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FOOD FOR THOUGHT workshop

You may wonder what all this has to do with your yoga This information will make your yoga more effective!

My research . . . does not agree with what most of us have been told is healthy . . . And obviously — LOOK AROUND — americans are NOT healthy — what we have been doing for food and health is NOT working. As a nation we are obese, riddled with cancer and auto-immune diseases. This did not used to be the state of our health. Why are we accepting this?

Don't take my word for it, research yourself. Google is an awesome tool when you learn to figure out what is advertising and what is real people posting research. Here are a few of the 'data bases' I visit:

- ☯ University websites, pubmed.gov, functional medicine doctors, GreenMedInfo, Douillard, Mercola, And even just **your own intuition! (esp. if you have children, intuition is one of the gifts that woman have and mother in particular).**
- ☯ If you can, read the entire study . . . our method of research needs updated. Many conclusions of the study do not match the study results . . .

You can pretty much prove anything with some study out there ... Pharmaceutical manufacturers have learned how to narrow study results to prove anything they want. For example; the mmr vaccine MAY be mostly safe ... Except if you're a male African American baby under 36 months of age ... Then it might increase your risk for autism by 3-4 times Guess what population was removed from that study In September of 2014

- ☯ A Senior Scientist with the CDC, Dr. William Thompson, recently admitted that he and his co-authors intentionally omitted statistically significant information from their 2004 study that was published in the journal Pediatrics. The excluded data showed that "African American males who received the MMR vaccine before age 36 months were at increased risk for autism."(1,2) Dr. Brian Hooker, an independent scientist, re-analyzed the original CDC data and published his results confirming that "African American boys receiving their first MMR vaccine before 36 months of age are 3.4 times more likely to develop autism" when compared to African-American boys who receive MMR after 36 months of age.(3). Full study: <http://www.ageofautism.com/2014/09/minority-report-a-covert-cdc-program-inoculated-black-babies-with-deadly-experimental-measles-vaccines.html>

One of my fav functional medicine doctors, Kelly Brogan, MD also reported on this : <http://kellybroganmd.com/article/cdc-youre-fired-autism-coverup-exposed/> Here is a good blip from this article : "As citizens of this capitalist nation, we cannot rely on corporate-sponsored news media for the truth. We must source it from trusted independent outlets, informed experts, and even going to the available science, ourselves. It is time to reclaim our health, and that of our families, once and for all. **When we outsource our native wisdom, our belief in the fundamental strength of our minds and bodies, to corporations whose primary fiduciary responsibility is to their shareholders, we are sacrificing ourselves, and our children**"



Don't be afraid of **ANECDOTAL EVIDENCE!** How do you feel? Trust it! Ancient wisdom (like Chinese medicine and Ayurveda), trust it. Folklore medicine, trust it. Intuition, trust it. **We have thousands of years of proof of evidence to efficacy of many herbs and foods as medicines WITH NO SIDE EFFECTS.**

You may wonder why the **FDA** has not approved power house herbs like Turmeric? It takes about \$802 million dollars to get FDA approval . . . no one is going to pay that for an herb you buy for cheap . . . so many of our best medicines remain not approved . . . <http://www.greenmedinfo.com/blog/why-law-forbids-medicinal-use-natural-substances> Basically FDA approval means nothing, or more like **FDA approval means toxic substance to avoid.**

So what to do if you can not trust allopathic medicines and pharmaceutical companies? Fortunately there are other options, Ayurveda being one of them; and one I have spent quite a few years studying and living Ayurveda, and have come to trust it. A bit about Ayurveda:

Ayurveda - Science of Life The word, Ayurveda, is from the ancient Indian language, Sanskrit, and literally means "knowledge of life" or "science of life".

Just like Yoga, Ayurveda originated in India around 5000 years ago. The ancient rishis studied the body for thousands of years and recorded what happens with certain behaviors or when we eat certain herbs and foods. Ayurveda aims to maintain health in the healthy, it can also help heal the sick with natural remedies and lifestyle modifications, however Ayurveda works best as preventative medicine.

Ayurveda is the art of healthy living that enables you to create harmony in daily life by applying **self-knowledge** and **self-care**.

Ayurveda is nature's medicine, approaching health from the whole person (mind, body and spirit) perspective.

The science of Ayurveda studies in depth how to live stress-free, which goes hand in hand with living in harmony with the natural cycles. We now know that stress in our lives creates a major negative impact on our health. Not only in Ayurveda but in yoga as well the practices are designed to keep us operating in our parasympathetic nervous system. **Life was not intended to be a struggle!**

🌀 **We are just beginning to understand the strain that stress puts on our health. Many of the practices in yoga (ex. bandhas) and ayurveda specifically aim to help us spend most of our day operating in our parasympathetic nervous system — the rest and digest . . . renew and rebuild side of our nervous system..**

Ayurveda teaches us that every thought, word, action, and inter-action we have impacts us and our health.

In addition to teaching individuals how to make healthy choices in diet and lifestyle, Ayurveda

- 🌀 reduces toxins that contribute to disease
- 🌀 helps alleviate stress, fatigue and tension
- 🌀 strengthens the immune system by creating a strong digestive fire and flushing out toxins
- 🌀 supports a well-balanced lifestyle
- 🌀 works harmoniously with the practices of yoga, meditation and mindful living
- 🌀 uses the body's own natural intelligence to facilitate healing.



INDIVIDUALIZING is important. Although we are similar, each of us has different nutrient needs depending on where we live, what we eat, our stress levels, disease, how active we are, genetics, etc.

- 36 Good news on the genetics front — You are NOT limited to your genes, we now know lifestyle turns certain genes in our body on or off.
- 36 There is not one magic bullet — pill, food, supplement, etc. that is a cure all. It is a combination of lifestyle, food as medicine, calm mind, breathing deep and moving your body, listening to your intuition and other factors that keep on healthy.

Know Thyself

Learning your inherent traits, what makes you tick, what turns you on, what turns you off, and keeps you balanced are the crux of keeping yourself healthy. Lifestyle is the most important element to staying healthy and Ayurveda teaches us how to live.

Understanding Vata Pitta Kapha; The Doshas (dosha means that which decays!)

The rishis understood the world in terms of five elements (ether, air, water, fire, earth), they further described three vital energies within us made up of the five elements. Vata, Pitta, and Kapha are the three vital energies; Vata is made of air and ether, Pitta fire and water, Kapha water and earth.

Vata, Pitta, and Kapha have specific functions in the body, but they do not work in isolation. Full health and well being is possible when the doshas work harmoniously together. When our doshas are balanced, we are protected from illness, even when exposed to a contagious disease.

We all have these 5 elements in us, and they need to be in a certain balance, when one of the elements gets out of balance disease develops. For example;

- 36 too much air in our bodies (vata imbalance) leads to air headedness, gas and digestion problems, dryness, etc.,
- 36 too much fire in our body (pitta imbalance) leads to increased anger, skin problems and rashes, heartburn, etc.,
- 36 and too much earth in our bodies (kapha imbalance) leads to weight gain, sluggishness, hoarding, etc.

Each person's doshic balance is unique. The doshic balance you were born with is usually your balanced dosha mix, however our doshas do change as we mature (kapha is more prevalent at youth, Pitta during householder phase, vata as we get older).

There is a Dosha quiz attached at the end — this little quiz is only an estimate for you to begin to get to know yourself. Best diagnosis of your dosha is by an ayurvedic dr.

Eat with the Seasons - Nature provides what we need to stay healthy in each season

Did you know if a deer eats out of season foods it dies? As we eat seasonally we get a variety of nutrients from whatever vegetable, herb, or fruit is in season. Yes blueberries are very good for us, but if we just eat blueberries year round we are missing the seasonal fall clean out fiber and nutrients that apples give us . . . or if we eat apples year round we miss the potent anti-oxidants that keep us from getting sick in blueberries, etc. etc. Each season varies our diet, this gets all the nutrients we need in a year. And it is more fun and interesting eating seasonally as different foods come and go from our plates.



Fall/Winter = November – February = Follow a VATA balancing diet

Spring = March – June = Follow a KAPHA balancing diet

Summer = July – October = Follow a PITTA balancing diet

How do you eat seasonally in the winter? Certain fall vegetables (especially root vegetables) store well through the winter if you store them in a dark, cool, air tight environment. For example good winter foods are potatoes, turnips, beets, rutabagas, celeriac root, parsnips, carrots, and even apples store well all winter long. Also, certain foods can be canned or preserved easily, so we can can and preserve in the summer to get us through the winter. For example; tomatoes which are harvested in the summer are not really good summer foods for us, but they do can and freeze easily . . . and as it turns out Tomatoes are better for us in the winter than in the summer. (Plus if we were not vegetarian . . . we could be hunting animals (or fishing) for food in the winter. . .)

You can eat it all . . . just wait until it is in season

Eating seasonally feels good!

ॐ When you eat seasonally your diet changes giving you variety

ॐ Its fun! You learn what is in season where you live and learn how the earth provides for us, each season the earth provides with the antidotes we need to stay healthy in our season.

ॐ Instead of “buying time” with processed foods, try “spending time” preparing foods with others.

Seasons and Foods quick Overview:

ॐ In nature both animals and humans have gotten most of their protein and fat in the winter months—just think of squirrels and nuts. We need warmth and heaviness in our bodies to combat the drying vata cold air.

ॐ In the spring we get rid of the excess fat and mucus with a clean, more astringent diet of spring greens, sprouts, and berries. As the winter heads to spring and snow melts and the rains come, our body gets “wet” just like our mother earth. We need a diet to dry us out a little and keep our lungs clear.

ॐ During the summer when the days are long we need more carbohydrates for energy and nature provides us with an abundance of high carb fruits and vegetables. (You want to get your carbs from mostly vegetables and some fruits — not bread and grains so much.)

IF YOU DON'T LIKE IT—DON'T DO IT BECAUSE YOU WON'T STICK WITH IT!

If you have cravings—something is out of balance in your body . . .

ॐ Generally many people crave sugar . . . craving sugar is a sign your body is telling you it is not burning fat well for fuel, we do best on fat as fuel vs. sugar. This is typical if you eat multiple meals/snacks throughout the day as many current nutritionists poorly recommend. Ideally you want to have a fasting period each day, during this time your body must use fat for fuel. Once you make that switch you will find your mood and energy much happier and stable when using fat as fuel. If you are a sugar burner, it does take about two weeks of suffering to get your body to make the switch . . . do it slowly, just gradually extend your time between meals. See below for more information about best times to eat.

- o According to Ayurveda, weight control is just a side effect of being a good fat burner. Fat is a calm, steady and stable fuel supply that helps you sleep through the night, handle stress, ward off anxiety and depression, and even practice ashtanga yoga . . .



- ॐ Caffeine is another common food craved, this again could be our body looking for energy due to stress depleting our adrenal glands, lack of sleep, not breathing deep enough . . . Coincidentally, caffeine is not actually bad for us — it is only bad if it is extracted from its natural sources (like coffee beans, etc.) and taken without its whole food it came in.

When you eat is important! And wait until you are hungry to eat.

- ॐ Breakfast most days should be light and consist primarily of fruit. Fruit is best eaten in morning. Eating fruit with other foods is sometimes not advisable as fruit digests differently than other foods and can lead to weight gain if not eaten alone. Fruit sugars, called fructose, digest slower than glucose and other sugars. When other foods eaten with fruit digest easier the other foods are burned for fuel and the fruit sugar is stored as fat for later usage. Best to eat fruit alone — at least 20-30 minutes before eating other foods.
- ॐ Your main meal should be mid-day (between 12:00 and 3:00) should consist of some protein lots of vegetables, maybe a little grain like rice or pasta or potatoes and should feel satisfying.
- ॐ Supper should be very light and mostly consist of cooked vegetables or soups. (What you eat at night you wear first thing in the morning.) At night our body is preparing to detox, too much food at night makes digestion interfere with detoxing.

Where you get your food YOU ARE WHAT YOU EAT — EATS TOO!

Grocery store food Many foods we thought were bad for us turn out not to be ... It's not the foods that have been causing so much disease but how we are growing and treating our food -- plants and animals alike!

- ॐ Grain fed vs grass fed cows -- CLA and Omega3s - grain fed cows do not have what is known as CLA in their meat and dairy, also grain fed cows lack omega3s in which grass fed cows meat and dairy have more of. CLA is Conjugated Linoleic Acid. Meat and dairy from Grass fed cows does have ample CLA in it. Here are some of the benefits of CLA
- o **CLA increases your metabolism** by improving body composition:
 - ☑ Exciting research on humans has shown that CLA has been beneficial in lowering body fat, with even greater improvement in those who combine exercise with regular dietary intake of CLA. Previous studies have shown that CLA reduces body fat while **preserving muscle tissue**, and may also increase your metabolic rate. A study published in the *American Journal of Clinical Nutrition* found that individuals who took 3.2 grams of CLA per day had a drop in fat mass of about 0.2 pounds each week (that's about one pound a month) compared to those given a placebo.
 - o **CLA has been shown to be a potent ally for killing cancer**
Animal studies show that as little as 0.5 percent CLA in your diet could reduce tumors by over 50 percent, including the following types of cancer:
 - Breast
 - Colorectal
 - Lung
 - Skin
 - Stomach
 - o **Asthma** - CLA protects against asthma by controlling certain enzymes in the body that react with certain fatty acids that cause bronchial constriction.
 - o **Heart Disease** - CLA helps reduce heart disease by reducing inflammation, this is in part due to its omega3 content. And the beneficial effects CLA has on:



- ☒ High blood pressure
- ☒ Cholesterol and triglycerides
- o **Insulin resistance**
 - ☒ CLA's actions actually mimic the effect of synthetic diabetic drugs. Testing on mice with type 2 diabetes has shown CLA to improve insulin action and reduce circulating glucose. Even better, the early results from human trials are just as positive when consuming CLA for longer than eight weeks.
- o CLA has also shown hope in reducing:
 - Immune system invaders
 - Food-induced allergic reactions

Since CLA cannot be manufactured in the human body, you must get it from your diet by consuming high-quality dietary sources like grass fed butter and yogurt, using grass fed heavy cream to make your own sour cream, whipped cream, etc.

