

Healthy Choices Herald

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Health Alert

by Dr. Bruce West

Alzheimer's and Coconut Oil

Can two tablespoon's of coconut oil daily improve patients with Alzheimer's? Neonatologist Dr. Mary Newport, MD, believes so. She dramatically improved her husband's Alzheimer's condition with this very treatment. You may remember the movie *Lorenzo's Oil*, which is based on a true story about oil therapy that dramatically helped a mentally incapacitated boy. This finding with coconut oil may be similar.

It has long been a theory that certain types of oils that contain medium-chain triglycerides (the kind of fat in coconut oil) can provide substantial help for dementia and Alzheimer's patients. Dr. Newport took it upon herself to test this theory – with excellent results, starting in just days. And we are beginning to test this treatment also.

If you don't want to wait, and wish to try the treatment yourself, there are no side effects. Just order some coconut oil and start taking two tablespoons daily. Coconut oil is solid in the refrigerator. Spoon out two tablespoons of oil in solid or semisolid form and consume daily.

Make sure to get quality oil. You can count on quality if you order from Omega Nutrition at 1-800-661-3529. If you mention *Health Alert*, they offer a small discount.

Power Food Habits*

Part I. Vegetables

Eat fresh, top quality, naturally grown vegetables with your daily meals.

The Best Choice

Enjoy eating fresh vegetables from a natural grower at your local farmer's market or your own naturally grown home garden. Farmer's market produce, although not necessarily "certified organic", is typically fresh-picked with few or no pesticide/herbicide sprays, storage chemical residues, in-store harsh soaps and chemical preservatives. Natural fertilizers are typically used so there is a higher

concentration of valuable nutrients in the produce. If there are no farmer's markets in your area, you can arrange to have naturally grown fresh produce shipped directly to you, (not from storage), from a reliable, non-toxic grower.

Store-bought Vegetables

Avoid store-bought produce. Commercial, store-bought vegetables are heavily saturated with shocking amounts of toxic residues. Long-range FDA studies have assessed unbelievable amounts of pesticide residues/industrial pollutants typically found in store-bought produce (See chart below).

Stunning Amounts of Pesticides Detected in Store-bought Vegetables

Vegetable	No. of Pesticide/Chemical Residues Detected (typically per 16 samples)
Broccoli	45
Carrots	32
Celery	78
Cucumbers	67
Green Beans	34
Green Bell Peppers	83
Potatoes	96
Spinach	95
Sweet Potatoes	43
Summer Squash	81
Tomatoes	50
Winter Squash	48

Waxed Vegetables with Fungicides

In addition to the pesticide residues, many vegetables are likely to be waxed. Although federal law requires the disclosure of the presence of wax on produce, 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.

Fungicides

The following highly questionable fungicides are among those used in waxes on vegetables: **Benomyl**: (possible human carcinogen, causes nervous system anomalies in rats), **Dicloran**: (insufficiently tested for carcinogenicity and mutagenicity , but still in use.) **Imazalil**: (insufficiently tested for carcinogenicity

and mutagenicity, but still in use.) **Ortho-phenylphenol:** (suppresses the immune system). **Sodium ortho-phenylphenate:** (possible human carcinogen, causes urinary bladder cancer and liver cancer in rats).

Unfortunately, you cannot always tell by looking at vegetables which ones are waxed. The following are likely to be waxed: cucumbers, eggplants, parsnips, bell peppers, pumpkins, rutabagas, squashes and sweet potatoes. Often, even if the wax is not applied, the fungicides are.

We do not recommend most store-bought “organic” vegetables, including “certified organic”. Surprisingly, we have found that “certified organic” produce is often heavily contaminated with toxic chemicals, such as mercury based storage sprays, in-transit sprays, in-store harsh cleansers, preservatives, waxes, fumigants, etc.

Much of the organic produce tested just as poorly and sometimes worse than store-bought produce in terms of toxicity. Extensive research studies show a direct connection between ingesting pesticide residues/chemical pollutants and the incidence of chronic disease, especially cancer.

Stay tuned for our segment on fruits next month.

*Courtesy of Healthline – 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?

Take a look at this representation of our 78,000 page tax code.



Contact your [representatives](#) today.

Coming in next month's issue...

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.**

Food For Thought...

We can not expect people to do the right thing unless they know the right thing to do.