

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

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"Erosion is a **chemical** process of tooth destruction not to be confused with abrasion, which is a **mechanical** process of tooth destruction," says Dr Melvin Pierson, a spokesman for the Academy of General Dentistry in Sickerville NJ. And it is not just adults who are suffering from seriously eroded teeth. In one study published in 2008 in the *Dental Tribune*, dental erosion was found in nearly one-third of middle school students. Dentists are pointing an accusing finger at our favorite soft drinks, sports drinks, fruit juices, and teas. "These 4 Drinks Can Erode Your Teeth," *Netscape News*, 10 July 2009.

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

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

Grocery stores don't seem to wait until October to put out those big sacks of candy for the fall celebration that is called the Day of the Dead in Mexico. Given what sugar does to our bodies, I wonder if that isn't a better name for the **unholy** day that precedes All Saints Day.

The explosion of diabetics in our population is no doubt related to the ubiquitous ads on TV for candy, sugary cereals, and soft drinks. "In recent years the industry has fought to discredit the idea that sugar is bad for your health," Elizabeth Querna, said in *US NEWS*—see her 2005 statistics in the last column. In fact, the sugar industry lobbies against any dietary guidelines that discourage sugar consumption.

But a study in the *Journal of the American Medical Association* found that **women who drank soda and other sweet drinks were more likely to gain weight and had a higher risk for diabetes than other women.** Their four-year study of 51,603 nurses concluded that those who drank more than one serving per day of soda sweetened with either sugar or high fructose corn syrup tended to gain much more weight than those who drank less than one per month. They also had more than an 80% increased risk of developing type 2 diabetes. Walter C.

Willet, Harvard School of Public Health, who helped conduct the study, says, "It's probably that high amounts of sugar in the bloodstream put an increased demand for insulin on the pancreas."

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's appetite circuit might not be programmed to register liquid calories."

Now we also have so-called sports drinks. A study from the New York University College of Dentistry learned that citric acid attacks tooth enamel. "Researchers submerged cow teeth in sports drinks and after a 75 to 90-minute soak, (which simulates sipping the drinks throughout the day), the enamel was partially eaten away, leading to weaker teeth." Besides, phosphoric acid, the main flavoring agents in all soft drinks, especially cola, is used by dentists to roughen teeth chemically before applying a bonding agent to crowns. Sports dietician Leslie Bonci, MP, RD, says, "Most people can refuel with water, which will save about \$156 and nearly seven

pounds a year, if you exercise 3 times a week."

Ironically, across the page from this article in the Oct 2009 *Prevention*, there's a bold headline, **BRILLIANT chocolateness**, with nearly-lifesized pictures of a chocolate chip cookie, two pieces of frosted chocolate cake and three chocolate chip brownies. The ad says, "Stop dieting. Start living. Find more varieties at WeightWatchers.com/sensiblefoods"

In some school districts, health activists have tried to ban soft drinks from schools, while others have initiated Farm-to-School lunch programs. That significant change, which our local school district has made, was described in a full page story in the 19 Sept 2009 *Northfield News*. For the next three months, local farms and orchards will be supplying the district with freshly-picked sweet corn, watermelon, butternut squash, several varieties of apples, and award-winning sheep milk cheese. Other improvements will include unbreaded chicken sandwiches, gardenburgers, hummus and pita, and other ethnic choices. Perhaps healthier options will help students to have fewer cravings for sugary foods.

Professor Marion Nestle, who in spite of her name is not associated with candy

manufacturers, notes that "Sugar keeps bad nutritional company." She says 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 statistics about Americans' 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.

Alas, many of us who grew up reading the tale of Hansel and Gretel have ourselves succumbed to the allure of the witch's candy-encrusted house. But I'm on my way downstairs to get an apple from the fridge. How about you? +++

Fat is not a four-letter word, unless we are talking about *trans* fats

"Since 1909, according to the USDA, Americans have more than doubled their daily intake of omega6s—from about 7 grams to around 18. One hundred years ago, heart disease was much less common in this country. Over the past century, though, heart disease has risen in tandem with our increasing intake of ... seed fats, or omega 6s, according to the American Heart Association (AHA). So have neurological disorders..., as well as depression, arthritis, obesity, insulin resistance, and many cancers. While other dietary factors such as increased consumption of calories, trans fats, and sugar undoubtedly contributed, our essential fatty acid imbalance is a key player in most of these illnesses.