- ॐ Omega3s in grain and grass fed foods - Grass contains Omega3s, Grain products are higher in omega6s — we need both Omega3 & 6 — 6s are not necessarily bad and 3s are not necessarily better than 6s — its the balance between omegas 3&6 that is important.
- o Americans are already eating more grain products than is healthy which means we are getting more Omega6s than 3s in our staple foods
 - o Grass is high in omega3s . . . so cows that eat grass have in their meat and milk products have more omega3s, grains contain omega6s cows fed grains have more omega6s than cows fed grass . . .
 - o Benefits of Omega3s : (<http://www.greenmedinfo.com/blog/61-health-benefits-omega-3-fatty-acids>)
 - ☒ HEART - lowers triglycerides
 - ☒ BRAIN - reduces alzheimers and ADHD, reduces depression
 - ☒ INFLAMMATION - reduces inflammation; for example in rheumatoid arthritis patients, ASTHMA patients, etc.
 - ☒ improves fetal development

SIMPLE SOLUTION . . . EAT LESS GRAINS AND MORE OMEGA3 RICH SOURCES

ॐ Fish, nuts, seeds, and grass fed animal products . . .

KNOW YOUR FARMER — GMO foods, herbicides and your gut bugs aka Microbiome -

ॐ **FERMENTED FOODS, GUT BUGS, MICROBIOME . . .**

- o **I can not stress enough the importance of our gut bugs** - we are now understanding the bugs in our body are our helpers — **they digest hard to digest foods for us** and give us back the nutrients! and they boost our immune system by killing the bad bacteria that make us sick.
 - ☒ for example to help you understand this, there are some worm species that do not have a digestion tract — instead they have gut bugs that digest their food for them and give them back the nutrients. What great friends :)
- o These gut bugs also play a major role in our **immune system**, when you line your gut with good bugs taking up real estate the bad bugs that make us sick can not take hold.



- o **These bugs are also responsible for our happiness :**) We now know that most of our serotonin is created in our gut by these wonderful bugs. Feeling depressed? Want a better mood? Eat some fermented foods!

Furthermore, the man who found penicillin, Alexander Fleming, in his acceptance of the Nobel Prize he states "Fleming presciently warned that the overuse of penicillin might lead to bacterial resistance." And later at the end of his life he further goes on to say we need to look at the help of good bacteria too . . . but penicillin by this time had saved many lives and we were off and running with anti-biotics instead of PRO-biotics . . .

So many of our ancient societies include fermented foods with their meals! In Korea its Kimchi, in Nepal its fermented vegetables with chilis at every meal, in Asian restaurants you are given pickled vegetables in a little cup, even in American foods we used to have the good ol dill pickle barrel :) loaded with all kinds of good bugs . . . which sadly over the years we thought was bad and now your dill pickle comes in a neat and clean jar that has been appropriately pasteurized, chemical colors added, and chemical preservatives to keep those bugs from coming back . . .

GMO foods that have been sprayed with round up and many other conventionally grown produce that is sprayed with herbicides and insecticides . . . Monsanto claims its insecticide is safe because it kills the shikimate pathway — which is the digestive tract of bugs — humans do not have one, so it should not effect humans, correct? NO!! Guess what does have a shikimate pathway? OUR GUT MICROBIOME!! Foods that have been sprayed with herbicides and insecticides kill our good bugs leaving us with digestive issues, a weak immune system, and a bad mood. You might not notice this from one meal, but eating foods sprayed with insecticides day after day after day will slowly give you a decline in health.

SOLUTION? Eat fermented foods and avoid the ways we have been killing our gut bugs. The biggest being :

- ☹ anti-biotics
- ☹ chlorinated water
- ☹ foods sprayed with herbicides and insecticides

And another way to increase your micro biome? Get a Dog :) or grow a garden. Our soils are another source of the good bugs. Having your own organic garden and eating from it will give you more gut bugs — so gently wash your veggies, some of that dirt is good for you . . . AND our pets pick up these good bugs when they are outside and transfer them to us when we pet them. We have all heard the studies that show people who have pets live longer, are healthier, and happier . . . guess why? Its not just the unconditional love these wonderful beings give us — although that helps, its the good bacteria they bring to us. One of the researchers said "If you shake someone's hand . . . WASH your hands — if you pet your Dog . . . DON'T!

Also the soil loaded with good bacteria is the reason why we do NOT rototill in permaculture gardening (my way of gardening :). Tilling your soil kills the good bugs and destroys the underground mycorrhiza (the underground Internet plants create through their roots to communicate with each other).



I've become a hunter gatherer I buy very few foods from a grocery store. I grow a lot of my own vegetables, I join a CSA each year for more vegetables, I shop at local farmers markets, I have a local raw organic grass fed Dairy where the cows are loved and treated humanely (www.applevalleycreamery.com) who delivers right to my porch step each week. I even have an old fashioned milk box on my porch :) I also have a friend who loves her chickens so I get the best eggs from her delivered right to my studio . . . I am a member of a local Bakehouse that delivers their ancient organic locally grown and milled unhybridized grains for their naturally leavened sourdough bread to a coffee shop one block from my yoga studio ... Hunter-gatherer in a modern day world

Local? Organic?

What to look for when shopping for food

1. its grown without pesticides and chemical fertilizers (organic foods fit this descriptions but so do some non-organic foods)
2. its not genetically modified
3. it contains no added growth hormones, antibiotics, or other drugs
4. it does not contain artificial anything nor any preservatives
5. it is fresh (if you have to choose between wilted organic produce or “perfect looking” conventional produce, the wilted may be the better option.
6. it did not come from a factory farm - many health food chains and organic foods are still coming from factory farms, albeit a slightly better choice than conventional food . . . it is still mass produced food which depletes our soil of nutrients and lacks in vitamin and mineral content.
7. it is grown with the laws of nature in mind (meaning there is no mono-cropping of fields and animals are fed their native diets and have free range access to outdoors).
8. it is grown in a sustainable way (no monocultures! Protect the soil from burnout, and turning animal waste into natural fertilizer instead of using environmental pollutants and oil products)

If the food meets these criteria, it is most likely a good choice, regardless of whether its labeled organic or not.

The bottom line remains to look deeper than a label when it comes to choosing your food.

**Each food purchase we make is a like a vote for the way we want food to be produced!
PROMOTE ECO FRIENDLY MORE NUTRITIOUS FOOD BY “VOTING” WITH EACH
PURCHASE! I do NOT believe in CHEAP food.**

Tips for buying local:

- ॐ KNOW YOUR FARMER!! Shop at farmers markets and get to know which stands sell only their own local produce.
- ॐ Join a CSA
- ॐ Health food stores are more likely to have local produce, but always check!

Another area where modern medicine lacks and we could learn a good lesson from Ayurveda:



TWO AYURVEDA CORNERSTONES OF HEALTH

ॐ Digestion

ॐ Stress

Digestion . . .

In Ayurveda, digestion is a big part of our health. Good digestion not only breaks down the food we eat so we can absorb the nutrients from it (even if you eat healthy, if you have poor digestion your body can not absorb the nutrients). Good digestion is also responsible for our detoxing; the organs that help us digest also detox, specifically the liver, kidneys, and the pancreatic enzymes (and the colon is also a de-toxer). If you are not digesting well you are also not getting rid of toxins, we store these toxins in the body where they create auto-immune or heart disease, premature aging, and uncomfortable symptoms, which all leads to un-health.

ॐ There is some compelling new research showing the pancreatic enzymes that help us digest our food in our small intestines also kills tumors. Seems Ayurveda was right when they talk about the importance of a strong digestive fire burning impurities . . . <http://www.greenmedinfo.com/blog/nicholas-gonzalez-md-and-trophoblastic-theory-cancer>

ॐ Yoga helps us detox too :)

When our body is not digesting it is detoxing, Having periods of fasting will help you detox better.

GLUTEN? DAIRY? Are you having a hard time digesting those? I want to talk about these because yogis love to “abstain from certain foods”. This is not always good, there are a lot of nutrients in grass fed raw cheeses . . . Here is the scoop . . .

Gluten can be hard to digest, many of us are having a harder time digesting certain foods — the answer is NOT to stop eating them . . . the problem is what we are doing to our foods!

ॐ GMOs are un-digestible as they kill the gut bugs that help us digest and the hybridizing of the wheat makes it harder for our body to digest.

ॐ CAFO — Confined Animal Feeding Operations: animals suffering produce less than healthy meat and dairy. Many are sick when they arrive to be butchered. Sick cows make sick meat.

ॐ Wheat is not very nutritious — but is ok in small amounts and can be made more digestible by using sour dough cultures instead of yeast, by using ancient grains that have not been hybridized, and toasting or sautéing bread makes it easier to digest. Seems the more times you cook, roast, bake, or toast grains and potatoes the easier they are to digest . . . so that would make twice baked potatoes better for you than once baked potatoes . . .

ॐ Dairy ... Grocery store milk is dead and anti-nutritious First of all ! We don't need that much milk! A dollop in your coffee, a little cream for a soup ... Notice, these ways use the milk heated ... Grocery store milk is not only laced with hormones, anti biotics, and growth hormones that mess up our own hormones ... It is pasteurized and homogenized which kills all the enzymes that help you digest it

- o Small amounts of grass fed raw or vat pasteurized milk, heated and spiced can be healthy. Cold, pasteurized milk will make you fat and sick . . . cows milk turns a baby calf into a big fat cow in a short period of time . . . it will do the same for you.

Agni and your digestive fire

Ayurveda uses the word agni for our digestive fire - most people translate Agni as fire, but a closer translation may be ignite. However agni does not only refer to our digestion of food; it also is our fire of



intelligence and transformation — it is the vehicle that allows food to become nourishment and then consciousness. Ever heard the phrase "food for thought"?

It is our digestive processes that drives transformation of all types:

- ॐ digesting thoughts and emotions
- ॐ digesting physiological processes — digestion, absorption, and assimilation of nutrients.
- ॐ digestion of sensations into energy
- ॐ digestion of experiences into energy

The fire of digestion maintains our bodily tissues — not only rebuilding, but breaking down and destroying (toxins, cell apoptosis, etc.) where necessary. It is agni that gives our eyes their sparkle and our skin its luster.

Ultimately our digestion is the gatekeeper of our good health, strong digestion help us absorb and use the nutritious food we eat as well as burn out the toxins that we are bombarded with.

Tips to IMPROVE your DIGESTION and kindle your agni:

- ॐ Make each meal an offering to agni, if made with sacred intention your foods is better absorbed — prayer is an example of this.
- ॐ DO NOT EAT MINDLESSLY, we will digest better if we eat slowly with awareness
- ॐ Wait until you are hungry to eat. 4-6 hours between meals (without snacks!) will improve your digestion. Many of us have so much food available to us that we do not know what it feels like to feel hungry! Genuine hunger is characterized by a sense of lightness, anticipation of food, and you feel satisfied by eating. False hunger can be triggered by boredom, emotional upset, stress, exhaustion, and blood sugar surges. To know for sure, try taking a calming walk before eating, a 15-20 minute nap, or a glass of warm water. If any of these quell your hunger then it was not food you were hungry for.
- ॐ Eat condiment sizes of fermented foods with each meal.
 - Fermented foods or probiotic foods will help you digest. This is why ayurveda uses the Lassi. In traditional ayurveda a Lassi is a little yogurt, some water, and a pinch of cumin and salt. It is not the sweet mango lassis that have been made popular in Indian Restaurants in America.
- ॐ Cooked foods digest better than raw foods
- ॐ Before your meal cut up some ginger, sprinkle it with lemon and salt. Eat 1-2 pieces to improve your digestion.
- ॐ Use pepper liberally — it helps your body absorb nutrients
- ॐ In the spring and winter chill peppers will aid digestion
- ॐ Coffee after a meal can help with digestion as well.
- ॐ When you eat effects digestion - digestion is strongest during our Pitta time of day 10am - 2pm. It is best to eat your main meal during these hours.
 - how you eat effects digestion — you want to relax and sit down and eat slowly!
- ॐ Cumin, coriander, fennel — all herbs that help digestion. A common after meal digestive tea is made of these three herbs (and it is delicious!)
- ॐ Take a short walk before you eat - this will help you process any foods remaining in your system and clear out toxins to help you better absorb your next meal.
- ॐ When you are done eating, take a big breath and a short rest & digest time. Lying on your left side after a meal helps your body digest.
- ॐ Once or twice a year do a detox, this is one of Ayurveda's techniques to keep your agni burning.
- ॐ Fresh air and pranayama is important to feed the flame of our fire.



Avoid Agni Inhibitors:

- ॐ Processed foods, anti-biotics, stress all interfere with the breaking down and absorbing nutrients from our food. If you can not digest wheat, avoiding it will only worsen your problem, make sure first you have a clean source of wheat then improve your digestion if it is still a problem.
- ॐ COLD DRINKS put out your digestive fire. Drinking water with ice is not recommended in Ayurveda and cold foods are best eaten in the middle of a hot summer day only.
- ॐ As important as it is to hydrate 30 minutes before a meal (this stimulates digestive juices) it is important NOT to drink too much water when eating as this will dilute your digestive juices.
- ॐ Overeating smothers your digestive fire
- ॐ Emotional eating will dampen your digestive fire

Make every meal an offering to your Agni.

