

Protecting Ourselves from Radiation

The significant problem of (CONSTANT) cell phone use among our young people has come to the forefront of my life as of late. When I first learned just how dangerous cell phones and cordless phones were years ago, I thought use of these handy but dangerous devices would be curbed as more information came out. Trouble is, there's so much money in their use, the media isn't educating on the dangers. Why should they? Cell phones bring in major revenue first with the sale of the devices and then with the monthly charges. Then there's the issue of how companies can profile people...like your teenage kids...and create marketing plans based on usage and commenting. So...I'm updating this article and republishing. Hopefully that will help a few more people wake up.

Most of this article comes from my notes of a session on the dangers of Electromagnetic Frequencies presented by Mary Cordaro at the recent [Weston A Price Foundation](#) conference. [Mary's website](#) is packed with science and helpful hints on how to protect us from the harmful wavelengths in the world today, as well as other environmental concerns. I encourage you to explore it as well as the site of the folks at [Defender Shield](#) who were also at the conference. I'm under the impression that RFSafe and EarthCalm are also reputable places for information and safety devices; I personally use their products, too.

To learn more about specific types and sources of EMFs, I went to [greenfacts.org](#). You might want to do the same. Knowledge is power.

SAFETY MEASURES and POINTS OF INTEREST:

ELF – (Extremely low frequencies) – comes from wired devices

- At desks, move cables/power strips as far away from your feet as possible
- Unplug as much as you can in your room at bedtime
- No electric blankets
- Use battery operated clock
- If you are really electromagnetically sensitive – turn circuits to bedroom (and around bedroom) off – do this after they have been inspected so you're sure they are safe.
- Explore home safety devices.

HF – (High frequency – digital microwave – pulsed radiation – cordless phones)

- Antennasearch.com – see how close cell towers are to your house
- Cordless Phones:
 - Are like a mini cell tower – always emitting
 - Use no more than 900 megahertz
 - Use sparingly
 - Use speaker if equipped with such
 - Investigate protective stickers that can be placed near the battery
- I found a great article on HF-EMFs [here](#).

Cell Phones

- All smart phones and tablets emit radio frequency electrical magnetic fields 10-15 feet out when in standby mode
- No pregnant women or children should use them
- Use corded phones at home (not cordless! – see above)
- Everyone should minimize cell phone use
- Use a well-researched protective device like [DEFENDER SHIELD Cell Phone Protection](#)
- Talk on speaker
- Use Blue TUBE (not Bluetooth!)
- Place phone at least 15 feet from people

- Put smart phone in airplane mode as often as possible (there still is some radiation still, but much less)
- ADDICTING (please research...here's a [start](#))

Tablets

- Radiate 10-15 feet, so...
- Keep in airplane mode as much as possible
- Research and use a protective device i.e. [DEFENDER SHIELD Tablet Protection](#)

Wi-Fi (many studies are out there including [studies in rats that showed Wi-Fi increases oxidative stress](#))

- Keep in mind that the Wi-Fi harmful wavelengths come from both the router and the device hooked up to the Net
- If you can, remove Wi-Fi from your home and use a hardwired Internet connection (I did!)
- Turn off your router at night
- Move router away from people, especially children
- ADDED NOTE: WIFI IN SCHOOL IS VERY DANGEROUS, ESP. IN ROOMS WITH MORE THAN ONE COMPUTER BECAUSE EVERY DEVICE IS EMITTING RADIATION – How many wifi computers are in your child's classroom?

Smart Meters

- Have dirty electricity that cannot be shielded.
- Learn more at www.smartmetereducationnetwork.com and www.michiganstopsmartmeters.com

Dirty electricity is a problem if you have Romex (as opposed to metal tubing). To reduce it:

- Avoid dimmer switches
- Use incandescent bulbs
- Avoid halogen lamps

Flat Screen Televisions

- AC magnetic radiation from a flat screen is relatively low (lower than the fatter TVs used to be).
- AC electric radiation, however, remains for up to 8 hours after turning the television off.

Additional website that was strongly recommended:

- Objective research – www.bioinitiative.org

Since I originally wrote this article in 2015, I got a smart phone. It's in airplane mode most of the time, and I have worked through the addicting habit of constantly checking it or using it for information/social media. Not easy!

Additionally, in the last 2 years thousands of additional cell towers have been erected around the U.S. Nearly every school USA has wifi, as do libraries, restaurants, hotels – who doesn't? It's not that the dangers magically went away one day...we've just gotten complacent and trust that if the government allows it, it must be safe. I wish that were so, but it's not.

BEHIND THE SCENES ON VACCINES

—

It's been 7 years since I began to study the dangers of vaccines. Their effect on our most vulnerable is both sad and maddening. Thank goodness there are now reliable sources for all to find the truth. A special thank you to Dr. Andy Wakefield, Polly Tommey, Del Bigtree and the team at VAXXED, whose commitment to saving our children makes them all heroes.

As a therapist and nutritionist, the most important thing I believe I can tell parents is that they are not guilty of harming their children if their kiddos have been vaccine injured. Following the advice of the doctor is what we have been taught to do. Once we know better, we can do better. Whether to vaccinate is definitely the most important decision a parent can make. Please watch this video: [IMPORTANT](#)

PLEASE, DO YOUR OWN RESEARCH. And when you do, be aware of funding sources.

Did you know...

The immune system:

* We have a 2 part immune system: The cellular branch of the immune system digests & expels waste and is the expression of illness. The humoral branch of the immune system produces antibodies and recognizes/identifies things that would harm us ("germs"). A healthy balance of cellular and humoral immune function is vital to good health. **Vaccines bypass the cellular system by direct stimulation of the humoral branch.**

* Research shows that vaccines can overstimulate the humoral branch and inhibit the cellular branch, leading to immune suppression. Immune suppression and over stimulation of the humoral branch may show up as **allergies, autoimmune disorders, neurological disorders, etc.**

* Breastfeeding, probiotics, antioxidants, and allowing the

natural course of illness to occur enhance immune balance while heavy metals, toxins, infant formula, Tylenol, antibiotics and sugar lead to immune imbalance.

The eradication of disease and facts about vaccine use (Main source – [Suzanne Humphries, M.D.](#) BE DILIGENT! Fact check!) :

* **80% of the total decline in mortality**, since records began to be kept in the United Kingdom in 1860, **occurred before any vaccine** or antimicrobial drugs were available and 90% or more before there was any national vaccine program.

