



## **70 MILLION EXPIRED FLU VACCINES TO BE BURNED**



### **Seventy million expired flu vaccines about to be incinerated as waste**

By Mike Adams, NaturalNews Editor

*July 2* - Forty million doses of H1N1 swine flu vaccine are about to go up in flames, and another 30 million will soon meet the same fate. They've expired, you see, and despite the CDC's best efforts to push flu vaccines...

### **Flu Vaccines, pharma fraud, quack science, the CDC and WHO -- all exposed by Richard Gale and Gary Null**

By Mike Adams, NaturalNews Editor

*July 2* - A remarkable article was published today by authors Richard Gale and Dr. Gary Null of the Progressive Radio Network (<http://www.progressiveradionetwork.com>). It may be the most shocking (and important) public...

### **Bitter melon extracts block breast cancer**

By David Gutierrez, staff writer

*July 2* - Extract of bitter melon appears to block growth and induce death of cancerous cells, according to a study conducted by researchers from the University of Colorado and Saint Louis University, and published in...

### **High-glycemic carbohydrates lead to heart disease**

By Ethan A. Huff, staff writer

*July 2* - A recent Italian study has found that women who eat diets rich in high-glycemic carbohydrates double their risk of developing coronary heart disease. Published in the journal Archives of Internal Medicine, the...

### **Developing nations face environmental crisis from e-waste**

By David Gutierrez, staff writer

*July 2* - Developing nations will face a major environmental and public health crisis from e-waste if they do not quickly put in place measures for safe recycling and disposal of electronics, the U.N. Environmental Program...



### **Can you really eat your way to happiness? The mood food connection**

By Mike Adams, NaturalNews Editor

*July 1* - Yes, you really can eat your way to happiness, but perhaps not in the way you might first imagine. By "happiness," I

mean lasting happiness, not the fleeting kind of sensory happiness that might be experienced...



### **Baby making industry creating children with malformations, parents not told of risks**

By S. L. Baker, features writer

*July 1* - If you get your information about assisted reproduction technologies (ART) such as in vitro fertilization (IVF) and intracytoplasmic sperm injection (ICSI) from the mainstream media, you may think these are...



### **Weight Loss Drugs Produce Only Minimal Weight Loss, Even After Taking Them for Years**

By David Gutierrez, staff writer

*July 1* - Weight loss drugs may result only in minor weight loss, even after long-term use, according to a new study conducted by Brazilian and Canadian researchers and published in the British Medical Journal. Researchers...

### **Triclosan may be harmful to health, says FDA**

By Ethan A. Huff, staff writer

*July 1* - The FDA is reevaluating the safety of a popular chemical additive called triclosan, based on recent studies that seem to indicate it causes endocrine disruption in the body and leads to the emergence of drug...

### **BPA plastics chemical now linked to asthma**

By David Gutierrez, staff writer

*July 1* - The controversial chemical bisphenol-A (BPA), already linked to a wide array of health problems, may also increase the risk of asthma in children, according to a study conducted by researchers from the University...



### **Gourmet "truly raw" organic almond butter from Sicily now available at NaturalNews Store**

By Mike Adams, NaturalNews Editor

*June 30* - Thanks to efforts by the USDA and the Almond Board of California, it is illegal for commercial almond producers in the United States to sell raw almonds. The almonds now have to be fumigated with chemicals or...

### **Secrets of chelation revealed on NaturalNews Talk Hour**

By Mike Adams, NaturalNews Editor

*June 30* - This week's NaturalNews Talk Hour presents "Beyond Chelation - How to Stop Heart Attacks". Take the steps necessary to empower yourself to go beyond the limitations of misleading dis-ease labels. It's time to...



### **Low vitamin D levels linked to poor blood sugar control in type 2 diabetes**

By S. L. Baker, features writer

*June 30* - According to the National Institutes of Health (NIH), almost 11 percent of Americans age 20 or older have diabetes. And the most common form of this disease, type 2 diabetes, has reached epidemic proportions...

