

## What's Happening at Baze Chiropractic:

**Dr. Baze will be out of the office**  
**Wednesday, September 30<sup>th</sup> – Saturday, October 3<sup>rd</sup>.**  
**Dr. Butters will be covering the office during this time.**

### Swine Flu Update

#### Why Millions of Americans Don't Need a Swine Flu Vaccine

The FDA has now suddenly granted approval to four different H1N1 vaccines, all on the same day! With virtually no testing, these fast-tracked vaccines are now approved for use on everyone: Infants, children, adults, senior citizens and even expectant mothers. But does everyone really need these vaccines?

According to the CDC, by June of 2009, one million Americans had already been exposed to H1N1 swine flu. Although the CDC hasn't released official infection statistics in recent months, with the rapid spread of the mild virus, it's not unreasonable to suspect that by now, three months later, the number of Americans who have been exposed to H1N1 **swine flu** has at least doubled to two million.

Yet here's the interesting part: You don't see two million Americans dying from swine flu.

That's because many of those who were infected by swine flu never had any idea they were infected at all. They were so-called "symptomless carriers," because they never experienced a sniffle or other flu-like symptoms. Their immune systems conquered swine flu automatically and effectively, creating antibodies and overcoming the infection by relying on fundamental human physiology.

Even for those who got sick, virtually everyone survived the sickness. After a few days of extra rest in bed (and hopefully some nutritional supplementation), they were able to kick the virus and return to normal life. This is all a normal part of beating any flu.

All these millions of people who were infected by **H1N1** and didn't die have naturally made their own swine flu antibodies. They are now immune to the swine flu, and they now have zero risk of being infected or killed by this H1N1 swine flu in the future.

~www.naturalnews.com, September 16, 2009



### Ancho-Glazed Salmon With Broiled Sweet Potato Fries

**Makes:** 4 servings    **Start to finish:** 20 minutes

#### Ingredients

- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground ancho chile pepper or chile powder
- 2 medium sweet potatoes, scrubbed
- Nonstick olive-oil cooking spray
- 4 skinless salmon fillets (5-6 ounces each)
- 1 tablespoon olive oil
- 2 tablespoons fresh cilantro sprigs

1. Preheat broiler. In a small bowl, combine sugar, salt, cumin and chile powder. Cut sweet potatoes into ¼-inch-thick slices and place on the greased rack of a broiler pan. Coat sweet potatoes with cooking spray and sprinkle with half the spice mixture. Broil 10 minutes, turning once halfway through.
2. Rinse and dry salmon; coat with remaining spice mixture. In a large skillet, cook fish in hot olive oil over medium heat for 4 minutes per side, or until it flakes easily with a fork.
3. Sprinkle sweet potatoes and salmon with cilantro before serving.

**Nutrition facts per serving:** 363 calories, 29g protein, 17g carbohydrate, 19g fat (4g saturated), 2g fiber.

**GO FISH** Next time you're at the seafood counter, look for the **FishWise** symbol, which identifies the most sustainable choices (meaning seafood that's good for you and the oceans) based on research by the Monterey Bay Aquarium and the Environmental Defense Fund. Green labels represent healthy fish populations, yellow means there are some environmental concerns, and red labels mean the fish is in trouble. Or send a **text message** to **30644** with the message **FISH** and the type of fish you'd like to buy. The Blue Ocean Institutes will text you right back with an assessment of your pick and, if needed, offer more sustainable alternatives.

#### The Catch of the Day

Not sure how to pick the freshest fillet? Here, three easy tips from chef Rick Moonen, owner of Rick Moonen's Seafood in Las Vegas.

**Buy the fish that's caught locally.** If you live in the Northeast, choose arctic char or striped bass; Midwesterners can look for yellow perch and lake trout; on the Pacific coast, go for wild halibut or cod.

**A fillet should be almost odorless and have a firm texture – pass if it's mushy.** Also, check the ice underneath a piece of fish. Discoloration from dripping juices means the seafood's been sitting out a long time.

