



# No One Can Care More Than You

---

*Taking Back Responsibility for your Health and Wellness*

Every day millions of North Americans relinquish the responsibility of their health to others –  
Insurance Companies, Government Agencies, Healthcare Providers and even family.  
But can they care more than you?

*By Tammera J. Karr, PhD, BCHN, BCIH*

***Please Note:***

This E-Book is not intended to replace recommendations or advice from physicians or other healthcare providers. Rather, it is intended to help you make informed decisions about your health and to cooperate with your healthcare provider in a joint quest for optimal wellness. If you suspect you have a medical problem, we urge you to seek medical attention from a competent healthcare provider.

Holistic Nutrition for the Whole You  
6A Houser Court  
Idleld Park, OR 97447

Copyright ©2012, Tammera J. Karr & JV Media Design  
All Rights Reserved

No Part of this E-Book may be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise without permission from the Author.

## Contents

<b><i>Part One It's all about You</i></b> .....	<b>3</b>
<b>Step One: Eliminate those Foods the Lead to Increased Health Challenges</b> .....	<b>5</b>
<b>Step Two: Get Moving</b> .....	<b>13</b>
<b>Step 3; De-Stressing Your Life – Ya Right</b> .....	<b>15</b>
<b>Six Ways to Maintain Healthy Stress Levels</b> .....	<b>16</b>
<b>Step 4; Reduce Your Prescription Medications</b> .....	<b>17</b>
<b>Part Two Taking Action - More than Just You</b> .....	<b>19</b>

# ***Part One It's all about You***

*The... patient should be made to understand that he or she must take charge of his own life.  
Don't take your body to the doctor as if he were a repair shop.*

*~Quentin Regestein*

**E**very day millions of North Americans relinquish the responsibility of their health to others –

Insurance Companies, Government Agencies, Healthcare Providers and even family.

But can they care more than you? I don't believe so; after all you live in your body 24-7, not your family doctor or loved ones. Somewhere along the line we have come to believe we are entitled to someone else being responsible for our health....that health care is a right....not our responsibility.

Is this radical antiestablishment thinking, nativity or the realization that the healthcare system as we know it is doomed to collapse, and we need to be prepared to step up to the plate and take charge of our health. Now I'm not suggesting if you are undergoing cancer treatments or on life saving drugs to stop them... That would be irresponsible. What I will suggest is your healthcare providers cannot care more than you. You must do everything you can to make your life worth living through healthy diet, lifestyle and emotional choices. It is as simple as *"if you're not willing to make an effort, why should anyone else"?*

Be forewarned, I do not practice political correctness. I feel censored, restricted thought and speech impede integrity, inventiveness, creativity and understanding. This does not mean I believe in being rude or discriminatory in my comments; I think the word would be, *terse; meaning blunt, to the point, direct, without preamble*. In my mind political correctness is a philosophy, which falls under the category of religion.

In the United States we are granted the freedom of religion, speech and the press; with that in mind I believe we have watered down our thoughts and comments as healthcare providers – in order to follow the PC religion being mandated by *"them"*. We have become ineffectual as educators on personal responsibility....we mustn't offend, stress or upset anyone – just give them what they ask for and send them out the door....only to repeat the same over again till we are burned out and disillusioned by it all.

## **It isn't all county clubs and golf for rural health care providers**

Now in healthcare practitioner's defense – there are many providers that are gifted caring people who spend hours digging through patient records when not seeing clients, researching medications, reading studies, protocols and efficacy. They are frustrated over patient non-compliance with everything from exercise, smoking, food consumption to proper medication use. They patiently listen to all your complaints, make suggestions and write prescriptions – only to find out 30 days later you did nothing including fill the prescription. Day in and Day out they are greeted by clients who only want the silver bullet or medical cure so they do not have to take responsibility for what is going on in their body's.

Every year the medical providers you see are flooded with increasing paper work for insurance companies and government regulation, mandatory computer records and growing discrimination against providers who are not part of local medical groups or programs. An example of this is the new ICD-10 procedure codes needed for Medicare billing. Currently ICD-9's are used to code what your provider has seen you for and that program or book is no little system. Every day I, thank God it is the Nurse Practitioner or Doctor who have to use this colossal fine print headache. The new ICD-10 requirements for Medicare just quadrupled the number of codes, complication, time, cost and inefficiency for dedicated practitioners.

Medscape reported in the summer of 2012 an increase in the numbers of primary care doctors leaving medicine, to be replaced with???. Has no one taken the time to really think about what happens with increased bureaucracy? We are facing a serious healthcare provider shortage. This role will fall to Family Nurse Practitioners and Physician Assistants to fill the ever-increasing need, placing patients at risk due to shorthanded clinics or underserved areas. How many times a day do they have to answer questions about Medicare coding; "Medicare says they won't take these procedure codes, what ones do you want to add?"

*The sound you are now hearing is someone beating his or her head against a solid object.*

So be proactive about your health, after all you live in your body not your doctor, and develop a relationship with your providers that encourages open communication. Be willing to stand up for your health, and don't think your doctor is always right – they may be wrong, and willing to hear you out. We may very well be facing a time where healthcare providers can't afford to work within the government dictated guidelines, and to keep good ones within our communities, we pay cash, chickens, potatoes, meat and maybe even a roof over their heads.

*Just like in your great grandparents day.*

## Step One: Eliminate those Foods the Lead to Increased Health Challenges

### Soda Consumption Increases Overall Stroke Risk

Researchers from Cleveland Clinic's Wellness Institute and Harvard University found greater consumption of sugar-sweetened and low-calorie sodas is associated with a higher risk of stroke. Conversely, consumption of caffeinated or decaffeinated coffee was associated with a lower risk. Bad news for the soda industry but great news for the coffee producers.

The study -- recently published in the *American Journal of Clinical Nutrition* -- is the first to examine soda's effect on stroke risk. Previous research has linked sugar-sweetened beverage consumption with weight gain, diabetes, high blood pressure, high cholesterol, gout and coronary artery disease.

"Soda remains the largest source of added sugar in the diet," said Adam Bernstein, MD, ScD, study author and Research Director at Cleveland Clinic's Wellness Institute. "What we're beginning to understand is that regular intake of these beverages sets off a chain reaction in the body that can potentially lead to many diseases -- including stroke."

The research analyzed soda consumption among 43,371 men who participated in the Health Professionals Follow-Up Study between 1986 and 2008, and 84,085 women who participated in the Nurses' Health Study between 1980 and 2008. During that time, 2,938 strokes were documented in women while 1,416 strokes were documented in men.

In comparison, coffee contains chlorogenic acids, lignans and magnesium, all of which act as antioxidants and may reduce stroke risk. When compared with one serving of sugar-sweetened soda, one serving of decaffeinated coffee was associated with a 10 percent lower risk of stroke.

In addition, study findings show that men and women who consumed more than one serving of sugar-sweetened soda per day had higher rates of high blood pressure and high blood cholesterol and lower physical activity rates. Men and women who consumed low-calorie soda had a higher incidence of chronic disease and a higher body mass index (BMI).<sup>1</sup>

---

<sup>1</sup> A. M. Bernstein, L. de Koning, A. J. Flint, K. M. Rexrode, W. C. Willett. Soda consumption and the risk of stroke in men and women. *American Journal of Clinical Nutrition*, 2012; DOI: 10.3945/ajcn.111.030205

## Look what sugar does to your joints.

Gout is a common and very painful inflammatory arthritis. "The increasing disease burden of gout in the United States over the last few decades (e.g., an annual incidence of 16/100,000 in 1977 vs. 42/100,000 in 1996) coincided with a substantial increase in soft drink and fructose consumption," the authors write. "*Fructose-rich beverages such as sugar-sweetened soda and orange juice can increase serum uric acid levels and, thus, the risk of gout, but prospective data on the relationship are limited.*"

Hyon K. Choi, M.D., Dr. P.H., of the *Boston University School of Medicine*, and colleagues examined the relationship between intake of fructose-rich beverages and fructose and incidence of gout in a large group of women. The study consisted of data from the *Nurses' Health Study*, a U.S. prospective cohort study spanning 22 years (1984-2006). The researchers analyzed data from 78,906 women with no history of gout at the beginning of the study and who provided information on intake of beverages and fructose through validated food frequency questionnaires.

