



For the week of Halloween, Oct. 26<sup>th</sup> to 30<sup>th</sup>, come into the office in your Halloween costume and enter to win a prize! One for best adult and best child

**IMPORTANT UPDATE:** Great article, condensing it here doesn't do it justice.

Read and watch the videos of this important swine flu update by Dr. Joseph Mercola found at <http://articles.mercola.com/sites/articles/archive/2009/10/21/Special-Swine-Flu-Update.aspx>



## Serious Vaccine Reactions to Now Be Called 'Coincidence'?

Every day Americans wake up to news reports that warn us about the dangers of influenza, especially the new H1N1 "swine flu".

But swine flu is mild for most people and the virus is not mutating into a more serious form.

Millions of people around the world have recovered from swine flu, and millions more will get sick with fevers, body aches, nasal congestion, cough, sometimes diarrhea and vomiting, and recover from it this year and next year without any complications. Nonetheless, wide-scale vaccination is being encouraged -- even though swine flu vaccines have been tested on only a few thousand healthy Americans for a few weeks. There is little or no information about how safe the vaccine is for pregnant women and chronically ill or disabled children.

If you or your child are injured from getting a swine flu shot, you are on your own. Congress has shielded the vaccine manufacturers and any person giving swine flu shots from lawsuits if people get hurt.

There is no funded government vaccine injury compensation program for swine flu vaccine. Do NOT let a doctor or anyone else tell you that a serious health problem you or your child experiences after vaccination is a coincidence and allow more shots to be given until you know for sure.

The most tragic cases of vaccine injury occur when vaccine reaction symptoms are dismissed as a 'coincidence' and more vaccines are given that result in more severe symptoms -- and sometimes end with permanent brain and immune system damage or death.

But while Americans are still debating whether to roll up their sleeves for a swine flu shot, companies have already figured it out: vaccines are good for business.

Drug companies have sold \$1.5 billion worth of swine flu shots, in addition to the \$1 billion for seasonal flu they booked earlier this year. These inoculations are part of a much wider and rapidly growing \$20 billion global vaccine market.

"The vaccine market is booming," says Bruce Carlson, spokesperson at market research firm Kalorama, which publishes an annual survey of the vaccine industry. "It's an enormous growth area for pharmaceuticals at a time when other areas are not doing so well," he says, noting that the pipeline for more traditional blockbuster drugs such as Lipitor and Nexium has thinned.

As always with pandemic flus, taxpayers are footing the \$1.5 billion check for the 250 million swine flu vaccines that the government has ordered so far and will be distributing free to doctors, pharmacies and schools. In addition, Congress has set aside more than \$10 billion this year to research flu viruses, monitor H1N1's progress and educate the public about prevention.

Drugmakers pocket most of the revenues from flu sales, with Sanofi-Pasteur, Glaxo Smith Kline and Novartis cornering most of the market. But some say it's not just drugmakers who stand to benefit. Doctors collect copayments for special office visits to inject shots, and there have been assertions that these doctors actually profit handsomely from these vaccinations.

Photo: AP/Sue Ogrocki, The Sacramento Bee October 12, 2009

Sources: Vaccine Awakening October 1, 2009; New York Times October 7, 2009; Time Magazine October 19, 2009; Examiner

September 30, 2009; Science News September 20, 2009

Posted by: Dr. Joseph Mercola

## Swine-Flu Vaccine, WA State Suspends Limits on Mercury

Despite the known risks associated with administering mercury/thimerosal-stabilized vaccines to pregnant women and children under the age of 3, health officials in Washington state have temporarily canceled the limit on how much mercury may be allowed in swine-flu vaccine given to pregnant women and to children up to the age of 3. The six-month suspension will be in effect through March 23, 2010, and applies only to the swine-flu vaccine.

