

THE PULSE

For Montana

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

Know ye not that your body is the Temple of the Holy Spirit which is in you, which ye have of God, and ye are not your own?
(1 Corinthians 6:19)

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

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DISCLAIMER: RE: HEALTH

The statements, suggestions, opinions and articles found in The Pulse For Montana regarding health, natural healing and other alternative methods of restoring health, have not been evaluated by the Food and Drug Administration. The information in The Pulse For Montana is not intended to diagnose, treat, cure, or prevent any sicknesses or diseases. What is presented in The Pulse For Montana is based on our opinions and based on our personal research and experience.

RE: HEALTH PROVIDERS THE MEDICAL FIELD, AND THE PHARMACEUTICAL INDUSTRY

It is due to Iatrogenic Death (death caused by doctors and medical care) being one of the top 3 causes of preventable accidental death, that we bring information and articles to you about negligence, malpractice, surgeries, treatments, causes of diseases, and dangerous medications. These articles are for information ONLY. The articles presented by both the staff of The Pulse For Montana and of the guest writers published here in this paper, are the result of all of our personal opinions, research and experience and may or may not be the opinion of those in the medical field. The field of medicine is not an exact science. Of

course, our articles are NOT reflective of all doctors, all providers, all surgeries, all treatments, all medical testing and all medications! There are many fine doctors who are ethical and mindful of side effects and consequences and try their hardest to provide proper medical care on all levels. Regarding prescription drugs, you must never discontinue any medications whatsoever without consulting your physician so that you can taper safely without any life threatening side effects. We strongly recommend that you always talk with your board certified physician before making any desired changes to any aspect of your personal health regimen, treatment, upcoming surgical procedures, medications and all else that involves your health.

Thank you!
The Staff & Publishers of
The Pulse For Montana medications.
Thank you!



As we announced in our last two issues of The Pulse, we have legally changed our name from The Pulse of Hot Springs to The Pulse For Montana. As we are expanding outside of Hot Springs, we felt that this name would more more reader friendly and familiar to other communities across Montana.



ANOTHER HOLISTIC DOCTOR GUNNED DOWN AS WAR ON NATURAL HEALTH CONTINUES

The pharmaceutical world will do everything in its power to protect its cash cow. Anything that stands in its way will be eliminated. **In just over one year, more than 60 holistic doctors and researchers have been found dead, most of them in suspicious circumstances.**

Christopher Bayley King, 49, is the latest holistic doctor to be murdered in cold blood. He was eating at the Farm to Table Restaurant, Bramble & Hare, when he was approached by a man named Louis Joseph Sebastian, 32, and shot dead on Memorial Day, reported Your News Wire. Just before he got murdered, Dr. King was arguing with his killer. Then they went outside and Dr. King got shot.

According to the police, more shots were fired when they went back into the restaurant. Though the investigators have not said what the killer's motive was, it is more than obvious in

which direction we should look. Christopher Bayley King of San Marcos, California, was a well-respected physician and researcher who focused on the connection between diet and disease. He is the founder of the Dr. King's Clinic in California and worked at SlimGenics. According to posts on his Facebook and LinkedIn pages, Dr. King had previously traveled to New Zealand to work with Maori tribes and planned on returning in June to continue his work with them.

After the horrific event, Dr. King was rushed to Boulder Community Health's Foothills Hospital. Unfortunately, help came too late and he died from his injuries, the Daily Camera reported. Louis Joseph Sebastian is currently being held at the Boulder County Jail without bond. At present, it is not known if the men knew each other or what their relationship was, if any. In a hearing set for August 7, 2017, a judge will decide whether there is enough evidence to continue to hold him without bond. At present, it is not known if the men knew each other or what their relationship was, if any. In a hearing set for August 7, 2017, a judge will decide whether there is enough evidence to continue to hold him without bond.

Self-defense or premeditated murder?

According to a quote published in a New Zealand newspaper, both men were invited to a party by different guests. However, Leah Akin said she accidentally invited King, thinking she was inviting a friend with the same name. Nonetheless, he was a welcomed guest since they had previously "hooked

up," the woman explained.

Even though the 32-year-old made him uncomfortable, Gary Reeves was the one to invite Sebastian to the venue. According to Gary, Sebastian often talked about "interactions with the mob." While flirting with one of the guests, Sebastian said he believed men "needed to be macho and aggressive to win over the attention and affection

Around midnight, guests started to head downtown for food and drinks. At Bramble & Hare, King and Sebastian got into an argument allegedly about politics, according to the official reports. When Sebastian suggested taking it outside, witnesses heard gunfire and King stumbled into the restaurant where he was shot in cold blood.

Before more damage could be done, a chef and former marine ran out of the kitchen and disarmed the shooter. According to the Boulder police, King was shot four times, in the ribs, chest, and shoulder. Though Sebastian later claimed self-defense, if he gets convinced of first-degree murder, he could face a life sentence or even the death penalty.

Dr. King has done so much for the world with his holistic research and writings and will be missed by family, friends, and those who have worked with him. Was this an unfortunate chain of events with a deadly consequence or did Sebastian plan the argument and murder ahead of time to shut up Dr. King?

If you have any information about this case or the connection between the two men, call the Boulder Police Department at 303-441-1974. Or if you wish to

remain anonymous, you may contact the Northern Colorado Crime Stoppers at 1-800-222-TIPS (8477) or you can submit tips through the Crime Stoppers website at CrimesHurt.com.

It is time our country deals with these killing. We should not run away from it. There is too much at stake. Stay informed about the criminal, inhumane practices of the pharmaceutical world at BigPharmaNews.com.

Sources include:
NaturalNews.com
YourNewsWire.com
HealthNutNews.com
DailyCamera.com

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Have many conventional medical doctors have been killed in this past year? None! What are your doctor and Big Pharma trying to hide? Could it be that you wouldn't need them if you just ate right and used God's natural elements for healing? Remember, if you stay healthy, doctors and Big Pharma go out of business! Consider that possibility carefully before accepting any medications, surgical procedures, and other treatment modalities. Natural alternative medicine makes getting healthy basically risk free and enjoyable!

❖ WICCANS



Who are they?

Most witches (often called Wiccans) are part of the contemporary neo-pagan movement which is rooted in the ancient god and goddess worship of several pre-Christian cults and religions (Greek, Celtic, Egyptian, Roman and Sumerian). While there is much diversity of

beliefs among witches (because it, like the New Age movement, is not one centrally organized religion with a set creed or belief system) there are several common beliefs widely held among witches.

Some common beliefs among witches:

1. Rejection of absolute truth. Witches believe that experience and mysticism are the final authority not some book or creed. Each person must find and define their own reality and belief system.

The Bible Says:

- "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. In the presence of God and of Christ Jesus...I give you this charge: Preach the Word, be prepared in season and out of season....For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths." 2 Timothy 3:16-4:4

2. Tolerance

Witches believe that acceptance of other belief systems and religions (as long as those religions and belief systems are tolerant of theirs) is a must. Diversity is a virtue, dogmatism a sin.

The Bible Says:

- There is right and wrong. "Woe to those who call evil good and good evil...."

Isaiah 5:20

- Some things should not be tolerated. "I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me. Men of perverse heart shall be far from me; I will have nothing to do with evil." Psalm 101:3,4

3. Polytheism or Pantheism

Polytheism is the belief that there are many gods and goddesses. Pantheism is the belief that all is god and god is all. Everything and everyone is divine.

The Bible Says:

- "I am God, and there is no other; I am God, and there is none like me." Isaiah 46:9

4. Life Force

Most witches believe that there is an energy or life force that is ever-present throughout the entire universe. Therefore, the entire creation is a living organism.

The Bible Says:

- "For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together." Colossians 1:16,17

5. Goddess worship

Most witches worship the Goddess. The Mother Goddess is mother, maiden and crone (destroyer). She is eternal, associated with the moon and earth and can be invoked under many names. Many witches also believe in and worship the male counterpart to the Mother Goddess, the Horned God.

