

## **The Editors Desk**

### **90% of all the scientists that have ever lived are alive now . . . So . . . why do diseases continue to "mysteriously" stack up faster than cures?**

No one wants to entertain the reality that we are malnourished to the point of cellular starvation. However unfathomable, the scientific truth is, that most of what we eat, is dead at a molecular level.

Over sixty years ago, the US government acknowledged that the countries soils were nutritionally bankrupt. The U.S. Senate Document 264 of 1936 states . . ."the soil in North America is devoid of nutrients".

In conversation with a previous president of the California Orange Growers Association, I had a very sobering fact shared with me that further substantiates that Document 264, is an accurate appraisal. I was told that tests conducted by the Association in the early 1990's concluded that it required six medium sized California grown oranges to deliver the same amount of naturally occurring Vitamin C as one small orange from the same region did in the 1960's.

However unfortunate, this reality is the by-product of an environment that has been compromised at every turn. Tantamount to farming success today, a farmer must be an alchemical genius. Any retired farmer will tell you, that they manufacture food, as opposed to raise or grow food.

In a world where 90% of all the scientists that have ever lived are alive now - one must look at the frustrating fact that despite all this prevailing genius, the integrity and health of the human condition has never been more at peril!

When the Nuclear Regulatory Commission (formerly known as The US Atomic Energy Commission), recommends the daily ingestion of a Kelp supplement to prevent Strontium 90 absorption - you have to know you are in trouble! Studies indicate that the Sodium Alginate in Kelp prevents the absorption of the radioactive substance, Strontium 90. Since the nuclear accidents at Three Mile Island and Chernobyl, Strontium 90 has been researched and linked to Hodgkin's Disease, leukemia and bone cancer.

We have become further de-sensitized and ambivalent about the use of herbicides, insecticides, fertilizers and chemical food additives such as Red Dye #40, and yet these too play their macabre roles in our bodies, the least of which are pre-cursive to chemically induced food allergies.

In an article by Jon Rappoport he states: "Monsanto manufactures and sells Bovine Growth Hormone (BGH), the genetically engineered biological that makes cows produce more milk. For health reasons (their cows get sick with mastitis infections, need more antibiotics, and then the medicine and pus can seep into the milk supply), farmers all over the world have been up in arms about the use of BGH, and yet the US government has steadfastly refused to support labeling milk (BGH.)

The mastitis and its consequences for the milk supply, as indicated above, were obvious to Monsanto from its own studies on BGH. Dr. Richard Burroughs, an employee of the FDA from 1985 to 1988, had the job of checking data supplied by Monsanto and other companies who were testing BGH with the hopes of marketing it. He decided that the books were being cooked, and that data was being falsified. He officially reported his findings to Congress, and also pledged that his bosses at the FDA were covering up these lies. In 1989 he was fired."

In the revealing book, **Toxic Sludge Is Good For You**, John Stauber writes, "Monsanto was the manufacturer of most of the world's PCBs -- persistent chemicals used in electrical equipment which have been shown to cause cancer and birth defects. It is also the world's largest producer of herbicides, including products contaminated with dioxin (thought to be the world's most toxic small molecule).

We are also eating genetically altered produce, and the current law does not require the farmer, the food broker or the manufacturer of the seed to identify its origin before it is planted or when it is harvested or placed in your local supermarket! Guess who is at the grass roots of genetically engineered produce crops? None other than Monsanto!

In as few as five years, as much as 35% of our soy, potato and other main produce stuffs will likely be genetically engineered. Worse yet . . . we won't know, and no one is required by law to tell us!

With our environment being bombarded with over 5000 toxic chemicals and heavy metals, our homes and schools being built next to power poles and electrical transformers and our food stuffs being chemically engineered, altered and preserved, is it any wonder that diseases are orbiting cures?

Clearly, what we don't wish to acknowledge at the source, we can conveniently label as some new malady or disease. For example: The numbers of children being diagnosed as having Attention Deficit Disorder are escalating yearly - reaching well beyond what would have been officially classified as a continental epidemic in the 1800's.

In their frustration, countless well-meaning parents, teachers and health professionals are quick to label "unmanageable" children as ADD afflicted - resulting in hundreds of thousands of our children being placed on prescriptives that alter their brain-chemistry as opposed to a diet rich in nutrients. Yet this and other medical madness is tolerated without question, as we continue to pop our "placebo" one-a-day vitamins and blindly salute the health antique known as the "Four Food Groups". Somehow we have been lulled into a false sense of complacency and we have given up our health in the trust that chemical companies and pharmaceutical manufacturers are in possession of more wisdom than Mother Nature. See : Legal Drug Pushers.

An estimated 1.2 million Canadian children have been diagnosed with ADD, a syndrome that interferes with different parts of the brain that control

concentration. The "symptoms", which are debilitating to say the least, include: inattention, fidgeting, over-activity, sleep and diet problems and deviant behavioral traits such as social aggression. In approximately 50% of the child cases, ADD is being treated with stimulative drugs; the most popular prescriptive being the highly controversial drug called **Ritalin**.

**Ritalin** although an amphetamine-like drug, acts like a tranquilizer in children. It's a Schedule II drug in the same category as opium, cocaine and morphine. Highly addictive, withdrawal from it can lead to suicide and cause later life addictions to substances such as heroin. No great surprise really when we consider that the side effects of **Ritalin** can include: loss of appetite, weight loss, inability to stay asleep, heart palpitations, drowsiness, joint pain, nausea, chest pain and abdominal pain. It can also cause hallucinations and increase bizarre and abnormal behavior.

1.2 million youngsters is the lion share of the kids in Canada. One has to ask themselves how parents who reach for the "quick fix" of **Ritalin**, can sit with a straight face and wage either the "War on Drugs" or the "Just Say No" speech with these same children.

Wonder upon wonder, Dr. Michael Lyon, Director of Research at the Oceanside Functional Medicine Research Institute on Vancouver Island, is touting new studies which show that optimum nutrition and dietary supplementation have a positive affect on Attention Deficit Disorder. At a lecture given at the U of A hospital in Edmonton on June 19, 1998, Dr. Lyon explained that supplementation with Ginseng, Gingko Biloba, fish oils, St John's wort and anti-oxidant vitamins positively impacts this condition.

One of the most remarkable associations that Dr. Lyon has made in reference to ADD, is that people with this syndrome have poor absorption of both Omega-3 and Omega-6 fatty acids, as well as trace minerals. Ironically, ADD increases nutritional requirements, so this becomes a two-edged sword.

This begs the question: "What difference could a pre-digested broad spectrum food supplement such as SPECTRA 12 make in conditions such as ADD?" SPECTRA 12™ contains both Omega-6 and Omega-3 Fatty Acids as well as a multitude of naturally occurring vitamins and trace minerals.

Perhaps the next time a well-meaning friend or family member is telling you about another child who has been diagnosed with ADD or an individual with some other elusive syndrome like Epstein Barr, or Fybromyalgia, you will seize the opportunity to observe their nutritional habits, and see if there isn't some correlation between the two.

As I watch and listen to the scores of people who have had mind-boggling positive turn-arounds with their health doing nothing more than faithfully ingesting SPECTRA 12, I become even more firm in my stance that one's best defense against dis-ease is broad-spectrum supplementation!