REAL

Your Ultimate Life

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Your Child's Smile

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To my parents,
Joy and George Babes

Thank you for teaching me
what I would need
to live a REAL life.

and to
my husband, Claude
and his parents,
Polly and Claude Hammond

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Introduction

"For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

Alfred D. Souza (-2004)
Writer, Philosopher

Imagine this to be real: The person who has control of your life - is you.

You are in control of your own destiny.

We believe we are affected by our environment and we believe we cannot effect our environment much at all. We feel helpless. That is simply un real. Everything from mouthwash commercials to politicians saying that they will take care of you, constantly trains you to believe in the unreal. What is actually real? You are in control of your destiny.

Think about this: There is a feed-back loop playing in your life. Here it is. 1. What others think about you determines how they treat you. 2. How they treat you often determines what you think of yourself. 2. What you think of yourself determines your behavior which 4, determines what others think about you. And, back to 1, and round and round you go. You can stop the loop by becoming aware of your control over your life. Beginning with Chapter 1, you will read about how desire, willingness, courage, gratitude and a magnificent life are yours for the making. As you progress through the chapters, you will learn more about real happiness, health and magnificent outcomes. And truly, it is up to you. The danger is not that we aim too high and don't succeed -- but that we aim too low - and do.

"You don't have to be great to get started, but you have to get started to be great."

~ Les Brown (1945 -)
Motivational Speaker

Get started - begin with Chapter 1 and start defining your real life. It will be greater than you imagine! Become a fine person; begin living real life.

~ Chris Joy Baker

1

Real Life

"I love the life I live and I live the life I love."

Muddy Waters (1913 - 1983)
Blues Legend, McKinley Morganfield

We are about to begin a wonderful journey together. Joy awaits. Haven't you for years, hoped against hope that you will find the answers? Haven't you dreamed of your whole life being transformed? We all do. We think and hope. We desire constant, blissful days, full of indescribable joy. We want REAL life.

Real life is better than our dreams. Real life is better than our exciting childhood beliefs in magic, fairies and pixie-dust. As we grow up, we lose track of the magic. We start to believe in the unreal. We get discouraged. But the magic is still there. It is our discouragement that is false.

Magic in life is real. Your life can be so much more astonishing and exciting than you ever dreamed. Real life is amazing and powerful. Real life is breath-taking and wondrous. Real life is amazing and magnificent. Real life is peaceful. Real life is full of awe and inspires awe in others. Your life can be a masterpiece.

Our world is full of human illusions (false beliefs in the un-real). Our cultures believe the illusions are real. In fact, much of our culture is built upon a foundation of un-reality. These unreal illusions determine and define the lives of many people. In fact, our un-real beliefs come from our ego, our personality, which is actually our false self. (Our

true (real) Self, is that part of us that is connected to the Universe, to our Higher Power.) Unreal beliefs, coming from our ego, result in negative thoughts and unhealthy behaviors. The ego beliefs cause us to worry.

Our illusions include our beliefs about food, about addictions, about modern medicine and medical treatments, our beliefs about the "fights" needed to live our lives, about victims and about where to place blame. Even the word, 'real,' is confusing. Does it matter if it's real? How do we know what is real? What we call reality today often refers to a "virtual reality," which is actually pretend or un-real. In life, living real compares to the un-real like light compares to darkness. It is two ends of a continuum - one direction is toward the real, toward the light, and the other direction is away from the real, toward darkness. All the positive, light, love, joy, well-being, and peace are real. How do we get to real life (positive beliefs coming from our higher Self)?

The answer is far more simple than you may think. The answer has two elements: willingness and gratitude. These are your strategies.

Willingness is easy. You are already part way there. You are curious and searching. You are reading this book. Begin by being willing to give in to your burning desire to find your answer. You have sought it many times. Never stop searching for your answers! That longing comes from your Self, your Higher Power, your connection to the Universe.

Willingness is a relief. It unfolds and leaves you able to feel gratitude. Willingness allows you to begin to successfully let go of negative beliefs. By being willing to open up to what is real, you connect to (plug into) your Higher Power.

We are so vulnerable to repeating-thoughts that fill our minds. Our ego-driven thoughts are negative - false - un-real. These thoughts can drive a person crazy. We use TV, computer, texting, movies, food and liquor to distract us from these thoughts. None of these distractions really work. They are not successful strategies to solve your problem and find the answer. Instead, they keep you miserable and trapped in the false life they create. Negative thoughts create and reinforce unreal (false) beliefs. And, false beliefs result in unhealthy behaviors.

In order to overcome the unhealthy behaviors, you must find the courage to begin with willingness. Then will your strategy become do-able and real. Find your courage and give in to your desire for peace and joy. That is willingness. You have said, "Yes" to possibility. You have made the brave first stop in changing your life. Now on to your new habit of gratitude.

Your willingness to let go of the ego beliefs allows you to look for, find and feel gratitude for your life. Your ego will want you to forget your willingness, and to go back to negative beliefs. You may think, "This won't work. This is silly. If this worked, everyone would do it." Or, "I am weary. I want to rest/watch TV, get a movie, eat dinner, unwind with a glass of wine...." Instead, hold onto your willingness. Remember it is your desire

to be truly happy. Dwell in gratitude. Think of things for which you are truly grateful. Perhaps you are driving in your car. Be grateful for:

- *your vehicle - you don't have to walk everywhere;*
- *your ability TO walk - for exercise, for fresh air, for fun;*
- *your parents (especially now that you realize what was good about them);*
- *your husband or wife and how wonderful it is to share your life;*
- *your children, friends, coworkers,*
- *the roads that get you where you need to go,*
- *car seat-warmers on a cold day;*
    - *the air-conditioning on a hot day;*
- *the windows on a perfect spring or fall day;*
- *the other drivers who actually let you in*
    - *(Send love and strength to those who don't.)*
    - *the parking place that is near the door - or the parking place that is way back in the parking lot so you'll get a little extra walking in;*
    - *the store-keepers who look weary, for whom you can smile*
        - *and tell them to have a wonderful rest of the day;*
- *the new habits you are developing that feel so much better*
    - *than the replay of the negative thoughts that create stress in your mind and in your body;*
- *the grocery store that provides the food you need,*
    - *the crowds of people in the store - because you can smile at more people and change their lives a little bit (or maybe a lot),*
    - *or the uncrowded store, still with clerks and check-out people who need your smile…*

There is so much for which to be grateful, starting with this day.

"If you don't think every day is a good day,
just try missing one,"

we are reminded by Robert Cavett, (1907- 1997, known for his legacy of helping others, and for being a man who believed in Constant and Never-ending Improvement [1]).
At the traffic lights, say "thank you, thank you, thank you" for the moment to sit and think about your gratitude, and be grateful for not having to drive until the light changes. Turn off the radio and music. Let your willingness begin to work. When the negative thoughts come, say, "Cancel." Then ignore any negative thoughts. Keep canceling and ignoring the worry thoughts. Enjoy the quiet of your car and your new gratitude thoughts. Through your readiness and willingness, you have begun to use gratitude to connect you with the power of the Universe, your Higher Power. You are connecting with the invisible realm where anything is possible. Your magic awaits. This is real.

From desire to willingness, from willingness to courage, from courage to gratitude, and from gratitude to amazing and wondrous real life. These are the steps.

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[1] CANI. Constant and Never-ending Improvement. Anthony Robbins

You have a new system. This system may seem familiar. Lots of people lose weight and gain it back, stop drinking and start again, stop abusing drugs and start again. Absolutely, your ego will tease you and try to convince you it's the same. Your ego wants you to be stuck being a victim. This is the job of the ego, our human personality. Our egos ache and our world answers, "It is ok." Alexander Schmemann, (1921- 1983) prominent Orthodox Christian priest, teacher and writer said it this way. "Every evil screams out only one message: 'I am good!' And not only does it scream, but it demands that the people cry out tirelessly in response: 'You [Evil,] are good, you are freedom, you are happiness!'" But, you see, that is not real. Yet - it serves a great purpose, this being human. It makes you yearn for real life.

Once you know you are willing, it takes courage once again to keep on keeping on, courage to be grateful in the face of difficult and even devastating life events and courage to try to help others in your most challenging moments. This is the courage deepest inside. This is the courage that does not roar.

"Courage does not always roar.
Sometimes it is a quiet voice at the end of the day
saying, ' I will try again tomorrow.' "
~Mary Anne Radmacher
Artist and Inspirational Author

This is the courage that leads to your amazing and wonderful life. This is the courage that intersects with faith.

"The only things that stand between a person
and what they want in life are the will to try it
and the faith to believe it is possible."
~Rich Devos (1926 -)
Co-founder, Amway & owner, NBA Team, Orlando Magic

"The bad news is you're falling through the air, nothing to hang on to, no parachute. The good news is there's no ground."

-Chogyam Trungpa (1939 - 1987)
Buddhist Teacher

Willingness means to keep being courageous. Your faith is important, as poet, educator and author Patrick Overton says,

"When we walk to the edge of all the light we have,
and take the step into the darkness of the unknown,
we must believe that one of two things will happen…
There will be something solid for us to stand on
or we will be taught to fly."

Because you are willing, and full of faith, you can keep practicing your new habit of gratitude. Your desire is worth it. Continue to let go of the negative thoughts that create negative beliefs, that create negative behaviors. Let go of your negative thoughts. Ignore them and let go. This is surrender! Observe your desire, willingness, courage and gratitude. Play willingness, courage and gratitude over and over.

Your real path is one that is healthy, happy, productive and fun. It is paved with positive thoughts which create positive energy. Your positive thoughts create positive behaviors.

"No pessimist ever discovered the secrets of the stars,
or sailed to an uncharted land
or opened a new heaven to the human spirit."

Helen Keller (1880 - 1968)

Some ideas for your Real Life -

You can:

- *Believe in the power of gratitude*
- *Believe in magic.*

- *Keep canceling the negative thoughts.*
- *Replace them with gratitude thoughts.*

- *Know your desire.*
- *Be willing.*
- *Find your courage.*
- *Walk to the edge.*
- *Develop a new habit of gratitude.*

- *Keep on thinking gratitude thoughts!*
- *Create your amazing and wondrous REAL life.*

2

Real Happiness

"Joy is what happens to us
when we allow ourselves to recognize
how good things really are"

Marianne Williamson (1950 -)
Spiritual teacher, author and lecturer

We all want to be happy.

All too often, we behave in ways we think make us happy, but in the end, these behaviors bring us pain.

We all want to be happy
We all want to be loved - so we will feel happy.
We all want to feel worthy - significant - so we will feel happy.

And to feel happy, we do "not-real" things

to try to convince ourselves - and others - that we are worthy and loved;

...like -- behaving in ways we think will make others like us - even when it's not honest and right (approval addiction) --
but - We still doubt our worth.

...like -- judging others negatively --
but - We still doubt our worth;

...like --getting "more" stuff" or success" --
but - We still doubt our worth;

...like -- getting more attention - showing our illnesses and other showy behaviors , feeling truly pitiful and sorry for ourselves

-- and - We still doubt our worth.

Here's what is real - focusing on gratitude;

will help us feel worthy;
loving others will help us feel worthy;
loving others will help us love ourselves;
loving others will help us feel gratitude.
These will help us be happy.

Real Worth

The need to be loved, AND our feelings of insignificance are shared by all humans. When we think that we need, and then seek others' approvals (approval addiction), we somehow believe that if the approvals come, we will be more worthy. This behavior of seeking approval, desperately hoping we will be assured of our worth through pleasing others, exhausts the approval-seeker, and, the deeply seated worry of insignificance and unworthiness is not relieved.

Look at the need to feel worthy and how we try to soothe it. It is interesting what we do, to try to feel worthy. Sometimes we seek assurance of our significance through judging others to be less than ourselves, somehow believing worth is demonstrated and assured because we are "more" than others. Beatles John Lennon said it this way,

"Part of me suspects I'm a loser,
and part of me thinks I'm God Almighty."

Sometimes we collect "more stuff," to demonstrate that we are "more" than others. Attention-getting is another behavior that is used to seek assurance of worthiness. We judge - others - and ourselves. We may even subconsciously make ourselves ill to get attention and feel significant. And, sometimes our sense of unworthiness is so great that we lapse into depression, hopelessness, helplessness, or even anger, without a successful method to soothe our pain. We feel most unworthy. We may ruminate, obsess, or worry - all negative and destructive energy.

Negative energy does not help us meet our goal of worth, and it saps us further. It becomes a vicious cycle, as we want to feel significant, and our attempts and the negative energy of worrying make us feel less significant, with more stress and exhaustion. Our society lives with constant stress, worry, anxiety, fear, pain, depression, and suffering. We wake up in the morning and flip on the TV, spend time

worrying about what we will have to do at work, go to work and engage in grumping with our co-workers so they may sympathize with us, and we come home to more TV, all to keep our minds off our worries and anxieties. The news constantly reports on the results of all our worries: alcoholism, drug addiction, obesity, heart disease and cancers. And, the news gives us more worries. We desperately want to let go of the pain of the worries and negative energies, and all the while, we are not realizing that the answers are in us. Our struggle is between the un-real pain-body (which Eckhart Tolle defines as the energies of our negative emotions and thoughts,)[2] and the real, grateful happy innermost essence.

Our sense of personal identity, our sense of self-esteem and self-importance, is what we feel to be the "me", and is also called the ego. It has been called by many other names. Gary Zukav calls it our personality,[3] others have called it the "false self",[4] compared to the true Self, and still others have called it the self (with a lower-case "s"), compared to the Self (with capital "S:), the unconscious inner soul that is connected to the Universe.

Wise men and sages have told us about the ego self and the Divine Self, and negative and positive energies for many centuries. Ancient sources include the Upanishads (ancient Indian scriptures)[5], St. Paul in the New Testament[6], the Qu'ran[7], the Bagavad Gita[8] and the Tao Te Ching.[9]

Modern speakers and authors also teach us about the ego self and the Self. This Self with a capital S, is our unconscious inner soul that is connected to the Universe. Some of the best of these modern speakers include Norman Vincent Peale (Power of Positive Thinking, and others), Dale Carnegie (How to Stop Worrying and Start Living, and others), Joseph Murphy (The Power of Your Subconscious Mind, and others), Zig Ziglar, (Better than Good, and others), Napoleon Hill (Think and Grow Rich, and others), Wayne Dyer, (Wishes Fulfilled, and others), Deepak Chopra, (Unconditional Life, and

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[2] http://www.eckharttolle.com/newsletter/june-2010

[3] Gary Zukav book

[4] D.W. Winnicott *The Maturational Processes and the Facilitating Environment* (New York 1965) p. 121

[5] *The Upanishads*, translated by Eknath Easwaran. "The Self is everywhere. Bright is the Self, indivisible, untouched by sin, wise, immanent and transcendent. He it is who holds the cosmos together." from the Isha Upanishad.

[6] St. Paul's letter to the Romans 7:19, discussing the ego: "For I do not understand what I am doing. For I do not do what I want - instead, I do what I hate."

[7] Qu'ran 12:53. "Yet I claim not that my *nafs (self)* was innocent: Verily the *nafs* incites to evil."

[8] Bagavad Gita, translations by Dr. Ramananda Prasad. "The ego, the material energy, is my lower Nature. My other higher Nature is Spirit by which this entire universe is sustained."

[9] Lao Tzu, The Tao te ching, parphrased by Jerry O. Dalton in The Tao Te Ching: Backward Down the Path. 1994. Humanix Publishing. "The sage...looks inward to the inner Self. The constant titillation of the [ego] is rejected [by the] inner Self.

others), David Hawkins (Letting Go, and others)[10], Rhonda Byrne (The Secret ,and others), Alan Watts (Still the Mind ,and others), and Eckhart Tolle (The Power of Now, and others).

Whatever we call the part of ourselves that yearns to shed the fear of insignificance, it is the source of just that - fear and worry. And we all want to be happy (loved and significant). Our fear and worry are not real. The continuous quest for happiness drives us. The desire for pleasure is a driving force that propels us to act, says Anthony Robbins, personal power coach.[11]

Te-ch'ing (1546-1623), a Buddhist teacher of the Ming Dynasty explains how the ego and ego thought-energy affect us as humans,"When the mind is given free rein in the realm of thought, it no longer knows what is real. When our actions are given free rein in the realm of possession and profit, we no longer do what is right."[12]

Yet, our answers are in us. To understand real happiness, consider these statements:

1. *We want to be happy.*
2. *So, we choose behaviors that we think will give us pleasure.*
3. *When we feel pain often we choose things like alcohol and overeating to try to feel better.*
4. *But our choices toward pleasure - overeating, alcohol - often give us even more pain.*
5. *Pain causes negative emotions and thoughts.*
6. *Our emotions and thoughts are energy.*
7. *Our emotions and thoughts become things - happenings, manifestations, progress, occurrences -- all sorts of things.*
8. *So we get more of what we feel and what we think about. (This is "the secret," also called the Law of Attraction)[13]*
9. *What we feel and think about is crucial to our real happiness and real growth.*
10. *Thinking and feeling positive thoughts and feelings will bring us happiness.*

11. Thinking and feeling negative thoughts (like worry, guilt and anger) will not bring us happiness, but rather will bring us more negativity.

Real happiness comes from real positive thoughts and emotions.

Speaker and author Mike Dooley says, "Thoughts become things."[14] Dr. David Hawkins says it this way, "Thoughts are things." Let's explore the concept that

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[10] http://www.veritaspub.com/index.php?page=about

[11] Robbins, Anthony. *Unleash the Power Within* Program.

[12] from Red Pine's translation of the Tao Te Ching.

[13] Rhonda Byrne, *The Secret*

[14] Dooley, Mike. www.tut.com.

thoughts are energy. When a person is hooked up to an electroencephalogram (EEG) or a lie detector (polygraph), these machines are able to register the energy of the thoughts, the brain activity. Positive, happy thoughts are a higher, faster energy than negative thoughts.[15] When emotional and thought energies are experienced by the body, the body reacts. The heart rate can increase, blood pressure can increase, body chemistry and neurotransmitters change, and the feeling and thoughts have become things - health or sickness. And, when the emotional and thought energies are sent out into the Universe, as we know from the Law of Attraction, the energies go toward becoming the subject of the thoughts.[16] Thus, when someone worries (negative thoughts), the thought energy goes toward becoming the very object of the worry. [17] Our subconscious mind does not discern between a negative and a positive thought, but rather, as we think thoughts, our subconscious mind, connected to the Universe of energy, transmutes the energy into its reality. In fact, the more intense the emotion attached to the thoughts, the quicker and stronger is the manifestation of the repetitive thoughts.

It seems implausible that a medical researcher studying a rare disease would come down with the disease. But this is exactly what happened to a husband and the wife, both cancer researchers, who were both diagnosed with Stage 2 breast cancer at the age of 46.[18] While breast cancer in a man is more rare, the Law of Attraction says what we think about repetitively, shows up in our lives.

This same kind of experience was Dr. Jill Bolte Taylor's, author of Stroke of Insight. She wrote the book about her experience as a stroke researcher who had a massive stroke at age 37, and her eight-year recovery. Dr. Taylor's research into strokes (thinking about strokes every day) became her experience.[19]

Worry is painful. Worry is pain. And worry energy brings you to more of that which occupies your mind -- thoughts -- and thus worry becomes things. Worry prevents hope, love, joy, cheerfulness, gratitude, and all the other positive, high-energy, real thoughts.

Alan Watts said, "There are five fundamental relationships to the material world: farming [gardening], cooking, clothing, housing and lovemaking." Think about the positive energy available in each of these activities. Think about the possibilities of real happiness to be discovered.

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[15] Hawkins, Dr. David. *Power vs. Force.*

[16] Byrne, Rhonda, *The Secret*; Hawkins, Dr. David. *Letting Go.*

[17] Baksa, Peter. Finer Minds. June 17, 2011.www.finerminds.com/manifesting/law-of-attraction-skeptic/

[18] www.huffingtonpost.com/2012/11/27/married-couple-both-diagnosedbreastcancer_n_2198761.html

[19]Taylor, Jill Bolte. *Stroke of Insight.*

Our happiness - our joy - can be found in us. That is where we must place our energy, our thoughts and our emotions. Dr. David Hawkins' book, Letting Go, teaches us how to surrender the negative thoughts and feelings, by saying to those thoughts and feelings, "Cancel that thought; I do not hold that in my mind. I can only express what I hold in my mind. I do not hold that in my mind."

And then, hold gratitude in your mind. Rhonda Byrne's The Magic gives us exercises for 28 days, to learn to change our habit of negative thoughts to real gratitude.

"When you squeeze an orange, orange juice comes out
because that's what is inside.
When you are squeezed,
what comes out is what is inside."

Dr. Wayne Dyer (1940 -)
Spiritual teacher, author and lecturer

Depression is not Real: Real victory over Depression

Depression is the result of negative thinking and emotions. It is easy to succumb to the hopelessness and helplessness of a long-standing habit of negative, un-real thoughts. Depression and chemical changes in the body and brain go hand in hand. As the negative, low energy changes the body's chemistry, neurotransmitters, hormones, heart rate and blood pressure, it becomes very difficult, even impossible, to replace the negative energy with positive-energy emotions like gratitude and happiness. And, the body often becomes ill, unable to maintain health in the face of the negative energies. The un-real emotions and beliefs of hopelessness and helplessness are common in illness. It is a vicious circle.

