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## EAGLE FEATHER RESEARCH NEWSLETTER

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Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. Welcome to our March issue in which we discuss archeological, medical, environmental and cultural news.

### **ARQUEOLOGICAL NEWS: SATELLITE IMAGES OF UNDERSEAS CITY**

The *Herald de Paris* has just released images and preliminary information regarding researchers that have revealed the first images from the Caribbean sea floor of what they believe are the archaeological remains of an ancient civilization. Guarding the location's coordinates carefully, the project's leader, who wishes to remain anonymous at this time, says the city could be thousands of years old; possibly even pre-dating the ancient Egyptian pyramids, at Giza. The site was found using advanced satellite imagery, and is not in any way associated with the alleged site found by Russian explorers near Cuba in 2001, at a depth of 2300 feet. "To be seen on satellite, our site is much shallower." The team is currently seeking funding to mount an expedition to confirm and explore what appears to be a vast underwater city. "The thing is, we've found structure - what appears to be a tall, narrow pyramid; large platform structures with small buildings on them; we've even found standing parallel post and beam construction in the rubble of what appears to be a fallen building. You can't have post and beam without human involvement. It is unknown at this time how the city came to be on the sea floor, and not on dry land. We have several theories." In an effort to prevent exploitation by capitalistic entities, the team hopes to conduct a massive mapping and research expedition, to learn as much as possible about who these people were, before turning the site over to the Caribbean island's home government. "Whatever we've found does not belong to us," the project's leader said, "It belongs to the people of this island, and to the world at-large. If any pieces are brought to the surface, they belong in the hands of a museum." This could be one of the major discoveries that will add to the re-writing of pre-Columbian history.

For more information and satellite imagery relative to this story, click onto the following link:  
<http://www.heralddeparis.com/previously-undiscovered-ancient-city-found-on-caribbean-sea-floor/65855?show=slide>

## THE RESTRICTED GLUTEN DIET: HYPE OR HEALTH PROBLEM

There has been much print on the question of gluten which is found in many of the breads we eat made of wheat, rye, oats or barley. It is estimated that up to 40% of the population is gluten sensitive and celiac disease afflicts about 1% of the population. The key to good health is a stable, healthy, uncompromised immune system in which the small intestine can well sustain a gluten-containing diet with no negative results. Unfortunately, most Americans are constantly bombarded with harmful chemicals and toxins in the food chain and the environment, and as such, their immune systems and health are at risk for a number of potential disease issues. Allergies and sensitivity to certain foods are all symptomatic of a compromised immune system. Celiac disease is highly undiagnosed. Roughly between 60 and 70 thousand people have been diagnosed in the U.S., but it is projected that 1.5 to 2 million have it," says Alessio Fasano, a gastroenterologist and the director of the *Center for Celiac Research* at the *University of Maryland* in Baltimore. Left untreated, celiac disease dramatically increases the risk of certain cancers, osteoporosis, miscarriage, infertility and a host of other ailments and it has a mortality rate twice that of the general population. Treated, the mortality rate goes back to normal. Celiac disease is estimated to affect 1 in 133 Americans, and 1 in 56 Americans exhibiting classic symptoms or suffering from a related autoimmune disorder such as type 1 diabetes or thyroid malfunctions, according to a study published by Fasano and his colleagues in the *Journal of the Archives of Internal Medicine* in February 2003. Symptoms for the disease vary greatly in type and intensity, and some people have no symptoms, making this disease difficult to recognize. Extreme fatigue, often due to iron-deficient anemia, is one of the most universal symptoms. Abdominal cramping, severe gas, bloating, oily stools, weight loss or weight gain, and joint pain are just a few of the potential signs that gluten is wreaking havoc with your small intestine. However, "any organ of the body can be affected or targeted. Sometimes it is diarrhea, sometimes constipation, miscarriages, or behavioral changes," Fasano says. "Intestinal symptoms should raise a red flag. Some people who have been diagnosed with irritable bowel syndrome may have celiac disease," says Dr. Michael Schuffler, a *University of Washington* professor of medicine and head of the *Gastrointestinal Department at Pacific Medical Centers*. Common triggers for Celiac disease include a viral infection, pregnancy, surgery or a trauma. For some, the disease begins in infancy with frequent projectile vomiting and diarrhea, while it may remain dormant in others until later in life. In fact, "a person can carry the gene but not ever get the disease. However, once it is activated it does not go back into remission," says Cynthia Kupper, a registered and certified dietitian and executive director of the *Gluten Intolerance Group*, a national non-profit agency based in Seattle. Researchers additionally have noted that viruses and vaccines can perhaps cause an increased reaction to gluten in susceptible individuals. The disease is characterized by damage to the villi of the small intestine upon the consumption of gluten. This can lead to forms of malnutrition in well-fed individuals who may experience weight loss, loose stools and a distended stomach from bloating. It also contributes to a higher incidence of osteoporosis and anemia, despite efforts to take in more of these nutrients. "Anemia, osteoporosis, diabetes, thyroid disease, and infertility -- when those are out of control you must question why. Medication may not be being absorbed due to mal-absorption," Kupper says. The good news is that the damage to the villi of the small intestine is not permanent and improvement in health usually begins immediately after adopting a gluten-free diet. No medication is required, but the diet does require a serious lifelong

commitment. Specifically, gluten is found in all forms of wheat, including spelt, farina, semolina, triticale and kamut, as well as barley, rye and possibly oats. Gluten also is used as a thickener in a host of food products and some medications. It even is used in the glue on the back of lick-able stamps, in some toothpaste and as a powdery coating on some chewing gum. It is much harder to avoid gluten now because it is so prevalent. Rather than speculating on the subject, the best advice is to be tested to see if you are gluten sensitive and of course, to begin avoiding contaminants and toxins in the food chain and the environment for a healthy and uncompromised immune system. (We will soon post a list of gluten-free grains and flours as well as additives to avoid)

