7 Reasons Aspartame Is Bad for You

Aspartame is a non-calorie artificial sweetener comprised of methanol, phenylalanine and aspartic acid. It is used in diet sodas and thousands of other products worldwide. Since it appeared on the US market in the 1980s, aspartame and the possible health risks from the substance have been a topic of much debate. Research has linked the sweetener to diabetes, fibromyalgia and certain forms of cancer. Here are some of the dangers of excessive aspartame consumption.

Cancer: Studies have found a dangerous connection between aspartame consumption and the development of brain tumors. When aspartame breaks down it produces a substance called DKP. As your stomach digests DKP, it produces a chemical that induces the growth of brain tumors.

Diabetes: Aspartame consumption is extremely harmful to people with diabetes. It makes it more difficult to control sugar levels and aggravates diabetes-related conditions such as retinopathy, cataracts, neuropathy and gastroparesis. The sweetener also has been known to cause convulsions often mistaken for insulin reactions.

Psychological Disorders: Emotional and mood disorders have been linked to aspartame. Studies suggest that people with certain emotional problems are more sensitive to aspartame. High levels of aspartame cause changes in the serotonin levels which can lead to behavioral problems, depression and other emotional disorders. In some cases, the side effects were so dangerous that doctors were forced to put an end to the studies.

Hinders Weight Loss: Aspartame can be found in diet sodas and most other diet products. However, research indicates that the sweetener increases your hunger and can actually impede your weight loss. Phenylalanine and aspartic acid can cause spikes in insulin levels and force your body to remove the glucose from your blood stream and store it as fat. Aspartame also inhibits the production of serotonin and prevents your brain from signalling to your body that you are full. This can lead to food cravings and make it more difficult for you to lose weight.

Birth Defects: Aspartame is an excitotoxin or a substance that has the potential to damage or kill cells in the nervous system. The blood-brain barrier is a structure that stops harmful substances from penetrating the brain. The barrier doesn't completely form until a child is one year old, therefore, before a child is born, its nervous system is vulnerable to any dangerous excitotoxins that the mother may consume. Too much exposure to phenylalanine or aspartic acid may cause irreversible brain damage and other serious birth defects.

Vision Problems: Methanol, one of Aspartame’s components, can damage the retinas and the optic nerves. Aspartame consumption has been connected to eye pain, blurred vision and, in some cases, blindness.

Brain Damage and Seizures: Aspartame can change the chemistry of the brain. Formaldehyde, a product of methanol, gathers in certain areas of the brain causing degenerative diseases such as Parkinson’s, Alzheimer’s and ALS. Aspartame consumption can also trigger seizures in both epileptics and other individuals without a history of epilepsy.

Aspartame may contain fewer calories than sugar, however, the toxic sweetener has the potential to cause serious damage to the nervous system and in the worst case scenarios can be fatal. Check all your labels for this substance, including your gum and even your children’s vitamins! Such as the Flintstones vitamins!

Source: www.fitday.com
July is Skin Cancer Awareness Month
Skin Cancer Self-Examination

The purpose of self-examination is to assist in the early diagnosis of skin cancer. Skin cancer can take 20 years or more to develop. Many forms grow slowly, but some melanomas may grow quickly. If found in the early stages it’s very treatable, and the way to find it early is by doing a self-exam every three to six months. 10 minutes could save your life.

Where to look: Examine your head and face using one or two mirrors. Move your hair to examine your scalp. Have a look at your hands, including your nails. Check your elbows, arms and underarms. Look closely on your neck, chest and torso – check under your breasts if you are a woman. Using a second mirror examine the back of your neck and shoulders, as well as your upper arms, legs, back, and behind. If you have lots of moles, take a picture of them and compare them every 6 months. Sit down and examine your lower legs and feet, including nails, heels, and soles. Use a small mirror to check your genitals.

