

May 2008

A World of Wisdom
Living in Harmony with the Word of Wisdom

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It's been a while, I know. I promised a quarterly newsletter and it's been 6 months. Life is an interesting thing, and I've had to roll with it, hence the delay. But, I knew if I didn't write a newsletter now, it wasn't going to get written for quite a long time. I am nearing my due date with my 5th bambino and soon after the birth we will be moving with all that entails, so it's now or never, Batman.

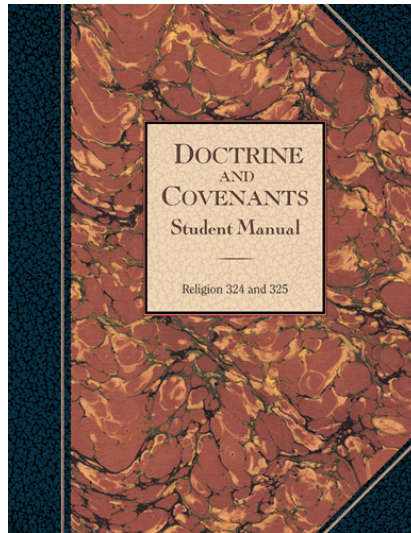
Since my last newsletter, our circumstances have changed, and improved, significantly, but not without its own set of challenges. We will still rely on the Bishop's storehouse until we move (yes, isn't it convenient that I have a baby AND move all at once??), but not to the extent we were before. I can actually get myself a watermelon now, which I apparently am in desperate need of so I can handle what my girls call "elephantiasis of the feet". My feet, calves and ankles became those famous cankles of pregnancy, which are a sign your kidneys aren't working well. Watermelon helps tremendously with that, in addition to the herbs I'm taking. So, I am so grateful for that!

Also, some stress has been alleviated. Not completely, but we are no longer in 24/7 survival mode, it's more like 15/6 survival mode. Transitioning from drowning, to treading water, to floating in the boat still carries with it a lot of clean up and recovery, but at least now I am at greater ease about going into the next phase of our lives. While although he is almost completely "there" health wise, Scott is at a point that I don't worry about him anymore and he can function like a human again. The Lord has blessed us with great employment for him with good income, and I am feeling well awaiting this birth of what must be an incredibly brave child.....the spirit that chose to come in the craziest time of our lives has to be either brave or is a practical joker. Hopefully both.

So, we are walking into the light at the end of this tunnel, at least. And it's a good thing, because come last January and February, I was starting to think someone shot out the bulbs in that tunnel, or I was in a funhouse tunnel that had no exit and no light.

Through it all, I know I could have done better with my attitude and approach, but I also know I could have done worse. I am grateful for all the lessons last year brought and the fortitude I was forced to gain. I am also grateful to be able to sleep restfully at night again. Even if I do have to get up a million times to pee. Hang in there ladies, and like I said in the last issue, whatever your challenges are right now, just do the best you can. No one has shot out the light bulbs in the tunnel, nor are you in a funhouse tunnel. You only let someone put some really dark glasses on you. Take them off and pick up your feet.

The D&C Student Manual: Insights on the W.O.W



In my years of researching nutrition and the Word of Wisdom, I found it particularly disappointing that there wasn't more information from the Church on the nutritional aspects Word of Wisdom. I've come to terms with that, with the knowledge that possibly that aspect of the W.O.W. is wholly left up to personal revelation. But I was really happy when I found this.....the D&C Student Manual for the Institute Program. While it isn't straight from the Prophets or General Authorities, and I still think requires heavy personal meditation and revelation as far as application, I'm glad there is a place I can turn to help others clarify a few things as they begin their journey to living in closer harmony with the W.O.W. So, the link to the manual is here http://www.ldsces.org/inst_manuals/d_clnst32493000/Sections/D_Clnst32493000_29.pdf

I also, though, wanted to highlight some of the things that stood out to me in the manual and add my comments.

D&C 89:2. How Does the Word of Wisdom Show the Will of God in Man's Temporal Salvation?

