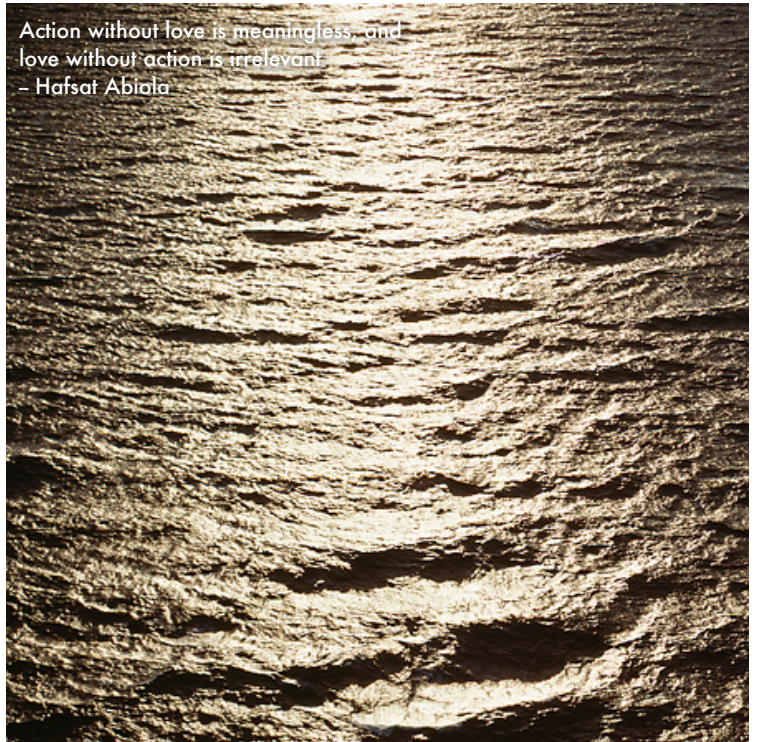




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EarthTalk

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Are You and Your Family Getting Enough Sleep?

A Look Into Some New Studies On Sleep-

I don't know how many of you watch 60 minutes. We still do, that's what brings me to this topic. New studies are finding that sleep is as critical as food is to our health. Recent studies at UC Berkeley have shown that students who missed just ONE night sleep were 40% worse at memorization. They also found that your memory is actually enhanced after a good (7 1/2-8 hours) night of sleep by 20-30%-- This means if you study, then get a good night sleep, you'll have much better memory retention vs. the all night "cram". What about not enough sleep, but some? Testing completed on a control groups sleeping 4 hours a night for 6 nights revealed that impairment began the first night and was accumulative. An interesting finding is that the patients don't

know how impaired they are. Studies also found that continual reduced sleep, causes a disconnect between the Amygdala which is the emotional response center of the brain and the frontal lobe, the region that controls rational thought and decision in sleep deprived individuals-- a problem that is also found in people with psychiatric disorders. Studies are also showing that sleep deprivation is linked to obesity and illness. University of Chicago School of Medicine ran studies using the same test parameters of 4 hours a night for 6 nights on young, healthy, fit individuals. At the end of six nights the test subjects had entered a pre-diabetic state. They were also hungrier than normal through the work of a hormone called leptin which tells your brain when you are full. Drops in leptin were found in the test subjects. Several large studies from all over the world have also found a link between sleep and obesity as

well as heart disease, high blood pressure, and stroke. Naps? They help but experts say nothing compares to a good night sleep which is 7 1/2-8 hours for adults and 9-10 for children, teens especially. So get your sleep!

Upcoming Classes:

April 5th Spring Plant & Veggie Talk

April 20th Healthy Snacks Part II

May 10th & 25th The Future of Food

June 14th & 29th Pure Food Kids

We are making some changes!

In an effort to make workshop participation as easy as possible, in May we will begin offering the same workshop twice a month, to allow us to have a class on both Saturday and Sunday. We hope this makes it easier for you to join us! In addition to this, our yoga classes will be starting sometime in June as will our..... Science Club! These additional classes will be held during the week in the evenings. Any input on when you would like to see us hold them is appreciated. You can either e mail us through our site, or call kari; 360 269 2843. Comments may also be mailed to 3605 Jackson Highway Chehalis, WA 98532.

Is it REALLY healthy????



THE LETHAL SCIENCE OF SLENDA, By James Bowen, M.D.

