



SEPTEMBER 2011

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Can the Use of Plastics Contribute to the Cause of Cancer?

In your daily life, how many items do you use, eat out of, or buy that contains plastic? Asking a question like that in today's day and age is similar to asking someone from the 1950's how often did you cook with lard? Many have ignored the truth behind the usage of certain plastic containers. Homes built before 1978 were often painted with lead-based paint, a known item that can cause: brain damage, nerve disorders, hearing problems, headaches, reproductive problems, high blood pressure, memory or concentration problems, muscle or joint pain, (Environmental Protection Agency of the United States, 2010). As a society we often find out about the effects of toxic items once it is too late. Like lead-based paint, plastic can also be a toxic item. During "2003 and 2004 the National Health and Nutrition Examination Survey performed by the Center for Disease Control and Prevention detected BPA, (a chemical found in certain plastics, and is known to cause negative effects on the human body) in 93% of urine samples collected from more than 2,500 adults and

children over the age of 6," (New York Times, 2008). Why can this particular plastic be so harmful, and how would one know if it is in one's home? Certain studies have proven the toxicity of BPA, (Bisphenol-A). Numerous studies on rats have proven that exposure to BPA can result in: development of breast cancer, precancerous prostate lesions, spontaneous miscarriages, altered reproductive tract, altered immune system, changes in brain chemistry, and the list continues, (Colburn, Our Stolen Future). Of course anything bad for you at low levels of exposure over time will affect your body in some way, but how do you know which plastics contain BPA? Most plastic containers have a number on the bottom in order to assist with recycling. Numbers: 1, 2, 4, and 5 are safe for you and your home and are safe to recycle.



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Can Coconut Oil Help Individuals That Suffer From Alzheimer's Disease?

How can coconut oil help individuals with Alzheimer's disease? Coconut oil is the best source of saturated fats. Foods rich in saturated fats help create ketones. Ketones are beneficial to individuals with: Huntington's disease, multiple sclerosis, Lou Gehrig's disease, Type I diabetes, Type II diabetes and Alzheimer's disease. When ever the body breaks down fats for energy, it creates these organic compounds known as ketones which are by-products. Alzheimer's disease occurs when a part of the brain declines in it's production of glucose. Certain levels of glucose are needed for the

brain to function properly. Maintaining a ketogenic diet can help assist the brain with these diseases. A ketogenic diet is basically a low carbohydrate diet or a paleo diet, (consisting of gluten free, dairy free and preservative free foods). These types of diets are quite common for neurological disorders. According to an article written by Health Improvements Principles, "Certain saturated fats, called medium chain triglycerides (MCTs), go straight to the liver -- long chain fats go through the lymphatic system -- and are metabolized...

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Gluten Free Coconut Chocolate Chunk Scones



Photo by Author: Carol of Libertyville, IL

- Servings: 16
 Preparation Time: 15 minutes
- 2 1/2 cups almond meal*
 - 1/2 teaspoon [salt](#)
 - 1/2 teaspoon baking soda
 - 1/3 cup [organic sugar](#)
 - 2 large [eggs](#)
 - 1/3 cup [coconut oil](#) (melted)
 - 1/3 cup [shredded coconut](#) (toasted)
 - 1/2 cup chopped pecans
 - 1 cup [dark chocolate chips](#) or chunks

- Preheat oven to 350 degrees F.
- Line sheets with parchment paper.
- In a large bowl, combine almond meal, salt and baking soda. Whisk together sugar, eggs and coconut oil in a smaller bowl.
- Stir the wet ingredients into the dry ingredients until well combined. Then fold in remaining ingredients.
- Drop the batter in scant 1/4 cup portions onto the baking sheet. Brush the tops with cream or egg wash if desired.
- Bake 14-17 minutes until golden brown, or toothpick inserted in the center of a scone comes out clean. Cool for 20-30 minutes before serving.

"Gluten Free Coconut Chocolate Chunk Scones." Carol of Libertyville, IL. Retrieved on August 18th, 2001 from: <http://www.freecoconutrecipes.com/index.cfm/2011/8/8/gluten-free-coconut-chocolate-chunk-scones>

Something to Think About

Did you know that **aspirin** can do all this?

1. **Preserve cut flowers**-drop a tablet or 2 in the vase of fresh cut flowers to keep them looking beautiful.
2. **Remove sweat stains from clothing**-dissolve 2 tablets in 1/2 cup of water and let them sit on the area for a couple hours
3. **Relieve insect wounds**-wet the infected area and rub a tablet of aspirin over the wound to relieve discomfort
4. **Cure dandruff**-crush 2 tablets in with your shampoo, let sit for a couple minutes

5. **Removes nicotine and grass stains**-blend 2 tables of aspirin and some water together, let it sit on are of 15 minutes
6. **Removes bathtub rings**-blend aspirin and water into a paste, let it sit on the area for 5-10 minutes
7. **Keep your Christmas Tree healthy**-drop a couple tablets of aspirin into the water dish below your tree
8. **Clean rust spots**-set a tablet over the small rust stain with a little water, and wait 10-15 minutes
9. **Acne mask/exfoliates skin**-mix a

smashed tablet of aspirin with a little water and facial cleanser to problematic areas to dry out the oils.