Stress

Stress is the root of all disease, so it has been said . . . now Science is agreeing. Many of the practices in yoga, for example breathing, bandhas, drishti, movement, stretching are designed to move us out of our sympathetic nervous system or stress response and into our parasympathetic nervous system or our rest and digest side of our nervous system.

- ॐ When we are in our stress response your heart rate increases, you get dry mouth and/or cold sweats, maybe a racing heart. Your digestion and immune function stop and send their energy to your muscles to run and fight. Cortisol and adrenaline are released into your system helping you think quick, give you energy and strength to cope with the emergency at hand.
 - o Having this happen once or twice a day for 20 seconds or so is certainly not a problem -- especially if you get up and move — run or fight and use up the stress hormones that were released into your blood stream. If you marinate in those stress hormones for many hours in your day your body will start to break down and not heal and repair.
- ॐ When we are in our rest and digest system -- operating under the influence of our parasympathetic nervous system; we are calm, have a slower breathing rate, slower heart rate, lower blood pressure, and our organs function optimally, and we have time to think through a response or reaction, our body repairs, rebuilds, digests, sends energy to immune function, giving us better health.

Our bodies are meant to operate most of the time in our parasympathetic nervous system. Short times of stress are not bad, and at times, needed, however to marinate in stress hormones throughout most of our day is setting a chain of unfavorable events in our body beginning with over stimulation of our sympathetic nervous system.

Stress shuts down the part of your brain that regulates mood, short term memory, planning, organizing, behavior, and not to mention making good judgments! You don't want to be spending most of your day in this mindset!!

Stress in the moment requires swift reaction with little time for thought. Studies show when we are stressed we have about 20 seconds to make a decision . . . not always enough time to think through a matter and respond in the best way.



Also of importance here -- choose your company wisely. Empathetic stress is real. Of course there are studies ... That show we take on the stress of those around us, even if we don't know them, but more so when it is a loved one, if we observe someone in stress we feel it too.. This also stretches to what you watch on tv. Cnn to violent/drama movies, to soap operas all effect our stress levels. Learning to use feel good movies and books during relaxation instead of drama movies and news — and/or distance your self from family drama and friends who are drama queens will improve your own stress levels.

So as I give you the bad news about what excess stress does to you I have to pause and explain . . . if you believe stress is not detrimental to your health it is less so . . . so how much do I tell you? Well I do believe the cat is out of the bag on that one as most of us already know stress takes a toll on our health.

Where Does the Stress Go?

For thousands of years, Ayurveda has maintained that the stress produced by the mind ends up being processed through the intestines. So, while the mind creates the stress, the digestion takes the brunt of it! ☸ This view has now been supported with ground-breaking research published in Michael Gershon's book 'The Second Brain'. In fact, 95% of the serotonin we think of as residing mostly in the brain is actually in the gut. Only 5% of the body's serotonin is in the brain at any given time.

Studies have shown that beneficial microbes in the gut, which support immunity as well as mood stability, are negatively affected by stress. The more fight or flight stress the nervous system endures, the more challenging it is for the healthy and beneficial microbes to survive.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1955526/>

According to Ayurveda, much emphasis should be put on living a stress-free lifestyle. While this is not always possible, the benefits of such a lifestyle are now being understood by modern science.

Perhaps even more powerful than the Ayurvedic lifestyle recommendations, which include diet, exercise, daily and seasonal routines, yoga, breathing and meditation, **is the impact of a positive attitude** on all aspects of health and microbiology. In Ayurveda, this attitude is called *sattva*. A sattvic lifestyle, one with a positive attitude, albeit very subtle, has the most profound impact on our health according to Ayurveda. **Gratitude**, people who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. Remember the attitude of gratitude, make a point to be thankful each day for the goodness in your life.

Stress and your gut

When emotional stress is processed through the gut, not only is digestion disrupted, the function of the intestinal wall becomes compromised. This can manifest in the form of constipation, loose stools, and leaky gut syndrome-- which is literally where there are holes in your colon that leak the toxins back into your system. This leads to a slow decline in health that takes time for some people to figure out why they feel so horrible.

☸ A word on eating and stress; **don't eat while stressed — taking food is a ritual**, too often in our lives we eat rushed or stressed. Even eating good food under these circumstance will not allow our body to digest and absorb the food we eat--no matter how healthy it is. So as you take your food, relax, enjoy it, make meal times pleasurable. Do not eat in your car, when upset, when rushed. We need to learn from the Europeans, in Italy everything shuts down for a few hours each mid-day so workers can go



home to their family and enjoy a relaxing main meal. And I love to quote an ancient Ayurvedic saying “**If you eat standing up, death looks over your shoulder**”.

Over time, the inability to digest well and hence detox well causes the accumulation of toxins in the lymph, liver, fats cells (cellulite), joints, and in the brain. To restore balance, Ayurveda seeks to improve digestion with herbs, knowing what to eat when, eating seasonally, fasting or detoxing once or twice each year, and living stress free -- or learning how to release stress when necessary -- we all will face stressful times, how you deal with this stress is related to how healthy you are.

Striking a Balance

As we learn about healthy routines and healthy ways of eating and living remember to relax and enjoy your life!

Functional Medicine = modern day Ayurveda with a western view and a little organ meat

The information below is a mix of Ayurveda and functional medicine.

- ॐ Food as Medicine - is a big proponent of functional medicine. We have for thousands of years relied on food and herbs to help our body maintain health or heal a wound or illness. We literally have thousands of years of data on which foods and herbs perform which functions in the body. Along with thousands of years of data showing NO side effects. In fact functional medicine doctors use the term **side benefits** :) when speaking of the side effects of food and medicine we don't have side effects in our world :) Just side benefits . . .
- ॐ Standard American Diet - Is not serving us! Corporations have come to rule the Government that was meant to protect us. Between big food manufacturers/growers and big pharma our health is slowly deteriorating.

Countervailing Compounds and Whole Foods

A whole food not only provides us with nutrients for certain organs and functions but also with countervailing compounds that protect other organs, etc. If there is something in a food that is good for your heart but maybe challenging for your kidneys, the whole food will have a compound in it that will either block the negative effect on your kidneys or correct it. For example, caffeine within a whole coffee bean has health benefits (more on that below) -- however you pull that same caffeine out of a coffee bean and put it in red bull soda ... It will kill you. This is known in other foods too, apricot kernels for example have a special vitamin called B17 that kills tumors but the kernels also have a lot of cyanide in them ... When you eat the whole apricot kernel the cyanide is blocked and passes through your body inert. Same thing with the cyanide in apple seeds ... Do you know in Europe they eat the entire apple -- core and seeds and all. I have been told the core is the most nutritious part.

Everything we thought was bad for us turns out not to be And vice versa

- ॐ Saturated fat is heart healthy
- ॐ Sunning is healthy! The Sun is not the cause of skin cancer (turns out sun block is) - WE NEED SUN FOR VIT. D!
- ॐ Fluoride makes your teeth worse



- ॐ Calcium makes bone breaking more likely as it makes your bones brittle . . . AND is now believed to be one of the causes of heart disease (along with stress) — DO NOT TAKE CALCIUM supplements as they also interfere with your digestion.
- ॐ Vaccines are failing . . .
- ॐ 75% of medications create more harm than good - STATINS for example

17 years ... Why the confusion? Studies show it takes 17 years to “turn a ship” or “change a system” . . . It took about 17 years to convince everyone fat was bad for us (based on flawed studies . . .) now it is going to take 17 years to prove to everyone the study was flawed . . .

&

\$802 Million Dollars - It takes about \$802,000,000 to get FDA approval . . . Who is going to pay \$802,000,000 to get turmeric or ginger recognized by the FDA for its benefits when anyone can buy it for pennies? Maybe our solution is to use some of our government dollars for this type of research and approval . . .

Lets take a look at ‘what we got wrong’. Meaning what we have heard “they” have said . . . btw, I don’t believe anything “they” say . . . **GETTING INTO IT**

FAT!!

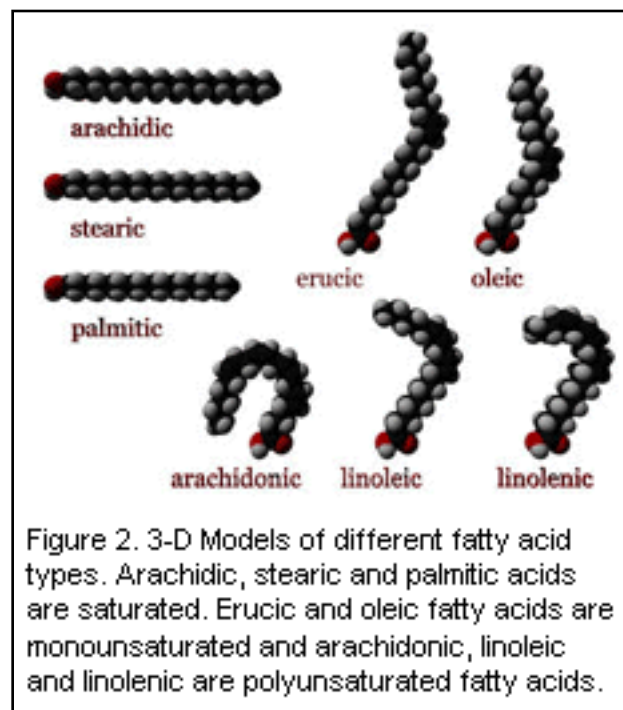
Fat on our body is not straight from the fat in our diet. At one time we thought this might be the case, but as we learn more about foods and how our body works, we begin to understand not all fats are the same in our body. And furthermore fat plays some very important roles in our body. With all kinds of new research and data its time to update what we know about fats:

The Science of FATS

Butter, Ghee, lard, and coconut oil (the ‘good’ fats!) are medium and short chain fatty acids -- they are saturated. They turn solid at room temperature. Their molecular layout is short and straight, their carbons are fully loaded with hydrogens giving them stability -- why butter or beef fat is solid at room temperature -- **this is why they give our cellular walls stability.**

Long chain fatty acids are unsaturated (meaning they have lost one or more pairs of hydrogen molecules and there fore behave differently in our body). There are two types of unsaturated oils; polyunsaturated and monounsaturated. Polyunsaturated oils stay liquid. Monounsaturated oils are liquid at room temperature and start to slightly solidify when refrigerated. **Polyunsaturated fat examples are corn, soy, safflower, canola, cottonseed, and margarine (margarine is plasticized by the way!).**

- ॐ Canola is not even a real oil -- it is made from the rapeseed -- however the rapeseed is genetically





modified to try to make it more like olive oil . . . they had to lower the euristic acid content of the rapeseed. A Canadian figured out how to do this; hence the CAN of canola, the O stands for Oil (from the rapeseed) and the LA stands for Low Acid . . . Canola is NOT a natural oil therefore not fit for human consumption . . .

Much of this research has been known since the 70s -- again it has been a game of convincing authorities such as the FDA, AHA, Congress, etc. about our mis-understanding of fats. Finally though it is coming out. Much of my information comes from the book: *Know Your Fats: The Complete Primer for Understanding the Chemistry of Fats, Oils and Cholesterol* by Mary G Enig, PhD.

Another good reference: The oiling of America by Mary Enig, PhD and Sally Fallon from the Weston A. Price Foundation Saturday January 1, 2000 last updated April 7, 2009. Link to full article: <http://www.kokonutpacific.com.au/pdf/the-oiling-of-america.pdf#congress>

Longer chain fatty acids such as corn, soy, cottonseed, and safflower are hard to digest and to break down into energy -- so our body prefers to just store them as fat instead.

ॐ Long chain fatty acids in the form of polyunsaturated fatty acids are also very unstable, they go rancid quickly and have a very short shelf life. Especially for cooking -- Polyunsaturated fatty acids are susceptible to breaking down and forming "free radicals" which can be very toxic to cells -- and worse, when the polyunsaturated fats are reused again and again (for example, as they are in fast foods eateries that repeatedly fry foods in the same oil numerous times), makes them even more dangerous. The more they break down, the more oxidative damage there is at a cellular level, forming more free radicals. The free radicals make their way through the body pillaging at every turn. Their damage takes a toll on everything from cell membranes, to DNA/RNA strands, to blood vessels (which can then lead to plaque accumulation). The harm adds up over time in the organs and systems of the body and can cause significant impact, including premature aging, liver damage, immune dysfunction, and cancer.

ॐ **These fats use up a lot of anti-oxidants in our body to combat the free radicals they create this is one of the main causes of premature aging.**

ॐ Here is an excerpt from "The Oiling of America":

ॐ The irony is that these trends have persisted concurrently with revelations about the dangers of polyunsaturates. Because polyunsaturates are highly subject to rancidity, they increase the body's need for vitamin E and other antioxidants. Excess consumption of vegetable oils is especially damaging to the reproductive organs and the lungs—both of which are sites for huge increases in cancer in the US. In test animals, diets high in polyunsaturates from vegetable oils inhibit the ability to learn, especially under conditions of stress; they are toxic to the liver; they compromise the integrity of the immune system; they depress the mental and physical growth of infants; they increase levels of uric acid in the blood; they cause abnormal fatty acid profiles in the adipose tissues; they have been linked to mental decline and chromosomal damage; they accelerate aging. **Excess consumption of polyunsaturates is associated with increasing rates of cancer, heart disease and weight gain; excess use of commercial vegetable oils interferes with the production of prostaglandins leading to an array of complaints ranging from autoimmune disease to PMS. Disruption of prostaglandin production leads to an increased tendency to form blood clots, and hence myocardial infarction, which has reached epidemic levels in America.** 41

ॐ Vegetable oils are more toxic when heated. One study reported that polyunsaturates turn to varnish in the intestines. A study by a plastic surgeon found that women who consumed mostly vegetable oils had far more wrinkles than those who used traditional animal fats. A 1994 study appearing in the Lancet showed that almost three quarters of the fat in artery clogs is unsaturated. The "artery clogging" fats are not animal fats but vegetable oils.



