

Create Vibrant Health News – Issue # 12 October 15th, 2005

www.createvibranthealth.com

Every time I write one of these newsletters I try to think of a couple of really important health tips for all of you based on my experience and observation. Your body/ mind is like a work of art which as you age can become more beautiful, function better and be a source of more joy and happiness. Contrary to popular belief that youth is the pinnacle of life I believe that where you are right now can be the best time of your life whether it is youth, middle age or the age of wisdom. All we need is a little knowledge and motivation. This issue's focus is the **healing and regenerative power of fat and music**.

Fat soluble nutrients including vitamins A, D, E and K and fatty acids and other nutrients found in fatty foods are vitally important to the proper functioning of the immune and endocrine system as well as the body's ability to absorb minerals and water soluble nutrients such as vitamins C and all the B vitamins.

The body is a complex organic entity that needs fuel, building blocks and catalysts to function optimally. Although it has compensatory mechanisms to cope with short term deficiencies – eventually your body will start to suffer if you miss out on the important nutrients nature intended for you to have in your diet.

In this Issue you will learn:

- ❖ The vital functions of fat-soluble nutrients for your health and the best sources to obtain those nutrients.
- ❖ The Effects of Music on Health
- ❖ Update on Creative Vibrant Health workshop, lecture and special live cell day schedule.

The Importance of Fat Soluble Nutrients to your Health

In the 1930s, Dr. Weston A. Price (a dentist), traveled the world over to study the health and eating habits of isolated traditional societies. Dr. Price found fourteen groups ranging from tribes in Africa to isolated villages in the Swiss Alps and the Caucasus mountains of Russian Georgia in which almost every member of the tribe or village enjoyed excellent health. **These people were free of chronic disease, dental decay (often without ever brushing their teeth) and mental illness.** They were strong, attractive and produced healthy offspring easily generation after generation. Short of accident or famine they lived long, healthy productive lives well into their 90s and higher.

Almost without exception these people lived on **diets which included liberal amounts of seafood or other animal proteins and fats in the form of organ meats, raw and/or cultured dairy products.** They valued animal fats as absolutely necessary for good health. They also ate all their food in their whole, unrefined form including grains,

vegetables, fruits, nuts, seeds and legumes. Included in the diet was some raw food both of animal and vegetable origin.

Dr. Price found that the healthiest people had **ten times and more the amount of fat-soluble vitamin A (retinal) in their diets than modern Americans**. Some of the benefits of vitamin A include:

1. Potent **anti-oxidant** which protects against cellular damage and cancer.
2. Stimulates **hydrochloric acid needed which is necessary for protein digestion**.
3. Plays a vital role in the development of **building strong bones and healthy red blood cells**.
4. Is necessary for **utilization of protein, minerals and water soluble vitamins**.

Although beta carotene (pro-vitamin A) can be found in vegetable and fruit sources and in some people can be converted to vitamin A by the liver, many cannot convert beta carotene to vitamin A. Research has shown that infants, children, diabetics, and people with poor thyroid function cannot make this necessary conversion. Also, people with decreased liver function will make conversion proportionately less relative to their liver function. It is my experience with my clients that **the best sources of vitamin A are animal sources including: raw milk butter (from grass grazing cows), egg yolks, sea food, shell fish, cod-liver oil, and organ meats. Although synthetic vitamin A can be toxic to the body, there are no known levels of toxicity of vitamin A coming from food sources.**

Deficiencies of Vitamin D, an other vital fat soluble vitamin, have been linked to rickets, myopia, osteoporosis and immune system deficiencies. Like vitamin A, vitamin D is necessary for calcium and phosphorus absorption and is essential for building strong bones healthy teeth and normal growth. Vitamin D protects against cancer, MS and other degenerative conditions.

Although the body manufactures some vitamin D out of cholesterol in the presence of sunlight, most of us are still sorely deficient in this vital nutrient for health. The **latest research indicates that optimal intake of vitamin D would be ten times the current RDA**. Like vitamin A the best sources of vitamin D include: butterfat, eggs, liver and other organ meats, seafood especially shrimp and crab and fish liver oil.

Vitamin E is well known as the key antioxidant to protect the lipid membranes of our cells. It also is vital for tissue repair and is a natural anti-coagulant for the blood. Food sources include: green leafy vegetables, raw nuts and seeds, whole grains, butter, organ meats and unrefined vegetable oils like olive and flaxseed oil.

Vitamin K is necessary for blood clotting and in building healthy bones. It is found in egg yolks, butter, whole grains, dark green leafy vegetables, cruciferous vegetables (cabbage, broccoli and Kale), and fermented soy foods such as miso and tempeh and natto.

Dr. Price also discovered a fat-soluble nutrient found in traditional diets which is largely absent in today's modern diet: he called it activator X, it has also come to be known as the Price Factor. Activator X is found in the fatty parts of animals that feed on green growing plants or micro-organisms. **Cow or goat milk butter from animals grazing on fresh pastures as well as organ meats, shellfish, fish and fish eggs are the food sources richest in X factor.** Price found this nutrient, along with vitamin A to be a catalyst for mineral absorption, facilitates brain and nervous system development, is involved in tissue, bone and teeth repair and in sex-hormone development. My own experience and observation of many clients is that when these high quality raw animal fats are consumed hormonal deficiencies improve tremendously.

