

THE PULSE For Montana

Life From a  Biblical Perspective

We focus on health because the Bible says,
Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.
(1 Corinthians 6:19-20)

"You Must Be Born Again" (John 3:7)

Real, Unfiltered , Balanced, & Brutally Honest Faith Based Reporting

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MEDICAL BOMBSHELL: CHEMO FOUND TO SPREAD CANCER

New research conducted at the Albert Einstein College of Medicine of Yeshiva University has found that chemotherapy spreads cancer throughout the body, causing a sharp increase in cancer cells circulating throughout the body (including the lungs).

Led by Dr. George Karagiannis, the research focused on chemotherapy treatment of breast cancer, but further studies plan to see how chemotherapy might also spread cancers of other tissues, too. The research was published in Science Translational Medicine and is entitled Neoadjuvant chemotherapy induces breast cancer metastasis through a TMEM-mediated mechanism.

A summary of the study reports

that "the authors discovered that several types of chemotherapy can increase the amounts of TMEM complexes and circulating tumor cells in the bloodstream." It concludes that "chemotherapy, despite decreasing tumor size, increases the risk of metastatic dissemination."

Chemotherapy spreads cancer, generating repeat business for the **for-profit** cancer industry

In other words, even though chemotherapy "shrinks tumors," it's also spreading cancer throughout the body, functioning as a kind of activation for future cancer (that just so happens to generate repeat business for the cancer industry, of course).

This research further confirms exactly what Natural News has reported for years... namely, that chemotherapy causes cancer. This proves yet again that the cancer industry seems far more interested in repeat revenues than in halting cancer. No wonder cancer doctors use such scare tactics to try to terrorize women into breast cancer treat-

ments with chemotherapy... they know they're recruiting a patient that will produce **repeat revenues for life!**

The cancer industry is a corrupt, criminally-operated branch of modern medicine, run by felony criminals and hucksters like Dr. Farid Fata who is currently serving prison time for falsely diagnosing people with cancer so he could profit from chemotherapy treatments they didn't need. His colleague, Dr. David Gorski of the Karmanos Cancer Center in Detroit, is not yet in prison but has been reported to the FBI for investigation. He remains one of the sickest and **most sociopathic abusers of women in the history of cancer surgery**, earning him the nickname "Gorski the Nipple Ripper." He has also been accused of promoting cancer-causing medical interventions, possibly as a means to further his own profit interests at the expense of the health of innocent women. Dr. David Gorski has also been linked to "skeptics" kingpin James Randi,

The Pulse For Montana exists to **lift up the name of Jesus** and to **be a Voice for all those who are Suffering or have been murdered at the hands of unscrupulous doctors**, who continue to Prescribe Dangerous Addictive Opiates, Benzodiazepines and Psychiatric Drugs.

who was caught on tape soliciting sex acts from a young male.

THE PULSE

After taking the pulse of this article, it is, and has always been, our opinion that conventional medicine is, without doubt, big business and all too many doctors and pharmaceutical companies just may have an agenda to lie to you for the sake of money, as they torture you and finally end your life. There are natural alternatives to everything. Then again, sometimes, it just may be your time to leave this earth. As long as you've received Jesus Christ, there's nothing to fear and no doubt as to where you're going. To believers, death is just the beginning or a glorious eternal life.



FROM THE HEART OF DR. REXELLA VAN IMPE: AM I ADDICTED?

When we hear the words "addict" or "addiction," it seems that our chest involuntarily tightens and our heart drops in dread and alarm. Alcoholism and drug dependency-whether marijuana, crack cocaine, methamphetamines, heroin, ecstasy, or powerful prescription painkillers-are problems of crisis proportion in virtually every community in our nation.

Literally billions of dollars are being spent waging a futile battle against drugs-it is a war we are losing and cannot win because it is a key prophetic sign of the end-times, pointing to the soon coming of our Lord. Almost weekly the media sources try to personalize this pervasive plague, showing various individuals-often young people-who have surrendered their minds and given their bodies over to horrendous, destructive addictions.

Have you ever known an addict? Perhaps this person wasted all his or her resources on drugs, maybe even stole from family and friends, or got involved in crime or prostitution to feed his or her enslaving habit. It's heartbreaking to see bright, decent people sink so low that they literally can't help themselves. I've known drug-enslaved youngsters who went into rehabilitation programs and seemed to be all right for a while. But too often they ended up right back on drugs, more hopeless than before.

Is addiction killing America?

Besides alcohol and drugs, Americans struggle with countless other awful addictions. Millions are obsessed by gambling, uncontrolled spending, pornography, illicit sex, and other vicious vices. Millions more spend hour after hour surfing the Internet, playing video games, or sitting like zombies in front of TV sets watching inane and immoral programs. And in a land of abundance and excess, two-thirds of Americans are obese, literally eating themselves to death, fatally addicted to food!

Is this addiction? I believe so. When these activities habitually and obsessively control people's behavior, causing them to develop a compulsive need for whatever controls them, they are addicts! And these kinds of addictions are powerful...and potentially deadly.

I'll never forget a teenaged girl I met on the street in downtown Toronto a few years ago. Jack and I had gone to enjoy a few days of relaxation and rest there, and had gone out for a late-night walk. Summertime Toronto is a very safe and wonderful place to walk, with thousands of

other people out enjoying the lights and sights of the city.

When we stopped at a corner to wait for the traffic light to change, this teenager came up to me and said, "I know you-I've seen you on television." I greeted her, and we talked for a brief moment. I sensed from her appearance and facial expressions that she probably was part of the drug culture. She told me that sometimes when she couldn't sleep at night, she went over to a store window with a display of television sets and watched our program, "Jack Van Impe Presents...."

Then she asked, "Where are you going, Rexella?"

I replied that Jack and I were on our way back to our hotel-that it was about bedtime for us. And I asked, "Are you going home tonight?"

Her answer burned into my very soul-"I am home," she said, "I live on the street!"

Just then the stoplight changed, and a flood of people surged off the sidewalk into the street, carrying us along with them. Somehow I lost my new friend in the crowd. I looked for her when I got to the corner...I even went back across the street trying to find her. But I never saw her again. The Lord knows where she is-where all of the lost and addicted souls are who are wandering in the dark.

I often think about that teenager and the sad look on her face whenever I pray about the problem of addicts. I hope she watched our telecast again and received words of hope and encouragement, and that the Lord has helped her get off the streets and free from her addiction.

Can we be addicted to good?

According to the dictionary, one of the definitions for addiction could have a positive connotation-"a compelling motivation." I believe this is what the Apostle Paul was exhibiting when he declared in 1 Corinthians 9:16, Woe is unto me, if I preach not the gospel!

He was saying, "I am compelled to share the gospel. There is something about my calling that is so powerful that it is like an addiction. There is nothing else I can do but preach-I can't help it, I must do this." No wonder he wrote in Romans 1:15, I am ready to preach the gospel....

Paul's calling must have been a "compelling motivation," because he traveled all over the known world of his day preaching the gospel, making converts, and planting churches. In some areas he was accepted, honored, and lauded, but in many other places he was met with opposition and persecution. No doubt there were plenty of times when he might have turned back had it not been for his addiction to the gospel and carrying out the Great Commission.

Acts 14 relates how unbelievers sought to stone Paul and Barnabas in Iconium, but they escaped and went to preach at Lystra. Then his persecutors did stone Paul there and left him for dead. But he managed to get up and go to Derbe, another city in the area, to preach. After teaching many people there, Paul headed right back to Lystra and Iconium to minister in the very places where people had tried to kill him.