- ॐ Foods containing trans fat sell because the American public is afraid of the alternative—saturated fats found in tallow, lard, butter, palm and coconut oil, fats traditionally used for frying and baking.

Scientific literature delineates a number of vital roles for dietary **saturated fats**:

- ॐ they enhance the immune system
 - ॐ are necessary for healthy bones
 - ॐ provide energy and structural integrity to the cells - this helps prevent the cells from mutating . . . into cancer or disease . . .
 - ॐ protect the liver,
 - ॐ enhance the body's use of essential fatty acids (Omegas 3 & 6).
 - ॐ Stearic acid, found in beef tallow and butter, has cholesterol lowering properties and is a preferred food for the heart.
- ॐ As saturated fats are stable, they do not become rancid easily, do not call upon the body's reserves of antioxidants, do not initiate cancer, do not irritate the artery walls.

Medium and short chain fatty acids like butter, ghee, and coconut oil digest easy and INCREASE our METABOLISM. Scientific literature delineates a number of vital roles for dietary saturated fats—

- ॐ They digest easily as they can squeeze through the intestinal walls with the other nutrients. **Long chain fatty acids can't fit and have to be transported by the lymph system — this is taxing to our immune system and this is why studies show that consuming large amounts of long chain fatty acids compromise our immune system.**

Because your tissues are made up mostly of saturated and monounsaturated fats, your body requires more of these than polyunsaturated fats

Olive Oil and Nuts are long chain MONO-UNsaturated fats. .

- ॐ Oleic acid is a monounsaturated omega-9 fat found in olive oil. These long chain fatty acids are digested through the process of lipolysis, the breakdown of fats and oils into glycerol and fatty acids, they require bile acids and lipase to break them down in the intestine so that they can be absorbed into the lining the intestinal wall (and get picked up by the lymph system). After they are absorbed they are reformed into triglycerides and eventually travel through the bloodstream until they are stored away in fat cells.
- ॐ Olive oil is touted for helping to remove waste from the body (in other words, help you go to the bathroom) as it calls on the Gall Bladder to secrete more bile into the small intestines -- it is the bile that carries the waste out of your colon.

The main dietary PolyUnsaturated Fats that we need are omega-3 and omega-6 fats. Although your body does need these, it needs them in relatively small quantities compared to short and medium chain fatty acids.

- ॐ Healthy omega fats are long chain fatty acids and necessary for brain and nerve function. Due to the fact they turn rancid easily -- **get your long chain fats from whole foods in their natural state:** nuts, seeds, hemp, avocado, cold water fish, grass fed organic animals and dairy.
- ॐ GRASS FED meat and dairy is imperative. We now know grain fed cows are not near as healthy as grass fed cows; cows digestion is not meant to digest grains so it causes great digestive upset to the cows which makes them produce less favorable meat and dairy. Grain fed cows lack CLA and Omega3. Grass fed cows meat and dairy is more nutritious as it contains more:



- ॐ CLA (conjugated linoleic acid) an essential fatty acid (made from omega-6s) that help the body increase metabolic rates, boost the immune system and keep cholesterol levels in check.
- ॐ Beta Carotene, Vitamin E, some B vitamins and minerals that are absent in grain fed beef
- ॐ More omega-3s and a better ratio of omega-6 to omega-3

Here are some specific answers to oils people asked me about:

Peanut Oil - peanut oil is a good Monounsaturated fat HOWEVER it is highly prone to rancidity and mold and therefore NOT recommended for use. Many times the peanuts mold before they are even pressed.

Almond Oil - In India, almond oil can be bought freshly cold pressed from vendors which is called 'sweet almond oil' as the taste is much sweeter than conventional almond oil. It's used as a health food and is swallowed directly or stirred in hot milk and given to children before exams! It's meant to make them more intelligent. It's also considered a remedy for weak eyesight. I've also heard of it curing and healing scars from burns to stretch marks. Almond oil is also excellent for your skin and hair and for reducing bags under eyes . . .

Being a Monounsaturated oil, like olive oil (and sesame) it is ok as a salad dressing, light sautéing, or adding at the end of the cooking cycle for flavor. It will break down under high heat so not recommended for cooking.

Sunflower oil - hard to process and requires heat which kills anything good in it. It is a polyunsaturated fat which is very unstable and has many omega-6s but not omega-3s. In the processing it is bleached and deodorized leaving it tasteless, odorless, and boring . . .

Sesame Oil - is Poly and Mono Unsaturated oils, like olive oil it is best used for light sautéing, salad dressings, or added at the end of the cooking cycle for flavor. It has many nutrients and is good for you. It is especially good for your skin, teeth, gums, and nostrils (as nasya oil). It pulls toxins from our body.

THE LONG AND THE SHORT OF IT

Eat lots of saturated (coconut oil, butter, ghee, lard, beef tallow) and monounsaturated (olive oils, nuts, seeds) fats; cook with saturated fats only and use monounsaturated fats for salad dressings, low heat sautéing, or adding flavor to a dish at the end of cooking. Monounsaturated fats are also very good topically used on your skin (as is coconut oil). Eat polyunsaturated fats only in their natural food forms they come in (fish, avocado, seeds, etc.)

SALT - So we've been told to keep our sodium levels between 1500mg and 2300 mg . . . when you look at the science, data shows sodium at this level is indicative of heart disease . . .

Guess what . . . Salt intake between 3,000 and 6,000 mg each day has been found to LOWER blood pressure and reduce heart disease . . .

<http://www.greenmedinfo.com/blog/conventional-sodium-advice-wrong-large-study-confirms>

Our body is very intelligent; the kidneys can regulate the sodium in our diet — if we have too much sodium our body simply excretes it in our urine . . . if we have too little sodium our body turns on our taste for salt . . .



And we need sodium! Again nature provides the minerals we need in real mineral salt. The problem with sodium is not a problem when you eat natural mineral, himalayan, or sea salts. These salts have a balance of minerals in that our body needs including: sodium, calcium, magnesium, potassium and many trace elements.

Consuming refined salt helps distort our mineral requirements – with a leaning towards sodium, putting sodium chloride out of proportion with that of what a whole food would have it in. Again its the whole food that provides the nourishment not just the sodium. Sodium enhances flavor, so the processed food industry pulled the sodium out of salt and put it in their foods to make you eat more. White table salt and processed foods are both heavy in sodium *and* laced with chemicals and preservatives. This has created a sodium imbalance in many people.

Adding insult to injury, modern salt often contains numerous chemical additives such as tricalcium phosphate, silica dioxide, sodium ferrocyanide, ferric ammonium citrate and/or sodium silico-aluminate. You want to eat that? These chemicals are added to make the salt flow . . . you know “when it rains it pours” . . . Do you know how much of a pain in the ass it is to use my himalayan pink salt if it gets a little clumpy? ZERO pains. As in Europe I keep my salt on the counter in a little bowl and just take a pinch . . . no need to pour it. And on a humid summer day when it might clump a little . . . the clumps just fall right apart as I sprinkle it over my food . . .

Consuming [natural sea salts or rock salts provide](#) a pathway of consuming a better balance of trace minerals.

However, **iodine** is a typical additive of modern salt that is often deficient in today's diets — I choose to get my iodine from seaweed. Including seaweed in your diet can have many benefits — especially for your thyroid or if you fly often or are exposed to radiation . . . or live near TMI (Three Mile Island) . . . or Turkey Point (FL) or Fukushima. . . or eat fish in from our now poisoned oceans . . .

I buy Dulse or wake flakes from Mountain Rose Herbs, and use often — and even more so when I am going to fly. Otherwise several meals per week I will sprinkle some over cooking vegetables. I also make my own miso soup from cooking seaweed. The iodine is very good for your thyroid; iodine fills up the receptors in your thyroid, this is important. If you are exposed to radiation and you have plenty of iodine in your system it blocks your body from absorbing the radiation by the iodine filling the receptors. Fish can also be a good source of iodine but you have to make sure you get low mercury fish.

A word about **COFFEE** – There is a place for coffee in the daily routine, and it has benefits :) **And as it turns out, Pattabhi Jois was right :) No coffee No prana.** Coffee positively affects your brain chemistry and increases your metabolism.

The natural blend of polyphenol [antioxidants](#) (including chlorogenic acids), bioflavonoids, vitamins and minerals in coffee beans all work together to help neutralize the harsher effects of the caffeine. There are literally thousands of different natural chemical compounds in coffee, and science now suggests the synergy between them can pack a nice nutritional punch.



Every time you get naturally occurring caffeine, such as in cocoa beans, coffee or tea, you get it from a nutritionally dense healthy whole food. And note that when you use the same food in a decaffeinated form such as decaffeinated coffee, or decaffeinated tea, you ingest 'nutritionally deficient inferior' foods. A tea without caffeine is useless. It loses all the antioxidant bioflavonoids in the processing. Same with decaffeinated coffee... it has zero nutritional value.

And also, you take that same caffeine out of the coffee bean and put it in red bull soda and it will kill quickly. Put it in coca cola and it will kill you slowly.

Side-Benefits of coffee:

- ☯ It affects your brain chemistry and has been proven to reduce depression and suicide.
- ☯ Coffee increases your metabolism by up to 20%

In general, it has been shown that when it comes to the health benefits of organic whole-bean black coffee, the darker the roast, the better. It's often the case that foods with the darkest pigments offer the most robust benefits to health, and dark roast coffee, such as French or Italian Roast, or roasts used to make espresso or Turkish coffee, appear to be no exception. In addition if you don't like the caffeine buzz the darker roasts have less caffeine than lighter roasts. The longer you roast the coffee the less caffeine left in the bean.

Organic is preferable as coffee can be sprayed with a lot of chemicals.

Coffee on an empty stomach aggravates our nervous system. Coffee after a meal aids in digestion

- ☯ In European cultures they have espresso after they eat.
 - o In the morning they drink café amicano—coffee with milk in it to protect your empty stomach.

Coffee needs to be kept in moderation though! Not a big 32oz cup loaded with sugar and cream! I make my one perfect cup each day herbed up with cardamom and cinnamon. The studies above found the most benefit from coffee at 2-4 cups per day. More than that showed no benefit and produced some of the negative effects of caffeine.

- ☯ Coffee is best in the spring as it is bitter and drying according to Ayurveda.

NOTE: It would be best to avoid putting sugar in your coffee if you can . . . sugar is a toxin. A little dollop of milk or cream is fine though, small amounts of milk, heated and spiced, is exactly the way Ayurveda recommends you consume it.

PROTEIN

And a word on protein, protein is not that hard to get for vegetarians! And we do NOT need as much of it as previously thought. **Protein has been linked to increased cancer risk!** Although protein plays very important roles in our body with its array of amino acids which are the primary building blocks for our muscles, bones, and hormones. We cannot live without it. That being said ... Americans consume 3-5x more protein than is necessary. This means we are killing more animals than we need to! Not only that, feeding livestock has been said to take food away from the starving countries

Excess protein not only has been shown lately to increase cancer risk, it also fuels candida, can promote weight gain, and here is a blip from mercola.com on why it increases cancer:



Excessive protein can have a stimulating effect on an important biochemical pathway called the mammalian target of rapamycin (mTOR).

This pathway has an important and significant role in many cancers. When you reduce protein to just what your body needs, mTOR remains inhibited, which helps minimize your chances of cancer growth.

Additionally, when you consume too much protein, your body must remove more nitrogen waste products from your blood, which stresses your kidneys. Chronic dehydration can result, as was found in a study involving endurance athletes.

You likely need about one-half gram of protein per pound of lean body mass.

For most people, this amounts to 40 to 70 grams of protein a day. Rarely does a person need more protein than this—the exception would be those who are aggressively exercising (or competing) and pregnant women, who should have about 25 percent more.

This comes down to a protein serving about the size of a deck of cards.

A key factor in maximizing your nutrition is achieving the right balance of macronutrients—carbohydrates, proteins, and fats. By far, most Westerners consume too much protein and carbohydrate, and not enough healthy fats. In addition to the meats and eggs and foods we are familiar with that are protein sources, a few others deserve special mention for their exceptional protein value:

Hemp seeds (hemp hearts): About 33 percent protein, providing 11 grams per three tablespoons; also contain all 20 amino acids in an easily digestible form and are loaded with omega-3 fats

Chia seeds: About 14 percent protein, providing about four grams per three tablespoons; also high in omega-3 fats

Spirulina: Seventy percent protein by weight; six grams of protein per 10 gram serving; contains 18 of the amino acids and all of the essentials, and is easily assimilated (avoid spirulina if allergic to iodine or seafood).

