



Please Read This!

Every now and again we come across groundbreaking information that answers a lot of questions and makes sense of a lot of scattered thoughts and beliefs. I was privileged to read an article by Dr Jeffrey Bland published in the Journal of Integrative Medicine in July 2007. The article was introducing the concept of **Xenohormesis**, a topic that he and his research Institute have been studying for some time. Please take the time to read this and think of the implications for not only your health but our whole society.

Basically, “xeno” implies foreign, and “hormesis” relates to control, and in essence means altered cellular function due to exposure of foreign materials in the food supply, water and air. These foreign materials are now known to send signals to receptors on various cells thereby altering their functions and can affect virtually all physiological processes including immunity, inflammation, body fat retention, appetite, cholesterol levels, insulin and diabetic signalling and cellular division. This has caused a redefinition of the term “food” to not just be fuel for our bodies but also as substances that cause our cells genetic blueprint to express itself in distinctly different ways in response to the different chemical messages that the food may contain.

Given that we are almost genetically identical to how we were as a species some 10,000 years ago, and certainly unchanged from pre-industrial revolution times, the “food” that our genes have been exposed to in recent times is known to contain many foreign chemical messages that produce altered responses in our physiology. Responses that we never had to deal with in our history because our genes could cope with the natural food they had evolved alongside. **But in the last 50 to 100 years our food has changed dramatically**, becoming processed, preserved, genetically engineered, force-fed and grown in many stressful situations for the animal or plant. These recent changes and the effect of xenohormesis, Dr Bland suggests, could be responsible for the epidemic increases in obesity, diabetes, heart disease, high blood pressure and cancer.

He suggests that it's not just a problem of excess calories alone but also the fact that the calories we are eating also contain “illegitimate stress signals” that come from the stressful, artificial environment that the food substance was raised in, along with added chemicals and processes that make food more appealing, shelf worthy or profitable. Basically, for example, if we eat marbled beef from a cow that was raised unnaturally in a crowded feedlot and fed substances foreign to its genetics, and then put on a stressful road trip to an abattoir where it is slaughtered in abject fear, then the hormone messages of this obese and stressed animal are ingested and **pass on their illegitimate stress signals to ourselves**. This is not the way that nature designed!



When these stress signals build up in the body from multiple sources, each body may react from its own individual genetic determinants. For some, their genes they might take this stress as a sign to store fat for the hard times that seem to be coming,



making it difficult for these people to lose fat no matter how “good” they are eating or exercising. The concept of xenohormesis seems to suggest that it is the cellular signals that are coming from our more recent food choices that could be responsible for our declining health and happiness. Conversely, this also means that if we eat the food that nature designed for us that it can also signal the cells to behave in the manner that they **were designed** for us to reach out healthful genetic potential. This is the concept of food as medicine.

The way then, to improved health has suddenly got easier. Simply choose foods that have been around longer than 200 years, in the form that they were around over 200 years ago, that agree with your blood type profile and thereby your genetic origins. This is the food that your ancestors would have eaten and the food that leaves the least amount of toxic residue in your system. Eating fresh and organic produce, at the bottom of the food chain, with minimal processing and additives now makes a whole lot more sense.

For any more information or to discuss the implications of this research on your health please call Terry at Nature Therapies on 0408 186 243

P.S. Four years on, Dr Bland's research has gathered momentum and is now more widely accepted as alarming. It makes you wonder what else we are doing to our systems with the chemicals that we absorb that we don't yet understand!

P.P.S. I found out some time ago that the Australian Government passed legislation to allow broad acre farmers to uniformly kill wheat prior to harvest with Paraquat or glyphosate, (weedicide) usually by aerial spraying. This is good for the farmer, ensuring that the moisture content of all the grains is uniform at harvest with no immature or green grains to moisture-spoil the harvest. As these chemicals are designed to kill the plant they are still present in the plant tissues as it takes its last gasp. The grain is then stored in silos with weevilicide and sometimes rodenticide to avoid insect and rodent losses or spoilage.

It is worth noting that the grain is not "washed" before being milled and made into bread and wheat products or fed to livestock for later human consumption.

The U.S.A. Environmental Protection Agency states:

“Paraquat is moderately toxic (Category II) by the oral route and slightly toxic (Category III) by the dermal route. Paraquat has been known to be highly toxic by the inhalation route and has been placed in Toxicity Category I (the highest of four levels) for acute inhalation effects.”

Makes you wonder doesn't it??

