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# The Whole Story

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## BETTER HEALTH, ONE STEP AT A TIME

The Health Newsletter of the Hahnemann Clinic for Heilkunst

Restoring Health One Person at a Time

What is Heilkunst?

Go to our website at [www.heilkunst.com](http://www.heilkunst.com) to read more.



## Health Tips in Digestible Bites

We read and research a lot about health issues to provide you with the best treatment and information for self-help possible. We get many questions about new products or therapies. Many people are confused about what to do, what is healthy and what is just hype.

We thought we would take the time to share our experience and thoughts with you and this newsletter is the result. This is the first issue. It is free. To receive subsequent issues, you just have to make a donation (tax deductible) to the HCH Trust of a minimum of \$60.00. Donations of larger amounts to support our research are, of course, always very welcome.

We hope that you find the contents of the newsletter and the idea of a monthly issue, usually focused on a particular health topic, useful and valuable.

Are you:

- Confused about all the health information out there?
- Wondering which latest "miracle" food or herb is really what it says?
- Too busy to follow all the latest reports, studies, discoveries?
- Skeptical about all the health hype, but worried about drug side effects and modern convenience foods?
- Wondering why the reports about a health product are contradictory? We'd like to help by sharing our research and experience with you!

Director HCH, Rudi Verspoor

## Health Miracles/Health Fads

We are drowning in information and dying of thirst when it comes to knowing what is good for our health. Every day sees a new miracle product or service complete with impressive studies or testimonials. The focus is on this herb or vitamin, that mineral or animal product as the solution to - well, you name it, they seem to fix it! I don't know about you, but I get a little gun shy after a while: all these miracle products and guaranteed treatments that work seemingly for everyone else and yet seem to be wanting when it comes to one's own health problem. How are we to know what works for whom and when?

There seems to be two fundamental problems with the current health scene and the information overload:

One, the assumption that the solution lies in the parts and not the whole - if I only take this or that product and take enough of it, all my problems will go away. Well, health is a synergistic affair and everything is interrelated. One can't help realizing after reading enough of the health newsletters out there that a certain amount of common sense in terms of diet and exercise goes a long way. It's just that this so-called "common sense" is hard to find!

*continued on page 2*



*Manotick office entrance is in a heritage grain silo.*

## Health Miracles/Health Fads - *continued from page 1*

The focus should be on an overall approach to nutrition and lifestyle that doesn't require a bio-chemistry degree to carry out or understand and that becomes an integral part of one's daily, weekly, monthly routine, not a straitjacket or prison. Health should become a positive, rewarding experience, not a sense of deprivation.

Two, the confusion between what is good for maintaining general health and removing not-too-serious imbalances, and what is needed to actually stop,

reverse and eliminate actual damage to one's physical body - prevention is the royal road to health, but the ounce (gram) or prevention not applied requires the proverbial pound (kilogram) of treatment. Much of what is preventative is not new - the knowledge has been known for centuries and we already know it ourselves, we just forget or allow ourselves to be misled by the advertising for new and improved industrial food products.

## What Your Parents Told You

Or, at least mine did! We have the knowledge already to remain healthy or to get healthier, without any expert advice. It's ours for free, a gift from the Creator. Our parents had the responsibility to remind us of this inner wisdom and to awaken in us good habits.

These are some of the basic rules of a healthy life that my parents taught me:

- The fresher it is the better it tastes and the better it tastes, the better it is for you.
- Eat whatever is in season and made locally.
- Local fruit is generally fresher and riper and healthier.
- Vegetables are good for you.
- The more processed and milled it is, the less food value.
- The more packaging it has, the less food value it contains.
- If you can't identify the ingredients on the label, then it probably isn't

food.

- All the real food is along the outside walls of the supermarket; all the non-food is on the shelves in the middle.
- Food grown in soil fertilized with manure and humus is tastier and sweeter - and what is tastier and sweeter has more nutrition.
- Grass-fed meat is better than grain-fed meat.
- Organic is better - whether meat, fruits, nuts, seeds, grains or vegetables.
- Food from your own garden is best.
- Avoid anything that has anything to do with herbicides or pesticides.
- Every now and then a little dirt is good for the septic system and for your digestive and immune systems.
- Lots of clean water, fresh air and sunshine are good for you. When I was a kid the TV got unplugged in the summer and we had to work

*"We have the knowledge already to remain healthy or to get healthier, without any expert advice."*



*Walled organic garden at Manotick site.*

## What Your Parents Told You - *continued*

around the house and garden for exercise - after all the chores we could play with our friends.

