



Cornerstone of Life
Healthy Living for Mature Adults

Healthy Living Newsletter

(GM) GENETICALLY-MODIFIED FOODS

*The major article in this month's "HEALTHY LIVING NEWSLETTER" will focus on **Proposition 37**, the historic bill that is on the California Ballot and if passed, it will require **genetically-modified (GM)** foods and food ingredients to be labeled at the retail level in California. California is the first state to garner a significant number of signatures, over 100,000 to have this issue placed on the ballot. About a year ago Vermont tried to place this issue on their ballot and "**MONSANTO**" threatened Vermont with a huge lawsuit and bullied the state into cancelling the initiative. Later in this article I will explain why GMO's are bad for people, especially young people, but now I am going to give you a list of the top ten companies providing the funds for "No on 37" and most of these companies are not even located in California.*

1. **Monsanto Company**, St. Louis, MO-Contribution \$7,100,500
2. **E.I. Dupont & Co.**, Washington, D.C.-Contribution \$4,900,000
3. **BASF Plant Science**, Research Triangle Park, NC-Contribution \$2,000,000
4. **Bayer Crop Science**, Research Triangle Park, NC-Contribution \$2,000,000
5. **Dow Agrosciences LLC**, Indianapolis, IN-Contribution \$2,000,000
6. **PepsiCo, Inc.**, Purchase, NY-Contribution \$1,716,300
7. **Nestle USA, Inc.**, Glendale, CA-Contribution \$1,169,400
8. **Coco-Cola North America**, Atlanta, GA-Contribution \$1,164,400
9. **ConAgra Foods**, Omaha, NE-Contribution \$1,076,700
10. **Syngenta Corporation**, Washington DC-Contribution \$1,000,000

These are just the ten largest contributors and they total over \$25,000,000 to defeat a food labeling bill named **Proposition 37**. The question I would ask myself is why these and many more companies are spending this kind of money to defeat a bill requiring all food products that contain **Genetically Modified Ingredients** to be labeled, when there have been hundreds of scientific studies that show the severe health hazards that are caused by consuming these **GMO** foods. Obviously these companies care more about profits than human life.

THE GMO DEBATE IS OVER: There is no longer any legitimate, scientific defense of growing **GMO** crops for human consumption. The only people still clinging to the outmoded myth that **GMO's** are safe; are the scientific and other corporate mercenaries with financial ties to

Monsanto and the biotech industry. **GMO's** are an anti-human technology and they threaten the continuation of life on our planet as we know it. Corporations that promote this technology, by definition are enemies of humankind. New science and real evidence is coming out daily that paints a completely different picture. **GMO's** may be creating an entire generation of cancer victims and are absolutely unfit for human consumption. France and most other European nations have banned the planting and growing of genetically modified crops. Russia and other countries have banned the import of **GM** corn from the United States. The **GMO** industry does not want any independent research conducted on **GMO's**. They do not want long term feeding trials and they most certainly do not want studies conducted by scientists they cannot control with financial ties. The tactics of companies like Monsanto and the biotech industry are: 1. Hide **GM** ingredients in food 2. Falsify the research to claim **GMO's** are safe 3. Manipulate the scientific debate by bribing scientists 4. Deny over and over just like Big Tobacco, DDT, Agent Orange and everything else that has been making us sick and causing serious health issues over the last 50 years. Society must respond in defense of our health, the right to know and choose what foods we eat. Monsanto is now the #1 most evil and hated corporation in America and many other parts of the world.

DEFINING GMO'S-SCIENTIFIC EVIDENCE:

-Australia's Commonwealth Scientific and Industrial Research Organization has developed a variety of **GM** wheat that contains an altered protein and enzyme suppressing mechanism that some scientists are now saying could cause serious problems for the human liver that will very likely lead to liver failure and eventually death and children born to parents who consume this **GM** wheat could actually end up dying before reaching the age of five. The Gene Technology Regulator has given the ok for two human field trials with this **GM** wheat and barley and the new **GM** genes can enter the body and silence human genes.

