

Let's Be Well, Inc
Winter 2004

ink spots: opinions, news, and reviews from an inkjet

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Here stand my books, line upon line. They reach the roof, and row by row, They speak of faded tastes of mine And things I did, but do not, know. Andrew Lang [1844-1912], *Ballade of His Books*, stanza 1.

Make a new year's resolution: buy, read, and be changed by a good book

There are people who go to libraries, and there are people who buy books. We lived across the street from an excellent public library for nine years. I own a library card. We rarely use either. We buy books.

The problems with library books is that you have to take them back. You cannot turn down corners, write in them, or lend them to your friends. "Lend," by the way, is one of the more useless words in our language. It would be better to substitute the more realistic word "give," since most books rarely find their way home.

I often make space in our newsletters for encouraging you to buy books. I am about to ask you to spend \$30 for a 400-page book. **Every person who is passionate about living a full, healthy life needs to own *Health and Nutrition Secrets that Can Save Your Life*, by Russell L. Blaylock MD**, the eminent neurosurgeon, nutritionist, and associate editor of the *Medical Sentinel*. For more information about the content of the book, ask me for a 3-page review by Miquel A. Faria Jr MD. Dr Blaylock has impeccable credentials, loves research [by his own admission], and is a fearless critic of "the politics of the pharmaceutical profit machine."

We hosted Dr and Mrs Blaylock at St Olaf in July 2002 at our fourth Optimal Health Seminar. If you were with us for that event you will recognize, reading the book, his authoritative voice edged with gentle irony and humor. This topic is broader than his previous book, *Excitotoxins: the Taste that Kills*, and the overall

content is more readable. Here are some chapter headings to intrigue you: *Do All Degenerative Diseases Have a Common Cause? The Remarkable Effect of Practicing Good Nutrition from the Very Beginning; Mercury: the Silent Killer; Fluoride: What Have They Done to Us Now? Other Toxic Metals to Avoid* [cadmium, lead, aluminum]; *Food Additives that Can Kill; Pesticides and Other Chemicals in our World*.

The second section is a practical application of the cautionary material in Section 1. Under the heading of *Preventing the Golden Years from Tarnishing*, Dr Blaylock outlines ways to prevent and treat illness through supplementation targeting specific diseases: atherosclerosis, stroke, cardiovascular disease, adult-onset diabetes, osteoporosis, digestive disorders, dementia and other brain diseases. One particularly helpful chapter covers how to prepare for a trip to the hospital.

You will like this book, if you appreciate documentation. I devoted two pages of our fall newsletter to the issue of mercury. Dr Blaylock has a 50-page chapter that corroborates my limited research on mercury, plus a separate chapter on vaccinations. The last 41 pages of the book are endnotes, references, and appendices.

If you have read *Fluoride: the Aging Factor* by John Yiamouyiannis PhD, you have probably stopped using fluoridated toothpaste. You already know "who's profiting from the chronic poisoning of 130,000,000 Americans." If you haven't read that book, written in 1993, you'll find in Dr

Blaylock's chapter on fluoride, an updated history of what Robert Carlton PhD, former EPA scientist, calls "the greatest case of scientific fraud in this century."

"Most of us have been led to believe by a powerful propaganda network that fluoridation of drinking water, regular brushing with fluoride toothpaste, and regular fluoride treatments are not only a good way to prevent cavities, but that the practice of fluoridation itself is very safe. Nothing could be further from the truth. Those who promote this viewpoint have an ulterior motive, and as we shall see, it is *not* your health."

Dr Blaylock gives a long scientific definition of fluoride. Briefly, it is a compound composed of the highly reactive element fluorine plus another element or elements. Fluorine readily combines with elemental metals; it is these compounds and their potential to accumulate in human tissues that concern us: "It is essential to remember that fluoride is so reactive it can eat through steel, glass, iron, aluminum and most other substances; it joins mercury as being one of the most poisonous substances on earth."