The real emotions and thoughts that result from feeling gratitude bring a different body chemistry. In maintaining the habit of gratitude for just one hour - or one day - the body chemistry and functions begin experiencing a sense of joy and peace. The "baby steps" of making a list of what is good in your life and saying "thank you, thank you, thank you" for each good thing are the place to start. Going over that list of "I am grateful for _____ because _____" will literally bring positive energy to the overwhelmed body. This positive energy will change the body chemistry and the un-real that we call depression will be replaced by the real positive energies of hopefulness, happiness, joy and miracles.

"Stop acting as if life is a rehearsal.
Live this day as if it were your last.
The past is over and gone.
The future is not guaranteed."

Dr. Wayne Dyer (1940 -)
Spiritual teacher, author and lecturer

Funny thing - real life is full of miracles. Real life is authentic power and love. Real life is authentic because it is inside us. When we stop thinking that things "happen" without our input, and start thinking that we create and manifest our lives, we begin to move toward our authentic power. We find our real courage. Life then starts becoming real. Joy and happiness are more powerful than depression and negative emotions. Worry and fear are our unsuccessful attempts to resist (avoid) the subject of our fear and worry. Real life is ours for the asking and taking. How is it done? - by changing our beliefs. How do we change our beliefs? - by letting go of our resistance. Rhonda Byrne's recent, "The Magic," in her 28 day exercises, teaches beautifully, how to change our beliefs - and our lives - through gratitude. Being truly grateful prevents resistance, and engages the magic of the Law of Attraction - "Like attracts like." Now, instead of attracting what we were trying to avoid and resist, we can attract what we truly want and need.

We can experience real love through our gratitude.

"Let go. Why do you cling to pain?
There is nothing you can do about the wrongs of yesterday.
It is not yours to judge.
Why hold on to the very thing which keeps you from hope and love?"

Leo Buscaglia (1924 - 1998)
American author and motivational speaker

Real Smiles and Loving Others
Turns out smiling is great for your health. Researchers at University of Kansas found that the act of smiling makes you happier. Your genuine or Duchenne smile, which includes the muscles around both your mouth and around your eyes, lowers your heart rate AND makes you feel happier, even more than your standard smile, which uses only the muscles right around your mouth.[20] Ms. Kraft and Ms. Pressman found that their smiling study subjects had lower heart rate AND reported feeling better.

Another study by Finzi showed that when Botox® was injected into the frown muscles of people with treatment-resistant depression, the people lost their frowns and their depression in six weeks, while the people who did not receive the Botox® continued in their depression.[21]

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[20] Kraft T, Pressman S ."Grin and Bear It: The Influence of Manipulated Positive Facial Expression on the Stress Response" to be published in *Psychological Health* Journal. http://www.psychologicalscience.org/index.php/news/releases/smiling-facilitates-stress-recovery.html

[21] Davis JI, Senghas A, Brandt F, Ochsner KN. The Effects of BOTOX® Injections on Emotional Experience.

So, when your eyes show the warmth and joy of your smile, it not only makes the person receiving your smile happier,[22] but it gives YOU real joy as well. Marco Iacoboni, a lab director at the UCLA Brain Mapping Center, says when people see a smile, so-called mirror neurons fire in their brain and evoke a similar neural response as if they were smiling themselves.[23]

Smile big and often!!! It will draw people to you. It will connect you to them, even as you pass a stranger.

"It is one of the most beautiful compensations in life -
that no man can sincerely try to help another
without helping himself."

-Ralph Waldo Emerson

Some ideas for manifesting Real Happiness -

You can:

- *Decide to find your happiness in your inner Self.*
- *Dwell on happiness and positive thoughts.[24]*
- *Avoid the negative news, and TV and internet negative energies.*
- *Avoid campaigns that focus on "fighting" diseases.*
  - *What we focus on or fight becomes our reality.*
- *Avoid creating thoughts, emotions and energies about such things!*
- *Avoid drinking alcohol at times you are feeling "down."*
- *Avoid hanging out with people who are frequently in negative energy.*
- *Build your understanding of your worth by facing and doing your hard things, and by doing so, over and over.*
- *Enjoy beauty - the beautiful weather, the ocean, the park, music, art, and your children.*
- *Have fun and play: dance, climb trees, swing, walk, play games.*
- *Do things you love. Do you love gardening? hiking?*
- *Enjoy and love your family, and spend wonderful times together.*
- *Serve others. When you serve others, you feel love.*
- *Live in the moment. Decide to enjoy every moment of every day.*
- *Practice gratitude, Practice letting go, canceling negative thoughts and feelings, as in Dr. David Hawkins' book, Letting Go.*

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[22] http://stream.wsj.com/story/latest-headlines/SS-2-63399/SS-2-177263/

[23] Davis JI, Senghas A, Brandt F, Ochsner KN. The Effects of BOTOX® Injections on Emotional Experience.

[24] Philippians 4:8, The Bible. "Whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; think on these things."

- *Read and use Rhonda Byrne's book, The Magic.*
- *Practice loving others. It will make you feel worthy.*
- *Practice loving others. It will help you love yourself.*
- *Real love is forgiving. Practice forgiveness.*
- *Smile with your eyes. Bring your cheeks up higher and make sure you are smiling with your eyes.*
- *Try to help others - constantly. It will help you!*

Realize:
"Each lifetime is the pieces of a jigsaw puzzle. For some, there are more pieces. For others, the puzzle is more difficult to assemble. But know this: you don't have within yourself all the pieces to your puzzle. Everyone carries with them at least one and probably many pieces to someone else's puzzle. Sometimes they know it; sometimes they don't know it. And when you present your piece, which is worthless to you, to another, whether you know it or not, you are a messenger from the Most High."
- Rabbi Larry Kushner (1943 -)

Practice loving others. It will help you feel gratitude.
Practice gratitude. You cannot overdo gratitude!

Real joy awaits! Your real happiness is inside you. Marianne Williamson, in Return to Love: Reflections on the Principles of 'A Course in Miracles', explains,

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." [25]

The work Course in Miracles, says simply,
"Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God."

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[25] Williamson, Marianne. *Return to Love: Reflections on the Principles of "A Course in Miracles"*

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Real Health

"It is health that is real wealth
and not pieces of gold and silver."

Mahatma Gandhi (1869 - 1948)
Pre-Eminent Leader of india's independence and inspirational teacher
of non-violence, civil rights, separation of politics and religion,
and freedom across the world

"Without health, life is not life;
it is only a state of langour and suffering."

Buddha (563 BC - 483 BC)
spiritual teacher

"In a disordered mind, as in a disordered body,
soundness of health is impossible."

Marcus Tullius Cicero (106 BC - 43 BC)
Roman philosopher, statesman, orator,
lawyer, consul and constitutionalist

Health is real. Illness is un-real.

Real health is the body and mind of a living being, functioning with efficiency and positive, good-for-you energies. Real health is the body and mind, not just free from illness, injury and pain, but beyond, to feeling amazingly good and energized, with zeal for life.

Physical, mental and emotional health starts with our beliefs. As Cicero said more than 2000 years ago, health is dependent on the mind. Our beliefs are incredibly powerful. Consider the findings in these medical experiments, of the placebo effect.

- *For 20 years, it had been common to treat cardiac pain (angina) by surgical internal artery ligation, to shift blood from the chest (pectoral) muscles, to the heart. In 1959, Dr. Cobb and his colleagues demonstrated that sham (fake) surgery was just as effective as real surgery. They showed that with only a chest incision and nothing else, after six months, the patients had improvements in EKG's improvements in walking distances, and less need for prescription pain medications for cardiac pain.[26]*

Belief and thought can have significant physiological effects six months later.

- *A study used sham (fake) ultrasound treatments after surgical extraction of impacted wisdom teeth. The researchers looked at pain levels, plasma cortisol levels (amount of stress hormone in the bloodstream) and facial swelling after the surgeries. They found that the best post-operative results in pain, cortisol levels and swelling were in the study group of patients with the ultrasound machine turned OFF, but held by ("administered by") a medical therapist, and not the patient him/herself. [27]*

Belief and thought can have significant physiological effects.

- *Dr. J.B. Moseley published the results of his controlled study of 180 patients with osteoarthritis of the knee. Dr. Moseley set out to determine what he was doing to improve the patients' lives. He wondered, after the small incisions of arthroscopic surgery were made into the knee, was it the long time of lavage (washing) of the knee, was it the débridement (scraping and cleaning) of the articular surfaces of the knee, or, did the patients who had both lavage and débridement, have the best results? He found that his control group of patients who had only the small incisions into the knee and the lavage splashed in a bowl nearby the patient*

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[26] *Cobb LA, et al. An evaluation of internal-mammary-artery ligation by a double-blind technic. N Engl J Med. 1959 May 28;260(22):1115-8.*

[27] *Hashish I, Hai HK, et al. Reduction of postoperative pain and swelling by ultrasound treatment: a placebo effect. Pain. 1988 Jun;33(3) :303-11.*

asleep under sedation, had as much dramatic improvement in pain levels and function (walking and climbing stairs) as the groups with lavage and/or débridement. Some of the control group (placebo group patients) actually did better than the patients who had debridement/lavage done on their knees.[28]

One of the patients in the study, Eutimio "Tim" Perez, had a history of so much knee pain that he had started using a cane to help him walk. He was one of the patients in Dr. Moseley's clinical trial intended to determine how well arthroscopic surgery, a widely-used procedure to treat arthritic knees, actually worked. After his procedure, Mr. Perez didn't need his cane, feeling much better, and even played basketball with his grandson. Two years later the Korean War veteran learned that he had been in the placebo/control group. Nothing had been done to his knee, other than incision.

Dr. Moseley explains that while arthroscopic surgery is a fabulous medical technique, it is not necessarily the best choice for arthritis of the knee. And Mr. Perez said, "In this world anything is possible when you put your mind to it. I know that your mind can work miracles," talking about how he had to walk with a cane before the sham surgery, and now plays basketball with his grandchildren[29]

Belief and thought can have significant physiological effects.

Consider the opposite effect. Dr. Bruce Lipton says, "If positive thinking [beliefs] can heal wisdom tooth surgeries and heal damaged knees, think about what negative thinking [beliefs] can do in your life."[30] *Illness which follows worry or beliefs in illness is called the "nocebo" effect.*

- *Dr. Gregg Braden reports on studies by Cleve Backster. Scrapings of cheek DNA were taken. Mr. Backster had the person in a room, and the person's DNA on a petri dish in a distant room, so it could be observed, as the person looked at graphically violent images. The DNA in the room at a distance would react powerfully. When the person looked at images that were heartwarming and peaceful, the DNA would respond in like, relaxing in the petri dish.*[31]

Belief and thoughts can have significant physiological effects, even at a distance.

Positive thoughts and beliefs are powerful ways to real health. Rhonda Byrne says it well, "If gratitude were used in conjunction with conventional medical treatments, we

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[28] Moseley JB, et al. *A Controlled Trial of Arthroscopic Surgery for Osteoarthritis of the Knee.* N Engl J Med 2002; 347:81-88. July 11, 2002

[29] http://taglines.webs.com/sciencebehindwords.htm

[30] Lipton, Bruce. *The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles.* HayHouse. 2008.

[31] Braden, Gregg. *The Divine Matrix: Bridging Time, Space, Miracles, and Belief. Hay House 2007.*

would see a health revolution, and recovery rates and miracles like we've never seen before."[32]

Think how your beliefs and resulting attitudes affect your choices. Think how those choices affect your health. Good choices of food, relationships, exercise, learning, and entertainment are critical methods toward magnificent real health.

Exercise and breathing

The Lymphatic system

Movement of the body has some amazing benefits. One is activation of the lymphatic system, a network of organs, tissues, vessels, and nodes. The lymphatic system is concerned with removal of toxins, dead cells, blood proteins and other body waste and toxic materials. And the lymphatic system is activated by deep breathing and exercise. Your body's cells depend on your lymphatic system as the only way to remove toxins, inflammatory fluids and other wastes. If your lymphatic system totally shut down for 24 hours, you would be dead as a result of the accumulated toxins, blood proteins and excess fluid around the cells.

In addition, the lymphatic system helps protect the body from bacteria, viruses, and fungae. Lymph cells kill or neutralize these disease-causing organisms. The lymphatic system also delivers some nutritional factors to the cells for health. And, the lymphatic system is an invisible, not-perfectly understood system that has no pump. (The heart is the pump for the circulatory system, which assures blood flow throughout the body.) The lymphatic system depends on movement of the body for lymph flow.

Dr. Jack Shields, an immunologist from Santa Barbara California showed that deep diaphragmatic breathing is the most effective stimulation of lymph flow.[33] *Deep breathing AND exercise can accelerate the flow by as much as 15 times!*

Reducing the risk of cancer

Deep effective breathing also helps reduce the risk of cancer. Dr. Otto Warburg, Nobel Prize winner and director of the Max Planck Institute for Cell Physiology, studied the effect of good oxygen availability on the body's cells and found that normal healthy cells turned into malignant cells simply when oxygen is lowered. Dr. Warburg said, "All normal body cells are obligate aerobes (have an absolute requirement for oxygen), but

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[32] Byrne, Rhonda. *The Magic.* Simon and Schuster. 2012.

[33] Trivieri L, Anderson JW, Alternative Medicine: The Definitive Guide . Google Books. 177..books.google.com/books?isbn=1587611414

cancer cells are partial anaerobes (can live without oxygen)."[34] Dr. Harry Goldblatt repeated Dr. Warburg's work in 1953 and found in his rodent study, that the rats who were deprived of oxygen developed malignant growths.[35]

The NIH tells us that in the United States, men have a 1 in 2 lifetime risk of developing cancer, and women have a 1 in 3 risk.[36] This risk has been reported to be the same in the United Kingdom.[37] Researchers Wyshak and Frisch studied former college athletes and their non-athletic classmates and found that half as many athletes got breast cancer as the non-athletes.[38] The researchers reported, "Athletic activity during the college and pre-college years is protective against breast cancer throughout the life span." Knowing what a protective effect oxygen has on the body cells and that athletes exercise, breathe and oxygenate better than the average person, it makes sense. Athletes stimulate their bodies' immune system by stimulating the movement of lymph fluid and oxygenate their bodies' cells well.

The cancer risk of smoking is well-publicized, but alcoholic drinks are a risk factor as well. Research published in the April 2013 issue of the American Journal of Public Health, found that reducing alcohol consumption can significantly help prevent cancer. Lead researcher, Dr.Timothy Naimi, assistant professor at Boston University's Schools of Medicine and Public Health, explains that medical research over the last thirty years has shown the risk of alcoholic drinks and cancer, but have not been in the public awareness. His new study shows that even a single alcoholic drink per day can increase your risk of developing certain types of cancer, including breast cancer in women, and cancer of the mouth, throat, esophagus and liver. The recent study shows that higher levels of alcohol consumption led to a higher cancer risk, but even average drinkers (one to one and a half drinks per day or less) accounted for cancer deaths. Naimi reported that fifteen percent of all breast cancer deaths can be attributed to alcohol.

His study showed that alcohol consumption was connected to about 20,000 U.S. cancer deaths annually, and accounts for almost 3.5 percent of all cancer deaths in the country.

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[34] Warburg, Otto. The Prime Cause and Prevention of Cancer - Part 1with two prefaces on prevention. Revised lecture at the meeting of the Nobel-Laureates on June 30, 1966 found at: http://healingtools.tripod.com/primecause1.html

[35] Robbins, A. Unlimited Power: The New Science Of Personal Achievement. Simon & Schuster. 1997.

[36] http://science.education.nih.gov/supplements/nih1/cancer/guide/understanding3.htm

[37] *Sasieni PD, Shelton J, Ormiston-Smith N, Thomson CS, Silcocks PB What is the lifetime risk of developing cancer?: The effect of adjusting for multiple primaries. Br J Cancer, 2011. 105(3): p. 460-5*

[38] Wyshak G, Frisch RE.Breast cancer among former college athletes compared to non-athletes: a 15-year follow-up. Br J Cancer. 2000 Feb;82(3):726-30.

Frisch RE, Wyshak G, Albright NL, Albright TE, Schiff I. Lower prevalence of non-reproductive system cancers among female former college athletes. Med Sci Sports Exerc. 1989 Jun;21(3):250-3.

Frisch RE, Wyshak G, Albright NL, Albright TE, Schiff I, Witschi J. Former athletes have a lower lifetime occurrence of breast cancer and cancers of the reproductive system. Adv Exp Med Biol. 1992;322:29-39.

Naimi told BostInno.com, Boston information website that, " while it might be "troubling" news for average drinkers, the connection between cancer-related deaths and alcohol is "strong," and not widely accepted by the public. And, [it] remains under-emphasized even by physicians. Alcohol is a big preventable cancer risk factor that has been hiding in plain sight."[39] *Dr. Naimi told BostInno he" is 'mindful of the fact that this would make some people uncomfortable,' but that the information is vital to public knowledge."*

Co-study author Dr. David Nelson, director of the Cancer Prevention Fellowship Program at the U.S. National Cancer Institute reiterated the importance when he said, "Alcohol is a cancer-causing agent that's in "plain sight," but people just don't see it. As expected, people who are higher alcohol users were at higher risk, but there was really no safe level of alcohol use," he stressed. Nelson went on to tell WebMD that, "Moderate drinking has been associated with heart benefits, but, in the broader context of all the issues and all the problems that alcohol is related to, alcohol causes 10 times as many deaths as it prevents."[40]

While we have long been aware that reducing smoking reduces the risk of cancer, we now know that reducing alcohol intake is another great way to real health.

Light bulbs and cancer - incandescent vs. fluorescent
In 2007 the EISA was passed. The Energy Independence and Security Act (EISA) makes it a law that incandescent light bulbs will be phased-out, in favor of the energy-efficient compact fluorescent light (CFL) bulbs.

This sounds good—until you realize that CFL bulbs contain mercury, and mercury poses a significant cancer risk. A new study shows that CFL bulbs also emit high levels of ultraviolet radiation—specifically, UVC and UVA rays. In fact, the UV rays are so strong that they can actually burn skin and skin cells. Experts say the radiation could initiate cell death and cause skin cancer in its deadliest form—melanoma.

In every bulb the researchers tested, they found that the protective phosphor coating of the light bulb was cracked, allowing dangerous UV rays to escape. Healthy skin cells exposed to CFLs showed a decrease in their proliferation rate, an increase in the production of reactive oxygen species, and a decrease in ability to contract collagen. Avoid fluorescent bulbs, especially the CFL ones as much as possible.

Exercise - for real health

We don't move enough. We and our children sit around, typically looking at TV or phone or computer screens. We sit in our cars and drive to and from work, soccer practice, shopping and home. Then we watch TV and videos. A muscle that doesn't move is an aging, sick muscle. The heart is a muscles and needs movement to be healthy. Movement - walking, yoga, exercises - are all real ways to improve our health.

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[39] http://bostinno.com/2013/02/15/boston-university-study-alcohol-cancer-death-link/

[40] http://www.webmd.com/cancer/news/20130214/alcohol-blamed-for-1-in-every-30-cancer-deaths-study

To include exercise in your life, consider types of exercise that are simple, inexpensive and fun. This can include yoga, swimming, water aerobics, bicycling, and walking. Walking is interesting. Walking upright is what sets humankind apart. Life for our grandparents and great-grandparents included a lot of walking, whether they lived on farms, or in cities. Walking has been seen as a spiritual activity in many religions. The Bible has 47 different verses about walking with God. A pilgrimage on foot is a concept in world religions, including Judaism, Christianity, Islam and Buddhism, as well as in ancient religions. Labyrinths have been used for private meditation since ancient times. Walking engages the mind-body connection of meditative and relaxing well-being. Positive internal energy is created in exercise. Walking, and other low-impact movement of the body can be very spiritual. Yoga, Tai Chi and stretching exercises benefit the mind, the body and the spirit. Pete Egoscue[41] has developed such exercises for young and old, athletes and non-athletes. His exercises are based on the body's functional design (posture) and use low-impact, stretching and relaxation methods and postures to improve body alignment, function and balance. Poor posture and function lead not only to poor breathing and oxygenation, but to pain and lessened attractiveness. With time and adverse posture, muscles and bones adapt and grow to the unhealthy posture. Exercise and movement help prevent and improve adverse postures and damage to muscles and bones.

And, recent research studies are giving us a much better understanding of the importance of movement through exercise. An April 2013 abstract published in the Journal of Hematology showed that regular exercise in liver cancer patients improved the patient's treatment and potential for recovery.[42] Exercise reduces your cancer risk. Exercise is highly successful in the treatment of depression, stress and anxiety.[43]

Choose exercise that feels good. Choose exercise that you can keep doing. Choose exercise that helps your body, your mind and your spirit. No matter what, choose exercise.

