

**AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT**

# **NEWLIFE**

**NEW YORK'S GUIDE TO ENLIGHTENMENT**

August-September 2017

**Live Healthier  
And Longer The  
Nutritarian Way**

**How To Be Hot  
With Cool Food**

**Death Is Inevitable  
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**About Almonds  
Raw Or Rocket Fuel?  
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PUBLISHER & EDITOR : Mark Becker

CONTRIBUTORS :

Mark Becker, Bob DiBenedetto, Dr. Joel Fuhrman,  
 Dr. Jane Goldberg, Gary Null, Debra Secunda

**NEWLIFE Magazine & Expo**

PO Box 120, Long Beach, NY 11561

TELEPHONE : 516-897-0900

FAX : 516-897-0585

EMAIL: mark@newlifemag.com

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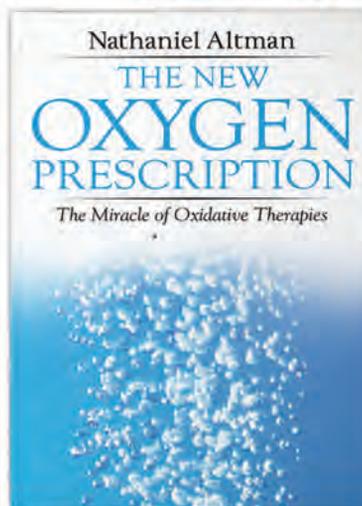
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## BOOK REVIEWS

### Crystal Healing for the Heart Gemstone Therapy for Physical, Emotional and Spiritual Well-Being

By Nicholas Pearson  
DESTINY BOOKS

Nicholas Pearson reveals how the heart, as the literal and metaphorical center of one's being, has the power to lead us to greater balance, healing, and happiness. He explores the anatomy of the physical heart and its spiritual symbolism and shows how its four chambers are related to the four elements. Offering hands-on exercises and meditations with more than 60 gemstones and minerals, each a specific heart-healing stone, the author explains how to build a better relationship with the heart as your spiritual center as well as how to fortify your heart with emotional strength, reclaim your will, and cultivate forgiveness. He shows how your heart is the coordinator of your energy field and is itself a sensory organ and

information processor, working to enact healing on many levels. He also looks at the heart chakra and how the higher heart chakra is evolving.

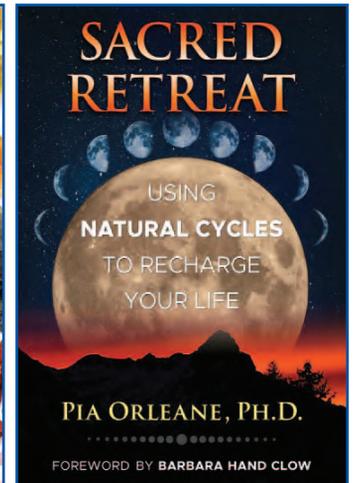
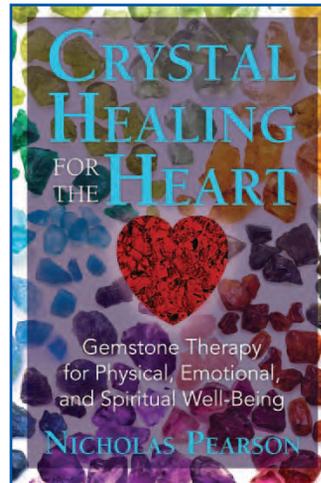
### Sacred Retreat

#### Using Natural Cycles to Recharge Your Life

By Pia Orleane, PhD  
Forward by Barbara Hand Clow  
BEAR & COMPANY

Drawing on the wisdom of ancient cultures, the natural cycles of life, and her own groundbreaking research, Pia Orleane, Ph.D., offers a template for how we can restore balance to our emotions and health, ease tensions between the sexes, and heal our fractured culture by honoring divine feminine consciousness and re-embracing natural cycles, including our innate need for rest and retreat. She

explains the biology of how our bodies operate by hormones released in cycles and shows how balanced hormones help eliminate anger, depression, insomnia, anxiety, and fatigue. Exploring ancient traditions and rituals surrounding blood and sacred retreat, she explains how the seclusion of women during menstruation and of men during vision quests offered a cleansing process for body and mind, alone time to clear suppressed emotions, awaken our innate creativity and sensitivity, re-attune us with the deeper rhythms of the body and nature, and restore harmony between the genders and balance between the divine feminine and masculine.