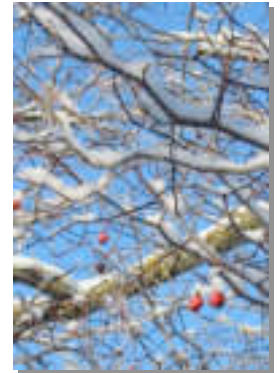
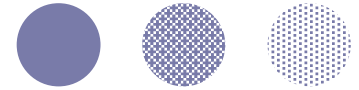
My parents were concerned about the use of synthetic chemicals - fertilizers, herbicides, pesticides, and preservatives - long before Rachel Carson and *Silent Spring*. They preferred organic before this was a cool thing to do and when it was generally the way food used to be grown. They knew that the problem was not bugs and germs, but our ability to stop them from getting inside our bodies by being healthy.

You only went to the doctor if you were really sick. The usual childhood fevers and sniffles were treated with nourishing soups, rest, extra vitamins, and sponge baths if necessary. Fevers and simple "colds" were seen as the body's attempt to cleanse and heal.

My parents weren't perfect, of course. They bought into the idea that milk was good for you (even when pasteurized), although they preferred buttermilk and yogurt, and that margarine is healthier than butter. They didn't allow us to eat white bread, however, particularly not the commercial version. My dad used to say about Wonder Bread, "It's a wonder they call it bread!"

We can probably all add something to the list above. We already know what is not good for us in general terms, but the pace of commercial "food" products and the bewildering variety of new substances being put into food make it difficult at times.

Let's look at one obvious issue: sugar.



*Winter in Manotick...*

## How Sweet It Is!

Refined sugar ("white death") is bad for health. The body needs sugar, but Nature never intended for it to be the one that came out of a factory. Eating processed white cane sugar, or corn syrup derivatives is like mainlining cocaine. Both can be deadly. Most of the white sugar and corn syrup is hidden in foods. One slice of commercial apple pie can contain 3-7 tablespoons of sugar. Try making a pie sometime without sugar, and then add 3-7 tablespoons to each slice you serve. Most people will be shocked at the amount, but when it is hidden, we let down our defenses.

Sugar consumption has skyrocketed over the last century and it is mostly hidden in processed foods. From some 10 pounds of refined sugar we have gone to over 140 pounds per person a year! I don't eat that much, so someone else is eating my share. Scary thought.

Sugar reduces your immune system's ability to react. Just a few tablespoons of refined sugar and your immune system drops by at least 25% for several hours.

## Now For Something Completely Different!

If you think refined sugar and sugar-laden products are bad, then the substitutes are worse, at least for most commercial products. We have become so accustomed to thinking that sugar is bad (which it is, of course, in its refined and processed version), that we are ready to accept whatever sweetener is put in to replace it. Like the aspartame (Equal, Nutrasweet) in all the "diet" soft drinks and "clear" beverages, not to mention "food" products. Aspartame is a nerve toxin and breaks down into formaldehyde in the body. The soft drink industry initially opposed its use as un-safe and risky in liquids, but quickly converted once it realized that consumers would drink more if "sugar-free." Freedom is a nice idea, and sells, it seems, but no one tells you the darker side - that with freedom comes responsibility to remain vigilant lest we exchange one yoke (refined sugar) for another (nerve toxin). Not that the industry doesn't try to convince you that aspartame is safe and "natural."

## Something Completely Different, *continued from page 3*

"The multi-billion dollar aspartame industry would like you believe that 'aspartame kills' is an 'urban legend,' and that you'd have to drink 100 cans of diet soda a day to be harmed by aspartame. This is just simply not true. Their main claim is that the three components of aspartame are found in many natural foods and are therefore safe. This is kind of like saying carbon monoxide is safe because all it contains is carbon & oxygen, the same components of carbon dioxide. Methanol (wood alcohol), which makes up 10% of aspartame and is highly toxic (adult minimum lethal dose is two teaspoons), is also found in some fruits & vegetables like tomatoes. However, methanol is never found in natural foods without ethanol & pectin, its 'antidotes' if you will (detailed facts below). Ethanol & pectin prevent methanol from being metabolized into formaldehyde (embalming fluid) & formic acid (same chemical as fire ant venom), both deadly toxins. An ethanol drip is even the standard emergency room treatment for methanol poisoning. Aspartame contains no ethanol or pectin, therefore the methanol is converted to formaldehyde and formic acid.

Phenylalanine and aspartic acid, the other 2 components of aspartame, are amino acids found in natural foods, but always as part of long chains of many different amino acids to form complex protein molecules that take humans 12 hours to gradually break down & assimilate.

According to the doctors below, when consumed by themselves these two amino acids require no digestion and quickly enter the brain & central nervous system at abnormally high levels, over stimulating brain cells to death and causing many other health

problems.

