

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

IMPORTANT: Please note our updated e-mail addresses:
carolcover@letsbewellinc.com
dcover@letsbewellinc.com

"We are what we eat....We are. It's every bit as true as it is hard to see. Just as our homes are made from lumber without looking like trees, our bodies are made from the nutrients we extract from foods without resembling those foods. The nutritional content of what we eat determines the composition of our cell membranes, bone marrow, blood, and hormones....[T]he average adult loses roughly 300 billion cells to old age every day and must replace them...That's why what we put in them is of utmost importance." David Katz PhD, "The Case for Natural Foods," *Prevention*, March 2010

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

Practicing the discipline of fasting for a longer, healthier life

The last paragraph of the front page story last quarter summarized the advice of Russell Blaylock MD, for keeping our minds healthy as long as we live our lives. I'd like to address one of his ideas: **Fast one day a week.**

Some of us periodically fast. Common in our circles is a *Daniel fast*. If you have read the book of Daniel, you may recall that as a youth, Daniel, along with the rest of Israel, was exiled to Babylon, where at times he occupied high offices in the Babylonian and Persian empires. In chapter one, Daniel and his three young friends appealed to the chief of staff to be allowed to refrain from eating the king's rich food and wine. At the end of the ten days of their eating only vegetables and drinking only water, they looked healthier and stronger than those in the control group eating the king's rich foods. I recommend ten days or 21 days on that regimen four times a year. It's my seasonal cleanse.

Or, as Dr Blaylock suggests, fast one day a week. Yesterday I pulled

Environmental Nutrition, June 2009, from my "next newsletter" file. The page 2 story is "Meatless Mondays are good for you...and the earth." Here are some ideas that may interest you.

Why skip meat for a day? "Healthy People 2010," a report issued by the US Department of Health and Human Services, had as one of its goals to reduce saturated fat intake by 15%. Nutritionists at Johns Hopkins Center for a Livable Future learned that asking consumers to skip meat and other saturated fat-containing foods one day a week would get them to the recommended intake.

What's the benefit? In the 1960s, we North Americans ate less than 160 lbs of meat per person per year. By 2002, we were eating more than a half pound of meat per person every day: 220 lbs per year: 37% more.

Research shows that vegetarians have lower rates of hypertension, heart disease, stroke, type 2 diabetes, breast, colorectal and prostate cancers. They also weigh less, on the average than meat-eaters, "because the

additional produce and whole grains added to your diet helps keep you fuller on fewer calories." A plant-based diet is also lower in total fat, saturated fat and cholesterol, and includes more of the beneficial nutrients found in plant foods, like vitamins A and C, potassium, fiber, beta carotene and lycopene.

What about the environment? It's easy to forget that the "amount of grains and sheer energy required to produce a pound of meat far exceeds what it takes to grow edible plants...seven tons of grain to produce a ton of beef, four tons to produce a ton of pork, and two tons to produce a ton of chicken. Moreover, livestock produces waste, which pollutes both air and water."

Will it really help my brain? *EN* says "Eat more vegetables." Meatless Mondays [all three meals], when made an ingrained, dietary routine, "can help to improve your health and the health of the planet...Once you have mastered the art of no meat on Mondays, add another day of the week." *EN's Research News*

notes that a recent study tracked more than 3,700 men and women in Chicago and tested their mental acuity three and six years later. Researchers found that people who ate three servings of vegetables a day, particularly the green leafy type, hung onto their mental acuity 40% longer than those who ate less than one daily. In effect, those who ate three or more servings had brains that functioned as if they were five years younger."

Similar research made the news in *New Scientist*, 28 March 2009, "Lots of red meat shortens life." US National Cancer Institute studied meat intake of 545,000 volunteers, 51-71 years of age for ten years. During that time, more than 71,000 of the group died. Researchers found that women who ate the most red meat [66 grams per 1,000 calories] were 36% more likely to have died than those who ate the least: 9.1 grams. Statistics for men were comparable.