Later Paul listed some of the persecution and trouble he faced in order to carry out his calling. He spoke of being in labours more abundant, in stripes

above measure, in prisons more frequent, in deaths oft. Of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep; in journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness (2 Corinthians 11:23-27).

Why would Paul take such risks and endure such pain and hardship? He was an addict to his calling. He had to go, even if it meant facing persecution. "I have to do it," he said, "for woe is me if I preach not the gospel!"

Paying the price

There is a price to be paid for serving God. Those who are not sold out, soul and body, to their commitment to Christ and their calling to His commission may find the Christian lifestyle too arduous and difficult. Some have turned back and said, "This is not for me." But many, many others have given their all to the cause of Christ-they became addicts who gave themselves so completely to the Lord that they could do nothing else.

We have a great host of tremendous examples, all the way back to the first disciples. All of them became martyrs for the Lord-they were all murdered for their faith, every single one. And there are other great Christian champions in almost every era.

Some years ago Jack and I were in Europe visiting England, where I was privileged to inter-

view some noted church leaders in that country. During a visit to historic Westminster Abbey, I was particularly drawn to the burial site of David Livingstone, the renowned missionary to Africa.

Livingstone was born into a poor Scottish family, and began working fourteen-hour days in the cotton mill at age 10. He went to night school for two hours after work each day, and would also prop books on his machine so he could study while working. Later he studied medicine and theology in Glasgow, and soon felt called to go to Africa as a missionary.

Asked why he would leave Britain to go to the "dark continent," where he most likely would give his life and die, Livingstone said simply, "I am compelled by the love of Christ."

For the next thirty years he served God in Africa as a missionary preacher, physician, scientist, anti-slavery activist, and explorer. He trekked over and mapped an amazing one-third of the continent. When Livingstone died on May 1, 1873, kneeling by his cot in prayer, his faithful African friends buried his heart at the foot of a giant tree, mummified his body and carried it almost a thousand miles to the coast. A ship carried his remains to London, where he was buried in Westminster Abbey on April 18, 1874. That day was an official day of national mourning in England.

When I stood in that famous old church and read the memorial marker for Livingstone, I was impressed by both his total life sacrifice and his remarkable accomplishments for the Lord. "Compelled by the love of Christ," he helped change the

course of history in Africa and strike a powerful blow against slavery world-wide.

Buried next to Livingstone in Westminster Abbey is his brother, John. While David was preparing himself for a lifetime of missionary service, John's ambition was to find a way to earn lots of money. Apparently he was successful and became very wealthy. I believe he also became a famous cricket player, and enjoyed fame and adulation in addition to his affluent lifestyle.

None of these things were worthy of consideration when John's memorial marker was inscribed. There is no mention of his wealth, fame, or position. The marker reads simply: John Livingstone, The brother of David Livingstone."

Isn't that astounding? All of John's riches and privileged lifestyle amounted to nothing in the end. But David Livingstone's addiction to the gospel-being compelled by the love of Christ-will be recognized forever, both here and in heaven.

I live with an addict!

For an example of a person "addicted" to the work of the Lord, let me take you a little closer to home-in fact, to my home. I have had the privilege of spending a lifetime with my dear husband, Dr. Jack Van Impe. And from the beginning of our life together, I realized that he was absolutely an addict when it came to serving the Lord.

For many years we traveled all over the world ministering in churches, later in large community auditoriums, and doing everything possible to win souls to our Lord. In those days we spent far more time on the road than we did at home. It took

dedication, hard work, and an all-consuming passion for soul-winning and for giving people hope and comfort in a troubled world.

But that's not all. There is absolutely no way for me to fully describe Jack's determination-no, compulsion!-to memorize the Word of God. For weeks, months, years, he spent hours every day studying handwritten cards with Bible verses written on them. Not only did he memorize each verse and where it was found in the Bible, but also its subject. That's why today, it's not unusual to hear him quote a dozen verses from various parts of the Bible relating to a specific topic. It's amazing, even to me after all these years.

But I know what it cost him-hours and hours and hours of daily study to memorize them...and ongoing hours and hours every year to review and refresh those verses in his mind, even today.

And that's still not all. For many, many years now, Jack has averaged reading at least one book a day, studying the Bible and prophetic topics, as well as history, current events, and international politics. When he speaks so authoritatively on television, applying the Word of God to today's news about events and world leaders, he knows what he is talking about. He is an absolute addict to his ministry!

By the way, Jack and I produced fifty television programs a year, in addition to the videos, books, magazines, and other ministry projects. The average TV sitcom does only twenty-seven or twenty-eight shows per year. We've been producing fifty programs annually for years. Is the

extra work worth it? Absolutely! We get thousands of letters from people who say they prayed the prayer with Jack at the end of the program and accepted Christ into their hearts.

When we go out to a restaurant or a shopping center, we're almost always bombarded by people who've seen us on TV and just want to say hello or share a brief testimony. One evening we were stopped nineteen times on a short walk.

Our office has record of more than two million precious people who have come to Christ through the outreaches of Jack Van Impe Ministries. At a time when others might be thinking of slowing down, he still is addicted to helping others open their hearts and lives to our Lord! Full speed ahead!

Are you an addict?

What about you? Even if you are not called to a pulpit ministry, or to minister on television, or in a church setting, I believe God has given you a special gift to share with others. There is a way you can serve the Lord-in fact; there may well be people you can reach with the gospel who might not respond to anyone else in the whole world. Wherever God has placed you is your mission field! How can you be a witness to those in your world? Are you taking advantage of your unique opportunities to be used of the Lord?

What if you set a goal to share a testimony, a word of witness, or to stand up for what is right at least once each day? You wouldn't have to be a preacher, or have dozens of Bible verses memorized, or be a trained counselor. What if you just shared what God has done in your life? If you are willing to

do it, someone will listen!

Become an addict for good, for God...driven by an all-consuming passion to do something—anything—for the Lord today.



HIDING VACCINE RELATED DEATHS WITH SEMANTIC SLEIGHT-OF-HAND

By Robert F. Kennedy, Jr.

Vaccine scientists and the public health community cautiously and occasionally will admit that vaccines can cause adverse reactions just like “any other medication or biological product.” Although experts are less willing to openly disclose the fact that adverse reactions can and do include death, one has only to look at reports to the U.S. Vaccine Adverse Event Reporting System (VAERS) to see that mortality is a possible outcome. From 1990 through 2010, for example, VAERS received **1,881 reports of infant deaths following vaccination**, representing 4.8% of the adverse events reported for infants over the 20-year period. Moreover, analysts acknowledge that VAERS, as a passive surveillance system, is subject to substantial underreporting. A federal government report from 2010 affirms that VAERS captures only about 1% of vaccine adverse reports.

On the international frontier, the public health community — with the World Health Organization (WHO) in the vanguard — previously used a six-category framework to investigate and categorize serious adverse events following immunization (AEFI), including death. Guided by this tool, public health teams examined temporal criteria and possi-

ble alternative explanations to determine whether the relationship of an AEFI to vaccine administration was “very likely/certain,” “probable,” “possible,” “unlikely,” “unrelated,” or “unclassifiable.”

In 2013, the WHO’s Global Advisory Committee on Vaccine Safety discarded the prior tool, ostensibly because users “sometimes [found it] difficult to differentiate between ‘probable,’ ‘possible,’ and ‘unlikely’ categories.” The WHO enlisted vaccine experts to develop a “simpler” algorithm that would be more readily “applicable” to vaccines. The resulting four-category system now invites public health teams to classify an AEFI as either “consistent,” “inconsistent,” or “indeterminate” with a vaccine-related causal association or as “unclassifiable.” Despite the patina of logic suggested by the use of an algorithm, “the final outcome of the case investigation depends on the personal judgment of the assessor” [emphasis added], especially (according to the tool’s proponents) when the process “yields answers that are both consistent and inconsistent with a causal association to immunization.”

