yolks ¾ cup Half N Half 2 cups whole milk  
¾ cup granulated sugar 1 cup buttermilk 1 1/2 tsp pure vanilla extract  
Whisk yolks and heavy cream together in a large bowl until well combined.   
Whisk together milk and granulated sugar together, in a large saucepan, over medium heat. Bring milk to a boil, whisking frequently. Whisk half of milk into egg yolks, until well combined. Whisk egg mixture back into saucepan containing remaining milk. Whisk and cook custard until it thickens, and temperature reaches 160 degrees F. Remove pan from heat and strain custard into a large mixing bowl; whisk in buttermilk and vanilla extract. Cool custard for 15 minutes before placing in the refrigerator. (This recipe can also be made without cooking by leaving out the egg yolks. It just doesn’t come out quite so creamy)  
Chill for 4 hours, or overnight. Process in an ice cream maker or put in freezer and whisk every 20-30 minutes until set.

**A LITTLE YOGA**

Dead Bug Pose: Lie on your back and bring your knees to your chest. Grab hold of your insteps on both feet and open your knees out to the side over your shoulders. Bring your shins 90 degrees to your knee and use the weight of your arms to pull the knees towards the floor. Feel the delicious stretch on the hips, inner thighs and groins. Hold for 1-2 minutes. Release and relax then repeat.

*If you’re going to have an exercise program, start by exercising kindness.—Good Stuff 11/00*

PS. Newsletters and Index are stored at: <http://groups.google.com/group/johannasnewsletter> . If there’s a subject you would like discussed or you have questions about something I’ve said, email me at jw\_alley@msn.com.

My disclaimer: I try to only recommend products or remedies that I have tried myself or someone I know has tried. I also recommend remedies from the newsletters I trust even though I may not have tried them as I wouldn’t be trying something to treat a dis-ease I don’t have. But ultimately you are in charge of making decisions for your body. I am sharing my experiences and suggesting ways that you can be healthier, not prescribing anything for anybody. I strongly suggest that you investigate these remedies yourself before taking anything and/or talk with your health care practioner.

If you wish to opt out of receiving this newsletter—I’ll only pout a day or two ;-) —just reply with REMOVE in the subject line. Seriously, I understand that maybe you just don’t have the time or the interest in this stuff! Silly you!