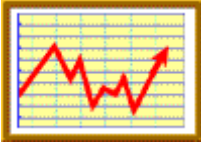


# Healthy Choices Herald

## October, 2009



### **Health Alert**

by Dr. Bruce West



### **Fluoride, Chlorine and Contaminated Showers**

There has been much hype about chlorine in drinking water in order to sell water purifiers at grossly inflated prices. But for most people, it is not only important to have a good source of pure drinking water, it's also important to have a **shower dechlorinator**. A shower dechlorinator is important because hot showers turn water to steam, which is then inhaled. Because of this, you are getting ten times the chlorine from one shower than you would get from drinking chlorinated tap water all day long.

For people with thyroid problems, skin problems such as seborrhea or psoriasis, dry hair, chronic illness, or for infants and small children, this is definitely a problem. If you have skin and hair problems, the chlorine in your shower may be the cause or could make the condition worse. The problem is so easy and inexpensive to solve now that continuing to take contaminated showers just does not make sense.

So if your family is experiencing problems because of chlorine, dechlorinate your shower. Or if you just want to have healthier and better looking skin and hair, dechlorinate your shower. As I said, it is simple, easy, and inexpensive.

The best units are made with **quartz technology** by the folks at Rainshow'r. The Rainshow'r technology easily and effectively removes chlorine from your shower water. The newest Rainshow'r version-a molded pure white unit that is about 4 inches long-threads right onto your shower arm, and has a chrome shower head (which you can replace with your own shower head if you choose). It provides a strong water flow and an invigorating feel from the quartz technology.

If you take baths and breathe in all that chlorine steam, you can also dechlorinate your bath. Just use the Rainshow'r Bath Ball. You just swish it around your tub for a few minutes before getting in and voila-a hot, steaming bath free of chlorine and chlorinated steam. It is easy and inexpensive.

## ***Fluoride, Hypothyroid, Diabetes, and More***

Is the alarming rise in cases of hypothyroid and diabetes related in anyway to **fluoride**? Lots of experts think so. Fluoride is the most active of the **halogens**, which also include iodine and chlorine. In fact fluoride displaces iodine in thyroid hormone, making it unusable in your body-the definition of hypothyroidism. Fluoride also disrupts certain proteins in your body that are critical in getting hormones into your cells-a definition of type 2 diabetes.

So how did we get duped into mandating fluoride in the form of **hydrofluosilicic acid** for medicinal use? How did we get duped into having this toxic acid, defined by the Environmental Protection Agency as an “extremely hazardous waste,” added to two-thirds of our public water systems by gullible cities? How did we get duped into having this fluoride chemical, which is so toxic and radioactive that it can’t be legally dumped into any body of water (including the ocean), used in our mouths by dentists? How did we get duped into having this extremely toxic waste from chimney scrubbers and phosphate plants sold as a remedy to stop tooth decay?

The answer is simple, as always-follow the money. The sale of this poison has turned some corporations’ financial red ink into profits. Their industrial waste is sold **unrefined** to be diluted and dumped into municipal water supplies with **no scientific support of its safety or effectiveness in preventing tooth decay**.



What does all this mean for you? It means that if you have any kind of thyroid disease, such as hypothyroidism, or if you have type 2 diabetes, osteoporosis, or kids or infants in the house, **you need to get rid of the fluoride** in your water. And if you have thyroid disease, you also **need to get the chlorine out of your water**. Fluoride and chlorine displace iodine in your thyroid hormone, making it useless in your body. This means that the thyroid hormone that should contain iodine, contains, toxic fluoride instead, causing or making thyroid disease, osteoporosis, and/or diabetes worse. And give your kids a chance. Their developing glands and bones need real food and water, not a mash of toxic waste.

So question your dentist about fluoride treatments for yourself or your kids or grandkids. Never ingest dental fluoride supplements. And ensure a good supply of pure water without fluoride or chlorine. Unfortunately, this is difficult to do. About the only really safe approach is to use a **reverse osmosis water purifier**. And it must be one of the highest quality to actually get the fluoride out of your water.

The best unit available is the CUNO Reverse Osmosis (RO) purifier. It is an under-sink model that is moderately expensive, requires installation and takes up some space under the sink. But it gets the job done, and your water tastes remarkable.

At present there is still no way to get fluoride out of your shower water. But at the very least, be sure to detoxify your shower by getting the chlorine out. Both the Rainshow'r dechlorinator, and the CUNO RO units are the best, and are available from the Health Alert Store ([www.healthalertstore.com](http://www.healthalertstore.com)) at the very best prices.

Epidemic numbers of children and adults are coming down with autism, thyroid disease, osteoporosis, and type 2 diabetes. And it all has **“nothing to do”** with diet, medicine, vaccines, or toxic industrial wastes in our water? Are you kidding? Don't be duped again. Stop at least some of the madness with your own pure water supply and sparkling showers.

Professor Albert Schatz, PhD, co-discoverer of streptomycin, said: “[Fluoridation] is the biggest fraud ever perpetrated, and it has been perpetrated on more people than any other fraud.” Stop the fraud in your house. And if you want to learn more about fluoridation, check out the Fluoride Action Network at [www.fluoridealert.org](http://www.fluoridealert.org).

## **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, December 5, 2009
- 10:00 AM – 6:00 PM
- \$115 adult (includes manual) **Course #103438**
- \$40 ages 12 – 18 (additional manual may be purchased for \$15 if parent already enrolled and receiving manual.) **Course #103439**
- 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. Beans, Nuts, Seeds**



#### **1. 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. See our catalog for many types of grade 10, open-pollinated beans.

##### **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.

##### **B. 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.

#### **2. 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...**

Never complain about what you permit. -Mike Murdock