* **Diseases declined and longevity increased due to hygiene, running water and refrigeration.**

* **Japan stopped using MMR vaccine in 1993** due to side effects and cost of compensating victims. They reconsidered using it again in 1999 but decided not to reinstate its use. The MMR is still used in the U.S.

* **In France, government officials halted hepatitis B vaccine school requirements in 1998.** France's health minister acted after numerous reports of symptoms resembling arthritis and multiple sclerosis. Hep B is still given in the U.S.

* **The H1N1 flu vaccine is 60 times more likely to cause a miscarriage** than regular seasonal flu vaccines according to VAERS (Vaccine Adverse Event Reporting System).

* In October of 2013, Italy, Switzerland, Spain, Germany, Austria, France and Canada suspended the use of a number of Novartis flu vaccines. Novartis is approved by the U.S. Food and Drug Administration.

* The oral polio vaccine was banned from use in the United States in 2000. The reason for this ban was because **too many children were developing vaccine associated paralytic polio (VAPP)** as a serious side effect of the oral vaccine.

* In 1977, **Dr. Jonas Salk** who developed the first polio vaccine, **testified** along with other scientists, that **mass inoculation against polio was the cause of most polio cases in the USA since 1961.**

naturalnews.com/026940_vaccine_vaccines_children.html

* "A single vaccine given to a six pound newborn is the equivalent of giving a 180-pound adult 30 vaccinations on the same day", Dr Boyd Haley, Ph.D.

Interesting statistics:

* In 2016, there have been 48 cases of Measles in the U.S. through July and **ZERO DEATHS**.

* 2012: 20 pertussis-related deaths compared to 2010: 3,404 DEATHS due to asthma.

* From January 1 to May 2, 2014, 464 people in the United States have been reported to have mumps. **ZERO DEATHS**. There are 100,000+ DEATHS yearly due to adverse drug reactions.

* According to the New York State Department of Health, 2 of 20 people infected in the 1994 measles "outbreak" in New York City were children who had not been vaccinated by their parent's choice. What about the other 18? Why didn't their vaccines work?

* Regarding the current DTap vaccine, the FDA says, "This research suggests that although **individuals immunized with an acellular pertussis vaccine** may be protected from disease, they may still become infected with the bacteria without always getting sick and **are able to spread infection** to others, including young infants who are susceptible to pertussis disease."

Vaccine Ingredients

From www.reversingvaccineinduceddiseases.com Rebecca Carley, M.D. : TOXIC INGREDIENTS FOUND IN VACCINES:

* aluminum hydroxide * aluminum phosphate * ammonium sulfate * amphotericin B * animal tissues: pig blood, horse blood, rabbit brain * dog kidney, monkey kidney* chick embryo, chicken egg, duck egg * calf (bovine) serum * betapropiolactone * fetal bovine serum * formaldehyde * formalin * gelatin * glycerol * human diploid cells (originating from human aborted fetal tissue) * hydrolyzed

gelatin * mercury thimerosal (thimerosal, Merthiolate) * monosodium glutamate (MSG) * neomycin * neomycin sulfate * phenol red indicator * phenoxyethanol (antifreeze) * potassium diphosphate * potassium monophosphate * polymyxin B * polysorbate 20 * polysorbate 80 porcine (pig) pancreatic hydrolysate of casein * residual MRC5 proteins * sorbitol * tri(n)butylphosphate * VERO cells, a continuous line of monkey kidney cells * washed sheep red blood.

– Here's what the **CDC** tells us of the common substances found in vaccines:

- Aluminum gels or salts of aluminum which are added as adjuvants to help the vaccine stimulate a better response.
- Antibiotics which are added to some vaccines to prevent the growth of germs (bacteria) during production and storage of the vaccine.
- Egg protein is found in influenza and yellow fever vaccines, which are prepared using chicken eggs.
- Formaldehyde is used to inactivate bacterial products for toxoid vaccines, (these are vaccines that use an inactive bacterial toxin to produce immunity.)
- Monosodium glutamate (MSG) and 2-phenoxy-ethanol.
- Thimerosal is a mercury-containing preservative that is added to vials of vaccine that contain more than one dose to prevent contamination and growth of potentially harmful bacteria.

In late August, 2014, Senior Scientist William Thompson from the CDC came out about [research data modification](#) in the MMR/autism study of 2004. Data was omitted and changed to hide the significant link between vaccines and autism. As of April 2018, Dr. Thompson still has not testified before Congress even though he wants to.

[Dr. Andrew Wakefield](#) – Gastroenterologist:

* Dr. Wakefield and his team's research found the vaccine strain of measles virus in the intestinal tracts of children whose parents reported regressive autism and IBD after the MMR

vaccine.

* Dr. Andrew Wakefield had **no ties** to the pharmaceutical industry.

* Dr. John Walker-Smith who supervised Wakefield and was accused of the same wrongdoings was **fully exonerated** of all charges. Dr. Wakefield is now suing the British Medical Journal and the journalist who attacked him.

* **Over 400 papers in peer reviewed journals have been published documenting and exploring vaccine injury and death.**

Profits from Vaccines

* In the year 2006, **drug companies made \$4.3 billion on pediatric/adolescent vaccines.** That number is projected to be over \$16 billion (per year) by 2016.

* Based on the CDC schedule, the average pediatrician makes \$3000 per child in the first 5 years of life from vaccine "well child" visits. (\$1600 in the first 12 months alone).
vaxtruth.org

* The CDC offers financial incentives to state departments of health for each "fully vaccinated child". In a recent year, the Ohio Department of Health received \$1 million in such CDC bonus payments. wellbeingjournal.com Kristine M. Severyn, Ph.D.

* Total projected pharmaceutical profits for (the first 5 years of life) vaccines for children born in the year 2010 alone is \$5.273 billion (if the vaccination rate overall in the U.S. is 90%). vaxtruth.org

And yes, **it is Big Pharma funding the movement against those who are for vaccine choice.**

Settlements: (PHARMACEUTICAL COMPANIES ARE IMMUNE TO ANY LIABILITY FOR VACCINE INJURY – settlement funds come from our tax dollars {75c per vaccine})

* As of early 2018 of this year, **\$3.8 billion had been paid out to vaccine victims** even though two out of three plaintiffs are denied compensation. Thousands of cases are waiting to be heard.

* The first case where a vaccine/autism connection was acknowledged was in 2007 (Hannah Poling), though the family saw no funds until 2010.

