WE, THE PEOPLE, HAVE CHOICES - KNOWLEDGE IS CHOICE!

HERE'S SOME WEBSITES TO CHECK OUT FOR EYE OPENING INFORMATION:

EarthSave International	www.earthsave.org
Factory Farming	www.factoryfarming.com
Friends of Animals	www.friendsofanimals.org
Grassroots Recycling Network	www.grrn.org
Greenpeople Directory	www.greenpeople.org
In Defense of Animals (IDA)	www.idausa.org
International Fund for Animal Welfare	www.ifaw.org
Meat Stinks	www.MeatStinks.com
Monsanto, Searle, Pharmacia & Upjohn	www.pharmacia.com
People for the Ethical Treatment of Animals	www.peta-online.org
The Vegetarian Resource Group	www.vrg.org
Vegetarian Central	www.vegsource.org
VegSource	www.vegsource.com
World Society for the Protection of Animals	www.wspa.org.uk

We've been doing various cleanses since the last two years. The intestinal, liver, gallbladder, brain, eyes, and kidney cleanses and having amazing results ranging from emotional cleansing to being more proactive and clear headed. I quit smoking in May 2001, and since a "one month intestinal cleanse" at the beginning of 2002 and eating a 100% plant based diet (minus a couple experiments with fish in the beginning) and 75-80% raw organic plant foods, we just haven't felt like drinking alcohol or eating meat, poultry, fish, or dairy. We did another intestinal cleanse for the month of July. We feel so much more grounded, connected, energetic, alive, clear, quick, motivated, creative, and passionate with each cleanse we have done.

Also, after each cleanse, it's been effortless to be more and more healthy in mind, body, and spirit. Cleansing physically, by removing toxins with the herbs, fluids, raw, organic plant source foods and bentonite/ psyllium shakes has made us more alive mentally and spiritually. Cleansing makes the body more alkaline, more aligned with clean foods which are non-mucous-forming. Reading and educating ourselves has given us much motivation and knowledge which makes it easy to cleanse because it just makes sense (mind over matter).

We now have found information which is giving us much more clarity and understanding about what our own role and responsibility is in our health and our environment.

We are learning about all the unconscionable, false information we are constantly bombarded with by the meat ($800 million spent annually by McDonald's to advertise it's products) and dairy ($190 million spent annually by the dairy

industry on just the Milk Mustache ads) industries. In contrast, the National Cancer Institute spends $1 million a year promoting fruits and veggies. Corporate need to succeed, the nature of disconnection from our food sources created by mass-market production and distribution, big business's disregard for the vitality of all life on earth and control over mainstream news and media and billions of dollars pumped into the advertising machine has been the vehicle for big business to control mainstream society with advertising dollars, creating unscrupulous misconceptions about health. Everyone must read The Food Revolution by John Robbins, Fast Food Nation and Reefer Madness by Eric Schlosser, and No Logo by Naomi Klein.

We really don't need fish, meat, and dairy for our daily weekly calcium, protein, omega-3s, b-12, etc.! Ironically, good health is on the contrary! Even with small amounts of animal based foods there is an increased prevalence of heart disease, cancer, and similar diseases. In fact, dairy and meat products increase the risk of prostate and ovarian cancer, diabetes, obesity, heart disease, osteoporosis and bone/hip fracture. Animal protein, table salt (sodium chloride), refined sugar, and coffee produce calcium loss. 28mg of calcium is lost in the urine of a woman after eating a hamburger. The list goes on.

One of our biggest health problems is the consumption of cooked oils which includes fish, meat, and poultry because of their fats. Heat makes oils go rancid and the cells mutate and become unstable. When ingested, they cause not only congestion in the body in the form of acidity, mucous, clogging of arteries, headaches, and joint and muscle pain, but the unstable cells cause confusion and disease including cancer. If you were to do just one thing for your health, avoiding cooked oils would make a huge difference, just try it and see how you feel. Keep in mind that almost every food in a package, bottle or can on the shelves in the grocery store has been pasteurized (heated to kill all the enzymes so they longer shelf life). So even dairy and juices have been cooked before. Educate yourself so you yourself can choose your poisons!