What to look for: Melanomas are lesions that usually look different from other moles. A new growth or any skin change, looking for the ABCD’s of melanoma: Asymmetry, Border irregularity, Colour change, and a Diameter greater than 5mm. Most people have freckles, birthmarks, or moles, but any irregularities or a change in the shape, edge, colour or size can be warning signs of skin cancer – if detected, see your doctor promptly:

<table>
<thead>
<tr>
<th>Attributes</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asymmetry</td>
<td>Common moles are round and symmetrical. Most early melanomas are asymmetrical. If a line divided through the middle of your mole doesn’t create equal halves then ask your doctor to have a look.</td>
</tr>
<tr>
<td>Border irregularity</td>
<td>Common moles have fairly smooth and even borders. Most early melanomas have borders that are often uneven and may have rough edges.</td>
</tr>
<tr>
<td>Color change</td>
<td>Common moles usually are a single shade of brown. Varied shades of brown, tan or black are often the first sign of melanoma. As melanomas progress, the colors red, white and blue may appear.</td>
</tr>
<tr>
<td>Diameter &gt;5mm</td>
<td>Early melanomas tend to grow larger than common moles -- generally to at least the size of a pencil eraser (about 6mm, or 1/4 inch, in diameter). Melanomas can be diagnosed at sizes much smaller than this - the smaller the melanoma when diagnosed, the better. Lesions under 7mm have a low risk of recurrence if removed.</td>
</tr>
</tbody>
</table>

The ABCD guide for the diagnosis of melanoma has been re-evaluated. New recommendations suggest adding E for describing pigmented skin lesions that suggest cancer.

Evolving
The lesion is evolving or changing.

In addition to checking out the ABCDs, you should watch for these changes:

<table>
<thead>
<tr>
<th>Attributes</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size</td>
<td>The mole suddenly or continuously gets larger.</td>
</tr>
<tr>
<td>Color in Surrounding Skin</td>
<td>The skin around a mole becomes red or develops coloured blemishes or swellings.</td>
</tr>
<tr>
<td>Elevation</td>
<td>A mole that was flat or slightly elevated increases in height rapidly.</td>
</tr>
<tr>
<td>Surface</td>
<td>A smooth mole develops scaliness, erosion or oozing. Crusting, ulceration or bleeding are signs of more advanced disease.</td>
</tr>
<tr>
<td>Sensation</td>
<td>Itching is the most common early symptom - there may also be feelings of tenderness or pain. However, skin cancers are usually painless.</td>
</tr>
</tbody>
</table>

If any of these changes occur, they should be checked by a professional. It is particularly important for you to select a physician who specializes in skin cancer and is trained to recognize a melanoma at its earliest stage. You would first see a dermatologist, who might refer you to a dermatologic surgeon or oncologist (cancer specialist). Make an appointment without delay. Call Dr. Joannou at Tay River Reflections: (613) 264-0888 for a skin consult.

Love your skin; it’s the only skin you get.
Benefits of Massage Therapy

Many of today's health problems can benefit from massage therapy because the manipulation of soft tissues affects so many of our bodily systems. The benefits of massage are extensive. Massage therapy treatments will have a therapeutic affect and improve health by acting directly on the muscular, nervous, circulatory and lymphatic (immune) systems.

A minor injury can lead to a profound impact on a person's ability to stay physically active, participate fully in life, or even make a living if it becomes chronic. Massage therapy can be one of the ways of preventing that kind of outcome.

Some massage therapy techniques are specifically recommended for sore muscle tissues. An overly sore muscle cannot function properly, so alleviating or preventing pain protects from dysfunction. A tense muscle can throw off your body's balance and posture. Before long, muscles that were not initially tight begin to tense as they compensate for other parts of the body. It becomes a chain reaction that can spread far from the initial problem spot. A talented massage therapist can identify the source of the problem and start working to alleviate the problem where it started.

The movements of massage cause blood to flush in and out of muscles and joints. This flushing process - enhancing circulation in the affected areas - can, in some cases, aid recovery time from injuries.

People who are stressed are less healthy than people who are relaxed. Stress increases the risk of heart disease. Massage therapy is an effective and enjoyable way to reduce stress.

Massage therapy is also effective in the control of pain, chronic or acute, in stress reduction, and in creating a sense of relaxation and well-being.

