

Where Food Nourishes Body, Mind & Spirit!

January 2014

Joanne Irwin, M.Ed. 239-784-0854, 508-258-0822

joanneirwin72@gmail.com

www.plantbasednana.com

Food for Life Instructor, Physicians Committee for Responsible Medicine

"Our listening creates a sanctuary for the homeless parts of another person."

Rachel Naomi Remen

NEWS YOU CAN USE!



Naples, FL Events
Food for Life Classes

Dr. Michael Greger at the
US Dietary Guidelines
Advisory Committee
Iron

Amazing Celebration Story
Cheez Recipe

The Good News about Bok
Choy & Recipe

Banned Foods - Where &
Why

Holistic Holiday at Sea
Cruise

Words of Wisdom for 2014



I'm guessing that some of you might be wondering why the juxtaposition of snow scenes across from Florida citrus crops? With family in Florida and family in Massachusetts, my feet trod in both places, but my heart is always on Cape Cod. That said, I'm still most grateful for the beauty and warmth of Florida during winter months. The sun, clear blue sky, family and precious grandchildren, and for the many wonderful people I meet via my Food for Life program, all make Florida a nice respite for four months.

A daily practice of gratitude, for the good, the joys, and even for the dark and sad times of life, foment an inner sense of happiness. In turn, that inner, quiet happiness and peace are fertile grounds for health and wellness.

This newsletter is lengthy, but filled with important info for those interested in their health and wellness. Enjoy.

On that note, I'm sending all my readers out there an upcoming year filled with just that - peace, joy, gratitude, happiness and health!

NAPLES MEET UP EVENTS AND FOOD FOR LIFE CLASSES



Which food items do not belong??

Naples, Florida February 27, 2014 Meet-Up

These wonderful, inspiring monthly gatherings were started by author and plant based foodie, Linda Berson. Linda participated in my first ever FFL Series back in January '09. Since then her transformation has been remarkable. From becoming a student, to writing a book and having it published, to guiding her hubby's reversal of heart disease, Linda has become a passionate, avid spokesperson for the benefits of whole, plant based nutrition.

She has organized these monthly meet-ups so folks in the Naples community can gather for support, recipe sharing, cooking demos, education, and enjoying the great taste of healthy food.

The February 2014 meeting will take place on **Thursday, February 27th at Sushi Thai Restaurant on 5th Avenue**, Naples at 11:30. Following lunch, **Dr. Hank Venable will be giving a lecture on plant based nutrition at FGCU's Extension at 1010 5th Avenue, Naples**. The cost of that lecture is \$25.

For complete info, and registration details for the lunch and lecture (if you plan to attend) can be found at www.meetup.com. Then look for Naples Green Scene Vegans.

Linda's book: "The Green Scene Diet".



Food for Life Classes, Naples, Florida

Our 4-week January Food for Life series has begun at Cancer Alliance of Naples. That series is now closed. I'm always motivated and heartened by the wonderful men and women who open their minds and hearts to the information we share. They give me so much more than I give them. I'm grateful.

Two other series are scheduled for the season. All will be held at Cancer Alliance of Naples and **classes are FREE** to the public, thanks to a grant from the Martin Foundation.

March/April DAY Series: 4-Week Food for Life for Cancer Prevention/Survival & Overall Health and Wellness.

Begins March 17th, Mondays from 11 -1 for 4 consecutive Mondays at Cancer Alliance of Naples. 990 First Avenue South, Suite 200.

Registration is a must. Email or phone Joanne. Joanneirwin72@gmail.com, 239-784-0854

March/April EVENING Series: Same series as above, but will take place on Thursdays from 4 - 6 PM beginning March 20th for four consecutive Thursdays.

Each class includes DVD education from PCR/M founder, Dr. Neal Barnard (author, researcher and adjunct Professor at George Washington University Medical Center), resources, cooking demonstrations, and enjoying all prepared dishes in a safe, supportive group environment.

Classes will be limited to 20 participants. Registration is a must. Hope to see you there.

