ALKALINE WELLNESS

Truth About Food

"Knowledge is Power"
Food is Thy Medicine---Hippocrates

Today's Food

Our food supply is not what it used to be…. Agriculture farming has become a mega-business because mega-corporations are involved in food production on a large scale. This is a serous problem that affects the entire chain of agriculture related businesses, including seed supply, agri-chemicals, food processing, machinery, storage, transport, distribution, marketing, advertising, and retail sales. This means that farming has become a **bonafide** "business" and it has to be profitable for the corporations, not for consumers……result? Whatever it takes to increase the profit margins, so will be.

"Corporate farming" is a term often used synonymously with "agribusiness". This farming practice is a common one in the United States today. Critics argue that the ultimate goal of corporate farming is to vertically integrate the entire process of food production.

The issue is their heavy use of pesticides and chemical fertilizers that are used in the soil as well as the crops. This enables the agribusinesses to optimize their use of the surface area of the farmable land. This agricultural intensification has been the response to population growth, producing more food on the same amount of land.

As a result, the nutrient value of the crops plus the toxic load due to pesticides and chemical fertilizers are creating a serious health concern for our nation.

What does this mean for us?

First, know the facts and be an advocate for sustainable farming practices. There is an organic movement today that supports community sustained agriculture (CSA), meaning that the consumers directly buy from the local farmers that have safe organic practices that utilize the old-fashioned method of farming that is both environmentally and agriculturally friendly.

This allows us to eat fresh from local produce cutting down the fuel and energy required to ship and transport the crops from another region. If you look up CSA, you should be able to find some locally to you. I typically go to the local farmers market and buy my produce directly from the

farmer. This allows me to have a relationship with my food and I know that I am doing my part to save the environment and eat fresh organic produce.

As for our meats, it too is a mega-business. "Factory farming" involves large numbers of animals raised on limited land, which require large amounts of food, water, and medical inputs (required to keep the animals healthy in cramped and unhealthy conditions).

These very large number of confined indoor intensive livestock operations are quite common in US farming practices. This causes further pollution and health issues for both the consumers, animals, and the environment.

In order to increase production of eggs for example, the chicken is given hormones and antibiotics that enables them to produce the eggs. Also, these animals are kept in such impossible situations that they require heavy doses of antibiotics just to keep them from infections that put them at risk due to filthy living quarters.

These livestocks are also injected hormones to "fatten" them up to get more cost per pound. The truth is that the cows are supposed to be fed grass by nature and roam freely on pasture.

On a pleasant note, the local farmers also raise livestock the way they are supposed to be raised; fed grass and pastured, without antibiotics and hormones.

Solution

1. The ideal option would be to join a CSA (community sustained agriculture) and eat only the produce that grow locally.
2. Visit the farmers market regularly and buy your fresh produce there.
3. You can purchase organic meats from the below:
   www.greensburymarket.com
   www.wildwoodfoods.com/Organic
   www.organicprairie.com
   www.localharvest.org/
4. Shop "organic" whenever possible at the local supermarkets.
5. Only eat seasonal produce.

Longevity Secrets

SDA- Seventh Day Adventist

I am a graduate of Loma Linda University. I studied both Public Health Nutrition and Physical Therapy. During my studies, I was exposed to the healthy lifestyle of Seventh Day Adventists, which includes daily physical activity, observing Sabbath on Saturdays, no stimulants like black pepper, coffee, alcohol, smoking, and a diet full of fresh vegetables and grains with little or no meat.

The study that involves the SDA population, called "Adventist Health Studies", studied the long-term studies exploring the links between lifestyle, diet, and disease among Seventh-day Adventists. More than 96,000 church members from the U.S. and Canada are participating in the current study, AHS-2, conducted by researchers at the Loma Linda University School of Public Health.

Dietary Status of Study Members:

- 8% are vegan (No red meat, fish, poultry, dairy or eggs)
- 28% are lacto-ovo vegetarian (Consume milk and/or eggs, but no red meat, fish or poultry)
- 10% are pesco-vegetarian (Eat fish, milk and eggs but no red meat or poultry)
- 6% are semi-vegetarian (Eat red meat, poultry and fish less than once per week)
- 48% are non-vegetarian (Eat red meat, poultry, fish, milk and eggs more than once a week)

Findings:
The data showed that people who ate meet weighed significantly more compared to the vegetarian individual. For instance, 55-year-old male and female vegans weigh about 30 pounds less than non-vegetarians of similar height. Additionally, levels of cholesterol, diabetes, high blood pressure, and the metabolic syndrome all had the same trend – the closer you are to being a vegetarian, the lower the health risk in these areas. In the case of type 2 diabetes, prevalence in vegans and lacto-ovo vegetarians was half that of non-vegetarians, even after controlling for socioeconomic and lifestyle factors.

Although the results do not prove causation, they do suggest that correlation exists; thus, it is interesting to examine the characteristics of vegans/vegetarians.

Compared to non-vegetarians, vegans/vegetarians:

- Watched less television
- Slept more hours per night
- Consumed more fruits and vegetables
- Consumed less saturated fat
- Typically ate foods with a low glycemic index, such as beans, legumes and nuts

Something to think about... Consider your current habits and see if you can modify some behaviors. It's the habits that are so powerful to ultimately set us on the right track.

Japanese

Another study is involving the Centenarians of Okinawa, Japan…

Okinawans have among the lowest mortality rates in the world from a multitude of chronic diseases of aging and as a result enjoy not only what may be the world's longest life expectancy but the world's longest health expectancy.