In a 2017 letter in the Indian Journal of Medical Ethics, Drs. Jacob Puliyeel (an India-based pediatrician and member of India’s National Technical Advisory Group on Immunization) and Anant Phadke (an executive member of the All India Drug Action Network) raise important questions about the revised tool. They describe an Orwellian Catch-22 situation wherein it is nearly impossible to categorize post-vaccine deaths as vaccine-related. This is because the revised algorithm does not allow

users to classify an AEFI as “consistent with causal association with vaccine” unless there is evidence showing that the vaccine caused a statistically significant increase in deaths during Phase III clinical trials. By definition, however, any vaccine not found to “retain safety” in Phase III trials cannot proceed to Phase IV (licensure and post-marketing surveillance). The result of the algorithm’s convoluted requirements is that any deaths that occur post-licensure become “coincidental” or “unclassifiable.”

Drs. Puliyeel and Phadke describe what happened in India when the country’s National AEFI committee assessed 132 serious AEFI cases reported between 2012 and 2016, including **54 infant deaths** that followed administration of a pentavalent all-in-one vaccine intended to protect recipients against diphtheria, tetanus, pertussis, hepatitis B, and Haemophilus influenzae type b infections. For babies who survived hospitalization, the committee classified three-fifths (47/78) of the AEFI as causally related to vaccines (with 47% of the incidents viewed as “product-related” and 13% as “error-related”), but they rated nearly all (52/54) of the deaths as either coincidental (54%) or unclassifiable (43%) despite mounting evidence that pentavalent and hexavalent vaccines are increasing the risk of sudden unexpected death in infants. *“...doctors who ‘naïvely’ accept biased reports on vaccine safety “are losing the trust of the public and in the process...endangering public health.”*

The absurdity and negligence inherent in the ultimately subjective WHO checklist have not escaped the attention of others

in India and beyond. In a series of comments published in the journal *Vaccine* in response to the 2013 publication of the revised tool, commenters issued the following scathing remarks: “Even if a healthy child dies within minutes following vaccination and there is no alternate explanation for the AEFI, even then the powers that be could easily declare that death as coincidental and not due to the vaccine, thanks to the new AEFI. This is **dangerous** ‘science’.” “Amongst the 20 items of their checklist, no less than 15 (75%) are devoted to refute a vaccine-induced causality [emphasis in original].... After all and as the authors confess with an astonishing ingenuousness, the main point is to ‘maintain public confidence in immunization programs.’”

“People understand that **there are no true coincidences** – only events that have been made to appear to be coincidental by either a genuine lack of understand[ing] of the overall facts leading to the ‘coincidence’ reported or by the **deliberate suppression of the facts**, including when...AEFIs that result in death are made to ‘disappear.’” “It seems that huge business in [the] vaccine industry is affecting [the] science of vaccines and we are developing various ways to promote the business at the cost of human lives. ...Going for a less sensitive tool for safety concerns is not only illogical but risky for the children of the world.”

Unfortunately, many vaccine proponents appear to be more concerned with forestalling “misconceptions” and “erroneous conclusions about cause and effect” than they are about pre-

venting and identifying adverse events following vaccination. The result, as Dr. Puliyl argues, is that doctors who “naïvely” accept biased reports on vaccine safety “are losing the trust of the public and in the process...endangering public health.”

Sources Include:
worldmercuryproject.org

THE PULSE

Watch your back, or have a qualified medical advocate close by who will do it for you. The medical field is the most dangerous enemy on the face of the planet. And you thought grizzly bears were a threat!



PORTOBELLO MUSHROOM HELPS COMBAT CANCER, INFLAMMATION & MORE

The portobello mushroom is one of the most widely consumed mushrooms in the world. Among most other types of mushrooms, especially those called “medicinal mushrooms,” portobellos are known as natural cancer-fighters and protectors of the immune system.

Compared to more expensive and sometimes difficult-to-find mushrooms – like shiitakes or reiki mushrooms, for example – portobello mushrooms are widely available in most grocery stores and usually pretty cost-efficient. Whether you’re following a plant-based diet, low-carb diet, vegan diet or somewhere in between, there are lots of reasons why portobellos and other mushrooms should have a place on your plate.

Because they provide plant-based protein and many essential nutrients, in addition to disease-fighting antioxidants and

phytonutrients, cooking with portobellos is one of the best ways to “crowd out” unhealthier foods in your diet – like processed red meat or difficult-to-digest soy, dairy and grain products. Plus, portobello mushroom benefits are truly remarkable, from combatting cancer and inflammation to providing valuable vitamins and minerals that boost health.

What Is a Portobello Mushroom?

Portobello mushrooms (also just called “portobellos”) are mature, white button mushrooms and a type of fungus. Not only are they very low in calories and a great substitute for meat in recipes, but portobellos are also a good source of phytochemicals, such as L-ergothioneine and conjugated linoleic acid (CLA) that have cancer-preventing properties and other anti-aging effects. Because they’re types of fungi, mushrooms scavenge organic matter, meaning they grow by absorbing nutrients from the ground and decaying matter, such as wood or even manure. This allows them to become very nutrient-dense, and when eaten by people, their nutrients then help to eliminate toxins from the body and scavenge free radicals that contribute to disease.

Where can you find portobello mushrooms? A variety of mushrooms – including those that go by the names portobello mushroom, white button mushroom, oyster mushroom and shiitake mushroom – are typically available in most major grocery stores. Health food stores usually have a greater variety of species available, including both fresh and dried mushrooms. Portobellos are normally sold

fresh but appear differently in terms of size, smell and color depending on how mature they are.

Portobello Mushroom Benefits

What are the benefits of portobellos? Below are several reasons why mushrooms make an excellent addition to your diet:

1. May Help Lower Cancer Risk

The anticancer properties of mushroom extract is believed to be due to phytochemicals within mushrooms that have positive effects on cell death, growth and proliferation of healthy cells, lipid metabolism, and immune responses. Portobellos contain CLA, which has been shown to help inhibit cell proliferation and induce apoptosis (death of abnormal or cancerous cells). They are one of the only plant/non-meat sources of CLA, making them unique and valuable in vegetarian diets.

One study that compared the effects of mushroom extract on mice found that those treated with the extract experienced reductions in prostate tumor size and tumor cell proliferation compared to the control group of mice that were not treated. Researchers involved in the study found that mushroom extract containing CLA contributed to significant changes in gene expression that were observed in the mushroom-fed mice group but not the control group.

That CLA content, along with other phytonutrients, is why mushrooms like the portobello mushroom are considered some of the **top cancer-fighting foods** on the planet.

2. Contains Antioxidants and Natural Anti-Inflammatories

Mushrooms in general are one of the best dietary sources of L-ergothioneine (ERGO). Studies have found that low levels of ERGO are associated with higher risk for many chronic inflammatory diseases, especially those affecting red blood cells/hemoglobin.

According to researchers at Penn State University, ERGO is biosynthesized only by fungi and mycobacteria (not humans), making mushrooms one of the only ways that humans and animals consume any. In recent years, ERGO has been researched for its potential therapeutic effects in the treatment of red blood cell disorders that are caused in part by oxidative damage. Research also shows that as a very stable antioxidant with unique abilities, it may be helpful for counteracting damage to mitochondrial DNA and protecting against neurodegenerative diseases, especially Parkinson's disease.