Sprouts: The quality of the protein and the fiber content of beans, nuts, seeds, and grains improve when sprouted; sunflower sprouts provide some of the highest quality protein you can eat, along with abundant iron and chlorophyll; kamut, hemp, quinoa, and bean sprouts are also good sources

Bee pollen: Forty percent protein and one of nature's most complete foods; you wouldn't eat a large amount of bee pollen at any one time, but it's an excellent addition for variety

Raw foods? Many people advocate raw foods—ayurveda does not. Raw foods are very hard to digest (although in the summer some raw foods are acceptable). Cooked foods are much easier for us to digest and absorb nutrients from than raw foods. Dr. Shekhar says:



- ॐ Raw foods we can only absorb 15% of the nutrients as we are unable to break down the collagens in food if not cooked therefore we lose 85% of the nutrients
- ॐ Cooked foods lose 20% of their nutrients, but we can but we can absorb the other 80% there fore giving us more nutrients.

If you've ever tried eating a raw foods diet you may have noticed the digestive upset I tried

VEGETARIAN? VEGAN?

First of all I am vegetarian because I love animals -- not because meat is not healthy. Small amounts of animal products are needed in our diet for optimum health, one reason being vitamin B12 can only be gotten from animals and is better absorbed when it comes in its natural form in food.

For the same animal loving reasons i understand those who want to go vegan, however a vegan diet is not the most healthy -- and remember soy is anti-nutritional unless it is fermented naturally (most tofu is chemically fermented therefore not healthy) -- it's very hard to be vegan without tofu

As I stated at the beginning it is what we are doing to our meat that has made it unhealthy... And I can't express enough how important it is to get your animal products from animals that are humanely treated. Here is a little video with Paul McCartney telling you about how some of our food animals are treated:
<https://www.youtube.com/watch?v=ODOh2r1O9IA>

Key words to look for : grass fed, pastured, wild caught, humanely treated, local.

TURMERIC

Known as the golden goddess in India. Turmeric is a powerhouse herb that heals the body in many ways.

GreenMedInfo.com, has documented over 5,000 study abstracts from the National Library of Medicine's bibliographic database known as MEDLINE and have discovered over 600 potential health benefits of turmeric, and/or its primary polyphenol known as curcumin. These can be viewed on their turmeric research page which is dedicated to disseminating the research on the topic to a larger audience.

Some of the most amazing demonstrated properties include:

- ॐ Destroying Multi-Drug Resistant Cancer
- ॐ Destroying Cancer Stem Cells (arguably, the root of all cancer)
- ॐ Protecting Against Radiation-Induced Damage
- ॐ Reducing Unhealthy Levels of Inflammation
- ॐ Protecting Against Heavy Metal Toxicity
- ॐ Preventing and Reversing Alzheimer's Disease Associated Pathologies
- ॐ Protecting the liver from disease

Again, what is so amazing is not that turmeric may have value in dozens of health conditions simultaneously, or that it may improve conditions that are completely resistant to conventional treatment, but that there are over six hundred additional health conditions it may also be valuable in preventing and/or treating. Consider



also the fact that turmeric grows freely on the Earth, and you will understand why its very existence threatens billions of dollars in pharmaceutical industry revenue.

Some of the best ways to incorporate turmeric into your life:

- ॐ Turmeric is better absorbed when you take in small amounts throughout the day. Each meal I cook I throw a pinch of turmeric in the oil or butter I am heating to cook in. Large heroic doses are not necessary as medical community would like you to believe that it is harder to get enough than you think
- ॐ Every morning I start off my day with a turmeric tea of something type. I mix in seasonal herbs and some black pepper as black pepper helps you digest and absorb turmeric.
- ॐ Turmeric is fat soluble so having some fat with it will aid in its absorption. Ayurveda makes “golden milk”. You cook down 1/4 cup turmeric powder in a cup of so water (I also add in some ginger and pepper — cook it down to a paste. Take on tablespoon of this paste and mix it in a little milk or cream, top with a teaspoon of coconut oil and enjoy. Taking turmeric this way is especially beneficial for inflammation, pain, and healing your liver.
- ॐ EAT the WHOLE ROOT TOO! Buy fresh turmeric root (it looks like skinny, orange, ginger) slice it and steep it — drink the tea and then chew on the slices. Turmeric is poorly absorbed for some benefit! Turns out the undigested turmeric makes it all the way to your colon where it prevents colon cancer. Plants are so intelligent!

HONEY

Honey is medicinal :) it is the sweetener of choice. Honey has proven anti-bacterial benefits

- ॐ Externally it aids in the healing of skin wounds and scars.
- ॐ Internally it provides the antidote to allergies by "vaccinating" you with the pollen that you react to

And you know honey never goes bad! Honey was found in the graves of king tut and the likes from thousands of years ago, when tested it was found to be completely edible.

However do not heat honey. Honey heated beyond body temperature has no health benefits as all the benefits in honey are killed by heat. So do not cook or bake with honey and if you add it to your coffee or tea wait until they are drinkable temperature.

STATINS AND CHOLESTEROL - Cholesterol is good! We need cholesterol in our bodies.

GUESS WHAT? IF YOUR CHOLESTEROL IS LOWER THAN 160 mg/dl YOU HAVE AN INCREASED RISK OF DEATH

Here is one of many studies: Sarria Cabrera MA, et al. Lipids and all-cause mortality among older adults: a 12-year follow-up study. Scientific World Journal Epub 1 May 2012

Find out for yourself, google: cholesterol levels vs. risk of death.

In fact lower death rate has been observed for people who's cholesterol is between 200-259 mg/dl:

The [Honolulu Heart Program](#) study, with 8,000 participants, published in 2001:

“Long-term persistence of low cholesterol concentration actually increases the risk of death. Thus, the earlier the patients start to have lower cholesterol concentrations, the greater the risk of death.”



And finally, the huge [Japanese Lipid Intervention Trial](#) with over 47,000 participants:

“The highest death rate observed was among those with lowest cholesterol (under 160mg/dl); lowest death rate observed was with those whose cholesterol was between 200-259mg/dl”

In other words, those with the lowest cholesterol had the highest death rate, and those with cholesterol levels that would today be called “dangerous” had the lowest death rate.

As you can see, not only does high cholesterol not cause heart disease, low cholesterol can actually be dangerous to your health. So toss out your vegetable oil and start eating butter and eggs again!

And why is a yoga teacher concerned about who takes statins . . . Because I sometimes wonder why some people progress much quicker physically than others (not to say these same people are not making progress in other areas, such as stress relief — which is big progress:). I have been wondering if there are some lifestyle, food, or stress related issues that stall physical progress in many people -- no matter how diligently they practice. Guess what I found . . .

The study, published in the Journal of the American College of Cardiology, **discovered that statin use led to dramatically reduced fitness benefits from exercise, in some cases actually making the volunteers LESS fit than before.** The results showed that:

The study looked at two groups, one group exercise on statins, one group exercise not medicated. Each group did a 12 week, 5 day per week, supervised exercise program:

- 3 On average, unmedicated participants improved their aerobic fitness by more than 10 percent. Mitochondrial content activity increased by 13 percent
- 3 Volunteers taking 40 mg of simvastatin improved their fitness by less than 1.5 percent on average, and some had reduced their aerobic capacity at the end of the 12-week fitness program. Mitochondrial activity decreased by an average of 4.5 percent
 - o According to senior study author John P. Thyfault, a professor of nutrition and exercise physiology at the University of Missouri: “Low aerobic fitness is one of the best predictors of premature death. And if statins prevent people from raising their fitness through exercise, then that is a concern.”

One of the major benefits of exercise is the beneficial impact it has on your heart health, and exercise is a primary strategy to naturally maintain healthy cholesterol levels. If you take a statin drug, you're likely to forfeit any and all health benefits of your exercise.

The primary fuel for your mitochondria is Coenzyme Q10 (CoQ10), and one of the primary mechanisms of harm from statins in general appears to be related to CoQ10 depletion. This also explains why certain statin users in the featured trial ended up with worse aerobic fitness after a steady fitness regimen.

Can taking coenzymeQ10 supplements mitigate side effects? This is what Mayo Clinic has to say:

“Coenzyme Q10 supplements may help to prevent statin side effects in some people, though more studies are needed to determine any benefits of taking it. If you'd like to try adding coenzyme Q10 to your treatment, talk to your doctor first to make sure the supplement won't interact with any of your other medications.”

What is Coenzyme Q10?

What is CoQ10?

Coenzyme Q10 is a natural antioxidant synthesized by the body, found in many foods, and available as a supplement. It comes in two forms: ubiquinol, the active antioxidant form, and ubiquinone, the oxidized form, which the body partially converts to ubiquinol. CoQ10 is a vital participant in the chain of metabolic chemical reactions that generate



energy within cells. It is found in every cell of the body (the name ubiquinone stems from its ubiquity), but is present in higher concentrations in organs with higher energy requirements such as the kidneys, liver, and heart.

Food sources of CoQ10?

- ॐ Organ meats and Fish (sardines and mackerel are particularly good sources), Chicken and Eggs — all pastured, grass fed, or wild caught and humanely treated!
- ॐ Sesame oil, peanuts, sesame seeds, pistachios, walnuts, azuki beans and hazelnuts (almonds contain some too)
- ॐ Spinach, broccoli, sweet potato, sweet pepper, garlic, peas, cauliflower and carrots.

A study in the NY Times reported on this finding; the interactions of statin drugs and workouts in people. **And the results, as it turns out, are worrisome.” Especially when you look at what are the real benefits of statins?**

- ॐ "In past studies, researchers have shown that statins reduce the risk of a heart attack only in HIGH RISK MEN who have previously had a heart attack — and it only lessened their high risk by 10% to 20%. **So lets put this in perspective: Statins benefit ONLY if you are a MAN who has PREVIOUSLY HAD A HEART ATTACK, you have other risk factors for heart disease such as you are overweight and/or have blood sugar issues — And you don't want to exercise or learn the real truth behind fat and cholesterol and nutrition . . . then statins might reduce your risk of heart attack by 10-20%! That means 83 people will have to take statins for ONE person to benefit.** And the benefit from the statin to that one person is not because it lowered their cholesterol, **but because statins also reduce inflammation.**
- ॐ Meanwhile, improving fitness through exercise has been found to lessen someone's likelihood of dying prematurely by as much as 50 percent...

Other side effects of statins ...

- ॐ Liver damage. Occasionally, statin use causes an increase in liver enzymes, this would be due to the fact that your liver makes your cholesterol, when you keep lowering it with drugs your liver has to work harder. When you take statins you are working against your body.
- ॐ Muscle problems. Statins cause muscle pain and tenderness. This is so prevalent it has its own diagnosis, called statin myopathy. Lets look at what myopathy means, it is a greek word: **"Myopathy" simply means muscle suffering** (myo = "muscle" + pathos or pathy = "suffering"). If you exercise on statins chances are you will be more sore and have slower recovery than someone exercising not medicated.
- ॐ Increased blood sugar or type 2 diabetes. ... Especially for women. **WOMEN SHOULD NEVER TAKE A STATIN.** I rarely use the word never, btw . . . (We have known, at least since this study in the *Archives of Internal Medicine*, that **the risk of new onset diabetes in postmenopausal women was increased by 48 percent. Plain and simple:** "Statin medication use in postmenopausal women is associated with an increased risk for Diabetes."
- ॐ Neurological side effects (remember your brain needs cholesterol) — Memory loss and confusion associated with higher risks of Alzheimers and dementia . . . AND increases in ANGER, ROAD RAGE, SUICIDE, and DEPRESSION
- ॐ Low Libido . . . Because statins lower testosterone they cause Erectile Dysfunction . . . in the absence of testosterone things in a man's body go rather **LIMP**. WebMD lists a study (and keep in mind WebMD says in addition to all the people already on statins 15-20 million more should take them . . . oh my . . .) that was done between 2002-2009 (by Corona and colleagues the study was performed at University of Florence and included men with the average age of 51 on statins) **that**



shows men on statins were **TWICE AS LIKELY** to have low testosterone and erectile dysfunction. Funny how throughout the article they are trying to support statins and make a big point to say this is a link to Erectile Dysfunction not a cause . . . and the dysfunction may go away if you stop taking statins.

Low Cholesterol (below 160 mg/dl) also has negative side effects of:

☯ Stroke

☯ Cancer

Here is a study looking at low cholesterol's side effects, see the study below this paragraph. The association between low cholesterol and cancer could be from statins harming your mitochondria (not actually from too low cholesterol — although without statins your liver will not let your cholesterol get that low . . .) . Lets look at mitochondria:

☯ Mitochondria - Turning on the Powerhouse from wikipedia:

- Mitochondria are known as the powerhouses of the cell. They are organelles that act like a digestive system which takes in nutrients, breaks them down, and creates energy rich molecules for the cell. The biochemical processes of the cell are known as **cellular respiration**. Many of the reactions involved in cellular respiration happen in the mitochondria. Mitochondria are the working organelles that keep the cell full of energy. Mitochondria are small organelles floating free throughout the cell. Some cells have several thousand mitochondria while others have none. Muscle cells need a lot of energy so they have loads of mitochondria. Neurons (cells that transmit nerve impulses) don't need as many. If a cell feels it is not getting enough energy to survive, more mitochondria can be created. Sometimes a mitochondria can grow larger or combine with other mitochondria. It all depends on the needs of the cell.
- Using Oxygen to Release Energy - Mitochondria use oxygen to create energy. The mitochondria are the only places in the cell where oxygen is reduced and eventually broken down into water.
 - ☑ How does cellular respiration occur in mitochondria? The matrix is filled with water and proteins (**enzymes**). Those proteins take organic molecules, such as **pyruvate** and **acetyl CoA**, and chemically digest them. Proteins embedded in the inner membrane and enzymes involved in the **citric acid cycle** ultimately release water (H₂O) and carbon dioxide (CO₂) molecules from the breakdown of oxygen (O₂) and glucose (C₆H₁₂O₆).

