

By Charlene Gullotta-Holland, B.S., Certified Colon Hydrotherapist

# TOP 5 U.S. KILLERS CAN BE PREVENTED!

*Obesity is taking a BITE out of Americans - 2 of 3 Adults are obese or overweight*

**P**oor diet and physical inactivity have directly been related to 400,000 deaths in 2000. That is a 33% increase since 1990. Tobacco related deaths have increased by 9% in comparison. The study was released in March 2004 by the Federal Center for Disease Control and Prevention by Dr. Julie Gerbering. She also stated that, "Our worse fears were confirmed by predicting obesity related deaths will surpass tobacco if current trends continue." The study listed the top killers that can be controlled as;

## TOP 5 KILLERS IN USA

1. Tobacco use
2. Poor diet and physical inactivity
3. Alcohol consumption
4. Microbial agents
5. Toxic agents

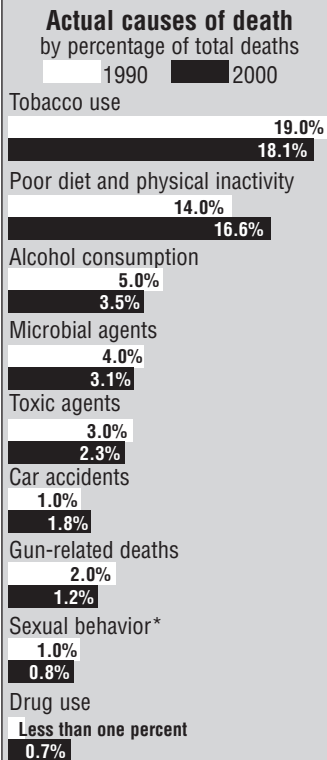
This study urged the secretary of Health and Human Services, Tommy Thompson, to begin a public service campaign with humorous ads telling Americans to begin a gradual lifestyle change. "We're just too darn fat and we're going to do something about it!" Thompson said at a press conference in April before releasing the ads.

## NINE MILLION AMERICAN CHILDREN ARE OVERWEIGHT

An increased consumption of fast-food, sedentary lifestyles, a decline in school physical educa-

### A Growing Problem

The number of deaths in the United States due to poor diet and physical inactivity rose between 1990 and 2000.



\*Includes deaths due to AIDS

SOURCE: Journal of the American Medical Association

tion were cited by Thompson as factors contributing to the nations Fat problem. It is obvious and we have already really known that cigarettes, alcohol, poor quality food choices, and sitting around

without exercise have made Americans sick and fat. And the solution seems simple...choose not to smoke, limit smoke exposure, choose to limit or eliminate alcoholic beverages, choose better foods, and choose to move your body with exercise! Simple, right? For some it is and others it could be a challenge. Keep in mind it is a choice.

But what about the #4 and #5 killer on that list. Are toxic and microbial agents a choice for Americans? In some ways it has been our choice. By products from virtually every modern convenience we have has leaked into our environment and into our bodies. We chose to be a modern and convenient culture! What do we do with the by products now that we have them. There are almost 1.5 billion pounds of pesticides sprayed each year on American crops. There are 10,000 different chemicals in food processing and preservation. Toxins are in the air, water and soils. Of course it stands to reason that toxins are saturating our bodies as well.

One of the causes of being overweight is the body's retention of water and fat to help try and dilute pesticides and toxins. Its no wonder 2 out of 3 American adults are overweight. The body's natural defense system is overburdened and needs help with eliminating the toxic waste. Cleansing your body can save your life!

With proper use of internal

cleansing as with Colon hydrotherapy, your body has a fighting chance to keep toxic levels at a lower manageable level. Cleansing with hydrotherapy hydrates the body and washes out impurities and toxins. The average person houses between 2-26 pounds of toxic waste in the large intestine! The accumulated waste is toxic and slows down our bodies' natural immunity and other vital functions. The body becomes overloaded and overburdened.

Using colon therapy can help eliminate toxins and improve overall health in general. The stored toxic waste of 2-26 pounds is no small bag of potatoes!

Get the load out and feel better by cleansing. And according to the latest studies, it may just save your life!

Remember to check with your health care provider before beginning any new program. You have the choice over your body's destiny. Choose health and get on with your life!

### About Charlene Gullotta-Holland

Charlene Gullotta-Holland is a certified colon hydrotherapist and the owner of A Gentle Cleanse. For more information contact A Gentle Cleanse at 407-2510.



## Nothing Sweet About "Splenda" Low Calorie Sweetener

By Richard Annsley, CNC

A bitter campaign is now being waged by the consumer action group, Generation Green, targeting Johnson & Johnson's the parent company of McNeil Nutritionals, concerning their product, Splenda.

It seems that the artificial

sweetener's claim to be "Made from sugar so it tastes like sugar" couldn't be farther from the truth. Recently the Center for Disease Control released their findings that at least one of the ingredients in Splenda is a major chemical used

in the manufacturing of plastics and pesticides.

The Federal Trade Commission has been called into the fray to investigate the misrepresentation of this popular product.

The executive director of

Generation Green sternly denounces the "devious advertising efforts" behind the products success stating, "Splenda is a man-made chemical compound unrecognizable as sugar."