3. Good Substitute for Meat

Most people can afford to eat more meatless/vegetarian meals, including stir-fry, salads or casseroles that provide lots of veggies and nutrients. Mushrooms are a popular alternative for meat, with the added benefit of being lower in calories, fat, sodium, and free from dairy, nuts or soy.

If you follow a vegetarian or vegan diet, portobellos are one of the best foods to use in veggie burgers, fajitas, etc., since they can take on a similar texture and mouth-feel to meat and are also usually easy to digest. Unbeknown to most people, mushrooms are actually relatively high in protein considering they're not a meat source. Most types contain about 20 percent

protein based on their dried weight/mass.

Even if you're not following a plant-based diet but want to reduce the amount of meat you eat, try using portobellos as a substitute in place of processed tofu products, frozen veggie burgers (which commonly contain ingredients like soy protein isolate) or legumes/beans that can be hard for some people to digest properly.

4. Great Source of B Vitamins

For a vegetable, the portobello mushroom is exceptionally high in B vitamins, including niacin (vitamin B3) and riboflavin (vitamin B2). What are the health benefits of consuming foods high in B vitamins? B vitamins are needed to maintain high energy levels, cognitive health and help the body recover from stress. Niacin helps support functions of the cardiovascular system and a strong metabolism, including playing a role in keeping cholesterol and blood pressure levels in check.

Riboflavin is helpful for preventing or treating headaches and migraines, may lower PMS symptoms, protects the eyes from diseases like glaucoma, and helps prevent anemia. B vitamins also support healthy skin, are beneficial for preventing diabetes by helping to maintain normal blood sugar levels, and may help beat fatigue, joint pains and arthritis.

5. Provides Copper and Selenium

Copper is a trace mineral found in portobellos that plays an important role in the production of hemoglobin and red blood cells, supports a healthy metabolism, and is needed for growth, development and ongoing connective

tissue repair. The body uses copper as part of various enzyme reactions and to maintain hormonal balance. Finally, copper helps prevent fatigue because it acts as a catalyst in the reduction of molecular oxygen to water, part of the chemical reaction that takes place when ATP (energy) is created within cells to fuel the body's processes.

Selenium is another nutrient that portobellos supply high amounts of (over 30 percent of your daily requirement in one serving). Selenium supports activities of the thyroid gland by acting as a catalyst for the production of active thyroid hormones, helps fight inflammation, is beneficial for circulation and reproductive health, and may even help lower someone's risk of developing cancer.

6. Low in Carbs but Still Provides Some Fiber

If you're following a low-carb diet, or even a very low-carb ketogenic diet, mushrooms can really come in handy for bulking up your meals and adding fiber, flavor and nutrients to your diet without supplying any sugar or too many carbs. One serving of portobellos has about three to six grams of carbohydrates (depending on the size and specific type) but only about two to three grams of net carbs when fiber is taken into account. For very little calories, you can add portobellos to meals like omelettes, salads, soups or stir-fries in order to help you feel fuller and obtain to some fiber and electrolytes like potassium.

Portobello Mushroom Nutrition Facts

The portobello mushroom is a type of fungus that has the species name *Agaricus bisporus*.

Portobellos may be called by various other names depending on how mature the mushrooms are and what part of the world you live in. The same fungi species that are called portobello mushrooms are also labeled as cremini mushrooms, baby bella mushrooms, brown cap mushroom and chestnut mushrooms.

Most people think of portobello mushrooms as large mushroom "caps," which can grow as large as roughly the size of someone's hand. The caps usually have a white-gray flesh on the underside of the mushroom where the thick stem is found and a darker, firmer top. Portobellos are classified as basidiomycete mushrooms, and they typically come in two colors: white and brown. When the mushrooms are "immature," they're usually smaller, round and white to whitish-brown. Once they mature, they usually become darker in color, typically medium to very dark brown, and much bigger.

Like other mushrooms, portobellos are a good source of amino acids (the "building blocks of proteins"), dietary fiber, B vitamins and many essential minerals. Among different types of vegetables, they're one of the best ways to get more B vitamins in your diet (even without eating meat), including thiamine, riboflavin, niacin and biotin. They also contain some selenium, copper, phosphorus and electrolytes like potassium. At the same time, they're low-carb, meat-free (vegan), gluten-free, soy-free, nut-free, and very low in fat, sodium and calories, making them suitable for many different types of diets.

One cup (121 grams) of sliced, grilled portobello mushrooms

contains about:

42.4 calories
5.9 grams carbohydrates
5.2 grams protein
0.9 gram fat
2.7 grams fiber
7.2 milligrams niacin (36 percent DV)
0.6 milligram riboflavin (34 percent DV)
21.4 micrograms selenium (31 percent DV)
0.6 milligram copper (30 percent DV)
1.9 milligrams pantothenic acid (19 percent DV)
182 milligrams phosphorus (18 percent DV)
630 milligrams potassium (18 percent DV)
0.1 milligram thiamine (7 percent DV)
23 micrograms folate (6 percent DV)
0.9 milligrams zinc (6 percent DV)
18.1 milligrams magnesium (5 percent DV)
0.1 milligram manganese (5 percent DV)
0.1 milligram vitamin B6 (4 percent DV)
0.7 milligram iron (4 percent DV)
Portobellos usually only contain very small amounts of vitamin D (around 0.2 micrograms, 8 IU). However, the concentration of vitamin D (due to the compound called ergocalciferol, which can be converted to vitamin D2) becomes much higher when mushrooms are exposed to UV light from either the sun or special growing lamps. There's debate over how much vitamin D mushrooms can actually provide, especially considering that it's still difficult for many to find mushrooms that have been exposed to UV light. However, research shows that mushrooms are unique among

vegetables due to being capable of doubling or tripling their vitamin D content within just a few short hours of light exposure.

Portobello Mushroom vs. Other Mushrooms

Various types of mushrooms have immune-supporting effects, although many consider the “healthiest” species of mushrooms in the world to be medicinal mushrooms, such as cordyceps or reishi mushrooms. Other nutrient-dense types include shiitake and maitake, which are commonly eaten and cooked with, as opposed to taken in supplement or extract form like medicinal mushrooms are.

Compared to portobellos, medicinal mushrooms are considered to have more adaptogen qualities, meaning they help support the nervous system and boost the body’s ability to cope with stress, fatigue or illness. While portobellos do help protect the mitochondria, cordyceps and reishi mushrooms are even more powerful and have strong antioxidant and anti-inflammatory abilities.

Maitake mushrooms are an excellent choice for obtaining special polysaccharide components called beta-1,6 glucan, which stimulate the immune system and may help prevent viruses, infections or complications due to other conditions like diabetes. Oyster mushrooms may be better for providing higher levels of iron and preventing conditions like anemia, joint pain or tendonitis compared to portobellos. Shiitake mushrooms are unique due to containing the chemical called lentinan in addition to eritadenine. These help reduce cholesterol levels, may help prevent stomach cancer, reduce risk for heart disease, and have benefits

for treating hepatitis, high blood pressure and infectious diseases. How to Use and Cook Portobello Mushrooms

When shopping for portobellos, look for mushrooms that are **firm, solid, free from tears, and not shriveled or slippery-looking**. You can also sniff the mushrooms to tell if they’re fresh, looking for those with an “earthy smell.”

