

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

"Hippocrates, the Father of Medicine, treated his patients with proper diet, fresh air, change in climate, and attention to habits and living conditions. ...[H]is favorite diet for sick people was barley gruel....[E]xcept for wounds, fractures, and dislocations, he used surgery as a last resort." *World Book Encyclopedia*, 1971.

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



### Protecting our kids: investing in what makes a difference

From time to time magazines feature a birth-to-college graph depicting what it costs to rear a child. Whenever I see one, I think, "Now is that half a million dollars [or whatever] what it costs, or what is invested?"

I admit that rearing children was very different in the 50s and 60s. It was rare then to see a fat child. Fast food did not become a factor until later. Most kids were not on meds, and street drugs were unheard of until the late 60s. During the ten years I taught in a suburban high school, I never saw a policeman in our schools. I ate school lunches, and they tasted reasonably home cooked. Few kids complained, except on sauer kraut day, and foodfights were rare, as was teen pregnancy. Movies kids saw were wholesome; TV had shows like "I Love Lucy."

Following are a few quick quotes from magazines about children now:

**Illness.** "Children who eat fastfood hamburgers even once a week are 75% more likely to develop asthma than children who eat none," say researchers at New Zealand's Wellington Medical School, who studied the diets of 1,300 children. Scientists speculate that high salt content may trigger an increased risk of respiratory illnesses. These findings were described in

the December 2005 *Allergy*.

**Medications.** The May/June 2004 *Healing Newsletter* reported that depressed children are given potent antipsychotic drugs in an attempt to control their depression. Charlotte Gerson writes, "It has long been known that organically grown fruits and vegetables overcome chronic behavior problems in children, improving their ability to learn. Instead, these kids, now numbering in the millions in the US alone and as young as two years old, are being drugged with Ritalin®, a close relative of cocaine."

**Advertising.** "Kids live in a sea of powerful advertising," says Michael Jacobson, Director of the Center for Science in the Public Interest, which he founded in 1971 with two other young scientists. "They're surrounded by fastfood outlets in schools, soda and candy machines, junky snacks in classrooms, and at parties, parades, holiday celebrations and just about everywhere else." Over the past three and half decades CSPI has alerted us in articles, on TV, on its website, in books and pamphlets, nudging us to eat our fruits and vegetables, and exposing problems with saturated and trans fats, sugar and fake sugars, salt, meats, and restaurant meals. My subscription is non-negotiable; we need

*Nutrition Action Newsletter.*

**What's a parent to do?** *Vegetarian Times* has a regular "Ask the Naturopaths" feature. In the September 2006 issue, someone asks, "What do I do to boost my kids' brainpower in the classroom?" James Rouse ND and Debra Rouse ND answer: "Get started now with three basic supplements: a multivitamin, probiotics (acidophilus and bifidus) and essential fatty acids (EFAs)...Here's what's behind our supplement choices:

- "A generic multivitamin ensures a baseline level of nutrition...important when you can't watch what kids are eating during the day.

- "Probiotics, such as yogurt or acidophilus tablets, contain natural bacteria that act as digestive aids. When children's stomachs are upset (like when they're feeling stress at school), their systems don't function properly and it's harder for them to concentrate in class.

- "EFAs from flaxseed oil, nuts, and seeds may enhance brain activities in some children. University of Oxford researchers gave omega-3 fatty acids to children with developmental coordination disorder (which is similar to both dyslexia and attention-deficit-hyperactivity disorder). About half of the young participants who took the sup-

plements showed increased attention spans and improved reading skills."

Their specific suggestions included chewable DHA tablets and flavored flaxseed oil, stirring 1/2 tsp of flaxseed oil into the peanut butter used on sandwiches and in the oil in a salad dressing recipe. Hemp seeds, another good EFA source, taste great as a snack or sprinkled on sandwiches, salads, or oatmeal.

