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TAP WATER MAY BE LEGAL, BUT UNHEALTHY

By Glenn King, PhD, RD, CN

The water Americans drink pose what scientists say are serious health risks, and still be within the governing law. An out-of-date 35 year old federal law regulating tap water is partly responsible. The rest of the responsibility rest upon those who are aware of the dangers and have not updated the law.

The law in question "Safe Drinking Water Act" only regulates 91 contaminants, yet more than 60,000 chemicals are used within the United States, according to the EPA (Environmental Protection Agency).

Independent and government scientists have carefully examined thousands of the chemicals over the past few decades, and identified hundreds of chemicals associated with cancer risks among many other diseases from just small concentrations in drinking water. Government records show this to be common throughout the U.S. with much higher levels of carcinogenic chemicals in many city's water system - still within the law.

Since 2004, over 62 million Americans have been exposed to drinking water that did not meet at least one commonly used government health guideline intended to

help protect people from cancer or serious disease. This is known data provided by the District of Columbia and 45 states according to an analysis of more than 19 million drinking water test results.

Despite the years of increasing toxic chemicals in our water systems - not one chemical has been added to the list of those regulated by the Safe Drinking Water Act since 2000.

Other studies found that even some chemicals regulated by that law pose risks at much smaller concentrations than previously known. Although, many of the Act's standards for those chemicals have not been updated since the 1980s, and some unchanged since the law was passed in 1974.

In many cases, people have been exposed to toxic water for years, not even meeting the guidelines Safe Drinking Water Act.

Some water system officials attempted to go beyond what is legally required, but encountered resistance - some from the very residents they are trying to protect. Who usually say that if the water is legal it must be safe.

In Los Angeles, Dr. Pankaj Parekh, director of the water quality



Photo Courtesy of Fotolia

division was confronted with such criticism.

Example: The water in some city reservoirs has contaminants that become likely cancer-causing compounds after exposed to sunlight. To lessen this effect, the city covered the surface of reservoirs with a blanket of black plastic balls that helped filter the sun, which including one in an upscale neighborhood (Silver Lake).

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TKM® and Your Health Rights

By Glenn King, PhD, RD, CN

The King Institute Method® (TKM®) has come to its time. It has helped thousands of people as well as thousands that have learned some level of TKM in classes since we started training officially in 1995.

In the scope of things to come, as we see in many current trends, TKM may be our only effective resource outside of traditional medicine. And in many cases the only resource - period.

Laws have been proposed over the years to limit or eliminate natural medicine in all the ways it presents itself. It's been said that it's due to the growing loss of revenue from traditional allopathic medicine over to alternative approaches. This change in revenue is mostly from the move of dissatisfied people with how their health care has been handled and the lack of results in preventing and healing chronic diseases.

Now the horizon reveals a multifaceted approach from different sources to change laws and remove the rights of the people to make choices about their health care.

Aside from the control that would take affect if the current administration's healthcare bill passes, there are other bills currently proposed by senators that would place all healthcare under the FDA, such as the Dietary Supplement Safety Act of 2010, proposed by Sens. John McCain, R-Ariz., and Byron Dorgan, D-N.D.

This would mean that all supplement companies would have to fully comply with the new requirements or their products would be pulled from the market.

How easy would it be for the FDA to pull a supplement from the market? It would be as easy as one allergic reaction, or any ingredient that has not been approved - by the FDA of course. Remember their real goal is not to protect you from the products, but to keep you from them altogether, unless by prescription. As they tried to do with

vitamin C. several years back.

What's The Point

They (the laws, FDA, AMA...) can never take away the knowledge and ability you have from the TKM training you learn.

This is why we are really gearing up the training availability nationally and internationally.

I know everyone has a different level of comprehension and need, when it comes to applying TKM. But, the understanding of how important that resource will become to you, family and others will not be understood for about two more years.

We already have so many people that have had some training, but yet grasp the importance and mostly the ability of what TKM can provide in most health needs.

TKM is not a cure-all by any means, but it is about as close as it gets.

I still see TKM surpassing other approaches, especially in helping to resolve chronic diseases.

From the TKM emergency procedures, to the preventative medicine daily procedures, to recovery from cancer and maladies that the trillions of dollars that research and development in standardized medicine is still unable to assist our loved ones in recovery, TKM is daily responsible, by the grace of God, for resolving so many common diseases and ailments.

