

2012 End Time Current Events

& Health Alerts: 1-29-12

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- Governments Worldwide Raise Acceptable Radiation Levels Based Upon Politics ... Not Science - American and Canadian authorities have virtually stopped monitoring airborne radiation & testing fish for radioactivity.
- Depopulation programs: Chemtrails, aerosol spraying, geoengineering, directed energy weapons, Chlorination and Fluoridation of the water, the mass drugging of America via the pharmaceutical cartels, GMO food industry, the pesticides, herbicides, fungicides sprayed on the crops that are then consumed, ASPARTAME AKA Equal/NutraSweet--renamed AMINO SWEET or NEOTAME, Splenda, Saccharin, high fructose corn syrup, bleached white sugar and flour, COREXIT, VACCINES (cancer viruses – mercury – aluminum – aborted fetal tissue – tainted DNA – microchips? – etc.), Wi-Fi, HAARP, SCALER weapons, Cell Phones, Cordless Phones, Disposable water bottles, bisphenol A (BPA), BHT, MSG, Food Irradiation, Nitrites, Microwave Ovens, Pasteurization, Homogenization, rBGH or Recombinant Bovine Growth Hormone, Antibiotics, out-gassing of the plastics and chemicals in your car and homes, CFL Bulbs, Smart Meters, Dental amalgams/mercury fillings, Soy and Canola oil, Deep Fried Foods- Trans fatty acids, partially hydrogenated fats like margarine, Bio-weapons like the 1918/1919 Spanish Flu- HIV – Lyme Disease – coming pandemics,

etc.) + 80 Pages of information regarding these subjects and proactive measures you can take

Ephesians 5:11, 13-16: "And have no fellowship with the unfruitful works of darkness, but rather **reprove** them. **But all things that are reprov'd are made manifest by the light:** for whatsoever doth make manifest is light. Wherefore he saith, **Awake thou that sleepest,** and arise from the dead, and Christ shall give thee light. **See then that ye walk circumspectly,** not as fools, but as wise, Redeeming the time, because the days are evil."

The **1828 Noah Webster Dictionary** defines:

Reprove: To blame, to convince of a fault, or to make it manifest, to excite a sense of guilt.

Circumspectly: Cautiously; with watchfulness every way; with attention to guard against surprise or danger.

Matthew 24:24: "...if it were possible, they shall deceive **the very elect.**"

II Corinthians 2:11: "Lest Satan should get an advantage of us: for we **are not ignorant** of his devices."

II Chronicles 7:14: "If **my people,** which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

Fear of God

1Sa 12:24 Only fear the LORD, and serve him in truth with all your heart: for consider how great things he hath done for you.

2Co 7:1 ¶ Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

Ps 22:23 Ye that fear the LORD, praise him...

Ps 33:8 Let all the earth fear the LORD: let all the inhabitants of the world stand in awe of him.

Ps 34:9 O fear the LORD, ye his saints: for there is no want to them that fear him.

Ps 115:11 Ye that fear the LORD, trust in the LORD: he is their help and their shield.

Ps 115:13 He will bless them that fear the LORD, both small and great

Ps 118:4 Let them now that fear the LORD say, that his mercy endureth for ever.

Ps 135:20 Bless the LORD, O house of Levi: ye that fear the LORD, bless the LORD.

Pr 3:7 ¶ Be not wise in thine own eyes: fear the LORD, and depart from evil.

Ps 111:10 The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever.

Pr 1:7 ¶ The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.

Pr 1:29 For that they hated knowledge, and did not choose the fear of the LORD:

Pro 2:1 ¶ My son, if thou wilt receive my words, and hide my commandments with thee;

Pro 2:2 So that thou incline thine ear unto wisdom, [and] apply thine heart to understanding;

Pro 2:3 Yea, if thou criest after knowledge, [and] liftest up thy voice for understanding;

Pro 2:4 If thou seekest her as silver, and searchest for her as [for] hid treasures;

Pr 2:5 Then shalt thou understand the fear of the LORD, and find the knowledge of God.

Pr 8:13 The fear of the LORD is to hate evil: pride, and arrogancy, and the evil way, and the froward mouth, do I hate.

Pr 9:10 The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.

Psa 34:7 The angel of the LORD encampeth round about them that fear him, and delivereth them.

Pr 10:27 ¶ The fear of the LORD prolongeth days: but the years of the wicked shall be shortened.

Pr 14:26 ¶ In the fear of the LORD is strong confidence: and his children shall have a place of refuge.

Pr 14:27 The fear of the LORD is a fountain of life, to depart from the snares of death.

Pr 15:16 ¶ Better is little with the fear of the LORD than great treasure and trouble therewith.

Pr 15:33 ¶ The fear of the LORD is the instruction of wisdom; and before honour is humility.

Pr 16:6 ¶ By mercy and truth iniquity is purged: and by the fear of the LORD men depart from evil.

Pr 19:23 ¶ The fear of the LORD tendeth to life: and he that hath it shall abide satisfied; he shall not be visited with evil.

Pr 22:4 ¶ By humility and the fear of the LORD are riches, and honour, and life.

Ecc 8:12 Though a sinner do evil an hundred times, and his days be prolonged, yet surely I know that it shall be well with them that fear God, which fear before him...

POTUS Gets a Failure to Appear – 100 Times Bigger than Watergate

The Intel Hub Shepard Ambellas January 26, 2012

GEORGIA — A packed courtroom minus the POTUS (President of the United States) and his attorney, as Obama was a “no show” grabbing a FTA (Failure to Appear) in the case suggesting Obama himself may not be a natural born citizen.

Although this comes as no surprise to well researched individuals, it is startling that the almighty dictator can literally skip out on court.

Those who filed suit are claiming that Obama should be kept off the primary ballot in Georgia for presidential reelection in November 2012.

The Obama Commission says these claims have no merit.

One witness testified that Obama’s father is not a U.S. citizen but a citizen of Africa, and others testified to the fact that Obama is using a fraudulent social security number (most likely issued by the CIA) as previously covered by [The Intel Hub](#).

An excerpt from *AJC* reads;

“This court has authority to take appropriate steps to punish him in contempt,” said state Rep. Mark Hatfield, a Waycross Republican who represents two men from Duluth and Morrow who filed challenges.

Orly Taitz who filed suit and has been instrumental in the proceedings stated to a local news station and others;

“He is a complete fraud, he is using a forged birth certificate, and he is using a stolen social security number.... this man is making a joke out of this country”.

Last Saturday she stated as reported by the [Miami Herald](#);

“This will be 100 times bigger than Watergate.... There are high ranking judges and federal officials who are involved in this cover up. The ramifications of this trial will be enormous..... But he’s in a catch-22.... If he is appealing this decision, then he looks guilty. The whole nation understands this man is a fraud.”

Play: http://www.youtube.com/watch?v=CSVzhlEVzsw&feature=player_embedded

Jerome R. Corsi of [WND](#) writes;

The historic hearing was the first time that a court has accepted arguments on the merits of the controversy over Obama’s status. His critics say he never met the constitutional requirements to occupy the Oval Office, and the states and Congress failed in their obligations to make sure only a qualified president is inaugurated. His supporters, meanwhile, argue he won the 2008 election and therefore was “vetted” by America.

[Discover what the Constitution’s reference to “natural born citizen” means and whether Barack Obama qualifies, in the ebook version of “Where’s the REAL Birth Certificate?”](#)

The hearing was before Judge Michael Malihi of the Georgia state Office of State Administrative Hearings. In Georgia, a state law requires “every candidate for federal” office who is certified by the state executive committees of a political party or who files a notice of candidacy “shall meet the constitutional and statutory qualifications for holding the office being sought.”

The following excerpt is a [Blow-by-Blow](#) Report of the courtroom proceedings that took place today in Georgia by [Craig Anderson](#);

Given the testimony from today’s court case in Georgia, Obama has a lot of explaining to do. His attorney, Jablonski, was a NO SHOW as of course, was Obama.

The following is a nutshell account of the proceedings.

Promptly at 9am EST, all attorneys involved in the Obama Georgia eligibility case were called to the Judge’s chambers. This was indeed a very interesting beginning to this long awaited and important case.

The case revolved around the Natural Born clause of the Constitution and whether or not Obama qualifies under it to serve. More to the point, if found ineligible, Obama’s name would not appear on the 2012 ballot in Georgia.

Obama himself, who had been subpoenaed to appear, of course was nowhere near Georgia. Instead, Obama was on a campaign swing appearing in Las Vegas and in Colorado ignoring the court in Georgia.

Over the last several weeks, Obama’s attorney, Michael Jablonski, had attempted several tactics to keep this case from moving forward. He first tried to have it dismissed, then argued that it was irrelevant to Obama. After that, Jablonski argued that a state could not, under the law, determine who would or would not

be on a ballot and later, that Obama was simply too busy with the duties of office to appear.

After all these arguments were dispatched by the Georgia Court, Jablonski, in desperation, wrote to the Georgia Secretary of State attempting to place Obama above the law and declared that the case was not to be heard and neither he nor his client would participate.

Secretary of State, Brian Kemp, fired back a letter hours later telling Jablonski he was free to abandon the case and not participate **but that he would do so at his and his clients peril.**

Court is called to order.

Obama's birth certificate is entered into evidence.

Obama's father's place of birth, Kenya East Africa is entered into evidence.

Pages 214 and 215 from Obama's book, "Dreams from My Father" entered into evidence. Highlighted. This is where Obama indicates that, in 1966 or 1967 that his father's history is mentioned. It states that his father's passport had been revoked and he was unable to leave Kenya.

Immigration Services documents entered into evidence regarding Obama Sr.

June 27th, 1962, is the date on those documents. Obama's father's status shown as a non citizen of the United States. Documents were gotten through the Freedom of Information Act.

Testimony regarding the definition of Natural Born Citizen is given citing Minor vs Happersett opinion from a Supreme Court written opinion from 1875. The attorney points out the difference between "citizen" and "Natural Born Citizen" using charts and copies of the Minor vs Happersett opinion.

It is also pointed out that the 14th Amendment does not alter the definition or supersede the meaning of Natural Born. It is pointed out that lower court rulings do not conflict with the Supreme Court opinion nor do they over rule the Supreme Court Minor vs Happersett opinion.

The point is, to be a natural born citizen, one must have 2 parents who, at the time of the birth in question, be citizens of the United States. As Obama's father was not a citizen, the argument is that Obama, constitutionally, is ineligible to serve as President.

Judge notes that as Obama nor his attorney is present, action will be taken accordingly.

<http://theintelhub.com/2012/01/26/potus-gets-a-failure-to-appear/>

ACTA = Global Internet Censorship – Now Even Foreign Governments Will Be Able To Have Your Website Shut Down

Posted: 27 Jan 2012 12:21 PM

Global Internet censorship is here. SOPA and PIPA have been stopped (at least for now) in the United States, **but a treaty known as ACTA (the Anti-Counterfeiting Trade Agreement) is far worse than either of them. ACTA was quietly signed by Barack Obama back on October 1st, 2011 and most Americans have never even heard of it. But it could mean the end of the Internet as we know it. This new treaty gives foreign governments and copyright owners incredibly broad powers. If you are alleged to have violated a copyright, your website can be shut down without a trial and police may even show up at your door to take you to prison. It**

doesn't even have to be someone in the United States that is accusing you. It could just be a foreign government or a copyright owner halfway across the world that alleges that you have violated a copyright. It doesn't matter. So far, the U.S., the EU and seven other nations have signed on to ACTA, and the number of participants is expected to continue to grow. The "powers that be" are obsessed with getting Internet censorship one way or another. The open and free Internet that you and I have been enjoying for all these years is about to change, and not for the better.

So how come the U.S. Senate never voted on ACTA? Doesn't the U.S. Constitution mandate that all treaties must be approved by a two-thirds vote in the Senate?

Of course it does.

But Barack Obama has gotten around this by calling ACTA an "executive agreement", which is a load of garbage.

Unfortunately, this is the kind of nonsense we are getting out of Obama on a regular basis. He has shown endless disdain for the U.S. Constitution.

Some members of Congress are expressing deep alarm over ACTA. For example, U.S. Representative Darrell Issa is calling ACTA "[more dangerous than SOPA](#)".

There are some members of Congress that are even demanding that ACTA be submitted to the U.S. Senate for a vote. Unfortunately, their voices are very few so far, and ACTA is getting next to no coverage in the mainstream media.

But this new treaty is very, very serious. It basically mandates that all Internet communications be constantly monitored for copyright infringement. Sites like YouTube, Facebook and Twitter will have to monitor accounts for copyright infringement 24 hours a day.

If you are alleged to have committed a violation, you might not just lose your social media account or your website.

You could potentially be sent to prison.

Yes, seriously.

What we are talking about is Chinese-style Internet censorship for the entire globe.

The new rules proposed in ACTA essentially transform Western ISPs into something more along the lines of ISPs in China and other more restrictive nations.

One of the worst elements of ACTA is that it would allow accusers of copyright infringement to completely and totally bypass judicial review.

If you don't think that ACTA will change the Internet, just check out the following excerpt from a recent article [by Paul Joseph Watson](#)....

Under the provisions of ACTA, copyright holders will be granted sweeping direct powers to demand ISPs remove material from the Internet on a whim. Whereas ISPs normally are only forced to remove content after a court order, all legal oversight will be abolished, a precedent that will apply globally, rendering the treaty worse in its potential scope for abuse than SOPA or PIPA.

Big sites like YouTube, Facebook and Twitter may just decide that it is too much of a hassle to monitor millions of pieces of content. Allowing users to constantly post content on their sites would be a huge risk. In fact, if they are found to be allowing "copyright infringement", those sites could be permanently shut down.

The American people need to get educated about this new treaty before it is too late. There is still a chance that we could get the U.S. Congress to take action against this new treaty.

Under ACTA, Internet service providers will essentially be required to become the police of the Internet. This was explained in a recent article [by Cory Doctorow](#)....

New revelations on ACTA, the Anti-Counterfeiting Trade Agreement (ACTA), a secretive global copyright being privately negotiated by rich countries away from the UN: ACTA will require ISPs to police trademarks the way they currently police copyright. That means that if someone accuses you of violating a trademark with a web-page, blog-post, video, tweet, etc, your ISP will be required to nuke your material without any further proof, or be found to be responsible for any trademark violations along with you. And of course, trademark violations are much harder to verify than copyright violations, since they often hinge on complex, fact-intensive components.... Meaning that ISPs are that much more likely to simply take all complaints at face-value, leading to even more easy censorship of the Internet with nothing more than a trumped-up trademark claim.

One of the big problems with ACTA is that it is way too broad and way too vague. Vague language allows authorities to "interpret" the law any way that they see fit. This can often lead to selective enforcement. Websites that authorities like, will be left alone, while those that they don't like will be harassed or completely shut down.

ACTA was written in secret and it has been pushed through very, very quietly.

The following comes from [a recent CNN article](#)....

Like many trade agreements, ACTA is a confusing mess. Even its signatories don't agree on how it's supposed to work. The way it's been pushed forward has also been unruly -- talks have been held in secret, without any kind of legislative oversight or input from citizens or public-interest groups. The public only became aware of it in 2008, a couple of years after discussions began, when Wikileaks published a discussion paper. ...Reportedly, though, big media and pharmaceutical lobbyists have been privy to the talks all along

Of course - this is a chance for big media and big corporations to take control of the Internet.

The way ACTA has been pushed on us has been absolutely disgusting. **In fact, one key EU official that was in charge of investigating ACTA has resigned in protest over how this whole thing has gone down. He says that ACTA is basically being [crammed down the throats](#) of the European people....**

I want to denounce in the strongest possible manner the entire process that led to the signature of this agreement: no inclusion of civil society organizations, a lack of transparency from the start of the negotiations, repeated postponing of the signature of the text without an explanation being ever given, exclusion of the EU Parliament's demands that were expressed on several occasions in our assembly.

As reporter of this text, I have faced never-before-seen maneuvers from the right wing of this Parliament to impose a rushed calendar before public opinion could be alerted, thus depriving the Parliament of its right to expression and of the tools at its disposal to convey citizens' legitimate demands."

... This agreement might have major consequences on citizens' lives, and still, everything is being done to prevent the European Parliament from having its say in this matter. That is why today, as I release this report for which I was in charge, I want to send a strong signal and alert the public opinion about this unacceptable situation. I will not take part in this masquerade.

For much more on ACTA, please watch the remarkable video [play now](#). It does a great job of explaining exactly what ACTA is and why we need to be so concerned about it....

The world is changing and the Internet is changing.

If you don't speak up now, the Internet as we know it today may soon be gone for good.

What SOPA, ACTA, PIPA don't want you to know

Play to 8:20: Skip 2:08 to 2:17 & 3:04 to 3:06 & 4:07 to 4:09 & 4:26 to 4:33

<http://www.youtube.com/watch?v=-tD1yaEOGfQ>

Uploaded by [JeepersMedia](#) on Jan 20, 2012

STEAL THIS Megaupload VIDEO.

PLEASE Sign the Richard O'Dwyer Petition HERE;

<http://www.gopetition.com/petitions/stop-extradition-fair-uk-trial-for-richar...>

See More Evidence of how CNET / CBS caused the Phenomenon of Piracy with the Help of So-Branded Partners such as AOL and the MSN Network

<http://onecandleinthedark.blogspot.com>

UK Student Richard O'Dwyer's Mum's Blog on the Extradition Fight

<http://juliablog-the-fight-of-our-lives.blogspot.com/2012/01/epidode-2-full-...>

Jammie Rasset Thomas Story on Wikipedia

http://en.wikipedia.org/wiki/Capitol_v._Thomas

Richard O'Dwyer Story, Extradition Pact Being MisUsed

President Obama filled the USA Department of Justice with RIAA Lawyers

President Barack Obama is tapping another RIAA attorney into the Justice Department.

Monday's naming of [Ian Gershengorn](#), to become the department's deputy assistant attorney of the Civil Division, comes more than a week after **nearly two-dozen public interest groups, trade pacts and library coalitions urged the new president to quit filling his administration with lawyers plucked from the Recording Industry Association of America.**

The move makes it five RIAA lawyers Obama has appointed to the Justice Department.

Gershengorn, a partner with RIAA-firm Jenner & Block, represented the labels against [Grokster](#) (.pdf) and will be in charge of the DOJ Federal Programs Branch.

That's the unit that just told a federal judge the Obama administration supports monetary damages as high as \$150,000 per purloined music track on a peer-to-peer file sharing program.

In addition to Gershengorn, the other Jenner & Block attorneys appointed to the Justice Department include:

***Donald Verrilli, associate deputy attorney general — the No. 3 in the DOJ, who unsuccessfully urged a federal judge to uphold the \$222,000 file sharing verdict against Jammie Thomas.**

***Tom Perrilli, as Verrilli's former boss, the Justice Department's No. 2 argued in 2002 that internet service providers should release customer information to the RIAA even without a court subpoena.**

<http://www.wired.com/threatlevel/2009/04/obama-taps-fift/>

<http://www.dailymail.co.uk/news/article-2087135/Richard-ODwyer-US-extradition...>

Megauploads Story on Raid and Arrests

<http://www.3news.co.nz/Megauploads-Kim-Schmitz-arrested-in-Auckland-site-shut...>

130,000 Downloaders Sued for Downloading Just One Movie

<http://torrentfreak.com/100000-p2p-users-sued-in-us-mass-lawsuits-110130/>

Anti-Piracy Lawyers Sue Dead Person

<http://torrentfreak.com/anti-piracy-lawyers-sue-dead-person-110826/>

Ars Technica Report that 2011 Judge Rules that MASS Lawsuits are Legal and Can Proceed

<http://arstechnica.com/tech-policy/news/2011/03/p2p-lawyers-score-a-victory-m...>

Article that Downloading can Destroy Your Career Including a Report of NEW Mass Copyright Infringement Filing against Users

<http://ctwatchdog.com/finance/downloading-pirated-movies-can-damage-your-care...>

Thousands More Bittorrent Users to be sued article

<http://www.newworldorderreport.com/News/tabid/266/ID/4667/Thousands-More-BiT...>

RIAA Sues Elderly Woman with No Computer

<http://www.techdirt.com/articles/20051201/0112259.shtml>

RIAA Sues Family with NO Computer and NO Internet Access

http://www.afterdawn.com/news/article.cfm/2006/04/25/riaa_lawsuit_hits_family...

RIAA "Settles" with Family with No Computer

http://www.afterdawn.com/news/article.cfm/2009/06/21/woman_with_no_computer_s...

Data Shows RIAA Employees Pirated

<http://www.dslreports.com/shownews/Data-Shows-Piracy-at-DHS-RIAA-Headquarters...>

RIAA Demands to Depose Dead Defendant's Young Children

<http://recordingindustryvspeople.blogspot.com/2006/08/riaa-wants-to-depose-de...>

RIAA Sues Dead Woman, has No Remorse

http://www.theregister.co.uk/2005/02/05/riaa_sues_the_dead/

The prison industry in the United States: big business or a new form of slavery?

by Vicky Pelaez [Global Research](#), March 10, 2008 El Diario-La Prensa, New York

Human rights organizations, as well as political and social ones, are condemning what they are calling a new form of inhumane exploitation in the United States, where they say a prison population of up to 2 million - mostly Black and Hispanic - are working for various industries for a pittance. For the tycoons who have invested in the prison industry, it has been like finding a pot of gold. They don't have to worry about strikes or paying unemployment insurance, vacations or comp time. All of their workers are full-time, and never arrive late or are absent because of family problems; moreover, if they don't like the pay of 25 cents an hour and refuse to work, they are locked up in isolation cells.

There are approximately 2 million inmates in state, federal and private prisons throughout the country. According to California Prison Focus, "no other society in human history has imprisoned so many of its own citizens." The figures show that the United States has locked up more people than any other country: a half million more

than China, which has a population five times greater than the U.S. Statistics reveal that the **United States holds 25% of the world's prison population, but only 5% of the world's people.** From less than 300,000 inmates in 1972, the jail population grew to 2 million by the year 2000. In 1990 it was one million. Ten years ago there were only five private prisons in the country, with a population of 2,000 inmates; now, there are 100, with 62,000 inmates. It is expected that by the coming decade, the number will hit 360,000, according to reports.

What has happened over the last 10 years? Why are there so many prisoners?

"The private contracting of prisoners for work fosters incentives to lock people up. Prisons depend on this income. Corporate stockholders who make money off the prisoners' labor, lobby for longer sentences in order to expand their workforce. The system feeds itself," says a study by the Progressive Labor Party, which accuses the prison industry of being "an imitation of Nazi Germany with respect to forced slave labor and concentration camps."

The prison industry complex is one of the fastest-growing industries in the United States and its investors are on Wall Street. "This multimillion-dollar industry has its own trade exhibitions, conventions, websites, and mail-order/Internet catalogs. It also has direct advertising campaigns, architecture companies, construction companies, investment houses on Wall Street, plumbing supply companies, food supply companies, armed security, and padded cells in a large variety of colors."

According to the Left Business Observer, the federal prison industry produces 100% of all military helmets, ammunition belts, bullet-proof vests, ID tags, shirts, pants, tents, bags, and canteens. Along with war supplies, prison workers supply 98% of the entire market for equipment assembly services; 93% of paints and paintbrushes; 92% of stove assembly; 46% of body armor; 36% of home appliances; 30% of headphones/microphones/speakers; and 21% of office furniture. Airplane parts, medical supplies, and much more: prisoners are even raising seeing-eye dogs for blind people.

According to reports by human rights organizations, these are the factors that increase the profit potential for those who invest in the prison industry complex:

1) Jailing persons convicted of non-violent crimes, and long prison sentences for possession of microscopic quantities of illegal drugs. Federal law stipulates five years' imprisonment without possibility of parole for possession of 5 grams of crack or 3.5 ounces of heroin, and 10 years for possession of less than 2 ounces of rock-cocaine or crack. **A sentence of 5 years for cocaine powder requires possession of 500 grams - 100 times more than the quantity of rock cocaine for the same sentence. Most of those who use cocaine powder are white, middle-class or rich people, while mostly Blacks and Latinos use rock cocaine.**

In Texas, a person may be sentenced for up to two years' imprisonment for possessing 4 ounces of marijuana. Here in New York, the 1973 Nelson Rockefeller anti-drug law provides for a mandatory prison sentence of 15 years to life for possession of 4 ounces of any illegal drug.

2) The passage in 13 states of the "three strikes" laws (life in prison after being convicted of three felonies), made it necessary to build 20 new federal prisons. One of the most disturbing cases resulting from this measure was that of a prisoner who for stealing a car and two bicycles received three 25-year sentences.

3) Longer sentences.

- 4) The passage of laws that require minimum sentencing, without regard for circumstances.
- 5) A large expansion of work by prisoners creating profits that motivate the incarceration of more people for longer periods of time.
- 6) More punishment of prisoners, so as to lengthen their sentences.

Prison labor has its roots in slavery. After the 1861-1865 Civil War, a system of "hiring out prisoners" was introduced in order to continue the slavery tradition. Freed slaves were charged with not carrying out their sharecropping commitments (cultivating someone else's land in exchange for part of the harvest) or petty thievery - which were almost never proven - and were then "hired out" for cotton picking, working in mines and building railroads. From 1870 until 1910 in the state of Georgia, 88% of hired-out convicts were Black. In Alabama, 93% of "hired-out" miners were Black. In Mississippi, a huge prison farm similar to the old slave plantations replaced the system of hiring out convicts. The notorious Parchman plantation existed until 1972.

During the post-Civil War period, Jim Crow racial segregation laws were imposed on every state, with legal segregation in schools, housing, marriages and many other aspects of daily life. **"Today, a new set of markedly racist laws is imposing slave labor and sweatshops on the criminal justice system, now known as the prison industry complex,"** comments the Left Business Observer.

Who is investing? At least 37 states have legalized the contracting of prison labor by private corporations that mount their operations inside state prisons. The list of such companies contains the cream of U.S. corporate society: IBM, Boeing, Motorola, Microsoft, AT&T, Wireless, Texas Instrument, Dell, Compaq, Honeywell, Hewlett-Packard, Nortel, Lucent Technologies, 3Com, Intel, Northern Telecom, TWA, Nordstrom's, Revlon, Macy's, Pierre Cardin, Target Stores, and many more. All of these businesses are excited about the economic boom generation by prison labor. Just between 1980 and 1994, profits went up from \$392 million to \$1.31 billion.

Inmates in state penitentiaries generally receive the minimum wage for their work, but not all; in Colorado, they get about \$2 per hour, well under the minimum. And in privately-run prisons, they receive as little as 17 cents per hour for a maximum of six hours a day, the equivalent of \$20 per month. The highest-paying private prison is CCA in Tennessee, where prisoners receive 50 cents per hour for what they call "highly skilled positions." At those rates, it is no surprise that inmates find the pay in federal prisons to be very generous. There, they can earn \$1.25 an hour and work eight hours a day, and sometimes overtime. They can send home \$200-\$300 per month.

Thanks to prison labor, the United States is once again an attractive location for investment in work that was designed for Third World labor markets. A company that operated a maquiladora (assembly plant in Mexico near the border) closed down its operations there and relocated to San Quentin State Prison in California. In Texas, a factory fired its 150 workers and contracted the services of prisoner-workers from the private Lockhart Texas prison, where circuit boards are assembled for companies like IBM and Compaq.

[Former] Oregon State Representative Kevin Mannix recently urged Nike to cut its production in Indonesia and bring it to his state, telling the shoe manufacturer that "there won't be any transportation costs; we're offering you competitive prison labor (here)."

The prison privatization boom began in the 1980s, under the governments of Ronald Reagan and Bush Sr., but reached its height in 1990 under William Clinton, when Wall Street stocks were selling like hotcakes. Clinton's program for cutting the federal workforce resulted in the Justice Departments contracting of private prison corporations for the incarceration of undocumented workers and high-security inmates.

Private prisons are the biggest business in the prison industry complex. About 18 corporations guard 10,000 prisoners in 27 states. The two largest are Correctional Corporation of America (CCA) and Wackenhut, which together control 75%. **Private prisons receive a guaranteed amount of money for each prisoner, independent of what it costs to maintain each one. According to Russell Boraas, a private prison administrator in Virginia, "the secret to low operating costs is having a minimal number of guards for the maximum number of prisoners." The CCA has an ultra-modern prison in Lawrenceville, Virginia, where five guards on dayshift and two at night watch over 750 prisoners. In these prisons, inmates may get their sentences reduced for "good behavior," but for any infraction, they get 30 days added - which means more profits for CCA. According to a study of New Mexico prisons, it was found that CCA inmates lost "good behavior time" at a rate eight times higher than those in state prisons.**

Profits are so good that now there is a new business: importing inmates with long sentences, meaning the worst criminals. When a federal judge ruled that overcrowding in Texas prisons was cruel and unusual punishment, the CCA signed contracts with sheriffs in poor counties to build and run new jails and share the profits. According to a December 1998 Atlantic Monthly magazine article, this program was backed by investors from Merrill-Lynch, Shearson-Lehman, American Express and Allstate, and the operation was scattered all over rural Texas. That state's governor, Ann Richards, followed the example of Mario Cuomo in New York and built so many state prisons that the market became flooded, cutting into private prison profits.

Ninety-seven percent of 125,000 federal inmates have been convicted of non-violent crimes. It is believed that more than half of the 623,000 inmates in municipal or county jails are innocent of the crimes they are accused of. Of these, the majority are awaiting trial. Two-thirds of the one million state prisoners have committed non-violent offenses.

Sixteen percent of the country's 2 million prisoners suffer from mental illness.

