

# Health Quarters Monthly

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3620 West Colorado Avenue ✠ Colorado Springs, Colorado 80904

From

**D**ave's  
Heart...



**“A place to come and learn how”**

Way back--what now seems a lifetime ago--when Anne and I were first dreaming about how we might help others learn some things we'd learned ourselves about stewardship of health, that was a key phrase for us. We wanted to create a place where folks could come and be taught. And not just to gain head knowledge, but hands-on practical experience as well. Experience in regards to juice fasting, identifying and effectively addressing long-standing nutrient deficiencies and related toxic overloads, colon and liver cleansing, liver/gallbladder flushing, and eating for optimal health--the whole nine yards. The battle plan complete. And we wanted to do all that within the framework of also helping folks grow roots deeper into God and His Word.

It's now 16 years later. Today our office and Lodge compound stand as a testament to a dream, and to God's desire to use that dream for His purposes. What an adventure it's been to get to where we are now. Can't wait to see what the next 16 years will bring. Many of you who receive this newsletter have been graciously generous in your prayer and financial support of this unique work. There aren't enough ways for me to say thank you. We've got the best fans!

Okay, so let me ask you a question: Where are you at in your health goals these days? Worried about developing cancer? You women out there, are you at all concerned about breast cancer? Should be. Latest statistics reveal that 1 out of every 8 women can expect to develop it. According to surveys, breast cancer is fear #1 amongst American women these days. How about you men? Concerned about prostate cancer? It's the fastest growing cancer in the US today.

Want to learn how to prevent these cancers? We can help you begin to address the pattern of long-term nutrient deficiencies and related toxic overloads from which they arise. Have you already developed cancer? We can help you learn how to go beyond simply attacking and merely temporizing the symptoms (cancer cells) with chemo, radiation and surgery...to actually addressing the compromises in your system that have allowed it to develop in the first place.

“...any kind of cancer is a life-and-death battle that demands focused attention and the willingness to change the conditions that created the disease in the first place,” writes John Lee, MD in *What Your Doctor May Not Tell You About Breast Cancer* (available from our HQM office).

We can help. We're ready to help. We'd love to help.

Give our office a call and ask about our 8-day Lodge program held right here at our world famous HealthQuarters Ministries compound. Call soon. (719) 593-8694

**??QUESTIONS  
OFTEN ASKED??**

**Testing a breast  
lump**

*Q: I have an irregular shaped lump in my breast. Do you recommend mammograms at all, or only a biopsy? Just curious?*  
-*Jessica C. (Texas)*

**A:** If I were wanting to see if the lump was cancerous, I'd probably do a thermogram. To learn more about thermography, visit: [meditherm.com/breasthealth](http://meditherm.com/breasthealth) Call or e-mail our office today to schedule a state-of-the-art breast thermography in your area. They use ultra-sensitive infrared cameras and sophisticated computers to detect, analyze, and produce high-resolution diagnostic images of temperature and vascular changes. They can send the results to HQM and our Naturopath, Dr. Trisha Anderson can go over the results with you during a phone counseling call.

You might also want to consider making an appointment with our office to see if you have the pattern of long-term nutrient deficiencies and related toxic overloads from which breast cancer arises. We can't diagnose disease, but we can see if your pattern is the same as we've found common amongst all women who've developed breast cancer. And, of course, beginning to address that pattern of deficiencies and overloads will be an important part of any effective cancer battle plan.

## Using progesterone cream

*Q: I have a 53-year old friend who had been having spotting and fibroids. She almost agreed to a hysterectomy, but instead got off the birth control pill. The spotting stopped. She is pretty much in menopause. She started the progesterone cream 3 weeks ago, and now the spotting has started again. Should she take a break? Can this be producing more estrogen? I thought the progesterone would naturally block and lower estrogen. Any thoughts?*

