

**CONSUMER HEALTH WARNINGS**

**TABLE OF CONTENTS**

**STROKE IDENTIFICATION**

**ASPARTAME DISEASE MIMICS SYMPTOMS OR WORSENS  
THE FOLLOWING DISEASES**

**PHENYLPROPANOLAMINE (PPA)**

**DO YOU WANT TO EAT ANIMAL CLONES?**

**MSG - THE SLOW POISONING OF AMERICA**

**LIPSTICKS**

**THE FDA & ALTERNATIVE MEDICINE UPDATE**

**BUTTER vs MARGARINE**

**WARNING ABOUT HAND SANITIZER**

**CANCER UPDATE FROM JOHN HOPKINS HOSPITAL**

**THIS FISH IS BEING SOLD IN CANADA**

**DRUG OVERDOSE DANGERS FROM PAIN-RELIEF CREAMS**

**MICROWAVE POPCORN ALERT - IMPORTANT MEDICAL &  
LAWSUIT INFORMATION**

**WATER OR COKE?**

# **TOXINS IN SHAMPOOS, CONDITIONERS**

## **RATS**

### **STROKE IDENTIFICATION**

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and that she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm, Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead. It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

### **RECOGNIZING A STROKE**

Thank God for the sense to remember the "3" steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** \* Ask the individual to **SMILE** .

**T** \* Ask the person to **TALK** to **SPEAK A SIMPLE SENTENCE** (Coherently) (i.e. . . It is sunny out today)

**R** \* Ask him or her to **RAISE BOTH ARMS**.

\*NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher. A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.

### **ASPARTAME DISEASE MIMICS SYMPTOMS OR WORSENS THE FOLLOWING DISEASES**

Fibromyalgia

Arthritis

Multiple Sclerosis (MS)

Parkinson's Disease

Lupus

Multiple Chemical Sensitivities (MCS)

Diabetes and Diabetic Complications

Epilepsy

Alzheimer's Disease

Birth Defects

Chronic Fatigue Syndrome

Lymphoma

Lyme Disease

Attention Deficit Disorder (ADD)

Panic Disorder

Depression and other Psychological Disorders

How it happens:

Methanol, from aspartame, is released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin (Stegink 1984, page 143). Free methanol begins to form in liquid aspartame-containing products at temperatures above 86 degrees F.. also within the human body.

The methanol is then converted to formaldehyde. The formaldehyde converts to formic acid, ant sting poison. Toxic formic acid is used as an

activator to strip epoxy and urethane coatings. Imagine what it does to your tissues!

Phenylalanine and aspartic acid, 90% of aspartame, are amino acids normally used in synthesis of protoplasm when supplied by the foods we eat. But when unaccompanied by other amino acids we use [there are 20], they are neurotoxic.

That is why a warning for Phenylketonurics is found on EQUAL and other aspartame products. Phenylketenurics are 2% of the population with extreme sensitivity to this chemical unless it's present in food. It gets you too, causing brain disorders and birth defects! Finally, the phenyalanine breaks down into DKP, a brain tumor agent.

In other words: Aspartame converts to dangerous byproducts that have no natural countermeasures. A dieter's empty stomach accelerates these conversions and amplifies the damage. Components of aspartame go straight to the brain, damage that causes headaches, mental confusion, seizures and faulty balance. Lab rats and other test animals died of brain tumors.

### **PHENYLPROPANOLAMINE (PPA)**

I would like to thank those of you who expressed condolences on the recent passing of my mother. She suffered a hemorrhagic stroke while she was driving home from my house at 7:30 and passed away at 8:30. My mother's stroke and passing was an enormous shock to my family because she did not have any symptoms or risk factors for a stroke. Just the week before she had gone to her doctor for a check up and received a clean bill of health. She did, however, develop a cold while she was visiting me and had taken Alka Seltzer Cold Plus for 3 days. Since her passing, we have learned that Alka Seltzer is one of the many cold medicines that contains Phenylpropanolamine (PPA) which can cause hemorrhagic stokes or cerebral bleeding even with the first use. I am forwarding a list of other medications that currently use PPA. These medicines are supposedly being recalled but my mother just purchased this medication less than two weeks ago. Pharmaceutical companies have known about this danger for years, we unfortunately, did not. I urge you to review the list of medicines with PPA and avoid these

medications. All drugs containing PHENYLPROPANOLAMINE are dangerous. You may want to try calling the 800 number listed on most drug boxes and inquire about a REFUND. Please read this CAREFULLY. Also, please pass this on to everyone you know. STOP TAKING anything containing this ingredient. It has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting use of medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

The following medications contain Phenylpropanolamine:

Acutrim Diet Gum Appetite Suppressant

Acutrim Plus Dietary Supplements

Acutrim Maximum Strength Appetite Control

Alka-Seltzer Plus Children's Cold Medicine Effervescent

Alka-Seltzer Plus Cold medicine (cherry or orange)