Centenarians, in particular, have a history of aging slowly and delaying or sometimes escaping the chronic diseases of aging including dementia, cardiovascular disease (coronary heart disease and stroke) and cancer. The goal of the Okinawa Centenarian Study is to uncover the genetic and lifestyle factors responsible for this remarkable successful aging phenomenon for the betterment of the health and lives of all people.

The Okinawa Centenarian Study (OCS) is an ongoing population-based study of centenarians and other selected elderly, in the Japanese prefecture of Okinawa that began in 1975. Ages are validated through the Koseki, the Japanese family registration system. At the baseline exam a full geriatric assessment is performed, including physical exam and activities of daily living. Since the onset of the OCS, limited information on the demographics of the entire centenarian population of Okinawa has been collected and full assessments of a sub-sample of 900-plus centenarians have been performed.

When Dr. Suzuki, the Principal Investigator of the OCS, first began his studies, he found an unusual number of centenarians to be in extraordinarily healthy shape. They were lean, youthful-looking, energetic, and had remarkably low rates of heart disease and cancer-even stomach cancer, which claimed many mainland Japanese. And they enjoyed the longest life expectancy in the world.

By 1995, according to Japan Ministry of Health and Welfare life tables, Okinawan life expectancy had even surpassed the absolute limits of population life expectancy estimated by the Japan Population Research Institute and many bio-demographers (see Fries JF. New England Journal of Medicine 1980;303:131-5).

As can be deduced from these descriptions of a typical meal, the traditional dietary pattern in Okinawa has the following characteristics:

- High consumption of vegetables
- High consumption of legumes (mostly soy in origin)
- Moderate consumption of fish products (especially in coastal areas),
- Low consumption of meat and meat products,
- Low consumption of dairy products,
- Moderate alcohol consumption,
- Low caloric intake,
- Rich in omega-3 fats,
- High monounsaturated-to-saturated-fat ratio, and
- Emphasis on low-GI carbohydrates.

Now let's talk about our problem…….**SAD (Standard American Diet)**

If you were to list the factors that increase the risk of cancer, heart disease, stroke, intestinal disorders – just about any illness – the standard American diet has them all:

- High in animal fats
- High in unhealthy fats: saturated, hydrogenated
- Low in fiber
- High in processed foods
- Low in complex carbohydrates
- Low in plant-based foods

The striking fact is that cultures that eat the reverse of the standard American diet – low fat, high in complex carbohydrates, plant-based, and high in fiber – have a lower incidence of cancer and coronary artery disease (CAD). What's even sadder is that countries whose populations can afford to eat the healthiest disease-preventing foods don't. The United States has spent more money on cancer research than any country in the world, yet the American diet contributes to the very diseases we are spending money to prevent. This seems counter-productive.

My point is to ensure we follow the healthy proven habits to increase and improve our longevity, vitality, clarity, and energy.

Alkaline Food Recommendations

Healthy Protein Choices

Meats: Grass fed, pastured meat contains muscle building blocks that are essential to our body. Grass fed beef contains more beta carotene, vitamin E, and omega 3 fatty acids than the conventional meats. They also have less fat per serving, than their conventional kind.

Fish: Wild caught fish, not ("farm" raised) also has high omega 3 content which is beneficial due to its anti-inflammatory effect in your body. The natural caught fish enables the fish to have the ideal composition that is desired. What about the mercury levels? Mercury levels are higher for tuna and swordfish; try to limit the intake of these.

What types of fish should you consume? Wild salmon, halibut, and cod are great choices that are full of the omega 3.

The omega 3's that are in these fish is important due to its effects on weight gain. The more you can reduce inflammation by consuming foods that are highly anti-inflammatory, like eating plenty of fish, veggies, and fruits, the easier it is for you to lose the fat and gain the lean muscle that you want.

Free Range, Organic Chicken : Have you noticed that when you buy the full rotisserie chicken, its bigger than ever before? I've wondered what they're feeding these chickens. Go with the free range, organic chicken. They not only taste better but contain more nutrients with ideal omega 3 to omega 6 ratio.

Organic Eggs: These are great sources of protein, especially the yolk, where the vitamins, minerals, and antioxidants are found. The yolk contains all of the fat soluble vitamins, A, D, E, and K as well as the essential fatty acids. Research has proven that the organic eggs contain 10X more omega 3 and are more nutrient rich than that of the conventional eggs.

Again, fresh eggs are usually available through the local farmer's market or CSA(Community Support Agriculture).

Nuts
Are nuts good for you and help you lose weight? Absolutely yes, take a handful a day as a healthy snack and take advantage of the high levels of vitamins and minerals. They are loaded with antioxidants and healthy fats that are actually great for your heart. But remember, nuts are highly caloric and are high in fat content, although good fat, be mindful and eat in moderation.

5 key Grains

1. *Quinoa*

   While quinoa is usually considered to be a whole grain, it is actually a seed, but can be prepared like whole grains such as rice or barley. Try a quinoa in salads, or serve a vegetable stir fry over cooked quinoa instead of rice.

   Quinoa is my favorite whole grain for three reasons: First, it takes less time to cook than other whole grains – just 10 to 15 minutes.

   Second, quinoa tastes great on its own, unlike other grains such as millet or teff. Add a bit of olive oil, sea salt and lemon juice and - delicious!

