Spring 2012 Newsletter

Dear Clients, Friends, and Everybody,

Whew! What a year 2011 was! I am really looking forward to a new year, I have to say. I suffered a personal tragedy this year when my surrogate daughter died within 48 hours of becoming ill in early October. I have not had the experience before, of losing someone so close to me, and continue to struggle with her loss. Thank you to all of you for your thoughts, well wishes, and prayers for me and for your patience when I was a little slow. I very much appreciate all of you.

I am planning on updating my website npjulie.com soon, to allow search engines to find me, as people have been telling me that they wish they could have found me earlier in their struggle with heavy metal toxicity. We also plan to have a larger FAQ (frequently asked questions) section, so everyone can find those answers!

New information:  
**For people who have low blood pressure**, and continue to struggle with needing to lie or sit down most of their waking hours, due to weakness, lightheartedness, etc, I have learned of several therapies to help your body reset and stabilize – oral and nasal medication therapy, and an injection therapy into nerve plexuses. It is usually an autonomic nervous system dysfunction that causes the problem, which involves the pressure receptors in our body giving the nervous system incorrect information. Please set up a consultation to discuss these options if this describes you.

Other people, who have **multiple chemical sensitivities** (bad reactions to chemical scents and other smells) can also benefit from a procaine/B12 nasal spray. Resetting the system after getting an exposure can prevent the suffering that can occur afterwards. Last spring, I was exposed to a tar odor from a roof job being done across the street. I became ill with nausea, brain fog and a headache. Luckily, I had just heard of this new therapy, and decided to give it a try. Almost immediately the symptoms have cleared.

Also, another new supplement is a throat spray called DPS, made by the same people who make Del Immune V; which is another highly recommended supplement for **those with deficient immune responses**. DPS is a colostrum derivative that gives the immune system information on how to be more effective. It seems to help people with sore throats, even chronic ones. It usually sells for $21.50; sale price is $15.50. It can be sprayed into the throat 4 sprays 4 times per day for acute problems. I also usually recommend the herb Osha to help with **acute sore throats**– it is very good at diminishing the pain, and helping to get rid of the virus.

**I don’t recommend taking Tylenol, (acetaminophen) for pain or to suppress fevers.** I don’t advise suppressing fevers; though if it is 106 or more, it means you have a life threatening infection, and need to get emergency room treatment for the infection, not the fever. The fever is actually the body’s attempt to kill the infection, so suppressing it is likely to prolong the illness.

Sincerely,

Julie

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