

DENITO CHIROPRACTIC CLINIC, P.C.

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Dr. James Denito, D.C.

Another newsletter packed full of valuable information for you to survive and succeed in present day America.

The first point of focus is you, the target of corporate bottom-lines and political disinformation. Are you one of seven Americans that now live in poverty? Or are you part of the one in four that are technically obese? Not you? The one in six that fights the Herpes virus? Still not you, how about the one million people that die each year from cardiovascular disease, or the 500,000 that will die from cancer? If you're getting depressed, than you've joined the one in four gang. But don't go out and commit any crimes, the jails are full with over one million fellow Americans serving time.

I'm sorry to start out with harsh, hard facts, but do you really understand what the gravity of our situation is? America is going to be lost unless we care enough to prevent it from happening. How can we show concern when we apparently have no concern about our own bodies! Don't rely on the orthodox medical profession to prevent these things from striking you or your loved ones. Rely on common sense, your intuitions, your instincts, your love and decency! Rely on yourself and your religious convictions. Don't rely on some bureaucrat to tell you it's ok and the government will take care of you.

So, how many of you still smoke? If you said yes, please check your new life insurance policies, the day may come soon when smoking is considered suicide, of which many policies won't pay in the first two years!

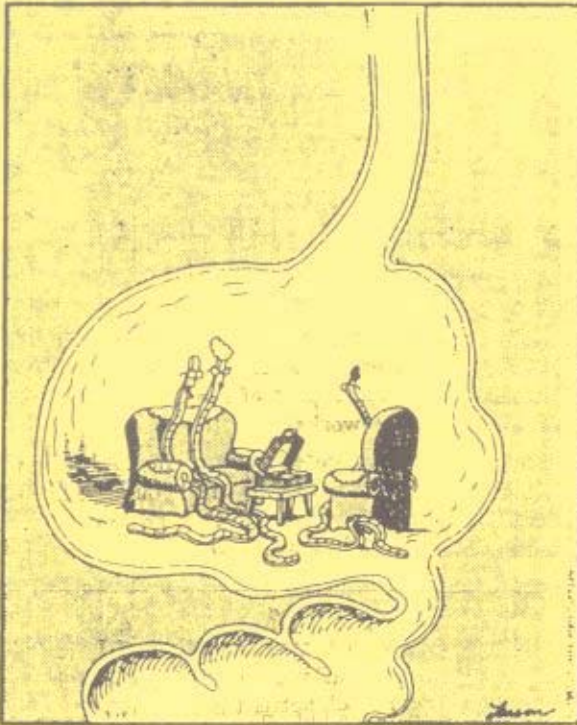
Look at the rules for being Human I found in a publication. Make your own opinions please:

The Rules for Being Human

- 1) You will receive a body. You may like it or hate it, but it will be yours for the entire period.
- 2) You will learn lessons. You are enrolled in a full-time informal school, called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
- 3) There are no mistakes, only lessons. Growth is a process of trial and error: experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works."
- 4) A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
- 5) Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
- 6) "There" is no better than "here." When your "there" has become a "here," you will simply obtain another "there" that will, again, look better than "here."
- 7) Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
- 8) What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
- 9) Your answers to life's questions lie inside you. All you need to do is look, listen and trust.
- 10) You will forget all this.
- 11) You can remember it whenever you want.

(Source unknown)

We are putting on a class Oct.20,'92 at 7pm for those interested in healthy cooking. We will demonstrate various kitchen appliances, shopping and storage techniques, vegetarian food preparation, recipe books. There will be a question and answer period as well as foods to sample! The entire evening should last about two hours. We will provide child sitting on the premises for free. However, the class is \$8.00 when you call ahead to confirm, and \$10.00 at the door. Place is at my office. This is your chance to see our diet in action. My wife Karen will be in charge of the evening. Come out & learn something, this opportunity may not come again soon!



"Well, I'm not sure if we can afford stomach insurance — right now we're trying to put the kids through the small intestine."

I'd like to share some simple, helpful hints to try in our otherwise complicated society. If you insist on eating cheeses, a good way to prevent mold is to wrap the stuff in a cloth dampened with salt water. You still have to refridgerate however.

How about trying yogurt to clean piano keys. Or use tobacco in an old nylon stocking, and hang in a closet where moths might be found. Works safer than mothballs. You smokers, here's something to do with those cigarettes when you crumble them up!

Try polishing brass with worcestershire sauce, followed by a quick rub of olive oil. Or, throw in a handful of salt to a strong fire in your fireplace, it helps clean the flue.

If you have some stale white bread, I hear it cleans suede well. Cola is good for cleaning alot of things, such as guns and chrome. I believe some people actually drink the stuff!

