

Protecting Ourselves from Radiation

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.

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

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.

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

- [Antennasearch.com](#) – see how close cell towers are to your house
- *When using the following, you should test the area before and after putting the protection up:*
 - Window films and coatings

- Window shielding fabrics
- Canopies over beds
- 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 below)
- 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)

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 ([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
- 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

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.

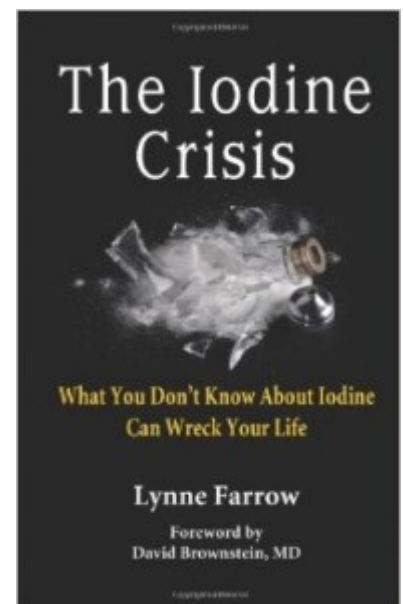
Additional websites that were strongly recommended:

- For those with children (grandchildren) – WWW.SAFBABY.COM
- Objective research – www.bioinitiative.org

I personally purchased a [Defender Pad](#) for use with my laptop. While Mary Cordaro strongly recommended not getting a smart phone, I suspect some day I will. When I do, I plan to get a Defender Shield case for it.

A Must Read - The Iodine Crisis

We need to be AWARE – we have a severe nutrient deficiency in the U.S. (and many other places on the planet). The book, *The Iodine Crisis*, by investigative reporter and whistleblower, Lynne Farrow, should be read by **everyone** who is concerned about their health. I was moved so greatly by the content; I knew the importance of sharing information from the book with the masses. In the interest of time, both my own and for you the reader, I will provide highlights here.



Farrow begins the introduction with “Iodine deficiency wrecked my life”. How I wish we could quantify the number of people to which this statement applies. I strongly suspect the same applies to myself, but we’ll never know.

The author’s search for the truth went into overdrive when she was diagnosed with breast cancer. She was able to find objective research from over 50 years ago connecting breast

cancer and iodine deficiency and was shocked that this issue was not mentioned in any sources available to current breast cancer patients.

As she dug more into this crucial mineral, she discovered a “text book-accepted theory about the dangers of iodine” dating back to 1961. Except it was NOT true. At all. Fortunately, Dr. Guy Abraham, together with his research partners Dr. Jorge Flechas and Dr. David Brownstein have brought the truth to light. More on that in a bit.

What happened to our use of iodine? Here I will take the lazy blogger’s way of conveying information and share with you some highlights from a few of the chapters.

Chapter 4: *Bromine-A Cause for Iodine Deficiency* “We’ve become iodine deficient since the 1970s because the anti-iodine bromine has purged iodine from our bodies.” “Iodine is the biochemical ‘antidote’ for toxic bromine but it takes time.”

Chapter 5: *Why Does Your Body Need Iodine?* Iodine is essential in small amounts for **every single cell** in the body.

Medical records from 1906, showed iodine was used as The Universal Medicine for things like atherosclerosis, uterine fibroids (seriously, after what I went through??), swollen glands, prostatic hypertrophy, depression, eczema, ovarian cysts, “rheumatism” and breast pain. Farrow includes a list of conditions she has seen helped by iodine including those just listed and dozens more including fertility problems, blood pressure, fibromyalgia, hearing loss, constipation, eye problems, weight gain and brain fog. The way I see it, if you have any of these issues and you either aren’t taking iodine or haven’t had it tested, you’re missing out.

The myth that iodized salt has enough of this essential mineral to keep us healthy is DANGEROUS. First of all, half of the original iodide is lost from the time the salt leaves the

factory until it gets to the grocery store. More of the iodine escapes into the air after you open it at home. Only 10% of the iodine is absorbable, that is as long as you don't cook with it because cooking destroys it. And the form added to salt is not the form women need for healthy breasts. Sheesh.

If you think you can get enough iodine from fish, be prepared. You'll need to eat about 4 pounds of fish from the ocean. Every day. Hungry?

Chapter 6: *Why Consider Supplementing Iodine?* Farrow emphasizes iodine's "profound power to detox, normalize and nourish the cells so they can work optimally...Iodine is more of a missing link that helps the body regulate and adapt."

