Total Wellness Newsletter

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In this Issue

Message from Renee-

I hope you are enjoying the summer like weather, beautiful spring flowers and budding trees. I am reminded of new beginnings as I gaze at the lake where we live and see a mother duck with 6 baby ducklings trailing behind her. How I love to take in the picturesque surroundings and breathe in joy and peace from the universe. I feel so grateful to be healthy, living in this beauty, and having had the opportunity to know each of you. May you enjoy the summer months, and stay happy and well. I won't be sending out a newsletter in the summer but will get in touch early Sept. to let you know of all the upcoming events we are planning. Our office will be closed for vacation August 13-Sept. 4th. I look forward to hearing from you soon.

Namaste,

Renee

Green before green was cool

Shaklee, a direct seller of nutrition, personal care and household cleaning products, embraced environmental responsibility decades ago, says Fortune's Marc Gunther.

FORTUNE Magazine
By Marc Gunther, Fortune senior writer
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NEW YORK (Fortune) -- When you hear the words "green business," what company comes to mind? Patagonia, maybe? Whole Foods Market (Charts, Fortune 500)? Starbucks (Charts, Fortune 500), or Group Danone's Stonyfield Yogurt?

Probably not Shaklee, a direct seller of natural nutrition and personal care products and environmentally friendly household cleaners. But Shaklee was a green business pioneer before any of those companies were started.

If you are under 30, you may not have heard of Shaklee. A one-time Fortune 500 company that is now mostly in private hands, the Shaklee brand has been "under-marketed" for years, its CEO, Roger Barnett, concedes.

But Shaklee - which was started in 1956 by a chiropractor named Dr. Forrest Shaklee, deploys 7,500 worldwide distributors (many of them homemakers working part-time) and generates nearly $500 million a year in revenues - often has been ahead of its time.

Consider:

*In 1960, following the founder's dictum to "follow the laws of nature and you'll never go wrong," Shaklee introduced Basic-H, one of the first nontoxic, biodegradable household cleaners. It is highly concentrated, so it requires far less packaging than rival products.

*In the 1970s, Shaklee removed phosphates from its laundry detergents, even as other manufacturers fought state and local bans on the chemicals. Many detergents today still contain phosphates, which can lead to buildup of foul-smelling algae in lakes and rivers.

*In 2000, before General Electric (Charts, Fortune 500) created "Ecomagination" or Wal-Mart (Charts, Fortune 500) embraced sustainability, Shaklee went "carbon neutral" and offset its greenhouse gas emissions. The company built windmills and solar panels to generate emissions-free energy.

*And thoughout its history, Shaklee has relied on networks of direct sellers to spread the word about its products - a concept that in the digital age has become known as "peer-to-peer social networking," as in Facebook and MySpace.

Barnett became chairman and CEO of Shaklee in 2004 when his family investment company, Activated Holdings, and a private equity firm, Ripplewood Holdings, acquired 81 percent of Shaklee from its previous owner, Yamanouchi Pharmaceutical of Japan, for about $310 million.

Barnett, who is 42, is an accomplished executive. A graduate of Yale, Yale Law and Harvard Business School, he made his money by running two successful companies - Arcade Ltd., best known for creating the scent strips in magazines and packaging, and an Internet startup called beauty.com. He's got an interesting family background, too - his father Victor Barnett was once chairman of Burberry, the British-based luxury clothier, and his mother, Helaine Barnett, spent nearly 40 years as a lawyer with the Legal Aid Society of New York, providing legal services to the poor.

He's on a mission to combine profit and purpose. One reason he bought Shaklee, Barnett told me, is because the company has the potential to make money and make a difference in the world as well. The company's natural products, he says, are good for consumers

and for the planet, and its direct-selling business model gives thousands of distributors the opportunity to become successful entrepreneurs.

"Our two products - health and income - are what every government and NGO are trying to deliver to people," Barnett says. "We're creating entrepreneurs by teaching how to sell healthy products to other people."

Barnett said Shaklee's culture and products were in good shape when he bought the company, but that its marketing needs a boost. "We have to introduce Shaklee to another generation of people," he said.

Much of that marketing is word-of-mouth. The direct sales model has worked for such well-known firms as Avon, Mary Kay Cosmetics and Tupperware. Barnett's wife, Sloan, who is a TV reporter in San Jose, Ca., did her part recently by hosting a Shaklee party for about 40 friends at five-story townhouse in Manhattan. Among the guests: Jessica (wife of Jerry) Seinfeld, Renee Rockefeller and Melania Trump.