And don't forget club soda, it cleans stains such as wine, or grease from clothes and spots from rugs. You can put some in fruit juice to make natural sodas, for those reformed cola drinkers.

If any kids (or some unlucky adults) swallow a coin or other metal object, use a metal detector to see if it's still in the body. Don't own one you say, go to the airport security, it will give them a needed change.

Does anyone have my book POSITIVE DISCIPLINE? It was in my lending library but cannot be found. We must have forgotten to record the borrower's name when it left. Anyway, I need it to loan to another haggard parent.

Did you want to bear a left-handed child? Well, odds increase steadily past the age of 25, to more than double when you pass 40. Does anyone have ideas on this one?

Does your insurance still cover chiropractic care in my office? If not, does it really matter for what little most of you actually spend? Are you not going to get a valuable spinal adjustment and the associated benefits to spite your insurance co.? Chiropractic care and the healthy lifestyle it espouses is insurance! The insurance industry is beginning to collapse under the burden of supporting 13% of this country's GNP. Get out of this dependency, and learn how not to need expensive medical coverage. These ideas can be harvested from my brain on any visit to my office, ASK!



"Whoa! That was a good one! Try it, Hobbs—just poke his brain right where my finger is."

CAROTENOID NEWS

Q: *What makes a squash yellow, a carrot orange, a tomato red?*

Q: *Why do leaves turn colors in the fall?*

Q: *What may be the most important health discovery of this decade?*

A: Carotenoids!

Nature's Crayons

Simply put, carotenoids are like Nature's tools for coloring the world, creating the yellow, orange, and red colors in fruits and vegetables. In green plants (such as spinach) these carotenoids are covered up by chlorophyll...that's why autumn leaves turn from green to sunset colors in the fall. Altogether, there are about 600 members of the carotenoid family.

Nutrition's Newest Superheroes

Up until recently, the most talked-about carotenoid has been beta-carotene. Today,

however, the entire family is being hailed by the scientific community as a "must-have" group of nutrients with properties that may offer profound protective benefits against the diseases people worry about most: cancer and heart disease.

The first clues to the relationship between cancer and carotenoids appeared in the 1970s, when researchers began to notice that — across all populations all over the world — where diets were rich in beta-carotene and other carotenoids, the rates for lung, colon, prostate, and cervical cancer were low. Since then, a flood of supporting evidence has come to light.

New Research Findings

• Cancer Protection

Diets rich in carotenoids have been associated with a lower risk of developing many kinds of cancer.¹ Recent studies have also specifically targeted carotenoids other than beta-carotene (including alpha-carotene, cryptoxanthin, lutein, and lycopene) as having anti-cancer effects.²

• Cataract Protection

Research has shown that people who consumed fewer than 3.5 servings of fruits and vegetables daily had an increased risk of developing cataracts.³

• Immune System Enhancement

Studies suggest that carotenoids enhance both antimicrobial functions and immunity against tumors by increasing activity of natural killer cells.⁴

• Heart Disease Protection

Cardiovascular disease events dropped almost 50% in a group of heart-disease-prone men who took beta-carotene supplements every other day for five years.⁵

• Longevity

Dr. Richard Cutler from the National Institute on Aging, Gerontology Research Center supports a significant link between lifespan and plasma carotenoid levels. He states that "carotenoids may be biologically active not only as a protective agent, but also as a longevity determinant."⁶

FAST FACT:

Americans' Favorite Vegetable = Potatoes

Americans' Favorite Fruit = Bananas

How many mg of carotenoids do these favorites add to your daily carotenoid intake?

NONE.

1. Ziegler R: "Vegetables, fruits, and carotenoids and the risk of cancer." *Am. J. Clin. Nutr.* 53:251S-75 (1991).

2. Van Eenwyk J, Davis F, Bowen, P: "Dietary and serum carotenoids and cervical intraepithelial neoplasia." *Int. J. Cancer* 48:34-38 (1991).

3. Jacques P, Chylack L: Epidemiologic evidence of a role for the antioxidant vitamins and carotenoids in cataract prevention." *Am. J. Clin. Nutr.* 53:352S-55 (1991).

4. Bendich A: "Carotenoids and the immune response." *Am. J. Clin. Nutr.* 119:112-115 (1989).

5. Hennekens C: The U.S. Physicians' Health Study. Channing Laboratory, Dept. of Medicine, Harvard Medical School (preliminary information).

6. Cutler R: "Antioxidants and aging." *Am. J. Clin. Nutr.* 53:373S-80S (1991).

7. Committee on Diet and Health, Food and Nutrition Board, Commission on Life Sciences, National Research Council: Diet and health: Implications for reducing chronic disease risk. Washington D.C., National Academy Press (1989).

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