Ask the front desk staff for more information on massage therapy and book an appointment with one of our Registered Massage Therapists: Fred Shepherd RMT or Annette Gray-Jackson RMT.

Massage is recommended in conjunction with chiropractic. Also did you know most extended health care benefit packages have a separate allowance for Massage Therapy?

<table>
<thead>
<tr>
<th>MASSAGE HOURS</th>
<th>Massage Fee Schedule</th>
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<tbody>
<tr>
<td></td>
<td>Annette Gray-Jackson, RMT</td>
</tr>
<tr>
<td></td>
<td>Fred Shepherd, RMT *</td>
</tr>
<tr>
<td>Time</td>
<td>Fee</td>
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<tr>
<td>---------------</td>
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<tr>
<td>30 min.</td>
<td>$40.00</td>
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<tr>
<td>45 min.</td>
<td>$55.00</td>
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<tr>
<td>60 min.</td>
<td>$70.00</td>
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<tr>
<td>90 min.</td>
<td>$100.00</td>
</tr>
<tr>
<td>*120 min.</td>
<td>$125.00</td>
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</tbody>
</table>

Annette has recently graduated from a 2 year accelerated Massage Therapy program and is a member of the College of Massage Therapists of Ontario.

After staying home with her 3 children Annette returned to school for her new career. As a lifelong resident of Mountain Grove, Annette is looking forward to seeing both familiar and new faces, and is looking forward in assisting you with your personal wellness goals.

Fred worked in the radio industry for 16 years, mostly for CHUM Radio in Peterborough and Ottawa, as a Commercial Producer. Fred was educated in Massage Therapy at Everest College St. Laurent Campus, from February 2010 until November 2011. He graduated with 85% overall average while working full-time at CHUM Radio Ottawa and received his RMT license in July 2012. His career began at Elgin Massage Therapy Clinic in August, 2012. He is experienced in Swedish massage, hot-stone massage, pregnancy massage.

Annette Gray-Jackson, RMT, B.A.  
Fred Shepherd, RMT

The root of all health is in the brain.  
The trunk of it is in emotion.  
The branches and leaves are the body.  
The flower of health blooms when all parts work together.  
- Kurdish folk wisdom
Chiropractic Monthly Newsletter

Name the Bones

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
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<tbody>
<tr>
<td>1</td>
<td>cranium, skull</td>
</tr>
<tr>
<td>2</td>
<td>mandible</td>
</tr>
<tr>
<td>3</td>
<td>clavicle</td>
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<tr>
<td>4</td>
<td>sternum</td>
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<tr>
<td>5</td>
<td>humerus</td>
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<td>6</td>
<td>rib</td>
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<tr>
<td>7</td>
<td>vertebra</td>
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<td>8</td>
<td>pelvis</td>
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<td>9</td>
<td>radius</td>
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<td>10</td>
<td>ulna</td>
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<tr>
<td>11</td>
<td>carpals</td>
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<tr>
<td>12</td>
<td>metacarpals</td>
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<tr>
<td>13</td>
<td>phalanges</td>
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<tr>
<td>14</td>
<td>femur</td>
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<tr>
<td>15</td>
<td>patella</td>
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<tr>
<td>16</td>
<td>tibia</td>
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<tr>
<td>17</td>
<td>fibula</td>
</tr>
<tr>
<td>18</td>
<td>tarsals</td>
</tr>
<tr>
<td>19</td>
<td>metatarsals</td>
</tr>
<tr>
<td>20</td>
<td>phalanges</td>
</tr>
</tbody>
</table>

The bones are arranged as follows:
Axial skeleton consists of 80 bones along the central axis of the human body. It is composed of six parts: the human skull, the ossicles of the middle ear, the hyoid bone of the throat, the rib cage, sternum and the vertebral column.

Hands (27 bones each)
Feet (26 bones each)
Arms (3 bones each)
Legs (5 bones each)
Shoulder blades (2 bones each)
Pelvis (2 bones)

Function of Bones
- Supporting the body
- Maintaining Posture
- Protecting vital organs like the heart and liver
- Help allow movement
- The large bones create blood cells in their bone marrow

Here are some facts about the 1500’s:
Most people got married in June because they took their yearly bath in May. And they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor, hence the custom today of carrying a bouquet when getting married. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, “Don’t throw the baby out with the bath water!”

