

system. It may take from three months to five years or longer to cleanse the mercury from your body. Ultimately it is well worth the effort to remove this noxious poison from the system, bringing renewed vitality and balance to the body and mind.

The Toilet

Research revealed that squatting - not sitting - is a more natural and comfortable position to empty the bowels. This is reflected in the design of the colon and human body. In the sitting position, it is physically impossible to evacuate waste completely and efficiently. This is the reason why those who use sitting toilets often have a vague sensation that there is always 'still something left'.

Today, the porcelain throne continues its relentless march, making huge inroads even in countries whose peoples have traditionally been squatting populations. The impact of this trend has been tragic. Worldwide, there is a growing epidemic of colon and pelvic-related ailments and diseases.

Excreting in a sitting position has been linked to increased cases in appendicitis, constipation, colon cancer, Crohns disease, Ulcerative colitis, diverticulosis, hemorrhoids, heart attacks, pelvic floor prolapse, and urinary incontinence.

Contraceptives

Some of the newer forms of contraception which change the bodies natural cycles such as the pill have been linked to breast cancer.

Sikh dharma would urge on the side of keeping things simpler and using less complicated forms of contraception such as condoms which do not affect the natural body cycles.

Computers and Related Technology

Computer Games

New findings from the University of Indiana Medical School show that violent video games disrupt the functions of the frontal lobe, desensitizing the brain and making habitual players less able to understand

the effects of actual violence. The brain changes are most apparent among heavy users.

We know, moreover, that the military has effectively used computer simulations for many years to desensitize soldiers and make them able to kill, overriding their natural human aversion to extreme violence. This same technology is now our fastest growing form of children's entertainment!

It would be wise to limit the time that children spend playing violent games and instead send them to a martial arts class where they can learn discipline and the responsibility that comes with power and strength.

Internet Chat Rooms

Social networking websites such as Facebook and MySpace sign up millions of new users every day. They are amazing places to meet good people but at the same time it is now possible for young children to be speaking with paedophiles in your own home without you ever knowing. This trend of internet related meeting places is most likely to continue so it is important to keep this in mind. It may be an idea to have the internet connected computer in a common room.

Mobile Phones

There is currently no scientific evidence that using a mobile phone will increase your risk of developing a brain tumour or any other type of cancer. Nevertheless, it may be still be wise to limit the time on such devices to the absolute minimum.



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Unseen Dangers of Modern Technology

Sikh Dharma

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Introduction

Over the last 100 years, human society has jumped leaps and bounds in terms of technological advancement. Many of these advances have improved health, created more free time for people, developed greater cooperation between world governments and enhanced human understanding of the physical universe and its laws.

However, as with everything in life there are always two sides to every coin and so is the case with our new technologies. This essay looks at some of the dangers associated with some of the more common technologies which we use in our daily lives.

Food Technologies

GM Foods

Genetically Modified (GM) foods are foodstuffs produced from genetically modified organisms (GMO) that have had their genome altered through genetic engineering. GM Foods have been available since the 1990s. The most common modified foods are derived from plants such as soybean, corn, canola and cotton seed oil.

There is currently not enough data to determine whether these foods are safe for human consumption or whether they will have detrimental impacts on other life forms if they cross pollinate with other wild plants. So it may be best to stick with natural (ideally organic) foods.

Fast Foods

With our modern fast paced lifestyle it is easy to fall into the habit of eating burgers and chips or other unhealthy quick foods. However we do this at the expense of our own health.

It doesn't take long to cook a healthy portion of pasta or some simple lentils and rice and can be an excellent way of forgetting about work and relaxing.

Aluminium

Aluminium is harmful to all life forms. It damages all types of tissue. Aluminium is a protoplasmic poison

and a pernicious and persistent neurotoxin. No living systems use aluminium as part of a biochemical process. It has a tendency to accumulate in the brain and bones. Pregnant and lactating women, the young and the elderly are at risk.

You can reduce the aluminium in your food intake by avoiding the following E Numbers: E173, E520, E521, E523 E541, E545, E554, E555 E556, E559 and by not using aluminium cooking pots.

Plastic Usage

Plastics are unfortunately non-biodegradable. So the plastic bags we use every week will be kicking around for 1000's of years. So it is advisable for example to use reusable carrier bags when you go shopping. Each of us has a duty to reduce our harmful impact on the environment.

Microwaves

Microwave cooking is one of the most important causes of ill health in modern times and is certainly one of the most ignored. It is not a natural cooking technique, nor healthy, and is far more dangerous to the human body than many people think.

The Russians outlawed Microwave cooking in 1976 and from the conclusions of the Swiss, Russian and German scientific clinical studies it has been found that:

- 1) Minerals, vitamins, and nutrients of all micro-waved food is reduced or altered so that the human body gets little or no benefit
- 2) Continually eating microwave food causes long term permanent brain damage by "shorting out" electrical impulses in the brain
- 3) Male and female hormone production is shut down and/or altered by continually eating micro-waved foods.
- 4) The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.
- 5) Microwaved foods cause stomach and intestinal cancerous growths [tumors].

Avoid using a microwave by heating food in a non-

aluminium pot and adding some water. It only takes a few more minutes.

E-Numbers

These are added to all types of drinks and foods in the west to increase their shelf life. However they have been linked to hyperactivity, asthma, allergy, intolerance and hypersensitivity. Some of the nastier E numbers are also banned in some countries such as the USA.

The following numbers are classed as high risk: E249, E216, E954, E223, E221, E512, E220, E110, E102, E129, E123, E951, E210, E151, E320, E213, E226, E621, E124, E212

Health Related Technologies

Metal Teeth Fillings

Amazing as it may seem, approximately 80% of the population have inside their mouths the most toxic non-radioactive substance on the planet. This known poison is mercury, and it comprises 50% of all "silver" amalgam fillings that are placed in people's mouths during routine dental procedures.

Research conducted as early as a decade ago reported that old fillings viewed under an electron microscope showed holes where the mercury had evaporated, releasing 40% of the mercury into the body over a ten year period.

The U.S. environmental protection safety limits for mercury exposure are 10 micrograms per day, yet mercury released from fillings can contribute up to three times this amount, just from the simple acts of chewing, brushing the teeth, or drinking hot liquids.

If you choose to have your mercury amalgam fillings replaced by less toxic white composite fillings, it is important to go to a dentist that is familiar with safe removal procedures. Once the fillings are removed, the next step is to detox the mercury that has been inside your body perhaps for many years. There are many natural supplements which you can use such as Redoxal. Massage is also beneficial to release the mercury burden from the musculature and lymphatic