The Bible Says:

- "...Before me no god was formed, nor will there be one after me. I, even I, am the LORD, and apart from me there is no savior." Isaiah 43:10,11

6. Magic/Sorcery

Most witches believe that they can cause changes in people and circumstances through invoking spirits, forces or gods in the unseen world. This is usually done through some prescribed ritual or incantation.

The Bible Says:

- "Let no one be found among you who...practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells....Anyone who does these things is detestable to the LORD...." Deuteronomy 18:10-12

7. What do they believe?

About sin?

They believe that morality is personal and that the Biblical view of sin is guilt inducing and an unhealthy concept to accept.

The Bible Says:

- Men are held responsible for their sin (Romans 3:23; 6:23)

About the Trinity?

Witches do not believe in the Trinity. They are either polytheistic (belief in many gods) or pantheistic (all is god and god is all).

Biblical view:

- There is one God and yet three Persons (Isaiah 45:5; Deuteronomy 6:4; James 2:19)

About Jesus?

Many witches believe that Jesus was a witch due to his supernatural power. Others believe that he was just a man and not God himself.

The Bible Says:

- Jesus is fully God and fully man. He is the Creator, Ruler, Judge and Savior of the entire universe (John 1:1,14,18; 8:58; 10:30; Titus 2:13; Colossians 1:15-17)

About salvation?

Witches don't believe that salvation from sin is possible because the only sin there really is is that of intolerance. As Valerie Voigt wrote in her book Being a Pagan in a 9-5 World, "We don't have a Devil to blame our mistakes on and we need no Savior to save us from a non-existent hell."

Biblical view:

- Only through salvation do we have true happiness. Jesus said, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

About the Bible?

Witches don't believe in absolute truth. Therefore, while some witches may consider the Bible a good book, none hold it to be absolutely true in every area.

Biblical view:

- The Bible alone is the word of God. It is without error. It cannot be added to or subtracted from (2 Timothy 3:16-4:4; Revela

Sources Include:
cbd.com

✠ THE PULSE ✠

*Choose this day
whom you will serve.
As for me and my house,
we will serve the Lord.*
Joshua 24:15

❖ HOW THE MAINSTREAM MEDIA OPENLY PROMOTES CHEMICAL VIOLENCE AGAINST

CHILDREN

The New York Times, the LA Times, the Washington Post, CNN and all the other mainstream media outlets are controlled by Big Pharma and the CDC. Their medical "narrative" is shaped to promote the "medical rape" of children with extremely toxic substances that provably cause brain damage via neurotoxicity, yet none of them dare report on the mass death and injury to children, even when the casualty statistics are published by the government itself.

We have begun publishing profiles of some of the so-called "journalists" who are complicit in this medical violence against children at VaccineHolo-caust.org. These are many of the same left-wing journalists who have also pushed a narrative of hatred, intolerance and insanity that recently led to the attempted mass shooting of Republican lawmakers in Alexandria, Virginia.

The mainstream media is not only anti-America, anti-liberty and anti-truth — they're nothing but fake news at this point — they are also openly pushing the medical exploitation and chemical abuse of children all across America in order to appease their pharma advertisers.

Estimated 1400+ U.S. children killed by vaccines in 2016 alone

In 2016 alone, 144 U.S. children were killed by vaccines according to VAERS data reported by the government itself. This number is widely known to represent no more than 1/10th the real number of vaccine injuries and deaths, making the real number of deaths almost certainly in the 1,400+ range.

When you consider the lack of reporting to VAERS, plus the number of children who are harmed, maimed or disabled by vaccines, it comes to the astonishing level of 100,000 U.S. children being harmed, maimed or killed each year by vaccines alone. Yet the media is SILENT.

This is a true medical holocaust. It is being covered up by the mainstream media, which remains complicit in this global crime against children that continues unabated and unacknowledged. The same media that goes berserk over a photo of one dead child on a beach in Europe says absolutely nothing about 1,400+ medical murder victims in the USA every single year. Ponder that for a moment, and ask yourself why they are covering up this medical holocaust.

❖ WHO DUMPED WHO FIRST?

by Steven R. Bruck

I chose to bring you the following article because it is reflective of the sad state the church is in. The great apostasy that the Bible talks about is here. Satan has robbed, corrupted and stole the truth from God's people by corruption, perversion, misinterpretation of the Bible, wolves in sheep's clothing and other deception. All of the original Hebrew names in this article are left in tact in order to show that even names were changed by translators, many of whom weren't even saved or inspired by the Holy Spirit. This has caused people to insidiously be driven further away from the faith... especially pastors whose accountability to God is the most extreme.

It's difficult enough to comprehend that most people won't give their

lives to Jesus, thereby not making it to heaven; however, it is incomprehensible that people who call themselves believers, won't make it to heaven either, simply because they cover their eyes from the truth and won't search the Scripture to find the original meanings of the translations. Sorry guys, but not even the KJV is accurately translated. The Pulse is here to bring you the truth, not lies. We have no secret agenda. We just love Jesus and want you to make it to Heaven.

Now for this compelling article that we hope you 'get'.....

Remember back in the Old Days when we were first leaning about relationships between boys and girls? We would be attracted to each other, fall hopelessly in love, and within a few weeks or so one would dump the other for a different beau. The argument always came down to, "Who dumped who first?"

When Yeshua (Jesus) started His ministry, announcing the Good News to the Jewish people, many Gentiles began to believe in God's plan of salvation. They accepted Yeshua, along with (probably) hundreds of thousands of Jewish people throughout the Middle East and Asia at that time, as the Messiah of God. As such, they began to live the lifestyle that Yeshua preached, which was a Jewish lifestyle. Yeshua was a Jew, and followed the commandments in the Torah (the first five books of the Bible), as Jews are expected to do. Despite what many Christian churches try to tell you, He died being a Jew, and when He was resurrected He was still a Jew. His Disciples were Jews and lived according to Torah, as did Shaul (Paul), which he confirms in his letters to the (what was

really) Messianic communities he began. The Gentiles that were accepting and following Yeshua's teachings were given 4 immediate changes to their (prior) Pagan behavior (Acts 15), which was only the starting point for them. James said that they would learn the words of Moses in the synagogue every Shabbat, which clearly indicates it was expected of these converts to Judaism that they would, eventually, follow the lifestyle outlined in the Torah just as Yeshua, His Disciples and the early Jewish followers of Yeshua did.

But that's not what happened. What happened was a combination of misunderstanding of many of Shaul's letters (no real surprise there- he wrote like a Pharisee, which he was, meaning his logic and statements were drawn out and somewhat convoluted), geopolitical activities that made being Jewish in a Roman controlled land dangerous, and human's trying to enforce their will on people who didn't know any better (I am referring to the early "church" elders.) The "Judaizers", as they are called, that Shaul talks about in Galatians were trying to get the new converts to accept circumcision as a necessary part of salvation. Shaul blasted them for that, and much of what he wrote seems to say the Torah is not important, but instead the Spirit is how one should be led in his or her worship of God. That is, of course, correct, but he didn't mean to ignore the Torah. Shaul was saying to let the Spirit lead you to obey the Torah but not to gain salvation through that obedience, but to be obedient to God as a thankful and loving expression of faithfulness.

As things got politically worse

for the Jews, those Gentiles becoming Jewish decided that maybe it wasn't such a good idea to embrace Torah as much as the Jews, since they were being targeted by Rome. So they stepped away from total observance of, or even trying to observe, Torah.

In other words, the Gentiles that were now worshiping the God of Abraham, Isaac and Jacob (instead of the Roman gods) decided that they were going to worship their own way, and break from traditional Judaism.

In other words, the Gentile Believers dumped the Jews.

As time went on, the (now called) Christians began to separate even further from their roots; their leaders changed the Sabbath day, created their own holidays, canonized the writings of the Jewish Disciples without a single Jew on their Council, and even started to denounce living a Jewish lifestyle, announcing officially that if you were living a Jewish lifestyle you couldn't be "saved."