The importance of a great airway

The ability to breathe deeply, easily and well is primary. We will do whatever it takes to get enough air into our lungs to live. Posture will adjust as needed, muscles will cooperate and allow postural changes, even adverse postures, which worsen the ability

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[41] http://www.egoscue.com

[42] Piquet AC et al. Effect of regular training on hepatocellular carcinoma development...Journal of Hematology. April 27, 2013. Oral presentations published online.

[43] Greenwood BN, et al. Exercise-induced stress resistance is independent of exercise controllability and the medial prefrontal cortex. Eur J Neurosci. 2013 Feb;37(3):469-78. doi: 10.1111/ejn.12044. Epub 2012 Nov 4.

to breathe healthily. In a child, a poor airway is almost always due to enlarged tonsils and/or adenoid tissues.[44] Sometimes the nose is narrow, or the nasal septum is deviated due to a narrow maxilla (upper jaw), and sometimes congestion is a chronic problem. A child with mouth-breathing should be evaluated as soon as possible, to prevent oxygen deprivation to the developing brain, which can cause:[45]

- *poor and restless sleep,*
- *daytime tiredness and sleepiness,*
- *diminished ability to think and learn,*
- *snoring,*
- *mouth breathing,*
- *lower IQ,*
- *lower school performance,*
- *lower sports ability,*
- *poor growth,*
- *hypertension (high blood pressure) and*
- *right ventricular dysfunction and heart enlargement.*
- *Poor breathing and airway in a child may also cause or worsen:*
- *behavioral difficulties,*
- *aggressive behavior,*
- *inattentive behavior,*
- *hyperactive behavior,*
- *mood problems,*
- *learning disabilities,*
- *bedwetting,*
- *halitosis due to the growth of biofilm on the posterior surface of the tongue,*
- *eustachian tube and sinus congestion leading to frequent middle ear infections and*
- *tooth grinding.*

Other possible sequelae to poor breathing and airway problems are:[46]

- *hearing problems,*
- *adverse upper and lower jaw growth,*
- *abnormal tongue position, abnormal speech,*
- *long allergic and adenoid face shape,*
- *circles under the eyes, and*
- *severe medical problems in adulthood.*

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[44] American Academy of Pediatrics. Clinical Practice Guidelines: Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome. Pediatrics Vol. 109 No.4 April 2002.

[45] Ibid.

[46] Ibid.

Of course the child or adult with poor ability to breathe has an impaired immune response, reduced lymphatic system function, and often, frequent upper respiratory infections and allergies.[47]

In an adult, long-standing OSAS (Obstructive Sleep-Apnea Syndrome), airway problems, puts the adult at risk for:[48]

- *cardiac dysrrhythmias,*
- *blood clots and*
- *myocardial infarction (heart attack),*
- *Type II Diabetes,*
- *strokes,*
- *temporomandibular joint dysfunction (TMJD),*
- *degenerative changes of the vertebrae and cervical disc problems,*
- *disability,*
- *risk of surgical disc surgeries and fusions, and*
- *shoulder, neck and low back pain.*
- *More risks include:*[49]
- *postural dysfuction,*
- *carpel-tunnel syndrome,*
- *tooth grinding throughout life, causing fractures and damage to teeth,*
- *poor dental bite and stability,*
- *unstable orthodontic treatment,*
- *poor sleep,*
- *daytime sleepiness and fatigue,*
- *poor work performance, headaches,*
- *diminished libido and impotence,*
- *impaired memory and concentration,*
- *irritability,*
- *depression,*
- *stressed relationships,*
- *automobile and work-related accidents.*

Evaluation of OSAS/airway problems in the growing child should be done by the ENT specialist, and by the dentist who can evaluate and treat a narrow maxilla (upper jaw). Treatment is focused on removal of enlarged tonsils and adenoid tissues, correction of nasal septum abnormalities, and expansion (widening) of the upper jaw. Often following

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[47] Baker, Chris. Sleep Apnea and Airway Management for Children. Journal of the American Orthodontic Society. March-April, 2011. 26-29.

and

American Academy of Pediatrics. Technical Report: Diagnosis and management of childhood obstructive sleep apnea syndrome..Pediatrics.109(4) April 2002. 704-724.

[48] Friedlander et al. Diagnosing and Comanaging Patients with Obstructive Sleep Apnea Syndrome. JADA. 131: August 2000, 1178.

[49] Ibid.

these treatments, congestion and allergies are improved, and improvement or elimination of the other signs and symptoms follows. Even behavioral difficulties and bedwetting may often respond quickly to treatment of the OSAS.

OSAS problems in the (non-growing) adult involve more areas of evaluation and therapy, including the ENT specialist, the physical therapist or chiropractor, the dentist who can treat a dysfunctional dental bite, and sleep studies (polysomnography) and Continuous Positive Airway Pressure (CPAP), night-time sleep oral appliances, and sometimes surgical intervention. Treatment during childhood reduces or eliminates the severity of the problem in adulthood.

A new perspective on stress

(Stress is a perspective to begin with.)

Stress is our reaction to the way we see things (our perception). Stress originates from inside us, not from outside. Different people have different perceptions. Different people interpret (perceive) the same event or fact differently. That is why we may be more - or less - stressed over the same "stressor" as someone else. That is also why we do not care for someone telling us, "It is ok," when we feel, "It is far from ok."

There is no common reality to events and facts. Our perceptions come from our beliefs, what we have learned from our upbringing and experiences, our developed values and our choice of attitude at the time. Many times these perceptions are distorted (misinterpreted), meaning that the perceptions could be interpreted very differently. The way an individual assimilates and processes information varies greatly from person to person. And after the information is processed, what and how a person learns, varies, and the long-term impact of the experience, varies.

The human body, its physiology and neurochemistry are affected by the ways the human mind and spirit act and react. Medical experience and scientific literature have studied the association between external trauma and/or psychic shock, and the body's physiologic reactions like heart attack (myocardial infarction), stroke (CVA), and spontaneous abortion (miscarriage).

In the case of miscarriage, the loss of the pregnancy has been reported to occur minutes to hours following the trauma or psychic shock.[50] History and entire empires have been changed as a result of a physiologic reaction to external information or circumstance and the thoughts and feelings that follow. Anne Boleyn, the second wife of Henry VIII, upon hearing the news that Henry had been mortally wounded, and might die, miscarried her baby boy. (Henry VIII survived!) Historically, this changed the course of their marriage and of the succession of the throne in England in the sixteenth century.

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[50] Hertig AT and Sheldon WH. Minimal criteria required to prove prima facie case of traumatic abortion or miscarriage. Annals of Surgery. 117.No. 4

Dr. David Hawkins writes, "It isn't life's events, but how one reacts to them, and the attitude that one has about them, that determines whether such events have a positive or negative effect on one's life, whether they're experienced as opportunity or as stress." [51]

This is great news because we can dramatically reduce our stresses by changing our perceptions, beliefs or values. How? Transcending (changing the limits) of your current reality can be accomplished by practicing gratitude. When gratitude is practiced regularly, our perception of our lives becomes less that of a victim and more of well-being. When we live in gratitude as a regular lifestyle and habit, we change our reality. Our experience (perception) of stress is decreased. Do Rhonda Byrne's 28-day gratitude program in her wonderful book, The Magic. Truly do every day of exercises and see for yourself.

Be a Pollyanna.[52] *Pollyanna has become a popular term for someone who has irrepressible optimism. Put on your rose-colored glasses. Stop and smell the roses. Even looking for the roses is a great and positive thing. Use positive words and positive thoughts. Hang around with positive people. Move away from people who are usually negative and unhappy. Words are powerful in changing our perception of stress.*

Dr. Masaru Emoto, a pioneer Japanese researcher, discovered and documented photographically, that thoughts, feelings, spoken words and music literally change water's expressions under a microscope. Dr. Emoto showed that when positive thoughts and words are directed to the water, the water's crystalline formations are brilliant and beautiful, and when negative thoughts and words are directed to the water, the formations are incomplete, dull and strangely horrid. His work helps us understand how our thoughts, attitudes and emotions impact us deeply, as well as impacting other people around us and the environment.[53] *Positive thoughts, positive words and positive feelings are powerful and healthful. This is in contrast to obsessing on the negative. Because, as Proverbs says, "Can a man carry fire next to his chest and ...not be burned?"*[54] *Obsessions - repeated and continual negative thoughts and emotions - create stress and are harmful to your health. Choose positive thoughts, positive words and positive emotions. They are as available as any others. Be wise for yourself and your health. Avoid the negative. Remember the DNA scrapings that reacted negatively when the person looked at violent images? Embrace the positive.*

As you consider the possibilities to improve your health using positive thoughts and words, consider your and your family's relationship to the media. How much time is

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[51] Hawkins, David. *Power vs. Force, The Hidden Determinants of Human Behavior.* Veritas Publishing Co. 2012

[52] Porter, Eleanor Porter. *Pollyanna.* 1913. classic children's story and a Disney movie.

[53] Emoto, Masaru and Thayne DA. *The Hidden Messages in Water.* Beyond Words Publishing, Inc. Hillsboro, Oregon. 2004.

[54] Proverbs 6:27 , *The Bible,* English Standard Version

spent? Which media is allowed to influence you and your family? The media - TV, news, computer sites and entertainment have great potential to impact health negatively. The media reinforces our attitudes of negativity because the news is primarily about negative, criminal, and tragic happenings. The advertisements and commercials brainwash us in negativity and un-real values. Avoiding media negativity is healthful.

The way we identify and respond to the Deity/Divine in our lives can impact our health in a positive or negative way. People's perspectives on a Higher Power vary. One could have a belief that there is no Higher Power, and that each of us are on our own in this limited lifetime, or, a belief in a religious, often dogmatic Deity, or a belief in a partnership with the higher Self, a part of the all-knowing-all-encompassing Divine. Each person's beliefs create emotions ranging from fear to comfort to joy.

Think about how it feels. You can be healthier. You hold solutions that are real and joyous. Live in the positive. Teach your family about the positive energy of emotions and words. Support each other through positive energy. When you notice yourself saying something negative or thinking negative thoughts, stop. Ignore the thoughts. Notice and go to gratitude. Go to positive feelings. Notice what is great about your life - right now. Ignore the negative and dwell on what's great! And watch the stress disappear. Enjoy the good.

Real health is taking care of you

Granny Chafin's grown grandchildren were doing their best to get Granny to see the doctor. But Granny was not budging. Claude told her she needed to see a doctor. Andy told Granny she hadn't seen a doctor since her youngest child was born. And Betty pleaded, "Granny, you are 94 years old! You need to see a doctor. You haven't seen a doctor in 52 years!"

In exasperation, Granny replied - and explained -
"Well, how do you think I got to be 94 years old, anyway!!?"

Real health is taking care of you. Real health is not relying on doctors, medicines (pharmaceuticals) and hospitals to identify and resolve your health concerns. Real health comes from you and your beliefs in being healthy through healthful habits, like gratitude, positive beliefs and energy, loving others and doing things you love and loving what you do.

Real health is not relying on the "healthcare system." Walter Cronkite (1916 - 2009), the American broadcast journalist who was called, "the most trusted man in America" said, "America's health care system is neither healthy, caring, nor a system." Little has changed since Cronkite said those words.

The Institute of Medicine reports that in the United States, medical mistakes kill as many as 98,000 people every year.[55] *Dr. Marty Makary points out there are "enough people killed each week to fill four jumbo jets. But these mistakes go largely unnoticed by the world at large, and the medical community rarely learns from them. The same preventable mistakes are made over and over again, and patients are left in the dark about which hospitals [and doctors] have significantly better (or worse) safety records than their peers."*[56]

The medicines (pharmaceuticals) that we use are fraught with side effects, often serious, and suffer from a lack of effectiveness. Studies have shown that aspirin may lower your risk of cancer or help your heart health. But, studies have also shown aspirin can increase your risk for stomach ulcers. So, limiting or avoiding OTC pain medicines is the best idea.

"Doctors pour drugs of which they know little,
to cure diseases of which they know less,
into human beings of whom they know nothing"

Voltaire (1694 - 1778)
French philosopher and playwright

The side effects of medications are serious. Recently reported is the risk of pancreatitis when taking the diabetes drugs called GLP-1's.[57]

And, are medicines truly effective? Do they work? A writer for MSN Health reports,[58] *"If you try to get to the bottom of whether any remedies even work, you get qualified answers: "It depends on what you mean by 'work,' " says Dr. Bruce Barrett, assistant professor of family medicine at the University of Wisconsin, Madison, who studies upper respiratory infections. "When compared against a placebo in a blinded fashion, nothing has consistently reported more than a 20 percent benefit, meaning a reduction in the overall length and severity of a cold."*[59]

The real answer lies somehow in belief. Part of the reason we cannot get clear results in well-designed and well carried-out studies, is that the very act of believing the therapy will improve your health, improves your health. As Dr. Barrett says so well, "If you happen to think chamomile cures your colds, then it probably does. Not because

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[55] http://www.iom.edu/~/media/Files/Report%20Files/1999/To-Err-is-Human/To%20Err%20is%20Human%201999%20%20report%20brief.pdf

[56] Makary, Marty. How to Stop Hospitals From Killing Us. Wall Street Journal September 21, 2012

[57] Singh S, et al. Glucagonlike Peptide 1–Based Therapies and Risk of Hospitalization for Acute Pancreatitis in Type 2 Diabetes Mellitus. JAMA Intern Med. 2013;():1-6. doi:10.1001/jamainternmed.2013.2720.

[58] http://healthyliving.msn.com/diseases/cold-and-flu/cold-hard-facts-1

[59] Ibid

chamomile cures colds. But probably through some mind-body relief mechanism that we don't yet understand." [60]

Medical research has brought us many benefits, yet is imperfect. Dr. John Ioannidis studies the research and the researchers. He knows a lot about how credible medical research is - and isn't. Dr. Ioannidis has spent his career studying the limitations of science.[61] *Atlantic Magazine writer David Freedman reports Dr. Ioannidis pointing out that "Much of what medical researchers conclude in their studies is misleading, exaggerated, or flat-out wrong. Glenn Begley, a former drug company vice-president, set out to confirm the scientific findings of 53 "land-mark" studies (studies that were critically important in introducing brand new drugs for medical treatment).*[62]

Begley calls it a "shocking result" to discover that only 6 (11%) of the studies had true and valid scientific findings. Even though a research study finds benefit in a new medication or procedure, there may be flaws in the conclusions. Coffee is good one day, then coffee is bad. Then coffee is good again. And on and on. The studies of new drugs look more than promising; many patients take the drugs and then the drugs are taken off the market due to serious complications, side effects and deaths. As grateful as we are for medical research, we must understand its limitations and realities.

Ivan Illich (1926 - 2002), Austrian philosopher, Roman Catholic priest, and "maverick social critic" said, "Modern medicine is a negation of health. It isn't organized to serve human health, but only itself, as an institution. It makes more people sick than it heals."[63]

For example, we are addicted to belief in medications. That makes money for the pharmaceutical industry. We are addicted to TV, computers, videos, and video games. That benefits the media industry. We are addicted to the news. Ironically it's not new news. It's old news. The news is based on negativity, which causes us to worry, feel fear, and allow violence and unhealthy sexual attitudes to reside in our minds as though this were normal. The media has no solutions, and few positives. And we are not only addicted to it, but hypnotized and taught negativity.

We have a flooding by the media of drama, unnecessarily ugly language, the details of celebrities' lives, and the most horrific news items, and we are seduced to think it is real life. Our children think amoral behavior, lust, little or no love and other unhealthy behaviors are real life. These are all illusion - un-real life.

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[60] Ibid.

[61] Freedman, David H. Lies, Damned Lies and Medical Science. Atlantic Magazine. Nov 2010.

[62] Begley CG and Ellis, LM. Drug development: Raise standards for preclinical cancer research. *Nature* **483**, 531–533 (29 March 2012) doi:10.1038/483531a
Published online 28 March 2012

[63] www.brainyquote.com/quotes/quotes/i/ivanillich154565.html

A study done by Harvard's Department of Nutrition, found that men who watch more than 20 hours of television a week risk produce half the normal sperm count. [64] *Watching television contributes to a sedentary lifestyle. Watching television is related to health risks.*

We believe in many medical procedures, in scans, and our medical industry and the pharmaceutical industry believe in them too - though many to most of these diagnostics, procedures and treatments are not at all helpful and many are harmful. From just one CT scan you can get five times the radiation you normally get in a year. As Dr. Oz reports, "This type of radiation can break the bonds that bind your DNA, introducing errors into your genetic code and potentially leading to cancer. In fact, the Institute of Medicine estimates that one year of exposure to medical radiation may result in 2,800 breast cancers in American women, with two-thirds of those cases from CT scans." [65] *And, a 2013 study of use of CT scans in pediatric patients result in over 4500 child cancers each year, and the reduction of the radiation dose and of these scans could prevent thousands of childhood cancers each year.* [66]

An editorial in JAMA Pediatrics reminds that clinicians who treat patients are responsible for making sure the scans they prescribe are medically necessary. [67] *It has become routine diagnosis to use CT and other scans for almost everything. This is overuse. Understand CT, Cone Beam and other scans use ionizing radiation. As the American Cancer Society says, "Ionizing radiation has enough energy to damage the DNA in cells, which in turn may lead to cancer. … Most scientists and regulatory agencies agree that even small doses of ionizing radiation increase cancer risk, although by a very small amount. In general, the risk of cancer from radiation exposure increases as the dose of radiation increases. Likewise, the lower the exposure is, the smaller the increase in risk. But there is no threshold below which ionizing radiation is thought to be totally safe."* [68] *Talk to your doctor about avoiding all radiation that is not absolutely necessary.*

One of the common tests that uses ionizing radiation is the colonoscopy. According to the Annals of Internal Medicine, the rate of serious complications from colonoscopy

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[64] Gaskins, AJ, Mendiola J, Afeiche M, Jergensen N, Swan SH, Chavarro, J.Physical activity and television watching in relation to semen quality in young men. British Journal of Sports Medicine, published online first, 13 February, 2013.

[65] http://www.oprah.com/health/Health-Risks-to-Avoid-Dr-Oz-on-Health-Hazards/3

[66]Miglioretti C. et al. **The Use of** *Computed Tomography in Pediatrics and the Associated Radiation Exposure and Estimated Cancer Risk* JAMA Pediatr. 2013;():1-8. doi:10.1001/jamapediatrics.2013.311.

[67]SchroederAR, Redberg, RF. *The Harm in Looking. JAMA Pediatr.* 2013;():1-3. doi:10.1001/jamapediatrics. 2013.356.

[68] http://www.cancer.org/cancer/cancercauses/othercarcinogens/medicaltreatments/radiation-exposure-and-cancer

screening is ten times higher than any other commonly used cancer-screening test.[69] *The article reports that colonoscopy may fail to catch colorectal cancer, but can also cause, contribute to or accelerate the growth of colorectal and other cancers, as well as cause serious side effects and death when the colon is perforated. Talk to your doctor about avoiding all radiation and procedures that are not absolutely necessary.*

Also, because cell phones give off the most RF (radio-frequency) radiation when the cell signal is weak, wait for a strong signal to make your calls, avoid cell phone contact with your ear as much as possible, using speakerphone, and don't sleep with your phone right next to your bed because it releases RF - radiofrequency radiation - when receiving texts, emails, Facebook and Twitter messages.

Real pro-action

We believe we are victims of medical diseases and diagnoses. We believe autism and depression are definable.

Our culture teaches our children and adults that they are victims. We teach our children they are so special and other people just don't understand. We point to ADD and ADHD and treat with pharmaceuticals. And then our children find that they cannot exist easily in the world - because the world does not understand.

We believe we are victims - of a car crash, of crime, of a heart attack, of cancer, of disabilities. So, we place blame when anything happens. And we make it "right" through a legal system where money is made "making it right." But is it right? What is real?

We believe we must "fight". Our culture "fights heart disease," and "fights breast cancer" and fights in wars, and "fights for women's rights and other rights." We "fight to get ahead," and "fight urges" to do things we don't want to do. We "fight" to keep our head above water." We have a war on drugs, war on AIDS and wars in the Middle East. We have class wars and race wars. Through these fights and wars we attempt to resist what we do not want. Unfortunately, resisting with energy and emotion works against our real goals. Resisting brings us to victimization, fear and blame.

It has become a blame-game. Who can we blame? We chase an illusory cause. We blame alcohol, drugs, guns, and other people. There are terrorists and enemies. We have succumbed to the belief in the illusions and to our powerlessness. We even have succumbed to a belief that revenge is appropriate depending on the "crime." We sit in courtrooms or watch the trials on TV, hoping to see the criminal appropriately punished, slowly ridding ourselves of love and positive energy. We have epidemic anger and depression, with killing in schools and movie theatres. We accept that we are approval addicts and want everyone to love us. When we doubt that everyone does love us, we

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[69] Clinical Guidelines: Screening for Colorectal Cancer: U.S. Preventive Services Task Force Recommendation Statement 2008;149(9):627-637.

become submissive to the unreal. We become dependent on the approval of others. This blocks our access to the real love we need most. We believe in unreal life.

In gratitude you can find the joy of capability, happiness, and real pro-activity. You can believe in yourself anew. You can let go of victimization, fear and blame and live in your strengths and well-being.