James Bowen, M.D., A physician, biochemist, warns about the synthetic sweetener, Splenda. The chemical sucralose, marketed as "Splenda", has replaced aspartame as the #1 artificial sweetener in foods and beverages. Aspartame has been forced out by increasing public awareness that it is both a neurotoxin and an underlying cause of chronic illness worldwide.

"Splenda/sucralose is simply chlorinated sugar; a chlorocarbon. Common chlorocarbons include carbon tetrachloride, trichlorethelene and methylene chloride, all deadly. Chlorine is nature's Doberman attack dog, a highly excitable, ferocious atomic element employed as a biocide in bleach, disinfectants, insecticide, WWI poison gas and hydrochloric acid.

"Sucralose is a molecule of sugar chemically manipulated to surrender three hydroxyl groups (hydrogen + oxygen) and replace them with three chlorine atoms. Natural sugar is a hydrocarbon built around 12 carbon atoms. When turned into Splenda it becomes a chlorocarbon, in the family of Chlorodane, Lindane and DDT.

"It is logical to ask why table salt, which also contains chlorine, is safe while Splenda/sucralose is toxic? Because salt isn't a chlorocarbon. When molecular chemistry binds sodium to chlorine to make salt, carbon isn't included. Sucralose and salt are as different as oil and water.

"Unlike sodium chloride, chlorocarbons are never nutritionally compatible with our metabolic processes and are wholly incompatible with normal human metabolic functioning. When chlorine is chemically reacted into carbon-structured organic compounds to make chlorocarbons, the carbon and chlorine atoms bind to each other by mutually sharing electrons in their outer shells. This arrangement adversely affects human metabolism

because our mitochondrial and cellular enzyme systems are designed to completely utilize organic molecules containing carbon, hydrogen, oxygen, nitrogen, and other compatible nutritional elements.

"By this process chlorocarbons such as sucralose deliver chlorine directly into our cells through normal metabolism. This makes them effective insecticides and preservatives. Preservatives must kill anything alive to prevent bacterial decomposition."

Dr. Bowen believes ingested chlorocarbon damage continues with the formation of other toxins: "Any chlorocarbons not directly excreted from the body intact can cause immense damage to the processes of human metabolism and, eventually, our internal organs. The liver is a detoxification organ which deals with ingested poisons. Chlorocarbons damage the hepatocytes, the liver's metabolic cells, and destroy them.

Dr. Bowen continues: "Just like aspartame, which achieved marketplace approval by the Food and Drug Administration when animal studies clearly demonstrated its toxicity, sucralose also failed in clinical trials with animals. Aspartame created brain tumors in rats. Sucralose has been found to shrink thymus glands (the biological seat of immunity) and produce liver inflammation in rats and mice. "We see a river of media hype expounding the virtues of Splenda/sucralose. We should not be fooled again into accepting the safety of a toxic chemical on the blessing of the FDA and saturation advertising. In terms of potential long-term human toxicity we should regard sucralose with its chemical cousin DDT, the insecticide now outlawed because of its horrendous long term toxicities at even minute trace levels in human, avian, and mammalian tissues.

"Synthetic chemical sweeteners are generally unsafe for human consumption. This toxin was given the chemical name "sucralose" which is a play on the technical name of natural sugar, sucrose. One is not the other. One is food, the other is toxic; don't be deceived."

Healthy Sugar Alternatives:

With the following Choices:

Honey:

Honey, if you have a local, source has many positive attributes with it's high level of vitamins, minerals, amino acids and anti-oxidants. At 64 calories per tablespoon Honey is a very effective form of carbohydrate to ingest before exercise.

Agave Nectar:

Derived from a spiky desert-dwelling succulent plant, agave nectar, has the same botanical parentage as tequila. With 60 calories per tablespoon, it's not low calorie, but it's about 33% sweeter than sugar, so you can use less.

Brown Rice Syrup:

When combined with sprouted grain or barley, cooked brown rice yields this sweet liquid that tastes slightly like caramel. This syrup contains about 13 calories per teaspoon and is less sweet than sugar.

Stevia:

Stevia is available in liquid and powdered form in the vitamin aisle. You can also grow your own plant.

Erythritol:

Since it is low in calories it is good for people with weight concerns. It is also promising for diabetics as it doesn't affect blood sugar or insulin levels. Use in moderation, over 20 tsp per day can cause stomach upset.

Questions? Comments?
Contact us!



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