Just a few more notes from The Food Revolution by John Robbins (he has extensive footnote references backing up and cross checking all of the facts, statistics, etc.):
-Only 5-10% of all cancers are caused by genetic mutations.
-By contrast, 70-80% have been linked to diet and other behavioral factors.
-Risk of colon cancer in women who eat red meat daily compared to those who eat it less than once a month is 250% greater.
-Risk of colon cancer for people who eat poultry 4x a week compared to those who abstain is 200-300% greater.
-Risk of prostate cancer for men who consume high amounts of dairy products is a 70% increase.
-A low-fat plant-based diet would not only lower heart attack rate about 85% but would lower the cancer rate 60%.

-Breast cancer rate for affluent Japanese women who eat meat daily compared to poorer Japanese women who rarely or never eat meat is 8.5x greater.
-The primary route through which many environmental carcinogens enter the human body is through food and specifically through animal products. If we eat high on the food chain today, we expose ourselves to levels of environmental toxicity that have never before existed on earth...radiation, pesticides, xenoestrogens (synthetic chemicals which mimic or block estrogen in the human body), and many others. Much of the damage is caused by "persistent organic pollutants", pops, a group of highly toxic, long-lived, bio-accumulative chemicals. The harmful effects of these long-lasting compounds have only begun to be discovered in recent years, because they can emerge years (and sometimes generations) after exposure...from cancer to reproductive health effects to learning disorders and reduced immunity. 90% of people's total intake of these compounds are from foods of animal origin.
-Dioxin is an extraordinary carcinogenic and perilous threat to the health and biological integrity of human beings and the environment.
-A McDonald's Big Mac has up to 30% of recommendation for daily dioxin intake.
-Up to 95% of human dioxin exposure comes from red meat, fish, and dairy products.
-In Aug. 2000, 2200x the allowed level of dioxin in a "serving" of wastewater discharge into SF bay from the Tosco Refinery was found in a sample serving of Ben and Jerry's brand ice cream.
-A 1997 report funded by the American Institute for Cancer Research in collaboration with its international affiliate, the World Cancer Research Fund, analyzed more than 4,500 research studies. The results: 60-70% of all cancers can be prevented by staying physically active, not smoking, and most important, by following the report's#1 dietary recommendation: "Choose predominantly plant-based diets rich in a variety of vegetables and fruits, legumes, and minimally processed starchy staple foods."
-The vast majority of all cancers, cardiovascular diseases, and other degenerative illnesses can be prevented simply by adopting a plant-based diet.
-Most common problem for which people go to doctors in the US: high blood pressure.
-Incidence of very high blood pressure in meat eaters compared to vegetarians: 13x higher.
-Incidence of high blood pressure among senior citizens in US: more than 50%.
-Incidence of high blood pressure among senior citizens in countries eating traditional low-fat, plant-based diets: virtually none.
-Just like antibiotics obliterate good bacteria in humans causing pathogenic bacteria to proliferate and vulnerability to disease, so is the same with meat, dairy, fish, and poultry which are routine injected with excess amounts of antibiotics.
-Why are they being injected? The filthy, crowded conditions of today's commercial factory farms cause harmless microorganisms to mutate into virulent pathogens.

-Why are they being irradiated? Rapid processing takes place where animals are being killed and gutted (330 animals/hour) in dirty slauterhouses where workers are knee deep in blood. In this rapid process, intestines get punctured and feces released all over, then the carcass is dipped in a cold water bath, feces and all, producing complete feces-contaminated meat.
-Contrary to the what is widely known, the deadly E. coli poisoning infests 89% of U.S. ground beef.
-Chicken flesh, duck, turkey, beef, pork, eggs, milk, and milk products are responsible for outbreaks of Campylobacter and Salmonella which have been recognized as a major problem in the U.S.
-5,000 people every day become ill with Campylobacter poisoning and more than 750 fatalities are reported a year in the U.S.
-More than 650,000 Americans are sickened from eating Salmonella-tainted eggs a year and over 600 Americans a year are killed.
-70% of American chickens and 90% of turkeys are sufficiently contaminated with Campylobacteria.
-A former USDA microbiologist says of todays processed chicken,"The final product is no different than if you stuck it in the toilet and ate it." A study by the University of Arizona found higher levels of coliform bacteria in the American kitchen than on the rim of the toilet.
-Many strains of deadly bacteria are not killed with heat (pasteurization)or food irradiation(cold pasteurization) (by the way, all meat is now exposed to high levels of nuclear radiation equivalent to 2.5 million chest x-rays), which in itself causes a host of unnatural and sometimes unidentifiable, potentially carcinogenic chemical compounds to be formed within the food, as well as mutant bacteria and viruses. Irradiation also destroys the vitamins A,B-1,C, K, and E.
The list goes on and on AND ON.

