

Sweethearts Day



On Friday, February 12th only, new patient examinations will be **Complimentary** for anyone referred by an existing patient! This includes; health history/consultation, spinal examination, x-rays, and report of findings with recommendations. For EVERY patient who comes in on this Day they will receive a **FREE ROSE!**



Green Tea Extracts Halt Growth of Prostate Cancer Tumors

February 05, 2010 by: David Gutierrez

(NaturalNews) An extract made from one of the main antioxidants found in green tea may be able to slow the progression of prostate cancer, according to a study conducted by researchers from Louisiana state University and published in Cancer Prevention Research, a journal of the American Association for Cancer Research.

Researchers gave 26 prostate cancer patients between the ages of 41 and 68, four capsules a day of Polyphenon E, an extract of epigallocatechin gallate (EGCG) made by Polyphenon Pharma. EGCG is a powerful antioxidant to which many of the health benefits of green tea have been attributed. The dosage given to the participants in the study was equivalent to that acquired from drinking 12 cups of green tea per day.

After 12 weeks, the researchers found that levels of the prostate cancer markers Hepatocyte growth factor (HGF), vascular endothelial growth factor (VEGF) and prostate specific antigen (PSA) had fallen by an average of 18.9 percent, 9.9 percent and 10.4 percent, respectively, indicating a slowed progression of the disease.

PSA is a marker of inflammation, and indicates disease severity in prostate cancer patients. HGF and VEGF are both produced by prostate tumors as they spread to other parts of the body.

In some patients, HGF and VEGF levels fell as much as 30 percent upon treatment with the EGCG extract.

The researchers were cautiously optimistic about the study findings.

"It's still in an early stage," researcher Jim Cardelli said. "Green tea can keep cancer from growing very fast, but it may not be able to shrink tumors. But it can be a good addition to traditional therapies, like chemo (chemotherapy) or radiation."

Researchers do not know whether the same effects could be seen in other cancers, but the antioxidants in green tea have previously been linked to a reduced risk of a variety of cancers, skin and autoimmune conditions, cardiovascular disease and inflammation.

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Sources for this story include: www.reuters.com



Wild Fish Stocks Depleted by Feeding of Farmed Fish Like Salmon

January 30, 2010 by: David Gutierrez

(NaturalNews) Rather than relieving pressure on wild fish stocks, the explosive growth of aquaculture has actually exacerbated this pressure, according to an international study led by Rosamond L. Naylor of Stanford University and published in the Proceedings of the National Academy of Sciences.

The researchers surveyed trends in the farming of several different fish species, finding that by the end of 2009, half of all fish consumed in the world will have been raised on an aquaculture farm. This has led to a concurrent increase in demand for wild-caught fish meal and fish oil to feed these fish, including for **vegetarian** species such as **tilapia** and carp.

"Our assumption about farmed tilapia and carp being environmentally friendly turns out to be wrong in aggregate, because the sheer volume is driving up the demand," Naylor said. "Even the small amounts of fishmeal used to raise vegetarian fish add up to a lot on a global scale."

Fish fed on fish meal and oil grow faster and tend to have more flavor than fish fed on a natural diet, providing a profit incentive for fish farmers to buy more wild-caught fish. The researchers found that the amount of fish meal fed to vegetarian fish increased drastically in the early 1990s. Even though this trend began to reverse in 1995, carp and tilapia farms were still responsible for consuming more than 12 million metric tons of fish meal in 2007.

Farmed **salmon** also place a huge burden on wild fish stocks, with five pounds of wild fish required to produce every pound of **farmed salmon**.

"As long as we are a health-conscious population trying to get our most healthy oils from fish, we are going to be demanding more of **aquaculture** and putting a lot of pressure on marine fisheries to meet that need," Naylor said.

"Our thirst for long-chain omega-3 oils will continue to put a lot of strain on marine ecosystems," she said.

www.naturalnews.com

Sources for this story include: www.boston.com; www.scienceblog.com

Exercise of the Month:

The Best Lat Pulldown

Mens Health Magazine, March 2010 Edited by Adam Bornstein

Consider this: Front lat pulldowns are better (and safer) at working your back and chest than behind-the-neck pulldowns, say Brazilian researchers. This guide ranks how well different pulldown versions target your upper-body muscles [the best version is listed as 1].