For Profit Prisons

<http://www.globalresearch.ca/index.php?context=va&aid=8289>

New York Times, US Prison Popular Dwarfs the rest of the World's

<http://www.nytimes.com/2008/04/23/world/americas/23iht-23prison.12253738.html...>

Article: For Profit Prisons a GREAT Business Opportunity

<http://slog.thestranger.com/slog/archives/2011/12/07/theres-one-good-thing-ab...>

86 % of US Prison Population is Victimless Crimes

<http://www.libertariannews.org/2011/09/29/victimless-crime-constitutes-86-of-...>

Governments Worldwide Raise Acceptable Radiation Levels Based Upon Politics ... Not Science

Washington's Blog January 27, 2012

Instead of Protecting People, Governments Cover Up by Raising “Safe” Radiation Levels. American and Canadian authorities have virtually stopped monitoring airborne radiation.

Neither American nor Canadian authorities are testing fish for radioactivity.

Current safety standards are based on the ridiculous assumption that everyone exposed is a healthy man in his 20s – and that radioactive particles ingested into the body cause no more damage than radiation hitting the outside of the body.

And one of the main advisors to the Japanese government on Fukushima announced:

If you smile, the radiation will not affect you.

(Here's the video.)

In the real world, however, even low doses of radiation can cause cancer.

Moreover, small particles of radiation – called “internal emitters” – which get inside the body are much more dangerous than general exposures to radiation.

See this and this. And radiation affects small children much more than full-grown adults.

Indeed, instead of doing much to try to protect their citizens from Fukushima, Japan, the U.S. and the EU all just raised the radiation levels they deem “safe”.

Nuclear expert Arnie Gundersen says that high-level friends in the State Department told him that **Hillary Clinton signed a pact with her counterpart in Japan agreeing that the U.S. will continue buying seafood from Japan, despite that food not being tested for radioactive materials.**

And the Department of Energy is trying to replace the scientifically accepted model of the dangers of low dose radiation based on voodoo science.

Specifically, DOE's Lawrence Berkeley Labs used a mutant line of human cells in a petri dish which was able to repair damage from low doses of radiation, and extrapolated to the unsupported conclusion that everyone is immune to low doses of radiation:

In reality, not only is there overwhelming evidence that low doses of radiation can cause cancer.

<http://theintelhub.com/2012/01/27/governments-worldwide-raise-acceptable-radiation-levels-based-upon-politics-%E2%80%A6-not-science/>

Presidential Commission: Directed Energy Weapons Used On American Citizens in Tests

The Intel Hub Shepard Ambellas & Joe Joseph January 29, 2012

In the dawn of 2012, many Americans, still left in the dark and unawakened to the fact that their corrupt government and floundering leaders in Washington would have anything less than the peoples best interest at heart, will now face one of their biggest fears.

Factions within the U.S. Government's Military Industrial Complex have been, and indeed are testing Direct Energy Weapons, along with chemical, nuclear and biological agents on the civilian populace.

In fact, U.S. law, approved by Congress, allows chemical and biological testing on the populace. (see PUBLIC LAW 105–85—NOV. 18, 1997 111 STAT. 1915)

[The Presidential Commission for the Study of Bioethical Issues](#) is composed of 13 members and was established in November of 2009 by way of Executive Order 13521 which was issued by President Barrack H. Obama.

The documentation provided on the *PCBSI* website concludes that the commission has engaged in various studies over time, one of which was the Dec 15, 2011 study entitled — [Moral Science: Protecting Participants in Human Subjects Research](#).

A transcript excerpt from Meeting 4, Session 10 states;

MS. MARSHALL:

Good afternoon. My name is Connie Marshall. I am a former mayoral candidate from Louisville, Kentucky. I have never been involved in any criminal activity...

I am an eight year victim survivor of assaults by directed energy weapons. The torture I have experienced consists of body overheating, body extremely cold, seizures, heart pain, earaches, itching behind eyes, burning behind eyes, swelling, headaches, involuntary movement of my limbs, exhaustion, speeding and heart racing, hair coming out by the handfuls as if I have had chemotherapy, mind paralysis, being hypnotized or being placed in a trance-type state, being tracked by a drone or satellite, controlled dreams, sleep deprivation, V2K which is voice to skull, projected sound, extreme muscle spasms and extreme muscle cramps; being made to fall down; blue circles around the pupils of my eyes and I am here and you can look at them if you like; low frequency noises in my home; high frequency noises in my home...

Numerous electrical appliances in my home are destroyed; four computers, two fax machines, seven telephones, four CD players, VCR, DVD players, the electrical igniter switch on my furnace, washer and dryer, air conditioner. Also my car radio, CD player and engine were destroyed. I am watched in my home 24 hours a day and followed around everywhere I go, though I do not have a criminal history.

When I ran for Mayor of my town, I was also attacked at debates and forums. My website is www.justiceforallcitizens.com. Thank you. And I would like to leave you with these flyers as well. Thank you.

DR. GUTMANN:

Thank you.

The opening statement in [Moral Science: Protecting Participants in Human Subjects Research](#) reads like a mad scientist's diary stating;

The Presidential Commission for the Study of Bioethical Issues today issued its report **concerning federally-sponsored research involving human volunteers**, concluding that current rules and regulations provide adequate safeguards to mitigate risk.

In its report, "*Moral Science: Protecting Participants in Human Subjects Research*," openly admits that the **U.S. Government spread bio-agents (STD's) to Guatemalans in the mid 40's** stating;

The statement goes on to highlight the **Key Findings:**

In the report's central finding, the Commission found that the **"U.S. system provides substantial protections for the health, rights, and welfare of research subjects."** Evidence has now been brought to light that over 55,000 human testing projects (with numerous people per project) took place during the year 2010;

In assessing the current regulations that protect human subjects, the Commission learned that **there is no central source with information about the overall size, scope, and cost of the government's research involving human subjects.**

The Commission requested information from 18 individual agencies that conduct most federal human subjects research, **but discovered that many federal offices could not provide basic data about the research they support.**

The Pentagon, for example, required more than seven months to prepare information on **specific studies supported by the Department of Defense.**

The *PCSB* sounds great to the average person nearly skimming the surface of the pages of this government website.

However, a closer look reveals that the commission has been put in place to aid in a massive cover-up of what is really taking place right in front of our eyes on a daily basis, and, apparently it's legal.

The deliberate poisoning of humanity through a multi-tiered agenda program commonly referred to as geoengineering or chemtrail operations as well as the large scale testing of direct energy weapons on the American people.

This is done by diverting the attention back to older topics such as the Guatemalan STD's.

These aerosol spraying campaigns can be used to modify the weather, and control the weather derivatives market through advanced manipulation practices incorporated into the Enron spawned weather derivatives market to the upper tier of the global crime syndicate

The truth of the matter is that the illegitimate government comprised of new world order puppet cronies openly knows that they have passed bills approving bioweapons testing on the American populace – period.

Sadly these bioweapons that are now being tested on a regular basis are not limited to **aerosol spraying, geoengineering/ depopulation programs and directed energy weapons, as noted above; other methods of mass destruction are Chlorination and Fluoridation of the water not to mention many other the horrific chemicals being added to the water supply, the mass drugging of America via the pharmaceutical cartels, GMO food industry, the pesticides, herbicides, fungicides sprayed on the crops that are then consumed, ASPARTAME AKA Equal/NutraSweet--renamed AMINO SWEET or NEOTAME, Splenda, Saccharin, high fructose corn syrup, bleached white sugar and flour, COREXIT, VACCINES (cancer viruses – mercury – aluminum – aborted fetal tissue – tainted DNA – microchips? – etc.), Wi-Fi, HAARP, SCALER weapons, Cell Phones, Cordless Phones, Disposable water bottles, bisphenol A (BPA), BHT, MSG, Food Irradiation, Nitrites, Microwave Ovens, Pasteurization, Homogenization, rBGH or Recombinant Bovine Growth Hormone, Antibiotics, out-gassing of the plastics and chemicals in your car and homes, CFL Bulbs, Smart Meters, Dental amalgams/mercury fillings, Soy and Canola oil, Deep Fried Foods-Trans fatty acids, partially hydrogenated fats like margarine, Bio-weapons like the 1918/1919 Spanish Flu- HIV – Lyme Disease – coming pandemics, etc.) See Dr. Johnsons Presentations:**

[Avian Flu/Pandemics: What to Expect & How to Prepare \(1-16\)](#)
[Colloidal Silver-Mild Silver Protein it's uses and history](#)

Avian Flu, Population Control, H5N1, Biological Warfare: 1-5

RECON REQUEST:

If anyone is in the area and can attend and videotape this meeting contact us at:
contacts@theintelhub.com

The Presidential Commission for the Study of Bioethical Issues will conduct its eighth meeting in February. At this meeting, the Commission will discuss issues of privacy and access related to human genome sequence data.

The Commission will also be discussing neuroscience and related ethical issues.

DATES:

The meeting will take place February 2, 2012 from 9 a.m. to approximately 5:15 p.m. and on February 3, 2012 from 9 a.m. to approximately 12 p.m. ADDRESSES: Millberry Union, University of California, San Francisco, 500 Parnassus Avenue, San Francisco, CA 94143, (415) 476-2019.

<http://theintelhub.com/2012/01/28/presidential-commission-direct-energy-weapons-used-on-american-citizens-in-tests/>

Destroyed For Lack Of Knowledge: What Your Doctors Not Telling You

By: Dr. Scott Johnson

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

Thomas Edison

Hosea 4:6 "My people are destroyed for lack of knowledge..."

The Definition of Health

According to the World Health Organization health is defined as: "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

How are Americans dying?

"A definitive review and close reading of medical peer-review journals, and government health statistics shows that American medicine frequently causes more harm than good. The number of people having in-hospital, adverse drug reactions (ADR) to prescribed medicine is 2.2 million.¹ Dr. Richard Besser, of the CDC, in 1995, said the number of unnecessary antibiotics prescribed annually for viral infections was 20 million. Dr. Besser, in 2003, now refers to tens of millions of unnecessary antibiotics.^{2, 2a} The number of unnecessary medical and surgical procedures performed annually is 7.5 million.³ The number of people exposed to unnecessary hospitalization annually is 8.9 million.⁴ **The total number of iatrogenic deaths shown in the following table is 783,936.** It is evident that the American medical system is the leading cause of death and injury in the United States."

Source:

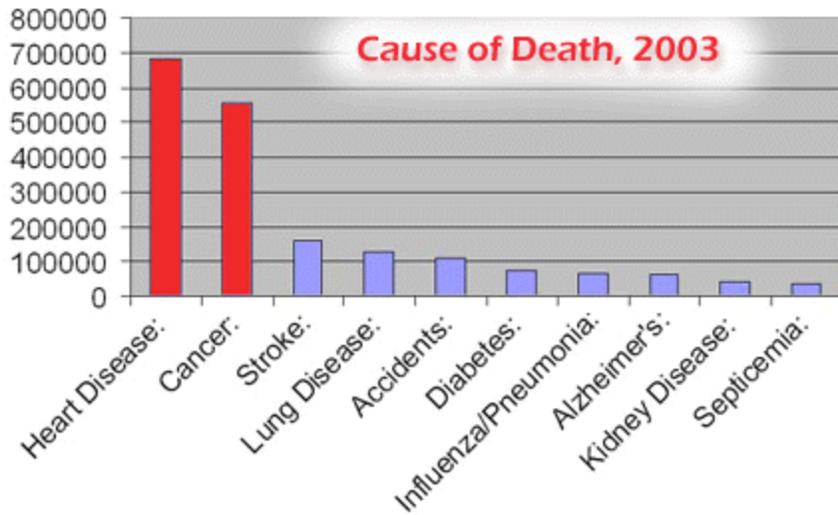
<http://www.newmediaexplorer.org/sepp/Death%20by%20Medicine%20Nov%2027.doc>

Death by Medicine-Gary Null PhD, Carolyn Dean MD ND, Martin Feldman MD, Debora Rasio MD, Dorothy Smith PhD, October 2003

* The term “iatrogenic” is defined as “induced in a patient by a physician’s activity, manner or therapy. Used especially to pertain to a complication of a treatment.”

Source: J.A.M.A. (Journal of the American Medical Association)

So now that we know some startling information about our health system: It is important you understand how much control you have over your own health, and the quality of life you will be experiencing as you continue to age. Let’s look at some statistics from the CDC (Centers for Disease Control). The 2003 data shows that Heart Disease and Cancer are by far the most common causes of death in America. These two causes are responsible for 65% of all recorded deaths. What is that telling us?



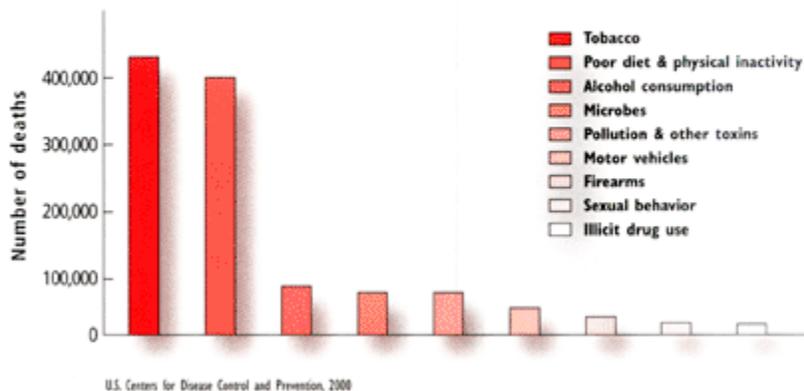
Source: http://www.cdc.gov/nchs/data/dvs/lcwk9_2003.pdf & <http://www.cdc.gov/nchs/fastats/lcod.htm>

* So iatrogenic deaths from the conventional medicine field would technically be **#1** in the above list.

And here is another statistic:

Top threats to U.S. health

Only tobacco surpassed obesity among leading causes of preventable U.S. deaths in 2000.



Interpretation: don’t smoke, eat well, and exercise.

****Now compare the death rates (per 100,000) of heart disease and cancer starting back in the year 1867.**

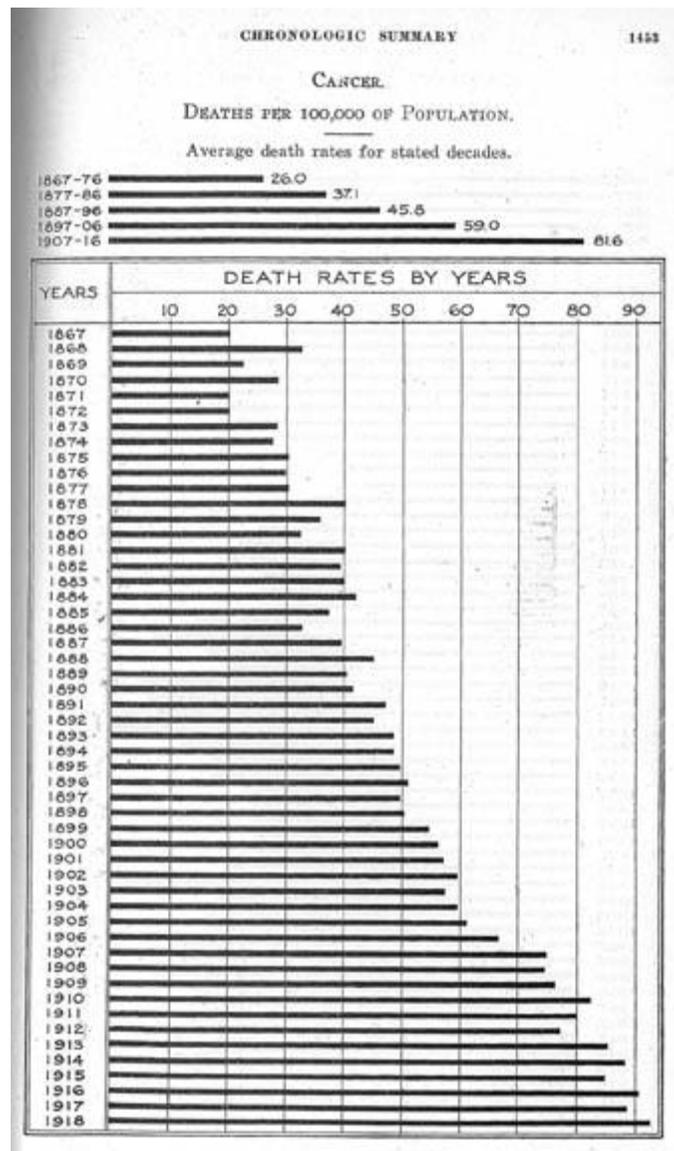
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Chicago (Ill.). Dept. of Health. *General and Chronological Summary of Vital Statistics*

Source: <http://www.chipublib.org/004chicago/disasters/text/vitalstat/1453.html>

Page Image. Page 1453

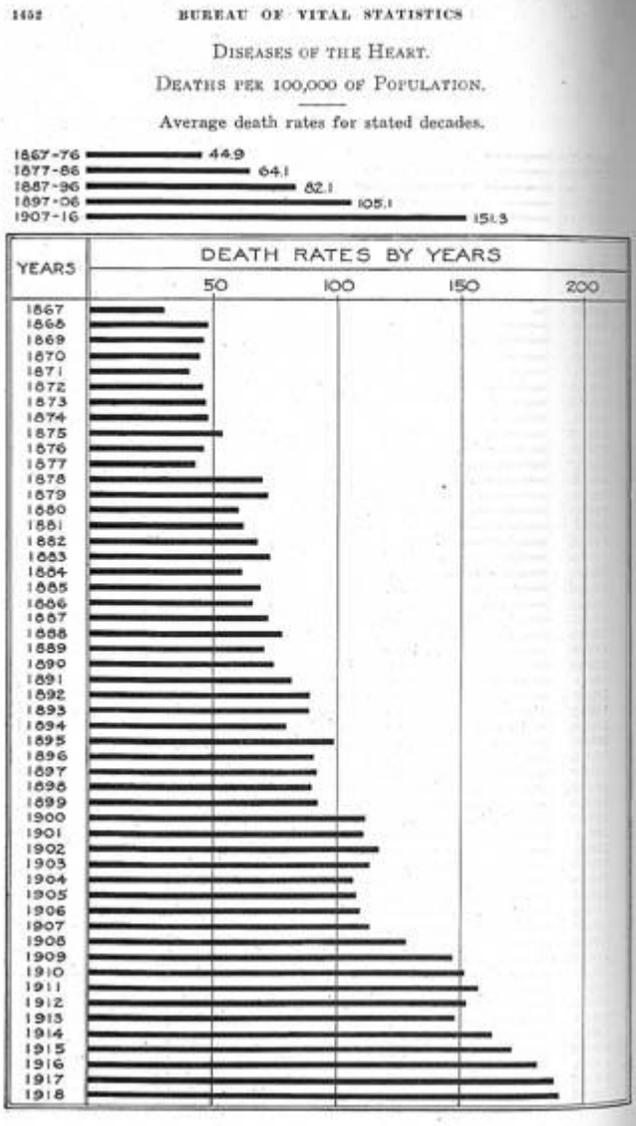


****Notice the progressive increase in death rates for cancer from 1867 to 1918.**

Chicago (Ill.). Dept. of Health. *General and Chronological Summary of Vital Statistics*

Page Image. Page 1452

Source: <http://www.chipublib.org/004chicago/disasters/text/vitalstat/1452.html>



**Notice the progressive increase in death rates for heart disease from 1867 to 1918.

Reference the remainder of this [presentation for the reasons why the incidence of cancer and heart disease started to skyrocket in America from the mid-1800's to present.](#)

What Foods are American's Eating?

1. Refined Carbohydrates and Sugar:

Joseph Beasley in the Kellogg Report of 1989 reported that average American's consumption of sugar in the 1800's was **10 pounds**. Today it is conservatively estimated that the average American consumes over **155 pounds of sugar per year!**

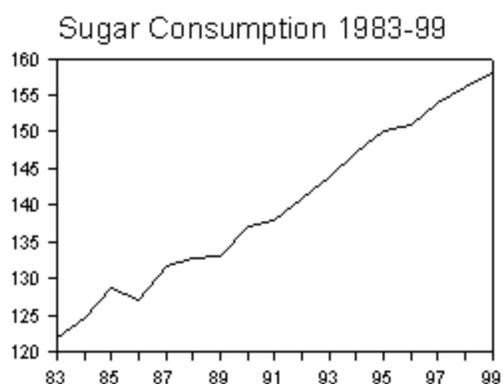
Sugar Intake Hit All-time High in 1999

Government Urged to Recommend Sugar Limits

WASHINGTON - Citing new figures that show that in 1999 Americans ate more sugar than ever before, the nonprofit Center for Science in the Public Interest (CSPI) is urging the federal government to advise consumers to limit their sugar intake. **According to new U.S. Department of Agriculture (USDA) data, sugar consumption in 1999 was 158 pounds per person — 30 percent higher than in 1983.**

Source:

http://www.cspinet.org/new/sugar_limit.html



“Sugar consumption is off the charts,” said Michael F. Jacobson, executive director of the Center for Science in the Public Interest. “Added sugars - found largely in junk foods such as soft drinks, cakes, and cookies - squeeze healthier foods out of the diet.

Source: <http://www.cspinet.org/new/sugar.htm>

“Sugar refining was the city's (referring to New York City) most profitable manufacturing industry from 1870 until the First World War; 59 percent of the country's imported raw sugar was processed there in 1872 and 68 percent by 1887.” (Source: Excerpted from the Encyclopedia of New York City, Yale University Press, New Haven and London, the New-York Historical Society, New York)

Refined sugars include the obvious “hard core” sweets such as cookies, soda, candy, chocolate, pastries, ice cream, etc. Most people know that these foods are loaded with processed, bleached, white sugar. Surprising to many, however, is that approximately one half of the 170 pounds of sugar we eat during the year is “hidden sugars” which are added to catsup, chewing gum, fruit juices, rolls, yogurt, granola bars, canned fruit, alcoholic beverages, and breakfast cereals.

Ingredients like high fructose corn syrup, corn syrup and sucrose are other names for refined sugars.

“When plants containing sucrose are refined, they are stripped of their life force, vitamins and minerals. What remains is a sterile, pure carbohydrate that the human body cannot use... In order to even absorb this carbohydrate, the body has to **deplete** its store of vitamins and minerals, creating an imbalance. Sugar is, in effect, effect an **anti-nutrient** as it increases the need for nutrients in the body.”

“Refined Sugar Products and Their Effect on the Body and Mind”, 1996 Leading Edge Research

2. Refined Flour

A 1983 Study conducted by the National Center for Health Statistics found that **the number one food consumed by most Americans was white flour bread products.** The second highest consumed foods were doughnuts, cookies, and cake.

White flour bread, rolls, crackers, most cereals, pastas, bagels and tortillas are a few examples of refined flour products. The average American diet is estimated to consist of somewhere between 60-70% refined flour products. Most people who eat this way believe they are eating a “**sugar-free**” diet, and are unaware of the health risks associated with the over consumption of these foods.

Did you know? The Supreme Court declared the bleaching of flour **illegal** in 1918. But the law was never enforced because the vice president of one of the biggest milling companies (**Pillsbury**) was also the executive head of the Food and Drug Administration (FDA). The criminality of flour bleaching was admitted by the flour millers themselves, in a bulletin published by the North Dakota State Agricultural Experiment in 1906. They sent out 24 questionnaires to flour millers and asked them what they thought about flour bleaching. Eighteen of the millers wrote back and said that it was a **criminal** act and hoped that the FDA would ban the flour bleaching.

Flour bleaching brings on **diabetes** by converting Xanthine (which is one of the nutritional chemicals in flour) into Alloxan, which is a very dangerous poison that specifically destroys the Islets of Langerhans/Beta Cells in the pancreas. **Insulin is produced through the Islets of Langerhans/Beta Cells.**

Source: Conversations in Nutrition by Dr. Royal Lee and John Courtney Vol. I pgs. 9 &10

Salient Point: Because the vast majority of nutrients are completely destroyed in the milling of flour, there is a direct correlation between heart disease and white flour.

“We might as well remove the term heart disease and supplant it with ‘white flour disease.’” **Source:** *Dr. Royal Lee, D.D.S.*

But hold on the Bible says in: Psalm 104:15 “...and bread **strengtheneth** man’s heart.” Well ideally, if we ate bread the Biblical way God intended us to eat bread, we would be eating unrefined, freshly baked bread in which the flour is freshly ground. In this type of bread the natural vitamin E and B factors would all still be in tack. These are two key

factors that are essential for a healthy functioning heart and cardiovascular system. **These are the same factors that are totally removed in the refining of flour for the following reasons: “America’s food industry is built to a large extent on foods which would ordinarily be highly perishable. Rather than finding methods of efficient distribution, it has been easier to simply devitalize the food. Foods which have their vital factors removed will fail to sustain life for insects, molds and microbes; consequently they can be easily shipped over long distances and simply stored over long periods. Unfortunately foods which will not sustain other forms of life, will not satisfactorily sustain human life.”** Source: Dr. Royal Lee, D.D.S.

Excessive consumption of refined sugar and flour has been linked with the following nutritional deficiencies:

<i>Vitamin B complex</i>	<i>Vitamin C</i>	<i>Magnesium</i>
<i>Chromium</i>	<i>Calcium</i>	<i>Zinc</i>

Excessive Consumption of Refined Sugars and Flour has been linked with the following disorders (to name a few):

Diabetes	Depression	Allergies
Heart Disease	Anxiety	Hyperactivity
Obesity	PMS	Fatigue
Hypertension	Irritability	Insomnia
Headaches	Indigestion	<u>Cancer</u>

Galatians 6:7 “...for whatsoever a man soweth, that shall he also reap.”

“It would be a miracle for us to invite disease by using counterfeit foods and then have the Lord help us out every time we get sick. That’s like the guy who tries to commit suicide and jumps off the Empire State Building, changes his mind on the way down and asks the Lord to save him. It is any different if we spend our whole life eating counterfeit foods and then develops cancer or polio or something like that and asked to be saved. We have departed from nature’s plan and are going to pay the price.”

Source: Dr Royal Lee 10/16/1955

3. Trans Fatty Acids (hydrogenated fats and overheated vegetable oils)

Trans Fatty acids are the artery clogging fats that are formed when vegetable oils are super heated. A study done by the U.S. Department of Agriculture found that during the past 80 years, the average American’s consumption of Trans-fatty acids in the form of hydrogenated oils and overheated vegetable oils has increased by **400%!**

Common source of hydrogenated and partially hydrogenated oils include:

margarine, mayonnaise, vegetable shortening/oils, breads, crackers, muffins, cookies, pancake mixes, peanut butter, cereals, salad dressings, corn chips, potato chips, frozen foods, non dairy creamers, and whipped cream.

Did you know? Trans-unsaturated fat is **14 times** more potent as a disease risk factor than the saturated fats that the public has been warned about for years- the kind in beef, butter and cheese.

Excessive Consumption of Trans-fatty acids has been linked with antioxidant deficiencies, Essential Fatty Acids deficiencies and the following disorders:

Heart Disease	Excessive Menstrual Bleeding
Diabetes	Hypertension
Stroke	Arthritis
Eczema	Psoriasis
Immune Disorders	Allergies
Depression	PMS
Cancer	

Confused About Fats?

These nutrient-rich traditional fats have nourished healthy population groups for thousands of years:

- Butter (Raw, Organic, from Grass Fed Cows)
- Coconut Oil (Organic)
- Sesame oil (organic) (Best for cooking, due to its high tolerance for heat.)
- Cold pressed organic olive oil
- Cold pressed organic flax oil
- Marine oils (molecularly distilled)
- Rice bran oil (organic)

In reference to Jesus Christ, Isaiah 7:15 says: “**Butter** and honey shall he eat, that he may know how to refuse evil, and choose good.” Not only is this a proof text that butter is not a detrimental food, but this verse also indicates the plainness and simplicity of the life in which Jesus was brought up in. This is an example for us to follow.

These new-fangled fats can cause cancer, heart disease, immune system dysfunction, sterility, learning disabilities, growth problems and osteoporosis:

- All hydrogenated or partially hydrogenated oils
- Soy, corn and safflower oils
- Cottonseed oil
- Canola oil
- All fats heated to very high temperatures in processing and frying

Canola oil is removed by a combination of high temperature mechanical pressing and solvent extraction. Traces of the solvent (usually hexane) remain in the oil, even after considerable refining. Like all modern vegetable oils, **canola oil goes through the process of caustic refining, bleaching and degumming**--all of which involve high temperatures or chemicals of questionable safety. And because canola oil is high in omega-3 fatty acids, **which easily become rancid and foul-smelling when subjected**

to oxygen and high temperatures, it must be deodorized. The standard deodorization process removes a large portion of the omega-3 fatty acids by turning them **into trans fatty acids**. Although the Canadian government lists the *trans* content of canola at a minimal 0.2 percent, research at the University of Florida at Gainesville, found *trans* levels as high as 4.6 percent in commercial liquid oil.¹ **The consumer has no clue about the presence of trans fatty acids in canola oil because they are not listed on the label.** 1) JL Sebedio and WW Christie, eds. *Trans Fatty Acids in Human Nutrition*, The Oily Press, Dundee, Scotland, 1998, pp 49-50.

A large portion of canola oil used in processed food has been hardened through the hydrogenation process, **which introduces levels of trans fatty acids into the final product as high as 40 percent.** MG Enig, *Trans Fatty Acids in the Food Supply: A Comprehensive Report Covering 60 Years of Research*, 2nd Edition, Enig Associates, Inc., Silver Spring, MD, 1995.