"President Joseph Fielding Smith said: "The temporal salvation of the children of men is a most important thing, but sadly neglected by many religious teachers. The truth is that the spiritual salvation is dependent upon the temporal far more than most men realize. The line of demarcation between the temporal, or physical, and the spiritual, cannot be definitely seen. The Lord has said that he has not given a temporal commandment at any time. To men some of these commandments may be temporal, but they are spiritual to the Lord because they all have a bearing on the spiritual or eternal welfare of mankind." (*Church History and Modern Revelation*, 1:383.) Obedience to the Word of Wisdom, keeping the "temple of God" undefiled ([1 Corinthians 3:16](#)), invites the Holy Ghost to help us resist the temptations of the world."

This is something I've long felt and known. So many people I talk to dismiss the notion that our physical wellbeing has little to do with our spiritual wellbeing, even after I cite scripture to the contrary. Logic says that if you are putting your energy towards being sick and getting well all the time, you have less energy to put towards spiritual matters. We have a responsibility to do what

we can to stay well so that we are available to serve and learn and have joy. Beyond that, I believe that a clean body and mind are more readily prepared to accept revelation and spiritual teachings. I have personal testimony of that in my own life. That is not to say that I don't think those who struggle with illnesses or bad health can't receive or are not worthy to receive revelation and instruction, I just know that it is easy to do so if you are well.

"The Word of Wisdom is spiritual. It is true that it enjoins the use of deleterious substances and makes provision for the health of the body. But the largest measure of good derived from its observance is in increased faith and the development of more spiritual power and wisdom. Likewise, the most regrettable and damaging effects of its infractions are spiritual, also. Injury to the body may be comparatively trivial to the damage to the soul in the destruction of faith and the retardation of spiritual growth. So I say, every commandment involves a spiritual growth. So I say, every commandment involves a spiritual principle." (In Conference Report, Apr. 1949, p. 141.)"

D&C 89:9. What Does the Phrase "Hot Drinks" Mean?

"Some of the early Brethren explained what was meant by this phrase. Hyrum Smith, brother of the Prophet, wrote: "And again, 'hot drinks are not for the body, or belly;' there are many who wonder what this can mean; whether it refers to tea (from the tea plant), or coffee, or not. I say it does refer to tea, and coffee." ("The Word of Wisdom," *Times and Seasons*, 1 June 1842, p. 800.)"

The Prophet Joseph Smith said: "I understand that some of the people are excusing themselves in using tea and coffee, because the Lord only said 'hot drinks' in the revelation of the Word of Wisdom. . . ."

"Tea and coffee . . . are what the Lord meant when He said 'hot drinks.'" (In Joel H. Johnson, *Voice from the Mountains* [Salt Lake City: Juvenile Instructor Office, 1881], p. 12.)"

There is so much debate over this verse...I appreciate this clarification.

D&C 89:10–11. Why Isn't the Word of Wisdom More Explicit?

"The Doctrine and Covenants does not specifically mention heroin, cocaine, marijuana, ecstasy, other illegal drugs, or the abuse of prescription drugs. President Joseph Fielding Smith said: "Such revelation is unnecessary. The Word of Wisdom is a basic law. It points the way and gives us ample instruction in regard to both food and drink, good for the body and also detrimental. If we sincerely follow what is written with the aid of the Spirit of the Lord, we need no further counsel. . . ."

"Thus by keeping the commandments we are promised inspiration and the guidance of the Spirit of the Lord through which we will know what is good and what is bad for the body, without the Lord presenting us with a detailed list separating the good things from the bad that we may be protected. We will learn by this faithful observance that the promises of the Lord are fulfilled." (*Improvement Era*, Feb. 1956, pp. 78–79.)"

So, there you have it...one of the spiritual gifts of obeying the word of wisdom is promised inspiration and the guidance and the Spirit to know specifically what is good or bad for our situation. What a great comfort.

D&C 89:11. What Was Intended by the Phrase “in the Season Thereof”?

“Elder John A. Widtsoe explained: “The phrase ‘in the season thereof,’ referring to fruits and vegetables, has raised much speculation. It indicates simply the superior value of fresh foods as demonstrated by modern science, but does not necessarily prohibit the use of fruits or vegetables out of season if preserved by proper methods.” (*Evidences and Reconciliations*, 3:157.)”