...Science writer, Susan Allport, "The Vanishing Youth Nutrient," September 2009, Prevention magazine

Fat is always bad—right? Wrong. Let's describe some fats.

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, even with intakes amounting to less than 1% of daily calories. Approximately 80% of trans fats come from processed foods and oils, including cookies, crackers, chips, and margarine.

When reading labels, we need to avoid both *partially hydrogenated*, and *hydrogenated fats*, or *shortening*. Manufacturers have used trans fats for twenty 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 heats. 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. Fats

help the body to absorb fat-soluble vitamins like A, D, E, and K.

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 Udo Erasmus's book, Chapter 29, "Making Oils with Human Health in Mind." AIM's carob coating on its AIMega™ capsules meet his storage criteria.]

Scientific studies continue to show that omega 3s' role in heart protection is stronger than ever. Research also suggests that omega 3s may help control or protect against cancer, rheumatoid arthritis, asthma, depression,

and other disorders. Yet not all omega 3s are the same. Those from fish may be more beneficial than those found in plants, but take a look at items 3 and 4 in **Notable Quotables**, page 4: Many fish seem to be unsafe for human consumption.

What's more, scientists disagree on whether omega 6s are harmful if they are out of balance with omega 3s. Both kinds of omegas serve critical roles. Omega 3s assist neurological development and help reduce inflammation, while omega 6s aid in blood clotting and help fight infection.

So how can we get our omega 3s in food? Although the American Heart Association recommends two weekly servings of fish, some of us wonder about overfishing of certain species. And a recent study suggests that certain kinds of farm-raised fish—tilapia and catfish—may actually worsen the omega 3/omega 6 balance. Fatty fish like wild Alaskan salmon have the two best sources of omega 3s, eicosapentaenoic acid [EPA], and docosahexaenoic acid [DHA]—that the human body needs. Plant-derived omega 3 fatty acid can be elongated to EPA or DHA, but the conversion rate is very low: 5% or less. Visit

<http://efaeducation.nih.gov/sig/kim.html> to learn the omega fat levels in various foods. Kidney beans, e.g., trump chickpeas; winter squash, spinach, and cauliflower beat corn. **Primary source:**

"Making Sense of the Omega Fat Puzzle," *US News & World Report*, date unknown. +++

Dieting? What's the scoop on sugar substitutes?

Do you cringe when you see an obese person, usually a woman, sipping on a diet soft drink? Or grieve when the mother ahead of you in the grocery checkout unloads six 6-packs of diet soda, then opens one can and hands it to her overweight teenager? I have to bite my tongue. Here's some of what we know about some artificial sweeteners. The italicized items are quoted from an article in *Life: Beautiful*, written by naturopathic physician, Valerie Saxion. I have also used other sources which are not italicized.

"An American Cancer Society study of 80,000 women found that those who regularly used artificial sweeteners put on more weight per year than those who didn't. So before you reach for that pink, yellow, or blue packet, consider:

: "Sucralose [Splenda]. British scientists accidentally discovered sucralose (the main ingredient in Splenda) when searching for a new pesticide formulation in 1976. The body does not recognize sucralose as food, which is why it has no calories. Long-term effects of Splenda are not known, but short-term studies have shown that rodents fed large quantities of it develop shrunken thymus glands, enlarged livers, and kidney disorders. The Sucralose Toxicity Information Center has linked Splenda to rashes, dizziness, numbness, headaches, [and] intestinal cramping...

