



Holistic Health for People and Animals



Oriented to self care, this free educational web site is dedicated to help promote natural health for [humans](#) and their [animals](#)

Learn to achieve natural health for you, your family and your pets with alternative/holistic/complimentary/integrative and preventative methods of healing: homeopathy, herbs, urine therapy, hydrotherapy, raw foods and juices, therapeutic fasts, healing clays, sunlight, thalassotherapy (seawater), nutrition, naturopathy, biomagnetics healing, aromatherapy, reiki healing, flower essences and more. "First do no harm..."

Shirley: "I was once a victim of the never-ending flow of propaganda from the medical establishment - which I think of as the "disease" establishment because they focus on disease rather than on prevention and wellness. This [orthodox medical establishment](#) wants to maintain a monopoly on the word "cure"; they want us to believe that we have no control over our own health and that our only hope to get "well" is with drugs, surgery and radiation. Here is the story of my [journey into health](#): how I achieved optimum health without drugs, surgery or radiation."

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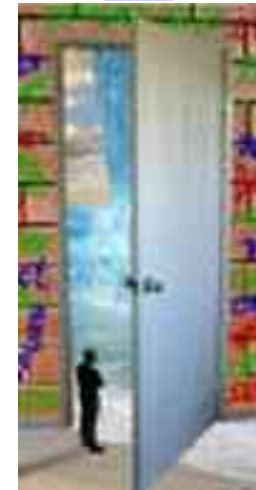
[ShirleysWellnesCafe.com](#) is a free educational web site created from a labor of love and as a public service. Thank you for your understanding. *Shirley..* [Enter the site](#) - [Shirley's Journey Into Health](#) - [Translate this site](#) - [Updates---](#) [Site map](#)

Italiano: La Salute di Holistich -- **Français** Une Guerison Naturelle

Dr. Mercola - "We can solve well over 90% of the all chronic diseases with simple, inexpensive natural therapies."

"According to the World Health Organization, "Health is more than the absence of disease. Health is a state of optimal well-being." Optimal well-being is a concept of health that goes beyond the curing of illness to one of achieving wellness. Many of us have been brought up to believe that our health depends solely on the quality of the healthcare we receive. The truth is, your health is your responsibility. You are the only person who can make the lifestyle decisions that contribute to your well-being. You are the one who must take the steps to preserve your health and promote your wellness. Only you have the

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power to create wellness for yourself. Your power lies in the choices you make every day on your own behalf. Your behavior and the choices you make in your life affect your health. You can choose to do more of what's good for you and the world around you, and to do less of what is harmful. You can choose to learn more about your health and the variety of healthcare options available. All of us have incredible inner wisdom. As you gather information and experience, you will gain confidence in using your inner knowing to follow your path to wellness." [The American Holistic Health Association](#)

Elimination of the symptom is NOT the same as elimination of the disease. The fastest way to restore wellness is to stop putting into the body the things that have caused the physical problem to develop in the first place, and then give the body the nutrients it needs to repair and rebuild itself. The holistic approach treats the whole person, ignites the body's internal healing force and stimulates the body's natural abilities to heal itself. [Ignite your body's internal healing force](#)

Most modern maladies are caused by prolonged exposure to a combination of negative lifestyles and toxic environmental factors, including junk food and malnutrition, pesticides, antibiotics, microwaves, chemical pollution of food, water and air, lack of exercise and chronic stress. These factors are further aggravated by the failure of modern medicine to recognize them as agents of dis-"ease" and death and the consequent failure to take preventative measures against them. The same chemical companies that produce toxic chemicals also produce prescription drugs, veterinary medicines, a wide array of medical products. Families with toxin induced illnesses often spend large sums for drugs and medical treatment. This circle of profit is not conspiracy theory, but an easily provable fact. What you don't know can hurt you." [Consumer Alert! - Raising Public Awareness](#)

Dr. Allan Greenberg - "As a retired physician, I can honestly say that unless you are in a serious accident, your best chance of living to a ripe old age is to avoid doctors and hospitals and learn nutrition, herbal medicine and other forms of natural medicine unless you are fortunate enough to have a naturopathic physician available. Almost all drugs are toxic and are designed only to treat symptoms and not to cure anyone. [Vaccines](#) are highly dangerous, have never been adequately studied or proven to be effective, and have a poor risk/reward ratio. Most surgery is unnecessary and most textbooks of medicine are inaccurate and deceptive. Almost every disease is said to be idiopathic (without known cause) or genetic - although this is untrue. In short, our main stream medical system is hopelessly inept and/or corrupt. The treatment of cancer and degenerative diseases is a national scandal. The sooner you learn this, the better off you will be."