During 22 years of follow-up, the researchers documented 778 newly diagnosed cases meeting American College of Rheumatology survey criteria for gout. They found that increasing intake of sugar-sweetened soda was associated with increasing risk of gout. Compared with consumption of less than 1 serving per month, women who consumed one serving per day had a 74 percent increased risk of gout; and those with 2 or more servings per day had a 2.4 times higher risk.<sup>2</sup>

## Sugar and your health

Fructose intake from added sugars has increased dramatically over the last century and has recently been implicated as a potential contributor to hypertension, inflammation and kidney disease. Fructose is distinct from other sugars as uric acid is generated during its metabolism. Elevated serum uric acid has also been shown to be associated with hypertension, inflammation and chronic kidney disease (CKD).<sup>3</sup>

In a UC Davis, study released in the *Journal of Clinical Endocrinology & Metabolism* - Results of show adults who for two weeks consumed 25% of their daily calories as fructose or high-fructose corn-syrup beverages—the maximum percentage stipulated by current government guidelines—experienced increases in serum levels of cholesterol and triglycerides. "While there is evidence that people who consume sugar are more likely to have heart disease or diabetes, it is controversial as to

---

<sup>2</sup> Hyon K. Choi, MD, DrPH; Walter Willett, MD, DrPH; Gary Curhan, MD, ScD. Fructose-Rich Beverages and Risk of Gout in Women. *JAMA*, November 10, 2010 DOI: 10.1001/jama.2010.1638

<sup>3</sup> Andrzej Brymora; Mariusz Flisiński; Richard J. Johnson; Grażyna Goszka; Anna Stefańska; Jacek Manitius Low-fructose Diet Lowers Blood Pressure and Inflammation in Patients With Chronic Kidney Disease; [www.medscape.com](http://www.medscape.com) Posted: 03/14/2012; *Nephrol Dial Transplant*. 2012;27(2):608-612.

whether high-sugar diets may actually promote these diseases, and dietary guidelines are conflicting," the authors write.

The Dietary Guidelines for Americans, jointly published by the US Department of Health and Human Services (HHS) and the US Department of Agriculture (USDA), recommend that people consume a maximum of 25% of their daily calories as added sugars; and those of the American Heart Association, which, in contrast, recommends an upper limit of 5%.<sup>4</sup>

According to the American Heart Association, women should be getting no more than 6 teaspoons a day of added sugar and men should not exceed 9 teaspoons. These numbers do not include naturally occurring sugars found in fruit, veggies and dairy products.

Not surprisingly, the Association sites soda and candy as the top sugar contributors, along with other sweets like cookies, cakes, and pies. American teens were found to consume a whopping 32 teaspoons of sugar, much of which is attributed to out of control soft drink consumption.

Teenagers who consume a lot of added sugars in soft drinks and foods may have poor cholesterol profiles -- which may possibly lead to heart disease in adulthood, according to first-of-its-kind research reported in *Circulation: Journal of the American Heart Association*.

"Added sugars" are any caloric sweeteners added to foods or beverages by the manufacturer during processing or the consumer. The National Health and Nutrition Survey (NHANES) of 2,157 teenagers (ages 12 to 18) found the average daily consumption of added sugars was 119 grams (28.3 tsp or 476 calories), accounting for 21.4 percent of their total energy.

"This is the first study to assess the association of added sugars and the indicators of heart disease risk in adolescents," said Jean Welsh, MPH, PhD, R.N., study author and post-doctoral fellow at Emory University in Atlanta, Ga. "The higher consumers of added sugar have more unfavorable cholesterol levels. The concern is long-term exposure would place them at risk for heart disease later in adulthood."

Even if you make an effort to eat healthy, check your labels. If you look at your favorite foods, chances are you are consuming more sugar than you thought. Products like crackers, salad dressings, spaghetti sauces, ketchup, fruit juices, syrups, like those added to smoothies and flavored coffees, and breads are all notorious added sugar carriers.

Obese and diabetic individuals who consume increased amounts of dietary fructose have a higher risk of severe forms of nonalcoholic fatty liver disease (NFALD), according to a study published in the *Journal Hepatology*.

Researchers at Duke University Medical Center discovered chronic fructose consumption in a diet puts people at risk for depleting their store of critically important molecules called ATP that provide

---

<sup>4</sup> Steven Fox, Added fructose ups lipids, even within USDA recommended limits; Adapted from Medscape Medical News—a professional news service of WebMD Jul 30, 2011

liver cells energy for important cellular processes, including metabolism. The ability of the cells to optimally make ATP may already be impaired in diabetics and obese individuals.

Unlike other simple sugars, fructose requires ATP for its metabolism. The inability to optimally generate cellular energy as well and the continued consumption of ATP from chronic fructose ingestion can result in the liver's depletion of energy. ATP depletion may increase risk for inflammation and scarring in the liver.

"The state of being insulin resistant impairs the ability of a vital enzyme, AMP kinase, to make new ATP molecules. Increased fructose consumption, and excess utilization of ATP favors the increase in molecules that lead to increased fatty acid synthesis as well as increased uric acid." said lead author Manal Abdelmalek, M.D., MPH, Associate Professor of Gastroenterology and Hepatology at Duke.

To check for added sugar, read the ingredient list. Here are 50 names for sugar you may find on your food and beverage labels.

Barley malt	Diatase	Maltodextrin
Beet sugar	Ethyl maltol	Maltose
Brown sugar	Fructose	Malt syrup
Buttered syrup	Fruit juice	Maple syrup
Cane juice crystals	Fruit juice concentrate	Molasses
Cane sugar	Galactose	Muscovado sugar
Caramel	Glucose	Panocha
Corn syrup	Glucose solids	Raw sugar
Corn syrup solids	Golden sugar	Refiner's syrup
Confectioner's sugar	Golden syrup	Rice syrup
Carob syrup	Grape sugar	Sorbitol
Castor sugar	High-fructose corn	Sorghum syrup
Date sugar	syrup	Sucrose
Demerara sugar	Honey	Sugar
Dextran	Icing sugar	Treacle
Dextrose	Invert sugar	Turbinado sugar
Diastatic malt	Lactose	Yellow sugar

After looking at these studies I'm going with the Heart Association's recommendations and selecting those sugars from natural sources not genetically manipulated or processed sources like high fructose corn syrup.

My question to you is; *"Why are you still eating high sugar foods and drinking soda like it is water?"*

## Processed foods lead to increased risk factors in all areas.

We've all heard the saying, "you are what you eat." It turns out the old adage might be true on more than just a physical level. The food you choose may also reflect your personal ethics.

Fast Food, It is a multi-billion dollar industry, which continues to grow rapidly in many countries. The cooking method used for certain items is partly responsible for those items' higher caloric and saturated fat contents.

