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Democrat Beto O'Rourke barnstorms Iowa after jumping into presidential race



Inside C2

# Southern DAILY

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## Funerals begin for New Zealand mosque shootings victims, suspect to appear in court



People gather at a vigil to mourn for the victims of the Christchurch mosque attack in New Zealand at the University of Pennsylvania

WELLINGTON/CHRISTCHURCH, New Zealand (Reuters) - New Zealand began to bury its dead on Saturday, a day after at least one gunman attacked worshippers in two mosques, killing 49 and injuring 42 others in what Prime Minister Jacinda Ardern called a terrorist attack. The gunman broadcast footage of the attack on one mosque in the city of Christchurch on social media. A "manifesto" was also posted online, denouncing immigrants and calling them "invaders". The video footage, posted live online as the attack unfolded, showed a man driving to the mosque, entering it and shooting randomly at people inside. Worshippers, possibly dead or wounded, lay huddled on the floor, the video showed. Reuters was unable to confirm the authenticity of the footage.

Police said three people were in custody including one man in his late 20s who had been charged with murder. He will appear in court on Saturday. Police have identified none of the suspects.

"Our investigations are in their early stages and

we will be looking closely to build a picture of any of the individuals involved and all of their activities prior to this horrific event," Police Commissioner Mike Bush said. "There is no guarantee the risk is limited to Canterbury and we need all New Zealanders to be extra vigilant." Among the wounded, two were in a critical condition, including a four-year-old child, he added. There was a heavy police presence at the hospital where families of the injured had gathered.

Dozens of people laid flowers at cordons near both locations in the South Island city, which is still rebuilding after a devastating earthquake in 2011 that killed almost 200 people.



People gather at a vigil to mourn for the victims of the Christchurch mosque attack in New Zealand at the University of Pennsylvania



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# Democrat Beto O'Rourke barnstorms Iowa after jumping into presidential race

PBURLINGTON, Iowa (Reuters) - Beto O'Rourke made his debut as a Democratic presidential candidate on Thursday, betting his optimistic economic message, liberal immigration policies and fame gained in a failed bid for the U.S. Senate last year will net him the party's 2020 nomination.

The former U.S congressman from El Paso, Texas, who announced his White House run by video on social media, immediately kicked off a three-day campaign swing through Iowa, which hosts the nation's first nominating contest in less than a year and is critical to his chances.

"The challenges have never been greater, or more severe, or more critical or more defining for our future," he told an enthusiastic crowd at a coffeehouse in Burlington.

O'Rourke, 46, joined a jam-packed field of more than a dozen Democratic candidates, including several U.S. senators. It remains to be seen whether he can make up ground for his relatively late entry into the race.

Critics say O'Rourke lacks a deep policy background and his unsuccessful run against U.S. Senator Ted Cruz of Texas last November disqualifies him from pursuing an even higher office.

Still, his underdog race against Cruz earned him a national following. Even in defeat, O'Rourke demonstrated a talent for attracting capacity crowds and raising large sums of money, skills he will need to carry to the national stage if he is to capture the nomination.

Former Texas congressman Beto O'Rourke speaks during a campaign stop at The Bean-counter Coffeehouse & Drinkery in Burlington, Iowa, U.S. March 14, 2019. REUTERS/Daniel Acker

O'Rourke jumped atop the coffee shop's counter and delivered an impassioned address, touching

upon issues of economic inequality, climate change and education. He largely avoided criticizing President Donald Trump by name but made his opposition to Trump's policies clear.

He also avoided any allusions to the Democratic field - or his own chances in the race. Asked by an attendee what made him stand out from the pack, he demurred. "All I can tell you is who I am," he said. He cited his ability to work with Republicans in Congress and the Trump administration.

Trump, who became known for slapping derisive nicknames onto opponents during the 2016 campaign, focused on O'Rourke's hands on Thursday when asked about O'Rourke's campaign announcement.

"Well, I think he's got a lot of hand movement. I've never seen so much hand movement. I said, 'Is he crazy or is that just the way he acts?'" Trump said during an Oval Office appearance with Ireland's prime minister.