*-Alyce B. (Iowa)*

**A:** I'll simply summarize what Dr. John Lee, MD talks about in the very informative books he's written about hormone balancing. When a woman goes long in a condition of progesterone deficiency, the estrogen receptors (found on cells in tissues throughout the body, particularly the female organs: uterus, breasts, etc.) become less sensitive. When progesterone deficiency is corrected by use of the progesterone cream, these estrogen receptors regain their normal sensitivity. In some women this can cause temporary symptoms related to estrogen dominance, i.e., breast swelling, tenderness, spotting, etc. All of this resolves itself within 2-3 months as use of progesterone is continued and the body eventually moves toward renewed balance. For more on these and related issues, see any of the following books by Dr. Lee (available through our HQM office):

*What Your Doctor May Not Tell You About Premenopause,  
What Your Doctor May Not Tell You About Menopause,  
What Your Doctor May Not Tell You About Breast Cancer.*

## What to take for allergies

*Q: A friend of mine told me about your site. I have allergies that have now developed into food allergies and skin allergies. What do you recommend to help resolve these?*

*-Paula*

**A:** Hi ya Paula. Three things are true: 1) an allergy response can be congestion or an elevated heart beat within a few minutes after exposure or simply a drop in energy, 2) most allergies leave once the body is brought back into nutritional balance, and 3) dairy and sugar are not allergens but substances to which the human body will always remain intolerant.



Allergies result from a variety of causes. For instance, if you're depleted in essential fatty acids you'll be automatically allergic to wheat, corn, cats, dogs, feathers, wool, dust and detergent. Replenish your body's stores of essential fatty acids and those allergies go away. I usually recommend fish oil to do the job. I like the product we carry from Biotics Research.

But allergies can also result from exhausted adrenal glands. The adrenals govern your lower sinuses. When they (your adrenals) have become overly taxed, you'll tend to be sensitive to all airborne allergens. We often recommend a product called ADHS or ADB5 to help support adrenal function. Order it from our office.

If you're depleted in zinc, well then you'll automatically be allergic to an interesting variety of foods: barley, brewer's yeast, cherries, millet, potatoes, prunes, raisins, rye, and walnuts. And you'll automatically become depleted in zinc if you're out of balance hormonally. You'll have to get your hormones back into balance, besides replenishing your zinc.



So, perhaps you're seeing that allergies can and do come and go based upon a person's nutrient balance. Plus they can be a sign of things even more significant, i.e., hormonal imbalance (which *is* the cause of female-related cancers, by the way).

The standard medical approach to allergies is to recommend medications to suppress the allergy response. In the short run, who wouldn't want that, right? Block the symptoms so that I can get on with doing life. But ultimately you're going to want to address the cause. Our goal at HQM is to help identify the nutrient deficiencies in your system that are the cause of your allergy responses, and then to effectively replenish them with supplements and diet changes.

So, you asked me my recommendation for helping you to resolve your allergies. I'd suggest you give our office a call and set up an appointment to come see us for some simple bio-feedback testing for your nutrient deficiencies/imbbalances, and let us get you on the right track of keeping your body in optimal working order.

## The Benefits of Juicing Carrots

### #1 source of beta-carotene, which body converts into vitamin A.

- ✓ Promotes healthy cell growth and development
- ✓ Promotes healthy eyesight
- ✓ Prevents drying of skin and eyes
- ✓ Promotes healthy maintenance of the digestive and urinary tracts
- ✓ Promotes healthy lungs
- ✓ Strengthens the immune system
- ✓ Enhances resistance to bacterial infections
- ✓ Helps prevent cancer

(Deficiency of A can lead to: night blindness, poor growth, dry skin, dry eyes)

### Rich source of vitamins B, C, D, E, K, and minerals calcium, phosphorus, potassium, and sodium

- ✓ Promotes strong bones, teeth, and intestinal walls
- ✓ Contributes to healthy skin, hair, and nails
- ✓ Enhances liver function by helping it excrete fats and bile
- ✓ Contributes to the healthy function of adrenal glands and immune system
- ✓ Helps with electrolyte balance

### Helps to keep intestinal flora healthy

### Helps relieve constipation

- ✓ Contains oils that work on mucus membranes of stomach/colon to promote digestion and bowel function
- ✓ Helps to make stools softer and larger

(Someone once said, "There's nothing so overrated as sex, and so underrated as a good bowel movement.")

