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**JOHANNA’S NEWSLETTER No. 36**

**[www.johannaalley.com](http://www.johannaalley.com)**

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**OM NAMASTE, SHANTI, SHANTI, SHANTI**

**ABUS-AUTOMATED BREAST ULTRASOUND SYSTEM**

I’ve mentioned before that there are alternatives to mammograms, in fact alternatives that are much more accurate. And before I hear the loud mind-door slamming and comments about how many lives have been saved, think about how many have died because the cancer spread to the lymph glands because the tumor was ruptured. No doctor would ever admit that possibility. Mammograms have surely saved lives, but they also create the potential to rupture the tumor and spread the cancer; they are painful, too high radiation exposure and generate too many false positives with resulting biopsies, which is an invasive procedure. Why would you want to put yourself through that when there is a much safer alternative? Of course, those who manufacture the mammogram equipment want you to keep doing this outdated procedure. Unfortunately, the FDA is married to the radiology industry although they have approved ABUS. Doctors are hammered with data that this is the only viable method to detect breast cancer and that ABUS is only for dense breast tissue. Bulls\_\_t!!! ABUS will detect the tumor without risk of rupturing it in the process. ABUS can screen any breast type and detect dense breast tumors with greater accuracy. Check it out for yourself online. Women will continue to be subjected to mammograms until we all stand up and say NO MORE.

**NO MORE MASTECTOMIES**

“A new technique called IceSense3 Cryoablation that freezes breast cancer tumors holds the promise of eliminating lumpectomies and mastectomies. The minimally invasive procedure is virtually painless and is performed in the doctor’s office. Using ultrasound, the doctor guides a super-cold needle (-270 F) into breast cancer tumors to freeze them and render them harmless. The doctor can control the size of the area frozen, and the procedure requires no general anesthesia or sutures. The process takes five to 15 minutes and leaves no scars. The technique has so far been tested only in small breast cancers, but the company which developed the procedure says it could be used on cancerous masses as large as a golf ball. So far, 37 patients have been treated over a five-year period, and there have been no local recurrences and no distant metastases.” From: [www.healthradar.newsmax.com](http://www.healthradar.newsmax.com)

**SLEEP, WONDERFUL SLEEP!**

Sleep is the most effective dis-ease prevention available to you. The body heals while we sleep so get 7-8 hours of restful sleep every night. If you have had some sleepless nights, you can catch up by sleeping longer on weekends or days off. Body pH is very important to getting a good night’s sleep. If you are eating highly acidic foods, like junk foods, sweet deserts, etc., you may wake up around 1-2 am and be awake for 2-4 hours. A glass of warm milk, apple cider vinegar cocktail, and deep breathing may help, but ultimately alkalizing foods are the best for a great sleep. And, of course, DAILY MEDITATION!

**THE 10 MOST ESSENTIAL SUPPLEMENTS, REDUX**

1. Astaxanthin or Longevinex (resveratrol)-High potency antioxidants

2. Krill oil instead of fish oil

3. High quality multivitamin that requires taking 6-8 capsules or tablets taken in divided doses daily

4. Ginko Biloba 120 mg daily for brain function and memory

5. Green coffee extract for weight control for fluff around the middle (less caffeine effect than green tea)

6. Vitamin D3 and K2- cancer prevention

7. Melatonin - cancer prevention and sleep aid

8. Good quality coral calcium to help regulate body pH (I get mine from caoh.org)

9. Liposomal vitamin C- absorbs 5 times better than regular C

10. Topical Magnesium to relax the muscles and heart health (transdermal gets into the muscle much faster and more efficiently than an oral supplement.

(I make my own liposomal C and magnesium oil and it is much less expensive, but you can buy it pre-made. Let me know if you want recipes or just look online.)

You may not need all these supplements listed, i.e., maybe you don’t have any sleep issues so you won’t take melatonin or your pH tends to be alkaline so you won’t want the coral calcium. If you’re thin, you won’t need to take the green coffee extract. But the others are essentials.

I buy my supplements from either Dr. Mercola or Life Extension either in their websites or on Amazon. Dr. Julian Whitaker also has excellent supplements. Don’t let price be your guide. Cheap supplements are made from cheap ingredients and you won’t get the benefit you’re looking for. A one-a-day multi-vitamin has every ingredient packed to tight that it will not dissolve and will pass through almost intact and you won’t get any of them. You would not expect to eat enough in one meal a day to get all the vitamins and minerals you need! Supplements are insurance for a higher quality of life when you’re very old.

**VEGGIE RECIPE**

Potato Casserole

In an 8” baking pan layer thinly sliced potatoes, onions, bell pepper, tomatoes and cheese, seasoning each veggie layer with seasoned sea salt. Pour over the casserole 1 cup of milk. Cover and bake 30 minutes @425. Uncover and bake until browned, about 15-20 min.

**A LITTLE YOGA**

Healing Heart Bridge Meditation

Sit quietly and take 7 slow deep breaths, relaxing muscles from head to toe. Bring into your imagination someone to whom you want to send love. Imagine iridescent white loving Light coming down from the Universe and entering the crown chakra on the top of your head. See the Light entering your heart and then shooting out to connect with the heart of person you are visualizing. As you inhale, the Light comes in through your crown chakra and as you exhale you are sending the Light to this person. Spend as much time as you feel needed sending loving energy to them. Repeat this mantra to yourself and the other person: I love you, I’m sorry, Please forgive me, Thank you. To finish, see the bridge of Light retracting back to your heart. This meditation is an excellent way to heal wounds caused by you or another. Sending love to someone who has hurt you is not denying what was said or done, but acknowledging that we are all humans who make mistakes out of ignorance and sending forgiveness for that frailness. We all do better when we know how to. Love heals all!

**PS. Newsletters and Index are stored at:** <http://tinyurl.com/29c9fj2> **and on my website. 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.**