THE HORRIBLE “IMMUNE SYSTEM MISTAKE” THAT MILLIONS WILL MAKE DURING THIS YEAR

New research in the Journal of Virology found that the seasonal flu vaccine may weaken children’s immune systems and potentially increase their chances of catching other influenza viruses. Children who did not receive a flu shot naturally built up more antibodies across a wider variety of influenza strains compared to vaccinated children. There are many unanswered questions about whether or not the flu shot is safe and effective as more and more studies are published showing they are neither safe nor effective.

It is primarily the state of your health and immune system that determines whether or not you will get sick from being exposed to viral or bacterial organisms associated with infectious diseases like the flu. While healthy lifestyle choices will boost your immunity, vaccinations can be immune-suppressing and potentially harmful.

WARNING - THE VERY FOOD YOUR PET IS ADDICTED TO MAY CONTAIN THIS DEADLY PRESERVATIVE

Most seafood today is heavily contaminated with toxic metals, industrial chemicals and pesticides. To make matters worse, most fish meal in commercial pet foods contains the potentially deadly preservative ethoxyquin, as well as mycotoxins. Your kitty didn’t evolve to eat seafood, but that doesn’t mean he won’t become addicted to fish-based cat food. Feeding the same protein source over and over can cause your pet to develop allergies, which commonly happens to cats fed a constant diet of fish meal.

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In this edition: p1 - The horrible “immune system mistake” that millions will make during this year; Warning - the very food your pet is addicted to may contain this deadly preservative. p2 - How women may be contributing to men’s rising cancer rates; Flu vaccines prevent the flu in only 1.5% of adults; Why are vaccinated kids getting the measles?; Doctor reverses MS in 9 months by eating these foods. p3 - The innocent cooking mistake that could cause cancer; Big Pharma: biggest defrauder of USA federal government.

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In addition to toxic preservatives and allergies (including asthma), too much fish in your pet’s diet can over time also create thiamine and vitamin E deficiencies, and health problems associated with too much dietary iodine and magnesium. Fish is a great source of omega-3 fatty acids, which dogs and cats need to be healthy. So your best bet is to serve sardines packed in water, wild caught salmon, and/or supplement your pet’s diet with krill oil.

http://tiny.cc/01nj5

HOW WOMEN MAY BE CONTRIBUTING TO MEN’S RISING CANCER RATES
An analysis of data from 100 countries found oral contraceptive use is associated with prostate cancer in males; this may be due to exposure to synthetic estrogens excreted by women and that end up in the drinking water supply. Estrogen has already been implicated in other cancers; for instance, breast cancer is closely tied to estrogen exposure.

Pollution from estrogen and estrogenic endocrine disruptors is increasingly present all around you, from plastics to canned food and drinks, food additives, household cleaning products, heavy metals, and pesticides, as well as in our waterways as a result of the runoff from confined animal feeding operations (CAFOs). Many women opt for hormonal contraceptives because they are unaware of the serious health risks, as well as the other effective, drug-free birth control methods out there, which include both natural family planning and barrier methods. Read more on this topic at the following link http://tiny.cc/cdtvc

FLU VACCINES PREVENT THE FLU IN ONLY 1.5% OF ADULTS!!!
A new study in The Lancet Infectious Diseases reveals that the flu vaccine prevents lab confirmed type A or type B influenza in only 1.5 out of every 100 vaccinated adults ... but the media is reporting this to mean "60 percent effective." That is just not true.

It is estimated that, annually, only about 2.7% of adults get type A or type B influenza in the first place. The study showed that the use of flu vaccines appear to drop this down to about 1.2%. This is a roughly 60% drop, but that ignores the fact that the vaccine has no protective health benefit for 97.5% of adults.

The researchers’ own conclusions are also somewhat more lackluster in their tone than the media would have you believe: "Influenza vaccines can provide moderate protection against virologically confirmed influenza, but such protection is greatly reduced or absent in some seasons. Evidence for protection in adults aged 65 years or older is lacking." http://tiny.cc/xudcn

WHY ARE VACCINATED KIDS GETTING THE MEASLES?
Vaccine effectiveness simply cannot be taken at face value, and this applies not only to the flu vaccine but also to other diseases, like measles. Measles cases have greatly increased in parts of Canada and the United States this year. Although unvaccinated children and teens are often blamed for driving the high numbers, a recent investigation into a measles outbreak in a high school found that about half of the cases were in teens who had received the recommended two doses of vaccine in childhood.