1. Front pulldown
2. V-bar pulldown
3. Behind-the-neck

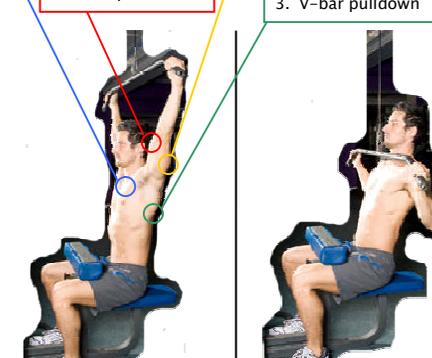
1. Behind-the-neck
2. Front pulldown
3. V-bar pulldown

On our Radar: Lift by the clock

Want to build your biceps faster? The lowering portion of an exercise may build more muscle than the lifting phase does, according to a University of British Columbia review of 66 studies. "Taking 3 seconds to lower the weight adds size and strength," says Martin Rooney, P.T., C.S.C.S.

1. Behind-the-neck
2. V-bar pulldown
3. Front pulldown

1. Front pulldown
2. Behind-the-neck
3. V-bar pulldown



Breast Cancer Virtually "Eradicated" with Higher Levels of Vitamin D

February 08, 2010 by: Mike Adams

(NaturalNews) In a gathering of vitamin D researchers recently held in Toronto, Dr. Cedric Garland delivered a blockbuster announcement: Breast cancer can be virtually "eradicated" by raising vitamin D levels.

Vitamin D is "the cure" for breast cancer that the cancer industry ridiculously claims to be searching for. The cure already exists! But the breast cancer industry simply refuses to acknowledge any "cure" that doesn't involve mammography, chemotherapy or high-profit pharmaceuticals.

Vitamin D is finally gaining some of the recognition it deserves as a miraculous anti-cancer nutrient. It is the solution for cancer prevention. It could save hundreds of thousands of lives each year in the U.S. alone. Even Dr. Andrew Weil recently raised his recommendation of vitamin D to 2,000 IU per day.

This is the vitamin that could destroy the cancer industry and save millions of women from the degrading, harmful cancer "treatments" pushed by conventional medicine. No wonder they don't want to talk about it! The cancer industry would prefer to keep women ignorant about this vitamin that could save their breasts and their lives.

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Safety of Beef Processing Method Is Questioned

The New York Times
By Michael Moss
Published: December 30, 2009

Eight years ago, federal officials were struggling to remove potentially deadly E. coli from hamburgers when an entrepreneurial company from South Dakota came up with a novel idea: injecting beef with ammonia.

The company, Beef Products Inc., had been looking to expand into the hamburger business with a product made from beef that included fatty trimmings the industry once relegated to pet food and cooking oil. The trimmings were particularly susceptible to contamination, but a study commissioned by the company showed that the ammonia process would kill E. coli as well as salmonella.

Officials at the **United States Department of Agriculture** endorsed the company's ammonia treatment, and have said it destroys E. coli "to an undetectable level." They decided it was so effective that in 2007, when the department began routine testing of meat used in hamburger sold to the general public, they exempted Beef Products.

With the U.S.D.A.'s stamp of approval, the company's processed beef has become a mainstay in America's hamburgers. **McDonald's**, Burger King and other fast-food giants use it as a component in ground beef, as do grocery chains. The federal school lunch program used an estimated 5.5 million pounds of the processed beef last year alone.

But government and industry records obtained by The New York Times show that in testing for the school lunch program, E. coli and salmonella pathogens have been found dozens of times in Beef Products meat, challenging claims by the company and the U.S.D.A. about the effectiveness of the treatment. Since 2005, E. coli has been found 3 times and salmonella 48 times, including back-to-back incidents in August in which two 27,000-pound batches were found to be contaminated. The meat was caught before reaching lunch-rooms trays.

In July, school lunch officials temporarily banned their hamburger makers from using meat from a Beef Products facility in Kansas because of salmonella — the third suspension in three years, records show. Yet the facility remained approved by the U.S.D.A. for other customers.

Presented by The Times with the school lunch test results, top department officials said they were not aware of what their colleagues in the lunch program had been finding for years.

In response, the agriculture department said it was revoking Beef Products' exemption from routine testing and conducting a review of the company's operations and research. The department said it was also reversing its policy for handling Beef Products during pathogen outbreaks. Since it was seen as pathogen-free, the processed beef was excluded from recalls, even when it was an ingredient in hamburgers found to be contaminated.

