



of the Week...

You are *MORE* Than What You Eat

Research presented at the American Association for Cancer Research meeting in Washington DC, found that diet induced "epigenetic" DNA modifications can be passed to future generations. In other words, what you eat can affect your children's and grandchildren's health, even if they eat healthy themselves.

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Top Ten Health Care Myths – Part 3 of 5

Myth #5 – People lose their health because of bad luck or bad genetics

This medical myth will have you believe that disease strikes without cause and therefore the patient cannot do anything to prevent disease through healthy lifestyle choices. Medicine considers itself scientific (another myth) but fails to acknowledge that all **disease always has a cause** and that often, that cause has to do with improper nervous system function, toxicity, nutritional deficiencies and a lack of exercise. Disease is almost never a matter of bad luck or bad genes.

Myth #6 – Screening=Prevention

Screening isn't prevention...period. In fact, nearly all the popular screening methods may play a role in causing disease like upping the

possibility of breast cancer, due to excessive radiation exposure, when women submit to mammography.

Myth #7 – Good Insurance=Good Health

This is the myth that contributed to the drug makers push for health care reform. The myth that having health insurance will provide some sort of magical protection against disease. The reality is that health insurance doesn't make you healthy! It is only YOU and your choices about foods, toxic chemicals, exercise and having a healthy nervous system as part of a healthy lifestyle, that makes one healthy.

Myth #8 – Vaccines make you healthy

The idea that vaccines protect you from infectious disease is blatantly false in the long term. Example: this year's flu shot actually...

The Bottom Line...The Bottom Line...The Bottom Line...

Real prevention of disease must involve disease prevention through nutrition, patient education about the causes of disease and lifelong changes in eating habits. Yet western medicine teaches doctors little or nothing about these things. So called Modern Medicine doesn't even seem to *believe* in such ideas. Yet, we know that your personal and lifestyle choices are still the primary factors in determining whether or not you develop a degenerative disease. Health PAYS!!!

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