Confused About Soy? <http://www.westonaprice.org/soy/index.html>

- Soy phytoestrogens disrupt endocrine function and have the potential to cause infertility and to promote breast cancer in adult women.
- Soy phytoestrogens are potent anti-thyroid agents that cause hypothyroidism (low thyroid function) and may cause thyroid cancer. In infants, consumption of soy formula has been linked to autoimmune thyroid disease.
- Soy foods increase the body's requirement for vitamin D.
- Processing of soy protein results in the formation of toxic lysinoalanine and highly carcinogenic (cancer causing) nitrosamines. Free glutamic acid or MSG, a potent neurotoxin, is formed during soy food processing and additional amounts are added to many soy foods. MSG has now been implicated in a number of the neurodegenerative diseases, including ALS (Lou Gehrig's disease), Parkinson's disease, Alzheimer's disease, multiple sclerosis and Huntington's disease. MSG is hidden in virtually all processed foods. For more information on MSG go to: <http://www.westonaprice.org/msg/index.html>
- Soy foods contain high levels of aluminum, which is toxic to the nervous system and the kidneys. Aluminum consumption is one of the main factors associated with the Alzheimer's epidemic.

Note: Hundreds of studies have linked soy proteins and derivatives to: - Heart disease - Cancer, especially of the breast - Allergies and reduced immunity - Thyroid dysfunction - Malnutrition and digestive problems - Nutrient deficiencies, including calcium (vital for the prevention of osteoporosis) - Reproductive disorders, cognitive and mental decline, and more.

Common Health Myths

Proverbs 14:12 "There is a way that seemeth right unto a man but the end thereof are the ways of death."

Myth: We can get all the nutrition we need from the average American diet.

Truth: Americans tend to consume very calorie dense diets, which are at the same time very nutrient (vitamins, minerals, phytochemicals, etc.) poor. Our bodies perceive this lack of nutrients. As a result, we tend to crave more food because the body is desperately trying to obtain nutrition. In essence Americans are starving from a lack of nutrients and at the same time receiving an overabundance of calories. This would explain the obesity epidemic in America.

Myth: Vegetarianism is healthy.

Truth: The annual all-cause death rate of vegetarian men is slightly more than that of non-vegetarian men (.93% vs .89%); the annual death rate of vegetarian women is significantly more than that of non-vegetarian women (.86% vs .54%) **Source:** (*American Journal of Clinical Nutrition* 1982 36:873)

Myth: For good health, serum cholesterol should be less than 180 mg/dl.

Truth: The all-cause death rate is higher in individuals with cholesterol levels lower than 180 mg/dl. **Source:** (*Circulation* 1992 86:3:1026-1029)

Myth: Children benefit from a low-fat diet.

Truth: Children on low-fat diets suffer from growth problems, failure to thrive & learning disabilities. **Source:** (*Food Chemical News* 10/3/94)

Myth: A low-fat diet will “make you feel better . . . and increase your joy of living.”

Truth: Low-fat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide. **Source:** (*Lancet* 3/21/92 v339)

Myth: To avoid heart disease, we should use margarine instead of butter.

Truth: Margarine eaters have twice the rate of heart disease as butter eaters. **Source:** (*Nutrition Week* 3/22/91 21:12)

Myth: Red Meat and Eggs should be avoided.

Truth: Red meat is a rich source of nutrients that protect the heart and nervous system including vitamins B12 and B6, zinc, phosphorus, carnitine and Coenzyme Q10. But preferably the meat should be Kosher, Organic, and Grass-fed. Eggs are nature’s perfect food, providing excellent protein, the gamut of nutrients and important fatty acids that contribute to the health of the brain and nervous system. Americans had less heart disease when they ate more eggs. Egg substitutes cause rapid death in test animals. Eggs should be certified, organically raised.

Myth: Americans do not consume enough essential fatty acids.

Truth: Americans consume far too much of one kind of EFA (omega-6 EFAs found in most polyunsaturated vegetable oils) but not enough of another kind of EFA (omega-3 EFAs found in fish, fish oils, eggs from properly fed chickens, dark green vegetables and herbs, and oils from certain seeds such as flax and chia, nuts such as walnuts and in small amounts in all whole grains.) **Source:** (*American Journal of Clinical Nutrition* 1991 54:438-63) Polyunsaturated fats in more than small amounts contribute to cancer, heart disease, autoimmune diseases, learning disabilities, intestinal problems and premature aging. Large amounts of polyunsaturated fats are new to the human diet, due to the modern use of commercial liquid vegetable oils.

Myth: A vegetarian diet will protect you against atherosclerosis.

Truth: The International Atherosclerosis Project found that vegetarians had just as much atherosclerosis as meat eaters. **Source:** (*Lab Invest* 1968 18:498)

Myth: Diseases are caught and by and large unpreventable.

Truth: “There’s no sense in treating any disease if you don’t remove the cause. That is what’s critically wrong with so many approaches. Disease is a **natural** reaction to an **abnormal** environment. If you surround yourself with an improper environment, that includes food and various wrong things, you’re going to develop disease. It’s a natural reaction.” **Source:** *Dr. Royal Lee (10/16/1955)*

Myth: Cooked food is just as good as raw food.

Truth: Every time cooked foods are eaten it causes a massive spike in lymphocytes(a

form of White Blood Cell) and T cells in the blood stream. This phenomenon is called "Digestive Leukocytosis". This happens because the immune system perceives that the body is being poisoned. This same spike is also produced from pasteurized milk and distilled water (both viewed by the body as cooked foods).

Life Saving Tip: Studies have also shown that if you eat at least 50% of any meal in the form of raw foods, that the other 50% can be consumed cooked without causing this massive lymphocyte and T cell spike. So it is a wise habit to have a salad before an entrée or to take digestive enzymes with cooked food. **Source:** *Paul Kouchakoff, M.D., Institute of Clinical Chemistry, Lausanne, Switzerland*

Salient Quote: "We call arthritis a cooked-food disease because wherever you find people living on a preponderance of raw food, you find no arthritis at all. There's no arthritis in China. They eat too much raw food to have it. They don't eat refined food. You can't find virtually any heart disease in China. We have 20 million arthritics in this country and we have about 700,000 people die every year from heart disease. It's all totally unnecessary." **Source:** *Dr. Royal Lee 3/10/1955*

Note: Unfortunately since this quote was made in 1955, China has also succumbed to the same diseases that plague Americans to the extent they choose to consume the processed foods mentioned in this report.

Myth: Cancer is something that is largely genetically determined?

Truth: While genetic predispositions to cancer can exist, **cancer can only form in a body that has a suitable terrain for its growth to occur. Cancer is not caught; it is earned; through poor diet, excessive stress, exposure to environmental toxins, etc...** over 100 years ago very few Americans ever died of cancer. Some physicians would practice their whole career without ever seeing one case of cancer. Currently though, 42% of Americans can expect to develop cancer in their lifetime. The World Health Organization (WHO) estimates deaths from cancer will double over the next 20 years.

Glucose and Cancer:

Dr. Quigley (one of the most celebrated cancer authorities of the mid 1900's) stated that it is impossible to treat any cancer patient successfully until you get all the glucose (synthetic, refined sugar and carbohydrates) out of his diet, because it sets the stage for cancer.

Life Saving Tip: Researchers at Johns Hopkins found that by just removing glucose/sugar from the diet of cancer patients, that the vast majority of the cancer patients went into remission. It was determined that the cancer cells "Self Destructed" when deprived of glucose/sugar. It was also proven that as blood sugar rises so does cancer risk.

Otto Warburg (**the 2 time Nobel Prize of Medicine recipient**) stated the following: "But, even for cancer, **there is only one primary cause. Summarized in a few words, the cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.**" "Cancer cells cannot live in an oxygen rich environment." **Source:** *Otto Warburg, The Prime Cause and Prevention of Cancer, 1966, pg.6.*

The Best Exercise To Oxygenate the Body **Rebounding Benefits the Body in 30 Healthful Ways**

Rebounding is an exercise that reduces your body fat; firms your legs, thighs, abdomen, arms, and hips; increases your agility; improves your sense of balance; strengthens

your muscles over all; provides an aerobic effect for your heart; rejuvenates your body when it's tired, and generally puts you in a state of health and fitness.

You can easily perform this exercise in your living room, your office, and your yard. The traveler may wish to carry a portable rebounder aboard an airliner for use in a hotel room. It's the most convenient, metabolically effective form of exercise around.

The 30 health advantages of regular rebounding, including the following:

- 1. It increases the capacity for respiration.**
- 2. It circulates more oxygen to the tissues.**
- 3. It establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.**
- 4. It causes muscles to perform work in moving fluids through the body to lighten the heart's load.**
- 5. It tends to reduce the height to which the arterial pressures rise during exertion.**
- 6. It lessens the time during which blood pressure remains abnormal after severe activity.**
- 7. It holds off the incidence of cardiovascular disease.**
- 8. It increases the functional activity of the red bone marrow in the production of red blood cells.**
- 9. It aids lymphatic circulation, as well as the flow in the veins of the circulatory system.**
- 10. It encourages collateral circulation.**
- 11. It strengthens the heart and other muscles in the body so that they work more efficiently.**
- 12. It allows the resting heart to beat less often.**
- 13. It lowers elevated cholesterol and triglyceride levels.**
- 14. It stimulates the metabolism.**
- 15. It promotes body growth and repair.**
- 16. It tones up the glandular system, especially the thyroid to increase its output.**
- 17. It adds to the alkaline reserve of the body which may be of significance in an emergency requiring prolonged effort.**
- 18. It chemically attains absolute potential of the cells.**
- 19. It reserves bodily strength and physical efficiency.**
- 20. It expands the body's capacity for fuel storage and endurance.**
- 21. It improves coordination through the transmission of nerve impulses and responsiveness of the muscle fibers.**
- 22. It affords muscular vigor from increased muscle fiber tone.**
- 23. It offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.**
- 24. It enhances digestion and elimination processes.**
- 25. It allows for better and easier relaxation and sleep.**
- 26. It results in a better mental performance, with keener learning processes.**
- 27. It curtails fatigue and menstrual discomfort for women.**
- 28. It minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.**
- 29. It tends to slow down aging.**

30. It reduces the likelihood of obesity.

Source: <http://healthsolutionssource.com/RebounderInfo.pdf>

Dr. Johnson Comment: **The rebounder below is the one that I recommend to my patients:**

Call toll free 1-888-464-JUMP If you prefer, simply click on the appropriate link below and send an e-mail.

Research and Results Contact: <http://www.ultimate-rebound.com/research@healthbounce.com>

What Medications Do American's Take?

1. Cholesterol Lowering Statin Drugs (Lipitor, Zocar etc.)

a. Side effects listed in PDR (Physician's Desk Reference): *Constipation, flatulence, dyspepsia, muscle inflammation/weakness, blurred vision, abdominal pain and liver toxicity.*

b. Induced nutritional deficiencies: Co Q10

Did you know?: "Statin drugs work by inhibiting the enzyme HMG-CoA reductase, which is required for the production of Cholesterol. Well, this enzyme is also involved in the manufacture of Coenzyme Q10, a compound that is essential for energy production and is especially abundant in the cells of the heart. CoQ10 deficiencies and heart failure go hand in hand, and patients with the **lowest levels** (of CoQ10) generally have the most severe disease. We are seeing heart failure like never before, and I believe that the CoQ10 deficiencies caused by our **increasing reliance on statin drugs** are largely responsible for this epidemic." **Source:** Julian Whitaker, M.D., Director: Whitaker Wellness Institute, Newport Beach, CA

Salient Point: Approximately **80%** of all cholesterol is produced by the body itself. So the best way to lower cholesterol is not to restrict dietary consumption of cholesterol, but to reduce the mechanism by which it is made. The best way to accomplish this is to consume a diet low in processed carbohydrates and sugars. In fact this is the best and fastest way to lower the vast majority any abnormal, blood lipid pattern.

2. Hormone Replacement Therapy and Oral Contraceptives

a. Side effects listed in PDR: *Abdominal cramps, abnormal vaginal bleeding, bloating, blood clots, breast swelling and tenderness, depression, dizziness, enlargement of benign uterine tumors, fluid retention, gallbladder disease, hair loss from the scalp, increased body hair, migraine headaches, nausea, sex drive changes, vaginal yeast infections, and excessive weight gain*

b. Induced nutritional deficiencies: The vitamin B-Complex family, magnesium, folic acid, and zinc

3. Ulcer Medications (Prilosec, Prevacid, Zantac, Pepcid etc.)

a. Side effects listed in PDR: *Diarrhea, headache, dizziness, reversible confusional states, impotence, rash,, and blood abnormalities.*

b. Induced nutritional deficiencies: Folic acid, vitamin B12, vitamin D,

zinc, iron, and calcium

4. Aspirin

a. **Side effects listed in PDR:** *Fever, hypothermia, arrhythmias, hypotension (low blood pressure), agitation, cerebral edema(fluid on the brain), dehydration, dyspepsia, gastrointestinal bleeding, hearing loss, tinnitus(ringing in the ears), problems in pregnancy*

Important: *New research has strongly linked aspirin to Macular Degeneration (which is the #1 cause of blindness in people over 55). Researchers found that in 109 patients afflicted with Macular Degeneration, all had been taking frequent dosages of aspirin.*

b. **Induced nutritional deficiencies:** *Vitamin C, calcium, folic acid, iron, sodium, potassium, and pantothenic acid,*

5. (NSAIDs)Non Steroidal Anti-Inflammatory Drugs

(Motrin IB, Advil, Nuprin, Midol, etc.)

a. **Side effects listed in PDR:** *Nausea, epigastric pain, heartburn, dizziness, headache, nervousness, confusion, fatigue, high blood pressure, kidney and liver damage, allergic reactions, water retention and rashes.*

Important: *Long term NSAID use has been found to actually speed up joint destruction. So while NSAIDs are masking your pain, they're setting you up for more joint problems in the future.*

b. **Induced nutritional deficiencies:** *Folic Acid*

6. Glucophage (Biguanides)

a. **Side effects listed in PDR:** *Lactic acidosis, diarrhea, nausea, vomiting, flatulence, abdominal discomfort, abnormal stools, hypoglycemia, myalgia(muscle pain), dizziness, rash, sweating, taste disorders, chest discomfort, chills, flu syndrome, palpitations, and headache.*

b. **Induced nutritional deficiencies:** *Folic acid, Vitamin B12, Co Q 10*

Opinions of Leading Medical Doctors

“Every educated physician knows that most diseases are not appreciably helped by drugs.” **Source:** Richard Cabot, M.D., Chief of Medical Staff, Massachusetts General Hospital

“There is not a single medicine in all the world which does not carry **harm** in its molecule, there is **no** medicine that does not **harm**.” **Source:** J.N. Hurty, M.D., Indiana State Board of Health

“Drugs do not cure disease. The particular symptoms may be quieted by some drug, but the disease itself remains.” **Source:** T.R. Allison, L.R.C.P., London England

“The person who takes medicine must recover twice, once from the disease and once from the medicine.” **Source:** William Osler, MD

“Eighty-five percent of all internal operations done today are not only unnecessary but harmful to the future health of the patient.” “The drugless healer is one of the best things that has come into the time of the present.” **Source:** Charles Mayo, M.D., of the Mayo Brothers Clinic, Rochester, MN

What else affects our nutritional status?

1. Excessive Stress

Sources: Physical stress such as excessive physical stress, lack of sleep, and emotional stress (including financial stress, relationship stress, etc.)

Induced nutritional deficiencies: *B-Complex and C-Complex*

2. Chemicals

Sources: Pesticides, herbicides, chlorine, fluoride, plastics, household cleaning agents, etc. *Most of the 60,000 chemicals in use today have been developed only in the last forty years.

Induced nutritional deficiencies: *Liver detoxification nutrients such as Glutathione, Methionine, Folic Acid, and vitamin B12.*

Equal, Nutrasweet, Equal Measure, Spoonful, Canderl (E951)

Aspartame was not approved until 1981, in dry foods. For over eight years the FDA refused to approve it because of the seizures and brain tumors this drug produced in lab animals. The FDA continued to refuse to approve it until President Reagan took office (a friend of Searle) and fired the FDA Commissioner who wouldn't approve it. Dr. Arthur Hull Hayes was appointed as commissioner. Even then there was so much opposition to approval that a Board of Inquiry was set up. The Board said: "Do not approve aspartame". Dr. Hayes OVERRULED his own Board of Inquiry. METHANOL (AKA WOOD ALCOHOL/POISON) (10% OF ASPARTAME) Methanol/wood alcohol is a deadly poison. The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86 Fahrenheit (30 Centigrade). This would occur when aspartame-containing product is improperly stored or when it is heated (e.g., as part of a "food" product such as Jello).

Methanol breaks down into formic acid (ant-sting poison) and formaldehyde (embalming fluid) in the body. Formaldehyde is a deadly neurotoxin. An EPA assessment of methanol states that methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic." They recommended a 7.8mg/day consumption limit. One-liter (or approx. 1 quart) of an aspartame-sweetened beverage contains about 56 mg of methanol. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the EPA limit.

The following are most of the [92 FDA recognized symptoms](#) that Aspartame causes. These side effects were obtained by an official "Freedom Of Information Act" (FOIA) request: Abdominal Pain, Anxiety attacks, asthma, Asthmatic Reactions, Bloating, Edema (Fluid Retention), Blood Sugar Control Problems, (Hypoglycemia or Hyperglycemia) Brain Cancer, Breathing difficulties, burning eyes or throat, Burning Urination, can't think straight, Chest Pains chronic cough Chronic Fatigue, Confusion, Death, Depression, Diarrhea, Dizziness, Excessive Thirst or Hunger, fatigue, feel unreal, flushing of face, Hair Loss (Baldness) or Thinning of Hair, Headaches/Migraines, dizziness, Hearing Loss, Heart palpitations, Hives (Urticaria), Hypertension (High Blood Pressure), Impotency and Sexual Problems, inability to concentrate, Infection, Susceptibility Insomnia, Irritability, Itching, Joint Pains, laryngitis, "like thinking in a fog", Marked Personality Changes, Memory loss, Menstrual Problems or Changes, Muscle spasms, Nausea or Vomiting, Numbness or Tingling of Extremities, Other Allergic-Like Reactions, Panic Attacks, Phobias, poor memory, Rapid Heart Beat, Rashes, Seizures and Convulsions, Slurring of Speech, Swallowing Pain, Tremors, Tinnitus, Vertigo, Vision Loss, Weight gain, Aspartame can Mimic the Symptoms of and /or Worsen the Following Diseases: Fibromyalgia, Arthritis, Multiple Sclerosis (MS), Parkinson's Disease, Lupus, Multiple Chemical Sensitivities (MCS), Diabetes and Diabetic Complications, Epilepsy, Alzheimer's Disease, Birth Defects, Chronic Fatigue Syndrome, Lymphoma, Lyme Disease, Attention Deficit Disorder (ADD), Panic Disorder, Depression and other Psychological Disorders
Source: Mark Gold mgold@tiac.net (Nutri-Sweet researcher for twenty years)

3. **Heavy Metals**

Sources: Dental amalgams, grains treated with fungicides, air near industrial areas, tap water, vaccinations, and cigarette smoke.

Induced nutritional deficiencies: **Liver detoxification nutrients and zinc**

DEADLY DECEPTIONS EXPOSED

The Truth About Toxic and Dangerous Ingredients Found In Foods & Beverages

Source: CRUSADOR Publications (<http://healthtruthrevealed.com>) Editor Greg Ciola Interviews Food Investigator And Whistleblower David Migdal About The Hidden Ingredients Masqueraded In Thousands Of Foods And Beverages That Can Cause Serious Health Problems And Possibly Kill You

Brand name companies that manufacture a bulk of the products being sold in American supermarkets, fast food restaurants, convenience stores, gas stations and drug stores have redefined traditional foods and beverages. Providing the public with high quality, nourishing products is the last thing corporate executive's care about. In the never-ending pursuit of greater profits and the pressure to meet consumer trends, food and beverage manufacturers are poisoning the masses with toxic, nutritionally devoid, and dangerous products. Pleasing Wall Street investors and addicting consumers to brand name products to make them come back to buy over and over again is what the game is all about.

Most foods and beverages being sold on the market should be classified as deadly poisons. In any given year common foods and beverages claim more victims than any terrorist organization. Most products contain genetically modified ingredients, artificial growth hormones, antibiotics, artificial sweeteners, artificial flavors, artificial colors, preservatives, additives, bleaches, dyes, excitotoxins, neurotoxins, heavy metals, synthetic vitamins, inorganic minerals, emulsifiers, stabilizers, solvents, hydrogenated fats, pesticides, herbicides, and other toxic compounds that were never intended for human consumption.

Why are the FDA, EPA, and USDA allowing this to occur? The answer is they are in cahoots with the corporations that are doing these things to our food supply. Major government agencies allow corporate interest groups to buy legitimacy with the American public. The federal government, on behalf of the big corporations, is rubber stamping toxic warfare to be conducted against the American people by allowing many of these potentially harmful products on the market. Unless you understand the seriousness of these problems and take action yourself, chances are likely that you will succumb to some kind of illness or health problem and exit this planet prematurely.

Greg: What are some of the leading problems you're finding with many of the foods and beverages on the market?

David: This interview would be far too long if we tried to cover everything. We can touch on some key issues like genetic engineering, the dangers of conventional dairy products, artificial ingredients, food irradiation, food additives, neurotoxins added to products and things like that.

Greg: Let's begin with genetic engineering since you brought that up. I wrote a book about this problem titled "**GMOs** – Beware of the Coming Food Apocalypse!" What I discovered about genetic engineering enraged me. What's your take on this issue? Is it really a serious problem that we need to be concerned about?

David: Absolutely. The entire human race has been turned into a genetic experiment. This all started back in the mid 1990's when Monsanto and a few other biotech companies thought they knew what was best for our foods and started manipulating milk production with cows and the genetic traits of key crops like soy, corn, cotton and canola. Tinkering with genes and doing things with foods that God never intended is a gross violation of creation in my opinion. In a little over ten years we've gone from very few genetically altered products being on the market to having almost 70 to 80% of the products now sold in supermarkets containing at least one ingredient that came about through genetic engineering. There are no laws that mandate that food companies have to tell us which ingredients are genetically engineered. We've been denied our right to know what's going into a product. The FDA doesn't believe we need to be concerned; they claim that a product is the same as long as its nutritional make-up is the same. This means that if a tomato is still red and has the same relative protein, fat and carbohydrate content that a conventional tomato has, it's not important what genes

were inserted onto its DNA. The EPA says these foods are safe even though genetic engineering has turned some crops into pesticide breeding factories. Other crops have been manipulated to make them immune to herbicides like Roundup. Genetic engineering isn't about creating better products that benefit humanity. In my opinion it is a huge scam and it's being used to destroy farmers and allow a handful of corporations like Monsanto to control all food production on planet earth

The sad truth is we really don't know what the long-term consequences are going to be from eating foods manipulated through genetic engineering. There were no human safety studies done to validate these products to be safe. The government never required it and the biotech companies tried to bury any field tests they conducted that showed a potential problem. There are hundreds of well respected scientists who question genetic engineering. Some say there may be a link to cancer from these foods. Our DNA could be altered and send incorrect messages to our cells that cause mutations because we're now eating genes that we never ate before.

Researches like Jeffrey Smith, author of the book "Seeds of Deception" says that there is evidence to show that gut flora has been found to contain the bacterial genes used in altering genetically engineered crops. Well, is that a concern? Gut flora and digestion is what keeps us alive. We don't have a clue what effect these genes may have on our flora or our digestive system in the long run. We've got sick crops, sick animals and sick people that have all been harmed in some way or another by genetic engineering yet we're turning a blind eye as though everything is fine. The only way to avoid the problem for sure, at least for now, is to go organic. That's a lot more expensive though. What about people that can't afford organic, especially with gas over \$3.00 a gallon? I guess they'll just have to continue eating genetically engineered foods and play the crapshoot. People should be outraged that they have been forced to eat genetically engineered foods without knowing it and without knowing what the possible consequences could be. Don't look to the government for answers. They're just the gatekeepers and mouthpiece for the big corporations.

Greg: Let's touch on the issue of **dairy** since it follows along the lines of genetic engineering. What's wrong with a lot of our milk, cheese, yogurt and butter?

David: All someone has to do is visit a commercial dairy farm that raises dairy cows and they'd be in for a shock. We're not talking about healthy cows grazing on good grass and producing high quality milk. Cows are compacted into tight spaces and force-fed a diet of genetically engineered grains that don't agree with their body. Rarely do these animals see the light of day. Many are injected with a powerful **genetically engineered hormone called rBGH or Recombinant Bovine Growth** Hormone. This hormone is a genetically engineered replica of the natural growth hormone somatotropin that is produced in a cow's pituitary gland. Cows injected with rBGH produce up to 30% more milk. Unfortunately, the end result is a lot of sick cows because this process is something entirely unnatural. This is cows on steroids! To treat the sick cows, the entire herd is given powerful antibiotics and other drugs. We're told from the government that very little if any of these by-products make their way into dairy products consumed by

humans. However, in 1990 the government raised the standard for antibiotic residues in milk from one part per hundred million to one part per million. That's a hundred-fold increase! Did you know that the largest users of antibiotics are dairy farmers? To think that these by-products aren't making their way into dairy products is absurd.

Robert Cohen, author of the controversial book "Milk – The Deadly Poison" says that the new milk from cows treated with rBGH contains increased levels of these same potent growth factors. Could this be one of the reasons why young girls and boys are going through puberty at a much earlier age than before? According to Cohen, "After cows were injected with this hormone, their milk contained increased levels of another hormone, insulin-like growth factor-I (IGF-I), the most powerful growth hormone occurring in nature. The greatest biological coincidence of all time had occurred. IGF-I was identical between cows and humans. No other hormone known to science is identical between another species of animals and humans. IGF-I is the lone exception, containing 70 amino acids in the same gene sequence in humans and bovines. When we drink milk we are taking in the most powerful hormone naturally produced by our own bodies. However, the survival of this growth hormone in milk is safeguarded by naturally occurring mechanisms unique to milk."

I haven't even touched on pasteurization and homogenization and what it has done to traditional milk. One of the first things anyone should do if they are dealing with a health problem is to get off all dairy. Not just milk either. I'm talking about butter, sour cream, yogurt, cheese, whey protein, half and half and anything else produced from cow's milk. If you aren't sick and you prefer to stay on dairy, you should purchase the organic milk and dairy products that are available predominately in health food stores although many grocery chains are starting to cater to this market too. Organic Valley has some of the best products on the market. There is a movement towards raw milk and there are many success stories of people getting their health back from drinking it. I would caution you to be careful before drinking raw milk, though. You better be sure where it's coming from and how it was produced and start drinking very small amounts. Milk was never designed to be consumed in quarts or gallons by the day.

Greg: Tell us about **MSG**. Is this ingredient really masqueraded in thousands of foods, especially fast foods, along with soda and some bottled drinks? If so, why are manufacturers using it and are there other names it shows up as on labels?

David: The answer to your question is yes, MSG is found in so many products that are on the market that there would be a famine if the government ever mandated that this ingredient be removed. It is so common that you literally have to avoid all fast food restaurants, almost all brand-name packaged, boxed or canned foods, and most soda and bottled drinks. MSG is the acronym for monosodium glutamate. Technically speaking, MSG is approximately 78% free glutamic acid, approximately 21% sodium, and up to 1% contaminants.

According to the Price-Pottenger Nutrition Foundation, “MSG is a food additive that enhances flavors in food. It virtually has no flavor of its own, but neurologically causes people to experience a more intense flavor from the foods that they eat containing the substance. To millions of consumers, it means experiencing an adverse effect from the additive and possible adverse health effects in the future. To the food industry, it means increased profits, a simple way to balance taste in a product line and mask unwanted tastes, and to make otherwise unpalatable foods acceptable. In particular, MSG helps replace flavor lost by elimination of fat in many low-fat and no-fat foods.”

I will take what Price-Pottenger said one step further. MSG addicts people to a food or beverage. That’s one of the main reasons why it is used. The FDA requires food manufacturers to label monosodium glutamate. Unfortunately, there are a whole host of other ingredients that are found on labels that contain free glutamic acid and are used deceptively by manufacturers to mislead consumers that may want to avoid this toxic agent. Here’s a list of ingredients found on many labels that usually contain MSG that you need to be aware of:

Natural flavoring, natural flavors, yeast extract, autolyzed yeast, textured protein, hydrolyzed protein, seasonings, sodium caseinate, gelatin.

Any time you see one of these ingredients on a product label, even if it’s in a health food store, you should consider avoiding it if you don’t want to consume MSG. The words “Natural Flavoring” or “Natural Flavors” are some of the most deceptive ingredients listed on the labels of many foods and beverages. The Code of Federal Regulations mandates that the terms “Flavors,” “Natural Flavors,” or “Flavorings” may not include MSG, hydrolyzed proteins, and autolyzed yeast. Each of these must be declared on the label by its common name rather than hidden within another blanket.

However, manufacturers have some clever and deceptive ways to get around these regulations. Companies are able to bypass these laws by changing the molecular structure of the chemical they are trying to hide, until its previous name no longer exists. If there is one molecule difference with MSG, and the chemical mixture tastes like a “natural flavor,” that is all they need to call it one and not MSG.

One of the leading experts on the dangers of MSG and other artificial food ingredients is Dr. Russell Blaylock, M.D., author of the book “Excitotoxins – The Taste That Kills.” Blaylock says that MSG literally stimulates neurons to death, causing brain damage of varying degrees. Blaylock contends that there is scientific evidence that proves MSG and other excitotoxins like aspartame can cause brain damage in your children, affect your nervous system, and even precipitate many of the neurodegenerative brain diseases such as Parkinson’s disease, ALS, and Alzheimer’s disease. In Blaylock’s book, he talks about the findings of Dr. John W. Olney, M.D., a neuroscientist working at the Department of Psychiatry at Washington University in St. Louis. Dr. Olney tested MSG on animals and Blaylock says: “His findings indicated that MSG was not only toxic to the retina, but also to the brain. When he examined the animals’ brains he discovered

that specialized cells in a critical area of the animals' brain, the hypothalamus, were destroyed after a single dose of MSG.”