First **remove the thick stem** from the underneath of your mushroom caps (if they have them). Mushrooms absorb a high amount of water, which means **it’s best not to rinse them** in much water or soak them in an attempt to clean off any dirt. To remove any residue from the surface of mushrooms **try using a damp cloth**, rag or strong paper towel. Gently rub the mushrooms to clean them up, being careful not to rub too hard as this can cause them to start breaking. Once you’re done cleaning the mushrooms, pat them with a dry cloth or paper towel to let them dry — this way they don’t become overly soggy when you cook or prepare them.

There are lots of different ways to cook mushrooms depending on how much time you have and the type of recipe you’re making. Here are some suggestions:

Steam sliced portobellos along with other veggies for a simple side dish. Steam for only several minutes to prevent overcooking and sogginess.

Marinate large portobello mushroom caps in olive oil, vinegar and herbs before grilling on the barbecue or a grill pan for several minutes on each side.

Stuff cleaned portobello caps with cooked whole grains (such

as wild rice or quinoa) along with herbs and chopped veggies before baking/roasting in the oven for about 15–20 minutes. Sauté chopped mushrooms in a non-stick pan with a bit of oil or butter for about 5–10 minutes. Portobello Mushroom Recipe Ideas

Try adding portobello mushrooms to recipes like homemade pizza, veggie tacos or fajitas, spinach and feta calzones, veggie burgers, or tomato and mozzarella stacks drizzled with balsamic vinaigrette. Portobellos go well with blue, feta or goat cheese; basil; parsley; red or yellow onion; red pepper flakes; garlic; tomatoes; soy sauce; butter; stock; and acidic ingredients like vinegar. Below are several recipes that portobellos make a great addition to:

- Grilled Portobello Burgers Recipe
- Stuffed Mushrooms Recipe
- Pecorino Chicken & Mushrooms Recipe
- Mushroom Soup Recipe
- Grilled Veggie Naan Pizzas (and loads of other grilled recipes)
- Potential Side Effects of Eating the Portobello Mushroom

While they’re not commonly a problem for most people, portobello mushrooms contain purines that are linked to health problems in some cases. Purines break down to form uric acid, which can accumulate and lead to conditions like gout or kidney stones and kidney dysfunction. If you struggle with one of these conditions, avoid mushrooms and other sources of purines, or only eat them in moderation.

If you’ve ever had an allergic reaction to other types of mushrooms, it’s best to use caution

when eating portobellos, especially since they're related to other edible mushrooms and can cause similar effects.

Final Thoughts on the Portobello Mushrooms

- Portobello mushrooms are mature, white button mushrooms and a healthy, edible type of fungus.
- Benefits of portobellos include high levels of B vitamins, antioxidants, phytonutrients like CLA and L-ergothioneine, selenium, copper, potassium, phosphorus, and even some plant-based protein.
- Eating portobellos is a great way to get more nutrients and help avoid deficiencies if you're on a vegan/vegetarian diet, low-carb diet, or have any health conditions like low energy/fatigue, joint pain, indigestion, brain fog or thyroid problems.
- AS WITH ALL FOODS, THEY MUST BE ORGANIC OR ALL YOU'LL GET ARE DANGEROUS PESTICIDES AND GMO'S

Article Sources Include: DrAxe.com



ARTIFICIAL SWEETENERS FOUND TO CAUSE WEIGHT GAIN & MORE

A study published online on the Canadian Medical Association Journal website revealed that using artificial sweeteners may increase the odds of long-term obesity and related conditions such as diabetes, high blood pressure, and heart disease. The use of artificial or non-nutritive sweeteners – such as sucrose, stevia, and aspartame – picked up steam in the previous years. However, the practice has been

subjected to much scrutiny, especially from health care professionals, about its potential adverse effects on the body's overall health.

To carry out the study, a team of researchers from the University of Manitoba's George & Fay Yee Centre for Healthcare Innovation reviewed 37 studies with a total cohort population of more than 400,000 people for an average of 10 years. Only seven of the studies were randomized controlled trials. The meta-analysis revealed that longer observational studies showed a direct correlation between artificial sweeteners and increased odds of developing obesity and diabetes. The findings also demonstrated a link between artificial sweeteners and a higher risk of high blood pressure, cardiovascular disease and other adverse health conditions.

According to co-author Dr. Ryan Zarychanski, very few patients were examined in clinical trials for the said products. This, despite millions of people already consuming artificial sweeteners. Research data showed that artificial sweeteners do not produce the intended benefits of weight management, Dr. Zarychanski said.

"The results showed a statistically significant association between consumption of artificial sweeteners and higher risks of diabetes and heart disease, as well as increased weight gain...caution is warranted until the long-term health effects of artificial sweeteners are fully characterised. Given the widespread and increasing use of artificial sweeteners, and the current epidemic of obesity and related diseases, more research is needed to determine the long-

term risks and benefits of these products," said lead author Dr. Meghan Azad.

Animal study shows similar link between sugar substitute, health woes

The recent study was reflective of previous research demonstrating a link between non-caloric artificial sweeteners (NAS) and diabetes. In fact, an animal study published in 2014 showed that artificial sweeteners may actually interfere with the intestinal bacteria, which in turn may lead to adverse metabolic changes that impact the body's overall health.

As part of the study, a team of health experts at the Weizmann Institute of Science in Israel examined mice models that were given three types of drinking water for 11 weeks. The first group was given water with glucose and an artificial sweetener such as saccharin, sucralose, or aspartame. The other groups received either water alone or water supplemented with sugar.

The research team found that mice that drank the water with NAS exhibited glucose intolerance or increased blood sugar levels compared with the other groups. According to the experts, this increase was due to changes in gut bacteria. The scientists also noted that several bacteria that underwent certain changes following NAS intake were associated with type-2 diabetes onset in humans. (Related: Artificial sweeteners alter gut bacteria and cause metabolic dysfunction leading to obesity and diabetes.)

"Together with other major shifts that occurred in human nutrition, this increase in NAS consumption coincides with the dramatic increase in the obesity

and diabetes epidemics. Our findings suggest that NAS may have directly contributed to enhancing the exact epidemic that they themselves were intended to fight. Moreover, our results point towards the need to develop new nutritional strategies tailored to the individual while integrating personalized differences in the composition and function of the gut microbiota," the researchers quoted on the Medical News Today website.

Sources include:
NaturalNews.com
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Independent.co.uk
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EXPOSING THE TRUTH ABOUT PAINKILLERS: THE WARNINGS AND SOLUTIONS

More than 25 million American adults – roughly 11.2 percent of the population – report having chronic pain, according to the National Institutes of Health. This epidemic has triggered an unprecedented national spike in the use (and abuse) of painkillers – including over-the-counter drugs and prescription opioid medications.

Tragically, **44 people die in the United States every day** as a result of prescription opioid overdose – while non-narcotic medications such as acetaminophen and ibuprofen carry risks of their own, including damage to the stomach and liver. But, according to Charles Gant, MD, PhD, the solution to the problem of chronic pain and painkiller use could lie within our own bodies.

Neurotransmitters hold the key to relief from chronic pain and addiction

According to Dr. Gant, drugs simply mimic the actions and effects of neurotransmitters, or chemical messengers in the brain. But depletion and deficiency of these neurotransmitters can cause increased awareness of pain, and trigger cravings and addictive behavior. The key to relief, says Dr. Gant, is restoring proper biochemical balance in the brain – which can break the cycle of addiction.

For instance, proper levels of serotonin in the brain can ensure stable mood and restful sleep. The neurotransmitter GABA also has a calming effect – which is mimicked by Valium and other benzodiazepines.

Endorphins and enkephalins, which are mimicked by opiate drugs such as oxycodone, help with relief of pain and create a sense of well-being.

