



... Organic Foods



Normal Physiology Depends on Normal Food

We are at a tipping point in human health and the health of the planet.

We can no longer afford unsustainable agricultural practices or purely symptomatic relief and keep calling it "health care."

The Farmers Market opens in May at the Bethlehem Middle School on Saturday.

I encourage everyone reading this to support local agriculture and get connected to the kinds of positive actions steps that result in vibrant health.

The Vibrant HealthLink Seminar starts on Tuesday April 14th at 7 pm.

Pesticide exposure contributes to heightened risk of heart disease

Summary: Pesticide exposure, not obesity alone, can contribute to increased cardiovascular disease risk and inflammation in premenopausal women, according to a new study.

Pesticide exposure, not obesity alone, can contribute to increased cardiovascular disease risk and inflammation in premenopausal women, according to a new study published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*.

The study looked at the effects of exposure to polychlorinated pesticides such as DDT. Although DDT was banned in many countries in the 1970s, it remains widespread in the environment and food supply.

DDT was one of the first recognized endocrine-disrupting chemicals, according to the introductory guide to endocrine-disrupting chemicals published by the Endocrine Society and IPEN. DDT and related pesticides are known as environmental estrogens because they can mimic and interfere with the function of the hormone estrogen. Research has found DDT exposure is linked to birth defects, reduced fertility and increased risk of Type 2 diabetes.



"After the body breaks down DDT along with similar pesticides, chemical remnants called metabolites accumulate in women's fat

Introduction to the
Vibrant HealthLink
Seminar

Knowing the way is not necessarily the way to go. This course is not only about knowledge (and you'll get plenty), but about removing what's blocking you from achieving the health, wealth, and vitality that you desire.

A Vibrant & Alive Global Community


AT: Delmar Wellness Center
222 Delaware Ave.
Delmar NY 12054
(818) 439-5077

10 Session All Inclusive Course includes dynamic sessions on:

- Session #1 4/14/15: Managing Your Participation in the game of Vibrancy
- Session #2 4/21/15: Powerful Communications
- Session #3 4/28/15: Detoxifying From The American Lifestyle
- Session #4 5/5/15: The Power of Exercise
- Session #5 5/12/15: Creating Mental Vibrancy
- Break
- Session #6 5/26/15: The Power of Dietary Habits
- Session #7 6/2/15: Yoga & Meditation
- Session #8 6/9/15: Transforming "Addictions" / Habituations
- Session #9 6/16/15: Not All Calories Are Equal
- Session #10 6/23/15: Stretching & Strengthening

FREE Introduction on April 6th at 7 pm
Led by Bill Belfar, MD and Joseph Olejak, DC with Allaya Cooke Campbell

What is available through Vibrant Health? What is possible for you in your life when vibrant health is present? What sort of actions become possible when you are fully alive?
The introduction to Vibrant Health Link is an opportunity to discover for yourself the kinds of results that are available out of your participation in the program. **RSVP to 518-439-5077**



A few seats are still available.

Registration deposit is \$150 and three \$115 payments over the 10 weeks.

I promise this will be the best money you've every invested in your own health and well being.

And here's the thing -- if you don't get the promise of the program -- you can have your money back.

We spend a lot of money on stuff that doesn't improve our health - this is an opportunity to prioritize what matters.

Paying for prevention puts you in charge. Paying for emergency care puts others in charge. What do you choose?

If you've been stuck in causing a breakthrough in an area of your health then you owe it to yourself to put yourself in the program.

Get connected to the world of performance and really swing into action by calling now.

You'll be glad you did.

Dr. Olejak

tissue," said one of the study's authors, Diana Teixeira, PhD student of the Faculty of Medicine, University of Porto in Porto, Portugal. "When higher amounts of these environmental estrogens collect in the fat tissue, it can compromise the protective effect the body's natural estrogen has on a premenopausal woman's heart health. This leaves women at increased risk of developing cardiovascular disease and inflammation."

The study analyzed the amount of endocrine-disrupting chemicals in fat tissue and blood samples from 121 obese women who underwent bariatric surgery at S. João Hospital in Porto. Among the participants, 73 were classified as premenopausal and 48 were postmenopausal. The researchers tested the participants' fasting blood glucose and cholesterol. Using the Framingham risk score, the researchers assessed the women's 10-year risk of developing cardiovascular disease.

Researchers found that among premenopausal women, women with higher concentrations of environmental estrogens in their visceral fat tissue from the belly were more likely to have higher average blood sugar levels. Among premenopausal women, those with higher levels of environmental estrogens in their blood tended to have more inflammation and faced a greater risk of cardiovascular disease on the Framingham scale.

"Our findings show that endocrine-disrupting chemicals tend to aggravate complications of obesity, including inflammation and cardiovascular disease risk, in premenopausal women," Teixeira said. "Measuring environmental estrogen levels may help physicians identify women who are at risk of developing cardiovascular and metabolic disease so they can take preventative action."

Source: Diana Teixeira, Diogo Pestana, Cristina Santos, Luísa Correia-Sá, Cláudia Marques, Sónia Norberto, Manuela Meireles, Ana Faria, Ricardo Silva, Gil Faria, Carla Sá, Paula Freitas, António Taveira-Gomes, Valentina Domingues, Cristina Delerue-Matos, Conceição Calhau, Rosário Monteiro. Inflammatory and Cardiometabolic Risk on Obesity: Role of Environmental Xenoestrogens. The Journal of Clinical Endocrinology & Metabolism, 2015; jc.2014-4136

<http://www.sciencedaily.com/releases/2015/04/150408131329.htm>



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Have a LinkedIn? Connect with or endorse Dr. Olejak.

Health Transformation Is At The Heart of What We Do



To Register Call:

518-439-5077

drjoseph.olejak@gmail.com