If you wish to live a long, healthy, prosperous life on this earth, then MSG is one ingredient that you need to avoid at all costs. The government knows it's bad and so do the manufacturers, but neither of them have an interest in eliminating this poison from the market. MSG is a guaranteed slush fund for manufacturers. People literally become addicted to their products. The government will not do anything to jeopardize its relationship with the food and beverage industry, some of its largest donors and lobbying groups that pump big money into campaigns. It's a win-win all the way around. Plus the pharmaceutical industry just loves all the clients they're getting from the side effects of this poison.

David: **Splenda** is another artificial sweetener disaster. I guess after aspartame got barraged with so much bad press, even though it's still being used and found in an increasing number of products, Splenda seems to be the next substitute killer to take its place. Splenda is the brand name for sucralose. Like aspartame, Splenda was rushed through the approval process with the FDA before closer scrutiny was given to it.

Sucralose is a chlorinated sucrose derivative. Since when has **chlorine** ever been good for the human body? Splenda is starting to show up everywhere and like aspartame, so are the problems arising from its use. Anyone who would like to learn more about Splenda should do a search on www.google.com and they will find all kinds of eye opening facts.

Greg: What can you tell us about **food irradiation**? Is this really as common as I have heard and what effect does it have on food and a person's health?

David: Like so many other things, Greg, irradiation is another serious concern and it's being done to more and more products every day. The reasoning behind irradiation is that it can reduce or eliminate bacteria such as E. coli and other harmful organisms that may be present in meat or on products we buy like fruits, vegetables, spices, and herbs. Currently, irradiation is done using radioactive gamma sources, usually cobalt 60 or cesium 137, or high energy electron beams. Opponents of irradiation claim serious health concerns because it creates super energized free radicals and alters the molecular structure of the food. When the molecular structure of food is changed from something that is biocompatible with the human body to something that the body cannot recognize, the body will not obtain nutritional benefits because the food has become a foreign substance. Irradiation creates a host of new chemicals and has been shown to destroy enzymes, antioxidants, vitamin A, thiamin, B2, B3, B6, B12, folic acid, C, E, and K. Amino acid and essential polyunsaturated fatty acid content may also be affected.

The FDA states on their website that: “During irradiation, foods are exposed briefly to a radiant energy source such as gamma rays or electron beams within a shielded facility.... The Food and Drug Administration has approved irradiation of meat and poultry and allows its use for a variety of other foods, including fresh fruits, vegetables, and spices. The agency determined that the process is safe and effective in decreasing

or eliminating harmful bacteria. Irradiation also reduces spoilage bacteria, insects and parasites, and in certain fruits and vegetables it inhibits sprouting and delays ripening. For example, irradiated strawberries stay unspoiled up to three weeks, versus three to five days for untreated berries.”

FDA law currently states that irradiated foods are required to bear a radura logo with either the statement “treated with radiation” or “treated by irradiation.” However, many herbs and spices imported to the U.S. from the orient, specifically China and India, are being irradiated and making their way into thousands of supplements and food products that don’t specify they have been irradiated on their packaging. If you break irradiation down, it’s really just a band-aid for improper farming and food processing. The main reason why there would be harmful bacteria or parasites on meats, fruits, vegetables or herbs is that they came in contact with feces somewhere along the way. America imports so many foods from different areas of the world that have very low farming standards that irradiation is held out as an efficient way to protect the public. We should be holding farmers and meat packaging plants to higher standards instead of allowing their feces contaminated products on the market or accepting irradiation as some beneficial alternative to protect us.

Greg: Since you just mentioned feces contamination with some of the meat, tell us why there are so many problems with the meat that’s on the market today, unless it is organically raised and comes from a high quality health food store like Whole Foods?

David: Like I stated earlier about dairy production, if people ever witnessed what took place inside a slaughterhouse or witnessed how most of the conventionally raised animals are taken care of at the farm they would be horrified. Factory farming has been the cause of many health problems both in animals and humans. The days of the small mom and pop farm raising healthy animals on healthy foods and healthy fields rarely exist any longer. From farm to fork virtually every aspect of the meat packing industry is now in the hands of large agribusiness conglomerates. Many of the workers at the farms and in the meat processing plants are illegal aliens. In fact, during some of the recent immigrant protests that took place, Tyson Foods was forced to shut down entire plants. Plant standards are extremely low. No longer can anyone believe that in the United States there is adequate inspection and control of slaughterhouses.

For example, chickens are crammed into huge caged warehouses under controlled lighting to cause them to produce two eggs a day instead of one. Rarely, if ever, will they see real sunlight in their lifetime. During their short life span they are force-fed a diet of unhealthy food while eating their own feces and that of other birds. The air smells so bad and the environment is so unsanitary that large amounts of antibiotics are given to the already sick chickens to prevent them from dying. The animals are also pumped full of growth enhancing drugs to get them to market much faster. Once at the slaughterhouse it’s a gruesome mess of feathers, blood and feces. It would take me far too long to get into the entire subject but the same kinds of problems exist with raising beef and pork. Like we’ve been discussing throughout this entire interview, Greg, all of

these issues are having a negative impact on people's health and must be acknowledged if longevity and wellness are in your future.

Greg: What can you tell us about **pesticides** and other industrial contaminants and is this a problem?

David: Pesticides are a major problem affecting people's health. Recent scientific tests show that every person alive in the United States of America has pesticide residues in their body. Industrial chemicals, pollutants and pesticides are abundant in our water and food. In a recent study released by the U.S. Geological Survey, they found the presence of 100 pesticides across the nation's waters. Where are most of these pesticides coming from? Unfortunately, the majority are from farmers that have been conned into using them by chemical companies that think they know what's best. Pesticides are a serious health risk. Many pesticides are linked to cancer, birth defects, and neurological disorders.

Last year for example, the Environmental Working Group (EWG) released a report that found an average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in August and September of 2004. According to the report: "The umbilical cord blood of these 10 children, collected by the Red Cross after the cord was cut, harbored pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage."

Also, there were the reports not too long ago that showed high levels of rocket fuel in lettuce and other vegetables grown in fields irrigated by the Colorado River. One story released by EWG stated: "Test results never before made public show that leafy vegetables grown with contaminated irrigation water take up, store and concentrate potentially harmful levels of perchlorate, a thyroid toxin that is the main explosive ingredient of rocket and missile fuel."

And we wonder why so many people are sick today. That's why I call all of these problems "Deadly Deceptions." We're being deceived and indiscriminately taken out by the toxic chemical assault we're all under. The only way to avoid pesticides and rocket fuel in your vegetables is to eat organic foods. Otherwise, like all the other issues we discussed, you are playing Russian roulette with your health.

David: I think a boycott is a good idea but not really feasible. Getting any group of people organized in America to do anything is virtually impossible unless billions of dollars are behind it and well known personalities spearhead the fight. There are two major obstacles to overcome to change the system. One, so many people are addicted to these toxic foods and beverages that it's like trying to get a crack addict clean. If people don't have their fast food, Coke or Pepsi, they literally go into meltdown. Not only can't most people get off of these products, many don't care. A large segment of our society seems to have lost the will to live. Maybe that's what all the MSG and aspartame has done to them. They're happy being 50 or 100 pounds overweight, and

popping fifteen different meds everyday from the side effects they have from ingesting these products.

The best way to make a difference is to change yourself first. Take the initiative to learn more, study labels and start changing the products you buy. While I have focused on a lot of the problems in the market, there are some very positive things occurring. Take Whole Foods for example. This health food chain is growing by leaps and bounds. Their stores are jam-packed every time you shop there. In my opinion this company has the best run stores in the country. The selection of high quality, natural products is impressive. The organic industry is growing by close to 20% a year. More and more people are waking up and demanding better foods. Some big grocery chains are starting to cater to the health food market. Publix, a large chain in Florida, continues to expand their selection of organic foods and has plans to open GreenWise stores similar to Whole Foods throughout the state. There is some encouraging news to report so hopefully I didn't alarm your readers to the point where they felt powerless to avoid the assault. Knowledge is power. Learn the truth and vote with your wallet.

Source: <http://blog.healthliesexposed.com/bblog/trackback.php/22/>

What Kind of Nutritional Supplements are American's Taking?

Option #1 Synthetic Vitamin Supplements

This is the by far, the most popular way to supplement the diet with nutrients. During the manufacturing process, the organic nutrient that is considered to contain the "essential component" of a vitamin complex is synthesized in a laboratory from non food compounds such as coal tar. This is very similar to the way in which most drugs are made.

Thiamine Mononitrate, for example, is a B1 molecule derived from coal tar, and is labeled as "vitamin B1" in nearly all of the popular "B-Complex" supplements. . This factor has been directly linked to the [78% reduction in sperm count among American males from 1938-1990](#). "**Their analysis of data collected from 1938 to 1990 indicates that sperm densities in the United States have exhibited an average annual decrease of 1.5 million sperm per milliliter of collected sample, or about 1.5 percent per year,**"-

Source: (National Institute of Health)

White bleached wheat flour has more than thirty known nutrients removed with four synthetically added back in. This "enrichment" of flour began in 1939 when by law, the FDA required the addition of a few synthetic factors. These are: thiamin (B1), riboflavin (B2), nicotinic acid (B3), and iron. [Coincidence?](#)

Excess Thiamine Mononitrate consumption also mimics most of the signs and symptoms of hyperthyroid disorder.

This synthetic version of Thiamine differs from a food source of vitamin B1, such as whole wheat, in the following ways:

1. Thiamine Mononitrate B1 contains none of the co-factors necessary for vitamin B1 to be utilized in the body. Vitamins analyzed in food are [always](#) found in combination

with numerous enzymes, co-enzymes, trace minerals, and other activators that are necessary for the vitamin to be utilized. This is how God intended man to get vitamins and minerals.

2. The amount of Thiamine Mononitrate B1 found in synthetic B-complex supplements is far more B1 than could ever be consumed in a food based diet. (Example: The typical orange has about 5 mg. Ascorbic Acid (which is commonly referred to as vitamin C). Whereas some “authorities” today advocate taking as much as 20,000 mg of Ascorbic Acid a day ongoing. How can this discrepancy be reconciled? **Nowhere** in the history of mankind has anyone ever consumed these kinds of concentrated, isolated, synthetic nutrients; not to mention in the sheer quantities that are being advocated.

Other examples of the commonly synthesized vitamins used in supplements include *d-Alpha Tocopherol* (labeled ‘Vitamin E’), and *Beta Carotene* (labeled ‘Vitamin A’). Like Thiamine Mononitrate, these synthesized vitamins contain none of the co-factors that are found in the food source of the vitamin, and are used in far greater quantities than could ever be consumed in the diet.

Important: “Just as a chemist cannot create life, **neither can he create a complex vitamin: the life element in foods and nutrition.** This is a mystery the chemist has never solved and probably never will, and the synthetic vitamins he creates on the basis of chemical formulae bear as much resemblance to the real thing as a robot does to a living man, lacking an elusive quality that chemistry cannot supply.” **Source:** Dr. Royal Lee, D.D.S., 1953

Did you know? Most vitamins on the market claiming to be natural only have to be **10% natural** to make this claim. While the word “**Organic**” means anything that contains a carbon atom which could be a synthetic substance, not just organically grown produce.

Salient Point: The problem is that when the body is lacking nutrition, it’s not lacking in **one** isolated nutrient. Whatever the patient did to create the vitamin C (ascorbic acid) deficiency; they at the same time created a deficiency of all the other **co-factors**. We don’t develop synthetic vitamin deficiencies; we develop **food** deficiencies. Some foods have up to 3,800 nutrient components. To nourish the body and make up for nutrient deficiencies, you have to give the body real food.

The problem with taking partial nutrients, as in isolated synthetic vitamins, is that in order to use that food, the body has to make up the difference with its own reserves.

Source: *Dr. Joel Robbins*

More Studies:

1) Researchers found that at the 500 milligram level, synthetic Vitamin C (or Ascorbic Acid) **promoted genetic damage to the DNA.** The genetic damage was so great that the study had to be stopped prematurely. **Source:** (Nature 392:559, April 9, 1998 Leicester, UK “High Doses of Vitamin C May be Harmful”)

2) **Mega doses of Vitamin C** (Ascorbic Acid) blunt the beneficial effects of chemotherapy treatment for breast cancer. Cancer cells have numerous receptor sites for synthetic vitamin C (Ascorbic Acid), making the vitamin C act as a **growth tonic** for cancer cells.

Source: *Professor Brain Scott Peskin*

3) Dr. Weston A Price in his book, *Nutrition and Physical Degeneration*, reports the test effects of vitamin D in 500 human pregnancy cases. All the women given **Synthetic vitamin D** developed calcified and diseased kidneys, while those given vitamin D from natural sources had no observable changes in the kidneys.

4) A study on the effects of **synthetic vitamin A** supplementation in pregnant mothers was done by Boston University School of Medicine and published in the *New England Journal of Medicine* (Nov. 1995). In this study, synthetic vitamin A was given to 22, 748 pregnant women at a dosage of 10,000-20,000 iu per day. A **240% increase in birth defects** occurred in the women taking the 10,000 iu, and a **400% increase of birth defects** in those taking 20,000 iu. The defects included cleft lip, cleft palate, heart malformations, and nervous system damage such as hydrocephalus. The same study stated that no birth defect risk was noted from foods containing vitamin A.

5) Investigators found that woman whose dietary source of the Vitamin E complex was **dietary**, displayed significant reductions in LDL (bad cholesterol) oxidation. However, women who took in **synthetic** vitamin E supplements actually increased their LDL oxidation levels. "The more they took in, the worse their LDL oxidation." **Source:** *Dr. Lauri Mosca of the University of Michigan as told to Reuters Health Publication*

Option #2 Phytochemical Supplements

These are supplements derived from food sources that contain a single therapeutic component of that food. Examples of phytochemical supplements include *Indole 3-Carbinol* extracts from broccoli and *Lycopene* extracts from tomatoes.

Although they are generally safer than synthetic vitamins, like a synthetic vitamin, a phytochemical supplement is an isolated nutrient or compound that can't provide the full benefits of its original food source. Isn't it possible that there are other beneficial nutrients in tomatoes that are necessary for lycopene to work most effectively?

Option #3 Organic Whole Food Supplements

Jeremiah 6:16a "Thus saith the Lord, Stand ye in the ways, and see, and ask for the **old paths**, where is the good way, and walk therein, and ye shall find rest for your souls."

This type of supplement provides nutrients from concentrated food sources. The only alteration to the food when making these supplements is the removal of moisture and fiber. A food supplement contains all the trace minerals, enzymes, co-enzymes and other activating factors that are necessary for specific vitamins to be safely utilized in the body.

In contrast with a **synthetic vitamin A or Beta Carotene** supplement, a **vitamin A food supplement** would primarily contain **foods** that are rich in vitamin A, such as carrots and alfalfa.

Vitamin C Complex

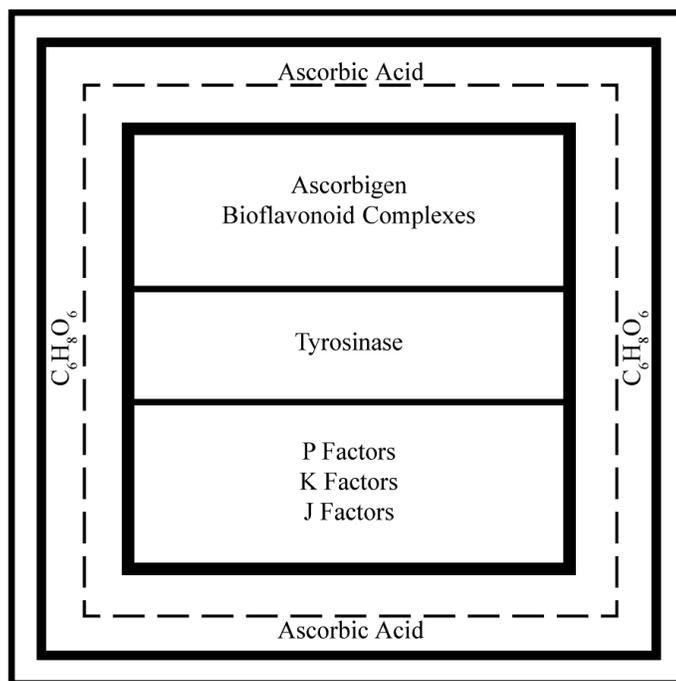
Another danger inherent to crystalline-pure, megavitamin usage is the consumption of *ascorbic acid*--the so-called vitamin C that is recklessly (but usually unknowingly) prescribed by the "pseudo-nutritional pharmacologists" who have little, if any, realistic training in this most important field. Ascorbic acid is not vitamin C! Ascorbic acid is a fraction of the biologically utilizable Vitamin C complex. Most all ascorbic acid sold is synthetically produced from corn sugar and even though it is synthetically manufactured, it is called "natural" and "organic" because corn is found in nature.

Technically, anything with a carbon atom can be called "organic." The terms natural and organic are totally meaningless. This article alerts the general public to the fact that as little as 1,500 milligrams of ASCORBIC ACID, taken daily, depletes blood copper, leading to serious health problems. You jeopardize your important "fight or flight" (stress) response by depletion of copper. Just 500 mg. of ascorbic acid with 3 meals can do just that. The late Dr. Albert Szent Giorgi in America officially discovered Vitamin C in 1937. Dr. Giorgi, who received the Nobel Prize for his vitamin C work, stated that with just isolated ascorbic acid, he had not found the active anti-scurvy factor of the C-complex. "Ascorbic" means "anti-scurvy." The symptoms of clinical scurvy include swollen joints, muscular aches, bone pain, edema, weakness, fatigue, anemia, loose teeth, hyperkeratosis, impaired wound healing. Behavioral changes may include apathy, depression, and emotional disturbances, weakening of the walls of blood vessels such as swollen and bleeding gums, ocular hemorrhages, bruising, and varicosities of small blood vessels which are seen under the tongue. Sub clinical vitamin C deficiency may exist in a large segment of the population, and can lead to impaired health and increased susceptibility to other diseases. Ascorbic acid therefore is incorrectly named. With isolated ascorbic acid (from Hungarian red pepper), he could not stop the capillary hemorrhaging, so characteristic of scurvy, that he could reliably influence with the C-complex. He went back to the laboratory and discovered vitamin P, the rutin factor of the C-complex, which exists more in buckwheat (grain and leaf) than in citrus.

Vitamin C is a very misunderstood vitamin. The government is responsible for this because they have decided that you rate any vitamin C product according to the amount of ascorbic acid it contains. Ascorbic acid is an antioxidant. It is the preservative part of the C complex. To refine out or to synthesize the preservative is a mistake. The real vitamin C complex contains the P factors, which maintain vascular integrity. These are deficient in people who bruise easily or who have "pink toothbrush." Their blood vessels break too easily and bleed. The P factors strengthen the vascular system. They make the vessels tougher and more durable. Vitamin K is another part of the C complex. It promotes prothrombin. That means it helps in coagulation (blood clotting). Bleeders do not have enough vitamin K. Another factor in the C complex is J. The J factor is the part of the C complex which increases the oxygen carrying capacity of the blood. If you have a cold, you want to get oxygen to your tissues where it oxidizes the toxins and carries them off as carbon dioxide and water.*

In addition to these, the C complex contains enzymes, the outstanding one being

tyrosinase. That's organic copper, an adrenal activator, If you want to rate vitamin C according to one thing, it would be logical to rate the tyrosinase. All of these factors are important for the reasons mentioned, In addition to all these factors; the vitamin C complex also contains ascorbic acid. **To say that ascorbic acid is vitamin C is like looking at a steering wheel and calling it an automobile, while it is just a small part of an automobile.***



Functional Architecture of Vitamin C-Complex

The body doesn't want ascorbic acid; it wants the C-complex being preserved by ascorbic acid. Once in the body, the body sheds the ascorbic acid, the preservative wrapper, the way you shed the peel of an orange; takes the rest of the C-complex and places it as the lance of the lymphocyte; and kills bacteria with it. A lymphocyte unarmed with C complex will fail in its function, it will be impotent, it won't be able to destroy infectious organisms. Lymphocyte potency is dependent on copper, the core trace mineral of the tyrosinase enzyme.

The reason one gets any relief from taking ascorbic acid is that ascorbic acid **lowers the pH to the acid side of the pH scale. It acidifies the body, creating an unfavorable medium of growth for pathogenic bacteria.** Acting in this way, ascorbic acid is not producing a "vitamin effect" but rather an "acidifying effect." **Most infectious pathogenic bacteria thrive in an alkaline pH. The following bacteria, all well-known enemies of modern science's war on bacterial infection, grew optimally on alkaline media of pH 7.4 and above: staphylococcus (staph infection), streptococcus (strep throat), pneumococcus (pneumonia), h. influenza (the flu), meningococcus (meningitis), corymbacterium diptheria (diphtheria), clostridium tetani (tetanus), and others.**

Excess quantities of so-called vitamin C can reduce the pH of the urine to as low as 4.0, and cause the precipitation of large quantities of urates, increasing incidence of kidney stones. It appears that excessive doses of ascorbic acid interfere with purine metabolism, increasing the risk of gout. There is some evidence that high doses of ascorbic acid reduce fertility in some women. Large doses of ascorbic acid and vitamin E are undesirable as they may reduce availability of vitamin A. Ascorbic acid increases intestinal peristalsis and may produce diarrhea. This laxative action, along with its acidifying effect, may be the only benefit ascorbic acid has against a cold. High doses of so-called vitamin C, as popularly used in home remedies for the common cold, destroy substantial amounts of vitamin B₁₂. Ascorbic acid in quantities in excess of a half a gram will destroy 50% to 95% of B₁₂ content in food. Megadoses of phony vitamin C may produce B₁₂ deficiency by destroying the cobalamins during transport through the digestive tract, and possibly also in the tissues. No further discussion should be needed to establish the lack of wisdom leading to taking or prescribing ascorbic acid. Apple cider vinegar is 5% malic acid, a natural colorless crystalline acid normally found in the body. It can be taken with water during meals, and is much less expensive than ascorbic acid and does a better job in lower doses at acidifying the body, without causing rebound deficiencies as ascorbic acid does. Ascorbic acid has long been recognized as a contributing factor in tyrosine (copper) depletion.

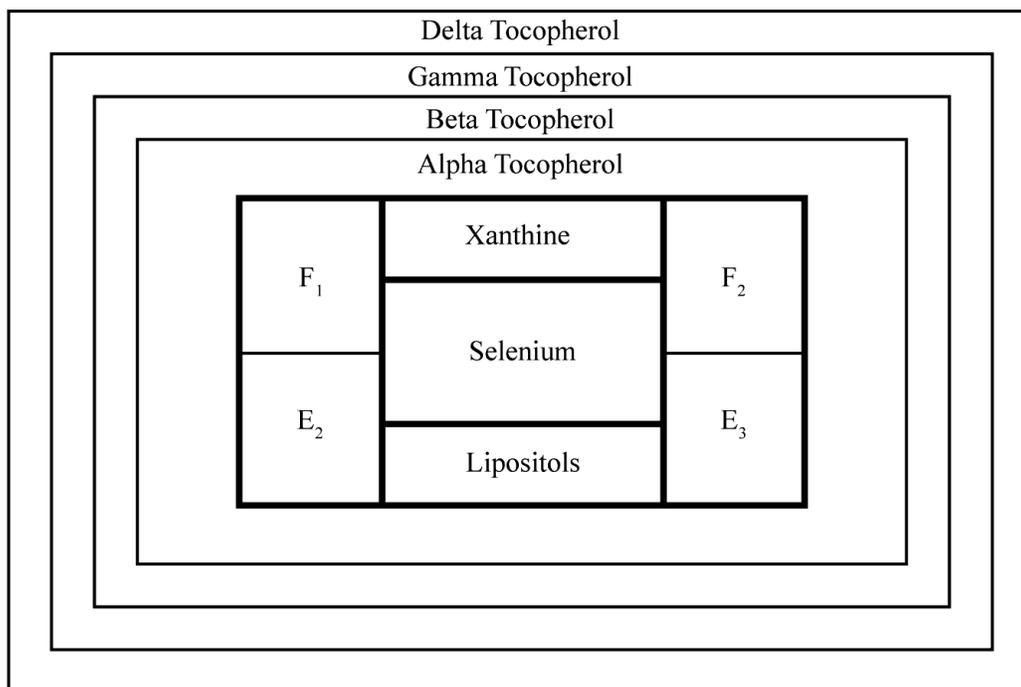
In the book *New Dynamics Of Preventive Medicine*, 1974, Dr. Linus Pauling is quoted as saying: "What is called rosehips vitamin C is the same pure crystalline ascorbic acid with a pinch of rose hips powder added. It is almost impossible to buy ascorbic acid from a natural source." He continues, "The rose hip and ascerolebarus ascorbic acid is from the same barrel at Hoffman-LaRoche, as the others, but with a pinch of rose hip powder." That's straight from the most renowned Vitamin C researcher known.

Vitamin E

The chemical name for vitamin E is *tocopherol*, which is derived from the Greek *tokos* (childbirth) and *pherin* (to bear). The name tocopherol was bestowed on this vitamin in 1938. Vitamin E is a fat-soluble vitamin, as are vitamins A, D, and K. Fat-soluble vitamins can be stored in the body whereas water-solubles cannot. Alpha and delta tocopherols or mixed tocopherols are not vitamin E. They are merely antioxidant or protective agents (banana peel) for the more complex parts of the vitamin E assemblage (xanthine, phospholipids, lipositols, sex hormone precursors)--see functional architecture of vitamin E. There are seven tocopherols in all, alpha being one of them. The government has decided to rate any vitamin E product according to the amount of *alpha tocopherol* it contains. The tocopherols are antioxidants, just like ascorbic acid. They are a part of the E complex, but they are not the active ingredient. Their function is to preserve the active factor. Tocopherols are measured on the basis of cell growth. The entire E complex contains the polyunsaturated fatty acids. (Vitamin F) Vitamin F is part of the E complex. Also, vitamins A and K. There are some forms of vitamin D and manganese in the E complex, as well. The traditional source for vitamin E is vegetable oils. But the best quality vitamin E comes from vegetables. Lettuce is one of the best sources and the pea plant is equally as good. If you take any laboratory-chelated products, your body has to do some combining to make them work. But if you

take your minerals the way nature provides them, combined with protein and vitamins through the growing process of plants, they are bound to work. For example, we could take vitamin E and separate the tocopherols from the manganese. Putting them back together in the laboratory--chelating them artificially--we would find they wouldn't work like they did before you took them apart. If you take a watch apart piece by piece and analyze it and then throw all the parts back together, it isn't going to work! Although it is the same watch, it has now lost its function. A nutritional concentrate is an organized mechanism that has a function. If you break the function by separating the parts, the body can no longer use the mechanism. High potency vitamin E is made this way. Tocopherols are broken down and separated from oils--the natural tocopherols are separated from vegetable oil.

Natural forms of vitamin E complex lose up to 99% of their potency when separated from their natural synergists (Ann. Review Biochemistry, 1943, page 381). These synergists include tannins, fatty acids (vitamin F complex), phospholipids, and other synergistic factors. Chemically purified vitamin E (tocopherols), in high unit doses, reverses its effect and produces the same symptoms as a deficiency (including bone decalcification). *The Vitamins In Medicine*, Page 623 by Bicknell and Prescott, 3rd Ed. Without selenium (the trace mineral activator of vitamin E), vitamin E cannot perform many of its functions.



Functional Architecture of Vitamin E-Complex

Source: <http://tuberose.com/Vitamins.html>

Whole food supplements have never been popular to manufacture for the following reasons:

1. Manufacturing costs
2. Marketing difficulties
3. Limited shelf life.

Salient Point: “Even is we consume a totally perfect diet, it does not contain enough nutrition to take care of today’s needs and **have enough left over for paying back long-standing nutritional deficiencies.** That’s why I highly recommend whole food supplements to the majority of my clients...”

Taking supplements bridges the gap between what you would like to take and what you actually eat. It can take a long time between the depletion of vitamin stores in our body and the full blown deficiency symptoms to manifest. **By then it’s often advanced,** and the person requires several supplements over a longer period of time.

The body uses nutrition **first** for day-to-day survival. Healing is the body’s **second** priority. **It’s only when nutrients are left over at the end of the day that the body can heal. That’s why natural healing takes time.”** **Source:** *Lorrie Medford Author of “Why Do I Need Whole Food Supplements”*

Salient Point: “It costs money to stay healthy! There is no way around it. It is not cheaper to eat better or healthier. You have to think of this as an investment in your health. Isn’t it cheaper to spend money today and prevent heart disease than end up with a triple by-pass surgery operation 10 years later? This surgery costs thousands of dollars and could have been prevented! Which was the better investment?” **Source:** Lorrie Medford Pg. 99“Why Do I Need Whole Food Supplements”

“There’s no question about that. You have to pay more for real things than you do for counterfeits.” **Source:** *Dr. Royal Lee, D.D.S., 10/16/1955*

SYNTHETIC--A synthetic vitamin is created by a scientist in a laboratory when he/she has reconstructed the exact molecular structure of a vitamin by putting together or chemically combining molecules from other know sources. The synthetic vitamin has no synergists, no enzymes or co-enzymes, minerals, mineral activators, or co-vitamin helpers. It is a chemically pure vitamin but reverse mirror image of the real thing. Legally it is not necessary to give the source from which the synthetic chemical is derived (coal-tar)

The Poison Lurking In Your Water Bottle

The research by world expert Dr William Shotyk - who has vowed never to drink bottled water again - will be published in the Royal Society of Chemistry's journal next month. It is sure to revive concerns about the safety of bottled water, the world's fastest-growing drinks industry, worth £1.2billion a year.

