

Health Related Reference Notes

Dr. Varghese's "Mild Detox Tea/Drink" Recipe

MILD DETOX TEA/DRINK:

In a 30 oz. bottle of purified water, mix:

1/4 tsp finely chopped ginger

1/2 tsp cinnamon

1 tbs xylitol

1 tsb lemon juice

1 capsule Kidney Balance (optional)

2 capsules Ojibwa (Herbal Extract) (may add 6-9 for cancer)

4 oz of pineapple juice

1/4 tsp turmeric powder

1/4 tsp baking soda (sodium bicarbonate)

(Don't add baking soda until you are ready to drink)

Can take this 3-4 times a day, before each meal and before bedtime.

Can mix batch at beginning of the day and drink portions throughout. However, only add baking soda to portions when you are ready drink them.

[Disclaimer: These references are provided for informational purposes only. Does not take the place of a licensed health care provider.]

Health Related Reference Notes

Acid-Alkaline Diet - Charts and More [Online Resources] v.2

Here are links relating to the Acid-Alkaline Diet (maintaining the proper pH alkalinity in your body), including food charts, introductions, acidosis, relation to disease and prevention and more. (I will also provide more specific information on acidosis symptoms, fighting disease such as cancer or diabetes and how/when to test your pH in separate emails.)

Warning: While charts are similar, some of the specific food placements seem to contradict each other, depending on how they are analyzing and calculating the food's acid/base producing effects of food in your body. Many of the discrepancies seem to be due to the amount of sugars in the food and how that is taken into consideration for calculating potential effect on alkalinity. (for example, see bananas, grapes, dried figs, sweet potatoes, milk, etc) ...

Online Intros, Charts, Acidosis, Disease

<https://www.webnat.com/Learning/AcidAlkalineFoods.asp>

http://happyherbalist.com/alkaline_acid_balance.htm

<http://www.chimachine4u.com/AA.html>

<http://www.chimachine4u.com/cancer.html>

<http://www.essense-of-life.com/moreinfo/foodcharts.htm>

<http://www.trans4mind.com/nutrition/pH.html>

<http://www.acidalkalinediet.com/alkaline-foods/which-alkaline-producing-foods-give-the-best-results>

Multiple charts Online:

<http://drjeffhealthcenter.com/ihpages/pages/alkalinediet.html>

http://www.alkaline-alkaline.com/ph_food_chart.html

<http://www.greathealth247.com/ph-acid-alkaline-food-chart.html>

<http://www.essense-of-life.com/moreinfo/foodcharts.htm> (Food Charts, How to test you pH, causes of disease and more)

Charts available as downloadable PDFs (links page):

<http://pdfbooksearchengine.com/pdf-the-alkaline-foods-chart.html>

pHion Acid Alkaline Food Chart and Recipes (PDF):

<http://www.rebprotocol.net/august2007/Acid-Alkaline%20Food%20Chart%20&%20Recipes%2031pp.pdf>

Women-to-Women:

<http://www.womentowomen.com/digestionandgihealth/acidalkalinefoodchart.aspx>

Health Related Reference Notes

<http://www.shirleys-wellness-cafe.com/alkaline.htm> (includes men)

Dr. Berg and Chart:

<http://www.google.com/search?q=Dr.+Ragnar+Berg&sourceid=ie7&rls=com.microsoft:en-us:IE-Address&ie=&oe=>

<http://www.healthalkaline.com/alkalinefoods/alkaline-foods-living-the-health-alkaline-lifestyle/>
(has link to chart)

Chart:

<http://www.chuckrowtaichi.com/AcidAlkaline.pdf>

ACID-ALKALINE CHART					
The following table of foods is from Ragnar Berg of Germany.					
Foods preceded by the letters "AL" are alkaline forming.			Foods preceded by the letters "AC" are acid forming.		
Column #1 Non-starch Foods		Column #2 Proteins and Fruits		Column #3 Starchy Foods	
AL Alfalfa	AL Artichokes	AC Beef	AC Buttermilk	AL Bananas	AC Barley
AL Asparagus	AL Beans (string)	AC Chicken	AC Clams	AC Beans (lima)	AC Beans (white)
AL Beans (wax)	AL Beets (whole)	AC Cottage cheese	AC Crab	AC Bread	AC Cereals
AL Beet leaves	AL Broccoli	AC Duck	AC Eggs	AC Chestnuts	AC Corn
AL Cabbage (white)	AL Cabbage (red)	AC Fish	AC Goose	AC Corn meal	AC Crackers
AL Carrots	AL Carrot tops	AL Honey (pure)	AC Jello	AC Grapefruit	AC Corn Starch
AL Cauliflower	AL Celery knobs	AC Lamb	AC Lobster	AC Gluten flour	AC Lentils
AL Chickory	AL Coconut	AC Mutton	AC Nuts	AC Macaroni	AC Maize
AL Corn	AL Cucumbers	AC Oyster	AC Pork	AC Millet rye	AC Oatmeal
AL Dandelions	AL Eggplant	AC Rabbit	AC Raw sugar	AC Peanuts	AC Peanut butter
AL Endive	AL Garlic	AC Turkey	AC Turtle	AC Peas (dried)	AC Potatoes (sweet)
AL Horseradish	AL Kale	AC Veal	AL All berries	AL Potatoes (white)	AL Pumpkin
AL Kohlrabi	AL Leek	AL Apples	AL Apricots	AC Rice (brown)	AC Rice (polished)
AL Lettuce	AL Mushrooms	AL Avocados	AL Cantaloupes	AC Roman meal	AC Rye Flour
AL Okra	AL Olives (ripe)	AL Cranberries	AL Currants	AC Sauerkraut	AC Tapioca
AL Onions	AL Osterplant	AL Dates	AL Figs	AL Squash (hubbard)	
AL Parsley	AL Parsnips	AL Grapes	AL Grapefruit	Non-starchy foods mix with proteins, fruits or starches; and proteins and fruits do not mix well with starchy foods.	
AL Peas (fresh)	AL Peppers (sweet)	AL Lemons	AL Limes		
AL Radishes	AL Rutabagas	AL Oranges	AL Peaches		
AL Savory	AL Sea lettuce	AL Pears	AL Persimmons		
AL Sorrel	AL Spinach	AL Pineapple	AL Plums		
AL Soybean (products)	AL Sprouts	AL Prunes	AL Raisins		
AL Summer squash	AL Swiss chard	AL Rhubarb	AL Tomatoes		
AL Turnips	AL Watercress				

Robert Young (strong proponent of alkaline diet, pushes his own products):

RobertYoung - main (commercial) web site

<http://www.phmiracleliving.com>

Cautions:

Here's links challenging the "Alkaline" diet promoted by Robert Young

<http://www.heartfeltfoods.com/alkaline-diet/>

Health Related Reference Notes

<http://www.ncahf.org/digest05/05-14.html>

Wikipedia: http://en.wikipedia.org/wiki/Alkaline_diet

View from Dietician:

http://www.intelihealth.com/IH/ihtIH?d=dmthMSContent&c=465747&p=-br,IHW%7C~st,24479%7C~r,WSIHW000%7C~b,* (????)

Some Discrepancies...

Top Ten Alkaline Diet Questions Answered:

<https://liveenergized.com/alkaline-diet-guides/top-10-alkaline-diet-questions-answered/>

The Joys and Vagaries of Acid and Alkaline Food:

<http://alkalinediet.tripod.com/list.htm>

"Why She Never Eats Bananas, and Why I Do":

<http://rawchefdan.typepad.com/rawchefdan/2008/04/why-she-never-e.html>

Food Combining:

<http://www.healingdaily.com/detoxification-diet/food-combining.htm>

<http://www.acidalkalinediet.com/food-combining-chart>

<http://www.acidalkalinediet.com/food-combining>

Alkaline Diet Recipes:

http://acidalkalinediet.com/recipes/recipe.php?item_id=12073

NOTE: This site (acidalkalinediet.com) also has food charts and a useful food combining chart, but site requires you to provide you email to access and view online or download as PDFs [I have downloaded them. If you don't want to register, contact me for copies via email.] These links may work without requiring you to register:

<http://www.acidalkalinediet.com/alkaline-foods-list>

<http://www.acidalkalinediet.com/alkaline-foods/how-to-use-alkaline-diet-foods-properly>

<http://www.acidalkalinediet.com/alkaline-diet-benefits> (5 Signs you need it)

<http://www.acidalkalinediet.com/alkaline-diet/alkaline-ash-diet-the-secret-for-optimal-health>

