



life & Health

Why Are We Getting Sick

Have you noticed it's getting harder to be healthy? We sure have. We rely on air, water and food to sustain us. The quality of our air, water and food has changed. We don't notice when we consume a pollutant here or an additive there—they don't seem to harm us. Eventually, however, the pollutants and additives along with stress add up—to the point we get sick. Let's look at a few of the reasons:

- Air:** Isn't it wonderful to breathe deeply when hiking in the mountains or relaxing on a remote ocean beach? In our cities and towns, breathing deeply may not be as satisfying an experience. As a result of deforestation and chemicals released from industrialization, the air we breathe today has a mixture of thousands of different toxins in it. Not only that, but the air has about 30% less oxygen than what we enjoyed 200 years ago. One source put it another way, the amount of CO₂ in our air is increasing by 6.6 billion tons per year. We all inhale the air surrounding this planet. Evidence of our air pollution is found even in pristine areas in the far north. As glaciers recede, tests on recently exposed soil indicate industrialized pollutants. As individuals we add to the pollution with our automobile and lawn mower exhaust. Our lungs may not be passing along as rich and nourishing a mix as we need.
- Water:** Chemical fertilizers and pesticides leached from our soils often find their way to our drinking water. In addition, heavy metals from industry may contaminate both our ground and surface water. Reports are also surfacing that the widespread use of pharmaceuticals has resulted in residues of these drugs in our sewer systems ... and thus our water systems. On top of all this, the relatively stagnant nature of our water delivery systems encourages the growth of microbes so we add toxic chemicals like chlorine or chloramines to this soup... Then we call it drinking water!
- Soils:** Dirt is dirt or soil is soil. Or is it? Most of our soils are sadly anemic. That means, just like many of us, they're tired. Why? Chemical fertilizers have created nutritional deficiencies. The vegetables and fruits are then as deficient in nutrients

as the soils that nurture them. This makes them prey to bug infestations—just as a weakened body plays host to beasties like parasites and viruses. We spray layer after layer of toxins on the plants to kill bugs. Now we have a double whammy to deal with—one, fewer nutrients to help our immune systems, and two, an increased load of toxins with which our immune systems must wrestle.

 **Foods:** At the turn of the last century, about 90% of the food available went from the farmer to the table—unpackaged and unprocessed. Today, it's the other way around, about 90% of the food in a supermarket is dead—packaged, refined and stripped of nutrients. Once eaten, our cells have to struggle with the foreign invaders—additives such as coloring, sweeteners, flavorings, and preservatives. Add to this insult hybrid forms of grains, vegetables and fruits developed for storage potential or resistance to bugs rather than for nutritional content—and the allergies we may suffer as a result. Then there's the cruel way animals are raised in crowded, confined circumstances and injected with a concoction of antibiotics and hormones. Diseased meat and poultry often pass inspection and land on our dinner plates.

For an exposé and fascinating look at what has happened to our food and water supplies, as well as why it has happened read, *Modern Foods* by David Casper.

 **Stress:** Many of us are running on a treadmill. To maintain a high standard of material living, family life often suffers. Life becomes a round of work, eat and not enough sleep. Recreation and relaxing activities are sandwiched into weekends. Often our hectic lifestyle and what we see as our responsibility to keep up with our society's material standards means debt, debt and more debt. Our stress is increased if our life and work are not in harmony with our heart. It is important to love both what we do and who we are.

Despite our water systems, soils, food supply and stress, we still expect our body to build healthy cells. It's enough to make a cell up and quit or make us sick! Which brings us to the question:

What is Sickness or Disease?

If we don't understand the disease process and how we create it, we put a label on the disease and look for drugs, surgery, herbs and vitamins to cure it. The natural health movement has helped many of us recognize how we create disease. Over time, we give

our bodies too many toxins to deal with—including stress—and too few nutrients to build with. Our cells are overwhelmed and body tissue breaks down. Voilá, we get sick!

Are we depressing you yet? Then we better not mention: Electro-magnetic radiation (EMR's) from power lines and a myriad of electrical appliances including computers and cell phones · Lots and lots of synthetic materials and glues to build houses and furniture · Cosmetics and body care products with harmful additives · Genetically altered and irradiated foods · Mass vaccination programs · Mercury amalgams in our teeth · Overuse of antibiotics · Lack of exercise. Whew!

Where is the love in this world we have created?

Our food and product supply is being driven solely by profit. We must all start caring ... caring about ourselves, our families, our community and our earth. We need to support people and companies that care by purchasing their products. We used to recommend buying organic. Pressure from the mass production food industry has resulted in governments lowering the requirements for foods to be labelled organic. We believe that foods raised on soil that is nourished by caring farmers—who use time-honored methods to enrich the soil to ensure an abundance of healthy microbes that, in turn, produce vegetables, fruits, and grasses that are rich in nutrients—are superior to foods raised with chemical fertilizers and pesticides. Foods that meet the lowered organic standards are not as rich in nutrients and as healthy as foods raised by local farmers who have a passion for the soil and growing nourishing foods, even though they may not have an official organic label.

We understand that you may be feeling overwhelmed at this point. In our journey to better health, we've found knowledge is a good starting point. Frustration comes if we feel we need to act on new information all at once. Our experience has shown us that making one small change at a time is best. That's the way most of us learned to walk—one step at a time. Sometimes the change hasn't stuck and we've reverted back to less desirable habits. Eventually, however, a change stays with us and many small changes over time add up to a big difference.