www.Anti-Inflammation-Diet.com

THE Anti-Inflammatory DIET

"Remedies that Tame the Flames"

Anti-Inflammation Diet

Editor's Letter

An often overlooked danger could not only speed up aging but complicate healing. Inflammation is a normal part of the body's healing process, but when it gets out of hand it becomes the primary source of aging, sickness and disease. The best known inflammation regulators are omega-3 rich foods.

In this issue, learn to spot and avoid common foods that trigger inflammation. Try these documented beneficial natural ingredients to reduce inflammation with a healing recipe you could really use.

People with chronic inflammation can learn to address their condition with knowledge, proper foods and if necessary, the proper supplements. Omega-3 supplements are well known but what combination of omega 6 and omega 3 fatty acids are a matter of life and death. Dr. Saunders reveals the proper therapeutic dosage and regulation of your omega supplement consumption.

Balance inflammation in your body without unnecessary chemicals such as ibuprofen or acetaminophin. Prevent pain, syndrome and disease without drugs, and try the true advocate for healing: anti-inflammatory foods.

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Be sure to visit www.BartonPublishing.com for more home remedy reports and links to other resources dedicated to your good health!

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GRANDMA'S CURE CORNER
Let the Soothing Begin

Eucalyptus has natural anti-inflammatory properties to rub in and soak in

I recently found a bag of eucalyptus leaves in the basement as I was (deep) spring cleaning. They were put away years ago after being used decoratively in a vase and wall hanging. I forgot what was in the bag when I found it, but the beautiful smell quickly reminded me there were dried eucalyptus branches inside! Since the wall-hanging days long ago and my natural health interest has peaked with battling cancer, I began wondering how I could put these eucalyptus leaves to use.

What I found was that dried eucalyptus leaves are good for only a few things:

- **Eucalyptus Tea:** Pour 1 cup of boiled water over up to 1/2 tsp of the dried eucalyptus leaves, Cover and steep for 10 minutes; strain. Sweeten with honey. Drink up to 2-3 cups/day.
- **Sachets:** Stuff dried leaves into small cotton or muslin drawstring bag and place in drawers or closets to diffuse the eucalyptus scent.

I also knew that eucalyptus oil could be good for airway congestion. What amazed me, however, was the benefit of using eucalyptus oil for relieving pain from rheumatism, aching, pains and stiffness, swelling and inflammation. Who is getting older and doesn't have a few aches and pains!?
A eucalyptus compress (1 tsp eucalyptus oil, 1 c. hot water, 1 compress pad) has traditionally been known to help treat painful joints and sore muscles! Then, why did I put it on my wall?!

By combining eucalyptus oil with a little bit of olive oil (15 drops of eucalyptus essential oil to 2 cups of cold pressed olive oil) and massaging the solution on arthritic joints, it increases blood circulation, reduces stiffness, warms up and soothes tissue. Sounds wonderful!

Even better, relax in a bathtub to stop the aches and the pain with eucalyptus oil (8-10 drops, some add camphol or menthol oils, too) instead of taking Aleve or Tylenol before bed. This could also be good for someone who is congested, coughing or has a respiratory infection.

I'm going to try putting my eucalyptus leaves in a mesh bag and run it under the tub hot water faucet. It is gardening time and my back muscles are telling me it is time for a good soak! I think I'm going to have to tell my husband we need a new whirlpool tub to enjoy all these eucalyptus leaves!

Love,
Grandma

Dr. Scott Saunders, M.D.:

The Big "O" – Reach the Right Ratio

Increase Your Odds Against Inflammation by 6:1

THE IMPORTANCE OF THE RIGHT OMEGA-6 AND OMEGA-3 RATIO IS THE KEY FACTOR IN PREVENTING HEART DISEASE, CANCER AND MANY CHRONIC

Neil is a 78-year-old gentleman who is living alone. He first came in with pain in his leg when he walked. He was found to have a blockage in the artery. He had a course of Chelation therapy, which reversed the blockage, but there was an underlying problem, the reason why he had the blockage in the first place: inflammation. On top of the atherosclerosis of his arteries, Neil also has Rosacea, Arthritis, and now, Dementia. All of these illnesses have the same basic cause: inflammation.

The diseases that we associate with aging are caused by inflammation and are therefore preventable. We don't have to decline in function and waste away in a nursing home during the last years of our lives. We can live to a ripe old age, fully functional until we leave this Earth. One of the most important ways to stay young is by decreasing inflammation.

Inflammation is the reaction that the body has to damage of some kind. There are many ways to create this damage. If we use too much energy we create excess "free-radicals" that do damage. If we eat too much, exercise excessively, lack sleep, have allergies, contract an infection, or get an injury then we create inflammation. Inflammation signals the body to fix the problem, whatever it is.

Inflammation turns on certain genes for repair, and in doing so also turns off other genes. The normal processes of the metabolism are disrupted causing changes throughout the body. The hormones, digestion, immune system, and even neurotransmitters in the brain all are affected. Every single cell is changed! These changes cause us to "age" faster as the cells are less efficient. It causes cancer, heart disease, dementia, Parkinson's disease, depression, anxiety, arthritis, diabetes, and all the most common chronic conditions. It seems, as a result, that it would be wise to have as little inflammation as possible.

Anti-inflammatories

One way to decrease inflammation is to block it with anti-inflammatories. There are a multitude of chemicals that block inflammation.

From a Medical Doctor's perspective, we have steroid hormones like those related to Cortisone, and non-steroidal anti-inflammatory drugs (NSAID's). The last ones are abundant such as Ibuprofen, Naproxen, and Aspirin. These really work. There is some evidence that they may prevent not just the immediate local pain and inflammation, but also the long-term effects such as cancer of the colon or Alzheimer's disease. The problem is that when they shut off inflammation, they affect the body in unwanted ways. The most common side-effect is weakening the protection of the stomach, causing ulcers.

Naturally, there are a myriad of herbs, vitamins and other substances to decrease inflammation. The advantage of these is that they tend to have fewer side-effects. Turmeric, for example, contains a very potent anti-inflammatory called "Curcumin." Aspirin was taken from an anti-inflammatory found in White Willow Bark. The anti-oxidant vitamins are all anti-inflammatory as well, especially vitamins C, E, and A. Several minerals such as Zinc and Selenium decrease inflammation because they are part of anti-oxidant enzymes. Fish oil is a special case.

If we eat too much, exercise excessively, lack sleep, have allergies, contract an infection, or get an injury then we create inflammation.

Omega-3 Oils

Most have heard of the need for omega-3 oils such as flaxseed or fish oil. These are part of the balanced system of inflammation in the body. There are chemicals made from omega-6 oils that induce inflammation and omega-3 that suppress it. This balance needs to be maintained because if there is too much omega-6 you will get too much inflammation with all of its attendant problems. If there is too much omega-3, then you will not be able to take care of damage to the body. Apparently, the body can handle a ratio of omega-6 to omega-3 of 1:1 to 6:1. However, the average American eats a ratio of 30:1. That means we have the ability to make 30 times more inflammatory chemicals than anti-inflammatory ones.

I'm going to let you in on a secret that you will not hear anywhere else: there are two ways to fix this problem. You are told that you should be taking more and more omega-3 supplements to get your ratio back to a reasonable level. What you are not told is that you can avoid omega-6 oils and get even more benefit.

Notice that the oils we commonly use have little or no omega-3 with relatively large amounts of omega-6 oils. Even some of the "good" oils such as olive and walnut have a poor omega-6 to omega-3 ratio. It should be noted also that exposure to oxygen, heating or other processing destroys essential fatty acids.

A word about spinach: notice that even though there is little quantity of essential fatty acids the ratio is as good as fish. This is true with all of the leafy-green vegetables. This is important because when we eat these regularly, they also help to avoid excess inflammation.