Real prevention

Be healthy. Treating symptoms can be very different from resolving the source of the symptoms, and improving health. Prevention includes avoiding any medical care possible. Preventive scans, tests and chronic drugs are a poor choice compared to healthful, nutritious foods, movement and exercise, sleep, learning, connecting with people, and growth and enjoyment through gratitude, happiness and joy. Thomas Jefferson explained how important it is for each person to be responsible for their health: "If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as a sorry state as the souls who live under tyranny."

Prevention of oral (dental) diseases is critical to your health. Dental care is not a luxury - it is a life-saving part of prevention of cardiovascular disease and other inflammatory diseases. Periodontal disease (infection of the soft tissues and bone around teeth) has been shown to be a factor in the risk of atherosclerosis and blood clot dangers and events. [70] *Beck and colleagues showed that some people have more risk of inflammation in their bodies, which puts those folks at higher risk for both periodontal disease and atherosclerosis. And also, periodontal disease creates chemical changes in the body (endotoxins and inflammatory cytokines) which begin and worsen blood clots and their results. Beck's study showed that the more severe the periodontal disease, the more severe the coronary heart disease and stroke for those patients.*

Genco and colleagues, reviewing the literature, reported that some studies show the association between periodontal infections and heart attack (myocardial infarction), and that mild periodontal disease affects 75 percent of adults in the United States, and 25-30% of adults in the United States have more severe periodontal diseases. These authors point out that periodontal disease "may account for a significant portion of" the risk of cardiovascular disease, related to infection.[71] *The American Academy of Periodontology (AAP) tells us that people with periodontal disease are almost twice as likely to have coronary artery disease (also called heart disease). And one study found that the presence of common problems in the mouth, including gum disease (gingivitis), cavities, and missing teeth, were as good at predicting heart disease as cholesterol*

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[70] Beck J, Garcia R, Heiss G, Vokonas PS and Offenbacher S. *Periodontal Disease and Cardiovascular Disease.* Journal of Periodontology October 1996, Vol. 67, No. 10s, Pages 1123-1137 ,

[71] Genco R, Offenbacher S, Beck J. Periodontal disease and cardiovascular disease Epidemiology and possible mechanisms, The Journal of the American Dental Association June 2002 vol. 133 no. suppl 1 14S-22S.

levels.[72] Another study found a relationship between regular scaling (dental removal of calculus/tartar) and a lower incidence of atrial fibrillation. [73] This may be because regular scaling reduces inflammation, gingivitis and periodontal disease. The AAP also reports research has shown relationship of periodontal diseases to diabetes. [74] Gingival and periodontal inflammation are completely preventable through excellent oral hygiene and plaque control - brushing and flossing.

It is crucial for you to find health care providers, medical and dental, whom you trust (to provide you with belief AND great care). Then, avoid superfluous medical appointments and procedures. Talk to your doctor about which procedures are appropriate and necessary and which are not. Use your best judgement. The decision is yours. Real health awaits.

Brushing and flossing your teeth may actually save your life

Take good care of your teeth and your mouth! Prevent periodontal disease and lower your risk of heart diseases, atrial fibrillation and other inflammatory disease, including diabetes. Learn how to brush and floss well, and do so faithfully, daily, as you think about your heart health and beautiful smile. Use an ultrasonic toothbrush. Brush well twice a day and floss thoroughly each day. Have regular dental check-ups and cleaning (prophylaxis) to lower your risk of gingivitis and periodontal disease.

Less anti-bacterial, less disinfection may = less illness and allergies

Health Point 1: Avoid triclosan. First, it is the best idea to avoid triclosan, which is an antibacterial agent found in many personal care products. The FDA is re-evaluating the safety of triclosan because of recent studies that show it is a hormone disruptor, reducing thyroid hormone levels AND it leads to drug-resistant "super" bacteria. Thus, it is risky to have triclosan in your toothpaste or in anti-bacterial products. Read the labels and choose a toothpaste (and other personal care products) that do not have triclosan in them.

Health Point 2: We need some germs; . In fact, the Washington Post's Health and Science section reports on the "growing body of evidence" [75] which suggests that we are killing and removing too many organisms and allergens with our anti-bacterial soaps, lotions, and other products. The article is titled, "Hypercleanliness may make us

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[72] http://www.webmd.com/heart-disease/features/periodontal-disease-heart-health

[73] Lopes RD, et al. Incidence, treatment, and outcomes of atrial fibrillation complicating non-ST-segment elevation acute coronary syndromes. International Journal of Cardiology. 10 April, 2013.

[74] http://www.perio.org/consumer/cdc-study.htm

[75] http://articles.washingtonpost.com/2013-03-25/national/38002811_1_hygiene-hypothesis-asthma-and-allergies-immune-system

sick." There are many kinds of organisms (bacteria and viruses), and some are good to have around and some are not good to have around. The "good" organisms are those that do not cause disease, but live happily on our hands, bodies, and around us, keeping some of the "bad" organisms from living there.

Part of the trouble is that when we use anti-bacterial/disinfecting products,and kill the bad AND the good, the "good" organisms are easier to kill and once they are gone, the "bad" organisms can grow quickly and in great numbers. When we are exposed to even mild bacteria, viruses, fungi, molds, yeasts, and allergens, our immune systems become stronger against the "bad" and help protect us. If our immune systems have not developed protection ("immunity") against the "bad", then the "bad" has a greater chance of making us ill.

Health Point 3: We need strong immune systems. Put a "weak" immune response together with removing too many organisms, and the toughest, "baddest" ones grow without much or any protection from the immune system. That can result in serious illness.

As to allergies, in 1989 David Strachen studied over 17,000 children in England and found the children who had grown up with more siblings had less allergies and eczema. Epidemiologists assumed that the children with more siblings were exposed to more germs and developed more immunity.

A 2012 study refers to the protective effect of farm life for children who were found to have reduced prevalence of asthma and allergies.[76] These studies begin to suggest not only is genetics involved, in the risk of asthma and allergies, but when children are not exposed to germs and allergens early, asthma and allergy rates rise. Kathleen Barnes, an immunogeneticist at Johns Hopkins University finds that the immune system can become overly sensitive,[77] [78] overreacting to non-threats like pollens, pet fur, and dust, as if they are harmful. [79] In the genetically at-risk person, this can lead to asthma and other allergic reactions. Dr. Barnes says, "There have been beautiful studies showing that children who go to daycare very early in life, who are therefore exposed to more rhinovirus and viruses in general tend to have fewer asthma and allergies as they grow up." [80]

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[76] Amish children living in Northern Indiana have a very low prevalence of allergic sensitizationJournal of Holbreich M, et al. Allergy and Clinical Immunology. 129.6. 1671-1673. June 2012

[77] Zambelli-Weiner A, Ehrlich E, Stockton ML, Grant AV, Zhang S, Levett PN, Beaty TH, Barnes KC. Evaluation of the CD14/-260 polymorphism and house dust endotoxin exposure in the Barbados asthma genetics study. J. Allergy Clin. Immunol. 2005; 115: 1203-9.

[78] http://www.scientificamerican.com/podcast/episode.cfm?id=can-it-be-bad-to-be-too-clean-the-h-11-04-06

[79] http://www.hopkinsmedicine.org/allergy/faculty/barnes.html

[80] http://www.scientificamerican.com/podcast/episode.cfm?id=can-it-be-bad-to-be-too-clean-the-h-11-04-06

Health Point 4: We need a balance between exposure and sterile. We know there are bacteria and viruses that are virulent (causing disease that is serious/fatal), there are allergens that cause serious and life-threatening reactions, and there are organisms and allergens whose exposure causes stronger immunity. Scientists like Dr. Barnes are just beginning to create studies that will help us understand how to balance the two. Our modern world is different from the world of yesterday. Our environments, foods, bodies, reactions and needs are different and there is not one recommendation or solution to the need for balance between exposure and sterile.

For now, we can modify our anti-bacterial and disinfection uses with the understanding of the need for balance with exposure. We can live longer and healthier lives with some balance.

Real refreshment

Everyone needs to refresh regularly. For some, that is a good night's sleep, or reading something with no profundity. For others it is travel or a change in geographic location and getting away from routines - vacation. Refreshment brings us opportunity to re-think and improve our projections of stress. Refreshment allows relaxation and changes in emotions and thoughts.

Real hydration

We cannot live without water. However, many people have inadequate water intake even though they assume they get enough fluid/water. Coffee, tea, soft drinks and some foods cause fluid loss, so even when drinking fluids, you can be mildly dehydrated. Chronic mild dehydration (low habitual water intake) is associated with heart disease, diabetes, and impairment of cognitive (brain) functioning, alertness, ability to concentrate, tiredness and headache.[81]

If you have a headache, drink water. You may very well be dehydrated!

Be sure to get eight to ten glasses of water every day, to increase your health, decrease risk of allergies, back and joint pain, muscle cramps, kidney stones and kidney diseases, high blood pressure, and other serious diseases.

Health is improved immediately with good hydration.

Real health awaits

Give yourself the gift of great health! Connect to others. Give random acts of kindness. Do what you love. Love what you do. Find your passions. When your passion and your purpose are greater than your fears and excuses, you will find a way! Introduce

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[81] Maughan RJ. Impact of mild dehydration on wellness and on exercise performance. *European Journal of Clinical Nutrition* (2003) **57,** Suppl 2, S19–S23. doi:10.1038/sj.ejcn.1601897

yourself to your own goodness. You are worthy of real health! You need real health. Believe in your health. Open your heart to health and joy.

Some ideas for manifesting Real Health -

You can:

- *Have times of quiet and contemplation every day, away from digital screens*
  - *Including TV, computer, cell phone, games, movies.*
- *Practice gratitude every day.*
- *Take daily time for meditation/prayer.*
- *Often, spend time in nature - a park, our garden, on a golf-course or on a walk.*
- *Enjoy people-watching when in public, and smile at the folks as they pass.*
- *Laugh a lot.*
- *Eat nutritious and healthful food.*
- *Eat less food.*
- *Get enough sleep.*
- *Practice excellent removal and control of bacterial plaque on your teeth.*
- *Keep learning, read books, play board games and do puzzles.*
- *Enjoy meals together as a family or with dear friends as often as possible.*
- *Reduce time spent in your car wherever possible.*
- *Drink lots of water and less soft drinks and juices.*
- *Avoid triclosan in toothpaste and in personal care products.*
- *Avoid or at least moderate alcohol.*
- *Avoid cigarette smoke - and all tobacco smoke.*
- *Use anti-bacterial and disinfection products carefully, to provide balance with some exposure to organisms and allergens to strengthen your immune system.*
- *Find doctors and medical caregivers you trust and to whom you can talk honestly.*
- *Avoid superfluous medical appointments and procedures, including radiation-filled scans.*
- *Avoid taking medicines as much as possible.*
- *Keep cell phones away from your body as much as possible to reduce radiation.*
- *Use positive words.*
- *Dwell in positive thoughts and emotions, like gratitude, as much as possible..*
- *Enjoy friends and spend physical time with them.*
- *Practice surrendering our negative emotions and learn to dwell in the happiness and joy of our lives.*

Whatsoever is good.....think on these things.[82]

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[82] Philippians 4:8, The Bible

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Real Food

You don't have to cook fancy or complicated masterpieces
- just good food from fresh ingredients."

Julia Child (1912 - 2004)

One recent morning with the sun streaming into the breakfast room windows, our family enjoyed smoothies for breakfast. Somehow the velvety combination of pureed peach, papaya, blueberries, MCT oil, extra-virgin coconut oil, ground flaxseed and plain Greek yogurt tasted and felt like soft-serve ice cream on our tongues, but it was not frozen. We talked about how we enjoyed it even more because we knew every ingredient was not only tasty and pleasurable, but healthful, strengthening our immune systems, our neurologic systems, our gastrointestinal systems, and every cell of our bodies.

How good it felt to be eating something absolutely yummy, that we knew was VERY good for our bodies!

Today it is difficult to have food that is truly good for our health! Our food supply is tainted. It is almost impossible to buy any sort of food that does not contain genetically modified sugar, high fructose corn syrup (HFCS), soy, heat-hydrogenated oils, mutated / modified corn or wheat, hormones, antibiotics, caffeine, wheat glutens or loaded with carbohydrates. It is becoming difficult to find, and costly to buy whole foods - foods that have not been prepared, processed, dried or frozen. Billions of dollars are made on the commercialization of food products and especially using cheaper, chemically created or modified, toxic ingredients. The 2013 New York Times Magazine article by Michael

Moss, The Extraordinary Science of Addictive Junk Food,[83] details just some of what the food industry does to create foods that will not just sell, but will addict the public, greatly increase health risks, for the purpose of creating sky-rocketing profits.

In his book, Salt, Sugar, Fat, New York Times journalist Michael Moss says the corporate scientists are "deliberate and calculating" when they use "the high math of regression analysis and intricate charts to find the 'bliss point'", which is the exact amount of sugar, fat or salt that will keep the eater coming back for more and more.Some companies use brain scans to look at how our brain reacts to sugar and other foods. They have found that the brain responds to sugar the same way it does to cocaine and other opiates. The sugar attaches to the opiate receptors in our brains and gives us pleasure.[84] And Mr. Moss describes the food industry's tactics that are employed to utilize addictive pleasure in processed foods to sell and get us to buy, eat, and want more, of their foods.

And why would we care? Because real foods are better than not-real foodstuffs. Real foods are MUCH better for our health and long life.

A 2011 study found that pregnant rodent mothers who eat junk food (commercially prepared packaged food high in sugars and fats,) give birth to babies who will want to eat high fats and sugars because it makes them "feel good." [85] This is addiction to un-real foods which cause medical harm and higher risk of disease and death.

Un-real mutated-modified foods

There are potential toxins in chemically created or modified (not-real) foods. First, GMO or genetically-modified foods have been modified so that great acres of crops can be sprayed as frequently as desired with toxic pesticides, and herbicides like Roundup®, in order to increase crop yields. Wheat crops and corn crops can be sprayed with the poisons around the wheat or corn, and then the wheat and corn crops can be harvested and stored, now covered with chemicals. Then they are dried. Many are used in the making of most prepared/processed (boxed or frozen) meal items.

A French study looked at rats fed with modified-corn and exposed to the weedkiller. Over the rats' normal lifespan of two years, 50-80% of the rats that ate the GMO corn, developed cancerous tumors and had shorter life spans. In fact, the researchers found that the rats who had the modified corn not treated with Roundup® had similar health damage to the rats who were exposed to Roundup® without the corn. Besides tumors, the rats suffered liver damage, kidney, skin and digestive problems. The rats that did

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[83] Moss, Michael. The Extraordinary Science of Addictive Junk Food. New York Times. Published: February 20, 2013

[84] Davis, William. Wheat Belly. Rodale Books. 2011

[85] Ong ZY and Muhlhausler BS. Maternal "junk-food" feeding of rat dams alters food choices and development of the mesolimbic reward pathway in the offspring. FASEB J July 2011 25:2167-2179; published ahead of print March 22, 2011.

not have the genetically modified corn in their diets had fewer tumors. Although this genetically modified corn cannot be grown in Europe (EU), it has been imported to Europe. This study has prompted the French government to consider preventing this modified corn from being imported. [86]

And wheat? Dr. William Davis, cardiologist,talking about his popular book, Wheat Belly, said, "Modern wheat is a perfect, chronic poison. It is not what our mothers and grandmothers ate. It causes diabetes, inflammation, heart disease, high blood pressure" [87] *Not only is there the reality of toxic pesticides and herbicides, but the mutated-modified wheat plants are not the wheat our grandparents ate. Wheat has been mutated purposefully by big companies, using radiation and/or using genetic modification. Wheat has been modified thousands of times in the last 40 years. This re-engineered, modern wheat causes:*

- *problems with the insulin/sugar balance, which is called insulin resistance. Today's re-engineered wheat raises blood sugar severely (due to the amylopectin A sugars in our "new" re-engineered wheat), adding deep fat to our bellies and causing inflammation, hypertension, heart disease, cancer and other diseases.*
- *incredible appetite and cravings. This modified wheat has a re-engineered form of the gliadin protein in wheat. Gliadin is present in greater amounts and has been modified so that it is a powerful appetite stimulant.*
- *physical addiction. The wheat metabolites attach to the opiate receptors in your brain cells and make you crave more of the food you just ate.*
- *Celiac disease and IBS - Irritable Bowel Syndrome.*
- *worsening of inflammatory bone conditions. Dr. Davis finds that when patients remove wheat from their diets, they experience reduced joint inflammation.*

Imagine what it feels like to be healthier and slow your aging. Get rid of the un-real wheat![88]

Un-real wheat and gluten

We hear about a seeming-epidemic of gluten sensitivities today, and how people do better when they avoid wheat, the source of gluten. Is the gluten the culprit? Or is it the wheat itself? Science doesn't yet tell us the answer to that question, but no matter. We know since wheat equals gluten, that avoiding wheat avoids gluten. Modified wheat is in most prepared foods. It is actually added to many foods, and, the re-engineered wheat of today binds to our brain cells' opiate receptors and makes us feel happier and hungrier - for more of the wheat-embedded food that helped us feel that way. Thus, wheat is physiologically addictive. Whether "whole wheat" or "whole grain", or not, it is

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[86] www.france24.com/en/20120919-france-orders-probe-after-rat-study-links-gm-corn-cancer

[87] http://www.cbsnews.com/8301-505269_162-57505149/modern-wheat-a-perfect-chronic-poison-doctor-says/

[88] Davis, William. Wheat Belly. Rodale Books. 2011

mutated/ modified. Avoiding the wheat will make us healthier. Dr. Davis also said, "Just because whole grains are less harmful than white flour does not make it a good thing! Losing wheat yields incredible transformations in health."

Dr. Mark Hyman, author of The Blood Sugar Solution explains how wheat causes the illnesses. It is because all wheat contains: [89]

- *a super starch that is more fattening than pure sugar,*
- *a super gluten that is highly inflammatory and*
- *a super drug that is addictive and makes you crave more.*

Dr. Hyman calls this super gluten, "FrankenWheat," a chromosomally altered molecule that causes celiac disease / gluten-intolerance, obesity and diabetes. The modification of the gluten creates the super starch, amylopectin-A. This starch raises blood sugar faster than pure sugar, increases inflammation and the risk of diabetes and obesity. It does not matter if you eat white or whole grain, because all wheat and wheat products contain amylopectin-A. This is the causative agent in "wheat belly" and its dire related diseases.

Un-real sweeteners

And while you are wondering what to eat now, let's talk about sweets. Soft drinks are almost all sweetened with either high fructose corn syrup (HFCS) or artificial sweeteners including aspartame (Equal, NutraSweet) , saccharin (Sweet 'N' Low, Sugar Twin), sucralose (Splenda), and acesulfame potassium (Sunett, Sweet One).

First about HFCS, high-fructose corn syrup, sometimes called corn sugar or corn sweetener. HFCS is made from genetically modified corn which is treated with enzymes to chemically manufacture a sweetener of fructose. Fructose is much sweeter than naturally-occurring glucose. HFCS is much less expensive than sugar, and has become an almost-constant ingredient in sodas, sports drinks and fruit-flavored drinks, as well as in processed foods and baked goods because it helps brown them. In fact, high-fructose corn syrup is the most common added sweetener in processed foods and beverages. It is added to many commercially prepared and restaurant foodstuffs. It is used in many salad dressings, spaghetti sauces, salsas, cereal, cookies, crackers, chips, frozen meals, yogurt and cough syrups.

Because it is made from re-engineered corn, it carries the risks of the toxicities of re-engineering, and of the pesticides and herbicides used in its growing. Additionally, the body processes HFCS differently than sugar. It has been implicated in the epidemic-proportions of type II diabetes (the body's pathologic insulin resistance) in our world today, particularly the United States.[90]

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[89] http://www.huffingtonpost.com/dr-mark-hyman/wheat-gluten_b_1274872.html

[90] Basciano, H, Federico L, and Adeli, K. Fructose, insulin resistance, and metabolic dyslipidemia. Nutrition and Metabolism online journal. 2.1.05. http://www.nutritionandmetabolism.com/content/2/1/5.

High fructose corn syrup is not good for you. HFCS contributes to cancers, cardiovascular disease, liver disease, hypertension, and obesity.[91] It is extremely inexpensive and mixes well in many foods, so it is popular with manufacturers in almost all packaged foods. These range from bread to pasta sauces to bacon to beer, as well as in "health products" like protein bars and "natural" soft drinks.[92] [93] Unfortunately high fructose corn syrup interferes with copper, magnesium and chromium absorption and can contribute to liver, heart and pancreas diseases.[94] [95] High fructose corn syrup interferes with insulin balance in the.body. Because high fructose corn syrup is converted to fatty acids at a higher rate than glucose (sugar), it may cause diarrhea and irritable bowel symptoms.[96] [97] High fructose corn syrup appears to play the larger part in cellular aging. HFCS further converts to fat more than any other sugar, which may explain the America's obesity epidemic.[98] [99] [100] And, high fructose corn syrup significantly raises serum triglycerides, contributing to heart diseases.[101] A Duke study found that intake of HFCS was associated with scarring in the liver, called fibrosis.[102] Avoid high fructose corn syrup. Read labels and avoid products sweetened with high fructose corn syrup.

