

Genetically Modified Foods: The Uninvited Guests at Your Dinner Table



A recent documentary entitled *The Future of Food* was shown in theaters in the US. It detailed how genetically modified (GM) foods are creeping into the food supply with the help of giant corporations like Monsanto & DuPont.

Experts estimate that 70% of food products in the supermarket contain at least 1 GM ingredient, most commonly from corn, soy, cottonseed or canola.

GM foods: Created by taking a gene from one plant, animal or microorganism & inserting it into the DNA of another.

Goal: To improve a certain characteristic of a food. To make it grow faster, resist disease, be more nutritious, repel insects or be more able to withstand harsh growing conditions.

Concerns: Chiefly, that genes from bioengineered plants/animals might inadvertently mix with natural genes, forever altering the planet's ecosystem in ways impossible to predict.

Europe: The debate over whether any of this is necessary, helpful or even safe has raged for over a decade now. In Europe, it's a volatile issue; labeling is mandatory. Several other countries have banned GM crops

US: If you want to opt out of GM foods—whether out of personal health concerns or concern for the environment—here is advice from *Environmental Nutrition*:

- (1) **Go Organic:** USDA regulations require certified organic foods not contain GM.
- (2) **Scan labels:** Common GM ingredients are corn oil, corn syrup, cornstarch, soy sauce, soy protein, soy oil, lecithin, cottonseed oil and canola oil.
- (3) **Advocacy:** Join the push by writing your congressional representatives. Help increase awareness of GM foods.
- (4) **Info:** “**The True Food Shopping List**” from Greenpeace, a non-profit environmental advocacy group at www.greenpeace.org. It's an extensive list of foods with & without GM ingredients.



Is senility an inevitable result of aging for everyone?

In the US about 4.5 million Americans live with Alzheimer's Disease (AD), the most common form of dementia. Heredity accounts for relatively few cases of dementia, even AD. There's plenty you can do to help maintain your brain for years to come, which includes the same things you do to prevent heart disease.

Protect Heart/Head: Vascular dementia results from small strokes (TIAs) that alter blood supply to the brain, crippling cognitive ability. To reduce the risk of TIAs, control BP & cholesterol with a healthy lifestyle & medication as needed.

- ♥ Eat plenty of fruits & veggies (5-9 servings daily) to boost your potassium intake.
- ♥ Limit saturated & trans fats by eating less meat. Eat fish twice weekly at least.
- ♥ Take a daily multivitamin that provides at least 100% B6, B12 & folic acid.
- ♥ Exercise your brain by solving puzzles, visiting a museum, & increasing social participation.

A banana has 4x the protein, 2x the carbs, 3x the phosphorus, 5x the Vitamin A & iron as an apple. Maybe it's time to change that well-known phrase to “A banana a day keeps the Dr away! (Dennis)”



A B Cs of a SICK SPIRIT

ANXIETY: I Peter 5:7 & Proverbs 12:25

ATTITUDE: Php 2:3

BITTERNESS: Eph 4: 29-32

CONCEIT: Php 2:3

DOUBT: James 1:6

CURE: Shifting our focus from God creates sickness of the Spirit. Spiritual healing is accomplished by rededicating ourselves to the Alpha & Omega, the First & the Last, the Beginning & the End (Revelation 22:13).

What Parents & Friends Need to Know

The number of families who are affected by mental, emotional & behavioral problems in young people is significant. These problems, often called “disorders” are a source of stress for the child, family, school & community.

As many as 1:5 children or adolescents may have a mental health problem that can be identified & treated. **Warning Signs that Something May be Amiss:**



| Preschool age | Elementary school age | Preteen & Adolescents |
|--|--|---|
| Difficulty going to sleep | Difficulty going to sleep or taking part in normal age-appropriate activities | Sustained negative mood attitude, often accompanied by poor appetite, difficulty sleeping or preoccupation with death |
| Frequent unexplainable Temper tantrums | Frequent unexplainable Temper tantrums | Opposition to authority, truancy, theft, vandalism and frequent violation of rights of others |
| Hyperactivity: Fidgeting or constant movements | Hyperactivity; Steady, noticeable decline in school performance | Abuse of alcohol, and/or drugs or Heavy tobacco use |
| Pattern of deliberate Disobedience/aggression | Pattern of deliberate Disobedience/aggression; Poor grades in school despite trying hard; Pronounced difficulties with attention or organization | Frequent angry outbursts or inability to cope with problems/daily activities; Marked change in school performance or sleeping habits; Sexual acting out; threats of self harm or violence toward others; Self injury, talk of suicide or actual violence requires immediate attention. If necessary, take your child to the ER where a psychiatric assessment can be done. |
| NO SHAME | NO BLAME | ALWAYS TRUST YOUR INSTINCTS! |



Rhubarb Season Is Near!

1 C unbleached flour + 1 C whole-wheat flour + half C sugar + half tsp soda + 1 tsp baking powder + pinch of salt. Stir to evenly mix. Set aside.

Combine 2 egg whites, 2 T canola oil, 2 T applesauce, 2 tsp grated orange peel, three-fourths C OJ: Beat until smooth with a mixer. Add flour mixture.

Blend until moist but lumpy. Stir in 1 & one-fourth C chopped rhubarb. Bake 350 for 30 minutes.

Prayer: Lord, help us recall that renewal often takes place in community, not in isolation. May we not be too proud to ask for Your help by asking for help from Your children, our sisters & brothers. Amen.