In this chapter and Chapter 8 she discusses the particulars of why and how to take iodine. I'll let you get the book instead of regurgitating it here. The most important point is to understand that the amounts recommended by the USDA are miniscule compared to what the body really needs (150 micrograms vs. 12.5 to 50 milligrams – {1000 micrograms = 1 milligram, by the way}).

I know so many women with Hashimoto's disease so I believe this comment is worthy of mention here: "iodine deficiency is often the most direct cause of Hashimoto's combined with selenium deficiency."

Chapter 7 – *What Do Doctors Think About Iodine?* Most doctors in this country have been taught to be Iodophobic – to fear iodine because it could damage the thyroid. Two major reasons are 1.) The fact that iodine is cheap and can't be patented, so no drug reps are "educating" doctors about it, and 2.) The Wolff-Chaikoff conclusion discussed in detail in Chapter 17 (keep reading please).

Farrow notes that "iodine literacy is spreading fast", through the American College for the Advancement of Medicine, The Anti-Aging Conferences, The Iodine Conference and the Weston A

Price Foundation conferences, where Dr. David Brownstein often speaks (very informatively I might add).

Moving forward to Chapter 11, Farrow discusses the growth of online discussion groups about iodine that have helped countless people regain their health. Included in these are www.facebook.com/groups/IodineWorkshop, <http://curezone.org/forums>, and <http://health.groups.yahoo.com/group/breastcancerthinktank>.

Check them out. Please.

In Chapters 12 and 17, Farrow shares with the reader the REAL dangers of bromine. Not only is this dangerous halogen that blocks out iodine used as a fire retardant in cars, mattresses, electronics, pesticides and children's toys and pajamas, but it is also used in flour, and vegetable oils (which are in Mountain Dew...ugh!).

In the early 1970's, not only was iodine removed from bread and baked goods, but the anti-iodine potassium bromate was added. Insult to injury.

The fact that bromide has been banned in many countries, but not the United States, is reason to be concerned about policies related to health here at home.

Chapters 13 – 16 talk about the history of healing and the use of iodine. We learn that the old Merck Manual had iodine as the most used tumor remedy in the 1800s. How many cancer patients have been told this? We learn that the Civil War soldiers carried iodine canteens in addition to water canteens because iodine was used to purify water and treat infections. Other fascinating uses and a historical timeline dating back to 15,000 BC are shared.

After the second World War came the invention of penicillin and sulfa drugs which began to replace iodine for infections. Then, in 1948, and again in 1961, Drs. Chaikoff and Wolff published papers persuading physicians that iodine was

dangerous. These erroneous reports, unsupported by legitimate science influenced medical educations for at least three generations until in 2005, Guy Abraham, MD., wrote the article *The Wolff-Chaikoff Effect: Crying Wolff* noting the mistakes in the studies from decades earlier. In bold, Farrow writes **“The so-called fundamental law of physiology-that iodine can shut down the thyroid gland – has been challenged, overthrown and even reversed”** and “If iodine could be stolen from needy patients for decades by two unverified scientific papers, we must blame a medical system that allows unverified studies to determine patient care.” Thoughts? I hope so. We have got to question! Think! And question some more!

This reversal of the Wolff-Chaikoff myth has created a revolution. **“Iodine has been redefined from a poison to a vital nutrient with life-changing benefits.”** Is your health care provider aware of this yet? Ask.

Farrow rightfully asks “How many women and men have suffered, yes, even died, because Wolff-Chaikoff’s conclusions that became the law of medicine?” Hmm.

Near the end of the book is a chapter entitled *The Perfect Storm Theory of Breast Cancer* which begins with a quote from Dr. Flechas “The absence of iodine in the human body is a promoter of cancer”. Once again, I’ll leave it at that and strongly encourage you to get the book for the fascinating details.

Finally, the Appendixes and Resources are enlightening and oh, so helpful.

Get the book. Read it. I bet you’ll be glad you did.

When I purchase iodine off the Internet, I use Detoxidine, from Global Healing Center.

 **DETOXADINE**[®]
NASCENT IODINE FOR THYROID SUPPORT



SHOP NOW
—FREE SHIPPING—



[The Ultimate Make-at-Home Medicine](#)



*This post is dedicated to the outstanding group of health conscious individuals who attend meetings of the newly formed **Nourishing the Lakeshore of West Michigan** chapter of the Weston A. Price Foundation.*

Sally Fallon Morell, the author of [Nourishing Traditions](#) and co-founder of the [Weston A Price Foundation](#) shares some thoughts about bone broth here.

The reason to use bone broth is 2 fold. One – it is key to good health and two, having it on hand makes preparing delicious meals in the kitchen so much easier.