TESTIMONIES BEFORE 2015 DIETARY GUIDELINES ADVISORY COMMITTEE

This past week dignitaries from the Plant Based Family, and others from corporate America, addressed the 2015 Dietary Guidelines Advisory Committee in Washington, D.C. Dr. Michael Greger (M.D., Ph.D.) addressed the committee, and for those who haven't followed the hearings, here is his testimony. Dr. Greger is the real thing – a man of science, and brilliance; one who holds sacred the greater good.

Additionally, PCRM's lead dietician in D.C., Susan Levin, addressed the Committee along with two of our instructors, Dr. Mona Sigal and Sharon Klupt McRae.

Dr. Greger:

This week I had the honor of speaking before the 2015 Dietary Guidelines Advisory Committee, which is responsible for making evidence-based recommendations on the next round of federal nutrition advice. Normally such meetings devolve into a platform for moneyed interests to lobby on behalf of their corporate clients, but if you watch the [video](#) (password: DGAC011414), I think you'll be as surprised as I at the number of presenters pushing sane, healthy choices. For example, four out of the first five speakers promoted a plant-based diet. (If interested, you can watch the hearings.)

[Kathy Freston](#) closed out the morning session (min. [1:55:52](#)) and actress [Marilu Henner](#) shares a heartfelt appeal at [2:23:10](#).

The entire video is worth watching if just for the political education value. [Big Sugar](#) and [Big Meat](#) were on hand. You (almost) feel bad for the representative from the National Confectioner's (candy) Association. I took the industry defensiveness as a good sign, encapsulated in press [releases](#) such as "Keep Dairy in the American Diet, National Milk Producers Federation Urges."

The morning's highlight can be seen at [1:31:05](#). Dr. Mona Sigal had just gotten through condemning the USDA for their [cheese-pushing scandal](#) at the behest of the dairy lobby, decrying the inordinate role Big Dairy has played in manipulating the dietary guidelines. The audience broke out into laughter as the next speaker was introduced: Jill Nicholls from the National Dairy Council.

Here's a transcript of my comments (min. [17:18](#)):

In the *Permanent Journal* last year, the official peer-reviewed publication of our nation's largest managed care organization, a "[Nutrition Update for Physicians](#)" was published, which concluded that "Healthy eating maybe best achieved with a plant-based diet," which they defined as a diet that encourages whole plant-based foods and discourages meat, dairy products, and eggs as well as empty calorie junk. To quote their conclusion: "Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity," which of course describes a bulk of our population.

This sentiment was echoed last summer by the American Institute for Cancer Research—probably the most preeminent institution on diet and cancer risk—when they [explicitly endorsed](#) a diet revolving around whole plant foods: vegetables, whole grains, fruits and beans.

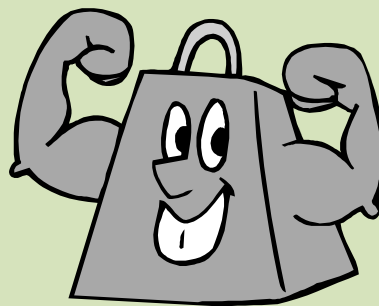
I've personally been eating a plant-rich diet since 1990, when Dr. Dean Ornish published his [Lifestyle Heart Trial](#) in *The Lancet*, angiographically proving that heart disease could be reversed with the help of a plant-based diet, opening up arteries without drugs, without surgery. If that's all a plant-based diet could do, reverse our number one killer of men and women, then shouldn't that be our default dietary recommendation until proven otherwise? And the fact that plant-based diets can also be effective in preventing, treating, and arresting other leading killers, such as type 2 diabetes and hypertension, would seem to make the case for plant-based eating overwhelming.

Now to the last Guideline Committee's great credit, the 2010 guidelines were a leap in the right direction, recognizing food as a package deal. Yes there's calcium in dairy, protein in pork, iron in beef, but because of the baggage that comes along (like the saturated fat and cholesterol), plant sources are preferable, because then the "baggage" we get is the fiber, the folate, the phytonutrients, etc.