Additionally, "Fluoride is a byproduct of the aluminum, steel, and fertilizer industries." Herein lies the basis for Dr Blaylock's thesis early in this chapter that "Unfortunately this world is inhabited by some people who seek a profit at any cost and have no concern for public welfare and safety. The fluoride story will powerfully demonstrate that we are indeed correct to be suspicious of

mega corporations." His conclusion is equally sobering: "What is so strange to me is that Americans have acquiesced to adding fluoride, a very powerful toxin, to the water supply... The fact that these programs have been approved by the voting public does not make it less criminal. It merely means that the proponents of this disaster have been able to convince—through coercion and outright lying—51 percent of the public to agree with this deadly policy."

Many of us can choose to distill or use reverse osmosis to remove fluoride from our water, but "no one cared about the indigent and those living on limited income who would not be able to afford filtered water... No one gave the choice to the pregnant woman who wanted to protect her unborn children from the devastating effects of high fluoride concentrations in her baby's body... And no one gave the choice to elderly persons who will spend their waning years crippled from skeletal fluorosis or devastated by a neurodegenerative disease. They have all been forgotten."

Every chapter is engaging. I have only quoted from a few paragraphs of a 38-page chapter on a topic that interests me. It's the kind of book you will refer to often for its comprehensive dietary recommendations, its practical suggestions for maintaining vitality into the golden years, and its material on how to avoid environmental hazards and to treat existing toxicities. B. Dalton ordered the book for me. Try, Barnes and Noble, or order it online from the publisher, Health Press: www.healthpress.com.

News for a new century: obesity becomes an epidemic

“There is plump. Then there is fat, Then there is, alas, really fat.

“Americans are effortlessly filling up all those categories, which scientists more clinically label *overweight, moderate obesity, and severe, or morbid, obesity.* There is even a category called *super-obese* for people who need custom-made beds.

“[Morbid] obesity, once thought to be a rare, genetic fluke, is the fastest growing segment of the overweight population. “

***US News and World Report* October 27, 2003.**

“Americans love to eat. We may not appreciate the taste or the beauty of food, but we like to pack in the calories. Six out of every 10 Americans are overweight; nearly one in three is obese. Since 1991, US obesity rates in adults have risen by 60 percent,” so reads the lead of “Supersizing America” in my winter 2004 University of Minnesota Alumni Association magazine.

Who’s fat? “This growth involves both genders, all age groups, all classes, and all income and education levels. In the last decade, the percentage of obese children has doubled to almost 27 percent—and overweight teenagers have an 80 percent chance of becoming overweight adults. The food industry now spends \$15 billion a year to form brand loyalty in children. If childhood obesity continues to rise, research suggests that this school-age generation may be the first in US history with a shorter life expectancy than its parents.” Besides humans, nearly 50% of our pets are overweight or obese, according to U of M veterinarian Julie Churchill.

Who’s to blame? It’s a complex issue but consider this: *Nutrition Action News-Letter* has a section called “Food Porn” on their back page. The December 2003 issue describes Hardee’s new Thickburger. You have your choice of 1/3-lb, 1/2-lb, and 2/3-lb Angus beef burgers. The 1/3-lb Thickburger has 740 calories and 16 grams of saturated fat. “But apparently that’s just a snack to those Hardee’s customers who [want] the 1,090 calories and 29 grams of sat fat in the 2/3-lb Thickburger....The 2/3-lb Monster Thickburger has two patties, three slices of cheese, four strips of bacon, for a total of 1,200 calories and 34 grams of sat fat. Two

out of three Americans are overweight, heart attacks are our leading cause of death, and Hardee’s is selling 1,200-calorie burgers with more than a day’s saturated fat?”

Is our easy access to cheap, abundant food making us happy? On the contrary: “Our eating habits tend to make us miserable, as relentless advertising drives us to both eat our fill and be thin. Most Americans consume far more food than our bodies need; then we turn around and feed a ravenous diet industry to the tune of \$39 billion a year,” says Martha Coventry in “Supersizing America.” And when weight is that much out of control, we *will* get sick, not when we are sixty, but when we are forty, says Roland Sturns, economist with the Rand Corporation, who has studied the trend in severe obesity.