Today, the separation between Christian worship of God and Jewish worship of God is so different it is almost at opposite ends of the pole. Thank the Lord that the proper Spirit, the Holy Spirit (Ruach HaKodesh) of God is beginning to lead Christians back to Him and to the proper worship of Him. The Messianic Christian and Hebraic Roots movements are making headway in the Christian world. People are beginning, in these End Days, to know the God of Abraham, Isaac and Jacob as He wants them to know Him. More and more churches are supporting Israel and wanting to observe Torah for the correct reasons.

The correct way to observe Torah is not as a means to gain justification, and not as a means to prove ones worthiness for salvation, but because that is what God said we should do.

Through observing Torah we will earn blessings (Deuteronomy 28), but more than that, God has given us the Torah so that we can have life eternal; the life we gain through Torah is not gained by performing the actions correctly (what Shaul calls "legalistic" observance) but because of our heartfelt desire to please God and the simple fact that observing the Torah demonstrates by our actions our thankful and loving faithfulness.

That is what Christianity lost when it dumped the Jewishness of it's worship. It cut itself off from the very root that feeds it. In my not-humble-enough opinion, the main reason there are so many different Christian religions is because they have no root, no foundation upon which to settle themselves. They are, as Yeshua warned, a house on sand, being shifted and blown in all directions because they are not solidly rooted on the Rock of God's Word.

Until Christianity comes back to the root, it will forever waiver, change and grow further away from God. Judaism is not a religion, it is a way of life; it is not a set of rituals and rites so much as it is the form of worship God commanded. Christianity thinks it is grafted onto the Tree of Life, but it has mutated itself so much that it is no longer even the same species.

I pray that the Prodigal Son returns soon.

Source: MessianicMoment.com

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I truly hope you received something

profound and eye-opening from this article. In fact, I hope you had a spiritual epiphany that leads you to fall back into the arms of Jesus. I pray that your walk is not with man, but with Jesus Christ... the Redeemer... the Messiah of this world.



**PSYLLIUM HUSK
RELIEVES
CONSTIPATION,
LOWERS CHOLESTEROL
AND MUCH MORE**

Fiber is more than just a regulator — it's also vital to deliver essential nutrients to the entire body. We obtain fiber most abundantly in our diets from whole grains, fruits and vegetables. But what if we don't manage to consume enough fiber on a daily basis, or our personal health concerns (like constipation) could benefit from a fiber boost? Many popular commercial brands of fiber supplements on the market today are loaded with artificial flavors, colors and fillers — yuck! Why take a product that possibly helps you in some way but might negatively affect you in other ways?

The best fiber supplements are 100 percent natural and 100 percent pure. Psyllium husk is the perfect natural way to step up your fiber intake on a regular basis!

Psyllium husk is an edible soluble fiber and prebiotic. It's often referred to as a bulking fiber because once it is ingested, it expands, forming a gel-like mass by drawing water in from the colon. It then promotes easy, healthy elimination by sweeping waste out of the colon more quickly and efficiently. In addition, psyllium husk is known to have positive effects on heart

health and cholesterol levels. Studies have also shown that psyllium is safe, well-tolerated and improves glycemic control for people with diabetes. Unlike stimulant laxatives, psyllium husk is gentle and not addictive.

Psyllium Husk Facts

Psyllium husk comes from a shrub-like herb called *Plantago ovata*, which grows worldwide but is most common in India. Each plant can produce up to 15,000 tiny, gel-coated seeds, from which psyllium husk is derived. It also sometimes goes by the name *ispaghula*. Psyllium husk is best known as a natural laxative that is commonly found in health stores.

Dietary fiber found in psyllium husk can help with the following conditions:

- Cancer
- Colitis
- Constipation
- Diabetes
- Diarrhea
- Diverticulosis
- Hemorrhoids
- Heart disease
- Hypertension
- Irritable bowel syndrome
- Kidney stones
- Obesity
- Peptic ulcer
- PMS

5 Impressive Health Benefits of Psyllium Husk

1. Relieves Constipation and Diarrhea

Constipation is a very common health issue. Chronic constipation is especially common in adults older than 60 years, and symptoms occur in up to 50 percent of nursing home residents. Additional fiber intake in the form of psyllium is recommended by scientific studies to improve symptoms and provide

natural constipation relief. Psyllium is recommended over magnesium-based laxatives, which should be avoided due to potential toxicity. When combined with water or another liquid, psyllium husk swells and produces more bulk, which stimulates the intestines to contract and helps speed the passage of stool through the digestive tract. Psyllium has also been found to be superior to docusate sodium for softening stools by increasing stool water content and has greater overall laxative efficacy. Since psyllium husk helps make elimination easier, it also helps naturally treat hemorrhoids, which are often the result of constipation. Psyllium husk can also be used to help relieve mild-to-moderate diarrhea. It's beneficial to diarrhea sufferers because it soaks up a significant amount of water in the digestive tract, which helps make the stool firmer and slower to pass through the system.

2. Lowers Cholesterol

Research makes it very clear that psyllium husk is a therapeutic addition to a healthy diet and lifestyle for people struggling with high cholesterol levels.

In a double-blind, placebo-controlled parallel study, all subjects maintained their usual diets, which provided less than 300 milligrams of cholesterol per day and approximately 20 percent of energy from protein, 40 percent from carbohydrates and 40 percent from fat. The study found that eight weeks of treatment with psyllium reduced serum total cholesterol levels by 14.8 percent, low-density lipoprotein (LDL) cholesterol by 20.2 percent and the ratio of LDL cholesterol to high-density

lipoprotein cholesterol by 14.8 percent relative to baseline values. The reductions in total cholesterol and LDL cholesterol became progressively larger with time, and this trend appeared to continue at the eighth week.

Another study published in The Journal of The American Medical Association examined the effectiveness of psyllium husk as an adjunct therapy for people with mild to moderate high cholesterol levels. This study found that compared with placebo, psyllium achieved a 4.8 percent reduction in total cholesterol level and an 8.2 percent reduction in low-density lipoprotein cholesterol level, clearly displaying psyllium husk's ability to lower cholesterol naturally.

3. Helps Manage Blood Sugar

Psyllium husk can help current diabetics as well as people trying to prevent diabetes since the dietary consumption of fibers like psyllium husk can assist in maintaining healthy glycemic balance in the body. One study evaluated psyllium husk fiber's effect on lipid and glucose levels as an adjunct to dietary and drug therapy in patients with type II diabetes. The study found that taking psyllium husk daily can help patients with type II diabetes control their blood sugar without negative side effects. Another study obtained similar results, indicating a beneficial therapeutic effect of psyllium in the metabolic control of type II diabetics. Psyllium husk certainly looks like a wise choice in the daily task to keep blood sugar levels in check, as well as a natural treatment for diabetes.

4. Improves Heart Health & Blood Pressure

Adding high-fiber foods like

psyllium husk to your diet can help to lower heart disease risk. More specifically, a diet high in water-soluble fiber like psyllium husk is associated with lower triglyceride levels and a lower risk of cardiovascular disease. A study in the European Journal of Clinical Nutrition evaluated the effects of psyllium in type II diabetic patients and found that psyllium not only improved blood sugar, but also reduced the risk of coronary heart disease.

Psyllium also has been shown to improve hypertension or high blood pressure, which has a direct negative effect on heart health. Hypertension affects 30 percent of the population and is a preventable condition. One main way to prevent hypertension is through a healthy diet. In a randomized clinical trial, six months of supplementation with psyllium fiber significantly reduced both systolic and diastolic blood pressure in overweight people with hypertension.

5. Healthy Weight Management

In our society, obesity is the most prevalent health issue affecting all age groups, and it leads to many serious health problems, including diabetes and chronic heart disease. Psyllium husk is among the list of medicinal plants that have been shown to significantly decrease body weight. Psyllium husk can be very helpful in maintaining and achieving a healthy weight since it encourages a feeling of satiety when it is consumed. Since we naturally eat less when we feel full, adding additional fiber to our diets in the form of psyllium husk can help us not overeat and can treat obesity naturally.