### **95 percent of "preventive" mastectomies offer no benefit, study finds**

By David Gutierrez, staff writer

*June 30* - A new study shows that the increasingly popular practice of "preventive mastectomy" in non-cancerous breasts provides no benefit to the vast majority of women. "It's important for women to understand that..."

### **Nutrition labels could be mandated on package fronts**

By Ethan A. Huff, staff writer

*June 30* - According to the Secretary of Health and Human Services (HHS), Kathleen Sebelius, the FDA is working on a plan that would require food manufacturers to print nutrition information on the front of their packaging...

### **Doctors test cure for peanut allergy**

By David Gutierrez, staff writer

*June 30* - Doctors from Cambridge University are testing a technique that they believe may functionally cure people who suffer from inconvenient and dangerous peanut allergies, researcher Andrew Clark announced at the...

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## **Citizen Journalism Articles from Contributing Writers:**

### **Coconut Oil Brings Natural Deep Hair Conditioning**

By Kim Evans, citizen journalist

*July 2* - If you're looking for a deep hair conditioner that's chemical free, look no further than virgin coconut oil...

### **Food Culprits Trigger Migraine Headaches and Depression**

By Susan Laverie, citizen journalist

*July 2* - Migraine headache causes include one or more triggers such as sensitivity to external stimuli, hormone imbalances...

### **Live Naturally with Herbs: Healing Properties of Arnica**

By Katherine East, citizen journalist

*July 2* - The amazing Arnica is an herb that has earned its reputation for dramatic healing properties. Arnica montana...

### **Forget Filling Cavities: Regrow Your Teeth Instead**

By Kim Evans, citizen journalist

*July 1* - If you've got a cavity, maybe you want to try regrowing your own teeth before heading for a filling. Our bodies...

### **New Cancer Causing Agent from Household Products Found**

## **in our Water**

By Tony Isaacs, citizen journalist

*July 1* - Scientists have long known about carcinogens in common household items such as cosmetics and cleansers and the...

## **Sunscreen Safety and Efficacy Called into Question**

By Deanna Dean, citizen journalist

*July 1* - Most experts agree people should use sunscreens to protect their skin from the sun, but there is wide disagreement...

## **Genital Herpes: Home Remedies can Help**

By Todd Mumford, citizen journalist

*July 1* - Genital herpes is a chronic and contagious viral infection but there are several home remedies you can use to...

## **Simple Steps Boost Your Fertility**

By Kim Evans, citizen journalist

*June 30* - Infertility rates are at an all time high. Currently, one out of seven couples has trouble conceiving - and...

## **Maca Root: A Compelling True Adaptogen Affects the Body and Mind**

By Heidi Fagley, citizen journalist

*June 30* - Maca has been cultivated and grown high in the Andean Mountains of Peru for thousands of years. Only recently...

## **Industry Funded Cell Phone Study Ignores Evidence, Whitewashes Results**

By Tony Isaacs, citizen journalist

*June 30* - A funny thing happened on the way to publication of a WHO sponsored study on cell phones and cancer risks. First...

## **Baking Soda Offers Many Miraculous and Mundane Uses**

By Paul Fassa, citizen journalist

*June 30* - A simple inexpensive substance, one that is found on grocery shelves and in many homes, has been rediscovered...

## **FDA Finds Lead in All Lipsticks Tested**

By Kim Evans, citizen journalist

*June 29* - According to a report from Florida's Department of Health there's no amount of lead in the blood that's safe...

## **Find Five Natural Effective Burn Remedies Right in Your Home**

By Paul Fassa, citizen journalist

*June 29* - There are three levels of burns, two of which can usually be handled in your home or apartment. First degree...

## **Learn about the Health Threat of EMFs from Electric Cars**

By Aaron Turpen, citizen journalist

*June 29* - There has been a fair amount of buzz on the Internet speculating whether or not the emergence of electric vehicles...

