

BASTA NATURAL

Commitment & Service The Natural Way!



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Let's Begin Our Journey to Your Good Health—Together!

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Welcome to my newsletter, I am so excited to be able to share with you my passion for holistic and complementary medicine.

We will talk about how to achieve and maintain your optimal health, Naturally! We will discuss the safest and most effective ways to optimize the functioning of our body thus optimizing our health.

In this site, you will see my insights on natural and complementary medicine, you will learn about safe, natural therapies that I have found effective in my practice of natural medicine. We will look at the mechanism of how natural medicine works and compare it with drugs, so that we can decide or determine which are the most appropriate treatment.

I do not wish to imply that there is no place for drugs and modern medicine. We know that there are side effects of drugs, we know that these drugs do nothing to treat the underlying cause of illness, nor do they promote health. There are commonly prescribed drugs that are not necessary and are simply sham therapies.

Understand that when you need a doctor, only a doctor will do. If you are severely injured in a car accident, you need a skilled doctor or surgeon - not the best herbalist in the world.

My goal is to provide you with all the information you need to improve your health as well as your family; to give you detailed and relevant information about natural health, give tips on prevention,



Dr. Erwin receiving the International Holistic Physician of the Year Award in Calcutta, India, March 2013.

This NEWSLETTER is not intended as a substitute for the medical advice of a physician. We advise that you should regularly consult a physician in matters relating to your health and particularly in respect to any symptoms that may require diagnosis or medical attention.

"Now I've got to the point where I think we can get almost complete control of cardiovascular disease, heart attacks and strokes. The proper use of vitamin C and lysine can prevent cardiovascular disease and even CURE it." [Linus Pauling, 1994]

Story on page 2

THERE HAS TO BE AN ALTERNATIVE

Hundred years ago, there is no cardiovascular diseases. Diseases such as colon cancer, prostate cancer, diverticular diseases and diabetes were virtually unknown. Government spend billion of dollars for research to find cure or magic bullet for their health problems. Statistics show the steady increasing trend of major diseases such as heart dis-

ease, cancer, diabetes, and infectious diseases and the exponentially rising cost in treating it.

Over the years, I have travelled to different parts of the country and the world, lectured to thousands of people, and millions have heard me on my radio shows giving advises on how to take care of our health. I receive a lot of questions

healthy cooking, home remedies and life style modification, my comments and insights on the latest or current trends and issues on health; to provide you with the information you need to make the best health decision.

from people desperately looking for that "magic herb" or supplements to cure themselves and their loved ones or some dreaded or life threatening disease. Remember that health doesn't look like that, the concept of magic herb or supplement is a myth.

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"The doctor of the future will no longer treat the human frame with drugs, but rather will Cure and prevent disease with nutrition."
Thomas Edison

BASTA NATURAL

Dr. Erwin D. Torres, ND, Ph.D.

RADIO PROGRAMS

Monday to Friday 7pm—8pm

Saturday 2:30pm—4pm

Text Hotline: 0998-5137946

Email: bastanatural@yahoo.com



BASTA NATURAL is a radio program started on March 2004 anchored by Dr. Erwin D. Torres, a microbiologist, a doctor of naturopathy, and doctor of philosophy in alternative medicine. The program can be heard over DZEC 1062 kHz with relays in various local stations nationwide and via www.facebook.com.

BASTA NATURAL is committed in giving relevant, useful and updated information about natural medicine that are proven to be safe and effective..... truly, commitment and service, the natural way!

To Include your name in our mailing list, please log on to

www.bastanatural.com

“ Commitment & Service.....
the Natural Way!

Featured Product



Essential C

The only non-acidic vitamin C with calcium, potassium and magnesium with added lysine for cardiovascular health and for collagen production, zinc for the immune system plus bioflavonoids to enhance and maximize absorption!

500mg

100 Capsules per box
Vegetarian Capsule

Essential C—the best Vitamin C

Essential C is a tummy-friendly vitamin C containing mineral ascorbates (calcium, potassium & magnesium) with lysine and zinc for immune protection against diseases and four bioflavonoids for efficient absorption and protection of blood vessels for prevention of stroke and other cardiovascular diseases.