<http://www.acidalkalinediet.com/alkaline-diet/high-alkaline-diet-does-it-really-help-or-is-it-a-myth>

Quiz: <http://www.acidalkalinediet.com/quiz-how-quickly-are-you-aging>

<http://www.acidalkalinediet.com/Alkaline-Foods-Chart.htm>

<http://www.acidalkalinediet.com/food-combining>

Health Related Reference Notes

<http://www.acidalkalinediet.com/food-combining-chart>

<http://www.acidalkalinediet.com/alkaline-diet-for-cancer>

Natural Health School (Home Study on Herbalism, Nutrition and Good Health):

<http://www.naturalhealthschool.com/>

Additional references:

Alkaline, Paleo, Ketogenic, Macrobiotic, or Vegan: Are Any Really Anti-Cancer?

http://www.globaldietitians.com/uploads/3/9/9/1/3991163/dietcrazemazeabrams_1.pdf [PDF] (slideshow)

USDA Nutrition Database for Standard Reference:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Bad links...

Gaining Weight (Building Muscle)

<http://energiseforlife.zendesk.com/entries/482607-alkaline-diet-weight-gain-muscle-growth#overview>

Weight Loss/Gain with Raw Food Diet:

<http://www.natural-anti-aging-secret.com/artilces/attain-weight-gain-with-raw-food-diet/>

Paavo Airola (proponent of healthy alkaline oriented diet and nutrition) -- any book book by him contains useful information for promoting health through diet.

??? need new links (old ones had malware)

Alkaline vs. Weight Gain vs. Macrobiotic Diet:

<http://diet-plans.findthebest.com/compare/54-218-347/Alkaline-Diet-vs-Gain-Weight-Diet-vs-Macrobiotic-Diet> [OLD NOT WORKING]

Health Related Reference Notes

Beating and Preventing Cancer and other Health Issues

Here are various links to online resources for natural / alternative solutions to preventing and treating cancer and other degenerative diseases. Information on alkaline diets, pH testing of saliva and urine and symptoms of acidosis are provided in separate emails.

Cancer Tutor (Natural Cancer Treatment for Advanced Cancer Patients):
<http://www.cancertutor.com/>

Alternate Cancer Therapies:
<http://www.mnwellldir.org/docs/cancer1/altthrp.py.htm>

Anti-Cancer Strategies:
<http://www.chimachine4u.com/cancer.html>

Book - Beating Cancer with Natural Medicine:
<http://www.drlam.com/book/index.asp>

Metabolic Imbalances:
<http://www.royalrife.com/hbal.html>

Dr. Stephen Chaney...
Chaney - Cancer Support Center:
<http://www.healthsachoice.com/cancer/nutritional-guidelines-during-cancer-treatments-facts-and-myths/>
Chaney - Soy and Breast Cancer (Shaklee Soy):
http://www.chiro.org/nutrition/ABSTRACTS/Soy_and_Breast_Cancer.shtml
Chaney - Misleading nutrition news....
<http://www.hyvin.com/dr-chaney-corrects-misleading-nutrition-news-reports/>
Chaney Lab
http://www.unc.edu/chaney_lab/
Guidelines for Comparing Vitamin Companies:
<http://gracefulaging.com/GuidelinesForEvaluatingNutritionalCompanies.aspx>
For products mentioned by Dr. Chaney: <http://healthsuccess.myshaklee.com>

Nutrition - A Cancer Battle Plan:
<http://www.mnwellldir.org/docs/nutrition/diet.htm>

Cleaning House - The Correct Way to Detox:
<http://www.mnwellldir.org/docs/detox/clean.htm>

Prevent Bone Loss:
<http://www.actualcures.com/bone-loss-calcium-vitamin-d-ineffective-when-ph-less-than-7/>

Dr Young's 38 ways to prevent or reverse cancerous conditions:
<http://articlesofhealth.blogspot.com/2011/10/my-top-38-ways-to-prevent-and-reverse.html>
(Cautions re Dr. Young: <http://www.ncahf.org/digest05/05-14.html>)

Health Related Reference Notes

Mercola...

re: Prostate Cancer Treatment:

<http://articles.mercola.com/sites/articles/archive/2009/08/20/Prostate-Cancer-Treatment-Choices.aspx>