* Bailey Banks – the court ruled (or the government conceded) that **vaccines had caused encephalopathy, which in turn produced permanent injury, including symptoms of autism** and ultimately an autism spectrum disorder diagnosis.

Exemptions:

* In Michigan, right now, you have 3 ways to protect your child from vaccines – medical, religious and philosophical.

* Philosophical exemptions do not require any written reasoning.

* Religious exemptions do not have to be associated with a specific organized religion.

* Parent philosophical exemptions are CURRENTLY UNDER ATTACK in Michigan through the Michigan Medical Society. Stay aware and be ready to contact your legislators if a bill is written.

If you do decide to vaccinate:

* Ask your doctor to run titers to check to see if your child is already immune (LabCor offers these for MMR, varicella)

* Wait until at least 2 years of age and only give one vaccine at a time.

* Run a blood test for the MTHFR gene. Those with this gene are highly at risk for vaccine injury.

* Do not give child any acetaminophen after vaccination.

Source:

<http://cmdfa.wfzup.servertrust.com/Adverse-Side-Effects-of-Acetaminophen-s/196.htm>

* The Vaccine Book: Making the Right Decision for Your Child by Robert Sears, M.D offers a modified schedule.

* Before you go to the doctor the day you want to vaccinate, ask yourself:

1. Am I or my child sick right now?

2. Have I or my child had a bad reaction to a vaccination before?

3. Do I or my child have a personal or family history of vaccine reactions, neurological disorders, severe allergies or immune system problems?
4. Do I know the disease and vaccine risks for myself or my child?
5. Do I have full information about the vaccine's side effects?
6. Do I know how to identify and report a vaccine reaction?
7. Do I know I need to keep a written record, including the vaccine manufacturer's name and lot number, for all vaccinations?
8. Do I know I have the right to make an informed choice?

SPECIAL NOTE: If you obtain literature on vaccines from Children's Hospital of Philadelphia, please be aware that the Director of Infectious Disease and the Vaccine Education Center is [Dr. Paul Offit](#). Offit holds the patent for the rotavirus vaccine. His earnings for this are in the tens of millions. Public health departments, at least in Michigan, use literature from this source.

Sources and Resources:

Please watch the movie [VAXXED](#) which describes in detail the CDC whistleblower, William Thompson, Ph.D.'s attempts to share the truth about the cover-up at the CDC in the 2004 study of the MMR vaccine and autism.

Websites:

[AgeofAutism.com/vaccines/](#)

[vactruth.com](#)

[vaccinetruth.org](#)

[CDC.gov](#)

[Childhoodshots.com](#) (Biblical support for not vaccinating can be found here)

The National Vaccine Information Center – [NVIC.org](#)

[Vaccineresistancemovement.org](#)

[DrPalevsky.com](#)

DrTenpenny.com

DoctorEisenstein.com

DrCarley.com

The World Association for Vaccine Education – novaccine.com

BOOKS (these are just a few!)

A Shot in the Dark by Harris Coulter and Barbara Loe Fisher

Callous Disregard by Andrew J. Wakefield, M.D.

The Crime of Vaccination, by Dave Tennison

Dissolving Illusions: Disease, Vaccine, and the Forgotten History, Suzanne Humphries, M.D. and Roman Bystrianykh. (this book shares all the graphs and historical proof that vaccines did NOT stop contagious diseases)

Immunizations: The Terrible Risks Your Children Face That Your Doctor Won't Reveal by Robert Mendolsyn, M.D.

Make an Informed Vaccine Decision, Dr. Mayer Eisenstein (every parent should read)

The Business of Baby: What Doctors Don't Tell You, What Corporations Try to Sell You, and How to Put Your Pregnancy, Childbirth, and Baby Before Their Bottom Line, Jennifer Margulis

No Vaccines for Me! by Kathleen Dunkelberger

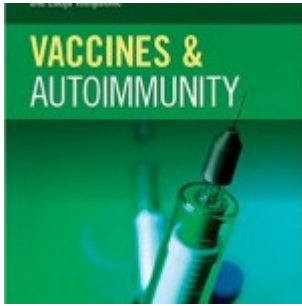
The Parents' Concise Guide to Childhood Vaccinations by Lauren Feder, M.D.

The Nourishing Traditions Book of Baby and Child Care, Sally Fallon Morell and Thomas Cowan, M.D.

Shaken Baby Syndrome or Vaccine Induced Encephalitis by Harold Buttram, M.D.

Vaccine Illusion by Tetyana, Obukhanyeh

The Vaccine Court: The Dark Truth of America's Vaccine Injury Compensation by Wayne Rhode



Update in 2016 ~ A textbook has now been written about the causative link between autoimmune diseases, like lupus, arthritis, and fibromyalgia and vaccinations. *Vaccines and Autoimmunity*, edited by Yehuda Shoenfeld, Nancy Agmon-Levin and Lucija Tomljenovic contains the research of over 70 researchers. It warrants exploration.



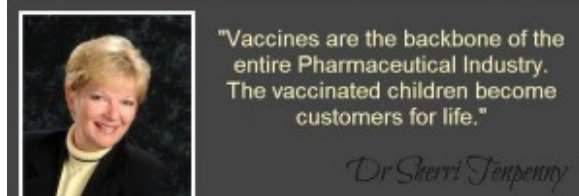
Special Thank You to [Pinwheels for Vaccine Injury Awareness](#).

Everyone is encouraged to visit their site and join together to help our young people and those not yet born. We do this by raising awareness that vaccine

injury is very real. "Vaccine injured are everywhere and we need to stand up, stand out and be seen and heard in a way that can not be ridiculed."

You can Google individual vaccines to look at copies of their inserts to see the actual ingredients – please do!

You can also Goggle Michigan Care Improvement Registry Participation in the MCIR Reporting to get the form to opt your children out of vaccine use registration (so they don't keep track of your choices).



please think about the implications of this...

Who is this Weston Price People Are Talking About?

Very simply he was a modern day hero whose work is only now getting the exposure it (and the world) deserves.

Dr. Weston A Price was a dentist who practiced in Cleveland, Ohio beginning in the 1920's. He was well known and respected in his day and was widely published in journals reviewed by his peers. He served as the head of research for the National Dental Association and authored a textbook on dentistry that was used by the United States Navy.