Old-Fashioned Succotash Salad

What You Need
3 ears corn on the cob, cooked
2 cups frozen lima bean, cooked, drained, cooled
1 red pepper, chopped
1/2 cup chopped red onions
1/4 cup flat-leaf parsley, chopped
2 Tbsp. fresh oregano, chopped
1/3 cup Italian Dressing

Make It
CUT kernels from corn cobs; rinse under cold water. Drain.
PLACE corn in large bowl. Add all remaining ingredients; mix lightly. Cover.
REFRIGERATE several hours or until chilled.

From: www.kraftcanada.com
Submitted by: Dora Church, Thanks!

Light ‘n Lemony Mini Cheesecakes

1 250g pkg. Philadelphia Brand Light Cream Cheese, softened
2 eggs
1/3 c. sugar
1 tsp. grated lemon rind

Combine all ingredients; beat with electric mixer at medium speed until well blended. Spoon into 6 large-lined muffin cups. Bake at 325 F for 25 minutes. Cool before removing from pan. Chill. Invert on plate and surround with fresh fruit sauce.

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England’s old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be, saved by the bell or was considered a “dead ringer”.

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, “It’s raining cats and dogs.” There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top offered some protection. That’s how canopy beds came into existence.
How to Set Up Your Computer Correctly

1. Set your chair height so that your forearms are at the right angle to the upper arm and your wrist is straight (neutral position) when your fingers are on your keyboard. Your upper arm should hang comfortably at the side of your body. This will help decrease strain in the hands, wrists and shoulders. Never use wrists rests or arm rests while typing. A wrist rest should be used to rest the heel of your palm, not your wrists itself.

2. Adjust the backrest of your chair to support your lumbar spine. Relaxed muscles will not fatigue over time.

3. Place a footrest under your desk so that you are leaning back into your chair—this prevents tension in the mid to upper back. This is very important because these are the nerves that control your heart, lung and stomach function. Old envelope boxes make great footrests!

4. Your knees should be level or slightly higher than your hips, so you may adjust your seat tilt. Lean back slightly. Leaning the trunk back somewhere between 100-130 degrees from parallel to the floor will open up the hips and ease the pressure on the pelvis. This helps prevent swelling in the feet and calves and reduces pressure on your sciatic nerves.

5. Be sure to use a glare-reducing screen and have no bright lights behind you or in front of you. Also if your screen faces a window and the view is filled with sunlight at certain times of day, close your blinds or draw the curtains to decrease eye strain.

6. Your eye level should be at the top or within the top half of your screen. Most people have their screen height to low, so grab some old telephone books and prop yours up if you need to.

7. Use a vertical copy stand to reduce tension in the neck and place it directly beside the screen. If your keyboard is lower than the desk surface, tilt the back edge of the keyboard slightly down (known as “negative keyboard tilt”). Using a slightly negative keyboard tilt will help you keep your wrists in the proper (neutral) position. Try to avoid positive keyboard tilt (i.e., where the top of the row of keys is noticeably higher than the bottom row of keys). Also, make sure that if there are “legs” attached to the bottom front of your keyboard, they are left un-extended.

8. Your mouse should be right beside the keyboard. If you have a keyboard tray and the mouse doesn’t fit, extensions are available. This is a good investment because if you are reaching for your mouse all day, you’re subluxated.

9. Place the monitor as far away from you as possible while maintaining the ability to read without consciously focusing. Keep a minimum distance of 20 inches. Place the center of the screen at 15 degree angle from your eyes with your neck only slightly bent holding your head perpendicular to the floor. Don’t sit to close and don’t sit too far away.

10. Take stretching breaks throughout the day—stretching will decrease muscle tension. If possible, go to the gym or for a 20-30 minute walk at lunch.

