

SPECIAL
POINTS OF
INTEREST:

- **Aspartame:** Once an ant poison, now an artificial sweetener
- **Is Sunshine** good for you?
- **The CLA in** butter is actually good for you.
- **Cholesterol,** the fats and only the fats

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Liberty and Justice for All Species

For thousands of years humans have manipulated the breeding of animals for our convenience with little regard for the animal. We have used these gentle creatures to perpetuate unconscionable cruelty, and then ingested the mutated by-products without any regard for its effects on humanity.

This is a challenge; to take accountability for your animal food protein choices. We, as a collective human race have become apathetic, unconscious, and violent toward high profit, widely consumed animals for meat. We may be generally empathetic — we love our families, our friends, pets, neighbors and so on—but there seems to be a boundary on our empathy when it comes to animals as food. For the most part we see “meat animals” as just products for exploitation, not as living, sentient beings.

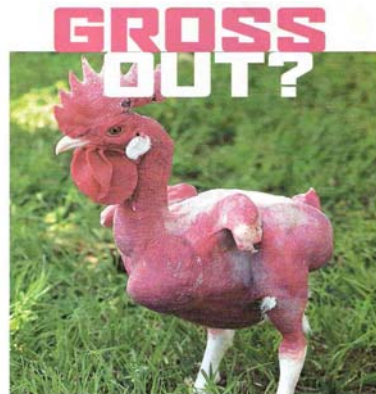
Since June of 1993 the USDA has been funding the National Animal Genome Research Project with the commission to develop genetic maps for agriculturally important species — “cattle, swine, sheep, and poultry”

Cattle are engineered to get bigger faster, and fed anti-biotics to manipulate hormones into producing more pounds in the most desirable sections. Beef are violently slaughtered in America to the tune of 35 thousand head per day, that’s nearly 13 million living cows per year to feed a protein crazed, hamburger hungry populace. These prized beef are also fed some of the entrails and remains of their slaughtered species along with molded grains; “tenderizing on the hoof” (decomposing their flesh while they stand) thus reducing aging time, so they can be butchered immediately after slaughter.

Cow’s milk products are heavily invested with antibiotics, artificial hormones, and other drugs. Dairy cow’s treated with recombinant bovine growth hormones (rBGH or rBST from Monsanto) to boost milk pro-

duction also increases painful udder infections, infusing the pus right into the milk.

Origen Therapeutics, *Embrex*, and *AviGenics* are among the largest biotech companies engineering poultry to grow bigger, faster, and lay more eggs. Between genetic modification, cloning, and embryonic stem cell engineering the idea is to create desirable traits that can roll off the assembly lines by the billions. At one single hatchery chicken eggs are produced at 50,000 per hour. They are literally clones of each other.



“Feathers are a waste” say geneticists at Israel’s Hebrew University who have bred no-pluck chickens that reduce processing and save money.

Commercial chicken “farming” has become a high instigator of animal cruelty; de-beaking and boiling the live birds, full scale genetic engineering and cloning, feeding synthesized food and poultry waste, using antibiotics that produce abnormal growth hormones, resulting in the most toxic of all animal foods.

Furthermore, poultry farming is becoming drug factories, adding human genes to chickens to create “transgeneic” birds that produce human proteins in their egg whites, and transgenic roosters that can pass

on the human genome for a substance called alpha interferon, a drug used to treat hepatitis and some cancers.

Farmed salmon; like farmed chickens, are grown in cramped pens and fed soy, poultry litter, and hydrolyzed chicken feathers while being treated with high levels of antibiotics and pesticides. Naturally, these fish need to swim long distances, hunt for food, and mate in order to develop properly, but captivity produces colorless, spongy flesh which is dye injected or salmon are force-fed orange dye pellets. Farmed salmon are also fed contaminants including PCB’s, bromated flame retardants, and pesticides with dioxin and DDT.

All commercial animals have been killed with petrifying force against their will producing “fear of death” adrenalin that pumps into every cell. This adrenalin stays in the tissues of animal flesh and no mounted efforts remove it from the meat cells, taking it directly to your adrenal glands, which start performing as if you are in fear of your life; immediately producing stress hormones that destroy your living cells.