Got lots of fast food restaurants and other outlets that sell junk food in your neighborhood? Then your teen is more likely to nosh regularly on burgers and fries and wash them down with a soda. That is the unpalatable finding of a new study from the *UCLA Center for Health Policy Research* that examined the effect of higher concentrations of less healthy food outlets on adolescent junk food consumption.



Nearly three-quarters of California teenagers live or go to school in neighborhoods that are crowded with fast food restaurants and other outlets that sell unhealthy food -- convenience stores, liquor stores, dollar stores and pharmacies -- relative to the number of healthier food outlets, such as grocery stores, produce vendors and farmers markets. Unsurprisingly, teens who live or go to school in such neighborhoods are more likely to drink soda and eat fast food.

Research has shown that the consumption of fast food and soda has been linked to taking in excess calories and contribute to heart disease, diabetes and obesity.<sup>5</sup>

## Pink Anyone

I receive or subscribe to a wide range of health and food news sites, in 2012 "Pink Slime" happened. On Food Navigator.com, a website for those in the food industry I saw headlines like the following – "'Pink slime": Safe, nutritious and icky; the correspondent went on to say "scary junk science about ammonium hydroxide has led to a safe, nutritious product being pulled from stores."

Beef Products Inc., the nation's leading manufacturer of "pink slime" suspended production of the product at three of four plants after major retailers said they would stop buying it. The correspondent from the food navigator site went on to say, "The move follows a storm of media hysteria spews forth onto a largely ignorant public."

---

<sup>5</sup> University of California - Los Angeles (2011, July 27). As unhealthy food outlets multiply, teens eat more junk. ScienceDaily. Retrieved September 29, 2012, from <http://www.sciencedaily.com/releases/2011/07/110727141324.htm>

Exactly how else does the correspondent think the food industry would have gotten away with this slimy mess if we the public wasn't ignorant to what was going on – and I guarantee you now that we know we are not “stupid” enough to let it continue and know the power of voting with our dollar.

The news went on to say “if the Beef Products manufacturing company can't clear itself from this pink slime PR mess, it will mean 1.5 million cattle will need to be slaughtered to meet demands for ground beef *Pink Slime* free.

So what about the ammonium hydroxide, just how bad is it? Well I went to the Material Safety Data Sheet – not wanting to be biased in this, to see what science says about “pink slime”

*“Very hazardous in case of skin contact (corrosive, irritant, permeator), of eye contact (irritant), of ingestion, Non-corrosive to the eyes. Non-corrosive for lungs. Liquid or spray mist may produce tissue damage particularly on mucous membranes of eyes, mouth and respiratory tract. Skin contact may produce burns. Inhalation of the spray mist may produce severe irritation of respiratory tract, characterized by coughing, choking, or shortness of breath. Severe over-exposure can result in death.*

*Inflammation of the eye is characterized by redness, watering, and itching. Skin inflammation is characterized by itching, scaling, reddening, or, occasionally, blistering. Repeated or prolonged exposure to the substance can produce target organs damage. Ingestion: If swallowed, do not induce vomiting unless directed to do so by medical personnel. Never give anything by mouth to an unconscious person. Loosen tight clothing such as a collar, tie, belt or waistband. Get medical attention immediately”.*

Naa not to worry folks, your all going to die anyway, nothing here to worry about. Yah right, and pigs fly.

## **Potato Chips, fries & Bacon if you please**

A study published in the March 2009 *American Journal of Clinical Nutrition* by Marek Naruszewicz and colleagues from Poland suggests that acrylamide from processed foods may increase the risk of heart disease. Acrylamide has been linked previously to nervous system disorders and possibly to cancer.

After ingesting large amounts of potato chips providing about 157 micrograms of acrylamide daily for four weeks, the participants had adverse changes in oxidized LDL, inflammatory markers and antioxidants that help the body eliminate acrylamide—all of which may increase the risk of heart disease.<sup>6</sup>

---

<sup>6</sup> Naruszewicz et al. Chronic intake of potato chips in humans increases the production of reactive oxygen radicals by leukocytes and increases plasma C-reactive protein: a pilot study. *American Journal of Clinical Nutrition*, 2009; DOI: 10.3945/ajcn.2008.26647

And since 90 percent of what we taste is really odor, bacon's aggressive smell delivers a powerful hit to our sense of how good it will taste. This is just one of the reasons bacon is featured in so many TV commercials, and print ads. Just seeing the photos is enough to stimulate brain hormones that trigger desire.

A new study published in the *Archives of Internal Medicine* finds daily consumption of red meat — particularly processed meat — may be riskier than carnivores realize.

*"The statistics are staggering,"* study author Frank Hu, a professor of nutrition and epidemiology at the Harvard School of Public Health said. *"The increased risk is really substantial."*

He found people who consumed about one serving of red meat (beef, pork or lamb) per day had a 13 percent increased risk of mortality, compared with those who were eating very little meat. And processed meats raised the risk higher, to about a 20 percent increased risk of death from diseases including cancer and heart disease.

Is it the meat or the foods fed to the animals and the poor state of their health when harvested? Beef cattle are herbivores who graze on grass, their digestive systems are not designed for grains especially



large quantities of corn and soy. The state of health of cattle in large stock yards is obvious to anyone driving by. Over population, poor sanitation and inappropriate food is also the reason for over use of antibiotics; the cattle are drenched in antibiotic baths on their way to be slaughtered and it is fed to them in copious amounts while they are being fattened to prevent disease outbreaks. This is not necessary for animals on ranches or farms specializing in Organics and free range meat products, where they are allowed to graze in pastures without overcrowding. If these

cattle were grass fed in clean environments like ranches and farms I believe the rate of increased health challenges associated with red meat consumption would melt away like butter on a summer day.

The CC398 strain of MRSA is in almost half of all the US food supply meat, according to the American Society for Microbiology. Most of the time the staph bacteria are killed when people cook their food well, but thoroughly washing counters and cutting boards after meat has touched them is a priority. The vicious new strains of MRSA did not develop in hospitals as previously thought; it appears the superbug started as a somewhat mild-mannered staph bacterium that jumped into the pig population. Later, when it eventually passed back to humans, it returned with a bad attitude and resistance to the major antibiotics generally used to treat staph infections.

Once again I think back to family members who ate piles of bacon, sausages, and chops for breakfast before heading out for a day of building fence, moving cows, falling timber or working in the fields. Many of these individuals worked up till their 70's and 80's, doing what they loved. But the pork foods they enjoyed had never seen a stock yard, GMO corn, wheat and antibiotic baths. Nor had the foods been prepared with multisyllabic chemical names.

The FDA has stated that salt is not a food preservative – they do however recognize sodium nitrates and nitrites as acceptable meat preservers. Correct me if I'm wrong, but wasn't salt curing one of the oldest forms of preserving meat? Today our food contains so many chemicals it is almost impossible to read the label on a simple package of bacon.

So where does that leave meat lovers like me, the key to all things is moderation. I may not eat as many vegetables as I should or could, but I can be discerning about my meat, no longer do I even consider purchasing commercial meats or preserved meat products like lunchmeats.

## Now the Eggs to go with the Bacon

On Aug 14 2012, a study was released that stated "Eggs Are Nearly as Bad for Your Arteries as Cigarettes", this study was quickly disseminated over the vast media waves as "the gospel according to medicine and science". I'm about to illustrate to you hopefully this study is full of --- hummm, bird doo doo.

The study starts with the following statement;

"PROBLEM: Last year, the average American consumed 247 eggs -- over 40 percent more than the world per-capita average. Because egg yolks are high in cholesterol, eating whole eggs increases cholesterol, a known risk factor for coronary artery disease (CAD) and heart attacks. Previous research also links CAD with cigarette smoke."

Does it??