- **"Aspartame [Equal. Nutrasweet].** Aspartame has had the most complaints of any food additive on the market. European studies show that aspartame causes an accumulation of formaldehyde in the brain, which can damage the nervous and immune systems. Studies at a cancer research center in Italy show aspartame has the potential to cause tumors, leukemia, and lymphomas in rats. It has also been linked with MS, lupus, fibromyalgia, depression, manic episodes, and male infertility." [Another source says that aspartame has 73 known side-effects including behavioral changes in children, epileptic-like seizures, and hemorrhaging of the eyes—and ask me about a 40-year-old helicopter pilot who served in the Gulf war, whose fellow pilots drank diet coke heated by the desert sun and are now dying of pancreatic or brain cancer.]

- **"Saccharin [Sweet 'N Low, Sugar Twin].** Saccharin is an older substitute, but can be found in some prepared foods and gum. Saccharin was shown to cause bladder cancer in rats, and most researchers agree that in large doses, it's carcinogenic in humans as well. In fact, saccharin products used to contain carcinogen warnings on the labels. Researchers at Purdue University reported that rats that ate saccharin-sweetened yogurt later consumed more calories, gained more weight, and put on more body fat."

Susan Swithers, PhD, Purdue University, led a study involving rats fed yogurt sweetened with glucose, a natural sugar, or saccharin, derived from—believe it or not—coal tar. A series of experiments showed conclusively that animals fed the artificially sweetened food consumed more calories and gained more weight and more body fat than the animals in the glucose group. The researchers, who are psychologists, believe that Pavlovian conditioning, a form of learning that involves associating events with their outcomes, may explain what happened: a sweet taste primes the body for the arrival of calories and leads to physiological

changes in body temperature and the release of hormones such as insulin. When the animals that were fed the artificial sweeteners did not receive as many calories as their bodies expected, they gained weight, and because their body temperatures were lower, they tended not to burn calories.

So why do people use artificial sweeteners? Because sugar substitutes mirror the taste of sugar and have few, if any calories. But while many people believe that their diet drinks and foods will help them lose weight, a study at the University of Texas found that **people who drink diet soda were more prone to gain weight than those who drink sugar-sweetened soft drinks**—and have you noticed where it accumulates? In the lower part of the body, the belly, hips, and thighs. It's not just a matter of appearance. In "How to Get a Gut," *Nutrition Action HealthLetter*, Dec 2008, Eric Rimm, PhD, Harvard's department of epidemiology: "We look at the waist because it's a strong predictor of a number of chronic diseases like diabetes and heart disease."

Dr Saxion says, *"Many researchers believe this is because artificial sweeteners do not have the food energy genetics that natural sweeteners contain. The food energy in natural sweeteners helps the body burn off excess calories. Artificial sweeteners, on the other hand, cause blood sugar to be stored in tissue and fat. This results in increased risk of hypoglycemia and related blood disorders. In the end, because your body becomes used to lack of energy when eating sugary foods, the ability to respond is gradually lost."*

For those who are trying to avoid table sugar, whole fruit is always a better option than cake, cookies, or even juice. When birthdays demand something celebratory, consider making a treat that includes dates or date sugar. Other natural substitutes for sugar include local honey, or agave, which have a lower glycemic index, will not reduce food energy used, and are healthier overall. Stevia, a sweet herb from South America is 150-400 times sweeter than sugar, has "zero calories, zero carbohydrates, and zero chance of a spike in blood sugar," according to www.USNEWS.com It used to be sold only in co-ops and healthfood stores, but having been discovered by Cargill, it has now gone mainstream and been branded Sweet Leaf, or Truvia. Cargill did some research and notified the FDA that several studies have been done that "prove stevia's safe through rigorous research." [Note **who** notified **whom**.] Our local stores carry it with the other sugar substitutes. Xylitol, a sugar alcohol, has the texture of table sugar and can be substituted one-for-one in recipes. But it is poisonous to animals: www.hsus.org/pets/pet_care/protect_your_pet_from_common_household_dangers/foods_potentially_poisonous_to_pets.html

