



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

*"It's everywhere. Tank up your car, and you walk past soft pretzels with cheese sauce. Grab a cup of coffee and you see doughnuts, danishes, and cookies the size of hubcaps...Stroll past the receptionist's desk at the office and find somebody's leftover Christmas cookies, Valentine's Day candy, Easter Peeps, birthday cake, or vacation salt water taffy...Food is available every time you turn around." Marilyn Tanner, Washington University School of Medicine in St Louis, quoted in US News, March 28, 2005.*

*Carol & Dick Cover/701 N Lincoln St Northfield MN 55057/507-645-7202*

### The legacy of Hansel and Gretel, a tale for this generation

If you were read to as a child, you probably know the story of Hansel and Gretel. Children still make gingerbread houses, though now indulgent grandmothers can buy them as kits, which has the advantage of not having so much leftover candy.

The explosion of diabetics in our population is no doubt related to the ubiquitous ads on TV for candy and soft drinks. The number of ads is unlikely to abate soon; in fact, there could be more. A \$3-4 million ad campaign funded by sugar beet growers, is being tested in markets in the Midwest and Northeast this summer, and rolled out regionally in the fall, according to the Mar 28, 2005, issue of *US News and World Report*.

"In recent years the industry has fought to discredit the idea that sugar is bad for your health," says Elizabeth Querna, in "No, it's not just your sweet tooth." Now a study in the *Journal of the American Medical Association* has found that women who drank soda pop and other sweet drinks were more likely to gain weight and had a higher risk for diabetes than other women. *EarthSave News* calls their comparable article, "Study: a soda a day is a one-way ticket to obesity and diabetes." A four-year study of 51,603 nurses concluded that those who drank more than one serving of soda or fruit punch, sweetened with either sugar or high fructose corn

syrup, per day, tended to gain much more weight than those who drank less than one serving per month. They also had more than an 80% increased risk of developing Type 2 diabetes. "High sugar intake may increase the risk for diabetes by taxing the pancreas," notes Walter C. Willet, Harvard School of Public Health, who helped conduct the study. "It's probably that high amounts of sugar in the bloodstream put an increased demand for insulin on the pancreas." [see **Notable Quotables**, 3rd •, p 4.]

One significant finding: There is something especially unhealthy about calories consumed in liquid form. Caroline Apovian, Boston University School of Medicine, said, "It seems that when you drink your calories as opposed to eating them, your body may not sense that you've just taken in those calories.... The appetite circuit might not be programmed to register liquid calories."

Health activists have tried to ban soft drinks from schools. At the same time, the sugar industry has lobbied against dietary guidelines that discourage sugar consumption by children and adults.

Sugar sales and corporate profits are deeply entangled in international trade agreements. Federal law, based on legislation from more than 70 years ago, limits the amount of foreign imports from sugar and guaran-

tees US sugar cane and sugar beet farmers a certain price for their sugar. Last year, those protections inflated the cost of US sugar to more than double the world market price—20 cents a pound, compared with 9 cents a pound on the world market. Now that protection is in jeopardy because of the possible ratification of the Central American Free Trade Agreement (CAFTA). The sugar lobby has fought hard against CAFTA, but the Bush administration has pledged its support. CAFTA is set for a vote in June or July when vacationing people are not paying attention to Congress. CAFTA is a prelude to FTAA [Free Trade Area of the Americas]. Both of these bills are on "fast track" status, meaning no debate—just a yes or no vote. If it bothers you that Codex Alimentarius is built into these agreements, [see related story, page 4], immediately call or write your US senators and representatives and tell them you will vote for their opponents if they vote for CAFTA or FTAA. E-mails don't count. We have just learned that Congress has special e-mail filters that screen out most e-mails. Even a brief handwritten postcard, not a form letter, gets their attention.

Professor Marion Nestle [note 4th •, p 4] says that "sugar keeps bad nutritional company." But if you need some encouragement to eat more sugar, try the Sugar Association answering machine. "There's nothing

better than the sweet taste of all-natural sugar. Only 15 calories per teaspoon. Why would you choose anything else?"