Well, I admit I struggled with this one for a bit. Nonetheless, I *personally* still try to eat as in season as possible. This is my personal revelation for my family. But I have always taken the approach that any fruit or vegetable, in season or not, is better than none at all. I have found that I function better on in season produce – again logic prevailing that if it grows in that season there must be a need for it in that season, otherwise it would grow year round, like some produce does.

Love and health,

Amy

King Corn: Movie Review

<http://www.kingcorn.net/>



“Synopsis: King Corn is a feature documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food nation.

In King Corn, Ian Cheney and Curt Ellis, best friends from college on the east coast, move to the heartland to learn where their food comes from. With the help of friendly neighbors, genetically modified seeds, and powerful herbicides, they plant and grow a bumper crop of America’s most-productive, most-subsidized grain on one acre of Iowa soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat—and how we farm.”

I heard about this movie on a fluke. A friend sent me an email about it days before it was to be shown on PBS at 11 pm, and then I promptly forgot to watch it. I was disappointed, because it looked so good, and then I conned my parents into taping it for me (we live in two different states, so it was on their PBS station later). I’ll be honest...I was interested in it, but wasn’t jumping up and down about it...until I watched it.

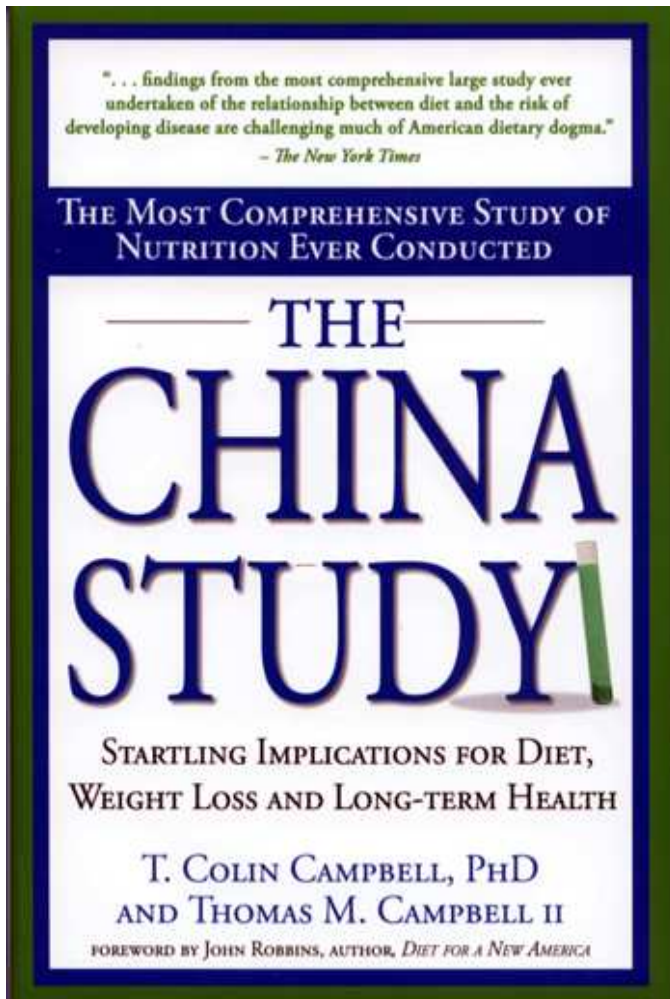
It was one of those home school days where I just didn’t have the energy to do our routine stuff, so I made it into movie day. I thought I knew that my girls would quickly burn out on watching it and I would be left alone for the majority of it. But that didn’t happen. They got sucked into it just as much as I did. King Corn is a documentary about two friends who are done with college and decide to do an experiment and make a documentary about it. Someone had told them that everything they eat and wear depends on the production of corn...they didn’t believe it. Challenging that notion, they decided to move to the mid west, grow an acre of corn and follow its lifecycle. What does it take to get land, get seed, grow the corn, sell it, where does it go, the impact on society.

