

# MIND & BODY

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## OVERTREATMENT

## More Breast Cancer Screening May Not Save More Women

New guidelines that call for women as young as 40 to get regular mammograms may raise the risk of overdiagnosis and overtreatment, research suggests

By Emma Suttie

**O**n May 9, a draft recommendation from the U.S. Preventive Services Task Force announced that women should begin screening for breast cancer at age 40 and every other year after that, which differs from their 2009 recommendation that women start screening for breast cancer a decade later, at age 50.

Dr. Carol Mangione, previous task force chair, said, “This new recommendation will help save lives and prevent more women from dying due to breast cancer.”

The new guidelines raise the question of whether another decade’s worth of mammograms—which involve placing the breast in a machine and press-

ing it with up to 45 pounds of pressure while subjecting it to ionizing radiation—is the best way to prevent more deaths from a disease that can be caused by exposure to radiation.

### Does Mammography Lead to Better Outcomes?

A previous Epoch Times article titled “The Business of Breast Cancer: Mammogram Risks” reported on the risks of mammography, the studies that examine those risks, and the perspectives of some experts on the subject.

One of those experts was Dr. Michael Baum, a British surgical oncologist specializing in breast cancer treatment and one of the architects of the UK’s national breast screening program, which opened its first center in England in 1987. Baum went from being one of

the program’s most adamant supporters to one of its most vocal critics.

He summarizes it this way in an interview from April:

“For every thousand women screened by mammography over 10 years, we will avoid one breast cancer death—note, I am not saying it will help them live longer—they will avoid one breast cancer death.”

He calls the breast screening program [using mammography] a “courageous experiment” but says that “when the data changes, you must change your mind,” adding that “the data no longer supports mammographic screening.”

### Accuracy

Mammography is touted by cancer groups, organizations, and associations

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▲ Mammograms are indiscriminate. They detect cancers that present a risk, cancers that do not, and abnormalities that are not cancer at all.

ZVONIMIR ATLETIC/SHUTTERSTOCK

## Germany’s Distinctly Different Approach to Health Care

Germany maintains its traditional medicinal practices, to the financial and physiological benefit of its people

By Alexandra Roach

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”

This famous quote of inventor and businessman Thomas Edison may strike us as prescient given the explosion of information about the lifestyle factors of disease. In truth, preventive medicine was practiced in antiquity. The ancient Chinese, Egyptians, Greeks, and Romans all had what we would call preventive medicine.

Virtually every ancient civilization possessed early herbal medical knowledge and applied techniques to enhance and sustain health. Much of this knowl-

edge has been lost, although there are some researchers who seek recover what has been forgotten.

In the meantime, we can learn from our nearer ancestors, from cultures that still practice traditional medicine, or by rediscovering the power of nature.

### Germany’s Unique Blend of Modern and Traditional

Germany is one of those nations that has managed to keep some traditional health knowledge and connected practices alive, including the work of polymath Hildegard von Bingen, a Catholic saint and doctor of the church who is also considered the founder of natural history in Germany.



▲ Saint Hildegard von Bingen founded natural history in Germany.

She wrote her work “Physica” under Greco-Roman influence in 1150–1158. Her writings include more than an encyclopedia of the natural world; the separately scripted “Causes and Cures” provides an extended meditation on the human body’s connections to the natural world, causes and cures for disease, and insights humans can draw from God’s creation.

The face and name of this doctor are now well-marketed on countless health products available for self-care. Germans still profit from the legacies of their forebears and attend to their own physical and mental health on a frequent basis

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JEREMY STEWART/UNSPASH

In slow jogging, your foot lands on the forefoot, rather than the heel, and strides are smaller.

MADE TO MOVE

# Embrace the Benefits of Slow Jogging

This unique method of jogging can help you lose weight, and reduce blood pressure and blood sugar

By Amber Yang &amp; JoJo Novaes

## 4 Key Elements of Slow Jogging

**Xu provided four key elements of slow jogging:**

1. Land on the forefoot, then the heel.
2. Keep the knees slightly bent to maintain elasticity.
3. Strive for a light landing with minimal sound.
4. Maintain a short stride and aim for a frequency of 180 steps per minute.

VECTORFACTORY/SHUTTERSTOCK

### Characteristics of Slow Jogging

Xu said that most people struggle to stick with running habits because they have difficulty establishing the right running frequency. Slow jogging is based on walking speed: 100 to 120 steps per minute, but slightly faster,

reaching a frequency of 180 steps per minute. This pace isn't tiring, doesn't cause excessive breathlessness, and is easy to maintain.

He explained that one of the benefits of slow jogging is that stride length becomes shorter after increasing step frequency, resulting in reduced impact on the knees and minimal damage to them.

Fast running increases the heart rate, and fat burning is maximized when the heart rate reaches 60 to 70 percent of the maximum heart rate (calculated as 220 minus age). Slow jogging aligns with this heart rate range, making it highly effective for burning fat.

### Stabilizes 3 Highs, Reduces Chronic Diseases, Promotes Weight Loss

Slow jogging helps with weight loss, the three highs, and chronic disease, said Xu. Additionally, slow jogging releases dopamine, serotonin, and epinephrine, relieving constipation, gout, and other issues.

He shared the case of a 70-year-old woman who participated in his training program. After half a year of slow jogging, she lost more than 26 pounds, reduced her blood pressure from 160 to 110, and decreased her glycated hemoglobin level from 7.4 to 5.7.

Xu also mentioned a patient with stage 3 kidney disease who initially chose walking as an exercise regimen. Although her condition didn't worsen after four years, there was no improvement. However, after starting slow jogging in 2022, her kidney func-

tion gradually improved, and in February, her kidney disease progressed from stage 3 to stage 2. Her doctor was surprised and believed her case could help other kidney disease patients.

According to Xu, many individuals have lost weight through slow jogging. One student, weighing more than 176 pounds, suffered from obstructive sleep apnea due to being overweight. Despite trying weight-loss pills, teas, and going to the gym, nothing worked until she started slow jogging. She lost more than 66 pounds in just four months, and her sleep apnea improved. In her testimonial, she expressed that it was the first time she could run for a full hour without feeling tired.