I would like to see the committee be more explicit, though. When "eat-more" recommendations are issued, the messaging is clear—for example, "Increase vegetable and fruit intake." But when there's a conflict between USDA's dual role to protect the public while at the same time promoting agricultural products, recommendations often resort to speaking in cryptic

biochemical components, such as “Reduce intake of solid fats (major sources of saturated and trans fatty acids).” How about instead, eat less cheese. Or messages like drink less soda. Eat less meat, particularly processed meat. The American Institute for Cancer Research just comes out and says it: “Processed meat like bacon, sausage, and cold cuts should be avoided.” Period. They don’t need to sell food; they just want to prevent cancer.

I am not here today on behalf of the broccoli lobby (though I’d be honored to represent big broccoli). I am not here representing any financial interest. I am here as a physician, representing the interests of the hundreds of thousands of Americans that continue to suffer and die every year from chronic disease. And you can help them by recommending a more plant-based diet



IRON

People often ask, “If I’m eating plant based, am I getting sufficient iron in my diet?” You will, if you become aware and follow these recommendations from Matthew Ruscigno, MPH, RD, a vegan who is Chair of the Vegetarian Nutrition Group of the American Dietetic Association. Matthew is an athlete who has completed iron-distance triathlons. (I’d say he’s credentialed!)

If you eat a varied, healthy plant based diet that includes a balance of grains, legumes, nuts and seeds, and fruits and vegetables, Matthew doesn’t believe it is necessary to closely monitor iron intake.

There are two types of iron: heme which is found in animal foods, and non-heme which is from plants.

Vegetarians and vegans may have lower iron stores than omnivores. Note that while those stores may be lower in vegetarians and vegans, they do not have higher rates of anemia. In the research, many vegetarians’ stores fare low-normal, but that doesn’t mean those stores are less than ideal. There’s some evidence that low-normal iron stores are beneficial: improved insulin function, and lower rates of heart disease and cancer.

The best sources of iron:

Legumes: lentils, soybeans, tofu, tempeh, lima beans

Grains: quinoa, fortified cereals, brown rice, oatmeal

Nuts & Seeds: pumpkin, squash, pine, pistachio, sunflower, cashews, unhulled sesame

Vegetables: tomato sauce, Swiss Chard, collard greens

Other: blackstrap molasses, prune juice

Ways Vegetarians and Vegans can absorb more iron:

The less you eat, the better it is absorbed. (Eating smaller amounts throughout the day increases iron absorption.)

Eat non-heme iron foods with vitamin C foods, and absorption can increase as much as 5 times! (Think beans and rice with salsa, falafel with tomatoes and hummus with lemon juice. Note that some iron sources, like dark leafy greens, broccoli, and tomato sauce already contain vitamin-C.

Avoid coffee and tea when eating high-iron meals. (Coffee, even decaf, contain tannins that inhibit iron absorption.)

Cast iron skillets increase iron absorption. (Here's where I take issue:: If you read the latest research from Dr. Neal Barnard, as noted in his book "Power Foods for the Brain", excess metals have been linked to Alzheimer's. He does not recommend cast iron skillets. Excess iron can have negative effects on our health. Best cookware is stainless steel, ensuring that no metals are leached into our foods.)

Ending on a Cheery Note:

Some research shows that vegans have higher iron stores than vegetarians. Reason being that vegetarians eat eggs and dairy products, both of which contain almost no iron. When they get smart and give up the eggs and dairy, and consume a whole foods, plant based way of eating, their iron stores increase. How good is that?



A CELEBRATION STORY

(If you think it's too late to change, read this. You'll be amazed and inspired.)

Often, some of us old time instructors are asked to mentor and support newly certified instructors. PCRM provides excellent ongoing support for all of us.

Over the years, I've supported and met wonderful, committed individuals, and though they think I'm mentoring them, it is I who am the grateful recipient of their motivation, knowledge, and experience.

In December I met one of our new instructors, Barbara Mathison, and after speaking with her, and following her website (www.nutritiousway.info), I asked her if she would share her story. So here is Barbara, a Liza Minelli look-a-like, in her own words:



BEFORE



AFTER

"I spent over a half century of my life working my way through many bowls of pits to finally turning my life into a bowl of cherries! I was an obese (30 to 110 lbs overweight) and unhealthy meat-sugar-dairy-aholic! By the time I was 63 years old (7 years ago) I had already had an extended mastectomy, suffered the loss of sight in one eye resulting from a mini stroke and had several suicide attempts. I was taking 4 pills for high blood pressure, 2 pills for high cholesterol, 2400 mg of Ibuprofen per day for debilitating pains from fibromyalgia and rheumatoid arthritis, pills for constipation, shots directly in my eyeball to reduce the blindness, and I was well on my way back to 200 pounds.