Here's how to decrease your inflammation significantly:

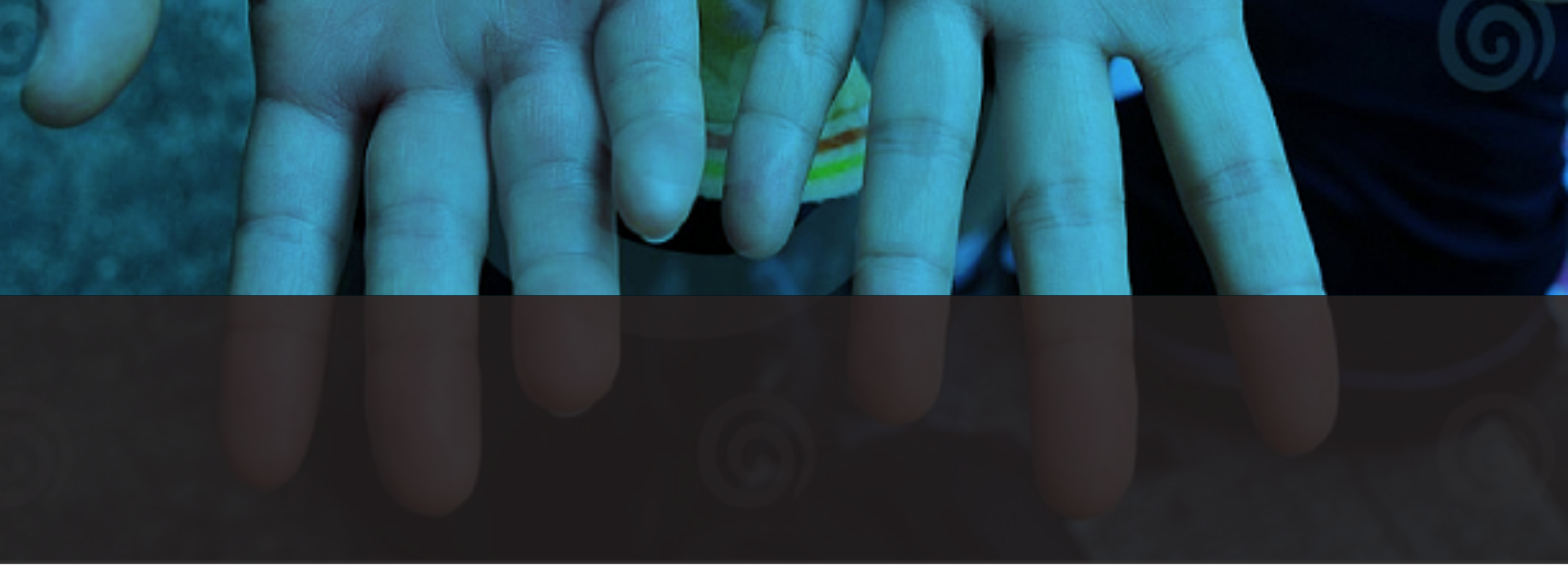
1) Avoid fried foods.
2) Take a good quality fish, flaxseed, or Evening Primrose oil supplement.
3) Eat a dark green salad daily.
4) Eat wild fish weekly (farmed fish are fed soy and corn).
5) Eat grass-fed beef and omega-3 eggs.
6) Avoid prepared foods (in boxes, cans, bags).
7) Eat home-cooked meals.
8) Eat lots of raw vegetables.

A word about supplements: It is good to alternate between types such as fish oil for one bottle, then flaxseed oil the next time. Also, it isn't best to take it every day. Taking any form of

supplements 2-4 times per week is better, such as every other day. The dose should be about 5 grams every other day for fish or flaxseed oil.

The benefits of this are tremendous. You will avoid many diseases, as noted above. Moreover, as a bonus, it has been demonstrated that having adequate omega-3 oils also turns on your ability to burn fat for energy and "thermogenesis" (keeping you warm) which allows easier weight loss. You will be healthier and younger-looking without the diseases of aging. May you live to a ripe old age!

Dietary sources of essential fatty acids		
Food	Omega-3 (grams per100g)	Omega-6 (grams per 100g)
Flax	20.3	4.9
Hemp seeds	7.0	21.0
Pumpkin seeds	3.2	23.4
Salmon	3.2	0.7
Walnuts	3.0	30.6
Canola	2.1	9.0
Herring	2.0	0.4
Soybeans	1.2	8.6
Butter (organic)	1.2	1.8
Olive oil	0.6	7.9
Wheat germ	0.5	5.5
Sunflower seeds	0	30.7
Almond	0	9.2
Spinach	0.13	0.02



Inflammation can be aggravated by a diet laden with refined oils and high sugar content. But, food can also be part of the solution to inflammation and bring your body under control. Cool the inflammation fire with this eating plan and recipe.

The standard American diet of high fat, over processed, salt laden food creates a high degree of inflammation that leads to debilitating conditions and life threatening illnesses.

When you think of inflammation, think of its symptoms:
Heat
Swelling
Pain
Fever
Highly unstable plaques in your arteries

These are intense symptoms that destroy the body. Before they kill, they disrupt the body and give rise to a variety of distributing conditions that include:

Overweight
Chest pain
Loss of circulation
Fatigue
High insulin
High glucose
Mood changes
Pervasive discomfort

You can help tame the inflammation on the inside of your body with the right food choices instead of taking over-the-counter painkillers or prescription medicines. Food may be the most powerful drug you will ever encounter because it formulates dramatic changes in your body that are hundreds of times more effective than pharmaceutical drugs.

Did you know that some foods are better for you than others when it comes to healthy inflammation?

It's true, but you are not going to find any inflammation information on the nutrition labels of foods.

Help Your Body Remain Optimally Healthy and Pain-Free with Right Food Choices

So, what foods can help tame the fires of inflammation? They are:

- Wild caught salmon
- Extra virgin olive oil
- Salads with green leafy vegetables
- Cruciferous vegetables like broccoli and cauliflower
- Bell peppers
- Avocados
- Sweet potatoes
- Tomatoes
- Onions
- Almonds
- Cherries and blueberries
- Apples and pineapple
- Spices like ginger, garlic, curry, turmeric and cayenne pepper.

Most of these foods also show up on the "healthy" foods list or in the "top foods to eat" articles.

While these choices are all "healthy" foods, it is imperative to make sure that you are indeed eating healthy. Only buy wild caught salmon for it's high omega-3 content. Farm raised salmon does not contain as much of this nutritious fat. When you buy organic vegetables and fruits, make sure that the produce is freshly picked and wash the skin of your fruits and vegetables thoroughly to remove any toxins.

Better yet, buy frozen vegetables and fruits. Frozen foods were picked at their ripest and frozen to seal in their vitamins and phytochemicals. Only buy nuts and seeds that are in the shell and not salted. Foods high in salt can add to high blood pressure and inflammation. Try and purchase whole foods and organic cheeses and dairy. This will insure that you are eating foods with the least amount of pesticides and added growth hormones and fillers.

A plan for eating to beat inflammation is the best way to fight this condition. A day would be something like this:

1. Plan to eat 5 times a day (three meals and 2 snacks).

2. Eat breakfast within one hour of waking.

3. Never let more than 5 hours go without eating – even if you are not hungry.

4. Eat one of your snacks before going to bed to keep blood sugars stabilized.

Use a dinner plate and divide it into three equal parts.

- One third of the plate should be a low fat protein (lean meats, wild caught salmon, egg whites, low fat dairy & cheese).
- One third of the plate should be non-starchy vegetables (broccoli, cauliflower, greens, bell peppers, onions).
- One third of the plate should be fruit (berries, pineapple, cherries, apples).

Add 1 tsp of extra virgin olive oil or 1 oz of nuts or ½ of an avocado for non-inflammatory fats. Use spices like turmeric, ginger, and cinnamon for flavor. See recipe: Anti-Inflammatory Summer Salad, for a great side dish and snack idea.

By following this plan and eating the right foods to beat inflammation, you will see a reduction in body bloat, muscle and joint pain, fatigue and a general feeling of well-being. You may even loose some weight and wouldn't that be a wonderful thing!

Anti-Inflammatory Summer Salad

Ingredients:

- **2 Tomato, cubed**
- **1 Avocado, cubed**
- **1/2 Vidalia or sweet onion, cubed**
- **6 tbsp Blue cheese**
- **½ oz (by weight) Fresh basil, chopped**
- **1 tbsp Olive oil**
- **1 tbsp Balsamic vinegar**
- **Sea salt and pepper to taste**

Directions

1. Mix all garden ingredients in a bowl (tomato, basil, avocado, onion).
2. Mix together olive oil and balsamic vinegar in a small bowl.
3. Add enough of the olive oil and balsamic vinegar mixture to lightly cover ingredients.
4. Salt and pepper to taste.
5. Lightly toss.
6. Garnish with blue cheese.