Alka-Seltzer Plus Cold Medicine Original

Alka-Seltzer Plus Cold & Cough Medicine Effervescent

Alka-Seltzer Plus Cold & Flu Medicine

Alka-Seltzer Plus Cold & Sinus Effervescent

Alka Seltzer Plus Night-Time Cold Medicine

BC Allergy Sinus Cold Powder

BC Sinus Cold Powder

Comtrex Flu Therapy & Fever Relief

Day & Night Contac 12-Hour Cold Capsules

Contac 12 Hour Caplets

Coricidin D Cold, Flu & Sinus

Dexatrim Caffeine Free

Dexatrim Extended Duration

Dexatrim Gelcaps

Dexatrim Vitamin C/Caffeine Free

Dimetapp Cold & Allergy Chewable Tablets

Dimetapp Cold & Cough Liqui-Gels

Dimetapp DM Cold & Cough Elixir

Dimetapp Elixir

Dimetapp 4 Hour Liquid Gels

Dimetapp 4 Hour Tablets  
Dimetapp 12 Hour Extentabs Tablets  
Naldecon DX Pediatric Drops  
Permathene Mega-16  
Robitussin CF  
Tavist-D 12 Hour Relief of Sinus & Nasal Congestion  
Triaminic DM Cough Relief  
Triaminic Expectorant Chest & Head  
Triaminic Syrup !! Cold & Allergy  
Triaminic Triaminicol Cold & Cough

I just found out and called the 800# on the container for Triaminic  
And they informed me that they are voluntarily recalling the following  
Medicines because of a certain ingredient that is causing strokes and  
seizures in children:

Orange 3D Cold & Allergy Cherry (Pink)  
3D Cold & Cough Berry  
3D Cough Relief Yellow 3D Expectorant

They are asking you to call them at 800-548-3708 800-548-3708 with  
the lot number on the box so they can send you postage for you to send  
it back to them, and they will also issue you a refund. If you know of  
anyone else with small children, PLEASE PASS THIS ON. THIS IS  
SERIOUS STUFF! DO PASS ALONG TO ALL ON YOUR MAILING  
LIST so people are informed.

To confirm these findings please take time to check the following:  
<http://www.fda.gov/cder/drug/infopage/ppa>

### **DO YOU WANT TO EAT ANIMAL CLONES?**

If you answered no, you're not alone - most Americans would rather not  
eat milk and meat from cloned animals. Yet the FDA is considering  
allowing milk and meat from cloned animals and their offspring to be  
sold as food, without any requirement to label this food as derived from  
clones - meaning cloned meat and milk could soon be coming to a  
market near you.

Take action: tell the FDA to keep the moratorium on meat and milk from  
cloned animals and their offspring!

So what's the problem with clones? Cloning produces unhealthy animals who suffer needlessly. Clones die at a young age and suffer high rates of birth defects. Large doses of drugs, including antibiotics, are used on these clones to help them survive to adulthood. And all of those drugs pose an indirect threat to human health. This increased use of antibiotics will exacerbate the problem of antibiotic resistance, which is already a serious problem for humans.

We as consumers have the right to know what is in our food. By allowing meat and milk from cloned animals and their offspring to be sold without labels, the FDA is denying us this right, and ignoring the fact that most Americans are uncomfortable with animal cloning.

Sign our petition today: urge the FDA to keep the moratorium on meat and milk from cloned animals and their offspring and to require food from clones to be labeled if it is ever allowed on the market.

Thank you for taking action today,

Rebecca Young,

Care2 and The Petition Site team

### **MSG - THE SLOW POISONING OF AMERICA**

MSG Hides Behind 25+ Names, Such As 'Natural Flavouring'

MSG Is Also In Your Favorite Coffee Shops And Drive-Ups

I wondered if there could be an actual chemical causing the massive obesity epidemic, so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo in Ontario, Canada, and spent years working for the government.

He made an amazing discovery while going through scientific journals for a book he was writing called "The Slow Poisoning of America".

In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates; causing rats (and humans?) to become obese. They even have a title for the fat rodents they create: "MSG-Treated Rats".

I was shocked too. I went to my kitchen, checking the cupboards and the fridge. MSG was in everything: The Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, Kraft salad dressings, especially the 'healthy low fat' ones. The items that didn't have MSG marked on the product label had something called "Hydrolyzed Vegetable Protein", which is just another name for Monosodium Glutamate.

It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. They hide MSG under many different names in order to fool those who carefully read the ingredient list, so they don't catch on. (Other names for MSG: 'Accent' - 'Ajinomoto' - 'Natural Meat Tenderizer', etc) But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items had MSG.

Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough MSG and Hydrolyzed Vegetable Protein were everywhere:

Burger King

McDonalds

Wendy's

Taco Bell

And every restaurant like: TGIF, Chilis', Applebees and Denny's use MSG in abundance.

Kentucky Fried Chicken seemed to be the WORST offender: MSG was in EVERY chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin, their secret spice was MSG.

So, why is MSG in so many of the foods we eat?

