



<http://eaglefeather.org>

## **EAGLE FEATHER RESEARCH NEWSLETTER**

**VOL II, NO. 6, June, 2009**

Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. Welcome to our Septmember issue of our newsletter. In our last issue we dedicated space to an important and pressing issue ie. How should we deal with the goods and resources, who benefits and what should be our concern for the general welfare of the community? We ended the piece suggesting a more equitable and honest approach to our current systems of economics. We pointed out that the communal approach to Native American Confederations in the Americas did not have the issues of economic or governmental inequities. They did not have it because they believed the goods of Mother Nature were for the all, the community and not for an individual to exploit. We are caretakers of the environment; we should not compete against each other for its spoils. We should share equally and be integrated with and not work against Nature. Western man took another path: either he tried to alter Nature because in his Western philosophy he has always been in conflict with Nature. Thus, he modifies or has a total disregard for the natural laws of Nature. Native Americans had an integrative and symbiotic relationship with Nature. Native Americans believed in reciprocity and balance among themselves. These are only some of the characteristics that set them apart from Western man who is characterized by his fragmentary individualism, his linear and materialistic reality. As we see this seemingly rudderless world unfold, we cannot stand idle. We have the responsibility to effect change in all levels and areas of society. Materialism has plunged modern man into mass exploitation and greed. We see it at all of the institutions of society, from religions to business, Medicine and government. Thankfully, we are more aware today than the average person in the fifties. We are slowly uncovering the abuses and erroneous myths that have been taught for over a century. Cases in point are some myths that are perpetuated by doctors themselves. Pediatricians Aaron Carrol and Rachel Vreeman of Indiana University School of Medicine categorically state that too often doctors will speak with much authority when there is no evidence that they are right and unfortunately, even when there is evidence to show that they are wrong. When in doubt, doctors often fall back on what their own mentors taught them, without questioning the evidence in

which their advice is based. Patients need to question the sources of their data. What are some of these medical wives' tales:

- **Sugar makes kids hyper.** There are 12 studies that show no effect between children's behavior and the sugar in their food. On the other hand there are studies that show that excessive sugar does alter the body's chemistry. If a child has bad habits, negative behavior can be enhanced by an imbalance in chemistry. Since the food chain is loaded with artificial chemicals and preservatives, these can also add to the problem. Lack of proper parental guidance and negative peer groups too often laid the foundation for behavioral problems in children.
- **You can prevent colds with vitamin C, Echinacea or zinc.** While this may be a general perception among the general public, no whole food nutritionist will claim the above. Above and beyond infectious viruses, the problem with the common cold is one of lack of resistance caused in turn by a weakened immune system. The latter too often is due to overburdening the body with stress, alcohol, drugs, emotional unbalance, depression, worry and added poor nutrition. The body has an inbuilt system that fights imbalances that can with time bring it back to normal. But continuing in a destructive pattern as outlined above can only lead to future pathological conditions. Vitamin C, Echinacea, zinc and other supplements help to maintain a daily nutritional balance. Why have we been inculcated with the idea of a silver bullet?
- **Adding cereal to a baby's diet will help him sleep longer.** Parents and pediatricians are perpetuating this myth. Studies show that they get no more sleep than other babies. These studies, however, can be very misleading. There can be countless of ailments or problems already with the baby that may be preventing it from sleep. This can even be traced back to when the baby was in the womb. Was the mother smoking or taking drugs (legal or illegal) during pregnancy? What was her state of mind? Were there marital problems either before or after her pregnancy? All of this affects the child from a cellular to a neurological perspective. If the child is normal and the parents are not in a stressed and emotional state, perhaps some mild chamomile tea will help relax the baby for more conducive sleep.
- **Iron in baby's formula causes constipation.** Iron fortified baby foods will not be the causal agent for constipation. This can be caused by a number of factors that lead to constipation: what he/she ingests, what the emotional state of the child is or the attitude of the mother. Iron may not cause constipation but it can prevent anemia in the baby. Stay away from foods that are hard to digest (products that have gluten, meats products etc.) and lean toward the fruits like papaya and yogurt that have digestive advantages.