-You can search the internet and you-tube for a French scientific study using and feeding rats **GM** Corn. It is a two year study and one of the most important studies regarding the feeding of **GMO** food and the horrible growth of cancer tumors in a short period of time. **[As a side note, lab rats are used in all food studies because their life span is about two years and their bodies process food similar to humans, therefore the short term studies are the same as long term studies on humans]** Also, Monsanto refused to give or allow them to buy any **GMO** seeds to grow the corn for their study and it took over six months to locate the seeds as they are only available to industrial agriculture corporations and farmers that are made to use their seeds.

-If **GMO** labeling is mandated in California, the "Big Six" chemical and bio-genetic companies will lose billions of dollars in annual revenue and that is why they are spending over 25 million to kill Proposition 37. Since large food conglomerates distribute their offerings nationwide, mandatory labeling in California, the world's eighth largest economy, **will cause sweeping changes across the country as well. This is why it is crucial for Californians get out to the polls on November 6 and vote YES on Prop. 37.**

GMO'S ARE UNFIT FOR HUMAN CONSUMPTION

VOTE YES ON PROPOSITION 37

THE SWEET SIDE OF VINEGAR

We commonly use vinegar and oil as a salad dressing, however, is there more to this modest, fermented product? Vinegar was mentioned many times throughout history as having medicinal and hygienic qualities. These references span the Bible, Cleopatra, and our Civil War. Japan's Samurai warriors used vinegar to promote strength, power and long life. Traditional Chinese Medicine declines modern drugs in favor of a protocol that includes vinegar. Our wise grandmothers used vinegar to ward off and treat infections. I personally use raw Apple Cider Vinegar for many health reasons as noted on the following list:

- Helps skin stay youthful, vibrant and healthy
- Helps to remove artery plaque, infections and body toxins
- Helps to fight germs, viruses, bacteria and mold
- Helps retard old-age onset in humans, pets and farm animals
- Helps regulate calcium metabolism
- Helps protect against food poisoning
- Helps banish dandruff, rashes and shingles
- Helps remove crystals and toxins from the joints, tissues and organs
- Helps fight arthritis
- Helps control normal body weight
- Helps prevent itching scalp, baldness and dry hair
- Helps digestion, assimilation and normalization of body PH
- Helps de-tox the body so sinus, asthma, and flu sufferers can breathe easier
- Helps banish acne, athlete's foot and soothes burns and sunburns
- Helps relieve sore throats, laryngitis, throat tickles and gum toxins
- Helps regulate women's menstrual cycles and relieves PMS and UTI
- Helps swimmers ear and ear infection
- Helps keep blood at the right consistency

My favorite product is Braggs raw unfiltered Apple Cider Vinegar. Please note that this article does not state cure, but that it helps and assists certain health issues. I take one tablespoon in a 12oz glass of water daily. (sometimes I forget)

CAN TOO MUCH SUGAR IMPAIR YOUR BRAIN?

It is a well known fact that an excess of dietary fructose (sugar) can harm your body by setting up conditions for diabetes, obesity and fatty liver. Recently a new UCLA study is the first to show how a steady diet high in fructose can damage your memory and learning. The study was published in the

Journal of Physiology. Researchers investigated the effects of high-fructose corn syrup (HFCS), a cheap sweetener six times sweeter than cane sugar, which is used in most soft drinks, processed foods, condiments and even many baby foods. **[As a side note, lab rats are used in all food studies because their life span is about two years and their bodies process food similar to humans, therefore the short term studies are the same as long term studies on humans]** Consuming large amounts of fructose block insulin's ability to regulate how your brain cells store and use sugar for the energy needed to fuel thoughts and emotions. The average American consumes 47 pounds of cane sugar and 35 pounds of high fructose corn syrup (HFCS) per year. Researchers concluded that a high fructose diet harms your brain as well as your body. As Paul Harvey used to say, **"NOW THE REST OF THIS STORY."** Currently over 30% of Americans are not only overweight, they are obese and it is projected by the year 2030, 42% will be obese. America has cultivated a toxic culture that has written *real food* and *exercise* right out of the script. **HIGH FRUCTOSE CORN SYRUP TURNS ON YOUR "FAT SWITCH"** and High Fructose Corn Syrup is a **GMO** (Genetically Modified Organism) food product.