Xu also said that a 65-year-old woman with Parkinson's disease frequently experienced falls while walking. After muscle training and over two years of slow jogging, although her brain scans still showed signs of the disease, she gained better control over her body and no longer fell.

**Suitable for People With Plantar Fasciitis**  
Is slow jogging suitable for individuals with plantar fasciitis or plantar heel pain?

Xu shared that Chen Feng-hsin, a well-known Taiwanese financial program host, invited him to talk about slow jogging on her show. One of the staff members responsible for the recording had plantar fasciitis. After that episode, the staff member started practicing slow jogging. One year and 10 months later, when Xu was invited to the show again, he found that the staff member had lost more than 56 pounds and had fully recovered from plantar fasciitis.

Plantar fasciitis involves fibrosis in the back of the foot arch. Slow jogging, with the technique of landing on two points on the sides of the forefoot first and then on the heel, helps improve the flexibility of the plantar fascia, leading to the resolution of the condition.

Slow jogging isn't only suitable for older people but also for sedentary office workers. Xu suggested that office workers can jog slowly in place while watching TV after work. You can engage in this activity at home when it's too hot or rainy outside or when the air quality is poor.

**Slow jogging releases dopamine, serotonin, and epinephrine, relieving constipation, gout, and other issues.**

**180 STEPS PER MINUTE**

Slow jogging is based on walking speed: 100 to 120 steps per minute, but slightly faster, reaching a frequency of 180 steps per minute.



Slow jogging can boost weight loss and improve stamina.

ELALA/SHUTTERSTOCK



Slow jogging is an effective way to keep your blood sugar in a healthy range.

FERTNIG/GETTY IMAGES

Mammograms can't clearly see changes in breast tissue in women with dense breasts, and some say breast density makes mammography 50 percent less accurate.

OVERTREATMENT

## More Breast Cancer Screening May Not Save More Women

Continued from Page 1

as "the gold standard" because it can find breast cancer, which is thought to save lives ultimately. But plenty of evidence suggests that mammograms are inaccurate; they can miss the fast-growing, aggressive cancers they should discover and find some cancers they shouldn't, such as DCIS, or ductal carcinoma in situ.

DCIS is the presence of precancerous cells localized in a single duct or ducts in the breast. It's slow-growing and develops into cancer in only about 20 percent of women. Many women are unaware of this type of cancer and aren't told all the details if diagnosed. A DCIS diagnosis often results in treatments that may be unnecessary. DCIS was rarely diagnosed before the advent of breast screening, and 60,000 women are now diagnosed annually in the United States.

In an interview from December 2016, Dr. Otis W. Brawley, chief medical and scientific officer of the American Cancer Society, stated: "In the best of circumstances, the studies show that mammography decreases the risk of death by 20 to 30 percent. That means it does not benefit 70 to 80 percent of the women that need a test that saves their lives."

A page on the American Cancer Society's website called "Limitations of Mammograms" states, "Overall, screening mammograms miss about 1 in 8 breast cancers." The page also says, "About half of the women getting annual mammograms over a 10-year period will have a false-positive finding at some point."

### Radiation

Breasts are the most sensitive tissues in a woman's body and are highly vulnerable to radiation. In fact, Cornell University's Program on Breast Cancer and Environmental Risk Factors states that "the female breast is known to be highly susceptible to the cancer-causing effects of radiation when exposure occurs before menopause."

Mammograms direct radiation directly at the breast and sometimes the vital organs beneath it, such as the heart and lungs.

A cohort study published in the British Journal of Cancer in 2012 followed more than 500,000 women from 1973 to 2009. The study found that women who had received radiation treatment for breast cancer (high-energy X-rays) had a significant increase in heart disease and lung cancer decades after their treatment.

The study demonstrates a progressive increase in risk and mortality from radiation-related heart disease and lung cancer with time—into the third decade—after radiation exposure.

Mammograms can be in 2D or 3D (called digital breast tomosynthesis, or DBT) and use ionizing radiation to capture images of the breast. The newer 3D version is what many women receive today. However, despite all our technological advances, it delivers more radiation to a woman's breast than the older 2D variety.

The Susan G. Komen website states, "DBT may give a slightly higher radiation dose than standard 2D mammography. This higher dose is within FDA guidelines, though."

### Breast Density

Another factor affecting a mammogram's accuracy is the density of a woman's breast. Some women have more fatty tissue in their breasts, and some women's breasts are more dense. Mammograms can't clearly see changes in breast tissue in women with dense breasts, and some say breast density makes mammography 50 percent less accurate. Also, dense breast tissue absorbs significantly more radiation than fatty breast tissue, putting women with dense breasts at higher risk of breast cancer.

**Mammograms can detect abnormalities that may not be cancer or cancers that may have regressed on their own.**

A study published in the Journal of the National Cancer Institute found that 43.3 percent of U.S. women aged 40 to 74 have dense breasts. There are four levels of breast density, according to AreYouDense.org: A (fatty), B (scattered), C (heterogeneous), and D (extreme).

According to Dr. Thomas Kolb, who specializes in detecting and diagnosing breast cancer and was the lead author of a study published in Radiology, "Mammographic sensitivity for breast cancer declines significantly with increasing breast density (48 percent for the densest breasts)." In the same study, Kolb said that the "addition of screening [ultrasound] significantly increases detection of small cancers."

"Two-thirds (66 percent) of premenopausal women and 25 percent of postmenopausal women have breasts dense enough that a mammogram will miss their breast cancer," Kolb said.

According to AreYouDense.org, "Breast density is one of the strongest predictors of the failure of mammography screening to detect breast cancer."

### Overdiagnosis, Overtreatment, and Incorrect Diagnosis

One of the biggest concerns with the prevalence of mammography is overdiagnosis. Mammograms can detect

abnormalities that may not be cancer or cancers that may have regressed on their own. These abnormalities are often treated with chemotherapy, radiation, and surgery without knowing whether they would have ever become clinically significant.

As the evidence has accumulated, overdiagnosis is now considered the most severe consequence of population-wide screening with mammography.

An abnormality detected by mammography is usually treated with a biopsy, which removes cells from the area in question and looks at them under a microscope. A study published in the American Journal of Roentgenology states, "More than 1 million breast biopsies are performed every year in the United States, and approximately 75 to 80 percent yield a benign outcome."