Well, it turns out they were wrong. Everything does depend on corn in this country. I’ll be honest...I was totally shocked by the corn industry. About 90% of corn production doesn’t even go into actual food consumption, and therefore, the most common strain of corn grown, Yellow Dent 90 (if I remember correctly), isn’t even edible. This was the strain the two gents grew, because this is the strain that the government will pay them for – which is the primary way most corn farmers make a living. When the crop was ready, they picked off an ear of corn to eat and enjoy the fruits of their long labors, they spit it out. It wasn’t even chewable, much less tasty. They were disappointed. To their even greater disappointment, if they want to make any sort of profit at all (which was next to nothing...seriously they made about \$15 over a 9 month period on 1 acre), they had to sell it to the government and had no idea exactly what was to be done with their crop, although the majority of these government crops go into ethanol and other corn based non nutrient consumables, mainly corn syrup. So, because they couldn’t follow the direct result of their crop, they did follow what and document what happens to most government crops. What stood out most to me, besides explaining why the price of gas and food has skyrocketed, was that a lot of these yellow dent crops goes towards animal feed. Decades ago, cows grazed and were raised on grass, which translated into healthy meat for us. This normally took a few years to do, but since the meat industry has switched to feeding cows (and other animals) solely on corn, cows are born, fatten up and are slaughtered within 6 months. If they aren’t, then they get sick and die within the first 9 months anyway, because the corn is so unhealthy for them. What this means for us as meat eaters is that corn fed (or grain fed, as its advertised) meat fattens us up much quicker as well, and does not have the nutrients that grass fed cows have.

See, the yellow dent corn has only 3 nutrients in it, verses – say – organic corn which has dozens and dozens of nutrients. SO when a cow is raised solely on this 3 nutrient corn, which explains why it gets sick and dies so quickly, we as literal consumers get this nutrient deficient meat as well, which leads to problems for us in terms of our health. So now, I really strive to only eat grass fed beef. I bought into the marketing that grain fed beef meant it was fed with a variety of grains, but what it really means is that it is corn fed.

I won't go into the other details of the movie, but highly encourage you to watch the film. You will be educated, enlightened and better off for it. It was shockingly fascinating, and really – we are a nation of corn dependence, which is why gas and food prices have gone through the roof. By the way, this film was made way before we ever had a gas and food problem in this country. But I digress, that is a whole other article in and of itself.

Book Review: The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health



Okay, I admit I haven't finished this entire book yet, but I feel compelled to give it a plug. It's taken me a while to finish this book for a few reasons. I busy, I'm tired, but mainly it takes me a while to wrap my brain around this book and define what it means to me personally. This is a VERY insightful book, full of many details and implication about our diet and how it affects disease and health.

The China Study was the culmination of a twenty-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine. Dr. T. Colin Campbell's legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. The author chronicles his background (the son of a dairy farmer), his early assumptions about diet and health and the evolution of his studies that began in the early 70's. He began with what most researchers' begin with, a belief and bias towards one

hypothesis: that milk, meat and high protein were the cornerstones of good health. After all, he grew up on a dairy farm.

Even though the author advocates a lot of things that I am 98% on board with, the things that stood out to me most what the reaffirmation of the Word of Wisdom. All is multiple studies on meat showed that any diet consisting of more than 5% meat and animal consumption significantly raises your risk of cancers and other diseases. Now, to me, the admonition to eat meat sparingly falls very close to this 5% number. Also, he proves in his multiple studies that a grain based diet full of fresh fruits and vegetables is essential to good health.

Book Excerpt:

"As Dr. Campbell explains in the introduction of *The China Study*, he didn't set out to disprove many of the assumptions of American nutrition. It just worked out that way:

I was the last graduate student of Professor Clive McCay, a Cornell professor famed for extending the lives of rats by feeding them much less food than they would otherwise eat. My Ph.D. research at Cornell was devoted to finding better ways to make cows and sheep grow faster. I was attempting to improve on our ability to produce animal protein, the cornerstone of what I was told was "good nutrition."

I was on a trail to promote better health by advocating the consumption of more meat, milk and eggs. It was an obvious sequel to my own life on the farm and I was happy to believe that the American diet was the best in the world. Through these formative years, I encountered a recurring theme: we were supposedly eating the right foods, especially plenty of high-quality animal protein.

