"Argue for your limitations, and sure enough, they're yours."
From "Illusions," by Richard Bach

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TABLE OF CONTENTS:

Health-Related Articles
1. Yoga Fights Middle-Age Spread
2. Fish Oils to Battle the Blues
3. Fatty acids may help kids' behavior problems
4. Sleep Essential For Creativity
5. High on the Hog

Environmental Medicine
1. Fluoridation Facts
2. Chlorination Facts

Humor
Signs that you’ve had too much of the 90s
1. Yoga Fights Middle-Age Spread
   By Anne Kim, Associated Press writer, August 8, 2005

SEATTLE - The slow stretches and meditations of yoga don't burn calories like a run on the treadmill. But a new study suggests it might help people keep weight off in middle age. Researchers found that overweight people in their 50s who regularly practiced yoga lost about five pounds over 10 years, while a group in the same age range gained about 13½ pounds over the same period.

Middle-aged people of normal weight generally put on pounds over 10 years, but those who did yoga gained less weight than those who didn't practice yoga.

The link between yoga and weight loss has nothing to do with burning calories, said Alan Kristal, one of the researchers from the Fred Hutchinson Cancer Research Center who co-authored the study.

"Except for very strenuous yoga practices, you don't really burn enough energy to make any difference in terms of weight," said Kristal, who has practiced yoga for 10 years.

Instead, he thinks yoga helps keep people more in tune with their bodies and eating habits and aware of bad habits, such as eating because of stress, boredom or depression.

"You become very sensitive to the feeling of being stuffed," he added.

The researchers collected data from 15,500 people between the ages of 53 and 57 who were asked about exercise, weight, health and diet histories. The findings, published in the July/August issue of Alternative Therapies in Health and Medicine, showed that those who practiced yoga tended to avoid junk food and overeating because they wanted to respect their bodies.

Mary Imani, a yoga teacher at 8 Limbs Yoga Center, said it's difficult to eat heavily and do yoga. "It's hard to do certain movements when you've just had a slice of pizza," she said.

Gloria Supplee, a 59-year-old who has practiced yoga for five years, said yoga has seemed to help her maintain her weight. "Having your body in a balanced position, your body is more likely to desire nutrients," she said.

Gary Miller, who studies obesity and weight loss at Wake Forest University in North Carolina, called the research encouraging, but said it's difficult to prove a direct influence from a single study.

2. Fish Oils to Battle the Blues
   Interview with Dr. Andrew Stoll, August 5, 2005
   Medical Update via ProQuest Information and Learning Company

Several years ago, Dr. Andrew Stoll, director of the Psychopharmacology Research Laboratory at Harvard Medical School-McLean Hospital, conducted a landmark study on the role of omega-3 fatty acids in bipolar disorder and came up with some surprising results. The researcher
discovered that when patients with bipolar disorder consumed omega-3 from fish oil, they experienced a marked reduction in episodes of mania and depression. Extensive research continues to demonstrate that omega-3 fatty acids—specifically EPA (eicosapentaenoic acid) and DPA (docosahexaenoic acid)—form the foundation of a solid, healthy diet, while also reducing the risk of cardiovascular disease and arthritis, among other conditions.

To update readers about Dr. Stoll’s ongoing research into the role of omega-3 fatty acids in depression, we spoke with the Harvard researcher and author.

MU: Do your patients, who were part of the original study, continue to take omega-3 and experience relief from their symptoms?

Dr. Stoll: I still see some of these people. All continue to take omega-3 supplements. In my practice, I am in favor of it, so I advise people to take it—if not for the psychiatric benefits, then for the general health benefits.

MU: Is there a downside to supplementing with omega-3?

Dr. Stoll: There isn’t. Some people may experience GI distress if they take a large amount of a low-quality supplement. But the highest good-quality fish oil is not rancid and has little or no taste and has no side effects. Another issue that people worry about is bleeding, because EPA inhibits platelet aggregation. But we scoured the scientific literature, and there has never been a documented case of bleeding due to omega-3 fatty acids.

MU: What dosage do you recommend for patients with bipolar or depression?

Dr. Stoll: I start patients on one gram of EPA per day, and go up on the dosage gradually until an effect is seen on a person’s mood. I usually do not have to exceed six grams of EPA per day.