If you have read Udo Erasmus's *Fats that Heal, Fats that Kill*, you may be concerned about the balance of omega-3, -6, and -9. If a child is too young to swallow AIM's AIMega™, a fork-prick will release the oil onto food. [We have cassette tapes of an Erasmus talk that may interest you.]

The doctors also cover the importance of a breakfast and adequate sleep. They suggest freezing juice boxes or water bottles to use as ice packs in kids' lunches. Milk is not mentioned. A mother writing in our local co-op newspaper sends small boxes of Rice Dream to school with her young son.

I haven't begun to scratch the surface of this topic. Watch for in-depth stories in subsequent issues. In the meantime, enjoy your children. Ours are grown. We can't take back those precious years. Do the best you can, and pray a lot. + ++

## Moving the target: what's the latest nutrition news?

**“For some time, I have recommended grass-fed beef as a key part of my patients’ diets. There are mounting scientific studies on the chemical composition of fats essential for human health—how they are altered negatively in corn- and grain-fed beef and positively in grass-fed beef.”**  
Chris Foley MD,  
Minnesota Natural  
Medicine Clinical  
Faculty, University  
of Minnesota,  
College of  
Pharmacy and  
Medical School.

It's fairly easy to use only recent sources for our newsletters; nutrition makes news. The confusing part is wondering what will contradict what I have previously written, since nutritional science seems to be a moving target. However, here are some topics from 2006 sources, which have stood the test of time:

**Grapeseed.** “First discovered in 1947, grape-seed has become one of Europe’s most popular all-natural blood pressure treatments,” says *Doctor’s Health Journal of Alternative Remedies and Cures*. If you don’t have a copy of the data sheet for AIM’s Proancynol®, ask me. You will learn that grape seeds contain oligomers of proanthocyanidins [OPCs] that are 20 times more powerful than vitamin E. Bombardelli and Morazzoni noted in 1995 their antimutagenic effect on DNA and ability to counter environmental substances that cause mutations. When people comment on my soft, young-looking [72-year-old] skin, I never know which AIM product to credit. Grapeseed’s OPCs protect collagen and elastin, which are important to the makeup of the skin.

**CoQ10.** “First uncovered in the mid-60s, CoQ10 has become one of the world’s front line natural treatments for heart failure because of its ability to produce energy at the cellular level. In 1978, Peter Mitchell, PhD, won a Nobel prize for this discovery.” Again, ask us for a data sheet on AIM’s CellSparc 360®. This nutrient

is recommended for gum disease, and in very large amounts [1200 mg daily] for Parkinson’s patients, by Russell Blaylock, MD, the neurosurgeon who spoke here in 2002. [I also have his 10-page article on EFAs, if that interests you.]

**Garlic.** “First clinical study in 1997 on its effects on cholesterol, garlic has proven to be one of nature’s most powerful cholesterol cutters.” [Source as above.] AIM’s BearPaw Garlic® is unique in that the supplement is made from the leaf of the plant, so that its distinctive odor does not accumulate in the tissues of the body, as when using other supplements that are made from the bulb. [Ask for a data sheet.]

**Essential fatty acids [EFAs]** “First discovered in 1984, omega-3 fatty acids from fish and supplements are recommended now by the American Medical Association to protect the heart.” Another current source, *Natural Health*, March 2006, says, “A nutrient-rich protein, fish is generally low in calories and high in essential fatty acids, which protect the membranes inside blood vessels.... [EFAs] also help lower cholesterol, improve joint function in people with arthritis, and can improve brain function, much as leafy greens and berries do,” says Paula Bickford, professor at the Center for Aging and Brain Repair at the University of South Florida College of Medicine. “Beef, lamb, and chicken are important

sources of cancer- and anemia-fighting vitamin B12, as are eggs....Buy organic, grassfed, free-range meats to avoid growth hormones and antibiotics in standard varieties.” Sept 2006 *Environmental Nutrition’s* top pick in its “essential guide to oils” is olive oil, because it is high in monounsaturated fats and low in saturated fats. To tame inflammation, says *EN*, consider omega 3-supplements on days you don’t eat fish. [AIM’s CellSparc® contains oil from coldwater fish.]

