

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!

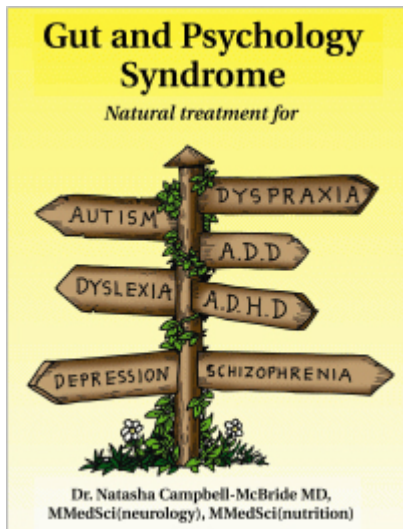
Additionally, in the last 2 years thousands of additional cell towers have been erected around the U.S. Nearly every school USA has wifi, as do libraries, restaurants, hotels – who doesn't? It's not that the dangers magically went away one day...we've just gotten complacent and trust that if the government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

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.

[My hometown is waking up...to the microbiome](#)

This post is dedicated to the new fermenters along the lakeshore of beautiful West Michigan. Great job to the students from my [White Lake Area Community Education](#) classes, [Nourishing the Lakeshore](#), [Fermenting the Lakeshore](#) held at [Unity of Muskegon](#) and health conscious shoppers at [Sweetwater Local Organic Foods Market](#).



What is the [microbiome](#)? Very simply, it refers to the fact that 99% of the DNA in our bodies is not our own; it belongs to micro-organisms. And if you're eating nutrient dense foods, little to no sugar and fermented foods everyday, you'll have "good" microbes that will treat you, their host, to health and wellness. Fast foods, lots of sugar and processed carbs feed pathogenic "bad" microbes and WILL lead to illness as well as extra pounds.

A little history...In the 1990's, [the Human Genome Project](#), the

biggest project ever undertaken in biology, focused on decoding human genetic information ([Holt, 2008](#)). There was hope to find the genetic cause and cure for every disease that affects humanity. What was discovered by 2003 was that every animal species shares the majority of genes, but that the expression of the genes can come in a multitude of ways depending on something called the epigenome. The epigenome is influenced by what we are exposed to in our lifestyle. While the genome can be likened to the hardware in a computer, the [epigenome](#) is similar to the software, which tells the hardware what to do. But there turned out to be another missing link.

Ultimately, by 2008, the Human [Microbiome](#) Project began where we realized that part of the reason a stalk of corn has more genes (32,000) than a human (25-30,000) is the fact that we are hosts to an estimated 100 trillion bacteria. These bacteria work in concert with our genes to run our bodies.

NPR has an animated yet thorough introduction to this new knowledge. It is about 5 minutes long and I strongly encourage you watch it:

This research is in its very early stages. Yet if we look at the research of civilizations that did not live like we do, [traditional peoples](#) (like those found by [Dr. Weston A Price](#)), we see EVERY one of these healthy groups ate fermented foods. And they ate no processed foods whatsoever. When we learn to ferment and return to traditional eating, we, too, can experience the radiant health that is our birthright.

Today, our microbiomes are compromised all sorts of ways. Besides the losses during infancy addressed in the video above, our balance of good to “pathogenic” bacteria shifts with antibiotic use, toxins in our air, water and food, long term use of prescriptions and birth control pills as well as radiation. Without these beneficial “little critters” as I like to call them, we can’t digest and absorb nutrients to build healthy cells and this leads to nutritional

deficiencies.

When we have an abundance of bad bacteria from eating processed food and drinking sodas, the “food” we eat gets broken down into toxic compounds which get absorbed into the bloodstream. From there they go to wherever we have a vulnerable area like our joints (i.e. arthritis), brain (i.e. fog, ADHD), skin (i.e. eczema, rash, acne) and our vital organs like our heart. These same bad little guys can damage the lining of our intestine and cause it to become inflamed and permeable (leaky gut), which leads to food intolerances and allergies. When this happens, we no longer are getting nutrients to build us up but instead get toxins that make us sick. And because 85% of our immune system is in our gut microbiome, if we don't have good gut flora, our immune system goes haywire. No wonder so many people are unwell and overweight.

When people return to traditional ways, including fermenting, eating organic produce, consuming grass fed and wild animals and cutting out processed “foods”, their microbiomes can heal and do the work necessary to help return to wellness. For many, supplementing with probiotics is a sensible choice while they transition to more traditional ways. If this is something you choose to do, please make sure the product you use has integrity.