David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.

Product Recommendation

Krill Oil – Ultimate Source of Omega-3, from Health Resources

The anti-oxidant potency of krill oil is 48x more than fish oil.

Toss out those fish oil capsules… quick! Are you taking fish oil to fight your inflammation and ward off serious health problems? That's got to be a good thing, right?

Not so fast! Fish oil capsules are manufactured from large predatory fish that are often "filled to the gills" with dangerous toxins. With every fish oil capsule, you could be getting a whopping dose of PCBs, mercury and other heavy metals.

Fortunately, there's an alternative that's safer and even more potent. Krill oil—unknown in the United States until recently—is made from tiny creatures that abound in the pure waters of the Antarctic Ocean. That means krill oil is nearly 100% toxin-free!

Say "goodbye" to fish oil, once and for all. To find out how to get the remarkable health-restoring powers of krill oil, then Click Here.

"Since I began using Super Krill-Omega3™, I've noticed remarkable improvement in my energy level and also in my joints. I have free movement and a real decrease in discomfort. I've felt no side effects from this product."~ Rebecca B., Dayton, OH

Reap the full benefits of krill oil and order now!

Follow This Link:

http://landing.healthresources.net/products/super-krill-omega3/HIK_LP01.asp?SC=HIK1080

The 7 Rungs of the Health & Wellness Ladder

By Martin Jacobse

Are You Going Up Or Down The Wellness Ladder?

How you handle your inflammation means everything. Discover how easily you can stop your inflammation and change your life's direction in 7 simple steps.

The Jacobse Ladder is a helpful model based on 7 "rungs" that lead either to disease or wellness. The rungs correlate to proven "healing principles" which ascend the ladder of wellness in 7 defined steps to recovery or descend into further sickness, pain and more suffering.

I have always used The Jacobse Ladder to help give people an idea where they stand and to encourage them to keep striving to "live well" again.

In this Anti-Inflammation diet report, our health topic is all about the "fourth step" on The Jacobse Wellness Ladder: INFLAMMATION!

Let's trace back down the seven rung ladder of health to help you understand the ROOT CAUSE of what ails you:

- The first step down is **loss of life energy**
- The second step is **toxicity**
- The third step is **stress**
- The fourth step is **inflammation**
- The fifth step is **degeneration**
- The sixth step is **stiffness**
- The seventh step is **mutation**

The 7 Rungs of the Health & Wellness Ladder

By Martin Jacobse

Understanding each step down the ladder will give you the wherewithal to help stop the dis-ease you're suffering from and give you an opportunity to reverse your direction before it's too late.

My exhaustive research confirms once you've identified the real cause of your dis-ease, then you can trace back up the ladder and ultimately, with genuine care, revive your original state of vitality, health and wellness.

To point a fact: only treating your symptoms fails to address the cause or reverse dis-ease.

The "fourth rung" of inflammation is most crucial whether you are "descending or ascending." It's how you deal with your inflammation that will determine which way you are going on your own personal wellness ladder. As you already know, you want to be going up it, not down.

Here's a little known secret:

Once you have control over your inflammation, you can then control your whole healing process.

Most people are mislead into "artificially blocking" their inflammation with drugs and do not understand it as part of their healing process. Remember, when y ou're going up the wellness ladder, every step is part of your healing process.

The most important thing you must first change is your perspective. Then you can change your direction up or down the ladder. It goes unsaid, we go where we look.

So, let's keep looking upwards. Agreed?

Did you know some doctors will actually inject sugar into an inflamed knee or joint to help increase inflammation to "accelerate" the healing process? Of course, you don't want to increase your own inflammation. That's an extreme example.

The point is that you certainly don't want to artificially block your inflammation before it has done its job. Inflammation plays a vital role in your healing process.

When you hit your thumb with a hammer it initiates an "inflammation response." This is all part of your natural immune response and is necessary for your body to make the necessary repairs.

Your inflammation may have a different cause, yet that "response" serves the same purpose. Your internal "inflammatory response" may be because of pollen, dust or allergens. It could also be from emotional or physical stress, cellular toxicity or even a simple deficiency of minerals and water.

Millions of people are misguided to believe they're supposed to take some kind of magic pain pill at the first sign of any inflammation or pain. The problem with that is the "real cause" of the inflammation is still there doing whatever it does and all you've done is interfere with your own healing process.

Non-steroidal anti-inflammatorydrugs(NSAIDs), anti-histamines or corticoid steroids may offer relieve from some of the inflammation and pain. But, they also can make things worse, leading to compounded stress, increased cellular toxicity or further deficiencies and health risks — sending you further down the wellness ladder.

There are better ways to quench the painful fire of inflammation, which in turn will actually help your body's own healing process.

Think not that wellness is found by following a road away from it. For you to reach a destination you must travel in its direction — NOT away from it.

Every road that leads the other way will not get your any closer to the healing you seek. So, how do you know when you are on the real healing pathway to recovery? Until you see the "real" alternatives, you remain powerless without any choice.

Scientists have been searching for the reasons why only certain natural alternatives have an undeniable benefit on the "inflammation process."

The key is found in the fact that about 75% of your body is water and only 25% is solid. Traditional medicine has spent all its time looking for answers within just the "solid" part and for the most part ignoring the "soluble" aspects. In the past, medical investigators were only looking at the parts dissolved in the body's water rather than the water itself. This mistake has led to the over use of drugs we have today.

Unfortunately, the incorrect assumption that water has no metabolic function has cost the American people dearly. Simply by understanding "hydrolysis" reveals water is indeed a nutrient and a crucial key to all bodily functions. Fundamentally your vital "life energy" (the first rung of wellness) is directly related to you having adequate "free water" around and within your cells.

Without water, the process for making energy within the

cell would be impossible for one, leading ultimately to more inflammation.

The easiest way to explain the correlation between inflammation and dehydration is to point out the fact that dehydration triggers the loss of critical amino acids and mineral salts used to make neurotransmitters. A major neurotransmitter that regulates water, called an osmoregulator, controls your "histamine metabolism."

Histamine brings growing cells water and nutrition by pumping new cells with potassium. Histamine also drives antibacterial, antiviral and immunity systems. But under drought conditions, your body over-prepares by producing more histamine cells in hopes of preparing for rapid hydration.

Basically, water is the natural anti-histamine and the last thing you want to do is take drugs to block inflammation caused from dehydration.

Evidently, histamine and serotonin are vital to balancing your cellular salts (minerals), which determine the proper function of the "cation pumps" to transform energy from water, or "hydrolysis" at the cell membrane level.

Mineral sea salts like potassium, sodium and magnesium make the "cations," or electrical charge needed to stay alive.

Frankly, your cells need "available water" or "free water" to maintain a key amino acid called "tryptophan," which if depleted triggers a chain reaction of other imbalances, producing PAIN, INFLAMMATION and even TISSUE DAMAGE.

Fun Factoid: The amino acid tryptophan crosses your

blood-brain barrier where the brain uses it to make several neurotransmitters like serotonin, which conducts all other neurotransmitters in the brain and regulating all your body's metabolic functions.

Ephraim Katchalski-Katzir, from the Weizmann Institute, proved that proteins (made of amino acids) and enzymes function better in the presence of "free water." Without adequate "free water" enzymes, nutrients and other forms of energy needing to "diffuse" across cell membranes become less efficient.

The key to eliminating inflammation and pain is to maintain water and electrolytes (mineral sea salts) inside and outside your cells.

You know, as always, "the natural solution" is consistently the simplest.

To nurture your automatic healing process and control inflammatory pain you really only require a mustard seed of "nutritional literacy."

Keep in mind your body is like a machine. If vital things like fluids, oils and water or even air are missing, it will result in a "functional deficiency." A "functional deficiency" for your car, for example, could result in an overheated engine or worse due to mechanical inflammation caused by internal stress and friction.

You don't have to be a master mechanic to know that's true and you don't have to have be a medical doctor to see the vital importance of "simple elements," like water, cellular mineral salts and other basic cofactors, which are often underestimated.

Now, imagine moving upwards on the "rungs" of The Ladder of Wellness, by resolving inflammation at the fourth rung, removing "stress" at the third, releasing "toxins" at the second and finally restoring "vital energy" at the first.

