

COMMON SENSE CHRONICLE;

ON THE FOLLOWING INTERESTING
S U B J E C T S :

- I. Of our PURPOSE in writing Common Sense Chronicle.
- II. Of the benefits of our most overlooked health cure.
- III. Of surprise findings about honey.
- IV. Of the value in the harvest of your tomato garden.
- V. Of one recipe to put those tomatoes to good use.
- VI. Of valuable warnings about your daily food and medicine choices.

NEW EDITION: of a series of publications appealing to the Common Sense in the soul of every man that can be touched by simple illustrations in nature as seen in its relation to eternal truths.

From the corporate and gathered wisdom of the people dwelling in the unity of the Commonwealth of Israel in communities all over Planet Earth.

*"Salt is good; but if the salt becomes unsalty,
with what will you make it salty again? Have salt in
yourselves, and be at peace with one another."*

Mark 9:50

PLYMOUTH, MASSACHUSETTS

August 2001

FREE

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The Common Sense Chronicle

The Common Sense Store in Plymouth is proud to print this little booklet for you right here on our own little printing press. We make this effort for the furthering of “Common Sense” which has sadly become very “uncommon” in this day and age. We do not present ourselves as modern day scholars (although the reports on current studies are gleaned from reliable scientific data). We endeavor to present to you, our neighbors, common sense thoughts and wisdom that may be of some help to you as you travel along the path of life.

We have taken as our pattern the pamphlet written under this same name and format over two hundred years ago by patriot Thomas Paine. Though his subject matter was different the plea he makes applies across the board in all our lives, from the food we eat to the presidents we choose to govern our nation. It is a plea to encourage the deep intuition innate in humankind to surface so that we can somehow regain the sanity that has been robbed from us in this fast-paced, fast food, inhumane society we live in today.

Here is a quote from Thomas Paine which we echo today:

“In the following pages I offer nothing more than simple facts, plain arguments, and common sense; and have no other preliminaries to settle with the reader, than that he will divest himself of prejudice and prepossession, and suffer his reason and his feelings to determine for themselves; that he will put on, or rather that he will not put off, the true character of a man, and generously enlarge his views beyond the present day...”

Thomas Paine...*Common Sense*, written in 1776

The Common Sense Store, 53 Main Street, Plymouth
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W
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and

SALT

Water is essential for the body to function properly...

We, as a people, have for many, many years made it our practice to drink a lot of water. This, along with the benefits of eating good food and exercising, and above all, keeping a good conscience before our Maker, has kept us relatively healthy people. Though there are many well-documented scientific studies about the need of human beings for water, common sense tells us that since our conception, living our first nine months in a “bag of waters,” that water is foundational to our human existence. The human body is 75% water. It is the water content that regulates all the functions of the body, transporting the vital elements (hormones, chemical messengers, and nutrients) throughout the body. We do not intend

to present a scientific presentation, but only remind our dear readers that it is for the ultimate good that you would drink a lot of water.

In this day and age, many people have substituted the drinking of pure water for all the many other varied beverages available at our easy disposal. When the feeling of thirst comes then comes, the big decision: “Now what should I drink?” and a vast array of choices lays before you. Most people drink a soft drink or some other fast-food type beverage, and hardly give water a thought. Perhaps this is because good, pure water is no longer easy to come by. The fluid that comes from our faucets is often foul-tasting, reeking of chlorine, and contaminated with fluoride.

So, for the sake of our health we must find a source of good water, and drink sufficient amounts each day to replenish the vital liquids in our bodies. There is a simple guideline that we use for figuring how much water each of us should drink. We recommend that one drink an ounce of water for every two pounds of body weight a day. It usually works out to appx. two quarts a day for adults.

If you are drinking sufficient water you must make sure to eat a sufficient amount of good salt. (See our previous Chronicle article on the topic “Salt is Good”.) Drinking sufficient water will wash toxins from your body and relieve constipation. However it will also deplete your salt supply. So, you must eat salt... but because salt has been tampered with by man, it is not just any salt you should eat. For modern-day table salt has been refined causing it to become harmful for your health. But our Creator intended us to eat salt. He said,

“Salt is good.” He was talking about “pure salt.” So, we do not consider valid all the negative information about “salt,” as we feel that the true salt is very good...

