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Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. Welcome to our third edition of 2009. In this issue we will focus on nutritional tips and information on Health related issues. While Washington has gained a reputation for creating a culture of lobbyists which is connected to the legal acquisition of money that in turn leads to legal corruption and compromise of ideals, the average citizen has cultivated likewise, a culture of shamelessness that includes no consciousness in lying, cheating and a general lack of ethics. The latest studies indicate that 54% of the population will end a conversation pretending it is a dropped call. 63% of the population would take a sick day when they are perfectly healthy and 59% would look at a spouse's e mails or phone records. Perhaps, the most disturbing is the unconscionable lying by teenagers. Distortion, manipulation and lying by politicians are well known but what is disturbing here is that we have a tendency to accept it as business as usual. What has brought about this culture of dishonesty? This is a complicated subject that needs to be traced back 2,000 years in Western culture. If you are interested in probing further, read our new edition of **Two Worlds in Collision...** You can read an excerpt in our Educational Materials/pre-Columbian Series/Abstract Articles. If you like what you read, continue to Bookstore to purchase the E book in CD format with a 33% discount.

Another area of concern is that Americans are not eating healthy. Part of the blame goes to the food industry that in its quest to make more profit has used harmful chemicals and cheap substitutes and fillers in the food chain. Studies increasingly show that these are responsible for obesity, tumors and a host of modern ailments which in turn weaken your immune system. Read labels in your food products. Check for excessive sugar, sodium, Trans fat, hydrogenated oils at any stage, artificial ingredients of any kind. Compare with an organic product to see the difference in ingredients. Outside of the U.S. obesity is being fought at all levels. In Japan, citizens over 40 must have their waistlines measured and those considered too fat undergo diet counseling. Failure to slim down can lead to fines. New Zealand has rules barring people it deems too fat from immigrating to the country. In Great Britain—where 60% of men and 50% of women are

expected to be obese by mid-century—residents of some cities are being recruited to wear electronic tracking tags to calculate how much they move each day and how many calories they burn. Daily exercisers will be rewarded with store coupons and even days off from work. Britain's National Health Service is paying for at least 30,000 people to take weight-loss classes. Germany plans to spend \$47 million on healthy eating and sports programs and to set tougher nutritional standards for school lunches. The government also is asking candy makers to stop targeting young children and encouraging software companies to develop games that force players to move. Perhaps we should take a cue from other countries. It has nothing to do with the curbing of freedom or choices. When businesses are responsible for setting a path for ill health, your freedom is being compromised and it no longer should be totally in the hands of the individual.

Speaking of healthy or unhealthy foods, Dr. Mark Liponis has some ideas on Coffee, Chocolate, Soda, Eggs, Pizza, Oatmeal, Fish and Artificial Sweeteners.

- **Coffee.** What is suggested is that coffee is not as bad as reported, that it could reduce the risk of a variety of ailments. Unfortunately, what Dr. Liponis does not say is that it is harmful after two or three cups a day. He states however, that women drinking dark coffee may lead to thinner bones, but does say the solution is adding milk. We think that women should get their calcium through broccoli and other rich sources of calcium. If milk is to be used it should be the organic variety without hormones and other harmful additives.
- **Chocolate.** The chocolate that most Americans consume is largely sugar and has harmful side effects to your chemistry, notwithstanding cavity producing for you teeth. A prized beverage of the highly civilized Aztecs, it was consumed for its health benefits. As a drink it was bitter but the endorphins it produced and its blood thinning properties insured the average Aztec citizen of having a strong immune system and arteries that never clogged. 100% chocolate unfortunately is not available as a candy product. The closest is dark chocolate which contains at least 70% cocoa, the rest being sugar. Most people conditioned to processed extra sweet candy will probably not like it because it is bitter-sweet at best. Chocolate in its purer forms contains compounds such as polyphenols and flavonoid antioxidants (similar to those found in green tea). Studies show that a small amount of intake of dark chocolate may reduce the risk of blood clots that cause heart attacks or stroke and may lower blood pressure. And of course, it lifts your mood by releasing endorphins. Again, enjoy it in small quantities daily since it is high in calories and saturated fat. The suggestion is to drink in moderation or two and a half ounces daily. If you are really concerned about heart disease, there is good news in the future. Scientists working with cacao seeds in the Amazon, indicate that recent Harvard medical studies show that this may be the ingredient to rid heart

disease in the future. This, of course, is predicated on a healthy lifestyle that is not stress burdened.