After years of treating rampant tooth decay in his patients, Dr. Price set out to understand why cavities and poor health were so common in his patients. More and more young people were coming into his office with narrow jaws and palates so they did not enough room for their teeth. He saw crowding, overbites, and underbites and these young people often had other health problems. Dr. Price concluded that the teeth were a visual indicator of the health of the rest of the body.

In order to find the answer as to why this was happening, Price knew he had to do what no one had done before; he chose to travel the world to find people who had little or no tooth

decay (a “control group” for scientific inquiry). In his travels during the 1930’s he found 14 isolated civilizations with perfect dental arches (no crooked teeth) and bone structure, excellent health, positive mental outlooks and high immunity to diseases like tuberculosis. His findings were in sharp contrast to Americans back home who had crooked teeth, cavities, arthritis, cancer, heart disease, mental illness and other health problems. No doubt he would be shocked at the [poor health our culture has today](#).

Dr. Price, being a highly respected researcher, meticulously documented what happened to these civilizations when they were introduced to our modern convenience foods – white flour and sugar, refined vegetable oils, pasteurized milk and canned goods. Due to the advent of the camera, he was able to take pictures to show visually the immediate damaging effects when these peoples gave up their indigenous foods and preparation methods.



Superb dental formation and nearly complete immunity to cavities was observed in Native Americans (left) who lived on the traditional foods of their culture. Those who ate processed foods (right) experienced crowded teeth and rampant decay.

For years Dr. Price completed detailed analysis of traditional

and modern diets. He was able to identify the important nutrients lacking in the “civilized” American diet. In his foundational book, [Nutrition and Physical Degeneration](#), Dr. Price shared what he found. He offered detailed evidence of the principles of healthy living. He predicted the continued demise of civilized populations if a return to traditional eating did not occur.

Which brings us to today. Our population in this country is getting sicker and sicker, despite advice from all the “health” related organizations. Fortunately, Dr. Price’s principles are gaining exposure through the work of the [PRICE POTTENGER FOUNDATION©](#) and the [WESTON A PRICE FOUNDATION©](#) which now has nearly 600 local chapters around the world. Nutrient dense recipes are everywhere, thanks to the foundational cookbook [Nourishing Traditions](#) by Sally Fallon-Morell. We have Sally to thank for starting the Weston A Price Foundation, also. And the results are incredibly encouraging. Diseases are being healed naturally and children are again being born with excellent health and bone structure. To see where your closest chapter is located [click here](#).

Both of the above mentioned foundations are funded without money from outside interests, therefore the information they provide is without bias or profit motive. I encourage you to consider membership in one or both of these fine organizations.

I am proud to be a founding co-leader of [Nourishing the Lakeshore of West Michigan](#), the shoreline chapter of the [Weston A. Price Foundation](#).

The fact that the populations Dr. Price found had no vaccines and were in perfect health, is most certainly noteworthy.



Explore the
Wisdom of
the Ages
on Diet and
Nutrition

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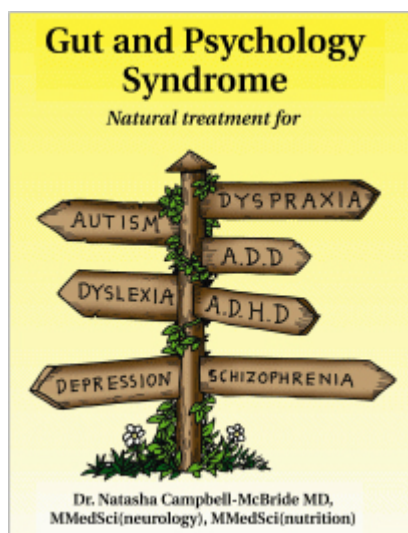
Why GAPS?

Because we **can heal**. Because medications squelch symptoms which are warning signs that something isn't working right. Because we don't have to live with IBS, colitis and Crohns, ulcers and digestive problems, joint pain and skin problems, depression and anxiety, constipation and diarrhea. We can heal and seal our guts, rebalance our [microbiome](#), and live the healthy, pain free lives we were designed to live.

Is it easy? Well, it takes planning, preparation and commitment. Is it worth it? To answer that, you must ask yourself what price you would pay to have your body feel good. The testimonials around the world of people who have successfully healed from all the issues mentioned above tell me that it IS worth it. The fact that I personally no longer have any joint pain, which my family saw as hereditary, makes it worth it for me.

So, what is GAPS? The letters stand for [Gut and Psychology Syndrome](#). The acronym and diet were created by Dr. [Natasha](#)

[Campbell-McBride](#) in 2004. Dr. Natasha has helped patients around the world heal from psychological issues such as autism, ADHD, depression and anxiety, as well as from physiological (body related) problems like autoimmune conditions, chronic fatigue syndrome and fibromyalgia, arthritis, headaches, PMS and all digestive disorders. Therefore, GAPS also stands for Gut and Physiology Syndrome.



The body gets nutrition to build and rebuild itself through the digestive system. Unfortunately, in the world today and especially in the United States, the standard American diet (SAD) not only cannot sustain the body, but it leads to the deterioration of it. Our lifeless processed food does not give our body what it needs to build new tissue. One of the first places to be damaged is our intestines which become permeable or otherwise known as "leaky gut". In addition, our overabundance of sugar caramelizes in our blood vessels wreaking havoc on our brains, eyes and nerves (and elsewhere).

When we have a leaky gut, things that aren't supposed to get into our blood stream do and these can cause issues all over the body. A major contributing factor to this is an unhealthy microbiome. I strongly encourage you to read [this article](#) to understand why our microbiomes are imperative to our health.

What do we do in GAPS? We heal and seal that leaky gut with a

healthy diet including lots of meat stock, grass fed/wild meat and animal fats and probiotic rich fermented foods. As we're healing and sealing, we're working toward reducing the toxic load on the body. This second part is so important because, unfortunately, we live with an overabundance of chemicals that our bodies can no longer handle.

What is the end result of GAPS? A digestive system that takes in what it needs to build healthy tissue while preventing the bad stuff from leaking through and causing dis-ease. We fix what's broken and the body works like it's supposed to.

Real food ~ it's the new medicine.

[How Vaccines Make Humans GMOs](#)

This is a copy of my letter to the [Weston A Price Foundation](#) which was published in their Fall 2015 Wise Traditions Journal. A main focus of the Foundation is the promotion of therapies that do not cause harm. The fall issue of 2015 was devoted solely to information regarding vaccinations because "vaccination as practiced today is a 200 year old mistake." If you haven't yet, I strongly encourage you to research [vaccines](#). I highly recommend the [National Vaccine Information Center](#), the [World Association for Vaccine Education](#) and the [Vaccine World Summit](#). This is the [most important decision](#) you will make regarding your child's health. Now...on to my letter.