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**IN ORDER TO SAVE YOUR HEALTH, YOU MUST SAVE YOUR TEETH**

# ABOUT ALMONDS

## Raw or Rocket Fuel? Take Your Pick.

By Jane Goldberg, Ph.D

**A**RE ALMONDS SAFE TO EAT? The question is relevant for the now almost ubiquitous presence of almond milk, almond butter, and almond flour (that is found in most pastries that are touted as being healthy). Unfortunately, it seems that the answer is mostly no.

U.S. grown almonds comprise 80% of the world's supply. Of these, most come from California. In 2001 and 2004, 33 people fell ill from salmonella outbreaks from almonds (none died). As a response, in 2007, the state of California's Almond Board, in conjunction with the U.S. Department of Agriculture, proposed an industry-wide "mandatory sterilization" rule for almonds, even those grown organically. The Almond Board declared various methods of pasteurization to be adequate: oil roasting, dry roasting, blanching, steam processing, irradiation, and, rather mystifyingly, the use of propylene oxide (PPO).

There are problems with each of those processes: the first three cook the almonds, causing a reduction of nutrient content. Steaming them, at first blush, sounds like the most innocuous. But, it's not. In this process, the almonds are exposed to steam for eight seconds at 210-215 degrees Fahrenheit. For the next 44 seconds, they are moved through a high-heat dehydration tunnel, removing the moisture resulting from the steam. The temperature of the circulating air is 391- 395 degrees F. The almonds themselves reach the temperature of 220 degrees F.

Heating, or pasteurizing, almonds has many deleterious effects. Flavonoids found in their skin are reduced. The reduction of over twenty potent antioxidants is estimated at between 30%-70%. Enzymes are destroyed, vitamin content is diminished, proteins are denatured, beneficial bacteria are killed, and the growth of pathogens is encouraged. As well, heat oxidizes the omega-3 fatty acids in almonds, potentially turning them rotten and creating free radicals that are suspected of playing a role in the development of a host of degenerative medical problems, including cancer. Studies also show that heating almonds creates potentially harmful levels of acrylamide, a byproduct of the amino acid asparagine. Acrylamide is a chemical known to cause cancer, and/or reproductive toxicity leading to birth defects and other manifestations of reproductive harm.

In spite of these adverse results of steaming almonds, the last permissible method of processing almonds is even worse than pasteurization. PPO is a surface treatment, approved for use on foods since 1958. It is widely used for a variety of foods such as other nuts, cocoa powder and spices.

PPO is classified by the Environmental Protection Agency as a class B2 carcinogen and is an extremely volatile liquid, previously utilized as a racing fuel, but now banned by motorcycle and car racing associations as being too dangerous. It is still used in the making of polyurethane plastics as well as fuel-air bombs.

Given the choice of treating their almonds with steam or

PPO, non-organic farmers are invariably choosing PPO, as cost has become a significant factor. Steam treatments costs are \$2.5 million a year whereas PPO costs are only \$500,000. Close to 70 percent of almonds grown in the US are treated with PPO.

Most health food stores claim to sell raw almonds. They can make that claim because there is no labeling requirement. You can't know if the "raw" almonds have been steamed, or treated with a known carcinogen. If the almonds are U.S. grown, in all likelihood, one or the other of those methods will have been used. Both Whole Foods 365 brand and Trader Joe's almonds are steam-treated. Blue Diamond sliced and slivered almonds are steam-pasteurized, and its whole-nut "natural" line is treated with PPO. Superior Nut non-organic almonds are fumigated with PPO, but their organic sold in bulk at the company's website is not fumigated.

Almond milk has recently become popular as a beverage. It has become almost ubiquitous as the base for smoothies. There are various reasons, additional to all the reasons already stated, why commercially sold almond milk is an unhealthy drink. It contains fillers, and often the filler used is soy lecithin. Soy contains equol and genistein; these are isoflavones that affect the production of thyroid hormones. As well, most soy used in the U.S. today is a GMO version of the crop. Another commonly used thickener is carrageenan. Because carrageenan is obtained from red algae, it is tempting to think of it as a healthy natural product. However, it has side effects that include digestive distress, diarrhea and fatigue. Almond milk is not naturally sweet, and is made sweet by adding the best of the choices, cane juice, but more often high fructose corn syrup, or even worse, toxic sugar substitutes like sucralose, aspartame or acesulfame. Finally, it is also likely that the almonds used to make most commercially sold almond milks are PPO fumigated.

