THE SKEPTIC ARENA

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Taken from the "About" page of Whole New Mom.com

<http://wholenewmom.com/about-me/>



*That’s me up there in the funny green car with the men in my life. My name is Adrienne and I am the voice behind Whole New Mom. I’m:*

*– a writer.*

*– a researcher (sometimes I research way.too.much a lot.)*

*– whole food and healthy minded*

*– willing to admit when I am wrong.*

*– a real mom. Dealing with real health issues. Struggling to balance it all.*

Adrienne, I would be willing to grant you the benefit of the doubt in all but one of those - willing to admit when you are wrong.

If that were true, you wouldn't be an anti-vax loony tune.

*What I Write About:*

*– Whole Food that is special diet friendly: My recipes are all sugar free and adaptable to dairy free, egg free, and gluten free diets. Gradually I am incorporating grain free recipes as well and you might expect to see autoimmune recipes coming too. Sorta glad about that. Sorta not.*

Adrienne, why not just make it easy on yourself and go food-free?

But compared to Breatharians, you are the one full of toxins:

<https://en.wikipedia.org/wiki/Inedia>

*- Health topics: toxins, GMOs, vaccines, autism, food allergies, special diets, essential oils – kind of “you name it”. If it’s in the health news, I probably have something to say about it–I just might not have time to blog about it.*

Adrienne, many people get something wrong occasionally. But your list paints a picture of someone who gets nearly everything wrong constantly. About the only thing missing from your list is an attack on gravity.

*- Frugal, Simple, and Sustainable Living:*

*That means doing things quickly and without a lot of money or waste.*

Adrienne, it sounds like the 12th century would be a perfect place for someone like you. The only problem with that is, despite living your lifestyle, they usually lived less than 40 years.

The good news is, that if you check out that early, you'll do a whole lot less damage to innocent, gullible people, including children. What I'm trying to say Adrienne, is that without you ... the world would be a better place.

*All through my life I’ve been interested in healthy and healthy living. I was Pre-Med in college, but decided against it since I thought someday I might want a family and knew it would be hard to do both the way I wanted to.*

Adrienne, not to mention that the field of medicine promotes just about everything that you are opposed to. So it seems as though your choice to part ways with the medical field worked out best ... for both you and the medical field.

*We know that we should eat healthy food, care for our bodies, care for the earth, love our families (which includes our fellow man if you happen to not be married or have children), impact our world, and do it all on a budget and within the 24 hours that God has given us.*

So Adrienne, you are a Ghost Worshiper? Why am I not surprised?

*Tough assignment, especially for us perfectionists.*

Yes Adrienne, we all already know how perfect you Christians believe yourselves to be ... you tell us all the time.

*A Little Bit About Me:*

*– My husband is an English professor and we homeschool.*

Adrienne, of course you homeschool. How else can you protect your kids from science and history, yet still brainwash them with ancient gruesome fairy tales, unless you keep them isolated from contact with other influences and sources of information?

So Adrienne, how old, do you teach your kids, that the world is? What system do you use to hide the 90% of Bible verses that reveal a genocidal, enslaving, torturing, murdering maniac? And are they allowed, even at those tender ages, to watch anything other than Fox News?

*– We lived in Oklahoma for a brief period and now reside in Western Michigan. We had a different course planned for our lives, one that didn’t include life-threatening food allergies, autism, or adrenal burnout. But then, we aren’t the ones in control of our lives.*

Adrienne, that is so typical of Christians. Blame everything on an invisible ghost.

Adrienne, a few questions: if God is in control of people's lives, why do you think He gives them autistic children? Did they pray really hard for an autistic child? Or did they pray too hard for a healthy one? Why would any God fill a world with deformed, diseased, and retarded children, and then kill many of them off before they ever get a chance to live? Does He think that's funny?

*– One of my sons has life-threatening food allergies as well as Asperger’s Syndrome.*

Adrienne, what a great gift your invisible ghost gave you and your husband, not to mention your son. I'm sure the little guy thanks God every night. What a great sense of humor your God has.

*– I worked as a tentmaking missionary in Japan for 1 year and served in parachurch ministry throughout college.*

Adrienne, we are quite the little Christian soldier, aren't we? Quick question Adrienne: why do you suppose your imaginary friend let Japan go thousands of years without ever telling them about Himself? Was He running low on kindling in Hell?

It's strange how The Big Guy never mentioned Japan in the Bible, not even once. It's almost like He didn't know it was there. But then again, that's pretty much true of every place on Earth outside of a little patch of desert in the Middle East.

Strange that He would devote 100% of His time and effort to the Jews when He created such a vast, enormous universe.

*Interestingly enough, my husband taught in China for 2 years at the college level. We both sang with black gospel choirs in college. And LOVED it.*

Adrienne, I guess that was meant to show us how nonracist you are, huh?