I'm struggling to see how vaccines are that different from food that's altered through genetic modification. The intent may be different, but the final result is quite similar. If a **GMO** is the result of genes from the DNA of one species artificially forced into the genes of an unrelated plant or animal, how far is this from the process of vaccination in humans?

Vaccines contain the DNA of pathogenic viruses grown on cell cultures of humans, chickens, monkeys and cows. This DNA and foreign cells are injected directly into the blood stream of the vaccine recipient, bypassing any innate (God-given) protection the body has. Logic tells me that is very similar to how GMOs are created. And just like in GMO food, the blood has never before been exposed to this DNA in the natural environment.

From what I've seen there are more people aware of the dangers of GMOs in food than the dangers of vaccines. At a recent march against GMOs, I talked to participants who were pro-vaccine and completely unaware that many vaccines are actually genetically modified (for example, since 1991, the Hep B shot, given within 24 hours of birth, is genetically modified {the hep b virus is combined with yeast}).

Scientists at the University of Geneva (1971) discovered that biological substances entering directly into the blood stream can become a part of us and even a part of our genetic

material. "The Geneva scientists are convinced that normal animal and plant cells also shed DNA and that this DNA is also taken up by other cells in the organism. If they are right, the consequences to virtually every aspect of a cell's metabolism would be considerable. The growth and development, diseases, and even the evolution of an organism would be affected."

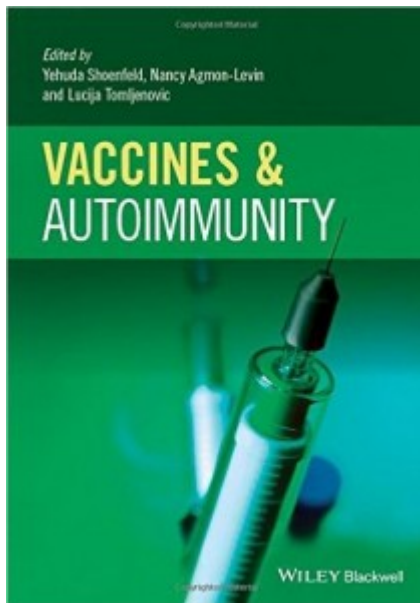
<http://vaccinechoiccanada.com/doctors-speak/vaccines-and-genetic-mutation/>

Reading that Verschaeve, L. , et.al. (*Environmental Research, Genetic Damage Induced by Occupationally low Mercury Exposure*", 12:306) found a "significant correlation between the amount of mercury in the body and the number of DNA aberrations", also supports the idea in my mind that vaccines cause humans to be GMOs as genes are being modified by at least one of the preservatives that have been used in vaccines. The process is a bit different, but the end result is unnatural changes to the genome.

When GMOs were introduced, we were told it would reduce the need for pesticides. In 2009, however, the Organic Center revealed "GE [genetically engineered] crops have increased overall pesticide use by 318.4 million pounds over the first 13 years of commercial use..."

http://www.livinghistoryfarm.org/farminginthe70s/pests_08.html

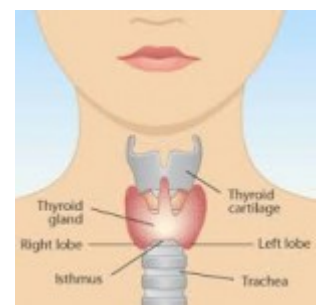
_ In the same way, vaccines were introduced under the guise of reducing the need for medical care because the recipients wouldn't get the diseases the shots alleged to prevent. As the years go by, we have more and more chronic childhood illness and adult autoimmune disorders requiring more and more treatment. In July of this year, an entire textbook, [Vaccines and Autoimmunity](#), was published on the real links between vaccines and these long term diseases.



I see how passionate the anti GMO activists are at marches and other gatherings. It is my hope that once they see that they, too, have been genetically modified through vaccination, we can all join together to take on this very dangerous myth of vaccine safety.

How's Your Thyroid?

Dr. Dan Gleason and I recently shared a presentation at Nourishing the Lakeshore, our local chapter of the Weston A. Price Foundation. This post is based on our presentation.



What is the thyroid?

A butterfly shaped gland at the front of the base of the neck that produces about a teaspoon of hormone per year and acts as

the thermostat for your metabolism in every cell of the body

How common are thyroid issues?

This is a tricky question. The [Cleveland Clinic](#) says about hypothyroidism that it “has a total prevalence of 1% to 2%,¹ increasing with age (~10% adults >65 years). In the U.S. population, the prevalence of biochemical hypothyroidism is 4.6%, but clinically evident hypothyroidism is present in 0.3%.” However, iodine and thyroid expert [Dr. David Brownstein](#) estimates that as many as 40% of the population may be suffering from hypothyroidism. The numbers are much lower for hyperthyroidism, thank goodness.

There are those who actually have lab numbers out of range. But then, even more people have numbers in the normal range so their doctors tell them they don't have an issue. The “normal” range .5 to 4.5 (a range big enough to drive a bus through) is based on the labs scores of average people and the average person today is not really healthy. If your TSH is within range your thyroid isn't necessarily functioning optimally. Dr. Broda Barnes cautioned that hypothyroidism is the “unsuspected illness” because lab values can appear normal and thus the problem goes undiagnosed. He strongly advised using basal temperature readings to help determine thyroid functioning. Dr. Brownstein sites that through his experience, a more optimal TSH range is between .3 to 2.0.

What are some of the signs of an underactive thyroid?

- * Dry skin, brittle nails
- * Fatigue/difficulty concentrating/nervousness
- * Weight gain and/or difficulty losing weight
- * Difficulty sleeping
- * Hair problems (thinning, brittle)

- * Cold feet and hands
- * Puffy eyes
- * Muscle cramps/weakness
- * Elevated cholesterol

What are some of the signs of an overactive thyroid?

- * Goiter/Nodules
- * Fatigue and/or weakness
- * Weight loss
- * Sweating and/or heat intolerance
- * Hypertension
- * Nervousness
- * Palpitations

What toxins contribute to thyroid problems?

