



The Natural Way to a Healthy and Energetic Lifestyle Newsletter # 16: June 2011

## **The Cell Phone Controversy – Rather be Safe than Sorry!**

- 1. Expert Panel: Cell Phones Might Cause Brain Cancer**
- 2. 'Limited Evidence' Suggests Cell Phones 'Possibly Carcinogenic'**

May 31, 2011 -- The expert panel that evaluates cancer risks today said that cell phones might possibly cause brain cancer.

The announcement comes from the International Agency for Research on Cancer (IARC). Like the World Health Organization, the American Cancer Society relies on IARC for evaluation of cancer risks.

"After reviewing all the evidence available, the IARC working group classified radiofrequency electromagnetic fields as **possibly** carcinogenic to humans," panel chairman Jonathan Samet, MD, chair of preventive medicine at the USC Keck School of Medicine, said at a news teleconference. [Read more](#)

## **Liposuction fat is back within a year: What's taken from thighs 'returns on arms'**

Liposuction carries the unwanted side-effect of making other parts of a patient's body fatter, a study has found.

One year after having liters of fat removed, those undergoing the procedure will effectively be back at square one in terms of the amount of fat in their body. However, the fat will not return to the areas of the body where it was removed from, usually the thighs, lower abdomen and buttocks. [Read more....](#)

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## **Fish Spa Trend Flourishes Unabated Despite Palpable Health Concerns**

The fish spa-going crowds in many countries are enjoying the definite positive affects offered by this fast growing "foot massage". What is it? You are being treated to 15 to 30 minutes of tiny toothless fish sucking and devouring any dry and lifeless skin from your feet.

The cleanliness, examination for open cuts or sores and pre-soaking of your feet should put to bed any concerns about poor sanitation. [Read more....](#)

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## ***Burns - And Plain Old Flour!***

Never heard this one, so I thought I would pass it along. You never know!

I did not yet test it and hope I never have to. But the logic and testimonials are factual.

So here it is - **The Burn Remedy**

"My experience with burns is this: Once I was cooking some corn and stuck my fork in the boiling water to see if the corn was ready. I missed and my hand went into the boiling water....

A friend of mine, who was a Vietnam vet, happened to come into the house to find me screaming with pain. He asked me if I had some plain old flour...

That's right - plain flour.

I pulled out a bag and he stuck my hand in it. He said to keep my hand in the flour for 10 minutes which I did."

He said that in Vietnam, this guy was on fire and in their panic, they threw a bag of flour all over him to put the fire out...well, to their utter amazement it not only put the fire out, but he never even had a blister to show for his experience!!!!"

"SOOOO, I put my hand in the bag of flour for 10 minutes, pulled it out and did not even have a red mark or a blister and absolutely NO PAIN to show for my experience.

Now, I keep a bag of flour in the fridge and every time I burn myself, I use the flour and never ONCE have I ever had a red spot, a burn or a blister!"

\*COLD FLOUR feels even better than room temperature flour.

Miracle, if you ask me. Keep a bag of white flour in your fridge and you will be happy you did.

"I even burnt my tongue and put the flour on it for about 10 minutes and the pain was gone and no burn".

Try it!

Remember, never run your burn area under cold water first, just put it right into the flour for 10 minutes and experience the miracle cure!

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## Tips for pain-free hands

We tend to take all the many and varied daily tasks – large and small – so much for granted.

It is only when the pains arrive that we realize how even the most simple tasks become difficult.

Beneath the skin, your hands are an intricate maze of tendons, joints, ligaments, nerves, and bones. Injury and illness can disrupt any one of their functions.

Persistent joint problems are by far the most common cause of hand pain and disability. Another common cause of hand pain, carpal tunnel syndrome, affects an estimated 2% to 3% of Americans. Contrary to conventional wisdom, this nerve disorder rarely results from repetitive work-related tasks, as a growing body of research reveals. True work-related musculoskeletal disorders are known as repetitive stress injuries and can be quite debilitating. But there are steps you can take to prevent them. [Read more....](#)

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**Do you have any of the under-mentioned or other issues that may be delaying necessary lifestyle changes? Or, are there any specific issues that you would like us to research for you?**

**If so, contact us now. All inquiries and replies are held in the strictest of confidence. Your Body is your greatest asset. Learn about it and Provide for its Needs.**

**For attention: Lionel**

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**Situations where we may be able to offer advice and help.....**

- \* I don't have time or the incentive for Exercise or to join a health club.*
- \* How do I start an Exercise program?*
- \* Is Stretching enough without Exercise?*
- \* I have to become more active. But how?*
- \* I want to control my eating habits. But how?*
- \* My persistent headaches are killing me.*
- \* I cannot get out of my fast-food habit.*
- \* I never thought that at the ripe age of 60, I would not be able to play with my grandchildren.*

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

**Lionel H. Phillips D. O.** A Member of the IHRSA (International Health, Racquet & Sportsclub Association) Panel of Experts for the "Ask the Industry Leader Program".