In addition, psyllium husk's ability to improve the body's natural elimination process positively affects weight as waste matter is removed more quickly and regularly from the body. A study published in *Clinical and Experimental Hypertension* in August 2007 found that psyllium supplementation for a six-month period led to a decrease in body mass index. If you are trying to lose weight fast and looking to control overeating at meals, you can take psyllium husk shortly before or with a meal. The addition of functional fiber, like psyllium husk, should be considered as a tool to improve success in weight-loss diets.

Psyllium Husk

History & Interesting Facts

Psyllium husk is a great natural alternative to gluten, questionable xanthan gum, and other unhealthy and expensive binding agents used in baking. Since psyllium fiber is a soluble fiber, it becomes gelatinous and sticky in water. Researchers have found that by simply adding up to 5 percent of psyllium, they could improve the baking characteristics of bread.

When using psyllium as a binding agent in baking, you need to include additional liquid in your recipe to compensate for the water-absorbing ability of psyllium. It's a good idea to let your dough or batter sit for a few minutes to give the psyllium a chance to gelatinize, and then you can add the appropriate amount of liquid to obtain your desired consistency. Psyllium husk can be used in the making of breads, breakfast cereals, pasta and snack foods.

Some people find that consuming soluble fiber like psyllium

husk helps relieve some symptoms of irritable bowel syndrome (IBS), such as diarrhea and constipation. However, studies have found mixed results so talk to your doctor if you have IBS and would like to give psyllium husk supplements a try in your IBS diet.

Psyllium husk has also been found to be helpful in cases of ulcerative colitis or Crohn's disease. Impressive research has shown that psyllium was as effective as the prescription drug mesalamine in maintaining remission of ulcerative colitis. The research is promising, but just to be safe you should speak with your doctor first to decide how much fiber is right for your specific situation.

As a thickener, psyllium has been used in ice cream and frozen desserts. Technical-grade psyllium has been used to improve water retention for newly seeded grass areas.

Psyllium Husk – Where to Find It & How to Use

You can typically find psyllium husk in one or more forms at any health store and many online retailers. You can purchase whole psyllium husks or psyllium husk powder. Some people find the whole psyllium husks to be more effective, especially when it comes to constipation, while others like the finer consistency of the powder. The powder is made by grinding the husks down so the gel ultimately produced is finer and has less of a grainy texture.

Similar to flaxseed supplements, it's pretty much a matter of personal preference. Either way, when purchasing any psyllium husk supplement you should always make sure that the product is 100 percent pure, which

means it is free of gluten, sugar, artificial flavors, artificial colors and fillers.

The typical recommended serving of whole psyllium husks for adults and children over 12 years of age is one tablespoon mixed into eight ounces of a liquid of your choice (water, juice, milk, etc.) one to three times daily. For children 6-12, the recommended dosage is one teaspoon one to three times daily. The typical recommended serving of psyllium husk powder for adults and children over 12 years of age is one teaspoon mixed into a liquid of your choice one to three times daily. For children 6-12, the recommended dosage of psyllium husk powder is a half teaspoon one to three times daily.

Once the recommended serving of whole psyllium husks or psyllium husk powder is mixed well into at least eight ounces of liquid, it will thicken up into a gel-like consistency (this is normal) and it should be consumed immediately. If the mixture is too thick, simply add more liquid. Per serving, whole psyllium husks (one tablespoon) and psyllium husk powder (one teaspoon) are both around 15-30 calories with 4.5 to six grams of dietary fiber.

You can also purchase psyllium husk in capsule form. The amount of psyllium husk per capsule varies by company but typically contain around 500-625 milligrams of psyllium husk per capsule. Follow the directions on the packaging for best results.

It is best to start by taking one serving of psyllium husk each day and gradually increasing to three servings per day if needed so the body can adapt. If minor

gas or bloating occurs, reduce the amount of psyllium husk you consume daily until your system adjusts. For best results, psyllium husk can be consumed daily as long as desired.

All psyllium husk products should be stored at room temperature away from heat and light. Make sure to keep the supplement tightly closed to protect it from humidity.

Possible Side Effects of Psyllium Husk

Since the fiber in psyllium husk absorbs water, make sure to drink enough water when taking psyllium husk so your digestive tract is optimally hydrated. Sometimes consuming too much fiber without enough water can cause digestive discomfort, so water intake along with fiber intake is key. Wondering if you can consume too much fiber? In general, having too much fiber is not a major concern. Your body will definitely tell you if you are overdoing it in the form of feeling full or having gas and/or bloating.

Without drinking enough liquid, psyllium husk powder can possibly swell in the throat, causing blockage or choking. Always make sure to have enough liquid with your psyllium husk as well as additional water afterward if needed. Avoid use of psyllium husk if you ever had esophageal narrowing or any other swallowing difficulties. Do not take psyllium husk products if you have any bowel obstructions or spasms.

As with all fiber supplements, do not take within one to two hours of prescription medications. If you are taking any type of medication or are under a doctor's care, consult a health professional before using psyl-

lium husk.

Sources Include:
DrAxe.com

✦ THE PULSE ✦

As with anything that we eat, drink, or use on our skin, make certain that you buy your whole psyllium husk as certified organic and gmo free. If you don't, don't bother. No health regimen will help unless it's 100% organic and non-gmo. Personally, I like [Herbal Secrets](#) USDA Certified Organic Psyllium Husk. It comes in a 16 Oz container and is vegan, dairy free, GMO free, gluten free, has no sugar, and has no artificial sweeteners. It last for months for the two of us. I buy it for \$11.99 which includes free shipping with my Amazon Prime membership.



IS THERE ANY SUCH THING AS "HEALTHY" POTATO CHIPS?

It's very likely that you're already aware of the link between fried potatoes and cancer and that potato chips are generally considered to be a "junk food" that has no place in an anti-cancer diet. However, when potato chip companies make claims that their products are "organic," you might find yourself rethinking your decision to cut them out of your diet. You may even be led to believe that there are certain types of chips such as "kettle-style" chips or "baked" chips that are actually healthy potato chips.

Are Kettle Chips Healthy Potato Chips?

Kettle chips are simply regular potato chips that are fried in a kettle. The kettle method is the way chips were originally prepared in the "old fashioned" days when all chips were made from real organic potatoes.

In this procedure, each group of chips is supposed to be fried as a single batch, as opposed to the more commercial continuous-frying method. Alternately, the kettle method is supposed to process chips in smaller, individual batches. But is it really possible for each batch to be separately prepared? I would venture to say that in a commercial factory it probably doesn't really happen that way.

The reason this kettle chip process is viewed as "healthier" is that the oil cools somewhat in between batches and thus, the potatoes are cooked at lower temperatures. This supposedly decreases the amount of acrylamides, a carcinogen that forms when carbohydrates are cooked at high temperatures (above 212 F or 100 C).

Technically, if you fry thinly sliced potatoes in a pot at home then you have kettle chips. So, the question is... are kettle chips healthy potato chips? Unfortunately, the answer is no.

Four Types of Carcinogens Found in Potato Chips

There are several forms of carcinogenic compounds that form as a result of potato chip processing. Let's take a closer look at four types of carcinogens that can form while potato chips (and many other foods) are being processed:

#1. Acrylamides

This dangerous chemical is created when starchy vegetables, especially potatoes, are baked, fried, toasted, or roasted at temperatures of 212 degrees Fahrenheit or higher. As the carbs are cooked, the sugar combines with asparagine, an amino acid, and forms acrylamide. One tell-tale sign that acrylamides are

present is their signature yellow brown color that forms on foods cooked at these temperatures. This chemical has been proven to increase cancer risk, and affect the nervous system as well.

#2. PAH: Polycyclic Aromatic Hydrocarbons

These carcinogenic compounds are formed when smoke from the grill, oven, or stove gets into the air while cooking at high temperatures. These carcinogens then penetrate the food and you consume them. If you are smoking meats, vegetables, or even cheese on the grill or in a smoker, your vegetables will be impregnated with these cancerous carbons.

