

THE WORLD PEACE DIET Mastery Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
author, The World Peace Diet



Supplemental Readings

Module 2 – Understanding the Foundations of Health

E.coli O157:H7 is a potentially deadly bacteria that can cause bloody diarrhea, dehydration, and, in severe cases, kidney failure.

U.S. beef recall expanded, 18 illnesses suspected: Ecoli, June 28, 2009

Greeley, Colorado-based JBS-Swift Beef Co is voluntarily expanding its June 24 recall to include about 380,000 lbs of assorted beef products, for a total recall of about **421,000 lbs.**

<http://www.newsdaily.com/stories/tre55r0vb-us-jbs-beef-recall/>

Oregon Firm Recalls Ground Beef Products Due To Possible *E. coli* O157:H7 Contamination

WASHINGTON, June 2, 2009 - SP Provisions, a Portland, Ore., establishment is recalling approximately **39,973 pounds of ground beef** products that may be contaminated with *E. coli* O157:H7, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced today.

http://www.fsis.usda.gov/News_&_Events/Recall_027_2009_Release/index.asp

Illinois Firm Recalls Ground Beef Products Due To Possible *E. coli* O157:H7 Contamination

WASHINGTON, June 22, 2009 - International Meat Co., Inc., a Chicago, Ill., establishment is recalling approximately 6,152 pounds of ground beef products that may be contaminated with *E. coli* O157:H7, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced today.

http://www.fsis.usda.gov/News_&_Events/Recall_033_2009_Release/index.asp

South Carolina Firm Recalls Fresh Beef Trim Products Due to Possible *E. coli* O157:H7 Contamination

WASHINGTON, June 8, 2009 - Snow Creek Meat Processing, a Seneca, S.C., establishment is recalling approximately 75 pounds of fresh beef trim products that may be contaminated with *E. coli* O157:H7, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced today.

http://www.fsis.usda.gov/News_&_Events/Recall_030_2009_Release/index.asp

New York Firm Recalls Duck Leg and Sausage Products for Possible *Listeria* Contamination

WASHINGTON, June 3, 2009 - Schaller Mfg. Corp. (Schaller & Weber), a Long Island City, N.Y., firm, is recalling approximately 564 pounds of duck leg confit and kolbase sausage products that may be contaminated with *Listeria monocytogenes*, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced today.

http://www.fsis.usda.gov/News_&_Events/Recall_028_2009_Release/index.asp

Cheese recall (comes from cows), June 15th

Torres Hillsdale Country Cheese of Reading, Michigan just announced the recall of all lots of various types of its soft Mexican-style cheeses due to potential *Listeria* contamination.

<http://www.newsinferno.com/archives/6895>

Cookie dough infected with Ecoli, June 25, 2009

There have been 69 persons across at least 29 states infected with a strain of *E. coli* O157:H7 . Infections Linked to Eating Raw Refrigerated, Prepackaged Cookie Dough

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm167908.htm>

<http://www.cdc.gov/ecoli/2009/0625.html>

Farmed Fish --- a Source of Mad Cow Disease June 17, 2009 Robert P. Friedland, neurologist from the University of Louisville, warns that farmed fish could be at risk of Creutzfeldt Jakob disease, or mad cow disease.

http://www.organicconsumers.org/articles/article_18313.cfm

For added reference

Meat causes all kinds of cancers.

June 29, 2009

According to a new study, fat from red meat and dairy products is associated with increased risk of pancreatic cancer. As part of the National Institutes of Health-AARP Diet and Health Study, researchers followed and analyzed the diets of more than 525,000 participants to determine whether there is an association between dietary fat and pancreatic cancer. This same study found no association between plant-food fat and pancreatic cancer.

Jia L, Silverman DT, et al. Dietary fatty acids and pancreatic cancer in the NIH-AARP Diet and Health Study. J Natl Cancer Inst. 2009;101:1001-1011.