



Our Family Newsletter;

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many people as humanly possible, especially kids!

What is this Health thing exactly?

Listen.....one of the largest quests in the history of the human race has been for this intangible thing called "Health." And one of the biggest obstacles is that most people view health as something they strive for, attain, and once reached, consider it theirs forever – it is a goal. Most people feel it is then with them for the rest of their lives. Consider the average Earthling getting out of bed first thing in the morning: All toes working, able to stand up – this individual is ready to conquer the world! Right!



I hate to burst your bubble here, but Health is not something you can simply attain, capture and hang on to. It is not a destination. It is a continuous journey. So in the words of Nissan, "Enjoy the ride."

Man has always attempted to achieve good health. And although Health has been very elusive, sickness and disease have been very prevalent – and History reveals a number of theories, which have surfaced to explain why people in a society would become sick....You will be shocked to learn that this approach to our understanding of sickness and disease is still evolving – with an added twist, however. Yes, money and profit have played a most intriguing part in this evolution. ...And I just know that you are really shocked to read this.

Bad Vapor Theory:

This first theory began in England about a thousand years ago and it was assumed that people became ill from "bad vapors"



which came from swamps and surrounding lands. People believed that these vapors invaded their bodies and were responsible for sickness and disease. And in order to regain health, people of those times felt a

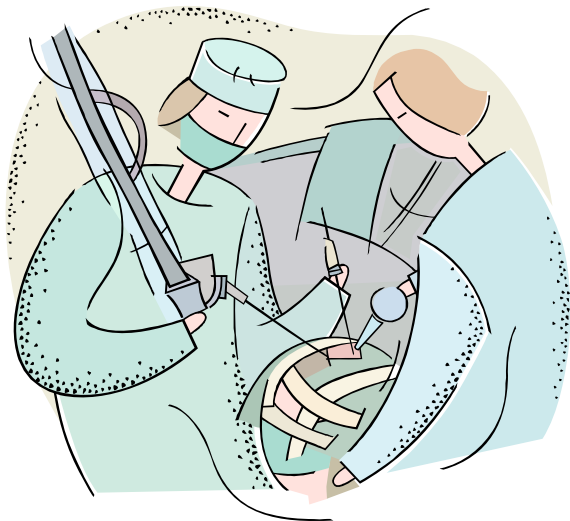
need to purge themselves of these bad vapors. To us, this sounds bizarre in present day, but don't forget that a thousand years ago this was considered to be the height of science! To stay healthy in those days, people would resort to burning lands and forests, trees and fields to magically rid their environment of these bad vapors. This theory, if you can believe it, survived for hundreds of years.

Wait, this gets better . . .

Demon Theory of Disease:

Although very popular, the vapor theory couldn't really explain illness or produce the expected results – the burning of lands did not really cure anyone. It was eventually abandoned, but not before it was replaced by a more contemporary theory.

People believing in the Demon theory assumed their illness was caused by demon possession. They believed that to be healthy again, one had to rid one's body of demon(s). And, believe it or not, this theory

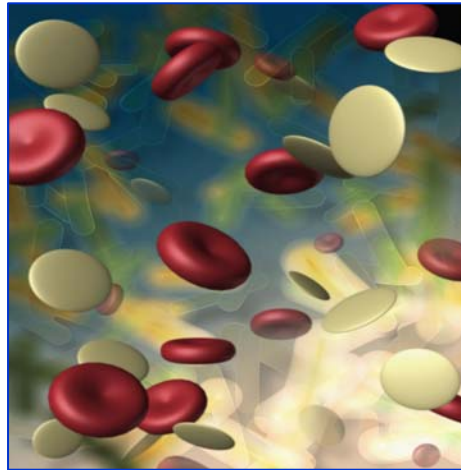


was highly thought of in scientific circles at the time. It was also during this period that the Church was heavily involved in the politics of running most countries.

So, in order to rid people of demons, several "treatments" were employed. The most popular, and probably the one most recognized throughout history, consisted of having one's head drilled full of holes to let the demon(s) escape. (*I'll bet that you have a few relatives who would probably benefit from this approach.....*)

Bad Blood Theory of Disease:

As you can imagine, the Demon Theory was very unpopular as it often led to a number of health complications – most people died following such treatment. Very low on the popularity scale! It was discarded with the discovery of circulation and the fact that blood was transported through veins and arteries.



New thinking now provided people with the explanation for illness and disease - "bad blood" suddenly became very popular!

In order for one to become healthy, one needed to get rid of his/her "bad blood." I'm sure that most of you are familiar with bloodletting: a person's "staff of life" was essentially leaked into a bucket, removed through leaches, etc.



Some of you may be horrified to learn that leaches are actually back in vogue.