In America, slavery was abolished because it wasn’t ethical, and when we humans become conscious of animals as sentient beings we will see their unethical treatment as something to abolish too.

Alleviate the widespread suffering of animals by eating meat protein sparingly, and only accepting the meats from animals who offer their lives without fear-of-death hormones: Bison, and wild caught salmon, trout, orange roughy, and jumbo shrimp.

Choose the many other plant protein sources available: almonds and cashews, soy, brewers yeast, grains and legumes, kidney beans, yogurt, or goat and sheep milk cheese. T

Aspartame: Sweetener or Poison?



Originally an ant poison, Aspartame is a common sugar substitute.

Aspartic acid is a naturally occurring amino acid that contributes to brain activity. Aspartate is naturally sweet and when synthesized as aspartame becomes a neuro-toxin; nerve poison. Originally designed as an ant poison (but most ants won't touch it unless you add sugar), the use of Aspartame as a zero calorie, artificial sweetener for humans is not only a major factor in headaches and the formation of brain tumors; it also plays a key role in cell dehydration. Dehydrated cells cannot absorb oxygen or nutrients, producing cell mutation and extra-cellular fluid (edema) to build up, both in and around the

cell resulting in obesity, malnutrition, sleep disorders, and oxidation; free-radicals.

Aspartame is primarily synthetic; aspartic acid (40%), phenylalanine (50%), and methanol (10%). Phenylalanine, if overly supplied to the brain, produces depression and ends with lethal doses that produce phenylketonuria (PKU); the inability to metabolize phenylalanine (causing addiction for daily re-supply), along with tumor formation.

Aspartame destroys brain neurons, with the large majority (75+%) of neural cells in a particular area being killed before any clinical symptoms are noticed. Long term

exposure leads to: multiple sclerosis (MS), memory loss, Alzheimer's, epilepsy, hearing loss, hormone imbalance, Parkinson's, dementia, brain tumors, neuroendocrine disorders, and hypoglycemia. Its great for the pharmaceutical companies, boosting sales of Prozac, and seizure and schizophrenia meds.

Use instead: Raw honey, Brown rice syrup, molasses, Sucanat, fructose, and date sugar along with extra virgin olive oil and chamomile to help remove this noxious poison from the brain, repair brain membrane damage, and reestablish proper amino acid balances and metabolism.

"The naturally occurring cholesterol in our skin is converted into vitamin D by the ultra-violet rays of sunshine."

Get Your Daily Sunshine

Vitamin D is the sunshine vitamin, and it's also the major immune system vitamin, letting us know that sunshine, our source of life, is what keeps us healthy. The naturally occurring cholesterol in our skin is converted into vitamin D by the ultra-violet rays of sunshine, provided there is nothing on our skin to block this process.

Proper amounts of sunshine; 15 minutes daily, provide us with the

ability to reduce blood pressure, lose weight, prevent diabetes, and prevent; bone density loss, pancreas and colon cancer, as well as immune deficiency diseases.

While getting daily sun and eating foods rich in vitamin D is important for everyone, people living in places with extended periods of low sunlight need to supplement this fat-soluble vitamin. Recommended amounts for supplementen-

tation of vitamin D are pitifully low and can be safely increased from 400 IU to 2,000 IU, with D3 at levels of 10,000 IU per day.

Even if you are getting your daily sunshine, make sure you eat vitamin D rich foods such as: extra virgin olive oil, sunflower and safflower oil, unsalted butter, duck eggs, whole wheat and brown rice.

Butter is Better



Back in the '70's, after everybody was convinced that butter was bad and margarine (and other indigestible manufactured fats) was better, it was noticed that cholesterol levels began to soar. It seemed that the "0" fat or reduced fat on the label was code for "it may not add inches to your waistline but it will add thickening to your arteries".

Many countries, not including the US, have prohibited the use of manmade trans fats. While manufactured fats—in the

form of hydrogenated or partially hydrogenated oils—raises cholesterol levels, keeps essential fatty acids from being used, and causes hormone imbalance, brain fog, and malnutrition, butter comes to the rescue.

