

What's Happening at Baze Chiropractic:

We will be closed Labor Day weekend, September 5th through the 7th.



New Updated Version of the Seafood Pocket Guide! →

The Marine Stewardship Council (MSC) blue eco-logo was added to pocket guides to help consumers identify wild-caught seafood from sustainably managed fisheries.

When it comes to seafood, your choices make a difference. To help, we've updated our Seafood Watch recommendations on the website and in our printed pocket guides. You'll find new species like cobia and tongol tuna, as well as other changes that reflect the latest fish available in the marketplace.

~Monterey Bay Aquarium

Health Tip of the Week: Instant Pick-Me-Ups

Feel a crash coming on? Put some pep in your step - in 10 minutes or less - with these simple strategies.

- ✓ **Take a belly breath** "It reduces stress, conserving energy for more important tasks," says Woodson Merrell, M.D., the author of The Source. Inhale slowly until air fills your lungs and expands your abdomen, then exhale.
- ✓ **Guzzle water** A study in the Journal of the American College of Nutrition found that dehydration can decrease brain power, along with physical stamina. Aim for half a cup of water every hour during the day.
- ✓ **Get moving** A brisk 10-minute walk is enough to boost energy levels for up to two hours, finds a study from California State University. "Exercise improves the blood's circulation," says Merrell, "which transports nutrients to fuel the muscles and brain."
- ✓ **Snack smart** "You should eat something every three to four hours [minimum] to keep your blood sugar level steady," says Joan Salge Blake, R.D., a Boston nutritionist. She recommends a mix of protein and high-fiber carbohydrates.
- ✓ **Say thanks** Take a moment every day to remind yourself of the things you're grateful for. Research at John Hopkins University found that people who did so had more energy and were less likely to be depressed than those who didn't.

~SHAPE Aug. 2009



Cut on the dashed line and keep as a pocket guide

MONTEREY BAY AQUARIUM

Seafood
WATCH



Sustainable Seafood Guide
West Coast, July 2009

Learn More

Our recommendations are researched by Monterey Bay Aquarium scientists. For more information about your favorite seafoods, including items not listed here, visit www.seafoodwatch.org.

Pocket guides are updated twice yearly. Get current information on your mobile device, on our website or by adding our free app to your iPhone.



MONTEREY BAY AQUARIUM*

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2009. All rights reserved.

You Can Make A Difference

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants.
2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.
3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!

Why Do Your Seafood Choices Matter?

Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are over-fished and, in the U.S., we import 80% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem.

By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

Contaminant information provided by:

ENVIRONMENTAL DEFENSE FUND

* Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

* Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafood

BEST CHOICES

Abalone (US farmed)	Scallops: Bay (farmed)
Artichoke (US farmed)	Shrimp: Pink (OR)+
Barramundi (US farmed)	Striped Bass (farmed or wild*)
Catfish (US farmed)	Tilapia (US farmed)
Clams, Mussels, Oysters (farmed)	Trout: Rainbow (farmed)
Cobia (US farmed)	Tuna: Skipjack (troll/pole)
Cod: Pacific (Alaska longline)+	
Crab: Dungeness	White Seabass
Hallbut: Pacific+	
Lobster: Spiny (US)	
Pollock (Alaska wild)+	
Rockfish: Black (CA, OR)	
Sablefish/Black Cod (Alaska+, BC)	
Salmon (Alaska wild)+	
Sardines: Pacific (US)	
Tuna: Albacore (US+, BC troll/pole)	

GOOD ALTERNATIVES

Caviar: Sturgeon (US farmed)	Scallops: Sea (wild)
Clams, Oysters* (wild)	Shrimp (US, Canada)
Cod: Pacific (US trawled)	Spot Prawn (US)
Crab: King (US), Snow, Imitation	Squid
Flourders: Soles (Pacific)	Swai: Basa (farmed)
Lingcod*	Swordfish (US)*
Lobster: American/Maine	Yellowtail (US farmed)
Mahi mahi/Dolphinfish (US)	
Rockfish (Alaska/BC, hook & line)	
Sablefish/Black Cod (CA, OR, WA)	
Salmon (WA wild)*	
Sanddabs: Pacific	
Tilapia (Central America farmed)	
Tuna: Bigeye, Yellowfin (troll/pole)	
Tuna: Canned Skipjack/Albacore*	