Is it a preservative or a vitamin?? Not according to my friend John. In the book he wrote, an expose of the food additive industry called "The Slow Poisoning of America" he said that MSG is added to food for the addictive effect it has on the human body. <http://www.spofoamerica.com>

Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG at:

<http://www.msgfacts.com/facts/msgfact12.html> explains that the reason

they add it to food is to make people EAT MORE OF THEIR PRODUCTS.

A study of the elderly showed that people eat more of the foods it is added to. The Glutamate Association lobby group says eating more benefits the elderly, but what does it do to the rest of us? ‘Betcha can’t eat just one’, takes on a whole new meaning where MSG is concerned! And we wonder why the nation is overweight?

The MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn’t added.

Not only is MSG scientifically proven to cause obesity, it is an addictive substance! Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the pre-packaged meals, soups, snacks and fast foods we are tempted to eat everyday. The FDA has set no limits on how much of it can be added to food. They claim it’s safe to eat in any amount. How can they claim it safe when there are hundreds of scientific studies with titles like these? ‘The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity’. GobattoCA, Mello MA, Souza CT, Ribeiro IA. Res Commun Mol Pathol Pharmacol. 2002.

‘Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese rats’. Guimaraes RB, Telles MM, Coelho VB, Mori C, Nascimento CM, Ribeiro Brain Res Bull. 2002 Aug.

‘Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: an animal model of multiple risk factors’. Iwase M, Yamamoto M, Iino K, IchikawaK, Shinohara N, Yoshinari Fujishima Hypertens Res. 1998 Mar.

‘Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity’. Tanaka K, Shimada M, Nakao K, Kusunoki Exp Neurol. 1978 Oct.

Yes, that last study was not a typo, it WAS written in 1978. Both the “medical research community” and “food manufacturers” have known about MSG’s side effects for decades! Many more studies mentioned in John Erb’s book link MSG to Diabetes, Migraines and headaches,

Autism, ADHD and even Alzheimer's. But what can we do to stop the food manufactures from dumping fattening and addictive MSG into our food supply and causing the obesity epidemic we now see?

Even as you read this, G. W. Bush and his corporate supporters are pushing a Bill through Congress called the "Personal Responsibility in Food Consumption Act" also known as the "Cheeseburger Bill", this sweeping law bans anyone from suing food manufacturers, sellers and distributors. Even if it comes out that they purposely added an addictive chemical to their foods. Read about it for yourself at:

<http://www.yahoo.com>. The Bill has already been rushed through the House of Representatives, and is due for the same rubber stamp at Senate level. It is important that Bush and his corporate supporters get it through before the media lets everyone know about 'MSG, the intentional Nicotine for food'.

Several months ago, John Erb took his book and his concerns to one of the highest government health officials in Canada. While sitting in the Government office, the official told him "Sure, I know how bad MSG is, I wouldn't touch the stuff." But this top level government official refused to tell the public what he knew.

The big media doesn't want to tell the public either, fearing legal issues with their advertisers. It seems that the fallout on fast food industry may hurt their profit margin. The food producers and restaurants have been addicting us to their products for years, and now we are paying the price for it. Our children should not be cursed with obesity caused by an addictive food additive. But what can I do about it?... I'm just one voice. What can I do to stop the poisoning of our children, while our governments are insuring financial protection for the industry that is poisoning us.

This e-mail is going out to everyone I know in an attempt to tell you the truth that the corporate owned politicians and media won't tell you. The best way you can help to save yourself and your children from this drug-induced epidemic, is to forward this email to everyone. With any luck, it will circle the globe before politicians can pass the legislation protecting those who are poisoning us. The food industry learned a lot from the

tobacco industry. Imagine if big tobacco had a bill like this in place before someone blew the whistle on Nicotine?

If you are one of the few who can still believe that MSG is good for us, and you don't believe what John Erb has to say, see for yourself. Go to the National Library of Medicine, at <http://www.pubmed.com>. Type in the words "MSG Obese" and read a few of the 115 medical studies that appear.

We the public, do not want to be rats in one giant experiment and we do not approve of food that makes us into a nation of obese, lethargic, addicted sheep, feeding the food industry's bottom line, while waiting for the heart transplant, diabetic induced amputation, blindness or other obesity induced, life threatening disorders. With your help we can put an end to this poison. Do your part in sending this message out by word of mouth, e-mail or by distribution of this print-out to all your friends all over the world and stop this 'Slow Poisoning of Mankind' by the packaged food industry.

Blowing the whistle on MSG is our responsibility, get the word out.

### **LIPSTICKS**

Important info regarding LIPSTICKS!

Ladies - This is good information to know and share with others.

Something to consider next time you go shopping for lipstick.....

This comes from someone who works in the breast cancer unit at Mt.

Sinai Hospital, in Toronto. From: Dr. Nahid Neman

If there is a female you care anything about, share this with her. I

did!!!! I am also sharing this with the males on my email list, because they need to tell the females THEY care about as well!

Recently a lipstick brand called "Red Earth" decreased their prices from \$67 to \$9.90. It contained lead. Lead is a chemical which causes cancer.