Sugar, on the other hand, has few if any nutrients, causes a huge energy boost followed by plummeting blood sugar levels, and stresses the whole body, particularly the pancreas and adrenal glands. Brown sugar is refined sugar sprayed with molasses; turbinado sugar is 95% sucrose. Maple syrup, roughly 65% sucrose, is also absorbed into the bloodstream rapidly and contains only small amounts of trace minerals. You have a sweet tooth? God made pears, nectarines, apples, berries, apricots, cherries, sweet potatoes, grapes, mangoes....Orange you glad? +++

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Notable Quotables

- **Have you seen the new Associated Press sugar statistics?** "Americans swallow an average of 22 teaspoons of sugar each day in the form of soft drinks, candy, cookies, and processed foods. Among teenagers, the figure is 34 teaspoons." *THE WEEK*, 11 Sept 2009.
- **Do you have a drinking problem?** Researchers in Greece have found that consuming large amounts of cola can cause hypokalemia, a dangerous deficiency of potassium that can lead to loss of muscle strength, nausea, heart palpitations, and other heart problems. An Australian who drank cola all day suddenly found he could not breathe; a hospital discovered that his lungs were paralyzed. Two pregnant women to drank liters of cola every day were also hospitalized, suffering muscle weakness and frequent vomiting. The sugar and caffeine in cola can change blood chemistry in dangerous ways, Dr Clifford Packer, a researcher said. *The Week*, 5 June 2009.
- **Are you a fisherman?** The US Geological Survey's research reports that test fish pulled from nearly 300 streams in the US found every one of them contaminated with some level of mercury. Most mercury in water comes from atmospheric particles, largely from coal-fired power plants, concrete plants, and trash burning, the EPA says. Mercury is a neurotoxin especially dangerous to neurological development in infants and fetuses. A full list of fish consumption advisories from 48 states is available at www.epa.gov/waterscience/fish/advisories *USA TODAY*, Thursday, 20 August 2009.
- **How much arsenic is too much?** Arsenic, an odorless and flavorless element, occurs both naturally and in industrial contaminants, and can be toxic in different amounts in different people. So-called organic arsenic, found of it than expected, which suggests that the chemical is accumulating in their tissues. "When arsenic accumulates in the body that is not good news," said chemist Jorg Feldman, who was not involved in the study. In another surprise, the act of digestion broke down the arsenic into potentially toxic forms, raising questions about what levels are safe in sushi, mussels, and other widely consumed seafood. *THE WEEK*, 25 Sept 2009. +++

"There are no bad foods"—now who is selling propaganda?

Jeff Nelson, writer of "There are no bad foods," *Earth Save*, June 2008, found that statement in an article in an inflight magazine while flying South-West Airlines. It was followed by "All foods in moderation can fit into a good diet." The article was written by Susan Adams, a registered dietitian and spokesperson for the American Dietetic Association.

Nelson contends that "telling someone addicted to junk food to eat it in moderation is like advising a heroin addict just to shoot up once a month; it's a **daily** habit. The problem is people just CAN'T eat these

foods in moderation." What is moderation? One soft drink a day? The Framingham heart study showed that one-a-day soda, regular or diet, resulted in a 31% greater risk of becoming obese, and a 30% increased risk of developing a larger waist circumference.

Across the page in the same issue is Tara Parker-Pope's book review of *Eat This, Not That!* by David Zinczenko. His book includes a ranking of "The Worst Foods in America. Ask yourself if there are no bad foods as you read this partial list:

Worst fast food meal:

McDonalds Chicken Premium Breast Strips with creamy ranch sauce: 870 calories.

Worst drink: Jamba Juice Chocolate Moo'd Power Smoothie. "With 166 grams of sugar you could have had eight servings of Ben and Jerry's."

Worst "healthy" meal: Ruby Tuesday Bella Turkey Burger: 1,145 calories.

Worst airport snack: Cinnabon Classic Cinnamon Roll: 813 calories and 5 grams of trans fats. **Worst salad:** On the Border Grande Taco Salad with Taco Beef: 102 grams of fat and 2,410 mg of sodium. **Worst dessert:**

Chili's Chocolate Chip Paradise Pie with Vanilla Ice Cream: "At 1,600 calories it's like eating the caloric equivalent of three Big Macs."