H1N1 vaccination is voluntary in Washington, but the law requires that women who are pregnant or nursing, and parents/guardians of children under the age of 18, be told that the vaccine they are getting contains more mercury than is usually permitted. Most patients will learn this from a handout. But will the handout contain any information about the risks of mercury administered to pregnant women and young children? And will the handout explain that there is a subset of the population who are unable to detoxify mercury, a possible link to learning and behavior disorders, including autism?

Epidemiological studies in the United States have discovered less than optimal levels of vitamin D in certain vulnerable populations, including seniors, pregnant women and young children. Given that Washington is at a latitude where vitamin D deficiency is common, the suspension of limits on mercury in order to "improve access" to the H1N1 vaccine rings hollow unless that state's residents are also educated about vitamin D and the flu, monolauric acid and the flu, and how nutrition and lifestyle can optimize immune system function.

~American Association for Health Freedom

## Seasonal Flu Shot May Increase H1N1 Risk

Preliminary research suggests the seasonal flu shot may put people at greater risk for getting swine flu, CBC News has learned.

"This is some evidence that has been floated. It hasn't been validated yet, it's very preliminary," cautioned Dr. Don Low, microbiologist-in-chief at Mount Sinai Hospital in Toronto. "This is obviously important data to help guide policy decisions. How can we best protect people against influenza?"

It's important to validate the information, which has not been peer reviewed, to make sure it's not just a fluke, and that the observation is confirmed elsewhere such as in the Southern Hemisphere, which just completed its seasonal flu season, or in the U.S. and UK.

Four Canadian studies involved about 2,000 people, health officials told CBC News. Researchers found people who had received the seasonal flu vaccine in the past were more likely to get sick with the H1N1 virus. Researchers know that, theoretically, when people are exposed to bacteria or a virus, it can stimulate the immune system to create antibodies that facilitate the entry of another strain of the virus or disease. Dengue fever is one example, Low said.

### No seasonal flu shot?

The latest finding raises questions about the order in which to get flu shots. Across Canada, public health authorities are debating the idea of shortening, delaying or scrapping their seasonal flu vaccination campaign in favour of mass inoculation against H1N1.

The main reason is that H1N1 may be the dominant strain of influenza circulating when the fall flu season hits, meaning it could be a waste of time and resources to mount a seasonal flu vaccine campaign.

Health authorities in Quebec are considering cancelling or postponing seasonal flu shots for some groups, such as healthy, younger adults. The Public Health Agency of Canada says it's up to provinces and territories to decide on when to roll out flu shots.

"We don't know with this year's flu shot how it interacts with the pandemic flu shot, so it's a worry," said Dr. Michael Gardam, director of infectious diseases prevention and control at the Ontario Agency for Health Protection and Promotion.

"It makes the decision-making a lot more complex," Dr. Perry Kendall, B.C.'s provincial health officer, said in Victoria. "It would be very nice to have information cut and dried, and very clear in advance in plenty of time to make the decisions. But that isn't unfortunately the world that we're living in."

In Thornhill, Ont., Melissa Cass, who usually gets an annual flu shot to protect herself, had been planning to get one this year for her one-year-old daughter, Aliya, as well.

"You have a baby, you sort of want to protect them from everything possible. So if you can protect them from some things, why not?" Cass said. But this year, she may not get any shots.

"If I knew that it was a risk to get H1N1, I wouldn't get any of them," she told CBC News. "I would just be as I am and just, you know, take all the precautions I possibly can for flus, and that's it."

~CBCNEWS.ca

# Avoid This if You Want to Keep Your Thyroid Healthy

Bromides are a common endocrine disruptor. Because bromide is also a halide, it competes for the same receptors that are used in the thyroid gland (among other places) to capture iodine. This will inhibit thyroid hormone production resulting in a low thyroid state.

Iodine is essential for your body, and is detected in every organ and tissue. There is increasing evidence that low iodine is related to numerous diseases, including cancer. Various clinicians and researchers have found iodine effective with everything from goiter to constipation.