On a more global scale, Shaklee is partners with the 2004 Nobel Peace laureate, Dr. Wangari Maathai, and her grass roots group, called the Green Belt Movement. The company is backing her efforts to plant 1 billion trees around the world, using its distributors to spread the word. More than half of the company's distributors work outside the United States, most in Asia.

Daniel Esty, a Yale professor and co-author of "Green to Gold," about how sound environmental practices help companies to innovate and create value, says: "I don't know of a company that is doing more to make environmental stewardship part of its core business practice and its commitment to the public than Shaklee."

As many of you know I have been using Shaklee supplements and household products for over 10 years with my own family and clients. Please call our office if you would like to try some of these great green products.

Facts About Iodine & Your Health

from Designs for Health

Fact #1:

Today 1 in 7 American women (almost 15 percent) will develop breast cancer during their lifetime. Thirty years ago, when iodine consumption was twice as high as it is now (480 µg a day) 1 in 20 women developed breast cancer. Iodine was used as a dough conditioner in making bread, and each slice of bread contained 0.14 mg of iodine. In 1980, bread makers started using bromide as a conditioner instead, which competes with iodine for absorption into the thyroid gland and other tissues in the body. Iodine was also more widely used in the dairy industry 30 years ago than it is now.

Source: http://www.lewrockwell.com/miller/miller20.html

Fact #2:

A study from China that evaluated the relationship between selenium status and thyroid dysfunction concluded that selenium deficiency can impair thyroid function by means of disturbing thyroid hormone metabolism (impaired conversion of T4 to T3) and decreasing antioxidant ability of the thyroid. They also found selenium levels to be inversely associated with thyroid auto-antibodies. In other words, the lower the selenium levels, the more highly positive the thyroid auto-antibodies. Also, serum selenium concentration of the subclinical hyperthyroidism patients was significantly lower than that of the normal controls. The hyperthyroidism patients had higher T4 levels. (Maybe they are having trouble converting into T3 because this requires selenium!!)

Source: Tong YJ, et al. An Epidemiological study on the relationship between selenium and thyroid function in areas with different iodine intake. Zhonghua Yi Xue Za Zhi. 2003 Dec 10;83(23):2036.

Fact #3:

A study performed in Italy by the Department of Endocrinology investigated the effect of selenium supplementation on women with thyroid peroxidase autoantibodies (Hashimotos). The researchers concluded that selenium supplementation during pregnancy and in the postpartum period reduced thyroid inflammatory activity and the incidence of hypothyroidism**.**

Source: The influence of selenium supplementation on postpartum thyroid status in pregnant women with thyroid peroxidase autoantibodies.

Fact #4:

A German Department of Endocrinology performed a similar study and had the same conclusion: “We conclude that selenium substitution (supplementation) may improve the inflammatory activity in patients with autoimmune thyroiditis, especially in those with high activity. Whether this effect is specific for autoimmune thyroiditis or may also be effective in other endocrine autoimmune diseases has yet to be investigated.”

Source: Selenium supplementation in patients with autoimmune thyroiditis decreases thyroid peroxidase antibodies concentrations.

Fact #5:

A study performed in Poland found that women with rheumatoid arthritis had markedly lower serum selenium concentrations as compared to the women without rheumatoid arthritis that they were compared against.

Source: A study on soluble intercellular adhesion molecule-1 and selenium in patients with rheumatoid arthritis complicated by vasculitis.

I apologize for the length of the article, but I think it is important to make sure that you consume now GMO products, particularly Soy. The products I recommend are all non-GMO with the most natural ingredients. Please call our office for more information.

Spilling the Beans

This Spilling the Beans issue is being released during Food Allergy Awareness Week, and is part of our special series on Food Safety and Genetically Engineered Foods. Genetically Engineered Foods May Cause Rising Food Allergies.

Part 1: Genetically Engineered Soybeans

The huge jump in childhood food allergies in the US is in the news often[1], but most reports fail to consider a link to a recent radical change in America's diet. Beginning in 1996, bacteria, virus and other genes have been artificially inserted to the DNA of soy, corn, cottonseed and canola plants. These unlabeled genetically modified (GM) foods carry a risk of triggering life-threatening allergic reactions, and evidence collected over the past decade now suggests that they are contributing to higher allergy rates.