Incorrect diagnosis is also an extremely unpleasant side effect of mammography, as are the resulting biopsies if abnormalities are found. In fact, according to a Susan G. Komen white paper from June 2006, "More than 90,000 people currently living with breast cancer may, in fact, be living ... with an incorrect diagnosis."

### A Better Alternative

Many other noninvasive screening options for preventing and detecting breast cancer are discussed in our previous article "Finding Breast Cancer-Low-Risk Early Detection Tools You May Not Know About." They include thermography and multiple blood tests to detect cancer cells before they coalesce into a tumor.

Thermography uses an infrared camera to detect heat on the skin's surface. It can see variations in temperature and increased heat that can point to various stages of breast disease. Unlike mammography, there is no compression, no radiation, and the machine doesn't touch the body. It's as simple as having your picture taken.

Dr. Galina Migalko, who runs a non-invasive complementary and alternative medical imaging practice, is one of the few doctors in the nation who does thermography and ultrasound side-by-side. Based on her clinical experience, she said that ultrasound can give up to 90 percent accuracy, but the combination of thermography and ultrasound is between 95 and 99 percent accurate.

Part of the reason this combination of screening is so effective is that it uses two types of tests. An ultrasound is an anatomical test, a test of structure, while thermography is a test of physiology, of function. Together, they make a powerful team and can detect breast changes many years before a tumor develops.

"Thermography can see problems eight to 10 years before we see a mass," Migalko said.

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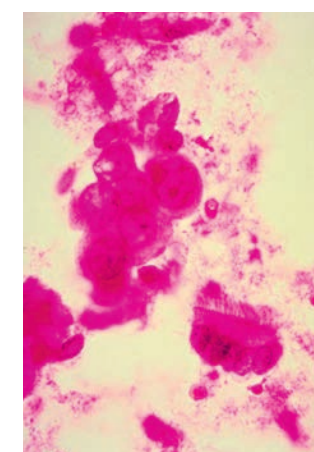
Mammograms have been touted as the gold standard but other screening options are available.

**66**

PERCENT

Two-thirds (66 percent) of premenopausal women and 25 percent of postmenopausal women have breasts dense enough that a mammogram will miss their breast cancer.

SOURCE: DR. THOMAS KOLB, BREAST CANCER SPECIALIST



Breast cancer cells can be found using thermography and ultrasound with significant accuracy.



Each year, 60,000 women are diagnosed with ductal carcinoma in situ, a stage zero cancer which only develops into cancer in 1 in 5 women.



Fluoride found naturally in groundwater is less dangerous than industrial fluoride in tap water.

# AMERICA The FLUORIDATED

## PART X HOW TO REDUCE FLUORIDE EXPOSURE AND TOXICITY

Take steps to get fluoride out of your life and body while maintaining healthy teeth

By Christy Prais

*In this series, we explore the contentious findings surrounding fluoridation of the U.S. public water supply and answer the question of whether water fluoridation poses a risk and what we should do about it.*

*Previously: The National Toxicology Program's six-year systematic review on the neurotoxic effects of fluoride has been heavily delayed and mired in government interference and controversy.*

Finding effective ways to reduce fluoride toxicity has become important to many people because of mounting scientific evidence of possible health effects from this industrial chemical.

Industrial fluoride is added to 75 percent of the U.S. water supply and also contaminates our air, soil, and food. It's also added to pharmaceuticals and dental products. The accumulation of fluoride in our bodies can cause damaging health effects.

The Epoch Times spoke to Richard Sauerheber, a research scientist and former National Institutes of Health principal investigator, to find out what we can do to minimize exposure and reduce toxicity.

He has published 65 papers and books, including six on fluoride toxicology, and has done extensive research on the chemistry of fluoride and best practices for reducing toxicity, minimizing exposure, and removing it from tap water.

Sauerheber also petitioned the Food and Drug Administration to ban fluoridation, but the agency ruled that it's the responsibility of the Environmental Protection Agency under the Toxic Substances Control Act.

### The Chemistry of Fluoride Toxicity

Sauerheber says that understanding the chemistry behind industrial fluoride is crucial to comprehend its increased toxicity and minimize its harmful effects.

His 2013 study in the Journal of Environmental and Public Health, "Physiological Conditions Affect Toxicity of Ingested Industrial Fluoride," highlights that the toxic effects of fluorides vary based on factors such as water mineral content, diet, and the solubility of fluoride.

Natural calcium fluoride (CaF<sub>2</sub>) he says, is less soluble than industrial fluoride. This means that only a small amount of fluoride

“Ingesting soft fluoridated water results in a higher blood fluoride level compared to ingesting hard fluoridated water with the same fluoride concentration of 1 ppm.”

Richard Sauerheber, research scientist

is naturally released in groundwater, leading to lower absorption and a relatively lower dose.

In contrast, synthetic fluorides such as fluorosilicic acid (H<sub>2</sub>SiF<sub>6</sub>), which is added to the U.S. water supply, are fully soluble. The greater solubility of synthetic fluorides allows for more fluoride to be absorbed, potentially leading to increased toxicity due to the higher dose available, Sauerheber's study explains.

### Neutralizing Effect of Calcium

In addition to solubility, Sauerheber stresses, fully soluble synthetic fluorides are more toxic due to the absence of natural mineral cations (a positively charged ion), particularly calcium.

Unlike natural calcium fluoride, synthetic fluorides lack calcium and act as calcium chelators, which means they bind strongly to calcium in certain tissues. "This binding disrupts various biological processes and contributes to toxicity," Sauerheber said.

Sauerheber emphasizes that calcium plays a crucial role in minimizing fluoride assimilation and acts as an antidote to accidental acute fluoride poisoning by counterbalancing or neutralizing its toxic effects after ingestion.

While a calcium-rich diet or calcium supplements can help reduce fluoride toxicity, excessively high levels of dietary calcium can lead to arterial calcium deposits.

Long-term use of additional dietary calcium should only be considered if one's blood level of calcium was measured at below normal and only after dietary adjustments weren't successful. Normally, a good diet supplies daily calcium needs, Sauerheber explained.

### Hard Water Versus Soft Water

According to Sauerheber, the toxicity of fluoride is also influenced by whether

fluoridated water is found in a soft-water or hard-water region.