On May 7, 2007 I turned "cold non-turkey vegan". Within 4 months I was off all medications - no more pains, constipation, went from size XL to S, cholesterol down 103 points, and blood pressure normal. Within 2 years of being a very strict healthy vegan (no oil, limited salt, sugars and processed foods) I gained almost all my sight back!

Not only did my body and mind change so did my career. Became president of the Vegetarian Society of Utah, started a business teaching whole food plant based, received certifications from T. Colin Campbell Foundation in *Plant-Based Nutrition*, *Certified Health Coach* certificate from Dr. Pamela Popper, The Wellness Forum and in Oct 2013 became a certified *Food For Life Instructor* for the Physicians Committee for Responsible Medicine (PCRM). I'm over busy, over worked and over the hill with loving life!"

Hopefully, you're inspired and realize that you, too, can achieve, reclaim, or affirm your health with whole, plant based foods.....at any age!!!!



Your heart will be yours for a long time to come, if you bid a fond farewell to the saturated, artery clogging dairy cheeses, and treat yourself, on special occasions, to some tasty non-dairy Cheez Concoctions.

Barbara demonstrates this recipe on her website. I was so eager to make it, I put it together on 1/18, and it received rave reviews from my hubby and his friend. It only takes 15 minutes to prepare. I hope you enjoy. (Barbara took this recipe from Jo Stepaniak's cookbook, "The Ultimate Uncheese Cookbook".

Onion, Dill and Horseradish Cheez

- 1 $\frac{1}{2}$ cups water
- 5 T agar flakes or 1 $\frac{1}{2}$ T agar powder (I used agar flakes.)
- $\frac{1}{2}$ cup chopped raw cashews
- $\frac{1}{4}$ cup nutritional yeast
- 3 T fresh lemon juice
- 2 T tahini
- 2 T white horseradish powder (Looked all over Naples for this, and can only order online. I used wasabi powder instead.)
- 2 tsp Dijon mustard
- 1 tsp salt
- 1 tsp onion powder
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp dried onion flakes
- 2 tsps dried dill weed

Set aside a 2 Cup plastic storage container.

In a blender, add the cashews, nutritional yeast, lemon juice, tahini, horseradish powder, mustard, onion powder, and garlic powder.

Bring the water to a boil. Slowly add the agar stirring with a whisk. Reduce the heat and simmer, whisking often, for 5 to 10 minutes, or until the agar is completely dissolved.

Slowly pour a little of the hot agar into the blender and pulse. Working quickly, scrape the sides. Put a cover on the blender, remove the center, and slowly pour the rest of the hot agar mixture into the center and process several minutes until completely smooth. Scrape down the sides of the blender as necessary. The just pour in the onion flakes and dill weed and mix by hand or pulse quickly, but be sure not to over blend as this is to be slightly chunky.

Pour the cheez into the container and cool uncovered in the refrigerator.

When completely cool, cover and chill for several hours. When ready to serve, just turn container upside down to plate. This is so good! This will keep up to 7 days in frig, covered.

BOK CHOY



Bok Choy, a beautiful veggie, is a member of the brassica family, also known as a cruciferous veggie. Though considered a cabbage, it bears little resemblance to the green cabbage we are most accustomed to preparing, or to Napa cabbage. It does, however resemble celery with its clear white stalks. Looking at its leaves reminds me of romaine lettuce. This calcium packed veggie was introduced to Europe in the 1800's; however, it hasn't been widely accepted in European cuisines. It's still mostly used in Chinese and other Oriental and Eastern dishes. Its nutritional components make it a star!!