Nelson points out that the ADA's fact sheet about heart disease is paid for by the pork industry, its "facts about milk" brochures by the dairy industry, and its literature about chocolate by Mars Candy. He wonders if ADA stands for American Dollar Association, because there may be no bad foods but "there certainly is good money to be made if you can be bought off by industry." Plain popcorn, anyone? +++

"Student obesity linked to proximity to fast-food outlets"

That's the headline of an article by Jerry Hirsch in the Aug 2009 *Earth Save*. Researchers from UC Berkeley and Columbia University studied the body-fat data from more than a million California ninth graders over an eight-year period, focusing on the proximity of their schools to well-known chains such as McDonalds, Burger King, Taco Bell, KFC, and Pizza Hut.

"Their conclusion: Fast food and young waistlines make lousy neighbors." The presence of a fast-food outlet within easy walking distance [one tenth of a mile] of a school "boosts the odds that its students will be supersized."

A Fullerton ninth grade girl said, "I get ice cream, French fries, double cheeseburgers, all that stuff. I know it's not good for you, but I eat it because that is the closest place to the school." Daniel said that he and his friends order cheeseburgers, fries, and what they call the Hulk, a sugary mix of orange HiC and blue Powerade. He's worried about the calories in a Big Mac, 540 of them, but he and his friends hang out there after school.

State and local governments are taking aim at fatty, high calorie foods because they are concerned about America's obesity epidemic, diabetes, and heart disease, even among young people. The finding that students who are constantly exposed to fast food are more likely to be fat "should not be a surprise," said Brenda Roche, a registered dietician at UC Extension in Los Angeles County. "If you put a McDonald's in front of a school, kids will eat there. Obesity is as much a factor of environment as it is a matter of choice." At Fullerton, "kids learn about nutrition in health classes, but the school has little control over what happens outside its gates." +++



LET'S TALK ABOUT MAINTENANCE. . .

You are probably raking leaves. Our townhouse association hires someone to get the leaves out of the gutters before winter, when they will accumulate ice. Perhaps you are thinking about next spring's garden.

We thought about getting a cat when the Humane Society offered them free to seniors. We hadn't had one since 1970. We remembered the purring and companionship. Our daughter reminded us that cats shed. A free cat is not free. It's not the initial expense; it's the upkeep. We did not get a cat.

We took a three-week road trip in August/September. Our neighbors took turns watering for us. We took our AIM products along. The first week, in a timeshare where we made our own meals, we faithfully used them. After that, we were unpacking and packing the car at every stop. We could find the basics, BarleyLife® and Herbal Fiberblend®, but not the rest. I remember one of the AIM vice presidents saying, no one can take everything, and he cycled them. So, we thought, this is a time when we see what we really need.

People who shake my hand often comment on how soft they are. I say, "Well, I soak every morning in Cell Wellness Restorer™. It's much more than a bath oil, but it does keep my skin soft." Then I tell them how my 40 years of migraines disappeared after I had used CWR for three months; I have never had a migraine, nor used my prescription medication, since 2000. But look at the picture of the palm of one of my hands below, taken when we returned from our trip. I was dismayed. Both hands had big flakey holes.

Now both hands are normal again. Why the difference? I don't know. I've never used hand lotion and I don't now. I am guessing that the two-week disruption in the maintenance AIM products we use may have been the cause. Not only did I miss some Cell Wellness soaks, I also missed taking AIM's omega 3-6-9 EFA product, AIMega®. My sensitive body noticed the difference. Before AIM introduced AIMega, I used to take Udo's oil, another 3-6-9 product. AIMega capsules are very similar to his capsules. Rose Bird, manager of AIM Canada, used to work with Udo Erasmus, also a Canadian, and understands his concepts. His 456-page book *Fats that Heal, Fats that Kill* has a prominent place in our wellness library, and I often refer to it. If you don't have the book, and you still use cassettes, be in touch. We'll be glad to send you a copy of one of his engaging, informative talks.

