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“Shaken, Not Stirred”

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Who doesn't love James Bond? Sean Connery, Roger Moore and who are those other guys? Tuxedos, charismatic men, glamorous women, sleek fast cars with cool gadgets, really bad villains, exotic locations, Walther PPK's and of course Martinis shaken, not stirred. “Choose your poison, Mr. Bond.” What would a James Bond movie be without alcohol, cigarettes and a Baccarat table?

Alcohol is referred to as “spirits”. Ever wonder why? Is it because alcohol fly's overhead like a ghost rattling chains in the dark chill of the night? Is it because spirits are intoxicating?

IN-TOXIC-ATION. The word toxicity means the degree to which a substance can poison and damage your body. Toxic means poison. “The defendant was intoxicated, your honor, when his two best friends, Jose Cuervo and Jack Daniel's, told him it would be a good idea to run naked across the field during the opening of the Olympic Games in Rio and he does not remember ever doing that. So, we would like to plead not guilty for reasons of insanity due to alcohol.” Get it, yet? Alcohol will tell you to do and say some pretty interesting things and you won't even know it is happening when you are in the deepest embrace of the “spirit”, not to be confused with the Holy Spirit.

Let us place aside this bogus war on drugs designed to incarcerate and destroy the lives of certain individuals, from a very specific socio-economic and ethnic class of Americans into the money making machine called the inhumane prison industrial complex that only benefits the corrupt courtesans in Washington DC, incestually corrupt criminal court judges and deceitful District Attorneys and let us get serious that alcohol is the most dangerous and life destroying drug ever known. Why isn't there a war on alcohol?

Relax. No one is attempting to reinstate prohibition, here, and take your 2 buck chuck away from you or suggest a few here and there is going to kill you anytime soon, although there certainly is more than enough data to support the argument for such a historical process. The issue is you are being told alcohol is healthy and can be utilized for prevention of disease when nothing could be further from the truth. Further, many in our society cannot limit their intake and that is where the problems begin.

Let's take a brief look at the chemicals in alcohol and then you can make the decision if it is healthy like some university studies funded by the “spirit” manufacturers, make it out to be.

Check out this cool word, ACETALDEHYDE. Acetaldehyde belongs to the larger chemical family of aldehydes, which are environmental Toxins. Acetaldehyde is a close relative of formaldehyde, which is used as a preservative with cadavers, which would be dead bodies, for you USA college-educated folk. So, that means once you turn the fresh cucumber into a fermented pickle, there is no turning back or reversing that change and you will see it in the mirror and it ain't pretty.

Ethanol metabolism starts with the conversion of alcohol to acetaldehyde, which is 30 more times toxic to your body and your brain than the alcohol you just ingested. A conversion of this to Acetyl-CoA is supposed to happen, which is used for cellular energy. Regrettably that conversion never happens in most people because of genetic variations of enzymes that perform this step due to insufficient nutrients as a result of the S.A.D. American diet. That mis-step will result in very high acetaldehyde levels which will cause **significant damage** to the **liver** where the bulk of alcohol metabolism occurs as well as the **pancreas, gastrointestinal tract** and in particular the **brain**.

The later area is where the “spirits” start talking to you. It’s just a matter of time and it kinda creeps up on you and before you know it you forget what you did the night before or what you said, e-mailed or texted. What you will not forget is waking up in the all-inclusive “Iron Bar Inn” with a complimentary pair of stainless steel bracelets. The maids wear guns and shiny badges and do not provide turn down service and don’t place chocolate mints on your pillow cuz they ain’t no pillow and no HBO. But they do take head shots for your next audition on the biggest stage in the universe called a courtroom presided over by hilarious cartoon characters donning choir robes, whom are usually quite heavy imbibers themselves.

You see, the ethyl alcohol you drink is in all kinds of things. Oh, like beverages, anti-freeze in your radiator to keep your engine cool, antiseptics, fuels, preservatives, solvents and the like. Pretty nice, huh? So the next time you decide to stumble over to the local liquor store and drop 12 bucks for a fifth of that cheap vodka, just go to Pep Boys and buy a gallon of anti-freeze for \$2.99 and drink that. Much more affordable.

How ‘bout that sugar? Sugar, which oxidizes and destroys human tissue? Sugar, which contributes to cancer and diabetes and autoimmune disease and on and on and on? Here is another great word, CANDIDA. Increasing carbohydrates, specifically processed and whole grains, sugar, will cause chronic Candidiasis. Candida produces acetaldehyde in the gastrointestinal tract by sugar fermentation. Gut bacteria and immunity is altered and this results in yeast overgrowth or Candida infection. Most folks in America have a raging systemic yeast overgrowth syndrome and Dysbiosis or leaky gut due to poor nutrition and high stress and we see it on a daily basis. So, a person with this condition who also drinks alcoholic beverages not only produces more poison in acetaldehyde from the alcohol but delivers more sugar for yeast production of acetaldehyde creating a double barreled shot gun dose of damage. And that is why you bloat and float so well.