Former Texas congressman Beto O'Rourke speaks during a campaign stop at The Bean-counter Coffeehouse & Drinkery in Burlington, Iowa, U.S. March 14, 2019. REUTERS/Daniel Acker



It remains to be seen how O'Rourke, a white male with a history of



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# Editor's Choice



A general view shows the district court in Christchurch, New Zealand, March 16, 2019. REUTERS/Edgar Su



People take part in a march demanding action on climate change, in Mexico City, Mexico March 15, 2019. REUTERS/Henry Romero



People gather at a vigil to mourn for the victims of the Christchurch mosque attacks in New Zealand at the University of Pennsylvania



People walk by placards protesting China, during a court hearing for Huawei Technologies Co Chief Financial Officer Meng Wanzhou at the B.C. Supreme Court in Vancouver



A couple kiss on a warm day in Times Square in New York, New York, U.S., March 15, 2019. REUTERS/Carlo Allegri



People take part in a march demanding action on climate change, in Mexico City



FILE PHOTO: US marathon runner Olympic champion Samuelson and Romanian runner Dita raise a torch during a ceremony in Marathon town northeast of Athens



FILE PHOTO: Zuzana Caputova, Slovakian presidential candidate, speaks during an interview with Reuters in Bratislava

## Your Health: Red Light Therapy Gaining Popularity

Compiled And Edited By John T. Robbins, Southern Daily Editor



**THE BENEFITS OF RED LIGHT THERAPY (PHOTOBIO-MODULATION)**

### What is Red Therapy Light?

Red light therapy is also known as photobiomodulation (PBM), low level light therapy (LLLT), biostimulation, photonic stimulation or light box therapy. Light affects many aspects of our biology. Certain wavelengths of red light increase mitochondria function in the body. Studies have shown that different wavelengths affect the body in different ways. The most effective wavelengths of red light seem to be in the ranges of 630-670 and 810-880.

### How Does Red Light Therapy Work?

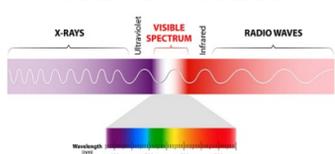
These specific wavelengths of red light create a biochemical affect in our cells that serves to increase mitochondrial function. This improves ATP (adenosine triphosphate) production in the body.

### Why is this important?

ATP is the source of energy for every cell in the body. Without it, we don't function at all. Without enough of it, we don't function well.

It's wavelengths range between 630-880nm and are used to treat the skin's surface. Red therapy light penetrates about 8-10 millimeters into the skin. Depending on which area of the body the red light is used, this can easily affect all skin layers, reaching into blood vessels, lymph pathways, nerves, and hair follicles.

### VISIBLE AND INVISIBLE LIGHT



### Red Therapy Light vs. Sauna Therapy

Many people wonder if RLT is similar to sauna therapy or the benefits of sunlight. All of these therapies are beneficial, but they are different and provide different results. I've been a big fan of sauna use for years, but I've also added red light therapy to my daily practice for different reasons. The purpose of a sauna is to raise the

temperature of the body. This can be accomplished through simple heat exposure by raising the temperature of the air, as is popular in Finland and other parts of Europe. It can also be accomplished through infrared exposure. This heats the body from the inside out in a sense and is said to provide more beneficial effects in less time and at lower heat.

Both sauna methods increase heart rate, perspiration, heat shock proteins and improve the body in other ways. Unlike red light therapy, infrared light from a sauna is invisible, and penetrates much deeper into the body with wavelengths at 700-1200 nanometers.

Red therapy light or photobiomodulation is not designed to increase perspiration or improve cardiovascular function. It impacts cells on the cellular level and increases mitochondrial function and ATP production. It essentially "feeds" your cells to increase energy. Both have their uses, depending on the desired results.



Infrared light sauna

### The History of Red Therapy Light Use

Red light therapy has been around the block. In 1903 physician Niels Ryberg Finsen won the Nobel Prize in Medicine for his successful treatment of smallpox and lupus with red light. Russia uses low level laser therapy in their standard medical care (and they have since the 1970s). The Russians also published hundreds of studies over the decades on the benefits of red therapy light. Unfortunately, very few of these studies have been translated into English.

Red light therapy has largely been ignored by the US and western Europe until recently. However it's been used in a clinical setting since the 1980s in Japan, China,

Canada, Northern Ireland, Vietnam, Latin America, and Eastern Europe.

### The Benefits of Red Therapy Light

Even though the western world is behind the times with red therapy light, strong evidence supports its health benefits. It is FDA approved for chronic joint pain, slow to heal wounds, wrinkles, hair loss and acne. Many others have used it successfully for other issues, like psoriasis, improved circulation and better immune function.