Health food stores can avoid the steam/PPO quagmire by selling Spanish or Italian imported almonds. To date, it is not required that imported almonds be irradiated.

I found one California nut farmer who, indeed, has a roadside stand, and is able to ship out almonds (and other nuts) that are truly raw and organic—Bremner Farms.

According to federal regulations, these farmers are limited to shipping 100 lbs. a day to any individual—quite enough for most anyone's needs.

*Jane G. Goldberg, PhD (drjanegoldberg.com) is a certified psychoanalyst and author of eight books on emotional & holistic health. She owns La Casa Spa & Wellness Center in NYC, and La Casa de Vida, a destination holistic health center in the rain forest in Puerto Rico. She invites everyone to subscribe to her blog, MusingsFrom20thStreet. Contact Jane at: lacasa@lacasaspa.com. Jane will be lecturing at the NY Vegetarian Health & Wellness Expo on September 9 at 12pm.*

# LIVE HEALTHIER AND LONGER THE NUTRITARIAN VEGETARIAN WAY

By Dr. Joel Fuhrman

I just want people to take advantage of modern nutritional science. Nutritional science has made exponential advances in recent years, and the only thing that makes sense is telling someone to eat fewer foods that are bad for you and more foods that are good for you. Let me repeat that. You want to eat fewer foods that promote fat storage in the body and more foods that don't promote fat storage in the body. I am encouraging people to eat much larger amounts of healthier food

## G - B O M B S

G-BOMBS are foods with powerful anti-cancer properties that you should eat everyday. G-BOMBS stands for: Greens, Beans, Onions, Mushrooms, Berries, and Seeds. Studies have shown that if someone eats a higher concentration of dark greens in their diet, their cancer rates drop tremendously, more than 50%. Studies also show that people who eat a higher amount of onions, compared to people who eat a normal amount, their cancer rates drop 50-80%. People who eat more mushrooms than an average person, their cancer rates drop 50-80%. People who eat more beans, their cancer rates drop 50-80%. People who eat more seeds, their cancer rates drop. It's very simple: every food we are talking about in the G-BOMBS list, when people eat just more of those foods in particular, they have longer lives, they have lower cholesterol, lower rates of diabetes, and lower rates of cancer. And that's just for each of these foods tested individually. Now what if a person ate higher rates of all these foods simultaneously? And, what if you did this at an age that was young enough to get the maximum benefits, before you have cancer in your body? The point is, these foods give people tremendous power to protect their own health and live a long life. We now have the evidence that can dramatically impact our life span, our quality of life, and really win the war on cancer in America.

America is eating too much animal protein, leading to increased risk of cancer, heart disease, and particularly leading to risk of hormonally sensitive cancers, like colon cancer and breast cancer.

## THE STANDARD AMERICAN DIET

The Standard American Diet is quite possibly the most dangerous way anyone could eat. It's 60% of calories from processed food, which spikes up insulin—which is a fat storage hormone and promotes cancer—and then it's 30% of calories from animal products, which raise IGF-1, which promotes cancer, as well. Even worse, processed foods and animal products both don't contain antioxidants and phytochemicals. So the amount of vegetation and plant food is dangerously low, combined with the particular mix of the highly processed carbohydrates with the amount of animal products. The American diet is fat promoting and cancer promoting.

My patients, by eating properly, see remarkable results, and it happens very quickly. People can sometimes lose a pound a day the first week, and 10 to 15 pounds the first month. Their blood pressure and cholesterol and

blood sugar comes down within a few days. If people are taking one or two medications for blood pressure or diabetes, for example, quite often after one week we are taking one medication away and by the first month we're cutting the second medication.

So whether it's headaches, asthma, pain, high blood pressure, high glucose levels or high cholesterol, we see people feeling better, thinking more clearly, being more physically active.

## DIABETES AND PROPER NUTRITION

Here are the facts: if you are overweight, you are heading toward Type 2 diabetes. And 80% of our population is overweight. That's why people need this information. Diabetics should be told that, number one, your diabetes can be reversed. Number two, diabetes doesn't have to cut short your life. And number three, the drugs are not going to make you live longer; they might even accelerate your death. People with Type 1 diabetes should have this information; even though they will still need some insulin, this program can save their life. And people determined to have prediabetes need this information. But instead of information about food, people are given more and more drugs, and they aren't being told that the drugs will hurt them.