Food safety tests are inadequate to protect public health Scientists have long known that GM crops might cause allergies. But there are no tests to prove in advance that a GM crop is safe. [2] That's because people aren't usually allergic to a food until they have eaten it several times. "The only definitive test for allergies," according to former FDA microbiologist Louis Pribyl, "is human consumption by affected peoples, which can have ethical considerations."[3] And it is the ethical considerations of feeding unlabeled, high-risk GM crops to unknowing consumers that has many people up in arms. The UK is one of the few countries that conducts a yearly evaluation of food allergies. In March 1999, researchers at the York Laboratory were alarmed to discover that reactions to soy had skyrocketed by 50% over the previous year. Genetically modified soy had recently entered the UK from US imports and the soy used in the study was largely GM. John Graham, spokesman for the York laboratory, said, "We believe this raises serious new questions about the safety of GM foods."[4] Critics of GM foods often say that the US population is being used as guinea pigs in an experiment. But experiments have the benefit of controls and measurement. In this case, there is neither. GM food safety experts point out that even if a someone tried to collect data about allergic reactions to GM foods, they would not likely be successful. "The potential allergen is rarely identified. The number of allergy-related medical visits is not tabulated. Even repeated visits due to well-known allergens are not counted as part of any established surveillance system."[5] Indeed, after the Canadian government announced in 2002 that they would "keep a careful eye on the health of Canadians"[6] to see if GM foods had any adverse reactions, they abandoned their plans within a year, saying that such a study was too difficult.

Genetic engineering may provoke increased allergies to soy. The classical understanding of why a GM crop might create new allergies is that the imported genes produce a new protein, which has never before been present. The novel protein may trigger reactions. This was demonstrated in the mid 1990s when soybeans were outfitted with a gene from the Brazil nut. While the scientists had attempted to produce a healthier soybean, they ended up with a potentially deadly one. Blood tests from people who were

allergic to Brazil nuts showed reactions to the beans.[7] It was fortunately never put on the market.

The GM variety that is planted in 89% of US soy acres gets its foreign gene from bacteria (with parts of virus and petunia DNA as well). We don't know in advance if the protein produced by bacteria, which has never been part of the human food supply, will provoke a reaction. As a precaution, scientists compare this new protein with a database of proteins known to cause allergies. The database lists the proteins' amino acid sequences that have been shown to trigger immune responses. If the new GM protein is found to contain sequences that are found in the allergen database, according to criteria recommended by the World Health Organization (WHO) and others, the GM crop should either not be commercialized or additional testing should be done. Sections of the protein produced in GM soy are identical to known allergens, but the soybean was introduced before the WHO criteria were established and the recommended additional tests were not conducted.

If this protein in GM soybeans is causing allergies, then the situation may be made much worse by something called horizontal gene transfer (HGT). That's when genes spontaneously transfer from one species' DNA to another. While this happens often among bacteria, it is rare in plants and mammals. But the method used to construct and insert foreign genes into GM crops eliminates many of the natural barriers that stop HGT from occurring. Indeed, the only published human feeding study on GM foods ever conducted verified that portions of the gene inserted into GM soy ended up transferring into the DNA of human gut bacteria. Furthermore, the gene was stably integrated and it appeared to be producing its potentially allergenic protein. This means that years after people stop eating GM soy, they may still be exposed to its risky protein, which is being continuously produced within their intestines.

Genetic engineering damaged soy DNA, creating new (or more) allergens. Although biotech advocates describe the process of genetic engineering as precise, in which genes—like Legos—cleanly snap into place, this is false. The process of creating a GM crop can produce massive changes in the natural functioning of the plant's DNA. Native genes can be mutated, deleted, permanently turned on or off, and hundreds may change their levels of protein expression. This collateral damage may result in increasing the levels of an existing allergen, or even producing a completely new, unknown allergen within the crop. Both appear to have happened in GM soy.

Levels of one known soy allergen, trypsin inhibitor, were up to 27%. higher in raw GM soy. In addition, although cooking soybeans normally reduces the amount of this protein, the trypsin inhibitor in GM varieties appears to be more heat resistant. Levels in cooked GM soy were nearly as high as those found in raw soy, and up to seven times higher when compared to cooked non-GM soy.[8] This suggests that this allergen in GM soy may be more likely to provoke reactions than when consumed in natural varieties.

Another study verified that GM soybeans contain a unique, unexpected protein, not found in non-GM soy controls. Moreover, scientist tested the protein and determined that it reacted with the antibody called IgE. This antibody in human blood plays a key role in a large proportion of allergic reactions, including those that involve life-threatening anaphylactic shock. The fact that the unique protein created by GM soy interacted with

IgE suggests that it might also trigger allergies. The same researchers measured the immune response of human subjects to soybeans using a skin-prick test—an evaluation used often by allergy doctors. Eight subjects showed a reaction to GM soy; but one of these did not also react to non-GM soy. Although the sample size is small, the implication that certain people react only to GM soy is huge, and might account for the increase in soy allergies in the UK.