Much of my early career was spent working with two of the most toxic chemicals ever discovered, dioxin and aflatoxin. I initially worked at MIT, where I was assigned a chicken feed puzzle. Millions of chicks a year were dying from an unknown toxic chemical in their feed, and I had the responsibility of isolating and determining the structure of this chemical. After two and one-half years, I helped discover dioxin, arguably the most toxic chemical ever found. This chemical has since received widespread attention, especially because it was part of the herbicide 2,4,5-T, or Agent Orange, then being used to defoliate forests in the Vietnam War. (Amy's note: this is also a main chemical in disposable diapers)

After leaving MIT and taking a faculty position at Virginia Tech, I began coordinating technical assistance for a nationwide project in the Philippines working with malnourished children. Part of the project became an investigation of the unusually high prevalence of liver cancer, usually an adult disease, in Filipino children. It was thought that high consumption of aflatoxin, a mold toxin found in peanuts and corn, caused this problem. Aflatoxin has been called one of the most potent carcinogens ever discovered.

For ten years our primary goal in the Philippines was to improve childhood malnutrition among the poor, a project funded by the U.S. Agency for International Development. Eventually, we established about 110 nutrition "self-help" education centers around the country. The aim of these efforts in the Philippines was simple: make sure that children were getting as much protein as possible. It was widely thought that much of the childhood malnutrition in the world was caused by a lack of protein, especially from animal-based foods. Universities and governments around the world were working to alleviate a perceived "protein gap" in the developing world.

In this project, however, I uncovered a dark secret. Children who ate the highest-protein diets were the ones most likely to get liver cancer! They were the children of the wealthiest families.

I then noticed a research report from India that had some very provocative, relevant findings. Indian researchers had studied two groups of rats. In one group, they administered the cancer causing aflatoxin, then fed a diet that was composed of 20% protein, a level near what many of us consume in the West. In the other group, they administered the same amount of aflatoxin, but then fed a diet that was only composed of 5% protein. Incredibly, every single animal that consumed the 20% protein diet had evidence of liver cancer, and every single animal that consumed a 5% protein diet avoided liver cancer. It was a 100 to 0 score, leaving no doubt that nutrition trumped chemical carcinogens, even very potent carcinogens, in controlling cancer.

This information countered everything I had been taught. It was heretical to say that protein wasn't healthy, let alone say it promoted cancer. It was a defining moment in my career. Investigating such a provocative question so early in my career was not a very wise choice. Questioning protein and animal-based foods in general ran the risk of my being labeled a heretic, even if it passed the test of "good science."

But I never was much for following directions just for the sake of following directions. When I first learned to drive a team of horses or herd cattle, to hunt animals, to fish our creek or to work in the fields, I came to accept that independent thinking was part of the deal. It had to be. Encountering problems in the field meant that I had to figure out what to do next. It was a great classroom, as any farm boy can tell you. That sense of independence has stayed with me until today.

So, faced with a difficult decision, I decided to start an in-depth laboratory program that would investigate the role of nutrition, especially protein, in the development of cancer. My colleagues and I were cautious in framing our hypotheses, rigorous in our methodology and conservative in interpreting our findings. I chose to do this research at a very basic science level, studying the biochemical details of cancer formation. It was important to understand not only whether but also how protein might promote cancer. It was the best of all worlds. By carefully following the rules of good science, I was able to study a provocative topic without provoking knee-jerk responses that arise with radical ideas. Eventually, this research became handsomely funded for twenty-seven years by the best reviewed and most competitive funding sources [mostly the National Institutes of Health (NIH), the American Cancer Society and the American Institute for Cancer Research]. Then our results were reviewed (a second time) for publication in many of the best scientific journals.

What we found was shocking. Low-protein diets inhibited the initiation of cancer by aflatoxin, regardless of how much of this carcinogen was administered to these animals. After cancer initiation was completed, low-protein diets also dramatically blocked subsequent cancer growth. In other words, the cancer-producing effects of this highly carcinogenic chemical were rendered insignificant by a low-protein diet. In fact, dietary protein proved to be so powerful in its effect that we could turn on and turn off cancer growth simply by changing the level consumed.

Furthermore, the amounts of protein being fed were those that we humans routinely consume. We didn't use extraordinary levels, as is so often the case in carcinogen studies. But that's not all. We found that not all proteins had this effect. What protein consistently and strongly promoted cancer? Casein, which makes up 87% of cow's milk protein, promoted all stages of the cancer process. What type of protein did not promote cancer, even at high levels of intake? The safe proteins were from plants, including wheat and soy. As this picture came into view, it began to challenge and then to shatter some of my most cherished assumptions.

