



Hands of Health Newsletter

March/April 2005

Hello, again:

So, is Spring here? I'm thankful for the rain but I didn't think we'd get our yearly allotment all at once. Not to mention the weed farm that sprung up in my desert landscaped front yard. With Spring here and the warmer temperatures (save for the rain) it's a great time to get outdoors to exercise. Whether you run, walk, hike or cycle, it's so important for your health. My approach to health is to achieve a level of fitness where you are maintaining an optimum level of health. And part of your health routine should include regular massage. I like to see my clients get to the point where everyone is coming in to feel good not because they are in pain. This is called "health maintenance." But it only works when done on a regular basis like exercise. If you only come in at the last minute, once in a while when you can't stand the pain or discomfort anymore that's called "crisis care." Massage will only last for a short time and then you're back to square one and I have to start all over again. So best to keep current on your exercise routine as well as your massage program. From time to time I like to reprint articles I've presented in past issues of my newsletter. I'm not sure if I have used these articles before but they are still relevant and timely. Please enjoy and learn.

CANCER-COMBATING CHEMICALS FROM VEGETABLES

Republished with permission from NaturalIngredients.com, May 11, 2004.

Chemicals produced by some vegetables when they are chopped, chewed or otherwise processed could kill colon cancer cells - new evidence that diet could play an important role in fighting - and indeed preventing - the disease. Scientists at the Institute of Food Research (IFR) in the UK found that natural chemicals released by brassica vegetables such as cabbage or broccoli can 'sabotage' the uncontrolled cell division of colon cancer cells, acting in much the same way as many anti-cancer drugs.

ISR scientists found that the plant chemical allyl-isothiocyanate (AITC) - a breakdown product of sinigrin, a chemical compound found in brassica vegetables including mustard, cabbage, horseradish, cauliflower, sprouts, swede, kale and wasabi - affected the cancerous cells as it was released when the vegetable was processed, either by chewing, chopping or cooking.

Unlike normal cells, which "commit suicide" at the end of their lifecycle, cancer cells continue to divide indefinitely. Cell division occurs when a parent cell divides to form two daughter cells during a four-stage process. In the second stage, known as metaphase, pole structures called spindles are created. Anything that disrupts the construction and deconstruction of these spindles halts the process of cell division. Previous studies have shown that damaged cells then commit suicide in a process called apoptosis.

"This is the first time the disruption of metaphase by an isothiocyanate has been explored in detail in relation to colon cancer prevention" said Professor Ian Johnson, head of the IFR's Gastrointestinal Health and Function research group. "This is not a miracle cancer cure, but it does show that preventive dietary measures can be discovered and exploited in the same way as drugs," he said.

"We have known for many years that sinigrin breakdown products kill cancer cells. But by uncovering a previously unknown part of the process working in a similar way to some anticancer drugs, we hope to show how important diet can be in your personal anticancer armory."

Professor Johnson explained that AITC appeared to selectively target tumor cells, unlike some other chemotherapeutic drugs that also harm healthy cells. However, he stressed that the mechanism needed further investigation.

Most cancers are not genetically inherited, and it widely accepted that 30 percent to 70 percent are preventable through changes to diet, the IFR researchers suggested, adding that natural plant chemicals such as AITC could provide protection and even treatment against other cancers of the gastrointestinal tract (stomach, pancreas, esophagus, as well as colon) and of the lung.

The IFR research will be published in the journal *Carcinogenesis* in July, and was announced at the Science Media Center in London yesterday, alongside a new report by the World Center Research Fund to be published in 2006.

Professor Martin Wiseman, medical and scientific adviser to WCRF, said: "This is a valuable piece of research that puts in place another piece of the jigsaw on the way in which foods and nutrition could influence cancer risk. These sorts of studies, together with the other types of study, contribute to a greater understanding of the role lifestyle plays in cancer prevention."

"Our 'portfolio' approach allows us to take all different types of study and turn them into real steps that people can take to reduce their own risk of cancer."

CAUTION: FLUORIDE CAN BE HAZARDOUS TO YOUR HEALTH, RESEARCHERS REPORT

Republished with permission from the Food Safety Network, www.foodsafetynetwork.ca, August 27, 2002, From a press release.

NEW YORK - Research from India shows that fluoride can make people sick; but improved diet and complete fluoride withdrawal can relieve symptoms, according to the May-June, 2002, "Molecular and Cellular Biochemistry," (a) reports the New York State Coalition Opposed to Fluoridation (NYSCOF).

Fluoride's harmful health effects, except to teeth, are rarely studied in the U.S. and, in fact, are often discouraged (b). Also never studied, incredibly, are the most widely-used artificial fluoride chemicals Americans drink daily (c) - silicofluorides, derived from fertilizers, purposely added to water supplies, at about 1 milligram fluoride per quart of water, in an attempt to reduce tooth decay.