The amount of omega-3 in a supplement may be calculated from the side of the bottle. It is important to know that the amount of active ingredients in supplements is listed on the label by serving size, not necessarily by how much of an ingredient or compound is in one capsule. To determine omega-3 content, simply take the amount of EPA or EPA plus DHA per serving, as listed on the label, and divide it by the serving size to determine how much omega-3 is in each capsule.

I definitely use lower doses than I used to, based on recent data. Occasionally, someone will call or e-mail me with an anecdote that they didn’t respond until they were taking 10 grams a day, the original dose in our study. Hopefully, we will resolve that issue in the next few years.

MU: Today, people are advised to eat more fish, but at the same time, they are warned about the mercury content of certain fish. What should the consumer do?

Dr. Stoll: It is a real problem. Small fish, like mackerel, sardines, and anchovies that do not live a long time and are non-predatory, contain few or no toxic contaminants. Large predatory fish, like tuna, tend to be the most contaminated.

Fish oil never has mercury or PCBs because the mercury stays with the solids and does not go into the oil. On the other hand, PCBs and pesticides, which are organic carcinogens from human pollution, will go into the oil. That is why I like the high-concentration fish-oil
supplements-50 to 90 percent omega-3 in the formulation. Fish oil supplements are distilled, which lifts the oil away from the contaminants. There are multiple distillation steps in order to arrive at formulations of 90 percent omega-3 concentration, which produces very pure oil.

There is a useful Web site called www.consumerlabs.com, where you can actually find the best brands. Companies voluntarily submit their products to Consumer Labs for analysis. They seem to be pretty honest. They give failing marks to companies, even though the supplement makers pay to review products. I trust them 95 percent. They reviewed whole classes of supplements, including omega-3s. You can see that they measured for organic carcinogens, mercury, cadmium, lead, and other contaminants, which is comforting.

3. **Fatty acids may help kids' behavior problems**

UK researchers have recently reported that dietary supplementation with omega-3 and other fatty acids appears to reduce the educational and behavioral problems of children with a condition termed developmental coordination disorder (DCD). Moreover, symptoms typical of attention deficit hyperactivity disorder (ADHD), including difficulties in attention and concentration as well as hyperactivity and impulsivity, fell markedly.


4. **Sleep Essential for Creativity**
   By William McCall, Associated Press writer, January 21, 2004

German scientists say they have demonstrated for the first time that our sleeping brains continue working on problems that baffle us during the day, and the right answer may come more easily after 8 hours of rest.

The German study is considered to be the first hard evidence supporting the common sense notion that creativity and problem solving appear to be directly linked to adequate sleep, scientists say. Other researchers who did not contribute to the experiment say it provides a valuable reminder for overtired workers and students that sleep is often the best medicine.

Previous studies have shown that 70 million Americans are sleep-deprived, contributing to increased accidents, worsening health and lower test scores. But the new German experiment takes the subject a step further to show how sleep can help to turn yesterday's problem into today's solution…..

5. **High on the Hog**
   By Corby Kummer, Op-Ed Contributor
   Published in the New York Times, August 12, 2005

Every baker knows that despite lard's heavy reputation (it is pig fat, after all), nothing makes a
flakier or better-tasting pie crust. Lard also makes the lightest and tastiest fried chicken: buttermilk, secret spices and ancient cast-iron skillets are all well and good, but the key to fried chicken greatness is lard.

Dainty eaters who pay dearly for prosciutto but leave the ivory-colored ribbon of fat on the plate infuriate Italians, who know that's where the flavor and succulence are. Italian food lovers now live for the recently revived lardo - salt-and-pepper-cured fatback, heaven on bread.

In the United States though, lard has long been demonized. Whenever I enter a bakery (and I enter every one I find), I ask if anything is made with lard. Even in Mexican and Latin American bakeries with Spanish-spoken-only signs, where the bakers surely know that in their native countries the most savory empanadas and the airiest tamales rely on lard, my hopes are usually dashed.

I recently got lucky at the wonderfully antiquated LeJeune's Bakery in Jeanerette, La. LeJeune's is famous for its French bread, which in Louisiana means a puffy white loaf particularly suited to muffalettas - the Louisiana version of the hero sandwich whose bread is soaked with olive salad and layered with provolone and meats like salami and ham. I wasn't surprised to hear the secret of LeJeune's exceptional flavor and soft but pliant crumb, but I was delighted: lard. The baker proudly led me to a tub of golden lard he had bought from the farm down the road. I was looking at a tub of joy.