These experimental animal studies didn't end there. I went on to direct the most comprehensive study of diet, lifestyle and disease ever done with humans in the history of biomedical research. It was a massive undertaking jointly arranged through Cornell University, Oxford University and the Chinese Academy of Preventive Medicine. The New York Times called it the "Grand Prix of Epidemiology." This project surveyed a vast range of diseases and diet and lifestyle factors in rural China and, more recently, in Taiwan. More commonly known as the China Study, this project eventually produced more than 8,000 statistically significant associations between various dietary factors and disease!

What made this project especially remarkable is that, among the many associations that are relevant to diet and disease, so many pointed to the same finding: people who ate the most animal-based foods got the most chronic disease. Even relatively small intakes of animal-based food were associated with adverse effects. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease. These results could not be ignored. From the initial experimental animal studies on animal protein effects to this massive human study on dietary patterns, the findings proved to be consistent. The health implications of consuming either animal or plant-based nutrients were remarkably different.”

Whole Food Spotlight: Watermelon



I think because watermelon is such a common fruit that almost anyone enjoys, the nutritional benefits are incredibly overlooked. As mentioned before, because I hadn't had a watermelon for so long, I was just desperate for one. Little did I know how much I actually NEEDED one....a whole one. I am at the end of my 5th pregnancy, and with every pregnancy I have been plagued my horribly swollen feet throughout the pregnancy, but mainly in the last trimester. With all my background and knowledge in health and pregnancy, how I totally missed that swollen feet were the result

of low functioning kidney's is beyond me. So, needless to say, I never found out how to avoid or treat my painfully swollen feet, ankles and calves in all my 4 pregnancies, until this one. Believe me, I have been in a lot of discomfort as a result of this swelling – to the point that I had fears that if I needed to squat in birth I wouldn't be able to. So, a few months ago my herbalist friend, Angela Harris, brought the kidney/swelling connection to my attention. I began with what I had on hand – some herbs to strengthen the kidneys, which helped, but I was still left with some swelling. Then, listening to her radio show (kkvv.com on Saturdays), she mentioned a kidney flush – eat an entire watermelon, and then drink the juiced rind, all in two hours. I thought I'd give it a try. It took me a month to get around to it because I was still saving my pennies to buy a watermelon, but finally last weekend I got me a watermelon. And just in time. My swelling was getting bad, like it had before, and the herbs weren't doing me as well as they had before.

So, I ate practically the whole watermelon (had to share with the kids, ya know). And wouldn't you know it, my swelling went almost completely away. It was a miracle. So, now I am considering watermelon part of my daily regimen. Eat your melons!

Recipe: Lorelee's Awesome Salad Dressing

So, my kids are avid Ranch dressing lovers. They will not eat anything but ranch on their salad, except Lorelee's dressing. This is good stuff, and it is very quick and easy to make up. I like to double it to have some on hand.



$\frac{3}{4}$ C olive oil

$\frac{1}{4}$ tsp dried or prepared mustard

$\frac{1}{2}$ tsp salt

3 tbsp balsamic vinegar

1 tsp Worcestershire sauce (optional)

2 large crushed garlic cloves

Dash of pepper

3 tbsp parmesan cheese

$\frac{1}{2}$ lemon squeezed

Blend either in blender or by hand and marinate salad vegetables in (minus the lettuce) for at least 15-30 minutes. Suggested vegetables: green onions, chopped carrots, cucumbers, zucchini, tomatoes, olives, etc. Pour over lettuce before serving.

Study: Broccoli Better Than Sunscreen at Protecting Skin



<http://www.webmd.com/food-recipes/news/20071022/broccoli-protects-skin-from-sun-damage>

Woe to those who dislike the taste of broccoli. When health experts compare different beneficial vegetables side by side, this cruciferous vegetable wins hands down. If you would like to prevent colon cancer, broccoli is essential to include in your diet. Eating it regularly can cut your risk of developing cataracts or becoming a stroke victim. Packed with a phytonutrient called isothiocyanates, broccoli can even help the body destroy breast cancer cells

(<http://archives.cnn.com/2000/FOOD/news/04/13/broccoli.benefits.wmd>). And now you can add another health benefit to this list: a new

study has found that Broccoli extract is effective in preventing damage to the skin from sun exposure.