Acetaldehyde is classified as a human carcinogen, meaning it causes cancer as well as a toxicant to the neurological, respiratory, endocrine and immune systems. Addictive opiate like bio-chemicals are formed in the brain when acetaldehyde combines with the key neurotransmitters, dopamine and serotonin. That combination causes very addictive substance called tetrahydroisoquinolines. Now, that is a very cool word for use around the dinner table when there is a lull in conversation. It’ll make ya sound real smart like. The neurotoxicity of all this stuff can elicit symptoms nearly identical to Parkinson’s disease. The damage to the nervous system may also cause Alzheimer’s disease and there is a reason they call it Type 3 diabetes.

Nutrient deficiencies are rampant in Acetaldehyde presence, especially ones used for detoxification. Vitamin B1 or Thiamine is essential in carbohydrate (sugar) metabolism for energy production and is depleted as most all vitamins and minerals and amino acids are through alcohol ingestion.

Here is some fun stuff that happens to you with increases in Acetaldehyde and Candida and with the decrease in neurotransmitter function:

- Adrenal exhaustion
- Emotional instability
- Confusion
- Depression
- Fatigue
- Irritability
- Headaches
- Sensitivity to noise
- Insomnia

- Decreased short term memory
- Brain fog
- Paranoia
- Decreased libido
- Stroke
- Sleep apnea
- Foul smelling gas and stools

....But wait, wait cuz there's more folks when you overdose...for only 3 easy payments of \$333.33 you can get a fun ride in a shiny red van with two chauffer's and loud sirens and bright red flashing lights to a very big house with vampires dressed in blue pajamas wearing masks that will suck the blood from your arm and leave you on a steel bed in a cold hallway half naked for hours, hopefully sedated with some really cool drugs. Fun times, huh?

Now, how about some fun facts regarding alcohol:

- Alcohol kills 50 times more people than all the illegal drugs combined and we have not even talked about the legal prescription drugs that swiftly plant folks into the ground like Petunia's in the spring
- 60% of all child abuse is due to alcohol infused rage
- 80% of all arrests are due to alcohol
- 65% of all murders are linked to alcohol
- 65% of all drowning's are linked to alcohol
- 30% of all suicides are linked to alcohol and we have not addressed the military suicides that occur daily due to these bogus wars on terrorism
- 50% of assaults
- 40% of rapes
- 2 out of 3 adults drink alcohol. 2 out of 3 marriages end in divorce in these United States of America. Family court judges, drunks themselves, often state that 90% of the divorces they preside over include alcohol as one of the major culprits in the events leading up to the divorce
- Washington DC has the highest per capita consumption of alcohol. Wow, and you thought it would have been the Vatican. Take a hard long look at the faces of all those politicians and lobbyists that love and care about you the next time you watch them on TV without makeup
- 1 out of every 10 people that abuse alcohol commits suicide
- Alcohol negatively alters the function of every organ in your body the minute you take the first sip

You have a 1 in 10 chance of being consumed and owned by alcohol because you do not know your genetic propensity of abusing mind-altering substances that will change your metabolism and flip the switch that you may never be able to switch off until you destroy your life. That is called addiction and with alcohol it is progressive which means you may start out with a few beers then add some shots and soon you are into fifths straight up due to the increase in tolerances. If you are searching for the gateway drug, you need look no further than alcohol.

And no one, no one, in Washington DC, of course, utters a word or shuts down liquor stores, as they barnstorm raw milk dairies and organic food co-ops with guns drawn. None of your sell out courtesans' in DC speak out on behalf of the over 7 million young children that live a life of child abuse, incest and terror because of alcohol in their life. Why is that do you think?

Hey, this is fun, huh? Well, all those commercials during the Super Bowl and Olympics and most sporting events, which are sponsored by alcohol companies, are telling you it is, aren't they? All those sport stars that you teach your children to idolize as you wear their jerseys on Sunday mornings telling your kids to drink Budweiser, like your hero quarterback on his way to Disneyland? Gosh, if good ole, shucks, golly, gosh, clean as a whistle all- American white boy next door who owns Budweiser distributorships and was just handed the Fairytale Super Bowl, says he is going home to his family and have a few Budweiser's then it has got to be ok, huh?

And it gets better, doesn't it? Because after watching all those games you go to your Allopath MD on Monday morning with a sore blistered thumb from all those pop tops on those Buds you opened the day before and they tell you a few drinks a day or wine is healthy and will extend your life. And because they tell you, then it makes it ok. Guess what, ya'll? Many of them are poly drug addicts, themselves, and many of your pro athletes can't even walk by the time they are 50 and addicted to pain meds and alcohol.

Right about now, ole Earl and Hazel Haymaker, who are Two Buck Chuck red wine imbibers and Bingo Champs, from The Church of Magnanimous Grace of the I can see the White Light of Rapture Now, in Whoocha Hoochi, Oklahoma with a lifetime subscription to SBN is wantin to argue about how JC drank wine and turned water into wine. Well, ifin truth be told, here is how it went, so I am told the story goes...