A study of 2000 patients was done in a Veterans Administration Hospital back in the late 90's that showed individuals with high cholesterol had no increase in their levels from consuming two eggs daily compared to an equal sized control group who ate no eggs.

Researchers willing to publish the unpopular like MIT researcher and senior scientist Stephanie Seneff, have a different opinion from the Canadian group. "I think it's dangerous to look at just one food and deduce that the trend you see is caused by that food"

The study was based on recall questionnaires, which are notoriously unreliable. More importantly, the authors singled out one food from the patients' diets and determined this caused the trend towards atherosclerosis. They could have picked another food at random -- say the toast or tomatoes eaten with the eggs -- At the time of questioning it was not determined what other foods, cooking methods, or lifestyle factors contributed to the associative relationship to atherosclerosis.

What if those eggs were cooked in canola oil or bacon grease? Did these respondents consume a high or low fiber diet?



Dr. Frank Hu, professor of nutrition and epidemiology at the Harvard School of Public Health, wrote "[The study] did not measure or control other aspects of diet such as intakes of meats, fruits, or vegetables and did not control for lifestyle factors such as physical inactivity. The data could be useful for generating some hypotheses, but it is difficult to draw any causal conclusions."

"It's very worrisome that these authors of the egg-yolk-is-bad article have managed to come up with a fairly simple and relatively compelling story which will scare a lot of people away from eating egg yolks. The study has potentially serious consequences for people trying to improve their health and reduce their risk of stroke and heart disease -- and that's because most people should be eating more eggs, and particularly the yolks, not fewer."



Seneff and her team at MIT are working on some compelling new research about the role of dietary fat and cholesterol and our health. Her research is so counter to the current dietary dogma that it sounds shocking at first: Seneff believes that Americans are actually suffering from a cholesterol deficiency rather than excess. She's concerned that studies like these only serve to confuse the public more about the role of dietary cholesterol. Seneff believes that cholesterol has been wrongly vilified and in fact, foods that contain high amounts of cholesterol -- like egg yolks and other animal proteins -- are key to improving heart health, maintaining a healthy weight, and staving off many diet-related diseases.

"Much of the cholesterol in the blood is produced endogenously," Dr. Frank Hu, in an interview about this topic wrote, "However, dietary factors (fats and cholesterol) can influence serum cholesterol levels." An article about eggs on the Harvard School of Public Health's website reads, "While it's true that egg yolks have a lot of cholesterol -- and so may weakly affect blood cholesterol levels -- eggs also contain nutrients that may help lower the risk for heart disease, including protein, vitamins B12 and D, riboflavin, and folate."

It's worth pointing out that many of the nutrients found in eggs are found in the yolk. Egg yolk contains lecithin, which helps the body digest fat and metabolize cholesterol; betaine and choline which lower homocysteine levels; glutathione, which helps fight cancer and prevents oxidation of LDL; lutein and zeaxanthin, which have been shown to prevent colon cancer; and biotin, a B vitamin crucial for healthy hair, skin, and nerves.

The picture becomes even more complicated because elevated cholesterol levels do not necessarily mean one is at greater risk for a heart attack. More than 60 percent of all heart attacks occur in people with normal cholesterol levels and the majority of people with high cholesterol never suffer heart attacks.

Many studies now show that high LDL (the so-called "bad cholesterol") and heart disease are not linked. In 2005, the Journal of American Physicians and Surgeons reported that as many as half of the people who have heart disease have normal or desirable levels of LDL. Also in 2005, researchers found that older men and women with high LDL live longer.



### ***Monosodium Glutamate (MSG / E621)***

MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and restaurant foods. MSG is known as an excitotoxin, a substance that overexcites cells to the point of damage or death. Studies show regular consumption of MSG may result in depression, disorientation, eye damage, fatigue, headaches, and obesity. MSG affects the neurological pathways of the brain and disengaged the "I'm full" function which explains national weight gain. Found in: Chinese food (Chinese Restaurant Syndrome ) snacks, chips, cookies, dips, canned meats, boxed foods like mac and cheese, seasonings, canned soup products, frozen dinners, lunch meats. This may also be found under "natural flavorings"

### ***Trans Fat***

Trans fat is used to enhance and extend the shelf life of food products. Found in deep-fried fast foods and processed foods made with genetically modified organisms (GMO) sources, margarine or partially hydrogenated vegetable oils, trans fats are formed by a process called hydrogenation. Numerous studies show trans-fat increases LDL cholesterol levels while decreasing HDL cholesterol, and contributes to increased inflammation, and diabetes. Oils and fat are now forbidden on the Danish market if they contain trans fatty acids exceeding 2 per cent, a move that effectively bans partially hydrogenated oils. Found in: margarine, chips, crackers, cheese spreads, baked goods, fast foods. Don't be fooled by labels shouting "Trans Fat Free", labeling laws allow this statement on foods that contain up to .5gr of trans-fat per serving. Now how many of us only eat 1 serving when it comes to snack crackers or chips?

### ***Common Food Dyes***

Blue #1 and Blue #2 (E133) - Banned in Norway, Finland and France. May cause chromosomal damage  
Found in: candy, cereal, soft drinks, sports drinks and pet foods.

Red dye # 3 (also Red #40) (E124) - Banned in 1990 after 8 years of debate from use in many foods and cosmetics. This dye continues to be on the market until supplies run out! Has been proven to cause thyroid cancer and chromosomal damage in laboratory animals, may also interfere with brain-nerve transmission. Found in: fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products .

Yellow #6 (E110) and Yellow Tartrazine (E102) - Banned in Norway and Sweden. Increases the number of kidney and adrenal gland tumors in laboratory animals, may cause chromosomal damage. Found in: American cheese, macaroni and cheese, candy and carbonated beverages, lemonade.

### ***Sodium Sulfite (E221)***

Preservative used in wine-making and processed foods. According to the FDA, approximately one in 100 people is sensitive to sulfites. The majority of these individuals are asthmatic, suggesting a link between asthma and sulfites. Individuals who are sulfite sensitive may experience headaches, breathing problems, and rashes. In severe cases, sulfites can actually cause death by closing down the airway altogether, leading to cardiac arrest. Found in: Wine and dried fruit.

### ***Sodium Nitrate/Sodium Nitrite***

Sodium nitrate (or sodium nitrite) is used as a preservative, coloring and flavoring. Highly carcinogenic to the liver and pancreas in particular. Sodium nitrite is widely regarded as a toxic ingredient, the USDA tried to ban this additive in the 1970's. Why does the meat industry still use it? This chemical turns meats bright red, and is a color fixer, making old meats appear fresh and vibrant. Found in: hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish, sausages, soups and sauces.

***BHA and BHT (E320)***

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are preservatives. This common preservative keeps foods from changing color, changing flavor or becoming rancid. Effects the neurological system of the brain, alters behavior and cancer. Found in: Potato chips, gum, cereal, frozen sausages, enriched rice, lard, shortening, candy, jello.

***Sulfur Dioxide (E220)***

Sulfur additives are toxic in the United States, the Federal Drugs Administration has prohibited their use on raw fruit and vegetables. Adverse reactions include: bronchial problems particularly in those prone to asthma, hypotension (low blood pressure), flushing tingling sensations or anaphylactic shock. It also destroys vitamins B1 and E. Not recommended for consumption by children. The International Labor Organization says to avoid E220 if you suffer from conjunctivitis, bronchitis, emphysema, bronchial asthma, or cardiovascular disease. Found in: beer, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products.

***Potassium Bromate***

An additive used to increase volume in some white flour, breads, and rolls, potassium bromate is known to cause cancer in animals.