Although it is very difficult to find grass fed meat and butter made from raw milk where the cows were grass fed, I have found a supplier of both these products and many other healthy foods. **Green Meadows Farms** is owned and operated by Allen and Arlene Bontreger who, as Amish farmers, use no chemicals or pesticides on their crops, nor on feed for their animals. They make bi-weekly deliveries to Chicago area locations. I highly recommend you add *raw milk butter and grass fed meat and free-range poultry* to your diet. **If you want to get a price list and place an order from Green Meadows Farms call the Bontregers at: (574) 825-3843.**

The Effect of Music on Health

The use of music and sound to improve health has been used for thousands of years. The ancient Greeks and Romans believed music could either improve one's health or harm it depending on the type of music and the malady a person had. Plato even believed that the state should regulate the type of music played in public because certain music could have destructive effects on societal behavior (image what he would think of modern rap and heavy metal music).

Traditional Chinese Medicine (TCM) refers to the effects of specific instruments and sounds on specific organs and their function. For example in TCM it is believed that music from string instruments (violin, viola, cello, etc.) are helpful for the heart and small intestine and can alleviate manic/depressive conditions. Percussively activated instruments like drums and piano were helpful to the kidneys and urinary tract and benefit those who suffered from phobias and other fear-based conditions. Windwood instruments like flute and clarinet are used for liver and gallbladder conditions and alleviate anger. Many TCM and Ayurvedic (East Indian holistic medicine) practitioners recommend specific musical pieces to their patients for specific illnesses with strong psycho-somatic components. To find out which specific pieces of music help with which conditions go to:

www.rmhiherbal.org/review/2002-1.html#tcm.

In general, music which is slower tempo such as soothing classical music, East Indian sitar music, harp music and chanting such as Gregorian chants were found to lower blood pressure and heart rate, increase immune system strength, and increase alpha brain waves, which correlates to a calm, relaxed state, in subjects.

There is an amazing amount of research supporting the principle that music affects the health of **human, animal and plant** life including:

- ❖ **Cortisol (a hormone produced when under stress) was reduced by 50%** in patients who were told they needed surgery who listened to a **calming piece of music** chosen by each patient in consultation with a music therapist when compared to a control group that did not listen to any calming music.
- ❖ Cortisol levels increased (which is desirable for high intensity training) for athletes who listened to energizing music (rock or heavy metal) when compared to those who did not listen to energizing music.
- ❖ Spatio-temporal reasoning abilities (in this case a paper folding task) increased temporarily by 48% for those subjects who listened to ten minute of Mozart's "Sonata for Two piano in D Major". Other researchers found similar effects with music from other classical composers such as J.S. Bach.
- ❖ Students ability to **learn foreign languages increased greatly when baroque instrumental music** (such as J.S. Bach and Handel) played in the background.
- ❖ Plants exposed to South Indian violin music significantly increased their growth rates.
- ❖ Plots of **wheat increased their yields by 66%** when exposed to recordings of **violin sonatas** by J.S. Bach. Similar results were obtained with frequencies in the range of 5000 Hertz in music from 18th and 19th century classical composers such as Bach, Hayden, Beethoven, Brahms and Schubert, among others.
- ❖ Rock music and other types of discordant music caused plants to atrophy. All music that is "free" from harmonic constraints was found to be detrimental to plant growth to some degree.

- ❖ **Alpha brain wave promotion and it's corresponding relaxation of muscle tension and calm attentiveness increased fastest with music played in the frequency range of 5000 – 8000 Hz** which is most common with stringed instruments such as violin, cello and viola. Again music from classical composers of the 18th and 19th century had the most dramatic effect.
- ❖ Mozart's music (Sonata for Two pianos, K448) as well as music by other composers such as Bach has been shown to **reduce total seizure activity in epileptic patients by 65%** when compared with silence or "Old Time Pop Tunes". Mozart, Bach and other composers of the 18th and 19th century share what is called "long term periodicity" which means that the music repeats wave forms regularly throughout the piece but not very close together.

Next to fatigue the most common complaint my clients have is stress. Almost everyone I know is rushing about and living in a chronic state of low anxiety and stress. The two most important things I can suggest which can help to alleviate stress are: Meditation and listening to soothing music several times a day.

I have been listening to more and more soothing classical music during the day in my office when I'm not with clients and in fact many of my clients prefer to have calming

music playing during our sessions. At home I play classical music, Native American flute music, East Indian and Oriental music in the evening during dinner and when I'm reading before bed. I can tell you I look forward to this relaxation period at the end of the day and strongly recommend to my clients to take advantage of the healing power of sound and music. When you're relaxed your body and mind function better and you're happier and more in touch with the beauty of life.

Many of us already know the calming and relaxing effect of music but choose to listen to the news, watch TV or listen to enervating music instead. **Beautiful music puts one in touch with their emotions and can stimulate emotional healing.** As an experiment I suggest for one week to listen to the most beautiful music you know of for at least an hour a day preferably right before going to bed. If you're open to classical music I suggest the Adagios which are the slow soothing movements of classical music pieces. One can get compilation of these adagios of individual composers such as Beethoven , Mozart ,Vivaldi, etc.; or purchase CDs of Adagios of various composers under titles such as Romantic Adagios, Piano Adagios, Violin Adagios, Evening Adagios, etc.

Music, like food, has certain effects on your mind and body. If you feel stressed and rushed in life – the right music could be just the medicine you need.

I look forward to hearing any feedback from you on your experiments.

The best of health and happiness to all of you,

Jim Jordan