   Finally, of all the whole grains, quinoa has the highest protein content, so it's perfect as a complete protein source especially if you are vegetarian or vegan. Quinoa provides all 9 essential amino acids, making it a complete protein.

   Quinoa is a gluten-free and cholesterol-free whole grain, is kosher, and is almost always organic.

   Culinary experts will be interested to know that quinoa was a staple food for thousands of years in the Andes region of South America as one of just a few crops the ancient Incas cultivated at such high altitude.

   Cooking quinoa:
   Prepare quinoa as you would prepare rice. Cover it with water or vegetable broth and boil until soft, about 15 minutes. Or, place 1 part quinoa to 2 parts water in your rice cooker.

2. *Barley*

Whole grain barley is a healthy high-fiber, high-protein whole grain, boasting numerous health benefits. When cooked, barley has a chewy texture and nutty flavor, similar to brown rice.

Although soup is the most common way to eat barley, you can use it like any other grain such as couscous or rice. Serve with curry or stir fry over barley instead of rice or make a barley pilaf.

Barley is Chewy and nutty, it may be more widely enjoyed as an ingredient in beer than in it's whole grain state, but that doesn't mean you shouldn't give it a try! Like many whole grains, barley has been shown to be effective in lowering cholestrol particularly in men.

If you're looking to eat more whole grains to reduce your cholesterol, barley may be the best one to try. It'll really stick to your ribs and fill you up, too. Toasted barley is often used as a coffee substitute, but I like my barley in soup with plenty of mushrooms.

How to cook barley:
Cooking barley is similar to cooking rice. Cover 1 cup of pearl barley with 2 cups of water or vegetable broth and simmer for 30-40 minutes before fluffing with a fork. Or, try using a rice cooker. Add 2 1/2 cups water per cup of barley.

3. *Bulgar Wheat*

Bulgur wheat is a whole wheat grain that has been cracked and partially pre-cooked. As a whole grain, it is a naturally high-fiber, low-fat, low-calorie vegetarian and vegan appropriate. Bulgur wheat is not suitable for those on a gluten-free diet.

Cooking bulgur wheat:
Though bulgur wheat is most commonly found in tabouli (tabbouleh) salad, you can use it just like rice or couscous, or any other whole grain, such as barley or quinoa. Instead of rice, try pairing your favorite stir-fry or curry with whole grain bulgur. Or, try one of the easy bulgur wheat recipes below.

Types of bulgur wheat:
Different types of bulgur wheat require different cooking times, so it’s best to check the package instructions for cooking instructions. One advantage of using bulgur wheat is that is has already been partially cooked, so it can be quick and easy to prepare at home.
Instant bulgur, also called fine-grain bulgur is common in health food store bulk bins and is usually used for tabouli recipes. This type of bulgur cooks in less than 5 minutes. Medium grain and coarse grain are also available.

Shopping for bulgur wheat:
Nearly all health food stores stock bulgur wheat. Look in the bulk foods section, or in the baking aisle. If that doesn't work, check the cereal aisle, or ask the staff for assistance.

Nutritional value of bulgur wheat:
According to calorie count, one cup of cooked bulgur wheat provides 151 calories, 0.4 grams of fat, 8.2 grams of dietary fiber (that's about 33% the recommended daily value), and a healthy 5.6 grams of protein. Bulgur wheat is naturally cholesterol-free food.

4. *Buckwheat*

Buckwheat, which is commonly found in raw food diet recipes, has a slightly deceptive name that can easily cause confusion. Buckwheat is not wheat, nor is it related to wheat.

It is neither a grain, nor a cereal and is gluten-free. So where does it come from? Buckwheat is derived from the seeds of a flowering plant.

Culinary Uses of Buckwheat:
The triangular seeds, known as buckwheat groats, are frequently made into flour for use in noodles, crepes, and many gluten-free products on the market these days.

For those practicing a raw food diet, raw buckwheat groats can be found in many recipes for things like granola, cookies, cakes crackers, and other bread like products.

Buckwheat is a good binding agent and, when soaked, becomes very gelatinous. Soaking, rinsing, and re-drying the groats produces a crunchy buckwheat crispy that is nice as well.

Raw Buckwheat and Kasha:
Toasted buckwheat is used to make traditional dishes in several different cultures.

Generally toasted buckwheat is referred to as kasha. If you are looking for raw buckwheat groats, you'll want to avoid kasha. You can always tell by the color and the aroma.

Kasha is a much darker reddish-brown color and has a strong nutty, toasted scent to it. Raw buckwheat groats are light brown or green and don't have much of an aroma at all.

Nutritional Benefits of Buckwheat:
Interestingly, buckwheat is currently being studied for its nutritional benefits. It is used to relieve some of the symptoms of Type II diabetes as well as high blood pressure. Buckwheat contains rutin, known to strengthen capillary walls.

5. *Wheat berries*

Wheat berries are the whole grain form of wheat - the whole complete grain before it has undergone any processing. They're a high-fiber whole grain that can be used much like any other whole grain.

How to prepare wheat berries?
Wheat berries can be tough so keep in mind, whole grain wheat berries do take a long time to cook.

To prepare wheat berries, cover them with plenty of water and simmer in a covered pot for about one hour, or until soft.

Serve cooked wheat berries with a vegetable stir-fry or a sauce, or use it like you would use rice. For a quicker cooking time, wheat berries can be pre-soaked overnight, or even just for an hour or two.

6. *Millets*

The millets, a group of thousands of varieties of grass-like annual plants that bear small to miniscule-sized seeds belong to the Gramineae family of plants.