I reckon, from doin me some readin, the good Book makes clear distinctions between fermented drink (wine) and grape juice. The New Wine was found in a cluster, Isaiah 65:8, not in a bottle. It was grapes, not fermented wine. Grapes were pressed and placed in a cup, Genesis 40:11, and drank and were not fermented into wine. It was grape juice, just like you drink in church that was consumed at the last supper. "Fruit of the Vine" is what Luke, Matthew and Mark said. Grapes. Not fermented in oak barrels in cellars for years, wine. "Be not deceived: No drunkards shall inherit the kingdom of God", is what it says, 1 Corinthians 6:9-10. And if you want to believe that Christ turned water into wine to justify your drinking at bingo, then JC disobeyed Habakuk 2:15, "woe unto him that giveth his neighbor drink, that putteth thy bottle to him". And the last I heard from ole Pietro, 1 Peter 2:22, "Our Homeboy JC was without sin". Was ole Pietro lyin? Two more 'fo I head off to happy hour at Eddie's Boom Boom Room and pole dance emporium in North Hollywood: Proverbs 20, "Wine is a mocker, strong drink a riotous brawler; and whoever errs or reels because of it is not wise." Check out Proverbs 23: 30-34 but lookie here at 32, real quick like, Earl, "At last it bites like a serpent and stings like an adder (venomous snake)". And you thought that was ole Hazel a nudgin you in the middle of the night lookin for her huckleberry when you was passed out, huh?

As an alter boy I would watch the Catholic priest literally take a couple of swigs out of the wine bottle in the sacristy before 7:00 a.m. mass each morning. Yes, it was real sweet white wine and not grape juice and they drank it during mass on the altar, as well, and not just a little shot either. That gold chalice was usually 1/2 or more full. That is why you saw that priest's head extend all the way back as he downed that chalice of wine. That ole shepherd of the flock, man of the Cloth, representative of God, direct from Ireland, with the bulbous red nose was hammered during mass! Thank goodness the mass, back then, was all in Latin. Along with the strong Irish accent, it covered brilliantly for the slurring.

In the 1950's and 60's, my parents used to drive to Rancho Cucamonga every few months or so to the winery's and pick up cases of red wine each having four glass gallons to the case and store them under the house. So, if the Catholic priest, the spiritual leader if you will, and the parents were imbibing heavily and all the alcohol commercials which were as rampant back then on TV, as the

current drug commercials, glamorized alcohol as well as your favorite professional athlete and MD who was smoking in his office at that time as well, what was a mere impressionable child supposed to think? Hey, this stuff is ok and good for you.

It is not ok, at all. Alcohol has been directly linked to several cancers, mouth, throat, larynx, esophagus, liver, colon, bowel and breast. It destroys the Mitochondria, which are the powerhouses of the cells, that support life and shortens Telomeres that are responsible for longevity. It is proven toxic to your body, mind and spirit and no, there is no way to validate drinking alcohol for prevention of disease.

Hey, look here now, once again, if you want to throw a few back with your bingo homeboys and girls that is your business. I am directly addressing this aberrant notion and the blatant lies that alcohol can be utilized to prevent disease, and not suggesting you stop using socially, if that works for you. I am, in no way, suggesting that a few beers or glasses of wine a week or a few cocktails is going to kill you faster than your lack of proper nutritional intake and lack of exercise. Your current diet and sedentary lifestyle are what are making you sick and killing you faster than a few drinks would, for darn sure. In fact a vicodin and a beer will pass a brutally painful kidney stone faster than Ex-Lax will get your bowels moving, without the need for surgery. So, that is a good thing. You just cain't be doin that everyday. The body has ways of dealing with poisons if you feed it and supplement it properly and move it. The problem is, you don't. You are simply lazy and then you want the doctor to cure you. There is no such thing as "cure".

Now, if you don't care what alcohol does to you physically, here are some fun things alcohol will personally rob you of....

- Your sanity
- Your character
- Your personality
- Your self esteem
- Your moral compass
- Your trust in your self and others and others trust in you
- Your self-confidence
- Your social and business decorum
- Your integrity
- Your motivation
- Your creativity
- Your compassion
- Your empathy
- Your love of self
- Your essence

Ultimately alcohol, in excess, will slowly and with subtle precision, rob you of yourself and you won't even know it happened

The best description of what excess alcohol will do to you was by the late East Indian philosopher and university professor, Osho. He said, to paraphrase, alcohol will uproot you and leave you to perish, alone. That is what alcohol does. It heals nothing. It cures nothing. It prolongs nothing except your slow painful fall into the abyss of misery, emptiness and despair. It destroys everything in its path beyond comprehension. And the more you imbibe, the more you will drift away.

"In world of thieves, the only final sin is stupidity".....Hunter S. Thompson

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