## **Gulf of Mexico Presents Unprecedented Toxicity Problems**

By Kim Evans, citizen journalist

*June 27* - If you're living in the U.S., particularly within a thousand miles of the Gulf, you need to detoxify your body...

## **Common Antibiotics Increase Your Skin Cancer Risk**

By Kerri Knox, RN, citizen journalist

*June 27* - Most people would identify sun exposure as the primary risk factor for getting skin cancer, but few would think...

## **Safely Remove Skin Moles**

By Todd Mumford, citizen journalist

*June 27* - Moles are one of the most common conditions in the world; everyone has at least one mole while some have up...

## **If You Live Near the Gulf Coast Oil Spill, Use House Plants for Cleaner Air**

By Tony Isaacs, citizen journalist

*June 26* - As if Louisiana and other gulf coast residents didn't already have enough to worry about from the catastrophic...

## **Arctic Birds are Contaminated with Pesticides and Heavy Metals**

By Kim Evans, citizen journalist

*June 26* - On an isolated island high in the Arctic, biologists recently tested the toxicity of birds by testing their...

## **New Research Blasts Supposed Efficiency of Corn Ethanol**

By Aaron Turpen, citizen journalist

*June 26* - New research from the Environmental Working Group (EWG) shows that corn-based ethanol biofuel is wasteful, inefficient...

## **Natural Remedies Cure Summer Colds**

By Melanie Grimes, citizen journalist

*June 26* - Viruses that cause winter colds also cause summer colds. Though summer colds are less common, warm weather factors...

## **The American Cancer Society Runs With the Money and Away from the Cure, Part V**

By Tony Isaacs, citizen journalist

*June 25* - Previously in this series we looked at the cozy relationship between the American Cancer Society (ACS) and the...

## **Improve Cognitive Function and Memory with Royal Jelly**

By William Rudolph, citizen journalist

*June 25* - Royal jelly is one of the most nutritionally complex foods on the planet with the ability to shore up many nutritional...

## **Strawberries Stimulate Metabolism and Suppress Appetite**

By Wendy Rae, citizen journalist

*June 25* - June is the month for road-side stands, farmer's market deliciousness, and red berry gathering in gardens across...

## **US Turns Down Offers of Assistance with Oil Spill**

By M.Thornley, citizen journalist

*June 25* - The US has received offers of assistance with the oil spill in the Gulf of Mexico from as many as 13 countries...

## **Two Fruits may Change the Face of Breast Cancer**

By Wendy Rae, citizen journalist

*June 24* - Two common fruits, found in almost every grocery store across the country, have been tested against the most...

## **Rejuvenate Your Body Naturally through Juicing**

By Anthony Gucciardi, citizen journalist

*June 24* - Juicing, the act of liquefying fruits or vegetables via a juicing machine or blender, has become very popular...

## **Stevia and Agave Nectar: Find the Right Natural Sweetener for You**

By Danna Norek, citizen journalist

*June 24* - Health conscious people have turned to two natural sweetener alternatives, stevia and agave nectar, thanks to...

## **Strawberries are about to Become More Toxic**

By Kim Evans, citizen journalist

*June 23* - On most dirty produce lists, strawberries make the cut for pesticide contamination. Currently, California strawberry...

## **ADD and ADHD Drugs Skyrocket in Use by Sixty-Five Percent in Britain**

By Aaron Turpen, citizen journalist

*June 23* - Drugs often prescribed for children with attention deficit disorder (ADD) or attention deficit, hyperactive...

## **Increase Strength and Metabolism: Lift Heavier Weights for Fewer Repetitions**

By Dr. David Jockers, citizen journalist

*June 23* - Many trainers and fitness coaches continue to focus on high repetition exercises to produce the appealing curves...

## **Boost Metabolism Naturally**

By Christen Peattie, HHP, citizen journalist

*June 23* - The basic process of metabolism is the breakdown and delivery of nutrients from the food that we eat into every...