#### **ENVIRONMENTAL NEWS: INVASION OF THE ECOSYSTEM**

- In Sumatra, Indonesia there is the problem of the creation of countless palm farms for the extraction of palm oil, oil that is used for thousands of items such as lipstick and most of your foods in your grocery store. In fact, one of every 10 items contains palm oil. In foods, palm oil is used in your conventional and least expensive items whereas palm fruit oil is seen in your higher qualitative items. The conventional palm oil is extracted from the tailings or waste materials. In terms of health, one needs to check to see if it has been hydrogenated. In your cheaper and more refined oils, it normally is hydrogenated. This poses a health risk. Above and beyond with the processing of this cheap oil, there is the question of deforestation of virgin forests that are crucial to the balance of our ecosystem. Every year there is the equivalent of one million football fields lost to the creation of palm oil plantations. These virgin forests not only protect us from harmful CO<sub>2</sub> emissions but also provide a home to millions of species including the Orangutan.
- In Darien province in Panama, amphibian frogs are on the verge of extinction. As the ecosystem becomes disrupted, disease is the result to many of our species. Such is the case in Panama. It should be noted that these species are important because they provide a balance to the food chain and moreover, serve as a function to ward off disease.
- In South Africa the white shark population is shrinking largely to over fishing by man. Every two hours, 22,000 sharks will be taken from the sea. In the east, folk remedies call for shark fins where their demand is quite high. In one year alone, 100 million sharks will be killed often for just profit. They are vital for the ecosystem, highly intelligent, not man-eaters; they just do not like to be touched. This is not the result of a natural catastrophe or evolution but by the eradication of man, the ultimate predator.
- In Africa the tusks of elephant are still being sought by poachers. All except the tusk is left to decay. The ivory trade continues in the East where rich merchants can always find customers. Currently, ivory will sell in the black market from \$200 to \$1,200 per pound. Rhinos similarly are hunted for their horns which are supposed to be aphrodisiacs in the East. Research shows that the composition is not much different than the composition of your nails. Their horns are worth more in powder than in gold. Tragically, there are only 4,000 left in the world.
- In Cambodia, rare animals are hunted for the black market trade. One such animal is the pangolin anteater which sells for \$60 per pound. Many of these rare animals are shipped to the U.S. either live or in parts, ivory, horns, skins etc. Each year over \$10 million is seized by the authorities. The sea turtle which has existed for over 150 million years is

now in danger of being extinct. Research indicates that their population is down by 80% and all seven species are struggling to survive. The problem: pollution, fishing and ocean warming.

- In the east and other places, the coral reefs are dying due to pollution and altering of the eco-system. More than 650 miles of coral reef dies per year. Once the coral reefs die, the whole food chain from fish to plankton is affected catastrophically.
- The California condor as the largest bird is on the brink of extinction. It is not because we have not tried to protect them but rather because man uses toxic lead when he kills other animals. Thus, the threat is from man himself who uses lead ammunition that remains in dead carcasses which in turn poison the condors. There are only 356 condors left.
- Before the invasion of man, the red wolf flourished from Pennsylvania to Texas. After three decades of efforts to recover what is left, there are only 17 in captivity. One of the problems that have impeded the recovery of the red wolf has been the cross-breeding with the coyote. One solution is to sterilize coyotes in view that only 100 red wolves live in the wild.
- The cheetahs as the fastest feline (0-60 mph in 3 seconds) is reputed to be the oldest of the cats. They are highly intelligent and are the least aggressive of the wild cats. History indicates that the pharaoh had them as royal house cats. Today as agriculture expands, their habitat is progressively being threatened.

#### **STRATEGIES FOR THE FUTURE:**

It becomes clear that man must live in harmony with Nature and its creatures. Farmers in Africa can use large dogs to protect their goats, sheep and cattle. Genes can be taken from endangered species to be stored frozen for future generations. Today, we must maintain sustainable forests for a healthy eco-system not only for the conservation of the species but for the creation of a balanced environment.

#### **CULTURAL NEWS: NATIVE AMERICAN PROVERBS**

- *Man has responsibility, not power.* (Tuscarora Nation)
- *Seek wisdom, not knowledge. Knowledge is of the past, wisdom is of the future.* (Lumbee Nation)
- *When a man moves away from Nature, his heart becomes hard.* (Lakota Nation)
- *A good chief gives, he does not take.* (Mohawk Nation)

Happy and Insightful Reading,

Arnoldo Carlos Vento, Ph.D