## Clean out your Kitchen

If you are the cook in your family, you know how it feels to be in someone else's kitchen or at a motel with a kitchenette and not have, those essential utensils to cook with that you are accustomed to. A kitchenette at a hotel or family members house filled with Teflon coated pans and plastic serving utensils, is a haunted kitchen for home cooks like me.

When toxic chemicals are released from Teflon/non-stick cookware, bird lovers all over the country have reported their tweeties face planting in the bottom of the cage – dead as a doornail. What is it doing to the person standing over the stove?

“The federal government announced in 2006, enough health concerns have been raised to virtually eliminate continued exposure to the key chemical used to make Teflon.” Evidence is piling up that emissions from the production of synthetic compounds in non-stick cookware, cleaning products, and a host of other common products may cause cancer and other health problems.

"Better things for better living -- through chemistry." From the 1940s to the 1980s, E.I. DuPont de Nemours and Co. wooed customers with that slogan, one of the most memorable in American advertising. But today, two groups of DuPont products developed during that era -- fluorotelomers and fluoropolymers -- are showing how chemical-dependent "better living" can come at a high price.

DuPont and other companies use those synthetic compounds to make an extraordinarily wide range of products, including nonstick cookware (e.g, Teflon), grease-resistant food packaging (e.g., microwave popcorn and pizza boxes), stain-resistant fabrics and carpets (e.g., Stainmaster), shampoos, conditioners, cleaning products, electronic components, paints, firefighting foams, and a host of other artifacts of modern life.

Teflon is a \$2 billion-a-year business and one of the country's best-known products. DuPont once called it the housewife's best friend. However, like many "better things" produced by industrial chemistry, these products can have disastrous side effects.

In 2006, the federal government said DuPont had voluntarily agreed to eliminate by the year 2010 any new emissions of the key Teflon chemical from its factories.<sup>7</sup>

Really did you hear about this in the news, get a recall postcard or see any warning labels?

Non-stick surfaces are metal pans (such as aluminum) coated with a synthetic polymer called polytetrafluoroethylene (PTFE), also known as Teflon, a DuPont brand trademark.

Toxic fumes from the Teflon chemical released from pots and pans at high temperatures may kill pet birds and cause people to develop flu-like symptoms (called "Teflon Flu" or, as scientists describe it,

---

<sup>7</sup> [http://eartheasy.com/article\\_teflon\\_toxicity.htm](http://eartheasy.com/article_teflon_toxicity.htm)

"Polymer fume fever"). Some early studies have suggested that higher PFOA blood levels in humans may be linked with higher than normal cholesterol levels, thyroid disease, and reduced fertility.<sup>8</sup>

Readers this is a real horror story, not a modern myth – how many Teflon pans do you own or coated product do you use, your kids and grand children? All for the sake of convenience, we have taken into our homes monsters.

Manufacturers' labels often warn consumers to avoid high heat when cooking on Teflon. But EWG-commissioned tests conducted in 2003 showed that in just two to five minutes on a conventional stove top, cookware coated with Teflon and other non-stick surfaces could exceed temperatures at which the coating breaks apart and emits toxic particles and gases.<sup>9</sup>

When reading through cancer risk information on the American Cancer Society's website the following information caught my attention: Teflon itself is not suspected to cause cancer. PFOA may be more of a health concern because it can stay in the environment and in the human body for long periods of time. It seems to be present at very low levels in just about everyone's blood. It's not clear how people are exposed to it, although it has been detected at low levels in some foods and drinking water systems and in household dust.

The possible effects of PFOA on cancer risk in humans are not completely understood. Studies in lab rodents have found exposure to PFOA increases the risk of certain tumors of the liver, testicles, mammary glands, and pancreas in these animals.<sup>10</sup>

Although DuPont has never conceded that PFCs might cause health or environmental problems, the company has bowed to relentless and rising public pressure in recent years and moved to rein in its emissions. But whatever action is taken at this point, a class of molecules that did not exist on the planet before the 20th century is now here to stay.

---

<sup>8</sup> <http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/teflon-and-perfluorooctanoic-acid--pfoa>

<sup>9</sup> <http://www.ewg.org/healthyhometips/dangersofteflon>

<sup>10</sup> <http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/teflon-and-perfluorooctanoic-acid--pfoa>

## What are My choices?

**Stainless steel** is a terrific alternative to a non-stick cooking surface. Most chefs agree that stainless steel browns foods better than non-stick surfaces.

**Cast iron** remains a great alternative to non-stick cooking surfaces. Lodge, America's oldest family-owned cookware manufacturer refers to its cookware as "natural non-stick." Cast iron is extremely durable and can be pre-heated to temperatures that will brown meat and will withstand oven temperatures well above what is considered safe for non-stick pans.



**Glass pans** and baking dishes conduct heat efficiently and are easy to clean.

**Stoneware** is also very popular for baking on to achieve that perfect crust on breads and pizzas.

### 2. Knives, Cutting Boards and Utensils.

1. More injury's occur in the kitchen from poor quality DULL knives than any other tool. The kitchen knife to be afraid of is not the 12 inch chef knife but the serrated Jenzoo or bread knife. When you slip with these dangerous implements the cuts are ragged and painful. It makes the whole preparation part of cooking unpleasant. A good sharp knife will easily slice through the tough skin of peppers and tomatoes, making for perfect slices of fruits and vegetables not bloody stumps of fingers. Over the years I have found affordable high quality knives through restaurant supply stores. Now I also have indulged in two or three European chef knives that hold a sharp cutting edge.

Keeping your knives sharp is not as hard as many may think...trust me here if I can do it so can you!

2. I keep two sizes of ceramic sharpening tools handy in the kitchen where my knives are stored in a slotted knife holder **NOT** just tossed in a drawer to get dinged and dull. NEVER put your knives through the dishwasher!, this is a great way to dull and pit the knife blades. They are fast to do touch up with and easy to store out of the way. My favorite are smooth white ceramic sticks from the "Idahone Inc," PO Bx 956 Conifer, CO 80433

3. Cutting boards have been used in kitchens since the development of the first one. For centuries they consisted of a slab of wood. Wood does not chip or dull a good knife the way ceramic, marble or glass does. Research has shown the tannins found in wood especially oak are highly antibacterial, reducing the likely hood of food poisoning. Today we are prompted to use silicone, glass or plastic under the myth it is safer because it can be run through a dishwasher. Research has found dishwashers are not as safe as we might think for disinfection. The splits in the surface of plastic cutting boards has been shown to hold growing populations of bacteria even after several runs through a dishwasher. So my money is on wood.

So for my part I will say again --- eat real foods, do so in moderation, don't smoke, limit your eating out and consumption of fake fats from fast food vendors, get regular exercise of 30min or more at one time, and find something to laugh about every day even if it is over something you have done. If it is in a bag,

box, can or jar it is likely to be more dangerous to your health than sunny side up eggs and good organic farm bacon once a week.

## Step Two: Get Moving

I know every health and wellness book on the market tells you to get out of your chair and get moving... You're sick of hearing it. Well it is true, and just as much as you don't want to hear it, I'm going to say it again. While you may not be one of those who love sweeting to the oldies, or working out in a gym daily – which I am not, YOU must do something!



Gardening, walking the dog, swimming, riding a bicycle, cross country skiing, handball, dancing, park at the farthest corner of the parking lot and walk, do stairs, ride horses, push your lawn mower or clean your own home.....

Movement is key to maintaining independence as we age. Those who walk or move are far more likely to have better balance and suffer from lower levels of depression. Your immune system will work better and you will be ill less than those around you. Even if you have a debilitating illness like rheumatoid arthritis, there are still movements like Qi gong you can do to improve your strength and flexibility.