Bone broth provides **electrolyte minerals** from bone, marrow, and cartilage (calcium, magnesium, phosphorus, silicon, and sulphur). Since minerals are extracted from natural living tissues, they are **in the ideal balance and form to be easily taken in and used by the body**. You could call broth the ultimate mineral supplement. It works to accelerate overall healing and supports our bones, joints, teeth, digestion and immunity. It is an ideal “prescription” for any disease and a wonderful preventative of future illness. As a mental health professional, I am excited about the prospects of better mental/emotional health due to improved digestion and assimilation.

Ramiel Nagel in his book [Cure Tooth Decay](#) says broth is one of the **most potent medicines for reversing and preventing tooth decay**. He recommends 1 -2 cups per day either drank by itself or used in soups, stews or sauces.

Bone broths also provide **gelatin** which attracts digestive juices to itself and thus helps us **utilize proteins and other nutrients more completely**. This is helpful for those on a tight budget (who can't afford to buy a lot of meat)...since it allows the body to make better use of proteins.

Gelatin also **prevents bad bacteria from attacking the gut wall** neutralizing them so they don't cause problems for us. There is a [significant amount of research](#) proving that gelatin can heal chronic digestive disorders (by balancing stomach acid to normal levels), Crohns Disease, colitis, irritable bowel syndrome – all of which are on the rise, especially in teens and young adults.

Who's heard of glucosamine and chondroitin? These supplements for joint health have been proven to reduce arthritic pain and

swelling...and they're in bone broth – again in the natural form your body recognizes.

One important note: use bones with integrity, that is from animals who have grazed out in the sun eating grass and non-gmo feeds. The bones from these animals will have more minerals and little or no toxins (like arsenic) than those conventionally raised. The ideal is to know your farmer.

Chicken Stock – any birds – turkey, duck, goose:

Can be made from raw chicken, either whole or cut up into parts, or you can use the bones from a prepared chicken meal. Skin adds flavor and additional nutrients.

Recipe

In a large stockpot place:

1 whole chicken or 2-3 pounds of bones...including neck, back, wings (can be browned for flavor),

About 2T of vinegar – to about 3-4 quarts filtered water, 1 large onion, 2 carrots and 3 celery stalks (with leaves) and/or any other vegetables you have on hand – all coarsely chopped,

and let sit for 30-60 minutes – this starts the process of drawing out the minerals. Bring pot to a boil and remove the “floaties” that rise to the top – don't worry if you don't do this. Cover and simmer 6-48 hours. 10 minutes before removing from heat, add a bunch of parsley for added minerals. Then remove the bones; you can use the meat in recipes. Throw the veggies in your compost pile.

Strain into glass bowl or jars. Put in the frig until the fat solidifies on top...scrape it off and you can save it for sautéing vegetables. Store 5 days worth of broth in the frig and the rest in pint and quart jars in the freezer. LABEL with date and type. If you want to store in plastic...make sure the broth is cool and the plastic safe. Broth keeps several months in the freezer...you'll use it up way before that.

Beef recipe is similar...

Beef Stock – same for deer, bison and lamb

Best bones are knuckle, marrow, meaty rib, neck and tail. Again...local and grass fed is best.

Recipe

For those who are just beginning or get overwhelmed with too many details, brown some bones in a 350 degree oven for about half hour, put them in a kettle with good clean water, a chopped up onion, chopped carrots and celery and a tablespoon or 2 of raw apple cidar vinegar and let stand for an hour or two, bring to a gentle boil, then simmer for 6 – 72 hours. **If you have reason to believe your gut is leaky, stick with 6 hours or less. Glutamate is created after a lengthy simmer, so using the broth after 6 hours may be more safe for those with intestinal permeability.**

Just DO it. You can master the details later.

Here's Sally Fallon's recipe:

In a big pot place about 4 pounds of marrow and knuckle bones and 1-2 T Vinegar for every quart of filtered water – let this stand about an hour.

In the meantime, brown about 3 pounds of meaty rib and neck bones (in a shallow casserole pan) in the oven at 350 about 20 minutes per side. Then put them in the water . You can pour out the fat, add water to the pan and scrape it to get those yummy drippings unstuck and then pour that into the stockpot. Add your choice of veggies if you like.

Bring to a boil. Skim off floaties – this is more important with beef than chicken. Turn heat down and simmer for at least 12 and up to 72 hours. The longer it cooks, the richer the flavor. Again, the last 10 minutes, you can add parsley for extra minerals.

Remove bones, strain into glass bowl or jars, cool, remove fat. There are times when I know I'm going to use the stock for a casserole so I just leave the fat in it...[as we've learned](#) these are healthy for us. It all depends on your taste. Pour into storage containers and LABEL.