The recent study conducted by Paul Talaly M.D., professor of pharmacology, and his team of researchers from The Johns Hopkins University School of Medicine in Baltimore tested the extract from broccoli sprouts on 6 healthy adult volunteers. What the team found was that when the extract was applied topically to the skin of these individuals, it reduced the degree of redness caused by ultraviolet (UV) radiation exposure by an average of 37 percent. This redness, called erythema, is used to measure the damage and inflammation caused by UV radiation exposure from the sun. The range of protection varied across the test subjects from 8 percent to 78 percent. According to Talalay, this may be due to the genetic differences of the individuals or variations in their dietary habits.

Unlike sunscreen, which absorbs UV radiation and doesn't allow it to penetrate the skin, the broccoli extract gets absorbed directly into the cells of the skin. It then helps these cells, from the inside, produce a matrix of protective enzymes that defend against damage from UV exposure. The chemical substance responsible for this protection is called sulforaphane. Talalay and his team first discovered it more than 15 years ago during studies involving laboratory animals injected with chemical carcinogens. The studies showed that sulforaphane prevented the formation of tumors in these animals.

Another benefit to this broccoli extract over conventional sunscreens is that it is just as effective a few days after being applied. In the study, it was shown to work 3 days after the test subjects were lathered with the extract, even after residue from the extract no longer remained on or in the skin. It is interesting to note that conventional sunscreens were ineffective in these experiments.

So, for those who dislike the taste of broccoli, you can still benefit from broccoli's cancer fighting power by applying this vegetable topically. At the very least, it can be added to your arsenal of protective shields for your skin when spending a day at the beach.

For further reading:

<http://www.webmd.com/food-recipes/news/20071022/broccoli-protects-skin-from-sun-damage>

<http://www.washingtonpost.com/wp-dyn/content/article/2007/10/22/AR2007102201377.html>

Quick Facts About Cow's Milk

Pasteurization and Homogenization Process



<http://www.naturalnews.com/022967.html>

- Pasteurization destroys vitamins and interferes with calcium absorption
- Pasteurization is the process of heating a liquid to a high enough temperature to kill certain bacteria and disable certain enzymes. Milk can be pasteurized by heating it to a temperature of 145 degrees F for 30 minutes or 163 degrees F for 15 seconds (called flash pasteurization).
- Ultra High Temperature (UHT) Pasteurization is utilized for the "boxes of milk" that can be shelved at room temperature. For UHT Pasteurization, milk is heated to 285 degrees F for a second or two.
- When milk is homogenized, it is pushed through a fine filter at pressures of 4,000 pounds per square inch. In this process, the fat globules are made smaller by a factor of ten times or more. These fat molecules then become evenly dispersed throughout the milk.
- When homogenized, milk becomes very powerful and efficient at bypassing normal digestive processes and delivering steroid and protein hormones to the human body (both your hormones and the cow's natural hormones and the ones they may have been injected with to produce more milk).
- Homogenization makes fat molecules in milk smaller and they become "capsules" for substances that are able to bypass digestion. Proteins that would normally be digested in the stomach are not broken down and instead they are absorbed into the bloodstream.
- The homogenization process breaks up an enzyme in milk which in its smaller state can then enter the bloodstream and react against arterial walls. This causes the body to protect the area with a layer of cholesterol.
- Proteins were created to be easily broken down by digestive processes. Homogenization disrupts this and insures their survival so that they enter the bloodstream. Many times the body reacts to foreign proteins by producing histamines, and then mucus. Sometimes homogenized milk proteins resemble a human protein and can become triggers for autoimmune diseases such as diabetes or multiple sclerosis.
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Inspiration



Chieko N. Okazaki:

The Lord is not shocked by, embarrassed about, or angry at our limitations. Instead, he makes a promise of incredible generosity, kindness, and absolutely unequivocal love to all of us: "And if [you] come unto me, I will show unto [you your] weakness. I give unto [you] weakness that [you] may be humble; and my grace is sufficient for all who humble themselves before me; for if [you] humble [yourself] before me, and have faith in me, then will I make weak things become strong." (Ether 12:27.)