Professor Shotyk, of Heidelberg University in Germany, said: "I don't want to shock people but here's what I know: Antimony is being continuously released into bottled drinking water. The water in PET bottles is contaminated."

He tested ground water and 15 types of bottled mineral water in his native Canada. The ground water contained two parts per trillion (ppt) of antimony. Bottled water had an average 160 ppt of antimony when opened immediately after bottling. But ground water stored in a PET plastic bottle had 630 ppt of antimony when opened six months later.

Source:

http://www.dailymail.co.uk/pages/live/articles/health/dietfitness.html?in_article_id=379624&in_page_id=1798&ct=5

Exposure to high levels of **antimony** damages the heart, lungs, gastrointestinal tract, liver and blood of humans and laboratory animals. Studies in industrial workers who were exposed to high air levels of **antimony** compounds over long periods of time reported gastrointestinal disturbances such as abdominal pain, diarrhea, vomiting, ulcers, altered electrocardiogram (heart) readings and increased blood pressure. Breathing **antimony** causes lung cancer in laboratory animals. Whether eating **antimony** causes cancer in humans or laboratory animals is unknown.

New Phone Danger

by Robbie Collin

Source: <http://www.campaignfortruth.com/Eclub/060306/CTM%20-%20cordlessphonedanger.htm>

Cordless handsets 100 times worse than mobiles, say experts.

Having a cordless phone in your house can be 100 times more of a health risk than using a mobile. The popular phones constantly blast out high levels of radiation - even when they are not in use. Landlines are widely thought a safer option than mobiles. But researchers in Sweden now warn cordless phones are far more likely to cause brain tumors than today's mobiles.

Emissions from a cordless phone's charger can be as high as six volts per meter - twice as strong as those found with 100 meters of mobile masts. Two meters away from the charger the radiation is still as high as 2.5 volts per meter - that's 50 times what scientists regard as a safe level.

At a meter away the danger is multiplied 120 times - and it only drops to a safe 0.05 volts per meter when you are 100 meters away from the phone. Because of the way cordless phones work, the charger constantly emits radiation at full strength even when the phone is not in use - and so does the handset when it is off the charger.

The most common cancers caused by such radiation are leukemia's. But breast cancer, brain tumors, insomnia, headaches and erratic behavior in kids have also been linked.

Those with chargers close to their beds are subjected to radiation while they sleep. Phone watchdog Powerwatch, using a testing device called the Sensory Perspective Electromog Detector, even found electromagnetic fields as strong as three volts per meter in a bedroom above a room holding a cordless phone.

The group's director, Alasdair Philips said: "As ill-health effects have been found at levels of only 0.06 volts per meter, this is very concerning. It's likely everyone in a house with a cordless phone will be constantly exposed to levels higher than this."

The shock Swedish report - by scientists Lennart Hardell, Michael Carlbery and Kjell Hansson Mild - is backed up by many medical experts who believe cordless phones are a health risk.

Harley Street practitioner Dr David Dowson said: "Having a cordless phone is like having a mobile mast in your house. I'd recommend anyone who has one to switch to a plug-in phone."

But BT's health advisor, John Collins, disagreed. He said: "There's no conclusive scientific evidence linking the radiation to any of the symptoms experienced. The evidence is that it doesn't do us any harm. We're a responsible company and abide by all the guidelines set down by recognized experts."

News of the World, 5th February 2006

The Cause of Mad Cow Disease and Blood In Our Meat

The Mad Cow Disease scare which has brought to light several disquieting features regarding the raising of food animals. It seems that for decades British and North American farmers have been feeding their beef and dairy cattle (which are vegetarians by nature) cheap protein supplements made from articles which include sheep brains, spinal cords and other animal parts. Certain of these substances were banned as a result of Mad Cow. However in the U.S. and in most other places the practice continues unabated. Indeed, **offal (the ground remains of dead animals), from sheep, cattle, pigs, as well as animal feces, is routinely fed to food animals in the form of rendered pellets, powder or meal. In addition, massive quantities of blood meal, bone meal and other animal byproducts find their way into food animal's feed.** It is grossly unnatural and dangerous to feed **blood** and other animal parts to cattle, which are natural vegetarians. And herein lies the problem. Who knows what diseases are transmitted as a result of this violation of the laws of nature? Studies indicate grass-fed beef (cattle raised in pasture) is much healthier to eat than grain-fed beef (cattle raised in confinement). Grass-fed beef is up to three times leaner than grain-fed beef, and can have up to 15 fewer calories per ounce than meat from a grain-fed cow. Grass-fed meat also provides more balanced omega-3s, omega-6 fatty acids, beta carotene, vitamin E and folic acid. Mad cow disease has never been found in a 100% grass-fed cow

(See: <http://www.organicconsumers.org/madcow/grassfed111505.cfm>)

In addition to the point above, eating the blood of animals is almost impossible to avoid in this day and age as it is almost always present in the meat tissue that you buy at the butcher shop and the meat that is not kosher as served in most restaurants.

Common mammal slaughterhouse stunning methods:

Captive bolt stunning – A “pistol” is set against the animal’s head and a metal rod is thrust into the brain.

Electric stunning – Current produces a grand mal seizure.

Neither of these modern day slaughter methods emphasize the draining of the blood in animal carcasses, but prioritize speed and maximum production of the meat. Only Kosher methods of slaughter emphasize the draining of blood.

The Scriptures tell us: "But flesh with the life thereof, which is the blood thereof, shall ye not eat." Genesis 9:4. This restriction was reaffirmed after the children of Israel left Egypt. Through the prophet Moses, God said: "It shall be a perpetual statute for your generations throughout all your dwellings, **that ye eat neither fat nor blood.**" Leviticus 3:17. So could this be one of the many reasons for the poor health of many Americans, as most of the meat products we are consuming on a daily basis contain not only blood but are also laden with fat? Even if you are not compelled by the Scriptural

admonitions you just read, there are many other health reasons to consider this subject. The Levitical dietary guidelines are an excellent template for the nutritional decisions we make on a day to day basis. Please understand I am not trying to coerce anyone to convert to Judaism, but to point out the wisdom set forth in the Scriptures regarding our health. These guidelines were originally given to the Jews but good health principles apply to all mankind.

Action Points: To explore this subject further I highly recommend reading the "Makers Diet" by Jordan Rubin: <http://www.makersdiet.com> . This is an insightful book full of good solid Biblical dietary recommendations.

Note: If kosher meat is not an option you can go a long way to remove the blood in the meat by cooking the meat with vinegar. Preferably 'Bragg's Organic Apple Cider Vinegar'. Natural salt should also be added to the vinegar. The vinegar and the salt will help to purge out the blood and toxins. Remember this is an ideal procedure to use on all meat as even kosher meat has some residual blood.

In my research I could only find one source of Certified Organic Grass-fed Kosher Meat: Aaron's Gourmet Emporium, Inc.

Phone: 718-205-1992

Aaronsfood@aol.com – email

<http://www.aaronsgourmet.com/index.html>

Recommended Whole Food Vitamin Mineral Product



"I consider this to be the single best multi-vitamin, multi-mineral formula available in the world today. I've seen no other product of this type is so easily absorbed by the human body. Plus, the utilization of nutrients at a molecular level is unmatched."*

-Timothy Collins, Naturopath, Clinical Nutritionist

Complete Life is a Food Compound Vitamin specifically designed to provide superior nutritional support from a unique combination of essential nutrients and whole foods, to promote optimal health and well-being.*

- Nutrient Rich Whole Foods
- Provides Potent Free Radical Scavengers

- Supports Function Of All Systems

Food Compound Nutrition

RightFoods™ has created Complete Life™ by skillfully combining each essential vitamin and mineral with a nourishing whole food extract. RightFoods™ whole food extracts are naturally rich in vitamins, minerals, and a multitude of beneficial food compounds. Scientific research has identified food compounds to have several health-promoting roles in the body, including acting as potent antioxidants, immune stimulators, and detoxifiers.

It has been proven, a diet comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. These are the foods rich in food compounds. Since the average American diet lacks enough servings per day of these foods, it is important to choose a multivitamin that supplements your diet not only with essential nutrients but also with the right foods rich in food compounds*. Complete Life™ is a nutritionally advanced Food Compound Vitamin that provides essential nutrients with the right foods to promote optimal health.

Complete Active Range

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. Studies have indicated a diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body*.

Complete Life™ contains a select group of 31 foods to fully represent each food compound class. This representation is called the Complete Active Range™. Each tablet of Complete Life™ includes foods such as spinach, kale, onions, carrots, soy, cabbage, flaxseed, broccoli, tomatoes, blueberries, rice bran, cranberries, lemons, and more. Only RightFoods™ Food Compound Vitamins provides the Complete Active Range™ of food compounds*.

Complete Life Multivitamin/Mineral

Daily C 500 - Is Your Vitamin C Complete?

With few exceptions, vitamin C supplements are made with ascorbic acid. What most people do not know is that ascorbic acid is only a part of how vitamin C naturally exists in food and in the human body. Vitamin C as it exists in nature is actually an intricate network of several different food compounds including bioflavonoids, ascorbigen, ascorbic acid, and enzymes that are attached together to create a synergistic complex that works together. It is this complex that is responsible for vitamin C's inherent antioxidant activity and vitamin status. Research has shown that chemically isolated forms of vitamin C have significantly reduced vitamin and antioxidant activity compared to vitamin C that exists naturally in food. The enhanced antioxidant activity of ascorbic acid in food is a result of the synergistic relationship between the food compounds, enzymes, ascorbic acid and other components within the food and not the ascorbic acid itself. The vitamin and antioxidant activity of Daily C-500 is enhanced by the

inclusion of foods rich in vitamin C.

Ascorbic Acid vs. Vitamin C

Ascorbic acid, a derivative of vitamin C was first isolated in 1937 by Albert Szent-Györgyi, a biochemist who won the Nobel Prize for this discovery. Szent-Györgyi isolated ascorbic acid from red peppers during his quest to develop a cure for scurvy. Scurvy is a disease that is caused by a nutritional deficiency of vitamin C; originally cured by the concentrated extract of red peppers. As a scientist he wanted to determine what substance in the red pepper extract was responsible for curing scurvy. He successfully isolated a fraction from the red pepper extract and called it ascorbic acid, to represent vitamin C. To his dismay, he found that this isolated compound was one-tenth as effective in curing scurvy as the red pepper extract. Szent-Györgyi himself explained to the scientific community that vitamin C as it exists in food is far more nutritious than isolated vitamin C, referred to as ascorbic acid.

A small apple contains only 5.7 mg of vitamin C. But that same apple contains polyphenols and flavonoids -beneficial food compounds that equal the effect of 1,500 mg vitamin C. Source: NATURE, Vol 405, pg 903

Vitamin C Complex

Another danger inherent to crystalline-pure, megavitamin usage is the consumption of *ascorbic acid*--the so-called vitamin C that is recklessly (but usually unknowingly) prescribed by the "pseudo-nutritional pharmacologists" who have little, if any, realistic training in this most important field. Ascorbic acid is not vitamin C! Ascorbic acid is a fraction of the biologically utilizable Vitamin C complex. Most all ascorbic acid sold is synthetically produced from corn sugar and even though it is synthetically manufactured, it is called "natural" and "organic" because corn is found in nature. Technically, anything with a carbon atom can be called "organic." The terms natural and organic are totally meaningless. This article alerts the general public to the fact that as little as 1,500 milligrams of ASCORBIC ACID, taken daily, depletes blood copper, leading to serious health problems. You jeopardize your important "fight or flight" (stress) response by depletion of copper. Just 500 mg. of ascorbic acid with 3 meals can do just that. The late Dr. Albert Szent Giorgi in America officially discovered Vitamin C in 1937. Dr. Giorgi, who received the Nobel Prize for his vitamin C work, stated that with just isolated ascorbic acid, he had not found the active anti-scurvy factor of the C-complex. "Ascorbic" means "anti-scurvy." The symptoms of clinical scurvy include swollen joints, muscular aches, bone pain, edema, weakness, fatigue, anemia, loose teeth, hyperkeratosis, impaired wound healing. Behavioral changes may include apathy, depression, and emotional disturbances, weakening of the walls of blood vessels such as swollen and bleeding gums, ocular hemorrhages, bruising, and varicosities of small blood vessels which are seen under the tongue. Sub clinical vitamin C deficiency may exist in a large segment of the population, and can lead to impaired health and increased susceptibility to other diseases. Ascorbic acid therefore is incorrectly named. With isolated ascorbic acid (from Hungarian red pepper), he could not stop the capillary hemorrhaging, so characteristic of scurvy, that he could reliably influence with the C-complex. He went back to the laboratory and discovered vitamin P, the rutin factor of the C-complex, which exists more in buckwheat (grain and leaf) than in citrus.

Vitamin C is a very misunderstood vitamin. The government is responsible for this because they have decided that you rate any vitamin C product according to the amount of ascorbic acid it contains. Ascorbic acid is an antioxidant. It is the preservative part of the C complex. To refine out or to synthesize the preservative is a mistake. The real vitamin C complex contains the P factors, which maintain vascular integrity. These are deficient in people who bruise easily or who have "pink toothbrush." Their blood vessels break too easily and bleed. The P factors strengthen the vascular system. They make the vessels tougher and more durable. Vitamin K is another part of the C complex. It promotes prothrombin. That means it helps in coagulation (blood clotting). Bleeders do not have enough vitamin K. Another factor in the C complex is J. The J factor is the part of the C complex which increases the oxygen carrying capacity of the blood. If you have a cold, you want to get oxygen to your tissues where it oxidizes the toxins and carries them off as carbon dioxide and water.*

In addition to these, the C complex contains enzymes, the outstanding one being tyrosinase. That's organic copper, an adrenal activator, If you want to rate vitamin C according to one thing, it would be logical to rate the tyrosinase. All of these factors are important for the reasons mentioned, In addition to all these factors; the vitamin C complex also contains ascorbic acid. To say that ascorbic acid is vitamin C is like looking at a steering wheel and calling it an automobile, while it is just a small part of an automobile.*

Daily C 500

Recommended Dietary Guidelines

1. Eat whole, natural foods.
2. Eat foods that will spoil, but eat them before they do.
3. Eat naturally, organically, raised meat; including fish, seafood, poultry, beef, lamb, game, organ meats and eggs.
4. Eat whole, naturally produced milk products from grass-fed cows, preferably raw and/or fermented, such as whole yogurt/kefir, cultured butter, whole cheeses and fresh and sour cream. **Health Fact:** The pasteurization of dairy products destroys the enzyme phosphatase (among many others). This enzyme is essential in the assimilation of calcium and iron.
5. Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils—coconut and palm.
6. Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.
7. Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis.
8. Prepare homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups and sauces.
9. Use herb teas and coffee substitutes in moderation.

10. Avoid Soy products.
11. Use a good quality filtered water. Preferably carbon/reverse osmosis filtered water. Do not consume distilled water or tap water.
12. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation. Salt is crucial to digestion and assimilation. Salt is also necessary for the development and functioning of the nervous system.
13. Make your own salad dressing using raw vinegar & extra virgin olive oil.
14. Use natural sweeteners in moderation, such as raw honey, maple syrup, unsulfured molasses, dehydrated cane sugar juice and Stevia Glycerite.
15. Cook only in stainless steel, cast iron, glass or good quality enamel.
16. Use only low heat processed, organic, whole food supplements.
17. Get plenty of sleep, exercise and natural light.
18. If adequate raw vegetables, fruits and nuts are eaten you should not need extra dietary fiber. Otherwise consume 1 tablespoon of raw, ground psyllium husks once to twice a day blended with at least 2 cups of water per tablespoon. Fiber is vitally important for bowel function and to sweep out debris from the colon.

Dietary Dangers

1. Don't eat commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc.
2. Avoid all refined sweeteners such as sugar, dextrose, glucose and high fructose corn syrup.
3. Avoid white flour, white flour products and white rice.
4. Avoid all hydrogenated or partially hydrogenated fats and oils.
5. Avoid all vegetable oils made from soy, corn, safflower, canola or cottonseed.
6. Do not use polyunsaturated oils for cooking, sautéing or baking.
7. Avoid fried foods.
8. Do not practice strict vegetarianism; animal products provide vital nutrients not found in plant foods.
9. Avoid pasteurized milk; do not consume low fat milk, skim milk, powdered milk or imitation milk products.
10. Avoid highly processed luncheon meats and sausage containing MSG and other additives.
11. Avoid rancid and improperly prepared seeds, nuts and grains found in granolas, quick rise breads and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress.
12. Avoid canned, sprayed, waxed, bioengineered or irradiated fruits and vegetables.
13. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and commercial condiments contain MSG, even if not so labeled.
14. Avoid caffeine-containing beverages such as coffee, tea and soft drinks. Avoid chocolate.
15. Avoid aluminum-containing foods such as commercial salt, baking powder and antacids. Do not use aluminum cookware or aluminum-containing deodorants.
16. Do not drink fluoridated or chlorinated water. Do not consume tap water or distilled water.
17. Avoid synthetic vitamins and foods containing them.

18. Do not use microwave ovens.

Recommended Educational Resources

1. "Why Do I Need Whole Food Supplements?", Lorrie Medford C.N.
2. "Going Back to the Basics of Human Health", Mary Frost, M.A.
3. "The Real Truth about Vitamins and Antioxidants", Judith DeCava, MS, LNC
4. "Empty Harvest", Bernard Jensen, D.C. and Mark Anderson
5. "Nourishing Traditions", Sally Fallon and Mary G. Enig, Ph.D.
6. "Know Your Fats", Mary Enig, Ph.D.
7. "The Cholesterol Myths : Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease", [Uffe Ravnskov](#)

1. Lazarou J, Pomeranz B, Corey P. Incidence of adverse drug reactions in hospitalized patients. JAMA. 1998;279:1200-1205.
 2. Rabin R. Caution About Overuse of Antibiotics. Newsday. Sept. 18, 2003.
 - 2a. <http://www.cdc.gov/drugresistance/community/>
 3. Calculations detailed in Unnecessary Surgery section, from two sources: (13) <http://hcup.ahrq.gov/HCUPnet.asp> and (71) US Congressional House Subcommittee Oversight Investigation. Cost and Quality of Health Care: Unnecessary Surgery. Washington, DC: Government Printing Office, 1976
 4. Calculations from four sources, see Unnecessary Hospitalization section: (13) <http://hcup.ahrq.gov/HCUPnet.asp> and (93) Siu AL, Sonnenberg FA, Manning WG, Goldberg GA, Bloomfield ES, Newhouse JP, Brook RH. Inappropriate use of hospitals in a randomized trial of health insurance plans. NEJM. 1986 Nov 13;315(20):1259-66. and (94) Siu AL, Manning WG, Benjamin B. Patient, provider and hospital characteristics associated with inappropriate hospitalization. Am J Public Health. 1990 Oct;80(10):1253-6. and (95) Eriksen BO, Kristiansen IS, Nord E, Pape JF, Almdahl SM, Hensrud A, Jaeger S. The cost of inappropriate admissions: a study of health benefits and resource utilization in a department of internal medicine. J Intern Med. 1999 Oct;246(4):379-87.
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Dr. Johnson's Healthy Living Newsletter

Scott Johnson, D.C.

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Colds, Flues and the Immune System

With the recent advent of the Flu epidemic an ever increasing importance has been put on immune system function. In other words the best way to combat all contagious infections is: #1) To not put yourself in harms way (that is if you can help it) and #2) building up your own immune system as much as possible. In this email I am going to attempt to show you how to do the later, as the best defense is a good offence. Ideally, we want to have a strong immune system before we have any potential exposure to any contagious infection. In order to do this certain criteria have to be met in the human body. I am going to highlight some of

the most important factors below and then talk about the measures we can take to respond to a contagious infection if we have already been exposed.

Most people are not aware of the role that **calcium** plays in our immune system. It is actually one of the chief fuels upon which our immune system runs on. White blood cells are the main tool our immune systems use to destroy foreign infectious invaders. White blood cells use calcium as the main fuel to propel themselves and destroy these invaders through a process called Phagocytosis. If we don't have enough usable calcium in our body, our immune system cannot ramp up, get to and kill these foreign infectious invaders. It's like having a guided missile, with no way of getting it off the ground. Consequently, if you have a low amount of usable calcium in your system, forget about having a strong immune system. It won't happen because it can't happen. And calcium is not something that can be manufactured in the body unless we leach it from our own bones, which over time would lead to osteoporosis. One of the main signs we are deficient in Calcium during the throws of an infection, is a high body temperature or fever. One of the things that got me into the alternative health field was a poorly functioning immune system. I have found one of the main components in building a strong immune system is keeping calcium reserves high in the body. The best product to accomplish this is **Calcium Lactate** by Standard Process. Before you ask about all the other calcium products on the market let me tell you why this one is superior. After this product is ingested it takes only one biological step in the body to convert calcium lactate into **active usable calcium which is Calcium Bicarbonate**. Calcium Bicarbonate is the only form of calcium our bodies can use, and there is not another form of Calcium on the planet that takes less than one step to get converted to Calcium Bicarbonate. To give you an example, Calcium Carbonate (which is the calcium form used in Tums, Rolaids and most cheap drug store brand Calcium products) takes 13 steps to convert to usable Calcium Bicarbonate in the body. In addition Calcium Lactate by Standard Process is **not derived from milk**, so people that are lactose intolerant won't have a problem digesting this calcium. The only people that would have a problem with this product would be people who have too little stomach acid to digest calcium. As sufficient stomach acid is essential for the breakdown of not only calcium but protein, iron and several other trace minerals. If low stomach acid is a factor, **Zypan** by Standard Process should be taken with the Calcium Lactate and with food. Or as an alternative taking 1-2 tsp. or **organic apple cider vinegar** twice a day should do the trick. One other thing that is important when talking about calcium is the Omega-3 fatty acids which are high in flaxseed oil. You see the omega-3 fatty acids in flaxseed oil are necessary for healthy cell membranes and to transport calcium into the white blood cells, where the calcium is used to support cell motility (movement) and phagocytosis (killing the foreign infectious invaders). Of the Omega 3 good fats, flax seed oil is very important. But I usually only recommend **Linum B6** for women and **Cataplex F Tablets** for men, as flax is a very volatile oil and spoils very easily. It is a risky proposition buying flax oil off the shelf as usually there is no way to verify quality. This is also an excellent protocol for skin protection as Calcium and Omega 3 fatty acids are essential in preserving and protecting the skin. Now if I feel I may be getting run down, I will increase my dosage of these two products until my system is back in balance. If these products are taken in conjunction with a good whole food multi-vitamin mineral product like **Catalyn** (3-6 day) you should be in pretty good shape. But if you have had a **chronic long standing immune system problem** I would suggest also adding in **Immuplex**. This product is the ultimate compliment to the products I have just talked about. Not only does Immuplex

directly support and rebuild the specific parts of the immune system, it also supplies the majority of the key trace minerals (especially zinc) that are also needed for our immune systems to function optimally.

Now if you are in the throws of an *acute infection* there are some more immediate measures you can take to boost your immune system. The first one to consider is **Congaplex**. This product combines the Calcium Lactate I mentioned earlier with 3 other immune system boosting products. Now it doesn't have the Omega-3 fatty acids, so either **Linum B6 for women** and **Cataplex F Tablets** are a good addition to this protocol. Also if the infection has settled in the lungs adding a product called **Pnuemotrophin PMG** will greatly accelerate recovery. I also mention some other approaches below if the infection has found it's way into the lungs.

Now the last point I wanted to mention is regarding **Colloidal Silver**. Colloidal Silver acts much like a *second immune system* in our body. But it is *not* a substitute for the raw materials that build your own immune system (which are the products I mentioned in the preceding paragraphs). But Colloidal Silver is an excellent addition to any immune system enhancing protocol. Again quality is everything in regarding to what Colloidal Silver product you ultimately use. The finest quality colloidal silver on the market is **Invive Mild Silver Protein** at: www.dr-johnson.com In my research regarding colloidal silver I have found this company to be head and shoulders above the rest. They were instrumental in guiding me toward factual, unbiased research in regard to Colloidal Silver.

Beyond what I have mentioned bear in mind there are many things you can also do to keep your immune system strong. Many of these things have been covered in previous newsletters like: Drinking 8-10 glasses of purified a day. Avoiding refined processed carbohydrates/sugars and "trans"/partially hydrogenated fats in the diet, getting at least 7 hours of sleep per night, fasting 2-4 days per month to aid in detoxification, some type of daily exercise activity(the mini-tramp/rebounder being the best), etc.. So in this newsletter I have given you some of the key tools to develop a strong immune system. It is my hope this information will be a blessing to you and your families. Until next time!

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Dr. Johnson's Healthy Living Newsletter
ACID REFLUX, HEARTBURN AND INDIGESTION

In this issue I will attempt to address a topic that has received a lot of press lately. Americans in particular are plagued with gastro-intestinal problems. Just turn on the television and witness the numerous commercials dealing with this subject. When it

comes to the dealing with this problem what I am going to say is going to sound unorthodox. But consider this if the drug and antacid companies were right, the conditions of acid reflux, heartburn and indigestion should obviously cease by taking the prescription and over the counter drugs. But this is not the case as these products have to be taken ongoing usually in ever increasing quantities to get the same result. Why is this, you say? It's because the drug approach does not correct the cause of the acid reflux, heartburn or indigestion. It only treats the symptoms. One thing I have noted about the pharmaceutical commercials that deal with acid reflux is labeling this condition as a "DISEASE". You see these companies want you to believe that you have a disease. This term is used to discourage you from ever thinking you can overcome this condition. After all diseases are something Americans are taught (by the mainstream medical establishment) they have to live with.

Contrary to what orthodox medicine teaches us acid reflux, heartburn and indigestion can actually be caused by insufficient hydrochloric production in the stomach. This might sound like a contradiction but it's not. The **stomach needs hydrochloric acid (HCL) to digest food properly**. Particularly protein, calcium, zinc and iron. When the stomach becomes deficient in HCL the result is the putrefaction or rotting of food. **This produces the organic acids of putrefaction, which in turn can cause acid reflux, heartburn and indigestion**. In other words heartburn and acid reflux are often caused by **too little** good acid (HCL) in the stomach, not too much. That's because low good acid (HCL) in the stomach causes the valve at the base of the esophagus to relax and allow upward passage of what is in the stomach. Higher levels of good acid cause the valve to stay closed and prevent the upward flow. Antacids, such as Tums, are effective in alleviating these symptoms because they neutralize these organic acids. However, they only aggravate the underlying problem **by increasing the alkalinity of the stomach**. The stomach was not made to function in an alkaline environment. It was made to function in an extremely acid (HCL) environment of a 2 -3 PH range. You see the bad acids (organic acids) are a by product of low stomach HCL production which in turn produces the acids of putrefaction. In one of the **most highly referenced Medical textbooks**: Guyton's Physiology, 7th ed. page 790, we read: "Pepsin, the important peptic enzyme of the stomach, is most active at a PH of 2-3 (which is extremely acid) **and is completely inactive at a PH above approximately 5 (an antacid can easily raise the stomach PH to 6 or higher)**. **Consequently, for this enzyme (pepsin) to cause any digestion of protein, the stomach juices must be acidic.**" Guyton also warns of pernicious anemia from a stomach chronically low in HCL. As a result of this information **prior or current Antacid use** is the biggest tip-off to potential parasite infestation for the following reasons: As I stated, normally our stomach is designed to run at a PH of **2-3** which is very acid. When taking an antacid we radically alter the PH of our stomach **upward to the alkaline side**. **In this Ph range it is impossible to properly digest protein**. Well all parasites have **protein based** shells or exoskeletons. What this means is that if you artificially raise the stomach PH through antacid use, you won't be able to kill the parasites that normally occur on many of the foods we eat. You see parasites are everywhere in the food supply. All forms of vegetables and fruits if raw can potentially be loaded with parasites, just to mention a few. But don't panic because if your HCL (Hydrochloric Acid) production is working properly you will have a

PH of 2-3 in the stomach. When you ingest parasites in this environment the parasites take an "acid bath" and are destroyed. But if you create an alkaline stomach by taking Antacids watch out because you have just eliminated the body's first and main line of defense against parasites. Once the parasites reach the Duodenum they are home free as the duodenum is alkaline. You see this is the way God designed it to be so parasites would be taken care of before they entered the duodenum. After leaving the duodenum they enter the intestinal tract which is neither either strongly alkaline or acid. **This is great for the parasites** because now they can set up shop and do what they do best: **live off you**. If you take antacids you have just provided them a free ride and a nice cozy warm home. So what's next? Well once the parasites set up shop in the intestinal tract **the pancreas starts perceive the parasites as a foreign protein**. So the pancreas will then start working overtime to produce various enzymes in an attempt to breakdown this perceived foreign protein in the intestinal tract (which is nothing more than the parasites). Well as I said before this was not the way God intended this process to work. The pancreas was not designed to do this job, as parasites should ideally be destroyed by HCL in the stomach. So as a result the pancreas will work night and day to try to break down the parasites in the intestinal tract. But this seldom works and as a result over time the pancreas becomes overworked. It's like whipping a tired horse. Now the pancreas is the only organ in the body that is considered both an exocrine (a gland with a duct) and endocrine (ductless gland) gland. The part of the pancreas that secretes alkaline digestive enzymes into the duodenum is the exocrine portion because that side of the Pancreas has a duct. While the other side of the pancreas is considered the endocrine side and produces the hormones: **Insulin and Glucagon**. Well if the exocrine side of the pancreas is overworked and exhausted, it's only a matter of time before that starts to negatively affect the endocrine side which is responsible for blood sugar regulation through Insulin and Glucagon. This is how Parasite infestation, blood sugar problems and diabetes can be intimately connected. For further information see or request my newsletter entitled: "Blood Sugar Issues and Parasite Questionnaire"

So now that we know the cause lets look at the solutions. I say solutions because there are different products I use for different symptom patterns. If you have been diagnosed with acid reflux, heartburn or indigestion **take this test**. The next time you eat a potentially offending food try taking 1-2 tsp of organic apple cider vinegar (or 1-2 Zypan [see below]) with the meal. You can put the vinegar in a small amount of water or juice. If your symptoms get better by doing this that tells you that you are definitely HCL deficient as the vinegar is acid by nature. If this worked well for you the apple cider vinegar could be taken with all meals that contain protein. That by itself could be all you need. If the apple cider vinegar helps but does not fully correct the problem, a product called Pitutrophin PMG by Standard Process needs to be added in. This product is incredible for virtually all stomach conditions, but especially for acid reflux. The Pitutrophin PMG works because in our bodies there are 2 direct links from the pituitary gland to the digestive system. Without a properly functioning Pituitary gland our digestive system starts to break down. If the apple cider vinegar is not to your liking a product called Zypan by Standard Process is an excellent choice. Zypan acts not only a protein digestive aid, but it also helps to break down fats and

carbohydrates. Zypan helps to maintain a proper 2-3 acid PH in the stomach. The biggest clue of a need for Zypan is foul smelling intestinal gas. Gas-forming microorganisms can only exist in an alkaline gastrointestinal tract. If protein is not being digested properly it will putrefy in the gut. This causes the foul smelling gas. Whereas someone who is not breaking down carbohydrates or fats properly might have a large amount of gas that does not have any to much smell at all.