How can you use your broth? Anytime you are making soup, sauce or a casserole, it is a delicious healthy addition. You can also start your day with a warm cup of broth, a touch of sea salt, and [that wondrous coconut oil](#) we've talked about recently.

"Add"itional thoughts.

***For those who don't want the stove on all night:

– You may use a crockpot (please be sure it is made of safe material)

– Make [fish stock](#)

***For added nutrients:

– Add egg shells, chicken feet, or heads (yes, chicken/turkey heads add healing nutrients)

– Add extra gelatin to the finished broth

***For added flavor:

– Add basil or thyme the last hour

– Add garlic

– Add miso

***For economy – re-use your bones, adding new bones with cartilage each time.

It is **not advisable** to buy most canned and boxed soups and broths as well as boullion cubes and powders even if they are labeled organic – they have all sorts of unwanted substances like MSG, artificial flavors and trace amounts of the material in the container in which they are packaged.

Wishing you REAL food, for REAL health so you can be REAL happy.

More reading from Sally Fallon Morrell – [Broth is Beautiful](#).

And the book Nourishing Broth, by Sally and Kaayla Daniel, Ph.D.

Does it bug you that you're eating Roundup? It should.

I watched this video last week and felt so sad knowing many of my loved ones are seeking help for illness from the medical field while they're eating foods that not only can't sustain them, but are literally harming them. In this interview, the actual mechanisms of harm are identified. I just had to share.

Many thanks to [Jeffrey Smith](#) and [Dr. Stephanie Seneff](#) for describing in detail what happens to the body as a result of exposure to Round-up. These destructive actions are contributing to most, if not all, of the diseases of our time. **If you or anyone you know has one of the concerns listed directly below the video, I urge you to take an hour and watch.** For those who can't, I've summarized key points below, along with the time reading from the interview so you can go directly to that topic if you like. This **IS** effecting you. It **IS** harming you.

[Jeffrey Smith interviews Dr. Stephanie Seneff about Glyphosate](#) from [Kristin Canty](#) on [Vimeo](#).

Problems influenced by glyphosate – the active ingredient in Roundup: anxiety, aggression, autism, ADHD, Alzheimers, cancer, depression, diabetes, fibromyalgia, gastrointestinal problems, heart disease, infertility, multiple sclerosis, and Parkinsons. If you have any of these issues and your health care professional has not advised you to stop eating conventionally raised food, you have not been given the whole truth. That professional has likely not been made aware of the **danger**, but it is **real**.

The interview begins by explaining that crops are now “Roundup Ready”, meaning the plants actually drink up the pesticide which leaves more in the food end product. Smith points out that the allowable residues have gone up since the plants were made Roundup Ready. Initially we were told Roundup would make it so less pesticides would have to be used, but the pests became resistant, and now its use has more than doubled. In the first 16 years, 527 million pounds of Roundup has been used. Current studies show, in the Midwest {7:20}, 60% to 100% of ALL samples of air, water and rain contain glyphosate. This is call for alarm. It is even found in the blood of newborn babies.

In a [recent post](#) on my site, I talk about how disease is caused by exposure to toxins and not having enough nutrients to protect ourselves. These are exactly the concerns Dr. Seneff cites {2:45} that Roundup is responsible for. She relates that glyphosate depletes calcium, magnesium, iron, zinc, cobalt and other minerals causing nutritional deficiencies AND leaves toxins in the body.

Dr. Seneff points out that Monsanto was able to say that the active ingredient in Roundup didn't effect human cells because it works on a metabolic pathway called the shikimate pathway, which humans don't have. However, as I pointed out in [last week's post on the Microbiome](#), we have 10 times more bacterial cells than human cells, and those bacteria ARE negatively effected by glyphosate, causing inflammation and other harmful responses.

What does glyphosate do in the body?

1. Harms our good bacteria and then bad (pathogenic) bacteria can take over (autism {5:00}) and produce toxins (i.e. ammonia and formaldehyde) that can lead to encephalopathy (Alzheimers {20:00}) and DNA damage {13:00} (cancer {34:30}). Dr. Seneff stressed the #1 action to take for Alzheimers is to remove all sources of glyphosate (it is in processed food and used often

in lawn/yard care).

2. Blocks the CYP 450 enzyme pathway {17:00} which harms the liver, enzymes that help us detoxify, hormones and our ability to make vitamin D.

3. Destroys amino acids in food as well as interrupting the body's ability to make aromatic essential amino acids {25:03} like tryptophan and tyrosine. We need these aminos to make serotonin (lack = depression, aggression, obesity) and dopamine (Parkinson's {32:00} and fibromyalgia).

