

# Healthy Choices Herald

## August, 2009

### **Health Alert**

by Dr. Bruce West



### **Sick Pets That Die Too Young**

*“Dogs are not too much different from us in many ways. For example, our diet is the cause of most of our degenerative diseases including most diabetes. And most canine illnesses are caused by **nutritional deficiencies caused by dog food**. Despite fancy labels and claims, most dog food is alike-with producers using much of the same products in the different brands of dog food.”*

*Health Alert, Vol. 26, No. 1*

If you have a dog or cat, the odds are that it will suffer and die too young thanks to pet food, drugs, inoculations, and vaccines. Tough talk? Exaggeration? No. It is simply the truth. Here are some shocking truths from the front lines of veterinary medicine. These facts are brought to you courtesy of Dyanna McCain, a veterinary homeopath, whose practice includes pet nutrition and homeopathy.

- The first thing to do with any sick pet is to switch to a raw diet. This is sometimes difficult as pets, like people, become addicted to nutritionally “dead” but tasty food. In the end, when it comes to sick pets, **diet is everything**.
- Many animals are sick and toxic from a history of prescription drugs and annual vaccines. Their loving guardians devotedly make sure that they get these treatments because they are taught to believe that they are good for pets.
- Cancer is now the main cause of death in animals. This is followed by autoimmune diseases, diabetes, thyroid disease, and kidney disease. These health problems were rare prior to the 1940s, when pet food and pharmaceutical industries began to get a stranglehold on pet care.
- Too many vets vaccinate sick animals – despite the vaccine label (“Do not give to an unhealthy animal”) forbidding this practice. Sick animals routinely die within 30 to 60 days following these vaccinations.
- Many “holistic” vet clinics are anything but holistic. The *holistic* buzzword brings in more business, but other than being open to alternative procedures, few vets are truly holistic.
- Most “natural and holistic” pet foods on the market are garbage. Anything can be legally put into “natural” pet food, including road kill and euthanized animals.

- Vets are too busy treating pet emergencies and pet trauma to get too interested in nutrition for animals. Almost none are experts in this field, with the majority getting an hour or so of nutrition education from the makers of pet food.
- Real nutrition and nutritional and homeopathic supplements produce miraculous cures in pets – from hip dysplasia to mange. And Dr. McCain should know. Her practice is 100% nutritional and homeopathic. She primarily uses Standard Process for her phytonutrient products. She has been studying and treating animals with nutrition for years, and likes to tell me that “what you do for people, I do for animals.”

The pet food and pet health-care stories are even more sordid than the facts provided by *Health Alert* and Dr. McCain. We are currently working on getting full-time vet help at *Health Alert* to provide the products you need to get and keep your pets well.

But for now, follow my simple advice. If you have a sick pet, switch them to a raw diet. Get a copy of the book, *The BARF Diet* (acronym for bones and raw food), by Ian Billinghurst, DVM. It might be tough to change your pets to a raw diet, as they will likely reject eating real food at first but there are no shortcuts.

As for supplements, give your sick dog or cat 3-12 **Catalyn** by Standard Process daily. And if they have any bone, joint or muscle problems, give them 3-12 **Calcifood Wafers** daily. The bigger the pet, the larger the dose. As soon as we have the full line of pet products available, I will let you know. And if you are in the Los Angeles area, you can always look up Dr. McCain.

For more information about these Standard Process Products of their veterinary supplement line, click on the link.

## **[The Power in Being Healthy](#)**

This four part seminar facilitated by Lynn lays out a foundation for healthy living.

**Topics covered:**  
**Assessing Your Health,**  
**Six Keys to a Healthy Lifestyle**  
**Customized Health Plans**  
**Effective Supplementation**

- Four Tuesday evening classes, starting September 8, 2009
- 7:00 PM – 8:30 PM
- \$35 (manual included) Additional fees may apply for non-residents - **Course #101052**

To sign up for course number 101052 offered through Plano Parks and Recreation at Liberty Recreation Center. You may register at [www.PlanoParks.org](http://www.PlanoParks.org) or call 972-941-7250.

## **Coming Soon! Health Empowerment in Ten Minutes!**

Take responsibility for your own health needs. **Has stress shown up in your life as one of the following?** Fatigue, restless sleep, performance anxiety, headaches, allergies, insomnia, food cravings, poor focus, “tight” golf swing, nagging physical limitations, unmotivated to exercise... **Health Empowerment in Ten Minutes for Your Whole Family with or without government run healthcare.**

### ***Improve it all with BodyTalk Access!***

**A 100% holistic healing system that has helped more than 15,000 people in 37 countries feel better fast.**

#### What is BodyTalk Access?

Body and mind balancing for health maintenance and management of daily health challenges; including improving performance, reducing stress, strengthening immune function and physiological function. You will learn five body balancing techniques plus an invaluable technique to use in health emergencies.