Yes, in modern day North America, we are actually cultivating leaches for medicinal use. And, although technology and science may have changed dramatically, the basic tenets permeating our concept of health are still very Neanderthal.

I will cover the more contemporary theories in the July Issue of this newsletter. Don't go away!

Bottled water: Bad for you, worse for the Environment:

North Americans have long been proud of the mighty rivers and beautiful lakes that make this one of the greatest repositories of fresh water on the planet. So, why do we drink water from a plastic container, and at a great expense?



Many people buy bottled water because they think it's safer and healthier than tap water. Certainly, advertising by bottled water companies – dominated by images of pristine glaciers and mountain streams – leaves consumers with that impression. The reality is that our water supply – with rare exceptions – is extremely safe. Furthermore, there is no evidence to support the belief that bottled water is any safer than tap water. Municipal water supplies are more stringently tested than bottled water supplies. In Canada, local water supplies are inspected every day while bottled water plants are inspected just once every three years. In addition, water bottling plants are required to test for coliform bacteria just once a week whereas most municipal water systems test for the bacteria several times a day.

Consumers should also consider the safety and health risks posed by the bottles that are made using the chemical polyethylene terephthalate or PET. A recent study by Dr.

William Shotyk, the Canadian director of the Institute of Environmental Geochemistry at the University of Heidelberg, found PET bottles leach a dangerous toxin called antimony into the water they contain. The study found that the levels of antimony raise the longer water stays in the bottle and especially if it is left in a hot car.

And there are serious environmental consequences: These include: release of millions of tons of carbon dioxide into the atmosphere from manufacturing, transport and marketing, which contributes to global warming; depletion of scarce energy and water resources; release of toxic chemicals into our air, land and water; and absorption of poisons into the food chain. According to the Pacific Institute, the energy required to produce water bottles for the American market alone in 2006 was equivalent to more than 17 million barrels of oil and created 2.5 million tons of carbon dioxide.

Producing bottles consumes a huge amount of water too, with the Pacific Institute estimating it takes three liters of water to produce one liter of bottled water. Unfortunately, most empty bottles – more



than 85 percent according to the David Suzuki Foundation – are thrown into the trash. These bottles don't just disappear – they either get buried in the landfill or they're incinerated. The buried bottles take up to 1,000 years to biodegrade and may leak toxic additives into the groundwater. The incinerated bottles make their way into our oceans. Nice. The economics of it: A ½ gallon of water costs just as much as a gallon of gasoline! If you buy a bottle a day

for \$1.50, from a vending machine, you're spending more than \$540 a year on water!

What's more, bottled water is an example of price gouging at its most outrageous level. More than one-quarter of the bottled water consumed in North America is nothing more than filtered tap water. Two of the top selling brands are Dasani, which is owned by Coca-Cola, and Aquafina, which is owned by its beverage rival Pepsi. Pepsi was forced to admit last year, both brands take the water they bottle directly from municipal water systems!

Shocking, isn't it? These companies are taking tap water, filtering it, although it is already perfectly clean, and selling it back to us at a mark-up that can be several thousand times its original price.

What's perhaps even more irritating is that not only is the consumer paying exorbitant prices for filtered tap water but the taxpayer is also heavily subsidizing these companies on the back end by allowing them to draw water from municipal systems that were built with their tax monies.

From a marketing perspective, bottled water is unquestionably one of the great success stories of modern times. However, from a social, environmental and economic perspective, the success of bottled water has created a myriad of problems.

Responding to these problems, governments, universities, schools, companies and restaurants in Canada, have stopped buying and selling bottled water. They are thinking before they drink. We can too!

Things my Mother and Father taught me:

1. They taught me TO APPRECIATE A JOB WELL DONE .

'If you're going to kill each other, do it outside. I just finished cleaning.'

2. They taught me RELIGION.

'You better pray that will come out of the carpet.'

3. They taught me about TIME TRAVEL .

'If you don't straighten up, I'm going to knock you into the middle of next week!'

4. They taught me LOGIC.

'Because I said so, that's why.'

5. They taught me MORE LOGIC.

'If all your friends jumped off the bridge, would you?'

6. They taught me FORESIGHT.

'Make sure you wear clean underwear, in case you're in an accident.'

7. They taught me IRONY

'Keep crying, and I'll give you something to cry about.'



8. They taught me about the science of OSMOSIS.

'Shut your mouth and eat your supper.'

9. They taught me about CONTORTIONISM.

'Will you look at that dirt on the back of your neck!'

10. They taught me about STAMINA.

'You'll sit there until all that Mackerel loaf is gone.' "Mom you will remember this one!"

11. They taught me about WEATHER.

'This room of yours looks as if a tornado went through it.'

12. They taught me about HYPOCRISY.

'If I told you once, I've told you a million times. Don't exaggerate!'

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....