

In This Week's Issue:

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and
Fluoride**

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of the
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Thai Chicken, Mango & Pineapple Salad



Grilled chicken and tropical fruits seasoned with a citrusy curry sauce give this colorful salad plenty of kid appeal. It makes a great lunch or a light dinner as is, or you can create a heartier meal by serving the meat and fruit with steamed rice and side salads.

Ingredients:

- 1 (14-ounce) can regular or light coconut milk
- 1 tablespoon Thai red curry paste, or more to taste
- 2 teaspoons freshly grated orange zest
- 1/2 cup fresh orange juice
- 4 boneless, skinless chicken breasts, cut into 1-inch chunks
- 1 mango, peeled, pitted, and cut into 1-inch chunks
- 1 pineapple, peeled, cored, and cut into 1-inch chunks
- 4 cups salad greens

1. In a bowl, whisk together the coconut milk, red curry paste, orange zest, and orange juice and reserve 1/2 cup of the mixture in a separate container. In a ziplock bag, toss together the chicken breast chunks and half of the marinade from the bowl. Toss the fruit and the remaining marinade in another ziplock bag. Let the food marinate at room temperature for 15 to 30 minutes.
2. Prepare a charcoal fire or heat a gas grill to medium-high, and oil the grates. Thread the chicken and fruit pieces onto separate skewers.
3. Grill the skewered chicken for 3 to 4 minutes per side, turning once, or until the chicken is cooked through. Grill the fruit skewers for 2 minutes per side, turning once, or until you have visible grill marks. Remove the meat and fruit from the skewers and serve them over salad greens drizzled with the reserved marinade. Serves 4.

Nutritional Information:

Per serving: Calories 498, Protein 65g (129% DV), Carbohydrates 28g (9% DV), Total Fat 14g (22% DV), Saturated Fat 10g (51% DV), Cholesterol 156mg (52% DV), Sodium 189mg (8% DV), Vitamin A (41% DV), Vitamin C (122% DV), Iron (24% DV), Calcium (7% DV)

Percent daily values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

~FamilyFun Magazine

Health Tip of the Week:

Help Cravings with Peppermint Tea



Always crave a cookie after your sandwich? Sip a cup of herbal tea before you indulge. "It gives your stomach a chance to connect with your brain, so you realize you're full," says Heather Bauer, R.D., founder of Nu-Train in New York City. Any flavor will do, but Bauer prefers peppermint. "The minty flavor helps curb your desire to nosh," she says. "It sends the same 'I'm done' message as brushing your teeth does."

~SHAPE Magazine

Exercise of the Week: Part 4 of 4

Total Body Tightening

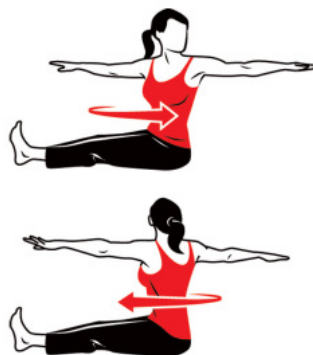
With so little time to get in shape, you need to hit everything--hard.

For carving a solid core, Pilates is king. But it also makes a great total-body workout. Pilates challenges big and small muscles from your tootsies all the way up to the base of your noggin. The result is a longer-and leaner-looking you.

"It's resistance training, pure and simple, because you work with your own body weight in every move," says Alycea Ungaro, owner of Real Pilates in New York City. Do these four moves (first three in previous newsletters) three days a week for a smashing silhouette.

Move 4: Spine Twist

Works: shoulders, obliques, back, glutes, and legs.



1. Sit with your legs extended in front of you, knees straight and toes pointing up.
2. Extend your arms to the sides at shoulder height, palms down. Twist your upper body as far as you can to the left without compromising your posture or shifting your hips or legs.
3. Pulse twice, reaching farther to the left each time.
4. Return to center and repeat the move to the right.
5. That's 1 rep; do 5.

* Make it harder Hold a 2- or 3-pound weight in each hand.

~Women's Health Magazine

Warning: Never Swallow Regular Toothpaste

Fluoride, one of the most consumed drugs in the United States, is deliberately added to about two-thirds of U.S. public water supplies, theoretically to reduce tooth decay, even though there's no scientifically-valid evidence proving either safety or effectiveness.

Dr. Bill Osmunson, general and cosmetic dentist for 30 years, changed his mind about water fluoridation, which he promoted aggressively for the first 25 years of his practice. He thought he saw the benefits, but it wasn't until he actually reviewed the information for himself that he began to realize that fluoridation is a serious problem.

Why Does Toothpaste Carry a Warning But Fluoridated Water Does Not?