Inhaling is another way to get intoxicated while you are grilling meat or veggies. Technically anytime you burn food and the house fills with smoke you are breathing in toxic PAH vapors. But in the factory where the chips are being manufactured the concentrations are even higher because of continuous processing. As a result the chips are getting a significantly concentrated dose before they're even packaged.

#3. HCA: Heterocyclic Amines

These detrimental gems are formed from over-cooking food at high temperatures, thus charring the food. Any overcooked chips potentially contain HCAs even though they are more commonly found on meats. Studies have shown that consuming charred food increases your risk of developing cancer.

#4. AGE: Advanced Glycation End Products

Glycation occurs when food is cooked at high temperatures, which is done to sterilize it from pathogens. Sugar combines with

protein to produce these end-products that accumulate in the tissues. The result of high concentrations of AGEs in tissues is low level chronic inflammation, oxidative stress, and kidney failure.

According to scientific research, nearly every chronic illness has its roots in AGEs. AGEs contribute to an increased cancer risk because inflammation and circulating free radicals trigger cancer cell formation. If the kidneys can't flush these toxins out, then the body is flooded, which taxes the immune system further. So, it becomes apparent that the cancer has the opportunity to become rampant in the body as the systems to protect the body become weaker.

Are "Baked" Potato Chips Healthier Than Fried?

It may seem counterintuitive, but potatoes that are thinly sliced, doused in oil, and then baked can contain up to three times the acrylamides, according to the FDA (Federal Food and Drug Administration). The reason is that baking also allows the yellow/brown acrylamides to form on the surface. Since potato chips are thin, they are fully concentrated with acrylamides.

Oil fries the chips faster in the big vats so they are processed for a shorter time period. But, the oven takes longer so their exposure is increased, causing more acrylamides to form simultaneously. Therefore, baking is not exactly better. However, if you bake at a very low temperature, say 115 degrees Fahrenheit, then the likelihood of acrylamide formation is decreased.

As a rule of thumb low temperature cooking is key to safer food.

Carcinogenic Ingredients Found in Potato Chips

Now that we understand the dangers of processing potato chips, what carcinogenic ingredients do these so-called "healthy chips" contain that affect your likelihood of developing cancer?

Let's examine the ingredients label of a popular brand of kettle chips: Select Potatoes, Sunflower Oil, Sea Salt & Crushed Black Peppercorns Seasoning (Potato Maltodextrin, Potato Starch, Sea Salt, Crushed Black Pepper, Yeast Extract, Sugar, Citric Acid, Black Pepper Extract).

In addition to the processing issues that we discussed above, further hazards to your health include the MSG (Monosodium glutamate) disguised under the term "yeast extract," Maltodextrin, and sunflower oil.

Maltodextrin is a dangerous sweetener with a glycemic index two times higher than sugar. The glycemic index is a measurement of how rapidly your blood sugar will spike after consuming certain foods. This means maltodextrin is even worse for you than sugar. Eating foods containing this ingredient causes your pancreas to produce a large amount of the growth hormone insulin in an attempt to balance out your blood sugar levels. This is a big problem because an overproduction of insulin allows for rapid growth of tumor cells due to hormone imbalances. This in turn can lead to breast, ovarian, and prostate cancer along with obesity, diabetes, high cholesterol, Alzheimers, and stroke.

Maltodextrin is also typically produced from corn starch. This means it is very likely developed from genetically modified corn which is another issue that

affects your gut health.

Although sunflower oil sounds like it could be healthy, it's actually on the list of the main oils to avoid. This is due to the heavy refining process that it undergoes to produce more volume. Therefore, sunflower oil is a hydrogenated fat, something to be avoided. Although healthy, cold pressed fats can do wonders for the body in the right amounts, hydrogenated fats are truly the opposite. They contribute to obesity, diabetes, high cholesterol, high blood pressure, heart disease, hormonal imbalances, toxic buildup, and sooner or later – cancer.

True Healthy Alternatives to Potato Chips

Your safest bet when it comes to potato chips is not to indulge at all. For an enjoyable snack, try a reasonable serving of vegetables dipped in a healthy dressing with high quality, unheated fats instead. These contain good fats that your body needs for optimal functioning. For example: it only takes a few minutes to whip up a guacamole with lemon juice and sea salt dip for broccoli, celery, and cherry tomatoes. This combo does not contain any of the carcinogens listed in this article, and you'll get a healthy dose of nutrients instead of a bellyful of carcinogens.

Here is a yummy chips alternative recipe

This recipe is far healthier than normal potato chips, as zucchini is low in carbohydrates, plus you are baking them with coconut oil instead of sunflower oil. You can also prepare these zucchini chips in a dehydrator and avoid baking completely.

Ingredients:

- 3 medium organic zucchinis

- 1 tsp organic spirulina powder
- 1 tsp organic turmeric powder
- 2 tbsp organic cold pressed coconut oil melted over low heat
- 1/2 tsp organic pink or sea salt
- 1 tsp organic moringa powder
- 1 tsp organic dried oregano
- 2 tbsp organic lemon juice
- 1/2 tsp freshly ground organic black pepper

Directions:

1. Wash zucchinis and cut into slices 1/8 inch thick. Set aside in a large bowl.
2. Add spirulina, moringa, salt and pepper to a small bowl and gently whisk them together.
3. Add the melted coconut oil and lemon juice to a separate bowl and whisk them together.
4. Pour the dry spice mixture into the oil and lemon mixture and whisk again. Then pour the sauce over the sliced zucchini and mix with a wooden spoon or spatula gently to coat them evenly.
5. Preheat oven to 250 degrees Fahrenheit. Then rub a small amount of coconut oil on the bottom of a 9 x 13 glass baking dish. Place the zucchini in a single layer and then add in the layers until all the zucchini is in the pan or use more than one pan.
6. Put them in the oven on the center rack and bake for approximately two hours or until desired crispness is attained. Remove from the oven allowing to cool and adding more salt and pepper as desired to taste. The

chips will keep in an airtight container for three days or frozen for three months.

7. Enjoy! You're doing something to improve your health rather than harm your body from junk food.

Sources Includ:
TheTruthAboutCancer.com

✦THE PULSE✦

The bottom line is the you can choose to be healthy by eating the right foods and make sure all that you eat and drink is organic and non-gmo, or... you can choose to satisfy your taste for addictive junk foods and be chronically ill.

❖ COULD THERE BE PARTY PILLS IN YOUR CHICKEN?

Consumer groups filed suit against **Sanderson Farms** after the U.S. Department of Agriculture Food Safety and Inspection Service (FSIS) scrutinized 69 locations and found **82** "unconfirmed residues".

FSIS inspections and testing discovered the recreational drug **ketamine**, a hallucinogenic anesthetic, as well as antibiotics, pesticides and growth hormones in Sanderson Farm products.

Several consumer groups filed the complaint against the **\$2.8 billion** company for touting its products as "100 percent natural," asking Sanderson to admit it violated false advertising laws and to pay for a corrective ad campaign

If you've never heard about **ketamine**, you're not alone. Scores of people had never heard the word until Bloomberg broke the story June 22, 2017, revealing that ketamine had shown up in **Sanderson Farms'** so-called "100

percent natural" chicken, arguably the most popular meat in America.

Some who've heard of **ketamine** may include veterinarians, psychiatrists and people in the club scene who like to walk on the edgy side, as **ketamine** is known for delivering hallucinogenic effects. Testing also revealed other, and some even worse substances, and consumer advocacy groups don't intend to sit still for it. In fact, a new lawsuit has been initiated by consumer advocacy groups due to the company's use of the word "natural" in its advertising. Bloomberg explains:

"The consumer groups contend that Sanderson Farms "doses its chickens" but don't explain why. **Ketamine** might be used to sedate the animals during transport or before slaughter. The consumer groups want Sanderson to concede it violated false advertising laws and pay for a corrective ad campaign."