4. Contributes to multiple sclerosis {41:00} both by destroying the myelin sheath and by causing leaky gut which leads to the body attacking itself (autoimmune disorders – of which we are seeing a dramatic increase). Leaky gut, or intestinal permeability, also leads to bowel inflammatory disorders {45:30} like Crohn's disease, colitis and IBS.

5. Since minerals like zinc, cobalt and manganese are no longer available in our foods and our body requires these to function, we keep eating more and more in our body's desperate attempt to get what it needs (Obesity {59:00}).

6. Disrupts our cells' ability to store sugar (Diabetes {59:00}).

What about safety studies? {36:20} Monsanto did do short term (90 day) studies for safety. However, when independent studies were done, in the fourth month of research, the female test animals (80%) developed mammary tumors (breast cancer) and the males developed tumors in their kidneys and liver problems. Much more on Monsanto's pseudo-science is available from the [Institute for Responsible Technology](#).

GMO crops in this country include alfalfa, canola, corn, cotton, papaya, soy, sugar beets and squash (zucchini and yellow summer squash). And it's not just GMOs anymore, Folks. Smith points out {60:00} that glyphosate is now being sprayed

on non GMO crops such as barley, rice, wheat and rye immediately before harvest.

Bottom line...the mechanisms showing glyphosate/Roundup cause disease are now known and while you and I may not understand them in the detail Dr. Seneff does, we can take action to minimize their damaging effects on us. Eat NO GMOs. Eat organic. Do NOT spray your lawn and yard with Roundup or other toxic chemicals (that get on your shoes, your pets' feet, young children playing outside).

If you haven't already, I urge you to watch the film [Genetic Roulette](#) – The Gamble of Our Lives.

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

My hometown is waking up...are You?



Regaining Our Health part 1

This journey helping others regain wellness is an exciting one. From the "Natural Mommy"s building their childrens' innate immune systems, to the monthly [Nourishing the Lakeshore \(Century Club\)](#) and Let's Talk Wellness meetings ([Unity of Muskegon](#)) to the clients eager to reduce their medications due to side effects, to those who just want to eat better shopping

at [Sweetwater](#), we are waking up. People in and around Muskegon are learning that what they put in their mouth and on their body affects how they feel. And then there are the fermenting classes and Fermenting the Lakeshore group, but we'll talk about that next time.

New people approach me every week asking what they can do. Everyone knows someone, often themselves, with aches and pains or a diagnosis of an auto immune disorder. So many have GERD or other digestive problems, achy joints (aka digestive problems), hair loss, mood issues and weight gain (especially around the middle). How about you?

The imperative here is self-EDUCATION.

The answer to these issues is complicated and yet very simple. Healing boils down to reducing our toxic exposure and increasing our intake of nutrients to build strong bodies/immune systems. However, with so much profit driven mis-information out there, figuring out what to do is confusing.

Let's look at our food. Our supply has gone toxic – from [GMO](#) seeds (i.e. corn, soy, sugar beets, canola, zucchini) to [pesticides](#) used on those seeds, to the harmful [processing of our milk](#) and [animal products](#), to the [over-hybridized wheat](#) which is making everyone gluten sensitive. And don't even get me started on [excitotoxins](#) like [MSG](#), [aspartame](#), and [splenda](#) that give people the impression diet sodas help them lose weight (when the reverse is true).

[Personal care products](#) are filled with carcinogens and toxins. We can't quantify yet how much they contribute to [obesity](#) and illness. Then add [chemical cleaning products](#) and [air fresheners](#) and our personal toxic load goes over the edge into illness.



What's the answer? Clean up – your personal care regimen, your [cleaning supply cabinet](#) (vinegar is great), and any other product you use at home, work or in your car.

Another step, of course, is getting safe, clean, nutrient dense foods to build your body. Yes, you are what you eat, and this is serious. Your [source for dietary information](#) must be objective and without a motive for profit (the USDA has a goal to sell agricultural goods – remember this). I have [helpful articles](#) and [recipes](#) on my site that I use to educate people back to the radiant health that is their birthright. If you haven't already, I encourage you to work your way through the articles on my [START HERE](#) page with links to other researched pages I trust.

We will talk soon about the gut microbiome – part 2 of Regaining Our Health

Wishing you **real food** for **real health** so you can be **real happy**.

[Yummy Good for You Casserole](#)

Over time I created this recipe as a teaching tool because each of the ingredients is chosen very deliberately for it's health benefits (ok, the seasoned salt is just for simplicity).