Lysine is a necessary building block for all protein in the body. It plays a major role in calcium absorption; building muscle protein; recovering from surgery or sports injuries; and the body's production


of hormones, enzymes and antibodies.

Zinc is an essential mineral that is naturally present in some foods, involved in numerous aspects of cellular metabolism. It is required for the catalytic activity of approximately 100 enzymes and it plays a role in immune function, protein synthesis, wound healing, DNA synthesis, and cell division. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence and is required for proper sense of taste and smell. A daily intake of zinc is required to maintain a steady

state because the body has no specialized zinc storage system.

Bioflavonoids are the natural pigments in fruits and vegetables. They are useful in enhancing the antioxidant action of Vitamin C. Researchers have discovered that some of the functions that vitamin C is credited with is actually from the bioflavonoids. Acerola, rosehips, seabuckthorn, and Indian gooseberry are the potent bioflavonoids that we can find in **Essential C** together with CoEnzyme Q10 and Zinc. It's the best vitamin C!

There must be an alternative..... From page 1



A Healthy Colon Prevents Disease & Slows Your Aging Process

BENEFITS OF COLON HYDROTHERAPY

- Elimination of internal toxins to cancer patients
- Effectively address constipation, bloating, abdominal distention and gas pain and Skin problems
- Dramatically reduces weight
- Enhancing the ability to absorb vitamins, minerals and essential fatty acids.
- Useful detoxification of drug addicts and alcoholics
- Prevention and Regular cleansing
- Compression of neighboring organ disappear
- Sensation of well being and expels parasites
- Cleanse the Colon
- Exercise the Colon Muscles
- Reshape the Colon

People preparing for a :
Barium enema
Sigmoidoscopy
Colonoscopy

There is no such things that a certain magic herb or supplement can cure instantly your health problem. (as what other care).

I always discuss on radio, to seek professional help if you have health concern. Modern medical science has made incredible advances and contributions which have alleviated pain, and suffering. Surgical techniques has made remarkable progress, identification of microbes that cause diseases and improved sanitation, which aid in preventing disease.

However, despite these advances, there are many diseases that seems to be cannot be controlled and cured, plus the side effects of the drugs and unnecessary medical procedures, many are looking for an alternative.

We will discuss in this newsletter and in our website the different alternative and complementary therapies that could be used to help us in our quest to good health. We will tackle alternative to different drugs, lifestyle modifications, detoxification and most of all the dietary changes one must do to be

able to be cured, and we will try to integrate it to the current systems of medicine. We need to know the real cause of disease so that we can treat it effectively. The common cause is nutritional deficiency and dehydration. We need also to remember the importance of proper hydration to be able to prevent constipation and other diseases. As the saying, Prevention is better than cure, proper knowledge is also essential in the prevention and treatment of diseases.

Ask Dr. Erwin

Dear Readers,

I will try to answer as many questions as I can. However, due to the volume of text questions, I cannot answer each text message or letter personally. Please include your name and address when submitting. If you have question for me, please email it to: bastanatural@yahoo.com or send it to 09985137946.

Mark, Aringay, La Union
09505548731

Masama po ba ang pag-inom ng alak gabi gabi?

Ang ating atay ang naaapektuhan ng paginom ng alak o anumang inuming may alcohol. Ito ang pangunahing dahilan ng fatty liver. Kapag napabayaan, pwede itong maging liver cirrhosis. Sa pag-inom ng alak,

dumadalas din ang pag-ihi na nagpapababa sa electrolytes natin sa katawan at pwede ring maapektuhan ang ating mga bato o kidneys. Kung hindi man maiwasan, kontrolin ang dami ng iniinom. Kung meron talagang sakit tulad ng high blood pressure, o gusto nating maging ganda ang ating kalusugan.dapat na itigil ang pag-inom ng alak.

"Doc, napakarami ko pong natutuhan sa programa mo, talaga pong ayaw ko lumiban sa pakikinig gabi gabi, Salamat po at sana ay tumagal pa ang programa mo."