The lipstick Brands that contain lead are:

1. CHRISTIAN DIOR
2. LANCOME
3. CLINIQUE
4. Y.S.L
5. ESTE E LAUDER

6. SHISEIDO
7. RED EARTH (Lip Gloss)
8. CHANEL (Lip Conditioner)
9. MARKET AMERICA-MOTNES LIPSTICK.

The higher the lead content, the greater the chance of causing cancer. After doing a test on lipsticks, it was found that the Y.S.L. lipstick contained the most amount of lead.

Watch out for those lipsticks which are supposed to stay longer. If your lipstick stays longer, it is because of the higher content of lead.

Here is the test you can do yourself:

1. Put some lipstick on your hand.
2. Use a Gold ring to scratch on the lipstick.
3. If the lipstick color changes to black, then you know the lipstick contains lead.

Please send this information to all your girlfriends, wives and female family members. This information is being circulated at Walter Reed Army Medical Center; Dioxin Carcinogens cause cancer, especially breast cancer

### **THE FDA & ALTERNATIVE MEDICINE UPDATE**

Dear Reader,

With the promising progress of SB5509, it's much easier to be optimistic about the future of natural medicine. But while the future looks bright, it's important to remember the past and the obstacles we've overcome to get to this point. And natural medicine has encountered LOTS of obstacles over the years—particularly ones thrown at us by the FDA.

First there's the double standard this organization operates under on a daily basis: approving chemical concoctions created by Big Pharma after as little as a few months of testing (hardly enough time to thoroughly evaluate the potential consequences of taking something long-term) while simultaneously scrutinizing—even banning—natural supplements with literally hundreds, sometimes thousands, of years of safe and effective use behind them.

But as bad as the unjustified scrutiny has been, it's not the most frightening thing the FDA has done to natural medicine.

If you're a long-time Nutrition & Healing reader, you've probably heard about the raid Dr. Wright and his Tahoma Clinic colleagues and patients endured at the hands of FDA officials supposedly out to "protect" the public.

The Tahoma Clinic raid occurred 15 years ago, on May 6, 1992. Armed FDA agents burst into the clinic, forced staff and patients to put their arms in the air, and spent the next 14 hours seizing patient records, vitamin supplies, computers, and other equipment. And the so-called "dangerous substance" that sparked this outrageous behavior? The intravenous B-vitamins administered by Dr. Wright and his colleagues. If it sounds ridiculous, that's because it is. And so were the numerous other raids just like it that were described in a recent NewsTarget article I read. They started over 20 years ago when another group of armed officials burst into the Life Extension Foundation (LEF). But the LEF fought back, and nearly 11 years after the initial raid, they managed to have every charge the FDA had trumped up against them dropped. By that time, though, dozens of other raids had taken place, including the one on the Tahoma Clinic. But after the LEF won its final victory against the FDA, that sort of behavior died down.

Now, though, the FDA has switched tactics. One of them being to enlist the help of organizations like the Washington state Medical Quality Assurance Commission. But it goes even further than that. Now the FDA is on a mission to obtain the power to regulate natural supplements. And if they do, the results could be disastrous. Next time, I'll tell you about how this latest power-grab could affect your medicine cabinet.

Click here: [www.healthiertalk.com](http://www.healthiertalk.com) :: Index

Click here: Democracy In Action

**PLEASE GO TO THIS WEBSITE AND FILL OUT THE FORM. THE FDA IS TRYING TO PUT THE SCREWS TO ALTERNATIVE HEALING. If this goes through what will be next?**

I think this is a push from the drug companies to increase their profits by pushing drugs that CAN cause side effect problems. Thanks.

## **BUTTER vs MARGARINE**

The following was taken from “Focus on Player’s Health”

Pass the butter ... Please

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back.

It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavorings

**DO YOU KNOW...** The difference between margarine and butter?

Read on to the end...gets very interesting!

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.

Eating margarine can increase heart disease in women by 53% over eating the same amount of Butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few only because they are added!

Butter tastes much better than margarine and it can enhance the flavors of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

And now, for Margarine..

Very high in Trans fatty acids.

Triple risk of coronary heart disease.

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five fold.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact.... **HERE IS THE PART THAT IS VERY INTERESTING!**

Margarine is but **ONE MOLECULE** away from being **PLASTIC**.. This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

You can try this yourself:

Purchase a tub of margarine and leave it in your garage or shaded area.

Within a couple of days you will note a couple of things:

no flies, not even those pesky Fruit flies will go near it (that should tell you something)

it does not rot or smell differently because it has no nutritional value; nothing will grow on it Even those teeny weeny microorganisms will not find a home to grow. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

Share This With Your Friends..... (If you want to "butter them up")!

David E. Garnett

President

iAM Solutions, LLC

### **WARNING ABOUT HAND SANITIZER**

Seems like there is a new warning everyday about something, BUT I wouldn't want to hear about someone's kid being hurt if I could have done something to prevent it.