Millet is considered the sixth most important grain crop in the world. The most common varieties of millet include pearl, proso, foxtail, finger and teff (Ethiopian millet).

Millet has been a major source of protein and energy for millions of people in Asia, Africa and India for thousands of years.

Most of the millet grown in the US is used as birdseed and animal feed but millet and teff are highly nutritious, gluten-free whole grain and flour products.

Nutritional Benefits of Using Millet in Gluten-Free Cooking:
Millet contains high levels of two essential amino acids (proteins), methionine and cysteine. Our bodies need adequate supplies of all of the essential amino acids for growth and cellular repair.

Most grains, including rice, corn, wheat and sorghum have low levels of these two important proteins. Millet, like wheat and corn is low in another essential amino acid, lysine. Millet is considered easier to digest than most grains.

Teff is a good source of iron, calcium, magnesium and zinc. Millet is a good source of fiber.

Healthy Fat Choice

Confused About Fats? The following nutrient-rich traditional fats have nourished healthy population groups for thousands of years:

For Cooking

Butter
Coconut, palm and palm kernel oils
Ghee

For Salads
Extra virgin olive oil
Expeller-expressed sesame oils
Expeller-expressed flax oil (in small amounts)

For Fat-Soluble Vitamins

Fish oils such as cod liver oil (preferable to fish oils, which do not provide fat-soluble vitamins, can cause an overdose of unsaturated fatty acids and usually come from farmed fish.) It is important to get quality fish oils and supplements to ensure you are not putting toxic chemicals in concentrations…..try our store…..www.alkalinewellness.com/supplements

Benefits of Saturated Fats

Saturated fats (the "good" fats), such as butter, meat fats, coconut oil and palm oil, tend to be solid at room temperature. According to conventional nutritional dogma, these traditional fats are to blame for most of our modern diseases--heart disease, cancer, obesity, diabetes, malfunction of cell membranes and even nervous disorders like multiple sclerosis.

Humans need saturated fats, they form the very structure of our cellular membranes….

Saturated fats…..

- play many important roles in the bio-chemistry, they strengthen the immune system and are involved in inter-cellular communication, which means they protect us against multiple diseases…
- They help the receptors on our cell membranes work properly, including receptors for insulin, protecting us against diabetes.
- help our nervous system to function properly, more importantly, over half the fat in the brain is saturated.
- Finally, saturated animal fats carry the vital fat-soluble vitamins A, D and K2, which we need in large amounts to be healthy.

Truths about Sugar

The average American now consumes 175 pounds of sugar per year! That's 46 teaspoons a day! But the truth is that sugar has absolutely no nutritional value whatsoever. Not only does it totally lack nutrients, but when you eat sugar it actually robs your body of nutrients-- vitamins, minerals and even enzymes.

Keep in mind that when you feed on high sugar foods, you are actually feeding the parasites in your body……the toxins, bacteria, and yeast…..NO nourishment for you!

Try the following steps to cut out sugar:

1. Eliminate all sugar drinks
Avoid all sodas, powdered drinks, sports drinks and fruit juices (basically anything in a can, bottle or drink box). Instead, drink plenty of clean water, diffuse cucumber slices, cold seep green tea, squeeze lemon in your water.

Also, herb teas make tasty drinks and come in many delicious flavors (but avoid those with added "flavorings"). Try serving tea chilled

2. Cut out the sugar **habit**
Once you have given up the habit of eating sweets on a daily basis, it is common to experience symptoms like nausea, headache, fatigue, or dizziness after indulging in sweets. After giving up sweets for a while, many people say that they don't even taste that good anymore.

3. When cravings kick in…..eat a healthy snack
One of the best ways to overcome cravings for sweets is to eat small frequent healthy meals and snacks to keep your blood sugar levels even.

To build a balanced meal, begin with a protein, include a natural source of carbohydrates (veggies, legumes, properly prepared whole grains, or fruits), and don't forget the good fats (butter, coconut oil, palm oil, avocados and olive oil).

Avocado slices, carrots with hummus, celery with almond butter, organic chicken cubes, small apple, handful of nuts….

Step 4. Replace refined sugars with natural sugars
Get in the habit of reading labels and avoid products made with white sugar, corn syrup, high fructose corn syrup, sucrose, dextrose, fructose, and ALL artificial sweeteners. Instead use natural sweeteners, including
pure maple syrup, molasses, stevia, Rapa Dura (dehydrated cane sugar juice) or raw unfiltered honey.
Many health food stores offer products made with natural sweeteners, like cookies and ice cream, and even licorice, although it is better to make your own. Use this step to help you become acquainted with all the natural alternatives to replace refined sugar products.

Eliminating refined sugar can be quite a challenging step, but the incredible impact it will have on your overall health and well-being is definitely worth it!

Be patient with yourself through this process. Many times people try to quit sugar "cold turkey," but end up dreaming about it all day long until eventually they binge on sweets. Then they are right back on the blood-sugar roller coaster. The goal is to stabilize your blood sugar by eating balanced meals at regular intervals throughout the day so that you no longer crave sweets. True

success comes when you do eat sweets and they no longer taste good, better yet, they give you a headache, make you nauseous, tired, dizzy and depressed!

Truths about Dairy

The biggest concern with todays' dairy is the use of antibiotics, pesticides, and hormones that are used on the cows. There's so much information out there regarding this topic, to drink/consume or not to drink/consume. I believe this article will shed some light on what is right for you.