What does it cost? According to an October 2003 *US News* cover story on obesity: “A 50-year old man who is moderately obese will need \$1,000 more in annual medical care than a normal weight man of 50—\$4,000 more if he is severely obese.”

How did we get so fat? Ms Coventry continues: “No *one* factor seems to be to blame for the fattening up of America. The culprit is a potent mix of less exercise, changes in our work life, more meals eaten outside the home, bigger portions, more fats and sugars in prepared foods, an abundance of corn syrup, and the tendency to consider moderation downright unAmerican.”

“The stage was set for the rise in obesity with a major shift in a typical American lifestyle. In 1960, 18.6 percent of women with children under six years old were working outside the home; by

1993, the percentage had risen to 59.6...More women working outside the home doesn’t cause obesity, but it exacerbates the problem,” according to University assistant history professor Tracey Deutsch.

“Another reason we’re seeing this rise in obesity” says Deutsch, “is that this is the first generation of adults that has had access to processed food since childhood. The tastes they developed as children continue to inform their eating choices.”

Are there solutions for the obesity epidemic? Each article in my stack of several suggests something different. *US News*, e.g., describes an implantable gastric stimulator to trick the body into feeling sated, which may become available in a few years. If all else fails, blame genetics. A researcher at the Albert Einstein College of Medicine in New York who measured lipoproteins in 213 centenarians believes that genetics plays a important role in who gets fat and who doesn’t. Try picking better ancestors?

U of M sociology professor Joel Nelson says that food manufacturers and retailers need to play a part in the solutions to the problem of obesity, and that educators need to support those who want to make real changes in their eating habits.

Health journalist Kelly James-Enger says that the thousands of words she’s reported on weight loss come down to only four words: “Eat less; exercise more.” If only the solution were that simple. It’s not simple, but it’s not hopeless, either. If you can, join us in *Let’s Be Well* this term, and let’s work on our personal solutions together. +++

Early bird registration can save you ten dollars—



register now for “Making Connections that Count” July 29-31

Winter in Minnesota has been off to a snowy start since late October. Most of our snowbird neighbors left the day after Christmas for warmer climates in TX or AZ. But they will all be back in their MN nests by midnight April 15 to mail in their income tax, so as not to pay a late fee.

You can save on your Optimal Health Seminar registration as one of our faithful early birds, and also be eligible to win a crisp \$100 bill at our awards banquet on Friday, July 30, at St Olaf College. Early registration is very helpful to us in planning our budget and conference activities, so we want to reward you for your assistance.

This is our fifth biennial 3-day seminar at St Olaf. We began in 1996 with Janet Pauly as our keynote speaker. Janet is still using the “My Miracle” cassette tape we made that Thursday evening, with an updated introduction referring to BarleyLife, the new version of the green barley juice powder that she believes saved her life from the lymphoma that devastated her body beginning in the early 80s. In 1998, we hosted the much loved wellness physician, Joel Robbins MD from Tulsa OK, whose keynote topic was “Enzymes, a key to life”. In 2000, our team of nutrition speakers included Vicki Griffin PhD, Dane Griffin, maker of a series of awarding-winning nutrition videos, and Gerald Phillips, nutrition educator. In 2002, Dr Russell Blaylock, neurosurgeon from Jackson MS, whose talks on preventing cancer and brain aging are still available from us as cassettes, as well as his keynote address on excitotoxins. If you enjoy learning from audio cassettes as you drive, please be in touch. We have tapes available on many nutritional topics from all four years that we are glad to share almost at cost, plus shipping. Also available on cassette and video is the hour-long talk that Dennis Itami gave at our Saturday session in 2002 to introduce us to the then brand-new BarleyLife.

Although we never know which year will be our last, we can imagine that OHS 2004 may be the best yet. Chances are the schedule and logistics will be similar to previous years. Participants will arrive on campus Thursday afternoon, July 29. Those who opt for campus housing will check into their dorm. One of our “perks” for holding our event at St Olaf College is that by making our arrangements with the director of summer conferences, we can offer dorm rooms for \$25 per person per night in a two-person room, or \$30 for a private room. A list of additional lodging options in local hotels will be sent when we confirm receipt of your registration. Nutritious meals are also available on campus in the student cafeteria, or the Cage, a deli.