- **Teething causes a fever.** Studies do not seem to support this. Fevers can be caused by numerous factors in the state of the baby's health.
- **Going out in cold or wet weather makes you sick.** This again cannot be stated in this manner. This depends on your state of health. If you are in a weakened state of health, changes in temperature of your body can have adverse effects on your health. If you are in good health and properly clothed for the weather, there should not be a problem. Scientists who did studies on subjects subjecting them to viruses in an artificial environment could not notice any difference. The question remains: What was the state of health for each subject?
- **You should wait an hour after eating before going swimming.** This has been viewed as "questionable" since 1961. Exercise may make you uncomfortable but it will not give you life threatening cramps. Most people in the U.S. are in a hurry, eat wrong combinations of food and do not chew their food properly. This and not swimming may be a problem if cramping takes place.
- **You can catch poison ivy from someone who has a itchy rash.** The oil that causes the itch is urushiol. It may be from the plant, be placed in the clothing or gardening tools. If the rash has been properly washed, it should not be contagious.
- **You need to stay awake if you have a concussion.** Doctors agree that a concussion needs no treatment and as such there is no reason not to sleep. Some people with experience with family members that have had a concussion suggest that communicating with the subject somehow can subconsciously get through and thus contribute to bringing back the patient.
- **Never wake a sleepwalker.** While it is attested that no sleepwalker has ever died of being awakened, ancient tradition knowledgeable in the spirit world, believes that it is better not to tamper with the spirit world unless you have been trained in that area. The subconscious area is one for future study in the mainstream scientific community.
- **You can determine the gender of your baby by timing when you have sex.** Some people try to conceive a boy by having sex in the middle of the menstrual period hoping the more mobile sperm carrying the Y chromosome are more likely to penetrate the cervical mucus which is thicker at this time of the month. However, studies indicate that there were no more boys conceived than girls at this time of the month. Genetics is probably the most significant factor and will in the future predict predispositions to particular diseases for each person.
- **Birth control pills do not work as well if you are on antibiotics.** A review by the American Academy of Family Physicians found common antibiotics have no effect on the pill. Question: What about the hundreds of drugs that have counter indications even among themselves?

On a final note on pregnancy, a new study featured in *Pediatrics* of 1,200 women reveals that women with the lowest B-12 levels were five times more likely to have a baby with neural tube defect. Women who are vegans that eat no animal products because of religious or moral reasons, along with women with intestinal problems are at the highest risk. All of the above need to take a test for B-12 deficiency along with folic acid. These vitamins are most critical in an embryo's first few days. Both vitamins affect the formation of the neural tube, an early structure that develops into the brain and the spinal cord. Lack of these vitamins can cause spinal bifida, an incomplete development of the spinal cord that often causes paralysis, as well as anencephaly, a fatal defect in which the brain is underdeveloped. Following these measures can reduce the rate of neural tube defects by 70% or 1 in 1,000 births. What foods contain the most B-12? (Daily value) Liver leads the way with 780% for one slice, followed by fortified cereal (3/4 cup) with 100% and plain, skim yogurt (1 cup) with 25%.

On a lighter vein, do you live in a city that ranks nationally as the fittest city? To qualify, your city must have availability of parks, walking and bike trails and public transportation, a high percentage of people that exercise daily that maintain a healthy weight and eat the recommended daily servings of fruits and vegetables, who have access to health care and health insurance and who do not smoke. The findings are in: Washington D.C. ranks number one and Oklahoma City last with Detroit next to last. Number 2 is Minneapolis-St.Paul, 3-Denver, 4-Boston, 5-San Francisco, 6-Seattle, 7-Portland, Ore., 8-San Diego, 9-Austin, Tx, 10-Virginia Beach, 11-Hartford, Conn., 12-Sacramento, 13-San Jose, Ca, 14-Cincinnati, 15-Atlanta. May you live long and healthy.

Happy and Insightful Reading,

Arnoldo Carlos Vento, Ph.D