Friends,

I am sending this to all of you because this is a true danger! If you want more information check out the link below. **PLEASE READ !**

Send it to anyone you know who has small children - their own, their nieces, nephews, grandchildren.

<http://www.snopes.com/medical/toxins/sanitizer.asp>

**PLEASE READ! - ALCOHOL POISONING -  
HAND SANITIZER AND SMALL CHILDREN**

OK. I don't know where to begin because the last 2 days of my life have been such a blur. Yesterday, my youngest daughter Halle who is 4, was rushed to the emergency room by her father for being severely lethargic and incoherent. He was called to her school by the school secretary for being "very VERY sick." He told me that when he arrived that Halle was barely sitting in the chair. She couldn't hold her own head up and when he looked into her eyes, she couldn't focus them. He immediately called me after he scooped her up and rushed her to the ER.

When we got there, they ran blood test after blood test and did x-rays, every test imaginable. Her white blood cell count was normal, nothing was out of the ordinary. The ER doctor told us that he had done everything that he could do so he was sending her to Saint Francis for further tests.

Right when we were leaving in the ambulance, her teacher had come to the ER and after questioning Halle's classmates, we found out that she had licked hand sanitizer off her hand. Hand sanitizer, of all things. But it makes sense. These days they have all kinds of different scents and when you have a curious child, they are going to put all kinds of things in their mouths.

When we arrived at Saint Francis, we told the ER doctor there to check her blood alcohol level, which, yes we did get weird looks from it but they did it. The results were her blood alcohol level was 85% and this was 6 hours after we first took her. There's no telling what it would have been if we had tested it at the first ER.

Since then, her school and a few surrounding schools have taken this out of the classrooms of all the lower grade classes but what's to stop middle and high schoolers too? After doing research off the Internet, we have found out that it only takes 3 squirts of the stuff to be fatal in a toddler. For her blood alcohol level to be so high was to compare someone her size to drinking something 120 proof. So PLEASE don't disregard this because I don't ever want anyone to go thru what my family and I have gone thru.

Today was a little better but not much. Please send this to everyone you know that has children or are having children. It doesn't matter what age.

I just want people to know the dangers of this.

## **CANCER UPDATE FROM JOHN HOPKINS HOSPITAL**

Useful Information on one of the deadliest diseases of our time:

### **CANCER**

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size..
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

#### CANCER CELLS FEED ON:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastrointestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soya milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork.

Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-sence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

#### CANCER UPDATE FROM JOHN HOPKINS HOSPITAL

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

John Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well.

Dioxin chemicals causes cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us.

He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the

dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper.

The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

Did you know that hospital infections cause 90,000 deaths each year? I just signed a quick petition to our local hospital asking them to release their infection track record to the public. I hope you will take a minute to sign it too! Consumers Union, the non-profit publisher of Consumer Reports, is sponsoring the petition on its "Stop Hospital Infections.org" website. Once they reach their goal of 100,000 signatures, they will send the petition and signatures to our local hospitals and publish the petition in a newspaper ad in communities with a large number of petitioners.

Did you know that hospital infections cause 90,000 deaths each year? Several states have started to pass legislation requiring the public reporting of local hospital infection rates. But our local hospitals can tell us what they know now! Many hospital infections can be prevented, and families in our community should be able to find out which hospitals have the best infection control track record.

Please take a moment to sign the petition at [www.stophospitalinfections.org](http://www.stophospitalinfections.org) and help shed some light on hospital safety in our area.

Thanks so much for taking a moment to make our community better.

Sincerely,

Lisa McGiffert

[StopHospitalInfections.org](http://StopHospitalInfections.org)

a project of Consumers Union

1300 Guadalupe, Suite 100  
Austin, Texas 78701

### **THIS FISH IS BEING SOLD IN CANADA**

We saw it recently on the buffet at the Fallsview Casino! Many are snatching up the fish at supermarkets as they are very cheap. The fish looks good but read the article and you will be shocked.

This product is from Vietnam.

Do you eat this frozen fish called BASA ( Pangasius, Vietnamese River Cobbler, White Catfish, Gray Sole )?

Industrially farmed in Vietnam along the Mekong River, BASA or Pangas or whatever they're calling it, has only been recently introduced to the French market. However, in a very short amount of time, it has grown in popularity in France. They are very, very affordable (cheap), are sold in filets with no bones and they have a neutral flavor and texture; many would compare it to cod and sole, only much cheaper. But as tasty as some people may find it, there's, in fact, something hugely unsavory about it. I hope the information provided here will serve as very important information for you and your future choices. Here's why it is better left in the shops and not on your dinner plates:

1. BASAS or Pangas are teeming with high levels of poisons and bacteria. (industrial effluents, arsenic, and toxic and hazardous by-products of the growing industrial sector, polychlorinated biphenyls (PCBs), DDT and its metabolites (DDTs), metal contaminants, chlordane-related compounds (CHLs), hexachlorocyclohexane isomers (HCHs), and hexachlorobenzene (HCB) ).