Soft water, which is low in minerals such as calcium, offers less protection against fluoride toxicity.

In contrast, hard water, rich in calcium, magnesium, and other minerals, provides some defense by decreasing the mobility and chemical potential of fluoride and reducing the absorption or assimilation of fluoride, he noted.

"Ingesting soft fluoridated water results in a higher blood fluoride level compared to ingesting hard fluoridated water with the same fluoride concentration of 1 ppm," Sauerheber's study notes.

### Water Fluoride Removal

One of the principal ways to reduce fluoride exposure in fluoridated areas is by removing fluoride from both drinking and cooking water. While standard filtration methods, such as activated carbon, are ineffective, there are several alternatives available.

Reverse Osmosis (RO): In his research, Sauerheber found that older RO systems fail to eliminate fluoride, despite manufacturers' claims. He says this is because of the filtration pore size and flow rate of water.

Because the fluoride ion is about the same size as a water molecule, the pore size must be small enough to block the ion while sufficient water pressure is applied to squeeze the oblong water molecule through it, achieving separation, he explains.

Sauerheber said that newer high-pressure systems have a pore size of approximately 0.27 nm, effectively eliminating fluoride even after long-term use.

He says the GE Profile and Costco systems both effectively removed fluoride even at the five-year mark before filter replacement. The only drawback, he notes, is there is wastewater with the RO system process, but for drinking and cooking water, this loss is acceptable.

### Deionization

Deionization filters can remove fluoride but must have an "ion exchange resin." In order to do so, it needs to be monitored continuously to determine when to replace it, and it's an expensive alternative.

### Distillation

Water distillation removes fluoride, but it also eliminates essential minerals. Remineralization can be done using mineral drops designed for distilled water.

### Bone Char Filters

Under-sink de-fluoridated char filters made containing char made in Scotland are effective, he says, but unfortunately, there is currently a shortage of these filters for home use.

### Filters to avoid

Sauerheber cautions that although aluminum-based whole-house fluoride filters remove fluoride well for a while, they contain aluminum hydroxide and degrade quickly in areas with highly alkaline water. Sauerheber warned that this can cause a leakage of aluminum in combination with fluoride, which has significant adverse effects on the brain.

Also, filters made in China should be approached with caution, as their effectiveness isn't guaranteed, he pointed out. A fluoride meter can help with both testing the effectiveness of a water purification system and knowing when a filter needs changing. It can also determine the fluoride level in retail bottled waters and other beverages, but their use requires calibration and salts that prevent ionic strength effects on readings and must be used on water that isn't acidic.

### Can We Detox From Fluoride Exposure?

Sauerheber says the most effective step is to stop consuming fluoridated water. This will help eliminate the fluoride stored in soft tissues, which are able to detoxify much quicker than bone, he notes.

His study reveals that it can take people approximately 20 years to reduce fluoride levels in their bones by half after transitioning from a fluoridated to a non-fluoridated water region.

### Iodine and Fluoride Toxicity

In addition to calcium, the toxicity of fluoride also depends on our iodine levels. Those with iodine deficiencies will experience more toxic effects from fluoride. While iodine is critical to normal thyroid function, fluoride has been used in the past to suppress thyroid function.

According to a 2022 study published in *Nutrients*, "Iodine is one of the most common nutrient deficiencies and is estimated to affect 35–45 percent of the world's population."

Dr. David Brownstein notes in a recent interview with Dr. Ron Ehrlich that not all iodine supplements are created equal. After extensive research, he found that Lugol's iodine, which is a combination of iodine and iodide, was most effective. Sauerheber warns that although some doctors claim that iodine administration can remove some fluoride from the body, too much can have negative effects.

Because of this, testing and medical supervision are advised, as trying to clear out too much fluoride at once could elevate toxins in the blood to dangerous levels.

### Look Mom, No Fluoride!

So can we prevent tooth decay and cavities without fluoride?

In a recent interview on "Discovering True Health," Dr. Jack Kall, executive chair of the board of directors of the International Academy of Oral Medicine and Toxicology, who has been a practicing biological dentist for 46 years, says the answer is yes.

A biological dentist approaches dentistry in a holistic way and looks for the least toxic form of treatment with the least impact on a patient's biological terrain.

Kall explains that one of the major root causes of tooth decay and cavities is oxidative stress. Oxidative stress stimulates the immune response and causes allergic diseases, such as asthma, allergies, and dermatitis, and affects the health of our teeth.

"There are many variables within the root cause of dental issues," Kall said. Our diet and lifestyle can cause or reduce oxidative stress, he notes, and one of the first things he addresses with a patient with dental issues is their diet.

Things to avoid to reduce oxidative stress are sugars, chemicals from different sources, pesticides, heavy metals, and food additives.

Kall also stresses that lifestyle choices that shift our nervous system from the sympathetic to the parasympathetic can also greatly reduce oxidative stress, which in turn improves our dental health. Some of these include physical exercise, meditation, grounding, and acupuncture, he notes.

### This concludes our series: America the Fluoridated

Christy A. Prais received her business degree from Florida International University. She is the founder and host of *Discovering True Health*, a YouTube channel and podcast dedicated to health and wellness. Prais also serves on the advisory board at the *Fostering Care Healing School*. She is a contributing journalist for *The Epoch Times*.

### Correction

In the May 31 article in this series, The Epoch Times incorrectly described the disclosure status of members and agencies involved in a final review of the National Toxicology Program's fluoride toxicity report. During court proceedings, the names of the working group adjudicating comments were disclosed but the names of specific agency staff making comments on the report were not disclosed. The Epoch Times regrets the error.

## AVOIDABLE SOURCES OF FLUORIDE

While fluoride in the air and soil can be difficult to avoid, there are other sources that we can exercise some control over.

### FOOD

Even if you filter your drinking water, "it is nearly impossible to prevent significant fluoride ingestion in a treated city because fluoridated water is used in food preparation," cautions research scientist Richard Sauerheber.

For example, his study notes that total daily ingestion from prepared foods can bring the exposure level in a 120-pound (54 kilogram) individual to 2.7 mg, which is above levels assumed safe.

