



EAGLE FEATHER RESEARCH NEWSLETTER

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Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. Welcome to our third number of our newsletter. In this number, we will provide a preview of our *Natural Health Column*. Featured are outlines or summaries of important information related to Health and Nutrition: The Myths vs. the Facts. It begins with a summary of the contents of Dr. Joe Schwarcz' book entitled *An Apple a Day: The Myths, Misconceptions and Truths about Foods*. In addition to citing the chemical properties in various foods, he gives us insight into how we should go about our eating habits e.g. it is the dose that is most important. His work is divided into four parts: Naturally occurring substances in our food supply, manipulating our food supply, Contaminants in our food supply, and a look at fads and shaky science. A quick reading convinces you that this is no food special interest representative but rather, an independent academic who is authoritative in his field.

This is followed by *Top 10 Food Myths and Facts* which examines calories vs. weight gain, fat-free vs. calorie free, carbohydrates or sugars vs. weight gain, high protein diets vs. Ketosis, yoghurt and exercise, grapefruit vs. burning fat, and processed foods vs. nutrition. On the latter we would caution against long term use of processed food containing harmful chemicals, preservatives and additives. We do not need our livers and immune system to be compromised. There are exceptions: flash frozen vegetables are generally fresher than vegetables that have undergone storage, packaging, shipping and trucking. We also caution against the harmful Bisphenol A found in plastic bottles. Latest research confirms what other studies have revealed for the last decade; it causes behavioral neurological changes (now confirmed by MRI scans of the brain) as it mimics a hormonal reaction. Look at the underside of the bottle whether it is water, soda etc and you will find a triangle and in it a number. If the number is above 4, stay away from it as it puts you at risk.

It seems that when plastic bottles are exposed to heat (sun, dishwasher, Microwave etc) it releases Bisphenol A. Baby bottles have been exposing a whole new generation with this contaminant. Only this month, after decades of contamination to a generation of babies, teenagers and elders are some companies finally eliminating this chemical in plastic bottles. Continue to check as there are always companies that are only interested in profit. Note that we still have aspartame and saccharin in many products. It begs the question in terms of its continued use. The answer is because it is cheaper to process. It underscores our societal functions, its priorities and protectionism of corporate America, at the expense of our health. From Moscow, food nutritionist Tatiana Tovbushenko provides insight to some commonly held myths worldwide in her *Twenty Food Myths*. Among the commonly held beliefs included the idea that lemons are sour because they lack sugar or that carrots are beneficial for our eyes. The fact is that lemons have more sugar than strawberries and beta-carotene is found in large quantities in the liver and is easily replenished with various products. The next piece speaks to cultural beliefs about food that contributes to myth making largely because of misunderstanding. Commonly held beliefs include Cajun cooks spitting in the food, Mama Cass dying from choking on a ham sandwich. The author in this article defends many of the chemicals placed in our foods. He thinks that government regulators are doing a good job and states that we are healthier now than ever. We think that this is not a balanced conclusion. Every month we see evidence of contamination in our food chain and reports that there are not sufficient regulators to cover the wide expanse of area. If the food chain contains numerous chemicals that have been shown to cause cancer in mammals and we ingest these over a period of 40-60 years, where does this leave the liver, pancreas and immune system?

Myth Busting Mom-isms is an interesting piece concerned with what our moms cautioned us against as your boys and girls. Such topics include shaving too young and its effect on new hair, swallowing watermelon seeds or gum and their effect on the stomach, playing with toads, eating carrots, eating spicy foods and ulcers and if you keep playing with "that", it is going to fall off. In his interview (*Are you food savvy?*), Dr. Mallika Marshall gives us "the skinny" on drinking 8 glasses of water a day, eating after 7:00 P.M., eating chocolate milk and candy and finally Is the following line true?: Wine before liquor never sicker, liquor before wine, always fine." This is followed by the detailed article by Rick Chames of *Earthsavvy* who cautions us of the dangers of altering Nature. Did you know that 50% of all the soy and 38% of the corn acreage in the U.S. is genetically altered? This article defines genetically altered food, outlines the health issues, underscores environmental concerns, and provides some political perspective, notwithstanding the ethical and spiritual value.

Next is a short piece concerned with organic foods. Are they healthier to eat? The author does not think so. He cites organic fertilizers in China having animal and human waste and which are used for the cultivation of teas. In the U.S. fertilizers and soil sold in large home department stores also have animal and human waste. He does not cite the thousands of small organic farms in the U.S. that follow strict and natural rules that are contributing to organic nutritious vegetables and fruit either to local grocery stores or in local markets. It is true that some studies have found small quantities of pesticides in organic vegetables. No doubt there are unscrupulous agri-businesses that are not following strict procedures and are more interested in quantity rather than quality. Many of the food industry giants have taken notice of the interest in more natural foods. Many are making some changes but unfortunately they are partial and not totally natural. These food industry giants have lobbyists that pressure the FDA into allowing for watered down standards. The bread industry pressured the FDA into allowing them to use the term “whole” on white flour that was colored with molasses. Instead of the fake whole wheat bread, get whole **grain** bread. Always check the ingredients. Stay away from the cheap additives or substitutions and preservatives: corn syrup, nitrates and nitrites, Yellow or other colors, excessive sodium and sugar. Remember the amount of the ingredient is in order. If it lists corn syrup first, you are buying essentially sugar and calories. Right now the only choice for sugar sweetener is *Splenda*. The jury is still out on this in terms of its safety. Still, it is far better than anything else in the U.S.. Get the “no added sugar” product that is sweetened with Splenda. Ideally it should be *Stevia*, but the sugar cane industry saw that the FDA would keep it out even though it the totally natural, safe and 300 time sweeter than sugar. Remember, the cheaper the product, the more excessive it is in chemicals, additives and preservatives. If you care about your health, pay a bit more for the product that is not laced with synthetic substitutes.

It is a fact that Americans consume an inordinate amount of sugar and sodium. The food industry knows that the body can crave for the latter after prolonged heavy use. Some ten years ago researchers discovered *Stevia* (*Stevia Rebaudiana*) in Paraguay and Brazil. It is a totally natural sweetner consumed for over 400 years by native Guaranay Indians. Read the articles on *Stevia* and find out why it is absolutely safe for diabetics, PKU patients, has no toxic effects, no calories, and is 300 times sweeter than sugar. When it was discovered there was an attempt to introduce it to the U.S., only to be blocked by the sugar industry and their power with the FDA. After much slander and misinformation on *Stevia* by them, lawsuits were brought to bear and while it cleared it as a totally safe product it was not allowed to be used in the food chain. The compromise was to allow it only as a supplement to be purchased in your health food store. All of the major industrial countries worldwide use it in their food chain except the U.S. What happened to the cherished notion of competition? Score

another one for politics and money at the expense of our health. Read all of the Stevia articles especially the one entitled “Strong- arming an Innocent Herb.” We end the column with an article concerned with “Wind Energy Myths”. This is important as Solar and Wind will figure greatly as renewable energy sources for the future.

(For a description of the contents for *Language Nuances* concerned with S.W. dialects, Linguistic mistranslations of scripture etc, see the September Newsletter)

Happy and insightful reading,
Arnoldo Carlos Vento, Executive Officer