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Bottom Line's Daily Health News®

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SPECIAL OFFER

OUTRAGE!! BILLION-DOLLAR DRUG COMPANY HIDES ASTOUNDING DISCOVERY OF A NATURAL CANCER KILLER

10,000 times stronger than chemo -- but without the side effects!

One pharmaceutical company actually made the "discovery of the century"
-- a miracle breakthrough that could save you or someone you love from the ravages of cancer.
But...

They hid the secret for **seven full years**... with no plans to tell anyone about it ever! Why? Because the substance they found is completely natural... so they couldn't take out a patent on it. Until one brave researcher came forward to break the silence -- and tell the world about this *true cancer cure*.

[Click here](#) to read the full story of this astounding breakthrough -- and the dozens of other underground cures not yet available to mainstream medicine...

TASTY, GUILT-FREE TREATS... ALL NEW THIS SUMMER

I love everything about summer foods -- including snacks and desserts. For what is definitely my favorite story of the year thus far, I recruited some family and friends, including nutritionist and author Jonny Bowden, to try out cool new snacks and sweets that taste indulgent but are actually guilt-free. The goal was to find summertime treats that are light, healthy and relatively low in calories, but still tasty.

Popchips. (Available at Whole Foods Market, Target and CVS. Cost: \$1.29 single serving... \$2.99 for three-ounce bag.) The Popchips folks know that in the snack-food world, fried equals bad and baked equals tasteless. They came up with a great solution -- potato chips that are cooked using heat and pressure. According to Bowden, these have "lots to recommend them." They have zero trans-fats for most flavors, are available in reasonable 100-calorie single-serve portions -- and they're delicious too. "They taste exactly like potato chips only lighter, with no greasy feel or aftertaste," said one tester, who liked the barbecue flavor best. Popchips are also available in other flavors, including sea salt and vinegar ("slightly tangy") and parmesan garlic. (www.popchips.com).

Bambinis Ice Cream Sandwiches. (Available at Whole Foods Market and Wild Oats. *Suggested retail*: \$5.99.) This mini ice-cream sandwich just might be the breakout hit of the summer. It's made of goat's milk and tastes like a lighter version of the classic Good Humor ice cream sandwiches... but better (to my adult palate, at least). The chocolate cookies on the outside are rich, soft and light as a feather -- and the inside goat's milk ice cream is divine. Bowden noted that these are terrific for people who have problems digesting dairy foods, since goat's milk is low in lactose and less antigenic than cow's milk... and healthier overall, since it is free of the growth hormones found in most commercial cow's milk. One Bambinis ice cream sandwich is 90 calories. The company, LaLoos's, also markets a line of goat's milk ice cream in a variety of unique flavors, including Strawberry Darling, Rumpmint, Deep Chocolate and frozen yogurts such as Cajeta de Leche. (www.laloos.com).

AppleBoost Energy Snack Tubes. (Available online at www.appleboost.com.) These handy tubes contain nothing but healthy organic applesauce, fortified with a special patented powdered apple peel that intensifies the apple taste while adding yet more nutrients, since the antioxidants and phytochemicals in apples are concentrated in the apple peel. To enjoy an AppleBoost, you tear off the end of the tube, squeeze and consume... but we discovered that they're even more delicious frozen -- like an apple-flavored popsicle, and so much better for kids than those cheap, nutritionally empty, frozen sugar ices, says Bowden. "Apples are a nutritional powerhouse, containing vitamin C and many phytochemicals -- like quercetin -- with antioxidant and anti-inflammatory properties," he added. Other flavors are available too and all are low in calories.

Temp (Hemp Milk Frozen Dessert). (Available at Whole Foods Market and other natural food stores.) I've written previously about hemp as a health food (see *Daily Health News*, [December 20](#),

2007) and as noted, its nutritional value rises far above its somewhat tainted reputation. Nutritionists sing the praises of all foods made from this plant. "Hemp seed is a rich source of essential fatty acids," says Bowden, "and the oil has a very beneficial ratio of omega-3s to omega-6s. You won't find benefits like these in any other ice cream!" However my taste-testers delivered a mixed verdict – some loved it, but not all. Hemp milk frozen dessert is not as sweet as what most people are used to. Our panel especially liked the Coffee Biscotti (which tastes like light coffee mixed with bits of chocolate) and the Vanilla Bean (creamy and not too sweet), with one tester describing the taste as similar to Tofutti, though she said she liked this product better. It's made by Living Harvest Foods. (www.livingharvest.com).