Our healthcare system has evolved into an industry where doctors mostly provide drugs, instead of being teachers of healthy living. The medical profession is not predominantly focused on preventing disease. They are a profession that's diagnosing and treating disease, and the reality is, the treatments hardly work and the small benefits place people at significant risk, while the underlying disease process continues to advance.

We should be teaching our children 'reading, writing, arithmetic and nutrition.' Because we graduate from high school, colleges, professional schools, medical schools, PhD's, and people know nothing about nutrition. It's the most important thing that people should be informed about because it affects their ability not just to live longer, but also to be happy in life, to have normal brain function. We know that processed foods and animal products and commercially baked goods are linked to depression. They are linked to aggressive behavior. They are linked to lower intelligence, to lower concentration in schools, to people's inability to be productive in life. In other words, the American diet is detrimental not just to longevity but also to our performance and our happiness. Nutrition should be taught in schools. It is critical to the success of our young population.

*Joel Fuhrman, MD, is a board-certified family physician, a New York Times best-selling author, and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman's #1 New York Times best-selling book, Eat to Live, originally published in 2003 (Little Brown), has sold over 1,000,000 copies and has been published in multiple foreign language editions. Dr. Fuhrman will be appearing at the NY Vegetarian Vision Health & Wellness Expo in New York City (Penn Plaza Pavillon, 33rd St. & 7th Ave.) on Sunday, September 10 at 12pm.*

# How to Be **HOT** with **COOL** FOOD

By Debra Secunda

**T**o be truly green and cool, try some Raw Living Food recipes!

Here's the low-down: Some foods heated over 120 degrees suffer a loss of Enzymes, nutrients and vitamins as they boil away. Others such as carrots, broccoli, cauliflower and cabbage need a few minutes of steamed heat to break down their cell walls.

So what's the new take on this "Raw Living-Food Diet" which has been all the buzz on "Dr. Oz", "The View," "The Chew," "Today", tomorrow and everywhere else for over a decade

My low-glycemic "Green Blender Meals" (see [www.rawfooddvds.com](http://www.rawfooddvds.com)) are a mandatory mainstay in my home. However, a big simple salad garnished with yummy extras such as sprouts is always a welcome addition to please a hungry crowd during year-round entertaining.

Please, remember to Chew completely for proper digestion and enjoyment.

## Asian Napa Cabbage Salad

I recently hosted a Raw Food pool party and we threw this together as one of the dishes. A big hit - Full of satisfying flavor and crunch:

- 1 large head Napa cabbage, chopped and set aside
- 1/4 Cup Mung Bean Sprouts
- 2/3 Cup Green Onions (scallions), chopped
- 1/4 Cup Cilantro, minced
- 1 Cup slivered Almonds

## Ginger Dressing

- 1/2 Cup white Miso
- 6 T Apple cider or rice wine vinegar
- 2 T Nama Shoyu Soy sauce
- 1/4 Cup Sesame oil
- 1/4 Cup raw grated Ginger
- 1/4 -1/2 Cup Sesame seeds
- A few drops liquid Stevia or raw unprocessed Honey
- Celtic or Himalayan Sea Salt to taste
- Pinch Cayenne to taste

Whisk all until creamy consistency.

(Can be stored for a week or more.)

Serve Cabbage in a big bowl. Drizzle with Ginger Dressing for an anti-cancer, fiber-filled, cool Healthy Meal!

Garnish with cilantro, almonds, and scatter sesame seeds over the top for more omega-3's.

## Bangout Breakfast Meal

The best Low-glycemic, non-dairy, gluten-free, trans-fat free kid-friendly yummy Smoothie ever!

Without a doubt, we need to start our day the right way.

I am always inspired to show everyone how to consume a daily blender-blast of Raw Natural SuperFood ingredients.

Blueberries are in season, and are brimming with anti-oxidants and fiber.

- 1 Pint Blueberries (If not organic, soak in a "produce wash" of baking soda and vinegar for a few minutes.)

- 4-5 Cups Spinach
- 2-3 T. Chia Seeds

A few drops of liquid Stevia or Raw unprocessed Honey

Adequate amount of filtered Water for blending

In Blender, add blueberries, chia, and stevia with water to cover. Blend. Then combine the spinach, a few handfuls at a time, shoving it down one side of the blender. Add water as needed to facilitate blending. Enjoy immediately while nutrients are freshest, although you may refrigerate for a few hours.