Here are some facts about American infatuation with sugar and syrup.

- *In 1967, Americans ate 114 pounds of sugar and sweeteners a year per capita, nearly all of it as either raw or refined sugar. In 2003, each person consumed about **142 pounds** of sugar per year.*
- *Since high-fructose corn syrup was developed more than 30 years ago, consumption of that sweetener, which flavors everything from soft drinks to ranch dressing, has skyrocketed. Now each American downs about **61 pounds** a year.*
- *Since 1950, soft drink consumption per capita has quadrupled, from about 11 gallons per year to **46 gallons** in 2003, nearly a gallon a week per person.*
- *It's no wonder we don't have room for vegetables. In 2003, the average American consumed **8.3 pounds** of broccoli and just over **25 pounds** of dark lettuces, the kinds that are good for you.*

—compiled by Elizabeth Querna, "One Sweet Nation," side bar, *US News*, Mar 28, 2005. +++

## The law of unintended consequences: the downside of "progress"

**"No longer the best healthcare system in the world, the US provides adequate care for its citizens only about half the time. Inadequate treatment results in 'thousands of needless deaths each year,' adds study author Elizabeth A. McGlynn, PhD, after reviewing the medical records of almost 7,000 Americans. In addition, we pay much higher prices for the same health service than people in other industrialized countries, reports a separate analysis in Health Affairs. Given the 1.4 trillion we spend yearly in US healthcare, these are 'fairly dismal results,' Dr McGlynn admits." July 2004, Taste for Life.**

One of the themes of our teaching and newsletters has been "take charge." As consumers, we have to be proactive:

**Drugs.** "Drug giant Merck trained sales people to sidestep discussions about studies linking Vioxx to heart attacks and strokes," said Diedra Henderson in the *Boston Globe*. According to company documents released last week, [May 13, 2005] Merck told sales people to give doctors a pro-Vioxx pamphlet, but to avoid detailed discussions....Merck withdrew the controversial painkiller in September." The withdrawal of Vioxx, Celebrex, Bextra pain meds have been reported in enough newspapers that I don't have to belabor that. Here's another drug recall: "Biogen Idec and Elan stopped sales of their new multiple sclerosis treatment this week.... Recent reports linked the drug Tysabri to two significant 'adverse events': a confirmed death and a suspected case of a rare but potentially fatal disease of the central nervous system called progressive multifocal leukoencephalopathy .....The FDA approved Tysabri in November." *THE WEEK*, Mar 11, 2005.

**Technology.** If there weren't already enough reasons to be concerned about the number of medically-caused deaths from drugs and hospital stays, here's another: "The downside of wired hospitals," *THE WEEK*, Apr 29, 2005, reports that computers are making hospitals more dangerous.

"Keyboards fester colonies of bacteria which can easily spread from medical personnel who use them to the patients." Chicago's Northwestern Memorial Hospital researchers learned that bacteria common in hospitals, including those resistant to antibiotics, can survive on a keyboard for 24 hours. Using a strong disinfectant to kill germs damaged keyboards. In the best of all worlds, doctors and nurses should wash their hands vigorously and often, but other studies show that they do not.

**Convenience.** Are you still using Teflon pans? We trashed ours many years ago. Note the following from *Vegetarian Times*, June 2005: For years DuPont has insisted that Teflon poses "no known health effects," despite mounting scientific evidence to the contrary. In January 2005, DuPont's own chemists found 10% increase in the levels of LDL cholesterol in workers exposed to perflourooctanoic acid (PFOA) the chemical used to make Teflon. "This new DuPont finding is the fourth in a string of studies conducted since 1994 pointing to excess risk for stroke and heart attacks among workers exposed to the Teflon chemical." *Environmental Nutrition*, Jan 2005, takes an even stronger position: Quoting the EPA, *EN* reports that PFOA poses a "substantial risk to human health and the environment. A stove on high for eight minutes can cause Teflon to emit toxic fumes.... If you like your

stir-fried veggies cooked on a high fire, use a non-coated pan such as stainless steel...with some peanut oil, ideal for high temperature cooking."