Excellent material on fasting is available from Dr Mary Ruth Swope at kingdomkalories.org Go for it! +++

Your Right to Know: genetic engineering and the secret changes in your food

"With an estimated 70-75% of processed foods now containing genetically engineered ingredients, the public feels it has a right to know about the presence of genetically modified foods in their diets. Despite this clear public mandate..., the FDA has for more than a decade, continued its policy of not requiring the labeling or human health testing of these foods. In fact, the FDA has completely ignored the public interest and, at the behest of the biotechnology industry, refused to establish any mandatory regulations whatsoever on GE foods. Meantime, governments throughout Europe and the world are requiring strict labeling and testing of these foods, and some are rejecting them outright."

...Your Right to Know: genetic engineering and the secret changes in your food.
Andrew Kimbrell,
founder and executive director, Center for Food Safety,
Washington DC, 2007

Are you shopping in the dark? So asks Andrew Kimbrell in *Your Right to Know*. Many people are troubled by the secrecy surrounding genetic engineering of our food supply. There are some practical ways to raise our awareness. I strongly recommend that you obtain this beautiful, carefully researched book. You need it to learn the answers to the following.

Are genetically engineered food safe? No, says Martha Herbert MD, specialist in learning and developmental disorders at Harvard Medical School. "Infants intestinal barrier functions and immune systems are not fully developed. This is why pediatricians are careful about introducing new proteins into infant diets. Without labeling, parents have no way of knowing whether or not a soy formula they're feeding their babies contains untested proteins. The doubling of childhood asthma since 1980 has been linked to early diet. Certain foods can trigger behavior changes in vulnerable children, e.g., autism or attention deficit disorder." Nobody is testing the health impact of genetically modified food products. "This isn't sound science and it isn't sound public health practice."

Do they harm the environment? Monsanto's Roundup-resistant horseweed now infects over a million acres across a dozen states. "Engineering a plant to tolerate ever greater amounts of a chemical herbicide not only encourages the use of more chemicals, but also increases the serious problem of herbicide resistant weeds....As these herbicide-resistant super weeds become harder and harder to eradicate, they will require even larger amounts of lethal chemicals.

in turn delivering more dangerous pollution to the environment." Meantime, the EPA and the USDA, which are responsible for regulating the impact of GE crops, have been "asleep on the job."

What is their impact on traditional crops? Marc Loiselle, organic farmer in Saskatchewan, says, "We farmers are deeply disturbed by how transnational companies have promoted genetic engineering and obscured its risks to human health and the environment. What's more, these companies keep GE foods unlabeled, manipulate legislatures into exempting them from liability, and do not disclose their own studies."

How do they affect farmers and the farm community? "Over the last half century as chemical-intensive farming has come to dominate US agriculture, the number of farms and farmers has been drastically reduced, rural communities have been decimated, and profits have been concentrated among large corporations. Despite agribusiness promises that the new technologies will lead to safer, more successful farms, farming has become one of the most dangerous, most stressful, and least profitable professions in the United States. While...chemical, biotechnology, and seed companies grow richer and more powerful, increasing numbers of farmers are forced to abandon their farms and file for bankruptcy. Their suicide rate is also one of the highest of any profession in the country."

Since the US government refuses to label them, how do we avoid buying them and eating these foods? Most *whole* foods for sale—almost all fruits and vegetables, as well as staples like rice, wheat, other grains, and

beans—are not genetically modified. You can purchase them without concern.

"Unfortunately, certain widely used crops have been genetically altered. Of most concern are the Big Four: corn, soy, canola, and cotton." An estimated 52% of all corn, 87% of all soy, 55% of all canola, and 79 % of all cotton grown in the US are GE. Remember that they are also ingredients in processed foods: corn oil, corn flour, corn meal, cornstarch, gluten, sweeteners such as corn syrup, including high-fructose, dextrose, glucose; soybean oil, soy flour, soy protein, soy lecithin, isoflavones, vitamin E; canola oil, also called rapeseed oil; cottonseed oil. Most GE soy and corn become animal feed—which is why some of us choose not to eat conventionally-grown animal foods. The rest, the vast majority, is incorporated into processed foods, which is a good reason to avoid boxed foods, unless the box says prominently, "no genetically modified ingredients, no GMOs."

To avoid meat raised on genetically-engineered food crops, look for the phrase "100% grass fed." Processed and precooked meat and fish contain engineered oil-based additives and preservatives. "Canned tuna may be packed in GE oils; to be safe, buy canned fish packed in water or olive oil."