But when I went deeper into Cajun country, to bakeries down the highway from LeJeune's, or asked at restaurants where cooks once swore by lard for the lightest biscuits and fried catfish, I was met with the same misbegotten pride: "We only use vegetable fat, it's so much healthier."

Vegetable shortening, of course, tastes like greasy nothing. And there is ample evidence, as the city health department knows, that it is anything but good for you. Vegetable shortening (vegetable oil that is partially hydrogenated to make it solid - the "trans" in "trans fat") did seem like a miracle in the early days of industrialized food. Indeed, early in my mother's marriage when she spent a month making a pie a day to perfect her crust-making skills, she used the fat she grew up on: Crisco, developed by industry to mimic the virtues of lard but relieve housewives of the burden of rendering their own fat. It was useful not just to kosher-keeping cooks like my mother but to city dwellers, who lived far from a reliable source of lard (any Italian cook will still tell you that the only trustworthy lard comes from a pig you know). Crisco could be used solid for baking, or melted for frying. It didn't need refrigeration, and it was inexpensive.

Then came the damning conclusions of the first long-range studies of the national postwar epidemic of heart disease, and the countrywide fear of saturated fats. Butter, cream and egg yolks were the first to go, to the heartbreak of cooks just learning the glories of French cuisine, and lard soon followed. Besides, lard seemed old-fashioned - redolent of poverty and its companion cuisines.

Now trans fats are considered the devil, and vegetable shortening is worse than butter could ever dream of being. After prodding by nutrition advocates, the Food and Drug Administration has taken the stand that there is no healthy level of trans fat in the diet, and as of January will require manufacturers to state the presence of trans fats on every food label. Now comes the call from Dr. Thomas R. Frieden, New York's health commissioner, for restaurants to "voluntarily make an oil change and remove artificial trans fat from their kitchens." What are beleaguered manufacturers and cooks to do? The loss of trans fats makes things tough. It makes pastry tough too.
I have a suggestion for those Old World cooks who are wrestling with New World advice: take another look at the fat profile of lard. It has half the level of saturated fat of palm kernel oil (about 80 percent saturated fat) or coconut oil (about 85 percent) and its approximately 40 percent saturated fat is lower than butter's nearly 60 percent. Today's miracle, olive oil, is much lower in saturated fat, as everyone knows, but it does have some: about 13 percent. As for monounsaturated fat, the current savior, olive oil contains a saintly 74 percent, yes. But scorned lard contains a very respectable 45 percent monounsaturated fat - double butter's paltry 23 or so percent.

As with all dietary advice, the fat of the day will change. But eternal truths will remain: food is always best with little or no processing and eaten as close as possible to where it is grown. This goes for lard, too. The artisan pig farmers whose fortunes have been revived by a new market for pork with real flavor should look into selling lard because the supermarket kind is processed and dismal. And Dr. Frieden's request may produce a burgeoning metropolitan market.

The health department is suggesting alternative oils including olive oil and neutral oils like peanut, sunflower and cottonseed. Olive oil is a true gift of nature, of course, and good for anything on a grill or from the garden. But when it comes to cherry pie or fried chicken or French fries, excessive reliance on these oils has the potential to clear both arteries and restaurants. Chefs and short-order cooks can do everyone a favor - even the guardians of the public health - by reaching for the fat that everyone knows tastes the best: lard.