A Salt-Free Diet is Utterly Stupid

Salt is a most essential ingredient of the body. In their order of importance, oxygen, water, salt and potassium rank as the primary elements for the survival of the human body. Pliny, around 75 AD, called salt “*foremost among human remedies.*” He was right. About 27 percent of the salt content of the body is stored in the bones in the form of crystals. It is said that salt crystals are naturally used to make bones hard. Thus salt deficiency in the body also could be responsible for the development of osteoporosis. Salt will be taken out of the bones to maintain its vital, normal levels in the blood.

Low salt intake will contribute to a buildup of acidity in some cells. High acidity in the cell can damage the DNA structure and be the initiating mechanism for cancer formation in some cells. Experiments have shown that many cancer patients show low salt

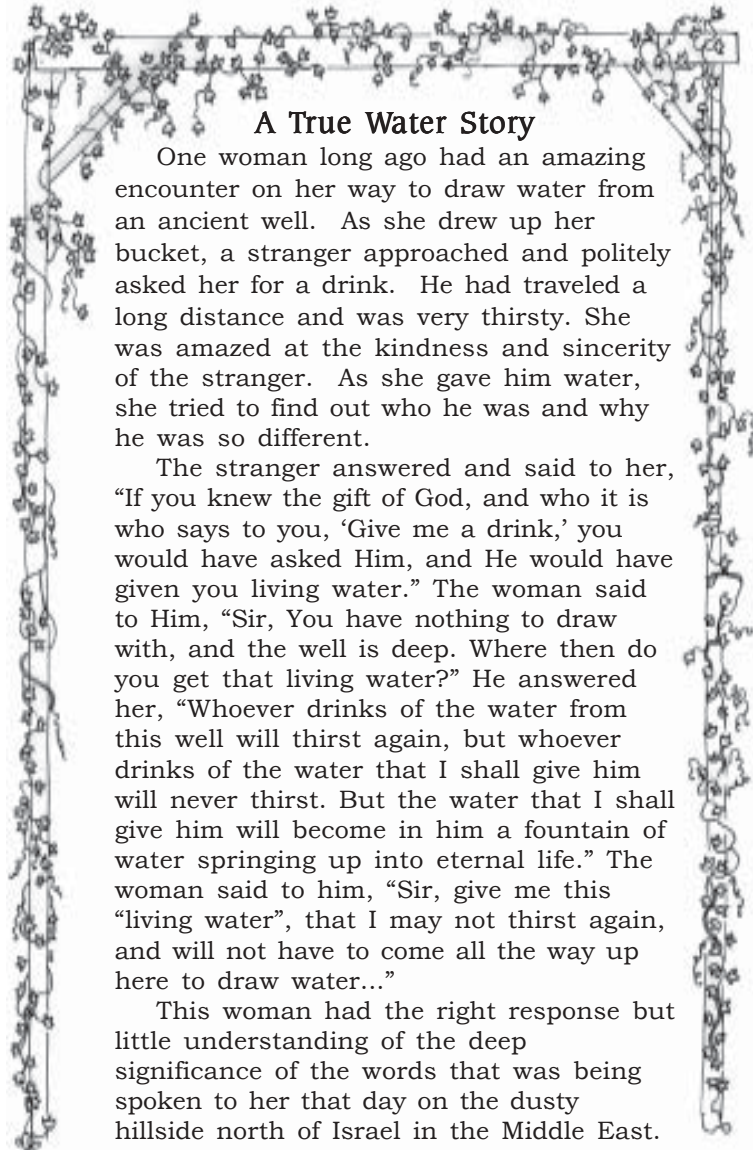


levels in their body. When the body begins to collect salt, it is doing so to keep water in the body. From this edema fluid it can filter some of its water and flush it through the cell membrane into some of the cells. It is the same principle as the water purification process employed in reverse-osmosis plants that manufacture drinking water for communities without a direct access to fresh water. That is why the rise in blood pressure to build a filtration force is necessary.