And children's foods? Watch out for hot dogs, macaroni and cheese, breakfast cereals, chips, tomato sauce, French fries, ice cream, soft drinks, peanut butter, and granola bars. Buy only infant formula labeled GE-free. **Be proactive;** only **you** can protect your family. The US Department of Agriculture, FDA, and EPA will not. +++

Sustainable table: can we in good conscience eat fish?

The February 2009 issue of *Environmental Nutrition* has a cover story headlined “9 Healthful Ways to Boost your Brain Function.” 1) *Add antioxidants*; 2) *Break for breakfast*; 3) *Be a fat head* [avoid saturated or trans fats which double your risk of developing Alzheimer’s; focus on essential fatty acids from fish, walnuts, and plant oils like olive oil, but not corn oil]; 4) *Boost Bs* [eat a well-balanced diet that includes B12, folate, B6—vitamins that fuel your body and your brain]; 5) *Make it Mediterranean*: vegetables, legumes, beans, fruits, whole grains, fish, less than 4 oz meat/poultry per day, fewer dairy products, monounsaturated fats, alcohol moderately; 6) *Fish for Omega 3s*: two or three times per week; 7) *Take time for tea*; 8) *Get a move on*; 9) *Play mind games*.

Fish. Fish. Fish? Note that those nine points mention fish three times. On the other hand, marine biologist, Carl Safina, winner of the Marine Conservation Award, writing in the April 2010 issue of *Eating Well*, describes the changes that have occurred in the Atlantic, where he has fished professionally since he was a teenager in the 70s.

“The fish we pursue are different from that you might expect, or what I would have sought several years ago...I’ve seen the oceans change. The big off-shore fish—the swordfish and sharks I once thrilled to see, catch, and eat—are now so scarce I don’t feel good about hooking them anymore. US fishermen now often catch less than 20% of the bluefin tuna they’re allowed, because they can’t find enough to fill their quotas. Hammerhead sharks—common when I started fishing offshore in the 1980s—are down about 90% and the other shark populations are severely depleted also.”

What happened to the natural balance? “The dominoes fall in unpredictable ways, upsetting the natural balance. As sharks off the East Coast have been fished down to low levels, the stingrays they used to eat have proliferated. So much so that the rays now demolish shellfish beds, putting some clambers out of business. In the early 1990s, Canada’s cod fishing industry declined more than 90% due to overfishing, “bringing longterm devastation up and down the seaboard.

“Of all the things,” Safina continues, “that are changing the ocean—including pollution, climate change, and coastal development—fishing has brought the most profound change so far....In 2006, an international team of scientists analyzing [data supplied by] global fisheries wrote in *Science* magazine, ‘Accelerating loss of populations and species...is increasingly impairing the ocean’s capacity to provide food, maintain water quality, and recover.’ They found that since 1950, about 1/3 of all fished species worldwide have collapsed. They noted that, at current rates, the rest would collapse by 2050.”

What does this fisherman/writer eat? “Atlantic cod is not sustainable, but Pacific cod is. Alaskan salmon is fine. Most farmed salmon—even organic—is not, as many salmon farms are infecting and threatening the wild species. Most domestic shrimp is farmed sustainably or caught in ways that limit by-catch of fish and sea turtles. Much of the shrimp from overseas is not.

“So my rule of thumb is very, very simple: **If a whole fish is small enough to fit on your dinner plate**, it’s probably a good choice both for the environment and your health. Here’s why: smaller fish that are lower on the food chain

tend to be abundant, fast-reproducing, and more resilient to fishing pressure. Bigger fish usually live longer, taking years to mature and begin breeding...There are fewer of them to begin with. So they are more vulnerable to overfishing and easily depleted. And slow growing, long-lived fish like sharks and big tunas can’t just bounce back....