There is significant evidence indicating that people who consume a diet that is rich in fruits and vegetables tend to be healthier than those who consume a diet that is rich in meat and processed food.

I believe its an individual choice to be a vegetarian or choose to consume meat, poultry, or fish. In either case, as long as the diet is full of unprocessed, whole foods in its natural state, its acceptable.

Is Milk Good for you?

It all depends on where it comes from, doesn't it?

The subject of milk triggers much controversy as the subject of fats. Holistic practitioners feel that it's not necessary for humans to consume cow's milk and link its consumption to health problems, such as ear infections, allergies, cancer and diabetes.

On the other hand, the medical community has convinced us that if we don't drink enough milk our bones will disintegrate. And the American Dairy Association wants us to think we'll be cool like celebrities with milk mustaches if we drink lots of milk.

Let's make sense of dairy…..

Living Conditions
Majority of commercial dairy cows don't have the luxury of grazing on open fields the way nature intended, nstead they are kept in confined, dirty, small spaces hooked up to milking machines.

They are forced to produce milk ten months out of the year….this is how the average commercial dairy cow spends her short, miserable life--42 months on average, compared to 12-15 years for a cow on pasture.

Feed
A cow's natural diet consists mostly of grass, but since there isn't enough grass to go around on the factory farm, today's factory cow is fed a diet of mostly grain, mostly genetically modified corn and soy… which is saturated with 80 percent of all herbicides used in the US.

When we think of pesticides we usually think of produce, but animal products can contain up to 14 times more pesticides than plants!

Simply switching the cow's diet from grass to grain can cause many problems, but that's only the beginning.

“According to a recent article in US News & World Report, some 40 billion pounds a year of slaughterhouse wastes like blood, bone and viscera, as well as the remains of millions of euthanized cats and dogs passed along by veterinarians and animal shelters, are rendered annually into livestock feed.”

Animal-feed manufacturers and farmers also have begun using or trying out dehydrated food garbage, fats emptied from restaurant fryers and grease traps, cement-kiln dust, even newspapers and cardboard that are derived from plant cellulose. Researchers in addition have experimented with cattle and hog manure, and human sewage sludge."2

When I first read this I thought there were probably only a handful of farmers crazy enough to feed dead cats and dogs and other animals parts to their vegetarian cows, but I was dead wrong!

During the BSE scare, the FDA ordered a halt to feeding all slaughterhouse wastes to cattle and sheep in the US. At that time 75 percent of the nation's 90 million cattle had been eating feed containing slaughterhouse by-products!

Like humans, animals need nutrients to thrive and be healthy, we are drinking byproducts of toxic waste…..

Antibiotics

Antibiotic is in our conventional milk, meats and poultry. Over 50 percent of all the antibiotics produced in this country are mixed directly into animal feed. Ideally, antibiotics should be used in farming only when necessary to treat infection. However, due to the sickly nature of factory farmed animals, they are fed a constant supply of antibiotics from birth until the time of slaughter.

Antibiotic resistance is a serious issue that has gotten a lot of press in recent years. Basically, bacteria are mutating and outsmarting the antibiotics, making them ineffective.

People are unknowingly consuming more antibiotics. Due to the heavy doses of antibiotics used on factory farmed animals, your steaks, hamburgers, chicken, and hotdogs are all laced with antibiotics. Milk alone contains traces of up to 80 different antibiotics!

Hormones

In 1930, the average dairy cow produced 12 pounds (about a gallon and a half) of milk per day.

In 1988, the average was 39 pounds per day. This was accomplished by selective breeding to obtain dairy cows that produced a lot of pituitary hormones, thereby generating large amounts of milk. But the industry was still not satisfied with this output.

Today rBGH, a synthetic growth hormone, is used to squeeze even more milk out of the dairy cows, bringing the average up to 50 pounds (over 6 gallons) of milk per day.

It is estimated by the FDA that cows injected with rBGH are 79 percent more likely to contract mastitis.4 In 1991, a report on Monsanto's BGH test herd at the University of Vermont found the same kinds of problems identified by the FDA.

According to the Humane Farming Association, The FDA admits that BGH injections increase sickness and drug use in dairy cows. Consumer's Union reports that because of increased udder infections, it is more likely that milk from treated cows will be of lower quality--containing more pus and bacteria--than milk from untreated cows."6

Pasteurization

Pasteurization is a process of heat treating milk to kill bacteria. Louis Pasteur developed this technique for preserving beer and wine, he was not responsible for applying it to milk.

That was done at the end of the 1800s as a temporary solution until filthy urban dairies could find a way to produce cleaner milk. But instead of cleaning up milk production, dairies used pasteurization as a way to cover up dirty milk.

As milk became more mass produced, pasteurization became necessary for large dairies to increase their profits. So the public then had to be convinced that pasteurized milk was safer than raw milk.

Soon raw milk consumption was blamed for all sorts of diseases and outbreaks until the public was finally convinced that pasteurized milk was superior to milk in its natural state.

The truth is that there are far more risks from drinking pasteurized milk than unpasteurized milk. Raw milk naturally contains healthy bacteria that inhibit the growth of undesirable and dangerous organisms.

Without these friendly bacteria, pasteurized milk is more susceptible to contamination. Furthermore, modern equipment, such as milking machines, stainless steel tanks and refrigerated trucks, make it entirely possible to bring clean, raw milk to the market anywhere in the US.

Not only does pasteurization kill the friendly bacteria, it also greatly diminishes the nutrient content of the milk.