### Strongly alkalizing, thus helping to purify and revitalize the blood

Although your body needs and requires fiber, some say that juicing a carrot makes more of its nutrients available to the body. They point out that if you eat a carrot you get access to only about 1% of its beta carotene. Juicing it makes 100% of the beta carotene available for absorption. Consider adding raw, fresh juice to a high fiber/plant-based diet.

One pound (eight carrots) will make approximately 6-8 ounces of juice. We suggest diluting the juice with reverse osmosis water (50/50), so as to keep the pancreas from being taxed by an influx of the natural sugars found in carrots. The more you consume each day, the greater your potential for good health. Try starting with at least two 8-oz glasses a day.

Why juice at all? Why not just eat all those raw carrots (and other fruits and veggies)? Because you won't, that's why. It's much easier to get your 5-9 servings of raw fruits and veggies each day by way of juice than trying to eat that much produce. Besides that, freshly made juices are easily absorbed directly into the bloodstream, demanding very little digestive power to deliver a ton of nutrients to the body.

If you already own a juicer of any kind, use it. If you'd like to get one, we'd recommend the Champion. A masticating machine like the Champion chews the produce and thus tends to yield more juice and protect its enzymes better than a machine that uses a spinning blade.

## HealthQuarters Monthly is now available online.



Our Monthly Newsletter is now available online at: [www.healthquarters.org](http://www.healthquarters.org)

Click on: >Newsletter >Newsletter Archives

## How do you prefer to receive our newsletter?

Would you like to receive the HQM monthly newsletter via the web instead of a hard copy?

- ✓ Simply send an e-mail to: [healthqu@healthquarters.org](mailto:healthqu@healthquarters.org) - state that you would like to remain on our mailing list and that you would prefer email notification. We will then discontinue your hard copy mailing and you will receive an email each month with the link to the latest copy of The HQM Monthly.

*If you've already notified us that you'd like the newsletter via email, you don't need to notify us again.*



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## Letters and E-mail

"I've received your newsletters a long time. Thank you for your continued faithfulness, even thru my silent years. I believe strongly in your ministry. For a long time God has raised his standard for healing separate from the conventional methods that so many times are abusive to His body. I share your newsletters and your inspiration with as many as I'm lead to. The resistance and unbelief to another way can only be broken thru by His Spirit. So again, your faithfulness to Jesus Christ continues to give hope." -*Susan H. (Bigfork, MT)*

"The Thyrostim is working great. I had another thyroid test in August, and much to the chagrin of my doctor (because he can't understand why), he said my thyroid is normal!" --*Shirley D.*

"The Lord has blessed us so much, can we do any less for Him? And many of those blessings come from you at HealthQuarters Ministries. We appreciate you greatly! Returning from our 8-day experience with you, we have implemented the base program, and are diligently following it. We praise God for the physical healing and continued good results." -*Marion R. (Tucson, AZ)*

"I am so grateful for your newsletters and knowledge on what traditional cancer treatments do to the body. Your ministry has been a blessing to me. Through some friends from our church I was given one of your newsletters. In it you listed the recommended supplements that an individual who was receiving chemotherapy/radiation should include in their diet. I purchased those supplements and was blessed to complete chemo and radiation with very mild side effects and adequate energy." -*Mary A. (somewhere in the great state of Wyoming)*

"We are well, in large part because of what you've taught us. We use the muscle testing technique daily, and adjust supplements or routines as needed to optimize our health. We refer to *How to Be Your Own Best Nutritionist* constantly, which, I think, is a great reason we are able to stay well. So, we're just out here doing what you've taught us and talking about it to others. Isn't that a good thing? Hope it brings a smile. You are always near our minds. It feels like you're more of a neighbor we consult daily than our friend with a growing practice 30 minutes away! I guess that's because vibrant health is a major theme for us, and you've been instrumental in getting us there. You are ever on our minds!" -*Teri N. (Monument, CO)*

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and/or share  
this  
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with your  
family and  
friends.**

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