

Hi Everyone. For our Health News, I'm trying to find information that can be helpful to you in your decision making regarding your choice of food, drink, snacks etc. that will make for a healthier you. The more I read, the more I believe we have to be alert to what the drug and chemical lobbies are doing to us also.

There is so much interesting healthy information around, that I don't know what to tell you next, but there is something that concerns me greatly and I want to share it with you. It really upsets me seeing our children and youth in particular, drinking these sweet coloured and artificially flavoured soda drinks. Let me share with you what is being said about one of the ingredients –*ASPARTAME*.

Aspartame can be found in thousands of products, even in our multi-vitamins which is very scary. The components of Aspartame can lead to a wide variety of ailments. Some of these problems occur gradually while others have an immediate acute reaction. Birth defects, mental retardation, brain cancer, diabetes. Can lead to the aggravation of diabetic complications. Causes convulsions; emotional disorders; epilepsy/seizures. Cramps, vertigo, dizziness, headaches, joint pain. Unexplainable depression, anxiety attacks, blurred vision, memory loss; could be because you have aspartame poisoning! Some people who have been diagnosed with multiple Sclerosis have found that their symptoms disappear when they stop using products with aspartame in them.

Diet soda is NOT a diet product! It is a chemically altered, multiple SODIUM (SALT) AND Aspartame containing product that actually makes you crave carbohydrates. It is far more likely to make you gain weight!

Those of you who buy 'Nutra Sweet', 'Equal', 'Spoonful' or 'Splenda', be aware that this is how aspartame is being marketed to you for use in place of sugar. Try Xylitol, stevia, coconut sugar, or you are better off just using, discretely, plain old sugar, preferably raw or brown sugar. **Aspartame is made from aspartic acid.**

Dr Russell L Blaylock as a professor of Neurosurgery, has published a book detailing the damage caused by the ingestion of aspartic acid. Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid (about 99% of monosodium glutamate (MSG) is glutamic acid) in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.

Dr. Mercola, world renown for his knowledge and work with food etc., says Aspartame is by far the most dangerous substance on the market that is added to food.

If you want more information, check out 'aspartame' on Google.

BARLEY GRASS

Now here is something that you can really go to town on. Barley grass is a nutritious food renowned for its alkalizing and antioxidant properties. It is gluten free as it is made from young shoots of barley and none of the grain. Barley is a rich source of chlorophyll and has a wide range of vitamins, minerals and amino acids. It also contains a number of living enzymes and flavonoids that function as potent free radical scavengers. **Barley grass is a rich source of vitamin K, an important vitamin for blood clotting. It is therefore, important to discuss this with your doctor if you are taking blood thinning medication.**

Research suggest that barley grass powder may be helpful for people with asthmas, obesity, skin rejuvenation, anaemai, gastritis, diabetes, cellular damage from X-rays, peptic ulcers, hepatitis and heart disease.

FOOD RULES

Do you think these food rules make common sense? If we follow them, we will be living out the advice found in "Diet and Foods" and they may/can help us make wise food choices.

Rule No.5 Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.

Labels list ingredients by weight, and any product that has more sugar than other ingredients has too much sugar. Complicating matters is the fact that, thanks to food science, there are now some forty types of sugar used in processed food, including barley malt, beet sugar, brown rice syrup, cane juice, corn sweetener, dextrin, dextrose, fructo-oligosaccharides, fruit juice concentrate, glucose, sucrose, invert sugar, poloydextrose, sucrose, turbinado sugar, and so on. To repeat, Sugar is sugar. And organic sugar is sugar too. As for non-caloric sweeteners such as aspartame or Splenda, research (in both humans and animals) suggests that switching to artificial sweeteners does not lead to weight loss, for reasons not yet well understood. But it may be that deceiving the brain with the reward of sweetness, stimulates a craving for even more sweetness.

Rule No.6 Avoid food products that contain more than five ingredients.

The specific number you adopt is arbitrary, but the more ingredients in a packaged food, the more highly processed it probably is.

Note 1: A long list of ingredients in a recipe is not the same thing; that's fine.

Note 2: Some products now boast, somewhat deceptively, about their short ingredient lists. Haagen Dazs has a new line of ice cream called "five". Great – but it's still ice cream. Same goes for the three-ingredient Tostitos corn chips advertised by Frito-Lay-Okay, but they're still corn chips. May be just keep them for special treats.

Rule No.7 Avoid food products containing ingredients that a third-grader cannot pronounce. Keep it simple.

This brings us to the end of our page again 'except for the recipe' and I do trust we will continue to search out those sources of food and drink that will give us the best health.

Until next time -

God bless you with good health and strength

Judy

Health Ministry Coordinator

HEALTHY & NUTRITIOUS RECIPE

PEPPERMINT SUMMER DRINK

Ingredients

8 – 10 Peppermint tea bags (depending on how strong you like it)
500ml boiling water
Ice Cubes
Mint sprigs



Method:

1. Place the teabags in a heat proof jug and pour over the boiling water.
2. Let steep for 30 minutes then bottle and store in the refrigerator. (Don't keep for more than a week).

To Use:

1. In a glass, mix together one part PEPPERMINT SUMMER DRINK to three parts ice cold water.
2. Add an ice cube or two, garnish with a mint sprig. Sit back and enjoy.

In Winter, drink it hot. Peppermint tea may help I.B.S.; ease nausea & vomiting; improve digestion; may clear congestion related to colds and coughs; fights bad breath; helps with flatulence. Can mix with other teas.