The reason is that the Mekong River is one of the most polluted rivers on the planet and this is where basa/pangas are farmed and industries along the river dump chemicals and industrial waste directly into it. Avoid eating them because they contain high amounts of contamination. Regardless of Reports and recommendations against selling them, supermarkets still sell them, knowing full well that they are contaminated.

2. They freeze Basa/Pangas in contaminated river water.

3. BASA/Pangas are raised in Vietnam .. Pangas are fed food that comes from Peru ( more on that below ), their hormones ( which are injected into the female Pangas ) come from China . ( More about that below ) and finally, they are transported from Vietnam to other countries

4. There's nothing natural about Basa/Pangas - They're fed dead fish remnants and bones, dried and ground into a flour (from South America), manioc ( cassava ) and residue from soy and grains. This kind of nourishment doesn't even remotely resemble what they eat in nature. But what it does resemble is the method of feeding mad cows ( cows were fed cows, remember? ). What they feed basa/pangas is completely unregulated so there are most likely other dangerous substances and hormones thrown into the mix. The basa/pangas grow 4 times faster than in nature, so it makes you wonder what exactly is in their food? Your guess is as good as mine.

5. Basa/Pangas are injected with Hormones Derived from Urine. They inject female Basa/Pangas with hormones made from the dehydrated urine of pregnant women, the female Pangas grow much quicker and produce eggs faster ( one Basa/Panga can lay approximately 500,000 eggs at one time ). Essentially, they're injecting fish with hormones ( they come all of the way from a pharmaceutical company in China ) to speed up the process of growth and reproduction. That isn't good. And also consider the rest of the reasons to NOT eat BASA.

6. You get what you pay for - and then some. Don't be lured in by insanely cheap price of Basa/Pangas. Is it worth risking your health and the health of your family?

7. Buying Basa/Pangas supports unscrupulous, greedy corporations and food conglomerates that don't care about the health and well-being of human beings. They are only concerned about selling as many basa/pangas as possible to unsuspecting consumers. These corporations only care about making more money at whatever cost to the public..

8. Basa/Pangas WILL make you sick - If you don't get ill with vomiting, diarrhea and effects from severe food poisoning, congratulations, you have an iron stomach! But you're still ingesting POISON not "poisson". Final important note: Because of the prodigious amount of availability of Basa/Pangas, be warned that they will certainly find their way into

other foods like imitation crab sticks, fish sticks, fish terrines, and probably in some pet food too. Just check the Ingredient List to see if Basa is one of the ingredients. Good Luck. You have been warned !!!  
Why are we allowing this product to be imported?

## **DRUG OVERDOSE DANGERS FROM PAIN-RELIEF CREAMS**

<http://www.nsopr.gov/>

It's easy not to realize that applying medicines to your skin is not all that different from drinking them in liquid form or swallowing tablets—but it's true. The skin is a permeable membrane and what goes “on” it goes “in” it (this is known as “transdermal” application). And this is why topically applied medications such as pain relief creams or lotions—whether prescription or over-the-counter—can make people very, very sick when used in excess... and in a few recent instances have even proved lethal.

### **RECENT DEATHS FROM SKIN CREAMS**

Recently a teenager in New York City, a star on her high-school track team, died after using large quantities of anti-inflammatory products containing methyl salicylate (BENGAY is one of several over-the-counter sports creams for muscle aches that contain methyl salicylate). She purportedly used pain-relieving patches and rubbed a large quantity of a sports cream into her sore muscles. Two deaths were linked to other topical painkillers, leading the FDA to issue a warning in 2006 concerning pharmacy-compounded anesthetic creams, which are used before cosmetic procedures such as laser hair removal and skin treatments. The deaths of the two women—in completely separate incidents—occurred after each applied excessive amounts of the creams at home in preparation for laser hair removal.

I asked dermatologist Ellen Marmur, MD, chief of the division of dermatologic and cosmetic surgery at the Mount Sinai Medical Center in New York City, to explain how this can happen. She told me that the active ingredients in the various kinds of numbing creams, ointments and gels (OTC and prescription, depending on the strength) are lidocaine, tetracaine, benzocaine or prilocaine. These are supposed to be applied by trained health-care professionals in doctors' offices, but

patients sometimes apply them at home (if directed to do so by their doctor) to save prep time in the office. She says this appears to be what happened in the deaths of both young women. They applied the creams liberally to their entire legs and, to further absorption, both wrapped their legs in plastic wrap. Since so much cream was applied to large areas of skin, its toxicity was magnified with the result being that the women suffered seizures, went into comas and subsequently died. Note: If your doctor directs you to do this at home, have him/her write clear instructions down... and plan to have someone at home with you in case of emergency.