In areas of India, where food and water are naturally fluoride-abundant, severe fluoride toxicity is common and manifests as debilitating and disfiguring diseases (d). Well-known is that fluoride excess irreversibly cripples bones and crumbles teeth (fluorosis).

Lesser-known are early fluorosis warning signs, or soft tissue toxicity, whose manifestations and resulting clinical complaints are reversible with a diet adequate in calcium, vitamins C, E, other antioxidants and withdrawal of all fluoride sources (the intervention), report researchers Madhu Bhatnager and Professor (Dr.) A.K. Susheela, the CEO and Director of India's Fluorosis Research and Rural Development Foundation.

Susheela and Bhatnager examined ten patients (6 males, 4 females; ages ranging from 8-60 years) having clinical symptoms suggestive of fluoride poisoning. Blood, urine and drinking water samples were collected. Water samples contained 0.14, 0.38, 0.90, 1.06, 2.00, 1.74, 3.00, 5.80, 26.07 and 29.00 milligrams fluoride per liter (approximately a quart). Some patients with fluorosis consumed safe water but ingested fluoride through food and/or other fluoride sources.

After a year on the intervention, serum and urine fluoride levels dropped significantly with patients' complete relief from joint pain and rigidity, polyuria (frequent urination), polydipsia (constant thirst), muscle weakness, and gastrointestinal complaints, some alleviated after only 10-15 days.

Dr. Susheela researches fluoride extensively (education.vsnl.com/fluorosis/publication.html). In this study, Susheela and Bhatnager write: "It is now an established fact that fluoride ingestion over a period of time can affect the structure and function of cells, tissues, organs and systems resulting in a variety of clinical manifestations. For example:

- 1) Aches and pain in the joints, i.e. neck, back, hip, shoulder and knee without visible signs of fluid accumulation
- 2) Non-ulcer dyspepsia such as nausea, vomiting, pain in the stomach, bloated feeling or gas formation in the stomach, constipation followed by diarrhea
- 3) Polyuria (frequent urination) and polydipsia (excessive thirst)
- 4) Muscle weakness, fatigue, anemia with low hemoglobin level
- 5) Complaints of repeated abortions/still birth
- 6) Complaints of male infertility with abnormality in sperm morphology, oligospermia (spermatozoa deficiency in the semen), azoospermia (spermatozoa absence in the semen) and low testosterone levels."

Susheela and Bhatnager recommend physicians consider fluoride toxicity for the above-listed patient complaints and/or any loss or shine or discoloration in the patient's front row teeth, which may be due to dental fluorosis. "Americans are unaware that their arthritis, irritable syndrome or other symptoms may be fluoride-related," says attorney Paul Beeber, President, NYSCOF.

"This information should be heeded by physicians and members of the medical and scientific communities. Dr. Susheela is a world authority on the health effects of fluoride to the human body," says Beeber. "Pediatricians need to be educated about fluorosis. Perhaps water fluoridation and indiscriminate promotion of fluoridated dental products in the name of prevention of dental caries (cavities) need to be reviewed," writes Susheela and Bhatnager.

To arrive at a definitive fluorosis diagnosis, Susheela and Bhatnager:

- Measure fluoride levels in drinking water, blood (serum), and urine. Twenty-four

(continued on back)

CAUTION: FLUORIDE CAN BE HAZARDOUS TO YOUR HEALTH, RESEARCHERS REPORT - *Continued*

hour urine is ideal. Samples are collected in plastic, not glass, containers because fluoride reacts with silica in glass resulting in unreliable data.

- Take radiographs of the region or joint where the patient had complaints such as pain and stiffness

- Take forearm X-rays to look for interosseous membrane calcification. The forearm X-ray is essential for diagnosis of fluorosis at early stages and to distinguish fluorosis from other orthopedic conditions.

“This is an important message as forearm X-ray is only requested for diagnosing fluorosis. In patients with fluorosis and osteomalacia, increases in bone mass and

bone density may not appear, but ligaments would reveal calcification.” they write.

“U.S. studies show American children are fluoride saturated, ruining their teeth with dental fluorosis; yet cavity rates are rising,” says Beeber. “These children should be studied for fluoride’s other adverse health effects and correlated to essential nutrient consumption and cavities.”

Read more at:

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmdRetrieve&dbPubMed&list-uids=12162452&doptAbstract>, <http://www.fluoridealert.org/mullenix.htm> or <http://www.fluoridealert.org/fluorosis-india.htm>.

Please pass on these articles to family, neighbors, co-workers and anyone else you know and care about. You never know who they know who may benefit. It’s all a rippling effect. And be sure to get in for your massage so it will have a rippling effect on your health. The old adage is true; when you have your health, you have everything. I believe that’s because when you are healthy, all aspects of your life are healthy. It’s synergistic.

Until next time,

Stay healthy, stay well,



I Love Referrals!!!

Ask me about earning FREE MASSAGES for referrals.