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[91] Ouvang X, Pietro C, Sautin Y, McCall S et al.Fructose consumption as a risk factor for non-alcoholic fatty liver disease. J Hepatol. 2008 June; 48(6): 993–999. Published online 2008 March 10. 2008

[92] Appleton, Nancy. Lick the Sugar Habit, Health Bones, Heal Yourself with Natural Foods, The Curse of Louis Pasteur and Lick the Sugar Habit Sugar Counter. Also, Appleton, Nancy. Fructose is no answer for a sweetener. www.mercola.com/2002/jan/5/fructose.htm.

[93] Sanda, Bill. The double danger of high fructose corn syrup. www.westonaprice.org/modernfood/highfructose.html.

[94] Appleton, Nancy. Lick the Sugar Habit, Health Bones, Heal Yourself with Natural Foods, The Curse of Louis Pasteur and Lick the Sugar Habit Sugar Counter. Also, Appleton, Nancy. Fructose is no answer for a sweetener. www.mercola.com/2002/jan/5/fructose.htm.

[95] Sanda, Bill. The double danger of high fructose corn syrup. www.westonaprice.org/modernfood/highfructose.html

[96] Appleton, Nancy. Lick the Sugar Habit, Health Bones, Heal Yourself with Natural Foods, The Curse of Louis Pasteur and Lick the Sugar Habit Sugar Counter. Also, Appleton, Nancy. Fructose is no answer for a sweetener. www.mercola.com/2002/jan/5/fructose.htm

[97] Sanda, Bill. The double danger of high fructose corn syrup. www.westonaprice.org/modernfood/highfructose.html

[98] Appleton, Nancy. Lick the Sugar Habit, Health Bones, Heal Yourself with Natural Foods, The Curse of Louis Pasteur and Lick the Sugar Habit Sugar Counter. Also, Appleton, Nancy. Fructose is no answer for a sweetener. www.mercola.com/2002/jan/5/fructose.htm

[99] Bray GA, Nielsen SJ et al. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. Am J C.in Nutr. 2004 Apr:79(4) 537-43.

[100] Sanda, Bill. The double danger of high fructose corn syrup. www.westonaprice.org/modernfood/highfructose.html

[101] Lê KA, Tappy L. Metabolic effects of fructose. Curr Opin Clin Nutr Metab Care. 2006 Jul;9(4):469-75. Bantle JP, Raatz SK, Thomas W, Georgopoulos A. Effects of dietary fructose on plasma lipids in healthy subjects.Am J Clin Nutr. 2000 Nov;72(5):1128-34.

[102] Abdelmalek M, Lazo M, Harsco A et al. "Higher Dietary Fructose Is Associated with Impaired Hepatic ATP Homeostasis in Obese Individuals with Type 2 Diabetes." *Hepatology* September, 2012.

Unfortunately, HFCS and other intense sweeteners are also addictive. In an Australian study, intense sweetness from sweeteners like HFCS gave the study patients more "reward" in the human brain than cocaine, a highly addictive drug.[103] Today, if a processed food label lists "sugar" as an ingredient, it is very likely GM sugar from corn or beets. Cane sugar, sugar from sugarcane is not currently modified, although there are many trials going on to try to re-engineer cane sugar. At this time there is an important difference, and that is that sugar beets are ally modified organisms – GMOs – implanted with the so-called Roundup® ready gene. GMO sugarcane is available but not very available (though last year Brazil started planting GMO sugarcane on a trial basis.)[104]

Given how ubiquitous high-fructose corn syrup is and the concerns about adverse health effects, real cane sugar, a real food, is a much better choice.

Other Unreal/Artificial sweeteners

You may assume, like the ads tell us, that diet drinks and diet foods can help control weight. Actually the opposite is true. The Yale Journal of Biologic Medicine documented the fact that persons using artificial sweeteners gain more weight than people who avoid artificial sweeteners.[105] Merkel found that animals who drank water flavored with saccharin and other sweeteners exhibited greater food consumption and obesity.[106]

Mouthwashes like Scope® and Act® and many toothpastes contain sodium saccharin, although the absorption of saccharin into the body would be more minimal as long as the mouthwash is not swallowed. Dr. Richard Wurtman, from MIT, discovered that aspartame (artificial sweetener in more than 6000 foods). causes carbohydrate cravings (addiction). This phenomenon may be related to increased endorphins (opium-like substances within the brain) that can provoke the excessive consumption of sugar, fat and calories.[107] [108] These cravings lead to weight gain in users of artificial sweeteners,

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[103] Lenoir M, Serre F, Cantin L, Ahmed SH (2007) Intense Sweetness Surpasses Cocaine Reward. PLoS ONE 2(8): e698. doi:10.1371/journal.pone.0000698

[104] http://www.gmo-compass.org/eng/search/

[105] Yang, Q. Gain weight by "going diet?" Artificial sweeteners and the neurobiology of sugar cravings.Yale J Biol Med. 2010 June; 83(2): 101–108. Published online 2010 June.

[106] Merkel, AD Wayner, MJ et al. Effects of glucose and saccharin solutions on subsequent food consumption. Physiological Behavior 23:1979. 791-793.

[107] Roberts HJ. Aspartame (Nutrasweet): Is it safe? The Charles Press Publishers. Philadelphia. 1990.

[108] Atkinson, RL. Opiod regulation of food intake and body weight in humans. Federation Proceedings. 46(1):178-182. 1987.

including saccharin and aspartame. Dr. Wurtman found those who gained the most weight were users of artificial sweeteners.[109]

Then, there are the other health issues related to artificial sweeteners.

Dr. H.J. Roberts, director of the Palm Beach Institute for Medical Research, explains in his book, Aspartame – Is it safe? that aspartame breaks down into methanol (wood alcohol) a deadly poison even when consumed in relatively moderate amounts. Even in smaller amounts methanol causes dangerous symptoms [see below] because "the body is unable to detoxify it, unlike ethyl alcohol found in whiskey, beer and wine, which is readily detoxified and excreted from the body. The body further breaks down the methanol into formaldehyde, which can lead to blindness, liver damage, cancer, abortions and seizures. If aspartame is heated to 86º F, it breaks down not only into its constituent amino acids, but into free methanol, which further breaks down into formaldehyde. This would happen, for example, when you use boiling water (212 degrees, well over the 86 degree mark) to make Jello® or when aspartame-sweetened foods are stored in a hot warehouse or in your automobile's trunk after shopping.

The symptoms of aspartame intoxication include severe headaches, dizziness, seizures, nausea, vertigo, insomnia, loss of control of limbs, blurred vision, blindness, memory loss, slurred speech, mild to severe depression reaching suicidal levels, personality changes, hyperactivity, gastrointestinal disorders, seizures, skin lesions, rashes, anxiety attacks, muscle and joint pain, numbness, mood changes, loss of energy, menstrual cramps out of cycle, hearing loss or ringing in the ears, loss or change of taste, and symptoms similar to those in a heart attack. [110] [111] *Also listed in Dr. Roberts' testimony to Congress November, l989 were: mouth reactions, hyperactivity (parents of ADHD children – take note), extreme fatigue, intense thirst, hypoglycemia, loss of diabetic control, and joint pain. In addition, aspartic acid chelates (combines) with chromium - which is a necessary element for proper operation of the thyroid gland. People who consume large quantities of aspartame may end up with a false diagnosis of Graves disease and may be treated with radiation of their thyroid gland for no reason. [Roberts, Hull]*
If you want more information, read Janet Hull's book and check out the appendices, [Hull] and, read Dr. Roberts' book on aspartame.

A seven year, $1 million study on aspartame found the sweetener was associated with unusually high rates of lymphomas, leukemias and other cancers in rodents that had

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[109] Wurtman R.Neurochemical changes following high-dose aspartame with dietary carbohydrates. N Engl J Med. 1983 Aug 18;309(7):429-30.

[110] Roberts HJ. Aspartame (Nutrasweet): Is it safe? The Charles Press Publishers. Philadelphia. 1990.

[111] Hull, Janet Starr. Sweet Poison: How the world's most popular artificial sweetener is killing us. New Horizon Press. 2000.

been given doses equivalent to a 150 pound person drinking four to five 20-ounce bottles of diet sodas a day. [112]

Sucralose, a brand name Splenda® is created by attaching a chlorine atom to a sugar molecule. We have no longterm studies, and early studies report medical side effects that should be studied further.

Splenda® has become the nation's top-selling artificial sweetener. As of 2006, only six human trials have been published on Splenda (sucralose). Of these six trials, only two of the trials were completed and published before the FDA approved sucralose for human consumption. The two published trials had only 36 total human subjects. [113] *Of the 36 subjects, only 23 total were actually given sucralose for testing. The longest trial at this time had lasted only four days and looked at sucralose in relation to tooth decay, not human tolerance.*

Sucralose is basically chlorinated table sugar and as such, may have many of the risks of chlorine, such as decreasing thymus activity.[114, 115] *Be cautious. Understand we know very little about sucralose (Splenda®).*

Acesulfame, another artificial sweetener is becoming widely used, even in products that are not "diet" or "low calorie" products. Studies have raised concerns about increased cancer risk, especially thyroid tumors. Scientists have recommended very thorough testing for the future. [116] *Be cautious with your children. Consider avoiding all artificial sweeteners.*

In conclusion, <u>all</u> artificial sweeteners are unreal. They contribute to cancer risk, hyperactivity, thyroid disease risk, obesity, and many other health symptoms. Soft drinks made with artificial sweeteners are also severely acidic. Acidic foods cause destruction of tooth enamel (decay), dehydration, osteoporosis and other ills.

Genetically-modified Canola Oil
Coconut oil comes from coconuts, olive oil from olives, peanut oil from peanuts, but canola oil? What is it?

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[112] Morando Soffritti, Fiorella Belpoggi, Davide Degli Esposti, Luca Lambertini, Eva Tibaldi, and Anna Rigano First Experimental Demonstration of the Multipotential Carcinogenic Effects of Aspartame Administered in the Feed to Sprague-Dawley Rats. Environmental Health Perspectives Volume 114, Number 3, March 2006.

[113] Mercola, J. www.mercola.com

[114] Labare MP, Alexander M. Microbial cometabolism of sucralose, a chlorinated disaccharide, in environmental samples. Appl Microbiol Biotechnol. 1994 Oct;42:173-8

[115] Sucralose -- a new artificial sweetener. Medical Letter on Drugs & Therapeutics, 07/03/98, Vol. 40, Issue 1030, 67.

[116] cspi. Center for Science in the Public Interest. www.cspinet.org.

Canola Oil was developed by researchers in Canada in the late sixties. Canola stands for Canada Oil Low Acid. Most of U.S. canola is made from genetically modified rapeseed. Rapeseed had been used as lamp oil and as an insecticide, for hundreds of years. The rapeseed oil was not considered safe to eat due to high levels of erucic acid. When the researchers were able to modify the rapeseed to lower the toxic acids, the result was called Canola Oil. It is now an industry worth billions and it is cheap to use. But, it is not a good choice for a food. It is yet another genetically modified foodstuff that is questionable.

Un-real carbohydrates
A 2011 study published in the New England Journal of Medicine[117] looked at more than 120,000 men and women professionals in the health field. The researchers looked at everything these people ate, their level of physical activity and smoking. The study found that the foods that caused the biggest weight gains were red meat and processed meats, sugar-sweetened beverages and potatoes. Guess what food caused the highest weight gain? --the potato chip.

The New York Times article, touted on the magazine cover as I Feel So Sorry For the Public [118] reports, "The coating of salt, the fat content that rewards the brain with instant feelings of pleasure, the sugar that exists not as an additive but in the starch of the potato itself — all of this combines to make it the perfect addictive food. "The starch is readily absorbed," Eric Rimm, an associate professor of epidemiology and nutrition at the Harvard School of Public Health and one of the study's authors, [said]. 'More quickly even than a similar amount of sugar. The starch, in turn, causes the glucose levels in the blood to spike' — which can result in a craving for more."

The level of sugar in foods today is a run-away train. And the public belief that there are "healthful" qualities in breakfast yogurt, is simply untrue. Sweetened yogurt is far from healthful. Instead, it is an unheathful carrier of amounts of sugar and chemicals that are directly related to diabetes, cancers, obesity and many other maladies. Yoplait ™ has twice as much sugar per serving as the sugar-laden cereal, Lucky Charms™. And Yoplait's children's version called Go-gurt™ is so popular that in a few months after its release, General Mills had $100 million in sales of Go-gurt™.[119] Plain cultured yogurt is a good choice for breakfast. Adding fresh fruit to the yogurt is another good choice.

The epidemic-proportions of over-weight and obese people in the U.S. are tied directly to the way the body deals with the carbohydrate loading of "white carbs" like potatoes, pasta, breads, desserts, GM wheat, GM corn, GM sugars, HFCS, and to their addictive properties as well as to the addictive properties of artificial sweeteners. So-called "low-

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[117] Mozaffarian, D et al. Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men .N Engl J Med 2011; 364:2392-2404June 23, 2011DOI: 10.1056/NEJMoa1014296

[118] Moss, Michael. The Extraordinary Science of Addictive Junk Food. New York Times. Published: February 20, 2013

[119] ibid

carb" diets have been popularized by Dr. Robert Atkins, Dr. Arthur Agatston (South Beach Diet) and others. The media and the public have "tried this on for size." (pun-intended) Weight loss related to eating lower amounts of "bad" carbohydrates ("white carbs" - breads, pasta, sweets, potatoes and corn) has been touted. But why does the lower intake of "bad" carbs relate to weight loss? Notice most breads, pastas, and sweets are made with mutated / modified ingredients, and some potatoes and corn are - well - mostly genetically modified products! Turns out in reading Dr. Robert Atkins work from the 1970's, we discover that he was already teaching the benefit of avoidance of truly bad foodstuffs our bodies cannot process these healthily, and avoiding these foods can help in health and weight maintenance. Avoiding these commercial poisonous foodstuffs is healthier.

Fifteen year old Claude Ellis found an empty golf caddy shack. He stepped into it and thought, "I can move these lawn mowers and gas cans and stuff and sleep here. He could hardly think of his mother, Grace. The grief was overwhelming. Why didn't I run faster to get the doctor? Why did she have to die? If he let himself think about it, he felt as if he'd never be happy again. His daddy had died in a mine accident when Claude was two, and his mother was his source of happiness. Now she was gone. How will I live without her? He couldn't think about it; he just had to sleep and figure it out later - if he could. Was the ache in his stomach grief - or was it hunger? Never mind. He would just sleep on the floor of the shack for now.

Years later, losing him at age 62 was a terrible loss for his family, of course. But at fifteen, he was being sculpted into that amazing man of whom his mother would have been most proud. After being orphaned at fifteen when his mother died, he spent some time on his own, hungry, sleeping in that golf equipment shack in Williamson, West Virginia. Fortunately his Uncle Sam rode his mule from his farm into town and found young Claude and took him home to Aunt Julie and their eight children. It's not easy to start your life hungry and without parents. But his mama had taught him that he must go to college. So, he did - on a football scholarship. He was real good at football. And in years to come, Claude saved friends' businesses, kept friends from bankruptcy, put four nieces and nephews and his four children through college, not only paying all costs, but checking on them, visiting them, and supporting them through. He believed in college and in his family. And when middle-age came to Claude, it was the time of the beginning of our tainted food supply. He and his devoted wife did not know that low-fat products were actually products loaded with what we are now learning are "bad" carbohydrates. None of us knew that pretzels, potatoes, corn, bread and pasta are called "high-glycemic foods" and cause insulin resistance and heart disease, diabetes, and even cancer.[120] [121] They did not know that carbohydrates and sugar were risks for abdominal weight gain, and that the abdominal fat cells pour hormones into the bloodstream. And when you start your life off hungry, you might tend to eat too much at each meal. And sure enough for Claude, the forty to fifty extra pounds - perhaps at the most, sixty or seventy pounds - loaded on easily.

There on the golf course on a beautiful spring day, after a great game, Claude's wife, children, siblings, nieces, nephews, grandchildren and many dear friends lost a wonderful 62 year old man to myocardial infarction - heart attack.

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[120] American Association for Cancer Research. "Low-carbohydrate, high-protein diets may reduce both tumor growth rates and cancer risk." *ScienceDaily*, 15 Jun. 2011. Web. 18 Sep. 2012.

[121] http://www.carbohydratescankill.com/3688/carbohydrates-cancer-transcript-1-of-4

Junk food and huge portions
What do we make for dinner? We have become a nation whose people make reservations for dinner - or drive through for dinner. And again, the cheapest ingredients are the toxic ones. And, our portion sizes in restaurants are unreal. The food looks great, its scents are appetizing and it even tastes good - as we ingest the poisons of our tainted foodstuffs.

Junk food is just that - junk. Phase three of the ISAAC (International Study of Asthma and Allergies in Childhood, published in the online journal, Thorax, reported January 14, 2013 that certain foods, specifically, fast food, may increase the risk of developing asthma, rhinoconjunctivitis and eczema, and that for adolescents and children, a potential protective effect on severe asthma was associated with consumption of fruit ≥3 times per week.[122] *The researchers found that teenagers who ate three or more helpings of junk food had a 39 per cent increased risk of severe asthma, that children eating mainly fast food also a higher risk of severe eczema and severe rhinitis (runny nose). Asthma rates have doubled in last 20 years as diets have become more centered around junk food.*

Dr. Mark Hyman says, "The key biological systems involved in obesity (and all diseases) that are altered by toxins are the neuro-endocrine-immune system, and mitochondrial energetics...This paper will explore a novel hypothesis that links obesity and toxins..." He goes on to explain that the problem is that we are living in a sea of toxins."Why should we worry about toxins unless we work with toxic chemicals or spray pesticides for a living? Isn't exposure minimal? Unfortunately, risks of exposure actually are substantial, pose significant public health risks, and can no longer be ignored. Every single person and animal on the planet contains residues of toxic chemicals or metals in their tissues. Eighty thousand new chemicals have been introduced since 1900 and most have never been tested for safety or for synergistic actions."[123] *These toxins include "bad" -- unreal -- carbohydrates.*

Fats and carbohydrates - real or unreal?

Can this be true? Are "bad" carbs really the culprits and "good" fats truly good for us? What about heart disease?

A very exhaustive study on saturated fat and heart disease was published in 2010 in the American Journal of Clinical Nutrition and titled: "Saturated fat, carbohydrate, and

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[122] Ellwood P, et al. Do Fast Foods cause Asthma, Rhinoconjunctivitis and Eczema? Global findings from the International Study of Asthma and Allergies in Childhood (ISAAC) Phase Three. *Thorax* doi:10.1136

[123] Hyman, MD, Mark. paper presented at the 13th International Symposium of
The Institute for Functional Medicine: Systems Biology, Toxins, Obesity, and Functional Medicine found in Ultrametabolism, Companion Guide. published in Alternative Therapies in Health and Medicine. 2012.

cardiovascular disease." The study reviewed many other studies over a period of five to 23 years covering 347,747 subjects. Their conclusion: "A meta-analysis of prospective epidemiological studies showed that there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD."[124]

Cardiologist Dr. Stephen Sinatra and nutritional health expert Dr. Jonny Bowden have published their new book called The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan That Will. The title says it all. A recommended read about real health. A University of Arizona research team discovered more about why statin drugs cause brain "fog" and memory loss. Restifo and Kraft found that the likely problem is heightened sensitivity to the medication, which results in a decline in cognition.[125]

Literature now shows that not only is brain health dramatically improved by omega-3 fatty acids, but mental and emotional disorders, memory, brains, cancers, digestive disorders, pulmonary and arthritic diseases all are related to the lack of these fatty acids. These may be treated with correcting the nutrition of patients.[126] [127] [128]

We learn from the studies, that human beings' diets used to contain about equal amounts of the "good" fatty acids, omega-3's and of omega -6's. But, over the last 100 years, there has been an enormous increase in the omega-6 fatty acids in our diets because our food supply is full of harmful oils, especially from corn and soybeans, but also sunflower seeds, safflower seeds, and cottonseed. In fact, when an American family eats the typical restaurant fast foods, or prepared boxed foods from the supermarket, they are getting about 20-30 times the omega-6's as omega-3's. So what does that mean? It means that they are missing the omega-3 fatty acids that get rid of inflammation (arthritis), vasoconstriction (high blood pressure), cardiac disorders (coronary heart disease), GI disorders (ulcerative colitis, celiac, irritable bowel and Crohn disease), renal disease, immune diseases (lupus) and pulmonary disease. Is it what we don't eat when it comes to fats? We need omega-3 fatty acids.

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[124] Siri-Tarino PW, Sun Q, Hu FB, Krauss RM Am J Clin Nutr. 2010 Mar;91(3):535-46. Epub 2010 Jan 13. Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease.

[125] Restive LL, Kraft R, et al. A cell-based fascin bioassay identifies compounds with potential anti-metastasis or cognition-enhancing functions. Disease Models & Mechanisms, 2012.