### Here's a partial list of the evidence based uses of red therapy light:

- It helps rejuvenate facial skin and smooths skin tone.
- Red light builds collagen in the skin to reduce wrinkles.
- It helps to repair sun damage.
- Red light activates the lymphatic system for potentially improved detoxification.
- Decreases inflammation in the skin.
- Helps fade scars and stretch marks.
- Improves hair growth to reverse balding.
- Stimulates slow healing wounds.
- Can prevent recurring cold sores, or herpes simplex.
- Helpful in the short term for carpal tunnel syndrome.
- Beneficial for skin to reduce eczema, rosacea and acne.

### 1. Better Circulation and Collagen Production

When the light penetrates through the epidermal and dermal skin layers, it increases circulation to help form new capillaries. It also increases collagen production and fibroblasts. Red therapy light improves collagen levels naturally by triggering the body to produce more of its own. Since collagen comprises about 70% of the protein in our skin, it's a big deal!



Increased collagen doesn't just give the skin a wrinkle free glow, but its ability to improve joint health makes it great for arthritis sufferers. It can be helpful for those with a variety of painful musculoskeletal issues. The increased

circulation and anti-inflammatory effects that red therapy light provides also help reduce pain and heal the body.

### 2. Wound Healing with Red Light Therapy

Fibroblasts in our skin synthesize collagen, maintain connective tissue and are integral to wound healing. Red therapy light stimulates fibroblasts to do their job, and increases circulation for faster wound repair time. People have also used this therapy for burns, amputation injuries, skin grafts and infected wounds. It's been successfully used for skin damage caused by cancer treatments, including those in the mouth and mucus membranes.

In a 2014 study, researchers found that red light therapy significantly improved colitis symptoms in mice. The light therapy aided in their mucosal healing. Dentists have also successfully used red therapy lights to heal sores and abrasions in the mucus membranes of the mouth. It's also been found to prevent recurring cold sores that occur along the mouth.

### 3. A Remedy for Hair Loss



A 24-week study demonstrated that red therapy light significantly improved hair density and hair thickness without any serious reactions. Participants wore a helmet that emitted red therapy light to achieve this effect.

### 4. Recover Faster from Injury and Illness

Red light therapy increases circulation and ATP production throughout the body which may help speed healing during times of illness. It also stimulates lymph system activity and phagocytosis, the process of cells cleaning house.

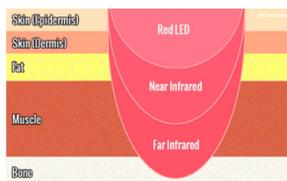
Although red therapy light helps to modulate the immune system, a 2006 study with mice found that over treatment actually resulted in immune suppression. Since not a

lot of research has been done in this area, it's unclear just how beneficial it is for the immune system.

### 5. Help for the Thyroid

There are several compelling studies that look at the benefits of red light and near infrared therapy for thyroid health.

One randomized, placebo-controlled clinical study from 2013 looked at the benefits of light therapy on chronic autoimmune thyroiditis. This study showed an overall improvement in thyroid health from near infrared and light therapy. Many participants were able to reduce or eliminate their thyroid medication. In fact, a startling 47 percent of the participants no longer needed medication during the entire nine-month follow-up after the light therapy treatment. This is shocking as most people are told that they will need thyroid medication for the rest of their lives.



When looking at Hashimoto's (autoimmune thyroid problems) specifically, the study found a reduction in thyroid peroxidase (TPOAb) antibodies. These antibodies indicate the presence of an autoimmune thyroid condition.

### Other studies have shown:

- a 2010 study from Russia found that red light therapy helped 38% of participants reduce thyroid medication dosage (17% stopped medication completely)
- A 2003 study on postsurgical thyroid patients found that red light therapy reduced the need for medication by up to 75%

### 6. A Promising Therapy for Psoriasis

A small scale study published in the journal of Photomedicine and Laser Surgery found benefits for psoriasis sufferers. Skin plaques improved by 60-100% when treated with both red therapy light and infrared light, like that used in a sauna. The infrared light helped to calm inflammation, while the shorter red wavelengths helped heal the skin's surface.

