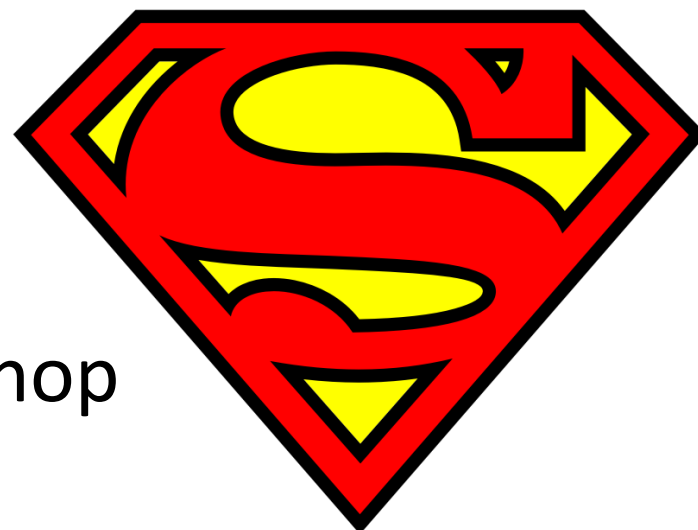
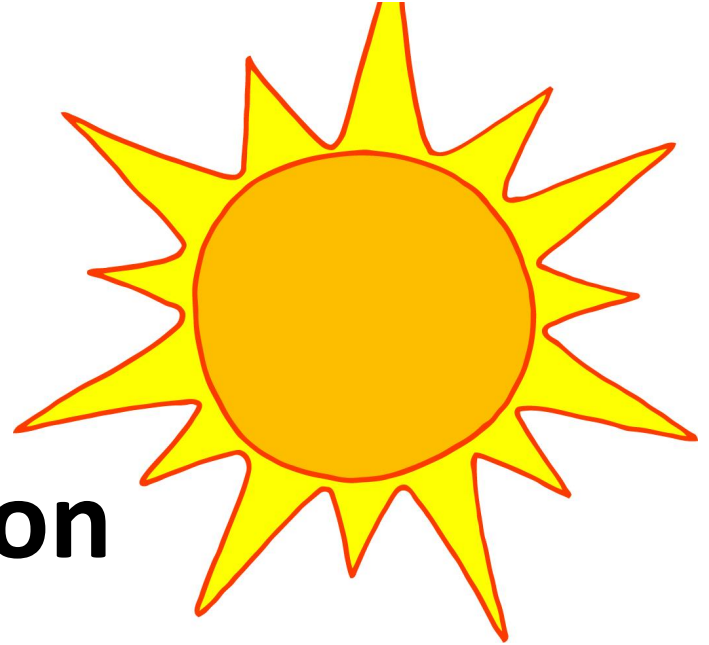


**Nutrition, Toxic Chemicals and Disease:
How to Stay Healthy in Today's World
or
*Sulfur - It Does the Body Good!***

Stephanie Seneff
Wise Traditions Workshop
November 8, 2013



Part 1: Introduction



Stephanie Seneff
Wise Traditions Workshop
Weston Price Foundation
Nov. 8, 2013

"An important scientific innovation rarely makes its way by gradually winning over and converting its opponents.

What does happen is that its opponents gradually die out and that the growing generation is familiar with the idea from the beginning. "

-- Max Planck

What's Wrong Today



- **Key Message**

- Modern dietary and lifestyle practices are making us sick

- **I will argue that good health comes from**

- Getting abundant sunlight exposure to the skin and eyes
- Eating abundant dietary fat and cholesterol
- Eating lots of cruciferous vegetables
- Eating organic whole foods
- Avoiding processed foods
- Avoiding prescription drugs and vaccines

The Kuna of Panama

“The Kuna are healthier than their city-dwelling cousins for a number of reasons. They have a very favorable omega 3:6 ratio due to **seafood**, **wild game** and relatively **saturated** vegetable fats. Their carbohydrate foods are mostly **unprocessed** and mostly from **non-grain** sources. They also live an outdoor life full of **sunshine** (vitamin D) and **exercise**. The **chocolate** may also contribute to their health, as it contains high levels of potentially protective **polyphenols**. They're healthier than industrialized people because they live **more naturally**.”