#### WHAT YOU NEED TO KNOW TO STAY SAFE

Dr. Marmur says these creams are easily obtained, but should be considered serious drugs to be used with the same caution as any other medication. Most importantly, don't use them at home without first reading the dosing instructions carefully and discussing potential dangers with your doctor. Among the early signs of toxicity are feeling fuzzy-headed, blurred vision, dizziness, breathing difficulty and irregular heartbeat, says Dr. Marmur, who stresses that these symptoms should be considered a medical emergency. Go to an ER (don't drive yourself) if you feel this way. Dr. Marmur urges conservative use and medical supervision for any kind of medical cream, including even low-dose prescription and OTC creams. We all metabolize differently, she points out, so slow and safe is the way to go.

Source(s):

Ellen Marmur, MD, chief of the division of dermatologic and cosmetic surgery, the Mount Sinai Medical Center in New York City.

<http://link.dhn.bottomlinesecrets.com/h/17T3/7KOR/E4/WLTJI6?a1=43>  
157

## **MICROWAVE POPCORN ALERT - IMPORTANT MEDICAL & LAWSUIT INFORMATION**

### **MEDICAL ALERT**

September 19th, Washington - Major popcorn producers have known for more than a year the secret results of an Environmental Protection

Agency study of potential health risks of a chemical in microwave popcorn.

The results of the EPA study still have not been made public.

A chemical identified by scientists at the Centers for Disease Control and Prevention

is the cause of a debilitating and sometimes fatal lung disease.

CDC's National Institute of Occupational Safety and Health has called the condition bronchiolitis obliterans, or "popcorn lung."

The EPA has refused to make the report available to the general public.

Last week, a health advocacy organization at George Washington

University revealed that a Colorado physician had notified the Food and Drug Administration in July

that she had a patient who had developed "significant lung disease".

If you or anyone you know eats Microwave Popcorn please have them visit this site.

#### LAWSUIT ALERT

JOPLIN, Mo. - A factory worker who claimed his lungs were ruined as a result of mixing flavoring oils used in microwave popcorn was awarded \$20 million by a jury.

Eric Peoples was the first person to have his suit heard against the two makers of the butter flavoring.

The jury deliberated for a little more than three hours before returning the verdict.

The jury ruled against International Flavors and Fragrances Inc. and its subsidiary Bush Boake Allen Inc.

They were ordered to pay \$18 million to Eric Peoples and \$2 million to his wife for compensatory personal injury damages.

If you or anyone you know eats Microwave Popcorn please have them visit this site.

Cancer Alert News

Cancer News from Johns Hopkins

No plastics in microwave

No water bottles in freezer

No plastic wrap in microwave

Johns Hopkins has recently sent this out in their newsletters. This information is being circulated at Walter Reed Army Medical Center. Dioxin Carcinogens cause cancer, especially breast cancer.

Don't freeze your plastic water bottles with water as this also releases dioxin in the plastic.

Dr. Edward Fujimoto from Castle hospital was on a TV program explaining this health hazard. (He is the manager of the Wellness Program at the hospital.) He was talking about dioxin and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxin into the food and ultimately into the cells of the body. Dioxin are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results, without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the

container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. To add to this, Saran wrap placed over foods as they are nuked with the high heat, actually drips poisonous toxins into the food, use paper towels.

### **WATER OR COKE?**

This is really an eye opener!

We all know that water is important but I've never seen it written down like this before.

#### **WATER**

1. 75% of Americans are chronically dehydrated. (Likely applies to half world population.)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

#### COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminium foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminium foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.

8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

**FOR YOUR INFORMATION:**

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous Material place cards reserved for highly corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would YOU like a glass of water or coke?

## **TOXINS IN SHAMPOOS, CONDITIONERS**

Overview:

Popular shampoos contain toxic chemicals linked to nerve damage

Source: <http://www.newstarget.com/003210.html>

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NewsTarget.com printable article

Thursday, March 10, 2005

Popular shampoos contain toxic chemicals linked to nerve damage

Researchers at the National Institutes of Health have found a correlation between an ingredient found in shampoos and nervous system damage. The experiments were conducted with the brain cells of rats and they show that contact with this ingredient called methylisothiazoline, or MIT, causes neurological damage.

Which products contain this chemical compound MIT? Head and Shoulders, Suave, Clairol and Pantene Hair Conditioner all contain this ingredient. Researchers are concerned that exposure to this chemical by pregnant women could put their fetus at risk for abnormal brain development. In other people, exposure could also be a factor in the development of Alzheimer's disease and other nervous system disorders. The chemical causes these effects by preventing communication between neurons. Essentially, it slows the networking of neurons, and since the nervous system and brain function on a system of neural networks, the slowing of this network will suppress and impair the normal function of the brain and nervous system.

These findings were presented December 5th at the American Society for Cell Biology annual meeting.

I have frequently warned readers about the dangers of using brand-name personal care products. The vast majority of these products contain toxic chemical compounds like MIT that contribute to cancer, liver disorders and neurological diseases. In fact, this chemical, MIT, is just one of dozens of such chemicals that are found in personal care products.