Butter is a conjugated lipoic acid (CLA), a natural trans fat that fights obesity, cardiovascular disease, diabetes, and cancer. It will also lower the ratio of fat to muscle and fight inflammation. As a natural anti-oxidant

butter supports immune function and as with all fats, animal forms need to be balanced with plant oils, such as olive and grape seed.

Grass fed dairy cows produce more CLA, and butter is best from cow's not treated with hormones. Make sure your butter is unsalted to insure the highest quality; salt is not only used as a preservative, it also covers up the taste of rancid and poor quality cream.

Cholesterol: Harmful or Helpful?

Cholesterols are lipo-proteins; a slippery, wax-like fatty substance that the body manufactures daily as vital material. It is used extensively throughout the body for electrical transmission in the nerves and brain, is imperative for cell growth and membrane maintenance, conversion into digestive bile, the manufacture of hormones (including sex hormones), making vitamin D from sunlight, and keeping arteries clean to name but a few of its uses.

Cholesterol usage comes under the direct supervision of the liver, which is in charge of both the metabolism and storage of fats. Liver directs fat toward cellular use, converts it into liver bile, or is eliminated as excess; if the liver is in good working order. The quality of cholesterol is of prime importance, and secondarily how the body is able to use it.

Poor quality fats produce elevated levels of harmful types of cholesterols known as Low Density Lipoproteins (LDL) and are experienced by over 80 million Americans with poor diets. LDL's are light and puffy and extremely difficult for the body to use and get rid of. They are commonly found in trans-fatty foods, such as margarine and shortening, in high heated and refined oils, processed and packaged foods, and refined white flour, rice, salt, and sugar. These are especially dangerous and easily oxidized, damaging by free radical molecules that bond with calcium becoming deposited on artery and colon walls as plaque, initiating hardened formations.

High density lipoproteins (HDL) are the beneficial types of cholesterols that your body naturally produces and can

be found in extra virgin olive oil, avocado, cold pressed safflower and sunflower oils, whole grains, raw nuts and seeds, duck eggs, and unsalted organic butter, and will improve cholesterol production, lower serum cholesterol, and your risk of heart disease. HDL helps remove excess cellular cholesterol and transports this cholesterol from the liver to the cells needing it, and any excess out of the body.

Bad cholesterol makes blood cells sticky, inhibits insulin from doing its job, and disables liver enzymes. Cholesterol *only* builds up in arteries as a temporary repair if there has been damage by a prior causative factor (such as vitamin C deficiency) or if poor quality cholesterols are ingested that the body cannot use or rid itself of.

Taking a pill to mask the symptom of high LDL causes more critical problems, such as cholesterol lowering drugs. The two most prescribed by medical doctors; fibric acid derivatives and reductase inhibitors or "statin" drugs are cancer forming (as product information in the 1992 and 1994 PDR [Physicians Desk Reference] indicates) and the common side-effect is heart disease, yet the rise in prescription cholesterol lowering drugs increased 15 fold between 1985 and 1995 alone. These same drugs also injure the liver, damage pancreas, and cause kidney failure. Modern medicine has failed to relate heart disease with daily foods, instead opting for pills and surgery; ignoring the body's power to cure itself.

When there are simple, safe, effective, and natural ways to not only lower bad cholesterol, but create good cholesterol and its use, why choose anything else?

Consider this herb:

Hawthorn leaf; THE herb that repairs damage to the liver, supports blood concentration in the liver, and promotes restoration and detoxification. Hawthorn leaf can be taken with vitamin C (5-10,000 mg daily), to repair artery and blood vessel damage.

Consider these food supplements:

Olive leaf extract, which helps metabolize excess and low quality cholesterol.

Lecithin, which grabs excess fats from the colon and transports them out

Alfalfa, reduces blood serum cholesterol

Psyllium husk, which binds to cholesterol and works to expel it.

B-complex vitamins – breaks down homocysteine and allows it to be eliminated. B vitamin deficiency results in the development of atherosclerotic plaques.

Consider these foods:

Extra virgin **olive oil** and **avocados** – rich in long chain fatty acids and all the essential fatty acids the body requires; lowering levels of "bad" cholesterol, eliminating free radicals.

Crook neck squash (yellow) – the food that boosts liver function.