- **A recipe for a healthy heart.** (from Arnolando Carlos Vento, PhD)

At your health food store, look for raw cacao beans that are organic. This is the original, unprocessed dark chocolate from the mineral rich rainforest of Ecuador. (David Wolfe's *Sunfood Nutrition* organic cacao beans). This is a great source of Magnesium, Iron, Vitamin C and has 20 times more antioxidants than red wine and 30 times more than green tea. Why raw? Because cooking and roasting corrupts the complex nutrition of the cacao bean. (and this is also true of shelf processed foods) Here, you have no additives, no preservatives, no added sugar or dairy. And now for the recipe. Take a coffee grinder and grind the cacao beans into a fine powder. You can blend it into your favorite beverage or dessert recipe. Or sprinkle on your fat free, no sugar added ice cream or any recipe that calls for chocolate chips. Want to have it as a drink? Take a quarter of a cup of filtered water and heat to a near boil. Add a teaspoon of the raw powdered chocolate and stir well. Add the rest of the cup with organic milk (fat free or 1% if you need to lose weight). Heat again. Use one or two packets of *Stevia* as a sweetener (the only true and natural sweetener from the Amazon which does not raise your sugar levels and is totally calorie free) Place it in your blender and stir again. Strain to get particles of the cacao bean that may have not dissolved. Enjoy healthy arteries and a sound heart.

Soda. There is not any good news to relate on sodas. Drunk to excess by the public, this product has no health value. It is high in fructose corn syrup (as in many shelf products) and the artificial sweeteners may kick your pancreas into overdrive which boosts insulin levels and causes weight gain. If you are addicted to soda use those that do not have saccharin or aspartame but rather *Splenda* that is calorie free and comes from sugar cane. While the jury is still out on *Splenda*, you are better off than the harmful sweeteners of saccharin or aspartame (according to numerous studies) It will, however raise your sugar levels. It is tragic that the FDA kept *Stevia* out of the food chain since it is the only truly natural sweetener that is not only calorie free but does not raise your sugar levels. In sodas, you still have other ingredients that are not conducive to good health. Research from last year from the American Chemical Society found that chemicals in beverages sweetened with high-fructose corn syrup (called reactive carbonyls) may increase the risk of diabetes. In addition, the caffeine and phosphoric acid in colas may thin the bones of those who frequently consume them. Drink no more than one a day.

Oatmeal. Dr. Liponis begins by stating that it is not as healthy for breakfast as one would think. He is basing it on a study that focused on a poor breakfast for children in Boston. Their appetites increased and the rest of the day they consumed more than 80% calories. The problem is that the Hospital was feeding children processed instant oatmeal instead of the real steel cut oats. When the instant oats breakfast was compared to a vegetable omelet and fruit for breakfast, the results of course would have to sound exaggerated. With processed foods, it is not unusual to have blood sugar fluctuations. The obvious solution is to have a balanced and diversified breakfast that has *steel cut oats* with strawberries or bananas and raisins, multi-grain toast and organic milk or orange juice. Why do most hospitals not offer the above? It is about money, profit and or taking short cuts to save money.

Pizza. Pizza is not a health food but it can contain ingredients that are healthy for you. Tomatoes are rich in *lycopene*, an important anti-oxidant. What is not healthy is the pepperoni, sausage (which have nitrites and nitrates) and other toppings rich in saturated fat that you already get with the cheese. The biggest concern is not only chemicals, white flour and empty calories which does nothing but increase your waistline. By the way, people in Italy do not sit down and eat a whole pizza pie. They eat a slice. It is a snack not a meal. And their cheeses are richer and more naturally tasting than the American cheeses used in Pizza places. So is their dough. We have too many fake products in our food chain. Take a stand and demand natural products from your grocer. Boycott all the fake and overly processed shelf foods.