While we can't avoid all exposure from food and other sources, there are some foods that contain higher amounts that we can avoid or minimize.

Some of the highest food sources of fluoride include teas, processed deboned chicken, infant formula, grapes, and grape products, commercial beverages such as juice and soft drinks, some bottled water brands, beer, soups, canned fish, cooked wheat cereal, and some kinds of seafood.

Teas and juices can be two of the highest sources, although some types rank higher than others.

### TEA

Tea plants absorb fluoride from the

air and soil and most of this fluoride accumulates in the leaves. In tea, soil quality and region play a key role in fluoride levels.

A 2021 study done to compare fluoride levels in commercially available black tea, green tea, and matcha tea in the United States found matcha green tea powder had the highest concentration of fluoride. All samples tested contained fluoride amounts ranging from 0.521 to 6.082 mg/L.

The study looked at three black teas (Bigelow Earl Grey, Twinings of London Lady Grey, and Lipton), two green teas (Bigelow and Lipton), and three matcha teas (Mighty Leaf, Celestial Seasonings, and Matcha Love).

### JUICE

It's been found that juices in the United States can have fluoride concentrations from 0.15 to 6.80 mg/L.

A 1991 study examined 43 ready-to-drink fruit juices and found 42 percent of the samples had more than 1 ppm of fluoride.

It also found that "pure" fruit juices, mostly grape juices, contained high levels of fluoride, and juice made from grapes separated from the skin didn't contain any fluoride. This is thought to be from the use of fluoride-containing insecticides.

### PHARMACEUTICAL MEDICATIONS

Many pharmaceuticals also contain fluoride. More than 300 fluorinated pharmaceuticals have been approved for use as drugs to date.

Sauerheber notes that because all fluorine-containing pharmaceuticals have carbon-fluorine (C-F) bonds, drug fragments accumulate in tissues because the liver can't metabolize C-F bonds well. He said that drugs intended for lifelong ingestion such as some statins are of particular concern.

Also, general anesthesia can contain very high amounts of fluoride but there are fluoride-free options on the market that can be requested before a procedure.

Fluoride Toxicity Research Collaborative is a great resource that maintains a database of all fluorinated pharmaceuticals.

### DENTAL PRODUCTS

Sauerheber recommends using a hydroxyapatite-based toothpaste as an alternative to a fluoridated option.

He notes in his study that "fluoride from foods, water, and toothpaste causes fluoride to accumulate into bone to 2,000 milligrams/kilogram in about 20 years in most consumers, a level associated with weakening of bone, making bone more subject to fracture."

Hydroxyapatite (HA) is the main component of enamel and a 2022 study shows that hydroxyapatite particles have been shown to deposit and restore demineralized enamel surfaces and are superior or equivalent to fluoride toothpaste as anti-caries agents.



Many common water filters will remove many substances but will not filter out fluoride.







TRUTH and TRADITION

In Our Own Words

# Growing Up Under a Biased Media

Dear Epoch VIP,

Pleased to meet you, and I hope you enjoy this week's paper.

My name is Siyamak Khorrami, and I serve as the Southern California region's general manager. I am also an Iranian immigrant, **who has only experienced too well the effects of a media that's willing to twist the truth.**

I was born and raised in Iran; I grew up during the war between Iran and Iraq. At that time, the Iranian media would always portray Iraqis as evil, and the U.S. and Israel as corrupt countries.

Since I had family in the U.S., I didn't believe them completely and I could tell it was propaganda. But because there was an ongoing war between Iran and Iraq, and I had seen and heard the bombings, these negative thoughts about Iraqis still stuck with me.

In the midst of this unrest, my parents decided to leave so that we could live in the free world and have a better future. We ended up moving to Mexico when I was 16 and immigrated legally to the U.S. when I turned 18. I attended university in Southern California.

While I was at university, I got the chance to meet Iraqi people here in America. Strangely enough, I found out that they were very similar to Iranians. I realized that Iraqi people not only looked like me, but they even ate similar food and have similar family values. In fact, I began to wonder why I disliked them at all.

At this point, I realized I had been brainwashed by the media in Iran, and it became clear to me just how much the media could shape people's opinions.

I later began working with a technology company, and eventually started my own business. In 2014, I started hearing more and more about how China will lead the world and replace America as the global leader. Since I'd had many business dealings in China and personally seen the extent of the corruption there, I thought there was no way this could happen. I was very surprised by this reporting from the American

media, but I trusted the mainstream media here. After all, this is a free society, so I thought that the reporters and experts just didn't know the truth.

But around the same time, I learned about forced organ harvesting by the Chinese Communist Party—a crime against humanity that was not reported in the media. I was again surprised about why the mainstream media was not covering these abuses.

After seeing this, it became clear to me that there is something wrong with the overall media landscape, and the media has lost its objectivity and independence, even in the U.S. After all, these issues are newsworthy and the public needs to know them, so why aren't we hearing about them?

**When I came across The Epoch Times, and when I heard the story of the company, it was a breath of fresh air.** This is what a media company in a free society should look like, I thought. The founders started with not much funding, and simply as a nonprofit with a passion to bring truthful reporting to society. They sacrificed their careers and financial rewards and fully dedicated themselves to their cause, and now The Epoch Times has a major impact—not just in the U.S., but globally as well.

I left everything behind to join The Epoch Times in 2017. I am honored to be part of this team and working with some of the founders. **Every day we are thinking about how we can serve you as our readers better and how we can reach more people with our reporting, and we hope that this sentiment reaches you.**

In Truth and Tradition,

Siyamak Khorrami

The Epoch Times



“I realized I had been brainwashed by the media in Iran, and it became clear to me just how much the media could shape people's opinions.”

Siyamak Khorrami  
General Manager,  
Southern California Edition

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JOSE LUIS PELAEZ INC./GETTY IMAGES



# Causes and Treatments of SIBO

Small intestinal bacterial overgrowth can cause a range of symptoms but there are safe and natural treatments

CHRISTY PRAIS

Small intestinal bacterial overgrowth (SIBO) has a reputation for being significantly underdiagnosed as many of its symptoms are similar to other health issues.

Research suggests that up to 60 percent of irritable bowel syndrome (IBS) is caused by SIBO and that it affects at least 6 to 15 percent of healthy, asymptomatic people. The actual number of people who suffer from it is unknown.