The Beef Products case reveals a schism between the main Department of Agriculture and its division that oversees the school lunch program, a divide that underscores the government's faltering effort to make hamburger safe. The U.S.D.A. banned the sale of meat found to be contaminated with the O157:H7 strain of E. coli 15 years ago, after a deadly outbreak was traced to Jack in the Box restaurants. Meat tainted with salmonella is also a hazard. But while the school lunch program will not buy meat contaminated with salmonella, the agriculture department does not ban its sale to the general public.

Even so, E. coli outbreaks nationwide have increased in recent years. And this summer, two outbreaks of particularly virulent strains of salmonella in hamburger prompted large recalls of ground beef across several states.

Although no outbreak has been tied to Beef Products, officials said they would thoroughly scrutinize any future industry innovations for fighting contamination "to ensure that they are scientifically sound and protect public health," and that they were examining the government's overall meat safety policies.

The founder and owner of **Beef Products**, Eldon N. Roth, declined requests for interviews or access to the company's production facilities. Responding to written questions, Beef Products said it had a deep commitment to hamburger safety and was continually refining its operation to provide the safest product possible. "B.P.I.'s track record demonstrates the progress B.P.I. has made compared to the industry norm," the company said. "Like any responsible member of the meat industry, we are not perfect."

Beef Products maintains that its ammonia process remains effective. It said it tests samples of each batch it ships to customers and has found E. coli in only 0.06 percent of the samples this year.

Also see '[Window Cleaning Chemical Injected Into Fast Food Hamburger Meat](http://www.naturalnews.com/027872_ammonia_beef_products.html)'

Vitamin D Cuts Premature Birth Risk

Monday, February 08, 2010 by: [David Gutierrez](#)

(NaturalNews) Taking a high daily dose of vitamin D during pregnancy can significantly reduce a woman's risk of giving birth prematurely, according to a study conducted by researchers from the Medical University of Charleston, South Carolina, and funded by the National Institutes of Health.

"I'm telling every pregnant mother I see to take 4,000 IUs and every nursing mother to take 6,400 IUs of vitamin D a day," said researcher Bruce Hollis. "I think it is medical malpractice for obstetricians not to know what the vitamin D level of their patients is. This study will put them on notice."

Pregnant women in the United Kingdom and the United States are currently advised to take 400 IU of vitamin D per day.

In the first experimental (rather than observational) study into the effect of vitamin D supplementation on the risk of premature birth, researchers assigned 600 pregnant women living in the Charleston area to take either 400 IU or 4,000 IU per day of vitamin D. Levels of vitamin D and calcium in the women's blood and urine were tested once per month to ensure participant safety. The study included roughly equal numbers of white, black and Hispanic participants.

At both 32 and 37 weeks, the rate of premature birth in the 4,000 IU group was half that of the 400 IU group. Significantly fewer "small for date" babies were also delivered to the 4,000 IU group.

In addition, women receiving more vitamin D were less likely to suffer from respiratory, vaginal, gum or other infections. They were 30 percent less likely to suffer from "core morbidities" of pregnancy, such as diabetes, hypertension and pre-eclampsia. Babies born to women in the high vitamin D group had lower rates of colds and eczema than babies in the other group.

There were no adverse effects observed from either vitamin D dose.

www.naturalnews.com

Sources for this story include: www.timesonline.co.uk.



Mojo Moulies

Food Network, Show: Good Eats, Episode: Mussel Bound

Ingredients

2 tablespoons minced garlic
1 large leek, cleaned, trimmed, and chopped
Pinch kosher salt
3 tablespoons olive oil
20 mussels (farmed)
1 ripe tomato, seeded and chopped
1 1/2 cups white wine
Chopped parsley

Hardware:

8-quart nonreactive, stainless steel stockpot
Metal colander or steamer insert

Directions

In the stockpot, sweat the garlic, leeks, and salt in the olive oil until softened over medium-low heat. Place the mussels in the colander and spray them with cold water to remove any excess dirt or grit. Remove any beards with a pair of needle-nose pliers.

Add the chopped tomato and the wine to the stockpot and turn the heat to medium high, and bring to a simmer. Insert the colander of mussels into the stockpot and cover. After 3 minutes, check to see if the mussels have opened. If some are still closed, cover the pot, and cook for an additional 30 seconds. Discard any unopened mussels. Place the mussels in a serving bowl. Remove 10 mussels from their shells and add them to the stockpot. Using a stick blender or a bar blender, puree the mussels until the liquid is of a sauce-like consistency.

Pour the sauce over the mussels and garnish with chopped parsley.



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