“I won’t kill sharks anymore; it’s not good for them, and just as importantly, eating them is not good for me. **Simply put, big, older fish accumulate more mercury than small younger ones**....Most animals we eat are killed when they are young [six weeks for a chicken]. By contrast, the large bluefish tuna we catch are 10 years old. Contaminants like mercury, pesticides, PCBs, and other metals aren’t just passed along in the food chain; they accumulate and concentrate toward the top. Think of the ocean as a simple pyramid, with a shark at the top, a large number of herring in the middle, and a vast horde of plant plankton at the base....The higher on the pyramid you eat, the more likely you’ll be getting a larger portion of contaminants. Dine on plankton-eating herring [or anchovies, Atlantic mackerel, clams and oysters] which have the lowest mercury concentrations, while...sharks and tunas [big fish-eaters] have the highest amounts of contaminants.”

Which are good fish/bad fish? To make the lists that environmental groups keep, good fish must have low levels of contaminants—below 216 ppb [parts per billion] mercury, and 11 ppb PCBs; be high in omega 3s; and come from a sustainable fishery. They are pole-caught *Albacore Tuna* from either the US or British Columbia; farmed *Mussels* or *Oysters*; wild-caught Oregon *Pink Shrimp* or wild-caught *Spotted Prawns* from BC; *Rainbow Trout* farmed in the US; wild-caught Alaskan *Salmon*; and wild-caught Pacific *Sardines*. The tiny sardine is making onto the lists of superfoods, because it packs more omega-3s [1,950 per 3 oz serving] than salmon, tuna, or any other food.

Some popular but depleted or contaminated fish need to come off the menu. Researchers from Wake Forest warn that *farm-raised Tilapia* contains very **low levels** of heart-healthy omega-3s and **higher levels** of dangerous omega-6s than pork bacon. Others: *Bluefin Tuna*, *Chilean Sea Bass* [aka Patagonian toothfish], *Groupers*, *Monkfish*, *Orange Roughy*, [which lives 100 years or more, so the fillet in your freezer “might be older than your grandmother”—chances are there are lots of contaminants in a hundred-year-old fish], and farmed *Salmon*. **All salmon labeled “Atlantic salmon” is farmed.** Most farmed fish are “raised in tightly packed, open-net pens that are often rife with parasites and diseases that threaten the wild salmon trying to swim to their ancestral spawning waters. **Farmed salmon are fed fish meal, given antibiotics to combat diseases, and have levels of PCBs high enough to rate a health advisory from the EDF.**”

Three professional chefs provided recipes, with full-color pictures, for the article. Barton Seaver, Washington DC, is a fellow with the Blue Ocean Institute and is working on a PBS documentary, *Turning the Tide*, about food and the environment. His recipe uses “the humble canned sardine.”

“Sustainability isn’t just about the oceans,” he said, “it’s about sustainability for people.”

Visit edf.org for fish with health advisories, foodandwater-watch.org for a smart seafood guide, and eatingwell.com/go/fish to learn more about fish and your health. +++

Let's Be Well, Inc

Happy spring! Have you noticed? "Rain is caused by high pressure areas, cold fronts, and week-ends" [found in an old *Reader's Digest*.]



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Notable Quotables

What are we eating? The science of genetic engineering "allows DNA from one species to be injected into another species in a laboratory, creating combinations of plant, animal, bacteria, and viral genes that do not occur in nature or through traditional crossbreeding methods. Estimated by the USDA: 91% of soy, 87% of cotton, 75% of canola, 73% of corn are genetically modified." Julie Milunic, *National Triad* magazine, quoted in *Twain Cities Naturally*, February 2010. [Those numbers are up from 2007 when Kimbrell wrote *Your Right to Know*—see page 2]. Lisa Weasel in *Eating Well*, March/April 2009, says 92% of soy, 80% of corn grown in the US is genetically modified. And 70% of processed foods have GM ingredients.

Do you read labels? Campbell's cream of chicken soup label. "INGREDIENTS: chicken stock, chicken fat, modified food starch, wheat flour, cooked chicken meat, cream [milk], cooked mechanically-separated chicken, margarine, (corn, cottonseed, canola and/or soybean oil), water, beta carotene (for color), contains less than 1% of the following: dried whey, soy protein concentrate, monosodium glutamate, yeast extract, flavoring, vegetable oil, soy protein isolate, sodium phosphates, chicken flavor, (contains chicken stock, chicken powder), chicken flavor, partially hydrogenated soybean and cottonseed oil, butter."