One of the first things he did was look at a tube of toothpaste, which clearly carries the warning: "Do not swallow," and "in case of accidental ingestion, contact the poison control center." The amount of fluoride they're talking about is a quarter milligram of fluoride, contained in a pea size amount of toothpaste.

But here is the kicker; this is the same amount of fluoride you find in 8 oz of water. Yet, toothpaste carries a "Do not swallow" warning, whereas you're typically told to drink eight 8oz glasses of water each day, without any concern for the amount of fluoride you will ingest.

One of Dr. Osmunson's main concerns is water fluoridation for infants. The American Dental Association (ADA) and the Center for Disease Control (CDC) recommend that infants NOT receive fluoridated water for drinking, nor for making their formula, as fluoridated water contains 250 times more fluoride than mother's milk.

Unfortunately, the only way to ensure your water is pure enough to drink is by installing a good water filtration system in your house, such as a reverse osmosis filter that can filter out fluoride and other dangerous water contaminants like disinfection byproducts (DBPs). Bottled water also typically contains fluoride, even though it's not stated on the label.

Dental Fluorosis – A Clear Sign of Excessive Fluoride Intake

The next thing Dr. Osmunson looked at was dental fluorosis. These are the white and brown spots on your teeth. The only thing that causes dental fluorosis is fluoride – typically due to ingesting too much fluoride during your developing years, from birth to about 8 years of age. According to the CDC, about one third of children and adolescents 6 to 19 years have enamel fluorosis on their teeth. When dental fluorosis occurs, it can be an indication that the rest of your body has been exposed to too much fluoride also, such as your bones and the rest of your organs, including your brain.

So, are there actual benefits of water fluoridation?

Depending on the source, water fluoridation has been said to reduce tooth decay by anywhere from 20 to 80 percent. But when you compare the statistics between different countries, you see that no matter whether they fluoridate their water or not, tooth decay has steadily been reduced by the same amount.

Likewise, when you compare states in the U.S., you find that increased amounts of fluoride in the drinking water make no difference. We have the same amount of good healthy teeth, regardless of water fluoridation.

So, if there's no benefit, WHY are we fluoridating?

The evidence points to it being little more than a well-orchestrated PR stunt to aid an industry in trouble – a fascinating story in and of itself, as described so well in Christopher Bryson's book *The Fluoride Deception* and in one of the best web sites on this topic, Fluoride Action Network (FAN).

Other pro-fluoride advocates go so far as to try to make you believe that fluoride is a nutrient that naturally helps build strong teeth and bones. One such example is the Directive 2002/46/EC of the European Parliament and the Council, which lists "fluoride" as one of only 28 vitamins and minerals permissible for sale for human consumption within the European Union.

But let's make this point clear: fluoride is NOT an essential nutrient. The fluoride added to your drinking water is in fact a chemical waste product! It is NOT something you should use as a supplement to your diet. There are plenty of studies showing the dangers of fluoride to your health, such as:

Increases lead absorption	Disrupts synthesis of collagen
Arthritis	Hyperactivity and/or lethargy
Muscle disorders	Bone fractures
Brain damage/lowered IQ	Bone cancer (osteosarcoma)
Dementia	Genetic damage/cell death
Inactivates 62 enzymes	Increases tumor/cancer rate
Disrupts immune system	Damages sperm/increases infertility
Lowers thyroid function	Inhibits formation of antibodies

Continued →

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Warning: Never Swallow Regular Toothpaste

Continued

The Key to Healthy Teeth is in Your Diet!

If you're wondering how to keep your teeth healthy, remember that fluoride was never the answer in the first place. Instead, look to your diet for naturally healthy teeth. In fact, most people whose diet includes very little sugar and few processed foods have very low rates of tooth decay. Limiting, or eliminating sugar, and avoiding processed foods – along with regular cleanings with your natural dentist – will ensure that your teeth stay healthy naturally.

What You Can Do to Help Eliminate Water Fluoridation

Dr. Osmunson suggests you talk to your dentist and health care provider about water fluoridation. For example, ask them if they've seen the National Academy of Sciences report on fluoridation. You can help educate them by giving them information they may not have on water fluoridation and excess fluoridation exposure.

He also suggests that professional health care providers and dentists take the time to look at both sides of the issue. If you are a professional in the field, you may also want to add your name to the online Professional Statement at www.FluorideAlert.org. As of April 2009, 2,221 medical and environmental health professionals have signed this statement, calling for an end to water fluoridation.

~Mercola.com

Dr. Baze's Health Talk



Understand Your Body in a New Way.

Wednesdays, 6 pm at Baze Chiropractic

The 7 Keys to Optimum Health:

June 10th, June 24th, July 8th, July 22,

Exercises for Optimum Health: June 17th

Stress Management for Optimum Health:

July 15th

Brought to You by: Maggie Winters, BS-AT, NSCA-CPT