Our first session begins at 6:45, with Gordon Tessler PhD as our keynote speaker. Dr Tessler is a nationally recognized teacher in the fields of clinical nutrition and biblical

health. Topic will be announced.

Friday begins at 8:45 a.m. with Laura and Gordon Tessler sharing the microphone. The Tesslers are the authors of several books, including a biblically-based cookbook that gives key nutritional information for eating “the good of the land.” [Isaiah 1:19.] Urness Recital Hall has comfortable seating, a wall of windows for enjoying the beautiful campus, and a room across the hall that we call our resource room, where books available for purchase may be examined during breaks.

Friday night is our awards banquet, followed by a concert in the recital hall with Jack Pearson, a talented song-and-story man whom we met at Mt Hermon, the California camp where our larger family holds a reunion every third year. All early bird participants will receive concert tickets in their notebooks. Banquet registration is additional.

On Saturday we have a new cast of speakers. Errol Lester, executive vice president of AIM International and Sandi Funkhouser, member training manager, will tag team to teach us the nutritional principles that will help us eliminate, nourish, and replenish.

We’re calling this year’s conference “Making connections that count.” We believe that much of life is about finding the right pieces of the puzzle for spirit, soul, and body. Those who have come to OHS before have felt their spirits and souls refreshed. Many have told us they are already looking forward to making connections with people they may not have seen for two years. Each year our speakers provide information and data that help our minds make connections with what we have heard elsewhere, to confirm the good and discard the nonsense. We learn once again that we can make good choices that will serve our bodies well.

Here’s what you need to know to register early: **Before April 15**, send a check made out Optimal Health Seminar to Dick Cover, treasurer, 701 North Lincoln St, Northfield MN 55057 for \$65 per person. This will hold your place at the early bird registration cost until we post more detailed information on our website, or connect with you by mail or e-mail. Please include your e-mail address if you have one, in order to save us postage on mailings. Again—

dates: July 28-31
theme: Making Connections that Count
place: St Olaf College* Northfield MN
speakers: Laura/Gordon Tessler
Sandi Funkhouser, Errol Lester
hosts: Carol/Dick Cover Angie/Jerry Olson

**This event is arranged through the Office of Summer Conferences and Events, and is not affiliated with St Olaf College.*

Let's Be Well, Inc

...serving health seekers since 1992. How may we serve you?

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What's wrong with this picture?

If you were sad, or righteously angry, when you read the article on the second page, perhaps it was because you remembered that the rest of the world is full of hungry, underweight people.

Note, e.g., these statistics from Israel [August 28, 2003]: One million [22% of the population] are classified as hungry and experiencing difficulty in obtaining food. 600,000 are in the most severe state of hunger. 300,000 [30%] reported they had lost weight owing to a lack of money for food. 540,000 did not purchase food because of lack of money. Over 420,000 reduced the amount of their daily meals. Hungry people are suffering from lack of protein, iron, and calcium because they consume less meat, fruit, and vegetables and eat mainly potatoes and rice. 300,000 have appealed to non-profit organizations to receive food donations.

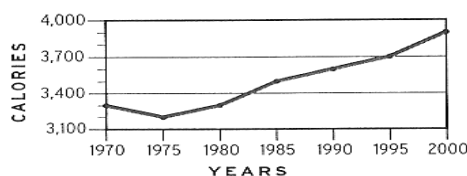
What if all of us would give to the hungry in dollars, once per month, the amount in pounds we are overweight? If you do not know of an organization that feeds the poor, we commend to you the mercy work of Bridges for Peace, www.bridgesforpeace.com. **"Pure, unstained religion, according to God our Father, is to take care of orphans and widows when they suffer and to remain uncorrupted by this world."** James 1:27. +++