[126] Youdim KA, Martin A, Joseph JA. Int J Dev Neurosci. 2000 Jul-Aug;18(4-5):383-99. Essential fatty acids and the brain: possible health implications.

[127] http://www.naturalnews.com/z016353_omega-3_fatty_acids_mental_health.html

[128] Simopoulos AP. Am J Clin Nutr. 1999 Sep;70(3 Suppl):560S-569S. Essential fatty acids in health and chronic disease.

Doctors in Spain collaborated with Harvard doctors, and their five year exhaustive study [129] of 4800 people, was stopped because the results were so dramatic that it was unethical to continue the control group. The study group was people put on the Mediterranean diet, and whose dietary intakes were followed through urine testing. The metabolites of their olive oil and nuts in the urine showed the researchers that the patients were sticking to their diet. The results show that about 30 percent of heart attacks, strokes and deaths from heart disease can be prevented in people at high risk if they switch to a Mediterranean diet, one which is high in olive oil, nuts, beans, fruits and vegetables, moderate fish and poultry, with almost no sweets and processed carbohydrates and foods.

Also, we have long ago learned that the process of heat-hydrogenation of oils is very unhealthy. But we have not understood that there is natural hydrogenation in nature, such as in coconut oil, compared to the chemical and heat processes of hydrogenation. Partially heat-hydrogenated oils and fully heat-hydrogenated oils are so stable that the manufacturers can warehouse some processed food products for years. We have not learned that the warehouses can be full of toaster-pastry, cookies or donut packages made with heat-hydrogenated oils that allow them to sit on the warehouse shelves before we eventually buy them in a grocery, assuming that the "sell-by" date implies freshness. The type of packaging of these baked goods also makes a difference in shelf life. [130] We are only beginning to learn about nature's health benefits in a naturally hydrogenated oil like coconut oil. We scan use real coconut oil - pressed from the coconut, and not reconstituted from dried coconut (copra), using chemicals that could be harmful. Studies show populations in countries for whom coconut oil is a staple and used daily, with little to no cardiac and other chronic diseases AND no brain deterioration like Alzheimer's disease. [131] [132][133] Studies using the fatty acids from such oils are showing very promising results in brain-deterioration patients. [134]

Is it what we don't eat when it comes to fats?

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[129] Ostrich R, et al. *Primary Prevention of Cardiovascular Disease with a Mediterranean Diet.* published on February 25, 2013, at NEJM.org.

[130] Galić K, Curić D, Gabrić D Crit Rev Food Sci Nutr. 2009 May;49(5):405-26.
Shelf life of packaged bakery goods--a review.

[131] Youdim KA, Martin A, Joseph JA. Essential fatty acids and the brain: possible health implications. Int J Dev Neurosci. 2000 Jul-Aug;18(4-5):383-99.

[132] http://www.naturalnews.com/z016353_omega-3_fatty_acids_mental_health.html

[133] Simopoulos AP. Am J Clin Nutr. 1999 Sep;70(3 Suppl):560S-569S.
Essential fatty acids in health and chronic disease.

[134] Michael-Titus AT Omega-3 fatty acids and neurological injury. Prostaglandins Leukot Essent Fatty Acids. 2007 Nov-Dec;77(5-6):295-300. Epub 2007 Nov 26. http://www.ncbi.nlm.nih.gov/pubmed/18036801

A University of Leeds study published in February, 2013[135] found that purified extracts (Epigallocatechin gallate, EGCG) from green tea and reversatrol from red wine interrupted the process of harmful clumps of amyloid protein latching onto and then killing brain cells.

Although we have believed that Alzheimer's is a condition that befalls us by chance, we now can understand some of the links between diet - nutrition - and dementia.

Two sisters and I talk about our sweet little Mama, Joy Babes, who died a few years ago following an Alzheimer's-related brain deterioration. Joy taught us to live real life, and we are so grateful to our classy lady of a mother. Joy was full of life, always reading and learning, and her meal-planning was based on her zest for life and on what she learned. So when the trend in the U.S. became low-fat, Joy was on it. Even though her children were grown or about grown, she made sure that she and our Daddy ate no fat. Almost absolutely none. She cooked many dishes from scratch and used only processed food products that were all the "healthy" rage - diet margarine, skim milk, fat-free ice cream, yogurt, and cream cheese, poultry without the skin, tuna in water, egg whites, air-popped popcorn, nonstick cooking spray for frying, cucumber instead of avocado, and so forth. The Food Pyramid people would have named her valedictorian of that school of thought!

But Joy didn't know that neurologic cells in the brain need fatty acids to sustain and replicate themselves. Joy didn't know that her brain cells were dying off while their mitochondria (the energy source in the cells) could not live without fatty acids. Nor did she know that her processed, so-called "lite" foodstuffs -- "lite" and fat-free ice cream, yogurt, etc. -- had less fats, and MORE carbohydrates and nitrosamines that lead to insulin resistance, or, as it is being called, "diabetes of the brain."

Joy did not know that studies after her death would show that treatment with omega-3 fatty acids may be a miraculous help for injured brains and spinal cords.[136] Instead, she avoided the good fats and substituted the bad carbohydrates, fats and additives.

Our poor little Mama.

Recent work by neuropathologist Dr. Suzanne DeLaMonte of Brown University Alpert Medical School, explores the links between Alzheimer's Diseases and insulin resistance. What's becoming clear, however, is that a lack of insulin — or insulin resistance — not only impairs cognition but seems to be implicated in the formation of the amyloid plaques in the brains of Alzheimer's patients. Suzanne de la Monte has been working on these phenomena in humans and rats. When she blocked the path of insulin to rats' brains, their neurons deteriorated, they became physically disoriented and their brains showed all the signs of Alzheimer's. The fact that Alzheimer's can be associated with insulin resistance in the brain is the reason why increasing numbers of

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[135] Rushworth,JV,. Griffiths HH, Watt NT and Hooper NM , P*rion protein-mediated neurotoxicity of amyloid-β oligomers requires lipid rafts and the transmembrane LRP.* Journal of Biological Chemistry, 2.5.2013.

[136] Michael-Titus AT Omega-3 fatty acids and neurological injury. Prostaglandins Leukot Essent Fatty Acids. 2007 Nov-Dec;77(5-6):295-300. Epub 2007 Nov 26. http://www.ncbi.nlm.nih.gov/pubmed/18036801

researchers have taken to calling it Type 3 diabetes, or diabetes of the brain. The brain cells actually starve to death.[137]

Another link in this research on the cause of brain dementia appears to be nitrosamines in the diet. Nitrosamines are well-recognized cancer-causing agents. In high doses, they cause cancers in many organs. One of the main toxins in tobacco is a nitrosamine. However, low chronic exposures have cumulative effects. Years ago, a few scientists suggested that nitrosamines might cause diabetes. The concept was not pursued until now. DeLaMonte performed experiments in the laboratory and showed that very low, limited exposures to nitrosamines (the type found in foods) cause Alzheimer's-type brain degeneration, dementia, diabetes, fatty liver disease and obesity.[138]

And we eat nitrosamines in our food. They are used as preservatives when added to foods to prolong shelf-life. Originally, nitrites were used to prevent salmonella infections from contaminated meat. Now they are also added to increase flavor and coloring of meats and processed foods like hotdogs, ground beef, bacon, smoked turkey and ham, fish and cheeses. They are added to "fresh" fish transported across the ocean. And fertilizers have high levels of nitrates which are taken up by our "fresh" produce and grains, then converted to nitrites and finally nitrosamines in the body. Even beer and other foods from grain sources are contaminated by nitrosamines.[139] *Vitamin C (ascorbic acid) in foods reduces nitrosamine formation.*[140]

Scientists now have reasonable evidence that human exposure to nitrosamines is one of the root causes of not only Alzheimer's, but several other insulin-resistance diseases, including Type 2 diabetes, fatty liver disease, and abdominal obesity. The formation of and cellular damage from nitrosamines may be an important etiology (cause) of the diseases.

In summary, all of the major diseases related to insulin resistance, which are now epidemic in the United States, are also related to exposure to low doses of nitrosamines over a period of years, lack of "good" fatty acids, and to ingestion of "bad" carbohydrates, toxins, addiction to carbs, and over-eating. [141] *Besides dementia, these diseases include obesity, diabetes, liver diseases, and cardiovascular diseases.*

Other contaminants and toxins are in our food supply as well.

Un-real vegetable: Soy

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[137] de la Monte SM. Insulin resistance and Alzheimer's disease. BMB Rep. 2009 Aug 31;42(8):475-81.

[138] de la Monte SM. Insulin resistance and Alzheimer's disease. BMB Rep. 2009 Aug 31;42(8):475-81.

[139] Ibid.

[140] Scanlon, Richard. Nitrosamines and Cancer. Linus Pauling Institute.

[141] Ibid.

Which brings us to soy, a crop that was popularized in the 1950's [142] to be used to make cattle "beefier." And now, as soy is also listed on almost every label of packaged foods, the humans have been made "beefier" too. It is a high carbohydrate, genetically modified cheap filler that is processed into many forms. But perhaps more importantly, soy is a hormone mimicker (thus it is used to treat hormonal imbalances and menopause), and has been implicated in reproductive system cancers.[143]

Avoid soy (except for fermented soy foods like tempeh, miso and fermented soy sauce) in foods to ensure proper calcium absorption.[144] Soybeans' seeds contain phytates, which block absorption of calcium and other essential minerals in your digestive tract: Calcium is needed for strong, healthy tooth and bone development. Calcium, magnesium, iron, and zinc [145] are poorly absorbed in the presence of soy, even though soy contains zinc, which is important to brain function and health.[146] With soy foods present in your digestive tract, these essential minerals won't be absorbed well. Only fermenting soy will significantly reduce the phytate content and the chemicals that interfere with enzymes, amino acids and even growth. Tempeh (chunky, tender cake of fermented soybeans) and miso (a condiment made from aged and fermented soy) are fermented soy foods that do not block the absorption of calcium and other minerals. Tofu is not a fermented soy food and should be avoided.

Soy was once universally believed to be a wonder food - capable of reducing illnesses, warding off heart disease and providing inexpensive nutrition. More recent research suggests otherwise. First, soy is a source of phyto-estrogens called isoflavones (plant-derived weak estrogens, chemically similar to the female hormone estrogen [147]). These isoflavones may promote breast or other reproductive cancers in later life in men and women who have eaten soy in childhood. In addition, the researchers have shown concern about the safety of soy-based infant formula because soy- based formulas

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[142] http://grist.org/article/growing-demand-for-soybeans-threatens-amazon-rainforest/

[143] Doerge DR, Sheehan DM. Goitrogenic and estrogenic activity of soy isoflavones. Environ Health Perspect. 2002 Jun;110 Suppl 3:349-53.

[144] Daniels, Kaayla. The Whole Soy Story. 2005.

[145] United Soybean Board. Soy Nutritive Content. www.talksoy.com/Health/tNutritive

[146] Frederickson CJ, Suh SW, Silva D, Frederickson CJ, Thompson RB, Importance of zinc in the central nervous system: the zinc-containing neuron. J Nutr 2000 May;130(5S Suppl):1471S-83S.

[147] Doerge DR, Sheehan DM. Goitrogenic and estrogenic activity of soy isoflavones. Environ Health Perspect. 2002 Jun;110 Suppl 3:349-53.

given to babies may cause reproductive or thyroid problems in later life. [148] [149] [150] [151] *Other studies suggest a link between soy consumption and goiter (thyroid disease),* [152] *and a link between soy consumption and brain aging and Alzheimer's disease.* [153] [154]

Re-engineered (mutated) soy has become popular in foods in recent years, after the U.S. Food and Drug Administration allowed food manufacturers to claim that soy-based foods help lower the risk of heart disease. Avoid soy garden burgers and soy hot dogs, soy "cheeses, milk and butter," breads and bread mixes made from soy flour, soy candy and power bars, and soy pastas as well as tofu. Be aware that billions of dollars of influence in the soy industry promote soy's use in medical circles.

Soy is not a health food. The research raises enough concerns to avoid soy's isoflavones. FDA senior toxicologists Sheehan and Doerge state, "The public will be put at potential risk from soy isoflavones in soy protein isolate without adequate...information." [155]

Un-real Foods and Additives:

What is REAL food? As Michael Pollan, food writer says, "Don't eat anything your great grandmother wouldn't recognize as food. Don't eat anything that won't eventually rot. There are exceptions -- honey -- but as a rule, things like Twinkies® that never go bad, aren't real food." [156]

Unreal additive - MSM

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[148] Fort P, Moses N, Fasano M, Goldberg T, Lifshitz F. Breast and soy-formula feedings in early infancy and the prevalence of autoimmune thyroid disease in children. J Am Coll Nutr 9:164–167 (1990).

[149] British Dietetic Association. Paediatric group position statement on the use of soya protein for infants. J Fam Health Care. 2003;13(4):93.

[150] Setchell KD, Zimmer-Nechemias L, Cai J, Heubi JE. Exposure of infants to phyto-oestrogens from soy-based infant formula. Lancet. 1997 Sep 13;350(9080):815-6.

[151] Nutrition Week. Soy Infant Formula Could Be Harmful to Infants. Dec 10, 1999;29(46):1-2.

[152] Doerge DR, Sheehan DM. Goitrogenic and estrogenic activity of soy isoflavones. Environ Health Perspect. 2002 Jun;110 Suppl 3:349-53.

[153] White LR, Petrovich H, Ross GW, Masaki KH, Association of mid-life consumption of tofu with late life cognitive impairment and dementia: the Honolulu-Asia Aging Study. Fifth International Conference on Alzheimer's Disease, #487, 27 July 1996, Osaka, Japan.

[154] White LR, Petrovitch H, Ross GW, Masaki KH, Hardman J, Nelson J, Davis D, Markesbery W, Brain aging and midlife tofu consumption. J Am Coll Nutr 2000 Apr;19(2):242-55.

[155] Doerge DR, Sheehan DM. Goitrogenic and estrogenic activity of soy isoflavones. Environ Health Perspect. 2002 Jun;110 Suppl 3:349-53.

[156] http://www.nytimes.com/2007/01/28/magazine/28nutritionism.t.html?pagewanted=all

Huge commercial food producers use processes, cheap fillers, additives and other food-related ingredients to cheapen the costs of the products while making the food look and taste good. Recently MSM - mechanically-separated-meat (and MSP - mechanically-separated-poultry) have been in the news because, though they are technically food, using them to extend the volume of meats like chicken fingers and sausages, might seem unappetizing to the American public. After forcing the carcass through a sieve with high pressure, to separate the meat and internal organs of an animal from the bones, the mixture is treated with bleaching chemicals to kill bacteria. Water is added, and the now "MSM or MSP" mixture, may be listed on the package label as MSM or MSP. But, it can be listed as "meat" because it is considered "meat." Mad cow disease or bovine spongiform encephalopathy (BSE) is most likely to be transmitted from the bits of spinal cord in the MSM, so there are some limitations on the spinal cord's not being used in the MSM. Other names for the meat obtained in this way are, MDM (mechanically deboned meat), MRM (mechanically recovered meat), and "pink slime" (also called LFTB (lean finely textured beef), and "white slime".

The related "pink slime" or "white slime" are from red meat or poultry meat, and are processed into a product that was originally used only in pet food and not approved for human consumption.[157] In 2001, the product was approved in the U.S. for limited human consumption and began to be used as a food additive to ground beef and other processed meats as a filler.[158] After heat is used in centrifuges to separate the bones from the meat in beef carcasses, the resulting product is treated with ammonia gas or citric acid to kill bacteria. Then hamburgers, hamburger meat, bologna, mortadella, hot dogs, taco filling, meatballs, meatloaf, chicken chunks, chicken fingers, tenders and such are prepared of the processed meat.[159]

"The processed food industry accounts for about 70% of the calories that Americans consume annually, " reports the Wall Street Journal.[160] Melanie Warner, author of Pandora's Lunchbox. tells us what the 105 ingredients are in Subway's Sweet Onion Chicken Teriyaki Sandwich. The chicken sandwich is processed with many chemicals, as is the bread, and avoiding these chemicals and additives is the best idea, particularly because, as the WSJ reports, "Even with plenty of information on the package, it's rarely clear what we're eating."[161]

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157 Avila, J. "70 Percent of Ground Beef at Supermarkets Contains 'Pink Slime' - ABC News". Abcnews.go.com. 2012-03-07. Retrieved 2012-07-31.

158 http://en.wikipedia.org/wiki/Pink_slime

159 http://en.wikipedia.org/wiki/Pink_slime

160 Wall Street Journal Feb 23, 2013. http://online.wsj.com/article SB10001424127887324880504578299964113226492.html?mod=WSJ_LifeStyle_Lifestyle_5

161 ibid

Un-real Additive - MSG

Monosodium glutamate is a chemical used as a food additive to strengthen flavors and make it taste good. And you find it everywhere! It is very inexpensive, and is added to many foods, including chips and crackers, soups, canned foods and fast foods. MSG is food in restaurants, school cafeterias, and supermarket processed foods. Malt extract, malt flavoring, bouillon, broth, stock, and natural flavoring, frequently contain MSG. Carrageenan, enzymes, soy protein concentrate, soy protein isolate may contain MSG. It is in soy milk, and thus, added to infant formula! It is called by various names and "hidden" in foods. Look for names including, gelatin, hydrolyzed vegetable protein, rice syrup or brown rice syrup, yeast extract, broth, caseinates, textured protein, hydrolyzed oat flour and malted barley.

MSG is an excito-toxin which means it excites the body's cells, damaging them. And it is a toxin - a poison. It can cause cell excitement to cause cell paralysis, breathing difficulties, brain cell damage, rapid heart beat, nausea, weakness, tingling and swelling. It has been shown to contribute to obesity.[162] *It may promote cancer growth and metastasis.* [163]
Dr. Russell Blaylock, a board certified neurosurgeon, has written a book called Excitotoxins: The Taste that Kills, that explains the risks of MSG and other similar toxins like aspartame (NutraSweet ®).[164]

We can avoid these ingredients and thus MSG, and we can eat foods high in magnesium like broccoli and spinach. We can avoid aspartame. We can eat real food and be healthier.

Unreal food processing
It is truly best to avoid prepackaged, pre-prepared, processed foods.

More un-real food toxins - un-real packaging
Along with chemically altering our actual crops and foods, and the addition of toxic and addictive ingredients, there are toxins called plasticizers or phthlates or Bisphenol A (BPA's) that also contaminate our foodstuffs and world. Scientists speculate that substances including bisphenol-A (BPA) used in creating plastics are estrogenic. That

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[162] Gobatto CA, Mello MA, Souza CT, Ribeiro IA. The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity. Res Commun Mol Pathol Pharmacol. 2002;111(1-4):89-101.

[163] Blaylock, R. (1997).Excitotoxins – The Taste That Kills, Albuquerque, NM: Health Press NA.

[164] Blaylock, R. (1997).Excitotoxins – The Taste That Kills, Albuquerque, NM: Health Press NA.

is, that the BPA's behave like the female hormone estrogen.[165] [166] [167] [168] [169] [170] *Estrogenic substances are called hormone disruptors because they disturb normal hormone physiology in your body.* [171]

Studies also show that phthalates, extensively used in plastics including PVC pipe, nail polishes, dental materials, pharmaceuticals, and plastic food wrap are hormone disruptors. The use of these plastics – for making containers for fast food, grocery store product packaging, baby bottles, jars of food like mayonnaise and ketchup, coatings on the inside of canned food, tableware, food wrap and even PVC plumbing for water supplies - has risen dramatically. And these plastics carry the risk of estrogenic effect and other hormone disruption due to chemicals (such as dibutyl phthalates) in the plastic. [172]

Canned foods (epoxy lining), foods packaged in plastics (frozen or fresh), water bottles and juice bottles are all food sources of BPA's. Also, your child's sippy cup, baby bottle, teething rings, plastic tableware, plastic containers for food[173]*, plastic grocery jars and packages, foam mattresses and pillows, plastic school lunch boxes, PVC plumbing pipes* [174] *and toys all can contribute to your child's total exposure to hormone disruptors. Researchers report that BPA derivatives can migrate from packing and packaging*

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[165] Manabe A, Kaneko S, Numazawa S, Itoh K, Inoue M, Hisamitsu H, Sasa R, Yoshida T. Detection of bisphenol-A in dental materials by gas chromatography-mass spectrometry. Dent Mater J. 2000 Mar;19(1):75-86.

[166] Schuurs AH, Moorer WR. [Hormone dysregulators. Pseudo-estrogens in dental composite resins and sealanta?] [Article in Dutch] Ned Tijdschr Tandheelkd. 2000 Dec;107(12):490-4.

[167] Imai Y, Komabayashi T. Elution of bisphenol A from composite resin: a model experiment. Dent Mater J. 2000 Jun; 19(2):133-8.

[168] Soderholm KJ, Mariotti A. BIS-GMA--based resins in dentistry: are they safe? J Am Dent Assoc. 1999 Feb;130(2): 201-9.

[169] Al-Hiyasat AS, Darmani H, Elbetieha AM. Leached components from dental composites and their effects on fertility of female mice. Eur J Oral Sci. 2004 Jun;112(3):267-72.