11. If you also use a telephone, set it close to the keyboard so you are not reaching for it, placing it on the opposite side of your computer to your writing hand. Never cradle the telephone between your shoulder and your neck.

12. If your screen faces a window and the view is filled with sunlight at certain times of day, close your blinds or draw the curtains to decrease eye strain.

13. Have regular adjustments— an ounce of prevention is worth a pound of cure!

Now in stock at the office: MEDISTIK™ Hot + Cold Topical Pain Relief

MEDISTIK™ is a unique and highly effective anti-inflammatory and topical pain reliever. It is ideal for stiff and sore muscles, strains and sprains, backache, tendonitis, arthritis, rheumatism and acute and chronic sport related injuries. It is packaged in a stick and spray that are very easy to use and require no rubbing or hand washing. Extremely effective and convenient! MEDISTIK™ is formulated and produced in Canada by Natureteq Inc., a privately-held Canadian company that specializes in the development and marketing of unique and highly effective topical health care products that relieve pain associated with chronic and acute muscles and joints conditions.

Natureteq Inc. focuses on prevention and rebuilding health and well-being. Today’s approach to healing emphasizes early activity to sustain and enhance regular daily activities and overall lifestyle. Natureteq Inc. strives to meet those needs by providing pain relief products that are effective, fast acting and long lasting.

Natureteq Inc.™ is focused on differentiating itself from its competitors through quality, effectiveness and marketing innovation. We are dedicated to providing our customers with the best possible products and services. All finished products are manufactured in Canada under the most stringent quality standards and meet or exceed all required government regulations. MEDISTIK™’s active and inactive ingredients also meet the rigid requirements for use by professional athletes and is free of banned substances as defined by the Canadian Centre for Ethics in Sports and the World Anti-Doping Association. $18.49 tax included for a bottle of spray or a stick. Please ask staff for more details.
PRACTICE THESE TIPS FOR A BETTER LIFE ALWAYS

1. Take a 10-30 minute walk every day and while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Buy a DVR or PVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, ‘My purpose is to _______ today.’
5. Live with the 3 E’s -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2012.
7. Make time to practice meditation, yoga, tai chi, and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds and walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don’t waste your precious energy on gossip, energy Vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the energy vampires away.
18. Life isn’t fair, but it’s still good.
19. Life is too short to waste time hating anyone.
20. Don’t take yourself so seriously. No one else does.
21. You don’t have to win every argument. Agree to disagree.
22. Make peace with your past so it won’t spoil the present.
23. Don’t compare your life to others’. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: ‘In five years, will this matter?’
27. What other people think of you is none of your business.
28. However good or bad a situation is, it will change.
29. Your job won’t take care of you when you are sick. Your friends will… Stay in touch with them.
30. Get rid of anything that isn’t useful, beautiful or joyful.
31. Envy is a waste of time. You already have all you need.
32. The best is yet to come.
33. No matter how you feel, get up, dress up and show up.
34. Do the right thing!
35. Call your family often. (Or email them to death!!!) Hey I’m thinking of you!
36. Each night before you go to bed complete the following statements: I am thankful for __________. Today I accomplished __________.
37. Remember that you’re too blessed to be stressed.
38. Enjoy the ride. Remember this is not Disney World and you certainly don’t want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

Correction to Shaklee Canada e-Mail about New Vita-Lea Formulas:

Shaklee Canada has apologized to us about an error in an e-mail message sent on April 30th to people who have Vita-Lea products on their Autoship orders. That message stated erroneously that there is Coenzyme Q10 in the new Vita-Lea Gold products just introduced to Canada. The message should have said: “Besides providing all the benefits of Vita-Lea With Iron and Vita-Lea Without Iron, Vita-Lea Gold supplies additional Vitamin D3 for bone health and is the only "multi" that contains N-acetylcysteine, which helps protect against free radical damage.” Persons wishing to add Coenzyme Q10 to their regimen can use Shaklee’s CoQHeart capsules, which contain 100 mg of CoQ10, or one of the new Shaklee Vitalizer Gold packs, whose Caroto-E-Omega Gold capsules contain 30 mg of CoQ10.