



# Hands of Health Newsletter

March/April 2007

Hello, again:

Two months of 2007 already in the can. And I haven't used my heater in weeks; well a couple of times. But what I have done is stay consistent with my health practices: good diet, regular exercise and regular massage because it works. I feel I've strengthened my immune system more than ever and the key variable I attribute that to is rebounding (see September/October 2006 Newsletter). And I must have my massage. My life is pretty physical so I really need my musculature worked on. It makes all the difference physically, mentally, emotionally and...spiritually. So make sure you keep consistent with your massage schedule and no excuses! Without any further delay, enjoy the article(s).

## MEATEATERS DEFICIENT IN SEVEN NUTRIENTS

By Michael Greger, MD

The latest data on the dietary intakes of vegans was just published in August.<sup>1</sup> The diets of about 100 vegans were recorded for a week and were found deficient in calcium, iodine, and vitamin B<sub>12</sub>. Using the same standards, however, the standard American diet is deficient in *seven* nutrients! The diet of your average American is not only *also* deficient in calcium and iodine, it's deficient in vitamin C, vitamin E, fiber, folate, and magnesium.<sup>2</sup>

The American public has over twice as many nutritional deficiencies in their diets, and vegans were shown to have higher intakes of 16 out of the 19 nutrients studied, including calcium. The vegans were getting more than enough protein on average and three times more vitamin C, vitamin E, and fiber. Vegans got twice the folate, magnesium, copper, and manganese.

And of course the vegans had twice the fruit and vegetable intake and half the saturated fat intake, meeting the new 2003 World Health Organization guidelines for fat intake and weight control.<sup>3</sup> Almost two-thirds of Americans are overweight.<sup>3</sup> In contrast, only 11% of the vegans were overweight. Almost one in three Americans are obese.<sup>4</sup> Zero of the 98 vegans in this study were obese.

So when meateaters ask you "Where do you get your B<sub>12</sub>," you can counter with, "Where do *you* get your vitamin C, vitamin E, fiber, folate, and magnesium?" And while you're at it, you can ask them how they keep their sodium, saturated fat, total fat, and cholesterol intake under control (not to mention their weight).

Then you can finally answer their question and proudly say, "B<sub>12</sub> fortified foods or B<sub>12</sub> supplements." Of course, the fact that we are deficient in B<sub>12</sub> should not be taken lightly, so be sure to get this nutrient, by supplementation if necessary. I recommend *Vitamin B<sub>12</sub>: Are You Getting It!* found online at [VeganHealth.org](http://VeganHealth.org).

### References:

1. Result from the German Vegan Study. *European Journal of Clinical Nutrition* 57 (August 2003):947.
2. USDA Food and Nutrient Intakes by Individuals in the United States, by Region, 1994-96.
3. World Health Organization Technical Report Series 916. Diet, Nutrition and the Prevention of Chronic Diseases. 2003
4. Centers for Disease Control.

## RED MEAT MAY BOOST BREAST CANCER RISK

By Steven Reinberg, HealthDay Reporter - HealthDay

Steaks, hamburgers and other red meat could raise younger women's risk for an estrogen-linked form of breast cancer, researchers report.

"Hormone receptor-positive" breast cancers are stimulated by higher levels of estrogen or progesterone circulating in the body. A majority of breast cancers fall into this category.

"We found that higher red meat intake may be a risk factor for hormone receptor-positive breast cancer among premenopausal women," said lead author Eunyong Cho, an assistant professor of medicine at Harvard Medical School. "The majority of breast cancer is hormone receptor-positive, and the incidence of hormone receptor-positive tumors has been increasing in the United States," she added.

Earlier studies have looked at the association between breast cancer and red meat but only among postmenopausal women and without distinguishing between types of breast cancer. The results of these studies are largely inconclusive, Cho's team noted.

The new report was published in the Nov. 13 issue of the journal *Archives of Internal Medicine*.

In the study, Cho's team collected data on 90,659 female nurses aged 26 to 46 taking part in the ongoing Nurses Health Study II. The women were followed from 1991 through 2003.

The researchers excluded postmenopausal women and women who had cancer. During follow-up, 1,021 women developed breast cancer. Of these cases, 512 were hormone receptor-positive cancers.

Cho's group found that women who had one-and-a-half servings of red meat a day had nearly double the risk for hormone receptor-positive cancer compared with women who ate less than three servings of red meat per week.

The researchers speculated that the increased risk may be linked to carcinogens found in cooked or processed red meat, hormone treatments used to spur growth in cattle and the type of iron found in red meat.

"Prevention of other chronic diseases, including colon cancer, already provides a good reason for choosing a diet low in red meat," Cho said. "So, our findings provide another reason for women to reduce their red meat intake."

One expert believes more study is needed, however.

"This is the first study that has actually examined the association between breast cancer and the intake of red meat in premenopausal women by type of cancer," said Eugenia Calle, the managing director of analytic epidemiology at the American Cancer Society. "But it's just one study," she said.

The results need to be replicated in other studies "before we can believe this association is true," Calle said.

Other studies have looked for a connection between red meat and breast cancer have not found a link, she noted. Although these studies didn't look specifically at receptor-positive breast cancer, this type of breast cancer makes up half of all cases. "If there was something going on in that group, one would think that you would see a hint of it," Calle said.

Despite these doubts, Calle agreed that there is an association between red meat and other cancers, such as colorectal cancer. So, she concurs with the American Cancer Society's dietary recommendations to shun red meat.

"We recommend that people limit their consumption of processed and red meat, and eat fruits and vegetables and unrefined grains," Calle said. "We recommend this diet for many reasons," she said. "Whether breast cancer will end up being one of those reasons - I'm not sure at this point."

I had the privilege and pleasure of conducting another couple's massage class last month. I know the couples had a great time; I don't know if they had as much fun as I did. I had such a blast! It was very rewarding to watch the couples interact and nurture each other in a way they really weren't familiar with. So if you would like to schedule a class with me call me and we can schedule on a Saturday that would work for you. The cost is \$150.00 per couple and I can take two couples per class. A couple doesn't have to be husband and wife, girlfriend/boyfriend; it could be you and your best friend, siblings; any two people that want to learn some basic massage techniques to use with whoever.

So take care of yourself and keep up with your massages. Your body, mind and spirit will thank you and I'm here for you.

Until next time,

Stay healthy, stay well,



*With proper care the human body will last a lifetime.*

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