There are so many TKM procedures available for injuries and mental and emotional needs that most people simply don't believe it could be true. And some actually dismiss it as not possible. But that doesn't change the testimonies of thousands, of which I'm one, many times over.

I'm still truly amazed as I encounter serious to critical health crisis' and TKM shows itself to rise above the

other approaches people have exhausted to recover the person.

It is truly baffling in many ways, even though I understand much about TKM, and can show logical theories for what I don't fully understand. There is still so much more to it. I must humbly and simply say that God loves to show that the simply things in life are what truly confound the wisdom of man. God provides a way. He provided a way in my life and I'm passing it on to others.

We still have some freedoms, and as long as we do I'll be teaching TKM and other topics to help people have wholeness in their health and life. But don't underestimate how fast our ability to teach publically can change.

I have mentioned this to encourage those who recognize that needs and abilities are changing fast in these times and times to come, and to take advantage of learning - equipping yourself with knowledge and ability that cannot be taken away, which is very valuable and effective in meeting most of your health needs and those of others.

All you really need is the knowledge and the hands that God provided you.

Heart Rate Regulation Example:

This application can be applied for self or by another person. Hold the step until results are accomplished.

To slow-down an abnormal rapid heart rate:

Apply the right thumb pad to the left big toe pad, and the left fingerpads to T2 (Thoracic #2 spinous process).

To increase an abnormal slow heart rate:

Apply the left thumb pad to the right big toe pad, and the right fingerpads to T8 & T9 (Thoracic #8 and #9 spinous processes).

The CA 125 Cancer Screening Test

Recent studies show that although CA 125 is a useful test in monitoring women who are being treated for ovarian cancer, a single CA 125 test is not considered to be a useful screening test for cancer.

Some women with ovarian cancer (up to 20%) never have elevated CA 125 levels, while most women who do have elevated CA 125 levels do not have cancer.

In fact, because CA 125 can be elevated in so many non-cancerous conditions, only about 3% of women with elevated CA 125 levels actually have ovarian cancer.



Photo Courtesy of Fotolia

Reference: Hussain, Fazal. "Gynecologic Tumor Markers." eMedicine. Mar. 30, 2009. <<http://emedicine.medscape.com/article/269839-overview>>. 📄

Probiotics - Your First Line of Defense

By Glenn King, PhD, RD, CN

Most people do not take probiotics. Although those who take them usually do so improperly or the probiotics don't survive the stomach's acidity and others even get damaged in the manufacturing process.

A great place to start building a solid foundation for your best health is in your digestive tract. One of the best ways is by introducing billions of tiny microflora (good bacteria) into your digestive system through the use of high quality probiotics.

What happens is that the good bacteria go to work keeping your entire digestive system working at its peak while boosting the health of your immune system in the process.

Scientific research shows that approximately 80% of your immune system actually lives right in your digestive tract. Amazing, but that's not all... A healthy and happy digestive system has shown to help regulate your weight, keeping your waistline slim and trim. Recent scientific studies show that supplementing with probiotics may help reduce fat.

In fact, if you're pregnant or just had a baby, taking a good probiotic supplement during your pregnancy – or starting soon after giving birth – may help you drop that extra weight you may have gained. And while no one probiotic is the solution for everyone, it is important to take quality probiotics.

It will consistently provide support for digestive and immune system health – while helping you maintain better weight.

Short chain FOS (Fructooligosaccharide) is important to maintain with your probiotics. Basically, FOS provides "food" for the probiotics and does not feed fungus. It assists in the fight against fungus and weight loss, due to a healthy gut. Trillions of microorganisms (good ones and bad

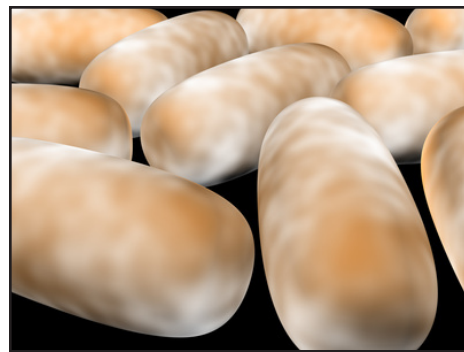


Photo Courtesy of Fotolia

ones) live in your digestive system and play an exceptionally important role in maintaining your overall health and wellbeing.