1 pound [grass-fed](#) ground beef or breakfast sausage (sausage will make it have more "wow")

1 organic medium size [onion](#) – chopped to your liking

1 – 2 cloves organic [garlic](#) (crush and let sit 10 minutes before cooking to maximize the nutrient content)

1+ tsp sea [salt](#)

2+ dashes of [turmeric](#) (helps prevent cancer)

1+ tsp seasoned salt (I use Simply Organic All-seasons salt) or any herbs and spices that you like

1 big bunch [kale](#) or $\frac{1}{2}$ small head of cabbage (or any mixture there-of and the more the better for you) – to clean kale, let soak in tepid water and 1T vinegar for 15-30 minutes then rinse each leaf

1+ T – Bacon grease (from grass fed bacon) or organic butter

2 cups organic rice (soak at room temperature 7 hours or overnight in enough water to cover it with 2 T apple cidar vinegar or whey – drain before cooking)

Start cooking the rice according to the instructions minus about 1/3 of the water requirement (since the rice is soaked). [Bone broth](#) is a flavorful healthy liquid to cook your rice in. You could add a tablespoon of coconut oil to the water to keep it from sticking and add some luscious medium chain fatty acids.

Brown meat with onions in a stainless or cast iron skillet for which you have a lid. Don't drain the fat. Add garlic. Finely chop (or use kitchen scissors) the greens and put on top of the meat mixture. Sprinkle salt, turmeric and seasoned salt on greens. Put bacon grease or butter on top. Cover and simmer while the rice continues to cook. The greens need a good $\frac{1}{2}$ hour or more.

If you have room, stir the rice together with the meat/green mixture and let simmer another 15 minutes. If you don't have room in the skillet pan, put all the ingredients in a casserole and bake covered for another 15-30 minutes at about 300.

Sample taste...you might want more salt or seasoning, or bacon grease. Be daring!

Would you like it to be even more of a superfood casserole?...add grass fed liver pieces. (I haven't been ready to do this just yet.)

Don't want to use rice? Finely chop potatoes (you can do this in the blender) and put them in the same time you add the greens. Want color? Add a finely chopped carrot when the meat is about halfway cooked. Mix and match! When you cook with bacon grease, butter and seasonings, it always comes out tasty!

To get the full benefits of all the nutrients, consume a couple tablespoons of raw, fermented sauerkraut with the casserole.

Special thanks to Nicole and Sarah – 2 of the world's most awesome Moms.

Until next time...wishing your **real food**, for **real health** so you can be **real happy**.

Chemical Calories for Your Skin??



What's in your
face cream?

Did I get your attention? Good – because what you put on your body deserves as much attention as what you put in your mouth. The Food and Drug Administration monitors what we ingest through our mouth, but they haven't yet accepted the fact that our skin soaks in chemicals and toxins, too.

While we don't know for sure, many have suggested that through our skin, the body's largest organ, we soak in calories from the products we use on our face and body. A recent study by researchers from the Children's Environmental Health Center at [New York's Mount Sinai Medical Center](#) identified an association between exposure to phthalates (found in personal care products, among other things) and obesity in young children – including increased body mass index (BMI) and waist circumference.

It is impossible to totally avoid the synthetic chemicals we breathe and those we come in contact with in public. But we can minimize our toxic load by paying close attention when selecting products for our faces, hair and bodies, as well as our homes and yards.

Most people want to trust that [if a product is on the market it must be safe](#). Along the same line of thinking is the idea that our skin is a barrier that can protect us from harmful substances. Neither of these assumptions is correct. Unsafe compounds are being used and they are soaking in. And the efficacy of a product does not have to be proven so advertising can claim just about anything with regard to how it will make your skin and hair feel and look.

The regulatory authority's stance in this country is that chemicals are safe until proven harmful. [Eighty-nine percent of all ingredients in cosmetics have not been evaluated for safety by any publicly accountable institution](#). Sounds like we've been relegated to guinea pig status to me. By themselves, many of the compounds in personal care products have been identified as irritants, toxins, mutagens (damage DNA), teratogens (birth defects) and potential carcinogens (I think you know what that means) . We may be told the amounts are so small there's no way they can harm us, but how many products are we using? What is the effect of mixtures of different compounds in the same products – or mixed with ingredients from other products? No one knows.

We have all the environmental toxins we're dealing with, then we use small amounts of several personal care products, with unknown long-term effects and unknown synergistic effects. Scary.

What can we do? [Read labels on everything that touches your skin and hair](#). Buy only products that are natural (vs. synthetic) and organic. Every dollar is a vote in a sense. Can you pronounce every ingredient? Is it a chemical name (dimethicone, sodium laureth sulfate, PEG-50 Almond Glyceride) or is it something you understand (like organic aloe vera and organic shea butter)? Is the word "fragrance" on the label? What exactly is in that?