Notable Quotables

- **Brain:** It is... important to realize that approximately 80% of the mercury released by your fillings is being constantly absorbed and stored in your body; e.g., if your fillings release 12 ug of mercury a day, in a week you will have absorbed 67.2 ug, and in a month 288 ug. A small portion of that dose will be excreted, but most of it will be stored in your body. We already know that absorbed mercury accumulates in the nervous system. In fact, studies have shown that brain levels of mercury increase about three- to four-fold in those with dental amalgams compared with those without....[I]f you practice poor nutrition, and as a result have poor antioxidant defenses before being exposed to mercury, you are more likely to suffer greater toxicity than someone with adequate antioxidant protection and good general nutrition. "Mercury: the Silent Killer," *Health and Nutrition Secrets that Can Save Your Life*, Russell L. Blaylock MD.
- **Eyes:** An extract of ginkgo biloba has been shown to repair the damage to the peripheral vision of glaucoma patients, according to the February 2003 journal *Ophthalmology*. In a study conducted at the Glaucoma Center of the Università de Brescia and the Università di Cantania both in Italy, participants began to show improvement after only four weeks. Although the cause of "visual field" deterioration has not been established, reduced blood flow to the optic nerve is believed to play a role, and ginkgo, a powerful antioxidant, has been shown to increase blood flow to the eye. September 2003, www.vegetariantimes.com.
- **Teeth:** American children ingest so much fluoride in their foods that the case for water fluoridation—introduced 60 years ago to kill cavity-causing bacteria—is rapidly evaporating. In their study of the diets of 3- to 5-year-olds in Richmond Virginia, scientists from Indiana University found fluoride in various brands of french fries, potato chips, white bread, ketchup and soft drinks—even in fruits, vegetables and grains. This steady ingestion of fluoride in food alone puts children at risk for dental fluorosis, a disruption in the development of tooth enamel caused by excessive fluoride ingestion. October 2002, *Community Dentistry and Oral Epidemiology*.
- **Skin:** You spend about 25 years of your life snuggled in your sheets. That's why health experts recommend avoiding sheets with "permanent press" or "no iron" instructions on the label. To ban wrinkles, manufacturers treat these linens with formaldehyde, a chemical researchers have linked to insomnia, headaches, even cancer. Opt for organic cotton, cotton jersey, linen, or flannel sheets instead—they are never treated with formaldehyde. If you have been sleeping in wrinkle-free sheets for years, don't treat them like toxic waste. Most formaldehyde eventually washes out. Just buy safe sheets from now on. July 2003, *Natural Health*.
- **Fat:** Many American farms are churning out an overabundance of food, especially the foods that put on pounds. This bounty of corn, rice, soybeans, sugar, and wheat contribute to the availability of healthful foods at low consumer prices. But they are heavily used to create processed food and to fatten hogs and cattle. The glut of these ingredients has enabled the food industry to market hundreds of new cheap, high-calorie snacks a year; to sell jumbo soft drinks for pennies more than smaller servings, and to serve up supersized burgers, french fries, and pasta for low prices. And that, federal studies show, has distorted home cooks' sense of how much to heap on the family's dinner plates. January 2004, "Cut the Fat," *Consumer Reports*. [Note also chart below and see "What's wrong with this picture?" above.] +++

CALORIE PRODUCTION IS UP

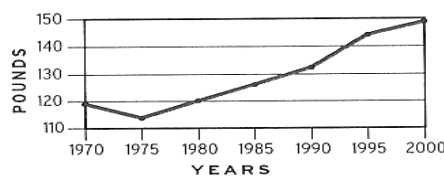
Daily calories in the food supply per person, per year.



Source: USDA, Economic Research Service.

SWEETENER PRODUCTION IS UP

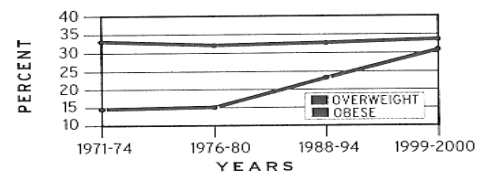
Pounds of added sugars produced per person, per year.



Source: USDA, Economic Research Service.

OBESITY IS WAY UP

The percent of Americans who are overweight has risen slightly, but the percent who are obese has soared.



Source: HHS, National Center for Health Statistics.

“No man would listen if he didn’t know it was his turn next,” an unattributed proverb, quoted in *The Communication Factor*, by John Boal.

