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Our August 2017 Newsletter for Healthy Living

Hidden Beauty

Unfortunately, just because it's sold over-the-counter does not make products safe for use. In fact, there are almost 13,000 chemicals used in cosmetics and only 10 percent have been tested for safety. Although the U.S. Food and Drug Administration (FDA) has the authority to regulate ingredients in cosmetics and personal care products, they often do not exercise it. Personal care products are allowed to reach store shelves without any prior approval by any agency. Only after a product has demonstrated harm, has been misbranded or adulterated, may the FDA take action.

According to the FDA's description of their authority over cosmetics: *"The law does not require cosmetic products and ingredients, other than color additives, to have FDA approval before they go on the market, but there are laws and regulations that apply to cosmetics on the market in interstate commerce. FDA's legal authority over cosmetics is different from our authority over other products we regulate, such as drugs, biologics and medical devices. Under the law, cosmetic products and ingredients do not need FDA premarket approval, with the exception of color additives. However, FDA can pursue enforcement action against products on the market that are not in compliance with the law, or against firms or individuals who violate the law."* Compounding this situation, the FDA also has made manu-



facturers responsible for ensuring the safety of the products they produce and those manufacturers are not required to share the tests that reportedly demonstrate the safety of these products with any Federal agency or the public.

What does this mean for a health-conscious person like yourself? When you use body lotion, deodorant, shampoo or nail polish, you may be ap-

Xu, dermatologist from McGaw Medical Center at Northwestern University, commented on the number of adverse effects in the study, saying, "You can start making a cosmetic and start selling it the next day without any kind of permission from the FDA."

You may be surprised by the number of toxic chemicals that likely reside in your bathroom cabinets. The

"...it's important you read the label on every personal care and cosmetic product you purchase."

plying harmful chemicals to your body, even if the product claims to be nontoxic and safe. According to researchers who examined data from the FDA database of adverse effects, there were an average of nearly 400 adverse events reported yearly directly to the FDA between 2004 and 2016 for personal care products, such as shampoos, lotions, tattoos and perfume. The number of reports surged by the end of 2016 to nearly 1,600, triggered by the FDA's public appeal to consumers and physicians to report adverse events related to specific problematic products.

In their analysis of the data, researchers found the three personal care products that were reported most commonly were hair care, tattoos and skin-care. The products that involved the more serious health conditions were baby products. Haircare products were reported at a rate of 35 percent and skin-care products represented 22 percent of the complaints. Lead author Dr. Steve

average woman in the U.S. uses 12 personal care products each day, containing nearly 168 different chemicals. While the European Union (EU) has been more proactive in regulating the number of chemicals their consumers are exposed to in cosmetics, the U.S. has not. Xu stated: *"[The EU] banned more than 1,000 chemicals. We've only banned 10. They've been very proactive about looking at chemical safety and putting the burden on manufacturers to prove their cosmetic products are safe."* This type of chemical exposure is not insignificant to your health, especially when these are products you use each and every day, over the course of your lifetime.

In 2000 the Environmental Working Group (EWG) released a study evaluating the contents of 37 nail polishes produced by 22 companies — all of which contained dibutyl phthalate (DBP). This one chemical in one product is known to contribute to lifelong

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Can't Beat Beets

Your diet is an important, if not crucial, factor for the maintenance of a healthy heart well into old age. Healthy dietary fats top the list of heart-healthy foods, of course, but aside from that, a nitrate-rich diet can go a long way toward protecting your heart.

Nitrates should not be confused with nitrites, found in bacon, hot dogs,

your mitochondria. Acting as a potent vasodilator, NO also helps relax and widen the diameter of your blood vessels, allowing a greater volume of blood to flow through. Healthy blood flow helps your body function at its best, as your blood carries oxygen and nutrients to your heart, brain and other organs. It nourishes and oxygenizes your immune

heart failure, and research shows a glass of beetroot juice has the same effect as prescription nitrates. In one recent study, patients diagnosed with high blood pressure who drank beet juice an hour before exercise, three times a week for six weeks, experienced increased tissue oxygenation and blood flow. It also improved brain neuroplasticity by improving oxygenation of the somatomotor cortex (a brain area that is often affected in the early stages of dementia).

Leafy greens top the list of nitrate-rich foods. Beets, which are a root vegetable, are well-known for their high nitrate content, but leafy greens contain even more nitrates per serving. In fact, beets barely made it onto the top 10 list, which is as follows: arugula, rhubarb, cilantro, butter lettuce, mesclun mix, basil, beet greens, Swiss chard, red beets and bok choy. Previous research has shown that

the more vegetables and fresh fruits you eat, the lower your risk of heart disease, with leafy greens being the most protective, likely because of their NO-boosting nitrates. This was confirmed in a May 2017 study published in *The American Journal of Clinical Nutrition*.