**Microwaves.** Although grocery stores still sell real food for people who have real stoves, convenience rules. Remember what fun it was when the first kernel popped if popcorn was shaken in a kettle on the stove? In those days we used clear vegetable oil that we kept in the fridge. Now microwave popcorn, loaded with solid fat, palm oil, or partially hydrogenated oil, is the standard. *Nutrition Action Health Letter*, Apr 2005, notes that this cost of convenience can be attributed to the need for long-distance shipping, long storage, and the fact that "liquid oil would be more likely to go rancid and soak through the bag." The same *NAHL* issue, pp 10-12, deals with the microwave controversy. If you are pro-microwave, you may find their article reassuring. If you are anti-, you may prefer the article by Joseph Mercola MD, "Ten Reasons to Throw out your Microwave," at [www.mercola.com](http://www.mercola.com). Erring on the side of caution, we have not had a microwave since 1994.

**Carcinogens.** Bernadine Healy MD in "The Cancer Conundrum," *US News*, Feb 14, 2005, notes that cancer has just become the No. 1 killer of Americans under 85. The National Toxicology Program now lists 246 human carcinogens. Is this the price of progress? +++

## “The poison paradox: too much can kill; a little can cure”

So reads a headline in one of the “Twelve Toxic Tales” cover stories in *National Geographic*, May 2005.

On August 14, 1996, Karen Wetterhahn, a toxicologist and professor of chemistry at Dartmouth College, spilled a tiny speck of dimethylmercury on her left hand. Dr Wetterhahn was an expert on how toxic metals can cause cancer once they penetrate the cell membranes. When she spilled the poisonous droplet in her lab, she thought nothing of it; she was wearing latex gloves. What she didn't know killed her. The dimethylmercury was volatile enough to penetrate the glove. Five months later she began stumbling into doors and slurring words. After three weeks in a hospital she slipped into a coma. When one of her post-doctoral students visited her, she was thrashing about. One of her physicians said that for months the mercury had devoured her brain cells “like termites.”

**Poison is a stealth killer**, often undetectable, yet effective in miniscule amounts for drug applications. One of the related stories describes how the drug Botox, the botulinum toxin, one of the most toxic substances on earth, not only smoothes the forehead wrinkles of 30-somethings, but also relieves migraines, cures crossed eyes, and treats the spastic contractions of multiple sclerosis and cerebral palsy. It doesn't cure the condition, so Leon Fleisher, the concert pianist featured in the article, “Concerto in B for botox and piano,” now receives a Botox injection every six months or so. After the fourth and fifth fingers of his right hand began curling involuntarily, his career and marriage were ruined, and he contemplated suicide. Decades later a diagnosis emerged: he was afflicted with focal dystonia, a misfiring of the brain that causes muscles to contract in abnormal positions. An extremely dilute form of the botulinum toxin relieves his symptoms, and Fleisher calls it “a miracle.”

A drug that has concerned me for a long time is **thimerosal**. I first encountered it perhaps thirty years ago in my contact lens wetting solution and did some research at that time. More recently, the Minnesota Health Coalition sends me periodic updates on its work to ensure that someday vaccines will be mercury-free. David Kirby, *New York Times* contributor and author of *Evidence of Harm: Mercury in Vaccines and the Autism Epidemic*, spoke in May in Minneapolis. Unfortunately I was not able to attend. In his book, “Kirby explores the chilling possibility that the mercury-based vaccine sterilizer thimerosal may be fueling the nationwide epidemic of autism, ADD, speech delay, and other disorders.” [See also “Why Don't the Amish Have Autistic Children?” [www.mercola.com/cgi/pf/2005/may/4/amish\\_autism/htm](http://www.mercola.com/cgi/pf/2005/may/4/amish_autism/htm)]

**During the 1990s, new vaccinations containing thimerosal were added to the childhood immunization schedule.** Kirby: “At the same time, parents noticed that their healthy children were descending into silent, disturbed, and physically ill behavior after receiving vaccinations. US autism cases began spiking, from about one in 10,000 in 1987 to a shocking one in 166 today. In 1999,

the FDA announced that children were being exposed to mercury at very young ages at levels 125 times federal regulations, but the public health establishment failed to take parental concerns about the impact seriously.”