Packed with vitamins A, C, and K, as well as folate and calcium, bok choy also gifts us with 28 different antioxidant phytochemicals. The most abundant of those polyphenols is a molecule called kaempferol, which has anti-cancer properties. All these wonderful cancer fighting phytochemicals make bok choy one of the most nutrient-dense foods in the world. Most important, too, is its uniqueness for calcium availability. 54% of the calcium in bok choy can be absorbed by the human body; compare that to only 32% in milk. The calcium in bok choy is more readily absorbed than calcium from dairy products! One cup of cooked bok choy provides more than 100% of the recommended dietary allowance of A, and close to 2/3rds the RDA of vit C.

The **SUPER NEWS**: Researchers at Vanderbilt University say that chowing down on cruciferous veggies reduces the risk of recurring breast cancer, while consuming too many high-fat dairy products produces an opposite effect, according to the National Cancer Institute (NCI). The paper on veggies presented at the American Association for Cancer Research showed that the more cruciferous veggies a woman ate in the first two years after diagnosis, the lower was her risk of the cancer returning or death from the original cancer. Consuming broccoli, cauliflower, bok choy and cabbage worked to reduce the rate of recurring breast cancer by 35% and the risk of death in the following nine years by 62%. On the flip side of the coin, the NCI study showed that women treated for early stage breast cancer that regularly ate one or more servings of high-fat milk, cheese, yogurt or ice cream increased their risk of dying of breast cancer by 44%, and of earlier death from all causes by 64%.

3 Cheers for the Cruciferous!! How about heading to the grocery store and buying some Bok Choy?! Say hello, and make friends with this healthy, cute veggie!

Braised Bok Choy

Ingredients:

- 8 baby bok choy or 3 regular bok choy
- 1 teaspoon Bragg Liquid Aminos or low sodium soy sauce
- 2 cups coarsely chopped shiitake mushrooms
- 2 large cloves garlic, chopped, optional
- 1 tablespoon unhulled sesame seeds, lightly toasted *

Instructions:

- Cover bottom of large skillet with 1/2 inch water. Add bok choy (cut baby bok choy in half lengthwise or cut regular bok choy into chunks).
- Drizzle with liquid aminos. Cover and cook on high heat until bok choy is tender, about 6 minutes.
- Remove bok choy and add mushrooms and garlic to the liquid in the pan.
- Simmer liquid until reduced to a glaze. Pour over bok choy. Top with toasted sesame seeds.
- *Lightly toast sesame seeds in a pan over medium heat for 3 minutes, shaking pan frequently.

Holistic Holiday at Sea XI

Join Us Next Year on the Beautiful New MSC Divina March 1-8, 2014

Holistic Holiday at Sea presents the ultimate gift for your mind, body and spirit. Share the experience and wisdom of some of the world's leading authorities and experts in holistic living and natural health. Cruise the Eastern Caribbean on one of the world's premier Italian luxury liners, the MSC Divina, which combines the style and sophistication of Europe with American comforts and convenience. Visit exciting ports of call as we sail from Miami, FL to beautiful Philipsburg, St. Maarten; historic San Juan, Puerto Rico; and luxurious Great Stirrup Cay, Bahamas. All this and more while you dine on specially prepared vegan natural foods and beverages prepared by our own chefs. Lectures and workshops included.



T. Colin Campbell , Ph.D



Dr. Neal Barnard



Dr. Michael Klapper



Chef AJ



Jessica Porter

These are just 5 of the 47 plus speakers - doctors, researchers, chefs, holistic practitioners who will be presenting.

If you're interested, call:

Customer service and general inquiries:

Email: info@holisticholidayatsea.com

Toll-free: 1-800-496-0989 (US only)

Phone: 1-828-749-9537

To make a reservation or for booking-related inquiries: bookings@holisticholidayatsea.com

For questions about our online shop or products: shop@holisticholidayatsea.com

For website-related questions: webmaster@holisticholidayatsea.com

10 FOODS THAT ARE BANNED: WHERE & WHY NOT IN THE USA

This important info comes from a long distance friend and fellow instructor, Jill Ovnick. Her website, www.vegangel.com, is packed with interesting, healthy recipes and valuable information. It was Jill who in 2007 told me about PCRM and the 'Cancer Project' classes, as they were then known. I credit her for inspiring me to apply. Check out her website. Jill's infectious humor and transformative story are inspiring.