[170] Wada H, Tarumi H, Imazato S, Narimatsu M, Ebisu S In vitro estrogenicity of resin composites. J Dent Res. 2004 Mar;83(3):222-6.

[171] Moriyama K, Tagami T, Akamizu T, Usui T, Saijo M, Kanamoto N, Hataya Y, Shimatsu A, Kuzuya H, Nakao K. Thyroid hormone action is disrupted by bisphenol A as an antagonist. J Clin Endocrinol Metab. 2002 Nov;87(11): 5185-90.

[172] Marsman D. NTP technical report on the toxicity studies of Dibutyl Phthalate (CAS No. 84-74-2) Administered in Feed to F344/N Rats and B6C3F1 Mice. Toxic Rep Ser. 1995 Apr;30:1-G5.

[173] Date K, Ohno K, Azuma Y, Hirano S, Kobayashi K, Sakurai T, Nobuhara Y, Yamada T. Endocrine-disrupting effects of styrene oligomers that migrated from polystyrene containers into food. Food Chem Toxicol. 2002 Jan;40(1):65-75.

[174] Marsman D. NTP technical report on the toxicity studies of Dibutyl Phthalate (CAS No. 84-74-2) Administered in Feed to F344/N Rats and B6C3F1 Mice. Toxic Rep Ser. 1995 Apr;30:1-G5.

materials into foods, and it is likely that you and your children intake these endocrine disrupting chemicals through your food and drink.[175] [176]

It is wise to avoid plastics and foods exposed to plastics, whenever possible. And, heating these BPA-laden plastics releases much more of the toxins into the foodstuffs. It is wise to avoid heating any food in plastics in boiling water, microwaves, or oven, especially styrofoam. And it is wise to avoid allowing bottled water to sit in a hot car, and then drink the water. It is true that the bottled water has most likely been stored in hot warehouses and trucked in hot trucks, so avoiding bottled water in BPA-plastics is best whenever possible. Glass containers and BPA-free plastics for foods and hot drinks are excellent alternatives where available.

BPA's are used to coat many cash register receipts that end up in purses and drawers.[177] *The avoidance of handling these receipts is a good idea.*

More than 90 percent of Americans have detectable BPA in their urine. A new study has found that high levels of urinary BPA are associated with an increased risk of childhood obesity.[178] *Scientists randomly selected 2,838 children ages 6 to 19 from participants enrolled in a larger health study, and measured their urinary BPA levels. About 34 percent were overweight; nearly 18 percent were obese. The researchers found that the children with the highest BPA concentrations had about twice the rate of obesity as the 75% of children in the lower BPA group, even after controlling for age, income, parental education, TV watching and diet.*

Food addictions

We have become a world of addictions. Addictions make money for the suppliers of our food because we want more and more of their products. We are addicted to sugar and high fructose corn syrup - to sweet things. We are addicted to wheat and other carbohydrates which break down quickly in our bodies to sugars. We are addicted to caffeine in our coffee, tea and soft drinks.

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[175] Nakazawa H, Yamaguchi A, Inoue K, Yamazaki T, Kato K, Yoshimura Y, Makino T. In vitro assay of hydrolysis and chlorohydroxy derivatives of bisphenol A diglycidyl ether for estrogenic activity. Food Chem Toxicol. 2002 Dec;40(12): 1827- 32.

[176] Howdeshell KL, Peterman PH, Judy BM, Taylor JA, Orazio CE, Ruhlen RL, Vom Saal FS, Welshons WV. Bisphenol A is released from used polycarbonate animal cages into water at room temperature. Environ Health Perspect. 2003 Jul;111(9):1180-7.

[177] Lunder s, Andrews D and Houlihan J. Synthetic estrogen BPA coats cash register receipts, published by *Environmental Working Group July 27, 2010.*

[178] Trasante study published in The Journal of the American Medical Association
the study's lead author, Dr. Leonardo Trasande, an associate professor of pediatrics at the N.Y.U. School of Medicine.

Real water

Because water is absolutely crucial to life, it is a most important part of your real life. Water makes up more than two thirds of your body. Every body system depends on water to function. The cardiovascular circulatory system of heart, blood vessels and blood is water. The blood is 92% water, which is needed to carry nutrients to your cells. (Or you die.) The lymphatic system of lymph vessels and nodes which gather toxins, bacteria, viruses, dead body cells and used proteins requires water to flush toxins out of the system. The digestive system requires water as it breaks down food into energy and nutrients for your cells. Water lubricates your digestive tract from saliva through digestion through the entire tract. Without water the enzymes and processes of the mouth, stomach, intestines, liver and pancreas would not function. The endocrine system requires water to dilute and carry hormones throughout the body from the pituitary, adrenal, thyroid and reproductive glands. Your integumentary system of skin protects your body and prevents loss of your vital water, as well as balancing the hydration of your cells through sweating. Your water regulates body temperature through sweating and constricting or dilating blood vessels. You see that life depends on water!

Your muscles could not move your body and bones without their water content, and the connective tissues of the joints, ligaments, tendons and cartilage need water to avoid becoming brittle. Water lubricates your joints and cartilage. Without its water, the cells of your brain cannot survive, and your nervous system could not coordinate internal organ function. Your lungs are 90% water which is necessary to modulate the gases in the blood and keep the lungs, nose, trachea and bronchi moist. You are dependent on a moist environment in your eye, ear, nose and throat tissues. Water lubricates your eyeballs. Your urinary and excretory systems remove wastes and toxins through water flushing of the systems, and also maintain water balance in the body. This water balance has been called a "drought management system" to deal with mild dehydration and to try to prevent severe dehydration. And, just like huge oak trees that begin to show signs of damage in a drought, and eventually die in and after periods of drought, your body is damaged by chronic dehydration.

You could live only a few days without water intake. Because your brain is 95% water, when your body loses 2% of its water, you experience symptoms and signs of dehydration. Some of these are headache, feeling drained of energy - tired, fatigue, difficulty remembering even the simplest things, trouble doing easy arithmetic, and vision difficulty when reading or using a computer screen. Medical experts have estimated that about 75% of Americans are in mild chronic (most of the time) dehydration (lack of enough water).

You need a lot of water every day because you lose water through breathing, perspiring, and in urine and bowel movements. You must replenish the body's water.

Your drinking water should be clean and free of chemicals and toxins. According to the EPA,[179] there are public (city) water systems in the United States that violate the "safe levels" set by the EPA. These "safe levels" define the low levels toxins and contaminants that the EPA considers "safe." (Which are not good for you, even if they are considered "safe.") And, the Environmental Working Group [180] finds other harmful chemicals, not regulated by the EPA, in public water supplies. Some of these are carcinogenic (cancer-causing), as is chlorine disinfectants that are added to our water supply to kill other microorganisms.

It is prudent to filter all your drinking and even cooking water to remove the contaminants. As to filters, there are many types, counter-top systems, water bottle and pitcher filters, and permanently installed faucet, refrigerator or whole house systems. Research and choose one that filters the most contaminants possible for your family.

How much water do you need? Your answer depends on your heath, your climate, and your level of exercise. The Mayo Clinic reports that the Institute of Medicine says[181] that if you are an average healthy adult living in a temperate climate, an adequate intake for men is roughly 3 liters (about 13 cups) of total beverages a day. The adequate intake for women is 2.2 liters (about 9 cups) of total beverages a day. Also remember that coffee, tea and soft drinks are diuretics due to caffeine. These beverages cause your body to lose water. When you don't get enough total water, your cells start to take water from your bloodstream. As Dr. Andrew Weil says, [182] then "blood gets sludgy, your heart must work harder, and your body starts to redirect blood away from less vital areas." Even "decaf" beverages have some caffeine. So, if you are drinking these beverages, add extra water to keep yourself better hydrated. Giving up caffeine is best, and moderating it helps. Drink extra water when exercising, during hot weather, and when you are tired or sick.

Real fruits and vegetables
Many studies show that eating lots of fruits and vegetables has health benefits. This includes a lowered risk of heart diseases and cancer, easier weight management and easier blood pressure control.

And recently, a study by Sarah Stewart-Brown, M.D., of 80,000 men and women showed that the more fruits and vegetables the men and women ate, the happier they

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[179] http://water.epa.gov/drink/guide/upload/book_waterontap_full.pdf

[180] http://www.ewg.org/ourwater

[181] http://www.mayoclinic.com/health/water/NU00283

[182] http://www.drweil.com/drw/u/id/QAA57092

were. Those who ate seven servings a day were the happiest. Eating fruits and vegetables was shown to boost life satisfaction, mental well-being and happiness.[183]

In reviewing the study, Andrea Giancoli, R.D., and a spokeswoman for the American Academy of Nutrition and Dietetics, said, "The study validates changes that some dietitians see when clients begin eating more fruits and vegetables." The study was not funded by any produce organizations. It is good news. We can eat real fruits and vegetables and be happier.

One fruit to consider if you aren't already eating it, is the pomegranate. The word pomegranate translates to "seeded apple." It is low in calories, especially high in vitamins C and K, and especially high in folic acid. Its phytochemicals (phyto = plant) include polyphenols (powerful anti-oxidants), quercetin, tannins and anthocyanins. Health benefits from eating pomegranates include reducing risk of cancer, heart disease, diabetes, Alzheimer's Disease, and support of your immune system, brain, heart, and of weight management.

As Michael Pollan, food writer says,

> *"Eat food. Not too much. Mostly plants."* [184]

Some ideas for enjoying Real Food -

You can:

- *Enjoy your food as you eat.*
- *Feel gratitude for your delicious food as you eat.*
- *Eat around a table at mealtimes with people you love, and without TV.*
- *Shop at farmers' markets.*
- *Eat more fruits and vegetables.*
- *Look for and eat organic foods.*
- *Shop around the periphery of the grocery store, taking advantage of produce, meats, all as organic, hormone free, antibiotic and additive free as we can find and afford.*
    - *This means avoiding the middle aisles full of processed, boxed, canned and frozen foods on the shelves (like toxic wheat and corn cereals, "mac and cheese", frozen dinners, pretzels, chips and snacks.)*
- *Avoid wheat, corn and soy, whether organic or not. These are mutated / modified and toxic.*
- *Avoid potatoes.*
- *Shop for and use BPA/plasticizer-free plastics in water bottles, travel mugs, baby bottles, baby teething and other toys, cups, dishes, plates and flatware*

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[183] Stewart-Brown S and Oswald A. 2012. The research is to be published in Social Indicators Research. reported by WebMD Health News online.

[184] Pollan, Michael. Unhappy MealsThe New York Times Magazine, January 28, 2007

- *Avoid styrofoam cups and other styrofoam food containers.*
- *Avoid heating plastics in the microwave and releasing plasticizers, including and especially STYROFOAM.*
- *Avoid cooking foods in plastic bags in the microwave or boiling water*
- *Avoid leaving plastic water bottles in hot cars, which increases the release of BPA's into the water.*
- *Avoid handling credit-card and gas receipts to avoid the BPA's in the coating.*
- *Avoid buying any "food" where you buy your gasoline.*
- *Read labels and act on them, avoiding toxins/unreal ingredients.*
- *Read labels and avoid:*
  - *heat-produced hydrogenated and partially-hydrogenated oils*
  - *corn (genetically modified)*
  - *other Genetically Modified foods*
  - *soy*
  - *HFCS (High Fructose Corn Syrup and corn syrup solids)*
  - *wheat*
  - *processed and packaged "pre-made" foods*
  - *MSG*
  - *Acrylamide*
  - *mechanically separated meats and poultry - MSM and MSP*
  - *canned foods when the cans are lined with high BPA epoxies*
  - *nitrites and nitrates*
  - *any food that lists more than five ingredients*
  - *any food that has ingredients you don't know are healthy*
  - *added sugars and sweeteners*

- *Educate your children and provide only healthful food in your home.*
- *Learn to cook and teach cooking with real ingredients in schools.*
- *Pack healthful lunches the night before for easy grab-and-go in the morning.*
- *Prepare oatmeal from steel-cut oats and rolled oats instead of packaged oatmeal filled with not-real additives and sugar.*
- *Eat Greek yogurt made from real ingredients and add real fruit without sugar or other sweeteners, instead of processed toxic-laden yogurts.*
- *Give up -or reduce - caffeine.*
- *Use virgin coconut oil (not made from copra) in your nutrition, to provide omega-3 fatty acids to your brain cells.*
- *Prepare and eat wild-caught salmon, to provide omega-3 fatty acids as well as astaxanthin to your brain cells.*
- *Learn to prepare and eat vegetables - whole real foods, and some fruits. (Fruit has high contents of natural sugars and so should be used in moderation for the best health.)*
- *Include pomegranates in your family's nutritional plan.*
- *Push policies to return farming back to local environments and small farmers and eliminate requirements for toxic preservatives.*[185]

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[185] de la Monte SM. Insulin resistance and Alzheimer's disease. BMB Rep. 2009 Aug 31;42(8):475-81.

- *Drink lots of clean fresh filtered water for health!*

- *Enjoy your food more, take care of your bodies and be healthier!*

As Dr. Mark Hyman appeals,
"Make your body your home."

As Mel Zuckerman, founder of Canyon Ranch said, '
Take care of your body.
If it wears out, you won't have any place to live.' "[186]

This is real - making your body your home, taking care of your body with real foods and avoiding the unreal chemical, heat-treated, genetically or radiated - modified, and toxic alternatives. We can believe in, eat, and enjoy real foods. Real health awaits.

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[186] Hyman, MD, Mark. Ultrametabolism, Companion Guide. p 152. published by Dr. Mark Hyman. 2006.

5

Real Parenting:
Give Your Children a Real Childhood

“This is the nature of being a parent.
You'll love your children
far more than you ever loved your parents, and
-- in the recognition that your own children cannot fathom the depth of your love
-- you come to understand the tragic, unrequited love of your own parents.”

Ursula Hegi (1946-)
German-born American writer

”Making the decision to have a child is momentous.
It is to decide forever to have your heart go walking around outside your body.”

Elizabeth Stone, American author

“When you put faith, hope and love together,
you can raise positive kids in a negative world.”

Zig Ziglar (1926 - 2012)
American author, salesman

“When you teach your son, you teach your son's son.”

The Talmud

Being a parent usually begins when we are barely grown up ourselves. And, raising children is a tough job. Our children certainly are our greatest teachers. We set out to raise our children and, unbeknownst to the children, they teach us more - more about love, more about the world, more about growth, more about who we are, and more about who <u>our</u> parents were when we thought otherwise.

As Elizabeth Stone said, having children is to have your heart walking around outside your body. We hold our breath, trying to do a magnificent job for our children, then hold our breath to see if we did. We are scared to death that we'll "mess up." Then we find ourselves yelling at our child. Did we mess up? Did we ruin everything for our child? And just when all seems to be alright, we find it happening again. We want nothing more than to see our child happy and successful. And yet, that precious child can be so maddening. It is a difficult job, this being a parent and raising children.

Real security

> *"The thing that impresses me most about America is the way parents obey their children."*
>
> *~ Edward, Duke of Windsor (Look Magazine, 5 March 1957)*

Real security is made up of yin and yang (shadow and light), complementary forces, that make the whole greater. One cannot exist without the other. Real security for our children is the yin of protection and the yang of experiencing and learning to live in the world of risks and challenges.

There is nothing a good parent wants more than to have his child safe. And so, we protect our children. Yet, real safety is a complex thing. The child's ultimate safety is dependent on the child's experiencing and learning to live in the world with its risks and dangers. Our real job is to teach our children the reality of the existence of boundaries, what is acceptable, and how to live peacefully and happily within the boundaries. This creates an awareness of life's "safe zones" in your child.

The way to give a child the awareness of boundaries, the ability to deal with the boundaries, and the ability to keep him/herself safe, is to set limits and stick to those limits. John Rosemond, nationally syndicated columnist, child psychologist and author,

says that a parent should say "No" much more often than he says "Yes."[187] *Our own unsureness can make it difficult to say no. We want to please our child, which is often not the best for the child.*

"No" is actually a positive answer when coming from a parent. It gives the child the security of knowing you are in charge (protecting him/her). The world can be a frightening place for the child who has to set his/her own limits. Your protection and limits are protective, so make the child aware you are capable, in charge and caring for him. Your child learns your values and will pass them down to his/her children. In the future, he/she will fall back on the role model you presented.

Don't be afraid to say "no".

Children have no problem expressing their displeasure. Asking "why" is a way children complain ("why-ning"). Recognize your child's willingness to push you. Recognize the gift, in that your child is willing to test and try, so that he can find the limits. Real security for your child is learning the limit and knowing you will be sticking to it. The constantly recurring decisions of limits vs. indulgence and giving in, are your opportunity. A cycle of indulgence can handicap your child for life.

On the other hand, expecting and helping your child learn to cope with limits - like the real world expects - and helping him learn to do this, begins to teach him responsibility.

"If you want children to keep their feet on the ground,
put some responsibility on their shoulders."

Abigail Van Buren (1918 -)
(Pauline Philips), Advice Columnist

In order for your children to learn to make good choices, they need your guidance, mentorship and role-modeling. Do not be afraid to help your child to learn to choose well. It is important to help them choose relationships and friends, activities, healthy food, good values, good ethics and to do the right thing - always. You have final say on your child's decisions. It is not only ok, but important to be sure the choices benefit your child. You have final say on your child's friends. If there is a schoolmate or playmate that does not seem to be a great friend for your child, it is important to teach your child that being kind and gracious to that child is good, but spending time with and mimicking that child's behaviors are not good choices. It's good to say to your son or daughter, "We don't like that child's choices. He is not a good friend for you."

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[187] http://www.jewishworldreview.com/1210/rosemond_parenting101b.php3#.UMwNI6UqU20

Keep track of what your child is doing, who your child talks to, plays with, emails, calls, and texts. Mentor and control your child's relationships.

Internet security:

What goes on the Internet, <u>stays</u> on the Internet - unfortunately!

As incredible a resource as it is, the Internet can be dangerous. Internet stalking and dangerous - even fatal liaisons have occurred with children using the Internet. Poor use of the Internet can ruin your child's chance of getting into a good college or a good job later in life. Because children, including teenagers, do not realize and understand the longevity (forever) of the record of their Internet use, they cannot imagine that colleges and employers are hiring firms that search and find Internet references to and from an individual. A survey of 500 top colleges in 2008 found that 10% of admissions officers used Internet social-networking sites to evaluate applicants.[188] And this was in 2008. It is greater now. Of those schools, 38% of the schools said that they were "negatively affected" by what they found on the applicants' sites. Some schools had rejected students because of what was on the sites. In fact, Kaplan, the company doing the survey, reported that one university rejected a student after the student raved about the school while on campus then trashed the school online.[189] University of North Carolina reported using the Internet searches to find use of alcohol, tobacco and other drugs in their background checks of applicants.[190] Employers evaluating potential employees are interested in references to drunken parties, insensitive jokes and foul language. It has become commonplace to utilize such background checks in evaluating applicants for jobs and colleges.[191] There is no reason for a child to have an unmonitored computer in his or her room. There are good reasons for a child NOT to have an unmonitored computer available. These include sexual references, pictures and links as well as "dirty talk" between children who email or text when unmonitored by adults.

Monitor and control your child's Internet use. Use surveillance software on all computers in home used by your children to check and be aware of their Internet use. If you see references that are unwise, inappropriate and potentially harmful, stop the use before it affects your child's future. Monitor and control to protect and to teach your child.

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188 Hechinger, John. http://online.wsj.com/article/SB122170459104151023.html

189 Ibid

190 http://sogpubs.unc.edu/electronicversions/pdfs/pelb38.pdf

191 Kwoh, Leslie. http://online.wsj.com/article/SB10000872396390443759504577631410093879278.html

Give your child real security. Set your limits and stick to them. It will create real responsibility in your child.

What a child doesn't receive he can seldom later give.

P.D. James, (1920 -)
Baroness and British Author of
Time to Be in Earnest

Our son is a senior in college. He graduated with his Bachelor's degree this year. He maintained a 3.6+ GPA. When he was two years old he was diagnosed as PDD/autistic. He would be the first to tell you that what made him able to be successful in college is knowing and respecting limits and rules.

Real self-esteem
We all come to this earth, living in an "earthsuit" (our physical body), and living with a personality (our ego). The psychologists explain how our self-view, the ego's view we each have of ourself, is one of doubting our worth. Much has been written and spoken about building our children's self-esteem so they can feel worthy. But just telling a child they are wonderful (worthy) doesn't work. The only thing that works to build the child's sense of worthiness is for the child to do hard things over and over. It turns out that when we help our child reach farther, be brave, go farther, and work to accomplish more, we see their sense of worth grow.

Real self-esteem comes from doing hard things over and over. For a toddler, coping with not getting to do what he wants is a hard thing. That's the place to start.

When a toddler, our granddaughter earned the nickname, Princess Ida Wanna, with her frequent statements of "But I don' wanna." It was an honest statement. We understood her position, so our response was one of understanding and staying the course, making sure she did the hard thing (for her) and did what was expected. If that meant holding that little hand around each toy as it was picked up and put away, that was fine.