-To get the essential omega-3's (which converts to DHA, critical for the body) one can eat two teaspoons of flax oil a day (great on salads!).
There are 6 1/2 pages about fish in The Food Revolution by John Robbins that you've got to read. It just gets more and more interesting or should I say arresting. What's shocking is how well documented and backed up all of his references are. I think after reading this, you'll have a better idea about fish.
-Farmed fish have potentially dangerous levels of toxic chemicals. And the careless high tech fishing practices of commercial and private fisheries are drastically depleting usable and unusable fish in the wild. In 1997, 34% of all fish species were vulnerable to or in immediate danger of extinction. Now it has progressed further than anyone has expected. The difficulty for them to fill their quotas has caused them to haul in smaller and smaller fish, leaving the larger ones with no food, etc.. 2/3 of swordfish caught in the North Atlantic today are too young to breed!

-Amount of fish caught per person, worldwide, sold for human consumption in 1996: 16 kilograms.

-Amount of marine life that was hauled up with the fish and discarded, per person, in 1996: 200 kilograms.
-Amount of world's fish catch fed to livestock: Half.
-Likely result if current overfishing trends continue: Wholesale collapse of marine ecosystems.

Eric Schlosser, the author of poignant book, Fast Food Nation points out:
The FDA spends most of its time and money on regulating drugs, not food. So, although they may have some guidelines(below), they rarely enforce them. There's just not enough manpower.

Here's the FDA website's info: (read for insight to the problems with eating fish, knowing that most of these concerns are not regulated properly)

http://www.cfsan.fda.gov/~dms/fdsafe3.html

Seafood can be exposed to a range of hazards from the water to the table. Some of these hazards are natural to seafood's environment; others are introduced by humans. The hazards can involve bacteria, viruses, parasites, natural toxins, and chemical contaminants.

The HACCP system that seafood companies will have to follow will help weed out seafood hazards with the following seven steps:

- Analyze hazards. Every processor must determine the potential hazards associated with each of its seafood products and the measures needed to control those hazards. The hazard could be biological, such as a microbe; chemical, such as mercury or a toxin; or physical, such as ground glass.
- Identify critical control points, such as cooking or cooling, where the potential hazard can be controlled or eliminated.
- Establish preventive measures with critical limits for each control point.
- Establish procedures to monitor the critical control points. This might include determining how cooking time and temperatures will be monitored and by whom.
- Establish corrective actions to take when monitoring shows that a critical limit has not been met. Such actions might include reprocessing the seafood product or disposing of it altogether.
- Establish procedures to verify that the system is working properly.
- Establish effective recordkeeping.

Also, under FDA's HACCP regulations, seafood companies have to write and follow basic sanitation standards that ensure, for example, the use of safe water in food preparation; cleanliness of food contact surfaces, such as tables, utensils, gloves and employees' clothes; prevention of cross-contamination; and proper maintenance of hand-washing, hand-sanitizing, and toilet facilities.

In addition, molluscan shellfish handlers must follow a few additional rules; for example, they must obtain shellfish only from approved waters and only if they are properly tagged, which indicates that they have come from an approved source.

FDA estimates that more than half of the seafood eaten in this country is imported from almost 135 countries. The agency now requires for the first time that seafood importers take certain steps to verify that their overseas' suppliers are providing seafood processed under HACCP.