**How many vaccines do children get?** Forty-five by age six months, 64 by 18 months, and 74 by 4-6 years.

John Carey in *Business Week*, quoted in *THE WEEK*, Mar 11, 2005, said, “It's time to face the truth about medicines. They can be dangerous. Every time a drug company pulls a medication from the market, critics line up to attack the industry for endangering the public and to blame the Food and Drug Administration for lax oversight ....These snap judgments obscure a fundamental reality of drug regulation: All drugs have downsides, and the best regulators can do is try to ensure that the ‘benefits exceed the risks.’ It's not easy. Recently, an FDA panel agreed that anti-inflammatory drugs like Vioxx did pose serious hazards, but they still represented the best option for many patients. Back in 2000, the FDA pulled a drug for irritable bowel syndrome following five deaths—only to allow limited use two years later when patients demanded it. ...‘Drug scares’ would be less scary if consumers had a more realistic idea about the drug oversight process. The fact is, even when done right, people will get hurt.”

I think that we would have a greater trust in the regulatory agencies like the FDA and the EPA **if there were not a revolving door between them and the pharmaceutical industry.** The April 2005 *Vegetarian Times* reports that retiring US Rep. Billy Tauzin of Louisiana accepted “the \$2-million-a-year presidency of the Pharmaceutical Research and Manufacturers of America, the prescription drug industry's influential lobbying group.” Until last year the lawmaker was the chairman of the House committee that regulates the industry he's joining. He was also a co-sponsor of the Medicare bill that critics say keeps drug prices high. “It's a sad commentary on Washington politics that a member of Congress who pushed through a piece of legislation benefiting the drug industry then gets a job leading that industry,” said Joan Claybrook, president of Public Citizen, a watchdog group.

According to the Jan/Feb 2005 *Gerson Healing Newsletter*, “Another payback for the drug industry's campaign support is the President's ‘New Freedom Initiative.’ Under this new law, now being tested in at least one state, all school children and pregnant women will be subject to **mandatory** psychological testing. Depending on the results, they will be subject to **mandatory** drugging. Now, this means that with or without the parent's consent, the authorities will forcibly medicate your children, your wife, and soon, you.” Note also that “the drugs being proposed to ‘bring people back into mental and emotional balance’ are dangerous pharmaceuticals like Ritalin®, Prozac®, and other such powerful psychoactive substances.” These drugs have been banned in the UK for use in children under 18 because of the greatly increased risk of childhood suicide associated with their use. Paradox, indeed! +++

# Let's Be Well, Inc

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## Notable Quotables:

- **If you receive catalogs from companies you have never patronized** you can write to Mail Preference Service, Direct Mail Association, P O Box 9008, Farmingdale NY 11735 to ask that your name[s] be added to the junk mail equivalent of the do-not-call telephone advertisers list. Daniel and Jackie, who receive our newsletter, called in response to the winter issue to tell me about this service. I wrote my letter in March. We hope to see the catalog flood abate soon. It takes 3-4 months to reduce the load.
- **Summer is the perfect time to trade in your usual sugar fix for seasonal fruits.** A quarter of a delicious **cantaloupe** supplies almost as much vitamin A and C as most people need in an entire day. **Blueberries** are rich in fiber, vitamin C, and antioxidants that have been recently discovered to be good for eye health. **Watermelon** is an excellent source of vitamin C and carotenoids, a superb natural diuretic—and it tastes great! Perfect for a snack, dessert or picnics. "Super Foods for Better Health," *Nutrition Action Healthletter* promotion piece.
- **"Corporate dollar overpowers science... again.** The American Diabetic Association [ADA] is suddenly countering decades of scientific studies that have consistently linked diets high in sugar to diabetes. In a May 16 interview, Richard Kahn, the chief scientific and medical officer with the ADA said, 'What is the evidence that sugar itself has anything to do with diabetes? There is no evidence.' Coincidentally, last month, the ADA announced a 'three-year multi-million dollar alliance' with Cadbury Schweppes, the third largest producer of soft drinks in the world." Organic Bytes, <http://www.organicconsumers.org/school/diabetes051705.cfm>
- **America is truly a horn of plenty.** In the 1980s, US food production made 3,300 calories a day available for every person. Today we produce enough food to allow every man, woman, and child [in the US] 3,900 calories a day. That additional food had to be sold. "One of the first things that happened was portion sizes started getting bigger," says Marion Nestle, professor of nutrition at New York University and author of *Food Politics*. *US News and World Report*, "How savvy marketing is contributing to the nation's obesity epidemic," Mar 28, 2005. +++