One must be careful that a salt deficiency does not develop in the body when water intake is increased and salt intake is not. After a few days of taking six to ten glasses of water a day, you should begin to think of adding some salt to your diet. If you begin to feel muscle cramps at night, it could be that you are becoming salt-deficient. Cramps in unexercised muscles most often means salt shortage in the body. Also, dizziness and feeling faint might be indicators of both a salt and water shortage in the body. If you are trying to lose weight or do not eat properly, including vegetables and fruits (for their water-soluble vitamins and minerals) in your diet, you may be salt deficient.

For every ten glasses, or two quarts of water, you should add about half a teaspoon of good salt per day, which is approx. 3 grams of salt. Some salt is lost in both perspiration and urine. So, in hot summer weather and during extreme exercise you need more salt, as well as when drinking more water.

The drinking of more water has shown amazing results in helping problems from asthma to constipation. Most of us have received that old fashioned advice about drinking 8 glasses of water a day since we were little children, but paid it little attention. But we would all do well to take it to heart.



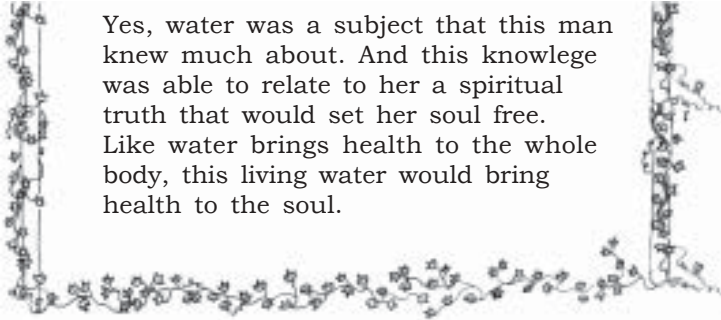
A True Water Story

One woman long ago had an amazing encounter on her way to draw water from an ancient well. As she drew up her bucket, a stranger approached and politely asked her for a drink. He had traveled a long distance and was very thirsty. She was amazed at the kindness and sincerity of the stranger. As she gave him water, she tried to find out who he was and why he was so different.

The stranger answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give me a drink,' you would have asked Him, and He would have given you living water." The woman said to Him, "Sir, You have nothing to draw with, and the well is deep. Where then do you get that living water?" He answered her, "Whoever drinks of the water from this well will thirst again, but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into eternal life." The woman said to him, "Sir, give me this 'living water', that I may not thirst again, and will not have to come all the way up here to draw water..."

This woman had the right response but little understanding of the deep significance of the words that was being spoken to her that day on the dusty hillside north of Israel in the Middle East.

Yes, water was a subject that this man knew much about. And this knowledge was able to relate to her a spiritual truth that would set her soul free. Like water brings health to the whole body, this living water would bring health to the soul.



Amazing Report on Honey and Tooth Decay!

Proverbs 16:24

That's My



HONEY

Pleasant words are as a honeycomb, sweet to the soul, and health to the bones.

Though honey is very sweet, it has recently been proven to protect against tooth decay. In a new study presented in March at the “Functional Foods for Oral

Health” symposium, part of the annual meeting of the American Association for Dental Research in Chicago, Illinois, the new findings were thoroughly reviewed.

Researchers from New Zealand presented laboratory research they had conducted to test the effects of honey on several species of plaque bacteria. They had tested unprocessed honey and found that honey protects against tooth decay.

The lead researcher was Peter Molan, Ph.D, associate professor of biochemistry and director of the Honey Research Unit at the University of Waikato, New Zealand. He reported that by using average-potency honeys, the growth of bacteria is stopped completely. He also confirmed that honey has components that prevent

dental plaque from forming.

The bacterial species responsible for cavities — including *Streptococcus mitis*, *Streptococcus sobrinus*, and *Lactobacillus casei* — were tested. Researchers measured the amount of acid produced by these bacteria and found that honey sharply reduced the quantity. They reported that it almost cut the acid production down to zero. Honey also stopped the bacteria from producing dextran, which is a component of dental plaque.

The researchers say that unprocessed honey contains an enzyme that produces hydrogen peroxide. This may be mainly responsible for the unlikely antimicrobial activity of honey. They also reported that honey also made a difference in fighting inflammatory infections of the gums, and they say that honey could be used in treating periodontal disease and gingivitis, which are inflammatory conditions resulting from infected gums.