Above the fourth rung of inflammation is the third rung of stress. Just like the mechanical example, when you solve your motor's "functional deficiency" you naturally have less internal stress.

Likewise, as you address the real cause of your physical and emotional stress at the "third rung," you help restore your optimum metabolic balance. This allows cellular toxins to flush out of your body at the "second rung" and continue upward on the wellness ladder. (Refer to Wellness Ladder above.)

The top rung is also "the first rung of cellular energy." Again, like a machine, once harmonic balance is restored and all the proper fluids and critical elements are sufficient, then your cellular, physical and mechanical energy abounds.

As you can see, by properly addressing the real cause of your "inflammation response," you can quickly move upward through the "rungs of wellness" to optimum health by nurturing and healing yourself, naturally.

As you become more familiar with using the ladder of wellness, seemingly complex dis-ease becomes easier to understand and healing eventually becomes first nature, instead of second.

In the best case scenario, ensuring your cellular "free water" and cellular mineral salt levels are self-sufficient is the surest and fastest way to progress from the fourth rung up to the first rung of wellness and healing.

Health experts do agree that if you feel thirsty, you're already dehydrated and dehydration is a major trigger of inflammation and pain.

Keep in mind most liquids that contain water, like soda pop, coffee and alcohol really trigger a loss of water, leading to dehydration and eventually more inflammation. In fact, that's why your body passes more liquid than your take in. Nothing can substitute for real living, pure water. Absolutely nothing.

If you are constantly suffering from symptoms of inflammation and pain, please check your "free water" level before you do anything else. Free water is available water; it's "free" and "available." It's not locked up, mixed up or stored away, just pure, fresh living and available FREE water. It's "free!"

The bottom line is dehydration produces inflammatory symptoms that are quite often labeled as dis-ease states, simply because the importance of simple elements like water have not received due attention and respect.

Yes, dis-ease seems complex because of the way we scientifically catalog the many biological systems and metabolisms, which have fallen out of balance. It's a lot like a Sherlock Holmes novel where the details are gathered, sorted out and labeled for "clues" that will lead to the cause of the crime. Yet, once the crime has been solved. The solution is ever so simple.

That explains why, sometimes, natural remedies seem too simple to be true and yet, the truth is true.

What could be simpler than free water and mineral rich sea salt?

For point of fact, here are some interesting notes for you about sea salt:

- Did you know sea salt is a natural antihistamine?
- Did you know sea salt is good for relieving biological stress?
- Did you know sea salt extracts acidic waste from inside your cells?
- Did you know sea salt removes metabolic waste from your kidneys?
- Did you sea salt helps treat depression and emotional disorders?
- Did you know sea salt protects serotonin and melatonin levels in your brain?
- Did you know sea salt increases activity of dis-ease fighting cells?
- Did you know sea salt preserves muscle tone and strength?

Note: Table salt is a processed chemical that has a dangerous effect on your health and wellness. Avoid table salt at all costs.

Isn't it interesting that your body's veins rush with oxygen enriched blood carrying the same essential elements as the sea, providing oxygen, minerals and nutrients to all 60 TRILLION of your cells? Surely, it is no accident that "free water" enhanced with traces of mineral rich "sea salt" is so crucial for soothing inflammation.

I hope this information will help you reach the top of your own wellness ladder and sustain your most optimum health.

By Steve Hickey

The Purifying Fire of Inflammation

Inflammation is part of how God heals us. The word inflammation comes from the Latin inflammare, which means to set on fire. Fire might seem like a bad thing, but it's really a good thing. The Bible even tells us that one of the names of God is Purifying Fire (Malachi 3:3). In the forest, fire has a multitude of ecological benefits releasing a new generation of bio-diversity, growth and life. Just like rain and snow, fire is a part of the natural system and order of created things. In the body, this purifying fire is inflammation.

Inflammation is not a synonym of infection. Infection is bad. Infection is caused by exogenous pathogen: germs from outside the body. Inflammation is a protective attempt to remove injurious stimuli. It's a complex biological response of our tissue (our physical flesh) to reject and remove harmful irritants. It evidence is as purifying fire: redness, heat, swelling and pain.

In God's economy, pain always serves a redemptive purpose. Without inflammation, wounds and infections would never heal and the rapid destruction of living tissue progresses until it compromises the survival of the living organism. Inflammation is no accident of random evolutionary mutation; it is a central part of a wonderful and intelligent design. It is a utility written mysteriously into the code of human flesh by the Author of Life itself.

Many things in the physical and in the natural are mirrored in the spiritual realm, as well. Inflammation is no exception. Within each of us, the image of God is our conscience. The conscience is the internal "yes" or "no" to accept or reject things good or bad.

Those who ignore the warning of the conscience and go on to embrace iniquity (wickedness, evil or sin) soon lose the ability to discern right and wrong. 1 Timothy 4:2 refers to those who have a "seared conscience." The word "seared" means burned into insensitivity so that normal functionality ceases.

The medical community recognizes progressive stages of inflammation: redness, heat, swelling, pain and finally functio laesa, or loss of function. This is mirrored in the spiritual realm. Just as God wired us to reject things harmful to our flesh, he gave us a built-in

capacity to reject evil. Those who do not heed the early corrections of the conscience lose the ability to discern what is good; spiritual and natural death is only a matter of time.

The diseases of inflammation that result in swelling and immobility often have spiritual roots. Those in our church who work with deliverance (freedom from bondage) and healing notice things like simple arthritis can be a result of bitterness toward others or not forgiving oneself. Jesus taught forgiveness as something not only to free others but as something that frees us. Anger and bitterness can immobilize us, eventually even physically.

When we go to the doctor to treat non-bacterial inflammation, the prescription is typically antibiotics.
However, if there are other causes provoking inflammation besides bacteria, then the antibiotics will have no effect. Continuous usage of antibiotics destroys body flora which we need to maintain our balance. (Some bugs are helpful!)

Non-bacterial inflammation may be a symptom of something that is not right spiritually. Few realize how much things like past hurts and emotional wounds begin to destroy our health. We have seen the body heal itself when these deeper spiritual roots are addressed and resolved. We have seen the physical body precisely mirror the realities of the spiritual person within.

For the past six or seven years my wife and I have watched a dear friend literally start to shrivel up with crippling arthritis and inflammation. We've prayed over her many times for healing but to no avail. However, we began to sense that her affliction was more spiritual than physical and that it was rooted in deep bitterness. This woman's only son, whom she loved very dearly, was put in a Federal Penitentiary unjustly. Over the years, we've helped her appeal to lawyers and even US Senators. No one would listen or do anything and at each legal setback her condition worsened. One day she saw what was happening to her, that she was just as imprisoned as her son. So, she started a process of letting it go, forgiving and surrendering to God. Improvement was almost immediate. However, setbacks followed with her son and she slipped back into resentment.

Ask God to come into your life as a purifying fire and burn away all that displeases him: anger, bitterness, self-hatred, fear and guilt. Ask him to reveal root causes of the things that ail you. Ask the Holy Spirit, whom the Bible refers to as being like the wind, to blow and fan this purifying fire. To the degree you sense your conscience is seared, ask God to restore the full function of your conscience so you are able to reject things that are seeking to enter in and destroy your health and life.

Steve Hickey is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, Momentum: God's Ever Increasing Kingdom (www.MomentumHandbook.com)

Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request, visit:
www.ChurchAtTheGate.com/prayer.php

Consumer demand for free-range chickens can lead to more urban growth and hens in backyards. Plus, they fit nicely into the gardening cycle and compliment efforts for being self-sustaining. Keep family hens and enjoy strengthening your community commitment.

Meet the Radical Homemakers

By Hen-Pecking

Join the locavore movement and respond to the demand for farm-fresh eggs.

Dampness soaks through my boots as I traipse through thick, wet grass on my way to the laying hens at 6 am on Saturday morning. I lift the back flap to their mobile coop, which gives me direct rear-end access to their nests. An indignant Barred Rock sounds her shock and disapproval, leaping off her perch as though I've caught her with her skirts hitched high in an outhouse. An annoyed black Sexlink utters a low cackling warning growl as I reach under her, pull out the warm result of her morning effort, and dodge her pecks. I am there in violation of visiting hours. Egg gathering is a legal activity any time after 3pm, permissible in exchange for a little feed to be thrown down for the girls to peck and scratch while I visit each nest. A 6 am intrusion is just plain rude..