According to Dr. Gant, there is even a “natural nicotine” – acetylcholine – in the body, as well as a form of “natural marijuana,” the endocannabinoid system.

When we take the actual drugs that mimic the neurotransmitters, says Dr. Gant, the brain no longer feels impelled to create them. As a result, it produces less and less of them. “Physical substances cause physical changes in the brain,” Dr. Gant reports.

Better nutrition is the key to ending addiction for life

Dr. Gant, who has helped over 7,500 patients, says that his comprehensive approach – which combines neuro-nutritional protocols, detoxification and genetic interventions – has led to a clinical outcome rate of 83 percent – as opposed to the traditional rate of 10 to 30 percent

achieved by many detoxification and rehabilitation facilities.

Proper supplementation of nutrients such as herbs, vitamins and amino acids can help replenish neurotransmitters, thereby normalizing and restoring deficiencies that spur cravings.

For example, phenylalanine helps to restore enkephalins and endorphins, deficiencies of which can trigger the abuse of opiate painkillers – as well as of sweets, starches and nicotine. Both phenylalanine and the amino acid tyrosine also help to restore dopamine and norepinephrine – shortages of which can lead to cravings for stimulants such as caffeine, cocaine and amphetamines.

Charles Gant, MD, PhD is an integrative physician, author and educator. Practicing contemporary/alternative and functional medicine for over 30 years, Dr. Gant focuses on finding the root cause of disorders, while assisting patients in maximizing their genetic potential. He received his M.D. from the University of Virginia Medical School, and received postgraduate training in family practice, psychiatry and psychology.

Currently the chief science officer of the Academy of Functional Medicine, Dr. Gant is a leader in Precision Medicine, a cutting-edge medical system of prevention and treatment that takes into account individual differences in genomics, environmental stressors and lifestyles. Dr. Gant is also the author of several books including, “End Your Addiction Now: The Proven Nutritional Supplement Program that Can Set You Free.”

Sources for this article include:
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PROTECT YOURSELF FROM THE DANGERS OF FLUORIDE

If you doubt the fact that fluoride is toxic, consider this: 20 years ago, the FDA ordered toothpaste manufacturers to add a **poison warning** to all toothpastes containing the chemical. The warning, which advises the public to seek professional medical help if swallowed, still appears on fluoride toothpaste tubes today. In addition, fluoride continues to be added to municipal water supplies in 70 percent of the United States.

The long-term chronic exposure to fluoride has natural health experts – as well as a growing group of conventionally-trained healthcare providers – very worried. (keep reading to understand why)

Scientists issue major warning about fluoride in our drinking water

The Fluoride Action Network reports that a union of scientists at the EPA headquarters in Washington, DC, officially declared water fluoridation an **“unreasonable risk”** – 16 years ago.

The “safe” level for fluoride in drinking water is currently 4 ppm, or parts per million. The prestigious National Research Council of the National Academies, which launched its own fluoride review, wants that amount to be reduced, as a growing body of evidence shows that fluoride causes or contributes to a host of serious illnesses and conditions.

Yet fluoride advocates continue to declare that the chemical is safe. The Institute of Medicine

(IOM) insists that anyone over 8 years old – regardless of health status – can safely ingest 10 milligrams of fluoride every day for life, without suffering the bone damage, joint pain and osteoarthritis that constitutes skeletal fluorosis.

But, the IOM appears to be talking out of both sides of its mouth. Fluoride Action Network notes that 10 mg is the same amount that the agency has acknowledged can cause clinical symptoms of fluorosis – in as little as one to two decades of exposure.

Fluoride linked to cognitive problems and lowered IQ
Is fluoridated water contributing to a national, collective “brain drain?” Many researchers and natural health advocates say “yes.” Over 300 studies have found that fluoride is a neurotoxin, while 50 different human studies have linked moderately high fluoride exposure with reduced intelligence. Particularly disturbing is a Harvard Medical School study in which a team of researchers found a link between elevated fluoride levels and decreased IQ in children. Other studies have suggested threats to fetal brain development. Extensive animal studies, which demonstrate brain damage and cognitive and memory impairments from fluoride exposure, echo these findings.

Fluorine impairs thyroid function

The National Research Council reports that there is substantial evidence that fluoride can affect thyroid function in some individuals.

In fact, up until the 1960’s doctors were prescribing fluoride as a medication for hyperthyroid-

ism – due to the chemical’s ability to reduce thyroid gland activity and decrease levels of the thyroid hormones T3 and T4. Unfortunately, it doesn’t take much fluoride (2 to 5 mg a day – well within what people in fluoridated communities ingest) to accomplish this.

And, for some, the result is hypothyroidism – with classic symptoms of fatigue, “brain fog,” muscle and joint pain, depression and weight gain. Is it any wonder there are rising rates of subclinical hypothyroidism in the United States?

Warning: Diabetics are at increased risk from exposure to fluoride

Bad news for people with diabetes: diabetics – who tend to drink more water than the general population – are considered a “sensitive subpopulation” when it comes to excessive fluoride intake. Fluoride has been shown to increase blood sugar levels, inhibit production of insulin and worsen glucose intolerance.

The problem is exacerbated by the fact that diabetics have a reduced capacity when it comes to clearing fluoride from their bodies – causing a real “double whammy” of fluoride harm.

Fluoride consumption increases your heart disease risk

As the aorta accumulates more fluoride than any other soft tissue in the body, the heart is particularly vulnerable to fluoride. Fluoride can cause oxidative stress and trigger the inflammatory response, while causing atherosclerosis and damage to heart muscle itself.

Scientists have found a link between increased fluoride in ground water and high blood

pressure – which increases risk of stroke and heart attack. And, even mild levels of fluoride toxicity can cause impaired elasticity in the aorta.

Fluoride can also weaken your bones

Contrary to past medical belief, fluoride doesn't "strengthen the bones." In fact, attempts to use high-dose fluoride to treat osteoporosis resulted in more bone fractures, not less! (These disastrous results caused the FDA to reject the chemical as a medical treatment).

According to Fluoride Action Network, some studies have shown that communities with a (supposedly "safe") 4 mg per liter of fluoride in their drinking water have increased fracture rates and poorer cortical bone densities. Animal studies, which have shown reductions in bone strength from fluoride exposure, corroborate this.

Fluoride damages cell DNA and contributes to cancer

The National Toxicology Program classifies fluoride as a mutagen, meaning that it causes genetic damage – a probable contributor to cancer. A groundbreaking Harvard study showed that boys exposed to fluoridated water in mid-childhood had a significantly greater risk of developing osteosarcoma, or bone cancer, during adolescence. Some scientists believe that because fluoride stimulates the proliferation of bone-forming cells, it raises the risk that some will turn malignant. Associations have also been found between fluoride exposure and bladder and lung cancers.

High fluorine causes crippling skeletal fluorosis

It is well-documented that pro-

longed, excessive exposure to fluoride causes skeletal fluorosis, the most visually dramatic indicator of fluoride toxicity. In extreme cases, skeletal fluorosis causes crippling bone distortions, such as kyphosis, or "hunchback."

But, because the condition mimics other bone and joint diseases such as osteoarthritis and spondylosis, mild forms – which cause pain and stiffness in the joints – are often misdiagnosed. According to Fluoride Action Network, fluoride dosages as low as 6 mg per day can cause early stages of the disease.

