

Hormones in Meat USDA Approved Carcinogens



Health Desk

In the last issue, we talked about health risks associated with giving animals antibiotics, like MRSA and other drug-resistant bacteria. In this issue, we will focus on the

other popular label found on organic meat: hormone free.

First, it is important to know that the USDA only allows cattle and sheep to be treated with hormones. So any other meat (pork, chicken, turkey, etc.) is always hormone free. Also, the term “hormone free” means that no hormones were administered to the animal during its life. Animals, like people, do produce hormones naturally, so there will always be small amounts of hormones in meat.

That brings up one of the main pro-hormone arguments: hormones are natural. Of course, farmers also use synthetic hormones, so the natural argument doesn't really apply. Synthetics aside, natural hormone supplementation still presents a number of health risks.

One concern is the lack of regulation behind the practice. While the FDA and USDA do recognize a “normal” range of hormone levels, they don't test all of the meat to see if it's safe. Since some hormones occur naturally, there is no way to test for residues of added hormones. It would be impossible to distinguish between naturally occurring hormones and the added ones.

The claim is that by following proper procedure, the hormone levels in the meat will stay in the normal range. By law, hormone tablets have to be placed under the animal's ear skin. This is supposed to help keep hormone levels in the normal range. However, in 1998 industry reports to the FDA showed that, even under ideal conditions, hormone levels were sometimes 20 times higher than normal.



Ever heard the expression “healthy as a cow on hormones”? Didn't think so.

On the other hand, when hormone tablets are placed directly into the muscle, the hormone concentration can be even higher. According to a random USDA survey, about half of the feedlots re-searched placed hormone implants illegally.

So what are the risks of increased hormone levels? Estradiol is the main estrogen found in humans and is frequently given to cows. Excess estradiol has been linked to several types of cancer, including breast cancer. There is also some concern that it could be causing girls to reach puberty at a younger age.

Naturally, the FDA and USDA claim

that there are no studies that conclusively prove that meat with added hormones causes cancer. However estrogen is a known carcinogen. That's why some experts believe the birth control pill and hormone therapy can cause cancer.

While our own government agencies failed to discover any threat, a scientific committee from the European Union concluded that estradiol could both initiate and promote tumors, making it a complete carcinogen. Concern over hormones in American and Canadian beef led to a ban in Europe that's been in effect since the late 1980s.

If you're concerned about consuming hormones in meat, there are a few easy ways to avoid them. Any certified organic meat is not allowed to contain added hormones. Even some meat that isn't certified organic might still be hormone free, and there is usually an indication on the product label. While there are no added hormones in pork or chicken, there are other reasons to go organic, such as the type of feed the animal is given or growing conditions.

It's good to be aware of the hormones in milk as well. In the next issue, we'll discuss rBGH and some reasons that you might want to consider organic (or even raw) milk.



Buddy A. Touchinsky, D.C.

Solving Low Back Pain-Hip Mobility Found in Pain and Injury Care

As a chiropractor, the most common complaint I hear from people is about their low back pain. It is estimated that 85-90% of people will experience back pain at some point in their lifetime. Whether or not it becomes a serious issue depends on how well you take care of yourself before getting back pain, and how well you address it once you do develop back pain.

Here in Schuylkill County, you'd expect that since this seems like a blue collar area, most people that I see would get back pain from heavy manual labor, lifting and bending, etc. However...

Continued at drtouchinsky.com



Store Information

Healthy Habits Natural Market
 1120 Centre Turnpike
 Orwigsburg, PA 17961
 Phone: 570-366-2620
www.healthyhabitsnaturalmarket.com

Hours

Mon-Fri..... 9 a.m.-7p.m.
 Sat 9 a.m.-5 p.m.

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.

Event Info

To request a special event or program, contact:
 Beth Fligge
 570-366-2620
bethfligge@yahoo.com



Quick ~ Healthy ~ Delicious



Texas Caviar

- 1 can blackeyed peas
 - 1 can pinto beans
 - 1 can black beans
 - 1 can chick peas
 - 1/4 cup chopped red peppers
 - 1 chopped green pepper
 - 2 stalks celery
 - 1 cup red onion chopped fine
 - 2 small chopped jalapeno peppers
 - 1 Tbsp chopped cilantro
- Dressing:**
- 1/2 cup apple cider vinegar
 - 1/2 cup canola oil
 - 1/2 cup sugar
 - 1 tsp each salt & pepper
 - 1 Tbsp chopped garlic

Mix dressing ingredients in saucepan and bring to a boil. Remove from heat, cool and pour it over vegetables and beans. Refrigerate for at least 2 hours before serving. Serve with chips, crackers or anything else you can dip!

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