## **GMOs Create Incredibly Toxic Colons**

By Kim Evans, citizen journalist

*June 22* - Probiotic expert S.K. Dash calls the healthy bacteria in our guts our first line of immune defense, as these...

## **The Real Milk Diet: An Old-School Raw Remedy Treats Modern Disease (Opinion)**

By Elizabeth Walling, citizen journalist

*June 22* - At first glance it's hard to believe milk could have ever been considered a healing food. Aside from trite milk...

## **Six Easy Ways Detox in Our Toxic World**

By Paul Fassa, citizen journalist

*June 22* - In today's polluted and chemically contaminated world, we can only control toxins by what we consume or use...

## **Fosamax: Bone up on drug dangers and alternatives**

By Elaine Wilkes, Ph.D., N.C., M.A., LEED, citizen journalist

*June 20* - The breaking news is that Fosamax, the popular drug for supposed bone strength, may cause "spontaneous fractures..."

## **Dying Cancer Patients are Milked for Every Last Dollar**

By Tony Isaacs, citizen journalist

*June 20* - Recent studies and reports have revealed that terminal cancer patients are frequently given harsh chemotherapy...

## **Nutrition More Important than Exercise for Weight Loss, Suggests Study**

By Marek Doyle, citizen journalist

*June 20* - Women who rely on exercise to lose weight are destined to fail, so says a study that appears in the Journal...

## **Natural Help Prevents, Slows Down and Reverses Alzheimer's**

By Tony Isaacs, citizen journalist

*June 19* - It is estimated that over 5 million people in the US have Alzheimer's disease and many experts believe that...

## **Run Faster without Fast Food as Fuel**

By David Hestrin, citizen journalist

*June 19* - For being a 16 time Olympic gold medalist Michael Phelps may be the greatest athlete of all time who eats the...

## **Strengthen and Boost Your Immune System the Natural Way**



By Todd Mumford, citizen journalist

*June 19* - A strong immune system is at the heart of our very wellbeing so we can fight off most diseases and conditions...

### **Natural Sunburn Remedies Help Relieve Pain and Heal Your Skin**

By Tony Isaacs, citizen journalist

*June 18* - As springtime heads into summer, our thoughts often turn to fun in the sun. Sometimes though, we overdo it and...

### **Vitamins Prevent Hair Loss: Vitamin A, B, C, D, and Vitamin E**

By Melanie Grimes, citizen journalist

*June 18* - Many nutrients have been shown to prevent hair loss and grow hair. Hair loss can be caused by vitamin deficiency...

### **Assess Side Effects of Joint Health Supplements**

By Susan Laverie, citizen journalist

*June 18* - In recent years a great variety of joint health supplements have become more widely available for treating gout...

### **Perfectionism and Food: Health Needs Balance (Opinion)**

By Leisa Wheeler N.D., citizen journalist

*June 18* - Perfectionism can be an admirable trait, but when it comes to our food, perfectionist tendencies can become...

### **Home Remedies Remove Warts: Banana Peel, Vitamin A and Homeopathy**

By Melanie Grimes, citizen journalist

*June 17* - Warts are caused by viruses that infect the top layer of the skin, and herbs and homeopathic remedies can be...

### **The American Cancer Society Runs With the Money and Away from the Cure, Part IV**

By Tony Isaacs, citizen journalist

*June 17* - In the previous installment of this series we listed many of the dubious actions of the American Cancer Society...

### **Meditation Improves Cognitive Skills in Just Four Days**

By Wee Peng Ho, citizen journalist

*June 17* - If you are still undecided whether to sign up for that meditation class, perhaps this piece of research news...

### **Mercury Dental Fillings: What the FDA and the ADA are not Telling You**

By Aaron Turpen, citizen journalist

*June 16* - Many in the natural health and wellness community were elated when, in 2008, the FDA reluctantly declared mercury...



