

## FAMILY HEALTH and WELLNESS

### VOLUME 1 NUMBER 2

Follow-up to concerns about grilling chicken:

Grilled Chicken: When skeletal muscle is subjected to high temperature cooking it produces: PhiP Structures. PhiP structures are cancer causing chemical structures created by cooking skeletal muscle at high temperatures.

In California, Burger King (and other fast food chains), were successfully sued and now must print on their grilled chicken packaging: "This grilled chicken contains known carcinogens".

In a study of fast food restaurants, 100 samples were obtained of grilled chicken. 100% of the samples tested positive for the development of PhiP structures created during the grilling process.

What does that mean to you and your family? First of all it does not mean that you should never eat grilled skeletal meat, it simply means that you should be aware of these findings. Free range, non-penned, organic with no hormones, pesticides or antibodies, and steroid-free chickens make the most sense nutritionally and potentially reduce your risk of sickness from contaminated animals significantly. Make sure the grilling surface you are grilling on has been cleaned of all previous grilling potential carcinogens, and the use of lemon on chicken has been cited as an effective way of reducing the risks of food toxins.

There is a huge difference between chickens that have been raised to be free and chickens that have been raised at huge production facilities where the animals have been clustered together by the thousands, have been shot up with antibiotics to prevent death and illness, and with steroids to grow at incredible rates of speed and un-natural size, so much so that they cannot even stand up under the pressure of their huge bodies. These chickens are constantly walking on the feces of thousands of other birds. They are scared, anxious and constantly in

pain. They possess hormones to ensure growth. They are kicked and prodded and live amongst the carcasses of many dead animals. The chemicals induced by injection, anxiety, and fear from these animals become part of us when we eat them. Their genes communicate with our genes and cause many unhealthy results.

Chickens raised on the open are much healthier for us and provide all the nutrients we need without the potential of transferring their disease state to us.

Bob Blaufarb

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