Animal Diseases and their Natural Care

A growing number of veterinarians state that processed pet food (kibbles and canned food) is the main cause of illness and premature death in the modern dog and cat. In December 1995, the British Journal of Small Animal Practice published a paper contending that processed pet food suppresses the immune system and leads to liver, kidney, heart and other diseases. Dr. Kollath, of the Karolinska Hospital in Stockholm, headed a study done on animals. When young animals were fed cooked and processed foods they initially appeared to be healthy. However, as the animals reached adulthood, they began to age more quickly than normal and also developed chronic degenerative disease symptoms. A control group of animals raised on [raw foods](#) aged less quickly and were free of degenerative disease.

Michael Dym D.V.M. - "Over the past 40 years and 17 generations of dogs and, cats we are seeing tremendous increases in chronic ill health in our pets that was rare back in the early 1960's. Most of these illnesses revolve around breakdown in our pets' immune systems, and include chronic skin/ear allergies, digestive upset, thyroid/adrenal/pancreatic disorders, seizures, gum/ teeth problems, degenerative arthritis, kidney/liver failure, and cancer across all ages and breeds. We are also seeing a record number of behavioral and emotional disorders including alarming and unexplained fears/aggression, as well as difficulty focusing/training and paying attention. The analogy of these compared with escalating immune/behavioral diseases in children is quite disturbing. The two biggest factors in our pets' population health decline over these generations has been the severe [overuse of multiple vaccines](#) and [nutrient poor and toxin filled commercial pet foods](#). We have also failed to address the underlying cause of disease by only suppressing symptoms with [antibiotics](#), [cortisone](#) and related drugs, so the disease progresses and goes deeper. Homeopathy offers a viable alternative in truly curing pets and making their bodies healthier."

William Pollak D.V.M. - "Recent studies have shown processed foods to be a factor in increasing numbers of pets suffering from [cancer](#), [arthritis](#), [obesity](#), [dental disease](#) and [heart disease](#). Dull or unhealthy coats are a common problem with cats and dogs and poor diet is usually the cause, according to many veterinarians and breeders. "Dogs, cats and other animals live for years on foods that come out of bags, cans and boxes. But do these foods promote

health? If they did, our companion animals would enjoy long, happy lives free of arthritis, hip dysplasia, eye problems, ear problems, fleas and other parasites, gum disease, lick granulomas, thyroid imbalances, skin and coat problems, personality disorders, birth defects, breeding problems, diabetes, cancer and other major and minor illnesses."

Charles E Loops DVM - "After 10 years of traditional veterinary practice I became tired of having no treatment for chronic disease, incurable conditions, and a plethora of allergic maladies which seem to plague all veterinary practices. I was frustrated with giving animals cortisone because I had no other solutions, or using antibiotics for infections which I knew were of viral origin. At this time I had some chronic health problems, which had been unresolvable allopathically, but they responded to [treatment by homeopathy](#). It took some time but it worked.!" ([danger of steroids](#) --- [danger of antibiotics](#))



[Optimum Nutrition and Natural Health for Animals:](#)

- Do You Really Know [What's In Your Pet's Food?](#)
 - [Healing](#) animals without drugs.
 - [Vaccinations](#) adverse effects.
 - [Skin problems, pet allergies, fleas](#)
 - [Cancer](#): protecting and healing your animals.
 - [List](#) of holistic veterinarians
- Holistic Health for [Horses](#), for [dogs](#), for Pet [Birds](#), for  [Ferrets](#) and for [Cats](#)



and much more...