(Page written by Dr. Circus, see below)

[Warning - may require registering]

re: Cancer Self-Treatment:

<http://www.alkalizeforhealth.net/cancerselftreatment.htm>

Cesium Chloride (for cancer - PDF):

<http://healthoracle.org/downloads/C/Cesium%20chloride.pdf>

Heal Cancer by Correcting Cell pH Acid Alkaline Levels:

http://www.alternative-cancer-care.com/pH_Cancer_Alkaline.html

http://www.naturalpharmainternational.com/1/heal_cancer_by_correcting_cell_ph_acid_alkaline_levels_4959139.html

Alkaline Diet: Acid-Alkaline Food Charts and Lists (as downloadable PDFs):

<http://pdfbooksearchengine.com/pdf-the-alkaline-foods-chart.html>

...Additional Online Charts:

<http://www.essense-of-life.com/moreinfo/foodcharts.htm>

...Additional resource links (about pH, acid/base, etc.):

<http://www.essense-of-life.com/moreinfo/foodcharts.htm#infolinks>

"My Take on Sugar, Alkalinity and Cancer":

<http://csn.cancer.org/node/178430>

Cancer Therapy and Sodium Bicarbonate

Dr. Tullio Simoncini

<http://www.curenaturalcancro.com/cancer-therapy-simoncini-protocol.html>

<http://www.curenaturalcancro.com/>

<http://cancertutor.com/Cancer02/Simoncini.html>

Mark Sircus:

<http://sodiumbicarbonate.imva.info/>

International Medical Veritas Association (alternative medicine)

<http://imva.info/>

Video: Magnesium Deficiency - No Test Required - Mark Sircus

<http://www.youtube.com/watch?v=eXhUeRFE-kq>

Access online, the entire book by Mark Sircus...

"Sodium Bicarbonate - Rich Man's, Poor Man's Cancer Treatment"

<http://www.docstoc.com/docs/74754510/The-Definitive-Guide-to-Sodium-Bicarbonate>

(covers other health related issues, including comments about Dr. Simoncini)

Vitamin C and Baking Soda Cancer Protocol:

Health Related Reference Notes

http://www.cancertutor.com/Cancer02/VitC_BSoda.html

http://healthnews.benabraham.com/html/stop_cancer_with_baking_soda.html

"My Dance With Cancer" - Personal Story of Prostate Cancer that spread to Bone:
<http://phkillscancer.com>

How to Make Baking Soda Cancer Protocol Solutions
http://www.youtube.com/user/VitoVern#p/a/u/1/Yl8Y8l_TsjI

Maple Syrup and Baking Soda:
<http://www.alkalizeforhealth.net/Lbakingsoda.htm>

<http://prostateruminate.com/informative-web-sites/prostate-cancer-treatment-bicarbonate-of-soda-and-maple-syrup/>

<http://www.kipnews.org/2011/06/30/baking-soda-maple-syrup-vs-cancer/> (see conclusions at bottom)

Diabetes and Sodium Bicarbonate treatment:
<http://www.anaturalcure.com/mambo/content/view/596/33/>

Increasing Oxygen into your system...
Effortless Deep Breathing (to increase Oxygen in your system):
http://www.youtube.com/user/VitoVern#p/a/f/2/kh_C4LBbMrY
(Benefits of increased oxygen includes aiding in destroying cancer cells)

Cancer Test - the Navarro Urine Test:
<http://www.new-cancer-treatments.org/Articles/Determine.html>

Iodine therapy and a simple skin test for iodine sufficiency
<http://curezone.com/forums/fm.asp?i=1800354#i>

Magnesium related:
<http://www.mgwater.com/> (Magnesium Online Library)
<http://www.mgwater.com/bicarb.shtml> (Bicarbonate's Importance to Human Health)

Vitamin D3 (a.k.a. cholecalciferol)
<http://www.vitaminD3-cholecalciferol.com/index.html>
(More than 50 serious diseases including cancer, heart-disease and diabetes have been linked with low vitamin D blood levels, in study after study.)

? Alkaline Diet for Healing:
http://www.chemicalinjury.net/html/alkaline_diet_for_healing.html

Health Related Reference Notes

pH Testing of Urine and Saliva, pH Balance and related resources

Here's several links related to pH testing and maintaining alkalinity from numerous sources...

