

A Few Interesting Facts

Alaska

More than half of the coastline of the entire United States is in Alaska.

Amazon

The Amazon rainforest produces more than 20% of the world's oxygen supply. The Amazon River pushes so much water into the Atlantic Ocean that more than one hundred miles at sea off the mouth of the river one can dip fresh water out of the ocean. The volume of water in the Amazon river is greater than the next eight largest rivers in the world combined and three times the flow of all rivers in the United States.

Antarctica

Antarctica is the only land on our planet that is not owned by any country. Ninety percent of the world's ice covers Antarctica. This ice also represents seventy percent of all the fresh water in the world. As strange as it sounds, however, Antarctica is essentially a desert. The average yearly total precipitation is about two inches. Although covered with ice (all but 0.4% of it, i.e.), Antarctica is the driest place on the planet, with an absolute humidity lower than the Gobi desert.

Brazil

Brazil got its name from the nut, not the other way around.

Canada

Canada has more lakes than the rest of the world combined. Canada is an Indian word meaning "Big Village."

Chicago

Next to Warsaw, Chicago has the largest Polish population in the world.

Detroit

Woodward Avenue in Detroit, Michigan, carries the designation M-1, named so because it was the first paved road, anywhere.

Damascus, Syria

Damascus, Syria, was flourishing a couple of thousand years before Rome was founded in 753 BC, making it the oldest continuously inhabited city in existence.

Istanbul, Turkey

Istanbul, Turkey, is the only city in the world located on two continents.

Los Angeles

Los Angeles's full name is El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula -- and can be abbreviated to 3.63% of its size: L.A.

New York City

The term "The Big Apple" was coined by touring jazz musicians of the 1930's who used the slang expression "apple" for any

town or city.

Therefore, to play New York City is to play the big time -- The Big Apple. There are more Irish in New York City than in Dublin, Ireland; more Italians in New York City than in Rome, Italy; and more Jews in New York City than in Tel Aviv, Israel.

Ohio

There are no natural lakes in the state of Ohio, every one is manmade.

Pitcairn Island

The smallest island with country status is Pitcairn in Polynesia, at just 1.75 sq. miles/4.53 sq. km.

Rome

The first city to reach a population of 1 million people was Rome, Italy, in 133 B. C. There is a city called Rome on every continent.

Siberia

Siberia contains more than 25% of the world's forests.

S.M.O.M.

The actual smallest sovereign entity in the world is the Sovereign Military Order of Malta (S.M.O.M.). It is located in the city of Rome, Italy, has an area of two tennis courts, and as of 2001 has a population of 80, 20 less people than the Vatican. It is a sovereign entity under international law, just as the Vatican is.

Sahara Desert

In the Sahara Desert, there is a town named Tidikelt, which did not receive a drop of rain for ten years. Technically though, the driest place on Earth is in the valleys of the Antarctic near Ross Island. There has been no rainfall there for two million years.

Spain

Spain literally means 'the land of rabbits.'

St. Paul, Minnesota

St. Paul, Minnesota, was originally called Pig's Eye after a man named Pierre "Pig's Eye" Parrant who set up the first business there.

Roads

Chances that a road is unpaved in the U. S.A.: 1%, in Canada: 75%.

Texas

The deepest hole ever made in the world is in Texas. It is as deep as 20 empire state buildings but only 3 inches wide.

United States

The Eisenhower interstate system requires that one-mile in every five must be straight. These straight sections are usable as airstrips in emergencies.

Waterfalls

The water of Angel Falls (the World's highest) in Venezuela drops 3,212 feet (979 meters). They are 15 times higher than Niagara Falls.

Be Healthy Or Rot — Continued from page 3:

More and more corn is GMO, and it is grown with a very toxic herbicide, Atrazine.

HFCS is metabolized differently than sugar, also very stressful to the pancreas. Corn syrup is made from corn starch and it bypasses digestion going directly to the liver where enzymes are released telling the body to store fat. This can elevate triglycerides and LDL (bad cholesterol).

It is known that HFCS does not stimulate insulin, so you do not feel full. You may also lose chromium, needed to protect you from developing Type 2 Diabetes. Elders have a higher risk. HFCS is inexpensive (Federal subsidies generate about a 20% lower cost for commercial food manufacturers), easy to transport and has a long shelf-life. Ketchup, Coke, Fruit on the bottom yoghurt and fig bars have high amount of HFCS. Read labels before you purchase. - from the Leaf lady, 04/21/04. Please read more here <http://www.leaf lady.org/fructose.htm>

* **Phosphoric Acid** - Generally used as a pH balancer (in this environment, reduce acid). However, when in aluminum cans this can react with the metal and cause other health concerns such as promotion of bone loss. <http://www.bu.edu/es/labsafety/ESMSDSs/MSPPhosphoricAcid.html>

* **Carbonation** - Contributes calcium, mainly in carbonate form. In many consumer

beverages such as soft drinks carbonation is used to give "bite". Contrary to popular belief, the fizzy taste is caused by dilute carbonic acid inducing a slight burning sensation, and is not caused by the presence of bubbles. This can be shown by drinking a fizzy drink in a hyperbaric chamber at the same pressure as the beverage. This gives much the same taste, but the bubbles are completely absent. Carbonation is sometimes used for reasons other than consumption, to lower the pH (increase acid) of a water solution, for example. It has been shown that consuming carbonated beverages, especially those containing the caffeine (a diuretic causing water loss), in excess during hot weather can result in dehydration and also worsen other heat-related injuries such as heat stroke.

* **Caramel coloring** - Caramel coloring is made for general food and beverage use with approximately double color intensity. These colorings are allegedly designated as "ACID PROOF" because of prolonged stability and brilliance when used in acidulated carbonated beverages. The pH of today's caramel coloring is 2.5 -3.0 (highly acid). It has a shelf life of two years and contains sulfites.



* **Caffeine** - a stimulant and diuretic. Generally today obtained from a synthetic chemical compound.

* **Sugar** - For taste. Excess sugar in blood craves water. Read about sugar here: http://www.leaf lady.org/stay_sweet_and_healthy.htm

* **Natural Flavors** - from Title 21, Section 101, part 22 of the Code of Federal Regulations is as follows: The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.

Some soft drinks include sodium or potassium benzoate. In its refined form, sodium benzoate is a white, odorless compound that

has a sweetish, astringent taste. It is soluble in water. Sodium benzoate has anti-microbial characteristics it is typically used as a preservative in food. Recent studies report this as a carcinogenic ingredient that can affect DNA, although maintains a GRAS (generally accepted as safe) rating by the FDA. It is found in antiseptics, medicines, tobacco products, pharmaceutical preparations, dyes and as a rust and mildew inhibitor. Use in non-meat foods is limited to 0.1% by weight.

If you are relying on Diet Soda - Don't!

Diet Coca-Cola is made from water, high fructose corn syrup and/or sucrose, caramel color, phosphoric acid, natural flavors, potassium benzoate (to protect taste), potassium citrate, caffeine, aspartame, acesulfame potassium, sucralose. Nutrition Facts: Serving size: 8oz; total fat 0g; sodium 30mg; total carbohydrate 12g; sugars 12g; protein 0g.

Temperatures of 80-90 degrees cause the degradation of aspartame into neurotoxic substances. More facts on artificial sweeteners can be obtained from Dr. Betty Martini, betty19@mindspring.com.

If you've got an abundance of plastic 20 ounce bottles donate them to a good cause: <http://TerraCycle.net>.

And drink more pure, clean filtered water. Your health depends on it.

