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**JOHANNA’S NEWSLETTER No. 33**

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**FLOURIDE AND OTHER MOUTH STUFF**

Yes, I’ve touched on this subject before, but there are more and more studies proving that we are being over-fluoridated. Studies in China, India, Iran and Mexico are saying that fluoride is linked to IQ deficits in children.  I have seen some dental studies saying that too much fluoride makes teeth brittle. In 1995, [Dr. Phyllis Mullenix](http://www.fluoridation.com/brain.htm) and her colleagues found that fluoride studies in rats “can be indicative of a potential for motor dysfunction, IQ deficits and/or learning disabilities in humans.” It’s also linked to hyperactivity and cognitive dysfunction. There are 24 international studies coming to the same conclusions. You would think that “They” would get the message, but once again, it’s the bottom line that counts, not our health. Check out the most recent Indian study here: [**available as a PDF here**](http://static.infowars.com/2011/12/i/general/2011_study-neurodegenerative_changes_from_fluoride_of_brain_spinal_cord_and_sciatic_nerve.pdf) With water, toothpaste and dental cleanings we get way too much fluoride. Switch to a toothpaste like Tom’s of Maine that has no fluoride and refuse fluoride treatments when you get your teeth cleaned. There’s still too much in the water, but you can’t do much about that unless you have a good home water filter.

SOURCE: Kurt Nimmo, Infowars.com, December 2, 2011

And a side note about toothpaste, **sodium lauryl sulfate has been linked to cold/canker sores. I used to have canker sores constantly and had no idea why. About 15 years ago I started using toothpaste from health food stores and didn’t make the connection until I read this info, but I don’t have canker sores any more.**

**DRIED FRUIT JUST DOESN’T TASTE GOOD!**

**It seems as though dried apples are showing to be much more important to our health than just being an easy snack. Apparently, eating about 2 ½ oz of dried apples a day can lower LDL and raise HDL cholesterol and help with weight loss even though that quantity adds around 240 calories. Of course, the opposite will apply if you overdo it. Plus your digestive tract will not be happy! With the prescription med’s side effects from muscle weakness to Parkinson’s and even death, I think I would give those apples a try. Also, red rice yeast is still at the top of the list of natural remedies, as well as, fish oil, almonds, and tofu according to Dr. Oz. Tart cherry juice and artichoke extract are other remedies to try. You may feel you need to get on the medications when the doctor scares the life out of you, but perhaps you can use these alternative remedies to lower the dosage or get off completely eventually.**

**PINK GOO IN HAMBURGER!!! OMG!!**

**It’s been on the news, albeit not enough, and YouTube about the pink sludge being added to hamburger meat. I immediately felt nauseous. I can’t say often enough the need to switch to organic meat. At the very least, have your grocer butcher grind a cut of meat for you. Most hamburger in the stores comes already ground and packaged and God only knows what’s in there. Just do an internet search for “pink slime in hamburger” and you’ll get more info than your stomach can take. One report said the slime was sprayed with ammonia so it is safe—AMMONIA! I can’t remember ever hearing that it was a good thing to ingest ammonia. No matter how bad you’d like to believe it, any big business has no concern for anything but their bottom line. You’re only defense is to vote with your wallet. That’s what capitalist understand, so don’t buy these horrible foods. YOU ARE WHAT YOU EAT! YOUR HEALTH DEPENDS ON YOU EATING EVERYTHING AS CLOSE TO HOW MOTHER NATURE PRODUCED IT AS POSSIBLE.**

***Those who think they have no time for exercise will sooner or later have to find time for illness.—Edward Stanley***

**GET RID OF ANTS**

**Put small piles of cornmeal where you see ants. They eat it, take it "home," & can't digest it so it kills them. It may take a week or so, esp. if it rains, but it works & you don't have the worry about pets or small children being harmed!**

**REDUCING STATIC CLING**

**Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and - voila static is gone.**

**CONDITIONER**

**Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.**

**DISTILLED WATER**

**Use distilled water to extend shampoo, conditioner, liquid soap, hand lotion, etc., and to get the last bit out of a container.**

**NEWSPAPER WEEDS AWAY**

**Start putting in your plants; work the nutrients in your soil. Wet newspapers put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic, but they will not get through wet newspapers.**

**VEGGIE RECIPE**

**KRISPY KALE**

**6 cups fresh kale 2 tbsp olive oil 1 tbsp lemon juice ½ tsp sea salt**

**3 tbsp nutritional yeast**

**Cut off stems and break kale into pieces. Mix oil, juice, salt. Rub oil mixture on the leaves. Toss with nutritional yeast. Place in dehydrator until crispy. Or bake @ 250degrees until crispy. These are so tasty and much less expensive than the ones you buy in the store.**

**A LITTLE YOGA**

**Some days it is just so hard to do any kind of yoga practice, so try this. Pick 5 yoga asanas (postures) and do each one for 1 minute, two sided postures for 30 seconds each side. I guarantee you’ll finish wanting to do just a little more and end up doing at least 30 minutes. The secret is just starting. See Stanley quote above.**

**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.**