"Pro" aspartame people point to industry sponsored short-term tests, ignoring independent tests. They point to "reliable" health sites, organizations, foundations etc. that are sponsored, funded & fed "facts" by companies that profit from aspartame. And of course, the FDA approved it so "it must be safe", neglecting to mention that the FDA denied aspartame approval for over 8 years until the newly appointed FDA commissioner Arthur Hull Hayes overruled the final scientific review panel, approved aspartame, and then went to work for G.D. Searle's (initial owner of aspartame) public relations firm at \$1,000 a day. Hayes has refused all interviews to discuss his actions. The FDA also urged Congress to prosecute G.D. Searle for "specific false statements or concealed facts" stemming from Searle's testing of aspartame. However, the 2 government lawyers assigned to the case decided against prosecuting G.D. Searle and then joined G.D. Searle's law firm! Even the National Soft Drink Assn. filed a strong protest letter (available below) in 1983 against the approval of aspartame for use in beverages, saying "...aspartame is inherently, markedly and uniquely unstable in aqueous media." [www.321recipes.com/aspartame.html](http://www.321recipes.com/aspartame.html)

Aspartame is a molecule composed of three components: aspartic acid, phenylalanine and methanol. Once ingested the methanol, wood alcohol converts into formaldehyde and formic (Ant Sting Poison). Formaldehyde, a deadly neurotoxin, is common embalming fluid, a Class A Carcinogen. Phenylalanine is also neurotoxic when unaccompanied by the other amino acids in proteins. Aspartic acid causes brain lesions in neuroendocrine disorders in experimental animals. There are 92 documented symptoms including:

- Headaches
- Numbness
- Fatigue
- Blurred vision
- Heart palpitations
- Memory loss
- Dizziness

- Muscle spasms
- Weight gain
- Irritability
- Anxiety attacks
- Vertigo
- Seizures
- Rashes
- Blindness
- Tachycardia
- Tinnitus
- Joint Pain
- Nausea
- Depression
- Hearing loss
- Slurred speech
- Loss of taste
- Insomnia

NutraSweet is in 5,000 foods (Over 9000 by 1997) and on every restaurant table...

Researchers at Massachusetts Institute of Technology surveyed 80 people who suffered brain seizures after eating or drinking products with Aspartame. Said the Community Nutrition Institute: "These 80 cases meets the FDA's own definition of an imminent hazard to the public health, which requires the FDA to expeditiously remove a product from the market."

America is seeing a tremendous increase in seizures. Phenylalanine in Aspartame lowers the seizure threshold in the brain and blocks serotonin production.

Fetal tissue cannot tolerate methanol, and Dr. James Bowen calls NutraSweet instant birth control. The fetal placenta can concentrate phenylalanine and cause mental retardation.

Aspartame tests on animals produced brain and mammary tumors. No wonder breast cancer is exponentiating! During Operation Desert Storm, truckloads of diet drinks

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## Completely Different, *continued from page 4*

cooked in the Arabian sun and at 86 degrees Aspartame liberates methanol in the can! Thousands of service men and women returned home with chronic fatigue syndrome and weird toxic symptoms!

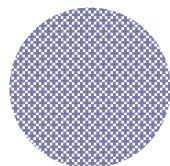
And the list goes on. They don't tell you that aspartame creates a craving for more carbohydrates, which are usually handy processed snacks, also produced by the agri-food industry, with it's overlapping ownerships and links to the pharmaceutical industry (Nutrasweet is made by Monsanto). Go to:

[www.tetrahedron.org/articles/health\\_risks/Aspartame\\_Modern\\_Thalidomide.html](http://www.tetrahedron.org/articles/health_risks/Aspartame_Modern_Thalidomide.html) for more information.

Another very good summary of the issue is at: [www.mercola.com/2004/jan/7/aspartame\\_disease.htm](http://www.mercola.com/2004/jan/7/aspartame_disease.htm) written by a distinguished private medical doctor who coined the term "aspartame disease" for the wide-ranging and disturbing effects of this toxic chemical.

A bitter-sweet tale that leaves a decided after-taste!

But there is a happy ending – sugar, of the right kind, is actually good for you. We'll talk about this in the next issue.



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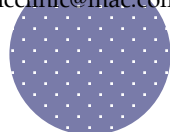
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## In our next issue:

- Sugar – Sweet Rewards - When it can be healthy to eat sugar!  
Life doesn't have to be all bitter.
- Soy, What's the Big Fuss? - When what seems to be a health food is really a fad, and a harmful one at that.
- Recipes!! Delectable goodies sure to tantalize your taste buds!

Don't miss our next informative issue. You'll learn things that will surprise and delight you.

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