*wholehealthsource.blogspot.com/2008/03/say-hello-to-kuna.html

100% of the MDR of nearly *EVERYTHING!*



Nutrition Facts

Serving Size 1 cup (53g)
Servings Per Container about 7

Amount Per Serving	Total Plus Omega-3s	with 1/2 cup skim milk
Calories	200	240
Calories from Fat	30	30
% Daily Value**		
Total Fat 3.5g*	5%	5%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	1%
Sodium 90mg	4%	6%
Potassium 125mg	4%	9%
Total Carbohydrate 40g	13%	15%
Dietary Fiber 4g	17%	17%
Sugars 14g		
Other Carbohydrate 21g		
Protein 5g		

Vitamin A	10%	15%
Vitamin C	100%	100%
Calcium	100%	110%
Iron	100%	100%
Vitamin D	25%	40%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B ₆	100%	100%
Folic Acid	100%	100%
Vitamin B ₁₂	100%	100%
Pantothenic Acid	100%	100%
Phosphorus	10%	25%
Magnesium	10%	15%
Zinc	100%	100%

Where's the sulfur?

We need to worry about sulfur!

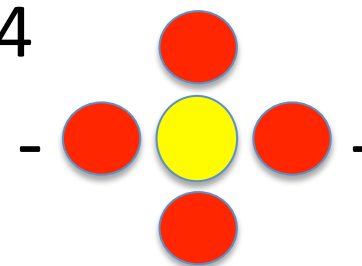
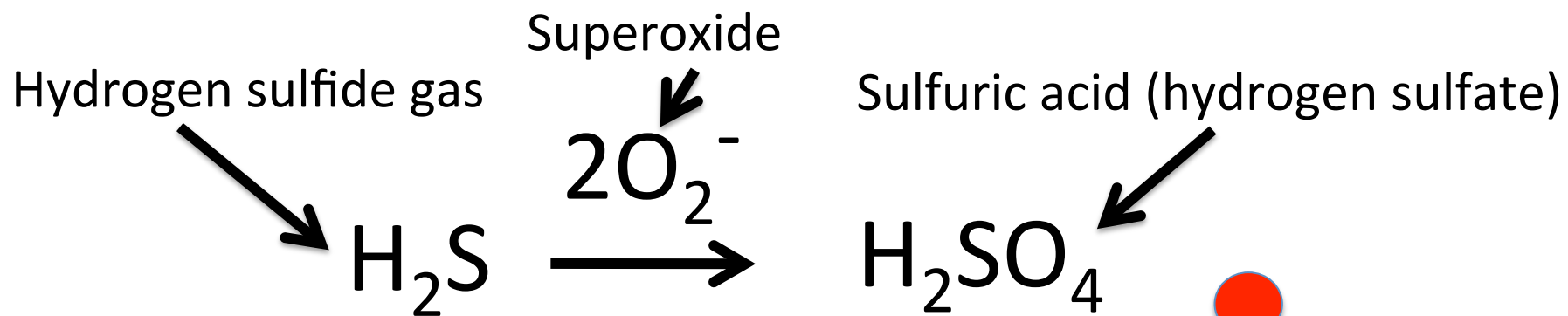
Current agricultural practices are depleting sulfur from the soil