Lexi Larabee
Photography

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

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.

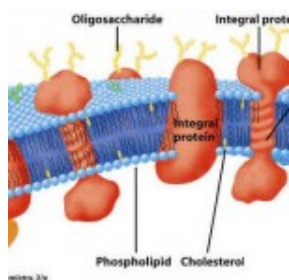


My family's favorite fat

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

What We've Learned from Traditional Diets

Why are these People so Healthy?



Native people eating traditional foods had physical excellence, splendid facial and dental arch forms, and no cavities.

Our standard American diet is **sad**; sad because its consumption is making us sick. Rates of cancer, diabetes and heart disease, as well as obscure diseases and behavioral problems in children are higher than ever.

Theories of healthy nutrition come and go, which only adds to the confusion about what we should eat to be healthy. The food industry loves this because then we all just throw our hands up and say..."everything is bad for you." This is just not true. While sifting through all the claims and advice is not easy, when you use common sense and diligence, the truth emerges.

Fortunately we have the work of [Weston A Price](#) to show us what people who were truly healthy ate. Dr. Price identified 14 groups of disease free people. If we look at the diets of these hearty people we see they had similarities with each other but were very different to how we eat today. These common factors helped them build strong bodies that resisted disease.

Here are the 9 common characteristics of these life sustaining diets. Compare them with how you eat – could there be a correlation with your own aches, pains, tooth decay and other health problems? The answer is yes.

1. 30% to 80% of calories were from fat
2. Unrefined salts were eaten regularly
3. Lacto-fermented foods provided healthy bacteria for the intestine (this is where our nutrients are taken in to build our cells)
4. Absolutely no denatured/refined foods were eaten (no flour, sugar, lowfat milk, refined vegetable oils, food additives)
5. Some animal food was consumed by every group, be it raw milk or products made from it, fish, eggs, beef, pork or insects and reptiles
6. Nuts, grains and seeds were always prepared to neutralize substances in them called anti-nutrients
7. Preparation methods included cooking, soaking, sprouting and fermenting and some animal foods were consumed raw (milk and meat).
8. The amounts of omega 3 and omega 6 oils were about equal. Today that ratio is often 1:20 which has a devastating effect on our cells, particularly in the brain
9. All cultures used animal bones, usually to make bone broths.

These people ate REAL food they took time to prepare with love and care. And that food became their bodies through digestion and assimilation.

Are you eating REAL food? Think it might be time to?

If you see this as possible in your life, good for you, because it is. Large numbers of people are healing themselves by returning to traditional diets. The [Weston A Price Foundation website](#) is a wonderful resource. Each of the above issues will be addressed in detail in future articles on this

blog.

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

Rethinking the Food Pyramid...



Did you know that after the USDA released the Food Pyramid in 1992 the rate of obesity skyrocketed? That's what happens when you encourage people to consume 6-11 servings a day of grain products without mention of product quality. And yes, there was a major link to the grain lobby. At the same time, the tip of the pyramid made the recommendation to use fats sparingly...no regard for the difference between good and bad fats. No mention of the fact that all our hormones are made from cholesterol.

The pyramid evolved and we were encouraged to eat less grains, make them whole, consume more fruits and veggies, but still eat "lowfat" milk and protein sources. We now have a "plate" as a guide – it's better but does not address the need for high quality fat consumption (so necessary DAILY for cell and brain health) or the processing of grains/nuts/seeds in a manner so our body can better use their nutrients. The issues of pesticide residues, dangers of genetically modified

organisms, concern about antibiotics and hormones in our animal products are not mentioned. These issues are real and are negatively effecting our health with every bite.

With so much **mis**-information out there, are you feeling overwhelmed? Feeling misled? Please don't despair. The movement to get back to REAL nutrient dense food is growing exponentially. We will get there one step at a time. Pick a place to start this month. How about finding a local market in your area where you can meet the REAL farmer who grows your food. Or pick one vegetable or fruit in your diet and promise yourself you will only buy it if it's grown organically.

One positive effort by the USDA is the program [Know Your Farmer, Know Your Food](#). This is a step in the right direction to deal with the issues mentioned above. Here in Muskegon County, we are fortunate to have a source for local and organic food called [Sweetwater Local Foods Market](#).

Take that first step.

Just start...

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

Update January 2014 – Denise Minger has now published an amazing book I highly recommend [Death By Food Pyramid](#).
