

Stop Your Aging Process With Diet And Exercise

BY OMARI KENYATTA, J.D.

Would you like to be able to slow down your aging process? You might be able to according to some medical researches.

Did you know that medical research indicated that you may be able to stop your aging process if you will omit uric acid and dairy products from your diet and start exercising more?

Too much protein intake in the diets of some American people has been linked continuously to Osteoporosis. It is further stated by some research scientists that a high intake of protein will cause weakening of the bones in the body. If one's intake is too high in protein, it can cause a high level of uric acid in the body, and if this acid is not removed from the body it can cause gout, or it might cause bladder stones. If you do not know what uric acid, gout and bladder stones are, ask your doctor, or get yourself a medical book and look them up.

Some nutritional experts say that meat contains a very high level of uric acid. This is why you should limit your intake of this protein. The more blood the meat contains, the more uric acid is in the meat. In one small piece of meat, there are approximately 14 grains of uric acid which is quite high because the body can only discharge about 8 grains a day.

Let me ask you a question, where

do you think meat gets its taste? Would you be surprised if I told you that it comes from the uric acid in the meat. Well, now you know what gives meat its taste.

There are many kinds of proteins that one can consume. However, some people choose to eat a lot of meat and all kinds of dairy products which are some of the worst things that you can put into your body. The first thing this morning did you load your body down with one of the following foods: bacon, sausage, eggs, milk, ham, coffee, butter on toasted white bread, jelly donuts, etc? And, you wonder why you feel so lousy during the day.

You do not need all of these proteins to sustain your health. According to the National Academy of Science, an adult person needs only 56 grams of protein a day. The International Union of Nutritional Sciences has stated that an adult person needs about 39 to 110 grams of protein per day.

Let me ask you another question. How much protein do you think a newly born infant needs if it is going to be nursed by its mother? What percentage of protein do you think the mother's milk is? Would you say 60 percent, 40 percent, 30 percent, 15 percent or would you say that it is lower? Let me give you the right figure. At birth, the mother's milk is approximately 2.38 percent protein and after six months the percentage is in the range of about 1.2 percent or 1.6 percent. The baby will

normally receive everything that it needs from its mother's milk to sustain its life.

Another reason why you should not eat or drink dairy products is that milk from cows cannot be properly digested by humans. This milk was not made for you. The reason why you cannot digest this milk is that it contains a protein called casein. This protein was designed to take a 90 pound calf at birth and turn it into a 1,999 pound cow in approximately two years. This should tell you something about growth hormones in a cow's milk. You do not want to eat or drink anything that has growth hormones in it. This could be potentially devastating to you and to your family's health.

At this point, you are probably saying, but "I need calcium." I agree with you. Nevertheless, you can get all the calcium you need if you eat plenty of green vegetables, sesame butter or nuts. These foods will take care of your calcium requirements. The medical researches are saying that your diet should consist of 70 percent water foods. In other words, if you eat a lot of fruits and vegetables you will be consuming sufficient protein and calcium, etc.

There are certain kinds of foods that should not be eaten together. For example, fruits and proteins should never be eaten together. The reason why is that fruit is digested in the small intestine and not in the stomach. If you eat meat which is protein and then right after that eat fruit, the

fruit will not be able to digest itself because it will be blocked from reaching the small intestine where it is normally digested. Fruit should always be eaten on an empty stomach. Fruit is the best energy provider, it is glucose. There is also something else in fruit called bioflavonoid which keeps the blood from thickening. This is the reason why you should eat a lot of fruits and drink a lot of fruit juices. The juices should be freshly squeezed as freshly squeezed juices are best for good health.

One of the most renowned scientists by the name of Dr. Arthur L. Foley II, M.D., Ph.D., has stated that the three leading causes of death in the country in males and females are the following: Coronary heart disease, Cancer and Cardiovascular disease. Could some of these diseases be prevented in some people? Some doctors seem to think so. They are saying that people need to exercise more and cut down on their fat intake such as meats and dairy products. If you really find it necessary to eat meat, find meat that has been pasture grazed and does not contain growth hormones.

By the way, let me tell you this before I close. Meat has something in it called putrefactive bacteria. I think I should tell you what this is. It is colon germs which is what tenderizes the meat. Some medical experts say that just about all meat becomes infected with manure germs when it is being processed.

Better Education Shines At Jefferson High

Continued from front

to over 500 students from all parts of Portland.

