

# Healthy Choices Herald

## July, 2009

### ***Health Alert***

*by Dr. Bruce West*

#### **Strong Kids**

When I was a kid, we walked to school--rain, snow, or sleet. We carried heavy books. When school was out, so were we--outside playing. Our parents never took us anywhere in the car. We walked or rode our bikes everywhere. And play was finished for the day only when our parents called us in for the evening.

That has all changed. And consequently kids are the most unfit that they have ever been. Too many are weak, out of breath, overweight, over-fat (or too skinny), always in front of the TV or playing computer games, and quite simply ***out of the shape*** they should be in. For lots of these kids, their parents have done all the “right” things with diet, etc. But in reality many of the widespread beliefs about fat loss, athletic performance, diet, and exercise for kids are ***completely false, dangerous, and sometimes ridiculous.***

The truth is that to solve “incurable” problems with unfit kids, you simply need to start them on ***strength training.*** It is simple, easy, fun, and can be accomplished with ***one half hour per week!*** The benefits are increased bone and muscle strength, improved flexibility, better muscle to fat ratio, better metabolic rate (calories burned), decreased fat mass, better endurance, increased resistance to injury as well as reduction in the severity of injuries, improved performance in athletic activities, improved cardiovascular health (better wind, etc.) and perhaps most important, ***increased confidence and self-esteem.*** And we now know that all the fears about kids damaging their joints and bones with strength training are ***completely false.***

How can you accomplish this? You can use the same instructor that I use for myself, Fred Hahn. He is the expert, has his own kids who he helps train, has done all the research, and has established the best means of strength training for children available anywhere. Just buy a copy of his book, *Strong Kids, Healthy Kids*. Fred will make it simple and fun for you and your children.

Helping your kids and grandkids get in shape and stay strong and confident is just about the best gift you can give them. And the benefits to you are equally great. So stop listening to all the junk you hear about your kids, their diet and their fitness. And know that with inactive kids, diet alone will just not suffice. This book will finally dispel the myth and lies, and give you the truth to help your children get strong, happy and confident. Get your copy today.

## **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 begins August 15, 2009**

- 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 II. Fruits**

If fruit is to be eaten, use only fresh-picked, fully ripened, top quality, naturally grown, non-hybrid fruit.

#### **The Best Choice**

Enjoy eating naturally grown, non-hybrid fruit from your local farmer's market or naturally grown fruit from your well-nourished, chemical-free fruit trees. Farmer's markets fruits are typically fresh-picked, with few or no sprays, usually no wax or storage chemical residues, and with no in-store harsh soaps, preservatives, fumigants, etc. Often, the nutrient content of the fruit is much higher than other sources.

#### **Avoid Fruit If You Are Ill**

Fruit is rarely recommended if you are chronically ill. Eating fruit can deplete internal reserves during illness. Fruits are simple carbohydrates that are cleansing and tend to be very "yin". They can quickly raise and drop blood sugar levels, thereby stressing the adrenals and decreasing integrated glandular functioning. Glandular hormone balance is essential to the healing process. In addition, high blood sugar (reflected in high total urinary sugar) tends to encourage infection.

#### **Store-bought Fruits**

When you do eat fruit, avoid commercial, store-bought fruit due to its heavy saturation with pesticides and chemicals. Long-range FDA studies have shown

unbelievable amounts of pesticide residues typically found in the following store-bought produce (See chart below).

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

<b>Fruit</b>	<b>No. of Pesticide/Chemical Residues Detected</b> (typically per 16 samples)
<b>Apples</b>	<b>80</b>
<b>Cantaloupe</b>	<b>58</b>
<b>Cherries</b>	<b>61</b>
<b>Grapes</b>	<b>63</b>
<b>Oranges</b>	<b>23</b>
<b>Orange Juice</b>	<b>43</b>
<b>Peaches</b>	<b>97</b>
<b>Pears</b>	<b>79</b>
<b>Raisins</b>	<b>110</b>
<b>Strawberries</b>	<b>86</b>

### **Fruit Waxed with Fungicides**

In addition to the pesticide residues, many fruits are likely to be waxed. As with vegetables, federal law requires the disclosure of the presence of wax on fruit, but most supermarkets are in violation, failing to tell customers which items are waxed. Waxes and shellacs may contain pesticides and fungicides, including suspected carcinogens and neurotoxins.

Fruits that are likely to be waxed are apples, avocados, cantaloupes, grapefruits, lemons, limes, melons, oranges, passion fruit, peaches and pineapples. More than 90 percent of the California citrus crop is fumigated after the harvest! One post-harvest pesticide, benomyl, is a known animal carcinogen. Another one, ortho-phenylphenol, is known to depress the immune system and is a probably carcinogen. Methyl bromide, another suspected carcinogen, is sprayed on dried fruits and nuts.

### **Organic Fruit**

We do not recommend most store-bought “organic” fruit, including “certified organic”. As with vegetables, “organic” fruit is often contaminated AFTER harvest with many toxic chemicals from mercury-based storage sprays, in transit sprays, harsh in-store cleansers, waxes, preservatives fumigants, etc. The organic grower may have done a good job in growing the fruit originally, but the fruit is often contaminated before the consumer even gets it. In other cases, “organic” fruit may be contaminated during the growing process as well.

Stay tuned for our segment on grains next month.

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

### **Health Crisis in the Land of the Free**

Many of you have probably heard the news about the future of our health care system. If you have not, I encourage you to get informed. The proposals on the table may seem, on the surface, to have that “feel good ring”, but its important to read between the lines. In the weeks to come, watch the news, stay informed and get active by letting your representatives know what your wishes are.

Remember, that programs cost money and that means tax increases for all. Have you ever considered what government run health care would look like? Check out the lines at your local post office or look at the profitability of Amtrak or how about the IRS with a tax code that is over 20 feet tall! Don't believe me? Our tax code is 78,000 pages long.

Contact your [representatives](#) today.

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

The quality of a leader is reflected in the standards they set for themselves. Ray Kroc