Pasteurized milk has up to a 66 percent loss of vitamins A, D and E. Vitamin C loss usually exceeds 50 percent. Heat affects water soluble vitamins and can make them 38 percent to 80 percent less effective.

Vitamins B6 and B12 are completely destroyed during pasteurization. Pasteurization also destroys beneficial enzymes, antibodies and hormones. Pasteurization destroys lipase (an enzyme that breaks down fat), which impairs fat metabolism and the ability to properly absorb fat soluble vitamins A and D. (The dairy industry is aware of the diminished vitamin D content in commercial milk, so they fortify it with a form of this vitamin.)

Ultra-pasteurization

As the dairy industry has become more concentrated, many processing plants have switched to ultra-pasteurization, which involves higher temperatures and longer treatment times. The industry says this is necessary because many microorganisms have become heat resistant and now survive ordinary pasteurization.

Another reason for ultra-pasteurization is that it gives the milk a longer shelf life--up to four weeks. The grocers like this but many consumers complain of a burnt or dead taste. The milk is virtually sterile--is that what you want to drink?

Milk producers are not advertising the fact that they are ultra-pasteurizing the milk--the word is written in very small letters and the milk is sold in the refrigerator section even though it can be kept unrefrigerated until opened. Horizon, the major organic brand, is ultra-pasteurized, as are virtually all national brands.

Homogenization

Milk straight from the cow contains cream, which rises to the top. Homogenization is a process that breaks up the fat globules and evenly distributes them throughout the milk so that they do not rise.

This process unnaturally increases the surface area of fat exposing it to air, in which oxidation occurs and increases the susceptibility to spoilage. Homogenization has been linked to heart disease and atherosclerosis.

Milk: To Drink or Not to Drink?

Considering how modern commercial milk is produced and processed, it's no wonder that millions of Americans are allergic to it. An allergic reaction to dairy can cause symptoms like diarrhea, vomiting (even projectile vomiting), stomach pain, cramping, gas, bloating, nausea, headaches, sinus and chest congestion, and a sore, or scratchy throat.

Milk consumption has been linked to many other health conditions as well, such as asthma, atherosclerosis, diabetes, chronic infections (especially upper respiratory and ear infections), obesity, osteoporosis and cancer of the prostate, ovaries, breast and colon.

Below are some steps to remove dairy from your diet…

STEP 1: Remove Commercial Milk from Your Diet

Instead use some of the better quality dairy products such as raw cheese, good quality whole yogurt, butter and cream that has not been ultra-pasteurized. (You can use butter or cream mixed with water on breakfast porridge.) Check the Weston A. Price Foundation Shopping Guide for a listing of good quality dairy products sold in supermarkets and health food stores. westonaprice.com

STEP 2: Find a Source of Real Milk in Your Area

CSA (community sustainable agriculture) in your area has raw milk available. Often, farmer's market has raw mil and dairy available. Keep in mind that they are labeled "pet milk" not suitable for human consumption…

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Ultimate Truths about Soy

SOY DANGERS SUMMARIZED

High levels of phytic acid in soy reduce assimilation of calcium, magnesium, copper, iron and zinc. Phytic acid in soy is not neutralized by ordinary preparation methods such as soaking, sprouting and long, slow cooking, but only with long fermentation.

High phytate diets have caused growth problems in children.

Trypsin inhibitors in soy interfere with protein digestion and may cause pancreatic disorders.

In test animals, soy containing trypsin inhibitors caused stunted growth.
Soy phytoestrogens disrupt endocrine function and have the potential to cause infertility and to promote breast cancer in adult women.

Soy phytoestrogens are potent antithyroid agents that cause hypothyroidism and may cause thyroid cancer. In infants, consumption of soy formula has been linked to autoimmune thyroid disease.

Vitamin B12 analogs in soy are not absorbed and actually increase the body's requirement for B12.

Soy foods increase the body's requirement for vitamin D. Toxic synthetic vitamin D2 is added to soy milk.
Fragile proteins are over-denatured during high temperature processing to make soy protein isolate and textured vegetable protein.

The processing of soy protein results in the formation of toxic lysinoalanine and highly carcinogenic nitrosamines.

Free glutamic acid or MSG, a potent neurotoxin, is formed during soy food processing and additional amounts are added to many soy foods to mask soy's unpleasant taste.

Soy foods contain high levels of aluminum, which is toxic to the nervous system and the kidneys.

Lastly, there is a lot of controversy about the GMO (genetically modified organism), crops may threaten biodiversity, decrease the richness and variety of foods, and make farmers more dependent on chemical companies, through the purchase of seed or chemicals.

Health concerns include: allergy, gene transfer (antibiotic-resistant genes from GMO to bacteria), and outcrossing (the movement of genes from GMO plants into conventional crops).

Conclusion, avoid soy products when you can, especially the GMO kind. The above list is the proof, need I say more?

Read your labels!

Hydration

How much water should you drink each day? Studied have produced varying recommendations over the years, but in truth, your water requirement depends on various factors such as your health, how active you are, and where you live.

How much water do you need?

1/2 oz of your body weight is the best estimate of your hydration needs.

What about the advice to drink eight glasses a day?

Everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." That's about 1.9 liters, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink at least eight 8-ounce glasses of fluid a day," because all fluids count toward the daily total.

Factors that affect water needs:
You may need to modify your total fluid intake depending on how active you are, the climate you live in, your health status, and if you're pregnant or breast-feeding.