Give your child the gift of real self-esteem. It creates happiness and confidence!

"Don't handicap your children by making their lives easy."

-Robert A. Heinlein (1907-1988)
American Author

When beginning this chapter, we asked our 16-year old daughter, then serving as a United States Senate Page in Washington, D.C., "What should we write about in the chapter on 'Giving Your Child a Real Childhood'?" She said the following:

- *Don't be afraid to say no.*
- *Make your child aware of other people first.*
- *Make your child a real part of the family - chores, cooking, etc.*
- *Be sure your child is learning to be neat and clean. Today I noticed how nicely my bed was made. It made me happy. I don't know how I did that at five a.m., but it made me happy.*
- *Instill good habits.*

Her answers are spot-on. These create happiness and confidence!

Real education

"Don't let school get in the way of your child's education."

- paraphrased from Mark Twain (1835 - 1910)
American Author

Experiencing real life is a critical and determining factor for our children's education. Today, many children have real life mixed up with imitation life in movies and television. Watching a movie about riding a horse does not teach a child how to ride. Watching a "reality" TV show does not teach a child how to live real life. Philosopher Alan Watts called television and movies, "imitation life." This label fits well. Limiting time spent watching imitation life will help your child's education. It will also help your child live a <u>real life.</u>

Real education also comes from travel, play time with board and card games, family time, cooking, being outside, working with one's hands - art, pottery, gardening, building, cleaning one's environment, music, Great books and great literature, and other such pursuits.

Have your child learn a foreign language, music and math. This broadens career possibilities, as the world is becoming a smaller place. Music and math utilize similar pathways in the brain.

Keep your children busy with lots of activities that stir creativity, like art, music and games.

Television, computer screens (including tablet computers, and smart phones), computer games, expose children to unreal (imitation) life. We have been taught to think that screens and related electronics educate our children. But the research has clearly shown that instead, the use of electronic media actually shortens attention span and ability to persevere in the face of challenging tasks. Screens interfere with the development of certain critical thinking skills and develop a dependency that leads to frequent complaints of boredom.[192] Researcher Ms. Rideout also found that children and teenagers ages eight to 18 on average spend twice as much time with screens each year as they spend in school.

Dr. David Spiegelhalter,[193] reported that watching television for two hours for one day shortens one's life by one-half hour. Multiply that 30 minutes by 365 days, then by many years! Watching TV shortens your life.

And, a recent report by Dr. Julian Ryall of Tokyo tells us that use of screens cause a deterioration in cognitive abilities that is more commonly seen in people who have suffered a head injury or psychiatric illness. The digital screens affect attention and memory span, and cause emotional underdevelopment, with children more at risk than adults because their brains are still growing. And doctors report that the situation appears to be worsening.[194] Dr Manfred Spitzer's 2012 book, "Digital Dementia" warns parents and teachers of the dangers of allowing children to spend too much time on a laptop, mobile phone or other electronic devices. The German neuroscientist warns that the deficits in brain development are irreversible.[195]

Nobody says it better than child psychologist John Rosemond. Read his books and his wonderful down-to-earth parenting advice telling how to raise well-equipped, independent, successful children.[196]

Involve your children in cooking meals and in dinner table discussions. Start your meal with gratitude and have the children take turns leading, naming a couple of wonderful things about their day. Teach them to express gratitude for the food. If the family has worked together to prepare the meal, this is an opportunity to express gratitude

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[192] Pew Research Center and Rideout V. Common Sense Media. reported at http://www.nytimes.com/2012/11/01/education/technology-is-changing-how-students-learn-teachers-say.html? pagewanted=all&_r=0

[193] Spiegelhalter D. Using speed of ageing and "microlives" to communicate the effects of lifetime habits and environment. *BMJ* 2012;345:e8223 (Published 17 December 2012)

[194] http://www.telegraph.co.uk/news/worldnews/asia/southkorea/10138403/Surge-in-digital-dementia.html

[195] Spritzer, Manfred. Digital Dementia/Demencia Digital. Editions Barataria, 2013.

[196] www.herald-dispatch.com/life/x1261706276/How-to-raise-well-equipped-independent-successful-kids www.rosemond.com

together. Meal times should be full of positive energy without complaining or arguing, a time of sharing and expressing gratitude and love for one another. Consider inviting friends for family meals and enjoy learning about them and making them feel loved by every member of the family. Have your children stay at the table for the entire meal, beginning by working together to serve the meal and to family and guests. Then after the meal, the children should clear the table and clean up the kitchen. This makes your children become real parts of the family and teaches them how to someday help their children do the same.

In our family we divided the end of the meal clean-up into PPL (pots, pans and leftovers), TC (table and chairs) and SSC (stove, sink and counter). While the TC person cleared the table, cleaned off the table, and made sure the chairs were in place, the SSC person was washing and loading the dishwasher while the PPL person put away leftovers and helped with getting all the dishes loaded. Then the PPL person washed the pots and pans, while the SSC person cleaned the sink and counter and the TC person backed up the whole operation. Nobody was "finished" until all were finished, yet each person spearheaded one area, teaching responsibility and leadership. The acronyms helped the children remember, and they rotated the jobs each month. The children found it exciting to be leaving one job for another as the month changed!

Spend time as a family outside - in your yard, in parks, taking walks in the neighborhood, and on family outings. If your home design and weather permit, it is wonderful to eat outside, to sit around a chiminea or fire pit, and to enjoy flowers and plants that are around you. Yard care is an invaluable real activity that allows your child to appreciate his handiwork and the beautiful earth.

Family games can be fun family activities which develop children's brains and keep their parents' brains active and healthy.

Children should reflect the values of their parents and family. Spend the time necessary to teach them your values. Arrange for your children to be in the company of extended family and friends who share your family's values. Keep your children connected to these people where values and love can be shared.

Organize the family around goals, values and skills you want to teach the children, to equip them for their present life and for their future lives. Build relationships around values. Be consistent and persistent! What you are modeling to your children is, "We don't do it only when we feel like it." You are showing your children that it is not, "I wish we would/could….", but rather, "We are going to."

Real education creates genuine self-respect, and respect for parents, teachers, friends, and for others.

Real Love in parenting, as in all relationships, is a love of forgiveness and is positive - positive while full of limits so the beloved child can learn to function in the world; positive while full of constraints, expectations and beliefs in possibility, so the beloved child can become and do all that is possible.

Some ideas for giving your child a real childhood -

You can:

- *Get your children outside to play.*
- *Teach the realities of boundaries: Say "No" a lot.*
- *Set limits and stick to them.*
- *Be consistent.*
- *Be persistent.*
- *Read child psychologist John Rosemond*
- *Help your child learn to eat a healthy diet.*
- *Give your child responsibility and expect them to take it.*
- *Make sure your child is a real part of the family - chores, cooking, cleaning.*
- *Teach your children to express gratitude often.*
- *Have family meals together as often as possible.*
    - *Start and end the meals together.*
    - *Include your children in the conversations.*
- *Teach your child about your family's values.*
- *Have your children make, and learn to love, music.*
- *Avoid screens as much as possible- Internet, games and TV.*
- *Keep your child busy with healthy activities.*
- *Limit cell phones and texting to necessary use only.*
- *Be constantly aware of your child's Internet, cell phone and texting use.*
- *Provide Internet safety by monitoring and controlling the use.*
- *Keep track of what your child is doing.*
- *Help your child be aware of other people first.*
- *Teach children to be respectful.*
- *Teach children to be helpful.*
- *Teach children to enjoy sharing with others.*
- *Enjoy educating your child with family games, art projects gardening, cleaning.*
- *Read to, and with, your children a lot.*
- *Travel with your children and point out nature's beauty, plants, flowers, history.*
- *Make your family your child's most important relationships.*

6

Real Magnificent Outcomes and Miracles

“You can make positive deposits in your own economy every day by reading
and listening to powerful, positive, life-changing content
and by associating
with encouraging and hope-building people.”

Zig Ziglar (1926 - 2012)
American author, salesman

"The keenest sorrow is to recognize ourselves
as the sole cause of all our adversities."

Sophocles (496 BC - 406 BC)
ancient greek tragedian

Imagine starting your day with the thought, “I am so grateful for the magnificent outcomes and miracles I will receive today.”

Sophocles’ quote above holds within it the yin and the yang. Our earth is one of opposites, complementary forces, that are actually interconnected and interdependent on each other. To have one we must have the other. What great news! To experience

Sophocles' recognition that we ourselves are the sole cause of all our adversities is to recognize that we ourselves hold within us the connection to magnificent outcomes and miracles.

"There are some people who live in a dream world,
and there are some who face reality;
and then there are those who turn one into the other."

Douglas Everett

So, there you have it. It is within you. YOU have it. YOU can create adversities OR magnificent outcomes and miracles. YOU choose.

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."

~George Bernard Shaw

"It's choice - not chance
- that determines your destiny."

~ Jean Nidetch (1923 -)
Co-Founder, Weight Watchers

Creating magnificent outcomes and miracles is a natural result of the positive energies of gratitude, loving others and doing for others. The intentions of gratitude and love shine through a person. Joy and love are evident to others. Loving others is born of your gratitude. Loving others radiates from your inner joy.

Do you choose joy? Gratitude takes you to joy. Feeling grateful - thankful, fortunate - replaces your negative energies. It is difficult to dwell on the negative when you feel grateful. Thoughts create energy. Use positive thoughts to create positive energies.

All thoughts become brain energies. Positive and negative thoughts can be measured by instruments such as EEG and polygraph tests. Positive energies are much more potent than the energies of depression and apathy. This is why gratitude can create healing. The strength of the fast, powerful positive energies changes the body's immune system and helps fight infections, improves heart health, and provides healthy energies to the entire body and mind. Gratitude is a particularly powerful positive energy.

The old saying,

"I was sorry that I did not have shoes
till I saw a man with no feet"

...reminds us how easy it is to find things for which we are grateful. Consider your gratitude for the simplest things, like your pillow, your bed, your home, your toothbrush, your water to drink, your computer, your education, your showers and hair-washes, hot tea or coffee, as much delicious food to eat as you like, warm clothes, the sunshine, singing birds, rain, transportation, exercise, friends, family, mornings, evenings, a roof to keep your house dry, people to hug, the touch of loved ones, play, vacations, work, love, kindness, people around you, sounds of your children, smiles, clocks and watches, electricity, lights in the evening, dark in the night, shoes....

Gratitude for the simplest things is the answer to the complementary negative energies of adversity in your life. Think of your gratitude first thing in the morning as you awaken and get out of bed. Think of your gratitude before you sleep each night so your sleep and dreams will be filled with your gratitude. And, whenever you feel low, begin immediately to change that energy to powerful positive energy - simply count your blessings, one by one. Say thank you, thank you, thank you.

JOY can be found within you. Joy comes from within. We must look in our Self, the part of us that is connected to the Universe, our Divine part. We can call our self (with a lower-case "s"), the part of us that exists only on this earth, with an "earth suit" (body) and an ego (human personality). It is this self that gets stuck in the lower, slower energies of negative thoughts. When we explained to him where to find his joy, our son Trey came back with these:

J - just,

O - observe,

Y - your Self. JOY is found in your Self.

Gratitude connects you to your Self and to your JOY.

H - help

O - other

P - people

E - excel.

As Zig Ziglar said, "You can have anything you WANT
in life if you will help enough other people
get what they WANT!"

Some ideas for manifesting magnificent outcomes and miracles -

You can:

- *List the simplest things and think about gratitude every day - the more the better.*

- *Understand the power of your thoughts and emotions:*

    - *What you think about and dwell on emotionally, creates energies that bring you more of what you think about.*
    - *Put another way, Joel Osteen says it like this: "Your words have creative power. Whenever you speak something, either good or bad, you give life to what you are saying."*

- *Practice surrendering (letting go of) your negative thoughts and emotions; just think, "Cancel that!" - and learn to dwell in the happiness and joy of your life.*

- *Remember JOY - "Just Observe your Self."*
- *Have HOPE. You can Help Other People Excel.*
- *Choose positive emotions which are made up of higher, faster energies.*
    - *They feel better and bring the positive to you.*

Expect magnificent outcomes and miracles - every day.

7

Real Wealth

"Rich people have small TVs and big libraries,
and poor people have small libraries and big TVs."

~ Zig Ziglar (1926 - 2012)
Author, Salesman and Motivational speaker

"Money is magnetic energy.
You are a magnet attracting to you all things,
via the signal you are emitting
through your thoughts and feelings…
Become a powerful magnet
for the creation of personal wealth."

~ Rhonda Byrne

Believe you are rich. Because you are.

Wealth is real. Wealth is the result, and the physical expression, of positive beliefs. Belief in abundance, joy and gratitude brings you to positive, magnificent outcomes. The converse, the yin-yang polar opposite, is the negative belief in lack and fear, which brings you to negative outcomes.

Real wealth is abundance - of positive thoughts and energies. When people think about wealth, they think about money. Wealth actually comes before money. Real wealth begins when a person decides to live in joy and gratitude.

"We were poor but we didn't know it."

Often you hear these words from someone who grew up during the Great Depression. These people realize they had little money but real wealth. "We were poor," means not much money. "But we didn't know it," means real wealth in spirit, belief in the goodness and joy of life. This creates a real willingness and passion to put energy toward the future. The families believed in a bright future. The parents' beliefs were that their children would do better and have more. The children learned those beliefs. Guess what happened? They did better and had more. It is something that is beyond wishing. It is belief. Wish is a desire that something might happen; belief is the direction of energy toward the goal.

Belief not only creates positive energy toward the goal, but also provides action on the part of the believer.

In Mississippi in the 1950's, a woman abandoned her husband and six children. The husband had just lost his job. Local people from his church put together what money they could to help him for a while, but the folks didn't have much money. The man went to the grocery store to buy food for his family. He realized there wouldn't be any more money coming in from the church because most people in his church were poor also. He had an idea. He went straight to the meat department. He spent almost all the money on ribs. What little he didn't spend on ribs he spent on spices, paper plates and plastic forks. And, on his way home, he stopped by a funeral home to talk to a friend who worked there. When he got home he went to the woods behind his small home and cut hickory branches and dragged them back home. With an old sheet of plywood and a can of bright orange spray paint, he made a sign: "BBQ RIBS." There were no funerals that weekend, so he borrowed a tent and chairs from the funeral home and set them up in his yard, by the road. On Thursday night he started smoking those ribs with that hickory wood. He started rubbing those spices on those ribs. Anybody driving down that road could smell the delicious aroma of those ribs. By Friday, people were stopping by the tent on their way home from work. The ribs were good - really good. He and his six children started dishing out ribs on paper plates as fast as they could. By Saturday night he was out of ribs. He sweet-talked his friend at the funeral home and was able to borrow the tent and chairs again the next weekend. By the end of the summer he had bought his own tent and chairs. In the fall, he and his sons built a cinderblock building with a smokehouse out back. After a couple of years, they had to enlarge it, and after a few more years, they enlarged again. Then they built their second location. Today the fourth generation of that family runs the restaurants and they are quite prosperous. This man was wealthy before he started. He had zeal for life and possibility. Instead of sitting around, worrying, full of fear and empty wishes, he moved with confidence and belief. Our beliefs are incredibly powerful.

And by the way, he and his family donated far more money to their church than what their church gave to them on that bleak day. Even the church's beliefs brought prosperity!

In West Virginia in the 1930's, a young widow, Grace, lost her husband in a coal mining accident. Her oldest two children married right out of high school, leaving her with her youngest son. Grace had only completed the fourth grade, but she understood the value of a good education. She told her youngest, "To make something of yourself, you need a college education. No one in our family has ever gone to college, but you can do it."

Her little son was shy, but took what his mother said to heart. When the boy was just 15, Grace died. But still, somehow, this boy kept the dream of a college education alive. Staying with relatives, he tried out for the high school football team for the express purpose of someday getting a scholarship to a college or university. Though he was an orphan from very poor circumstances, he excelled in sports. He was president of his senior class in high school and captain of the football team. Sure enough, the scholarship offer came. After this young man graduated from college he helped his nieces, his nephews, and his own children all to go to college. Claude Hammond Sr. transformed the lives of his entire family. Rather than living in a poor coal-mining region of Southern Appalachia, today, the descendants of this poor West Virginia widow are prosperous, world-traveling, life-changing and dynamic people. It all started with a belief in education and in her son, of a woman with a fourth-grade education. Our beliefs are incredibly powerful.

Self pity is always counterproductive. Self pity creates thoughts of lack and need. Those thoughts produce negative energy of lack and of need. The result of self-pity is the polar opposite of abundance. It is lack.

Jealousy or judgement of someone else with money produces negative energy and blocks the flow of positive energy and abundance to you. Being pleased for another person with money or any other benefit creates positive energy and abundance in your life. HOPE, Helping Other People Excel in their flow of abundance brings the energy of abundance and avalanches of abundance to you.

Some ideas for manifesting Real Wealth -

You can:

- *Save it*
- *Invest it.*
- *Avoid debt.*
- *Live well.*
- *Avoid self-pity*
- *Avoid anger.*
- *Avoid jealousy*
- *Be grateful for everything.*

8

Real-ly Have It All

"We see the world, not as it is, but as we are"

The Talmud

We are what we think. All that we are arises
with our thoughts.
With our thoughts, we make the world."

Buddha

What must we think about?
Gratitude and love.

Real-ities
We all share the same world but we don't share the same realities. This is because we perceive things differently from each other. Perception means we identify and interpret sensory information - information which comes from our sight, hearing, smell, touch or taste. All perception requires our nervous system to receive signals from the environment, and requires our minds to experience the sensation and determine the meaning of it. Learning, memory and expectation shape our perceptions.

Harvard University researchers Daniel Simons and Christopher Chabris produced a video for an experiment.[197] Their video showed three people in white shirts and three in black shirts passing basketballs around. The viewers were asked to count the number of times the white shirted people passed the basketballs. In the middle of this short video, someone in a gorilla suit walked through the scene. The study showed that one-half of the people who watched the video never saw the gorilla, who was in plain view for nine seconds. The viewers were focused on counting the basketball passes.

All viewers shared the experience of watching the same video, but did not share the same reality. We all select the parts of our world that we can "handle." Our "reality" is

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[197] http://www.theinvisiblegorilla.com/gorilla_experiment.html

not necessarily shared by others. Married people experience this fact frequently when each finds they "see" things differently from their husband or wife. Argument does not cause an intersection of the two perceptions, or so-called realities. (Many times I have said to my husband, "Just think like me. Then it will be so easy!" -- as impossible as that is to do, we laugh every time.)

The reality we experience is individually created by our mind and is colored by what we think and believe, by our learning, our memory and our expectations. The same married couple with different perceptions and realities, were probably attracted to each other originally because of commonalities. But, as they got to know each other, the varied perceptions became evident.

In some way, we agree with others as to what is real. Shared or similar backgrounds, childhoods, memories and cultures help provide commonality, intersecting perceptions and shared beliefs. But even so, our perceptions will be our own.

Shaping our perceptions
We all want to perceive and experience our reality in the most productive, most joyous, least stressful and most loving way possible. But, everyone has habits that affect the way they perceive things and circumstances. There are people who see the world negatively during most of the waking hours of their lives, and what the mind thinks about enters the sleep and dream hours as well. Negativity can be contagious, like a disease. Longterm exposure to negativity can be destructive to our mental, physical and spiritual health. As Zig Ziglar said, "You can't fly with the eagles when you keep walking with turkeys." Instead, you can become that productive, joyous, loving person "by associating with encouraging and hope-building people."

In loving and helping each other, we all become greater and more real.

Living real

Beliefs have the power to create and the power to destroy.
Human beings have the awesome ability to take
any experience of their lives
and create a meaning that disempowers them, or
one that can literally save their lives.

Tony Robbins
Personal Power Coach

We can create a positive meaning in any experience of our lives. We have the ability to see our problems as solutions. When we begin to live as if -- we create the very experience and life we imagine.

Funny thing - "fake it til you feel it," actually works. To live real, we must live "as if." As contrary as it may seem, real life can come from pretending. It is like Aristotle's notion that acting virtuous will make one virtuous. It changes our habits.

"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny."

Mahatma gandhi

Some ideas for manifesting Real Life

You can:

- *Live with intention*
- *Breathe deeply and well.*
- *Listen hard*
- *Be wellness*
- *Play with abandon*
- *Laugh.*
- *Fake it 'til you feel it.*
- *Be grateful for everything.*
- *Love your friends*
- *Love all.*
- *Observe and avoid judgement.*
- *Encourage others*
- *Find encouraging people.*
- *Continue to grow.*
- *Continue to learn.*
- *Love what you do.*

- *Live as if this is all there is*
  - *because it is*
  - *for now.*

May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are
born of faith.
May you use those gifts that you have received,
and pass on the love that has been given to you.
May you be content knowing you are a child of God.

Let this presence settle into your bones,
and allow your soul the freedom to
sing,
dance,
praise
and love.
It is there for each and every one of us.

Prayer of Saint Therese(1897 - 1923, age 24)
from Liseaux, France
Sainted by Pope Pius XI, 1925

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