Good bacteria in your intestinal system also need good nutrition. Beneficial bacteria feed on fiber, although undesirable bacteria like to eat refined sugars and fats.

The term probiotics comes from the Greek "for life" (which gives you an idea of what the word "antibiotics" really means). When ingested, these living microorganisms replenish the microflora in your intestinal tract. This results in the promotion of a number of health-enhancing functions, including enhanced digestive function, which helps the entire human system.

What did people do before probiotic products? History tells us about the ways different cultures promoted their intestinal health. In the past, fermented foods were very important in the diet - like yogurt and sauerkraut - as food preservatives and support for intestinal and overall health.

Fermented foods are part of most traditional cultures. Even back in Roman times, people ate sauerkraut because of its taste and benefits to overall health. In ancient Indian society, it became commonplace, and still is, to enjoy a before-dinner yogurt drink called a lassi. And at the end of the meal, a small serving of curd was eaten. These Indian traditions were based on the principle of using sour milk as a probiotic delivery system to the body.

Examples are all around us, like Bulgarians are known both for their longevity and their high consumption of fermented milk and kefir. Just know that cow dairy is not a preferred recommendation for the system.

In Asian cultures, pickled fermentations of cabbage, turnips, eggplant, cucumbers, onions, squash and carrots still exist today, especially in the Korean culture.

Why can't we practice this today? It's not so much that we can't, but we simply don't. Poor diet and the stress- and pollution-filled environment provide significant challenges to healthy digestion, strong immunity and overall good health.

Did you know that:

1. About 80% of your immune system is in your gastrointestinal tract.
2. Approximately 500 different species of bacteria live inside you.
3. About one hundred trillion bacteria live inside you - more than 10 times the number of cells you have in your whole body.

The weight of these bacteria is about two to three pounds in the average adult.

Some of these bacteria are referred to as "good", but others do not provide any benefit. The ideal balance between them is 85% good, 15% "other."

The ratio between "good" bacteria and the other bacteria are critical factors determining your optimal health.

Right after birth, colonization of bacteria began in your gut. The first bacteria to settle in are the immune-building ones from breast milk, increasing your level of health and supporting your survival.

We usually spend the rest of our lives "trashing" our digestion with bad stuff, like poor diet and other lifestyle choices that cause the wrong kind of flora to flourish in the intestines.

Be aware that the number of "good" live bacteria in probiotic products may

be overstated as much as 50-70%.

1. **Bifidobacterium lactis** – a friendly bacteria often found in yogurt that is known to help stimulate immune responses.
2. **Lactobacillus acidophilus** – guards the health of your entire digestive tract.
3. **Bifidobacterium longum** – keeps your digestive system running smoothly, and helps enhance your immune system.
4. **Bifidobacterium bifidum** – helps promote a healthy balance of flora in your intestine. What's more, this organism is especially helpful for enhancing immune response.
5. **Lactobacillus casei** – works with other helpful organisms, and helps to encourage the growth of other "good" bacteria.
6. **Lactobacillus plantarum** – helps to ensure that the nutrients in vitamins and supplements are getting to your cells.
7. **Lactobacillus salivarius** - promotes your intestinal health and helps support your oral health as well.
8. **Lactobacillus rhamnosus** - assists your elimination and occasional intestinal discomfort by working to stabilize your intestinal microflora.
9. **Lactobacillus bulgaricus** - works with other Lactobacillus strains to provide you a potential source of dietary antioxidants.
10. **Lactobacillus sporogenes** - helps enhance your intestinal health and provides back-up for sporadic intestinal discomfort

Although there are others, these are the most common found in probiotics.

Lactobacillus and Bifidobacteria are known to help prevent tumor formation in fighting cancer.

It is being suggested that commensal bacteria are responsible for the development of colitis.

Experiments on mice show that obese mice are lacking in leptin (A lipid metabolism regulator) A distinct

gut flora compared to (normal) lean mice, reflected in a change in the ratio between bacteria from the divisions Bacteroidetes and Firmicutes, which is shifted towards fewer Bacteroidetes and more Firmicutes in obese mice.

