



# The Body ReNEWS

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## Tuna Omega-3 and Cod Liver Oil—Good For Your Brain

Standard Process Cod Liver Oil addresses vitamin A deficiency and vitamin D deficiency while supporting the body's natural inflammatory response and a healthy immune response. Careful processing ensures this cod liver oil maintains its natural profile of vitamin A, vitamin D, omega-3 fatty acids, and a small amount of coenzyme Q10 (CoQ10). The benefits of Standard Process Cod Liver Oil are:

- Provides EPA and DHA omega-3 fatty acids that, according to the United States Food and Drug Administration, may reduce the risk of coronary heart disease
- Supports immune response
- Supports healthy eyes and skin
- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support mood challenges and liver function

- Supports the body's natural inflammatory response
- Contains small amounts of naturally occurring CoQ10†
- In convenient perles with a natural lemon flavor
- Standard Process Cod Liver Oil tested for purity by a third party

Tuna Omega-3 Oil delivers essential omega-3 fatty acids (including DHA and EPA). This is a natural profile of tuna oil, not a concentrated form. The benefits of Tuna Omega-3 Oil are:

- Supports normal lipid profile
- Supports the body's natural inflammatory response
- Provides antioxidants
- Third-party tested for environmental contaminants
- Supports cognition
- DHA is important for proper fetal eye and brain development
- Supports the nutritional needs of the mother and baby during lactation

- Supports skin/hair health
- Supports emotional balance†
- Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.\*

During the month of March, Tuna Omega-3 and Cod Liver Oil will be 10% off the regular price. Tuna Omega-3 comes in a bottle of 120 perles for \$21.00 and Cod Liver Oil comes in a bottle of 180 perles for \$39.00.



## SIGN UP NOW

The next installment of our self-care class will be on Hand Care. This class will be interactive and will focus on self-massage techniques to aid in relieving symptoms from rheumatoid arthritis, carpal tunnel syndrome, trigger finger, Herberden's nodes, and more. The class will last for an hour. Classes will be on March 13th and March 27th at 12:00 pm and 5:30 pm. The cost of the class is \$15 (nonrefundable) and must be paid to hold your spot. Class size is limited, so sign up for your spot now.



## American Foods Chockfull of Ingredients Banned in Other Countries by Dr. Mercola

More than 3,000 food additives — preservatives, flavorings, colors and other ingredients — are added to foods in the United States.

While each of these substances are legal to use in the US, whether or not they are safe for long-term consumption — by themselves or in combination — is a different story altogether. Many have been deemed too harmful to use in other countries.

When you consider that about

90 percent of the money Americans spend on food goes toward processed foods loaded with these additives, it's no wonder most people are carrying a hefty toxic load that can wreak havoc on their health.

A list of ingredients that are banned across the globe but still allowed for use in America recently made the news. The list is featured in the new book, *Rich Food, Poor Food*, authored by nutritionist Mira Calton and her husband Jayson.

The banned ingredients include various food dyes, the fat substitute Olestra, brominated vegetable oil, potassium bromate (aka brominated flour), Azodicarbonamide, BHA, BHT, rBGH, rBST, and arsenic.

Seeing that the overall health of Americans is so much lower than other industrialized countries, you can't help but wonder whether toxic ingredients such as these might play a role in our unhealthy conditions.

Meanwhile, Russia has announced that it plans to extend a ban on U.S. beef, pork and turkey imports coming into effect this month, due to the feed additive ractopamine in the meats. Ractopamine is a growth stimulant banned in several countries, including Russia.

Most commonly, additives are included to slow spoilage, prevent fats and oils from going rancid,

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## American Foods Chockfull of Ingredients Banned in Other Countries (cont. from page 1)

prevent fruits from turning brown, fortify or enrich the food with synthetic vitamins and minerals to replace the natural ones that were lost during processing, and improve taste, texture and appearance. When reading product packages, here are some of the most common food additives to watch out for:

- **Preservatives:** sodium benzoate, sodium nitrite, potassium sorbate, BHA, BHT, TBHQ
- **Sweeteners and artificial sweeteners:** fructose, high fructose corn syrup, aspartame, sucralose, acesulfame potassium (acesulfame-K)
- **Artificial colors:** FD&C Blue Nos. 1 and 2, FD&C

Green No. 3, FD&C Red Nos. 3 and 40, FD&C Yellow Nos. 5 and 6, Orange B, Citrus Red No. 2

- **Artificial flavors/Flavor enhancers:** monosodium glutamate (MSG), hydrolyzed soy protein, autolyzed yeast extract

According to the Caltons, the 13 additives listed in the chart below are the worst of the more than 150 individual ingredients they investigated during their six-year long journey, which took them through 100 different countries.

What's the simplest way to avoid harmful food additives? Ditch processed foods entirely. (If you live in Europe you may have more op-

tions than Americans, as you may be able to find some processed foods that do not contain any synthetic additives.) About 90 percent of the money Americans spend on food is spent on processed foods, so there is massive room for improvement in this area for most people.

Swapping your processed food diet for one that focuses on fresh whole foods may seem like a radical idea, but it's a necessity if you value your health. And when you put the history of food into perspective, it's actually the processed foods that are "radical" and "new." People have thrived on vegetables, meats, eggs, fruits and other whole foods for centuries, while processed foods were only recently invented.

If you want to eat healthy, I suggest you follow the 1950s (and before) model and spend quality time in the kitchen preparing high-quality meals for yourself and your family. If you rely on processed inexpensive foods, you exchange convenience for long-term health problems and mounting medical bills.

When it comes to staying healthy, avoiding processed foods and replacing them with fresh, whole foods is the "secret" you've been looking for. Additionally, the more steps your food goes through before it reaches your plate, the greater your chances of contamination becomes. If you are able to get your food locally, you eliminate numerous routes that could expose your food to contamination with disease-causing pathogens

Ingredient	Found in	Health Hazards
Coloring agents: blue 1, blue 2, yellow 5, and yellow 6	Cake, candy, macaroni and cheese, medicines, sport drinks, soda, pet food, and cheese	Most artificial colors are made from coal tar, which is a carcinogen
Olestra (aka Olean)	Fat-free potato chips	Depletion of fat-soluble vitamins and carotenoids. Side effects include oily anal leakage
Brominated vegetable oil (aka BVO)	Sports drinks and citrus-flavored sodas	Competes with iodine for receptor sites in the body, which can lead to hypothyroidism, autoimmune disease, and cancer. The main ingredient, bromine, is a poisonous, corrosive chemical, linked to major organ system damage, birth defects, growth problems, schizophrenia, and hearing loss
Potassium bromate (aka brominated flour)	Rolls, wraps, flatbread, bread crumbs, and bagel chips	See bromine above. Associated with kidney and nervous system disorders, gastrointestinal discomfort
Azodicarbonamide	Breads, frozen dinners, boxed pasta mixes, and packaged baked goods	Linked to asthma
BHA and BHT	Cereal, nut mixes, gum, butter, meat, dehydrated potatoes, and beer	BHA may be a human carcinogen, a cancer-causing agent. BHT can cause organ system toxicity
Synthetic hormones: rBGH and rBST	Milk and dairy products	Linked to breast, colon, and prostate cancers
Arsenic	Poultry	EPA classifies inorganic arsenic as a "human carcinogen"