

# **Foods We Eat**

In our busy lives today we are living a balancing act. Balancing our foods, what we put in our bodies and what we put on our bodies and balancing what our doctors tells us. It's all about our choices that we make to keep us in health. We can only do this with well informed choices. We need information, what's in our foods, body care products, homes, gardens, and work, that can increase our cancer risks. So we can make the informed choices that can work in our chosen life style.

## **Pesticide:**

Pesticides have a place for concern in the United States. There in on our foods, in our ground water and in our bodies. According to our Presidents Cancer Panel, Atrazine is the leading pesticide contaminant in our groundwater, surface water and the tap water. Produced in Switzerland, and developed to kill grassy broad leaf weeds banned by its own country, and continent. The European Union has found it dangerous and no longer allows its use however, we in the US still use it and there's no action at present to stop it.

## **GMO'S**

Genetically Modified Organism's developed in the laboratory for human consumption. There's nothing normal about" it is artificial, according to Earth Open Source" an organization that claims watch dog status over the sustainability, security and safety of the global food systems. Although not dangerous, GMO's will continue to reproduce itself. The average American eats an average of one hundred and ninety pounds of genetically modified foods over a twelve month period.

I believe we do not have enough safe guards, controls or oversight concerning Genetically Modified Foods in the US. It's seems to be controlled by Corporate dollar through lobbyist power effecting FDA choices.

## **Bovine Growth Hormones (BGH& IGF-1)**

Bovine Growth Hormones (BGH) are naturally occurring hormones in milk producing cattle that promote growth and cell replication. BGH is also produced in other animals including humans. BGH increases milk production in lactating cattle, more milk more money. So biotechnology companies like

Monsanto, Eli Lilly and Upjohn developed a genetically engineered versions of BGH becoming rBGH a synthetically reconstituted BGH. Injecting into your milk producing cattle you could receive a boost of milk production of 10 to 15 percent. The FDA does state that cattle receiving rBGH hormone can exhibit several side effects, swelling in the injection site can be permanent, clinical mastitis. Also affecting reproductive abilities, lower pregnancy rates, retained placenta, cystic ovaries or other disorders of the uterus.

Of course the FDA determined that cattle treated with rBGH & IGF-1 is perfectly safe for United States consumption. However, the European Union (EU) put a ban on rBGH use. The Canadian researchers found a risk approximately 25% of developing clinical mastitis. They also found reproductive problems with cystic ovaries, twinning, retained placenta, and fetal lose. These Lead to the banning of all use of rBGH & IGF-1 hormones in Canada. The United Nations rejected the use of all genetically modified foods on scientific grounds leaving the United States alone with GMO's.

Women are unduly affected by hormones in our food sources. The British Medical Journal the Lancet 2010 reported that women with IGF-1 in their systems had a positive association with **breast cancer risk**. IGF-1 has an effect on the body's natural defense system against cancer cells. It shuts down the natural process of cell death. This allows the cell to hang around the body longer than they should, and not allowing naturally, the blocking and elimination of cancer cells. In some of our conventional cancer treatments, rBGH has a decreasing effect on how they work. It is troubling to me that Japan, Australia, New Zealand, Canada and the European Union all banned rBGH in their milk.

**America Wake Up!**

## **Antibiotics (in Food)**

Antibiotics are in wide use in our food source system, whether in chicken or beef. Cattle ill with mastitis or any of the other disease states, talked about in the above paragraphs there in use. The Veterinarians will give a full range of antibiotics to cure the animal's including many other drugs. The Director of the Center for Adaptation Genetics and Drug Resistance, Dr. Stuart B. Levy, MD., Published a study in the Journal of Antimicrobial Chemotherapy. Finding that to promote growth in farm animals, ranchers and veterinarians will use about seven billion kg of antibiotics, mostly penicillin and tetracycline's. A 2004 study showed that a majority of dairy farmers gave 10% of their cattle antibiotics. Ranchers will give the cattle and chicken antibiotics prophylactically. (Protection)