Here is a little story about three widows in my family: All three of these ladies are in their early 90's – Aunt B, has lived and raised a family on a cattle ranch most of her 90 years, she has raised 6 children and a wagon loads of grand and great grandchildren. She climbs in and out of full sized pickups, takes care of her two story centennial home and until presently pretty much lived on her own and took care of all her own personal needs, transportation as well as a garden. She is in full control of her mental faculties, is a faith filled person who enjoys her family and friends. Life for the most part has been good.

Aunt M, is still living on her own at 93, taking care of her meals, laundry and personal needs. She does have house keepers who come in once a month to do the heavy cleaning. She uses her walker to get around in her yard to water her plants and do household chores with. Every day she is in contact with family. She is feisty and engaged in politics, faith, and reads books daily. As with most her age, there have been tragedies, hardships and disappointments in life. When asked by a daughter, “why are you spending all that money on vitamins, you are old?” Aunt M said – well I'm old not dead and I want to feel good.

Mrs K the oldest of the three has lived an equally long life, taken vitamins and eaten well, but she has not moved... or been one to do much physical work for years. This has led to higher levels of depression, and dangerously poor physical strength and stamina. She is stoic and will not tell anyone she is in pain or doesn't feel well until it is almost too late. Without the aid of a walker she topples over in a light breeze, she is light headed when standing, cold and more than cranky; She carries the ghost of the past with her, is cynical and has been downright nasty to her only grandchild. She seldom leaves her room, has little contact with others by her own choosing and has shunned family and friends. In her view, life has sucked since the death of her husband and everyone is out to hurt you, if you let them in. She is bored, lonely and depressed. How sad to spend any part of one's life feeling this way.

These three individuals have all lived through the same timeline of history, two have chosen to share their life and stories with friends and family, the third has been very private. I have no objections to being private; many private individuals have fond, pleasant and happy memories and are remembered in a kind light. But if one is private because of fear, resentments, and anger it sheds a different light entirely. We all have to make peace with things from our past, that have been hurtful, sharing the history of our lives helps those we share with understand the past and how we have gotten to this place or that in life.

I ask my clients this question --- *“What do you want your memories and those of your family to be?”*

In our family, the motivator to get us up and moving came in the form of a puppy named Sadie. The amount of smiles and laughter in our home has significantly increased over this time. We didn't realize how very serious we had gotten. Every day at 4pm Sadie begins to pester us – it's time to take me for a real walk and play! She is saying. And she is persistent enough that it gets us off the computer or out the door to enjoy just being for a little bit. If you're not a dog person, please don't look to your cat or goldfish to motivate you to do more physical movement. You may need a friend or family member who has a goal to climb a mountain, be more active, and learn to ski or even lose weight, to get you out the door. If you are a guy – NO sex does not count as having walked 11 miles, once again you are over estimating.

The next step our family took was – and I know this sounds sacrilegious – we disconnected the cable TV. This brought me back to my childhood in remote eastern Oregon, if you were bored, didn't want to read, draw, craft or do chores you headed outside, regardless of the weather.

The best thing in the world for adults and children is time to play, especially outside. It fascinates me there are individuals in the world who believe it is bad parenting to let your kids play outside on bicycles, slides, swings, trampolines or with trucks and sticks in the dirt. Ohh they might get hurt or abducted. If the world truly is this dangerous how did any of us make it to adulthood! By allowing children to be independent, make small decisions, learn consequences they become better people, stronger and safer.

Trust me most parents know exactly where their children are by the noise or lack of it. It is my opinion after raising our son; we would have far less need for ADD/HD and anti-depressant medications for children if they were allowed to be kids and to play their own forms of games involving their imaginations and activity. Children also need real chores that they can be responsible for and work through. You may not have wood that needs split or stacked, but what about plants that need weeded, watered or fed? The skills we have as adults, the flexibility, problem solving, and interests are often developed as children.



While sports are good, they also have downfalls and may lead to unnecessary stress and over work, damaging children's growth plates and bones not fully developed. If animal breeders and trainers know this, maybe we as humans should take note for our own.

## Step 3; De-Stressing Your Life – Ya Right

How does one de-stress their life? I am sure there are more than a few health gurus out-there with opinions on this. I on the other hand am living this question by trial and error just like you. Some I know say they live for high stress and conflict –when I point out they are adrenalin junkies and unable to function without conflict to motivate them, they get all grumpy.

What motivates you? Is it putting off work or projects until you cannot ignore them any longer? Is it being in the thick of the battle (politics, evangelization...) What about inter-office or work gossip and politics, does it make you feel important or empowered to be in the know?

I have had to learn sometimes the hard way, about how individual's personalities are toxic stressors for me. These folks are not bad, mean or nasty – they are simply individuals who wind my spring too tightly, making for a bad situation for them and me. Over time, I have learned to separate myself from these people for their good as well as my own.

When those who stress you the most are family, it is harder to have any form of perspective on the topic. No one can push our buttons the way family can, especially our siblings or parents. The hardest part for me was acknowledging I was allowing my family to take control of my emotions and decide what I was going to do about it. This doesn't mean I still don't stew, chew and lay awake at night over actions and words, even those long past can come surging to the surface like a rubber ball held under water. But one of the differences today is I am the one making a choice to respond not react.



You have to make the decision to take back control – no one will freely give it to you – the strong always take control of the weak. You may be one of those who moves half way across the county to place space between you and a person of challenge, others may wait them out; eventually that SOB will die they say to themselves.

Recently I watched the movie “Patch Adams” again. I admit it I’m a sap OK so sue me... One of the profound things about this story is his strength of character to take back control of his life – to seek out and succeed at what it was he wanted to do. *To not settle.*

How much stress is in our lives because we are doing what someone else wants or expect of us to do, but not what makes us feel passion, joy or empowered? Every day I do things for my family, friends or clients....I do these things because I want to not because I have to; My choice, my power, my responsibility. My greatest stressor is other people and how I allow myself to react to their wants and needs. What is yours?

## Six Ways to Maintain Healthy Stress Levels

1. Clean up your diet of processed foods that increase stress on DNA and Chromosome bridges. You can't maintain energy and vitality on junk. Sugar lowers your body's ability to ward off infections, elevates blood sugars and crashes brain function.
2. Incorporate cancer fighting, heart healthy foods into your daily routine like green tea, antioxidant rich berries, nuts and organic chocolate.
3. Provide your body with B-vitamins to support healthy adrenal and stress responses, along with Celtic salt for electrolyte balance. Don't forget protein for brain function, meat mid-day makes all the difference in concentration, focus and stress coping.
4. Walk Away – literally walking away from gossip, news, conflict outside of your control, all are ways to lower unnecessary stress, selectively pick those things worthy of your attention and say no to those that are distracting, confusing and as my sister would say “stupid.”

Many advice manuals up through the 20<sup>th</sup> century took it for granted children needed 3 hours or more of unstructured play outside every day, compared to one and a half hour per week, today. This applies to adults also: Many Europeans and Asians walk almost everywhere they go, parking structures, are being moved away from work places, and research is showing increased productivity and lower stress related health claims. These countries also have lower rates of stress, better health, creativity, and greater longevity.