Wild caught **salmon**, **lake trout**, and **bison/buffalo** meat – rich in vitamin A and omega 3 fatty acids which reduce blood stickiness and blood clotting, and prevents homocysteine levels, which build ups and causes heart and vessel disease.

Red wine, aged 7 years or more – contains compounds that prevent oxidation of LDL and increases HDL cholesterol, keeping heart muscle strong. (Use wine in moderation)

Other foods; such as **papaya**, **mango**, **plum**, **broccoli**, **fennel**, **lemon**, **dark grapes**, **red potato**, **whole wheat**, **brown rice**, **barley**, **raw almonds**, **flax seeds**, and **red kidney beans**.

Sprouting Seeds



To sprout varieties of seeds: alfalfa, hard winter wheat, sunflower, broccoli, mung beans, coriander, red clover, etc, you'll need the following utensils:

1. Sprouting jar, 1 quart
2. Sprouting jar lid with mesh screen or jar mouth ring or rubber band to secure a clean nylon stocking cut to fit across the mouth of jar
3. Or—use a sprouting tray
4. Sprouting seeds; approximately 2 tablespoons of seeds grows into 2 cups of sprouts.

Place 1-2 tablespoons of sprouting seeds into

jar and cover with 1 cup room temperature water. Cover jar with mesh lid and soak seeds overnight.

The next morning pour all water off of seeds through the mesh and rinse gently with water, pouring off all excess. Turn jar on side and roll to distribute seeds evenly on interior surface of jar. Repeat the rinsing process twice daily for 4-5 days until the sprout of the seed is equally as long as the seed or kernel.

For seeds such as wheat, barley, buckwheat, etc, the length of the sprout being equal to the length of the seed is at the optimum life force energy stage and can be refrigerated and eaten

within 3-4 days.

For seeds that will be sprouted into 1 to 3 inch long sprouts, such as alfalfa, broccoli, red clover, or mung beans sprouts, continue growing in jar for an additional 5-7 days, or transport into sprouting tray and spread sprouts out evenly over tray surface, continuing to rinse twice daily until optimum length is achieved (5-7 days).

After sprouting length is achieved, transfer into tightly closed glass container and keep refrigerated until served in chilled salads, on sandwiches, or as garnish.

Essential Plant Oils; *Natures Strongest Medicine*

Essential oils are the most highly medicinal part of plants. In order to collect this fragile and volatile oil, leaves, flowers, or other plant parts are gathered then distilled just enough so that steam is created, and as the steam rises it carries the plant's oil on its vapor where it is deposited in a collector, and the oil is then separated off the top.

Nature has seen to it that we are provided with everything that we need to live comfortably and heal ourselves, which we humans often need, as we have a penchant for causing stress, confusion, fear and dis-ease for ourselves. As long as we stick with nature, or at least go back to it often we won't get too far off the health track.

Certain flowers and plants possess transformational abilities and offer their energetic powers and limitless possibilities. These are contained in their essential oils.

A gifted Viennese biologist named Raoul France in the early twentieth century shocked the world with his bold statement that plants are capable of intent, and are able to perceive their environment at levels of sophistication far surpassing that of humans. After studying and observing plants he found that some plants know which ants will steal their nectar, and reward the ant's natural enemies by offering them their favorite nectar to chase unwanted ants away. Some plants grow into special shapes to adapt to the idiosyncrasies of insects which will pollinate them. Some plants can catch flies with absolute accuracy. Night blooming flowers grow white to attract night moths

and emit stronger fragrance at dusk. Carion lily develops the smell of rotting meat in areas where only flies can pollinate. Wind pollinated flowers don't waste energy on beauty, fragrance or appealing to insects. Some plants protect themselves with thorns, a bitter taste, or gummy secretions. Mimosa reacts to the harmful touch of a beetle or ant on its stem by folding up its leaves so the insect is rolled off. Indian licorice is so sensitive to all forms of electrical and magnetic influences it can be used to predict cyclones, hurricanes, tornadoes, earthquakes, and volcanic eruptions. Alpine flowers are so accurate about the seasons that they develop their own heat to bore their way through snow banks to the sun.

