



Hands of Health Newsletter

July/August 2004

Hello, again:

I had some interesting experiences lately. I took another massage class for my required continuing education units and one of the conclusions the teacher presented was if you are living life and working, no matter what profession you're in, massage will help you. Whether you sit at a desk, stand on your feet, drive around - everyone will benefit and can use regular massage. Every profession will take its toll on your body physically as well as mentally, emotionally, *and* spiritually. So if you haven't been getting regular massage or was and haven't had one in awhile, get on the phone and call me and let's get you feeling great. As Andy Granitelli used to say about STP "You'll Feel the Difference." Or as the massage school has said "If you only knew what I could do if I could get my hands on you." Great articles this issue, as usual. Enjoy.

DON'T WASH YOUR HANDS WITHOUT READING THIS: AVOID ANTIBACTERIAL SOAPS

Buyer beware: before you buy antibacterial soap you should know your soap may do more harm than good, says Peggy Edwards, chair of the department of clinical laboratory science at Saint Louis University's Doisy School of Allied Health Professions.

What is dangerous about antibacterial soaps? Aren't soaps that kill bacteria good for us? "That is a common misconception," Edwards says. "There is little supportive evidence that antibacterial products are effective in preventing illnesses." There is growing support, however, that antibacterial products have adverse consequences. The most serious consequence, says Edwards, is that the overuse of consumer antibacterial products may make bacteria resistant to therapeutic antibiotics.

More than 45 percent of soaps contain antibacterial ingredients. And the options do not stop there. Cleaning products, laundry detergents, trash bags and sponges are among the growing list of consumer antibacterial options. Edwards gives five reasons why consumers should avoid antibacterial products all together.

1. Antibacterial products will not keep you healthier. "Antibacterial products will not keep you healthier. "Antibacterial products are only effective in killing bacteria," Edwards said. "They do not prevent the spread of viral infections, which are responsible for a large percentage of contagious diseases such as the flu and colds."

2. Antibacterial products could make bacteria resistant to antibiotic medication. Unlike therapeutic antibiotics, household antibacterial products are used in low and unpredictable concentrations. When bacteria are exposed to low and infrequent dosages of antibacterial ingredients, they are more likely to form a resistance to the antibiotics, including therapeutic antibiotics used in clinical settings to prevent the spread of infections and treat pathogenic bacterial infections, Edwards said.

3. Antibacterial products go somewhere after we wash them down the drain. The widespread use of these chemicals contributes to their presence in wastewater and ultimately in the environment. The effects of these chemicals on the environment have yet to be determined.

4. Antibacterial soaps give us a false sense of security. "You may think that by using antibacterial soap you can eliminate bacteria, but that simply is not the case," Edwards said. "Bacteria are everywhere, and most bacteria are not harmful." Good hand washing is still highly effective in removing bacteria, Edwards said.

5. Waterless sanitizers may be particularly dangerous. Alcohol is the ingredient used in waterless sanitizers. Because alcohol is flammable, it might not be appropriate for unsupervised use by young children.

It is important to note that the use of antibacterial wash products still has an important role in preventing nosocomial infections, which are infections that originate in hospitals. However in these areas their use is more carefully monitored and more judiciously applied. "Certainly, more convincing evidence needs to be presented to warrant the risks involved," Edwards said. "Until then consumer use of antibacterial products should be limited."

Established in 1836, Saint Louis University School of Medicine has the distinction of awarding the first M.D. degree west of the Mississippi River. Saint Louis University School of Medicine is a pioneer in geriatric medicine, organ transplantation, chronic disease prevention, cardiovascular disease, neurosciences and vaccine research, among others. The School of Medicine trains physicians and biomedical scientists, conducts medical research, and provides health services on a local, national and international level.

Republished from *The Food Safety Network*, March 29, 2004 Saint Louis University Health Sciences Center, sent by Peggy Fisher, Word-a-Day Newsletter, writingbyfisher@bellsouth.net

FLUORIDE: AMERICA'S UNKNOWN POISON

By Greg Arnold, January 26, 2004, Abstracted from "Hidden Danger in Your Drinking Water and Toothpaste" from *About.com*.

Hailed as the panacea for preventing cavities, fluoride has been gradually added to our drinking water for the last 60 years. In the early 1900's, researchers found that fluoride ended an "epidemic" of brown stained teeth. Despite being brown stained, they were resistant to decay. Since fluoride eliminated the brown stain, it was mistakenly labeled as the cavity fighting wonder.

In the late 1940's, officials started adding artificial fluoride to many U.S. drinking waters to improve America's dental health. But 40 years later, a 1981 survey found decay rates were not leveling off, but fluoridation of the water supply continued.² Extensive research on fluoride⁴ has shown ingestion to manifest the following symptoms.

- Aches and pain in the joints
- Non-ulcer dyspepsia such as nausea and vomiting
- Polyuria (frequent urination) and polydipsia (excessive thirst)
- Muscle weakness, fatigue, anemia with low hemoglobin level
- Male infertility with abnormality in sperm morphology

In the simplest terms, fluoride is an enzyme poison. The poisoning reaches our genes, impairing DNA repair and resulting in chromosome damage. Fluoride ingestion is cumulative and builds up steadily. The body can only eliminate half of the total intake, which means that the older you are the more fluoride will have accumulated in your body.

Perhaps the attention garnered by fluoride is mostly because of the devastating effect it has on the thyroid gland. Fluoride competes for the receptor sites on the thyroid gland which respond to thyroid stimulating hormone. When less of this hormone reaches the thyroid gland, less thyroid hormone is manufactured. Over time, this can lead to hypothyroidism or an autoimmune disease called Hashimoto's thyroiditis.

REFERENCES:

¹ Sushella AK. Reversal of fluoride induced cell injury through elimination of fluoride and consumption of diet rich in essential nutrients and antioxidants. *Molecular and Cellular Biochemistry*

² "Canadian Government Questions Value of Fluoridation"

³ "Fluoride Harmful, Researchers Warn"

⁴ Dr. A.K. Susheela research on fluoride www.education.vsnl.com

STATE PESTICIDES DIRECTORIES

There is a lot of information on the internet, and it is sometimes hard to find what you're looking for. The "Beyond Pesticides" website makes it easy to find information about what's going on in your state with its "state pages". These pages filter pesticides news, contacts to local organizations, state and local school pesticide policies, government contacts and pest control operators that provide least-toxic services in your home state.

To find pesticides information for your state, go to: www.beyondpesticides.org/main.html.

Always interesting. Enjoy the summer, drink lots of water, and be careful with your exposure to the sun. And get in for your massage. Excuses are just that; EXCUSES. Your health is critical for the best quality of life and massage will make a marked difference.
Until next time,

Stay healthy, stay well,



*What your kids are exposed to in childhood
will affect them the rest of their lives.*

Unknown



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