Reference: *Essentialstuff.org* April 28, 2014. *Hypertension* March 2008; 51(3):784-90. *Nutrition Journal* Dec. 11, 2012; 11: 106. *Bodyecology.com*: "What Can Nitrates in Beet Juice Do for You?". *Journals of Gerontology* Nov. 9, 2016, glw19. *American Journal of Clinical Nutrition* May 31, 2017; 106(1): 207-16.



“Raw beets have been shown to lower blood pressure by an average four to five points.”

ham and other less-than-healthy cured meats. On the other hand, many vegetables contain naturally occurring nitrates. When consumed, the bacteria in your mouth convert these nitrates to nitrites, but since vegetables are also rich in antioxidants, these nitrites do not pose a health hazard.

More importantly, your body transforms the nitrates in vegetables into



nitric oxide (NO), a soluble gas continually produced from the amino acid L-arginine inside your cells. NO is a gas and free radical that is

an important biological signaling molecule that supports normal endothelial function and protects the little powerhouses inside your cells,

system and muscles, and helps keep your heart beating. It also carries away waste material and carbon dioxide. As noted in recent research, a diet high in nitrate is a natural strategy recommended for the treatment of prehypertension and hypertension (high blood pressure), “and to protect individuals at risk of adverse vascular events,” i.e., heart attacks.

Indeed, raw beets — which are high in nitrates — have been shown to lower blood pressure by an average of four to five points within a matter of hours. Some studies have shown a glass of beet juice can lower systolic blood pressure by more than eight points — far more than most blood pressure medications. (Disclaimer: we sell fresh, organic beet and vegetable juice blends in our Café) In conventional medicine, nitrates are used to treat angina and congestive

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reproductive impairments in rats, including testicles, prostate gland, penis and seminal vesicles. In the Environmental Defense report, “Heavy Metal Hazard: The Health Risks of Hidden Heavy Metals in Face Makeup”, researchers shared results from testing 49 different makeup items, including powders, blushes, mascaras, lipsticks and foundations. The testing revealed serious heavy metal contamination in virtually all of the products: 96 percent contained lead; 90 percent contained beryllium; 61 percent contained thallium; 51 percent contained cadmium, and 20 percent contained arsenic.



Until there is some control over the chemicals used in personal care products, safety testing and regulation that protects the consumer, it's important

you read the label on every personal care and cosmetic product you purchase. Here's a list of some of the more hazardous chemicals found in many personal care products: parabens (found to increase risk of breast cancer); BHA/BHT (suspected endocrine disruptors); synthetic colors (linked to ADHD in children); triclosan (linked to allergies); preservatives (slowly release formaldehyde); sodium lauryl sulfate (interacts to form nitrosamine, a known carcinogen); toluene (chronic exposure linked to anemia); propylene glycol (a skin irritant, toxic to your liver and kidneys).

Your skin is an excellent drug delivery system, so what goes on your body is as important as what goes in your mouth. Maintaining a healthy gut microbiome helps to protect you from some of the toxins you ingest by filtering them — a protection you don't get

when they are absorbed through your skin. Find recipes to make your own homemade bath and handwashing products that don't contain additional by-products and preservatives. Coconut oil is a healthy skin moisturizer that has natural antibacterial properties. The EWG has an extensive database to help you find personal care products free of potentially dangerous chemicals. Products bearing the “USDA 100% Organic” seal are among your safest bets if you want to avoid potentially toxic ingredients. Be aware that products labeled “all-natural” may still contain harmful chemicals, so it's wise to check the full list of ingredients.

Reference: U.S. Food and Drug Administration, FDA Authority Over Cosmetics. *WebMD Study Highlights the Beauty Industry's Ugly Side*. *Journal of the American Medical Association* published online June 26, 2017. Environmental Working Group April 10, 2012. Environmental Defense, Heavy Metal Hazard. EWG.org Skin Deep Database. David Suzuki Foundation, “Dirty Dozen” Cosmetic Chemicals to Avoid.

