



## WARD OFF YEAST INFECTIONS WITH PROPER DIET

One of the best strategies in keeping yeast in check is to make sure the optimal environment for yeast to thrive is eliminated. This environment involves excess sugar, which alone can cause a yeast infection. Make sure you cut down on all foods containing sugars. Alcohol, candy, cookies, many conventional fruit juices, soft drinks and simple carbohydrates are all packed with sugar.

If yeast infections are a recurring problem, avoid meat-based proteins, as these are associated with abnormal flora development. Avoid refined and processed foods which are low in nutrients and contain additives that can make matters worse. When in the midst of a yeast infection, eliminate foods with high mold content such as cheeses, dried fruit, peanuts and melons. If your symptoms are severe, eliminate dairy products and wheat for a time too.

Incorporate coconut oil into your diet, as it is high in both lauric acid and caprylic acid, which have antiviral, antimicrobial and antifungal properties. Olive oil is good too because yeasts do not feed well on fats. Be sure to drink lots of water to flush toxins from your body as well.

growth of bacteria like *E. coli*.

Another interesting issue related to antibiotics is the development of resistant strains of bacteria. It's one thing to get a bacterial infection of salmonella, but it's a whole other thing to be able to treat it. It turns out the widespread use of antibiotics in conventionally raised animals creates resistant bacteria that pose unique risks. Resistant bacteria are immune to many of the antibiotics your doctor will use to treat you if you happen to become infected.

An article in the *Journal of Food Protection* (Vol. 71 #12) determined there was very little difference in the amount of bacteria present in organic vs. conventional meat, but showed the bacteria in conventional meat was resistant to many of the antibiotics tested. On the other hand, organic meat bacteria remained sensitive to seven of the 10 antibiotics used.

## GROWTH HORMONES

Sick, stressed-out animals have a difficult time growing fat or generating enough milk. This means less money at market for farmers. To deal with this, growth hormones, sex steroids and other hormones are used.

There is a debate among scientists and regulating bodies such as the USDA, WHO and CODEX about what, if any, risk these hormones have. A December 2002 article in the *American Journal of Nutrition Research Reviews* discussed this debate at length, showing that many of the hormones used in the meat industry can be potential carcinogens. Many European countries have banned any animal products where hormones are used because of these fears.

## NATURAL FED VS. ORGANIC

The above shows that an organic animal is a better option for your health, but it's not the best option. Many organically raised animals are still raised in a way that is less than desirable. In order for an animal to be healthy, it needs to eat natural healthy food it's designed to eat.

Fish and cattle are a good example. Most people have heard that red meat is not healthy because it has too much and the wrong types of fat. By the same token, many people have heard fish is healthy because it has "good" fats like omega 3.

If you feed a cow grass, its natural food, instead of grain, the same "good" fats found in fish will show up in the cow. Grass like algae has high

concentrations of omega 3 oils. An organic cow is no different than a conventional cow is in this regard.

Also, a fish crammed into a giant tank with a bunch of other fish that's fed the same grain fed to a cow will develop a fat profile that looks more like a cow's. **Farmed raised fish and grain fed cattle**, whether organic or not, should not be considered health food. The health of an animal, like the health of a human, depends on the life it lives and the food it eats.

Cattle that are fed grass, have lower fat levels and higher levels of the healthy omega 3 fats, than do grain fed cattle; and grain fed cattle have higher concentrations of trans fat and saturated fat (Vol. 15, #1, *Asia Pacific*

*Journal of Clinical Nutrition*).

Similarly, a July 2008 article in the *Journal of the American Diabetes Association* looked at the four most common farmed raised fish (salmon, trout, tilapia and catfish) to determine the concentrations of healthy fats. While salmon and trout were shown to retain marginal levels of omega 3 oils, the tilapia and catfish were shown to have extremely high levels of saturated and omega 6 fats, making these fish every bit as hazardous to your health as a grain fed cow.