I have no choice. Crumpled in my back pocket is a list of advance egg orders that I am trying to fill for the morning farmers' market. For many years, Bob and I have carried nine to twelve dozen eggs to the market every Saturday morning from mid-May through Mid-October. We have a little space at our booth where we have always displayed the boxes. Most days they would sell out by noon; occasionally they would linger until the end of the day, and we'd pass a leftover dozen on to the guy next to us who sells maple syrup. These days, that display space remains vacant. For a period of time, egg lovers would begin hitting our stall before the market even opened, pleading with us to make the sale before we'd finished setting up for business. They would be followed by the on-time crowd, some of who would be angry that we had served the folks who didn't obey the market's operating hours. Once we observed customers elbowing and pushing their way to the egg display, we switched to the pre-order system.

Each week, I send an email to about three hundred subscribing customers. It is like waving a checkered flag, signaling that I am ready to accept advance orders on our products. As each reply comes in I make a list, noting the date and time of every advance order, adopting a first-come, first serve policy. All eggs remain hidden in a cooler below our sale table, and they are handed out quietly to the lucky winners.

Our market manager carefully juries and monitors all the products sold by vendors in an effort to ensure ample diversity, high quality, and minimal replication. But, eggs have always been the exception. Any farmer who wants to bring his or her eggs to the market is welcome. Market-goers love them. The reasons are obvious. Farm fresh eggs, especially from hens allowed to forage freely, are ablaze with color. The bright yolks stand erect and well-rounded, surrounded by a strong membrane that makes them less prone to breaking in the pan. There is a high ratio of thick albumen to thin, and a clear line delineates a distinct border between the two. Plainly fried in a pat of butter, their flavor shines through. Scrambled, they seem fluffier and less watery than their sepulchral factory-born cousins. Quiches feel silkier on the tongue, homemade mayonnaise takes on a deep golden hue, cakes taste richer, and custards have more body.

Fresh eggs last longer in the refrigerator, too. Unlike the factories, we farmers resist washing them, opting instead only to flake off the most offending clues of the sphere's true origin. Reduced washing helps to preserve the protective cuticle that slows water loss, lengthens the storage life, and reduces the risk of bacterial contamination. I would like to believe that the increasing demand for our eggs is a result of our superior farming practices. This is probably not the case. In efforts to appease our eggless market customers, we often encourage them to visit other vendors who carry eggs. One by one, the customers usually return to our stall, informing us that no one else has them. I pay a visit to Richard, an organic vegetable producer who, in the past, sold organic free-range eggs from his booth. I ask him if he carries them anymore. He laughs gently, and then questions me directly. "How can you stay in business with the price of feed being what it is? We couldn't afford the grain to feed those hens. So, we stopped selling eggs."

The simple answer is that our eggs don't keep us in business. Assuming no eggs are broken in the gathering process (a comical presumption, considering the involvement that our two year-old likes to have with the chickens), our flock of thirty-six hens gives us a net return of about $900 each year. But, keeping the girls on the farm is relatively easy. We enjoy them. We like fresh eggs ourselves and fresh eggs are a great incentive to encourage regular visits from our customers.

But, yet another question comes at us from some irate customers (Truthfully, most of them are wonderful…but it is the irascible few who so delight my pen.): "Why don't you just put on more chickens? There is clearly demand for the product." To these people, my family seems utterly deprived of business acumen.

We resist putting on more chickens because we do not have a strong winter market. We like it that way. Rather than hustling our products all winter long, we prefer to rest during the snowy months. We stop attending a weekly market and just sell once per month off the farm. Our meats store in the freezer during these slow times, but the fresh eggs present a problem, growing in number each day. Thus, thirty-six hens is just the right flock size. It limits our egg surplus, enabling us to satisfy our winter visitors' needs without forcing us to dine on a steady diet of omelets.

So then, of course, the obvious answer to the egg-shortage at our farmers' market is one we've heard time and time again: We need more farmers. More farmers could supply more eggs, and every committed locavore could return home from the market with a fresh dozen, and would never have to endure a factory-produced egg again. While I believe that we always need more farmers, in this case, I do not think this is the whole answer to the egg problem.

We need more people keeping hens.

Chickens are one of those fascinating animals that fit beautifully into humans' living systems. When the first chickens walked the earth, they did not promptly require that a carefully blended ration be dumped before them from a feedbag. As omnivores, they ate what we ate – meats, vegetables, fruits and grains, plus any insects that might be pestering us.

Unlike us, chickens are not fussy about their food. Their diet needn't be impeccably fresh, nor voluminous. Chickens are not in competition with humans. They are a way for us to recycle nutrients, creating food from food. A good laying hen is happily nourished by our household food waste, which she then converts to an egg for us to eat. She might like a small handful of grain each day, but the amount is minimal. Her feces can nourish our gardens, which grow more food, which nourish our family and her, and she in turn creates more food. At the end of her life (yes, that is part of the bargain), she is both soup and compost, which will help to generate yet more nourishment. She is a miraculous example of the true abundance we have available to us on this planet.

But, if we insist through zoning ordinances or misguided fears of disease and dirt, that individual families should not keep chickens, that gathering eggs each day is the exclusive work of the farmer or the egg factory, then the human-hen harmonious relationship ceases to exist. Thousands of chickens isolated from nature's bounty in the factory farm setting require tons and tons of feed, which are typically produced with the intensive use of fossil fuels, pesticides, fertilizers and ecologically rapacious cultivating practices.

We grass-based farmers can do a lot better, putting the birds into rotation with our cattle and sheep so that they can pick through the feces dropped on the fields, eating the eggs of any problematic parasites, converting even the most unwanted critters into wholesome food. But if their numbers are too great, farmers cannot support the flocks with household food waste and grazing, and the chickens will require substantial feed beyond a light afternoon supplement.

The most sustainable form of egg production is for more families to keep hens, in addition to the small farmers. Certainly not everyone can do this, but many more can, and many more should. If the number of neighborhood flocks increased, so too would our food security and our ecological sustainability. The volume of methane-producing food waste being shipped off to landfills would greatly reduce.

Our carbon emissions would subsequently decline. The deeply pleasurable relationship with charming hens would lower our blood pressure, and when the girls are allowed to forage in backyards, their eggs would be a source of Omega-3 fatty acids, lowering our cholesterol. They'd eat the bugs, give us compost, and nourish our souls.

And yet, the idea of keeping some family hens seems preposterous to many Americans. We forget that this was a common practice among our ancestors in both rural and urban areas. Today, the presence of a few hens in our lives may be viewed as a direct infringement on our personal freedom. We believe that the commitment to a handful of kindly birds will prevent us from zipping off for a weekend getaway, from leaving for a vacation. In our fears of making a commitment, we are over-looking perhaps the greatest gift that a backyard flock may offer: stronger, deeper relationships. When our neighbors learn we have fresh eggs, they too will benefit from our stewardship. Some might even be willing to have a fully cooperative venture. A shared dozen each week goes a long way toward building friendships and goodwill within our community. The care of hens is very easy, and asking neighbors to feed and water them while we are away in exchange for eggs strengthens our commitments to each other, to a more peaceful and sustainable life, and toward the enjoyment of truly wonderful food.

Shannon Hayes

Is the host of grassfedcooking.com and the author of "Radical Homemakers" (April 2010), "The Farmer and the Grill," and "The Grassfed Gourmet." Hayes farms with her family on Sap Bush Hollow, raising grassfed meat, pastured poultry and eggs in Upstate New York. This excerpt is taken from her forthcoming book, "Long Way on a Little: An Earth Lovers' Companion for Enjoying Meat, Pinching Pennies and Living Deliciously." Adapted and reprinted by permission.

Big Pharma Corporate Arm

By Martin Jacobse

The Prevalence Of Inflammation And The Tyranny That Promotes It

It is time to be selfish. You are the final authority concerning your health. Curative holistic medicine, though not accepted by the mainstream, can bring you life and wellness.

The United Nations World Health Organization (WHO) figures about 70% of people around the world trust and count on "alternative health care" or "holistic healing."