This leads to insufficient dietary sulfur, especially for vegetarians

Environmental toxins deplete sulfur in the body

Sulfur depletion in the body has widespread consequences

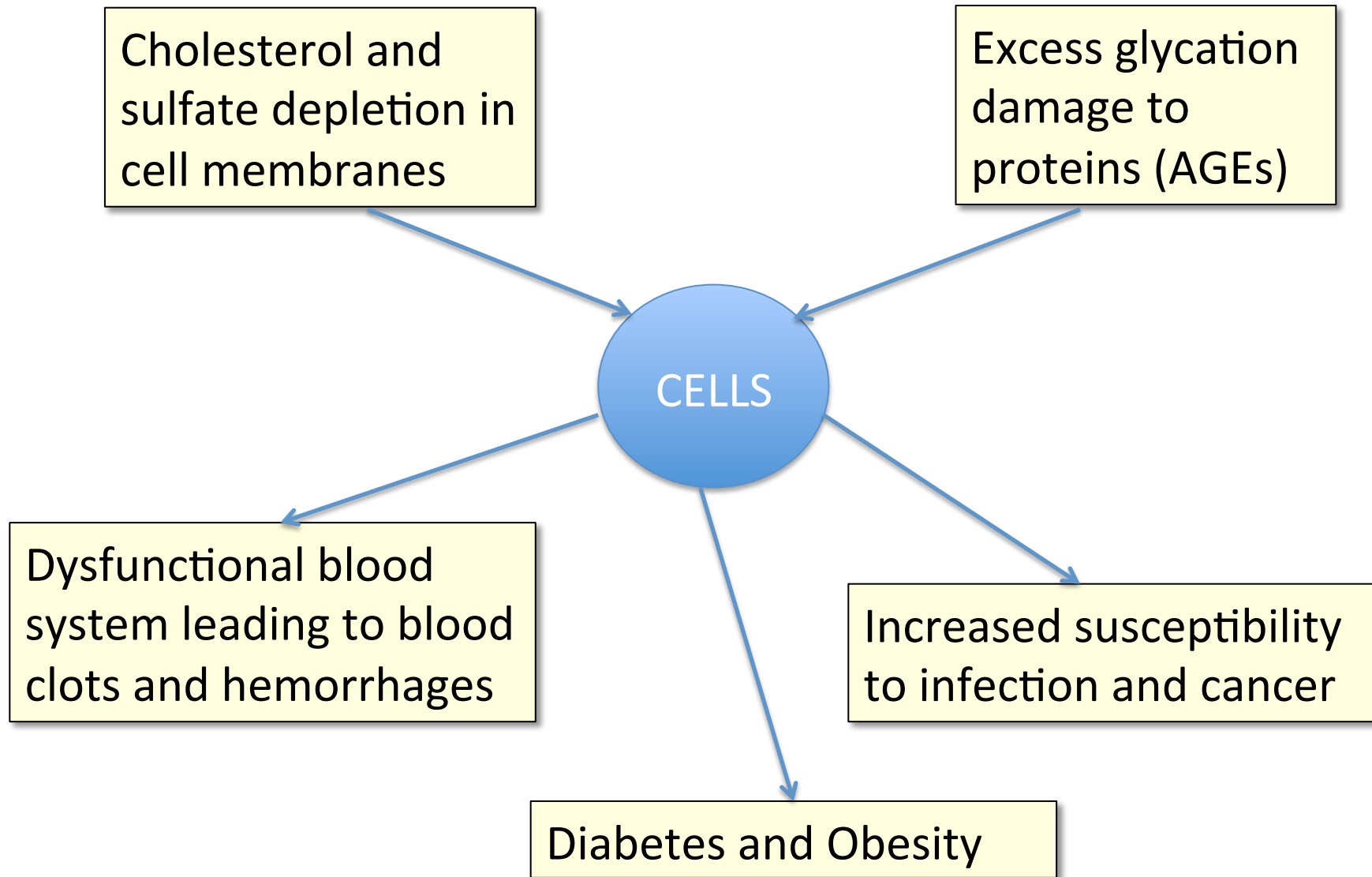
Sulfur, Sulfide and Sulfate



Sulfate!