## Cordless phones/cellphones: convenience or cause for concern?

**If you have cut your landline and are relying entirely on your cellphone**, you may want to re-visit that decision.

We now have cordless phones in most rooms of our house and find them convenient for bringing phones to each other. We have a gaussmeter, and we have tested various devices in our home for electromagnetic fields [EMFs]. In fact, a high gaussmeter reading was the reason we got rid of our microwave. Cordless phones put out few or no EMFs, according to Dave Frahm, ND, founder of *HealthQuarters*, a Colorado Springs ministry to health seekers, especially those battling cancer.

On the other hand, when he uses his gaussmeter on his cell phone, it jumps to "35-something." (A reading of 0.2 is "the threshold for danger.") Dave keeps his cellphone in his car for emergencies.

He says, "There are more and more studies out concerning the impact of cell phone use on brain tissues. When cells are exposed to EMFs stronger than their own, the DNA of the cell gets pulled to one side or the other, thus creating a mutant cell. This is more stress to any already overworked immune system charged with cleaning up our bodies in this high-stress 21st century America."

Loren Stein in "Good Reception,"

*Health*, June 2005, cites a report from a British government panel calling for a "precautionary approach" to cellphone use. The panel advises parents to limit children's cellphone use to essential calls. Sir William Stewart, chair of the UK's National Radiological Protection Board said, "I don't think we can put our hands on our hearts and say mobile phones are safe."

**For safety, the article suggests:** 1. Keep your distance. Stow your cellphone in your purse or briefcase, not on your body, and use an earpiece or speakerphone. 2. Don't bother with the radiation shields available online. The FCC

has sued some companies over claims that they protect against radiation. 3. Buy a phone with a low Specific Absorption Rate (SAR). Manufacturers are required by law to disclose SARs. Visit [www.mmfa.org/public](http://www.mmfa.org/public) click on "wireless devices," then "SAR information." 4. Keep cellphones away from kids under eight. "Their thinner skulls and growing brains could be more susceptible to radiation's effects, although there is no data to support restrictions." 5. Forget the unlimited minutes. If you know that you have to make a long call to work through issues, opt to use a landline. +++

## Codex: it's not just about supplements

As an *ink spots* reader, you probably believe that you have the right to make your own health choices. If Codex moves across the pond, here are some choices you will lose, compiled by Rima Laibow MD, who read all 15,000+ pages of Codex Alimentarius:

• **You will lose your right to see a doctor who practices natural medicine since that will be criminalized. This includes naturopaths, nutritionists, chiropractors, and other licensed health professionals.** • Most health food stores and privately-owned nutrient manufacturers will no longer be in business. • **It will be illegal to manufacture, buy, sell, recommend or use any but 28 ultra-low dose nutrients.** • The only legal health option will be the pharmaceutical one. • **Most herbs are held to be untested drugs and therefore illegal.** • Unlabeled use of GMOs will be legal. [Farmers in Iraq, e.g., must purchase seeds from Monsanto and are forbidden to retain seeds under the new Iraqi constitution.] • **Permissible upper limits for pesticide residues, toxic chemicals, and hormones in foods will be many times higher than even those advocated by chemical and pesticide industry lobbying groups.** • Codex mandates that all animal feed must be treated with antibiotics, hormones, and growth stimulants worldwide. • **Codex mandates irradiation, of food "to protect us from food-borne illness," in spite of scientific evidence that irradiation modifies protein structures in unhealthy ways.**

