

***"Change your life TODAY. Don't gamble on the future, act now without delay"***  
**- Simone de Beauvoir**

I love this quote because it encourages us to take action NOW, not tomorrow. This is important because none of us are promised tomorrow. We have to live every day as if it's our last because one day, it surely will be. I'm not trying to be morbid, but my friends and I have had way too many family members die to not be willing to make needed changes TODAY. What do YOU need to change in your life to make it better? Do you need to eat healthier? Do you need to get out of a bad relationship? Do you need to apologize to someone you've wronged? Do you just need to tell someone that you love them? Whatever that "thing" is that you need to do or change, do it today. You or they may not be here tomorrow. If you need some assistance taking that first step, contact me and I'll help you.

Yours in health,



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### **Think Twice Before Eating Rice**



I've never been a big fan of rice because quite honestly, it's empty calories, offering very little (if any) nutritional value, particularly when it's white. But there's an even more important reason to avoid rice that most people don't realize and the reason may shock you. Rice often contains arsenic. Yes, this is the poison often used to kill people in books and movies. Believe it or not, even small amounts of this toxic ingredient can increase the risk of several types of cancer, as well as cause diabetes, reproductive problems and heart disease. How the heck does arsenic get into rice? The answer is: through water, soil and pesticides.

Back in 2012, a publication called "Shop Smart", which is owned by "Consumer Reports", tested more than 200 samples rice and rice-containing foods, including cereal and milk. They also incorporated data from my least favorite governmental agency (the FDA), which resulted in a total of 697 samples of rice and 656 processed rice-containing products. They found measurable amounts of arsenic in almost ALL the products tested. They also tested some other popular grains. Here are some of their findings:

- Grains such as amaranth, barley, bulgur, buckwheat, farro and polenta typically contained only tiny amounts of arsenic.
- Some samples of quinoa, one of my absolute favorite grains, tested higher than the grains listed above, but much lower than rice.
- White basmati rice from California, India and Pakistan, as well as sushi rice from the United States tended to have lower levels of arsenic (almost ½) than rice from other places.

- Brown rice of any type tends to have higher levels of arsenic than the same type of white rice. The reason is because more arsenic is found in the outer layers of the grain. Removal of the outer layers is what turns brown rice into white. This processing also removes most of the little nutrition found in rice. This is especially disappointing since we're encouraged to eat brown rather than white rice. However, the good news is that brown basmati rice has about 1/3 less arsenic than other types of brown rice.
- Eating organic doesn't guarantee the rice will be free of arsenic.

Consumer Reports also did its own testing and found it's not uncommon for there to be high levels of arsenic (200 parts per billion or more) in rice-based baby cereals. They also found that people who eat rice had arsenic levels about 44% higher than people who didn't eat rice. Not surprisingly, the release of this information freaked out the rice industry, which placed tremendous pressure on the FDA to try to alleviate the public's fears about arsenic in rice and products containing it. But here's the problem: these products ARE contaminated and as usual, the FDA placed the interests of the food industry ahead of the interests of you and me. They ended up putting out a statement that essentially said there was some arsenic in rice, but it didn't pose any "short-term health risks." But isn't that kind of obvious? If there really were "short-term health risks", we'd probably be getting really sick (or dropping dead) from the arsenic any time we ate rice or products containing it. What the FDA didn't bother to address was what the potential impact of long-term exposure to arsenic would be. So it sounds like the FDA has been trying to cover up this problem. Back in 2013 Mike Adams, founder of NaturalNews.com, reported that "the FDA's glossing over the arsenic problem was so blatant that even WIRED Magazine got in on the backlash and published a story by Deborah Blum that essentially accused the FDA of a cover-up."

So what the heck is a person to do? First, the best advice is to eat different grains throughout the week. Make sure to include grains I've listed above that have low levels of arsenic. If you must eat rice, make sure it was grown in California, India or Pakistan. Please read labels to protect yourself.

But before I close, there's something else about rice I need to tell you about that could possibly be a bigger cover-up than the arsenic. It's called cadmium, which is a harmful metal that's much more toxic than arsenic. According to testing done by NaturalNews.com, cadmium is about 100 to 1,000 times more toxic to the human body than arsenic. In China, 89% of the rivers used to irrigate rice are heavily contaminated with cadmium. Much of our rice comes from China, so again, please read labels.

Given all this data, do you really want to keep consuming rice? Think about it and have a wonderful month.