### 7. Help for Acne, Rosacea and Eczema

The collagen and ATP stimulating benefits of red light therapy make it a promising solution for skin problems like acne, rosacea and eczema. Benefits include reduction of stretch marks and wrinkles as well as new hair growth. (Courtesy <https://wellnessmama.com>.)

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The abortion chain Planned Parenthood receives about \$50 million to \$60 million in Title X funds annually, but that could change now that the new rules are being implemented. The administration's changes to Title X family planning grants have angered the abortion chain Planned Parenthood, prompting a lawsuit, but they provide hope for life-affirming pregnancy centers, which can now compete with the abortion giant for the federal funds.

Title X funds are supposed to be used to help low-income women and men receive birth control, cancer screenings and other health care services. While the tax money cannot be used to pay for abortions, it indirectly funds Planned Parenthood's vast abortion business.

Last May, the Trump administration published a new proposal for Title X that would prohibit Planned Parenthood and other abortion businesses from receiving any of those tax dollars unless they completely separate their abortion businesses from their taxpayer-funded services. That means housing their family planning services in separate buildings with separate staff from their abortion businesses and a denial of funds if they fail to do so. Most Planned Parenthood entities are not expected to comply.

Under the new directive, which will take effect in 60 days, organizations receiving Title X funding have 120 days to financially separate their family planning and abortion operations and one year to physically separate their family planning and abortion operations.



The "Protect Life Rule," as that proposal is known, was finalized today. And pro-life groups are delighted by the news. "We thank President Trump for taking

**Close To \$60 Million In Taxpayer Funding Will Be Cut**

**President Donald Trump Defunds Planned Parenthood**

Compiled And Edited By John T. Robbins, Southern Daily Editor



**President Donald Trump today finalized an administrative rule that would partially defund the Planned Parenthood abortion business and deprive it of as much as \$60 million in taxpayer dollars. This action adds to President Trump's record of defunding the Planned Parenthood abortion company.**

decisive action to disentangle taxpayers from the big abortion industry led by Planned Parenthood," said SBA List President Marjorie Dannenfelser. She told LifeNews: "The Protect Life Rule does not cut family planning funding by a single dime, and instead directs tax dollars to entities that provide healthcare to women but do not perform abortions. The Title X program was not intended to be a slush fund for abortion businesses like Planned Parenthood, which violently ends the lives of more than 332,000 unborn babies a year and receives almost \$60 million a year in Title X taxpayer dollars. We thank President Trump and Secretary Azar for ensuring that the Title X program is truly about funding family

planning, not abortion." National Right to Life president Carol Tobias also praised President Trump and noted that the decision doesn't adversely affect women's health because the federal funds will go to legitimate family planning efforts instead of places that kill babies in abortions. "We thank President Trump and Health & Human Services Secretary Azar for their numerous actions to restore pro-life policies," she told LifeNews. "We are encouraged to see the announcement of Title X regulations that are back in line with previous policy that prevents federal dollars from being used to directly or indirectly promote abortion domestically."



Brad Mattes, the president of Life Issues Institute, also told LifeNews he was excited to hear the news that the Protect Life Rule has been finalized.

"President Trump just finalized his Protect Life Rule which prohibits Title X taxpayer funding from going to ANY entity that performs abortions," he said. "That means if abortion giant Planned Parenthood refuses to comply with the Protect Life Rule it will LOSE \$60 MIL-

LION of our tax dollars each year!" He profusely thanked the president for his actions.

"I'm so thankful for your activism, without which we would not be celebrating this great victory today," he said. "Planned Parenthood is America's LARGEST abortion business. Congress was unable to defund Planned Parenthood because of Democratic filibusters in the Senate. But President Trump has used his executive powers to act decisively and cut off this stream of funding to abortion businesses that had been accessing these Title X funds."



**U.S. Senator Ted Cruz (R) speaking at a pro-life rally.**

According to National Right to Life, during the Reagan Administration, regulations were issued, with National Right to Life's strong support, to restore the original character of Title X by prohibiting referral for abortion except in life endangering circumstances. Additionally, abortion facilities could not generally share the same location with a Title X site.

In the 1991 Rust v. Sullivan decision, the U.S. Supreme Court found similar regulations permissible.

However, the Clinton Administration would later reverse these regulations.

A recent Marist poll found that, by a double-digit margin, a majority of all Americans oppose any taxpayer funding of abortion (54 percent to 39 percent). (Courtesy lifenews.com)

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