## **Food for thought**

Our ranchers and farmers and corporations raising, chickens, beef and dairy cattle want to make a profit. So they shoot up the animals with rBGH , IGF-1 and antibiotics to get larger chicken, beef and more milk, all at a cost to the consumer's health. The average consumer doesn't look at any labels, hell they couldn't decipher the label any way. Today the label is not required to show what was given to the chick or cow to make them grow and ward off disease. So when you eat that beef, chicken or consume any dairy, know that there is a great possibility that whatever you consume has some Growth Hormone, Insulin-Like Growth Factor 1. Antibiotics and growth hormones are not destroyed in the pasteurization process which means it is passed on to you the consumer through what you eat and drink. The over use of antibiotics, whether in our food, or by our family MD, as humans we are creating the supper bug of the future.

Eat organic foods at every opportunity, especially organic milk & dairy products.

## **Organic Cancer Defender**

Researchers have found the powerful role that phytochemicals play in a body's natural ability to defend itself against cancer and especially that of breast cancer. Phytochemicals are specifically found in different plant sources and prove beneficial to one's overall health. They also help to significantly reduce an individual's potential for developing cancer. Phytochemicals are naturally derived from whole grains, fruits and vegetables, so it's easy to incorporate them into your diet every day. Some of the most beneficial phytochemicals are: beta carotene and other carotenoids in fruits and vegetables. Generally, the deeper the color of the fruit or vegetable is an indication of a higher concentration of carotenoids. Green, leafy vegetables such as spinach, asparagus, and broccoli also contain large amounts of carotenoids, but their intense green pigment, courtesy of chlorophyll, masks the tell-tale orange-yellow color, like that of Yams, cantaloupe, squash, apricots, and carrots, which are especially good source of beta-carotene.

Genetically Modified Organism (GMO) are part of many foods sold in the USA. Safety is not a guaranty in consuming GMO products. At this time GMO's products have insufficient oversight and controls on production by our government.

## **Go with organic foods**

## However, organic might not mean organic

Today organic foods can be purchased at most City, Grocery Stores in the US. Organic products have national standards.

**Organic crops.** The USDA organic seal verifies that irradiation, sewage sludge, synthetic fertilizers, prohibited pesticides, and genetically modified organisms were not used.

**Organic livestock.** The USDA organic seal verifies that producers met animal health and welfare standards, did not use antibiotics or growth hormones, used 100% organic feed, and provided animals with access to the outdoors

**Organic multi-ingredient foods.** The USDA organic seal verifies that the product has 95% or more certified organic content. If the label claims that it was made with specified organic ingredients, you can be sure that those specific ingredients are certified organic.

### **Read the Labels before you buy! The knowledge will save you!**

**The Danger of Parabens: They Mimic the Estrogen hormone, playing a big role in breast cancer. Found in Breast Cancer Tumors.** Methyl paraben, Propyl paraben, Ethyl paraben, Butyl paraben, Isobutyl paraben etc.  
Parabens can be found in these items:

• Make-up / Cosmetics	• Shaving Gel
• Perfumes	• Tanning Lotions
• Deodorants	• Sunscreens
• Tooth Paste	• Food Additives
• Shampoo	• Moisturizers

Parabens are man-made chemicals that are designed to slow the growth of yeasts, molds, and bacteria. They are used as preservatives. Parabens can affect the body much like human estrogens.

### **Electromagnetic Pollution: Moderation**

- Kitchen Microwaves

- Your Bluetooth Devices – Home, Auto & Person
- Home Networks - Computers, TV, iPads & Phones
- Cell Phone Towers – High Voltage Wires
- Garden – Pesticides, Cadmium leaches into foods from fertilizers – affects estrogen receptors!

### **Toxins put into the body**

- Avoid meats with hormones and antibiotics
- Wash all fruits & vegetables (Pesticides, out of country foods)
- Avoid carbohydrates, white sugars and GMOs
- Plastic wrapped Meats & Vegetables, Plastic Bottles with PBA
- Avoid Soy, Milk products with hormones
- Birth Control Pill !!!!!
- Hormone Replacement Therapy
- Alcohol