Increased herbicides on GM crops may cause reactions. By 2004, farmers used an estimated 86% more herbicide on GM soy fields compared to non-GM.[9] The higher levels of herbicide residue in GM soy might cause health problems. In fact, many of the symptoms identified in the UK soy allergy study are among those related to glyphosate exposure. The allergy study identified irritable bowel syndrome, digestion problems, chronic fatigue, headaches, lethargy, and skin complaints, including acne and eczema, all related to soy consumption. Symptoms of glyphosate exposure include nausea, headaches, lethargy, skin rashes, and burning or itchy skin. It is also possible that glyphosate's breakdown product AMPA, which accumulates in GM soybeans after each spray, might contribute to allergies.]

GM soy might impede digestion, leading to allergies. If proteins survive longer in the digestive tract, they have more time to provoke an allergic reaction. Mice fed GM soy showed dramatically reduced levels of pancreatic enzymes. If protein-digesting enzymes are less available, then food proteins may last longer in the gut, allowing more time for an allergic reaction to take place. Such a reduction in protein digestion due to GM soy consumption could therefore promote allergic reactions to a wide range of proteins, not just to the soy. No human studies of protein digestion related to GM soy have been conducted.

Soy linked to peanut allergies. There is at least one protein in natural soybeans that has cross-reactivity with peanut allergies.[10] That means that for some people who are allergic to peanuts, consuming soybeans may trigger a reaction. While it is certainly possible that the unpredicted side effects from genetic engineering soybeans might increase the incidence of this cross-reactivity, it is unlikely that any research has been conducted to investigate this. GM soy was introduced into the US food supply in late 1996. We are left only to wonder whether this had an influence on the doubling of US peanut allergies from 1997 to 2002.

Eating GM foods is gambling with our health

The introduction of genetically engineered foods into our diet was done quietly and without the mandatory labeling that is required in most other industrialized countries. Without knowing that GM foods might increase the risk of allergies, and without knowing which foods contain GM ingredients, the biotech industry is gambling with our health for their profit. This risk is not lost on everyone. In fact, millions of shoppers are now seeking foods that are free from any GM ingredients. Ohio-based allergy specialist John Boyles, MD, says, "I used to test for soy allergies all the time, but now that soy is genetically engineered, it is so dangerous that I tell people never to eat it—unless it says organic."[11]

Organic foods are not allowed to contain GM ingredients. Buying products that are certified organic or that say non-GMO are two ways to limi your family's risk from GM

foods. Another is to avoid product containing any ingredients from the seven food crops that have been genetically engineered: soy, corn, cottonseed, canola, Hawaiian papaya and a little bit of zucchini and crook neck squash. This means avoiding soy lecithin in chocolate, corn syrup in candies, and cottonseed or canola oil in snack foods. Fortunately, the Campaign for Healthier Eating in America will soon make your shopping easier. This Consumer Non-GMO Education Campaign is orchestrating the clean out of GM ingredients from foods and the natural products industry. The campaign will circulate helpful non-GMO shopping guides to organic and natural food stores nationwide. The Campaign will provide consumers with regular GM food safety updates that explain the latest discoveries about why, Healthy Eating Means No GMOs.

Jeffrey M. Smith is the author of the new publication Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods, which presents 65 risks in easy-to-read two-page spreads. His first book, Seeds of Deception, is the top rated and #1 selling book on GM foods in the world. He is the Executive Director of the Institute for Responsible Technology, which is spearheading the Campaign for Healthier Eating in America. Go to www.seedsofdeception.com to learn more about how to avoid GM foods.

RECIPE OF THE MONTH: SMOOTHIES

Smoothie Recipes to Enjoy For The Summer

Soy Milk Smoothie
1 cup Plain or Vanilla Soy Milk
1 ripe frozen banana
1 cup frozen strawberries
1 scoop soy protein powder
Blend all in blender

Yogurt Smoothie
1 cup fage plain yogurt – This is my favorite brand as it has low sugar and a lot of protein, you can substitute another brand if you prefer
1 scoop vanilla whey protein powder
1 ripe banana
1 cup ripe strawberries or fruit in season
½ cup ice
Blend all in a blender or use mixer

Orange Julius
1/2 cup Orange Juice
½ cup Organic Skim Milk or Milk Substitute
2 Tbsp. Soy or Whey Protein
2 Tbsp. Vanilla Extract
½ cup ice
Blend all in a blender or use mixer

Questions or Comments?

This newsletter is being brought to you free of charge from Total Wellness Nutrition. Please direct questions and/or comments to:

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