The school supplements the three middle schools which feed into Jefferson, with staff, resources and materials. It also participates in a college scholars program and the "I Have a Dream" program.

Boozar is especially excited about the Dream program.

"Their vision is to go to college," she enthused. There are three Dream classes in Portland and Jefferson is the first choice of many.

"What we are talking about is part of our effort to draw strength for the school from the strength of the community," she said.

The school has formed partnerships with police and community coalitions to ensure a safe environment. And most of the student talked to

agreed the school was safe

"People buy into that perception that Jefferson is rough without accurate information and are always surprised when they see we are quiet and clean," the principal said, adding that media have always carved on isolated incidents that affect the school.

The school enjoys a beneficial relationship with Portland Community College and looks to building deeper ties in the future.

Chief Moose Attended Crime Bill Ceremony

Police Chief Charles Moose attended the signing of the Crime Bill on Tuesday September 13, 1994 at The White House.

The selection process for the position that will direct the community policing portion of the Crime Bill is ongoing. No announcement will be made at the Crime Bill signing, according to Department of Justice representative who also indicated that a decision might take several more days.

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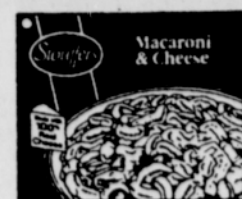
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munity. And we view our most important role as assisting you with the latest in information and communication tools and technology. Like you, our role in the community is versatile — we're volunteers, grant supporters and economic development advocates. And also like you, we realize that the support we provide today comes full circle for generations to come.

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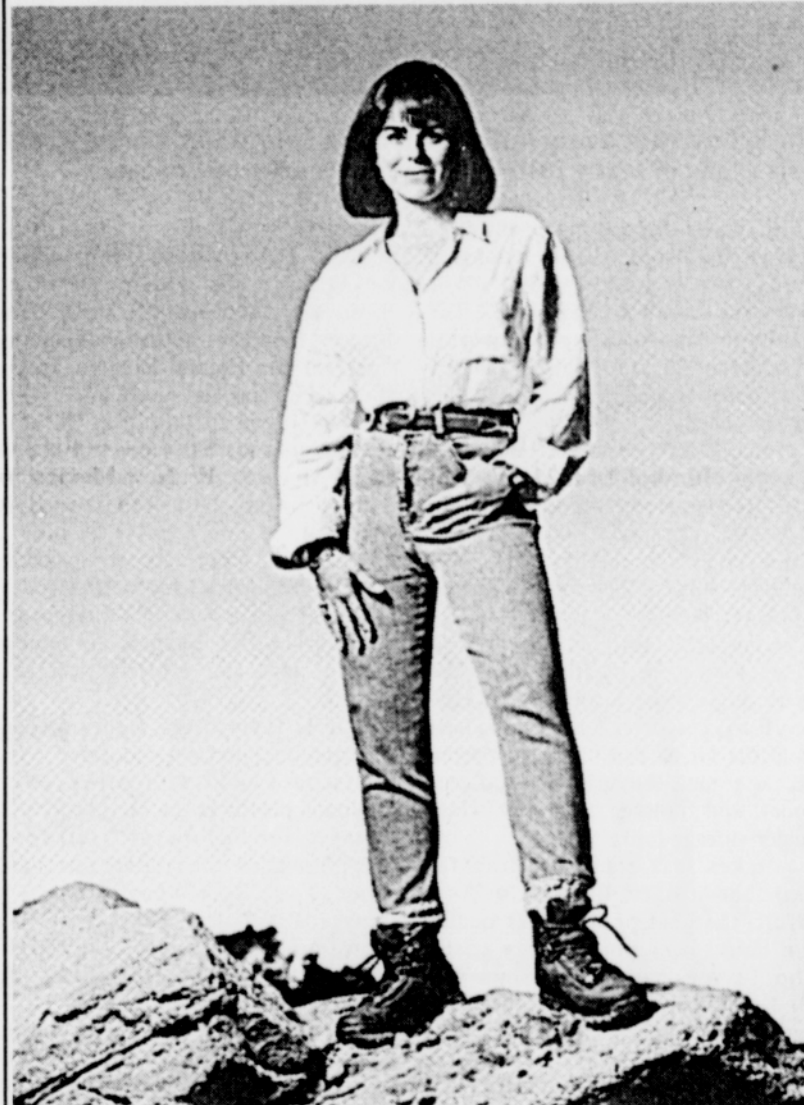
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By Kathleen Sullivan

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Weight Watchers

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