Exercise
If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss.

An extra 400 to 600 milliliters (about 1.5 to 2.5 cups) of water should suffice for short bouts of exercise, but intense exercise lasting more than an hour (for example, running a marathon) requires more fluid intake.

How much additional fluid you need depends on how much you sweat during exercise, and the duration and type of exercise. During long bouts of intense exercise, it's best to use a sports drink that contains sodium, as this will help replace sodium lost in sweat and reduce the chances of developing hyper natremia, which can be life-threatening. Also, continue to replace fluids after you're finished exercising.

Climate
Hot or humid weather can make you sweat and requires additional intake of fluid. Heated indoor air also can cause your skin to lose moisture during wintertime. Further, altitudes greater than 8,200 feet (2,500 meters) may trigger increased urination and more rapid breathing, which use up more of your fluid reserves.

Illnesses or health conditions
When you have fever, vomiting or diarrhea, your body loses additional fluids. In these cases, you should drink more water. Make sure you are getting enough electrolytes especially if you've been vomiting or sweating due to fever.

Avoid gatorade, power aide, etc…it contains high fructose corn syrup….I recommend ATP ignite from xymogen…great alternative at www.alkalinewellness.com/supplements

I used to recommend Emergen C, however, there are inconclusive reports to indicate that it contains some toxic chemicals….will update you as soon as I know more….

Also, you may need increased fluid intake if you develop certain conditions, including bladder infections or urinary tract stones.

On the other hand, some conditions such as heart failure and some types of kidney, liver and adrenal diseases may impair excretion of water and even require that you limit your fluid intake.

Pregnancy or breast-feeding
Women who are expecting or breast-feeding need additional fluids to stay hydrated. Large amounts of fluid are used especially when nursing.

The Institute of Medicine recommends that pregnant women drink 2.3 liters (about 10 cups) of fluids daily and women who breast-feed consume 3.1 liters (about 13 cups) of fluids a day.

Beyond the H2O, Other sources of water
Although it's a great idea to keep water within reach at all times, you don't need to rely only on what you drink to meet your fluid needs.

What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake. For example, many fruits and vegetables, such as watermelon and tomatoes, are 90 percent or more water by weight.

In addition, beverages such as milk and juice are composed mostly of water. Water is still your best bet because it's calorie-free, inexpensive and readily available.

Fruits contain fructose, which is a form of sugar……Alkaline program recommends you avoid fruits..

Staying safely hydrated
Generally if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or light yellow urine a day, your fluid intake is probably adequate. Drink water before, during and after exercise.

Although uncommon, it is possible to drink too much water. When your kidneys are unable to excrete the excess water, the electrolyte (mineral) content of the blood is diluted, resulting in low sodium levels in the blood, a condition called hypo natremia. Endurance athletes, such as marathon runners, who drink large amounts of water, are at higher risk of hypo natremia. In general, though, drinking too much water is rare in healthy adults who eat an average American diet.

Alkaline Position on Coffee vs. Tea

I love waking up to my morning coffee aroma… how can this be so bad? I think drinking coffee is a ritual for many of us who don't want to give up than the coffee itself. So is this "coffee"... is it so bad for you, especially when it comes to losing weight? I think you should make an informed choice. I say this because unless it's something that would kill me, I was not ready to give up coffee. I love coffee that much.

I want to put things in perspective for you, it's not the coffee, it's the caffeine in the coffee. Often people think of coffee just as a vehicle for caffeine. But it's actually a very complex beverage with numerous different compounds in it.

Since coffee contains so many different compounds, drinking coffee can lead to very diverse health outcomes. But wait a second…hold everything here. How can caffeine be bad?
Is this some healthy propaganda to pry us away from everything we've grown to love, associate fond memories with and enjoy as a daily ritual?

Look around… Is there not a Starbucks, Seattle Coffee, Dunkin' Donuts, Peets or Coffee Bean on every other corner? How can something so pervasive and used for so many years suddenly be off limits?

Check this out… In America alone:

- There are over 12,000 specialty coffee stores.
- These stores sell over 40 million espresso drinks weekly.
- Americans consume 400 million cups of coffee per day, making the USA the leading world consumer.
  The Average Espresso Drive-Thru Business sells approximately 200-300 espresso and coffee-based drinks per day.
- The average coffee cup size is 9 ounces.
- 30 Million American adults drink specialty coffee beverages daily; which include a mocha, latte, express, café mocha, and cappuccino, frozen/iced coffee beverages. Specialty, in most cases indicates elevated caffeine amounts, sugar and varieties of milk, soy milk or artificial colors and flavorings.

Apparently, we're just not jiving around. Coffee has infused itself into the fabric of Americana, running through our veins, fueling our economy, making you want more…

Most of us are just short of shooting this stuff intravenously, I used to have a wild passion for plain old coffee with a generous dose of cream. I've spent many years relying on my cup of Joe to take me through sleepless nights during graduate school, in fact, I owe much of my academic success to this "forbidden" drink. I've also studied about my personal connection between caffeine and headaches, fatigue, low back pain and poor sleep.

In conclusion, I realized that I need to get off it as a daily addiction so that I could enjoy it randomly-without the neurosis of a throughout the day fix. It wasn't easy, and I still struggle with my strong desire for the "ritual" of drinking my coffee, just because.....Now, it's a just a cup in the morning…..have no desire to cut this out, unless I am actively detoxing….:)

Now for a functional strategy….