Bromide can be found in several forms. Methyl Bromide is a pesticide used mainly on strawberries, found predominantly in the California areas. Brominated Vegetable Oil (BVO) is added to citrus drinks to help suspend the flavoring in the liquid.

Potassium Bromate is a dough conditioner found in commercial bakery products and some flours. ~Natural Thyroid Choices: Bromide; Iodine 4 Health

## Bromines All Around You

Bromines are common endocrine disruptors, and are part of the halide family, a group of elements that includes fluorine, chlorine and iodine. What makes it so dangerous is that it competes for the same receptors that are used to capture iodine. If you are exposed to a lot of bromine, your body will not hold on to the iodine that it needs. And iodine affects every tissue in your body -- not just your thyroid. You are already exposed to far too much chlorine and bromine. Bromine can be found in a number of places in your everyday world, including:

- Pesticides (specifically methyl bromide, used mainly on strawberries, predominantly in California)
- Plastics, like those used to make computers
- Bakery goods and some flours often contain a "dough conditioner" called potassium bromate
- Soft drinks (including Mountain Dew, Gatorade, Sun Drop, Squirt, Fresca and other citrus-flavored sodas), in the form of brominated vegetable oils (BVOs)
- Medications such as Atrovent Inhaler, Atrovent Nasal Spray, Pro-Banthine (for ulcers), and anesthesia agents
- Fire retardants (common one is polybromo diphenyl ethers or PBDEs) used in fabrics, carpets, upholstery, and mattresses
- Bromine-based hot tub and swimming pool treatments

## Bromine -- The Bully of the Halide Group

When you ingest or absorb bromine, it displaces iodine, and this iodine deficiency leads to an increased risk for cancer of the breast, thyroid gland, ovary and prostate -- cancers that we see at alarmingly high rates today. This phenomenon is significant enough to have been given its own name -- the Bromide Dominance Theory.

Aside from its effects on your endocrine glands, bromine is toxic in and of itself. Bromide builds up in your central nervous system and results in many problems. It is a central nervous system depressant and can trigger a number of psychological symptoms such as acute paranoia and other psychotic symptoms.

In fact, in an audio interview, physician Jorge Flechas reported that, between 1920 and 1960, at least 20 percent of all hospital admissions for "acute paranoid schizophrenia" were a result of ingesting bromine-containing products.

In addition to psychiatric problems, bromine toxicity can manifest as the following:

**Skin rashes and severe acne**      **Loss of appetite and abdominal pain**  
**Fatigue**      **Cardiac arrhythmias**      **Metallic taste**

Baby Boomers might recall a popular product from the 1950s called Bromo-Seltzer. These effervescent granules, developed by the Emerson Drug Company of Baltimore, were used to treat heartburn, upset stomach, indigestion, headaches and hangovers.

Bromo-Selzer's original formula contained 3.2 mEq/teaspoon of sodium bromide -- hence the name. The sedative effect probably explained its popularity as a hangover remedy. Bromides were withdrawn from the American market in 1975 due to their toxicity. Bromo-Selzer is still on the market, but no longer contains bromide.

## Sodium Bromate and BMOs

Mountain Dew, one of the worst beverages you can drink, uses brominated vegetable oil as an emulsifier. Not only that, it contains high fructose corn syrup, sodium benzoate, more than 55 mg of caffeine per 12 ounce can, and Yellow Dye #5 (tartrazine, which has been banned in Norway, Austria and Germany.) A weapon of mass destruction -- in a can.

Even drinking water can be a source of bromide. When drinking water containing bromide is exposed to ozone, bromate ions are formed, which are powerful oxidizing agents. Such was the case in 2004 when Coca Cola Company had to recall Dasani bottled water.

Sodium bromate can also be found in personal care products such as permanent waves, hair dyes, and textile dyes. Benzalkonium is used as a preservative in some cosmetics.