For more ideas on how to use aspirin go to:

<<http://www.mritechnicianschools.org/50-amazing-and-everyday-uses-for-aspirin/>>

"50 Amazing and Everyday Uses for Aspirin." *MRI Technician Schools*. MRI Technician Schools, 01 Aug 2011. Web. 22 Aug 2011. <<http://www.mritechnicianschools.org/50-amazing-and-everyday-uses-for-aspirin/>>.

**Can the Use of Plastics...
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The plastic containers that contain the number 7 are made from polycarbonate, a hard shatter-proof plastic that is found in plastic bottles, and the lining of canned goods, ([New York Times](#), 2008). To lower your exposure to these harmful plastics, be sure to buy items in glass versus plastic. Look for items that say, "BPA Free" on them, and never microwave anything in plastic since heat causes plastic to outgas. When a plastic outgases it is intensifying your exposure to harsh chemicals. Never leave a bottle of water in the sun or expose it to heat, this will release molecules of plasticizer. I am sure you have taken a sip of a warm drink that has been sitting in your hot car all day, and you have probably noticed it did not taste the same. That flavor difference was due to the chemical reaction of the heat and the plastic releasing itself into your liquid item.



Be aware and stay healthy.

"A Hard Plastic is Raising Hard Questions". Parker-Pope, Tara. *New York Times*. Apr 22, 2008. <<http://www.nytimes.com/2008/04/22/health/22well.html>>>
 Our *Stolen Future*. Dr. Theo Colborn, Dianne Dumanoski, Dr. John Perterson Myers, 2002.
 "The Toxicity of Plastic". Dadd, Debra Lynn. *Green Living Q & A*, Jun 25, 2007. <<http://greenlivingqa.com/content/toxicity-plastic>>>

**Can Coconut Oil Help...
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right away, creating lots of ketone bodies in a short time. So, eating lots of coconut oil (about 65% MCTs) essentially does the same thing in producing ketones as does a very low-carb diet," (2009). Glucose is the brains main source of energy. With most of the earlier listed neurological disease, the brain has a malfunction when it comes to metabolizing glucose in order to sustain health brain cells. Without this glucose, the brain cells die and the brain can not function causing problems such as: memory loss, behavior problems, and inability to think in a lucid manner. In a study conducted by Dr. Mary Newport, she gave her husband who suffered from Alzheimer's disease; 2 tablespoons of virgin coconut oil mixed in with his oatmeal for breakfast over a course of 2 weeks. Her husband, Steven Newport, was unable to draw a clock from memory, which is a common effect of an individual with

Alzheimer's disease. Dr. Mary Newport quoted, "After two weeks of taking coconut oil, Steve Newport's results in an early onset Alzheimer's test gradually improved. Before treatment, Steve could barely remember how to draw a clock. Two weeks after adding coconut oil to his diet, his drawing improved. After 37 days, Steve's drawing gained even more clarity," ([St. Petersburg Times](#), 2008). There have been other studies that have proved the benefits of ketones. In 2005, patients with Parkinson's disease had reduced stiffness and tremors after maintaining a ketogenic diet for a month. For ideas of how to use coconut oil in your daily regime, check out our recipe for "Gluten Free Coconut Chocolate Chip Scones," or look up other recipes at: www.freecoconutrecipes.com

Alzheimer's and Ketone Bodies from Coconut Oil." *Free the Animal* (2009): n. pag. Web. 18 Aug 2011. <<http://freetheanimal.com/2009/08/alzheimers-and-ketone-bodies-from-coconut-oil.html>>.

"Gluten Free Coconut Chocolate Chunk Scones." Carol of Libertyville, IL. Retrieved on August 18th, 2001 from: <http://www.freecoconutrecipes.com/index.cfm/2011/8/8/gluten-free-coconut-chocolate-chunk-scones>

Henderson, S. "Ketone bodies as a therapeutic for Alzheimer's disease.." *NCBI PubMed* (2008): n. pag. Web. 18 Aug 2011. <<http://www.ncbi.nlm.nih.gov/pubmed/18625458>>.

Times Wire, . "Doctor says an oil lessend Alzheimer's effects on her husband." *St. Petersburg Times* (2008): n. pag. Web. 16 Aug 2011. <<http://www.tampabay.com/components/video/coconut-oil-continues-to-help-alzheimers-patient/31439860001>>.

Quote of the month...



"It is not length of life, but the depth of life."

-Ralph Waldo Emerson

Caption courtesy of Bd Chawngthu
<http://jestomaniac.blogspot.com/2011/02/life.html>