1. **The Coffee/Caffeine Withdrawal Strategy**
   There are two ways to do this:

   a) Cold Turkey - Stop all caffeine immediately, make sure you can take off work for a couple of days, get some rest, and deal with some potentially painful headaches, lethargy and low-level depression-in many cases.
   b) The Gradual Elimination Method. This is a bit more involved, but it works and by this method you can avoid most of the side effects that makes caffeine addiction so difficult.

      Let's say that you're drinking about 2 cups of coffee daily. In this case, it's best to reduce your caffeine gradually, as you take care of other factors (see other suggestions, below) that will help make this transition one with less drama, pain and fatigue.

      The way I've found to effectively do all this is by taking 1/3 less the amount of caffeine you've been taking for 2 to 3 day periods before reducing to the next increment.

      For the first two days, these two cups become 1-2/3's cup. The following two days, you begin taking 1-1/3 cups of coffee. You continue doing this until you are down to 2/3's of a cup. At that point, you then switch to black tea, made weak and take this for three days, or reduce one more third of coffee and then replace it with a non-caffeinated hot beverage (herbal teas). The key is to reduce very gradually and in the meanwhile make sure that you're getting rest, minerals, eating regularly and getting some daily exercise.

2. **Make Sure To Get Adequate Sleep.**

   Sleep is absolutely necessary for your body to heal and reboot…

   Yet, so many of us go without getting restful sleep……we are wired through the day, tied to our smart devices….at the mercy of the immediate gratification, always seeking the next stimulation…..in the way of news, gossip, or "google" search…

   Keep a clear intention through the day…and yes, I too have a problem with this….always checking e-mail, texts, it becomes an obsession, yet its not because it's really our societal norm…

   Look around….everyone who has a moment to spare is on their device…..

In order to get good night sleep, please refrain from your devices…, your work…..wind down by engaging in healthy rituals….such as winding down sequence of exercises and practices to help you, check out our youtube channel,
https://www.youtube.com/channel/UCm0dHd0awTRd8Bpy61Dq4pQ

Rest will help accelerate this process. If you get up to go to the bathroom at night, make sure to not have soup, tea or any amount of plentiful liquids with dinner and do not go to bed for 3 hours until after the dinner meal. This allows your body to rest without disturbing sleep for bathroom visits, as well as not keeping your body in a digesting state when it should be at rest.

3. **Keep Active through the day.…**

It's vital to keep your circulation moving. It may be a bit challenging, but consistent movement will, by itself, generate energy for you. Of course, we're not talking about jumping to conclusions, side-stepping responsibility or pushing your luck-just good old fashioned real exercise: brisk walking, biking, hiking, light jogging with cushioned shoe support, or stationary biking. Healthy exercises on our you tube channel, https://www.youtube.com/channel/UCm0dHd0awTRd8Bpy61Dq4pQ

Daily exercise will also help move blood through the kidney and act as a detoxifier. Most important, daily exercise will strengthen your will.

4. **Take A Multi-Mineral and Multi-Vitamin Supplement**

It is helpful to nourish your body with proper micronutrients daily and melatonin one hour prior to going to sleep. The melatonin is produced naturally in the pineal gland at night and it is beneficial across the lifespan to prevent age related degeneration, it is considered a anti-oxidant….

Replenishment helps because as we grow older and those of you who are “stressed” the adrenal gland compromise can deplete the levels of melatonin over time. To purchase quality supplements, please call our office to receive the code to order the bioactive, pure formula from our website….alkalinewellness.com/supplements/xymogen…..678-335-5566.

I take melatonin 5 mg slow release every night and I can’t tell you how much that’s helped me to get a restful sleep at night.

5. **Get Used To, "Calm"**

This may sound strange, but one of the first things you'll notice when you get off caffeine is that you have more energy, yet feel calmer. This can be a very unfamiliar feeling for someone used to being pumped up every day.

Something else worth mentioning is that running around and having an edge to your energy doesn't always mean that you get things done. It might appear that you're running around and getting a lot of things done, but often we mistake activity for productivity. We may have lots of energy, but we may also be so scattered that nothing, when you really add things up, gets done on time or thoroughly, because your energy might be too fragmented.

6. **Replace the Ritual, Replace the Beverage**

   It might seem insignificant, but our lives contain constant threads of rituals: Saturday or Sunday worship, Sunday morning pancakes, backyard weekend BBQ's, the morning paper, holiday decorations, birthdays, 4th of July fireworks, Monday night football, weekly card games, etc., The list can be generalized as well as personalized, depending on our ethnicity, religion, occupation, country of origin, personality and other factors.

   The regularity of doing something familiar that we become better at doing, is a part of everyone's lives. The ritual of AM coffee is as American as apple pie, and something every waitress will assumptively ask about 3 seconds after you sit in their section of the restaurant, approaching your table with a coffee pot in each hand: "Regular or Decaf?"

   And oh…..dessert after dinner…..

   Being mindful of the ritual is key to changing habits….

   I am currently working on being mindful of my technological habits to check the e-mails and texts constantly……refraining from looking into my phone for something to read or occupy the "silence" that our minds NEED….to process information…

   At the end of the day….the core issue we are dealing with here is taking charge of our minds….addictions…..self dialogue……so that we can have a fresh perspective to change the HABITS to better serve our goals…in this case, to eat better…..

   It all starts with "self awareness"……..

Thanks for your time……I hope that this helps you to be an informed consumer and and empowered self to start making smart decisions….