Do you buy frozen fish? "Eat fish for your heart, but purchase it frozen for the planet: choosing frozen salmon is up to two times better for the environment than buying it fresh, found an analysis of the life cycle of salmon. Unlike fresh fish, which is air freighted, frozen can be moved via container ship, rail, or truck—more carbon friendly ways to travel...Your best catch is frozen wild Alaskan salmon—flash freezing the fish retains its taste and heart-healthy omega-3s. *Prevention*, March 2010.

Can fish protect the prostate? Maybe. The Physicians Health Study tracked 20,000 men over 20 years. Those eating 5 meals of fish a week were no less likely to get prostate cancer, but they had a 48% lower risk of dying of it than those who ate fish less than once a week. *American Journal of Clinical Nutrition*, 88: 1297, 2008, quoted in *Nutrition Action Healthletter*, January/February 2009.

Hurrah for Target? Discount chain Target has stopped selling farmed salmon, "citing the negative impact of farmed salmon on the environment." Farm-raised fish supply about three-quarters of the US demand for fresh and frozen salmon. *THE WEEK*, February 12, 2010. .

Are you spring cleaning? Don't forget your food choices

1. Toss heavily processed staples: Get rid of your corn oil and anything with high fructose corn syrup, and yes, that includes soft drinks. That alone is a huge first step, says Nina Planck, author of *Real Food: what to eat and why*.

2. Clean up the biggest part of your diet. Assess what part of your diet supplies the most calories, suggests Mary Ellen Camire PhD, professor of food science, University of Maine. Omnivores can buy grassfed meat and eggs from pasture-raised chickens. Vegetarians can choose organic produce.

3. Shop the perimeter of the market, where the whole, natural foods are. "Find stuff that spoils," says Johnny Bowden PhD, author of *The Most Effective Ways to Live Longer*.

4. Read labels. Lettuce has no label, while a bag of ranch-flavored corn chips has ingredients you can't pronounce. If you use packaged foods, choose those without hydrogenated oils, flavors, colors, stabilizers, preservatives, lots of fat, sodium, and sugar.

5. Think nutrients per serving, not price. Compare protein, fiber, minerals, vita-

mins against fat, sodium, sugars, and chemical additives.

6. Cook more meals at home. Most restaurants rely on processed foods. Michael Pollan, author of *In Defense of Food*, recommends involving family in washing, chopping, stirring, setting the table. Those who eat at home eat healthier and weigh less.

7. Adjust your tastebuds. You will find the flavors of whole foods to be more subtle. It can take up to 12 weeks to adjust, says Richard Mattes, PhD, Purdue University. Mix whole grain with white rice or white pasta until you adapt.

8. Follow an 80/20 strategy. Eating plans go bad and are short-lived when they are obsessive. Try eating natural food 80% of the time, with a 20% buffer for when you are traveling or socializing.

9. Eat for pleasure and for the future. "I choose to eat this way or many reasons, and one of them is enjoyment, says Pollan. "It's not rocket science. In fact, it's not even science. It's just common sense."

— Adapted from "9 Easy Ways to Clean up your Diet," *Prevention* magazine, March 2010. +++

Knowing the risks: how safe are cellphones?

Are you following the cellphone controversy? Here are some articles you may want to check out, as well as www.electrictmagnetichealth.org

"Gauging cellphones' possible risk," *Consumer Reports*, January 2009: "A Swedish study found that the chance of developing a malignant brain tumor doubled in some people who used cellphones for 10 or more years, according to an analysis of four case-control studies in the May 2008 issue of the *International Journal of Oncology*. Longtime cellphone users were also 2.4 times as likely to develop a benign brain tumor, the analysis of three other case-control studies showed. The associations were positive only for tumors on the side of the head where the phone was held....Until more is known people who want to minimize potential risks should use the speaker phone mode or a hands-free set while on calls and **ask kids to do the same**. They should limit time spent on the phone and keep antenna away from the head and the body."

"How safe are cellphones?" by Dr Ranit Mishori, *Parade*, March 21, 2010 gives similar information but also mentions that a child's nervous system is still developing, "and beginning cellphone use early in life can increase the duration of exposure." Buy models with low SAR ratings. Go to Parade.com/cell to find phones with low emissions.