(Reprinted from vegangel.com website, as first reprinted from care2care.com, written by Dr. Mercola)

Americans are slowly realizing that food sold in the US doesn't just taste different than foods sold in other countries, it's created differently. Sadly, many U.S. foods are BANNED in Europe — and for good reason. Take a look at the plummeting health of Americans; what role might toxic foods play in our skyrocketing disease rates?

#1: Farm-Raised Salmon Farm-raised fish are usually fed an unnatural diet of genetically engineered (GE) grains, antibiotics and chemicals unsafe for humans. To mask the resulting grayish flesh, they're given a toxic and potentially eyesight-damaging synthetic, astaxanthin. To determine wild from farm-raised salmon (sold in most restaurants), wild sockeye gets its red color from natural astaxanthin and carotenoids. The white "fat strips" are thin, meaning it's lean. Pale pink fish and wide fat marks are a sign of farmed salmon. **Avoid** "Atlantic Salmon." Look for "Alaskan" or "sockeye," which is illegal to farm and has very high astaxanthin concentrations.

Where banned: Australia and New Zealand

#2: Genetically Engineered Papaya Most Hawaiian papaya is genetically engineered to be ringspot virus-resistant. But research shows animals fed GE foods like corn and soy suffer intestinal damage, multiple-organ damage, massive tumors, birth defects, premature death and/or nearly complete sterility by the third generation. Dangers to humans are unknown.

Where banned: The European Union

#3: Ractopamine-Tainted Meat About 45 percent of US pigs, 30 percent of cattle and an unknown percentage of turkeys are plumped with the asthma drug, ractopamine, before slaughter. Up to 20 percent of ractopamine is still there when you buy it.

Since 1998, more than 1,700 US pork lovers have been "poisoned" this way. For this very health threat, ractopamine-laced meats are banned in 160 different countries! Russia issued a ban on US meat imports, effective February 11, 2013, until it's certified ractopamine-free. In animals, it's linked to reduced reproductive function, increased mastitis and increased death. It damages the human cardiovascular system and may cause hyperactivity, chromosomal abnormalities and behavioral changes. Currently, US meats aren't even tested for it.

Where banned: 160 countries across Europe, Russia, mainland China and Republic of China (Taiwan).

#4: Flame Retardant Drinks Mountain Dew and other drinks in the US contain the synthetic chemical, brominated vegetable oil (BVO), originally patented as a flame retardant. BVO bioaccumulates in human tissue and breast milk; animal studies report reproductive and behavioral problems. Bromine alters the central nervous and endocrine systems and promotes iodine deficiency, causing skin rashes, acne, appetite loss, fatigue, and cardiac arrhythmias. The featured article explains: "The FDA has flip-flopped on BVO's safety, originally classifying it as 'generally recognized as safe,' but reversing that call, now defining it as an 'interim food additive,' a category reserved for possibly questionable substances used in food."

Where banned: Europe and Japan

#5: Processed Foods and Artificial Food Dyes More than 3,000 preservatives, flavorings and colors are added to US foods, many of which are banned in other countries. The featured article noted: "Boxed Mac & Cheese, cheddar flavored crackers, Jell-O and many kids' cereals contain red 40, yellow 5, yellow 6 and/or blue 2 ... (which) can cause behavioral problems as well as cancer, birth defects and other health problems in laboratory animals. Red 40 and yellow 6 are also suspected of causing an allergy-like hypersensitivity reaction in children. The Center for Science in the Public Interest reports that some dyes are also "contaminated with known carcinogens." In countries where these food dyes are banned, companies like Kraft employ natural colorants like paprika extract and beetroot.

Where banned: Norway and Austria. Britain advised companies against using food dyes by the end of 2009. The European Union requires a warning notice on most foods containing dyes.

#6: Arsenic-Laced Chicken (Remember Dr. Neal Barnard's teaching: "The US consumes 1 million chickens per hour!!!") Arsenic-based drugs are approved in US-produced animal feed because they cause animals to grow quicker and meat products to look pinker and "fresher." The FDA says arsenic-based drugs are safe because they contain organic arsenic ... But organic arsenic can turn into inorganic arsenic, run through contaminated manure and leach into drinking water. The European Union has never approved using arsenic in animal feed; US environmental groups have sued the FDA to remove them.