In other words, many of the cases were among those whom health authorities would have expected to have been protected from the measles virus. Conventional medical wisdom states that the measles vaccine should protect against measles infection about 99 percent of the time. CBC News reported: "So the discovery that 52 of the 98 teens who caught measles were fully vaccinated came as a shock to the researchers who conducted the investigation ... If other groups confirm what the Quebec investigation found, it could mean there is a lot more susceptibility to measles in the vaccinated population than is currently being assumed."

http://tiny.cc/xudcn

DOCTOR REVERSES MULTIPLE SCLEROSIS IN 9 MONTHS BY EATING THESE FOODS
Multiple sclerosis (MS) is a chronic, degenerative disease of the nerves in your brain and spinal column, caused by the destruction of myelin, the insulating substance around the nerves in your central nervous system. Dr. Terry Wahls tells the inspiring story of how she reversed her multiple sclerosis by switching to a Paleo-style diet focused on fresh raw foods, high in specific nutrients needed for proper function of myelin and mitochondria. Essential nutrients for proper mitochondrial function include animal-based omega-3 fats, creatine, and coenzymeQ10, while your myelin needs vitamins B1, B9, B12, omega-3, and iodine.

Optimizing your vitamin D levels, which is one of the best things you can do for your health in general, is also one of the best preventive strategies against autoimmune diseases like MS.

Artificial sweeteners like aspartame should be avoided at all cost, as aspartame toxicity often reveals itself
The Clinic is located at 216 Ramsay Street, Middle Ridge, 5 houses south of Kate’s Place, directly opposite the Blue Care Nursing entrance, and beside the Story Farm Park. Parking signage is present. Follow the pavers to Entry signs to the Clinic at the rear of the house.

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THE INNOCENT COOKING MISTAKE THAT COULD CAUSE CANCER

Research suggests that proteins, carbs, and fat cooked at very high temperatures can promote colon cancer. Heating proteins leads to formation of unnatural peptides and amino acids, making them less digestible. Cooking food at temperatures over 180º C promotes the formation of several carcinogenic compounds, including aromatic hydrocarbons, benzopyrene, and heterocyclic amines (HCA). In the article the followings recommendations were made:

- Avoid eating roasted or fried proteins and melted cheese – yes, this includes grilled meat or fish, fried chicken, roast beef, barbeque, and pizza. To be on the safe side, avoid all kinds of caramelized sugar, toasted starch and roasted nuts.
- If you still choose to eat grilled, roasted or fried food, try cutting off the burned or browned outer layer part.
- Time under heat is a crucial factor. Short pasteurization is safer than long pasteurization – the longer a protein is heated the more degraded and toxic it gets.
- Make sure your protein product does not include thermolyzed casein – which has shown to be the most carcinogenic among all other thermolyzed food.
- You can still enjoy eating most of your protein foods warm if you cook them in a broth. This will limit the cooking temperature to a 100º Celsius threshold, which has shown to be quite safe and presents minimum health risk. Cooking, stewing or poaching fish, meat or eggs in a broth can be your alternative to frying, grilling or roasting. But note that cheese must be eaten raw. Avoid protein powders which are exposed to ultra heat or heat/acid treatment. These often include protein isolates such as casein and whey isolates as well as soy, hemp and rice protein isolates.
- Avoid whey proteins derived from ultra pasteurized milk. If the whey manufacturer fails to provide you with a certificate of conformity (CoC) which clearly declares that their whey is manufactured from raw milk, then most likely the product is ultra pasteurized.
- Increase your fiber consumption particularly in your protein meals. Note that protein supplements formulated with digestive resistant fiber are more digestible, and safer.

BIG PHARMA: BIGGEST DEFRAUDER OF USA FEDERAL GOVERNMENT

Between 1990 and 2010, US spending on prescription drugs rose from $40 billion to more than $230 billion annually. A 2010 study analyzed trends in criminal and civil actions against drug companies, and revealed that the drug industry is the biggest defrauder of the federal government under the False Claims Act. Despite stiffer financial penalties, criminal activity has increased dramatically in the past five years, indicating that criminal prosecution of company leadership may be needed to quell unlawful behavior by the pharmaceutical industry.

The worst of the worst are GlaxoSmithKline, Pfizer, Eli Lilly, and Schering-Plough. These four companies accounted for 53 percent of all financial penalties imposed on pharmaceutical companies between 1990 and 2010. Last year, the Bureau of Investigative Journalists also highlighted the vast ongoing corruption within the pharmaceutical industry. Many pharmaceutical companies are repeatedly found guilty of fraud, cover-ups of fatal side effects, paying huge kickbacks to doctors, and manipulating scientific research. A total of 19 drug companies also made AllBusiness.com’s Top 100 Corporate Criminals List for the 1990’s. http://tiny.cc/7eh7k

All the very best wishes for the New Year and for your optimal wellness and longevity from Louis and Linda.