Finally, the natural, time-tested approach to healthcare is rapidly gathering acceptance by health care providers and big league HMOs like Oxford Health Plans, Inc. The point of fact is there is a rising grass roots movement, an overwhelming public cry, for a more effective and affordable medical culture.

Harvard Medical School did a study back in 1993, which revealed 33% of Americans benefit from "alternative" care. In 1994, a study done by the US Congress showed that about 50% of the United States' population use "holistic" health products regularly.

There are many reasons why collaborating with Mama Nature's cures has always been so successful. But, foremost, it's because your health is always restored when you meet its conditions.

So, if the answer is so simple, then why is America's health care system so messed up?

The error Westernized medicine is guilty of is that it no longer abides by the precepts of the Hippocratic Oath, that declares "First Do No Harm." That was easy to follow before the advent of synthetic drugs, patentable pharmaceuticals and special interest groups. But, now, it seems doing harm is standard practice.

That's why we spend more on healthcare than anyone in the world.

Out of 19 developed countries, Americans spend more money annually on allopathic medicine than any other, which is projected to hit about 4.3 TRILLION by 2017. And even though we spend the most money, we are ranked last at 19 out of 19 industrial nations for our overall health. What's with that?

Bottom line is we are NOT getting anything close to what we are paying for.

Greed has slipped into the equation and to protect greed's best interest powerful global monopolies have been incorporated whose sole purpose is to serve their share holders best interest — not yours.

It is very sad that even though we live in a world full of wonder, beauty and abundance, which sustains us with amazing resources, super foods and natural remedies, those greedy self-serving businesses like BIG Pharma, BIG food and BIG Agri are still able to threaten the freedom and rights of us all.

The philosopher Arthur Schopenhauer said that, "Every great truth passes through three stages before it is accepted." In the first stage the truth is ridiculed. In the second stage the truth is opposed. Finally, in the third stage the truth is regarded as self-evident. That's where we are today with holistic and alternative health care.

Wayne Dyer paraphrased an old adage, "If you change the way you look at the world, the things you look at will change." In other words, as our worldview changes so does our civilization, accordingly. Human history repeats itself, as long as we fail to learn as a people.

That's why HCTW is dedicated to inspiring people to take back control of their lives by simply reclaiming responsibility for their own "self-health" care.

We have a great opportunity to rise to the occasion on a massive global scale by using the Internet to disperse science-based, truthful and accurate information faster than ever before.

The ancient knowledge of healing is your rightful inheritance.

Never before has such cutting-edge technology been so widely available than today, despite BIG government and MEGA corporations that wish to control your choices by promoting nutritional illiteracy. People are waking up and making "their own" educated health choices.

I heard Rush Limbaugh on the radio recently saying, "Knowledge gives you confidence in your beliefs." I felt this is a profound and relevant statement because your knowledge and the wisdom to use it is the only thing that really gives you any power at all.

Do you see how your health, like your freedom, is an important personal choice?

The problem with BIG anything these days, is that "they" want you to be afraid to make choices for yourself. BIG corporations and agencies preach that you "don't have the need to know" accurate, scientific and truthful information. They claim your First Amendment Right is a dangerous thing.

That's how people we did NOT elect are appointed as heads of powerful tyrannical agencies that vigilantly protect their client's sole interests. In this case, the client is BIG Pharma, the epitome of government-protected medicine.

Do you know why the natural approach to inflammatory disease is more successful than the allopathic, westernized medical approach?

According to skewed claims by cancer proponents treatments prolong life, however their follow up statistics are poor at best. Some opponents to traditional cancer treatments claim patients do not live any longer today with cancer than they did in the 1920s. Technology can detect cancer sooner and even increase quality of life, but the fact remains the same, people are "unnecessarily suffering" and dying from cancer.

On the other hand, what "they" don't want you to know is behind the scenes, alternative medicine is curing people everyday.

Read on to learn more of the politics of inflammatory dis-ease.

Naturopathic and holistic medicine helps because it addresses the root cause of dis-ease. Plus, natural medicine doesn't paint itself in a corner and is always willing to look at ancient and modern breakthrough discoveries, whereas Westernized medicine remains in denial.

BIG Pharma has opposed the practice of curative holistic medicine because it is counterproductive to its selfish interests: making BIG money. Because they can't patent Mama Nature, they can't create a monopoly of naturopathic medicine and that's basically why Mama Nature is a threat to BIG medicine.

You have a right to know the truthful and scientifically based accurate information HCTW provides. It's up to you to decide if you will use this knowledge. Truth is ONLY you are the final authority concerning your health and no one else can tell you different.

HCTW readers are members of an elite population of intelligent people who are making history by choosing to support "nutritionally literacy."

This month's topic is inflammation and I don't want to get to far from that. But, as you already know, accurate and truthful information is in danger of being politically censored. So, I'm sure you will appreciate the vital information you have read today and in the months ahead.

It has become "self-evident" that inflammation is responsible for at least 98% of all degenerative diseases. Yet, powerful drug protecting agencies and lobbyists are still at stage two of the acceptance process. They are in politically "opposed" to you having access to some of the information you are about to read.

BIG medicine's agenda is to "promote inflammation" to sell more drugs.

As you may already know, the (direct-to-consumer) drugs for inflammation BIG Pharma advertises will NOT cure your dis-ease. Ironically, living in the "Land of the Free," nothing but patentable drugs can legally "claim" to prevent, treat or cure inflammation, or any other ailment for that matter.

Here's how the BIG business of inflammation really works.

- Inflammation of osteoarthritis is a symptom of degenerative inflammation. Osteoarthritis is NOT the dis-ease.
- Inflammation of arthrosclerosis is also symptom of inflammation.
- The inflammation of allergies and asthma is the same game and the list goes on.

When you buy into the monopoly of chemical therapeutic propaganda you might think you are treating your disease, but you're just artificially blocking another symptom, allowing the cause of inflammation to thrive.

If BIG Pharma had their way, every symptom would be labeled as a disease, prohibiting you from preventing, treating or curing anything naturally.

BIG Pharma is selling billions of corticoid steroids, antihistamines and Non-Steroidal-Anti-Inflammatory (NSAIDs) Drugs to artificially block your inflammation and yet do nothing to remove the cause.

So, what is the real cause of your inflammation and how do you stop it?

According to The Jacobse Wellness Ladder, there are "seven rungs," or steps, from health to death. They are loss of energy, toxicity, stress, inflammation, degeneration, stiffness and mutation, respectively.

The bottom line is by learning how to "sustain your life energy," you will heal faster whenever the symptom of inflammation hits.

This is quintessentially the core secret to optimum wellness and longevity.

Consider this: It is prohibited to advertise water that claims to prevent, treat or cure dehydration, because dehydration is the cause of most all "inflammatory dis-ease." Yet, it's your First Amendment right and our obligation to inform you of the benefits of staying properly hydrated to sustain your life energy levels and avoid inflammatory dis-eases.

I know it can be frustrating when all you want is a straight answer. But, everyone has to play their mind game, so as long as they oppose you discovering the benefits of natural medicine. History shows lasting social change doesn't happen from the top down, but from the grass roots movement on up, and moving on up to the top of the wellness ladder of life, in this case.

Nothing is more important than your health. Your health is your wealth, because as you know even the richest person in the world can lose their health and all the money in the world can't help, but a little natural holistic wisdom can do wonders.

Here are 9 regenerative remedies that have been shown to have anti-inflammatory qualities:

1. Luteolin found in celery and green peppers can disrupt inflammatory responses in your brain.

2. Omega-3 fatty acids reduce sudden death by heart attack by helping to reduce inflammation.

3. Water reduces pain and inflammation caused from Unintentional Dehydration Syndrome.

4. Bromelain is an enzyme found in pineapples which help reduce inflammation.

5. The herb known as Boswellia reduces leukotrienes and inflammatory cytokines.

6. Capsicum from cayenne provides help for pain and inflammation.

7. Ginger root helps reduce pain and symptoms of osteoarthritis.

8. Sting Nettle leaf is herbal remedy used in Germany for inflammation.

9. Drupe-derived olive oil rich in Oleuropein endowed with potent anti-inflammatory properties.

And the list grows on . . .

I want to take this opportunity to personally thank you. I know sometimes you may feel isolated by our personal challenges, yet I want you to know you are NOT alone. I feel I can speak for the whole Barton Publishing family on this. We want you to know you help make all the difference.

