

# Image Awareness Wellness Center

## *In the News*

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### Media Discovers: Vitamin D Important

Jeremy Laurance, Health Editor of *The Independent Online Edition* wrote the following on December 28, 2005: "A daily dose of vitamin D could cut the risk of cancers of the breast, colon and ovary by up to a half, a 40-year review of research has found. The evidence for the protective effect of the "sunshine vitamin" is so overwhelming that urgent action must be taken by public health authorities to boost blood levels, say cancer specialists."

This information is not news to those who have read this newsletter or my book *Your Body's Sign Language*. Evidence has been accumulating for quite some time that vitamin D prevents or reduces the risk of almost every type of cancer. Elevated vitamin D blood levels appear to be associated with reduced risk of almost all cancers except skin cancers, which are el-

evated due to sun damage to the skin.

The article notes that a number of conditions are now being associated with vitamin D deficiency including heart disease, lung disease, cancer, diabetes, high blood pressure, schizophrenia and multiple sclerosis.

The media is finally coming to the realization that a life spent under artificial lighting playing video games or watching television is unhealthy.

Adequate vitamin D levels are maintained most easily by adequate exposure to sunlight while avoiding overexposure. In northern latitudes in wintertime little or no vitamin D is formed in the skin. The best means of obtaining vitamin D under these circumstances is to supplement with a multiple with vitamin D, a calcium-magnesium supplement with vitamin D, use butter from cattle that are fed on fresh grass and/or supplement with Cod Liver Oil.

#### Reference:

Laurance, Jeremy, "Revealed: the pill that prevents cancer," *The Independent Online Edition*, December 28, 2005.

### Processed Meats and Colon Cancer Risk

A recent study came to what should be an obvious conclusion. Processed meats greatly increase the risk of polyps and colon cancer risk. In this study the 25% of research

subjects consuming the most processed meats had a 75% increased risk of developing a polyp at risk for developing into colon cancer.

Processed meats are loaded with harmful substances including nitrates, excess fat, and MSG. Consumption of hot dogs, a favorite processed meat, has been associated with increased risk of leukemia in the past.

Nutrients which protect us from nitrates include vitamin E complex, flavonoids, and vitamin C.

#### Reference:

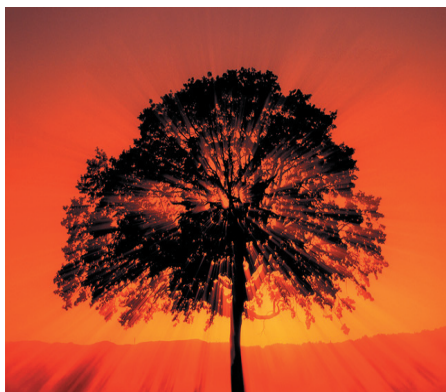
"Meats differ in effect on colon cancer risk," *Reuters Health*, Dec. 28, 2005. *American Journal of Gastroenterology*, December 2005.



### Diabetes and Fat

The obese have a 80-fold increased risk of developing diabetes. Researchers have recently uncovered one of the triggers for this increased risk.

High fat meals have been shown to suppress an enzyme which helps the body sense how much sugar is present and release adequate insulin in response. (The enzyme is called gly-



cosyltransferase enzyme (GnT-4a).

High fat meals have become commonplace in the United States. Animals are unnaturally fattened by not allowing them to exercise, by giving them antibiotics and hormones, and by feeding them grains.

The result is that a wild animal may contain only 4% fat while domesticated animals can contain 29% fat in their meat. To worsen matters, for years lean cuts of meat have been ground into hamburger. Fat is often added to these meats increasing the fat content and allowing the food processor to make a profit on a waste material.

All GNLD protein products offer a healthy, good tasting, and low-fat alternative to snacks like hot dogs and hamburgers. High fat foods are difficult to digest, but GNLD protein products are manufactured with an exclusive predigestion technology called the Protogard process which involves breaking down the protein at body temperature with enzymes.

#### Reference:

Heavey, Susan, "Fatty foods can lead to diabetes, researchers say," *Reuters*, Dec. 28, 2005.



## Aflatoxin and Corn

I have long favored consuming meat from grass fed rather than grain fed animals. A recent development may provide one more reason for adopting this lifestyle habit. Japan has begun testing American corn for contamination with aflatoxin, a potent carcinogen. This was the result of a test which found American corn contaminated with the carcinogen.

One of the problems with feeding animals corn rather than grass

or more natural feeds is the increased risk of aflatoxin exposure. Contamination of corn with aflatoxin may prove to be a problem for milk and meat products from animals consuming grain products.

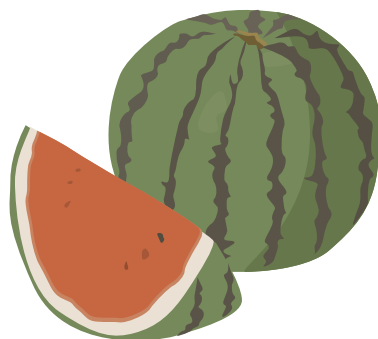
The FDA considers action if aflatoxin levels exceed 300 parts per billion in corn or cottonseed meal fed to feedlot cattle, chickens, or pigs to fatten them up. Japan has a zero tolerance on corn products intended for human consumption, but allows aflatoxin in animal feeds. Testing on corn intended for human consumption was found to contain aflatoxin, resulting in the inauguration of this new Japanese testing program.

It would be ironic if the increased risk of cancer resulting from eating animal products were partially associated with cancer causing aflatoxin in their feed. Nutrients which appear to be important in protecting the body from aflatoxin include vitamins A and D, carotenoids, selenium and zinc.

#### References:

Bernard, Roger, "Japan to Test U.S. Food Corn for Aflatoxin," *NCGA News*, Agweb.com, December 27, 2005.

Williams, Jonathan H., et al, "Human aflatoxicosis in developing countries: a review of toxicology, exposure, potential health consequences, and interventions," *American Journal of Clinical Nutrition*, Vol. 80, No. 5, 1106-1122, November 2004.



## Tomato More Than Lycopene

More and more supplements are advertising the addition of lycopene to the formula. This red pigment found in tomatoes and some other foods has been shown to possess powerful ability to prevent free radi-

cal damage and prevent cancer. It is important to realize, however, that there is a difference between isolated lycopene and the complex of carotenoids from food concentrates as found in GNLD Carotenoid Complex.

Animals given tomato powder as compared to lycopene had a 10% lower death rate from prostate cancer. Most of the studies done which show the benefit of lycopene have been done with tomato food concentrates rather than from the isolated carotenoid. Aside from lycopene, tomatoes contain p-coumaric acid and chlorogenic acids which have been shown to disrupt the wedding between two common molecules in cells that can produce a carcinogen.

#### Reference

"Tomatoes as Medicine," *Townsend Letter for Doctors and Patients*, January 2006.



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