**Fruits/vegetables.** Antioxidant compounds found in fruits and vegetables also prevent cell damage and reduce inflammation, which are keys to delaying aging and reducing vulnerability to heart disease, cancer, and diabetes. Studies at Mayer Human Nutrition Research Center on Aging at Tufts University in Boston indicate that foods particularly high in antioxidants—like spinach, strawberries, blackberries, and blueberries—may help longterm memory loss and protect learning ability, as well as guard capillaries from oxygen damage. Prunes, raisins, kale, and alfalfa sprouts get top ORAC scores. Our Spring 2006 newsletter noted that 5 oz of AIM’s BarleyLife® has an Oxygen Radical Absorbance Capacity score of 495, while prunes [288.5], raisins [144.5], blueberries [111.7] blackberries [108.8], spinach [60.5] and alfalfa sprouts [46.5] aren’t even close. Enjoy the fruits and veggies anyway. +++

# The salmon scam, “Chilean sea bass,” and other animal tales

If you have been following nutrition news, you know the three-horned dilemma: we're all supposed to eat lots of fish for their inherent essential fatty acids, many fish are contaminated with PCBs and mercury, and there probably aren't enough wild fish left for North Americans, much less the rest of the world.

**Salmon scams.** You may have noticed that I cover fish in *ink spots* from time to time, because the news gets scarier and scarier. See “Fishy, fishy in the brook...” *Fall 2003*, and “Fishy, fishy...revisited,” *Summer 2004*, both of which are still on our website, [www.letsbewellinc.com](http://www.letsbewellinc.com).

The average American's consumption of salmon has quintupled in the past 16 years. The reason? Salmon is high in heart-healthy omega-3 fatty acids and relatively low in mercury. The documentation for this story is mostly from August 2006 *Consumer Reports*: “Since the natural supply of wild salmon cannot meet the demand, ...a global salmon-farming industry has developed. The vast majority of farmed salmon in US stores comes from Canada and Chile. Europeans get theirs from Norway and the UK.”

I like *Consumer Reports* because they do their homework not merely in journals but in their Consumers Union labs. For “The Salmon scam: ‘wild’ often isn’t,” CU researchers first shopped for wild salmon during the summer of 2005 at the height of the salmon season. They chose some salmon labeled farmed and some labeled wild from markets in several states. They had them tested for synthetic coloring agents that are fed to farmed salmon to turn their grey flesh to pink-orange. Wild salmon acquire this color from the crustaceans they eat. When wild salmon were abundant, all 27 salmon were labeled correctly.

In November/December, after the salmon season, they purchased and analyzed 17 salmon labeled wild. Ten were the real thing, and 7 were farmed. They discovered that supermarkets were more likely to sell correctly labeled salmon than fish markets. In March 2006, they sampled the stores that sold mislabeled salmon before and found that none of the six wild samples were labeled correctly. Additionally, two were unlabeled. Sales people said they were organic. However, there is no federal rule for the use of that term for fish. As it turned out, both unlabeled fish were farmed.

*Consumer Reports* likes to write articles with headlines like “You are what *they* eat”—suggesting that we should choose our animal products, if any, based on what those animals are fed, including drugs. Ask me for a copy of that article, from *Consumer Reports*, January 2005, or get it from your local library. See also “Seeing red: Spoiled meat may look fresh,” *Consumer Reports*, July 2006, to learn about their tests of ground beef and steaks packaged with gas [tiny amounts of carbon monoxide] which react with the pigment in the meat, producing a red color, keeping meat “looking red for at least a month or longer.”

**So, why choose wild fish over farmed?** CR's answer: Farmed salmon is what it *eats*: typically, concentrated fish meal and fish oil. And all too often, the fish that eat this feed have lived in cages in polluted waters. *Science*,

January 9, 2004, published a study analyzing more than 700 samples of farmed and wild salmon obtained from around the world. “Farmed had far more dioxins and PCBs than wild. The most contaminated fish came from Europe; farmed salmon from North and South America were somewhat cleaner but not as clean as wild salmon.”