That's really rich considering how millions of Africans were imported for slavery by a country where you could hardly find a single person who wasn't a Christian.

Oh, sorry. I almost forgot: that's why you homeschool your kids; so they won't be exposed to real history, but only the modified Christian version that you feed them.

*– I was pre-med in college, but I am not a doctor. Remember that as you read my posts, please.*

Adrienne, and yet you believe that your Wikipedia excursions have granted you expertise far in excess of actual doctors who spent years learning what you could not even begin to grasp.

*– I don’t say this to brag, but only to share that I am not an “intellectual slouch”.*

Yes Adrienne, we are all quite aware of the high regard that you have for your own intellect. Oh, by the way genius ... the period goes inside the ending quote mark.

*I went to one of the top universities in the country and was near the top of my class. Phi Beta Kappa. That either means I fooled a lot of people or that I have a little bit on the ball intellectually.*

Adrienne, you not only believe in, but actually worship a hideous, evil, invisible monster. Whatever you think you have "on the ball intellectually" exists only in your own mind ... just like all your other delusions.

*I mainly write this because some folks accuse me of not being interested in real research or even have gone so far to say that I am an idiot.*

Adrienne, the more accurate term would be "educated idiot."

*I don’t appreciate that–let’s talk civilly, folks.*

Adrienne, I've read enough of the dangerous crap you write. I feel very sorry for your children whom I consider to be victims of child abuse. If it's all the same to you, let's skip the chit-chat. I only posted this as a warning to others.

*Moving Forward:*

*I forgot to mention one thing. I also am a reforming Type A personality. All my life I have pushed myself to do more, get straight A’s, exercise enough, cook the right way, be with my kids enough, be involved at church enough, have a solid family life. You too?*

No Adrienne, not everyone has your psychological problems.

But lacking a gigantic helping of self-esteem ...

will never be one of your problems, Adrienne.

*One thing that has never been perfect about me is having a neat house.*

Boy Adrienne, I'm sure glad you mentioned that one tiny little imperfection because you absolutely had me convinced that you were as close to being a perfect human ... as is humanly possible.

Adrienne, to tackle that ego of yours would require ...

a team of Sherpas.

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THE SCIENCE SEGMENT

Short sleepers are four times more likely to catch colds

A study found that people who sleep 6 hours a night or less are 4 times more likely to catch colds when exposed to a virus, than those who spend more than 7 hours a night sleeping.

This was the first study to use objective sleep measures to connect people's natural sleep habits to their risk of getting sick.

Short sleep was more important than any other factor in predicting subjects' likelihood of catching colds. It didn't matter how old people were, their stress levels, race, education, or income; nor did it matter if they smoked. With all those things taken into account, statistically, sleep was still the biggest factor.

The Centers for Disease Control and Prevention call insufficient sleep a public health epidemic, linking poor sleep with car crashes, industrial disasters, and medical errors. According to a 2013 survey by the National Sleep Foundation, one in five Americans gets less than six hours of sleep on the average work night, the worst tally of the 6 countries surveyed.

Scientists have long known that sleep is important for our health, with poor sleep linked to chronic illnesses, disease susceptibility and even premature death. Also, people who sleep fewer hours are less protected against illness after receiving a vaccine. Other studies have confirmed that sleep is among the factors that regulate T-cell levels.

The new data add yet another piece of evidence that sleep should be treated as a crucial pillar of public health, along with diet and exercise.

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FAMOUS QUOTES

Mariah Carey (born 1969 or 1970) 45 or 46 years

She is an American singer, songwriter, record producer, and actress. She rose to prominence after releasing her self-titled debut studio album "Mariah Carey" in 1990; it went multiplatinum and spawned four consecutive number one singles on the U.S. Billboard Hot 100 chart.

Daydream (1995) made music history when its second single "One Sweet Day", a duet with Boyz II Men, spent a record sixteen weeks on top of the Billboard Hot 100, and it remains the longest-running number-one song in U.S. chart history.

She signed a multimillion dollar contract deal with Island Records in 2002, and after an unsuccessful period, returned to the top of the music charts with The Emancipation of Mimi in 2005. Its second single "We Belong Together" became her most successful single of the 2000's, and was later named "Song of the Decade" by Billboard.

With the release of "Touch My Body" (2008), Carey gained her 18th number-one single in the United States, more than any other solo artist.

In 2012, Carey was ranked second on VH1's list of the "100 Greatest Women in Music."

Referred to as the "songbird supreme" by the Guinness World Records, she is famed for her five-octave vocal range and power. Carey has won 5 Grammy Awards, 19 World Music Awards, 11 American Music Awards, and 14 Billboard Music Awards. Throughout her career, Carey has sold more than 200 million records worldwide, making her one of the best-selling music artists of all time.

"Whenever I watch TV

and see those poor starving kids all over the world,

I can't help but cry.

I mean I'd love to be skinny like that,

but not with all those flies and death and stuff."