## IT'S THE LIFESTYLE.

We often get tired of the medical experts in the popular media who focus too much on possible genetic

# what's the big deal about antioxidants?

Is the word antioxidant just another health industry-marketing phrase? Because we hear it so much, is it just another cool trend to even use it in a sentence and drink the juices that contain antioxidants? All over in ads on TV, radio and in our neighborhood supermarkets, we see that word. What exactly are antioxidants other than the content of some foods and drinks in hip designed packaging? Are they really that good for us? Absolutely. By **Natasha Linton**

**O**n a daily basis and no matter where we live, our bodies are exposed to all sorts of intruders that aim to only make us sick and damage our bodies. These intruders are called free radicals: unstable oxygen molecules. Free radicals damage cells and cause harm to the immune system. Also, they can speed up the aging process. Yes, if you don't eat properly, your body's aging process can speed up and thus make you look older than your true age. By eating properly (consuming sufficient amounts of antioxidants), not only would this help minimize premature aging of the skin, but it would also possibly reverse the effects of an aging mind.

Besides aging, among the other harmful effects of free radicals are heart disease, cancer and diabetes. In addition, recovery from athletic performance is negatively affected.

## LET'S TAKE A DEEPER LOOK AT FREE RADICALS.

Free radicals are formed by a process called oxidation (damage caused by oxygen). This is the same process that causes rust on metals. You can slow down the oxidation process by consuming antioxidants.

Exposure to toxins such as cigarette smoke, pollution, chemicals and radiation aid in the development of free radicals. These exposures cause the oxygen molecules in our bodies to break down to eventually form the reactive molecule known as a free radical. As science discovers how to better fight free radicals, we will be

causes of problems. They believe that if a human gets sick it's probably due to poor genetics, and a person's lifestyle is rarely considered. The health of a cow (or fish, pig or chicken, etc.), like a human, is based on how it lives.

Whether an animal is healthy to eat is not just a matter of being raised organically, but also what they were fed and how they were raised. A cow is meant to eat grass, and is not meant to be crammed into a feedlot and force-fed grain. A fish too, is meant to eat algae or other fish that eat algae. They don't naturally live in giant tanks and eat corn and other grains. A chicken or turkey does best on a diet of insects and worms and a life of

ranging freely, not stuck in a metal box of bars.

**HERE ARE SIX TIPS TO EATING PROTEIN THAT'S NOT ONLY BENEFICIAL FOR YOU, BUT BENEFICIAL FOR THE ENVIRONMENT.**

- 1:** Eat wild game. Elk, deer and other wild animals make an excellent source of protein, being low in fat and high in omega 3
- 2:** Eat animals that don't like grain, such as buffalo and lamb. They don't eat as much grain as other animals. While they will eat some, it's usually less than other animals.
- 3:** Eat grass fed and grass finished cows. Remember, all cows are fed grass until they are taken to the feedlot and fattened up. The amount

of time they spend in the feedlot is directly proportional to how healthy they will be. Ask if the cattle was **grass finished**. Grass finished cattle eat grass their whole life and are never given grain.

- 4:** Eat wild fish. Avoid farmed raised fish and always ask which fish were wild caught or line caught.
- 5:** Eat Alaskan salmon or salmon in the can. There is no such thing as a wild Atlantic salmon. All Atlantic salmon are farmed raised. The only wild salmon comes from the West Coast. Most canned salmon is wild.
- 6:** Eat low fat animals. If all else fails eat animals that are low in fat to minimize the negative contaminants and bad fats. 🐾