“SIBO is not as well known as other gut issues,” Dr. Onyx Adegbola said in a recent interview with me on “Discovering True Health.” Adegbola noted that many people with SIBO have symptoms that significantly undermine their quality of life.

Adegbola is a physician-scientist who now specializes in gut issues such as SIBO. She started her private practice after a recent family member suffered from debilitating gut problems. This made her realize there aren't a lot of products and resources out there for those suffering from these types of conditions.

The good news is that research is now showing that there are several natural treatments that may work even better than the standard antibiotic treatment that's usually prescribed for those suffering from SIBO.

### What Is SIBO?

There are several types of SIBO, but this article will focus on hydrogen-dominant SIBO, which is characterized by an excess production of hydrogen in the small intestine and is frequently associated with diarrhea.

Another common form of SIBO is methane-dominant, and it's frequently associated with constipation.

All forms of the condition occur when bacteria migrate upward from their proper place in the colon and invade the small intestine. The bacteria accumulate and start leading to a variety of symptoms.

Continued on Page 15



Antibiotics are commonly used to treat SIBO but can cause gut dysbiosis because they also kill off beneficial microbes.

### SIBO Symptoms

- Abdominal pain after a meal
- Diarrhea
- Weight Loss
- Gas
- Indigestion
- Constipation
- Cramps
- Bloating

# Detoxing to Treat Spike Protein-Induced Brain Injuries

JAN JEKIELEK & BILL PAN

Spike proteins generated by the SARS-CoV-2 virus and the mRNA COVID-19 vaccine are causing brain fog and other “profoundly disabling” neurological symptoms in some patients, according to Dr. Paul Marik, a critical care doctor.

“The truth of the matter is that spike protein is probably one of the most toxic compounds that human beings can be exposed to, and its toxicity is through multiple different pathways that we're just beginning to understand,” Marik said in a recent interview with EpochTV's “American Thought Leaders.”

Marik is a co-founder of Front Line COVID-19 Critical Care Alliance (FLCCC), a nonprofit medical group known for championing the use of ivermectin in treating COVID-19 infection. The group also focuses on developing treatment options for people suffering from “post-vaccine syndromes,” including ridding the spike

▲ The best way to remove spike proteins from vaccines and COVID-19 is to support the body's natural detoxification capabilities.

Continued on Page 16

Enhancing the human body's self-repair mechanism is the best way to clear spike protein and resolve injury: Dr. Paul Marik

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# Family Dinners Improve Family Health



Research has revealed several important benefits of eating together.

Eating together provides mental, physical, and social benefits

JESSIE ZHANG

Meals together are more meaningful than ever in the age of devices and diverse family types, according to psychiatrist Tanveer Ahmed.

Ahmed, who is based in Australia, said it's worth maintaining some semblance of sharing meals together in a household, even if it's just two to three times a week. Meal times provide a consistent opportunity for families to nurture strong bonds, as members share and discuss the challenges of the day or bond over new experiences.

Quality time shared between parents and children has become increasingly precious. Statistics show that by the time children are 18, 90 percent of their time with their parents has passed.

This is why family dinners correlate with all sorts of health markers, varying from healthier body weight to better mental health, according to Ahmed.

"Regular family dinners are still a great marker of a stable, cohesive household, and that is very beneficial for kids," he told The Epoch Times.

Meal times give children a chance to connect with parents and grandparents and learn their values, while also opening their minds to a wider range of concepts, words, and stories.

"It challenges them and pushes them because, while they have teachers at school, most of their interaction is with their peer group. So it's very important that they get a broader range of intergenerational con-

Ultimately, the combination of school and family life is about the passing on of knowledge and experiences, and family dinners can be a particularly useful way for connecting, communicating, and having inter-generational interactions.

1 in 3

elderly people suffer from social isolation.

tact," he said.

"They hear abstract concepts and a wider range of vocabulary when talking to their parents, which can challenge them. There's evidence suggesting that this does improve the kid's language around abstract concepts and problem-solving."

For grandparents, regular dinners with the family are a great antidote for social isolation, which research has shown affects 1 in 3 elderly people today.

The elderly are more often challenged with health and mobility issues, physical changes, and cognitive decline, which are major hurdles to being social, especially if those issues render them unable to drive.

For some older adults, that family dinner may be their only interaction for days or weeks.

**Old-Fashioned or Scientifically Proven**  
At a time of increasingly diverse family compositions and family practices, academics from Australia's Monash University have suggested that the promotion of the "family meal imperative" sets unrealistic expectations.

Sociology professor Jo Lindsay said that sitting down together every night is "rooted in an anachronistic and conspicuously old-fashioned notion of the family" and that it "only serves to increase parenting guilt," in her research published in the journal *Critical Public Health*.

Lindsay's particularly modern take on family meals overlooks some important science on the benefits, however.

A 2011 meta-analysis published in *Pediatrics* looked at several studies, with a sample size of 182,836 children and adolescents, and found significant benefits to family meals, including lower odds of being obese and higher odds of eating healthier food. The research review also found a 35 percent reduction in disordered eating.

"Across the lifespan, eating with others, particularly family, is associated with healthier dietary outcomes," reported re-

searchers in another review, published in the *Journal of Nutrition Education and Behavior*.

A review published in *International Journal of Environmental Research and Public Health* in 2021 looked at 54 original studies and 11 review studies and found similar results in terms of eating, along with mental health benefits.

"Correlational evidence links shared meals with health and psychosocial outcomes in youth, including less obesity, decreased risk for eating disorders, and academic achievement," it reads.

Family meals may be particularly important for teens, an age group in which there has been an uptick in depression and anxiety in recent years.

"Frequent family meals may have a protective effect on the mental health of adolescents, particularly for depressive symptoms in girls," researchers state in a study published in *Journal of Nutrition Education and Behavior* in 2017.

In a 2020 study in the *American Psychological Association's* journal, *Developmental Psychology*, researchers wrote: "On days that adolescents shared a family meal, they felt greater happiness and role fulfillment, and less burnout and distress. Moreover, family conflict was associated with more negative emotionality only on days that adolescents did not also eat with the family. Findings suggest that family meals buffer daily risks associated with familial conflicts."