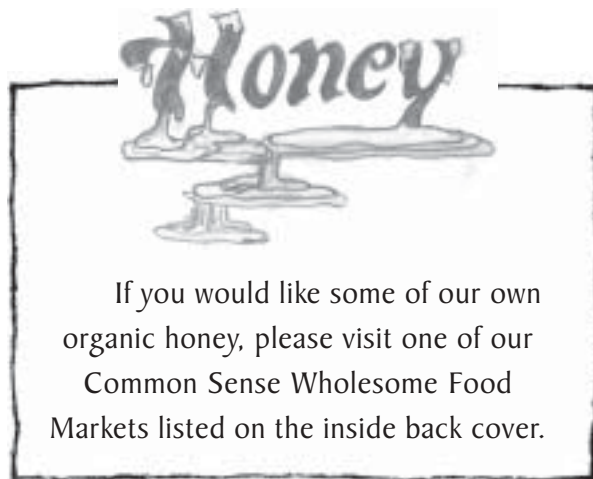
The anti-inflammatory abilities of honey were potent, removing swelling and pain rapidly. Honey has shown amazing results in healing wounds and protecting against infection. It has good anti-inflammatory components, which clear the infection.

Marcia Cardetti, director of scientific affairs at the National Honey Board in the United States, says that the Board is now coordinating efforts to have varieties of honey found in the



United States tested to identify the types that have good antimicrobial activity. Later there will be mandatory labeling for honey. He points out that although it is not common knowledge that honey can protect against dental disease, the findings are good news for consumers. He recommends that honey be an important part of a healthy diet.

This is only true of raw, unprocessed honey. This is not the average honey found in supermarkets, which is often mixed with sugar or corn syrup. This pure unprocessed honey is available directly from beekeepers or farmer's markets, or reputable natural foods stores. Only pure honey will provide these amazing benefits.





The tomatoes in our backyard garden up on the hill in Plymouth are almost ready for picking...

Tomatoes are loved for their fresh taste and the versatile role they play in cooking. But research indicates there may be another reason to love them — they're loaded with lycopene (LY-ko-pene). Lycopene is a plant chemical (phytochemical) that gives tomatoes their red color which has now been shown to offer great benefits to your health.

Tomatoes contain many nutrients, among them vitamins C and B complex and the minerals iron and potassium. Also in the mix are carotenoids (kuh-ROT-uh-noids). These include lycopene and beta carotene, which are converted into vitamin A by your body. It has potent antioxidant properties. Antioxidants are thought to neutralize harmful substances in the body called free radicals. Free radicals, which result from normal cell metabolism as well as other causes, may increase your risk of cancer and cardiovascular disease.

Increasing lycopene in the diet has been shown to significantly lower the risk of having a heart attack. It has also been shown to reduce the risk of prostate cancer. A 5-year study of 48,000 men found that those eating 10 servings a week of cooked tomato products had the lowest risk of prostate cancer.

Their risk was one-third that of men eating less than two servings a week. Other studies suggest that lycopene may play a role in reducing the risk of other cancers, including colon, rectal and breast cancers.

Fresh tomatoes are loaded with lycopene, but it is helpful to know that cooking the tomatoes makes lycopene easier for your body to use. For instance, your body will absorb five times more lycopene through tomato sauce than through an equivalent amount of fresh tomatoes. Evidently, heat breaks down tomato cell walls to free lycopene that otherwise would pass through your digestive system.

Including a little monounsaturated fat, such as olive oil, when you cook tomatoes can further improve absorption of lycopene.

No one has determined just how many servings of lycopene-rich foods you should eat each week for health benefits. Some studies suggest 7 to 10 servings a week. A serving is equivalent to a half-cup of tomato sauce, a quarter-cup of tomato paste, one medium tomato or one slice of pizza with tomato sauce.

You can obtain that amount in any number of ways, including tomato-based sauces, such as those found on pizza, pasta and other foods, canned tomatoes, soups, salsas, and from whole tomatoes as a salad





ingredient. Other good lycopene sources include watermelon and pink grapefruit, although their lycopene benefit is only about one-half to one-fifth that of canned tomatoes.

While researchers continue to study dietary lycopene, keep in mind that foods are complex nutrient packages. Researchers, therefore, are reluctant to label lycopene as the sole means of attaining nutritional benefit from tomatoes. Lycopene may simply indicate the presence of other

protective substances in tomatoes that have yet to be identified or isolated.