Firmicutes and Bacteroidetes can be observed in lean and obese human individuals as well. Note: The mutual influence of gut flora composition and weight-condition is connected to differences in the energy-reabsorbing potential of different ratios of Firmicutes and Bacteroidetes, especially in the digestion of fatty acids and dietary polysaccharides, as shown by experiments wherein the (caecum) gut flora of obese mice was transplanted into germ free recipient mice, leading to an increase in weight despite a decrease in food consumption. Therefore, maintaining good levels of Bacteroidetes will directly help maintain a healthy and leaner weight.

Some research suspect that IBD (Inflammatory Bowel Disease) is due to a reduction in immune tolerance and subsequent overreaction of the host's immune system to harmful or non-harmful bacteria. It is said that IBD may be caused by the entire gut flora together, or some specific types.

It has been noted that though Ulcerative Colitis and Crohn's disease (two types of IBD) likely have genetic components, according to science. But, they are not inherited in a Mendelian fashion and are thus probably due to a complex set of factors rather than solely to a gene.

Probiotics role in disease

Bacteria in the digestive tract have pathogenic properties in addition to their health-inducing ones: they can produce toxins and carcinogens and have been implicated in such conditions as multi-system organ failure, sepsis, colon cancer, and IBD. A major factor in health is the balance of bacterial numbers; if the numbers grow too high or low, it will result in harm to you. The body has enzymes to regulate this balance.

This brings us to the important role of enzymes – for another time. 🍌

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Then complaints came from expensive home owners around the reservoir. Such as “they supposedly discovered these chemicals, and then they ruined the reservoir by putting black pimples all over it,” says Laurie Pepper. Laurie’s home overlooks the man-made lake. “If the water is so dangerous, why can’t they tell us what laws it’s violated?”

Dr. Parekh said, “people don’t understand that just because water is technically legal, it can still present health risks. And so we encounter opposition that can become very personal.”

There are federal regulators that have tried to help by pushing to tighten drinking water standards for industrial solvent chemicals. Some examples are rocket fuel additives polluting water in Southern California and elsewhere. Plus, Millville, N.J., Pleasantville, N.J., and Edmond, Okla., drinking water has traces of uranium, which cause kidney damage, but the concentrations didn’t violate the law. Carcinogens, lead and dangerous bacteria have also been found in water from New Orleans, Pittsburgh, Boston and elsewhere.

Some chemicals found in drinking water include perchlorate, trichloroethylene (degreaser), perchloroethylene or perc (dry-cleaning solvent) and thousands more. Research indicated that many of these chemicals pose health risks at much smaller concentrations than previously thought.

But the federal regulators efforts have often been blocked by industry lobbying.

Drinking water not meeting a federal health guideline will not necessarily make someone ill. Many contaminants are hazardous only when only consumed for years. But, how long

have you been drinking water?

Some researchers argue that the cost of removing small concentrations of chemicals from drinking water does not equal the benefits.

After all the differing opinions, government scientists now generally agree that many chemicals commonly found in drinking water pose serious risks at low concentrations.

Plus, independent studies in such journals as *Reviews of Environmental Contamination and Toxicology*; *Environmental Health Perspectives*; *American Journal of Public Health*; and *Archives of Environmental and Occupational Health*, as well as reports published by the *National Academy of Sciences*, suggest that millions of Americans become sick each year from drinking contaminated water, with maladies from upset stomachs to cancer and birth defects.

Many studies tracked hospital admissions and disease patterns after chemicals were detected in water supplies. They found that various contaminants were associated with increased incidents of disease. The E.P.A., which has ultimate responsibility for the Safe Drinking Water Act, concluded that “millions of Americans have been exposed to drinking water that fails to meet a federal health benchmark.”

Communities where drinking water contained chemicals like arsenic at concentrations associated with cancer include Scottsdale, Ariz.; El Paso, Tex., and Reno, Nev., but that contamination did not violate the Safe Drinking Water Act.

Stephen Sorrell, executive director of Emerald Coast Utilities Authority, serving Pensacola, Fla, said “if it doesn’t violate the law, I don’t really pay much attention to it.” His system contains multiple chemicals

at concentrations associated with health risks. Still not violating the Safe Drinking Water Act.

Concentrations of 335 chemicals examined by government agencies were determined to be associated with serious health risks. The analysis only counted instances in which the same chemical was detected at least 10 times in a single water system at concentrations posing at least a 1-in-10,000 risk of causing disease. That is roughly equivalent to the cancer risk posed by undergoing 100 X-rays.