Why use AIMega or Udo's oil? You probably know that flax oil is highly unstable and spoils quickly. If you buy flax oil or flaxseeds to grind, your healthfood store keeps them refrigerated, and you keep them in the fridge. Erasmus: "*The use of more stable oils of inferior nutritional value became commonplace [by the end of the second world war] and helped upset the ratio of w6 to w3 EFAs [essential fatty acids] that is important to our health. W6 consumption doubled, while w3 consumption decreased to 1/6 of its 1850 level....Over the years, natural, unrefined oils were replaced by bland, refined oils without taste, and we have come to believe that oil should be tasteless. But fresh, natural seed oils have the delicate aromas and flavors of the seeds from which they are pressed. [Carol's note: think extra-virgin olive oil.] These tasteless, low-quality oils have had the molecules with health benefits removed, altered, and destroyed....We lost the complex, natural substances they contain, which help digest and metabolize oils and have nutritional value of their own.*"

In the rest of the paragraph, Erasmus lists oil components and their benefits. In the rest of the book, he covers the components of *fats that heal* and of *fats that kill*; the history of oil making; the differences among commercial oils and unrefined oils; the effects of light, heat, fractionation, packaging, and storage; digestion and metabolism of fats and oils in the human body; vitamin and mineral co-factors in fat and cholesterol metabolism; antioxidants and "the fire of life"; fats and degenerative disease; special oil needs for certain degenerative conditions, the business and politics of health; and MUCH more.

Every person's nutritional needs are different. Appropriate supplementation is the **art of education plus experimentation to find what works best for your body**. Supplementation of our diets is not free, and it requires experimentation, trial and error, patience, and maintenance in order to keep in balance the nutrients that our own bodies require.

A yacht, or a cat, we can do without. We cannot quit eating. Eating is not free, but it is necessary. Achieving and maintaining wellness requires studying which good foods will bring our bodies into balance, and which ones, like bad fats and sweeteners, will throw them out of balance. See p 2 of *inkspots* to learn how to choose foods that will balance the essential fatty acids that our bodies cannot make, and pp 1 and 3 to learn how to avoid stressing our bodies with sweeteners that do not serve our bodies well. We have been trying to eat carefully since 1993, but we are not perfect by any measure. In our newsletters, I often describe our experimentation with food and with AIM products. We'd be pleased to have you tell us about your experiences with AIMega or other AIM products, so that we can be encouraged by what others are discovering.

Here is a picture of one of my rough, flaky hands --and on the back, I have reprinted some excerpts from *circle of influence*, summer 2005, to provide additional information about the benefits of AIMega.



*“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.***

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*. In the meantime, I have the notes for an AIMega™ teleclass by Rose Bird, manager of AIM Canada and chartered herbalist. Here are some excerpts:

AIMega™ capsules have a balance of omega 3, omega 6, and omega 9 essential fatty acids, from organic flax, sesame, olive, and sunflower oils. The product 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:

- decreased consumption of foods that are rich in omega 3 fatty acids [fish, flaxseeds, whole grains]
- increased 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®. As we have told 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—it apparently helps my skin.

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 products produced from other animal factory farms. Industry and mega-farm runoff have ruined most lakes, rivers, and streams. Alaska is the first state to pass a bill that will require the labeling of genetically-engineered fish—because that’s another issue with farmed fish. When we buy fish, we only buy wild Alaskan salmon, in season, or canned Deming wild-caught 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 www.seabear.com, or-800-645-3474.

We are glad to have fresh Alaskan salmon available locally, seasonally, but we are **especially thankful for the integrity of both the products and the committed people at AIM.** +++

Note: We’d like to send you *inkspots* and *circle of influence* via e-mail. In order to comply with anti-spam laws, we need to have a letter on file from you requesting it. If you are receiving hard copies, and would be willing to print your own e-mail versions, please send a letter to one of our e-mail addresses with the subject line “Send newsletter by e-mail,” and we will add your address to our winter newsletter blast.

Carol and Dick Cover

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