Some consumers may feel it's not a big deal, what with all the other questionable ingredients in foods nowadays, but that's where they'd be wrong. As Drug.com explains, **ketamine** (pronounced kee'-ta-meen) is an anesthesia that "works in the brain to inhibit painful sensations." It's prescribed by psychiatrists for depressed patients and by dentists as an anesthetic. A partial list of disturbing side effects include:

- Drowsiness, light-headedness or headache for as long as 24 hours
- Its effects are more pronounced and worse with alcohol or certain medications
- Changes in behavior, mental state or mood, confusion and/or hallucinations,

which "usually" go away within 24 hours

- Use in pregnant or breast-feeding women, elderly patients or children under 16 is not advised as they may be more sensitive, which is considered unsafe
- Nausea or vomiting, severe allergic reactions, difficulty breathing, chest tightness, swelling of your mouth, face, lips or tongue, frequent or painful urination, double vision, involuntary muscle movements and more

Is it too much to ask, when a company touts its food as natural, for consumers to expect it to be true?

Sanderson Farms' Chicken Has a Wide Distributorship

"Natural" is a term used very loosely in terms of foods available for sale. The tests conducted by the National Residue Program of the U.S. Department of Agriculture Food Safety and Inspection Service (FSIS) scrutinizes thousands of meat and poultry product samples every year for this very reason.

Using the Freedom of Information Act, several entities, including Friends of the Earth (FoE), the Organic Consumers Association (OCA) and the Center for Food Safety (CFS), obtained FSIS test results and subsequently filed a complaint in federal court June 22, 2017. FoE notes that Sanderson Farms reported 2016 sales of \$2.816 billion, and that the company sells chicken:

"Under its own brand name and private labels, through retail stores such as Shaw's, Albertsons, Food 4 Less, Foods Co, WinCo Foods and others. Sanderson chicken is also distributed to institutions, and is sold to cas-

ual dining outlets, such as Arby's, Darden Restaurants (which owns Olive Garden, Longhorn Steakhouse, Yardhouse, Capitol Grill and others), Dairy Queen and Chili's.

Conducting inspections at 69 Sanderson Farms locations in North Carolina, Louisiana, Texas, Georgia and Mississippi between November 2015 and November 2016, FSIS tested products and found questionable residue during 33 percent of their visits; 49 times, samples returned residues deemed something other than "100 percent natural." For its part, the company maintains:

"While Sanderson Farms generally does not comment on pending litigation, we can unequivocally state that Sanderson Farms does not administer the antibiotics, other chemicals and pesticides, or 'other pharmaceuticals' listed in the complaint with one exception. To suggest otherwise is irresponsible.

Our veterinarians do from time to time prescribe penicillin in FDA approved doses to treat sick flocks, and our withdrawal times far exceed FDA guidelines out of an abundance of caution. Most all of the drugs and chemicals cited in the complaint are not approved for use in broilers, and some would be lethal to chickens."

While many of the biggest chicken producers are actively taking steps to reduce antibiotic use in their operations, **Sanderson doesn't think it's necessary.** Sanderson Farms' president and CEO Lampkin Butts says no credible science leads the company to believe they're causing antibiotic resistance in humans, and that raising chickens without antibiotics would lead to

higher mortality rates.

They'd also need to build more barns for more room between birds, and more corn, water, soybean meal and electricity, when "sustainability is all about using less of everything."

Hallucinogen

Just One of Many Potentially Toxic Substances Found

According to Bloomberg, the ketamine detection exceeded the USDA's maximum of 20 parts per billion (ppb), so officials used testing methods typically used for beef and pork; since **ketamine** is not an approved substance for use in poultry, valid testing methods haven't been developed. However, further testing may be done with a method devised specifically for poultry.

Ketamine wasn't the only problematic substance found in Sanderson Farms' chicken. Besides 82 instances of "unconfirmed residues," including pesticides, plaintiffs' claim other troubling materials found at the plants were identified, according to Bloomberg and Meat and Poultry:

- **Eleven antibiotics were found;** five samples showed chloramphenicol, a powerful antibiotic that can trigger bone marrow suppression in humans, prohibited for use in animals that will become food (in fact, authorities can seize such products immediately); and six instances of amoxicillin, known as a "medically important for humans" not approved in poultry and, again, tested using beef methods
- Three samples revealed **des-ethylene ciprofloxacin**, a metabolite of ciprofloxacin,

also a "medically important antibiotic for humans;" prednisone, a steroid; ketoprofen, an anti-inflammatory drug; and butorphanol, an opioid analgesic.

- **The pesticides abamectin and Emamectin were detected** using testing methods that apply to pork
- Two substances banned in chicken production included the synthetic growth hormones melengestrol acetate and the **beta agonist ractopamine**.
- Three instances of **penicillin residue** were detected, for which the residue regulatory limit is zero.

Semantics:

What 'All Natural' Denotes

Perhaps one reason groups representing consumers are incensed enough to sue Sanderson Farms is because the company hawks its wares, as it were, in advertising pieces calling attention not so due to their chicken's great taste, but how natural it is.

Folksy, flannel shirt-wearing spokesmen face the camera and chat in a 2016 commercial about how disingenuous it is for other chicken producers to "trick" customers into paying more money by labeling their products "raised without antibiotics," when in fact, the second fellow draws, "by federal law, all chickens must be clear of antibiotics before they leave the farm." The takeaway? "Don't fall for the hype."

Another Sanderson Farms "good, honest chicken" commercial from 2017 (see above) throws in canned laughter when the guys discuss how "fancy marketing" labels that say "no added hormones or steroids" mislead people. "It's funny be-

cause it's illegal to give chickens added hormones and steroids," one guy says.

Ironically, one of the substances found in the company's chicken was the **synthetic hormone melengestrol acetate**. Meanwhile, the whole idea of natural denotes safe and free from drugs and pesticide residues. Bloomberg notes:

"FSIS can take enforcement action including levying fines or closing facilities. Multiple violations land a company on the Residue Repeat Violator List. Many of these products use the word natural as part of their labeling and advertising."

OCA's international director, Ronnie Cummins, stated:

"Consumers should be alarmed that any food they eat contains steroids, recreational or anti-inflammatory drugs, or antibiotics prohibited for use in livestock — much less that these foods are falsely advertised and labeled '100% Natural.'

Sanderson's advertising claims are egregiously misleading to consumers, and unfair to competitors. The organic and free-range poultry sector would be growing much more rapidly if consumers knew the truth about Sanderson's products and false advertising."

The Fine Print for Chicken Producers, Government Entities and Consumers

According to Bloomberg, antibiotic use in agriculture is under heavy fire from public health activists because of its alleged link to "growing antibiotic resistance," but adds that "Sanderson stands by the practice."

While the USDA declined comment (as it's the USDA, not the FDA, that regulates poultry) re-

garding whether any forthcoming action against Sanderson Farms can be expected from FSIS' findings, the company itself emphatically stated its intention to fight the lawsuit and, meanwhile, to continue its ad campaigns. Meat and Poultry reported part of the company's response:

"We will vigorously defend this lawsuit, and will take specific steps to make sure our position is clear. We will also continue our advertising campaign to educate consumers on our position regarding the judicious use of FDA-approved medicines to treat sick chickens and to prevent disease in our flocks. Such use is consistent with our animal welfare obligations to the animals under our care, our environmental sustainability efforts and our obligations regarding food safety."

Proving that the consumers who filed suit were actually fooled by advertising and false labels is going to be an uphill battle, according to food law litigators. They maintain there needs to be evidence that consumers bought the products because they thought it was free of the chemicals mentioned in the commercials, and that they wouldn't have purchased it if they'd known.

But the Centers for Disease Control and Prevention (CDC) has shown concern regarding antibiotics' use in animal husbandry, saying it's contributing to the rise of antibiotic-resistant bacteria. Its 2013 report links two of 18 antibiotic-resistant bacterium to the use of antibiotics in animals.