- * Halogens – chlorine, bromine and fluoride
- * Environmental toxins
- * Heavy metals
- * Medications
- * Smoking

What nutrient deficiencies can lead to thyroid problems?

- * ***Low iodine***
- * Low selenium, zinc, iron and/or copper
- * Low tyrosine

- * Low levels of certain vitamins (A, B2, B3, B6, and C)

What other issues can lead to thyroid problems?

- * Food allergies/dysbiosis
- * Inflammation/infection
- * Toxins
- * Neurotransmitter imbalance
- * Endocrine imbalance
- * Stress/sleep
- * Sugar

Sources of toxins that harm the thyroid

- * Water
- * Food
- * Medications
- * Dental work
- * Pollutants in the air
- * Building material, carpets, flame retardants

Heavy metals and their sources

- * Mercury – fillings, vaccines, fish, some pesticides
- * Cadmium – cigarettes, industrial waste, exhaust
- * Aluminum – vaccines, baking pans, baking powder, antiperspirants, dental work
- * Arsenic – Older treated lumber (i.e., decks and playground structures), insecticides, exhaust

* Lead – paint (prior to 1978), bone meal supplements, hair dyes, water through lead pipes

* Nickel – dental crowns, hydrogenated fats, fertilizers

What's in water that hurts your thyroid?

* Chlorine – taken in through drinking AND through our lungs in the shower

* Fluoride – not what you think it is

NOTE: Keep in mind the water that serves as the base for drinks like bottled sodas, bottled teas and fountain soda is fluoridated.

Ingredients in food that harm the thyroid

* Bromine in breads, fruit drinks and sodas

* Soy

* Pesticide residues

* Aspartame/Splenda (check your gum)

* Gluten

Then, what should I eat?

* Grass-fed meat, eggs and poultry

* Wild caught fish

* Healthy fats (coconut oil, EV00, fresh flaxseed oil, butter, lard)

* Organic produce whenever possible

* Ferments like sauerkraut (esp. homemade)

* Bone broths made traditionally

What should I avoid?

- * Trans fats (margarine, vegetable oils, products made with corn, soy, and canola oils)
- * Non-organic foods and GMOS
- * Processed foods/refined sugar
- * Unfermented soy
- * MSG
- * Artificial sweeteners
- * Farm-raised fish
- * Ingredients you can't pronounce
- * Gluten

Much of the information provided in our presentation was taken from the Dr. David Brownstein's book *OVERCOMING THYROID DISORDERS* which we **highly** recommend. Additional information came from *THE IODINE CRISIS* by Lynne Farrow, which will be discussed in my next blog post.

**Real Food. It's the New
Medicine.**



A typical breakfast*

Welcome to 2015 health conscious truth seekers. I decided to take a friend's suggestion and change my tag line. I hesitated because it was Hippocrates, way back in 460 B who said, "Let food be thy medicine and medicine be thy food." That's hardly new. Of course, back then, all food was organic, heirloom and chemical free. But then through the ages, especially in the last 50 years, our food supply experienced a toxic transformation. Simultaneously and insidiously, the food industry and Big Pharma took over the media to create a perfect storm against good health.

Fortunately, there are a growing number of folks who see that the resulting food-like substances being passed off as "healthy" can't build and sustain healthy cells, tissues, organs or bodies, and they contain [toxic ingredients](#) and chemical residues from [pesticides](#) and [processing](#). To top it all off, a good share of the time in this country, if we're eating processed food, we're eating [genetically modified organisms](#) (GMOs). [Unlike other countries](#), the [U.S. doesn't even have to label](#) these Frankenfoods.

The result of the food monster? We get sick. So, we turn to the doctor for help. But we have been blinded by Big Pharma to the reality of the chemical medications. The [side effects](#) alone should be clear warning that something is not right. It

is a fact that many medications are prescribed (or taken over the counter) for more than a year or two, even though they had never been [tested](#) for long-term use. To add insult to injury, synthetic drugs aren't adequately tested for potential [antagonistic effects](#) when used with the countless other drugs out there on the market. The kicker is this: many also damage the digestive tract and keep us from being able to take in nutrients we need to heal and stay healthy. Scary.

So, our well meaning doctors who are under the heavy influence of Big Pharma are maintaining the widespread delusion that chemicals created in a lab are somehow the answer when the body breaks down. Because the breakdown is from too many toxins and/or not enough nutrients, the perfect storm of ruined food and medicines engulfs us in wave after wave of sickness, or, at least, chronically bad health.

To regain health and maintain it, we must first build a healthy body. Most importantly, we can only do this with **real** food. When we eat real food we build a strong body that can thrive and handle the demands of our modern world. Real food is food grown in our own communities (so it's still fresh and nutrient rich) on organic farms (to minimize toxins and increase minerals). Real food needs to be from [grass-fed](#), free range animals and [wild harvested fish](#), raised, caught and/or harvested by ourselves or our neighbors (good for self-esteem and the local economy), and [prepared traditionally](#).

Whew! Does that sound complicated? Nah.

It's really quite simple to be healthy. We can do it – once we are able to get past the artificial reality created by mass media for the benefit of the food and drug industries. We can reclaim real food for all the pleasure and health benefits it brings to us and our families. Then we break the cycle of illness and enjoy vibrant health. We can thrive.

Of course, we'll still get sick now and then. There will be times when our immune system is challenged. When this happens, we need to reject harmful drugs and instead look to natural remedies to heal infections and relieve discomfort. (Although, when there's an accident, modern medicine IS the place to turn to for trauma care.) We are lucky. Our ancestors and current health trail blazers provide us with a cornucopia of effective and safe medicines in the form of herbs, essential oils, naturopathy and homeopathy, chiropractic, massage, even physical therapy.

Now, this is where I come in.

When clients come to me, it's usually because they have a current issue of dis-function with their bodies. They've been caught in or are trying to avoid that perfect storm of ruined foods and toxic medications. I teach them to reclaim real food for themselves and their family and lead them to natural remedies that can heal and build health – – instead of just masking symptoms.

How to start? For the newbies to my site, here are some examples of healing foods:

[Coconut oil](#) – [Alzheimers](#), blood sugar stabilization, [weight management](#), hair, skin, nails and so much more

[Bone broth](#) – digestive healing, building teeth, bones and joints, aiding absorption of nutrients for a strong body

[Fermented foods](#) – digestive health, skin issues, mental health, [weight management](#), VITAL for health

Whole grains (still thought to be super foods) – if not [prepared properly](#) or if someone is sensitive, are responsible for everything from weight gain/loss, to brain fog, skin eruptions, fatigue, bloating and diseases like Celiac.