Plants can distinguish between sounds inaudible to the human ear, and color and wavelengths such as infra-red and ultra-violet invisible to the human eye: they are especially sensitive to X-rays and the high frequency of television. According to Raoul France plants live responsive to the movement of the earth and other planets in our solar system, proving them in possession of all the attributes of living creatures including "the most violent reaction against abuse and most ardent gratitude for favors."

Evidence now supports that plants are living, breathing, communicating creatures, endowed with personality and the attributes of the soul. Plants are ready, willing, and able to cooperate with humanity in the Herculean job of turning this planet back into a garden from the squalor and corruption man has made of it.

As modern medicine has vastly

changed over the last two hundred years, especially from believing that the body was electro-chemical to the current holding that the body is electro-magnetic, this bio-energy is now acknowledged as a vital part of the healing process. Plant oils hold the most concentrated and dynamic components of their ability, which are best used in small amounts on a daily basis and with often repetition during crisis. Essential oils help us achieve higher planes of awareness and existence, and are an essential part of consciousness raising on this planet.

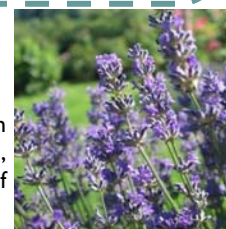
In 1966 Clive Backster, a world recognized expert in administering and interpreting polygraph tests, discovered that living cells in plants tune into and respond to their environment, whether it be energetic, emotional, or intentional. With the same electrodes attached to its leaves as to a person's skin, plant responses could be registered with needle graphing on regular polygraph tape. Backster uncovered the fact that plants can think and even use ESP. One experience in particular demonstrates this effect: When confronted with a burning match being applied to its leaf the plant registered a surge on the graph equivalent to a human whose life was being threatened. When Backster only went through the motions of pretending he was going to burn the plant, there was no reaction whatsoever. The plant was reading his intent.

The essential oils of these cognizant plants contain their most potent abilities, which are presented in concentrated amounts for your pleasure and healing.

Essential Oil Uses

Skin applications of essential oils can be used straight, but they tend to be drying, irritating, or overly strong, especially with infants, elderly or those with sensitive skin, and are best absorbed and utilized in a carrier oil such as extra virgin olive oil, sweet almond oil, hemp oil, apricot kernel oil, jojoba oil, organic soy oil, vitamin E oil, or grape seed oil. General ratios of carrier oil to essential oil are 10:1 for adults and 20:1 for children over the age of 7 years, and 30:1 for infants and elderly.

Apply directly to affected area as often as indicated, it's difficult to overdose. In cases of crisis, use higher dosages and apply as often as every five minutes. Use on pulse points and on soles of feet, crown of head, over sinuses, on chest, entire spine, and mid and lower abdomen.



Essential Oil	Properties	Uses/Applications
Chamomile, German Blue color from azulene	Calming, soothing, anti-cramping, anti-bacterial, warming, pain relieving, induces sweating	Mental stress, menstrual/leg cramps, headaches, low back pain, wounds, diaper rash, hives, infections, stomach acid, nervous/anxious, massage, stress, insect bites,
Eucalyptus, Globulus or Lemon	Expectorating, deep penetrating, stimulating, invigorating, menthol	Liniment, slave, massage, chest and sinus congestion, circulation, inhalation, sauna
Lavender, French	Anti-bacterial, balancing, calming, de-traumatizing, heals, soothes, anti-shock, purifies	Around injuries & infections, disinfectant, de-odorant, induces sleep (spine application), post surgery, PTSD, massage, aromatherapy, lotions, cleaners, moisturizers
Peppermint	Dilating, stimulating, boosting, ant repellent	Headaches, back ache, indigestion, spasms, stomach acid
Rosemary	Anti-nausea, stimulating, clarifying, invigorating, memory restoring, camphor	Low thyroid function, motion sickness, headaches, circulation, hair loss therapy, deodorant, aromatherapy, cologne
Tea Tree, Ti tree Melaleuca tree	Anti-bacterial, fungicidal, medicinal, anesthetic, drying, cleansing	Athletes foot, nail fungus, insect bites, acne, sore throat, ear infection, abnormal skin growth, local pain