The good news is that none of the samples that Consumers Union researchers checked harbored “malachite green, a potentially carcinogenic fungicide banned in the US, but occasionally found in salmon.”

**How do we then choose?** From a health standpoint, the best choice for children and women who may bear children is wild salmon. Second choice, farmed salmon from the Americas. When Dick and I ask about salmon in restaurants, even expensive ones, we are often told that it is from Norway. We choose something else on the menu. During the salmon season we buy fresh salmon at Kowalski's. It's too far away to justify more than two trips a month unless we are headed toward the Cities for some other reason. I do not find frozen fish appealing, so we also buy Deming's Alaskan canned salmon, which is wild by definition. To protect its wild stock, Alaska outlaws salmon farming. Red salmon has more nutrients than pink, by the way. For other sources of essential fatty acids, try supplements. Consumers Union found top-selling fish oil pills accurately labeled and free of contaminants. A friend recommends Carlson's lemon-flavored fish oil, if that interests you. Vegetarians will appreciate AIM's AIMega™. Unlike Udo's Oil, which similarly balances omega 3s, 6s, and 9s, it travels well, since it requires no refrigeration.

**And what about the Chilean sea bass?** Well, its real name is Patagonian toothfish. *The Green Guide* calls it a “NO fish” because it is overfished and involves a high by-catch, meaning that many sea turtles and other species are killed to net it. Other NO fish that are highest in mercury include king mackerel, oysters, pike, sea bass, sharks, swordfish, tilefish, and tuna. Women/children should limit the following moderate mercury fish to once a month: Atlantic cod, Great Lakes salmon, blue crab, blue mussel, Pacific cod, mahimahi, and pollock.

Some freshwater fish are contaminated with mercury and other pollutants like polychlorinated byphenyls [PCBs] and can lower children's IQs. Before taking your child fishing, check [www.epa.gov/mercury/advisories/fish.htm](http://www.epa.gov/mercury/advisories/fish.htm).

**To avoid spoiled meat**, try asking your grocer if he sells meat packed with carbon monoxide. If so, don't use color as a guide to freshness. *Consumer Reports* says, “Buy meat whose stamped date is a couple of weeks away. Check for signs of spoilage, such as surface slime, and discard meat that smells bad.” Better yet, if you live near a rural area, see if you can talk to the farmer. We appreciate Amish chicken raised without antibiotics/hormones, and Thousand Hills 100% grassfed beef grown on family farms near us. Grassfed beef is an excellent source of omega 3s, “shown to play a key role in the healthy function of all cells in the human body” so that one may be less prone to hypertension, heart attack, depression, schizophrenia, and attention deficit disorder.” Besides, it tastes better. +++

# Let's Be Well, Inc

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## Have you thought about "flex appeal"?

If you've ever hung wallpaper, you know that you must use a plumb line. The lead weight swings until it stops. You snap the string, it makes a blue line, and that's where the first strip goes. We've done our share of swings in attempting to find a healthy diet: standard American, vegetarian, vegan, organic. Been there/done that. We call what we are currently doing "flexitarian." Studies show that vegetarians live longer and healthier than meat eaters and often have lower body mass indexes. "Carnivores are catching on", according to the Vegetarian Resource Group: "more than one-third of people who eat meat also make it a point to include occasional meatless meals in their diets", says Karen Kelly in *Natural Health*, Sept 2006.

"Diets high in whole grains, vegetables, and fruit are most effective in preventing chronic diseases like cancer, heart disease, and diabetes, possibly because plant-based diets offer more antioxidants, fiber, and less fat," says Katherine Tallmadge, RD, author of *Diet Simple*. One advantage of being flexible is variety: you intentionally choose to eat more fruits and vegetables, using smaller amounts of cheese, meat, eggs for flavor or treats. Make most of the above organic, and it's a win/win. +++

## Notable quotables

**Speaking numerically.** "1.1 billion: the number of people in the world who are malnourished. Also: the number of people who eat too much." *Corporate Accountability*, quoted in "this just in," *Vegetarian Times*, May/June 2006.