### **Class Details - Course registration has already begun!**

- Saturday, September 26, 2009
- 10:00 AM – 6:00 PM
- \$115 adult (includes manual) **Course #103426**
- \$40 ages 12 – 18 (additional manual may be purchased for \$15 if parent already enrolled and receiving manual.) **Course #103437**
- Sign up at [www.PlanoParks.org](http://www.PlanoParks.org) or call The Tom Muehlenbeck Center at 972-769-4404
- Don't live in Dallas-Ft. Worth? Find your BodyTalk Access class at [www.bodytalksystem.com](http://www.bodytalksystem.com)

**Seating is limited so don't delay!**

## **Power Food Habits\***

### **Part III. Grains, Beans, Nuts, Seeds (Part 1 of 2)**

#### **1. Grains**



#### **The Best Choice**

Enjoy eating grade 10, whole grains often, such as brown rice, spelt, millet, quinoa, oat groats, buckwheat, corn and whole wheat. “Grade 10” is a term which means that the grain is 1) open pollinated (non-hybrid) 2) naturally grown (using natural fertilizers and few or no chemical sprays) and 3) has very few or no toxic chemical residues (from storage chemicals, transport chemicals, in-store handling sprays, cleansing agents, preservatives, or tap water saturation.) Eat only grade 10 whole grains.

#### **Commercial Grains**

We do not recommend most commercial, store-bought grains. They are mostly hybrids, high in pesticide residues and often refined. Long-range FDA studies have shown that alarming amounts of pesticides/chemicals are typically found in store-bought grain products. (See chart below showing pesticide levels in store-bought grains.)

#### **Stunning Amounts of Pesticides Detected in Store-Bought Grains**

<b>Product</b>	<b>No. of Pesticide/Chemical Residues Detected</b> (typically per 16 samples)
<b>Dinner Rolls (white bread)</b>	<b>44</b>
<b>Muffins</b>	<b>46</b>
<b>Raisin Bran Cereal</b>	<b>42</b>
<b>Rye Bread</b>	<b>49</b>
<b>Whole Wheat Bread</b>	<b>49</b>
<b>Tortillas (white flour)</b>	<b>34</b>
<b>Shredded Wheat Cereal</b>	<b>31</b>
<b>Rice (white)</b>	<b>18</b>
<b>Pasta (with sauce)</b>	<b>33</b>
<b>Pancake</b>	<b>35</b>
<b>Popcorn</b>	<b>37</b>

## **Organic Grains**

We do not recommend most store-bought “organic” grains, including “certified organic”. Unfortunately, organic grains are often heavily contaminated AFTER harvest with numerous toxic residues and handling practices. For example, “organic” rice is commonly mixed with talc which may contain asbestos impurities (used as a rodent deterrent) but it may cripple your digestive tract if ingested. “Organic” millet and “organic” wheat often test positive for mercury, one of the deadliest heavy metals known to man, from mercury-based storage sprays used after the organic grain went into storage. Eating contaminated grains on a regular basis can badly damage your health.

## **Hybrids**

Most grains and vegetables in the U.S. are grown from “hybrid” seeds. Hybrids are seeds that have been artificially created by unnaturally mixing different plant varieties; their seeds germinate once and then are typically sterile and cannot be used to produce the next crop. This is an unnatural state for seeds, and is definitely not God’s original plan for growing food.

Hybrids are bred to be dependent on chemical fertilizers and pesticide sprays (an outrageous concept). Research on hybrid grain shows them to contain on the average (roughly) 300 to 400% fewer minerals (than heirloom grain) and often completely missing 9 critical trace minerals (also outrageous).

## **Open-Pollinated Grain**

Open-pollinated or heirloom seeds are the original hearty seeds of our ancestors. They contain the rich genetic seed material of the past. Open-pollinated seeds are self-propagating seeds, the way God originally intended. For best health, eat vegetables and grains grown from open-pollinated seeds ONLY. However, it is difficult to find them even in “organic” produce. We have seen really many so-called “wheat” or “corn” allergies that are often reactions to toxins in the grains, not the grain itself. For example, we have yet to find a person “allergic” to our fresh-ground heirloom wheat.

## **2. Refined Grain Products**

Food manufacturers may mislead the buyer by boasting that their product contains “whole grain” or “whole wheat” when in fact, their product is made of both refined and whole grains. For example, a product may claim to have “whole wheat flour” but upon closely inspecting the label, you may find the ingredients listed as both “whole wheat flour and wheat flour.” “Wheat flour” means that refined white flour has been used in the product.

Avoid refined grain products, even from so-called “natural” sources. These refined flours are nutritionally and electrochemically “dead.” They are of little nutritional value and a common source of constipation.