As for lycopene supplements, any possible benefits or risks are unknown. For that reason, it is generally recommended that one would eat lycopene-rich foods instead of taking a supplement.

Information in this article was gleaned from recent Mayo Clinic Health Research.



Antibiotics and Meat On Our Tables

The American Medical Association, citing concerns about antibiotic resistance in humans, has come out in opposition to the routine use of antibiotic medicines in livestock or in pesticides.

In a resolution approved in June of this year, by the AMA's House of Delegates in Chicago, the leading U.S. doctor's group urged that regulators halt or phase out the routine use of antibiotics in feeding livestock. They recommend that it be regulated that these antibiotics only be used when needed for therapeutic uses to treat an animal that is actually ill, rather than as it is now used as a preventative measure given daily to all the animals.

The AMA, which represents nearly 300,000 physicians, said it opposed routine use of the antibiotics in pesticides as well. They also cited the prevalent use of antibiotics for animal growth promoters in healthy livestock as a very dangerous practice for the health of those Americans who often consume meat. They urged increased surveillance of antibiotic use in the whole livestock industry. The recommendation is part

of a larger effort by the AMA and other medical groups to counter antibiotic resistance in humans by recommending physicians not overuse the drugs and stop using products such as antibiotic soaps.

"Antibiotic resistance has the potential to plunge us back into medicine's Dark Ages when doctors couldn't treat infections caused by bacteria," said David Wallinga of the



Institute for Agriculture and Trade Policy, one of several scientists who issued a joint statement Wednesday in support of the AMA's action.

"Although precise data do not now exist, the best available estimates indicate that most of the antibiotic use in the United States is by the meat industry in raising animals for food," said Jane Rissler of the Union of Concerned Scientists.

The AMA has been very slow in finally alerting the public to this grave health hazard that has been allowed to continue in spite of warnings by the health-conscious in the USA and Europe for many years. But antibiotic resistance is now at such a critical state that even the powerful lobbying groups for the meat industry can not keep this information under cover. The AMA has finally had to admit the obvious.



Food for Thought...

Have you ever stopped a minute to consider... The placebo effect?

The Placebo Effect is the very strange phenomena that has been observed in studying human responses to different medicines and therapies to treat different diseases.

In studying it became clear that a doctor could trick his patient into believing he got better from taking a certain pill, when there was nothing in that pill besides inactive ingredients. This phenomena was first recorded in the early 1930's by Dr.H. K. Beechers, who found after extensive testing that an average placebo response rate was appx. 32.5 percent.

From this figure comes the often-cited statement that a fraction (one-third) of the population responds to placebos. But this may actually be highly understated.

In a highly publicized scholarly review* it was concluded that "under conditions of heightened expectations, the power of nonspecific effects (placebos) far exceeds that commonly reported in the literature."

The placebo effect is so commonly cited now, that we have all just begun to take it for granted.

But what does that really tell us about human beings? Is there something that brings about healing in the body that is more than just a pill or therapy? If it is not the "placebo itself" that heals, what is it?

We must come to understand that the Creator of our bodies has put into us the ability to get better. It is often our state of mind that brings about our many illnesses. So, taking positive steps to get better, even if it is a placebo, actually helps us. A proverb written long about by a very wise king named Solomon says it all...
As a man thinks, so he is... Proverbs 23:7

*Roberts, A. H., D. G. Kewman, L. Mercier, and M. Hovell. 1993. The power of nonspecific effects in healing: Implications for psychosocial and biological treatments. *Clinical Psychology Review* 13:375-391

Any questions you may have we would gladly try to answer for you at our stores:

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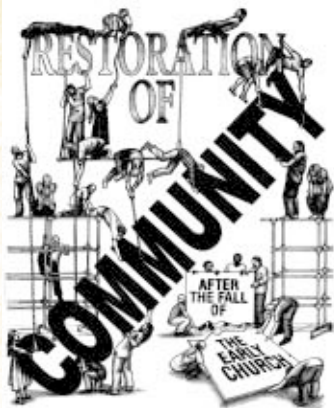
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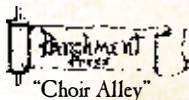
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