Now if the apple cider vinegar made the acid reflux, heartburn or indigestion worse, then most likely your stomach lining is so thin that it cannot handle the acid. In this case I would recommend the following three products: [Pitutrophin PMG](#) (which I mentioned previously), [Okra Pepsin](#) by Standard Process (This product helps to rebuild the lining of the stomach and is very good for indigestion like symptoms) and [Multizyme](#) by Standard Process (Which is a non-Hydrochloric acid digestive enzyme). All these nutritional protocols would be taken until your respective condition was under control and at that point a slow weaning off of the products would be implemented.

Now for active bleeding ulcers you would need the above mentioned three products and a product called [Chlorophyll Complex](#) by Standard Process. This product is the only true oil based Chlorophyll on the market and is very healing to the stomach lining and digestive system.

Also according to Robert Reiling a municipal and industrial water treatment industry engineer; acid reflux, heartburn, and GERD are all greatly aggravated by exposure to chlorinated water. Remember though that virtually all the beverages you purchase (either off the shelf or at a restaurant) use chlorinated water. So your exposure may be higher than you think. To remove the chlorine it is imperative you have a water filtration system with an activated charcoal filter. It would also be advisable in install a KDF shower water filter to eliminate chlorine exposure in the shower, which can be significant. KDF can remove chlorine at high water temperatures, where activated charcoal cannot. Again what our goals should be is to correct the underlying condition that caused the problem in the first place. Until next time!

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Dr. Johnson's Healthy Living Newsletter

Environmental Allergies

In this issue we are going to focus on the growing problem of allergies. Increasingly it is almost impossible to turn on the TV and not be bombarded by commercials for medications that treat allergy related symptoms. Unfortunately, these medications **do not** correct the **cause** of the allergies. This is evidenced by the fact that if the cause were being addressed, eventually you would be able to wean yourself off the given medication. Usually the opposite is true, as when medications are taken eventually higher amounts need to be administered to get the same benefit. Many times these medications need to be totally changed because they stop working. You might say: Why is this? The reason is our bodies have a limited amount of receptors for a given drug. Over time after being on a medication these receptors down-regulate. That is to say our bodies will lose the ability to respond to a given drug as it once did. As a result, either more has to be given or the medication changed all together. But this just starts the process over again with the same end result.

For the most part allergy medications work by shutting down our bodies ability to trigger a "Histamine Reaction". Histamine reactions are what cause allergic symptoms in the body: running nose, watery, red eyes, sneezing, etc.. The Histamine reaction (from a Medical standpoint) is viewed as a negative process. A process that needs to be suppressed with drugs. It's as if the people suffering from allergies are **deficient** in Allegra or Benedryl. While these drugs will stop a Histamine reaction, they do not correct the reason the body is not able to handle the Histamine reaction.

So why do we have histamine reactions. The answer is quite simple. Histamine is released in essentially every tissue of the body whenever that tissue becomes damaged, inflamed, or is the subject of an allergic reaction. If our liver (which is like the oil filter of our car) gets too burdened with toxins, it cannot process the excess histamine in the blood stream properly. As a result the Histamine/Allergic **reaction** becomes quite pronounced. The more toxic the liver becomes, the more severe the Histamine/Allergic reactions become.

When correcting the cause of the allergies several systems need be addressed: **1)** The liver, which needs to be properly detoxified and supplied with a product called **Antronex**. What Antronex does is enhance the blood filtering capabilities of the liver. By doing so the liver is able to detoxify better and deal with more toxins without becoming dysfunctional. You see if our liver is functioning correctly we will still have histamine production in the body, **but** we will rarely have Histamine/allergic **reactions**. Consistent Histamine/allergic reactions are just a symptom our liver needs help. It's no more evil than the oil light coming on in our car when our engine is in danger. Symptoms are our bodies own built in protective devices. They alert us to danger. If most Americans treated our cars like we treat our bodies, when the oil light came on in our car we would take a black magic marker and blacken out the oil light and keep driving as if nothing is wrong. You might say that is unthinkable. **But that is exactly what we do when we consistently use drugs to suppress symptoms.** We would

never dream of doing this to our car, but Americans are conditioned to do it to their own bodies whenever symptoms are present. And no wonder, because by the time the average American is 20 years old, he or she (on average) has been exposed to over 20,000 hours of Medical commercials. These commercials teach that symptoms are evil and need to be suppressed with drugs. Granted there is a time and place for medications, **but you cannot drug your body into good health.**

2) When dealing with environmental allergies the lungs also need to be directly addressed. The two products that best accomplish this task are **Pnumotrophin PMG** and **Cataplex A-C**.

3) Since the adrenals offer direct support to both the liver and the lungs it is essential they be supported. This is best accomplished by a product called **Drenatrophin PMG**.

4) In virtually all allergy cases the gut has become too alkaline. In order to acidify the gut 1-2 tsp. of **Braggs Organic Apple Cider Vinegar** can be taken daily or a product called **Betaine Hydrochloride** can be taken.

Now here's the good news: Standard Process makes a product called **Allerplex** that has all these products I have mentioned (**Antronex, Cataplex A-C, Pnumotrophin PMG, Drenatrophin PMG and Betaine Hydrochloride**) **all in one capsule**. This greatly aids compliance and convenience for a given allergy case. **In some cases Antronex can be taken as a discreet product where a high amount of mucous is present.**

Now if you are suffering from **sinus allergies that have progressed into an infection** there is one product that works wonderfully to help the body eradicate the infection: **1100 parts per million Mild Silver Protein by Invive**. This product can be sprayed into the sinus cavities to directly combat any sinus infection. 90% of all infection-causing bacteria enter the body through the nose. Clearing these breathing passages may be the most effective way to prevent upper respiratory infections.

Invive Mild Silver Protein: The Ultimate Immune System Product For Colds, Flu's and Infections.

New Website: www.dr-johnson.com

The March 1978 issue of Science Digest, in an article, 'Our Mightiest Germ Fighter,' reported: . . . "An antibiotic kills perhaps a half-dozen different disease organisms, but silver kills some 650. Resistant strains fail to develop."

***"Colloidal Silver . . . killed every virus that was tested in the lab,"
UCLA Medical Center.***

Blood Sugar Issues and Parasite Questionnaire

As the diagnosis of diabetes continues to become more common place, I felt it was important to write this newsletter. As with most health problems there is not one lone cause of blood sugar issues and diabetes. I am going to attempt to explain the various causes and contributing factors so you can arm yourself with correct knowledge. Remember the Bible says in Hosea 4:6: "My children are destroyed for lack of knowledge,..." Although in modern times knowledge abounds to a greater extent than anytime in history, much of this knowledge is false. The purpose of this newsletter is to give my readership a solid knowledge platform so they can make informed decisions in regard to the myriad of health issues that face us. I am going to kick this newsletter off with a dual self questionnaire in regard to blood sugar and parasites. You might ask your self why I am including a section on Parasites. The answer to this question will be forthcoming as you read further into the newsletter.

Instructions: Put a check mark beside any symptoms that apply to you on any kind of consistent basis.

Parasite Questionnaire:

- 1) Prior or current Antacid use?
- 2) Do you have blood type A?
- 3) Do you suffer from 'acid reflux'?
- 4) Are your cheeks rosy?
- 5) Have you ever traveled to a foreign country?
- 6) Do you have a hard time digesting proteins?
- 7) Do you have a history of diabetes or blood sugar problems?
- 8) Does your skin itch?
- 9) Frequent foul smelling gas?
- 10) Do you experience purititis (itching of the anus)?
- 11) Do you have a history of intestinal problems?
- 12) Do you get extremely hungry often?
- 13) Do you suffer from hair loss?
- 14) Does your stomach/abdomen feel bloated often?
- 15) Frequent mucous in your stool?
- 16) Any uncontrollable weight loss?
- 17) Frequent abdominal pain?
- 18) History of pulling out your own hair?
- 19) Are you over 40 years old?
- 20) History of bedwetting?
- 21) History of Juvenile Diabetes?
- 22) History of ADHD or ADD (Attention Deficit Disorder)?
- 23) Frequent Diarrhea or Constipation?
- 24) Pains or aches in the back, joints or muscles?
- 25) Irritable Bowel Syndrome?
- 26) Chronic Fatigue or lethargy?
- 27) Various Skin Problems?
- 28) Clenching or grinding of the teeth?
- 29) Nutrient deficiencies or anemia?

30) Immune system weakness?

31) Problems sleeping?

Blood Sugar Handling Questionnaire:

1) Eat when nervous?

2) Excessive appetite?

3) Hungry between meals?

4) Irritable before meals?

5) Get "shaky" when hungry?

6) Fatigue that is helped by eating?

7) "Lightheaded" if meals are delayed?

8) Heart palpitates if meals missed or delayed?

9) Afternoon headaches?

10) Over eating sweets upsets your system?

11) Awaken after a few hours of sleep-hard to get back to sleep?

12) Crave candy or coffee in the afternoons?

13) Moods of depression/"blues"/melancholy?

14) Abnormal cravings for sweets or snacks?

Carbohydrate Intolerance/Insulin Resistance Questionnaire

1) Do you get sleepy after meals?

2) Do you get bloated(intestinal) after high carbohydrate meals?

3) Is it difficult for you to concentrate after meals?

4) History of adult onset diabetes?

5) History of high blood pressure, cholesterol or triglycerides?

6) Do you snack frequently?

Now it's time to evaluate your findings. In a nutshell if you answered positively to **25-50%** in any one section there is a moderate to strong likelihood you need help. If you answered **over 50%** it is almost a given that specific measures need to be taken.

Remember symptoms are not a normal expression of health. They are warning signs. Like the oil light coming on in our car. They are not evil, just as our oil light is not evil. Actually they are essential for knowing when a problem exists in our body. Americans are very symptom driven and tend to only try to suppress symptoms. After all isn't this what all the medical commercials have taught us over the years. If you have head pain take this pill, stomach pain take this pill, back pain take this pill and on and on. But this behavior is not logical. It's as though we are taught to believe that symptoms are caused by a deficiency of these pills/drugs. So in order to get rid of my headache I need to correct my Tylenol deficiency. It just doesn't make good sense when you look at it this way.

Let's start by evaluating the **Parasite questionnaire**. As you might have noticed **prior or current Antacid use** was at the top of the list in red. I did this because this is the biggest tip off for potential parasite infestation. Here's why. Normally our stomach is designed to run at a PH of **2-3** which is very acid. This PH is essential for the proper digestion of **protein, calcium, iron, zinc, etc.** When taking an antacid we radically alter the PH of our stomach upward to the alkaline side. Let's look at a quote from Guyton's Physiology(which is considered the gold standard for human physiology), 7th ed. page 790, we read: "Pepsin, the important peptic enzyme of the stomach, is most active at a PH of 2-3 (which is extremely acid) and is **completely inactive at a PH above**

approximately 5 (an antacid can easily raise the stomach PH to 6 or higher). Consequently, for this enzyme (pepsin) to cause any digestion of protein, the stomach juices must be acidic." Guyton also warns of pernicious anemia from a stomach chronically low in HCL. Now you might be wondering how does all this relate to parasites? Well you might of noticed that I underlined the word "protein" two times above. Well all parasites have protein based shells or exoskeletons. What this means is that if you artificially raise the stomach PH through antacid use, you won't be able to kill the parasites that normally occur on many of the foods we eat. You see parasites are everywhere in the food supply. All forms of vegetables and fruits if raw can potentially be loaded with parasites, just to mention a few. But don't panic because if your HCL(Hydrochloric Acid) production is working properly you will have a PH of 2-3 in the stomach. When you ingest parasites in this environment the parasites take an "acid bath" and are destroyed. But if you create an alkaline stomach by taking Antacids watch out because you have just eliminated the body's first and main line of defense against parasites. Once the parasites reach the Duodenum they are home free as the duodenum is alkaline. You see this is the way God designed it to be so parasites would be taken care of before they entered the duodenum. After leaving the duodenum they enter the intestinal tract which is neither either strongly alkaline or acid. This is fine with the parasites because now they can set up shop and do what they do best: live off you. If you take antacids you have just provided them a free ride and a nice cozy warm home. So what's next? Well once the parasites set up shop in the intestinal tract the pancreas starts perceive the parasites as a foreign protein. So the pancreas will then start working overtime to produce various enzymes in an attempt to breakdown this perceived foreign protein in the gut (which is nothing more than the parasites). Well as I said before this was not the way God intended this process to work. The pancreas was not designed to do this job as parasites should ideally be destroyed by HCL in the stomach. So as a result the pancreas will work night and day to try to break down the parasites in the intestinal tract. But this seldom works and as a result over time the pancreas becomes overworked. It's like whipping a tired horse. Now the pancreas is the only organ in the body that is considered both an exocrine (a gland with a duct) and endocrine(ductless gland)gland. The part of the pancreas that secretes alkaline digestive enzymes into the duodenum is the exocrine portion because that side of the Pancreas has a duct. While the other side of the pancreas is considered the endocrine side and produces the hormones: Insulin and Glucagon. Well if the exocrine side of the pancreas is overworked and exhausted, it's only a matter of time before that starts to negatively affect the endocrine side which is responsible for blood sugar regulation through Insulin and Glucagon. **This is how Parasite infestation, blood sugar problems and diabetes can be intimately connected.** Not to say that every case of blood sugar problems and diabetes is a parasite case, but if you score high on the surveys above, it becomes very probable.

Now with that being said, what do we do about a parasite infestation? The protocol I recommend is not complicated) It consists of two products: **Wormwood Complex** by Mediherb and **Zymex II** by Standard Process. This combination is very powerful. I recommend the products be taken together for two 20 day cycles with one week off in between. You would take 6 a day of each product for 20 days. You would essentially need two bottles of each product to properly complete a parasite cleanse, as you would

be taking one bottle of each for every 20 day cleansing period.

Wormwood Complex by Mediherb Ingredients

per tablet:

Black Walnut green hulls 4:1 extract from Juglans nigra green hulls 100 mg	25 mg
Wormwood herb 4:1 extract from Artemisia absinthium herb 100mg	25 mg
Stemona root 5:1 extract from Stemona sessilifolia root 1000mg	200 mg

Clove bud (Syzygium aromaticum) essential oil 20 mg

Zymex II helps digest protein and **protein invaders** in the body, and supports immune system function.* Since parasites have a protein based shell or exoskeleton, this product actually digests the parasites when taken on an empty stomach.

Proprietary Blend: 884 MG Defatted almond (nut), fig (fruit), papain, bromelain, amylase, lipase, and cellulose.

Now once this is past what would you do to keep the Parasites from coming back. The best prevention would be making sure your stomach was always operating at a PH of 2-3. Which is what it should be. Now if you suffer from "acid reflux" and are dependant on antacids you need to reference my newsletter entitled: [Acid Reflux, Heartburn, Ulcers and Indigestion](#).

If you don't have it, reply to this email with a quick note and I will email it to you. People with blood type A also tend to have lower HCL production in the stomach and as a result are more prone to parasite infestation.

Now what if the parasites have either been ruled out or dealt with and you still have blood sugar problems. The first place to look at is excessive carbohydrate consumption. High carbohydrate consumption causes the pancreas to over produce insulin which sets you up for **blood sugar problems, high blood lipids and cardiovascular disease**. So reducing carbohydrate consumption will be all that some people need to do in order to get their blood sugar and blood lipids regulated. This is probably best accomplished through a reduced carbohydrate diet. Now if the problem has been long standing and/or the person is not willing to change their dietary habits there is some powerful nutritional products that can be taken to offset blood sugar disturbances.

The two main products I use are [Cataplex GTF](#) and [Pancretrophin PMG](#). In regard to recommending which of these two products are needed in a given case, it would depend on their individual symptom survey results. On the herbal side I use a Indian herb called [Gymnema](#) by Mediherb. This herb has been named the "sugar destroyer" because of its high potential to regulate blood sugar and stop sugar cravings. In some complicated blood sugar cases, I have to do all three of these products to get insulin levels under control.

What Foods are American's Eating?

1. Refined Carbohydrates and Sugar:

Joseph Beasley in the Kellogg Report of 1989 reported that average American's

consumption of sugar in the 1800's was 10 pounds. Today it is conservatively estimated that the average American consumes over 170 pounds of refined sugar per year!

"Sugar refining was the city's(referring to New York City) most profitable manufacturing industry from 1870 until the First World War; 59 percent of the country's imported raw sugar was processed there in 1872 and 68 percent by 1887." (Excerpted from the *Encyclopedia of New York City, Yale University Press, New Haven and London, the New-York Historical Society, New York*)

Refined sugars include the obvious "hard core" sweets such as cookies, soda, candy, chocolate, pastries, ice cream, etc. Most people know that these foods are loaded with processed, bleached, white sugar. Surprising to many, however, is that approximately one half of the 170 pounds of sugar we eat during the year is "hidden sugars" which are added to catsup, chewing gum, fruit juices, rolls, yogurt, granola bars, canned fruit, alcoholic beverages, and breakfast cereals.

Ingredients like high fructose corn syrup, corn syrup and sucrose are other names for refined sugars. "When plants containing sucrose are refined, they are stripped of their life force, vitamins and minerals. What remains is a sterile, pure carbohydrate that the human body cannot use... In order to even absorb this carbohydrate, the body has to deplete its store of vitamins and minerals, creating an imbalance. Sugar is, in effect, effect an anti-nutrient as it increases the need for nutrients in the body."

"Refined Sugar Products and Their Effect on the Body and Mind", 1996 Leading Edge Research

2. Refined Flour

A 1983 Study conducted by the National Center for Health Statistics found that the number one food consumed by most Americans was white flour bread products. The second highest consumed foods were doughnuts, cookies, and cake. White flour bread, rolls, crackers, most cereals, pastas, bagels and tortillas are a few examples of refined flour products. The average American diet is estimated to consist of somewhere between 60-70% refined flour products. Most people who eat this way believe they are eating a "sugar-free" diet, and are unaware of the health risks associated with the over consumption of these foods.

Did you know? The Supreme Court declared the bleaching of flour illegal in 1918. But the law was never enforced because the vice president of one of the biggest milling companies (Pillsbury) was also the executive head of the Food and Drug Administration (FDA). The criminality of flour bleaching was admitted by the flour millers themselves, in a bulletin published by the North Dakota State Agricultural Experiment in 1906. They sent out 24 questionnaires to flour millers and asked them what they thought about flour bleaching. Eighteen of the millers wrote back and said that it was a criminal act and hoped that the FDA would ban the flour bleaching.

Flour bleaching brings on diabetes by converting Xanthine (which is one of the nutritional chemicals in flour) into Alloxan, which is a very dangerous poison that specifically destroys the Islets of Langerhans/Beta Cells in the pancreas. Insulin is

produced through the Islets of Langerhans/Beta Cells.

Salient Point: Because the vast majority of nutrients are completely destroyed in the milling of flour, there is a direct correlation between heart disease and white flour.

“We might as well remove the term heart disease and supplant it with ‘white flour disease.’” Dr. Royal Lee, D.D.S.

But hold on the Bible says in: Psalm 104:15 “...and bread **strengtheneth** man’s heart.” Well ideally, if we ate bread the Biblical way God intended us to eat bread, we would be eating unrefined, freshly baked bread in which the flour is freshly ground. In this type of bread the natural vitamin E and B factors would all still be in tack. These are two key factors that are essential for a healthy functioning heart and cardiovascular system. These are the same factors that are totally removed in the refining of flour for the following reasons: “America’s food industry is built to a large extent on foods which would ordinarily be **highly perishable**. Rather than finding methods of efficient distribution, it has been easier to simply devitalize the food. Foods which have their vital factors removed will fail to sustain life for insects, molds and microbes; consequently they can be easily shipped over long distances and simply stored over long periods. Unfortunately foods which will not sustain other forms of life, will not satisfactorily sustain human life.” Dr. Royal Lee, D.D.S.

Excessive consumption of refined sugar and flour has been linked with the following nutritional deficiencies: *Vitamin B complex, Vitamin C, Magnesium, Chromium, Calcium, Zinc*

Excessive Consumption of Refined Sugars and Flour has been linked with the following disorders (to name a few): Diabetes, Depression, Allergies, Heart Disease, Anxiety, Hyperactivity, Obesity, PMS, Fatigue, **Hypertension, Irritability, Insomnia**, Headaches, Indigestion, Cancer

Galatians 6:7 “...for whatsoever a man soweth, that shall he also reap.”

“It would be a miracle for us to invite disease by using counterfeit foods and then have the Lord help us out every time we get sick. That’s like the guy who tries to commit suicide and jumps off the Empire State Building, changes his mind on the way down and asks the Lord to save him. It is any different if we spend our whole life eating counterfeit foods and then develops cancer or polio or something like that and asked to be saved. We have departed from nature’s plan and are going to pay the price.” Dr Royal Lee 10/16/1955

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Dr. Johnson's Healthy Living Newsletter

Cardiovascular Issues:

Heart Disease, High Blood Pressure, Arteriosclerosis, HDL, LDL, High Cholesterol High Triglycerides, Arrhythmias, Angina, Rapid Pulse Rate (Tachycardia) and Obesity

Since Cardiovascular Disease is one of the main causes of death in the U.S. we need to become educated on the prevention of this terrible killer. This is such a vast subject I am going to limit this discussion to the main steps that can be taken to prevent and even reverse this condition. In doing so, I am going to touch on the various reasons why we develop cardiovascular problems. Since so many people are at risk of this problem you owe it to yourself to read this information to ascertain your potential risk. Most of you will be uncomfortably surprised by the potential risk factors. This information applies to virtually everyone, because most of you reading this newsletter will probably fall into many of the categories I will be listing.

Almost two million Americans die each year of various causes, a reasonable figure perhaps, in a nation of well over two hundred-fifty million. But close to half are dying of Cardiovascular Disease, which is an avoidable ailment. Nearly one million people each year die in this country of heart disease and related cardiovascular ailments, all related to bad diet, lack of nutritional supplementation, smoking and inadequate exercise.

To start with let's look at the main risk factors that set us up for Cardiovascular Disease. The main risk factors center around a persons diet. For the sake of time I am going to address the six biggest dietary risk factors for Cardiovascular Disease. The **first** risk factor is over consumption of **refined carbohydrates/sugar and flour**. Joseph Beasley, M.D., in the "Kellogg Report" of 1989, reported that the average American's annual consumption of sugar in the 1800's was 10 pounds per person; today, it is conservatively estimated that the average American consumes 170 pounds of refined sugar per year! These foods include most breads, pastas, potato products, white rice, doughnuts, chips, cookies, cakes, candies, snack foods, sodas and ice cream. Surprisingly though, is that one half of the 170 pounds of sugar we eat during the year are "**hidden sugars**" which are added to catsup, chewing gum, fruit juices, yogurt, granola, canned fruit, alcoholic beverages and breakfast cereals. It should also be noted that alcohol consumption would also fall into this category because the over consumption of alcohol tends to produce the same changes as over consumption of refined carbohydrates/sugar and flour. These are the foods most Americans eat every day. All these foods will increase blood lipid/fat profiles. They all increase

triglycerides, cholesterol, LDL (low density lipids or bad cholesterol) and lower HDL (high density lipids or good cholesterol). This in turn will promote arteriosclerosis (plauqing of the arteries) which leads to heart disease and strokes. These foods also greatly stress the liver, pancreas and adrenal glands. They cause numerous vitamin/mineral deficiencies and greatly weaken the immune system. Excessive consumption of the foods in this category can lead to: diabetes, heart disease, obesity, hypertension, polycystic ovary disease, headaches, fatigue, depression, anxiety, irritability, PMS indigestion, insomnia, allergies and hyperactivity. The easiest way to address this issue is to go on a high protein, moderate fat, low carbohydrate diet. This diet is the easiest and quickest way to accomplish this. Following this diet alone is usually all that is needed to balance and positively affect blood lipids.

Now if your blood lipids are already good and you have not had a personal or family history of Cardiovascular Disease; diets such as "The Zone" and "The Makers Diet" are all healthy alternatives. Also there are some good fats that are important are organic butter, omega 3 fish oils (that have been molecularly distilled to remove heavy metals) and extra virgin olive oil.

The **second** risk factor is consumption of "trans" fatty acids. A study done by the US Department of Agriculture found that during the past 80 years, the average American's consumption of trans fatty acids has increased **400%**. This is one of the main reasons cardiovascular disease is so prevalent in modern times. Trans fats are created through a process called hydrogenation, in which unsaturated fats are changed to make them harder with a longer shelf life. Trans fats show up in many of the same foods I listed in the first category. Mainly processed foods like sugary baked goods, snack foods, deep fried fast foods(the highest source of trans fats), mayonnaise, vegetable shortening, cereals, corn and potato chips, non-dairy creamers, whipped cream and margarine(which is probably the worst violator). Trans fats are also referred to as hydrogenated or partially hydrogenated fats. In actuality all trans fats are partially hydrogenated, as when these fats are created they are one molecule away from being a hard plastic. If they were fully hydrogenated they would be a hard plastic and would not be able to be consumed. As you can imagine, a plastic floating around in our blood stream is very hard to break down. This job falls mainly on the liver. The liver has a tremendous ability to detoxify the blood stream but over time it becomes overwhelmed and will malfunction (which adversely affects blood lipids). At this point these trans fats have nowhere to go so they start to accumulate on our artery walls (arteriosclerosis). Trans-fats also cause depletion of anti-oxidant nutrients and increase many of the inflammatory processes in the body. Over consumption of trans fatty acids has been linked to the following conditions: diabetes, hypertension, stroke, arthritis, eczema, psoriasis, PMS, excessive menstrual bleeding, immune disorders, allergies and depression. Again one of the easiest ways to correct over consumption of trans fatty acids is by following the Atkins Diet. This diet takes care of all the guess work for you.

The **third** factor that needs to be mentioned is smoking. Smoking is a main contributor to almost all facets of Cardiovascular Disease. The main thing to do here is obvious:

quit. It has been proven that there are literally hundreds of chemicals in cigarettes. The majority of which are highly addictive. But when you light up, these same chemicals start combining and reacting, forming thousands of new highly addictive compounds. It's done by design, to keep you hooked. Do your homework in regard to quitting. There are several plans out there that incorporate herbs and detoxification. It would be imperative to do a combination lung/ liver cleanse if you were trying to quit smoking. I will talk more about liver cleansing later but would use Allerplex by Standard Process to cleanse the lungs. I would also be cautious of the nicotine patches. I had a patient that used one of these patches and within the first day of use she had a heart attack. So be careful.

The **fourth** category is little known but very dangerous: Chlorinated Water. We are at risk in two ways regarding this problem. 1) Ingesting chlorinated water and 2) Showering or swimming in chlorinated water. You see it is a proven fact that when chlorine reacts with fats in the blood stream it causes plaqueing of the arteries (arteriosclerosis). This in turn sets us up for heart attacks and strokes. This has been verified by many medical studies. I am going to publish some quotes below regarding this subject:

"Chlorine is the greatestcrippler and killer in modern times. While it prevented epidemics of one disease, it was creating another. After the start of chlorinating our drinking water in 1904. The present epidemic of heart trouble, cancer and senility began."

[Dr. J.M. Price M.D./Saginaw Hospital](#)

"Cancer risk among people drinking chlorinated water is 93% higher than those whose water does not contain chlorine."

[U.S. Council of Environmental Quality](#)

"A professor of water chemistry at the University of Pittsburgh claims that exposure to vaporized chemicals in the water supplies through showering, bathing and inhalation is 100 times greater through drinking the water."

[The Nader Report- Troubled Waters on Tap](#)
[Center for Study of Responsive Law](#)

Chlorine was despicably used during World War I. When the war was over, the use of chlorine was diverted to poisoning germs in our drinking water. All water supplies throughout the country were chlorinated. The combination of chlorine (when in drinking water) and fats results in arteriosclerosis, heart attacks and death.