What a glorious promise! In overcoming limitations through the grace of Jesus Christ, our opportunity is to be among the weak things that become strong in the strength of the Lord. Let us claim that promise!

(Lighten Up! Finding Real Joy in Life, 50-51.)

Good News:

Coffee Has Good Use Afterall



As part of my husband's therapy last year, we couldn't have gone without this lovely little item. In fact, I'd venture to say it kept him out of the hospital or on some sort of pain management. I will tell you what exactly it is in a minute, but first some background. When he first started on his herbal regimen "prescribed" by our herbalist (Angela Harris of Herballly Grounded in Las Vegas), it was pretty intense. We knew that these herbs were going to be toxins fast. But, he skipped one "prescription" because his ego just couldn't handle the thought of it. Well, two weeks into taking the herbs, he started shutting down. His muscles ached, his thinking was foggy at best, and his joints were in pain. I called Angela to see if it was because he was skipping this one prescription if that was why he was feeling so terribly. She emphatically said yes, and if he didn't

start doing it he wasn't going to last through getting better very well. The one thing he wasn't doing? Coffee Enema's.

Before you completely dismiss this article and run for the hills, let me tell you that once he started doing them, things got better quickly. It was a miracle. I've had many LDS members ask me all sorts of questions about them, because they are mostly familiar with the downside of coffee, and not the benefits. The main questions being, "Can't you get addicted to the coffee anyway, even if it's an enema?" and "Aren't the harmful aspects of coffee absorbed into the system no matter which end it's going into?" To answer question #1, enema's – no matter if it's coffee or something else, believe me are no more addictive than getting tapped on the forehead by an older brother for

hours on end. It's not exactly what I'd call, glamorous, and the body doesn't crave the coffee. And to answer #2, I will excerpt an excellent article I ran across a few months ago:

Why do a coffee enema? "There is no respite or escape anywhere on earth from the toxins that stifle our planet and overwhelm our bodies. Even our best efforts to eliminate or restrict exposure are often not adequate to the task, and as our toxic load increases so does our chance of developing chronic illness and disease. The little understood and much disparaged coffee enema is one such method of purification that cleanses the liver – the body's largest filter – and provides a multitude of health benefits to the ailing body."

What are the benefits? Coffee "enemas stimulate the opening of bile ducts (Bile is formed by the liver, stored in the gallbladder, and secreted into the intestines - via bile ducts - carrying waste for transit from the body).

In addition to its uses for pain relief, treatment and detoxification, the coffee enema is also a highly effective method of disease prevention and health maintenance.

"*The Gerson Therapy* explains that caffeine and palmitates (chemicals in coffee) work synergistically to stimulate and cleanse the liver and blood. Without entering the digestive tract the caffeine is absorbed through the bowel wall, via blood vessels, and makes its way directly to the liver.

The caffeine exposure causes the liver's portal veins and the bile ducts to expand which increases the release of diluted toxic bile. The enema fluid triggers peristalsis (intestinal muscle contractions) and the efficient removal of wastes from the body.

Palmitates in the coffee stimulate and increase the production of a liver enzyme called glutathione-S-transferase (GST), which removes free radicals and cancer cells from the bloodstream and facilitates detoxification of the liver. As a result of the enema the liver becomes less congested with debris, which makes room for the filtering process of yet more bodily toxins."

How long? How often? "Ideally, the coffee enema should be retained for twelve to fifteen minutes during which time the body's blood supply circulates and passes through the liver approximately five times (Every three minutes). Since the blood serum is detoxified as it flows through the caffeinated liver, the enema is essentially a form of blood dialysis (filtering) across the colon wall. Drinking coffee has no such therapeutic benefits and is in fact counter-productive. If retaining the enema for twelve to fifteen minutes is too difficult, then a series of two or three enemas of shorter duration may be tried. Over time, it becomes easier to retain the enema for the full fifteen minute interval. Holding for more than fifteen minutes is not recommended since the caffeine may be absorbed systemically."

I highly recommend you follow the link below and consider the coffee enema as part of a therapeutic regimen. I can't tell you what a difference it's made for us.

<http://www.naturalnews.com/022905.html>

In Love and Health,

Amy