Two extra electrons
= negative charge!!

A Biological Definition of Aging



Highlights of What's Coming

Cholesterol Sulfate

Under healthy conditions, abundant cholesterol sulfate is synthesized in the skin following sun exposure, and this results in generous supply of cholesterol and sulfate to the tissues.

Inadequate sun exposure and sunscreen impair this process.

Heart Disease

When cholesterol sulfate synthesis in the skin is impaired, cardiovascular plaque develops as an alternative mechanism to produce cholesterol sulfate from damaged LDL and homocysteine

Blood Dysfunction

The stability of the blood colloidal system depends upon adequate cholesterol sulfate.

When sulfate is depleted, suspended cells and particles become deficient in negative charge, and start to stick together.

This leads to blood clots and hemorrhaging

Statin Drugs

Statin drugs are a huge money-maker, worldwide

They are causing tens of millions of people
significant deterioration in quality of life
with no gains in life expectancy

Cancer

Cancer develops as a mechanism to massively convert glucose to lactate, which is a much safer fuel - especially when cells are insulin resistant.

Cancer cells provide sulfate to the vasculature

Gut Bacteria

Our gut bacteria
outnumber our own cells 10 to 1.

They produce signaling molecules that can
influence neuronal responses in the brain

They help us out in many ways, and
if they're not healthy, we're not healthy

Infection

Susceptibility to infection is a consequence of impaired cholesterol sulfate synthesis, which introduces widespread pathology

Infection serves a useful role in resupplying critical nutrients such as cobalamin, folate, and heparan sulfate

Autism

Autism is a childhood disorder that is alarmingly on the rise.

Many environmental factors contribute to it, including micronutrient-deficient food, inadequate sunlight exposure, aluminum and mercury in vaccines, exposure to vehicle exhaust fumes, and pesticides (especially Roundup),

The Pineal Gland

The pineal gland is the “seat of the soul”

It produces sulfate by day and
supplies it to the brain by night

Pineal gland calcification is a major feature of
Alzheimer's, together with impaired sleep

Impaired Autophagy

Cells dispose of the garbage that accumulates with living via autophagy - they can recycle misfolded proteins into new proteins and replace broken mitochondria with fresh ones.

Excess nitric oxide leads to impaired autophagy, which results in accumulation of debris and busted mitochondria. Over time, the cell becomes so impaired that it has to shut down.

Glyphosate

Glyphosate is the active ingredient in the weedkiller, Roundup

It is likely a major contributor to autism, obesity, Alzheimer's disease, kidney disease, diabetes, infertility, etc.

Polyphenols and Flavonoids

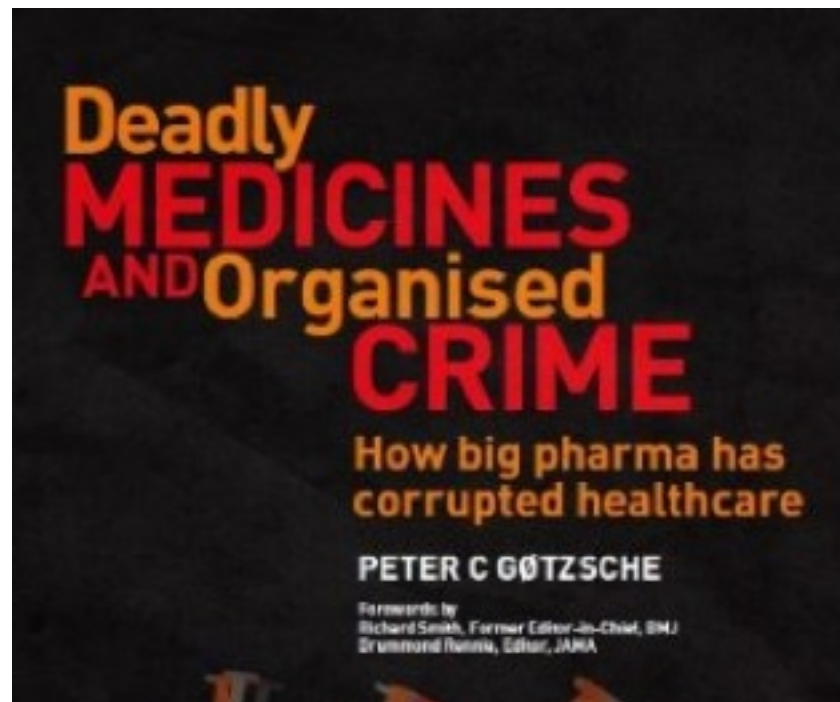
Polyphenols and flavonoids are components in certain foods that are considered healthy due to their “antioxidant” abilities.