Reading pH

http://www.life-enthusiast.com/index/Articles/Myers/Test_Your_pH

<http://phbalance.wikispaces.com/pH+Readings>

<http://revivelifeclinic.com/2011/08/24/alkaline-diet-ph-testing-interpretation/>

Testing pH

<http://www.feelgoodfood.com/>

[How to Test your pH](#)

[Essence-of-Life: Food Chart](#)

[s, How to test you pH, causes of disease and more](#)

The New Biology: How We Become Acidic -- Understanding Saliva and Urine pH Test Results (pdf file)

<http://www.newtreatments.org/fromweb/newbiology.pdf> (p. 29 starts how we become acidic (acidosis) and connections to degenerative diseases; pages 46-49 of the document provide an extensive discussion of pH, when to test saliva and urine pH, and how to understand the results.)

Dennis L. Meyers, MD articles:

http://www.life-enthusiast.com/index/Articles/Myers/Test_Your_pH

Quick Way to Raise Your pH:

A quick way to raise your PH level is with drinking some baking soda with a small glass of water. By adding 1/2 teaspoon to a glass of water at least one hour before your meal, you can keep your body healthy. Surprisingly most tap water is full of toxins and very acidic, so drinking lots of water can work the opposite on an alkaline body. Baking soda can be used to reduce some of the problems associated with tap water and its pipes that have corroded over the years.

pH Balance - Is Your Body Too Acidic? (PDF):

http://www.lajollawholehealth.com/pdf/phBalance_IsYourBodyTooAcidic.pdf [PDF]

pH Balance

<http://phbalance.wikispaces.com/>

Health Related Reference Notes

Additional Links (not vetted)

Alkaline Diet

[5 Day Alkaline Detox Challenge - The Menu Alkaline Lifestyle](#)
[Acid - Alkaline Food Chart](#)
[Acid - Alkaline Food Charts and Potassium-Rich Foods Chart](#)
[Acid Alkaline and pH Food Charts ~ Great Health 24-7](#)
[Acid Alkaline Diet and Alkalosis Symptoms - Alkaline Diet List](#)
[Acid Alkaline Diets](#)
[Acid Alkaline Food Chart Identify pH of Foods and Drinks](#)
[Acid Base Balance \(page 3\)](#)
[Acid-Alkaline Theory of Disease Is Nonsense](#)
[AFH LIBRARY - Baking Soda and Maple Syrup Cancer Treatment.](#)
[alkaline and acidic food chart](#)
[Alkaline Diet Cleanse - and complete protein](#)
[Alkaline Diet Contradictory Acid-Alkaline Classification](#)
[Alkaline Diet high alkaline foods](#)
[Alkaline Diet & Weight GAIN-Muscle Growth Energise](#)
[Alkaline Diet for Healing](#)
[Alkaline Diet vs Gain Weight Diet vs Macrobiotic Diet in Diet Plans. Compare features, reviews, rati...](#)
[Alkaline Food Chart - Official List Of Alkaline Foods & Acidic Foods Alkaline Foods & Alkaline Diet](#)
[Alkaline Foods and Water Living the Health Alkaline Lifestyle](#)
[Alkaline Foods List Accurate List of Alkaline and Acidic Foods](#)
[Alkalize or Die](#)
[Attain Weight Gain With Raw Food Diet - Natural Anti Aging Secret](#)
[Baking Soda Molasses Cancer Protocol Repeat – Alkaline Tune up](#)
[Blood Type Diet - Type B](#)
[Calories in Vegetables - Vegetables Nutrition Information](#)
[Cancer - Anti-Cancer Strategies That Work](#)
[Causes of Alkalosis, Metabolic, Respiratory Alkalosis Symptoms, Alkalosis Treatment](#)
[Health Blurbs](#)
[Chart of acidifying and alkalizing foods](#)
[CONCERNS REGARDING SOYBEANS](#)
[Consumer Health Digest, April 5, 2005](#)
[Correcting Metabolic Imbalances](#)
[Detailed Listing of Acid - Alkaline Forming Foods](#)
[Developing an Alkaline Diet pH, body acid](#)
[Diet - Alkaline Diet List](#)
[Digestion Time Of Foods](#)
[Does an alkaline diet with added blueberries increase your bone density - Sacramento](#)
[Nutrition Examiner.com](#)