5. Make quiet moments. This does not involve anything other than letting your mind go blank while looking out a window, or listening to music. It is amazing how your brain feels revived after a 5-minute break every couple of hours. Thoughts become clearer and better focused, and blood pressure goes down. My husband takes time every day at work to stop and just take a few deep breaths and enjoy the beauty of nature. By the way he has terrific blood pressure!
6. Turn off electronic devices after 9pm; do not use electronic readers in bed. Ok this is not old fashioned there is real science here to support what happens to stress hormones when you have light from these gadgets on the brain when you should be winding down to sleep. Without 7-8 hours of sleep, muscle connective and heart tissues cannot heal. Hormones like insulin are affected by cortisol raising blood sugars and blood pressure elevates. While research shows electronic readers are much easier on the eyes of seniors, it also indicates disrupted sleep for those who do not turn the backlight on then down.

## **Step 4; Reduce Your Prescription Medications**

How many prescription medications, herbals or supplements are you taking? Why are you taking them, do you know what they are for? If you do not you had better learn, your health and pocket book are depending on your involvement.

Every day I encounter individuals who are literally consuming handfuls of nutritional products, or 3 to 8 prescription medications. All of these items affect the function of your liver and kidneys.

### **The Amazing Liver**

The liver is the largest internal organ and the second largest next to the skin, it comprises 2.5% of body weight and is the only organ able to regenerate after injury or illness. The liver participates in functions associated with the cardiovascular, digestive, excretory systems and metabolism.

The liver stores and filters the blood to remove infectious organisms, and processes approximately three pints of blood every minute.

Most blood arrives at the liver direct from the intestines via the portal vein carrying dietary nutrients and toxins - the remaining blood arrives at the liver via the hepatic artery. The liver is the primary organ for detoxification of toxic chemicals that enter the body through skin, respiration and ingestion; it is responsible for the metabolism of 90% of ingested alcohol, 25% of basal metabolism and for the conversion of stored glycogen into glucose for release into the bloodstream. So if your liver is bogged down with high fructose corn sweetener, medications and chemicals you are increasing your risk factors for type 2 diabetes, fatty liver disease, hormone disruption and obesity.

For those with thyroid disease, approximately 80% of Triiodothyronine (T3) is produced in the liver from the conversion of Thyroxine (T4) to T3 and T3 accounts for 20% of thyroid hormone production. Triiodothyronine (T3) is approximately ten times more potent than Thyroxine (T4). That means having a healthy liver is central to hormone production and utilization, and not just of thyroid but of all hormones, insulin, testosterone, progesterone, estrogens (you have more than one), melatonin, DHEA.... Get the idea?

The liver stores several vitamins and minerals for the body to use; cobalt, 15% of the body's copper, manganese, ferritin (the endogenous form of iron), coenzyme Q10, biotin, folic acid, vitamins A,C,D, E, K, and B1,B2, B5, B6, and B12 all concentrate in the liver. But that's not all - endogenous phospholipids (healthy fats), and proteins are manufactured in the liver as well as cholesterol – vital for the protection of the brain, heart and hormones.

Liver malfunction may cause; Adult acne, Rosacea, Halitosis (bad breath), and Psoriasis.

## **Ailments that cause liver malfunction**

Intestinal Permeability may be an underlying cause of liver malfunction. This occurs from the additional workload placed on the liver in the detoxification of antigens that enter into the body as a result of poor gut health, this is especially important for children and adults with gluten sensitivity and autism.

Systemic Lupus Erythematosus (SLE) a form of the serious autoimmune disease Lupus Erythematosus (LE) and Hepatitis A, B and C infections cause degeneration and death of the liver. Additionally impaired liver function may occur as a result of adrenal insufficiency and gluten sensitivity.

People with liver ailments should not consume; Carnitine, smart drugs- Adrafinil, Propranolol only with caution, Xanthinol Nicotinate, the herbs Coltsfoot , Licorice, Valerian and high iron containing foods.

People with liver ailments should consume, herbs like artichoke leaf, green tea, Jiaogulan, Korean ginseng, lycium, milk thistle, black cherry (juice), grape (juice), lemon (juice drunk upon awakening in the morning), pear (juice), reishi mushrooms.

I encourage you to do a liver detox twice a year, and follow the footsteps of your ancestors; eat good grass fed, or organically raised liver one to four times a month, if you do not have Hepatitis C or elevated ferritin levels. Liver truly is nature's multi vitamin, and eating liver helps your liver to be healthier – our ancestors new this, it's time to go back to those old fashioned food values that kept all of us healthier.

# Part Two Taking Action - More than Just You

*If Stupid was Taxed, we wouldn't have a National Deficit.*

*~Donna Jansen (1951-2011)*

**M**y sister was equally opinionated as I; she was however more discerning in whom she shared her opinions with. Now on any given day, anyone of us may do something stupid. What amazes me is the regular frequency with which government agencies make blunders, and as consumers, we turn a blind eye, or due to “living life” never even know “stupid” is busy at work. The final part of taking back control comes in the form of “information”. Yes the internet is riddled with bad information, so is the press, government and just about everything else, it is life and why it is so very important for consumers to not be apathetic about their health freedoms.

The freedom of information, a constitutional right in the United States is critical to government reform, health safety and our ability to take back control of our health. It is called Responsibility and the buck as President Truman said “stops here”. As I conclude the writing of this book, the following health freedom events took place, some will be over turned, forgotten, never enforced or change the way we view food. Whatever the outcome, the result will be what you allow by voicing or not your opinion.

## **Small Victories are Worth Knowing About**

The following ruling was handed down on May 21, 2012 - In a 335-page ruling handed down, an Administrative Law Judge with oversight of the Federal Trade Commission (FTC) has upheld the right of pomegranate juice manufacturer POM Wonderful to tell consumers about the health benefits of its juice.

Since 1996, POM has invested over \$35 million to do scientific research on their pomegranate products at 44 top universities and scientific centers around the globe. Over 70 of their studies, have been published in significant peer-reviewed journals, validating the health benefits of the pomegranate and pomegranate juice.

What makes this ruling significant is the fact that the judge said, “The greater weight of the persuasive expert testimony in this case leads to the conclusion that where the product is absolutely safe, like POM Products, and where the claim or advertisement does not suggest that the product be used as a substitute for conventional medical care or treatment, then it is appropriate to favor disclosure.” While we are still studying the ruling, it seems to indicate that other safe products may also be allowed to disclose scientifically validated studies about their health benefits.

It is about time someone with some common sense and back bone stood up to the FTC. And a big thanks to the “Alliance for Natural Health” for helping with this fight and reporting it.

## **Chicken Nuggets if you don't please**

The story in May of 2012, of a preschoolers lunch being confiscated by a state agent who was inspecting lunch boxes— which consisted of a turkey and cheese sandwich, a banana, apple juice and potato chips — “the agent stated it did not meet U.S. Department of Agriculture guidelines.” Pretty much takes the cake for stupid in my book. The preferred food choice placed in front of the child by the state agent was chicken nuggets. So in the state workers mind, highly processes GMO wheat flour, antibiotic laden ground chicken parts, injected with chemical flavorings and sodium, GMO trans fats and sugar – is a healthier food choice over real food? I'd love to see a lab report on this person, I'm sure it would reflect the benefits of such impressive USDA food guidelines... (and yes I'm being sarcastic.)

With the arrival of 2014, schoolchildren have made a difference with their scathing critic of school lunches on Facebook and the internet. As such, national studies report High School age students are demanding Organics and Gluten free foods at school, along with school districts changing their lunch menus and contract food services. Much of the healthy eating movement has been propelled forward by public figures like Jamie Oliver, the Food Day movement and local community activism groups.

Well Done!

## **Fox in Charge of hen house**

In 2009, President Obama appointed Michael Taylor as a senior adviser for the FDA. Consumer groups protested the appointment because Taylor had formerly served as a vice president for Monsanto, the controversial agricultural multinational at the forefront of genetically modified food.