## Veg-Out Green Blender Meal

The following recipe is a delicious embellishment of Dr. Ann Wigmore's orig-



inal famous "Energy Soup". This easily digested "salad-in-a-blender" is filled with fiber, enzymes, vitamins, minerals, phyto-chemicals, essential fatty acids and pre-digested protein. The alkalizing, leafy greens provide your cells with a blast of chlorophyll, oxygen, and are a great source of bio-available calcium.

All you need is a blender with "ice-crush" capacity to enjoy a large batch as a nourishing and satisfying day-long "fast"

If you like Mexican food, add fresh cilantro and minced jalapeno. Try ginger & Nama Shoyu or Braggs Aminos for Chinese. Go Italian with fresh basil, oregano & grated garlic.

1 peeled Lemon (include some of the pith, replete with extra bioflavonoids)

1 stalk Celery

1 Cup organic Tomato sauce from a jar (Cooking tomatoes increases their anti-carcinogenic super agent, Lycopene)

1/2 Cucumber

1/4 Cup Green Onion or garlic

1/2 Avocado

Handful SuperFood Sprouts (Lentil, Pea, Mung Bean, Broccoli, etc.)

1-2 tsp. hemp or chia seeds

2 T Dulse, Kelp, or other sea vegetable

4-5 Cups Greens: Spnach or other dark leafy Greens (Kale, sunflower baby greens, beet greens, bok choy greens, watercress, radish tops, swiss chard, arugula - whatever you have on hand. (You may find collard or dandelion a bit bitter, so add extra carrot)

Adequate filtered Water to blend

Season with Celtic or Himalayan Salt and cayenne to taste

Blend all as a base with water, except the delicate Greens. Then add them down the side of the blender a bit at a time, but do not over-blend.

May be refrigerated for up to 12 hrs.

If you find this Low-Glycemic blended soup too "green", simply adjust as you would a traditional cold gazpacho:

Add a small amount of organic Tomato Juice to taste from the health food store.

## Sweet Potato Salad

Everyone loves this one. It's hearty and nutritious but not heavy. Potatoes are a wonderful source of vitamin C and don't deserve the bad rap of the French Fry!

2-3 large yams or sweet potatoes

3-4 organic red potatoes

1 sweet red bell pepper, diced

3/4 C Vegan mayonnaise

Himalayan salt and Cayenne pepper to taste

Steam the potatoes until tender and allow to cool

Combine all and serve with a freshly chopped green parsley garnish.

Serves 6

*Debra Secunda is a broadcast journalist, eco-chef, health educator and speaker on the value of a plant-based diet who presents "Demo & Tasting" classes and workshops at expos nationwide. See excerpts and recipes from her DVD "Green Recipes for Health & Weight Loss" at [www.rawfooddvds.com](http://www.rawfooddvds.com). Debra will be speaking at the NY Vegetarian Vision Expo at the Penn Plaza Pavillion on 33rd St. & 7th Ave. on September 9 at 3pm and September 10 at 5pm.*

# DEATH IS INEVITABLE. DYING IS AN OPTION.

By Gary Null

**H**OW RAPIDLY ARE YOU RACING TOWARDS DEATH? Do you have high blood pressure or are you susceptible to diabetes? Are you overweight or feel chronically fatigued? Are you genetically receptive towards certain life-threatening conditions? Or are you heavily exposed to computers, mobile phones, other sources of EMF radiation and environmental toxic chemicals?

Today, one third of the average American diet is based upon animal proteins, high fats, starches and unhealthy processed sugars. If it is your habit to eat as the average American and follow the dietary advice of conventional medical doctors and health counsellors, by the age of 45-50, you could possibly fall severely ill unexpectedly or die at any moment. As we age, insomnia, fatigue, and the loss of muscle mass and memory, and a weakened immune system begins to increase exponentially. Our immune system weakens thereby creating an environment within our bodies ideal for the onset of inflammatory and autoimmune ailments.

As we age, the quality of our health is not necessarily destined or predetermined to erode into conditions that can be prevented. Scientific research has shown repeatedly that little or no meat, and more vegetables, fruits, nuts, whole grains and legumes, which make up the basis for a plant-based diet, prolong longevity and ward off diseases. We can age naturally without succumbing to the most crippling illnesses that make living unbearable for many. It is therefore completely within the realm of probability that 15 or more quality years can be added to our lives if we acquire the knowledge and muster the courage to alter our lifestyles and eating habits to foster health.