Raw Agave Gelato (Organic Nectars Non-Dairy gelato). (Available at Whole Foods Market and independent health food stores. *Cost:* \$7.50 to \$8.50 a pint.) Not only is this one my personal favorite, but the product has also earned multiple awards from the National Association for the Specialty Food Trade. Though it is quite expensive, I think it is a lovely dinner-party dessert. It is a non-dairy gelato, sold in pints (four servings). Organic Nectars gelato is made from raw organic cashews, which have fiber and minerals. Raw Agave Gelato is sweetened with agave syrup and is free of soy, eggs, gluten and trans-fats. They come in a variety of flavors. We tried pistachio and chocolate-hazelnut and both were very, very delicious. It's made by Organic Nectars in upstate New York. (www.organicnectars.com).

With treats like these, it's sure to be a sweet summer!

Source(s):

Jonny Bowden, CNS, is the popular "Weight Loss Coach" on iVillage.com and a frequent *Daily Health News* contributor. His free mini-course "7 Super Foods That Could Change Your Life" is available at www.feelyourpower.com. He's also author of the best-selling *Living the Low Carb Life* and, most recently, *The 150 Healthiest Foods on Earth*.



SPECIAL OFFER

PILL THAT KILLS CANCER BEFORE IT SPREADS

TUCSON, AZ -- According to Sheldon Marks, MD, associate clinical professor of urology and clinical lecturer in radiation oncology at the University of Arizona College of Medicine, new research has found that a common prescription drug programs deadly cancer cells to die... instead of multiply. This means that it potentially cures cancer before it spreads... including breast cancer... colon cancer... and prostate cancer.

[Learn more...](#)

SURPRISING NEWS ABOUT PREVENTING PROSTATE CANCER

Research has shown that an active sex life may give men some measure of protection against prostate cancer. One eight-year study, for instance, compared the incidence of prostate cancer in 29,342 men, ages 46 to 81, with frequency of ejaculation, finding that those who ejaculated most often (21 times or more per month) had lower incidence than those with low frequency (four to seven times a month).

A CLOSER LOOK

In an attempt to learn more about this connection, researchers from The University of Nottingham in the United Kingdom obtained detailed sexual histories, including frequency of both masturbation and intercourse, from 840 men age 60 or younger, half of whom had prostate cancer. Though they found no relationship between frequency of intercourse and prostate cancer risk, they were somewhat surprised to learn that men who recalled having engaged in frequent masturbation (two to seven times/week) in their 20s and 30s seemed to be at increased risk...while in men older than 50, masturbating more than once/week appeared to have a protective effect. In fact, compared with men who reported never masturbating, those over 50 who do so at least once a week had a dramatic 70% reduction in prostate cancer occurrence.

INTERESTING, BUT...

"This study goes under the heading of *'interesting, but...'*," said Stephen Jones, MD, chairman of the department of regional urology of Glickman Urological & Kidney Institute at Cleveland Clinic. He pointed out that many people can't remember what they had for breakfast yesterday, let alone how many times they masturbated in their 20s. (This is called "recall bias" and it is a limitation in study design.) There's also the question of how honest people are when reporting their most personal behaviors to inquisitive researchers. A third problem relates to sorting out cause and effect. "Men with higher testosterone levels might be expected to be more active at a younger age," pointed out Dr. Jones. Though it was not part of this research, he noted that such men might also be expected to have had more partners and therefore more exposure to sexually transmitted diseases -- and indeed, one research analysis reported an elevated risk of prostate cancer among men with a history of sexually transmitted infections. One more thing, noted Dr. Jones: "Healthier men are more likely to be sexually active."

Given these vagaries, I asked Dr. Jones whether staying sexually active was a good idea for older men. "I suspect that it is," he said cautiously. "But as for proving it -- well, we have to just rely on common sense and observation!"

Source(s):

Stephen Jones, MD, FACS, chairman of the department of regional urology of Glickman Urological & Kidney Institute at the Cleveland Clinic.



Be well,

Carole Jackson

Carole Jackson
Bottom Line's *Daily Health News*

SPECIAL OFFER

FIRST AID FOR STRESS

Don't forget to check out Bottom Line Publisher Marjory Abrams' latest blog posting: *First Aid for Stress* -- at: <http://margiesblog.bottomlinesecrets.com/>. And don't forget to share your thoughts on the blog with Margie.

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