The real reason why they are healthy is because they transport sulfate.

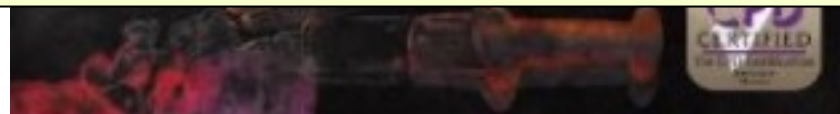
Some Themes

- Too many pesticides
 - *Glyphosate* (Roundup)
- Too many vaccines
 - *Aluminum*
- Too many prescription drugs
 - *Statin drugs* (lower cholesterol)





The US medical system is the third leading cause of death after heart disease and cancer.



Hilarious Video!



<http://www.youtube.com/embed/4U1ShwjleSE>

Too Many Drugs: the Elderly*

- *Polypharmacy*: the administration of more medications than are clinically indicated
- Study in nursing home environment resulted in significant improvement in health by eliminating several drugs
 - Quality of life improved and mortality rate reduced by 50%
- Estimated savings in US of \$100-\$340 million if fully implemented in nursing homes

*D. Garfinkel et al., IMAJ 9, June, 2007, 430-434

Sponsorship Bias in Drug Effectiveness Studies*

- Researchers know what sponsors want to hear and what will affect the probability of subsequent support
- Industry-funded economic evaluations are designed from the outset to suggest greater cost effectiveness of high cost drugs
- This generates confusion about the true therapeutic value of new drugs and a loss of credibility

*F. Catalá-López et al., Plos ONE, July 2013 8(7): e69462

Six dangerous prescription drugs you should think twice before taking*

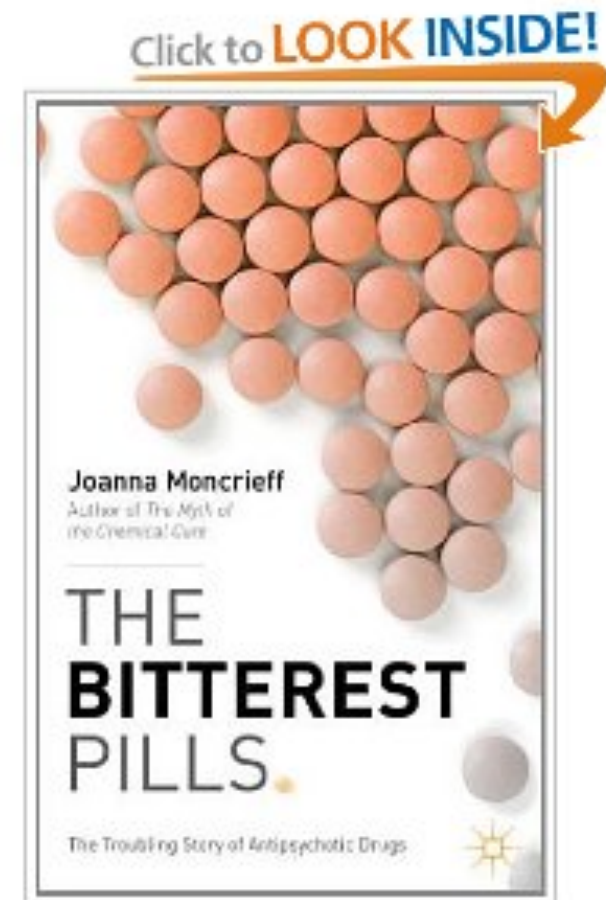
- 1) Proton pump inhibitors (PPIs).
- 2) Statins
- 3) Antibiotics.
- 4) **Antipsychotics.**
- 5) Opioid pain relievers.
- 6) Selective serotonin reuptake inhibitors (SSRIs).



