

McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

CHILDREN & VACCINATIONS – THE FINAL RANT (FOR NOW!):

Sweden

banned the pertussis/whooping cough vaccine in 1979 considering it both dangerous and ineffective – infant mortality rates dropped afterwards. In 1975 Japan raised the age of this vaccine to two years old, considering it a danger in infancy. SIDS (more commonly known as 'cot death') has largely disappeared there since.

Nations with voluntary vaccine programmes (e.g. Canada (and to an extent the UK) have lower infant mortality rates than the USA where it is compulsory. Before the 1960s when the move was made to mandatory mass childhood vaccinations, the USA had the second best infant mortality rate in the world. Over 40 years of mass immunization later, with a childhood series of more than 34 vaccine mixtures prior to entering 1st grade, the US has dropped to number 24. Why does the wealthiest nation in the world with all its vaunted health technology and medical know-how, have such a dismal record for infant mortality?

Every year in the US 12 – 14,000 reports of adverse reactions associated with vaccinations, including hospitalisations, permanent brain damage and death – are reported to the FDA. Be aware too that damage is only officially a result of vaccines if it manifests within 24 hours – what of the child that becomes comatose 26 hours after the vaccine (it happened to one of my little patients...). Any drug on the market with a fraction of this record would be recalled. MMR vaccine campaigns in the USA have coincided with a 200% rise in the incidence of autism. Hepatitis B vaccine alone has been responsible for 25,000 reports of adverse reactions including optic neuritis, brain damage, paralytic polio and sudden death.

There is not an insurance underwriter who will offer liability coverage for drug companies in the event any of their vaccines cause death or disability to the recipient. One would think this should give cause to reflect on the value of official assurances of vaccine safety. The US government itself now assumes liability for vaccine damage because the manufacturers could not get insurance. Since 1987 over a billion US dollars have been paid out to compensate only 10% of claimants. The current effort to make vaccines compulsory worldwide will be a licence to print money for the vaccine producers and an iatrogenic (doctor /medicine induced) health disaster of the first magnitude.

Having asked why everyone is so unwilling to accept that vaccinations can cause damage, even death, Dr. Sherri Tenpenny makes the following points:

In trials, monitoring for adverse effects from vaccines only continues for 14 days. The control substance used in vaccine safety trials is not an inert substance like water or saline solution, but another vaccine considered 'safe'. The new vaccine is considered 'safe' if its adverse effects are not greater than the old 'safe' vaccine. Is it just me or....?

Homeopathy can be used to strengthen a child's immune system. If you are thinking about the whole issue of vaccinations, why not get in contact and ask me about the homeopathic perspective?

DOG FOOD AND WHAT IT REALLY CONTAINS:

One of the greatest mistakes owners tend to make is to assume that their dog is a carnivore. In fact dogs are omnivores. They are used to eating anything that comes their way. Remember that the domestic dog is descended from a particular species of small wolf that ate small mammals such as rabbits, insects, plants and fish. The wild dog would have feasted on the contents of the stomach of its predominantly vegetarian prey, then the organ meats and finally a mix of muscle meat, bones and fur.

Canned food:

No doubt you will have selected your brand on the basis of "complete" or "balanced". Yet much of the food is in fact a "sludge". Look at the label and you will probably see "real meat", "special oils", "natural fibres", "vitamins and minerals". Look a little closer and you will probably see "meat and animal derivatives (min 4% fresh meat), cereal, vegetable protein extract....caramel colourings". Most pet food contains the rendered meat of dead animals. Besides handling the overspill of butchery, rendering is a cheap way of disposing of the remains of all animals on the scrap-heap and other meat considered unfit for human consumption. These include the '4-D' animals: dead, disease, dying and disabled', road-kill animals of every variety, food past its sell-by date on supermarket shelves; and grease and rubbish from restaurants. It has been revealed that any pet owner who hadn't paid to cremate or bury their animals was picked up by the renderers.

Upon arrival at the plant any "usable" meat is slow-ground up, with the bones, fat and other waste material (hooves, feet, feathers and heads). Very little in the way of separation of 'wheat from chaff' goes on in a rendering plant. Plastic packaging, even fur, are all melted into the same pot. In newspaper articles in the US, rendering plants have admitted to rendering 10,000 to 30,000 lbs of dogs and cats per day. Although many of the pet food companies say they will not buy rendered cats and dogs some of the smaller companies will sell anything. Most pet food companies in the UK vehemently deny using companion animals in food, however dead dogs and cats have been found at rendering plants in the UK.

