

Learn tips to avoid identity theft

How easy is it for someone to steal your identity and all the money in your bank account?

Identity theft is a very serious crime that happens more often than most people know. A major security breach on credit or debit cards can result in the loss of thousands of dollars.

An identity thief can use a social security number to obtain the insurance they need, such as home or automotive, or use your health insurance to get treatment costing you money while placing incorrect and potentially harmful infor-

mation in your medical records. Thieves can jump bail and, through a false identity, have the authorities hunting for you. When a thief has access to a social security number they can control your life, including buying houses in your name and then defaulting on the loans.

Shorewood Retirement Residences is hosting a class on identity theft prevention presented by Sherry Dutcher on Tuesday, Aug. 18, at 10:30 a.m.

The first step towards protecting yourself is identifying where you are at risk.

JOEL FUHRMAN, MD

Ten best, worst foods for health

I am often asked for my list of the best foods to eat — the foods that contain the most micronutrients, phytochemicals and other health-promoting compounds.

People want to know which high-nutrient foods provide the keys to optimum health and longevity. They are searching for a simple answer to the question: "What should I eat to reach my ideal weight, achieve immunity to disease and feel my best every day?"

It is difficult to squeeze all the nutrient dense, health promoting foods into a list of the 10 best. The foods on my list however, are the foods that I believe everyone should include in their diet on a regular basis.

They strongly protect against cancer and favor longevity. They contain the most vitamins and minerals and powerful phytochemicals including allium compounds, glucosinolates, aromatase inhibitors, flavonoids and lignans.

Of course not all of my favorites could make my top 10 and the runners-up include many other vegetables and fruits.

Ten best foods:

- 1) Green leafy vegetables

(e.g. kale, collard greens, mustard greens, spinach, lettuce)

- 2) Non-leafy cruciferous vegetables (e.g. broccoli, cauliflower, Brussels sprouts, cabbage)

- 3) Berries

- 4) Beans

- 5) Mushrooms

- 6) Onions

- 7) Seeds (e.g. flax, chia, hemp, sesame, sunflower, pumpkin)

- 8) Nuts (e.g. walnuts, pistachios, pine nuts, almonds)

- 9) Tomatoes

- 10) Pomegranates

It is almost just as challenging to take all the bad foods in the world and condense them down to the worst of the worst. Foods have the power to heal but also have the power to harm.

Our leading causes of death, including cancer, diabetes, and heart disease are primarily the result of the foods we eat. The wrong foods can be as addictive as drugs and alcohol and can cause us to lead lives that provide only a fraction of our potential for health, energy level and physiological well-being.

Foods such as dairy and other animal products are rich in substances that scientific investigations have shown to

be associated with cancer and heart disease incidence: animal protein, saturated fat, cholesterol and arachidonic acid.

The high animal protein content of dairy increases levels of IGF-1 in the blood, which increases cancer risk. The combination of dairy with insulin-raising sugars is even more dangerous when it comes to cancer risk.

Processed foods containing refined white sugar, refined white flour, salt and oil comprise more than 60 percent of the calories in the American diet but provide little if any of the antioxidant nutrients or phytochemicals that are essential for preventing chronic disease and premature death.

Salt consumption has been linked to both stomach cancer and hypertension. Needless to say, I advise people to avoid the foods on my "worst" list entirely.

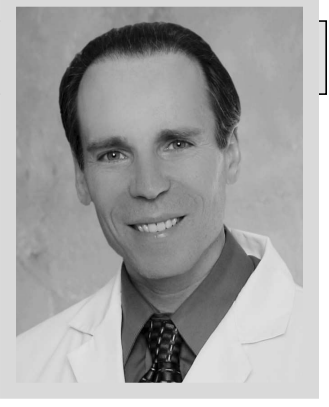
Ten worst foods:

- 1) Sweetened dairy products (e.g. ice cream, low-fat ice cream, frozen yogurt)

- 2) Trans fat containing foods (e.g. stick margarine, shortening, fast foods, commercial baked goods)

- 3) Donuts

- 4) Sausage, hot dogs and luncheon meats



- 5) Smoked meat, barbecued meat and conventionally-raised red meat

- 6) Fried foods including potato chips and french fries

- 7) Highly salted foods

- 8) Soda

- 9) Refined white sugar

- 10) Refined white flour

It is clear that unrefined plant foods should make up the bulk of your diet and that fruits and vegetables score highest on the nutrient density scale in terms of concentration of nutrients per calorie.

It is also obvious to anyone who has studied the research and looked at the trends in recent years, that a diet based on refined processed foods and animal products cannot sustain optimum health and protection against disease.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

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'American Pickers' looking for Oregon stories

Mike Wolfe, Frank Fritz and Antique Archeology will film episodes of their hit series American Pickers throughout Oregon this September.

American Pickers is a documentary series that explores the fascinating world of antique "picking" on the History Channel. This hit show follows skilled pickers Wolfe and Fritz

as they embark on an epic road trip across the U.S. in search of America's most valuable antiques, from motorcycles, classic cars and bicycles to one-of-a-kind vintage memorabilia.

American Pickers is looking for leads to explore while in Oregon, such as interesting characters with unique items.

Some of what they look for are: vintage bicycles, toys, unusual radios, movie memorabilia, advertising, military items, folk art, vintage musical equipment, vintage automotive items, early firefighting equipment, vintage clothing and pre-50s western gear.

American Pickers is produced by Cineflix Productions

for History.

Anyone who has a large collection of something interesting and possibly historic, or anyone who wants to refer someone to the show, can email their name, number, address and description of the collection and photos to: americanpickers@cineflix.com855-old-rust.

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