[Plague Tonic](#) – the only flu shot I'll ever recommend.

We've got to get back to the basics and build our bodies with **real** food. It's the new medicine.

* Typical Breakfast for me includes 2-3 pieces of local, free range bacon, 2 ([local, non-gmo fed, grazers](#)) eggs, a fried shredded purple potato (love that resveritrol) with onion (all from [Sweetwater](#) Organic Local Foods Market), [organic true sourdough](#) kamut (an ancient grain) toast with ghee (since I can't do butter – if you're not allergic – EAT BUTTER!!!), a tablespoon or two of homemade sauerkraut (made with cabbage and carrots from [Earthscape](#) and [Maple Moon](#)), and a cup of warm bone broth (made with chicken bones from [Hickory Ridge](#) or beef bones from [Crane Dance](#)).

This breakfast is far from the unnatural and cruel modern [dietary recommendations](#) that leave us hungry and unsatisfied. Recommendations that don't specify organics and are low-fat are based on sales, not health. Eating [truly healthy foods](#) like those pictured above changes our relationship with food. Eating is a nourishing and very satisfying experience.

Forever wishing you *real food* for *real health* so you can be *real happy*.

[Kombucha for Beginners](#)



Simple Kombucha Instructions – makes about ½ gallon

1. Bring about 6 ½ cups pure water to boil
2. Pour into glass vessel and add ½ cup sugar (or you can do this in the pot). Stir to dissolve.
3. Put in 4 tea bags and let steep (if fruit flies are around, cover with a clean towel)
4. When *completely* cool, add **scoby** (SYMBIOTIC COLONY OF BACTERIA & YEAST) and 1 cup starter tea
5. Cover with cloth and rubber band and set out of the way (70-75 degrees is nice) for 7-10 days. Label with date. I like to put “Love and Gratitude” on the label to, with lots of positive intentions.

<i>Vessel size</i>	<i>Water Amount</i>	<i>Sugar Amount</i>
<i>Tea Amount</i>	<i>Starter Tea</i>	
Quart cup	2.5 cups 2 tea bags	.25 .5 cup
Gallon cup	13 cups 8 tea bags	1 2 cups

Tips –

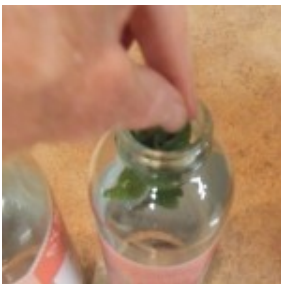


- Use only organic tea bags, with no staples in them. NO METAL – SCOBYS NO LIKE. Green tea has less caffeine and scobys really like black tea. Buying boxes of 100 is very economical. YES, you can use loose tea...in a dye free muslin bag is great.
- Sugar – must be organic from sugar cane (may say

dehydrated sugar cane juice). Costco is the best price I've seen (\$8.99 for 10 pounds).

- Non-chlorinated water is a MUST; filtered water is best. Big grocery stores like Meijer have reverse osmosis machines where you can fill your non-BPA plastic jugs for less than 50 cents.
- Kombucha scobys multiply with every batch – it's a good idea to separate them each time and put the extras in a jar with some starter tea...a scoby "motel" if you will. Then you can share!
- Your brewing kombucha likes temps around 70 and 80 degrees. Cooler...won't grow as fast, and warmer...well, don't do warmer if you can help it.
- While brewing, your scoby may float or sink or grow weird stringy things. It's all good.

Flavoring Your Booch (p.s. ~ you don't HAVE to flavor it)



Chocolate mint
sprigs – my
favorite!

- Once your kombucha is brewed the way you like it (usually 7-10 days) (you can stick a straw in it while it's brewing, put your finger over it, pull it out and taste it), pour it into a glass measuring cup or pitcher (this makes it easier to pour into bottles). You can store it in any size GLASS vessel.
- Place flavoring (i.e. mint, ginger, blueberries, grapes, other pieces of fruit) in the bottom of the bottles.

- Pour in the kombucha and put lids on your vessels.
- Place the vessels in the cupboard for another 2-10 days – the longer the bubblier. Then put in frig.
- OR YOU CAN JUST ADD SOME ORGANIC JUICE AT THE TIME YOU CONSUME PLAIN KOMBUCHA

Great websites for “booch”ers ~

kombuchakamp.com
culturesforhealth.com

oregonkombucha.com

This post is dedicated to all the new “boochers” from my [WLACE](#) classes, [Nourishing the Lakeshore](#), [Fermenting the Lakeshore](#), [Moondrop Herbals](#) and my most recent detox group.

As always, wishing you REAL food, for REAL health, so you can be REAL happy.

[Plague Tonic in Pictures](#)

Dedicated to the Fall 2014 class of Fermentation 101. Welcome to the world of culture!

It's that time of year again...time to prepare for cold and flu season, especially because flu shots are being given. If you didn't know already, flu vaccines [shed](#). That means if someone in your home or office gets a flu shot, you could get the flu just being around them.



So, there are an awful lot of “bugs” out there and we will be prepared to fight them in a few weeks with our plague tonic. When I’ve felt something coming on, I take a tablespoon 3 times a day, and usually can fight off whatever is trying to take hold. Friends and family who’ve been sick for a while and “just can’t shake” something, try the tonic and experience healing within a couple/few days.

Let’s get started. You’re going to need a glass jar (probably a quart) with a plastic lid (it will eat metal) and some Bragg’s Apple Cidar Vinegar (unless you can get homemade).

You’ll need equal parts of fresh chopped:

Garlic

The hottest peppers you can get your hands on

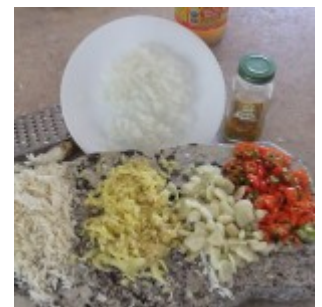
Onion

And equal parts of grated:

Horseradish root

Ginger root

Turmeric root (this can be hard to find, so if all else fails, use a nice big teaspoon of turmeric powder).



Place all the ingredients in your glass jar so it’s filled to a couple inches below the lid.