Fluoride causes GI problems – that are often misdiagnosed

Thousands of reports to Poison Control Centers every year attest to incidents of excessive ingestion of fluoride toothpaste by children – with gastrointestinal distress such as nausea, abdominal pain and vomiting. However, doctors often miss signs of mild fluoride toxicity, chalking it up to "colic" or "gastroenteritis."

Ingesting as little as 3 mg of fluoride has been shown in clinical trials to damage the gastric mucosa – or stomach lining – of adult volunteers, while consuming as little as 6 mg has been shown in clinical trials to cause vomiting within 30 minutes. No room for doubt: Fluoride causes endocrine disruption. In addition to being a neurotoxin and a mutagen, fluoride has the dubious distinction of also being an endocrine disruptor – creating a toxic trifecta. The National Research Council of the National Academies reports that fluoride – which unquestionably affects normal endocrine function and response – can directly inhibit secretion of hormones such as insulin, T3, T4 and melatonin,

which helps regulate the sleep/wake cycle.

Kidney disease patients are uniquely susceptible to fluoride toxicity

Because the kidneys help to flush fluoride from the system, people with kidney disease are particularly vulnerable to fluoride toxicity, with their bones and tissues accumulating fluoride at higher levels. Studies show that dialysis patients have a higher risk of both skeletal fluorosis and of osteomalacia, a disease that softens and weakens bones.

Does fluoride toxicity masquerade as arthritis?

The relationship between fluoride and arthritis is troubling. Low-grade fluoride poisoning, with its joint pain and stiffness, can mimic arthritis – and thereby be misdiagnosed. Deepening the relationship is the fact that research shows that fluoride can be a direct cause of osteoarthritis – whether skeletal fluorosis is present or not.

Fluoride contributes to male infertility

Over 60 animal studies have shown that fluoride negatively affects the male reproductive system, causing decreases in testosterone level, reduced sperm quantity and motility and increased oxidative stress. In addition, a population study showed that communities in the United States with more than 3 ppm of fluoride in the drinking water – incidentally, a measurement considered "safe" by the EPA – had lower "total fertility rates" than populations with lower fluoride levels.

So, at this point, you might be asking yourself, 'how can I reduce my fluoride levels?' If you live in an area with fluoridated water, you can't. But you can take steps to reduce your exposure to fluoride from other sources.

dated drinking water, the first step is to get educated about the topic. You can learn more by studying the information here from FluorideAlert.org.

Experts also advise avoiding all bottled drinks that use water as an ingredient. That's because most commercially-available beverages can not be trusted to have the best water in their products. In addition, we suggest you look into getting a good-quality juicer – to make your own fruit and vegetable drinks from scratch.

Sources for this article include:
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NaturalHealth365.com
FluorideAlert.org



**UNLESS YOU BUY
ORGANIC, THE
STRAWBERRIES
YOU'RE EATING ARE
HEAVILY
CONTAMINATED
WITH PESTICIDES AND
GROWN WITH
POISONOUS GASES**

The U.S. grows an estimated 3 billion+ pounds of strawberries each year, with California producing over 90 percent of them. (Much of the rest are grown in Florida.) However, non-organic versions of this delicious fruit have proven not-so-delicious.

Independent testing has shown that non-organic strawberries are loaded with pesticides and poison gases. They have been at the top of the "Dirty Dozen" list for years and are considered "highly likely" to contain pesticide residue even after being washed. Other fruits and vegetables on the "Dirty Dozen" list include spinach, apples, nectar-

ines, peaches and pears.

**The reason WHY certain fruits
get MORE pesticide
contamination**

Any fruit or vegetable with thin skin is at high risk for contamination. However, strawberries were found by the U.S. Department of Agriculture to contain around **8 pesticides** for each sample taken – more than any other type of produce. The average for all produce types is 2.3 pesticides.

Over 30 percent of strawberries showed over 10 pesticide residues, and the dirtiest of the bunch tested for a startling 21 different kinds of pesticides. In addition to pesticides, researchers also found traces of poisonous gases on non-organic strawberries. Bifenthrin and Carbendazim were found on one-third of all tested strawberry samples. These chemicals are associated with numerous health problems including neurological issues, reproductive damage, developmental problems and cancer.

**The non-toxic advantage of
organic strawberries**

While in some cases just traces of these chemicals are left on the fruit after washing, over time these toxins can accumulate in the body. Gas poisoning and pesticide poisoning can occur over time as the body's defenses are worn down.

Over time, this paves the way for the compromising of the immune system, leaving the body open to a range of diseases and health problems. Similar testing in Europe and other parts of the world has uncovered the same issues with pesticides in non-organic strawberries grown there.

If there is any "good" news to

be found in all of this, it is the fact that **organic strawberries did not show issues with pesticides or poisonous gases**. The simple solution to avoiding pesticide poisoning from strawberries is to go organic – something that increasing numbers of people are doing already.

**Reduce pesticide poisoning by
90 percent in just one week
by going organic**

A Journal of Environmental Research study has shown that consuming an organic diet for just one week can reduce the pesticide levels in your system by as much as 90 percent! With such a dramatic difference in the quality of organic fruits and vegetables versus non-organic, the choice is a no-brainer.

While organic fruits and vegetables cost more, the benefits to your health are priceless. At the very least, strive to always choose organic versions of the items on the "Dirty Dozen" list to minimize your exposure to pesticides, poisonous gases and other harmful chemicals.

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**WHY BE SAVED?
WHAT ARE
CHRISTIANS
TALKING ABOUT?**

We, at **The Pulse**, along with every other born again Christians who truly follows Jesus on the straight and narrow, speak about "being saved". As a matter of fact, if someone you know claims to be a Christian and doesn't speak to you about Sal-

vation, then they simply are not a believer.

So, what is this 'salvation' all about? Do you want to or need to be saved? Why should you be saved? Saved from what? Here are just a few answers:



The problem

This world is God's exquisite creation. People tend to worship the creation rather than God who created all things - even YOU! If you have found yourself in this world, it means you are accountable to God - similarly to the way you are accountable to your earthly parents. God, our Heavenly Father, expects us to obey the laws He set down. These laws have been set out to make us live the kind of life that is peaceful and kind. It helps us live in peace with God and in harmony with others. The problem is that it is natural to rebel against God: the Bible calls this SIN. Sin began in the Garden of Eden when man fell from the grace of God.

What's a sin?

As defined by our God, sin is basically defined in Scripture as the following...

Sin creates problems for us. Any sin separates us from God. We cannot communicate with Him any more because His Righteousness and Holiness prevents Him from hearing us when we sin. Sin makes us sub-

ject to God's soon coming judgment when Jesus returns. While God is very much the epitome of true love, He is also a just God and a holy God. He must punish sinners for their crimes, just as your parents punished you for your bad behaviors.

The solution

The good news from the Bible is that God has provided a solution for SIN, His own Son - Jesus Christ - who paid the ultimate penalty for the sins of all people. This was the reason that Jesus came to earth as 100% man and 100% God.

Because Christians have been saved from our sins by Jesus, we are enthusiastic to tell you that you too can receive the same gift of salvation. You don't have to remain cut-off from God in this life, or keep looking for all the fake spirituality that's out there. You can have the most awesome future to look forward to with God in Heaven - for all eternity. Yes, you heard me right! Eternity! Jesus will also help you every day as you face each challenge in life and each temptation. You can live with power and authority over sin right here on earth and right now.

This is what being saved is all about. It is:

- Saved from God's Judgment.
- Saved from the eternal fire of hell.
- Saved from the days of wrath to come.
- Saved from the power of Satan's darkness.
- Saved from the temptations in life.
- Saved from worry about death and judgment.
- Saved to be God's own people whom He loves.
- Saved to live a life of pur-

pose.