The act of sharing food may even have a long-term effect on the most important elements of personality, suggests a study published in *Appetite* in 2015.

"Results confirm that higher levels of shared meal consumption correspond to higher scores on the self-report altruism scale among students," researchers reported.

It isn't only students who benefit from family meals. A study published in *Preventive Medicine* found that a higher frequency of family meals was "associated with higher levels of family functioning, greater self-esteem, and lower levels of depressive symptoms and stress."

"Findings from the current study suggest that frequent family meals may contribute to the social and emotional wellbeing of parents."

Even nontraditional nuclear families would benefit greatly from incorporating sit-down meals together as often as possible, Ahmed said.

He acknowledged that modern life may not allow for it in the same way that it did in the past because of a greater variety of family structures, busy teenagers and children, and a range of working arrangements including shift work and meetings from home.

"So there's a lot of complexity here now, and it's certainly not as simple as a 1950s-type family arrangement," he said. "But that shouldn't be a reason to feel guilty or give up trying."

**Family Dinners in an Age of Devices and Distractions**

"I think it's important that we try to enforce rituals," Ahmed said. "A good example is the Jewish Shabbat tradition of having a Friday night dinner."

"But it can happen in other areas as well. It could be a walk on the weekend, playing board games, or watching a show together."

Ahmed acknowledged the power that devices have and recommends limiting them to shared interactions.

"The default is often we all retreat to our own rooms and our own screens, and I think you have to work hard to mitigate against that," he said.

"As long as it is something that's connecting you together, rather than casually looking at TikTok on your own, it can still bring people together."

"If you have something that is shared, or it might be something you've shared during the day, and then you're bringing it up and talking about it together, then I think that's fine."

Similarly, pediatrician Meg Meeker said that she asks everyone put away their phone for an hour during dinnertime.

While this might be a challenge, even for the parents, taking charge of screens at home will teach children that they will be OK without having to be alerted by their phone every minute, and it trains them to decrease their screen time over time.

Ultimately, the combination of school and family life is about the passing on of knowledge and experiences, and family dinners can be a particularly useful way for connecting, communicating, and having intergenerational interactions.

"Given family dinners are one of the rare places where everyone comes together, it's a critical part of transmitting ideas and values to the next generation," Ahmed said.

# Tired After Lunch? Try This

Feeling drowsy after lunch is common, but a few simple tips can help

ZRINKA PETERS

At some point, everyone has felt like they could really, really use a nap after lunch. The phenomenon of the "afternoon slump," or post-lunch drowsiness, is so common that the medical community has given it an official name—postprandial somnolence.

The post-meal feeling of tiredness and lethargy can make it hard to concentrate on afternoon work and often puts a heavy damper on post-lunch productivity.

The reasons behind the "afternoon slump" are varied, but a few easy tips can help banish this fatigue and keep energy levels stable throughout the day.

**The Circadian Element**

It's normal to feel a dip in afternoon energy levels and alertness because of our bodies' natural circadian rhythms. This internal, biological body clock helps regulate sleep-wake patterns, which involve a host of different hormones and biological processes.

Circadian rhythms are largely responsible for the experience of feeling wide awake and alert at times and drowsy at other times.

According to the Sleep Foundation, our bodies' strongest sleep-related cues are felt shortly after midnight, and then again, to a lesser degree, in the afternoon between approximately 1 and 4 p.m. This aligns with the practice of enjoying an afternoon siesta in many countries around the world.

**The Fat and Carbs Effect**

There's more to it than uncontrollable biological cues, though. What you eat for lunch can also play a significant role. An Australian study published in the October 2019 edition of the *Journal of Nutrition* found that as the amounts of dietary saturated fat and carbohydrates increased in a meal, so did the degree of daytime sleepiness. Combining large amounts of saturated fat and carbohydrates in one meal (think burger and fries) may intensify the effect.

Functional dietitian nutritionist Adair M. Anderson explains the physiological process.

"Meals high in carbohydrates (without adequate protein and fiber to slow digestion) result in blood sugar spikes, which the body fixes by releasing insulin (the key that lets blood sugar into your cells)," Anderson says. "However, sometimes (most times), the body releases too much insulin (the body really doesn't like high blood sugar), which results in a blood sugar crash. Low blood sugar is associated with fatigue."

"Meals high in saturated fat are more likely to trigger leaky gut (intestinal hyperpermeability). When the gut is leaky, things from inside the gut lumen (e.g., bacterial lipopolysaccharide and undigested food) can get into the bloodstream, usually resulting in inflammation. Inflammation is [also] associated with fatigue."

**Water is essential for nutrients to be effectively transported to cells throughout the body, and dehydration can leave you feeling tired.**



Avoid the afternoon "crash" by keeping meals light and getting a healthy dose of fresh air and movement.

**The Portion Size Effect**

It's not just the type of food eaten, but the amount, too, which can impact how you feel an hour or so after eating. Eating large, "heavy" meals seems to result in a stronger desire for a nap shortly afterward than does eating small meals.

One study, published in the Feb. 28, 2012, edition of *Physiology & Behavior*, took 12 young men whose sleep had been restricted the night before and gave them either a "light" 305-calorie lunch or a "heavy" 922-calorie lunch, which contained three times the fat and twice the carbohydrates of the "light" lunch.

The men then took a leisurely two-hour, simulated "drive." Perhaps not surprisingly, for those who ate the "heavy" lunch, their driving suffered more than that of the "light" lunch eaters. The "heavy" lunch group drifted from their lanes while driving more often, and also reported feeling more tired.

**Other Factors**

Also, certain nutrients are actually sleep-promoting. Tryptophan, an amino acid that's often blamed for the sluggishness that many feel following their Thanksgiving meal, is certainly associated with promoting sleep. A Turkey dinner at 6 p.m. may be a better idea than having it at noon. But tryptophan isn't the only sleep-inducing food around. Foods that contain high concentrations of melatonin, such as tart cherries, mushrooms, tomatoes, and pistachios, can also help regulate your circadian rhythm and promote sleep.

Other, non-dietary factors can also influence how you feel at 2 p.m. Not getting enough sound, uninterrupted sleep at night can lead to excessive daytime sleepiness, and certain medical conditions such as diabetes, anemia, and even food intolerances can also exacerbate the problem.