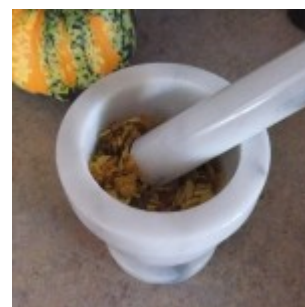
Cover with ACV and put on the plastic lid. Shake well & add a bit more vinegar to bring up to about 1/2 inch of the top of the jar.



Label your jar with the date. For those of you who know me well, I always include "Love & Gratitude" on the label based on the work of [Emoto](#). If you have lots of different jars going, you might want to put "Plague Tonic" on the label also.



Every day for the next 2-3 weeks, you're going to shake your jar a couple/three times a day. After that, you can filter it through an unbleached coffee filter (or cheesecloth). The "chunks" can be dried and used later as spice if you like (I crush mine with a mortar and pestle).



At the first sign of cold or flu, take a tablespoon (can be diluted for grown-ups and should be for kids). Two to three times a day will stop most bugs in their tracks.

As always, wishing you REAL food (and tonics), for REAL health (without meds) so you can be REAL happy.

Thanks to Vicki R. and [Granny Good Food](#) for sharing this two years ago. You've helped many more than you know.

Tips for Fabulous Ferments

*This post is dedicated to my local fermenting buds – **Fermenting the Lakeshore***

With the recent evidence from the [Human Microbiome Project](#) proving we are more bacterial than human, fermenting is coming back with a bang. When we home ferment, we add flavorful drinks and condiments to our meals and improve our digestion and subsequently our health (both mental and physical). A proper balance of good bacteria is imperative to weight loss and management. We can do it all for a mere fraction of what probiotics and enzymes cost in the store.

For those of you just joining the wave as well as more conditioned ferment peeps, here are a few helpful pointers for the best fermented creations...

Produce–

Raw, fresh picked, local and [organic](#) are the best bet for superb fermentation. Organic from the grocery store is my second choice. Remember that [pesticide residues](#) can inhibit the bacterial growth that is necessary for successful preservation.

Salt–

Please always use high-quality salts. The cheap white salt at the store has gone through processing using unhealthy means and is drained of its life giving minerals.

I recommend that newbies follow a recipe the first time as far as the amount of salt to use. After that, adjust down or up a slight amount to taste. The amount you use will affect not only taste but texture.

Sugar–

Recipes (i.e. kombucha) generally call for just “sugar”. Because of our compromised food supply with regard to GMO’s

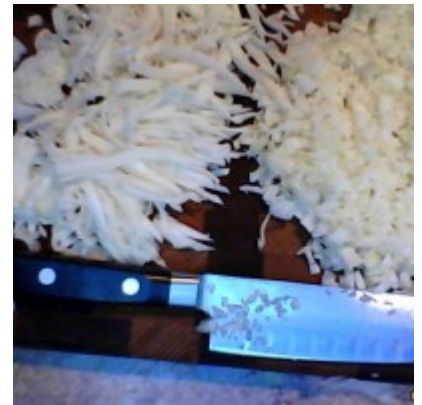
and pesticide use, I prefer to stay vigilant and use organic cane sugar. Regular white sugar is from [genetically modified sugar beets](#) – bad news.

H2O –

Non-chlorinated water MUST be used; filtered water is a good choice. Remember that chlorine kills micro-organisms and thus can keep your food from fermenting. Try to wash in non-chlorinated water even if you have to run a sink full and let it sit for half an hour before rinsing your produce. I encourage people to get the water out of the reverse osmosis machines at the local co-op or grocery store. Or invest in an under the sink RO of your own.

Cutting/Chopping –

The “cook” can choose to chop, slice, grate, use a food processor or mandolin for taking the original produce and making into the size for fermenting. One exception is [beet kvass](#), where you don't want the chunks too small.



Exposure to Air –

Keep fermenting fruits and veggies submerged under the liquid in the jar to prevent mold. If growth appears, scrape it off. When I have a fermenting creation with floaties (like cardamom pods in kvass), I gently shake or stir them to discourage mold from growing.

Time –

At room temperature (70-75), ferments without whey need about one week to develop the acidity required for preservation. When whey is used, preservation takes about 2-4 days. Even after being put in the refrigerator, your creation can improve with time.

Temperature –

During the first phase of fermenting, it's best to keep your

ferments at room temperature. This phase may be a couple days if you're using whey or another starter or a week or longer for wild ferments. I check the creation to see if it tastes good, then when it does, I put it in on the top (ferments only) shelf in my refrigerator. If I had a cold cellar, I would use that. Vegetables can be stored for many months this way.

Tagging –

I strongly encourage people to place a tag on each creation when it's made stating what it is (for the family member that finds it in a couple months and thinks its gone bad) and the date of creation. This just takes the guess work out of the process. Also, because of the profound impact our intentions have on [water](#), I like to place a note that says "Love and Gratitude" on all my creations.

Placement

If you are making more than one type of ferment (i.e. like kombucha and kefir, or kefir and sauerkraut), place them in different parts of the kitchen/house so as to prevent cross contamination. I usually keep mine 10+ feet apart.

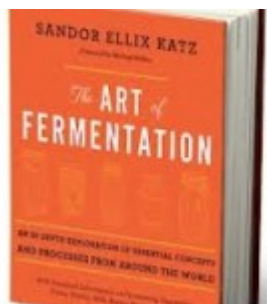
How much should I eat –

If you are new to fermenting and haven't been taking probiotics, please start out small. This means a single tablespoon of kraut or maybe a few ounces of kombucha* once or twice a day for a couple days. Let your body adjust. Ultimately you can work up to a couple tablespoons at each meal and/or 4 ounces of a fermented drink like kvass or kefir. Remember, fermented foods are meant to be condiments, not side dishes. Pay attention to how your body is responding.

And finally, a word about pH

Fermented creations have an acidic pH. Nature does that. Unless you are 1. going to go commercial or 2. just curious, you can trust Nature to be the pH it's supposed to be. There is no need to test your creation. The great thing about ferments is that they ultimately have an alkalizing effect on

the body because they make minerals more accessible to our tissues. However, they go through the mouth in their acidic form, so after you consume them, rinse out your mouth with clean water or brush your teeth (sea salt and baking soda are effective, safe and inexpensive).



Looking for a book about this return to culture? My very favorite one on the subject is *The Art of Fermentation*, by Sandor (Kraut) Katz.

Happy Fermenting! Wishing you **real food** for **real health** so you can be **real happy!**
