



# Hands of Health Newsletter

July/August 2006

Hello, again:

Ah, yes, summer is certainly in full swing in Arizona; since mid-May. But that's no surprise to us Arizonans. So come on over and roast in the sun with us; before 10:00 a.m. and after 4:00 p.m. The times in between are the worst time to get exposure to the sun which makes all the more sense to get out earlier as I do to exercise and we do need some sun. In all honesty I do a lot of my workout inside but the point is I DO IT!!! And I get regular massage. Regular exercise + good diet + regular massage = GOOD HEALTH. And just like regularly scheduled exercise regularly scheduled massage will reap the most benefits and the more you stick with it the longer the effects will last. I plan on following this regimen for the rest of my life. It's been a worthwhile investment and it has paid off in invaluable dividends. In this issue of my newsletter I pulled out random articles which are rather short. But as always they are of health interest.

## MEAT MAY INCREASE THE RISK OF CANCER

A study by scientists in London may have found a link between eating too much meat and colorectal cancer.

By comparing the different diets of subjects in their research they found an increase in the levels of compounds in the large intestine that may alter DNA and increase the probability of cancer.

Other researchers had previously found a very strong indication of the risk of colon cancer from eating red and processed meats.

There was also evidence that people who ate two or more portions of red and/or processed meats had 1/3 more chance of developing colorectal cancer than those who ate less than one serving per week.

A more recent study found in the Cancer Research journal comparing the diets of red meat eaters, vegetarians, those who ate lots of red meat and those following a high fiber diet and observed the cells that lined their colons after 15 days, the purpose was to find out if there were any changes in the cell's DNA. They did find that red meat did increase the levels of N-nitroso in the large intestine. (I wonder if this is related to nitrosamines which research found to be formed from eating processed meat like bacon.)

What may happen is N-nitroso can stick to the DNA which can cause mutations and possibly increase the chance of cancer forming.

There is a chance that the damage to the DNA may be repaired by the body on its own and a high fiber diet may be helpful but if not then there is a chance of developing cancer.

These findings, the scientists said, may assist in developing tests for early detection from changes that may lead to cancer.

Colorectal cancer has been found to be one of *the* most common cancers in developed countries. The International Agency for Cancer Research in Lyon, France found that over 940,000 cases of colorectal cancer occur each year and of that 492,000 die. Contributing factors are diets rich in fat, animal proteins, refined carbohydrates and no exercise. There seems to be a pattern that shows mostly those over 60 suffer from the disease and a small percentage is inherited. Personally, I don't buy into the inherited theory; I think it's lifestyle that's inherited and living the lifestyle mentioned above. Furthermore, I think this speaks to the benefits of a vegetarian diet. So a large percentage of colorectal cancer cases can be prevented with dietary changes. Be sure and look for symptoms such as diarrhea, constipation and rectal bleeding. And don't ignore these warning signs. Disease is not normal; we shouldn't have disease, at least according to what I read in Kevin Trudeau's book. I think he's got some good perspectives.

## ANTIOXIDANTS BLANCHED OUT OF COOKED VEGETABLES

Certain methods of preparation and cooking can cause vegetables to lose their cancer-fighting compounds, with microwaving the biggest culprit, finds a new study published in the Journal of the Science of Food and Agriculture. A study investigating various cooking methods of broccoli concludes that microwaving is the clear loser: microwaved broccoli had lost 97 per cent and 87 per cent of three major antioxidant compounds - flavonoids, sinapins and caffeoyl-quinic derivatives. By stark comparison, steamed broccoli had lost only 11 per cent, 0 per cent and 8 percent, respectively, of the same antioxidants.

"Most of the bioactive compounds are water soluble, during heating they leach in a high percentage of the cooking water, reducing their nutritional benefits in the foodstuff. Because of this it is recommended to cook vegetables in the minimum amount of water (as in steaming), in order to retain their nutritional benefits," said Dr. Cristina García-Viguera, co-author of the study.

The discovery is supported by evidence from another study published simultaneously in JSFA. Researchers in Finland, VTT Biotechnology, observed the effects of preparation and storage on various bioactive compounds in frozen vegetables.

They found that the blanching of vegetables prior to freezing caused losses of up to a third of their antioxidant content. Dr. Riitta Puupponen-Pimiä, co-author of the study, pointed out that the effects of blanching were largely plant species-dependent. Slight further losses occurred during frozen storage, though most bioactive compounds, including antioxidants, were quite stable during storage.

Science today has shown that antioxidant compounds, which are naturally prevalent in many vegetables, have protective effects on the body, eliminating harmful free radicals - highly volatile molecules that damage the DNA of cells that can cause serious diseases such as cancer and heart disease.

The authors note that while a healthy diet should contain more than enough antioxidants, how food is prepared and cooked may be just as important as what is eaten.

Full findings of the 'Phenolic compounds content in edible parts of broccoli inflorescences after domestic cooking,' study by Vallejo F., Tomás-Barberán F. A., García-Viguera C., are published in the Journal of the Science of Food and Agriculture at [www.wileyurope.com/legacy/wileychi/sci](http://www.wileyurope.com/legacy/wileychi/sci).

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## WATER OR COKE

This is really an eye opener...Water or Coke?

We all know that water is important, but, I've never seen it written down like this before.

### WATER

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

And now for the properties of **COKE**:

1. In many states (in the USA) the highway patrol carries two gallons of coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola in to the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid

in Coke removes stains from vitreous china.

4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy. (Coming from a vegetarian I don't support this activity or based on other facts listed here. And ham is a processed meat. See article on other side.)
8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.
9. It will also clean road haze from your windshield.

For your info:

1. The active ingredient in Coke is Phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material placards served for Highly corrosive materials.
3. The distributors of Coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would you like a coke or a glass of water?

A little something to think about. Makes me think about all the meat I used to eat and all the Coke I used to drink (I chose Coke over Pepsi). I wonder if this was a contributing factor to my father's colon cancer but that's just speculation; he thinks so; we'll never know for sure. By the way, he did survive and is still alive and kicking many years later at age 88. I attribute that to his healthy habits which I'd say reversed all the negative effects of his prior unhealthy habits. Fortunately I made my changes much earlier in life than my father. Therefore, I haven't had any of the challenges he's had nor will I. I've made a conscious decision and effort to make sure or to give myself a much better chance of being free of those maladies. So in conclusion have a great summer, don't stay out in the sun too long, drink plenty of WATER and that means WATER; no flavoring or iced tea or coffee instead of because that's NOT WATER, still exercise regularly and get in to see me for your massage. It will enhance the quality of your life. Back in the Fall.

Until next time,

Stay healthy, stay well,



A handwritten signature in cursive script, appearing to read "Paul".