AVOID

Caviar, Sturgeon* (imported wild)	Rockfish (trawled)*
Chilean Seabass/Toothfish*	Sharks*
Cod: Atlantic, Imported Pacific	Shrimp (imported)
Cobia (imported farmed)	Swordfish (imported)*
Crab: King (imported)	Tilapia (Asia farmed)
Dogfish (US)*	
Grenadier/Pacific Roughy	
Lobster: Spiny (Caribbean)	
Mahi mahi/Dolphinfish (imported)	
Marlin: Blue*, Striped*	
Monkfish	
Orange Roughy*	
Salmon (imported, including Atlantic)*	
Yellowtail (imported, farmed)	
Tuna: Bluefin*, Tongol, Canned (except Albacore/Skipjack)	
Tuna: Albacore, Bigeye, Yellowfin (longline)	

Support Ocean-Friendly Seafood

Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.

Good Alternatives are an option, but there are concerns with how they're caught or farmed - or with the health of their habitat due to other human impacts.

Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.

Hundreds of Thousands of Reactions to Gardasil... Is Your Child Next?

In 2008, three Gardasil shots changed Gabrielle's life and she became one more Gardasil reaction statistic. Now she never knows when she will be back in the hospital emergency room. Diagnosed with inflammation in her brain and body, the brain seizures won't stop. She has had strokes. She is in almost constant pain. Her doctor says she could die.
~NVIC July 14, 2009

It is a modern-day tragedy that millions of women in the U.S. have been scared by Merck's powerful ad campaign to become "one less" victim to cervical cancer by getting vaccinated with Gardasil. Sadly, now an increasing number of formerly healthy girls are turning into "one more" victim of vaccine adverse reactions.

There have been a total of 47 deaths linked to Gardasil since it was brought to market in 2006, according to a press release issued by Judicial Watch, which says it has obtained records from the FDA. In 2008 alone 28 women and girls died after receiving Gardasil injections (up from 19 deaths in 2007).

In all the FDA documented 6,723 adverse events related to Gardasil in 2008, of which 1,061 were considered "serious," and 142 considered "life threatening," the group reported.

Further, as Barbara Loe Fisher reported in the video above, by the summer of 2009 Gardasil had already caused more than 15,000 reports of vaccine reactions, including more than 3,000 injuries and 48 deaths. However, it's estimated that only between 1 percent and 10 percent of vaccine adverse events are ever reported, which means there could actually be anywhere from 150,000 to 1.5 million vaccine injuries related to Gardasil.

Get the Facts, Not the Fear

Merck has convinced millions of girls to get vaccinated with Gardasil by instilling in them a fear of the sexually transmitted disease human papilloma virus, or HPV. While it's true that many women get HPV, and in a small number of cases HPV can progress to cervical cancer, this fear-mongering is only revealing a select assortment of facts.

Merck would like you to hear that 6 million women contract HPV annually -- but they do not tell you that most of those cases are harmless. Your body can clear up HPV on its own, and does so more than 90 percent of the time!

At least 50 percent of sexually active men and women acquire genital HPV infection at some point in their lives, according to the National Prevention Information Network (NPIN). Most often, the infection causes no symptoms at all, and is easily cleared up by your immune system. Even the National Cancer Institute says: "It is important to note, however, that the great majority of high-risk HPV infections go away on their own and do not cause cancer."

In some cases the infection can result in genital warts, and much less often, cervical and other genital cancers. But cervical cancer actually claims less than 3,900 women a year -- most of which are due to not getting regular Pap smears.

So before you even think about getting vaccinated with Gardasil (or having your daughter vaccinated), realize that it's for a virus that clears up on its own 90 percent of the time.

Further, this infection is sexually transmitted. It is not some big bad hairy virus that will cause you any harm if you are leading a healthy lifestyle. It is 100 percent preventable through lifestyle choices. Talking to your kids about HPV, and how it's transmitted, is therefore the first step to prevention.

You should also know that Gardasil does not protect against all types of HPV, and you can still get cervical cancer even if you've been vaccinated. As the CDC states, "About 30% of cervical cancers will not be prevented by the vaccine."

Of course, you will also want to know that the safety of Gardasil has never been proven. As the National Vaccine Information Center (NVIC) writes, "Even though Gardasil was only tested on about a thousand young girls before licensure in 2006, CDC officials told doctors to give three doses of the vaccine to millions of little girls at a cost averaging \$165 per dose. Because Merck did not test Gardasil in pre-licensure clinical trials in combination with all other vaccines routinely given to pre-teen and teenage girls, the CDC suggested that safety could be assumed and directed that Gardasil be given simultaneously with other vaccines."

Take Action Now ... Before Merck Comes After Your Sons Too!