Finally, bromine and chlorine were the most common toxic elements reportedly found in automobiles, according to the blog of David Brownstein, MD (March 2007). They showed up in the seats, armrests, door trim, shift knobs and other areas of the car. Think about how much time you spend enclosed in your outgassing Chevy... windows up with no air circulation.

The United States is quite behind in putting an end to the egregious practice of allowing bromine chemicals in your foods. In 1990, the United Kingdom banned bromate in bread. In 1994, Canada did the same. Brazil recently outlawed bromide in flour products. What's taking us so long? Another case of our government protecting big industry -- instead of protecting you.

## Iodine Levels and Cancer Risk

Iodine levels have significantly dropped due to bromine exposure; declining consumption of iodized salt, eggs, fish, and sea vegetables; and soil depletion. In the U.S. population, there was a 50 percent reduction in urinary iodine excretion between 1970 and 1990.

Continued →

## What's this doing to our country's health?

The Japanese consume 89 times more iodine than Americans due to their daily consumption of sea vegetables, and they have reduced rates of many chronic diseases, including the lowest rates of cancer in the world. The RDA for iodine in the U.S. is a meager 150 mcg/day, which pales in comparison with the average daily intake of 13800 mcg/day for the Japanese.

There is a large body of evidence suggesting that low cancer rates in Japan are a result of their substantially higher iodine levels. Iodine has documented antioxidant and anti-proliferative properties.

A strong case can be made that your iodine RDA should be closer to what the Japanese consume daily, if breast cancer rates are any indication. Low iodine can lead to fibrocystic breast disease in women (density, lumps and bumps), hyperplasia, and atypical mammary tissue. Such fibrocystic changes in breast tissue have been shown to reverse in the presence of iodine supplementation after 3-4 months.

If you are interested in being tested for iodine deficiency, the urine iodine challenge test is the best way to assess your iodine level.

## Bromine and Your Thyroid

Adding to the negative health effects of bromine, the damage to your thyroid health deserves special mention.

As stated in the first part of this article, bromine exposure depletes your body's iodine by competing with iodine receptors. Iodine is crucial for thyroid function. Without iodine, your thyroid gland would be completely unable to produce thyroid hormone.

Even the names of the different forms of thyroid hormone reflect the number of iodine molecules attached -- T4 has four attached iodine molecules, and T3 (the biologically active form of the hormone) has three--showing what an important part iodine plays in thyroid biochemistry.

Hypothyroidism is far more prevalent than once thought in the U.S. The latest estimates are that 13 million Americans have hypothyroidism, but the actual numbers are probably higher. Some experts claim that 10 to 40 percent of Americans have suboptimal thyroid function.

Many of these folks may actually have nothing wrong with their thyroid gland at all -- they may just be suffering from iodine deficiency.

Seven Tips for Avoiding Bromine and Optimizing Iodine

Trying to avoid bromine is like trying to avoid air pollution -- all you can do is minimize your exposure. That said, here are a few things you can do to minimize your risk:

- Eat organic as often as possible. Wash all produce thoroughly. This will minimize your pesticide exposure.
- Avoid eating or drinking from (or storing food and water in) plastic containers. Use glass and safe ceramic vessels.
- Look for organic whole-grain breads and flour. Grind your own grain, if possible. Look for the "no bromine" or "bromine-free" label on commercial baked goods.
- Avoid sodas. Drink natural, filtered water instead.
- If you own a hot tub, look into an ozone purification system. Such systems make it possible to keep the water clean with minimal chemical treatments.
- Look for personal care products that are as chemical-free as possible. Remember, anything going on you, goes in you.
- When in a car or a building, open windows as often as possible, preferably on opposing sides of the space for cross ventilation. Utilize fans to circulate the air. Chemical pollutants are much higher inside buildings (and cars) than outside.

## Avoid Unfermented Soy

Another major contributor to thyroid dysfunction that I did not discuss above is unfermented soy. Soy isoflavones can wreak havoc on your thyroid.