**Can't buy fresh?** Look for fillets frozen in individual packets. This locks in freshness and prevents freezer burn.

~Fitness Magazine, September 2009

### Health Tip of the Week: Important note on canola oil "urban legends":

There is a problem with most websites that DEFEND canola oil, saying that internet "urban legends" on the dangers of canola oil are unfounded. The problem is that these websites that defend canola oil ONLY talk about the issue of erucic acid. The issue of erucic acid IS an urban legend, because erucic acid has been bred out to very low levels over the years, so it is a non-issue.

However, these websites that defend canola oil are barking up the wrong tree because they don't address the issue of the processing of canola oil and oxidation of the polyunsaturated component of canola oil, which is what makes it unhealthy for human consumption. THAT'S the real issue that they either don't understand (because they are not nutrition experts) or are simply ignoring.

~Mike Geary, Certified Personal Trainer, Certified Nutrition Specialist



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## Insect Repellent DEET Is Toxic to Brain Cells



(NaturalNews) If you insist on using chemical laden insect repellents containing DEET, you may be getting more than you bargained for -- including damage to your central nervous system. In fact, scientists writing in the open access journal BMC Biology don't just say that more studies should be done to confirm DEET's potential neurotoxicity to humans. The researchers are calling for more investigations of the chemical to be conducted on an urgent basis. The reason? They suspect that the potential brain cell damaging effects of **DEET** could be particularly harmful if used in combination with other neurotoxic insecticides. And that's exactly the way DEET is normally used in products applied to both adults and kids in order to prevent mosquito bites.

French scientists Vincent Corbel from the Institut de Recherche pour le Developement in Montpellier and Bruno Lapied from the University of Angers headed a team of researchers who studied the mode of action and toxicity of DEET, also known by the chemical name N,N-Diethyl-3-methylbenzamide. "We've found that DEET is not simply a behavior-modifying chemical but also inhibits the activity of a key central **nervous system** enzyme, acetylcholinesterase, in both insects and mammals," Corbel said in a statement to the media.

DEET has been in use since its discover in 1953 and is now the most common ingredient found in insect repellent preparations. It is primarily hyped as a way to keep mosquitoes at bay and doctors and insect repellent manufacturers promote DEET's use through scare tactics, suggesting you are likely to get West Nile fever from mosquito bites unless you use the chemical.

Of course, not every mosquito bite spreads any kind of infection and West Nile fever is not always serious. What's more, a host of natural strategies, from wearing long sleeves and pants in areas plagued by mosquitoes to using a variety of herbal extracts and essential oils topically, can help you avoid bug bites and stings without **chemicals**. Yet DEET remains promoted by the mainstream media and medical establishment as the ingredient that protects adequately against mosquito bites and disease.

Consider this worrisome statistic: each year approximately one-third of all Americans spray and slather on insect repellents containing central nervous system toxin DEET. And this is in spite of the fact that previous studies have warned of DEET's dangers. For example, earlier research by Duke University Medical Center pharmacologist Mohamed Abou-Donia, who has spent 30 years studying the effects of **pesticides**, found that prolonged exposure to DEET can impair functioning in parts of the brain and could result in problems with muscle coordination, muscle weakness, walking or even memory and cognition.

In the new study, Corbel and his colleagues discovered that DEET inhibits the acetylcholinesterase enzyme. This is the exact effect organophosphate and carbamate insecticides have on the body, too. Alarmingly, these insecticides are often combined in products with DEET -- and the scientists found that DEET interacts especially well with carbamate insecticides, magnifying their toxicity. "These findings question the safety of DEET, particularly in combination with other chemicals, and they highlight the importance of a multidisciplinary approach to the development of safer insect repellents for use in public **health**," Corbel stated.