*E.A. Huff, Natural News, Apr. 17, 2013.

“The Bitterest Pills”*

- Subtitle: The troubling story of antipsychotic drugs
- Argues that the pharmaceutical industry enticed psychiatrists into believing that these drugs would cure mental illness and were very low-risk
- Truth is that they cause debilitating dyskinesias and mental impairment



*Joanna Moncrieff, Palgrave MacMillan 2013

Six dangerous prescription drugs you should think twice before taking*

- 1) Proton pump inhibitors (PPIs).
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- 3) Antibiotics.
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*E.A. Huff, Natural News, Apr. 17, 2013.

“The Ugly Side of Statins. Systemic Appraisal of the Contemporary Un-Known Unknowns”*

“The statin industry, with all of its spin-off, is a 20-billion-a-year industry. We are observing the revealing of the *utmost medical tragedy* of all times. It is unprecedented that the healthcare industry has inadvertently induced *life-threatening nutrient deficiency* in millions of otherwise healthy people. What is even more disparaging is that not only has there been a failure to report on these negative side-effects of statins, there has actually been *active discouragement to publish any negative studies on statins.*”

*S. Sultan and N. Hynes, *Open Journal of Endocrine and Metabolic Diseases*, 2013, 3, 179-185

The Ugly Side of Statins*

Conclusion: “There is increased risk of Diabetes Mellitus, Cataract formation, and Erectile Dysfunction in young statin users, all of which are Alarming. Furthermore there is a significant increase in the risk of cancer and neurodegenerative disorders in the elderly plus an enhanced risk of a myriad of infectious diseases.”

*S. Sultan and N. Hynes, Open Journal of Endocrine and Metabolic Diseases, 2013, 3, 179-185

Catalyst: Half-Hour Segment on Statins

Oct 31, 2013

Heart of the Matter Part 2

– Cholesterol Drug War

<http://www.abc.net.au/catalyst/stories/3881441.htm>

“A recent ‘real world’ study of 150 000 patients who were taking 10 statins showed ‘unacceptable’ side effects—including myalgia, gastrointestinal upset, sleep and memory disturbance, and erectile dysfunction—in 20% of participants, resulting in discontinuation of the drug [19]. *This is massively at odds with the major statin trials that report significant side effects of myopathy or muscle pain in only one in 10,000.*” *

*A. Malhotra, BMJ 2013;347:f6340.

Summary

- Sulfur is an essential nutrient that has been overlooked and is severely depleted
 - Sunlight catalyzed production of cholesterol sulfate in the skin is essential to good health
- Depleted sulfate supplies, systemically, lead to many diseased states
 - Modern lifestyle practices promote this dysfunction
- Toxic chemicals in food and drugs derail sulfate homeostasis
- A war on cholesterol is the wrong solution
 - Statin drugs are causing debilitating side effects

What's Coming

Morning (10 a.m. – 12 p.m.)

1. Introduction
2. Cholesterol Sulfate

Early afternoon (1:30 p.m. – 3 p.m.)

1. Gut Microbes: How They Help Us Out
2. Autism, Depression, and Alzheimer's Disease

Late afternoon (3:30 p.m. – 5 p.m.)

1. Glyphosate: The Elephant in the Room
2. Nutrition: Facts and Fiction