My theory would be that low cholesterol is associated with higher cancer risk — especially liver and pancreas cancer — because you are suffocating your cells. This is my own understanding and hypothesis after learning how statins negatively effect your mitochondria and lead to oxygen deprived cells which become sick and mutated. **AND NEED I REMIND YOU THAT CANCER THRIVES IN AN ANAEROBIC ATMOSPHERE** — meaning cancer cells like the absence of oxygen . . .

Whether this side effect from too low cholesterol is actually from statins that lowers your cholesterol or from just low cholesterol I am not sure but if you have either low cholesterol or you take statins **you are reducing oxygen to your cells by harming your mitochondria. If you want good health, start with your cells — this is where disease starts before we have any symptoms. The fact that something is messing with your mitochondria is a MAJOR problem!** Let me say this again . . . if you are taking statins **YOU ARE MESSING WITH YOUR MITOCHONDRIA!** You are slowing depriving your cells of oxygen. This is quite scary.

I looked at WebMD on Statins — the very first page says:

“Estimates are that in addition to the people already taking them, another 15 to 20 million people should be taking statin drugs based on their risk factors for heart disease.” SCARY!



FURTHERMORE, THESE SIDE EFFECTS ARE FOR NAUGHT ... JUST LIKE WE HAVE MIS-understood fats for the last 40 years **WE HAVE ALSO MIS-UNDERSTOOD CHOLESTEROL!**

Cholesterol 101 based on modern day science -- not what the medical community is telling you!

What is cholesterol really? It is a fatty, soft, waxy substance, produced by your liver that is found not only in your bloodstream but also in every cell in your body, where it performs literally thousands of bodily functions, including:

- ॐ helps to produce cell membranes,
- ॐ Cholesterol covers your nerve sheaths -- known as the Myelin Sheath (the deterioration of which is what causes MS)
- ॐ Cholesterol covers much of your brain as well . . . it is important for brain health, and helps with the formation of your memories. Low levels of HDL cholesterol has been linked to memory loss and Alzheimer's disease, and may also increase your risk of depression, stroke, violent behavior, and suicide.
- ॐ Its a building block for your hormones (including the sex hormones testosterone, progesterone, and estrogen)
- ॐ Helps you to make the bile acids that help you digest fat and rid toxins from your colon.
- ॐ Cholesterol is important for the production of Vitamin D. When sunlight strikes your bare skin the cholesterol in your skin is converted to Vitamin D.

IN FACT, PEOPLE WITH THE LOWEST CHOLESTEROL AS THEY AGE ARE AT THE HIGHEST RISK OF DEATH . . . CHOLESTEROL BETWEEN 200-259 mg/dl HAS BEEN SHOWN TO HELP INCREASE LIFE SPAN. (See studies below — especially the one on page 37 of this article).

Your liver makes more than 75% of the cholesterol you need . . . Regardless of how much you reduce your cholesterol your body will manufacture it, so taking statins makes your liver work harder; hence the reason for elevated liver enzymes in those taking statins.

So why did cholesterol get such a bad rap?

It's good and bad lipo-proteins, not good and bad cholesterol ... The division into HDL and LDL is based on how the cholesterol combines with protein particles. LDL and HDL are lipoproteins -- fats combined with proteins. Cholesterol is fat-soluble, and blood is mostly water. For it to be transported in your blood, cholesterol needs to be carried by a lipoprotein, which are classified by density.

We are all familiar with the fact that that HDL is good cholesterol and LDL is "bad." Well not all LDLs are bad. Of the LDL lipoproteins, there are large and small LDL particles. Larger LDL particles are fluffy and actually not a problem (they just bounce off your artery walls like beach balls :), its the small dense LDL particles — now called VLDL or VERY low density lipoproteins that can potentially be a problem. These VLDL are like little bullets that lodge into your artery wall — and even just lodged there they are not a problem (well i guess it could be if you had too many of them lodge there) what is the problem is *if they oxidize*. By oxidizing I mean they break apart and swell open causing inflammation of the artery wall that starts to block the blood flow in the artery. **WHAT CAUSES THEM TO OXIDIZE? SUGAR! And what causes the VLDL to form anyway? We are not quite sure but trans fats and processed foods are showing up as possible culprits.**



We actually know what causes the damaging small LDL particles to oxidize . . . it isn't fat in the diet, it is NOT cholesterol in your diet. IT IS SUGAR. Sugar in any form (and refined white carbohydrates) lowers your HDL, raises your Triglycerides, and creates the small damaging LDL particles, along with pre-diabetes.

You know why we don't hear about this? **THERE IS NO GOOD DRUG TO RAISE HDL.** The drug companies are trying . . . but they can't find a drug to raise your HDL cholesterol — so instead they will slowly kill you until they figure out a way to make you healthy and **MAKE A PROFIT ON you.**

I like Dr. Kelly Brogan's suggestion to raise your HDL : **Eat 3 whole eggs per day from pastured hens and avoid carbs and sugars, and of course . . . Exercise and Yoga :)**

Our society is very confused about what makes a person healthy. We continue to believe that is something is good, then more is better. This is just not the case — more likely there is an optimal level; for example blood pressure. I'm not so relaxed about a person having low blood pressure . . . blood pressure is necessary to get blood and nutrients into an organ or a cell — and especially the brain, when your blood pressure is too low vital organs are starved of blood and not function well.

As medical professionals urge us to drive our cholesterol to ever-lower levels ('lower is better') I want to sound an alarm! Cholesterol is, after all, an essential constituent of several important entities in the body including the brain, vitamin D, and 'steroid' hormones such as cortisol and testosterone. If blood cholesterol levels get low enough, could this starve the body of essential element and therefore jeopardize health? While "high" cholesterol has been believed to increase heart disease, lower levels of cholesterol are associated with cancer and stroke. This may not mean that low cholesterol causes cancer and stroke . . . but it also does not mean that high cholesterol causes heart disease!

If you do decide you want off statins (who wouldn't?) find a dr. That is on board with getting people off statins. **You want to work with a doctor that will help you safely get off statins.** If your doctor tells you (in other words, **if your doctor is stupid enough to tell you . . .) to put you on statins.** . . I would find another dr!

And I am working on finding some Dr.s in our area to refer you to.

A blip from Dr. Kelly Brogan's website:

As discussed by **Dr. Tom O'Bryan**, there is a 17-year lag between availability of paradigm-shifting data and implementation. Misconceptions about dietary — cholesterol and saturated fat — drivers of heart disease still linger despite widespread abandonment of this perspective. This was discussed in an important, **recent BMJ commentary** by British cardiologist, Dr. Malhotra, who states:

"Virtually all the truths about preventing **heart attacks** that physicians and patients have held dear for more than a generation are wrong and need to be abandoned."

Based on unabated rates of cardiovascular disease despite a generation of statin users, and studies that demonstrate that **patients presenting to the hospital with heart attacks don't have elevated total cholesterol**, but they do have (66 percent of the time) metabolic syndrome, or a constellation of findings such as obesity, high triglycerides, low HDL, and insulin resistance. This phenomenon is driven by sugar and trans fat, not dietary, naturally-occurring saturated fat, and not by a lack of statins, but, perhaps, is exacerbated by the statins themselves, and particularly, in women.

Be Very Wary of Pro-Statins Studies



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I did look at the studies that promote statins, they were funded by Merck, Pfizer, Abbott, Bayer, Proctor & Gamble, Astra Zeneca . . . to save my self time I will quote from Dr. Mercola:

Most pro-statin studies are sponsored by the drug manufacturers, which will typically skew results in their favor. Worse yet, conflicts of interest have become more of the norm than the exception when guidelines are created. For example, the revised and highly controversial cholesterol-treatment guidelines issued by the American Heart Association (AHA) and the American College of Cardiology (ACC) in 2013 were created by a number of individuals who had conflicting interests. This includes:

- The lead author, Dr. Neil J. Stone, who is a strong proponent of statin usage and has received honoraria for educational lectures from Abbott, AstraZeneca, Bristol-Myers Squibb, Kos, Merck, Merck/Schering-Plough, Novartis, Pfizer, Reliant, and Sankyo. He's also served as a consultant for Abbott, Merck, Merck/Schering-Plough, Pfizer, and Reliant.
- The second author listed, Jennifer Robinson, admitted to the New York Times in 2011 that she was taking research money from seven companies, including some top sellers of cholesterol pills.
- Another author, C. Noel Bairey Merz, received lecture honoraria from Pfizer, Merck, & Kos, and has served as a consultant for Pfizer, Bayer, and EHC (Merck). She's also received unrestricted institutional grants for Continuing Medical Education from Pfizer, Procter & Gamble, Novartis, Wyeth, AstraZeneca, and Bristol-Myers Squibb Medical Imaging, as well as a research grant from Merck. She also has stocks in Boston Scientific, IVAX, Eli Lilly, Medtronic, Johnson & Johnson, SCIPIE Insurance, ATS Medical, and Biosite.

See the end of this article for further studies and data from researchers, doctors, and many studies on Statins.

DO YOUR PRACTICE IN SUCH A WAY THAT YOU DO NOT NEED TO TAKE PAIN RELIEVERS!

NSAIDS mean Non Steroidal Anti Inflammatory drugs like aspirin, ibuprofen, naproxen, diclofenac, including Celebrex (which has been withdrawn from the market in some countries) and viox which have been withdrawn from the market in 2004 in all countries due to serious side effects. **We are seeing these side effects happen to higher percentages of people taking NSAIDS than we previously thought they would effect.**

Many people take theses like candy And I understand, pain is painful ... It takes your energy. You can't work on your spiritual path or your life's work when you are in pain! Before you can even get to figure out or treat what is causing your pain sometimes we have to get out of pain first to have energy to heal.

When you take NSAIDS, you are blocking your immune system. Inflammation is not all bad unless you are oxidizing VLDLs with sugar in your arteries . . . Inflammation is your body

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Pain relievers at a glance		
	Brand names	Comment
acetaminophen	Tylenol	Not an NSAID; doesn't cause stomach problems like NSAIDs; common ingredient in headache and cold medicines; large amounts cause liver damage.
NSAIDs		
Aspirin	Many brand names	Technically an NSAID, but its anticoagulating properties make it unique; alternatives and bleeding risk at high doses means it's not used as much as a pain reliever now.
diclofenac	Cataflam, Voltaren	Used in drops to reduce swelling after eye surgery. As oral drug, may have highest risk of cardiovascular side effects of older NSAIDs.
ibuprofen	Advil, Motrin, Nuprin	Favored because it acts quickly without staying in the body too long, so per dose it has a lower risk of causing stomach and kidney problems.
indomethacin	Indocin	Available as a suppository — valuable when you have nausea as well as pain; headache and dizziness side effects have made it less popular.
naproxen	Aleve, Naprosyn	Longer acting than ibuprofen; may have fewer cardiovascular side effects than other NSAIDs.
piroxicam	Feldene	Very long acting (24 hours), which doctors concerned with NSAID side effects see as a major drawback.
sulindac	Clinoril	Some findings suggest it's easier on the kidneys, but others raise doubts.
COX-2 inhibitors		
celecoxib	Celebrex	Low doses (200 mg per day or less) may pose less cardiovascular risk than other COX-2 inhibitors.
meloxicam	Mobic	Replaced celecoxib and rofecoxib in some countries (for example, Australia); pharmacologically in a gray area between traditional NSAIDs and COX-2 inhibitors; less risky than Vioxx; relatively few studies of its risks.
rofecoxib	Vioxx	Pulled off the market in 2004. Associated with kidney and heart risks.



coming to heal an area. It might not be in our best interest to be so afraid of inflammation . . . this is another area I am diligently researching. For the time being, I will go with chronic inflammation is a concern while acute inflammation is your body coming to heal — don't block it.

What are NSAIDs and how do they work? (from www.medicinenet.com)

Prostaglandins are a family of chemicals that are produced by the cells of the body and have several important functions. They promote inflammation that is necessary for healing, but also results in pain, and fever (fever however supports the body by killing bad bacteria); support the blood clotting function of platelets; and protect the lining of the stomach from the damaging effects of acid.

Prostaglandins are produced within the body's cells by the enzyme cyclooxygenase (COX). There are two COX enzymes, COX-1 and COX-2. Both enzymes produce prostaglandins that promote inflammation, pain, and fever. However, only COX-1 produces prostaglandins that support platelets and protect the stomach. Nonsteroidal anti-inflammatory drugs (NSAIDs) block the COX enzymes and reduce prostaglandins throughout the body. As a consequence, ongoing inflammation, pain, and fever are reduced. Since the prostaglandins that protect the stomach and support platelets and blood clotting also are reduced, NSAIDs can cause ulcers in the stomach and promote bleeding.

What are the side effects of NSAIDs?

The major side effects of NSAIDs are related to their effects on the stomach and bowels (gastrointestinal system). Some **10% to 50% of patients are unable to tolerate treatment with NSAIDs** because of side effects, including abdominal pain, diarrhea, and upset stomach. Approximately 15% of patients on long-term treatment with NSAIDs develop a peptic ulcer(ulceration of the stomach or duodenum). And this figure does not include the many patients with ulcers who are unaware they have ulcers . . . many of these patients with ulcers do not have symptoms and are unaware of their ulcers — they are at risk of developing serious ulcer complications such as bleeding or perforation of the stomach.