Taylor is the same person who was Food Safety Czar at the FDA when genetically modified organisms were allowed into the U.S. food supply without undergoing a single test to determine their safety or risks.

Taylor's position, which is currently deputy commissioner for foods at the FDA, includes ensuring that food labels contain clear and accurate information, overseeing strategy for food safety and planning new food safety legislation. He is the first individual to hold the position.

## **Small Victories Count**

The Alliance for Natural Health announced on June 20<sup>th</sup> 2012, the FDA conceded on the unconstitutional NDI guidance.

These guidelines were no mere threat to your right to health freedom and the pursuit of happiness through the use of Natural Medicine and nutraceuticals it was indeed a serious threat to everyone's access to supplements, herbs and could destroy yet one more industry in America, leaving large multi-national pharmaceutical companies with a total monopoly.

After adamantly digging in its heels and refusing to reconsider, the FDA has now agreed the draft NDI guidance requires substantial revision. This follows a meeting between FDA Commissioner Margaret Hamburg and Mike Taylor, Deputy Commissioner of Foods, with Senators Harkin and Hatch, longtime champions of natural health and the drafters of the DESHA law. If you recall these two senators filed formal action against the FDA in 2011, over these NDI guidelines that were in effect changing the law without approval from congress.

The FDA stated in the meeting the guidance would be revised to account for the numerous comments and concerns, and released in draft form once again, which will then be open for public comment. Isn't that what they were supposed to do in the first place?

The Appropriations Committee censuring the FDA for prematurely enforcing the NDI draft guidance while supposedly still in draft. The report goes on to further state: "The Committee urges FDA to withdraw the July 2011 NDI draft guidance and re-engage the dietary supplement community to develop a new guidance on what constitutes NDI."

While the FDA has not yet agreed to a specific timeline for revising the guidance, nor indicated what exactly will be revised, they did commit to collaborating with the dietary supplement industry to create a list of agreed-upon "grandfathered" dietary ingredients (ie. supplements). A "grandfathered" dietary ingredient is an ingredient marketed before 1994 and therefore not considered an NDI (new). Grandfathered dietary ingredients are therefore not subject to the NDI guidance. Currently, there is no authoritative list of "grandfathered" dietary ingredients, leaving the legal status of many dietary supplements like vitamin C and E in limbo.

Although an authoritative list of "grandfathered" dietary ingredients could be useful to the supplement industry, the fear is the FDA will use this as an opportunity to knock out supplements that were indeed on the market before 1994 but may not meet the FDA's idea of proof. This is precisely what happened to pyridoxamine, one of only three natural and bioavailable forms of vitamin B6.

What many don't realize is this action came about also through the petitioning of the pharmaceutical industry, due to the impressive studies showing the clinical importance of this supplement in treating neuropathy in diabetics. Once the supplement was pulled from the general market it became available for drug companies to exploit in diabetic treatments. This affordable supplement like fish oil and probiotics was now available for insurance reimbursement and the hefty price tag that goes along with such prominence.

## Phone Aps and the FDA

– The FDA censorship of cell phone health apps. The FDA has decided that you are becoming too informed and that health apps must go through an approval process – this has nothing to do with food, drugs or treatment. It is about the freedom of information and free trade. Millions of EMS, Nurses, Doctors, Students and consumers utilize phone apps for tracking medications, reference, coding and fun.

By dictating what is and is not suitable for viewing, the FDA will be violating the first amendment. Following this will be online forums, health books and curriculums. The FDA has to present suggested guidelines to congress at the close of 2012, the resolution to this may be a thundering NO or a quiet whimper depending on you, and your willingness to make your voice heard.

---

There is no doubt about it – if we go through life apathetic, events happen contrary to what is good for our health. ***WE SHOULD NEVER BE AFRAID OF FOOD***, it is, all the other stuff masquerading as food , that needs to be eliminate from our tables. As I have said before, no one can care more about your health than you. You must take back control by making informed decisions about the role of your food, activity, and stress in your life.

This does not mean you need to become a zealot about everything you eat, there will be times when you will eat, drink and be merry, but those days will be selective because you have made the choice not just because you didn't have the energy to care.

Our life energy is fed by the food we consume daily;

The health of our children is formed by the foods we consume daily;

Our ability to grab life by the horns and live it to the fullest is fueled by the foods we consume daily;

The human brains understanding of complex equations and concepts is the result of the food we consume daily.

Why would you want to give up all your potential, by,

Not taking back control of your health?

# Index

<b>Acesulfame-K</b> .....	6	<b>Donna Jansen</b> .....	15	nonalcoholic fatty liver disease.....	8
Acrylamide .....	2	Duke University Medical Center ...	8	Nurses' Health Study.....	5, 6
ADD/HD.....	12	DuPont .....	8, 9	nutraceuticals.....	16
Alliance for Natural Health ....	15, 16	<b>Eggs</b> .....	3	Obama.....	16
American College of Rheumatology		FDA .....	3, 7, 16, 17	Patch Adams.....	13
.....	6	fiber .....	4	Pink Slime.....	1
American Heart Association .....	7	folate.....	5	POM.....	15
<i>American Journal of Clinical</i>		<b>fries</b> .....	1, 2	<b>Potassium Bromate</b> .....	7
<i>Nutrition</i> .....	5, 2	<i>Fructose</i> .....	6, 8	<b>Potato Chips</b> .....	2
antibiotics.....	3	Gardening.....	10	Prescription Medications.....	2, 13
Appropriations Committee.....	17	<b>Glass pans</b> .....	10	<b>Processed foods</b> .....	1
<i>Archives of Internal Medicine</i> .....	2	GMO .....	3, 6, 16	saturated fat.....	1
<b>Aspartame</b> .....	6	gout.....	5, 6	Senators Harkin and Hatch.....	16
ATP.....	8	Harvard School of Public health....	2	<b>Soda</b> .....	5
<b>Bacon</b> .....	2, 3	Health Professionals Follow-Up		<b>Sodium Nitrate/Sodium Nitrite</b> ....	7
Beef Products Inc.....	1	Study .....	5	<b>Sodium Sulfite</b> .....	7
<b>BHA and BHT</b> .....	7	high blood pressure .....	5	<b>Stainless steel</b> .....	9
<i>Boston University School of</i>		high cholesterol .....	5, 4, 5	<b>Stoneware</b> .....	10
<i>Medicine</i> .....	6	<b>High fructose corn syrup</b> .....	6	stress.....	3, 12, 13
cancer .....	3, 2, 5, 6, 7, 8, 9	high-fructose corn-syrup .....	6	sugar .....	5, 6, 7, 8, 1, 6, 16
<b>Cast iron</b> .....	9	hormone .....	13	<b>Sulfur Dioxide</b> .....	7
cell phone health apps .....	17	<i>Inflammation</i> .....	6, 1	Teflon.....	7, 8, 9
Chicken Nuggets .....	16	Intestinal Permeability .....	14	The National Health and Nutrition	
Cigarettes .....	3	<i>Journal of Clinical Endocrinology &amp;</i>		Survey.....	7
coffee.....	5	<i>Metabolism</i> .....	6	thyroid.....	6, 8, 13
<b>Common Food Dyes</b> .....	6	Liver .....	13, 14	<b>Trans Fat</b> .....	6
coronary artery disease.....	5, 3	Michael Taylor .....	16	<i>UCLA Center for Health Policy</i>	
diabetes.....	5, 7, 1, 6, 13	MIT.....	4	<i>Research</i> .....	1
Dietary Guidelines for Americans .	7	<b>Monosodium Glutamate</b> .....	6	US Department of Agriculture .....	7