Concern regarding antibiotic-resistant bacteria on meat and poultry is because it can cause

disease, says CDC director of the division of foodborne, waterborne and environmental diseases, Dr. Robert Tauxe, as animal research worldwide shows that when antibiotics are used in animals that produce food, it has a negative impact on public health; it can make people very sick. FoE's deputy director of food and technology Kari Hamerschlag says:

"Drugs in our chicken is anything but natural. This scandal is a wake-up call to all the consumers who want healthier meat. The widespread presence of drugs in Sanderson Farms chicken reflects the excessive use of antibiotics and other chemicals used to keep animals alive in the filthy, inhumane, factory-farm conditions in which the birds are raised."

Why Do Companies Insist on Putting Such Additives in Their Products?

Tyson Foods Inc., by far the leading poultry company in the U.S., top producer Perdue Farms Inc., and Butterball LLC have all initiated processes to raise chickens without antibiotics, and they make no "no antibiotics ever" promises. However, more than **50 percent** of Perdue's flocks receive no antibiotics at all, and Tyson has pledged that by September 2017, it will largely eliminate antibiotics used to treat humans from its chicken operations, The New York Times notes.

Sanderson Farms isn't the only company to use the word "natural" as part of its shtick. General Mills Inc. was called out by the same group of attorneys (Richman Law Group) when glyphosate showed up in what was purported to be 100 percent natural granola bars.

Hormel Foods Corp. is also under legal scrutiny as its line of deli meats, **Natural Choice**, is made with not-natural ingredients, including pork from pigs raised using both synthetic growth promoters and antibiotics. Both cases are still pending and both continue to deny doing anything wrong.

It's no secret that many Americans are waking up to the fact that simply going to the store, buying groceries and eating them, isn't working well at all because of all the hair-raising toxins and other unsavory elements so-called foods are laced with. As there's an absence of a specifically worded definition of what constitutes "natural," especially in light of a slew of lawsuits alleging gross misrepresentation in advertising, in 2015 the USDA asked the public for its collective opinion.

Nearly 7,000 people responded, and that's a good thing — it's hard to say what the USDA would have done had it been only 10 or 12. But it stood by its policy that natural in regard to food means "nothing artificial or synthetic" or containing substances, including added color, "that would not normally be expected to be in that food." Still, the regulations are so vague, Bloomberg suggests that even chicken nuggets would fly under USDA definitions:

"Unlike foods regulated by the FDA, those under USDA rules need approval for label claims such as "100 percent natural," so lawsuits that tried to challenge such claims would likely be met with successful preemption arguments, citing that pre-market blessing from USDA."

While many people find it cumbersome to be so vigilant over

the foods they bring home for, it's never been more important to do so.

Sources Include:
Dr Mercola, DO
articles.mercola.com

✦THE PULSE✦

*We are very diligent in reporting current health news to you so that you can stay well; however, continuing to eat foods that are not organic and contain GMO's will keep you sick and get you sicker with many diseases and illnesses. Making only one change in your health regimen will **NOT** protect you. With nutrition, it's an all or nothing solution.*

'Food' for Thought: Could there be dangerous addictive substances planted in our food supply in order to force us to buy their products? HMMMMMMMM!

Buy organic and non-gmo to be as safe as possible. The slightly higher cost is far less expensive than sickness, disease and the medications that you'll be taking to treat them. Consider the cost! Food addiction or health; you cannot have both.

❖ **BIG PHARMA EXPOSED FOR KNOWINGLY CAUSING OPIOID EPIDEMIC, USHERING IN A HEROIN NIGHTMARE**

Big Pharma created the legal opiate addiction epidemic and its outgrowth, rampant heroin abuse, because pharmaceutical corporations' own addiction to profit arguably trumps any concern it may have had for patients. Though the accusation may seem harsh, the evidence has never been more apparent thanks to an investigation by the

Los Angeles Times — which presents a scathing condemnation of the company behind the notorious painkiller, OxyContin.

Two decades ago, Purdue Pharma began marketing OxyContin — a chemical cousin to heroin — with the claim its 12-hour “smooth and sustained” dosing would revolutionize the treatment of pain. However, the claim is not only problematic in that its duration is often hours less than promised — leading patients to experience symptoms of withdrawal — but Purdue knew that before the painkiller ever hit the market.

As the Times discovered, Purdue's push to market OxyContin, one of the most abused pharmaceuticals in history, flatly and continually ignored all reports from sales reps, complaints from doctors, and independent research on the drug — all in the name of profit.

Indeed, profit Purdue has — the company has reaped some **\$31 billion in revenue over OxyContin's** troubled 20-year stranglehold on the painkiller market. And ignoring complaints and research contradictory to its extended-relief claim is key to Purdue's continued success with the hundreds-of-dollars-per-bottle drug, since milder opiate painkillers may, indeed, offer similar if not more effective benefits.

Because Purdue pressures doctors and sales reps to maintain the 12-hour dosing strictures, **doctors often increase the prescribed potency.**

In examining the Times' report, it becomes apparent Purdue has placed striving for profit above any iota of concern for suffering patients, the cycle of abuse and addiction, or the burgeoning

health crisis due to opioid medication. But it isn't OxyContin, in itself, driving the crisis — it's the company's insistence on the strictures of 12-hour dosing cycles, since the drug's effects wear off much sooner for many.

When a patient isn't allowed relief from pain sooner than prescribed, they can suffer debilitating **withdrawal symptoms** — body aches, nausea, anxiety, and more — similar to that of heroin. And according to experts, the euphoria of relief heightened when the next dose is finally administered **creates a cycle of addiction** — the same cycle that causes patients held to such dosing to seek relief in more illicit substances.

That narcotic-fueled cycle, Washington University neuropharmacologist Theodore J. Cicero told the Times, could be “the perfect recipe for addiction.” In fact, the return of pain coupled with “the beginning stages of acute withdrawal,” can easily become “a very powerful motivator for people to take more drugs.”

Neuroscientist and physician, Peter Przekop, who oversees the treatment of painkiller-addicted patients at the Betty Ford Center in Rancho Mirage, agreed. “You are messing with those areas of the brain that are involved in addiction,” he explained, “and you are going to get the person dependent on it.”

According to the Times, as Purdue began testing patients to gain patent approval for its extended-relief formula of oxycodone in the 1990s, evidence swiftly mounted the drug couldn't substantiate the manufacturers' claims it 'revolutionized' pain relief by limiting the number of doses required.

For example, in one study of 164 cancer patients, one-third of those given OxyContin dropped out because they found the treatment ‘ineffective,’ according to an FDA analysis of the study. Researchers then changed the rules of the study to allow patients to take supplemental painkillers, known as ‘rescue medication,’ in between 12-hour doses of OxyContin.

In another study of 87 cancer patients, ‘rescue’ was used frequently in most of the patients, and 95% resorted to it at some point in the study, according to a journal article detailing the clinical trial.

Despite all evidence pointing to varied dosing required by different patients — as people react differently to opioid medication — Purdue pushed forward in only seeking the 12-hour dosing restrictions in their patent testing. And Purdue sought and received the FDA’s approval at that dosing, even though, as agency spokeswoman Sarah Peddicord explained in a written statement, it should be well understood by physicians that there will be some individual variability in the length of time that patients respond to this drug ...

While the labeled dosing regimen is a reasonable starting point, physicians should carefully individualize their approach to patients based on how quickly they metabolize the drug.

Purdue’s advertising stratagem for marketing OxyContin, however, focused on that 12-hour dose — with ads stating plainly, “REMEMBER, EFFECTIVE RELIEF JUST TAKES TWO.”

Indeed, the tactic worked so well, OxyContin’s profits expo-

nentially topped those of its pharmaceutical predecessor, MS Contin — more than doubling MS Contin’s most successful profits in just its third year on the market, the Times reported. By its fifth year, OxyContin was pulling in \$1 billion in profits annually, then leveling off in 2010 at \$3 billion.