Another study published earlier this summer in the Journal of Agricultural and Food Chemistry, a peer-reviewed journal of the American Chemical Society, showed that a natural substance, **cinnamon** oil, shows promise as a great-smelling, environmentally friendly pesticide, with the ability to kill mosquito larvae. The researchers also believe that cinnamon oil could be a good mosquito repellent, though they have not yet tested it against adult mosquitoes. Historically, however, cinnamon oil has been used by natural health practitioners and traditional healers to repel mosquitoes and prevent their bites.

~www.naturalnews.com, Mike Adams, September 6, 2009

## Dr. Baze's Health Talk Series



Understand Your Body  
In a New Way



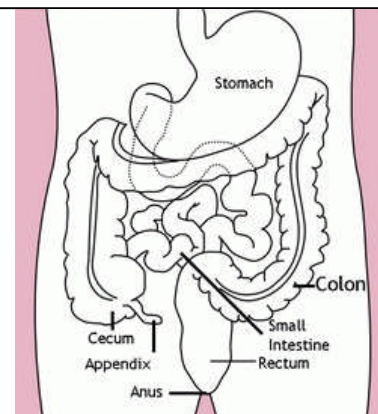
Wednesdays, 6:15 pm at Baze Chiropractic

Call today to [reserve a spot!](#) 425-251-5715

**The 7 Keys to Optimum Health:** Oct. 14<sup>th</sup>  
**Exercises for Optimum Health:** Oct. 7<sup>th</sup>  
**Stress Management for Optimum Health:** Dec. 23<sup>rd</sup>  
**Nutrition for Optimum Health:** Nov. 18<sup>th</sup>

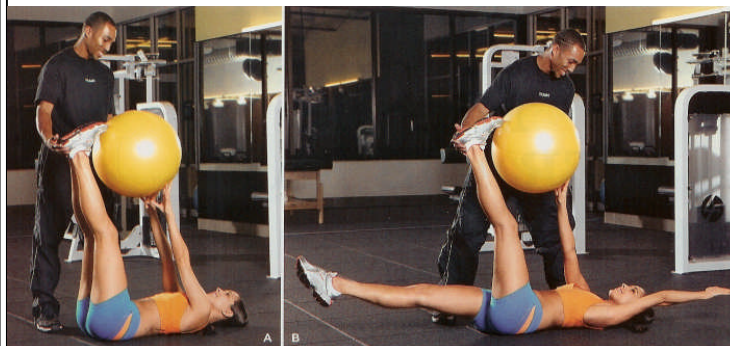
## Your Appendix Is Useful After All

Live Science August 24, 2009;  
Journal of Evolutionary Biology  
August 12, 2009 [Epub Ahead  
of Print]



Your appendix is a slimy sac that hangs between your small and large intestines. It has long been thought of as a worthless evolutionary artifact, good for nothing except a potentially lethal case of inflammation. But now researchers suggest that your appendix is a lot more than a useless remnant. Not only was it recently proposed to actually possess a critical function, but scientists now find it appears in nature a lot more often than they had thought. And it's possible some of this organ's ancient uses could be recruited by physicians to help the human body fight disease more effectively. Your appendix may serve as a vital safehouse where good bacteria can lie in wait until they are needed to repopulate the gut after a case of diarrhea. Past studies have also found the appendix can help make, direct and train white blood cells. The appendix appears in nature much more often than previously acknowledged. It appears in Australian marsupials such as the wombat and in rats, lemmings, meadow voles, and other rodents, as well as humans and certain primates.

## Exercise of the Week: The Jackknife



### Works abs

- ✦ Lie face up with legs extended toward the ceiling, heels flexed. Place a stability ball against ankles and hold it with both hands [A].
- ✦ Lower right leg and left arm to within a few inches of the floor [B].
- ✦ Raise right leg and left arm, then lower left leg and right arm to complete 1 rep. Do 8 to 12 reps.

**Do it at home:** Follow the original instructions. (If you don't have a stability ball, do the move without it.)

**Trainer's tip:** If this exercise is too challenging, lower your leg only a few inches and keep both hands on the ball.

~SHAPE September 2009