

Your guide to better living

Gensel Nutrition Center
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Commercial Meat

Dr. Gordon R. Gensel, DC

APRIL 2007

Educational Seminar

What's in Your Food?

"How to Read the Labels on the Food You Buy!"

Speaker: Dr. Gordon Gensel
Date: Tuesday, April 10th, 2007
7:00 p.m. - 8:30 p.m.
Casanova Oak Knoll Park Center
735 Ramona Ave., Monterey
(831)646-5665

Pre-registration Required:
Pre-register at the Monterey
Recreation & Community Services
Dept., 546 Dutra St., (831)646-3866
Or online at
www.monterey.org/rec/online. (You
will need to file an account
activation form the first time you
register online)

Call our office at (831)649-6336 with
any questions.

*20% of ground meat
obtained in the
supermarkets contains
salmonella.*

*Of that 20% that was
contaminated with
salmonella, 84% was
resistant to at least one
form of antibiotic.*

*New England Journal of
Medicine, Oct. 18, 2001,*

Hormones & Antibiotics

You will find these in meats (primarily beef , pork and chicken) and dairy products. Most of your luncheon meats will contain these stimulants in addition to unfavorable preservatives such as sodium nitrite.

rBGH (recombinant bovine growth hormone also know as rBST or recombinant bovine somatotropin) has been approved since 1993 by the FDA because of data provided by Monsanto, the maker of rBGH.

rBGH is associated with increased risk of cancer, primarily breast and prostate. Samuel Epstein, MD, Professor at the University of Illinois, to Dr. David Kessler of the FDA in Sept 1994 issue of *Preventative Medicine Update* writes...

"I am writing to express grave concerns about the risks of breast cancer from consumption of rBGH/IGF1 produced in milk." rBGH causes insulin growth factor 1 (IGF1) when given to cows.

IGF1 is a growth factor for human cancer cells, maintaining their malignancy, progression, and invasiveness.

*"IGF-I reacts in a synergistic manner with estrogen, and plays a role in the growth and proliferation of ovarian cancer."
J-Clin-Endocrinol-Metab, Feb. 1994, 78*

←Antibiotics result in a decreased immune system and resistant bacteria.

Those who had consumed diets higher in processed meats showed a greater risk of developing recurrent colorectal adenomas. Those with diets high in certain white meats, like chicken, were less prone to this risk.
Science Daily, December 21, 2005

Researchers have also found that eating processed meat 5 or more times per week increased a man's risk of developing type 2 diabetes by nearly 50%.
Diabetes Care March 2002;25:417-42

Spray-On Virus'

Gensel Nutrition Center approved

Corn & Black Bean Salsa

1 5oz black beans, cooked

1 C corn kernels

½ C fresh cilantro,
chopped

3 T fresh lime juice

2 T balsamic vinegar

½ t ground cumin

¼ t salt

Combine all ingredients.

Refrigerate up to 3 days.

Yields: 4 cups

The FDA has approved a mix of six bacteria-killing viruses designed to be sprayed on ready-to-eat meat and poultry products. Lunch meats are particularly vulnerable to Listeria because they are generally not cooked or reheated after purchase.

Consumers will not be informed as to whether their meat and poultry products have been treated with the spray. To be honest, this policy provides meat vendors with more leeway to get away with poor quality control, poor hygiene and meat that's too old because it takes away some of the bacteria.

If you haven't been concerned about processed meats yet, here's one more reason: At one point, the FDA had concerns this spray-on concoction might contain some toxic residue from the bacterial mix of sprays. The agency claims human contact with these residues in small quantities doesn't cause health problems, but are you willing to bet they won't?

Protein Sources

The overriding theme behind this newsletter: Where your meat ultimately comes from and how it's prepared makes all the difference in the world to your health. Before you take your next bite of processed meat, commercial steak or chicken, consider all the problems that come with them.

We suggest you try to seek out a cleaner source for your protein needs.

25% of your diet needs to be from a protein source. Good protein sources are: Beans, seeds, nuts, sprouts, eggs, chicken, turkey, fish, lean beef, ostrich, and bison. These need to be from a clean source that is labeled "organically grown", "free range", "no antibiotics", "no hormones", etc.

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

Gensel Nutrition Center is located at 660 Camino Aguajito Ste. 100, Monterey, CA. To make an appointment for a nutritional consultation, please call 831-649-6336 or email gensel@redshift.com.

Gensel Nutrition Center provides this monthly newsletter free of charge. If you would like to sign up to receive our monthly newsletter and announcements via email, please contact us at: gensel@redshift.com.

Federal Law requires that we warn you of the following:

1. The information provided in this article is for educational purposes only.

2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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