Environmental Medicine

Fluoridation Facts

- Fluoride has been documented to have mutagenic and chromosomal effects. It can cause birth defects, notably Down's Syndrome.
- Fluoride can cause a wide range of allergic reactions, including fatigue, headaches, diarrhea and urinary tract infections.
- Fluoride intake has been proven to interfere with the metabolism of calcium, magnesium, manganese and Vitamin C.
- No scientific research has ever supported the contention that fluoride significantly reduces tooth decay.
- Tooth decay has been proven to be a result of malnutrition and poor dietary habits, notably the over consumption of sugar and refined foods.
- Cities having naturally “hard” water, meaning that their water supply is naturally rich in macrominerals such as calcium and magnesium, do have lower levels of dental cavities. Also, experiments show that when the water is hard, less fluoriide is absorbed through the intestinal walls.
- The “softer” the water, the more easily absorption of fluoride takes place through the intestinal walls.
- Only 10% of the population in British Columbia drink fluoridated water, making them the least fluoridated province, yet their tooth decay rate is the lowest in Canada.
- Fluoridation can cause fluorosis of the teeth and the skeleton. It does this by gradually replacing naturally hard bone composed of mainly calcium phosphate with a gradually increasing percentage of calcium fluoride, which is softer and more brittle.
• Four studies in JAMA since 1990 have established a link between fluoridation and hip fractures.
• Worldwide, there is very little fluoridation! In fact, many civilized countries have discontinued fluoridation, including Germany, Spain, France and Sweden, all of which have a healthier life expectancy score than the USA. (We are currently ranked 24th in the world0.
• Dr. Dean Burk, former researcher with the National Cancer Institute, claims "one tenth of all cancer deaths in this country can be shown to be linked to fluoridation of public drinking water."
• Most cities that fluoridate purchase sodium fluoride, which is a by-product (some would say “waste product”) left over from the production of aluminum.


Chlorination Facts

• Drinking chlorinated drinking water has been shown to eventually lead to atherosclerosis (“hardening of the arteries”), premature senility and other symptoms of aging in studies using chickens.
• During the chlorination process, chlorine combines with trace amounts of vegetable matter to form trihalomethanes (THM’s) or haloforms, many of which are carcinogenic.
• In a 1976 study, 31 of 112 different municipal water systems in the U.S. exceeded the limits for THMs established by the EPA.
• In humans, it takes between ten and twenty years of steady use for symptoms of atherosclerosis or cancer to become evident.
• Drinking water contaminants, many of which are carcinogenic or potentially carcinogenic, are common. The EPA only monitors a certain number of these.
• According to one study, “…97 carcinogens and suspected carcinogens, 82 mutagens and suspected mutagens, 28 acute and chronic toxic contaminants and 23 tumor promoters have been detected in U.S. drinking water since 1974.…”
• Some cities in the U.S. are starting to use aeration, carbon filtration, ultraviolet light and ozone as safe alternatives to chemical disinfectants, but they are still a small minority.
• Drinking mineralized or “hard” water, which is high in calcium and magnesium, has been found to protect against some of the negative effects of drinking chlorinated water. Hard water protects by tying up harmful agents and thereby lowering their absorption.
• Also, the body will selectively absorb the essential minerals, while excreting the non-essential and potentially harmful metallic elements.
• In general, it is not healthy to drink de-mineralized (“soft”) or distilled water. The essential minerals in hard drinking water are beneficial and are often more easily absorbed than minerals from food.

Humor

Signs that you’ve had too much of the 90s (from a techie’s perspective)

1. You try to enter your password on the microwave.
2. You haven’t played solitaire with real cards for years.
3. You have a list of 15 phone numbers to reach your family of 3.
4. You email your buddy who works at the desk next to you to ask: “Do you wanna go get a Coke? and he replies: “Yeah, give me five minutes.”
5. You chat several times a day to a stranger from South America, but you haven’t spoken to your next door neighbor yet this year.
6. Your reason for not staying in touch with friends is that they are not online.
7. Your idea of being organized is multiple colored post-it notes.
8. Your hear most of your jokes via email rather than in person.
9. When you go home after a long day at work, you still answer the phone in a business-like manner.
10. When you make phone calls from your home, you automatically dial a “9” to get an outside line.
11. Your resume is on a diskette in your pocket.
12. You really get excited about a 1.7% pay increase.
13. You know exactly how many days you’ve got left until you retire.
14. Free food left over from meetings is your staple diet.
15. Being sick is defined as you can’t walk or you’re in the hospital.
16. You’re already late on the assignment you just received.
17. Your relatives and friends describe your job as “works with computers.”

………….AND THE CLINCHERS ARE…………………..

18. You read this entire list and you keep nodding and smiling.
19. As you read this list, you think about forwarding it to your “friends you send jokes to” email group. It crosses your mind that your “jokes group” may have already seen this list, but you don’t have time to check, so you forward it anyway