Health Related Reference Notes

[Dr. Jeff's Health Center - The Alkaline Diet - pH of Foods](#)

[Dyspnea Cures](#)

[Food Combining Chart – Official Reference Chart For Smooth Digestion Alkaline Foods & Alkaline Diet](#)

[Food combining](#)

[Food pH List - Balancing Acid-Alkaline Foods](#)

[Foods that natural balance your pH](#)

[Foods To Avoid](#)

[Gout Symptoms, Gout Treatment, Gout Remedies, and Gout Cures - Purine-free Foods](#)

[Healthy Food Combining Alkaline Foods & Alkaline Diet](#)

[High Alkaline Foods – 12 Perfect Foods For Optimal Health Alkaline Foods & Alkaline Diet](#)

[How To Combine Almonds With Apples For Digestion LIVESTRONG.COM](#)

[http--revivelifeclinic.com-2011-08-24-alkaline-diet-ph-testing-interpretation-](#)

[http--www.maximizedliving.com-Home-MaximizedLivingBlog-tabid-772-Article-717-summer-limeade-or-virgin-mojito.aspx](#)

[http--www.medpagetoday.com-PrimaryCare-DietNutrition-12006](#)

[http--www.nal.usda.gov-fnic-foodcomp-search-](#)

[http--www.phmiracleliving.com-t-approach.aspx](#)

[intelihealth - Alkaline Diets and Cancer - Fact or Fiction](#)

[Lesson 18 - Restoring pH Balance in the Body](#)

[More Mouthwatering Alkaline Recipes](#)

[My take on sugar, alkalinity and cancer Cancer Survivors Network Natural](#)

[Nutrition, A Cancer Battle Plan](#)

[Nutritional Guidelines During Cancer Treatments -Facts and Myths Health's A Choice](#)

[pH Level pH Scale Effects On Our Body's pH Balance](#)

[pHbalance - Carbs and Proteins](#)

[pral calculate the acid-alkaline balance of your diet](#)

[Ranked Foods Alkaline to Acidic](#)

[Raw Chef Dan Why She Never Eats Bananas, and Why I Do](#)

[Role model for building muscles on alkaline diet](#)

[Secrets To Alkalizing Your Body - Pure Inside Out](#)

[Shortness of Breath -- FamilyDoctor.org](#)

[Test Your pH at Life Enthusiast Co-op](#)

[The Acid-Alkaline Food Guide Interview with the Author](#)

[The Alkaline Foods Chart Pdf Books Search Engine](#)

[The Benefits of Soaking Nuts and Seeds](#)

[The Natural Switch Made Easy - Dr. Nelson](#)

[Top 10 Alkaline Diet Questions Answered!](#)

[Vegan Bodybuilding & Fitness](#)

[Vegan Bodybuilding is NOT an Oxymoron Muscle for Hardgainers](#)

[Vitamin C and Baking Soda - Alternative Cancer Treatments](#)

[Which Alkaline Producing Foods \(and Baking Soda\) Give The Best Results Alkaline Foods & Alkaline Diet](#)

[Which Alkaline Producing Foods Give The Best Results Alkaline Foods & Alkaline Diet](#)

Health Related Reference Notes

[Why Alkaline Food Lists Are Different](#)

[Yellow Split-Pea Protein Powder The New Protein Power Food for Women - Shape Magazine](#)

Allergies

Pollen

[How to Beat Your Allergies and Get Outside - ABC News](#)

[How to Deal With Pollen Reader's Digest](#)

[Pollen Allergy Avoidance Tips](#)

[Pollen](#)

[Rain May Have Washed Away the Pollen but It Can't Cure the Sufferer - New York Times](#)

[Rains help dampen pollen, allergies High Point Enterprise](#)

Anemia and Iron

[Anemia fact sheet womenshealth.gov](#)

[anemia.org](#)

[Iron Supplements for Anemia](#)

Apnea - CPAP

[amazon.com SoClean 2 CPAP Cleaner and Sanitizing Machine Health & Personal Care](#)
[Change CPAP Pressure Settings - Adjusting your machine with a Clinician Setup Manual](#)

[CPAP and Sleep Apnea Community](#)

[CPAP Community - View topic - Using Sleepy Head To View CPAP Data](#)