**Vilma Gapiza, Makati
09287760888**

Alternative Medicine System



A safe and effective alternative to pain reliever without the side effect...

»A Truly relaxing and invigorating procedure for total healthcare «

Acupuncture

Acupuncture is a technique in which practitioners stimulate specific points on the body by inserting thin needles through the skin. It is one of the practices used in Traditional Chinese Medicine.

Results from a number of studies suggest that acupuncture may help ease types of pain

that are often chronic such as low-back pain, neck pain, and osteoarthritis/knee pain. It also may help reduce the frequency of tension headaches and prevent migraine headaches. Therefore, acupuncture appears to be a reasonable option for people with chronic pain to consider.

Relatively few complications from using acupuncture have been reported. Still, complications have resulted from use of

nonsterile needles and improper delivery of treatments.

In the Philippines, Acupuncture is now regulated and practitioners should seek a license from Philippine Institute for Traditional & Alternative Health Care. License is issued after studying in accredited institutions and pass the qualifying examination.

Case History

Ruben S. Guinto

Bday: July 16, 1950

History:

High Blood Pressure—25 yrs

Allergic Rhinitis—5 yrs

Medicine:

Losartan, Amlodifine

Anti-allergy medicine

Program:

Colonics: 3 sessions, once a month

Vitamin Drip: Vitamin C—3 sessions, once a month

Supplements taken:

Essential C, Coq10, Magnesium Citrate, Zinc Picolinate, Grapeseed

Results:

After 1 month, was able to stop all maintenance medicine

Laboratory tests done - all are essentially normal (blood Chemistry)

In 3 months—cardiovascular system is normal, no high blood pressure, no palpitations

For allergy, patient consulted an allergy specialist doctor at

Medical Center Imus, no changes after 5 years of repeated consultations.

Just after 5 months of the program, no symptoms of allergy.

Patient was advised to drink hot water only and a pinch of salt sublingual plus water at bedtime. He is also advised to take 2 pieces of siling labuyo every after meals.

Patient is now happy with no maintenance medications, just taking vitamins and supplements, enjoying his life with his grandchildren and family with no allergy and high blood pressure!

" For 25 years, umiinom ako ng gamot para sa high blood pero nung ginamot ako ni doc, tinanggal lahat ng maintenance ko, 3 months na wala na akong iniinom na gamot pero Ok ang blood pressure ko, thank you po"

Ruben Guinto, Cavite
09234847244

Herbal Medicine & Home Remedies

Akapulko

Cassia alata linn.

Ang akapulko ay kabilang sa 10 halamang gamot na aprubado ng Department of Health para sa mga sakit sa balat tulad ng an-an, galis-aso, alipunga at buni. (Anti-Fungal). Ang dahon nito ay mayroong chrysophanic acid na panlaban sa mga fungus sa ating balat. Sa paggawa ng ointment, ipiniprito ang ginayat na dahon hanggang sa

lumutong at humalo ang katas sa mantika. Tanggalin ang dahon sa mantika at haluan ng kandila para maging ointment. Ilagay sa maliliit na lalagyan. Maaari itong itago at gamitin sa mga sakit sa balat sa loob ng 3 buwan.

Pwede ring ipahid ang katas ng dahon sa aektagong balat 1-2 beses maghapon.



Healthy Kitchen

Easy Tofu Mayonaisse

Ang mayonnaise na ito ay walang itlog at gatas.

Mga Sangkap:

- 6 ounces tofu and patted dry
- 1 tablespoon lemon juice
- 2 tablespoon canola or safflower oil
- 1 teaspoon mustard
- 1 – 2 teaspoon honey
- ½ teaspoon sea salt

Paraan ng Paghahanda:

1. Iblender ang lahat ng mga sangkap hanggang sa maging pino. Itago sa refrigerator.

Maaring lagyan ng pickled relish, ginayat ng sibuyas, konting horseradish powder para maging mas masarap at malasa.

"Let food be thy medicine, and let thy medicine be food."
Hippocrates