



You are what you eat.....But you have no clue what you're eating!

August 27, 2014

Welcome!

There is always something that gets me moving on these newsletters. I save interesting information all month long, and then compile it into journal form. This morning was no different. I saw the headline on the Courier Post: Farmers Protest GMO Labeling. It got me started.

Disclaimer: we are not providing medical advice, simply directing you to issues we are close to so you can make educated decisions regarding your health and nutrition. If you make it all the way to the end, there's a special photographic "treat" in store for you. Thank you for your 40 years of support for all our endeavors.

If you don't know what this is about, it's a shame, because the citizens of Europe not only understand it, but have banned GMO's. The state of Florida has banned GMO farming, yet our local farmers don't want to be involved in making sure the public is aware that the foods they are buying have GMO's, and trust me, you don't want Genetically Modified Organisms in your body. If you want to learn more, [click here](#), and look at our May 2013 Newsletter for starters.

When I saw the headline, I thought to myself: "Just like the dentists - they cavalierly place and remove mercury poison from patients fillings, and don't want anyone aware of the toxicity of what they do.

Those days may be over. September marks the release of a documentary, ["You Put What in My Mouth?"](#) which I am proud to have helped fund. It will premiere next week at the meeting of the IAOMT. As a producer, I will get a copy to show in a theater around here. Watch for the announcement here. Click on the title, above, to learn more about the documentary.

Ten Foods We Think Nothing of Eating in the US, but are Banned in Other Countries

Would it surprise you to learn that Gatorade is a banned substance in Western

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Europe? The reason: one of the ingredients in it was developed as a flame retardant. [Read the entire article here.](#)



Julia's Comments:

I go on record saying that locally grown, truly organic food is best. The fewer toxins we ingest due to pesticide, herbicide, or preservative laden food is a no-brainer. We are inundated with so many environmental and chemical toxins that we don't need to add to our internal burden by what we eat. Likewise, the controversy about GMO foods is also something we should not have to protest, for we should not be manipulating food in this manner. Throw into the mix all the added hormones, antibiotics, "synthetic" food, and highly refined carbohydrate diets, over many years, and you have a recipe to develop food allergies and sensitivities on top of the other underlying causes of health issues. [To read more click here.](#)

Wishing you blessings and living your best life.

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"Do One Thing Feel Better/ Live Better"

Israel bans Fluoridation - and that's a good thing! - A dentist opposed to fluoridation? Those of us who have done our research understand that like everything else you've read in this newsletter, Fluoridation of water is another mechanism by which the government has managed to eliminate the hassle of storing the toxic bi-product of the manufacture of fertilizer. I urge you, if you want to learn more, to start with [this page on our website](#). Here is the link to the article from Israel -- [click here](#).

This recently crossed my desk - on the use of Statins to control cholesterol If you're on statin medication, feel free to do your own research, and [you can start here!](#) From Medscape.

Are Antibiotics being Over-Prescribed? A recent survey conducted on Medscape shows that a higher percentage patients are aware of the potential for developing antibiotic resistance than the percentage of doctors who are concerned about it. [The entire article is available here.](#)

What Celebrities have had the Most Outstanding Smile Makeovers - it's no secret that

you don't need to go to into the Hills of Hollywood to get a smile makeover, you just need to go to the Heights of Haddon! These are some of the more life-changing star-studded smile makeovers done out West ([click here](#)), and on these pages, you'll see some of our family of patients who boosted their self-image in our office ([click here](#)).

Did You See Dr. Markus take The Ice Bucket Challenge - if not, you're not a friend, yet, on Facebook. [Click here to view it!](#) And be sure to **Friend Us**.

Joe Capik, sent this amazing photo journal to us. Joe is a frequent contributor of really interesting stuff. If you see something you'd like to share with our family of patients, be sure to email it to care@cent4dent.com.

The following TED presentation is an amazing array of macro photography of things we pretty much take for granted. [Click here, and enjoy!](#)

Have a great September!

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