[CPAP whistle - SleepGuide](#)

[CPAPMAN.com](#)

[How to find optimum pressure on CPAP](#)

[How To View Your Sleep Apnea Data From Your Philips Respironics CPAP Machine For Free Using SleepyHead Software](#)

[http--www.americansleepassociation.com.-](#)

[https--www.easybreathe.com-secure-files-soclean2_manual_rev102213.pdf](#)

[Jedimark says Hello - Creator of SleepyHead CPAP reporting software](#)

[PR System One Philips-Respironics Setup - CPAP Clinician Menu Instructions](#)

[Risk Free Trial - The Most Minimal CPAP Masks Available Easy Breathe](#)

[Sleep and respiratory care - Philips - US Eng](#)

[Sleep Apnea European Sleep Works, Berkeley CA](#)

[Sleep Apnea Philips Respironics System One](#)

[Sleep Apnea Support Forum • View topic - Sleepyhead CPAP Statistics](#)

[Sleep solutions from Philips Respironics](#)

[SleepyHead Free software downloads at SourceForge.net](#)

[SleepyHead - Browse Files at SourceForge.net](#)

Health Related Reference Notes

[SoClean 2 Support - Better Rest Solutions](#)

[SoClean 2 Support » Better Rest Solutions](#)

[SoClean 2 Video Manual - Intro - YouTube](#)

[sourceforge.net sleepyhead](#)

[Tutorial for installing SourceForge SleepyHead CPAP-BiPAP \(Sleep Apnea\) software - Ubuntu Forums](#)

[Video User Manual for the SoClean 2 CPAP Cleaner & Sanitizer -](#)

[DirectHomeMedical.com - YouTube](#)

[View topic - Sleepyhead CPAP Statistics • Sleep Apnea Support Forum](#)

[Why Cleaning and Disinfecting Your CPAP Equipment Is So Important Easy Breathe](#)

► [SoClean 2 CPAP Cleaner and Sanitizing Device - How It Works - YouTube](#)

► [SoClean CPAP Machine Sanitizer Review - Features and Benefits of the SoClean CPAP Cleaner - YouTube](#)

► [Why CPAP Sucks and What to Do About It - YouTube](#)

Apple Cider Vinegar

[Apple Cider Vinegar - What You Need to Know](#)

[Apple Cider Vinegar Benefits Claims - Supported by Evidence, May Be and Unsubstantiated](#)

[Apple Cider Vinegar Cures](#)

[Apple Cider Vinegar](#)

[Vinegar and Honey Remedy](#)

[vinegar Medicinal Uses and Antiglycemic Effect](#)

Blood Tests

[Complete Blood Count Test Sample](#)

[ketones Blood and Urine Testing in Diabetes](#)

[Quest Diagnostics Incorporated The world's leader in diagnostic testing, information, services, blood tests, and lab tests.](#)

[Understanding Cholesterol Numbers LDL, HDL, Total Cholesterol, and Triglyceride Levels](#)

Cancer related

[Alternative Cancer Treatments \(The Cancer Tutor Website\)](#)

[American Anti-Cancer Institute - Homepage of the American Anti-Cancer Institute](#)

[Dr. Simoncini - Sodium Bicarbonate, a cheap natural cancer therapy](#)

[Free-78-proven-alternative-cancer-treatments](#)

[Healing Cancer Naturally via Alternative Holistic Cancer Treatment Welcome!](#)

[Strategies to Kill Cancer](#)

Health Related Reference Notes

Gac Fruit

[Gac Health Benefits, BPH, Prostatitis, Prostate Cancer, Erectile Dysfunction Prostate.net](#)
<http-www.royaltropics.com-our-products.html>
[Royal Tropics Gac Fruit - gacfruits.com](#)
[The Amazing Gac Plant](#)
[Wholesale Bulk Gac Fruit](#)

Glutathione

[Essential GSH® – Liposomal Glutathione Capsules and Liquid](#)
[Liposomal Glutathione Resource Center](#)
[The Superhero of Antioxidants, Pt 1. The Dr. Oz Show](#)

Heart Rate - Exercise

[Heart rate - Wikipedia, the free encyclopedia](#)
[Pulse and Target Heart Rate](#)
[Training Heart Rate Range - Table](#)

Herbs, Botanical and other products - lookups

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