FDA periodically inspects seafood processors and warehouses. Required HACCP records will enable the agency to determine how well a company is complying over time.

The safety features of FDA's HACCP regulations are incorporated into the National Seafood Inspection Program of the Department of Commerce's National Oceanic and Atmospheric Administration. For a fee, NOAA inspects seafood processors and others, checking vessels and plants for sanitation and examining products for quality. The agency certifies seafood plants that meet federal standards and rates products with grades based on their quality. Seafood processors in good standing with the program are free to use official marks on products that indicate the seafood has been federally inspected.

Additional Protections

FDA promotes seafood safety in other ways, including:

- Setting standards for seafood contaminants. FDA has established a legally binding safety limit for polychlorinated biphenyls and guidelines for safety limits for six pesticides, mercury, paralytic shellfish poison, and histamine in canned tuna. (Histamine is the chemical responsible for scombroid poisoning.)
- Administering the National Shellfish Sanitation Program, which involves 23 shellfish-producing states, plus a few non-shellfish-producing states, and nine countries. The program exercises control over all sanitation related to the growing, harvesting, shucking, packing, and interstate transportation of oysters, clams and other molluscan shellfish.
- Lending its expertise to the Interstate Shellfish Sanitation Conference, an organization of federal and state agencies and members of the shellfish industry. The conference develops uniform guidelines and procedures for state agencies that monitor shellfish safety.
- Entering into cooperative programs with states to provide training to state and local health officials who inspect fishing areas (for example, shellfish beds), seafood processing plants and warehouses, and restaurants and other retail places.

- Working with NOAA to close federal waters to fishing whenever oil spills, toxic blooms, or other phenomena threaten seafood safety.
- Sampling and analyzing fish and fishery products for toxins, chemicals and other hazards in agency laboratories.

FDA also does extensive seafood safety research at its Gulf Coast Seafood Laboratory at Dauphin Island, Ala., and its seafood laboratories in Bothell, Wash., and Washington, D.C.

Research projects include:

- Identifying a legally binding action level for histamine in fish to protect consumers from scombroid poisoning.
- Developing chemical indicators for detecting decomposed fish. Decomposition is now identified by organoleptic techniques, in which highly trained people use their sense of smell and sight to determine quality. Hoskin says that chemical indicators could help reduce costs of training people in this highly skilled area and provide a quantitative rather than a qualitative measure of decomposition. "Once you've trained an organoleptic analyst, the technique is a fast, efficient way to detect decomposed fish," he says. "But a chemical indicator will make people think the measure is more objective."

Animal Alliance of Canada www.animalalliance.ca
http://www.enn.com/direct/display-release.asp?id=3452
Even in Asia, the ancient home of aquaculture, vegetarian fish like Tilapia and Carp are now being fed fishmeal and fish oil for faster weight gain and marketability.

Unfortunately, the FDA puts the emphasis on food handling as the culprit for food poisoning. The real cause of the alarming increase of food poisoning (the stomach flu is a euphemism for bad bacteria, viruses, and parasites in food) is the sickness and sick environment and treatment of the animals, poultry, and fish in the factory farms including the fish farms. Please just do yourself a favor and find out what is in the meat, dairy, poultry, and fish you are eating: feces, urine, artificial hormones, puss, and antibiotics to start. Where does it come from? What more can I say. I don't want to eat that. And they pasteurize/irradiate these foods to supposedly kill the bacteria, viruses, and parasites growing in them. Which mutates the cells but does not clean the food! There are also many bacteria eggs that survive irradiation and high heat. But the grossest part is the dirtiness and cruelty of it all. Find out from the people who have worked at the slaughter houses and farms. And just be weary that any business which is consistently selling dairy products, even if it's organic is still artificially impregnating the goats or cows so they become pregnant and swollen all the time with their utters attached to machines for milking. The male calves which are born and not able to produce dairy are raised in tiny pens where they

cannot move ever in their short life and then they are slaughtered as veal. What else is going to be done with all the male calves being born?

Check out some of the websites at the top of this info. Just see for yourself.