- Saved to have peace with God.
- Saved to be citizens of heaven for all eternity.
- Saved for promised blessings in this life.
- Saved to look forward to the soon coming of Jesus and the wedding feast.
- Saved to love & honor God.



How can I be saved? What do I do?

Here's a quick overview of the 10 Commandments that the Lord gave to Moses. They are still in existence today and forever.

1. We are to have no other 'gods' before us. God must have the #1 spot in our lives. He must be our priority - no matter what!
2. We are never to have idols. Idols are defined as anything or anyone we replace God's #1 spot with. If it's a choice between God and 'whatever' and 'whatever' wins, we've sinned.
3. We must never take the Lord's name in vain, which means never to mention His holy name except in prayer.
4. We are to always keep God's Sabbath day which means never to change it to any other day but His original Sabbath day, as God never changes His mind about anything.
5. We must honor our parents. This means to obey them and take care of them when they are old.
6. We cannot murder; we must protect and value the lives of others - no matter what!

7. We can never commit adultery; sex is to be kept as sacred, to be enjoyed only within a marriage between a man and a woman.
8. We must never steal; honesty must always prevail.
9. We must not commit false witness; we must always tell the truth - no matter what
10. We cannot covet; this means that we shouldn't ever be jealous of or desire what other people have. After all, despite what you may think, you can't take it with you.

Jesus brought with Him, the culmination of all of these commandments rolled up into one. He brought love... a special kind of love. It's the kind of love (Agape Love) that secures these commandments with conviction, so that it's impossible to go against God's laws. When we receive Jesus and we are given the gift of His Holy Spirit, we know that He is with us because we are now unable to commit these sins any longer because the Spirit nudges us into doing what's right by God.

Now **to get back to** how you can be saved and what to do to receive God's salvation. It's ridiculously simple. Salvation is a FREE gift and gives you a free ticket into heaven. There is no sin too big or too ugly to be forgiven for. Jesus meets you exactly where you are.

All you have to do is say a few simple words, in a short prayer, Speak from your heart. It goes something like this (below).

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

Romans 5:8

If you have just prayed this prayer for Salvation, we would love for you to reach out to us. If you don't have a Bible, we suggest you start with the New American Standard Version of the Bible. It is an enjoyable translation that is true to the original Hebrew and Greek, without the archaic words in the King James version that are difficult to understand because too many words aren't used any longer.

May God richly bless you for the decision you made today.

Lord Jesus,

I come to you as a sinner wanting to receive Your forgiveness and Your salvation. I believe You came to this earth. I believe that You died for my sins on the cross at Calvary. I believe that You arose from the dead on the 3rd day and You are God, sitting on Your throne in Heaven. I believe You are coming again soon.

Please forgive me for all of my sins. I offer You my life and soul right now. I want You to be my Lord and Savior. I promise to always follow You. I promise to learn everything about You by always reading the Words You have given to me in Your Bible. I will read Your Bible each and every single day - old and new testaments together. I will walk with You all the days of my life. I will seek the fellowship of other born again believers, because I know that I must not walk alone - I must never forsake the fellowship of my brothers and sisters who have found You and walk with You.

Today, I willingly make a complete u-turn from all of my sins that have separated me from You. Please give me the gift of Your Holy Spirit. I declare myself to be born again and saved right now. Thank You Father! Thank You, Jesus! Thank You Holy Spirit! I am Yours from this day forward!

I Thank You and Praise You, Jesus, Amen.

Jesus has been waiting a long time for you to come to Him. You're His child and He loves You with a love far beyond what we can understand. There isn't anything you can't overcome and have victory over when you belong to Him!



How Switching to Ceramic Cookware Can Be Beneficial for You and Your Family

Non-stick Cookware

Are you still using metal or non-stick pans for cooking? If so, did you know you may be exposing yourself, your family, and even your pets to potentially dangerous chemicals, both directly and indirectly, with the potentially dangerous fumes these types of cookware can release?

Poly- and perfluoroalkyl substances, or PFAS, are used to create the slippery surfaces of non-stick or Teflon-coated pans. Unfortunately, PFAS are fluorinated chemicals that the U.S. Environmental Protection Agency (EPA) has found to be "likely

carcinogens.”

When heated, non-stick cookware and bakeware release a related chemical, perfluorooctanoic acid or PFOA, that is linked to thyroid disease, infertility, organ damage, and developmental and reproductive problems in lab animals.

Toxic Gases Potentially Hazardous for You, Your Family, and Your Pets

Surprisingly, it doesn't take much heating to create a potentially dangerous situation for you and your family. Hazardous toxins are produced after only two to five minutes of heating the pan. At 464 degrees Fahrenheit, the coating on non-stick cookware begins to break down and release toxins into the air.

Even scientific studies by the manufacturer of non-stick pans found that their cookware released 15 different types of toxic gases and particles. More than 200 scientists from 40 countries have signed the Madrid Statement, which warns of the hazards presented by PFASs.

Heating non-stick pans to high temperatures can be dangerous for your pets, too. The gas released from Teflon-coated pans is highly toxic to pet birds. If you're preparing pet food in non-stick pans, keep in mind that toxicity effects can show up in your pet's body earlier before yours because of their smaller size.

How About Aluminum and Stainless Steel Cookware - Are They Any Better?

While non-stick pans are likely the most popular choice in cook-

ware today, stainless steel, aluminum, and cast iron pans are right behind them in popularity. Are they any safer to use?

Stainless steel accounts for a full third of U.S. cookware sales. These popular pans are made with alloys that contain nickel, chromium, molybdenum, carbon, and other metals. One concern with stainless steel is that the metal may not be as inert as many people believe, thereby potentially exposing you to the metal itself.

Stainless pans often have copper bottoms for more even heat distribution. While copper may be fine for an outer pan lining, never use a pan that uses copper for the cooking surface. Copper can leach out and potentially cause gastrointestinal discomfort.

Aluminum pans are of particular concern for everyday use. A reactive metal, aluminum reacts with salty and acidic foods and may release itself into your food during cooking or baking.

Why Use Ceramic Cookware

Ceramic cookware isn't new. Their use dates back thousands of years to the ancient Greeks and Chinese. Although much more rudimentary than today's ceramic cookware, even those living in America as far back as the 1600s used ceramic pots and pans. The Industrial Age introduced the manufacturing of metal and aluminum pots, which largely replaced pottery and ceramic pans.

As Americans became more aware of how their lifestyles impacted the environment in the

1960s and 1970s, ceramic cookware returned to the marketplace. This "green" choice in cookware caught on with environmentally conscious consumers. Decades later, consumers began focusing on ceramic cookware's other benefits - its health benefits.

A true ceramic pan or dish will be made only with water and inorganic materials and minerals from the earth's crust. Because it doesn't contain any metals, a ceramic pan is non-reactive and non-toxic. No odors or gases release into the air even when heated to extremely high temperatures.

Unlike the PFAS in non-stick cookware, ceramic pans are not associated with any ill effects on your thyroid, liver and other organs, brain, immune system, hormone levels, cholesterol levels, and weight. Ceramic cookware is safer for you, your family, your pets, and the environment.

SOURCE: http://products.mercola.com/ceramic-cookware-benefits/?utm_source=dnl&utm_medium=email&utm_content=section&utm_campaign=20170722Z1_UCM&et_cid=DM151267&et_rid=2089381892

*Dr Mercola has great ceramic cookware available for purchase.

Until next time in The Pulse ~ or at the Wedding Feast of the Lamb!

Get Ready! The King is Coming!