36 The risk of ulcers is higher in the elderly and individuals with rheumatoid arthritis (probably because they take high doses for pain) and those taking blood thinning medications (anticoagulants) such as Coumadin and heparin, or steroid-containing medications (for example, prednisone), and individuals with a prior history of bleeding ulcers. (The anticoagulants do not cause NSAID related ulcers. Rather they increase bleeding if NSAID-induced ulcers occur.)

High percentage of people experience these side effects of NSAIDs:

- 36 GI problems top the list - ulcers and stomach bleeding
- 36 Cardiovascular problems including heart failure equate to a 40-60% risk over non-users of NSADS due to increased risk of atrial fibrillation or irregular heartbeat.
- 36 Miscarriage - 80% risk of miscarriage associated with NSAIDS and aspirin.

Other side effects that may not be as common but are still there:

- 36 Kidney problems
- 36 Hearing loss





- ॐ Increased blood pressure
- ॐ allergic reactions especially with those suffering with asthma.
- ॐ Both types of COX-inhibitors reduce vitamin B6
 - Both selective and non-selective COX-inhibitors were found to lower vitamin B6 levels. Laboratory research found **this effected both kidney and liver levels of the important B-vitamin as well.**
 - **Vitamin B6 is critical for nerve function, fat metabolism, glucose metabolism,** and many other functions in the body. Non-selective COX-inhibitors include aspirin and ibuprofen, while selective COX-inhibitors include Celebrex.

If you have a cold . . . beware that previous research has also found that these drugs suppress production of anti bodies and increase cold symptoms, with a trend toward longer infectiousness. In test-tube studies, therapeutic levels of aspirin were found to suppress the ability of human white blood cells to destroy bacteria. Another study found that a host of pain relievers, including aspirin and ibuprofen, inhibited white-cell production of antibodies by as much as 50 percent.

Tylenol or acetaminophen is not an NSAID — but acetaminophen causes liver disease (The FDA even recently limited the amount of [acetaminophen](#) allowed in prescription products and added a boxed warning due to liver toxicity concerns.)

This entire link is a quick read that is well worth your time if you take pain relievers (<http://www.health.harvard.edu/fhg/updates/12-things-you-should-know-about-pain-relievers.shtml>):

Address the cause of your pain:

How about reducing the cause of pain in your life before you pop pills . . . for example; statins cause statin myopathy — which means muscle suffering — many people think they need pain relievers to relieve this “suffering” but in actuality you would be better to stop the statins (which are harmful) instead of taking yet another pill to deal with statin myopathy.

Also **testing yourself to make sure you are not eating foods that cause inflammation for you** would be a step in the direction of treating the cause instead of just the pain. Many foods that cause problems are mostly due to our processing of foods, good places for many people to start are with grains, sugars, oxidized fats from cooking in vegetable oils, dairy from grain fed cows that has been pasteurized and homogenized to be a dead food . . .

Also be aware that popping pain pills blocks your body from communicating with you . . . so you end up causing more harm to the tissue your body is telling you to be gentle with. **PAIN IS YOUR BODY COMMUNICATING WITH YOU**, your body is very intelligent. Listen to it. **DO NOT POP PAIN PILLS BEFORE COMING TO YOGA!** If you have pain — for example back pain or knee pain — and you take pain pills so you can do “yoga”, you are blocking your body’s communication system. Your body will tell you which movements heal and which movements aggravate, if you block this communication you end up causing more pain.

However, if you are in pain it is stressful, it takes your energy — you do not have energy left to do much in your life, so many need to reduce pain. If this is your case know there are **other alternatives to NSAIDS**, for instance;



For Fever and Pain try: Remember . . . fever is your body using heat to kill bad bacteria. If your fever stays below 103° take a big mug of warm water to sip and go to bed. Sleep and let your body do its thing . . . if your fever goes above 104° then your body is unable to kill the bacteria and you may need some help . . . in the form of probiotics or antibiotics . . . depending on which side of that fence you are on.

Willow Bark - Natural COX-inhibitors come without side effects:

It should be noted that natural COX-inhibitors such as willow bark and meadowsweet herb block pain-related prostaglandins but they do not cause the negative side effects relating to bleeding ulcers and cardiovascular effects. In fact both willow and meadowsweet stimulate the healing of ulcers and gastric bleeding, and are frequently used to help heal ulcers by herbalists.

Why do natural COX-inhibiting herbs not have the same negative effects? Because nature's herbs contain tens and sometimes hundreds of different medicinal compounds, which help balance and buffer the effects of the COX inhibition.

That's because nature is smart.

For arthritis pain and inflammation:

Sesame seeds have been shown to relieve arthritis pain -- only 4 tablespoons per day ground in a coffee grinder to make them easier to digest and assimilate. Grind only before eating though, as the oil from most seeds goes rancid quickly so you need to grind them fresh and eat them.

Turmeric can replace NSAIDS as a:

ॐ Aspirin (blood thinner): A 1986 in vitro and ex vivo study published in the journal *Arzneimittelforschung* found that curcumin has anti-platelet and prostacyclin modulating effects compared to aspirin, indicating it may have value in patients prone to vascular thrombosis and requiring anti-arthritis therapy.[vi] [for additional [curcumin and anti-platelet](#) research]

ॐ Anti-inflammatory Drugs: A 2004 study published in the journal *Oncogene* found that curcumin (as well as resveratrol — red wine :) were effective alternatives to the drugs **aspirin, ibuprofen, sulindac, phenylbutazone, naproxen, indomethacin, diclofenac, dexamethasone, celecoxib, and tamoxifen** in exerting anti-inflammatory and anti-proliferative activity against tumor cells.[vii] [for additional [curcumin and anti-proliferative](#) research – 15 abstracts]

(Above two studies from GreenMedInfo.com)

When possible use organic (non-irradiated) turmeric in lower culinary doses on a daily basis so that heroic doses won't be necessary later in life after a serious disease sets in. Nourishing yourself, rather than self-medicating with 'nutraceuticals,' should be the goal of a healthy diet.

Ginger: This herb has potent anti-inflammatory activity and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into vegetable juice.
<http://www.greenmedinfo.com/blog/ginger-relieves-muscle-pain-your-workout>

Capsaicin or cayenne cream: Capsaicin, the active ingredient in hot chili peppers, helps alleviate pain by depleting your body's supply of substance P, a chemical component of nerve cells that transmits pain signals to your brain.

Bromelain: This enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form but eating fresh pineapple, including some of the bromelain-rich stem, may also be helpful.



Marijuana is a safe pain reliever with the side benefits of killing cancer and better sleep . . . and you can grow it yourself quite easily . . .

ॐ **Medical cannabis** has a long history as a natural analgesic. At present, 20 US states have legalized cannabis for medical purposes. Its medicinal qualities are due to high amounts (about 10-20 percent) of cannabidiol (CBD), medicinal terpenes, and flavonoids. Varieties of cannabis exist that are very low in tetrahydrocannabinol (THC)—the psychoactive component of marijuana that makes you high in medicinal CBD. *The Journal of Pain*, a publication by the American Pain Society, has a long list of studies on the pain-relieving effects of cannabis.

Frankincense essential oil is also a pain reliever with many side-benefits:

Frankincense oil promotes healthy cell regeneration and keeps existing cells and tissues healthy. It's useful for skin health, and can help treat dry skin, reverse signs of aging, and reduce the appearance of stretch marks and scars. Frankincense oil's astringent properties help:

- ॐ Strengthen gums and hair roots
- ॐ Stop wounds from bleeding
- ॐ Speed up the healing of cuts, acne, insect bites, and boils

The health benefits of frankincense oil are mostly attributed to its anti-inflammatory, astringent, antiseptic, disinfectant, digestive, diuretic, and expectorant properties. It also has cicatrisant, carminative, cytophylactic, emenagogue, uterine, and vulnerary effects.

Frankincense oil is considered a tonic, as it benefits all the systems operating in the body, including the digestive, respiratory, nervous, and excretory systems. It also aids the absorption of nutrients and strengthens your immune system.¹⁶ Frankincense oil has been found useful for certain health conditions, such as:

- ॐ **Arthritis and rheumatoid arthritis (RA)** – Research by Cardiff University scientists found that frankincense can inhibit the production of key inflammatory molecules, helping prevent the breakdown of the cartilage tissue that causes these conditions.¹⁷
- ॐ **Inflammation** - In addition, Indian frankincense or boswellin, also a member of the *Boswellia* genus, has been found to significantly reduce inflammation in animal studies. It works well as a natural painkiller for many rheumatoid arthritis (RA) patients.
- ॐ **Colds and respiratory disorders** – Frankincense oil can break up phlegm deposits in your respiratory tract and lungs, and can relieve bronchitis-related congestion.¹⁸
- ॐ **Oral health problems** – The antiseptic qualities of this oil can help prevent bad breath, cavities, toothaches, mouth sores, and other infections.¹⁹
- ॐ **Digestive disorders** – Frankincense oil speeds up the secretion of gastric juices, bile, and acids, and stimulates peristaltic motion to allow food to move properly through your intestines.²⁰
- ॐ **Uterine health** – Frankincense oil regulates estrogen production in women and reduces the risk of post-menopause tumor or cyst formation in the uterus (uterine cancer). It also regulates the menstrual cycle of premenopausal women.²¹

Patchouli essential oil also demonstrates some of these same properties.



Frankincense is also being studied for its potential to treat cancer. Scientists have observed that there's an agent in this oil that not only stops cancer from spreading, but also induces cancerous cells to close themselves down.

Frankincense essential oil is NOT recommended for pregnant women and nursing moms, as it acts as an emenagogue and may induce menstruation, which may be dangerous for an unborn fetus.

Link to references — last page of this article: <http://articles.mercola.com/herbal-oils/frankincense-oil.aspx>

Acupuncture can also effectively treat many kinds of pain. Research has discovered a "clear and robust" effect of [acupuncture](#) in the treatment of: back, neck, and shoulder pain, osteoarthritis, and headaches. And we now know one of the ways that acupuncture is effective . . . it stimulates your immune system to come heal — those little needles cause just enough of the good type of inflammation to signal your immune system to come.

K-Laser Class 4 Laser Therapy: If you suffer pain from an injury, arthritis, or other inflammation-based pain, I'd strongly encourage you to try out [K-Laser therapy](#). It can be an excellent choice for many painful conditions, including acute injuries. By addressing the underlying cause of the pain, you will no longer need to rely on painkillers. K-Laser is a class 4 infrared laser therapy treatment that helps reduce pain, reduce inflammation, and enhance tissue healing—both in hard and soft tissues, including muscles, ligaments, or even bones. These benefits are the result of enhanced microcirculation, as the treatment stimulates red blood cell flow in the treatment area. Venous and lymphatic return is also enhanced, as is oxygenation of those tissues.

ASPIRIN HAS NOT BEEN SHOWN TO BE EFFECTIVE AT REDUCING CARDIOVASCULAR EVENTS. Even with its blood thinning properties, in actuality there are a couple foods that are promising as natural blood thinners:

- ☪ Pycnogenol: A human study published in 1999 in the journal *Thrombotic Research* found that pycnogenol was superior (i.e. effective at a lower dosage) to aspirin at inhibiting smoking-induced clotting, without the significant (and potentially life-threatening) increase in bleeding time associated with aspirin use.[\[22\]](#) **Pycnogenol is available in pine nuts :)**
- ☪ Kiwi Fruits: <http://www.greenmedinfo.com/article/kiwifruit-consumption-reduces-platelet-aggregation-and-blood-triglycerides-human-subjects> Kiwi has been shown to reduce blood clotting and lower triglycerides.
- ☪ Frankincense and Patchouli oils also exhibit blood thinning properties.

SLOW FOOD! Make your own food, grow your own food

Check your cupboards—better yet check your grocery cart before the foods even make it to your cupboard. How many foods do you buy in a box? Processed foods are the absolute worst foods for our body—forget about worrying about fat, white flour, sugar, etc – worry about processed and GMO (genetically modified) foods. If you eat fresh foods you will not get bad fats, white flour, or sugar. It is processed foods that get these nutrients (or lack of nutrients) out of balance in our bodies. It is startling to realize that in face of an



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obese nation, many of these obese people are sub-clinically malnourished! That is right, they are fat from eating too many calories but under nourished from not eating nutrients. This shows the state of our food supply.

Slow food does not necessarily take long to prepare. Prepare your meals from fresh foods; primarily vegetables with a little grain, and for carnivores cooking meat is not difficult nor time consuming. Slow food is just a habit you get into. If your habit is buying prepared foods realize that you are getting primarily GMO foods that have been stripped of nutrients and instead are laced with chemicals, preservatives, pesticides, sugar, sodium, and/or MSG . . . basically your anti-nutrients.

Educate yourself about what foods are in season locally—make these foods the staples of your kitchen, supplement with other foods as you enjoy. Breakfast is best when it consists mostly of fruit and your main meal mostly of vegetables. Look at grains as a vehicle to get vegetables into your body. For example, how many vegetables can you get into a wrap or on rice or over pasta? How much salsa can you get on a corn chip? How many vegetables can you put between two slices of bread?