Kaayla Daniel's groundbreaking book, *The Whole Soy Story: The Dark Side of America's Favorite Health Food* is a powerful exposé that reveals the truth about the soy myths that have infiltrated our culture.

It's ironic that soy has become so accepted as a health food when, as Dr. Daniel states, thousands of studies link soy to malnutrition, digestive distress, immune-system breakdown, thyroid- and hormonal dysfunction, cognitive decline, reproductive disorders and infertility--even cancer and heart disease.

So if you want to keep your thyroid healthy, you'll definitely want to avoid unfermented soy products of all kinds, including soy milk.

~Dr. Joseph Mercola mercola.com, September 5, 2009

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# Top Researcher Who Worked On Cervical Cancer Vaccine Warns About Its Dangers

One of the key researchers involved in the clinical trials for both Gardasil and Cevax cervical cancer vaccines has gone public with warnings about their safety and effectiveness. This highly unusual warning against these vaccines by one of Big Pharma's own researchers surfaced in an exclusive interview with the Sunday Express in the UK over the last few days. There, Dr. Diane Harper openly admitted the vaccine doesn't even prevent cervical cancer, stating, "[The vaccine] will not decrease cervical cancer rates at all."

This is astonishing news. The whole push behind the cervical cancer vaccines is based on the belief that they prevent cervical cancer. That belief, it turns out, is a myth.

Editor's note: This story has been updated since first being published. The Sunday Express story originally quoted here has been pulled. We suspect the intimidation of Dr. Harper to retract her statements may be a factor. Read full details in this updated report:

[http://www.naturalnews.com/027225\\_cancer\\_cervical\\_Merck.html](http://www.naturalnews.com/027225_cancer_cervical_Merck.html)

Dr. Harper also warned that the cervical cancer vaccine was being "over-marketed" and that parents should be warned about the possible risk of severe side effects from the vaccine. She even concluded that the vaccine itself is more dangerous than the cervical cancer it claims to prevent!

Sources: Mike Adams, naturalnews.com, October 8, 2009



## Screaming Red Punch With a Hand

Oct 6, 2009 By Lygeia Grace

### Ingredients

- 1 new rubber surgical glove
- 2 quarts apple juice
- 2 quarts cranberry juice
- 2 liters ginger ale \*substitute soda or tonic water for a healthier option

1. Rinse the glove inside and out several times with cold water to make sure it doesn't have any powder coating. Fill with water and tie the wrist tightly closed with a twist tie. Freeze solid.
2. Mix the juices and ginger ale in a large punch bowl. Cut the glove carefully off the hand and fingers with a sharp scissors and float the molded hand in the punch.

Of course, for some people costumes and food are beside the point. For them, it's all about the trick-or-treat candy—and they're willing to get it by any means necessary.

## What OTC Drug May Have Killed More People in 1918 Flu Pandemic than Flu Itself?

Historic evidence points to too much aspirin as a contributor to high death tolls during the 1918-1919 flu pandemic.

Most causes of death from influenza are actually the result of pneumonia. Deaths from flu in 1918 were attributable to lung complications, potentially caused by taking too much aspirin.

Aspirin was widely recommended during the 1918 flu pandemic, but taking too much leads to aspirin toxicity. The result is hemorrhage and fluid buildup in the lungs that can lead to death from respiratory complications.

~EmaxHealth Oct. 3, 2009; Time Magazine Oct. 19, 2009; Examiner Sept. 30, 2009; Science News Sept. 30, 2009; Posted by Dr. Joseph Mercola

## Exercise and Exercise Tip of the Week: Shake Up Your Cardio

**The Calorie Scorcher:** Challenges your cardiovascular system and strengthens your body

**Do it:** Choose any three cardio machines. On the first one, go for 10 minutes at an effort level of 5 or 6. Move immediately to the next machine and go hard, at an effort level of 9 or 10—you should just barely be able to huff out words—for another 10 minutes. Finally, switch to the last machine and do 10 minutes at a 5 or 6 effort.