Purdue Pharma is owned by the ultra-rich Sackler family, who were also responsible for MS Contin, and as the Times described, the success of OxyContin brought a whole new level of wealth. Forbes magazine last year estimated the Sackler’s worth at \$14 billion, which, as the magazine noted, put the family ahead of American dynasties such as the Mellons and Rockefellers.

As The Free Thought Project recently reported on the Sacklers’ hand in America’s opioid addiction epidemic, the “number of deaths caused by the use of OxyContin dwarfs the number of people killed during the Mexican drug war, while overdose deaths, from prescription pills, have now surpassed that of cocaine and heroin combined.”

Eventually, the Department of Justice conducted a criminal investigation concerning OxyContin and Purdue. And though in 2007, Purdue and three top executives pled guilty to fraud — paying out \$635 million — for downplaying addiction risks associated with the narcotic painkiller, the issue of dosing was never addressed.

When Purdue saw doctors increasingly prescribe OxyContin in dosing more frequently than 12 hours, the company viewed the issue as a crisis — not for the drug’s lack of efficacy or concern for patients, but because

“managed care plans” were “beginning to refuse to fill prescriptions” at such a steep price.

Rather than conceding to an 8-hour dosage regimen, Purdue began encouraging drug reps to tell doctors to increase the strength of doses. This strategy came with inherent dangers, however, as stronger narcotics greatly increase chances of overdose and death. But, as the Times found, that was never a topic of concern for Purdue.

Despite decades of complaints, anecdotal and scientific evidence, and testimony depicting OxyContin as the driving factor in opioid addiction and abuse, Purdue continues to reap massive profits from the painkiller — still prescribed in 12-hour dosing format. In 2014, alone, 5.4 million prescriptions for OxyContin were handed out by doctors — 80 percent of those in 12-hour doses.

As lawmakers continue to make these prescription drugs harder to obtain, the addicted masses are turning toward the black market to stifle their cravings. The result of such a deadly combination of pushing ‘legal’ addicts into the ‘illegal’ realm is manifesting through skyrocketing overdose rates, more police crackdowns, and cheaper and more dangerous heroin.

Alternatives to dangerous narcotic medications do exist, whether Purdue would admit to as much or not. A study in 2015 divulged cannabis as more effective than opioids for treating pain, and as Justin Gardner reported for The Free Thought Project, researchers are now urging doctors to steer patients toward cannabis, rather than opioids like OxyContin, for the treatment of chronic pain.

If there is somehow still any question why the United States is currently experiencing an epidemic in opioid medication addiction and abuse — and its outgrowth of heroin abuse — simply look to Big Pharma’s profit-seeking above patient care for answers.

Sources Include:
TheBloggingHounds.com
TheLibertyBeacon.com

✦THE PULSE✦

You can choose to trust both your doctor and Big Pharma; however, with that choice comes serious consequences of bad health, addiction and premature death. Make INFORMED decisions.

FLU VACCINE VIRTUALLY WORTHLESS IN PEOPLE 65 YEARS AND OLDER. HERE'S WHAT YOU CAN DO INSTEAD.

The Centers for Disease Control (CDC) admits yet again that last year’s flu vaccine failed to protect the most vulnerable among us. Flu-related hospitalizations were at an all time high in the winter of 2016-2017 for adults 65 and older. The CDC reports that last year’s flu vaccine was roughly 42 percent effective overall for preventing the kind of serious illness that leads to doctor’s visits and hospitalizations. Worse yet, the CDC confessed that last year’s shot was essentially ineffective for the group of people who are hit hardest by the flu – those 65 and older. The winter was dominated by flu strain, Type A

H3N2, which seems to cause more serious illness and death than other flu strains. Even though the vaccine was well matched with the flu strains going around last year, it was a total failure.

The first mistake the medical establishment makes is assuming that it’s the flu shot that keeps people from going to the doctor or the hospital. Health officials never investigate exactly what keeps people healthy, what their habits are, and why some people prevent and overcome countless illnesses every year (without vaccine augmentation). Even the low 42 percent “effectiveness” of the flu vaccine is an exaggeration of prevention, a deflection from what truly matters when it comes to immunity. This number itself is a misguided assumption that the flu vaccine is why people aren’t seeing doctors in the first place.

The second mistake the medical establishment makes is believing that vaccine science will somehow eradicate nature’s microbial terrain. Microbes, virus, and fungi are part of the natural world. Medical professionals should be teaching individuals how to best adapt to this environment instead of pretending that they can somehow eradicate it from existence. Vaccine augmentation, like antibiotics, only excites mutation of pathogens. Notice that, in modern medical terms, the names of the illnesses change, but the symptoms of sicknesses are similar nonetheless, depending on where the infection lies. Nothing is ever eradicated; sickness is only exacerbated by our attempts to control it.

Strengthen the terrain of the human body, improve cellular conditions, and fear not.

Micro-organisms outside the body are not the primary cause of infection, as proposed by Louis Pasteur’s germ theory. The deterioration of the host body and the suppression of cellular environments attracts disease and is the primary cause of sickness.

A third mistake the medical establishment makes is somehow thinking that a mercury-laden injection will somehow enhance a body’s immunity and strengthen its terrain. Mercury, measured at 51 ppm in the flu shot, is a violent toxin that weakens a person terrain. Relying on dirty, toxic vaccines will only continue the degradation of the human body and increase conditions for sickness in the world.

Strengthen the terrain and the cellular environment for improved immunity

What really helps during cold and flu season is maintaining good health through natural supplements and a diet of organic, all natural ingredients. Healthy individuals know how to prevent or overcome severe illness right in their own homes.

Here are just a few examples of natural ingredients you can keep stock of in your home to be better prepared for illness defense:

- Colloidal silver is a palatable antibiotic that doesn’t excite microbial resistance.
- Raw Manuka honey is an in

- credible full-spectrum anti-microbial that assists the body during any infection.
- Adaptogens such as schizandra berry, Eleutherococcus root and astragalus root enhance the humoral immune response when the body is under attack.
- Nutrient-dense algae such as spirulina and chlorella replenish the cells with the nourishment they need to overcome any invasion.
- Spices such as turmeric and ginger help reduce inflammation, thinning mucus, allowing for quicker recuperation.
- The herb feverfew helps make a fever more productive, allowing the body to respond more properly against invading pathogens.
- Goldenseal and elderberry contain strong anti-viral compounds.
- Mullein herb and marshmallow root help soothe mucous membranes, assisting the body's natural response.

It's the vitamins, minerals, antioxidants, and healthy fats that work together to establish a cellular environment that is creating efficient energy cycles for true immunity, not harmful and ineffective vaccines.

Sources:
TheBloggingHounds.com
APNews.com
NaturalNews.com
ncbi.nlm.nih.gov

The Pulse for Montana is an evangelical outreach of Teshuvah Road Ministries Inc and Victory Retreat Montana. We are a registered 501(c)(3) corporation in the state of Montana and remain in excellent standing with the Montana Secretary of State and the Federal Government.

Donations to any branch of our ministry are **100% Tax Deductible** and checks can be made out to:

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VictoryOverRxDrugAddiction.com and TheBloggingHounds.com

The Pulse For Montana is a Voice for all those who have been murdered by doctors who continue to prescribe Opiate Painkillers, Benzodiazepines and psychiatric drugs - all known to be Addictive & Deadly.

Iatrogenic Death (death caused by doctors) has become the **#1 Cause of preventable Accidental Death here in the US!** Warn your friends & loved ones! It's the only way to stop the killing.

Ask questions, educate, and voice your opinion at each and every visit you have with your physician.

We are now embarking on a series of speaking engagements in Montana to help equip churches to deal with addiction & recovery in a more positive, motivational and compassionate way. Our message will also reach out to the secular community.

It took a community to start addiction
 and it will take a community to end this!
 If you would like us to speak at your church,
 please contact us.

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At [Victory Retreat Montana](http://VictoryRetreatMontana.com), there's a gateway to a brand new life waiting for you!
 Recovery should never last a lifetime! Get in touch with us today for more information

If you don't live in Montana, don't worry. We work with people all over the US.

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