Does the product have colorings? Are you aware of how many

food colorings were once listed as safe but then removed from that list after they were found to cause cancer, behavior problems and other issues? At least 18. This is after we were eating them for years.

Parabens have for decades been used as an acceptable and safe preservative. Why then are many products coming out touting the fact they are “paraben-free”? Did you know methyl paraben is a xenoestrogen and has been found in 90% of breast cancer tumors tested?

There are products with integrity out there. The coconut oil I encourage people to consume everyday is a wonderful, pure, low cost moisturizer for skin and hair. Yes, it's a bit greasy and can get on your clothes. During the summer, though, it's great for bare legs and arms. I don't recommend it for your face at all if you're prone to oily skin. I choose to use Brittanie's Thyme for my face, which is made in lovely Cedar Springs, Michigan. Their products are certified to food standards, so they can be eaten (and are safe).

Other organic brands are coming onto the market all the time (some wonderful, some deceptive). You can find recipes online to make your own. Do your homework, get used to reading labels, maybe switch one product a month. Please be aware. We've got to watch out for ourselves – and each other.

Until next time...wishing you Real Food (even for your skin) for Real Health so you can be Real Happy.

[Why Organic?](#)



In my last article I touched on how what we put on our skin affects our health. Hard for some people to believe. Today we'll look at the more accepted premise – we are what we eat. Think about it. We consume “stuff” and it becomes our bodies. Shouldn't we be aware of what is in that “stuff”? What we put in our mouth is the #1 contributor to our wellness (or lack thereof). The way we eat changes our immune system, our muscles and joints, our brain and moods. With the degradation of the food supply, our wellness is running into major trouble.

So let's take a look at pesticides. [Organophosphate](#) pesticide poisons were developed during [Hitler's reign as chemical warfare](#). And we're using them on our crops?? There are over 180 identified pesticides used in this country that are [endocrine disruptors](#). That means they mess with our hormones (like insulin) which oversee the functioning of all the necessary activities in the body. The average American consumer is exposed to between 5 and 10 pesticides per day on the **Standard American Diet (SAD)** . Even with a well functioning liver, those toxins are going to build up. Proponents of the chemical industry say the trace amounts in our food are too small to negatively effect health (100 parts per billion). Did you know that the [NuvaRing](#), the birth control vaginal ring, contains .019 parts per billion and it prevents reproduction?! [Albuterol](#), the asthma inhaler, works at 2.1 parts per billion, quite effectively for those in distress. We're kidding ourselves if we think the pesticide residues in and on our food are inert.

Why aren't physicians advising everyone to eat organic? Because they are not being educated about the damaging, even

life threatening effects of pesticides on living cells/tissues/bodies. They're treating diseases AFTER they occur. The [information is out there](#), but it has not been considered a priority in med school. Who is going to advocate for including it in the curriculum?

Consider this. Back in the 80's when I was raising my family, kids just didn't have the health problems they're having today. It was rare to see a child or adolescent with high blood sugar or blood pressure, abnormal cholesterol or triglycerides, or a waist size above 40 inches. Now, 2/3 of high school students have at least one of these markers (Dr. Alan Greene, lecture to organic farmers, 2009). During the last 30 years our food supply has experienced MAJOR compromises (pesticides, GMO's, high fructose corn syrup, additives, preservatives, colorings, and more). The way we are feeding our children is setting them up for a lifetime (often abbreviated) of illness.

So let's talk about diabetes for a minute. Studies have confirmed a link between [diabetes prevalence](#) (and [auto-immune diseases](#)) and pesticides. Adult onset diabetes is now called [type II diabetes](#) because so many young people are getting it. A diagnosis of diabetes for a child is likely to reduce their lifespan [10-20 years](#). The cost of caring for them over their lifetime is estimated somewhere between \$300,000 and \$3 million – per child! Why then, do we continue sourcing our school lunches from conventionally grown and processed foods? Because it's cheap, “inexpensive” if you will. We can feed a lot of children for very little money. The long term price tag however, is astronomical. And the pain and sadness are priceless. Imagine what we could do if we spent more for organic food and prevented diabetes in thousands (and thousands) of young people.