### Beginner: Single-Leg Squat

Targets: Abs, glutes, quads, and hamstrings

- Stand with feet hip-width apart, knees slightly bent, abs engaged, hands on hips.
- Lift right foot a few inches off floor. Squat on left leg, keeping knee behind toes.
- Stand back up. Do 12 reps, keeping right foot lifted the entire time.
- Switch sides; repeat

~www.fitnessmagazine.com



## Pumpkin Custard, Hold the Dairy

Oct 12th, 2009 by rdilinda

You would never guess this creamy pumpkin custard is dairy free. I simply take a standard pumpkin pie filling recipe and substitute firm silken tofu for the evaporated milk in the recipe. Adapted from Libbey's Famous Pumpkin Pie recipe. I ditched the crust, subbed tofu for evaporated milk, and increased the sugar a bit. Evaporated milk has some natural sweetness, tofu does not.

### Yields 6 servings

- 1 cup dark brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- 2 large eggs
- 15oz can pure pumpkin
- 12oz package firm silken tofu
- ¼ cup chopped pecans
- freshly grated nutmeg, optional

1. Preheat oven to 350 degrees.
2. Put dark brown sugar, spices, salt, eggs, pumpkin, and tofu in a blender and process until smooth, about a minute.
3. Place 6 **ramekins** in a 9×13 baking pan. Add water to the 9×13 pan, until it comes halfway up the sides of the ramekins. This is called a water bath and allows gentle heat to bake the custard. You can bake the custard without it, but it won't be quite as creamy.
4. Pour the pumpkin mixture into the ramekins. Bake for 30 minutes.
5. Allow to cool and remove ramekins from the 9×13 pan. Drain the water. Put the ramekins back in the 9×13 pan and cover with plastic wrap. Store in the refrigerator until ready to serve.
6. Garnish with chopped pecans and a nutmeg. Enjoy!

Note: you can substitute 1 1/2 teaspoons pumpkin pie spice in place of the cinnamon, ginger, and cloves.

Totally unhealthy, but looks awesome, maybe just use it for a center piece if you can resist ☺

## Red & Black Candy Apples



- 8-10 medium sized apples
- 8-10 wooden twigs, twinned
- 3 cups granulated sugar
- 1/2 cup light corn syrup
- 1 cup of water
- several drops of cinnamon flavored oil
- 1/4 teaspoon of red food coloring
- 1/4 teaspoon of black food coloring

1. Clean and dry the apples. Try to remove as much of the wax as possible. If you purchase them from your local farmer's market then chances are they have not been treated with the food grade wax that makes them shine. Remove any stems or leaves and insert a twig into the end of each apple. To facilitate easier twig entry you can carefully sharpen the end of the twig or use a candy stick to create a guide hole. Set apples aside.
2. Heat and stir sugar, corn syrup and water in a saucepan until sugar has dissolved. Boil until the syrup reaches 300 degrees on a candy thermometer. Don't go over 310 degrees or your candy burns and then you'll be sad.
3. Remove from heat and stir in flavored oil and food coloring.
4. Dip one apple completely in the syrup and swirl it so that it becomes coated with the melted sugar candy. Hold the apple above the saucepan to drain off excess. Place apple, with the stick facing up, onto a baking sheet that's greased or lined with a silpat. Repeat the process with the remaining apples. If your syrup thickens or cools too much, simply reheat briefly before proceeding. Let the apples cool completely before serving.

**A note about the black apples:** Lighter colored apples (Granny Smith, Golden Delicious) work well in making the red appear bright and glassy; darker apples like red delicious help the black candy appear as dark as possible. Muy spooky!

Also, Adam made one batch with red food coloring and after he had a few red apples he reheated the candy mixture and added black food coloring. Adding black to red will make it darker. He repeated the dipping process. Black food coloring can be found online or at specialty baking stores.

~ Adam's Scary Apples by Matt Armendariz, mattbites.com

Happy  Halloween