Nevertheless, simply adopting a plant-based diet and expecting to attain immortality is insufficient. Surely, our bodies require the healthiest of nutrients and biochemicals to sustain health. But this is strictly at the biological level. Lifestyle changes are equally critical for entering the path of longevity and anti-aging. And now in our post modern age, the health of our minds and hearts are as equally crucial as what we put into our mouths.

Today, we live in a culture that has become nothing less than a toxic swamp compared to the era before the rise of industrial civilization. We are bombarded daily with environmental toxic chemicals. Unconsciously we breathe a polluted atmosphere, especially if you live in a highly populated urban area. Our water resources have become increasingly contaminated. And the produce we buy at our local grocery stores is increasingly spiked with chemical fertilizers and pesticides. Pathogens abound and new, more virulent strains of otherwise minor infectious organisms are being identified due to humans' direct interference with the planet's ecology. Consequently Americans are swimming in a toxic stew day and night. And our greatest, and perhaps only reliable defense is ourselves. No longer can we place faith in our medical institutions and health officials. Rather we must make a concerted effort to educate ourselves about what we eat, what we do, and how we feel. And this is nothing less than saying "yes" for a complete makeover of our lives.

More often than not, a complete overhaul and reinvention of ourselves, rather works. In many cases, a dramatic effort can be made, but in the large majority of cases it is unfeasible. In no time people fall back into their old habits, and once feeling disappointed in their efforts, they return to their unhealthy eating habits. Rather we

can achieve greater success by taking smaller steps. This is what in the East is called "mastery through accomplishment." With every small undertaking we succeed at, we then acquire greater strength, inspiration and determination to tackle the next feat before us. Accomplishing small acts builds the necessary self-confidence for an even larger endeavor.

During my forty-plus years of counseling many thousands of individuals on matters of physical health to prevent and reverse diseases and to reach psychological well-being, I have observed that changing eating habits, adopting a plant based diet, provides the energy, both physical and mental, to achieve greater successes in life. This became a basis for my earlier documentary film, "The Food-Mood Connection," in order to present the scientific evidence that would educate people about certain foods and plants to treat adverse mental conditions and elicit psychological well-being. When our minds are clear and alert, when our feelings are free from stress and anxiety, and bodies are alive and rejuvenated, we can accomplish great things. And let us never forget that a weak mind unable to concentrate and a sliding memory are signs of an aging brain.

For example, beets improve blood circulation which is crucial for proper brain function. The flavinoids from green tea, berries, citrus dark chocolate likely wise enhances circulation, lowers blood pressure, while also improving oxygen absorption. Foods high in lutein, such as spinach, kale, carrots and broccoli provide crucial antioxidants to prevent mental decline that comes with age. You don't need to take my word for this claim. This was the conclusion of a study on plant-based luteins conducted at Tuft University's Human Nutrition Research Center on Aging. Including whole grains high in choline, such as oats and brown rice, increases our body's ability to produce acetylcholine, a neurotransmitter directly involved in preserving memory. Besides being high in zinc, which improves memory skills, pumpkin seeds provide sufficient levels of niacin for GABA production, which will lower stress and anxiety.

We don't need to rely upon meat, eggs and dairy to sustain health. In fact, according to research at Harvard and Brigham and Women's Hospital, not only do the high fats in meat contribute to cardiovascular disease, strokes and death, but it affects normal brain function, including our memory.

With a plant-based diet, preferably vegan, we can restore our mental well-being, fine tune our thoughts, to make further changes in our lifestyles to improve our lives, the lives of our loved ones and communities and even our planet. We can make changes in how and what we purchase. Buy local. Start doing daily exercise regimes that we only dreamed of but were too lazy to gather the energy to begin. With greater mental clarity, we can peer behind the cause and effect of conditions around us and the state of our society and world. And only then can we dedicate ourselves to being a harbinger of change for a better world rather than a pawn in the industrial machine. And it all begins with what we put into our mouths.

*Gary Null is a best-selling author, radio show host and award-winning documentarian. He will be speaking at the NY Vegetarian Vision Expo in New York City (Penn Plaza Pavilion, 33rd St. & 7th Ave.) on September 9 at 4pm.*