**Steps to Stay Awake**

While the dreaded afternoon slump can have various causes, some simple steps can help stabilize energy levels in the afternoon, and all day long.

Replacing refined and simple carbohydrates, such as white bread, donuts, and sodas, with complex carbohydrates, such as whole-grain bread or brown rice, beans, and vegetables, is a major step in the right direction. Complex carbohydrates, which usually contain fiber, vitamins, minerals, and other nutrients, take longer to digest than simple carbohydrates and are less

likely to cause spikes in blood sugar, which eventually "crash," leaving you tired again.

Eating a smaller portion at lunchtime, and then having an afternoon snack, instead of consuming a single, large meal, may also help ease the energy-consuming work your digestive system has to do.

Anderson points to research showing that the order in which the parts of a meal are consumed can also make a difference.

"Start with a vegetable appetizer. For example, a handful of sugar snap peas, cherry tomatoes, celery, and carrot sticks. The fiber in these low-calorie vegetables acts like a goalie net, preventing your digestive enzymes from quickly attacking (and breaking down) carbohydrates into simple sugars. The slower carbs digest, the slower they enter the bloodstream, and the more gentle the blood sugar spike (in fact, ideally it's a low, rolling hill and NOT a spike).

Then, eat protein before carbohydrates (e.g., eat the chicken and broccoli first, eat the dinner roll second)," Anderson says.

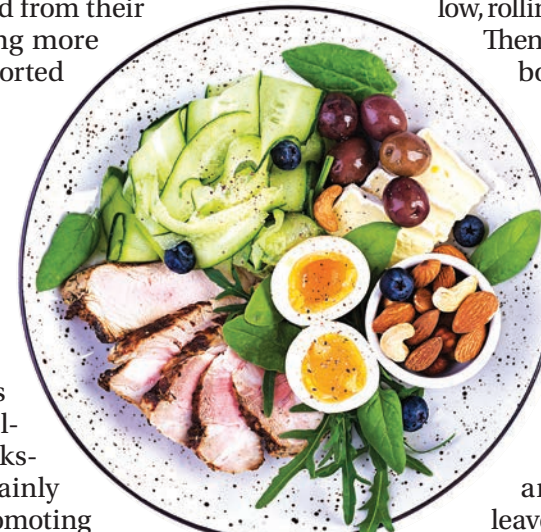
Staying hydrated throughout the day can also help ward off fatigue. Water is essential for nutrients to be effectively transported to cells throughout the body, and dehydration can leave you feeling tired.

An August 2010 review titled "Water, Hydration, and Health," published in the *Journal of Nutrition Reviews*, explains how even mild dehydration actually causes cells to shrink and can lead to cognitive declines, including short-term memory loss and reduced concentration and alertness.

Drinking plenty of liquids (ideally water) throughout the day can help both your mind and body function at their best.

Getting out for an after-lunch walk is also a great way to keep energy levels stable throughout the afternoon. Exercise boosts the delivery of nutrients and oxygen throughout the body, including the brain, and can help you stay alert. Combined with being mindful of what and how much is on your lunch plate and staying hydrated, you can stay focused and fully awake, even at 4 p.m.

*Zrinka Peters is a freelance writer focusing on health, wellness, and education. She has a bachelor's degree in English literature from Simon Fraser University in British Columbia, Canada, and has been published in a wide variety of print and online publications including Health Digest, Parent.com, Today's Catholic Teacher, and Education.com.*



Eat a nutrient-dense lunch that is light on carbohydrates and fat to better maintain your energy level in the afternoon.



After-lunch lethargy can undermine afternoon productivity if you don't take steps to avoid it.

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# Meditation Could Help You Make Better Decisions

Research finds that meditators are more willing to face the more difficult facts of life

**CHRISTOPH ELHARDT**

People who meditate daily are less likely to avoid negative information, researchers report.

Smart decision-makers gather all the pertinent information and weigh the pros and cons dispassionately. This includes gathering information that is unsettling or unpleasant. Or at least that's what people should do.

The reality is quite different, however. Because of what experts call cognitive bias, people tend to ignore potentially negative information—even when such information is available to them. For example, they don't want to find out whether an investment is no longer worthwhile, a medical test has confirmed an illness, or a friend has betrayed their trust. The reason is that even just thinking about negative information triggers fear and worry.

The new study shows that people can reduce this tendency toward information avoidance through regular mindfulness meditation.

The researchers define the practice of mindfulness meditation as sitting still with eyes closed, observing—but not responding to—breathing, physical sensations, thoughts, and emotions.

Several studies have shown that practicing meditation on a regular basis has a positive effect on both body and mind. Meditating for just 15 minutes a day helps relieve stress, increase concentration, reduce the risk of depression, and enhance productivity.

In new research, Elliott Ash, professor of law, economics, and data science at ETH Zurich, and colleagues showed that daily meditation boosts people's ability to contend with negative emotions.

For the study, published in *Economics Letters*, the researchers recruited 261 participants through an online platform and randomly divided them into two groups. One group meditated every day for 15 minutes, and the other spent that time listening to relaxing music.

**Mindfulness meditation makes people more resilient to uncomfortable emotions, which in turn allows them to process negative information more objectively.**

Before and after the experiment, the study participants had to answer a set of standardized questions to ascertain how well they dealt with negative information and how strongly they responded to emotions. Participants were asked, for example, whether they wanted to receive potentially negative information about their health, financial investments, or personal relationships.

"The study participants who meditated every day for two weeks were better equipped to simply observe their negative emotions and accept them calmly," Ash said. This positive development was not observed in members of the control group.

The study's authors conclude that mindfulness meditation makes people more resilient to uncomfortable emotions, which in turn allows them to process negative information more objectively.

"Someone who copes well with negative emotions will also want to know what could go wrong as a result of a particular decision," Ash said.

In other words, meditation training could help people make better decisions. Because they are more likely to also consult information to which they might react negatively, they are more comprehensively informed.

*This article was originally published by Christoph Elhardt for ETH Zurich. Republished via Futurity.org*



The act of meditating may help people better deal with negative emotions and process them in a healthy, objective manner.

ANATOLIY KARVUK/SHUTTERSTOCK

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