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EAGLE FEATHER RESEARCH NEWSLETTER

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Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. In this issue we will dedicate space to listing some of our recent titles, the latest data on the recession and how it affects your health, other health issues. FDA issues with supplements and some ideas of Nobel Peace Prize winner Muhammad Yunus. If you have not noticed, we have slashed our price listings by 33% and as an added bonus to our subscribers, we will send you an additional CD E book or article of your choice at no cost to you for every title ordered. Send us the name of the free title that you want after having ordered at: info@eaglefeather.org Speaking of new listings, check into the articles or reviews of the movie Apocalypto. The article entitled "Apocalypto: Analysis of Messianic Savagery" is excellent. Look under Culture or History for the Pre-Columbian, Native American, Mexican or Chicano Series. The last paragraph sums it up:

"The film's blatant distortion of the truth shows how far mainstream American culture, a culture built on colonial policies and expansionist ideology has yet to go to understand the true, irreplaceable value of non-Eurocentric cultures and how the forceful imposition of another faith within these cultures can severely damage them, condemning them to an existence rife with injustice, violence and poverty. Mayan activist and Nobel Peace Prize recipient Rigoberta Menchu Tum once said, We are not myths of the past, ruins in the jungle, or zoos. We are people and we want to be respected, not to be victims of intolerance and racism. [59] To respect the people and faiths of the present, we must stop creating and accepting false, self-serving depictions of the past." We have additionally added the full copy of a Master's thesis now as an E book on the Anishinaabe Tradition written by D'Arcy Rheault. Use it for your research or papers. It is a free download. Included in the new listings is Dr. Cynthia Orozco's academically researched work entitled *No Mexicans, Women or Dogs Allowed*, published by The University of Texas Press. We reproduce the Table of Contents and Introduction. Both are excellent cultural and historical works.

MEDICAL NEWS. With regard to Viruses, did you know that we are born with viruses and it is our immune system that keeps them in check, In the ocean alone, there are a

million trillion, trillion viruses and in a drop of water there are a billion viruses. They have been with us since the very beginnings of life. Since 2005, there have been 10,000 generations of the virus. Every year 36,000 people die of the regular flu virus in the U.S. and over a million worldwide. Yet it is not called pandemic. The problem with new viruses is that the genetic mechanism of the flu virus lacks a mechanism to correct errors when it replicates. As a result, it mutates at a high rate, allowing it to evade the body's natural defenses, vaccines and drugs. The good news is that the current flu can be interrupted in its path by the antiviral drugs of Relenza and Tamiflu. These must be administered soon after the first symptoms appear. When the media over reported the swine flu in Mexico, bloggers began to insinuate offensive reasons for Mexicans to be hard hit. ("they just don't have the cleanliness that we have") It has been established by the World Health Organization that Mexico has just as good medical facilities. There are two probable reasons for the larger numbers: there is much poverty in Mexico and as a result, the poor often suffer from malnutrition which creates weakened immune systems. Additionally, the poor do not frequent the doctor, they frequent the pharmacist who acts as the poor people's doctor. The problem becomes one of diagnosis, particularly when it is a new strain of virus. What has not been reported are the unhealthy conditions created in the enormous pig farms outside of Mexico City and Veracruz and these are American owned and run by the largest ham producer in the U.S.

Because of the economic recession, people are cutting back in many areas and unfortunately in the Medical area. Over 70% have either purchased less fruit and vegetables, skipped a routine dental cleaning or health procedure such as a mammogram or annual physical or have skipped a flu shot. There are ways to cut costs: (1) Strike a deal with your doctor, (2) visit a lower cost clinic, (3) change the frequency of visits (4) get free screenings and tests (drugstore chains, supermarkets) and (5) save on medication by asking for generic medications.

It has long been said that you are what you eat. We now have a problem not just with the adult population but with the younger generation. One out of every five teenagers is obese. Even preschoolers are found to be obese (18%). In terms of the stats on each group: American Indian (31%), Hispanic (22%), Black (21%), White 36%) and Asian (13%). Obesity is now also seen a major cause for "restless legs syndrome"
NUTRITIONAL NEWS. Traditionally, Americans consume overwhelmingly more meat and starches than fruit and vegetables. The body can adapt to any food or taste. Work toward turning it around to 80% fruit, vegetable and fish and 20% meat. (Ideally organic). There is a group of people in a pacific island that lead the world as centenarians. What was there diet? : The suggested percentage above.

Still, we must be informed and call for change not only in the food chain but also in the drugs and supplements that are sold to us. A recent report by the Government Accountability Office shows that the FDA does not have the information, resources or recall ability necessary to adequately regulate dietary supplements. Did you know that supplement companies do not have to tell the FDA what product they sell or ingredients they use? It should outline how manufacturers must establish controls and testing to ensure that products have consistent identity, purity and strength and in the case of botanicals and herbals that the correct plant species is used. The Center for

Science in the Public Interest reported: "it is like the Wild West, and the bad guys know they don't have to take the Sheriff seriously."

On the brighter side, Nobel Peace Prize winner Muhammad Yunus envisions a new type of capitalism for the future, capitalism with a heart and through it, the end of global poverty. Yunus is the founder of the Grameen Bank of Bangladesh, widely perceived as the most compassionate and socially responsible lending institution in the world. Since the mid 70's, he has helped the poor in his country with "microcredit" in which "the poorest of the poor" receive small collateral free loans. Beggars, farmers, peddlers or artisans are freed from a culture of subservience and are now empowered to use their own innate creativity to live on their own. Previously, standard banks would ask "Are the poor credit worthy?", Yunus asked "Are the Banks people worthy?" Whatever banks did, he did the opposite. Today, microcredit is on the verge of becoming mainstream. It is estimated that in 2007, there were more than 100 million families worldwide that received microcredit loans. His vision is laudable as he states: "I would like to create a world where there will be no passports, no visas. That's the beginning of a world with no countries. If you have no passport, no visas, people can work back and forth." His interview will be reproduced later and made available in our Ancient culture Series.

There is no question, we must make a quantum leap in the future as Nobel Prize winner Octavio Paz once declared. He also said we must stop thinking that history is progress and thinking in a linear manner so typical of Western culture. The great philosopher Jose Vasconcelos in the twenties, saw the danger of nationalism when he stated that his only flag was the flag of the world community.

Happy and Insightful reading,

Arnoldo Carlos Vento, Ph.D