Herbs and spices are also loaded with anti-oxidants and dense nutrition, experimenting and adding herbs and spices to your cooking spices things up nicely 😊



Mind Body Self-Evaluation Test

(Please choose suitable choices that apply to you over your ENTIRE life, not just currently)

Vata Personality

- ☐ I usually perform activity very quickly, enthusiastic, lively by nature.
- ☐ I have a thin physique – I don't gain weight very easily.
- ☐ I have always learned new things very quickly and forget easily.
- ☐ I tend to have difficulty making decisions.
- ☐ I tend to develop gas and become constipated easily.
- ☐ I become anxious or worried frequently.
- ☐ I tend to have cold hands and feet.
- ☐ I don't tolerate cold weather as well as most people.
- ☐ I speak quickly, miss words, and my friends think that I'm talkative.
- ☐ I often have difficulty falling asleep or having a sound night's sleep.
- ☐ I am easily excitable.
- ☐ I have cold, variable sexuality.
- ☐ I tend to be irregular in my eating and sleeping habits.
- ☐ My mind is very active, sometimes restless, but also very imaginative.
- ☐ My skin tends to be very dry, especially in winter.
- ☐ My energy tends to come in bursts.
- ☐ My moods change easily, and I am somewhat emotional by nature.
- ☐ My characteristic gait (walk) while walking is light and quick.

Total Vata Score: _____

Pitta Personality

- ☐ I consider myself to be very effective in my work and activities.
- ☐ I have medium, proportionate, toned body frame.
- ☐ I feel uncomfortable or become easily fatigued in hot weather – more than other people.
- ☐ In my activities, I tend to be extremely precise and orderly.
- ☐ I am strong-minded and have a somewhat forceful manner.
- ☐ I become impatient very easily, people consider me stubborn.
- ☐ I tend to perspire easily.
- ☐ I have a strong appetite; if I want to, I can eat large quantities.
- ☐ I am very regular in my bowel habits.
- ☐ I get angry quite easily, but then I quickly forget about it.
- ☐ I am very fond of cold foods, such as ice cream, ice cold drinks.
- ☐ I am more likely to feel that a room is too hot than too cold.
- ☐ I don't tolerate foods that are very hot and spicy.
- ☐ I am not as tolerant of disagreement as I should be.
- ☐ I enjoy challenges, and when I want something, I am very determined in my efforts to get it.
- ☐ I tend to be quite critical of others and also of myself.
- ☐ If I skip a meal or a meal is delayed, I become uncomfortable.
- ☐ I have hot intense sexuality.
- ☐ One or more of these characteristics describe my hair – early graying or balding, thin, straight, blond, red or sandy-colored.

Total Pitta Score: _____



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Kapha Personality

- ☐ I tend to gain weight easily and find it difficult to lose weight.
- ☐ My body frame is heavy, broad, evenly proportioned.
- ☐ I can easily skip a meal without any difficulty.
- ☐ I frequently tend to get excess congestion, mucus and sinus problems.
- ☐ I tend to do things in a slow and relaxed manner.
- ☐ I feel comfortable if I sleep at least 8 hours daily.
- ☐ I am calm by nature and not easily angered.
- ☐ I don't learn as quickly as some people, but I have excellent retention and a long memory.
- ☐ I have smooth, soft skin with a somewhat pale complexion.
- ☐ I have a large, solid body build.
- ☐ I have slow digestion, which makes me feel heavy after eating.
- ☐ I have very good stamina, physical endurance, steady energy, walk gently and slowly.
- ☐ I like to sleep more, and I feel tired even though I sleep more and am slow to move in my activities in the morning.
- ☐ I work well with good routine.
- ☐ I generally eat slowly and my activities are methodical.
- ☐ I dislike cool and damp weather, and it bothers me a lot.
- ☐ I have warm, enduring sexuality
- ☐ My hair is thick, dark, and wavy.
- ☐ People like to call me sweet natured, peaceful, affectionate, cool, calm minded.

Total Kapha Score: _____

My Mind-Body Personality is: VATA _____ PITTA _____ KAPHA _____



Statin Studies for your Reference (from pages 22-28 on cholesterol and statins)

Here is the study on risks of too low cholesterol:

<http://www.ncbi.nlm.nih.gov/pubmed/1627030> link for full study.

With increased efforts to lower serum cholesterol levels, it is important to quantify associations between serum cholesterol level and causes of death other than coronary heart disease, for which an etiologic relationship has been established.

METHODS:

For an average of 12 years, 350,977 men aged 35 to 57 years who had been screened for the Multiple Risk Factor Intervention Trial were followed up following a single standardized measurement of serum cholesterol level and other coronary heart disease risk factors; 21,499 deaths were identified.

RESULTS:

A strong, positive, graded relationship was evident between serum cholesterol level measured at initial screening and death from coronary heart disease. This relationship persisted over the 12-year follow-up period. No association was noted between serum cholesterol level and stroke. The absence of an association overall was due to different relationships of serum cholesterol level with intracranial hemorrhage and nonhemorrhagic stroke. For the latter, a positive, graded association with serum cholesterol level was evident. **For intracranial hemorrhage, cholesterol levels less than 4.14 mmol/L (less than 160 mg/dL) were associated with a twofold increase in risk. A serum cholesterol level less than 4.14 mmol/L (less than 160 mg/dL) was also associated with a significantly increased risk of death from cancer of the liver and pancreas; digestive diseases, particularly hepatic cirrhosis; suicide; and alcohol dependence syndrome. In addition, significant inverse graded associations were found between serum cholesterol level and cancers of the lung, lymphatic, and hematopoietic systems, and chronic obstructive pulmonary disease. The association between cholesterol level and death due to cancer of the lung and liver, chronic obstructive pulmonary disease, cirrhosis, and suicide weakened little over follow-up.**

From GreenMedInfo.com

[Health Guide: Statin Drugs](#) | [GreenMedInfo](#) | [Health Guide](#) | [Natural](#)

This section collates research and information on the unintended adverse effects of statin drugs. It is designed to provide our users with the first-hand research, ...

www.greenmedinfo.com/guide/health-guide-statin-drugs

[Statin Drugs](#) | [GreenMedInfo](#) | [Toxic Ingredient](#) | [Natural Medicine](#)

This topic contains 451 study abstracts on Statin Drugs indicating they may contribute to Statin-Induced Pathologies, Myopathies, and Chemically-Induced Liver ...

www.greenmedinfo.com/toxic-ingredient/statin-drugs

MIT Scientist: 'Statin Drugs Are Poisons That Cause Heart Disease'

Nov 19, 2013 ... MIT scientist Raymond Francis discusses the ineffectiveness of Statin drugs. He sheds light on why they are used, what damage they cause, ...

tv.greenmedinfo.com/mit-scientist-statin-drugs-poison/

Study: An Apple A Day Beats Statins For Heart Benefits ...

Apr 11, 2014 ... Researchers at the University of Oxford say eating one apple every day matches the vascular benefits of modern statin drugs without the ...

www.greenmedinfo.com/.../study-apple-day-beats-statins-heart-benefits

Chocolate Gives Statins A \$29 Billion Run For Their Money

Apr 16, 2012 ... With the blockbuster cholesterol-lowering class of drugs known as statins being widely promoted for the primary prevention of cardiovascular ...

www.greenmedinfo.com/.../chocolate-gives-statins-29-billion-run-their-money



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[Statin Drugs Found To Accelerate Arterial Calcification](#)

Aug 11, 2012 ... Furthermore, in a subgroup of participants initially not receiving **statins**, " progression of both CAC [coronary artery calcification] and AAC [aortic ...

www.greenmedinfo.com/.../statin-drugs-found-accelerate-arterial-calcification

[Consumer Alert: 300+ Health Problems Linked To Statin Drugs](#)

Apr 2, 2012 ... A growing body of clinical research now indicates that the cholesterol-lowering class of drugs known as **statins**, are associated with over 300 ...

www.greenmedinfo.com/.../consumer-alert-300-health-problems-linked-statin-drugs

[Statins Provide No Benefit: Study of 4 Million People | GreenMedInfo](#)

Jun 11, 2013 ... Aside from demonstrating that **statins** provide no benefit to most people, this study also demonstrates that the so-called gold standard, ...

www.greenmedinfo.com/.../statins-provide-no-benefit-study-4-million-people

[Cholesterol Lowering Statins Found To Damage Peripheral Nerves](#)

Nov 15, 2012 ... There are over 300 adverse health effects associated with the use of this chemical class of cholesterol-lowering medications known as **statins**, ...

www.greenmedinfo.com/.../cholesterol-lowering-statins-found-damage-peripheral-nerves

[New Documentary Exposes the Over-Prescription of Statins](#)

Sep 18, 2012 ... An estimated 40 million people take a **statin** to lower their cholesterol levels. These are one of the most widely prescribed medications in history ...

www.greenmedinfo.com/.../new-documentary-exposes-over-prescription-statins

From Kelly Brogan, MD

MONDAY, SEPTEMBER 1ST, 2014

Is Breastmilk Better Than Statins?

POSTED BY KELLY BROGAN MD

In the ultimate of scientific dead horse beatings, the latest study to demonstrate the relevance of breastfeeding to human health is entitled, "Long-term effects of birth weight and breastfeeding duration on inflammation in early adulthood," and has demonstrated, that low birth weight and short duration of breastfeeding predict adult inflammation. A large cohort study with sibling...

[read more](#)

TUESDAY, APRIL 29TH, 2014

Statins: Mental health sabotage

POSTED BY KELLY BROGAN MD

Statins: Mental health sabotage A new review article called Neuropsychiatric Adverse Events Associated with Statins: Epidemiology, Pathophysiology, Prevention and Management discusses the state of the literature around the intersection between mental health and cholesterol control. Despite generally dismissing a strong signal for concerning psychiatric adverse events, the article seems to conclude the following: severe irritability, homicidal impulses,...

[read more](#)

MONDAY, NOVEMBER 25TH, 2013

Anti-Feminist Medicine: Statins, Not for Women

POSTED BY KELLY BROGAN MD



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Why Statins and Women Don't Mix Sometimes, pharmaceutical companies and their doctorly friends collectively make a bold move that shows their hand. Usually, this is in the form of indiscriminately and categorically broadening the eligible candidates for the suddenly lifesaving benefits of a pre-existing product. Recent changes in guidelines put forth by the American Heart...

[read more](#)

The wording in this study I find particularly unsettling ... It's showing the psychiatric side effects of statins while trying to downplay them at the same time as over blowing statins benefits

<http://link.springer.com/article/10.1007%2Fs40263-013-0135-1>

From Dr. Mercola

[Statins - Side Effects and Its Health Risks | Mercola.com](#)

statins.mercola.com/

Read articles about **statins** and the risk and effects of **statins** to your health.

[Statins Might Make Your Heart Health Worse](#)

articles.mercola.com/sites/articles/archive/.../statin-side-effects.aspx

Apr 17, 2013 ... Oftentimes **statins** do not have any immediate side effects, and they are quite effective at lowering cholesterol levels by 50 points or more ...

[Dr. Stephanie Seneff Talks about Statins Side Effects](#)

articles.mercola.com/.../dr-stephanie-seneff-interview-on-statins.aspx

Feb 11, 2012 ... **Statin** drugs or **statins** are believed to "help" lower cholesterol, but they actually have devastating side effects, like birth defects and heart failure.

["Statins - Are YOU Taking These Dangerous Cholesterol Drugs?"](#)

articles.mercola.com/sites/.../07/.../the-truth-about-statin-drugs-revealed.aspx

Jul 24, 2010 ... **Statins**, or cholesterol-lowering drugs, are linked to many adverse side effects, such as muscle problems, sexual dysfunction, and increased ...

[The Ugly Side of Statins: What You Should Know](#)

articles.mercola.com/sites/articles/.../statin-cholesterol-lowering-drugs.aspx

Oct 9, 2013 ... Recent review reveals that **statin** use can increase the risk of cardiovascular problems among women, young people, and diabetics.

[Statin Nation: The Great Cholesterol Cover-Up](#)

articles.mercola.com/sites/articles/archive/2013/05/11/statin-nation.aspx

May 11, 2013 ... Are **statins** the most appropriate solution to reduce heart disease risk?

[How the New Cholesterol Treatment Guidelines May Affect You](#)

articles.mercola.com/sites/.../statins-cholesterol-treatment-guidelines.aspx

Nov 27, 2013 ... **Statins** are HMG-CoA reductase inhibitors, which means they act by blocking the enzyme in your liver that is responsible for making cholesterol ...

[Statin Drugs May Accelerate Cardiovascular Disease](#)

articles.mercola.com/sites/articles/.../statin-drugs-on-coronary-disease.aspx

Oct 15, 2012 ... Two different studies conclude that the use of **statin** drugs may increase the calcification of coronary artery, which leads to lethal heart disease.

[New Bombshell of Disastrous Statin Side Effects](#)

articles.mercola.com/.../unintended-statin-sideeffect-risks-uncovered.aspx

Jun 12, 2010 ... If you take **statin** drugs without taking CoQ10, your health is at serious risk because there is mounting evidence of some 900 catastrophic side ...

[900 Studies Show Statin Drugs are Dangerous](#)

articles.mercola.com/.../900-studies-show-statin-drugs-are-dangerous.aspx



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From Mark Hyman, MD

<http://drhyman.com/blog/2014/01/06/stop-statins/>

<http://drhyman.com/blog/2012/01/19/why-women-should-stop-their-cholesterol-lowering-medication/>

<http://drhyman.com/blog/2010/09/12/do-statins-cause-diabetes-and-heart-disease/>

<http://drhyman.com/blog/2011/01/28/seven-tips-to-fix-your-cholesterol-without-medication/>

<http://drhyman.com/blog/2010/05/19/why-cholesterol-may-not-be-the-cause-of-heart-disease/>

<http://drhyman.com/blog/2011/06/21/pharmageddon-americas-top-selling-drug-cause-diabetes/>

<http://drhyman.com/blog/2010/05/20/lower-your-risk-of-heart-disease-without-drugs/>