Los Angeles city water rates among the lowest in the state, but the average household pays \$41 a month. The E.P.A. said in a statement “Since chemicals are ubiquitous in our economy, our environment, our water resources and our bodies, we need better authority so we can assure the public that any unacceptable risks have been eliminated. But, under existing law, we cannot give that assurance.”

William K. Reilly, the E.P.A. administrator under President George H. W. Bush said, “For years, people said that America has the cleanest drinking water in the world. That was true 20 years ago. But people don’t realize how many new chemicals have emerged and how much more pollution has occurred. If they did, we would see very different attitudes.”

Threats Rising

To demonstrate how serious this issue is, the drinking water standard for arsenic, a naturally occurring chemical used in semiconductor manufacturing and treated wood, is at a level where a community could drink perfectly legal water, and roughly one in every 600 residents would likely develop bladder cancer over their lifetimes, according to studies commissioned by the E.P.A.

That level of exposure is similar equivalent to the risk the community would face if every person received 1,664 X-rays.

This study is not including the largest variety of contaminants currently found in America's drinking water, which is pharmaceuticals. Medications are not filtered out of water sources. It is more difficult to filter out pharmaceutical medications compared to the other toxic chemicals. There has not been a major city water source found to be without toxic levels of medications in the system.

Because some of the diseases associated with drinking water contamination take so long to emerge, people who become ill from their water might never realize the source, say public health experts.

Linda S. Birnbaum, director of the National Institute of Environmental Health Sciences - the government's top official for evaluating environmental health effects said, "these chemicals accumulate in body tissue. They affect developmental and hormonal systems in ways we don't understand. There's growing evidence that numerous chemicals are more dangerous than previously thought, but the E.P.A. still gives them a clean bill of health."

The San Fernando Basin contains a huge Superfund site, which is an area so polluted by industry that the federal government has cleanup oversight. As pollution spread underground, the city had to abandon 40 percent of the area's wells. Then, in October 2007, Dr. Parekh received a troubling call about a local laboratory using tap water for experiments and discovered compounds called bromates, which studies have associated with cancer.

Bromates are regulated by the Safe Drinking Water Act, so regulators

are required to test for them, but only when water leaves a treatment plant. Even after treatment, LA's water contained contaminants that, when combined with cleaning chemicals and exposed to sunlight in reservoirs, formed bromates. The bromate concentrations didn't break federal rules, but city workers thought they were unhealthy and worried they could eventually violate the law unless action was taken.

Polluters Protest

Almost a decade ago, E.P.A. scientists told top agency officials that more needed to be done. But when the scientists produced assessments indicating certain chemicals were more toxic and that the first step would be setting tougher standards, businesses fought back by lobbying lawmakers and regulators and making public attacks.

One example, military contractors said that regulations on perchlorate, associated with stunted central nervous system development, would cost them billions of dollars in cleanup costs. In 2003, an Air Force colonel, Daniel Rogers, called the E.P.A. assessment of the chemical "biased, unrealistic and scientifically imbalanced." Military officials told E.P.A. scientists they were unpatriotic for suggesting that military bases were contaminated, according to people who participated in those discussions.

Property owners who had rented space to dry cleaners lobbied lawmakers and top E.P.A. officials to remove government scientists from research on perc (associated with certain tumors). Trichloroethylene has also been associated with liver and kidney damage as well as cancer.

Dr. Preuss said, "I was even told by superiors that I could be dismissed if I continued pushing for extensive

assessments of certain chemicals. It's hard for me to describe the level of anger and animosity directed at us for trying to publish sound, scientific research that met the highest standards. It went way beyond what would be considered professional behavior."

Today, the Safe Drinking Water Act still does not regulate perchlorate and hundreds of other substances. And standards for acceptable levels of trichloroethylene and perc have not changed in 18 years.

Those two chemicals have been detected in drinking water in more than a dozen states, including California, Massachusetts, New York and Oregon. A study published last month by the Centers for Disease Control and Prevention found traces of perchlorate in every person examined by researchers.

"Most people don't comprehend the complicated scientific papers that describe cancer risks," says Dr. Parekh. "And if the law is working, they don't have to," he added. "But in this new world, where pollution is so much more common, they may have to learn to understand it." 📣

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