Examples of refined grain products to avoid are the following: pasta, bread, crackers, bagels, muffins, buns, rolls, pretzels, granola, boxed cereals, cookies, cakes, white rice, noodles and spaghetti.

### **Hidden Additives**

Refined flour products commonly contain undesirable sweeteners, artificial flavors and coloring. Some so-called “whole wheat” bread products have token amounts of whole wheat but large amounts of “wheat flour” (the misleading name for refined white flour). Caramel coloring is then added to make the product look brown, like real whole wheat.

Commercially made bread and flour products also commonly contain hydrogenated oils. These atrocious manmade oils compete with your “good oils” and create stagnant liver and gall bladder symptoms. Eating hydrogenated oils is associated with increased risk of cancer and other degenerative diseases.

### **Refined Flour and Constipation**

Refined foods such as white rice and the white flour versions of noodles, pasta, spaghetti and bread take almost twice as long to digest as whole grains. These refined foods form a sticky mucus that accumulates in the intestines which can cause constipation and sluggish elimination.

### **MSG: The Hidden Neurotoxin In Your Food**

Refined products commonly contain flavor enhancers such as MSG, monosodium glutamate, a known neurotoxin. MSG may be listed on the label legally as “natural flavors” without any mention of MSG. The FDA allows many disguised names for MSG. Because MSG does not appear on the label, you may be fooled into thinking that the product is MSG-free.

If you eat out in restaurants, you are virtually guaranteed of getting MSG in every meal you eat. A recent survey taken in a popular health food store showed that over 80% of their products contained hidden MSG, a known harmful neurotoxin (yet, the work “MSG” never appears on the label since the food companies are allowed to use MSG’s pleasant sounding aliases).

## **Heated Foods**

Avoid eating highly heated foods. These are foods which are heated to high temperatures (over 212° F). Highly heated foods elicit a toxic reaction in the body, even if the original unheated food was not toxic. The best whole grain put into a muffin or granola becomes toxic to the body after the grain undergoes typical baking temperatures (350° to 450° F) even for a short period of time. Avoid eating refined, highly heated foods.

### **3. Grain Snacks For Superb Energy (Part 2 of 2)**

Whole grain starches are an excellent source of energy for afternoon snacks. When recovering from chronic illness, eating every 2 to 4 hours is important to keep blood sugar levels stable. Whole grains burn evenly in your digestive system, keeping energy levels up and cravings down.

Keep a bag or two of frozen flatbread in your freezer at work or home; use a toaster oven for a quick heat-up (only 2 or 3 minutes). Serve with a bit of olive oil, butter, grated nuts, or sweet jaggery (an unrefined, dark brown sugar cane concentrate).

### **4. Quality Starch**

#### **A. Beans**

If your digestion is adequate, nonhybrid beans are an excellent source of protein when combined with any grain. Beans and rice are an excellent protein combo for evening meals. Avoid eating animal protein at your evening meal for best digestion.

#### **B. Gas-Free Beans**

To avoid getting “gas” from eating beans, first soak the beans for a few hours, then throw out the soak water. Then add fresh water before cooking the beans.

#### **C. Tubers (Potatoes, Yams)**

Another excellent evening meal staple is nonhybrid potatoes or yams. These provide even-burning, quality starch. However, beware of commercial sources. In the long-range FDA studies, commercial potatoes contained 96 different pesticide residues, an almost unbelievable amount of contamination. Avoid store bought, commercial potatoes and yams. Use grade 10 sources for best health.

## 5. Nuts and Seeds

Eat all your nuts and seeds raw. Avoid roasted or heated nuts and seeds: heating rancidifies their natural oils. Eating rancid oils can seriously burden your liver and gall bladder, contributing to chronic disease. Avoid eating all nuts or seeds that have “off” or rancid tastes.

Nuts or seeds are best eaten early in the day (before 2 p.m.) and in small amounts at a time. Avoid snacking on nuts or seeds in the evening.

**Recommended Nuts** (*naturally grown*): Almond, brazil, filbert, pecan, walnut, pine nuts, macadamia

**Nuts Which Are Not Recommended:** Pistachio, peanut

**Recommended Seeds** (*naturally grown*): Pumpkin seeds, sunflower seeds

### Sunflower Seeds

Although we recommend fresh raw sunflower seeds in theory, we found NO acceptable commercial sources for years. One unfortunate but common practice is the mixing of last year’s older rancid crop of sunflower seeds in with the current year’s fresher crop. This helps to sell off their old crop, but it is very unhealthy for you to eat. We are proud to offer excellent quality, non-rancid sunflower seeds (grown outside the U.S.) See our current catalog.

Stay tuned for our segment on meat next month.

\*Courtesy of Healthline – [www.Healthline.cc](http://www.Healthline.cc)

## **Food For Thought...**

**You cannot escape the responsibility of tomorrow by evading it today.**

-Abraham Lincoln