[Water can Undermine Your Health](#)

[Dr. N.W. Walker, D.S.](#)

To address this issue I recommend you do two things. 1) Only drink purified water (preferably carbon filtered reverse osmosis water). 2) Get a filter for your shower head or better yet get a whole house filter to get the Chlorine out. In the process you will also be removing many other toxic chemicals. If you have a swimming pool it is a little more complicated but it can be done. Do an internet key word search for: "non-chlorinated swimming pool alternatives".

The **fifth** and **sixth** risk factors are self evident so I am only going to touch on them. They are Obesity and Lack of Exercise. Obesity is usually a by product of categories

1&2 mentioned above. So by virtue of dealing with the first two categories by using an Adkins like/low carbohydrate diet; you will experience weight loss. This diet is a powerful way to burn excess body fat. This is important when dealing with Cardiovascular issues because for every excess pound of fat you carry, your body has to make **6 more miles of capillaries**. In turn your heart has to pump harder to get blood through those extra capillaries. This will naturally cause the blood pressure to rise as the heart has to work harder. This is why obesity and hypertension/high blood pressure are so closely linked. There is a continuous linear relationship between excess body fat and high blood pressure. If you respond by taking blood pressure lowering medication, your just preventing the heart from getting blood to the tissues. This isn't the answer, at least not long term. You don't have a deficiency of blood pressure medication in your body, your just carrying around too much fat. This leads to my last risk factor: Lack of exercise. The heart is a muscle, and as such if it is not exercised it will weaken (like any other muscle). The more it weakens, the more inefficient it becomes. The more inefficient it becomes, the harder it has to work. This in turn can cause high blood pressure, and possible tachycardia (rapid heart rate). Aerobic exercise that uses large muscle groups should be done for 20-60 minute intervals at least three times a week to address this issue. Start slow and work your way up to these time tables. One very easy way to accomplish this is to buy a 40 inch mini-trampoline/rebounder. If I could only recommend one exercise to do this would be the one. For time constraints, the benefits are too numerous to list. Even 5 minutes a day on one of these devices has a profound impact on cardiovascular health and improving ones body's ability to detoxify. Do an internet search or go to one of the local sporting goods stores. Try to invest in a 40 inch version as you will get better results.

So now that we have discussed the main risk factors, let's talk about what to do if all or some of the previous six points have been part of your lifestyle up till now. It's not enough to just switch to a low carbohydrate diet if your body has been poisoned for decades. You need to do some specific detoxification and rebuilding. If you are guilty of any of the categories above or have a personal/family history of heart disease, it is imperative that you take a preventative stance regarding this issue. I have found that cardiovascular cases are by far some of the easiest cases to help, but if not helped, produce the most dire consequences. Examples being: Strokes, Heart Attacks, Congestive Heart Failure, High Blood Pressure and Death. If I could only see one ailment all day long in my practice I would elect to treat Cardiovascular cases. The reason is that these cases tend to respond quickly to treatment protocols. Whereas conditions like Osteoarthritis (although this problem can be helped) respond much slower than your typical Cardiovascular case. Now although the patients tend to feel better quite soon after implementing a Cardiovascular protocol we must remember that "**Rome Was Not Built In A Day**". It takes time to detoxify and rebuild the various systems that have typically been abused over a lifetime. I tell patients if this is something you have been doing over a lifetime, you owe it to your self to spend 3-6 months in an effort to turn this condition around.

With that said, if I have a patient that presents with high blood pressure and/or the other cardiovascular risks mentioned. There are several things that should be done in the

initial 3-6 month detox/rebuilding period:

1) Ideally switching to a high protein, moderate fat, low carbohydrate diet. You see this diet by virtue of just following it; will eliminate all the junk foods that were listed above in categories one and two. This in turn, will greatly help the vast majority of aberrant blood lipid profiles :(high cholesterol, high triglycerides, high LDL, Low HDL, etc).

2) Taking **Cardioplus** (6/day). This is the finest nutritional product I have found for helping cardiovascular problems especially when high blood pressure is also a factor. This product is a combination of six different separate products. It is designed to help strengthen, rebuild, nourish and oxygenate the heart and the adrenal glands. You see the adrenal glands are a direct backup to the heart. If your adrenals are malfunctioning (like most Americans) we are at great risk of developing Cardiovascular problems. A tip off of adrenal gland fatigue is dizziness or light headedness upon standing from a lying or sitting position. The adrenals become fatigued primarily through over consumption of caffeine, refined carbohydrates and stress. **Cardioplus should be taken as the foundational product for all the other conditions I will mention below.**

Also if extra herbal support is desired the hands down winner is **Hawthorne** (2-3 day) by Mediherb. This product can produce profound effects in helping to lower blood pressure and is an incredible cardiovascular tonic. It is designed to help strengthen, rebuild, nourish and oxygenate the cardiovascular system.

This product is also indicated if an arrhythmias, bundle branch blocks, murmurs or skipped heart beats are present.

For more information on Cardioplus go to:

<http://www.standardprocess.com/lit/tabsheets/cardioplus2065.pdf>

For more information on Hawthorne go to:

http://www.mediherb.com/product_pdf/Hawthorn.pdf

3) If a high amount of **Angina** is present a product called **Cataplex E2** (6/day) needs to be added in for a time, in addition to Cardioplus. This product is a specific part of the vitamin E family specially designed to oxygenate the heart muscle and blood stream. You see Angina is basically chest pains due to lack of oxygen to the heart. This product is so incredible that all the recent expeditions to Mount Everest have all taken Cataplex E2. You see by oxygenating the blood it is much easier to cope with the extremely thin air as you approach a mountain summit. This "E2" factor was discovered over 50 years ago by Dr. Royal Lee, and Standard Process is the only company that makes a specific E2 product. Angina indicates a specific "E2" deficiency. It's no wonder that angina is so prevalent as this E2 factor is the first thing that is removed in the milling of grains that Americans consume as processed flour. The second thing removed is the other factors of the vitamin E family. These factors also tend to be very protective to the cardiovascular system as the vitamin E complex family is the vitamin of cellular repair in the body. The heart is the fastest dying and the fastest regenerating organ in the body, and as a result vitamin E complex is essential for cardiac function and repair.

For more information on Cataplex E2 go to:

<http://www.standardprocess.com/lit/tabsheets/cataplexe23850.pdf>

4) If an **arrhythmia, bundle branch block, murmur or skipped heart beat** is present, that indicates a specific deficiency of a particular portion of the B-Complex family.

Particularly the alcohol-soluble B Complex vitamin factors. The product of choice for this is **Cataplex B** (6/day). This product is particularly helpful for the electrical problems of the heart that are listed at the beginning of this paragraph. This is also a very good choice if low blood pressure is present. These specific alcohol-soluble B Complex vitamin factors are also one of the first things to be destroyed in the milling of grain to make processed flour. As a result we just don't normally get these in our diet. Now if **Mitral Valve Prolapse** is an issue it would be necessary to also add in **Magnesium Lactate** in addition to Cataplex B and as always Cardioplus.

For more information on Cataplex B go to:

<http://www.standardprocess.com/lit/tabsheets/cataplexb1200.pdf>

5) If arteriosclerosis (plauqing of the arteries) is involved I use a special "Systemic Enzyme" combination called **Nattokinase 1500** to help the body to naturally de-plaque the arteries. The main active ingredient is an enzyme called Nattokinase. **I like this product better than intravenous chelation because is much more cost and time effective than intravenous chelation treatments which average \$100-150 per treatment and usually involve 20-40 two hour sessions.** I also believe it does a better job than conventional chelation. These enzymes once in the blood stream help to essentially digest the plaque formations off the walls of the arteries. The other alternative is bypass surgery and/or getting your carotid arteries surgically scraped out. If you choose to go this route that's your choice. But the questions I have to pose are: a) Do these procedures fix the cause of arteriosclerosis? b) What about the other hundred's of miles of blood vessels in our bodies that are also plagued?

Also if you are suffering from or at risk for: **thrombosis, coronary heart disorders, phlebitis, edema, serious varicose veins and circulatory problems** the first product to consider would be the **Nattokinase 1500**. That is because this oral systemic enzyme formula has been shown strong clinical and scientific evidence of helping the conditions I listed above.

Why are these enzymes so important you say? Technically, an enzyme is any type of protein which act as catalyst to speed up the body's biochemical processes. Without enzymes, life cannot exist. Enzymes are the tools that create life and all living materials contain enzymes.

It seems much more logical to treat the body and vascular system as a whole rather than focusing on one small area. That is what these systemic enzymes accomplish. Also remember that arteriosclerosis is also called hardening of the arteries. If the arteries become harder they become less flexible. The harder they become the more the blood pressure tends to increase. Think of it this way: If you were pumping the same amount of water through a steel pipe as opposed to a rubber pipe which would have the greater pressure. The steel one would because it is harder and inflexible, whereas the rubber pipe will expand when pressure is applied internally. Well our blood vessels are the same way. The best way to determine you're circulatory/arteriosclerosis risk is through vascular screening tests. Recently I was made aware of a company called Life Line Screening. For very fair price they perform a full vascular screening which includes a Doppler ultrasound of your Carotid arteries

(which would show arteriosclerosis/plauqing) and the abdominal aorta (which is the best way to screen for the existence of an abdominal aortic aneurysm) and a peripheral vascular screening (to pinpoint circulatory problems in the extremities). You can go to there website at: <http://lifelinescreening.com/> or call 1-800-449-2350 to find our when there will be a screening in your area.

For those seeking potent, cost effective source of nattokinase, I recommend Nattokinase 1500. Nattokinase 1500 is also indicated for **high blood pressure, impeding or previous heart attack or stroke victims and general cardiovascular health.**

Recommended Usage: Two tablets twice a day on an empty stomach. For a therapeutic effect, Four tablets twice a day empty stomach. More may be taken as needed.

Contraindications: If currently taking a blood thinner, consult your physician before consuming.

Another excellent product (in addition to the Nattokinase 1500) is a product called **Cyruta Plus** by Standard Process. This product helps the body to metabolize cholesterol/blood lipids in the body. This would include cholesterol/lipid deposits in the arteries. **For more information go to:** to:

<https://my.standardprocess.com/display/displayFile.aspx?docid=90&filename=/Public/Lit/TabSheets/cyruta3250.pdf>

4) If tachycardia or high pulse rate is present that is an indicator that the parasympathetic nervous system is not being fed properly. To do this is prescribe a trace mineral blend by Standard process called **Organically Bound Minerals**(6/day). This is usually all that is needed for tachycardia.

For more information go to:

<http://www.standardprocess.com/lit/tabsheets/organicallyboundminerals6275.pdf>

5) If HDL/LDL/VLDL blood lipid figures are out of optimal range, that is an indicator that the diet is deficient in Omega 3 fatty acids; particularly the DHA/EPA family. The product I prescribe for this is **Tuna Omega 3 Oil** (6/day)by Standard Process. This product has the ideal ratio of EPA/DHA Omega 3 fatty acids and is molecularly distilled to remove any heavy metals that might be present.

For more information go to:

<http://www.standardprocess.com/lit/tabsheets/tunaomega3oil8070.pdf>

The DHA/EPA Omega-3 Institute www.dhaomega3.org, a leading information provider of research on omega-3 fatty acids for health, has released highlights of research presented by leading scientists and clinical investigators at the International Society for the Study of Fatty Acids and Lipids (ISSFAL), held July 23-28 in Carins, Australia.

For more information go to:

Here is an advance look at the new research presented at this conference:

Reduction of Inducible Arrhythmia in Patients with Cardiovascular Disease by Fish Oil

In a recent pilot trial of patients with heart disease, 75% of those who took 900 mg of omega-3 fatty acids daily for at least four weeks experienced a reduced susceptibility to ventricular arrhythmia.

Running on Fish Oil: Benefits of Omega-3 Supplementation and Exercise

Combining fish oil supplementation with exercise resulted in a significant reduction in body fat in study participants who were obese or overweight and who had two cardiovascular disease risk factors, such as hypertension or elevated blood cholesterol.

Anti-Inflammatory Effects of Omega-3 Fatty Acid Supplementation on Atherosclerotic Plaques in Patients

There was significantly lower inflammation in the carotid atherosclerotic plaques removed from 60 patients who took fish oil prior to the surgery than in the plaques of those in the placebo group.

Fish Oil Provides 24-Hour Control of Circulating Fat Levels

Overweight men who took 3.6 grams of DHA/EPA for a 3-week duration in a cross-over controlled trial had 29-34% lower triglyceride levels than study participants who did not take DHA/EPA.

6) If a liver/kidney detoxification program has not been done within a year this is a very important step, as this can also heavily influence blood lipids. For the majority of Americans over consumption of refined carbohydrates and trans fatty acids (and all the chemicals that go along with processed foods) leads to liver congestion and malfunction. If the liver is congested it has a much harder time filtering toxins. Remember the liver is like an oil filter. The more clogged your liver/oil filter, the harder the heart has to work to get blood through it. So if your liver is congested your blood pressure will naturally rise to push more blood through the liver. This is called "Portal Hypertension". Typically in this condition you will see a bigger rise in the top number or the Systolic component of the blood pressure. But you see the blood pressure rise itself is not a bad symptom but just an adaptation of a congested liver. By taking a medication to lower blood pressure you are hindering the liver from doing proper detoxification. On the opposite side if your Diastolic or bottom number is high that usually indicates "Renal Hypertension". In this case the other major blood filter: the kidneys, are congested and the diastolic blood pressure increases. That being said the best overall products to accomplish both kidney and liver detoxification is **Livaplex** and **Renafood** by Standard Process. These products should each be taken at a rate of 6 per day for two months.

- support healthy liver, gallbladder and kidney function
- encourage healthy digestive function
- enhance healthy bowel function
- encourage the healthy function of the organs of elimination

- help maintain healthy blood

For more information on Livaplex go to:

<http://www.standardprocess.com/lit/tabsheets/Livaplex5375.pdf>

For more information on Arginex go to:

<http://www.standardprocess.com/lit/tabsheets/Arginex1140.pdf>

If you do this detoxification program in conjunction with a moderate protein, moderate fat, low carb diet; normally any abnormal blood lipid panels will balance out quickly. Adding in the mini-trampoline/rebounder exercise I recommended will also greatly speed the effectiveness of this detoxification program. Until next time, God bless you!

Why did the Russians Ban an Appliance Found in 90% of American Homes?

Posted by Dr. Mercola | May 18 2010 | 293,449 views

By now, you probably know that what you eat has a profound impact on your health. The mantra, “You are what you eat” is really true.

But you need to consider not only WHAT you buy, but *how you cook it*.

Eating most of your food raw is ideal. But most of us are not going to be able to accomplish a completely raw diet, and we’ll end up cooking some percentage of our food.

Smart food preparation starts with high quality foods and food preparation and that means saying sayonara to your microwave oven. [Need to sterilize a dishcloth?](#) Use your microwave. But zapping your casserole is a BAD idea if you are interested in preparing healthy food.

Why the no nukes policy?

When it comes to microwave ovens, the price for convenience is to compromise your health. In this article, I will review what we know about the effects microwaves on your food and on your body.

Sad State of Our Soils

Over the past century, the quality of fresh food has declined due to soil depletion, unsustainable farming practices, overproduction of crops, and the use of pesticides and herbicides. You can no longer assume you’re getting all of the vitamins, minerals, enzymes, and phytonutrients you need by eating a multitude of fresh produce—even if you’re eating organically.

Not surprisingly, a calorie today will provide you less nutrition than a calorie from 100, or even 50 years ago.

Three recent studies of historical food composition have shown 5 to 40 percent declines in some of the minerals in fresh produce, and another study found a similar decline in our protein sources.^[1]

So now, more than ever, you must be careful to maximize the “bang for your buck” when it comes to the foods you eat.

Research shows that your microwave oven will NOT help you in these efforts—and in fact will threaten your health by violently ripping the molecules in your food apart, rendering some nutrients inert, at best, and carcinogenic at its worst.

Convenience Comes at Significant Toxic Threat to You and Your Family

Microwaves heat food by causing water molecules in it to resonate at very high frequencies and eventually turn to steam which heats your food. While this can rapidly

heat your food, what most people fail to realize is that it also causes a change in your food's chemical structure.

There are numerous issues that have emerged since microwave ovens were first introduced to consumers more than 40 years ago, besides depleting your food's nutritional value, which will be addressed a bit later.

The first thing you probably noticed when you began microwaving food was how uneven the heating is.

"Hot spots" in microwaved food can be hot enough to cause burns—or build up to a "steam explosion." This has resulted in admonitions to new mothers about NOT using the microwave to heat up baby bottles, since babies have been burned by super-heated formula that went undetected.

Another problem with microwave ovens is that carcinogenic toxins can leach out of your plastic and paper containers/covers, and into your food.

The January/February 1990 issue of *Nutrition Action Newsletter* reported the leakage of numerous toxic chemicals from the packaging of common microwavable foods, including pizzas, chips and popcorn. Chemicals included polyethylene terphthalate (PET), benzene, toluene, and xylene. Microwaving fatty foods in plastic containers leads to the release of dioxins (known carcinogens) and other toxins into your food. [8] [2]

One of the worst contaminants is BPA, or [bisphenol A](#), an estrogen-like compound used widely in plastic products. In fact, dishes made specifically for the microwave often contain BPA, but many other plastic products contain it as well.

Microwaving distorts and deforms the molecules of whatever food or other substance you subject to it. An example of this is blood products.

Blood is normally warmed before being transfused into a person. Now we know that microwaving blood products damages the blood components. In fact, [one woman died after receiving a transfusion of microwaved blood in 1991](#), which resulted in a well-publicized lawsuit.

Microwave Radiation Leakage

You may have heard that there is some danger of microwaves escaping from your microwave while it's operating. This was more of a risk with earlier models than with recent ones, which undergo more rigorous testing.

Theoretically, there are very small amounts of radiation leakage through the viewing glass, but the FDA reports these levels are "insignificant" and "well below the level known to harm people."

The FDA has been regulating microwave ovens since 1971 through its electronic product radiation control program, which is mandated by the Electronic Product Radiation Control provisions of the Food Drug and Cosmetic Act[3].

The FDA limits the amount of microwaves that can leak from an oven throughout its lifetime to 5 milliwatts (mW) per square centimeter at approximately 2 inches from the oven surface. Because microwave energy decreases dramatically as you move away from the source of the radiation, a measurement made 20 inches from your oven would be approximately one-hundredth of the value measured at 2 inches.[2]

The federal standard also requires all ovens to have "two independent interlock systems that stop the production of microwaves the moment the latch is released or the door is opened."

And a monitoring system is also required, which stops the operation if one or both

interlock systems fail.

You would think, with all these tests and regulations, that you'd be safe. However, according to Powerwatch, a non-profit independent organization with a central role in the microwave radiation debate:

“Even when the microwave oven is working correctly, the microwave levels within the kitchen are likely to be significantly higher than those from any nearby cellular phone base-stations. Remember also that microwaves will travel through walls if the microwave oven is against an inside wall.”

Powerwatch also states that we don't really know if the current regulations about leakage are truly safe and recommends ovens be checked at least annually, since microwave emissions can change with normal use.

You might also consider purchasing a \$20 testing device that allows you to check the radiation in your home.

Make sure that, if you are going to use your microwave for cleaning sponges or for any use at all, regularly examine the door and hinges to make sure they are sealing properly. If the door doesn't close correctly, or if it's warped, bent, or otherwise damaged, don't use it at all!

Since your eyes are known to be particularly susceptible to microwave radiation (high microwave exposures are known to cause cataracts), I recommend stepping away from your microwave while it's in use.

New Study Confirms Microwaves Affect Your Heart

A recent study examining the effects 2.4 GHz radiation (which is the frequency of radiation emitted by Wifi routers and microwave ovens) on the heart was just completed. The study found “unequivocal evidence” that microwave frequency radiation affects the heart at non-thermal levels that are well below federal safety guidelines, according to Dr. Magda Havas of Trent University[4] .

Dr. Havas says:

“This is the first study that documents immediate and dramatic changes in both heart rate and heart rate variability caused by an approved device that generates microwaves at levels well below (0.3 percent) federal guidelines in both Canada and the United States.”

No longer can skeptics claim that microwaves produce no immediate biological effects at ordinary household levels!

The study will be appearing in a peer-reviewed journal sometime during the summer of 2010. If you are experiencing rapid or irregular heartbeat, pain or pressure in your chest, you will want to visit your physician and share [this video](#) with him or her (second video on this page).

There is also evidence that this same frequency of radiation causes blood sugar to spike in susceptible individuals and may actually be the cause of one type of diabetes. For details about this, watch the [first video](#) below.

Microwaving Also Zaps the Nutrients Right Out of Your Food

There has been surprisingly little research on how microwaves affect organic molecules, or how the human body responds to consuming microwaved food.

Wouldn't you expect that a product that sits in more than 90 percent of kitchens, as well as practically every break room in the country, would have been thoroughly investigated for safety?

The handful of studies that have been done generally agree, for the most part, that microwaving food damages its nutritional value. Your microwave turns your beautiful, organic veggies, for which you've paid such a premium in money or labor, into "dead" food that can cause disease!

Heating food, in and of itself, can result in some nutrient loss, but using microwaves to heat food introduces the additional problem of the "microwave effect," a phenomenon that will be discussed in detail later.

The majority of studies on microwaves and nutrition were conducted prior to 2000, I suspect because the focus of radiation research of late has shifted toward a more ominous threat: *environmental radiation from electromagnetic devices*, such as [cell phones](#) and computers, which has mushroomed into a gigantic cloud of [electrosmog worldwide](#) over the past decade.

Nevertheless, some excellent scientific data has been gathered regarding the detrimental effects of microwaves on the nutrients in your food:

- A study published in the November 2003 issue of *The Journal of the Science of Food and Agriculture*[\[5\]](#) found that broccoli "zapped" in the microwave with a little water lost up to 97 percent of its beneficial antioxidants. By comparison, steamed broccoli lost 11 percent or fewer of its antioxidants. There were also reductions in phenolic compounds and glucosinolates, but mineral levels remained intact.
- A 1999 Scandinavian study of the cooking of asparagus spears found that microwaving caused a reduction in vitamin C[\[6\]](#).
- In a study of garlic, as little as 60 seconds of microwave heating was enough to inactivate its allinase, garlic's principle active ingredient against cancer[\[7\]](#).
- A Japanese study by Watanabe showed that just 6 minutes of microwave heating turned 30-40 percent of the B12 in milk into an inert (dead) form[\[8\]](#). This study has been cited by Dr. Andrew Weil as evidence supporting his concerns about the effects of microwaving. Dr. Weil wrote:
- *"There may be dangers associated with microwaving food... there is a question as to whether microwaving alters protein chemistry in ways that might be harmful."*
- A recent Australian study[\[9\]](#) showed that microwaves cause a higher degree of "protein unfolding" than conventional heating.
- Microwaving can destroy the essential disease-fighting agents in breast milk that offer protection for your baby. In 1992, Quan found that microwaved breast milk lost lysozyme activity, antibodies, and fostered the growth of more potentially pathogenic bacteria[\[10\]](#).

Quan stated that more damage was done to the milk by microwaving than by other methods of heating, concluding: *"Microwaving appears to be contraindicated at high-temperatures, and questions regarding its safety exist even at low temperatures."*

- Another study about breast milk/infant formula by Lee in 1989[\[11\]](#) found vitamin content becomes depleted by microwaving, and certain amino acids are converted into other substances that are biologically inactive. Some altered amino acids are poisons to the nervous system and kidneys. (Numerous authors mention this study, yet I was unable to find

the original article/study, so I cannot personally validate.)

Although many of the above studies are not new, there is certainly ample evidence that microwaving is NOT good for your food.

How Your Microwave Actually Heats Your Food

Microwaves are a form of electromagnetic radiation—waves of electrical and magnetic energy moving together through space. EM radiation ranges from very high energy (gamma rays and x-rays) on one end of the spectrum to very low energy (radio waves) on the other end of the spectrum.

Microwaves are on the low energy end of the spectrum, second only to radio waves.

They have a wavelength of about 4.8 inches—about the width of your head.

Microwaves are generated by something called a magnetron (a term derived from the words “magnet” and “electron”), which is also what enabled airborne radar use during WWII. Hence the early name for microwave ovens: *radar ranges*.

A magnetron is a tube in which electrons are subjected to both magnetic and electrical fields, producing an electromagnetic field with a microwave frequency of about 2,450 megaHertz (MHz), which is 2.4 gigaHertz (GHz).

Microwaves cause dielectric heating. They bounce around the inside of your oven and are absorbed by the food you put in it. Since water molecules are bipolar, having a positive end and negative end, they rotate rapidly in the alternating electric field. The water molecules in the food vibrate violently at extremely high frequencies—like millions of times per second—creating molecular friction, which heats up the food.

If the food or object placed in the microwave had no water it would not be able to have this resonance heating type effect and would remain cool. Or, as investigative journalist William Thomas^[12] calls it, “electrical whiplash.”

Structures of the water molecules are torn apart and forcefully deformed. This is different than conventional heating of food, whereby heat is transferred convectionally from the outside, inward. Microwave cooking begins within the molecules where water is present.

Contrary to popular belief, microwaved foods don’t cook “from the inside out.” When thicker foods are cooked, microwaves heat the outer layers, and the inner layers are cooked mostly by the conduction of heat from the hot outer layers, inward.

Since not all areas contain the same amount of water, the heating is uneven.

Additionally, microwaving creates new compounds that are not found in humans or in nature, called radiolytic compounds. We don’t yet know what these compounds are doing to your body.

In addition to the violent frictional heat effects, called *thermic effects*, there are also *athermic effects*, which are poorly understood because they are not as easily measured.

It is these athermic effects that are suspected to be responsible for much of the deformation and degradation of cells and molecules. ^[13]

As an example, microwaves are used in the field of gene altering technology to weaken cell membranes. Scientists use microwaves to actually break cells apart. Impaired cells then become easy prey for viruses, fungi and other microorganisms.⁸

Another word for these athermic effects is the “microwave effect,” a subject of controversy that I’ll get into a bit later.

Microwave Sickness

When your tissues are directly exposed to microwaves, the same violent deformations

occur and can cause “microwave sickness.”

People who have been exposed to high levels of microwave radiation experience a variety of symptoms, including:

- Insomnia, night sweats, and various sleep disturbances
- Headaches and dizziness
- Swollen lymph nodes and a weakened immune system
- Impaired cognition
- Depression and irritability
- Nausea and appetite loss
- Vision and eye problems
- Frequent urination and extreme thirst

There is a good amount of data emerging that people are suffering, to various degrees, these kinds of symptoms from living next to cell phone towers and other high-frequency radiation emitting antennas, which emit microwaves around the clock.

According to Professor Franz Adelkofer, a leading scientist in the area of [biological effects of EMF fields](#):

"There is real evidence that hyperfrequency electromagnetic fields can have geno-toxic effects. And this damaged DNA is always the cause of cancer.

We've found these damaging effects on the genes at levels well below the safety limits. That's why we think it's urgent to base our safety limits on the biological effects, not the thermic ones.

They should be based on biology, not on physics."

Twenty Years of Russian Research Supports Microwave Concerns

The Nazis are credited with inventing the first microwave-cooking device to provide mobile food support to their troops during their invasion of the Soviet Union in World War II[14]. These first microwave ovens were experimental. After the war, the US War Department was assigned the task of researching the safety of microwave ovens.

But it was the Russians who really took the bull by the horns.

After the war, the Russians had retrieved some of these microwave ovens and conducted thorough research on their biological effects. Alarmed by what they learned, the Russians banned microwave ovens in 1976, later lifting the ban during Perestroika. Twenty years of Russian research (and German studies as far back as 1942 Berlin) make a strong argument against the safety of microwave cooking.

Their findings led the Russian government to issue an international warning about possible biological and environmental damage associated with the use of microwave ovens and other similar frequency electronic devices (e.g. mobile phones).

I was not able to personally evaluate any of these older bodies of research, since those documents are now difficult to track down, so I can't attest to their methodology or conclusions. All you can do is weigh their findings appropriately, as best you can.

The Powerwatch article cited above summarizes the Russian research quite well, which I will duplicate below.

- Russian investigators found that carcinogens were formed from the microwaving of nearly all foods tested.
- The microwaving of milk and grains converted some of the amino acids into carcinogenic substances.
- Microwaving prepared meats caused the formation of the cancer-causing

- agents d-Nitrosodienthanolamines.
- Thawing frozen fruits by microwave converted their glucoside and galactoside fractions into carcinogenic substances.
 - Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens.
 - Carcinogenic free radicals were formed in microwaved plants—especially root vegetables.
 - Structural degradation leading to decreased food value was found to be 60 to 90 percent overall for all foods tested, with significant decreases in bioavailability of B complex vitamins, vitamins C and E, essential minerals, and lipotropics (substances that prevent abnormal accumulation of fat).

I might add that this finding is supported by the 1998 Japanese study by Watanabe⁷ about vitamin B12 in milk, cited above.

Smart Meters—The New Silent Killers

My fight against the 'smart meter' - August 15, 2011

http://www.devy.com/new_site/smart-meter-081511.html

(You don't want one of those dangerous things on your house)

Smart Meters - The new silent killer - Sept 2, 2011

<http://www.newswithviews.com/Devy/kidd507.htm>

Devy Kidd

devyk@earthlink.net

www.devy.com

Petition Against Radiation Emitting Utility Meters

Hi All, Would you please sign this petition and pass it along to others.

http://signon.org/sign/stop-radiation-emitting?source=c.fwd.in&r_by=528046

How YOU Can Stop 'Smart' Meters



SmartMeters are really StupidMeters. Why? Because they [overcharge you](#), [broadcast your personal info and detailed energy use habits](#), [emit electromagnetic radiation](#) that can cause cancer, damage your DNA, and harm wildlife, [catch fire](#), and [disable your shock prevention devices](#). Need any more reasons? Go to our [Why Stop Smart Meters](#) page.