The guidelines of the Pet Food Manufacturing Association, the industry association, which sets the standard for good practice recommends that individual manufacturers only use "species which are generally accepted in the human food chain." This rules out the use of horses, ponies, whales, sea mammals, kangaroos". However note the use of "generally accepted". Thus occasionally they can use other species. There is also nothing about the health of the animals used or their source. Another problem with using euthanised or sick animals, aside from the moral aspect, is that the drugs used to put these animals down could make it into your pet food.

Every improvement in shape, texture or form means more chemicals are added. If your dog is medium-sized and subsists on pet food, he could be eating as much as 10 lbs or preservatives every year. Propylene glycol, a humectant in semi-moist foods, is molecularly similar to antifreeze. This agent has been proven to be a major contributor to feline cardiac disease, according to research by the FDA. In January 2001 it was banned in cat food, but appears to still be used in dog food.

SO WHAT CAN YOU DO INSTEAD?

One is the BARF Alternative: the mainstay is raw meat with whole, raw (never cooked) meaty bones. The dog is meant to eat the bones which are soft, not just chew on them. A typical diet is a whole chicken or fish carcass, or parts such as chicken necks and backs, plus raw eggs, yoghurt, raw fruits and vegetables, nuts, sprouted grains and berries.

"Natural Nutrition for Dogs and Cats – the Ultimate Diet" by Kymythy R. Schultze has some useful and interesting ideas and case histories. There are arguments against "raw" such as it is that it is possible for your pet to contract diseases such as salmonellosis, toxoplasmosis and campylobacter from parasites harboured in raw meat. The animal can be given grapefruit seed extract to kill any dangerous bacteria. Other studies have also shown that Salmonella and other parasites are now endemic in 7 – 28% of all cuts of meat in the food chain (Commun Dis Public Health, 1999)

I don't think there is an easy answer but perhaps when choosing your dog food look for one that is organically based, has a high meat content and add raw vegetables

to the dog's food. Give them bones to chew on. It's really a question of degree and being aware of the balance and nutritional content of your pet's food.

This we know. The earth does not belong to man; man belongs to the earth. This we know.

All things are connected like the blood which unites one family. All things are connected.

Whatever befall the earth befall the sons of the earth. Man did not weave the web of life; He is merely a strand in it. Whatever he does to the web, he does to himself.

'Chief Seattle'

HEMP OIL VS FISH OIL:

The more it is tested, the more compelling the hypothesis that we need Omega 3 becomes. Dyslexia, ADHA, dyspraxia and other neurological problems seem to be associated with a deficiency omega 3 fatty acids, especially in the womb. Diseases such a depression, chronic fatigue syndrome and dementia seem to be linked to a deficiency in such fats.

Last year a published study of 117 children suffering from dyspraxia showed that the results of supplements of omega 3 and 6 fatty acids were extraordinary. In 3 months the reading age of the experimental group rose by an average of 9.5 months, whilst the control group's rose by 3.3. So it would seem the government's plan to give fish oil supplements is a wise one. The only problem is that there are not enough fish. (Read "End of the line" by Charles Clover). From my perspective I can't understand why we would all rush to have oil from a fish that lives in polluted waters (full of mercury) and whose liver stores the poisons – much fish oil comes from the liver...

So Hemp? It contains all of the essential fatty acids for health. So does flax as some other seeds. However hemp seed protein is that 65% of it is "globulin edistin" This means that Hemp's protein is readily available in a form quite similar to that found in blood plasma. Thus Hemp seed oil makes sense as it is the premier plant seed provider of globulin starting material – the highest in the plant kingdom. Taking Hemp oil ensures the immune system has the reservoir of immunoglobulin resources needed to make disease destroying antibodies and assists the brain in keeping/developing all those essentials inks. It has the perfect balance of Omega 3 to Omega 6, the only plant oil to offer this and essential for optimum brain function.

CONTACT: Steve at Hemp Garden for the best oil:

01424 434 370 Quote ref: MCK for a 10% discount on RRP steve@hempgarden.co.uk