Where banned: The European Union

#7: Bread with Potassium Bromate Bread, hamburger and hotdog buns are "enriched" with potassium bromate, or bromide, linked to kidney and nervous system damage, thyroid problems, gastrointestinal discomfort and cancer. While commercial baking companies claim it renders dough more tolerable to bread hooks, Pepperidge Farm and others use only unbromated flour without experiencing "structural problems."

Where banned: Canada, China and the EU

#8: Olestra/Olean Olestra, or Olean, created by Procter & Gamble, is a calorie- and cholesterol-free fat substitute in fat-free snacks like chips and french fries. Three years ago, Time Magazine named it one of the worst 50 inventions ever. MSN noted: "Not only did a 2011 study from Purdue University conclude rats fed potato chips made with Olean gained weight ... several reports of adverse intestinal reactions to the fake fat include diarrhea, cramps and leaky bowels. And because it interferes with the absorption of fat soluble vitamins such as A, D, E and K, the FDA requires these vitamins be added to any product made with Olean or olestra."

Where banned: The UK and Canada

#9: Preservatives BHA and BHT BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are common preservatives in foods like cereal, nut mixes, chewing gum, butter spread, meat and beer. The National

Toxicology Program's 2011 Report on Carcinogens says BHA may trigger allergic reactions and hyperactivity and "is reasonably anticipated to be a human carcinogen."

Where banned: Both are banned in parts of the European Union and Japan; the UK doesn't allow BHA in infant foods.

#10: Milk and Dairy Products Made with rBGH Recombinant bovine growth hormone (rBGH), a synthetic version of natural bovine hormone is injected into cows to increase milk production. Monsanto developed it from genetically engineered E. coli bacteria, marketed as "Posilac." But it's banned in at least 30 other nations. Why? It converts normal tissue cells into cancerous ones, increasing colorectal, prostate and breast cancer risks. Among other diseases, injected cows suffer exorbitant rates of mastitis, contaminating milk with pus and antibiotics.

In 1997, two Fox-affiliate investigative journalists, Jane Akre and Steve Wilson attempted to expose the dangers of rBGH, but lawyers for Monsanto - a major advertiser with the Florida network - sent letters promising "dire consequences" if the story aired. In 1999, the United Nations Safety Agency ruled unanimously not to endorse rBGH milk, resulting in an international ban on US milk. The Cancer Prevention Coalition, trying for years to affect a dairy industry ban of rBGH, resubmitting a petition to FDA Commissioner Margaret Hamburg in January 2010, but the FDA sticks to its false position that rBGH-treated milk is no different than milk from untreated cows.

Action: Look for products labeled "rBGH-free" or "No rBGH."

Where banned: Australia, New Zealand, Israel, EU and Canada

Take Control of Your Health with REAL Food: If you value your health, avoid foods containing harmful ingredients and ditch processed foods entirely - even if they are permitted in the US. Opt for fresh whole foods, organic foods wherever possible.

Words of Wisdom from Mother Theresa

No matter our religious persuasions, I think most of us would agree that Mother Theresa of India was a saintly figure. Her examples of unconditional love and acceptance, given freely to all God's children, are actions to be mirrored. How wonderful our world would be if we all followed her way.

A friend shared this writing from Mother Theresa, and I thought that as we all begin a New Year - 2014 - it would be good to ponder these words and reflect on their meaning for our lives:

"People are often unreasonable, illogical, and self-centered; Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway. If you are successful, you will win some false friends and some true enemies; Succeed anyway.

If you are honest and frank, people may cheat you: Be honest and frank anyway.

What you spend years building, someone could destroy overnight; Build anyway.

If you find serenity and happiness, they may be jealous; Be happy anyway.

The good you do today, people will often forget tomorrow; Do good anyway.

Give the world the best you have, and it may never be enough: Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God; It was never between you and them anyway." Mother Theresa.

Well, family and friends, time to sign off. I'm headed to the grocery store to shop and refill my frig with those wonderful cruciferous, healing gems, and make sure I avoid those 'Banned Foods'! Until next time, may health, peace and joy be yours. And, remember, it's never too late to go for health & wellness. Barbara did it at 63. You can do it; it can be yours!!

