

You eat fruits and vegetables every day, and you think you are being healthy. Unfortunately, what you don't know is that many of these are loaded with harmful pesticides.

The U.S. Department of Agriculture found that even after washing, some fruits and vegetables consistently carry much higher levels of pesticide residue than others. Based on an analysis of more than 100,000 U.S. government pesticide test results, researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the "dirty dozen" fruits and vegetables, below, that they say you should always buy organic, if possible, because their conventionally grown counterparts tend to be laden with pesticides. They cost about 50 percent more — but are well worth the money.

Look for the **USDA Organic label**.

It tells you that fruits and veggies weren't raised using manmade chemical pesticides, fossil fuel- or sewage-based fertilizers or genetically modified seeds (GMO). On meat, the label indicates that the feeds provided met those same standards, and that the animals weren't administered hormones and antibiotics.

The "Dirty Dozen" Must-Buy Organic Foods

FRUIT

- Apples
- Cherries
- Grapes, imported-Chile
- Nectarines
- Peaches
- Blueberries
- Strawberries

VEGETABLES

- Bell Peppers
- Celery
- Potatoes
- Spinach
- Kale

"Conventionally Grown" OK to Buy List of Non-Organic Foods

(least likely to have pesticides detected on the parts you eat, after typical washing)

FRUIT

- Bananas
- Kiwi
- Mangoes
- Papaya
- Pineapples

VEGETABLES

- Asparagus
- Avocado
- Broccoli
- Cauliflower
- Corn, Onions, Peas

Other organic foods worth considering: Meat, Chicken, Milk
 You should eat **free range chicken** and **grass fed beef**, as these have not been raised in factory farms, injected with hormones, and antibiotics—which have been linked to increased antibacterial resistance in humans. Remember, you're eating what that chicken or cow ate or whatever it was injected with!

Factory farms jam chickens, pigs, and cows together, in very crowded

quarters. They have had their genes manipulated and pumped full of antibiotics, hormones and other chemicals, to encourage high productivity. They are confined to small cages with metal bars, ammonia-filled air and artificial lighting and/or no lighting at all. They are subjected to horrible mutilations: beak searing, tail docking, ear cutting and castration and stand in their own feces.

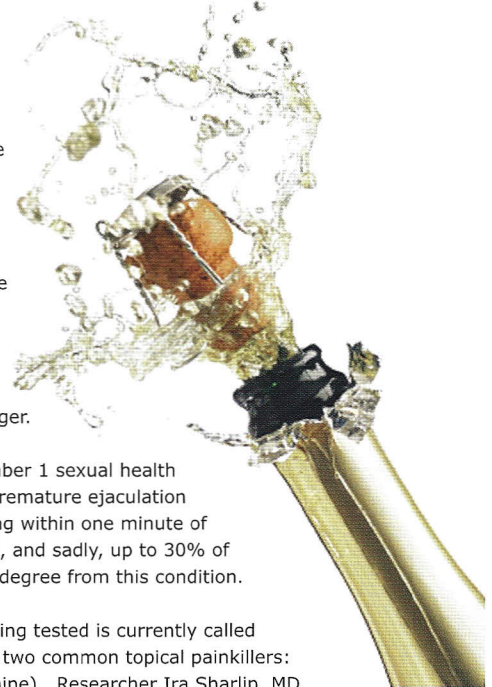
If I were to offer you a cocktail drink of pituitary hormones, steroid hormones, thyroid and parathyroid hormones, gastrointestinal peptides, growth factors, growth inhibitors, fat, cholesterol, allergenic proteins, blood, pus, antibiotics, bacteria and viruses, would you drink this? Probably not, as you know that these constituents are unhealthy for your body. Well, believe it or not, this is what you get every time you drink cow's milk from the supermarket, but people still drink milk due to ignorance.

—Dr. George J. Georgiou, Ph.D. **SLV**

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HELP FOR PREMATURE EJACULATION

Positive test results have occurred for what may be the newest drug on the market to help men who experience premature ejaculation. The drug will come in the form of a spray to be squirted on the head of the penis five minutes before sex, and has shown results of men lasting six times longer.



Shockingly, the number 1 sexual health problem in men is premature ejaculation (ejaculation occurring within one minute of vaginal penetration), and sadly, up to 30% of men suffer in some degree from this condition.

The hopeful drug being tested is currently called PSD502 (containing two common topical painkillers: lidocaine and prilocaine). Researcher Ira Sharlip, MD, clinical professor of urology at the University of California, San Francisco explains that the spray drug is "slightly oily, but not objectionably so."

For the study, a total of 530 men with premature ejaculation participated. 358 of the men gave themselves three quick sprays to the head of the penis five minutes before sex, wiping it off right before penetration. The rest were given a placebo. Those who received the PSD502 reported not only that they lasted longer, but also reported better ejaculatory control and overall sexual satisfaction than those who received placebos.

The drug appeared to work just as well, if not better, on the uncircumcised penis as circumcised. Yet researchers still don't how exactly how PSD502 actually works, but Irwin Goldstein, MD, director of San Diego Sexual Medicine at Alvarado Hospital in San Diego explains that "it could be that altering input from the penis to the brain ultimately limits excitation."

Since the drug is so new, it has not been priced, nor given its pharmaceutical name, but there just may be hope for a better and longer-lasting tomorrow. **SLV**