**Caring about children at risk.** More than half the world's children, or more than one billion, suffer extreme deprivation because of war, poverty, and HIV/AIDs. Some of the findings: 640 million children do not have adequate shelter; 500 million have no access to sanitation; 400 million do not have access to safe water, 270 million have no access to health services; 140 million, most of them girls, have never been to school, 90 million are severely food deprived; 2 million, mostly girls, are exploited by the sex industry. Regions studied included Sub-Sahara Africa, South Asia, Middle East/North Africa, Latin America/Caribbean, Central/West Asia, and East Asia/Pacific. United Nations Children's Fund 2005 report, quoted in *World Ark*, a publication of Heifer International.

**Portraying American life at the dawn of this century.** The median net worth of families reached \$86,100 in 2001, up from \$78,000 in 1998; US families gave an average of \$1,623 to charity, which was 3.2% of household income; thirty-six percent of all households owned a dog and 32% owned a cat; toy sales were down by 11% from 2001 to 2002, but sales of video games grew by 10%; US families spent \$660 during the year on TVs, stereos, and video games; nearly 64% of children ages 3-5 were in preschool or kindergarten in 2001, up from 37% in 1970; over 84% of Americans over 25 finished high school by 2002, more than 25% have a bachelor's degree; half of US women are overweight, compared with two-thirds of men; 71 million say they walk for exercise; one-fourth of adults reported no exercise at all; we spent \$485 billion on food eaten at home and \$415 billion on eating out; each of us ate 16 pounds of ice cream; more than 1.4 million inmates filled state and federal prisons in 2001, an increase of 82% since 1990. "Statistical Abstract of the United States 2003," a 1,000+page compendium of facts, *US Census Bureau*, printed from Netscape, June 2006.

**Multitasking to a fault.** Carl Honoré, foreign correspondent and father of a young son, rushed through the Rome airport, talking on his cellphone. Waiting impatiently in line, he skimmed through a newspaper and focused on an article about "The One-Minute Bedtime Story," for parents who were too busy to read to their children. While he was wondering how soon Amazon could ship the full set, he had an epiphany: "Have I gone completely insane?" Realizing that his whole life had become consumed with "time-sickness," he set out to write a book about that epidemic. The result is *In Praise of Slowness: challenging the cult of speed*. Sarah Donaghy, who reviewed the book in the March/April 2006 *World Ark*, says, "In many ways [*In Praise of Slowness*] is a handbook for those seeking a calmer, more reflective life." Available in paperback, \$14.95.

**Disengaging from the cult of speed.** In 1985, physician Larry Dossey, in his book *Time, Space & Medicine*, coined the term "time sickness" to describe "illnesses that nag us because we're in the race of our lives against a ticking clock. We use every product, day planner, appliance, and every trick we know to win that race, even as we backfill more and more activities into our already busy schedule." Philosopher Jacob Needleman calls our frenetic pace of life "a new kind of poverty. And it is killing us." This item is from "Slow down your life," an article in my U of M alumni magazine, Winter 2005. It includes a review of Honoré's book as well as one of *Take Back Your Time*, by John DeGraff. Suggested websites: [www.timeday.org](http://www.timeday.org), and [www.slowfood.com](http://www.slowfood.com).