**Editor's note:** It seems strange that what we have worked so hard for at the local level, which is obviously in line with national trends, can be wiped out on 1 August. Note this from *World* newsmagazine, May 28, 2005: The organic foods market soared from \$3.57 billion nationwide in 1997 to \$10.38 billion in 2003. **"The Organic Trade Association ...predicts sales will reach \$14.5 billion by the end of 2005 as Americans buy everything from radishes to organic beef grown without conventional pesticides and fertilizers, biotechnology, antibiotics, or growth hormones."**

**LAST CHANCE:** Codex regulations have been approved in the European Union and Australia. The US is next, unless we act now. **Failing divine intervention, think Y2K, this all happens August 1, 2005.** FAX, do not use regular or e-mail, the President and your senators/representatives in Washington stating your outrage at the limitation of our health freedoms. **NOW. And pray!** +++

"Degenerative diseases that involve fats prematurely kill over two-thirds of the people currently living in affluent, industrialized nations. Sixty-eight percent of people die from just three conditions that involve fatty degeneration: cardiovascular disease (43.8%), cancer (22.4%), and diabetes (1.8%). These deaths are the result of eating habits based on ignorance and misconception." Udo Erasmus, *Fats that Heal, Fats that Kill*.

## circle of influence 2005

summer

### LET'S TALK ABOUT FAT

Fat is not a four-letter word—unless we are talking about trans fat, or saturated fat.

**Trans fats** are found in processed foods made with partially-hydrogenated vegetable oils. Trans fats raise the LDL [bad] cholesterol level. These fats are thought to be associated with increased risk of cardiovascular disease. The FDA has reported adverse effects of trans fats on risks for heart disease, type 2 diabetes, and Alzheimer's disease, with intakes amounting to less than 1% of daily calories. Approximately 80% of trans fats come from processed foods and oils, including cakes, cookies, crackers, chips, and margarine. When reading labels, we need to look for and avoid *partially hydrogenated*, *hydrogenated*, or *shortening*. Manufacturers have used trans fats for 20 years because they increase shelf life and contribute a pleasing texture, such as in flaky pie crust. Restaurants use them because they hold up at high temperatures. They can be repeatedly used to fry chicken, fries, and fish, while imparting a crispy texture.

**Saturated fats** are found primarily in beef and dairy products. Diets high in saturated fat tend to raise both *total* cholesterol and LDL cholesterol levels, increasing the risk of heart disease. Many experts believe that saturated fats should be limited to less than 10% of daily calories.

But I want to talk about good fats. Fat is essential to maintain the integrity of the cells in the body, and cell membrane function in particular. Fats help the body to absorb fat-soluble vitamins like A, D, E, and K. They provide a concentrated source of energy that is stored in the cells for future use.

**Polyunsaturated fats** can be a good source of EFAs or essential fatty acids. These fatty acids are *essential* because they cannot be made in the body. Polyunsaturated fats found in raw nuts and some dark green leaves have been shown to lower total cholesterol and LDL cholesterol levels, but they also lower good HDL cholesterol, so polyunsaturated fats should comprise no more than 10% of daily calories.

**Monounsaturated fats**, found in olive oil, avocados, and all the nut oils, have been shown to lower total cholesterol and LDL. At the same time, they help maintain the beneficial HDL levels. Up to 20% of the diet can come from monounsaturated fat. Light, oxygen, and heat damage oils, so they should be pressed in the dark, stored cold in dark or opaque bottles, distributed and used quickly. Most grocery store oils are in clear glass and have been processed with solvents for a longer shelf life. See Erasmus's Chapter 29, "Making Oils with Human Health in Mind." AIM's carob coating on its AIMega™ capsules meet his criteria.

In a healthy eating plan, fat provides flavor and a feeling of satisfaction. Fat is needed to maintain healthy skin and hair. It protects against high blood pressure, helps lower LDL cholesterol, and keeps our bodies warm. Perhaps you have noticed that people who have cut their fat intake too low are always cold. Sometimes they really do not look healthy, and their health may actually be at risk.

For the best possible overview of good and bad fats, secure a copy of Udo Erasmus's *Fats that Heal, Fats that Kill*. If you can't afford the time or the \$22.95 [\$27.95 CDN], please take the AIMega™ teleclass by Rose Bird, manager of AIM Canada and chartered herbalist.