Eggs. Unfortunately, there is much confusion with regard to eggs. The center of the dispute lies with the egg yolk which is high in cholesterol. Dr. Liponis here is at odds with most cardiologists who categorically state to decrease your cholesterol. As a result they prescribe cholesterol lowering drugs for the rest of the life of a heart patient. But eggs are rich in protein and studies show that women who had one egg a day lowered their risk of coronary heart disease (presumably compared to those who ate three or more eggs a day). Studies can be very deceiving. They can also be manipulated to serve politicians or lobbyists of the egg industry. Who do you believe? In the first place, you should eat organic eggs that only come from free roaming chickens. Most of our non organic eggs come from hens that have been cramped into a highly reduced space for life that subsequently develop sores, tumors while being subjected to lights for faster egg production. They are fed chicken feed with hormones and other harmful chemicals. This is not only cruel but shows the materialistic greed of our own system of capitalism. What kind of egg can be produced from sick hens and would you want to eat eggs from sick hens? (The same is happening with the beef slaughter houses, where much of the beef never

gets inspected. As a result, diseased cows make it to the food chain everyday. A farmer friend of mine confided to me that he took a diseased cow to sell at the stock yard auction. According to a friend of his at the auction, it was purchased by the MacDonald chain for hamburger meat. In terms of eggs, eat no more than one a day. If you are a heart patient, restrict yourself to several eggs a week. One idea is to mix one egg with eggbeaters in an omelet with onions and vegetables several times a week. Make sure that your eggs come from hens that have been fed organic greens and are roam free hens. These eggs will be rich in Omega-3 fatty acids that will provide heart nutrients.

Fish. Everyone should eat baked fish at least twice a week. Fried fish contains unwanted fat, usually oils that could be overused or hydrogenated. Fish cuts your risk of heart attack, stroke and sudden cardiovascular disease. Fish are rich in omega-3 fatty acids which may reduce the risk of diabetes, Alzheimer's disease, and inflammation. Unfortunately, there are a number of fish that are contaminated with toxic chemicals from man's pollution. (See column in *Green Earth/the environment*). The best for your health are the oily and small fish such as sardines, herring, anchovies, salmon (organic or wild) and mackerel (but not king mackerel). Stay away from the large fish such as swordfish, tuna, tilefish and shark which live at the top of the marine food chain and accumulate many contaminants. Dr. Liponis suggests that canned chunk light tuna is lower in contaminants such as mercury than albacore or sushi tuna and is a good choice. Why would you want to take the lesser of two evils? (here contamination). We recommend that you stay away from tuna as a whole. Is not your liver already overburdened with fighting off contaminants in the food chain?

Artificial Sweeteners. Here again, Dr. Liponis is citing a questionable study of rats fed, of all things, saccharin. The study concludes that rats gained weight with food sweetened with saccharin because they ate more food. Saccharin has just about been banned by most companies today because of the adverse health effects as shown in studies. Does this not disqualify this study? What needs to be said is that people should boycott all artificial sweeteners except those that have shown to be totally natural and do not place you at risk in any manner. There is only one that has been consumed by the natives of the Amazon for over 400 years with absolutely no side effects of any kind and that is *Stevia*. (See our Natural Health Column under News and Bits). It is not only calorie free but does not raise your sugar level. The FDA was lobbied by the sugar industry and *Stevia* was politically kept from being part of the food chain. Every major country in the world has *Stevia* in the food chain except for the United States. A word of caution. Compare the different products sold in you health food store. Some are using fillers to make the product stretch the

dollar for the company. Use only the most pure (99%) usually in concentrated liquid form. Some companies will have packets, some with a slight after taste. Sample them for the most natural taste. In its pure form, *Stevia* is 300 times sweeter than sugar. The processed product will probably be 10 times sweeter. If you have a greenhouse you can grow your own plants and cultivate the sweetener yourself. Unlike marihuana, you will not be raided. Read about its care and maintenance.

Happy and Insightful Reading,

Arnoldo Carlos Vento, PhD
Executive Officer