**Eating local: buy homemade bread at your farmers market.** "On a typical Iowa farm, the farmer's profit margin has dropped from 35 percent in 1950 to 9 percent today....The typical US wheat farmer, for instance, now gets 6 cents of the dollar spent on a loaf of bread—so when you buy that loaf, you're paying about as much for the wrapper as for the wheat." *Eat Here: Reclaiming Homegrown Pleasures in a Global Market*, Brian Halwell. In paperback. +++

"The life which is unexamined is not worth living." *Plato, 428-348, BCE.*

## Circle of influence

Fall 2006

## LET'S TALK ABOUT HIDDEN COSTS

What are the hidden costs of an unexamined life? Days, years, decades speed by. Writing newsletters quarterly makes me conscious that it's been more than fourteen years since I begin opening up my thought life to anyone who cares to listen. Counting the journals lining a downstairs bookcase reminds me that I can, if I wish, choose one and read what I was thinking/praying about on a given day five, ten, or however many years ago. Suppose I had never started journaling. Suppose I never prayed. Suppose I didn't take time morning and night to acknowledge the immortal invisible only wise--yet personal--God as Creator and King of the universe. Suppose I didn't want to hear God's Word to me or deeply desire to be the kind of person whose prayers God hears. Suppose I never took time to read the wisdom books of scripture, biographies or autobiographies of admirable people, or sayings of the ancients.

You've heard of the law of unintended consequences. Suppose the person experiencing a serious illness had stopped, periodically, to examine the probable result of a lifetime of making careless dietary choices and of not being intentional about exercise. Suppose the person who made an unkind remark had held his or her tongue. I am sobered by the following story, told in *Jewish Wisdom* by Rabbi Joseph Telushkin, recounted in *Proverbial Wisdom and Common Sense, a commentary of biblical proverbs* by Derek Leman:

*A famous Chasidic story tells of a man who went about his town slandering his rabbi. One day realizing how vicious his comments had been, he went to the rabbi and asked for forgiveness. The rabbi told the man that he would forgive him on one condition: that he went home, cut up a feather pillow, and scattered the feathers to the winds. The man did so, then returned to the rabbi.*

*"Am I now forgiven?" he asked.*

*"One more thing," the rabbi said. "Now go and gather all the feathers."*

*"But that's impossible," the man said.*

*"Precisely," the rabbi answered. "And although you sincerely regret the damage you have done me, it is as impossible to undo it as it is to recover all the feathers."*

Perhaps you've heard of the slow food movement. What if we took time to prepare real meals from real foods and to savor them slowly? What is the hidden cost of the drive-through window meal wolfed down in the car, or the sandwich eaten mindlessly at one's desk? [Guilty!] What price does one pay when buying a candy bar or bag of chips from a machine instead eating an apple?

Statistics suggest that more and more people are seeking to enhance their [poor] diets with vitamins or other supplements. The naturopaths quoted on page one of *ink spots* suggested a "generic multivitamin" and other supplements for children. We sometimes get questions about why we use AIM products, particularly BarleyLife®, when there are less expensive green products on the market promoted by people who used to be with AIM. We say, "That's a long story," and ask if they really want to hear it. If they say "yes," we tell them about Jim Kling and Dennis Itami and Ron Wright, that they have all been in our home, and there's an integrity that we discern in these people who were founders of AIM nearly 25 years ago. We offer to lend them *Beyond the Green*, which tells the poignant story of Dennis Itami, twice farmer of the year in Idaho, and how he and Kay lost their only children, 9 and 11, when one fell into a truckload of barley **grain**, and the other apparently jumped in to save him. The founders of AIM have dedicated their lives to producing the very best barley **grass** ever since they learned of the healing power of its nutrients.

We tell them about Brad McNish, founder of Sepallo Corporation, who had spent many years researching/developing cereal grasses, before he began partnering with AIM to produce BarleyLife® in the pristine air and rich soil of Northern Alberta. Sepallo's holistic methods require that harvested barley be juiced and chilled immediately while still in the fields to render enzymes dormant and preserve delicate nutrients.

What do we know about barley powders now produced in Utah and California? Not that much. We wonder if those who buy them have met the owners/producers of their barley, or have seen the fields and plants. Some of what we do know troubles us.

**Utah.** We have looked at topographical maps of the state—in color. As a Minnesotan, born on a farm, I cannot imagine entrusting any kind of crop to that brown land with its grayish soil, polluted air, and dry climate. When Dennis Itami came to speak for us at St Olaf College in 2002, he said he stopped his rental car, getting out to feel and smell the thick black dirt in which crops are raised here. This is the kind of person I want at the top of a company to which I entrust my health. As an award-winning farmer, Dennis knows the best seed, as well as the soil and water requirements, for barley.