You are extraordinary because you have the courage, foresight and intelligence to take charge of your own life. You know you're the real authority on what you want in life and we hope we've helped you find a way to have it all. Funny thing is once you have it; the only way to keep it is to give it away.

We hope you will continue to benefit from Barton Publishing healthy remedy reports and even pass them on to others. Everyone needs a helping hand once in a while and giving the gift of health says it all. So, once again, thank you for giving us the opportunity to share with you the pearls of wisdom life has given us.

As a wise man once said, "Hoarding knowledge without using it is like hoarding fine gold and silver, it's a vain and useless thing." So, pass the good news along and "live well."

Weight Control, Exercise & Fitness Tips

By Nordine Zouareg

Overcoming Stress and Disappointment

By far the hardest part of managing your stress is learning a new and healthier approach to your life. This can be a real challenge because we are creatures of habits and we like comfort zones, even if we are miserable in them. However, one needs to learn to cope with stress by acquiring self-discipline and developing a new philosophical outlook on life.

But, a much easier way to cope with stress is through mental and physical exercise, such as simple movements, stretches, yoga, strength training, cardiovascular exercise, breathing and meditation — to name a few modalities.

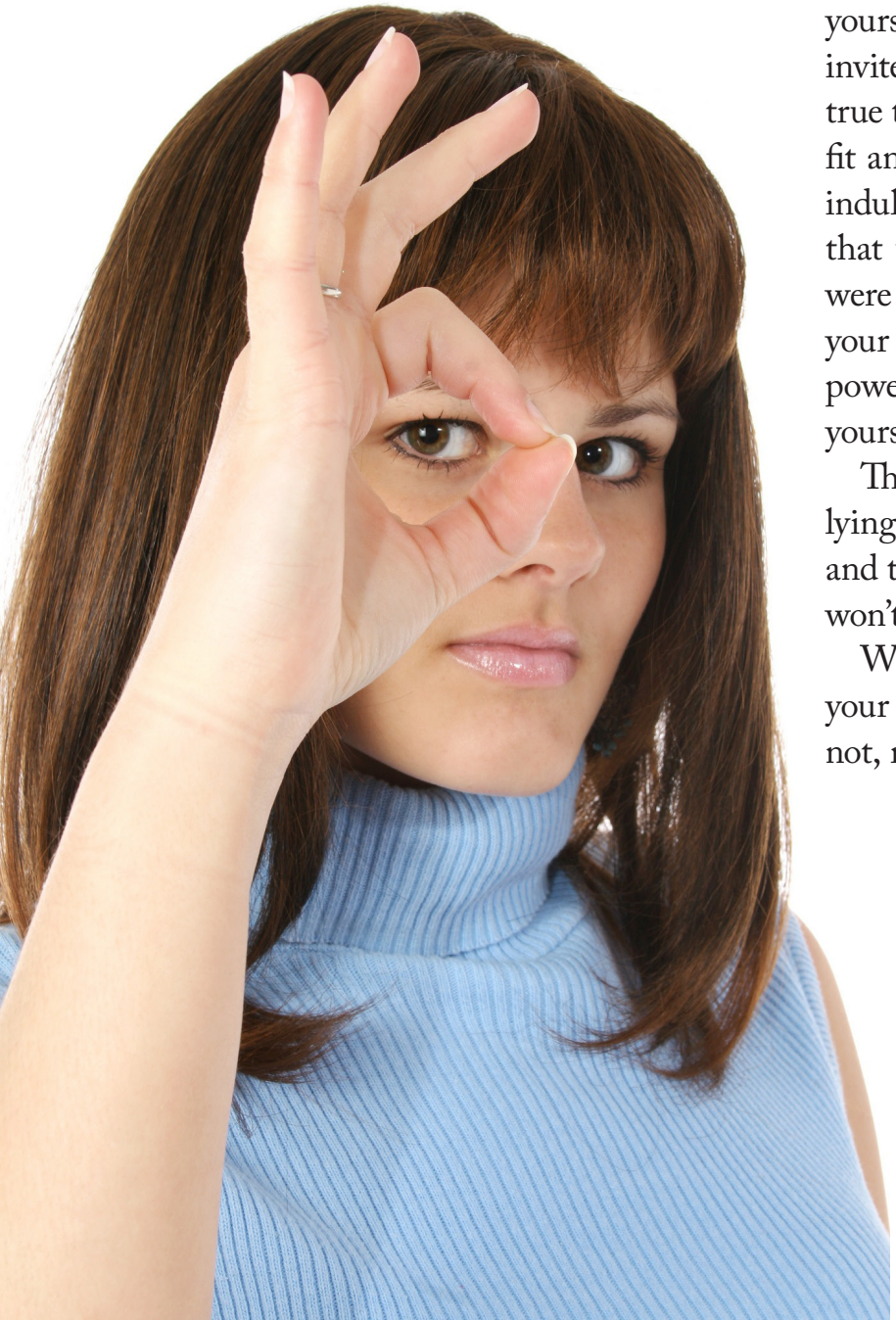
Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book Mind Over Body: The Key to Lasting Weight Loss is All in Your Head! For more information, visit: **www.NordineZ.com**

These exercises can be done by anyone who is cleared to exercise by their physician (except for meditation and breathing exercises which can be done without permission). Just select a combination of modalities that suits you needs.

By exercising you will not only lessen your stress but also prevent it from reoccurring in your life to a degree that is hindering your general health. You'll also feel great, reduce weight and tone your body, which are excellent by products or bonuses from exercising regularly.

Exercising alone is not enough. However, one needs to think well, eat a well-balanced nutrition and stay away from what I call "energy vampires." Build a strong network of likeminded people as a support system. Stir away from negative thoughts by taking time to reconsider your thoughts. Overcome negative thinking

Develop core values and be true to yourself.



by using positive thinking. As we can only breathe one breath at a time, likewise we can only think one thought at a time; make it a good and inspiring one.

Being conscious of your behavior is most important in behavior change. By matching your "core values" with your current behaviors, you will be able to know if you are being self-deceived by not being true to yourself and everyone around you. When invited to your best restaurant, will you stay true to your "core value" of being healthy and fit and order a nutritious meal? Or, will you indulge and order your favorite tasty foods that will no doubt make you feel as if you were the biggest liar you know, just to please your friends? That is what I call "using the power of your intention." Expect more from yourself than from others.

This is exactly how more stress is created: lying to yourself and all the people who love and trust you. Avoid impulsive behavior. You won't make misjudgments and mistakes.

What is your core value now? What is your behavior now? Are they matching? If not, reconsider now!

Living Healthy to 120: Anti-Aging Breakthroughs

By David Kekich

News Flash Reveals US Government Responsible for Obesity Epidemic

Does "political correctness" promote fatness?

Is it because we are getting lazier? Maybe prosperity is doing it to us? No, This is why you're fat...

Only ten years ago, the average American woman's waist was nearly two inches smaller than today's.

The average 18-year-old today is 15 pounds heavier than an 18-year-old in the late 1970s. Adults have put on even more weight during that period. The average woman in her 60s is 20 pounds heavier than the average 60-something woman in the late 1970s. The average man in his 60s is 25 pounds heavier.

David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: **www.MaxLife.org**

Is it because we are getting lazier? Maybe prosperity is doing it to us?

No, This is why you're fat...

The article blows the lid off a massive government boondoggle.

You'd think a salad would cost much less than a Big Mac, right? After all, how expensive could it be to produce a salad? You plant a few seeds, let mother nature run her course, bend over in a couple of months to pick your ingredients, and there you have it.

Now for the Big Mac.

- You plant corn. Let Mother Nature run her course. Harvest the corn in a few months. Then you feed it to a cow. You keep doing this until the cow grows real big. (But, first you have to buy the cow or at least own the cow's parents.)
- Then you slaughter the cow. Throw away the stuff you don't want. Then grind up the meat.
- Meanwhile, you grow a bunch of wheat. Harvest your crop. Mill the wheat. Make dough. Then you bake it until you have hamburger buns.
- During this process, you milk a dairy cow. Go through a 21-step procedure. You end up with cheese.

Wow. That's a lot of work for a burger, isn't it? It involves all those moving parts, all the labor, and all the resources and time. So, obviously, the Big Mac cost more than the salad.