AIMega™ capsules have a **balance** of omega 3, omega 6, and omega 9 essential fatty acids, from organic flax, sesame, olive, and sunflower oils. It has been formulated so as to be optimal for a Western diet that often contains anywhere from 14 to 20 times more omega 6s than the other omegas. Dr Ronald Rudin, an expert on EFAs, estimates that, owing to major changes in diet over the last 75 years, our omega 3 fatty acid

consumption has decreased by 80%.

Here are some reasons why this has occurred, primarily excerpted from Rose Bird's notes:

- decreased consumption of foods that are rich in omega 3 fatty acids [fish, flaxseeds, whole grains]
- refining of grains
- increased sugar intake [which interferes with fatty acid metabolism]
- increased intake of trans fatty acids [bad fats from fast foods and margarine]
- increased hydrogenation of oils [synthetic fats, which cause oxidation and cell damage]
- increased use of pharmaceutical medication [which deplete nutrients and fatty acids]
- increased incidence of digestive disorders, perhaps related to all of the above?

Do you really need AIMega™? That depends.

- Are you eating five to eleven servings of colorful fruits and vegetables every day?
- Do you eat meat and dairy products? How often? [organic milk has up to 71% more omega 3s than conventional]
- Do you eat raw nuts [a 1 oz serving of walnuts has more than 2.3 grams of omega 3s, compared with 1.46 grams in farmed Atlantic salmon]  
and six servings of **whole grain** foods every day?
- How much sugar are you consuming?
- Do you read ingredients on processed food to avoid trans fatty acids? saturated fats?
- Do you eat fast food or other restaurant meals—often?
- Do you exercise regularly?
- Are you taking any medications?
- Are your wounds slow-healing?
- Are you dealing with inflammatory disorders: arthritis, hypertension, or cardiovascular disease?
- Have you achieved a healthy hormone balance?

Note that about half of the questions have to do with diet and some are related to other habits. Perhaps you take BarleyLife®. We like to tell our classes: you can take every AIM product or other supplements, but if you haven't dealt with lifestyle disciplines, you still may not be *LIVING WELL*. Perhaps AIMega™ can help while you are working on lifestyle issues. By the way, if you know someone dealing with depression, ask me for a copy of "Battling the Blues" about research done by Andrew Stoll MD using omega 3 fatty acids to help treat depression.

Remember too that AIMega™ provides a balance of *essential* fatty acids, alpha linolenic acid (omega 3) and linoleic acid (omega 6) that your body cannot make. Yes, you can get them from foods if you carefully plan your meals, provided that you are not someone who often makes poor choices at restaurants that result in the imbalance of 14-20 times too many omega 6s. Another problem: many diets recommend fish oils or fish as a good source of EFAs. For a discussion of the former, you need to read Udo Erasmus's Chapter 55. Fish is not necessarily a safe food; much of it is farmed in conditions no better than animal products produced in other factory farms. Industry and mega-farm runoff have ruined most lakes, rivers, and streams. Yesterday's e-mail newsletter from the Organic Consumers Association has only one encouraging item: Alaska has become the first state to pass a bill that will require the labeling of genetically engineered fish. When we buy fish, we only buy wild Alaskan salmon, or canned Alaskan red sockeye salmon. Salmon contains more vitamin D than butter, shrimp, or liver. Canned salmon has up to four times the omega 3, and 20 times the calcium, of canned tuna. Pacific wild sockeye salmon feed on tiny red algae-eating organisms. Farm-raised Atlantic salmon, the kind usually offered in restaurants, are fed soy meal and then dyed to make their flesh pink—otherwise they would be a pale cream color. Wild-caught Alaskan salmon, shipped in dry ice, can be ordered at [seabear.com](http://seabear.com) or 1-800-645-3474.

You can learn the benefits that you may receive from EFAs from AIM's data sheet and when you take Rose Bird's class. She provides superb notes for all of the teleclasses she teaches. Once again, we are thankful for the integrity of both the products and the committed people at AIM. +++