[Enter Holistic Health for Animals](#)



[Natural Health for Women:](#)

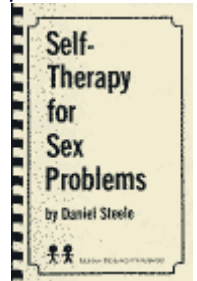
- [Candida](#): Conquering Yeast Infections: The Non-Drug Solution
- [Infertility and Miscarriage](#)
- Treating [Menopause](#) Naturally.
- Autoimmune low-thyroid can cause fatigue, depression, excess weight.
- [Estrogen's Deadly Truth](#): a story of deception, betrayal, hidden agendas, propaganda and misinformation.
- Lifting the Curse of [PMS](#)
- Beating [Breast Cancer](#) with Nutrition

[Enter Holistic Health for Women](#)

[Natural Health: Men's Sexual Functions:](#)



- Optimal Prostate Health and Prevention Measure to prostate enlargement.
- Prostate Cancer: a drugless approach
- Homeopathic approach to impotence, bladder infections, prostate problems etc.
- The Male Andropause (like menopause)
- Male Herbs for Impotence and more...



[Enter Holistic Health for Men](#)



[Natural Health for Children:](#)

[Alternatives](#) to steroids, antibiotics, and ear tubes
[Homeopathy](#) for children and infants
 Do you know what happens during [circumcision](#)?
 Health hazard and [adverse effects of vaccines](#)
 Forced [drugging of children](#): parents may face jail over compulsory drug orders

- Attachment [parenting](#)
- [Resources for Children With Special Needs](#): the Holistic approach
- **ADD/ADHD Helping Children, Not Drugging Them**: In 1996 the World Health Organization warned that Ritalin over-use has reached dangerous proportions. Learn about alternatives to ritalin and other drugs

Peter R. Breggin, M.D - "The drugging of children has gotten so out of hand that America is waking up to this. This is a national catastrophe." [more](#)

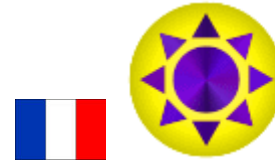
Julian Whitaker M.D - "Class action lawsuits have been filed in Texas, California and New Jersey charging Swiss pharmaceutical giant Novartis, maker of [Ritalin](#), with conspiracy to create the psychiatric disorder known as ADHD in order to fuel the market for their product."



Italiano:

[La Salute di Holistich.](#)

[SBS: i vaccini e la sindrome dei bambini scossi](#)
[Malleus Maleficarum, Rapporto Flexner, Alma Ata e il controllo della salute](#)
[Farmaci non funzionanti e processi alle multinazionali del farmaco](#)
[Il fallimento della medicina ufficiale e delle sue politiche](#)
[Industria farmaceutica e il controllo della ricerca scientifica](#)



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[AN URGENT MESSAGE FROM DR. MATTHIAS RATH](#) "Your hard-won natural health freedoms as guaranteed by the Dietary Supplement Health and Education Act (DSHEA) of 1994 have come under attack by the **political allies of pharmaceutical interest groups!**" [learn more](#)

[HR 4282, Health Freedom Protection Act](#)

[The lights of natural medicine are being put out around the world](#) - Leaders in Washington are working to **restrict** your access to dietary supplements - including the safe, effective, and affordable vitamins, minerals, and herbs you depend on for your health. **Stop the EU/ US ban on supplements NOW!**
[Support the Health Freedom Protection Act](#) (Send online prepared letter to congress)

[Health freedom in America](#): Keeping you updated about what D.C. is up to.

A New Documentary —[‘WE BECOME SILENT’](#) Exposes the Dangers of ‘Free Trade’ and Codex.

"[The Corporation](#)" is a documentary film that will assist us in our efforts to defend consumer access to dietary supplements as multinational pharmaceutical companies attempt to railroad our access via [CODEX and the EU Food Supplement Directive](#).

TELL CONGRESS TO
SAVE OUR SUPPLEMENTS

1. **Take Action!** Send a Message Online 2. Enter your zip code

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