Not so fast, Speedo. We didn't factor in the insanity of government intervention.

When you look at federal subsidies for food production, here's what you find:

Meat/Dairy 73.8%	Grains 13.2%
Sugar/Oil/Starch/ Alcohol 10.7%	Nuts/Legumes 1.9%
Vegetables/ Fruits 0.4%	

97.7% government subsidies for foods that make you sick vs. 1.9% for nuts and legumes, and a pathetic 0.4% for the healthiest foods.

So, now you see that contrary to logic that a salad costs you more than a Big Mac.

It's a classic case of contradictory government policy. The numbers clearly show the inverse relationship between federal government agriculture subsidies and federal nutrition recommendations.

The Farm Bill governs what children are fed in schools and what food assistance programs can distribute to recipients. The bill provides billions of dollars in subsidies, much of which goes to huge agribusinesses producing feed crops, such as corn and soy, which are then fed to animals. By funding these crops, the government supports the production of meat and dairy products; the same products that contribute to our growing rates of obesity and chronic disease. Fruit and vegetable farmers, on the other hand, receive less than one half of one percent of government subsidies.

The government also purchases surplus foods like cheese, milk, pork and beef to distribute to food assistance programs, including school lunches. They are not required to purchase nutritious foods.

(Despite an early pledge to cut Big Ag subsidies, Obama caved in to the power of the agribusiness industry and reversed this plan.)

And then there's this: Adjusted for inflation, the price of fruits and vegetables has increased over 40% in the past 30 years. Meanwhile, everything else, including meat, beer, and especially soda, has decreased.

Imagine how many more people would be alive and how much obesity and sickness we'd avoid if fruit and vegetable farms were subsidized at the same rates as meat and dairy operations.

Better yet, let's just get the government out of subsidies altogether, and let the markets and your health find their natural levels.

by Jeff Nield (Treehugger.com), for MaxLife Foundation

P.S. OVER **300,000** AMERICANS DIE FROM OBESITY EACH YEAR

Celebrity Health Watch: KIM CATTRALL

Food Secrets For Turning Back Time!

Stock up with wild salmon and other oily fish to fight inflammation from the inside out. Reduce wrinkles, sagging skin and other free radical damage with rich omega-3 consumption.

A natural beauty, Kim Cattrall has earned her popularity for a good figure, even for being in her 50s. Time takes it toll on everybody, but Kim has put in the effort to control aging and work with what nature has generously given her.

To assist in decreasing the signs of aging and reduce wrinkling, Cattrall diets with foods high in proteins and anti-inflammatory properties. Imagine by eating fish you can erase facial lines and de-puff your eyes!

By eating organic, wild salmon every day, the rich omega-3 food leads to less wrinkling and helps with skin complexion. To capitalize on the anti-aging benefits, Cattrall brings an organic chef with her on the set to cook skinless chicken or turkey and raw fruit and vegetables. She also avoids foods that cause water-retention, such as refined sugar and fats. For extra sliming efforts, she stops the bread and alcohol.

Take this celebrity tip to cut down the munchies: squeeze lemon juice on leftovers to keep from adding another bite to remove the temptation to keep eating!

Eat anti-inflammatory foods such as fish to avoid weight and health problems. Loose a few years in a few days with a rich omega-3 diet. Kim Cattrall has certainly lost years and cheats the aging process from the inside out!

One of Kim's lunches might looks like this:

Gazpacho with a wedge of French bread
6 oz. filet of braised cod
Small side salad with olive oil dressing
Glass of unsweetened iced tea
Crème caramel for dessert

Product Review

Omega-3/Fish Oil Supplements

Take advantage of "good" fat for optimum health. Avoid the supplement that didn't pass testing and order the highly recommended one dose that deserves praise.

Taking your omega-3 supplements can help reduce inflammation in your body. Mostly comprised of fish oils, the important components of omega-3 supplements are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) and are more widely known as fatty acids. These fatty acids from fish oil are polyunsaturated ("good" fat), known to:

- Lower the risk of heart disease and cholesterol levels
- Produce prostaglandins to treat rheumatoid arthritis
- Help depression, bipolar disorder and schizophrenia
- Reduces the risk of premature delivery, as well as encourage fetus development
- Treat menstrual cramp flare-ups
- Decrease symptoms of bowel disease (Crohn's, IBS, ulcerative colitis)
- Assist Lupus patients
- Decrease chance of developing disease of retina

Because toxins such as mercury, dioxins and PCB are possible contaminates to fish, which naturally contain these important fatty acids, the regulation and testing of omega-3 quality is very important. Furthermore, rancid fish oil can produce bad breath and reduce effectiveness. If the fish oil is encapsulated, digestion may be hampered due to poor breakdown, and with hindered absorption its effectiveness is compromised.

An independent testing lab reviewed and examined a large number of omega-3 fatty acid supplements (see below). One product, in particular, failed to comply with time-release standards any benefit and would NOT be recommended for consumption:

Kirkland Signature Enteric Coated Fish Oil, 1700 mg Concentrated Fish Oil

Tests of omega-3 fatty acid supplements measured indicated levels of EPA and DHA, presence of toxins such as mercury, as well as freshness. None of the products tested contained any detectable levels of mercury (can cause central nervous system damage).

Below are categories of tested omega-3 supplements according to concentration. Follow manufacturer guidelines for appropriate dosage.

Please note that if you adjust the dosage, you can achieve the same levels of EPA and DHA from high and low concentration supplements. We are happy to offer one of very high omega-3 concentrated supplements that comes recommended by the independent testing lab:

Minami Nutrition MorDHA OMEGA-3-I.Q.High DHA Formula + Lemon Flavor (64 mg EPA and 465 mg DHA per softgel, 1 per day)

Only 1 softgel per day and you have the perfect combination of omega-3 and omega-6 fatty acids!

Product Review

Concentrations of EPA + DPA in Tested Fish oil/Omega-3 Supplements				
Very High 65-79%	High 45-55%	Moderate 26-34	Low 17-23%	Very Low 8%
GNC Triple Strength Fish Oil	Advocare OmegaPlex	Berkley & Jensen Natural Extra Strength Fish Oil	Integrative Therapeutics, Inc. Tyler Eskimo-3 Natural Stable Fish Oil Supplement	Mega Smarts for Kids
Minami Nutrition MorDHA OMEGA-3-I.Q.High DHA Formula + Lemon Flavor	Carlson Super Omega-3 Fish Oil Concentrate	CVS Pharmacy Natural Fish Oil Concentrate	Nature Made Omega-3 Fish Oil	
OmegaBrite	Eniva Nutraceutics Efacor	GNC Fish Body Oils	Pharmanex MarineOmega	
VitaOils 1000 Ultra High Potency Omega-3 fish Oil	Iceland Health			
Omega- 1	Nature's Bounty Omega-3/Omega-6 Fish Oi	Vitamin World Triple Omega 3-6-9 Flax, Fish and Borage Oils		
	Jarrow Formulas Max	New Chapter Supercritical DHA 100	Carlson® for Kids Norwegian Cod Liver Oil	
	Life Extension® DHA 240	Nordic Naturals Omega-3 Purified Fish Oil	Carlson Norwegian Cod Liver Oil	
	Master Omega-3 Natural lemon Flavoring	Now Omega-3 180 EPA/120 DHA		
	Mommy's Bliss Omega-3 DHA Plus	Nutri-Supreme Research Omega 3 EPA/ DHA Fish Oil		
	Natural Factors RxOmega-3 Factors Pharma. Grade	Origin Natural Fish Oil Omega-3		
	Nature's Sunshine Super Omega 3 EPA	Sundown Cholesterol Free Fish Oil		
	OmegaGel Concentrate High Potency Omega-3	Twinlab Omega-3 Fish oil		
	Pure Encapsulations EPA/DHA essentials	Spring Valley Enteric Coated		
	Shaklee Omega Guard	Carlson The Very Finest Fish Oil		
	Swanson EFA's Superior Essential Fatty acids ecOmega Super EPA	Coromega Omega-3 Orange Flavor		
	USANA Biomega	Vitamin Shoppe Omega-3 Fish Oil Lemon Lime Flavor		
	Andrew Weil, M.D. Omega-3 Complex			