Why are these dangerous personal care products allowed to remain on the market? Because the FDA, which is responsible for regulating these products, spends almost no time, money or effort actually investigating the safety of such products. Instead, the FDA spends the vast majority of its time approving new prescription drugs rather than protecting the public against the dangers from such drugs or personal care products like shampoos, soaps, deodorants and fragrance products.

In fact, it may surprise you to learn that manufacturers can put practically any chemical they want into shampoos, even if it is a hazardous chemical listed in the RTECS database of toxicity and even if it is considered a toxic waste chemical by the EPA. The FDA allows all sorts of chemicals to be used in these products, including chemicals that

are known carcinogens and that contribute to liver failure and nervous system disorders. How's that for protecting public health?

If you thought prescription drugs were dangerous, just take a look at the toxic chemicals found in personal care products used by virtually all Americans every single day. Americans bathe themselves in toxic chemicals and they do it by buying and using products made by brand name companies that have premier shelf positioning at convenience stores, grocery stores and discount clubs.

One of the more curious personal care products on the market is Herbal Essences Shampoo by Clairol. Personally, I think this product is a joke because it's trying to exploit the word "herbal" to imply that the shampoo is healthy, even though it is primarily made with the same ingredients as other popular shampoos. The first three ingredients, for example, are: water, sodium laureth, and sodium lauryl sulfate. Big deal, huh? You can find the same three ingredients in 99-cent shampoo at Wal-Mart. Plus, the product contains all sorts of other ingredients that I personally would never allow to touch my skin (like methylchloroisothiazolinone, if you can believe there's actually a chemical with a name that long). Think the color of the shampoo is from the herbs? Think again. Three other ingredients in the shampoo are Yellow #5, Orange #4 and Violet #2.

In other words, this is a shampoo product purchased by naive consumers, in my opinion. People who really know herbs and natural products can only laugh at a product like this. Want a real shampoo? Buy Olive Oil Shampoo from Heritage Products, available at most natural health stores.

The bottom line to all of this, though, is that every week, it seems like we see a new announcement about some toxic chemical found in personal care products that is related to either cancer or neurological disorders. And yet week after week these products are being sold by retailers and consumed in large quantities by the American people who remain oblivious to the real damage these products are causing to their health.

Once again, the solution here is to protect yourself by learning the truth about these products and switching to products made with safe

ingredients. There are safe shampoos, safe soaps, safe laundry detergents, dishwashing liquids and even deodorant products. You don't have to expose yourself to toxic chemicals to take care of personal hygiene, because whether you agree with it or not, these disease-causing chemicals are going to remain quite legal in the use of personal care products for many years to come. Why? You can bet that the manufacturers of these products will fight against any attempt to regulate or outlaw these toxic chemicals. That's because the chemicals are convenient for such manufacturers. It's much the same way in which food manufacturers use sodium nitrate in bacon and other packaged meats. It's all about their convenience rather than protecting your health. So, here's the idiot test for today: if I was standing on a street corner with a bottle of colored liquid, and I told you that liquid contained a toxic chemical that caused neurological disorders, Alzheimer's disease and birth defects, would you buy that product from me and scrub it into your scalp under warm water?

Of course not. But if you're buying these popular shampoo products, that's exactly what you're doing right now. Such is the power of brand marketing in America.

### **RATS**

A stock clerk was sent to clean up a storeroom in Maui, Hawaii. When he got back, he was complaining that the storeroom was really filthy and that he had noticed dried mouse or rat droppings in some areas.

A couple of days later, he started to feel like he was coming down with a stomach flu, complained of sore joints and headaches, and began to vomit. He went to bed and never really got up again. Within two days he was severely ill and weak. His blood sugar count was down to 66, and his face and eyeballs were yellow. He was rushed to the emergency at Pali-Momi, where he was diagnosed to be suffering from massive organ failure. He died shortly before midnight.

No one would have made the connection between his job and his death, had it not been for a doctor who specifically asked if he had been in a warehouse or exposed to dried rat or mouse droppings at any time. They said there was a virus (much like the Hanta virus) that lives in dried rat

and mouse droppings. Once dried, these droppings are like dust and can easily be breathed in or ingested if a person does not wear protective gear or fails to wash face and hands thoroughly.

An autopsy was performed on the clerk to verify the doctor's suspicions....

That is why it is extremely important to ALWAYS carefully rinse off the tops of canned sodas or foods, and to wipe off pasta packaging, cereal boxes, and soon. Almost everything you buy in a supermarket was stored in a warehouse at onetime or another, and stores themselves have rodents. Most of us remember to wash vegetables and fruits, but never think of boxes and cans.

The ugly truth is, even the most modern, upper class, super stores have rats and mice. And their warehouse most assuredly does!

Whenever you buy any canned soft drink, please make sure that you wash the top with running water and soap, or if that is not available, drink with a straw.

The investigation of soda cans by the Center for Disease Control in Atlanta discovered that the tops of soda cans can be encrusted with dried rat's urine, which is so toxic it can be lethal. Canned drinks and other foodstuffs are stored in warehouses and containers that are usually infested with rodents, and then they get transported to retail outlets without being properly cleaned.