Also visit <http://emf.mercola.com/sites/emfs/archives/2010/01/21US-Senate-Committee-Confirms-Dangers-of-Cell-Phones.aspx> +++

LET'S TALK ABOUT COMMUNITY

“Couples who often use the words **we** and **our** have happier marriages than those who usually use the words **I** or **his** or **her**. That’s the conclusion of a new University of California Berkeley, study on how couples fight and resolve marital disagreements. Researchers analyzed the conversations of 154 middle-aged and older couples as they discussed the conflicts in their marriages, while monitoring physiological indicators of stress and anger, such as heart rate and sweating. Couples who used lots of **I** words were more likely to turn the discussion into bitter fights and to express overall dissatisfaction with their marriages. Couples who consistently spoke of their problems in the context of **we** and **our** were less stressed by disagreement and happier in general. ‘Individuality is a deeply ingrained value in society,’ researcher Robert Levenson tells the *Edinburgh Scotsman*. ‘But, at least in the realm of marriage, being part of a **we** is well worth giving up a bit of **me**.’” The “Health & Science” page of *The Week*, February 19, 2010.

Dick and I do not need a research team to tell us that. Coming up on our 55th wedding anniversary this summer, we know we have a happy marriage. In fact, we have an in-house joke: When one of us looks around the house and sees something that needs doing and says, “We need to tackle...”, the other invariably responds with a big grin, “Who’s the **we**?” We also concur with God’s decision in the garden to provide a companion for Adam. Dick likes to say that everything God made, he called *good* or *very good*, except when he noticed that it was *not good* for man to be alone. Dick often tells me how thankful he is that God provided me to be a *helper suitable for him*.

But there are other kinds of community. I’d like to mention the AIM family we have been part of since 1992. We have made many friends by attending AIM events and hosting our own. One of my favorites is the AIM prayer line. For more than seven years, AIM has provided a tollfree line twice a week, Tuesdays and Fridays, for members from the US and Canada, to remember the needs of those in the Corporate Office and in their AIM networks. I like the timing of the Friday call: 6:30 to 7:30 a.m., CST, and try to participate most weeks. The Tuesday call is later [9:30-10:30 a.m., CST], and I am already into my work day by then. It’s a joy to hear voices of people we only see at conventions, even some we have never met whose voices we begin to recognize, week after week. The format varies: sometimes we sing praises to God for much of the hour. Someone will read a scripture that has been meaningful to him or her that morning. We always pray for AIM’s officers, staff, and employees, and various callers give good reports of God’s intervention for people we are remembering week to week. New names are mentioned of people in someone’s network who are seriously ill. At the end of the call, Edna Smith, a Canadian Chairman’s Club member, prays a blessing over a particular AIM product, that “God will use it to bring hundreds of thousands of people into the AIM family.” Let me know if you’d like to participate in a prayer call.

Because we are a community from across many different networks, we help each other with questions that we cannot readily answer ourselves. One morning in February, after a kitchen accident that resulted in a trip to the ER, I asked, “My physician wants me to take ibuprofen every four hours for the inflammation associated with my knee injury. My body is very sensitive to meds, and I have broken out in a rash on my cheeks, neck, and midsection. What AIM products can I take that will deal with the inflammation?” AIMega™, Proancynol®, and Frame Essentials® were suggested. Loren Schiele, Royal Emerald Director from TX, said, “We may be forgetting what FloraFood® can do. I’ll send you a piece I wrote in 2001 when Michael O’Brien was helping AIM develop FloraFood and Prepzymes®.” He did. It’s several pages long; I can e-mail it [or mail a hard copy] to anyone who wants it. Bottom line: I took four FloraFood at bedtime that night. I felt the “workers” being busy for about an hour before I dozed off. The next day I still had the rash but the itching had stopped. The more my system got cleaned out from the drugs, the more the rash faded. It’s true: we forget about the **workers** in the AIM products. **Be sure to tap into the AIM community.** Ask your sponsor, or me. If I don’t know, I’ll ask until I find someone who does. Let’s be well! +++

BILLIONS AND BILLIONS....

One hundred trillion—that's 100 followed by 12 zeroes—live in your gut, which means you have 10 microbes for every human cell in your body. That reminds me of the national debt, but let's not go there.