Gotta Get Grass-fed

S ometime after World War II, American meat producers made a decision to pursue a new business model - the CAFO (confined animal feeding operation) - that would have profound effects on both human and

in humans. That, along with stress, significantly increases a cow's susceptibility to disease. That's when drugs and antibiotics enter the scene. Antibiotics are typically administered for the animal's entire life to both treat and prevent

a smaller scale, grass fed beef rancher and his or her animals and land, there's a greater regard for the well-being of all the components, and quality and safety aren't compromised. The production of 100% grass fed beef *benefits* the environment in the following ways: minerals from manure help regenerate the soil; nutrient and chemical runoff of the soil is reduced; grasslands diversify and

“Grass-fed beef contains a healthier ratio of omega-6 to omega-3 fatty acids (1.65 vs 4.84).”

animal health, as well as the environment. Along with that fateful decision, the factory farm was born. Today, a whopping 95 percent of the red meat you eat. In fact, the average American meat-eater now consumes 9 ounces or more of factory farmed meat and animal products *each day!*

While industry may be providing us with relatively affordable products, we're paying the price in other often-unseen ways. We've transformed the caring connection of the food business with its animals and the land into a furious quest that puts profit before food quality and safety. That's taken a tremendous toll on soil health, along with the quality of the meat you depend on to nourish your body. Thankfully, there's a solution.

Cows are amazing creatures. They are one of the few animals that can eat and digest grass and turn it into fuel. A very highly evolved digestive organ, called the rumen, allows them to do this. The rumen turns the cellulose in grass into a nutritious protein. *Because of this unique ability, cows are naturally suited for grazing.* Cows were designed to eat a variety of grasses that are very low in net carbs (total carbs-minus fiber). Just like us, they are unable to digest this fiber. However the bacteria that reside in their intestinal system do a marvelous job of digesting the fiber and converting it to fat. Even though it looks like a cow is on a high-carb diet, the reality is that they are on a high-fat diet produced by the bacteria digesting the fiber they eat.

Unfortunately, in the American beef industry young cows are separated from their mothers at 6 months and begin the very unnatural practice of eating grains, mostly corn. When a cow eats grains, very serious problems develop, including the much-dreaded bloat. A cow's rumen isn't designed for grains. Corn is very high in net carbs and low in fiber which causes massive metabolic disturbances very similar to what we see

disease. Don't think for a minute that beef producers do this for your good or for the animal's benefit. This practice is about cost-of-goods, speed to market, and the bottom line. Beef producers have discovered that by getting a young cow onto grains by the age of 6 months, they can move that animal to the finish line much faster — often within 14 months instead of two to three years! As sickening as it is, time is money in the beef production world.

What's wrong with factory farms? CAFO cattle are crammed into confined quarters and fed bioengineered grains, crammed together and treated inhumanely, routinely fed glyphosate-treated, bioengineered grains and grain byproducts, administered antibiotics to prevent disease from stress and their unnatural diet, and given synthetic hormone and steroid “implants” to promote growth. A recent U.S. Department of Agriculture (USDA) inspector's report revealed that beef sold to the public was contaminated with *211 different drug residues*. And it's estimated that as much as 20 percent of the drugs administered may remain in the meat you buy.

For all these reasons and more, eating meat raised in CAFO operations should be avoided. Authentic, 100% grass fed beef is a whole different story. Not only doesn't it come with all these drawbacks, if produced ethically, it's a red meat you can feel *good* about, as it plays an important role in a healthy diet. Depending on the rancher's practices, truly 100% grass fed beef provides an alternative that excludes: the use of antibiotics, except for bona fide illness; pesticides, herbicides, glyphosate and bioengineered grains; chicken feed and *any* kind of animal waste; synthetic hormones and steroid implants, and confined, inhumane living conditions.

A truly *100% pasture-grazed* cow eats only grass and forages, and is fed no supplemental grains. Because a caring connection exists between

Michigan Grass-fed Beef:
*Humanely-raised at
Lamb Farm in Manchester, MI*



**Porterhouse & T-Bone Steaks
only \$13.99/lb**

are invigorated; carbon is sequestered, and wildlife, especially birds and bees, flourish. And because there are no antibiotics, steroids, pesticides, herbicides or other harsh chemicals used in grass fed production, you don't see the same type of environmental degradation.

There's one *final* area where there's simply no comparison between factory farmed and grass fed beef: nutritional benefits. Conventionally raised beef can't begin to compare with 100% grass fed beef for health benefits. Here are just some of the ways grass fed beef is superior: a healthier ratio of omega-6 to omega-3 fatty acids (1.65 vs 4.84); higher in the B vitamins thiamin and riboflavin; higher in the minerals calcium, magnesium and potassium; higher in beta-carotene and vitamin E (alpha-tocopherol).

Choosing *100% grass fed* is your assurance of the best beef possible. But the only way you can be sure is to know the rancher and the practices. Our Michigan Grass-fed Beef is raised at Lamb Farm (Manchester) and Graham's Organics (Rosebush), both certified organic farms employing the most sustainable practices for the health of the animals, the planet and your family.



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Effective August 1 - Sept. 3

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