OK, so pesticides are dangerous. What about the hormones they use to fatten up livestock, make more milk and get those huge chicken breasts we think are good for us? Well, there is NO

evidence anywhere to show the safety of the hormones used on animals. There are studies however, that show increased cancer in people who consume conventionally raised meat. That was why [in 1989, Europe banned the import of meat raised in this country.](#)

The great thing is, there are farmers with integrity out there that understand the connection between sustainable farming and sustaining human life. Animals raised on smaller farms are roaming the grass in the sunshine and taking in life sustaining nutrients that are passed on to us when we eat them. Organic vegetable and fruit farmers do not use toxic, cancer causing pesticides, AND they add needed minerals back into the soil so plants and trees can bear produce that builds healthy human bodies. [Research](#) shows that [organically grown foods](#) contain significantly more nutrients and antioxidants AND those nutrients are more bioavailable to your cells. Anyone who consumes organically raised food on a regular basis also knows it tastes great! I encourage you to find local sources for organically raised food. There are more and more every day as we spread the word of true healthy living.

Until next time...Wishing you **real food** for **real health** so you can be **REAL HAPPY**.

Additional recommended reading:

[Mounting Evidence Links Pesticides to Parkinson's Disease](#)

[Serum organochlorine pesticide residues and risk of gallstone disease: A case-control study in Xiamen.](#)

[Childhood brain tumors, residential insecticide exposure, and pesticide metabolism genes.](#)

[New study confirms atrazine's effects across a range of species \(including us\)](#)

[Organic Foods Contain More Nutrients!](#)

[Study links Honey Bee Deaths to Corn Insecticides](#)

The First Step to Better Health - Bacon Fat*

*from grass fed pigs...and organic evco

This post is dedicated to the incredible activist film maker Chris Bedford who introduced me to the sad and insidious world of food politics. He guided me – and thousands of others – to the possibilities for making our world sustainable. Today's blog is controversial...Chris always loved controversy.

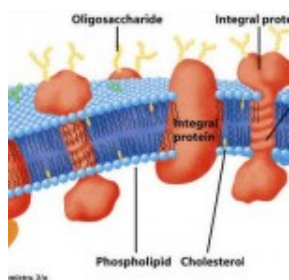


My family's favorite fat

Fats? Seriously? We're supposed to avoid them, right? They clog our arteries and make us unhealthy. Especially animal fats. NOT!

Many people ask me what the first step toward better health is – I say switch out your fat. In my studies and travels I've met a growing number of very healthy people who understand the dire importance of good fats in the diet. But I've found the majority of people who live in my beautiful corner of the world, the Lakeshore of West Michigan, don't have a clue. So I write this for them. The rest of you, nod your head and say "yup".

Our bodies need fats. And saturated fats, those dreaded rascals that the American Heart Association and American Cancer Society have been warning us against for decades, are in EVERY cell in your body. Our heart, nerves, hormones and brain need them everyday. Has the advice we've been getting all these years shown a dramatic decline in cancer and heart disease? Let's be honest...No.



Lipids and
cholesterol =
healthy cell
membranes

That's because our cells are starving. Look at any anatomy book and you'll find that saturated fats and cholesterol form a key part of the outer edge (membrane) of all the cells that make up YOU.

So we have been encouraged to swap out animal fat with [vegetable oils](#) that aren't healthy at the cellular level. Our poor cell membranes don't get what they need to stay pliable and do their jobs in relation to the cells around them (cell signalling). After years of consumption of these liquid vegetable oils we end up with problems all over the body – immune system disruption, heart disease, memory issues, cancer and more. Yes, other lifestyle factors contribute to these concerns also, but why increase your risk? Dr. Mary Enig, the world renowned expert on the biochemical structure and effect of fats in the body discusses the issue at length in this interview, if you want to know more (and you REALLY should). No, you won't see this on television or in the mass media because there's no money in it. At least not for big business.

But the truth is coming out, thanks to organizations like the [Price Pottenger Foundation](#) and the [Weston A Price Foundation](#) and the Internet (as long as we remain uncensored).

Well done Dr. Enig!! How sad that so many young people's eyes were damaged because the advice we were given was flat out wrong. How long is it going to take to get this truth into the mainstream?

We must be aware of the QUALITY of the fats we eat. The fats from a grassfed cow are going to be healthy and the fats from a feed-lot cow eating GMO grains grown with pesticides and then filled with antibiotics and hormones are going to be VERY different. The [organic extra virgin coconut oil](#) that our cells thrive on and that can be safely heated to high temperatures is miles ahead of the rancid refined vegetable oil on the grocery store shelves that gets further damaged when we cook with it.

We've been sick long enough. It's time for a change. The very first step I recommend is get rid of those truly dangerous fats and start adding in the coconut oil and fats that come from critters raised outside naturally. By the way, grass fed bacon grease is one of THE most tasty ways to add flavor to your casseroles and stir-frys.

We'll talk about the superfood cod liver oil some other day.

Until next time, wishing you Real Food for Real Health so you can be Real Happy
