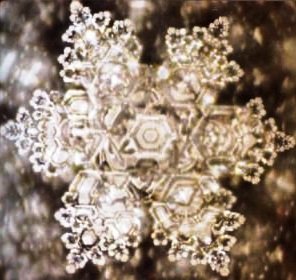
**JOHANNA’S NEWSLETTER No. 32**

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To view previous newsletters and info: <http://tinyurl.com/29c9fj2>

**BRUSH, BRUSH, BRUSH WITH??????**  
German researchers have discovered that the coating of fluoride on your teeth from toothpaste is only the width of a fairy wing and can easily be removed by. Much less than you have been told! And this toxic poison has been found in other studies to damage teeth and bones, as well as contribute to cancer and many other diseases. Many studies have found that fluoride does not reduce the incidence of cavities. National Academy of Science findings say that fluoride can discolor teeth, disrupt hormones and cause neurotoxicity.

“If you want to protect your teeth from the bullets of tooth decay, skip the fluoride raincoat and go for the real McCoy: Mix 3 percent hydrogen peroxide with baking soda, and work it into your teeth and gums with your fingertips after meals. Rinse with the peroxide.” William Campbell Douglass II, M.D.

I’ve been using this method for several years now and my dental hygienist commented on how healthy my gums are. Why put toxic chemicals and other stuff in your mouth when it’s not necessary? Many worry about bad breath, but your breath will be better for using the H2O2. And really bad breath, chronically bad, begins in your digestive system anyway so take a look at your diet. I wrote in #29 about using it internally for better health.

I get food grade H2O2 from a health food store or online at Amazon.com. It is very reasonable and as it is 35% and needs to be diluted, you can make lots of 3% H2O2 (11 parts distilled water + 1 part 35% H2O2) to use on your teeth and gums—much less than buying toothpaste in these tough economic times. Remember: toothpaste producers are not interested in your tooth and gum health. They are only interested in their bottom line.

**2012**

There’s lots of hoopla out there now about 2012 and much of it predicts doom and gloom and can scare the poop out of you—like the movie “2012”. Well, I have come to believe from the people I listen to on Coast to Coast, Richard Sutphen, and many other metaphysical investigators that when we wake up on 12/21/12 life will be pretty much the same as it was on the day before. We are already experiencing natural disasters on an unprecedented scale all over the world, political disruptions, and many more UFO sightings around the world so we are already in the change. The earth is going through climate changes just as it has for eons of time. We just happen to be experiencing it personally just as prehistoric societies did. But the other side of this coin is the predicted energetic shift into the 5th dimension. We are living in the 3rd dimension, experiencing the 4th dimension of negativity. The 5th dimension will take us into a more peaceful, loving energy. We can help this shift by taking a good, long look at our own lives and making any changes we need to live a more loving, positive life. Get right with your God. Pray or meditate and become the God Light. Let your positive energy expand to all those around you. Don’t worry about what’s going on somewhere else; take care of your family and close friends. Check out [www.childrenofthesun.org](http://www.childrenofthesun.org) for their Ki of Life Training meditations. I’ll see you in the 5th Dimension!

**Living in the moment means letting go of the past and not waiting for the future. It means living your life consciously, aware that each moment you breathe is a gift**. (Oprah Winfrey)

**There are two ways of spreading light: to be the candle or the mirror that reflects it. –Edith Wharton**

**BREVAIL**

I am constantly looking for simple remedies to PMS and menopause symptoms and have tried Brevail. It is made from flax seed lignan and completely natural and healthy. I was hoping to be able to switch to this from the bio-identical hormones I have been taking as they are difficult to travel with—leakage. Well, it didn’t quite work for me as well as I had hoped and I am back on the bio-identicals. I did feel some effect, but not quite enough, but I do feel that if you are experiencing PMS or peri-menopause it might be something to try to relieve mild symptoms. Brevail also claims to possibly reduce the frequency of migraines as they can be hormone related.

**NAC**

Glutathione is a critically important antioxidant in the body that depletes as we age and is associated with brain degeneration. The only way to get it is intravenously. But we are lucky that much research has been done lately on N-acetyl Cysteine which replenishes this most important antioxidant in our bodies. NAC makes your genes healthier and limits the effects of all kinds of stress in the body. It also slows down inflammation and can protect against flu, protects lungs, blocks cancer development, and has a rejuvenating effect on cells and genes.

If you take lots of acetaminophen it can damage your liver because it drastically lowers the amount of glutathione in your cells. NAC in capsule form can correct that damage for you. Check your vitamins and if they don’t contain NAC, get capsules and add them to your daily regimen. I’ve been taking it for over 10 years. Check out the Food Sources of Glutathione page online.

**VEGGIE RECIPE**

Kitchari: Cleansing and healing

2 Tbs. plus 1½ tsp. ghee, divided ½ tsp. minced fresh ginger 1 tsp. cumin seeds  
2 cups cauliflower florets ½ cup basmati rice, rinsed 1/3 cup split mung beans  
¾ tsp. turmeric ½ cup frozen baby peas, defrosted 1 tsp. salt

1. Heat 2 Tbs. ghee in saucepan over medium-high heat. When ghee is hot, stir in ginger and cumin seeds. Fry cumin seeds a few seconds, then add cauliflower, and stir-fry 4 minutes, until cauliflower is slightly browned and partially cooked. Stir in rice and beans, and fry 1 minute. Add 3½  cups water and turmeric and bring to full boil over high heat. 2. Reduce heat to low, partially cover, and cook, stirring occasionally, 40 minutes.  
3. Add peas and salt, and continue cooking 5 minutes, or until rice and beans are soft. Stir in remaining 1½ tsp. ghee just before serving.

**A LITTLE YOGA**  
Walking meditation: Set aside 15-20 minutes to go outside and walk bare-footed. Start very slowly and pay close attention to putting down your heel and finally your toes. Notice how it feels as your skin touches the surface you are walking on. Be deliberate in placing heel, arch, ball and then toes on the ground. Notice the difference in how one foot feels compared to the other. Notice the texture of the ground under your feet. If you begin to speed up, consciously slow down again. When your thoughts stray, bring them back to the sensations of your feet. Walk with purpose, connecting with the earth energy. When you are ready to stop, stand still with your eyes closed and notice what effect this has had on your body and mind.

**PS. Newsletters and Index are stored at:** <http://tinyurl.com/29c9fj2>**. 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**](mailto: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.**