**NEW STUDY SHOWS RESVERATROL PROMOTES LIVER HEALTH**

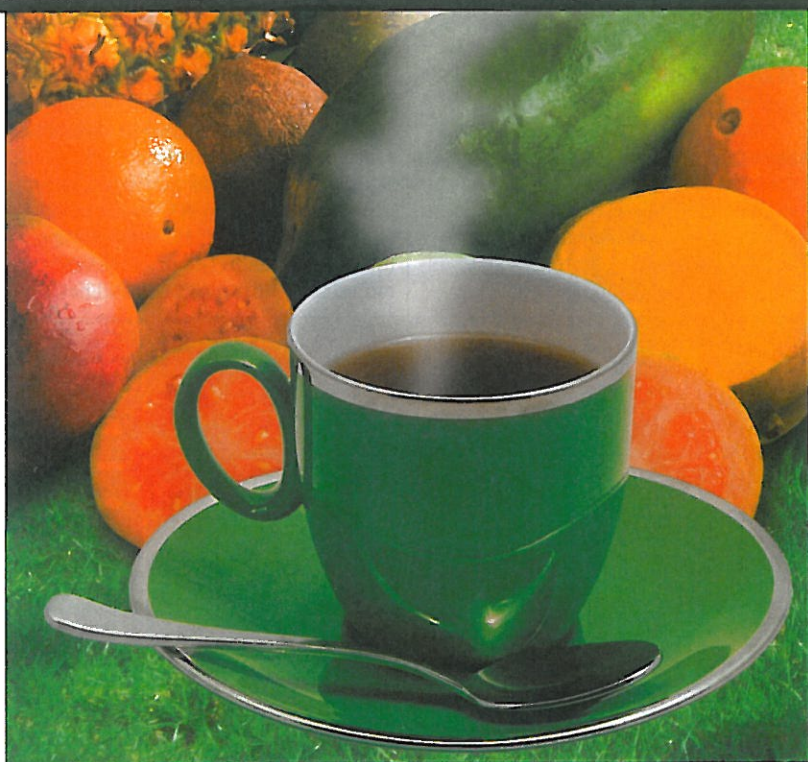
A mouse model study showed that resveratrol improved several markers for liver health, in mice fed a high fat diet. This is an important finding because one of the outcomes of the nation's obesity epidemic is a host of liver problems. Resveratrol has been shown to improve lipid profiles, extend lifespan and aid metabolic illness. This antioxidant is found in fruits, namely red grapes, and vegetables.

**Source:** Ahn J, Cho I, Kim S, et al. "Dietary resveratrol alters lipid metabolism-related gene expression of mice on an atherogenic diet." *Journal of Hepatology*. 2008;49:1019-1028.

**EXPOSURE TO PESTICIDES TRIGGERS DEPRESSION**

High-level acute exposures to pesticides, as well as cumulative exposures over time, were found to increase the likelihood of depression among pesticide applicators in Iowa and North Carolina. This latest finding is from research on nearly 18,000 private pesticide applicators enrolled in the Agricultural Health Study.

**Source:** Cheryl L. Beseler et al., "Depression and Pesticide Exposures among Private Pesticide Applicators Enrolled in the Agricultural Health Study," *Environmental Health Perspectives*, Vol. 116, No. 12, December 2008.



**VITAMIN C**

Vitamin C helps the body produce collagen, which is important to skin health and skin aging. It also helps the body absorb iron. Vitamin C also helps wounds repair rather quickly. Sources of vitamin C include many fruits (citrus and strawberries), vegetables (Brussels sprouts, cabbage, kale, etc.) and also beef, poultry and fish.

**VITAMIN E**

Some may say that vitamin E is known as the answer to anti-aging. Sources of vitamin E include mangoes, eggs, sunflower seeds, walnuts, hazelnuts, sesame oil and whole grains. Vegetables such as spinach, broccoli and corn are other great sources.

**GREEN TEA**

Green tea is one of the most potent antioxidants. It reduces risks of skin damage and skin cancer due to radiation, and the risks of lung cancer due to smoking. Green tea is unprocessed, while black tea and oolong tea are partially processed.

**BERRIES**

From berries you will get vitamins, minerals and potent antioxidants. For fighting cancer and heart disease, blueberries, blackberries and raspberries are great choices. Blueberries also help keep the aging process away.

**GINKGO BILOBA**

Ginkgo extract has been known to reduce clots and reduce blood pressure. It also hunts and destroys free radicals and prevents the formation of them in the first place. Another duty of ginkgo biloba is to protect the brain, as it promotes proper blood flow to the brain and improves alertness. 🐾

able to improve our lifespan by a number of years.

Recommended preventive measures are to avoid smoking, stick with a well-designed exercise program and to stay away from pollutants, if possible. We must take extra measures to ensure that we are indeed protecting ourselves. As with any health and wellness goal, diet is an important part, especially a diet containing plentiful antioxidants.

Antioxidants, which neutralize free radicals, are natural substances that we can use to fight and prevent any damage to cells caused by the unstable oxygen molecules. They also

stop the chemical reactions that lead up to the creation of free radicals.

So be sure to increase consumption of vegetables, fruit, whole grains, nuts and fish, and reduce eating processed foods and items with white sugar or high fructose corn syrup.

**BETACAROTENE (A FORM OF VITAMIN A)**

Carotenes are found in plant foods. They not only protect plants, but also help protect the body from free radicals. Sources of betacarotene include apricots, carrots, pumpkin, cantaloupe and broccoli. A darker color of the fruit or vegetable means more betacarotene content.