We kept the July 2002 *National Geographic* with its 28-page cover story, “Half-Life: the lethal legacy of America’s nuclear waste.” A sidebar asks: When is radioactive waste safe? Some say it is safe now, if it is contained. Some say it is safer after ten half-lives—a half-life being the time it takes for an element’s atoms to decay. “Each of the following types of waste, listed from most to least reactive, could pose a risk for more than a million years: High-level waste, which includes spent fuel from nuclear reactors (52,000 tons), and liquid and solid waste from plutonium production (91 million gallons); transuranic, which includes clothing, tools, and other materials contaminated with plutonium and other manmade elements heavier than uranium (about 11.3 million cubic feet) buried in government sites in the Southwest; low and mixed level, which includes radioactive and hazardous wastes from hospitals, research institutions, and decommissioned power plants (472 million cubic feet); and uranium mill tailings, residues from extraction of uranium from ore (265 million tons). Among those interviewed in the story is David Lyle, a river guide who says he feels “lousy” when he looks at the humongous mound of uranium tailings close by the Colorado River near his home in Moab, Utah. Why? Because ammonia leaches from the tailings into the river and threatens endangered fish, because cancer-causing radon wafting from the pile has settled as a radon “fog,” and because he is just tired of looking at ten million tons of tailings, which “the citizens of Moab have yelled about for 25 years.” Does anyone who buys green barley powder grown in Utah know how far the fields are from the cancer-causing radon “fog”? Twin Cities residents are hoping that the Goshute Indians in Skull Valley, Utah, will take the spent fuel from our Prairie Island nuclear power plant. With the number of above-ground storage casks limited by our state to 17, we will run out of storage in 2007. In a clear case of “not in my backyard,” officials from eight nuclear power facilities, including Prairie Island, have signed a lease with the Goshute to store spent fuel on their reservation in exchange for money for schools and a hospital. We all experience radiation from xrays, microwaves, TVs, and cellphones. I’d rather not live in the SW states pictured on a map on pp 12-13, and I’m happy not to drink their water or breathe their air.

**California:** I have three articles from different sources on the issue of perchlorate. Let me quote from one: [*Vegetarian Times*]: “A primary ingredient in rocket fuel called perchlorate has been detected in breast milk of women in 18 states. Perchlorate can interfere with the function of the thyroid gland of children and adults. In children, this disruption can result in mental retardation. Perchlorate is present in breast milk “at levels nature did not intend,” says lead researcher Purnendu Dasgupta PhD of Texas Tech University, whose findings appeared in the February 22 edition of *Environmental Science and Technology*.

The headline of an Associated Press article, by Erica Werner, printed from the CompuServe news, says, “36 States Face Perchlorate Contamination,” dateline Rialto, California: “An emerging threat of uncertain dimensions looms in this working class suburb, where a chemical used in rocket fuel and defense manufacturing has befouled nearly half the drinking water supply. The choices faced here—when to close wells, whom to sue, and how not to get sued—confront officials in 36 states where the Environmental Protection Agency says perchlorate has been detected.” As one city well after another tested positive for perchlorate—6 of the cities 13 wells so far—Rialto officials have sued the Defense Department, pleaded with residents to conserve water, and hiked water rates 65 percent. High amounts of the chemical can interrupt the production of the thyroid hormone. How much can be safely consumed is unclear.

How close is this site of perchlorate contamination to the primary barley fields in Piru, California, where the barley for one of AIM’s competitors is now grown? About 17 miles. The more I learn about this chemical, the happier I am to be using BarleyLife®, now grown in Barrhead, rural Alberta, rather than with possibly contaminated water and in the smog/other industrial pollution 50 miles from Los Angeles. For these very personal reasons, we look at hidden costs before making our supplementation investments.

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