Global sales of Gardasil topped \$2 billion in 2008, but that's not enough for Merck. In an effort to expand their vaccine sales, Merck just recently filed for FDA approval to use Gardasil for boys as well as girls! So it appears the word has not yet gotten out about the serious risks of this virtually unnecessary vaccine. If you like, you can read several stories on NVIC's Web site of women and girls who have been seriously injured, and in some cases died, shortly after receiving this vaccine, including:

- Christina Tarsell, a 21-year-old college student majoring in studio arts at Bard College, who died suddenly and without explanation shortly after receiving the third Gardasil shot in June 2008.
- Gabrielle, a 15-year-old former gymnast and cheerleader who can no longer attend school and is suffering from severe headaches, heart problems and seizures since getting the vaccine. She has been diagnosed with Inflammation of the Central Nervous System as a result of a Gardasil vaccine reaction, and her condition continues to deteriorate.
- Megan, a 20-year-old college student who died suddenly, without explanation, about one month after receiving her third Gardasil shot. No cause of death was found.
- Ashley, a 16-year-old who became chronically ill after receiving Gardasil, and now suffers regular life-threatening episodes of seizure-like activity, difficulty breathing, back spasms, paralysis, dehydration, memory loss and tremors.

Continued →

Dr. Baze's Health Talk Series



Understand Your Body
In a New Way



Wednesdays at Baze Chiropractic

The 7 Keys to Optimum Health: Aug. 19th, 5pm
Exercises for Optimum Health: Aug. 26th, 6:15pm
Stress Management for Optimum Health: Sept. 9th, 6:15pm
Nutrition for Optimum Health: Aug. 12th, 6:15pm

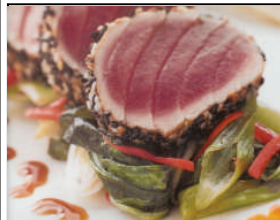


NVIC is currently petitioning President Barack Obama and Congress on behalf of families to investigate Gardasil vaccine deaths and serious injuries like these. If you agree that these, and countless other cases like them, sound like more than a "coincidence," please sign the Petition to Investigate Gardasil Vaccine Risks Now!

Also, if you or your child has received a Gardasil vaccine, it is important that you know how to recognize Gardasil vaccine reaction symptoms like:

Fainting	Pain & weakness
Seizures	Numbness & tingling
Hair loss	Extreme fatigue
Rashes	Other health problems

If you notice any of these symptoms, seek out the help of knowledgeable natural health care practitioner immediately and also be sure to file a vaccine reaction report at NVIC.org.



Seared Tuna with Brown Rice Cakes and Wakame Salad

This meal is as impressive as it is healthy. Wakame is an edible kelp that has been consumed for centuries in Japan. As a bonus, it also contains fucoxanthin (know for weight loss and other health benefits)!

Ingredients

4-6 ounce tuna steaks (see attached seafood guide)
 ½ cup sake
 ½ cup soy sauce
 1 teaspoon ginger, grated
 2 Tablespoons cilantro, chopped
 4 Tablespoons clarified butter
 1 medium onion, diced
 1 clove garlic, chopped
 1 jalapeno, seeded and chopped
 1 cup shiitake mushrooms, chopped
 3 cups brown rice, cooked
 ½ cup vegetable or fish stock
 4 Tablespoons butter
 1 ounce dried wakame

Directions

1. Mix together the sake, soy sauce, ginger and cilantro and marinate tuna steaks for 1-2 hours.
2. Place tuna steaks in a hot pan with 2 Tablespoons of clarified butter; sear to desired doneness.
3. In a 12-inch skillet over medium heat, melt 2 Tablespoons of butter. Add onions and garlic and sauté for 4-5 minutes.
4. Add jalapeno and mushrooms and cook for another 6-8 minutes.
5. Take 1 cup of cooked brown rice and place in food processor and pulse until coarsely ground.
6. Put the ground rice and whole rice in a bowl, season with salt and pepper, and add sautéed vegetables. Mix well. Form rice into cakes.
7. Heat 12-inch skillet over medium-high heat and add remaining 2 tablespoons of clarified butter.
8. Sear rice cakes for about 2 minutes per side.
9. In a medium saucepan, warm ½ cup fish or vegetable stock.
10. Add 2 Tablespoons of cold unsalted butter and melt. Remove from heat and add wakame.
11. To serve, place wakame (with sauce) on the plate, top with rice cake and then tuna steak.

~Extraordinary Health, Volume 6

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