

What's in Your Gullet?

Brought to you by **Remedy's Health Food**

The "What's in Your Gullet?" series is intended to inform and occasionally amuse.

Before you decide that a supplement is a bargain, remember that 'buy one, get one free' is great for shoes and clothes...but read the labels before you determine that it's a bargain for your health!

Shellac A popular floor finish until the 1930's, it was available any place paints or varnishes were sold. Used as a glazing agent on pills, it is a resin secreted by the female Lac bug. Sometimes referred to as 'beetlejuice', because it may contain the crushed insects, shellac was once very common.

'Blue 1' A synthetic dye derived from coal tar. Has the capacity for inducing an allergic reaction in individuals with pre-existing moderate asthma.

Sodium Laurel Sulfate An inexpensive detergent. Probably the most dangerous ingredient in skin and hair care products. Used as a garage floor cleaner; very corrosive. A study at the Medical College of Georgia showed that SLS prevented young children's eyes from developing properly and caused cataracts to develop in adults.

Polysorbate A surfactant (detergent) and emulsifier. According to Annals of 80 Allergy, Asthma and Immunology, Volume 95, Number 6, December 2005, "It is of current relevance as a "hidden" inductor of "anaphylactoid reactions", (acute multi-organ allergic reaction) and "Polysorbate 80 was identified as a causative agent for the anaphylactoid reaction of nonimmunologic origin...Polysorbate 80 is a ubiquitously used solubilizing agent that can cause severe nonimmunologic anaphylactoid reactions."

Crospovidone Also known as Polyvinylpyrrolidone; invented in 1939. Used as a binder in pharmaceutical tablets; it 'simply passes through the body when taken orally'. However, autopsies have found that crospovidone does contribute to pulmonary vascular injury in substance abusers who have injected pharmaceutical tablets intended for oral consumption. The long term effects within the lung are unknown.

Titanium Dioxide Widespread use. Recently classified by the International Agency for Research on Cancer as an IARC Group 28 carcinogen (possibly carcinogen to humans). The observations of titanium dioxide as a human carcinogen are primarily relevant to persons doing jobs with exposures to titanium dioxide dust. However, in Canada, it was agreed that titanium dioxide now meets the criteria to be classified as a

carcinogen based on the information provided by the IARC.

The above six ingredients are found in a popular psyllium 'Fiber plus calcium' supplement sold under the name of a national drugstore chain. The remaining three ingredients were psyllium, calcium carbonate and gelatin.

Most of the supplements we select for our store are cold-processed; therefore, they do not require unnecessary binders, fillers or waxes used so pills can be popped out of their molds after 'cooking' them. Heat-pressed supplements tend to be difficult for the body to break down, and are often found floating in the waters of sewage treatment plants. What a waste of money and effort; truly, 'buy one, get one free' is no bargain in this case!

An informed customer is a healthy customer; at Remedy's, we strive to understand what is in the supplements we sell. We do not carry supplementation that contains carcinogens or unnecessary fillers and binders. If you would like your current supplement reviewed, bring it in to Remedy's and we can review its quality at no charge. When Remedy's researches, you get results!

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Free Plant Clinics in Key West & Key Largo

Get bugs identified and plant problems correctly diagnosed before treating your landscape with pesticides or other chemicals. Free plant clinics are being offered at the Monroe County Extension office located in the Gato Building, 1100 Simonton Street, Suite 2-260, Key West, on the first and third Mondays of the month throughout the summer. Master Gardeners will conduct the clinic from 9 am to noon. Bring insects or sick plants for diagnosis or identification.

Free plant clinics will also be held on the first and third Wednesdays of the month throughout the summer at the Monroe County Extension office located in the Murray E. Nelson Government & Culture Center, 102050 Overseas

Highway, Suite 244, MM 102, Bayside, Key Largo. Master Gardeners will conduct the clinic from 9:00 a.m. to noon.

Additional information is available from Monroe County Extension Services, Key West phone 292-4501, Key Largo phone 453-8748, or visit our Web site at <http://monroe.ifas.ufl.edu>. Our services are free and available to all without regard to race, color, sex, or national origin.



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Adopt a Key Largo Animal Shelter Pet

Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.

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|---|---|--|--|--|
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|  Megan |  Bonnie & Clyde |  Floyd |  Scooter | |