I have my notes from the AIM teleclass I took from Rose Bird, chartered herbalist and General Manager of AIM Canada, on 17 February 2004: Probiotics are live bacterial microorganisms that can inhabit the human gastrointestinal tract, where they excrete chemicals that are vital for digestion and for keeping harmful bacteria in check. They can also counteract the negative effects of antibiotics, which indiscriminately kill both good and bad bacteria, making it easier for pathogens to flourish.

Intestinal flora play a major role in our health. Two strains, *Lactobacillus acidophilus* and *Bifidobacterium bifidum*, are native to the human body. There are five primary areas in which probiotic use can be used to support the body: proper intestinal environment, post-antibiotic therapy, vaginal yeast infections, urinary tract infections, and cancer prevention. Rose Bird said that it has been known for some time that lactobacilli play a role in the prevention of and defense against diseases, particularly those of the GI tract and vagina. As part of the normal flora, lactobacilli inhibit the growth of other organisms 1) through the competition for nutrients, 2) through the alteration of pH and oxygen tensions to levels less favorable to disease-causing organisms [pathogens], 3) through prevention of attachment of pathogens by physically covering attachment sites and limiting factors such as anti-microbial factors.

We usually pay no attention to our incredibly complex GI tract until the body starts to malfunction. In some cases, diet alone may not maintain the necessary numbers of friendly bacteria. There are at least 500 different species of microflora in normal intestinal flora. **Dietary sources:** Good bacteria are found in yogurt, cheese, fortified milk, sourdough bread, and pickled foods. A diet rich in complex carbohydrates (vegetables, fruits, whole grains) promotes the growth of bifidobacteria. Certain lifestyle factors—including the use of antibiotics, alcohol consumption, travel, and stress—can damage these delicate microorganisms.

What makes AIM's FloraFood® unique?

- The *L. acidophilus* strain used is classified and approved by Japanese Health and Welfare Ministry as a drug. Therefore, its safety and efficacy are officially and nationally proven.
- More than 35 years of human usage worldwide; clinically tested for efficacy and safety.
- Stable at room temperature; no refrigeration required, making it perfect to use for travel.
- Long shelf life (3-4 years) supported by stability studies.
- Live cells guaranteed at the time of consumption, not at the time of manufacturing.
- pH and bile acid resistant; able to withstand stomach acid. Few strains can withstand the pH of 1-2, the harsh condition of an empty stomach, for extended periods of time. AIM's FloraFood is taken with food, allowing the probiotic population to double in number. Independent laboratory tests have shown that AIM's source, Wakunaga strains, can maintain their viability at a pH of 3.0 for two to three hours.
- Complete vegetarian formula: dairy-free, and also free of sugar, sodium, yeast, soy, artificial colors, and flavors.
- The lactic acid source was derived 30 years ago from a strain shown to be suitable for colonization, survival, and production in the human intestinal tract. Bird says, "Bacteria derived from dairy [e.g. yogurt] and other sources are transient visitors, less likely to remain in the human intestinal tract, and can afford only temporary benefits."
- Packaged in a dark, well-sealed, glass bottle for stability; glass is less permeable than plastic. For optimal shelf life, avoid humidity, high temperatures, and direct exposure to sunlight.

Gary Elmer PhD is co-author of a *Journal of the American Medical Association* (JAMA) research review critiquing probiotic studies. He cautions against buying a probiotic with less than a billion live cells per capsule. [AIM product meets his guidelines]. In one study, 70 patients were given probiotics after receiving the antibiotic ampicillin. None of the patients taking probiotics developed antibiotic-associated diarrhea, compared with 43 patients taking the placebo. One study published in the *Journal of Chincial Therapeutics* supports the use of probiotics to treat urinary infections. Other studies indicate that friendly bacteria may strengthen the body's natural defenses. Researchers also believe they help lower serum cholesterol levels. Maintenance amount, usually 2 billion, varies according to age, diet, and need; for therapeutic purposes, the daily amount is about 10 billion.

Important note: Do not take this product with AIM Preppzymes® at the same meal. Preppzymes will break down the bacteria in the FloraFood, so take the two products at alternate meals. It is important to drink plenty of water.