Now, what can YOU do to stop them? So glad you asked!

1. TELL your utility you don't want a wireless 'smart' meter (or AMR)- SEND [this letter](#) to your water/ gas/ electric utility by certified mail TODAY.

PG&E customers- call 877 743 7378 but do not agree to a "delay" Tell them that you insist on retaining your analog meter at no additional cost and get on the list. If you already have a 'smart' meter, demand that it be removed. If necessary obtain a doctor's note detailing your symptoms and also send this to the CPUC. They have been telling people that they have no choice- that you must receive a smart meter but that the radio will be turned off, but don't let them bully you into believing this. No one has had their electricity turned off or been fined for smart meter refusal, despite the threats.

SCE Customers- call [800 810 2369](tel:8008102369). They will tell you you cannot opt out but continue to insist on retaining your analog meter. Don't take no for an answer!

SDG&E Customers- call 1-800-411-7343 This company also will tell you that there is no opt out program and will threaten you with electricity disconnection. Don't take no for an answer and let them know you will be filing a written complaint with the CPUC.

(For info on areas outside of California click [here](#).)

2. POST a "Smart" Meter Free Zone sign by clicking below and post it on **both** your electric and your gas meter, and throughout your neighborhood on utility poles and in front yards etc. Click here to download pdf: [StopSmartMetersSign](#)

3. DEFEND your analog meter! Unfortunately utility companies cannot be trusted to respect your wishes so we also recommend locking up your analog meter. There are examples of how to do this [here](#), [here](#) and [here](#).

4. WRITE the California Public Utilities Commission (CPUC), 505 Van Ness Ave. San Francisco, CA 94102, or call them at 866-849-8390. Tell them that you oppose the installation of smart meters on your home or business *because of health concerns*, and

insist that they enforce the “opt-out” option for individuals, cities, and counties. If you have a smart meter and have been suffering health impacts, go to your doctor and get written documentation, [TELL THE CPUC](#) and submit a report to the [EMF Safety Network](#).

5. WARN your neighbors that smart meters are coming and pass out leaflets and “Smart Meter Free Zone” signs. You can download leaflets in pdf format (and update with local info) here: [StopSmartMeterFlyer](#). Spanish flyer (en espanol) [here](#). If the utility company or their agents come around to install, ask them to leave and if they don’t comply call the police and report a trespasser. You have a right to a radiation free home!

6. SIT in. Start a blockade protest at your local meter installation yard. In Santa Cruz County, [protests](#) were successful at stopping countywide installation for almost a week, before they abandoned their yard and moved to a secret location. What’s worse- an hour in a jail cell or a lifetime of forced radiation in your home and community? Civil disobedience delivers.

7. CONTACT your elected officials and demand protection from wireless radiation and excessive greenhouse gas emissions! It’s easy and quick to [contact them all at once](#).

8. VOLUNTEER with Stop Smart Meters! Contact us at [info\[at\]smartmeters\[dot\]org](mailto:info[at]smartmeters[dot]org) if you want to volunteer or get more involved. This is a grassroots effort, and we could use all the help we can get to carry on fighting for your health and safety.

9. DONATE to our ongoing campaign Donations of any amount are gratefully accepted and will contribute to our work to put a halt to the ‘smart’ meter program. Please help keep us going with even a small donation today! See our [Donate Page](#).

10. REDUCE your EMF exposure by [changing](#) or eliminating your cell phone usage, and curtailing the use of cordless phones, wifi, microwave ovens, baby monitors, compact fluorescent lightbulbs etc. If you already have a ‘smart’ meter you have the right to have it removed. You can also [shop for EMF Meters and Shielding at LessEMF.com](#)

11. DEMAND that your city/ county pass an ordinance banning ‘smart’ meters More than 45 local governments throughout California have demanded a halt to smart meter installation, and more are considering taking action. The full, current list is provided [here](#). Inform your local government about the rights it has over the utility- the following was sent to us by former 7 time Mayor of Fairfax CA Frank Egger:

The law is on our side and its time to give PG&E the facts:

* California cities (480) and counties (58) have the right to protect the health, safety and welfare of their residents, period. PG&E touts this pre-emption line but cities and counties are legal jurisdictions with constitutional rights.

* Every city and county has an approved Franchise Agreement with PG&E. Fairfax’s first franchise agreement with PG&E allowing them to operate in Town was 1938 and it was amended in 1954. Check with your city or county and ask for a copy of their PG&E Franchise Agreement. This is just one of supporting documents that gives your city or county some control over PG&E separate from the California Public Utilities Commission.

* If your city or county has a Telecommunications Ordinance that governs antennae and either wireless or wired transmitters in your community, they have another legal

means of authority over PG&E.

<http://stopsmartmeters.org/how-you-can-stop-smart-meters/>

Below are my two comprehensive columns on the dangers of 'smart meters' and my legal fight.

Donations to cover attorney costs are needed and will be much appreciated. Checks or money orders should be sent to:

Tommy Cryer Attorney at Law 7330 Fern Avenue, Suite 1102 Shreveport, LA 71105

In the memo section on your check or money order, please write: Smart Meter Defense Fund.

If you wish to become a petitioner in my case, please contact me at:

devvyk@earthlink.net

My fight against the 'smart meter' - August 15, 2011

http://www.devy.com/new_site/smart-meter-081511.html

(You don't want one of those dangerous things on your house)

Smart Meters - The new silent killer - Sept 2, 2011

<http://www.newswithviews.com/Devy/kidd507.htm>

Devy Kidd

devvyk@earthlink.net

www.devy.com

From: devvyk@earthlink.net [mailto:devvyk@earthlink.net] **Sent:** Sunday, September 04, 2011 11:59 AM **To:** Michelle Guy **Subject:** Reply/ REGARDING YOUR HEARING
Good morning.

My husband has sleep apnea, advanced lung disease, a bad heart and is a cancer survivor. His hearing aid has been going crazy the past six months as ONCOR has installed those meters in our entire neighborhood. We are the lone hold outs.

I wish I didn't have to ask people to make a financial donation to become a petitioner in my case, but John and I live on a fixed income and the more people we have, the less burden for us all.

I've asked folks to make at least a \$100.00 payment towards our case to become a petitioner. Checks have ranged from \$100.00 - \$500.00 from the other petitioners to date.

At the end when all is said and done, if donations don't cover the entire legal bill, John and I will have to pay it.

Tommy is a good friend and I suspect some of his time won't be billed, but he still does have to earn a living. As I said in both of my columns, I've been doing all the research, but he is our legal leader.

As for petitioners, maybe they can afford to make a second donation when the tallying up time comes. That would be great, but no one is going to end up getting a huge legal bill for this case at the end.

I'm doing all I can to raise donations and hopefully, more petitioners.

With your check, you need to write Tommy a short letter requesting he represent you as a petitioner to the Texas PUC. At some point, you'll get correspondence back from him. In your case, you should also recap what you put below in your email to me about the health issues now affecting you and your husband.

Checks or money orders should be made payable to:

Tommy Cryer

Attorney at Law 7330 Fern Ave., Suite 1102 Shreveport, LA 71105

In the memo section, please write: smart meter defense fund

Last Friday I also did another show; here is the audio. The entire show was dedicated to the 'smart meter' issue.

Hour 1:

http://216.240.133.177/archives32/Spingola/2011/09/Spingola_1_090211_120000.mp3

Hour 2:

http://216.240.133.177/archives32/Spingola/2011/09/Spingola_2_090211_130000.mp3

Bye.

Devy

The Poison Lurking In Your Water Bottle

Dr. Johnson's Comment: I personally talked to Dr. Shotyk by phone to confirm this information. Bear in mind that this information applies to PET Water bottles with a recyclable rating of "1". If you look at the bottom of a typical water bottle you will see the number "1" with arrows around it in a triangle formation. This means that the plastic is **designed for one use**. In our conversation he confirmed to me that he was planning on testing other plastic containers that are rated at higher numbers.

Theoretically these should be safer and I will let you know what his findings are when they are released. After emailing Dr. Shotek he personally called me within hours to share this information me, so I really was impressed with this gracious researcher.

A Potentially deadly toxin is being absorbed into bottled mineral water from their plastic containers. And the longer the water is stored, the levels of poison increase, research reveals. As the sell-by date on many bottled waters is up to two years, scientists have now called for extensive further studies.

The research by world expert Dr William Shotyk - who has vowed never to drink bottled water again - will be published in the Royal Society of Chemistry's journal next month. It is sure to revive concerns about the safety of bottled water, the world's fastest-growing drinks industry, worth £1.2billion a year.

Bottled waters in PET containers are contaminated with antimony (Sb), a potentially toxic heavy metal with no known physiological function. Antimony trioxide is used as a catalyst in the manufacture of PET (polyethylene terephthalate), and PET typically contains several hundred mg/kg of Sb. For comparison, most of the rocks and soils at the surface of the earth contain less than 1 mg/kg Sb.

Prof. William Shotyk and co-workers at the Institute of Environmental Geochemistry, University of Heidelberg, measured the abundance of Sb in fifteen brands of bottled water from Canada and forty-eight from across Europe. His team also measured Sb in a pristine groundwater from a rural region of Canada, three brands of deionized water in PET bottles, as well as a new brand of water from Canada bottled commercially in polypropylene. Measuring Sb in pristine waters is quite a challenge because of the very low natural abundance of this element. This was not a problem for Dr. Michael Krachler, a leading expert for the analysis of Sb in environmental samples. Dr. Krachler used the unique clean

laboratory facilities available at the University of Heidelberg which had earlier allowed him to measure Sb in polar snow and ice from the Canadian arctic. Professor Shotyk, of Heidelberg University in Germany, said: "I don't want to shock people but here's what I know: Antimony is being continuously released into bottled drinking water. The water in PET bottles is contaminated." He tested ground water and 15 types of bottled mineral water in his native Canada. The ground water contained two parts per trillion (ppt) of antimony. Bottled water had an average 160 ppt of antimony when opened immediately after bottling. But ground water stored in a PET plastic bottle had 630 ppt of antimony when opened six months later.

Comparison of three German brands of water available in both glass bottles and PET containers showed that waters bottled in PET contained up to 30 times more Sb. As a final test of the contamination hypothesis, water was collected from a commercial source in Germany, prior to bottling; this water was found to contain only four parts per trillion of Sb. However, the same brand of water purchased locally in PET bottles, was found to contain 360 parts per trillion. This same brand of water in PET bottles, but purchased three months earlier, yielded 630 parts per trillion Sb.

Exposure to high levels of antimony damages the heart, lungs, gastrointestinal tract, liver and blood of humans and laboratory animals. Studies in industrial workers who were exposed to high air levels of antimony compounds over long periods of time reported gastrointestinal disturbances such as abdominal pain, diarrhea, vomiting, ulcers, altered electrocardiogram (heart) readings and increased blood pressure. Breathing antimony causes lung cancer in laboratory animals. Whether eating antimony causes cancer in humans or laboratory animals is unknown.

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Dr. Mercola's Comments:

Bisphenol-A, or BPA is an [estrogen-mimicking chemical](#) used to make hard plastics and epoxy resins, found in numerous products that you probably use every day, including:

- Polycarbonate plastic baby bottles
- Large water-cooler containers and sports bottles
- Bottle tops
- Microwave-oven dishes
- Canned-food liners
- Some dental sealants for children
- Water supply pipes

The use of BPA is so pervasive -- industry uses more than 6 billion pounds of BPA a year -- that scientists have found that **95 percent** of people tested have dangerous levels of BPA in their bodies.

This is one valid reason why you should not tolerate the suggestion that “trace amounts” of toxins are okay.

The cumulative effect of being exposed to minuscule amounts of BPA from cans, bottles, plates and all other sources over the years can eventually spell serious trouble for your health.

Some of the biggest victims are your children, who may be exposed to the chemical while in utero, and quite literally “fed” the chemical via plastic baby bottles and toys (which they often put in their mouths).

How BPA Can Damage Your Health

In the last ten years, some 700 studies have been published about BPA -- most of them indicating serious health hazards, at least in animals. The most troubling problem with BPA is that [it mimics the female hormone estrogen](#).

Your body is extremely sensitive to sex hormones, and **minuscule amounts can induce profound changes**. Therefore, scientists are afraid even low levels of BPA could have a negative impact on human health.

In animals, BPA increases aneuploidy, a defect consisting of abnormal loss or gain of chromosomes, which in humans could possibly lead to miscarriages or disorders such as Down Syndrome.

Moreover, there is evidence (among mice and rats) that even low doses of BPA can cause:

- [Hyperactivity](#)
- [Early puberty](#)
- Increased fat formation
- Abnormal sexual behavior

- Disrupted reproductive cycles
- Structural damage to the brain

It's difficult to understand why U.S. health and environmental regulators keep insisting there is "no evidence of harm to human health after 50 years of use," when this list contains some of the most wide spread health issues that have dramatically increased in that same time frame.

What's Being Done to Protect You?

There has been some success in limiting the use of BPA. In May of this year, Minnesota legislature passed a statewide ban on the sale of baby bottles, sippy cups, and other children's food containers made with BPA. Other states, including California, Connecticut, Michigan and New York, are considering similar legislation.

Some retailers have also made the wise decision to respond to consumer demand and have voluntarily eliminated some of their BPA products for sale.

It's a good start, but clearly not enough. Hopefully, Congress will come through with their proposed [legislation intended to establish a federal ban on BPA](#) in all food and beverage containers.

Until then, there will be those who go the way of Sigg; claiming to be completely safe and "green," while hiding the fact that their metal water bottles still contains trace elements of BPA in the lining.

A major problem with BPA is that it doesn't stay in the plastic. It leeches into whatever food or beverage you put in a plastic container, [canned good](#), or [plastic baby bottle](#). Even worse, if you microwave the containers or bottles, or place hot liquids or food into them, [BPA is released 55 times more rapidly!](#)

Sigg claims their bottle linings do not allow for this type of leeching, but at this point, many consumers simply don't believe that's true, and are not willing to take that chance. This story highlights an increasingly common concern: *"Is nothing safe?"*

Although it can be a tremendous challenge at times, I am still hopeful and always focus on the things I CAN do. And those are the strategies, techniques and guidelines I share with you each week through this newsletter.

Just know that you CAN protect yourself and your family by implementing certain changes. You may not be able to shield yourself completely, but you'll be far better off than were you to pay no attention whatsoever.

Your body is capable of detoxing and cleaning out some of the toxins you're exposed to on a daily basis, so as long as you're maintaining [a healthy lifestyle](#), and taking whatever measures you can to limit your exposure to toxins, you're giving yourself the best chance you can to be as healthy as possible.

10 Tips to Reduce Your Exposure to BPA

1. Only use glass baby bottles and dishes for your baby
2. Give your baby natural fabric toys instead of plastic ones
3. Store your food and [beverages](#) in [glass -- NOT plastic -- containers](#)
4. IF you choose to [use a microwave](#), don't microwave food in a plastic container
5. Stop buying and consuming canned foods and drinks
6. Avoid using plastic wrap (and never microwave anything covered in it)
7. Get rid of your plastic dishes and cups, and replace them with glass varieties
8. If you opt to use plastic kitchenware, at least get rid of the older, scratched-up

- varieties, avoid putting them in the dishwasher, and don't wash them with harsh detergents, as these things can cause more chemicals to leach into your food
9. Avoid using bottled water; filter your own using a reverse osmosis filter instead
 10. Before allowing a dental sealant to be applied to you, or your children's, teeth, ask your dentist to verify that it does not contain BPA

If you do opt to use plastic containers instead of glass, be sure to check the recycling label on the bottom of the container.

- **Avoid those marked on the bottom with the recycling label No. 7**, as these varieties usually contain BPA.
- No. 3 (DEHA) and No. 6 (Styrene) are also considered unsuitable for use with food due to their toxic ingredients.
- Containers marked with the recycling labels No. 1, No. 2, No. 4, and No. 5 do not contain BPA, but they do contain other unsavory chemicals that are best avoided. Still, if you're determined to stick with plastic, these four are considered to be better than the others.

The Institute for Agriculture and Trade Policy's [Smart Plastics Guide](#) offers more detailed descriptions of the most commonly occurring chemicals in plastic products. The website *Mother Jones* also offers [a handy chart](#) that you can cut out and stick on your refrigerator.

Finding BPA-Free Products

Just like some retailers are ditching hazardous products, some are also increasingly marketing products that are BPA-free. Here's an assortment of sources that carry BPA-free products:

- Rubbermaid has an [assortment of containers that do not contain BPA](#).
- Nalgene [now offers](#) BPA-free water bottles.
- Brita, which makes water filtration products, says that its pitchers and filters [don't contain BPA](#).
- SC Johnson, which makes Saran brand wraps and Ziploc bags and containers, says that it [doesn't use BPA](#) in its products.
- The Z Recommends blog posted an updated guide in February that [lists children's feeding products](#) that don't contain BPA.

Related Links:

» [Toxic Compounds in Food Containers Wreak Havoc on Your Health](#)

» [Store Your Food in Glass Not Plastic](#)

» [Congress Moves to Ban BPA in All Food Containers](#)

<http://articles.mercola.com/sites/articles/archive/2009/09/26/Warning-Metal-Water-Bottles-May-Be-Hazardous-to-Your-Health.aspx>

CFL's-Compact Fluorescent Lights & Fluorescent Lights Warning

Factsheet: the three main health risks associated with energy saving lamps

(CFLs) There is a trend in the European Union of promoting the widespread use of energy-saving light bulbs. Moreover, the EU and several other countries across the world have recently decided to ban conventional, incandescent lamps in the near future. Despite this trend, concerns have been raised on the safety and health effects of energy saving light bulbs, more specifically of Compact Fluorescent Lights (CFLs), the main type of energy-saving light bulb currently on the market. Below is a summary of the three principal health risks associated with energy saving lamps, namely electromagnetic fields, mercury and UV radiation.

1. Electromagnetic radiation and dirty electricity Incandescent lamps emit very little electromagnetic radiation. CFLs on the contrary emit radiofrequency radiation in the frequency range of 25 to 100 kilohertz (kHz). Measurements by the independent French research centre CRIIREM show that **CFLs generate powerful electromagnetic fields (EMF) close to the source**, up to 1 metre distance (1). At a distance of 20 centimetres, radiation levels can be as high as 180 Volts per metre (!) Measurements by the Flemish Institute for Technological Research (VITO) have confirmed these findings (2). CRIIREM therefore advises not to use energy saving lamps at too close a distance, for example, as desk lamps or as a reading lamp beside the bed (3). A ban on incandescent lamps, however, will result in more people using CFLs as desk or bed lamps, thereby exposing them to very high levels of EMF. It is often said that these levels of EMF stay below the international exposure limits and that they are therefore safe. However, there is widespread criticism on these limits, which are considered to be much too lenient (4). In addition to directly emitting radiation, there are indications that the EMFs emitted by CFLs can travel along the electrical wiring thereby exposing people to so-called **'dirty electricity'** throughout the house. A study published in June 2008 in the American Journal of Industrial Medicine indicated that this dirty electricity can lead to a 5-fold increased risk of cancer (5). A harmful influence of dirty electricity has also been found in research done by the Canadian researcher Magda Havas (6). Low voltage halogen lamps (12 V) can pose similar problems due to EMFs originating from the transformers. This is particularly the case with the pulsed radiation from "electronic transformers", which can also contaminate the mains to give dirty electricity. Mains voltage halogen lamps (220 V) do not have this effect. All in all, there has been very little research to date into the health effects of energy saving lamps and the EMFs they emit. Therefore some groups are arguing that this research should be done before incandescent lamps are banned.

2. Mercury Energy saving lamps contain mercury, a substance which is extremely harmful for humans, animals and the ecosystem in general. It is especially toxic to the brain, the nervous system, the liver and the kidneys. Foetuses, babies and infants are the most vulnerable, as mercury exposure negatively influences the development of the brain (e.g. lower IQ) and nervous system. Mercury can also damage the cardiovascular, immune and reproductive systems and possibly lead to tremors, emotional instability, memory loss, insomnia, neuromuscular changes, headaches, cancer and Alzheimer's (7). It is often said that energy saving lamps contain only a very small amount of mercury, which therefore can't be harmful. Though one has to ask the question: small in comparison to what? The safe intake of mercury for a human body is a only a few micrograms (8). CFL's contain three to five *thousand* micrograms. Exposure to the mercury in CFL's normally only occurs when the lamp breaks, which can happen very easily. **Measurements show that the levels of mercury in the air**

after lamp breakage can well exceed the existing safety limits (9). After the breakage, a large number of fairly complicated measures need to be taken to limit the health risks. However, very few people are aware of the needed precautionary measures. Moreover, a study by the state of Maine (United States) shows that **even when all precautionary measures are taken, the mercury concentrations in the room where the lamp broke can stay very high** (9). This is because the mercury can get absorbed into all sorts of textiles (carpet, curtains, etc.), which can then give off mercury vapours for a long time after the breakage. For children playing on the carpet this can lead to very high exposures. More generally, it can be said that: *“Babies and other small children are more vulnerable to airborne mercury exposures, because their small body sizes and more rapid respiration rates give them a larger dose of mercury than an adult gets from inhaling air with the same mercury concentration. Mercury vapour is heavier than air, and mercury concentrations in indoor air tend to be higher near the floor. Infants and toddlers who crawl, sit, walk, play and breathe on or close to the floor are thus likely to be most heavily exposed to the mercury vapour from a broken CFL.”* (9, p. 7) Lamps that are thrown in the garbage can break in the garbage can in the house or in the dump truck, from where the mercury vapours can escape and are thus transferred all over the town or city (10). Once the lamps end up on the landfill, the mercury can evaporate further, seep into the ground and contaminate water. The amount of mercury in one lamp is enough to contaminate 23.000 litres (6,000 gallons) of water (11). Even when the lamps don’t break, the mercury in them constitutes a time bomb for future generations (10). **Environmental organisations, the lamp industry and government agencies often claim that energy saving lamps will ultimately reduce the amount of mercury in the environment.** It is said that the production of electricity in coal-fired power plants is an important source of mercury emissions. Because CFLs use less electricity than incandescent lights, CFLs will ultimately reduce the amount of mercury in the environment, or so the argument goes. **However, several experts question the validity of this argument.** John Gilkeson, head of the Minnesota Pollution Control Agency in the United States says that less use of electricity is not directly linked to fewer mercury emissions. Using less electricity does not necessarily mean that less coal is burned. Since coal is cheap, power companies tend to keep their coal-fired plants running day and night; when demand for electricity ebbs, they cut back on more expensive natural gas, not coal (12).

Professor Ron Hui, chairman of the electronic engineering department at the City University of Hong Kong also remarks: “Talking about the amount of mercury emitted from power stations is a false argument. **With power stations, the contamination is in that area, but now we are talking about bringing that contamination into every home and every street.** We may have less mercury in the whole production process than with incandescent light bulbs but the difference with CFLs is that the mercury will be in our homes and in our streets” (10) **3. UV-radiation Energy saving lamps emit UV-B and traces of UV-C radiation. It is generally recognised that UV-radiation is harmful for the skin (e.g. skin cancer) and the eyes (e.g. cataract).** UV-C radiation, which is normally not observed in nature because it is absorbed completely in the atmosphere, is especially harmful. **Several studies have found that fluorescent lights raise the risk for skin cancer** (13). A study published in The Lancet for example indicated a doubled risk for melanoma (14). There have been numerous reports of

people with skin conditions and light sensitivity who react badly to CFL"s (15). But also people without existing skin conditions can develop adverse skin reactions such as redness and a hot, burning sensation in the face (16). Organisations defending the right of people to safe lighting, such as "Right to Light" and "Spectrum Alliance", have therefore heavily criticised the plans to ban incandescent lamps. The British Association of Dermatologists has supported this criticism (17). CFL"s with a double envelope emit far less or no UV-radiation. Nevertheless, most people don"t know that a double envelope is needed to shield the UV-radiation. As long as single envelope CFL"s (which are cheaper than double envelope ones) are sold on the market, UV-radiation will continue to be a public health problem. **4. Other problems - Flicker** Energy saving light bulbs, especially low quality ones, sometimes cause flickering light. This can lead to discomfort, headaches/migraine (18, 19), eye strain, diminished concentration (19), seizure-like symptoms in epileptics (20), worsened symptoms in people with Ménière"s disease, etc. - **Toxic chemicals** The electronic circuit of energy saving lamps contains flame retardants (PBDE). These are chemical compounds that accumulate in the body and which studies have linked to harmful effects on the hormonal and reproductive system, the liver, the thyroid gland, to cancer and neurological effects (22). Some energy saving lamps also have an external coating of titanium dioxide, made up of ultra small nano-particles. There still is a lot of uncertainty on the health effects of nano-

particles but there are indications that they can lead to inflammation in tissues and organs and to cardiovascular effects (23). - **Diminished production of melatonin** German scientists have warned that the large proportion of blue light emitted by CFL"s can lead to a diminished production of the important hormone melatonin. This in turn can lead to a wide variety of diseases and conditions: sleeping disorders, cancer, cardiovascular disease, etc. (23). But the specific light emitted by CFL"s could also influence the production of other hormones and neurotransmitters.

(1) <http://www.criirem.ouvaton.org/spip.php?rubrique58>

(2) <http://www.vito.be/VITO/OpenWoDocument.aspx?wovitoguid=44600D61-7547-4838-9544-1A4C1248B855>

(3) <http://www.criirem.ouvaton.org/spip.php?rubrique58> (4) See for example: www.bioinitiative.org

www.emfacts.com/papers/icnirp_critique.pdf

www.salzburg.gv.at/ICNIRP-Kritik1.pdf

www.hese-project.org/hese-uk/en/niemr/icnirp.php

(5) <http://www.emfacts.com/weblog/?p=903>. The entire study can be found at <http://www.beperkdestraling.org/Wetenschap/High%20frequency%20voltage%20transients%20associated%20with%20increased%20cancers%202008.pdf> (6) Havas, M. 2006. Electromagnetic Hypersensitivity: Biological effects of dirty electricity with emphasis on diabetes and multiple sclerosis. *Electromagnetic Biology and Medicine*, 25: 259-268, 2006

(7) <http://www.zeromercury.org/>

(8) <http://edition.cnn.com/2008/TECH/07/27/eco.flourescent>

(9) http://mpp.cclearn.org/wp-content/uploads/2008/08/final_shedding_light_all.pdf

(10) <http://edition.cnn.com/2008/TECH/07/27/eco.flourescent/>

- (11) http://www.truthout.org/issues_06/032108EC.shtml
- (12) http://www.lakeoswegoreview.com/sustainable/story.php?story_id=122090777173654500
- (13) eg. Lytle CD, Cyr WH, Beer JZ, Miller SA, James RH, Landry RJ, et al. An estimation of squamous cell carcinoma risk from ultraviolet radiation emitted by fluorescent lamps. *Photodermatol Photoimmunol Photomed* 1992/1993; 9:268-274.
- (14) V. Beral, S. Evans, H. Shaw & G. Milton (1982), „Malignant melanoma and exposure to fluorescent lighting at work“, *The Lancet*, 7 August 1982, pp. 290-293.
- (15) „Low-energy bulbs worsen rashes“, <http://news.bbc.co.uk/2/hi/health/7170246.stm> (4 January 2008)
- Documentary „Rays of Rash“, aired on Canadian television:
http://www.youtube.com/watch?v=6CVLa_tRsIY
<http://www.spectrumalliance.org.uk>
- (16) eg. „The energy-saving light bulbs that could leave you red-faced... from UV radiation“, <http://www.dailymail.co.uk/health/article-1075613/The-energy-saving-light-bulbs-leave-red-faced--UV-radiation.html> (15 October 2008)
- (17) <http://news.bbc.co.uk/2/hi/health/7170246.stm>
<http://www.dailymail.co.uk/health/article-1075613/The-energy-saving-light-bulbs-leave-red-faced--UV-radiation.html>
<http://www.telegraph.co.uk/earth/earthnews/3320595/Low-energy-bulbs-'could-cause-skin-cancer'.html>
- (18) „Low-energy bulbs cause migraine“, <http://news.bbc.co.uk/2/hi/health/7167860.stm> (2 January 2008)
- (19) „Fluorescent lights giving pupils headaches“
<http://www.telegraph.co.uk/news/main.jhtml?xml=/news/2007/09/06/nlights106.xml> (6 September 2007)
- (20) „Energy-saving light bulbs are threat to epileptics“,
http://www.dailymail.co.uk/pages/live/articles/health/healthmain.html?in_article_id=463911&in_page_id=1774
- (21) <http://edition.cnn.com/2008/TECH/07/27/eco.flourescent/>
- (22) <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/pbde-eng.php#he>
- (23) <http://www.irsst.qc.ca/files/documents/PubIRSST/R-589.pdf>
- (24) <http://www.br-online.de/das-erste/report-muenchen/report-gluehbirne-klimaschutz-ID1230898145031.xml>

Disclaimer: It is your constitutional right to educate yourself in the arena of health and medical knowledge, to seek helpful information and make use of it for the benefit of you and your family. You are the one responsible for your own health. In order to make decisions in all health matters, you must educate yourself. Information presented is not intended as prescriptive advice and should not be used to diagnose, treat or cure any disease or condition. Supplements discussed for the most part are intended to support normal physiological and biochemical process of the human body. The views and nutritional advice expressed by Dr. Scott Johnson are not intended to be a substitute for conventional medicine. If you have a severe medical condition, see a

competent physician. My goal is to help you to make physical and nutritional changes to maximize your own healing potential.