Circle of influence



winter 2004

LET’S TALK ABOUT COMMUNICATING

We have probably all taken classes where we sat in dread of being called on. Language classes scared me the most. No matter how well I prepared the written lesson, or how red my ears had been from listening to French or Spanish through those big headphones in the language lab, I knew that if my professor called on me, what came out of my mouth would sound nothing like the language he or she was speaking. Communicating *in a complete circle* in a foreign language never came naturally for me.

Every now and then I sit down and write newsletters to people I have, for the most part, never met. Why do I do it? Because I want to communicate something that is important to me. Is any of it important to any of you? Maybe, maybe not. It’s easier when I am teaching; sometime into the ten weeks I can guess which members of the class will ask questions. I like the challenge of coming up with an answer, or simply saying, “I’m not sure. Let me think about that, see what I find in my files, and get back to you.” When I did, we had finished *that circle*.

“Seven out of every ten minutes that we are conscious and awake, we’re communicating. According to Paul Rankin in an industrial paper for the University of Michigan, that time is divided into 45 percent listening, 30 percent speaking, 16 percent reading, and 9 percent writing,” says John Boal in the article noted above. I’d like to increase the percentage of people who are in touch with us as a result of our newsletters. In most editions I offer an article or a tape to those who are intrigued by something I have written about, primarily because I want to know if anyone is paying attention. [Can you tell I taught in public schools for ten years?] Tell me a product that interests you; I will send you a tape or a data sheet. See also page 3 of *ink spots* for the OHS cassette offer.

Here’s another quote from Boal: “**In business, communication is the sinewy fiber that binds a company together for growth and prosperity.**” We need you; you need us—isn’t that true? AIM’s motto is “In partnership for life.” I’ve never thought of myself as a “Be-reasonable-do-it-my-way” person [except maybe as a parent]. I’d like to have those who receive our newsletters understand that we are partners in a *joint venture*—trying to be as *well* personally as we can, and trying to influence others as we tell them what we have found that has improved the quality of our lives. I like the fact that AIM calls us *all* “members,” not distributors.

Fall quarter I shared, with permission, two unsolicited stories written by members of our network. We have several ways **you** can be in touch with us at no charge. We have a tollfree number that is always listed on our newsletters. I promise—we really do like hearing from those who use it. You can also send us a fax, write an e-mail, if that’s available to you, or you can do the old-fashioned thing: pick up your pen, and tell us what’s on **your** mind. We answer, usually within hours, unless we are traveling. When you call or write, we can make deposits in each other’s emotional bank account, as Stephen Covey says in *The 7 Habits of Highly Effective People*. “Through courtesy, kindness, honesty and keeping my commitments to you, I build up a reserve. My communication may not be clear, but you get my meaning anyway....When the trust account is high, communication is easy, instant, and effective.”

The high school seniors I taught liked a few things about Greek literature, e.g., this quote from Epictetus: “We have two ears and one mouth and should use them in proportion.” They probably wished that I listened more than I lectured. I don’t think I understood the concept of a **circle** of influence very well forty-some years ago. There’s a blank page on the back of this. Please use it for **back talk!** Or write an e-mail. Let’s make this a communication *circle*. We’re listening.... *

Promotions:

We are pleased to recognize the following who have promoted since fall quarter: To *Preferred Member*: **Helen Anseth**, Chippewa Falls WI; **Gwinn Clapp**, Glendive MT; **Joan Crombie**, Faribault MN; **Margaret Elm**, Valley City ND; **Sara Kunz**, Ontario OR; **Charla Kusilek**, Cannon Falls MN; **Scott Lorence**, Owatonna MN; **Mary McLaughlin**, Gainesville GA; **Gerald Molkenthin**, Ellendale MN; to *Product Consultant*: **Gloria Olson**, Apple Valley MN. Congratulations to all of you!

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***Example of one kind of thing to tell us: A couple members of our network said they missed the detailed paper commission statements they used to receive. We brought it up at the Leadership Conference in November. Answer: All you have to do is call AIM’s call center, give your ID # and ask for a detailed commission statement. It will be mailed to you promptly.**