## **The American Cancer Society Runs With the Money and Away from the Cure, Part III**

By Tony Isaacs, citizen journalist

*June 16* - In this and the following installment of the multi-part series on the American Cancer Society (ACS) we will...

## **Look into the Lyme Disease Mysteries, Part I**

By Paul Fassa, citizen journalist

*June 16* - "Under Our Skin" was a documentary released a couple of years ago regarding the mysterious Lyme disease, named...

## **The American Cancer Society Runs With the Money and Away from the Cure, Part II**

By Tony Isaacs, citizen journalist

*June 15* - The American Cancer Society has been called "the world's wealthiest non-profit" due to the tremendous amount...

## **Green Exercise Improves Mental Health**

By Jeremiah Smith, citizen journalist

*June 15* - `Green exercise` refers to any physical activity that takes place in the presence of nature. It can be as simple...

## **The Right Diet can Reverse Hardening of the Arteries**

By Cathy Sherman, citizen journalist

*June 15* - A recent two-year international study demonstrated that a long-term weight loss plan featuring the reduction...

## **Quinoa Gives the Perfect Protein Source to Vegetarians and Vegans**

By Danna Norek, citizen journalist

*June 15* - Quinoa is perhaps one of the most perfect non-animal sources of protein on the planet. What makes quinoa (pronounce...

## **Less Health Care Results in Better Health**

By M.Thornley, citizen journalist

*June 14* - In recent studies, less health care is often better than more. Much of the debate about the overuse of medical...

## **How to Use Natural Neem Oil for Flea and Tick Control on Dogs**

By Susan Laverie, citizen journalist

*June 14* - Using neem oil for flea and tick control for dogs is different than for cats and preparations have different...

## **The American Cancer Society Runs With the Money and Away from the Cure, Part I**

By Tony Isaacs, citizen journalist

*June 14* - The American Cancer Society (ACS) was back in the news this

month when they disputed the findings of the President's...

### **Know about Common Brain Poisons**

By Dr. David Jockers, citizen journalist

*June 12* - The brain and neurological tissue are extremely sensitive regions of the body that are highly susceptible to...

### **Essential Oils Contain Healing Properties**

By Todd Mumford, citizen journalist

*June 12* - The healing properties of essential oils are many, varied and extremely effective. The list of plants providing...

### **The Butterfly Effect: Global Warming Changes Butterfly Habitat and Behavior**

By M.Thornley, citizen journalist

*June 12* - Butterflies inhabit every continent except Antarctica. Flitting from flower to flower, they assist in pollination...

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### **New CounterThink Cartoon: The Museum of Human Atrocities**

(NaturalNews) What's most striking about the present BP oil catastrophe is not that it is an aberration but rather part of a dangerous pattern of mankind's propensity to destroy nature. To destroy life in a large region of an ocean isn't even new: The...

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## **Today's health headlines from across the 'net (3 julio 2010)**

*(selected by the Health Ranger for your education and amusement)*

- [Most Texas schoolchildren flunk physical fitness test](#)
- [40 million swine flu vaccine doses go up in flames as expired vaccines are burned](#)
- [Feds may require radiation warning on cell phones](#)
- [Pelosi demonstrates hilarious economic illiteracy: Unemployment checks "create jobs!"](#)
- [Lawsuit seeks to stop BP from burning rare sea turtles alive](#)
- [L.A. neck-deep in trash: 48,000 tons per day](#)
- [Kombucha under fire for natural alcohol content from fermentation](#)
- [Dangerous food dyes linked to ADHD, cancer and allergies - new call to ban them from foods](#)
- [It's true: Airport body scanners could give you cancer](#)
- [Hard to believe: FDA actually admits antibiotics used in meat pose "a threat to public health"](#)
- [Doctors and dentists handed out tens of thousands of toxic charm bracelets to children](#)
- [VA hospital exposes 1,800 veterans to HIV infection](#)

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