THE ROAD MAP FOR LIVING HAPPY

Excerpts from an article by Chuck Norris

Recently, I have been discussing the areas around the world called "Blue Zones," where people poles apart and unconnected enjoy longer and healthier lives. They do so, studies reveal, not through magic pills, surgery or medication, but through the food they eat, the people with whom they choose to spend time with and the fruits of sustained activity and a shared perspective on life without stress. A recent poll reveals that over half of Americans live with moderate stress and a quarter say they are living under severe stress. Children have become silent carriers of the family stress and the consequences are severe. The Center for Disease Control has stated that stress is the primary cause of 90% of all sickness and disease. For the first time in American history, our kids are likely to have shorter life spans than their parents. For Americans, the pursuit of happiness is not only a GOD given right but also a constitutional right. Benjamin Franklin stated, "The Constitution only guarantees...the right to pursue happiness, you have to catch it yourself. Fortunately for us, there is a good deal of science now being applied to the process of defining what happiness is. Here are some things to consider in finding your personal road map:

- Your chances for a happy and satisfying life are not determined by genetics; they are based more on the choices you make in life.
- People who prioritize family goals are happier than those who prioritize career and material success.
- Long relationships (not just marriage) are a key to good health.
- Laughter, even the anticipation of a good laugh, can lower stress hormones significantly.
- Helping others actually helps you. Performing a few simple good deeds per day raised and lowered depression.
- The happiest people are those who are able to avoid arguments, let go of resentments and therefore build close relationships.
- Most important is the relationship with GOD and attending regular services and having close Christian friends are keys to a more satisfying life, a University of Wisconsin-Madison study found.

While you consider the above items, do not forget that it is time to create policies and practices in your life that will stack the deck in your favor, towards health and happiness and possible change the world around you.

CONTROL BLOOD PRESSURE NATURALLY, NOT WITH DRUGS

A recent *New York Times* article is calling for more people to control their blood pressure. According to the CDC, 67 million Americans have high blood pressure, and 36 million with uncontrolled high blood pressure. Though most people are taking pharmaceutical medication with extreme side effects, it has been proven that natural methods like diet, exercise and natural supplements are much better options. It is always better to explore natural solutions first. Drugs cannot improve health like lifestyle changes and dietary intervention. Controlling blood pressure with drugs is also associated with an increased risk of death. Diet and exercise show benefits far beyond prescribed medication.

BLOOD PRESSURE-LOWERING FOODS: Foods for healthy blood pressure include dark chocolate, whey protein, fresh wild caught fish, celery, citrus, green peppers, garlic, onion, apples. Herbs such as thyme and chamomile may easily improve blood pressure. Replacing table salt with unrefined sea salt or potassium-balances salts may also improve blood pressure. Sweet potatoes, greens, beans, nuts, seeds, non starchy fruits and vegetables can improve all indices of cardiovascular health. Conversely, starchy foods, refined carbohydrates and trans fats contribute to high blood pressure. As a reminder “ORGANIC” foods are better for an overall healthy lifestyle.

BLOOD PRESSURE-LOWERING SUPPLEMENTS: Dietary supplements are also effective in managing blood pressure. A high dose vitamin D reduces inflammation, insulin resistance, deaths from cardiovascular complications and reduced blood pressure by 20% in several studies. Natural supplements such as Olive leaf, Grape seed, Resveratrol, Hawthorn**, Vitamin C, Coenzyme Q10, and Capsaicin (cayenne pepper) have been shown to reduce blood pressure. B vitamins contribute to healthy blood pressure. Conversely, supplements that increase blood pressure include Ephedra, Siberian ginseng, Bitter orange and Licorice.

People are developing high blood pressure at an alarming rate, setting the stage for future cardiovascular disease. The main reasons for our blood pressure epidemic are overweight, obesity, poor nutrition and lack of exercise. WE ARE A FAST FOOD NATION and it is slowly killing us because we do not understand or care about proper nutrition. Huge corporations are more concerned about profits than the health of America.

Thank-you,
Dennis Shollenburg

Disclosure

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