Add chicken broth until the mashed potatoes are of desired consistency.

Cover pan and bring to a boil until they are soft enough to mash.

Sprinkle both sides of steak with salt and pepper.

Cut steak diagonally across grain into thin slices.

Lightly coat steak with cooking spray.

Transfer meat to a platter; keep warm.

Serve steak and sauce with the pasta.

While noodles cook, heat a nonstick skillet over medium-high heat.

Cooking spray

1/2 cup olive oil

1/2 cup port or other sweet red wine

1/2 cup less-sodium beef broth

1 tablespoon Dijon mustard

1/2 teaspoon minced garlic

1/2 cup sliced mushrooms

1/2 teaspoon black pepper

1/2 teaspoon salt

1 lb trimmed grass-fed sirloin (about 1 inch thick)

Ingredients

To most people, vaccines sound medically harmless. "They're good for you!" say the doctors and drug companies, but they never really talk about what's in those vaccines. There's a good reason for that: If people knew what was really in those vaccines, they would never allow themselves to be injected with them.

Aside from the dangerous ingredients many people already know about (like squalene or thimerosal), one of the key ingredients used in flu vaccines (including the vaccines being prepared for the swine flu pandemic) is the diseased flesh of African Green Monkeys. This is revealed in U.S. patent No. 5911998 – Method of producing a virus vaccine from an African green monkey kidney cell line. (http://www.patentstorm.us/patents/5911998/claims.html)

As this patent readily explains, ingredients used in the vaccine are derived from the kidneys of African Green Monkeys who are first infected with the virus, then allowed to fester the disease, and then are killed so that their diseased organs can be used make vaccine ingredients. This is done in a cruel, inhumane "flesh factory" environment where the monkeys are subjected to a process that includes "incubating said inoculated cell line to permit proliferation of said virus." Then: "harvesting the virus; and... preparing a vaccine from the harvested virus.”

Another Shocking Warning About Swine Flu Vaccine

The swine flu vaccine has been hit by new cancer fears after a German health expert gave a shocking warning about its safety.

Lung specialist Wolfgang Wodarg has said that there are many risks associated with the vaccine for the H1N1 virus. The nutrient solution for the vaccine consists of cancerous cells that are derived from animals, and some fear that the risk of cancer could be increased by injecting the cells.

The vaccine can also cause worse side effects than the actual swine flu virus.

He also told the German press that the widespread fear of the pandemic was an “orchestration,” stating, “It is great business for the pharmaceutical industry. Swine flu is not very different from normal flu. On the contrary, if you look at the number of cases it is nothing compared to a normal flu outbreak.”

Dr. Mercola also stated that there are also, "other dangerous ingredients in this vaccine, such as mercury, and squalene, which has been linked to the development of autoimmune diseases like rheumatoid arthritis and lupus."

Research published in the August 25 issue of the British Medical Journal reveals that more than half of doctors and nurses in public hospitals would also refuse the H1N1 vaccine, due to concerns about side effects and doubts about its efficacy.

~http://www.naturalnews.com/026779_swine_flu_patents_vaccines.html; August 3, 2009

~Karen Levin, Cooking Light, OCTOBER 2004

~Frederick Wilcox

~http://www.naturalnews.com/026779_swine_flu_patents_vaccines.html; August 3, 2009


Nutritional Information

Calories: 344 (29% from fat)

Fat: 11g (sat 4.1g,mono 4.6g,poly 0.8g)

Protein: 28.5g

Carbohydrate: 23.6g

Sodium: 502mg

Calcium: 19mg

34 servings (serving size: about 3 ounces steak, 2 tablespoons sauce, and 1 cup noodles)

4 servings (serving size: about 3 ounces steak, 2 tablespoons sauce, and 1 cup noodles)

1/2 teaspoon fresh thyme leaves

1/2 cup less-sodium beef broth

1 tablespoon Dijon mustard

1 teaspoon minced garlic

1/2 cup sliced mushrooms

1/2 cup port or other sweet red wine

1 teaspoon black pepper

1/2 teaspoon salt

1 lb trimmed grass-fed sirloin (about 1 inch thick)

Ingredients

Sirloin Steak with Dijon-Port Sauce

The port and mustard create a rich, sweet, and spicy sauce. Serve the steak and sauce over noodles to soak up every last drop.

4 servings (serving size: about 3 ounces steak, 2 tablespoons sauce, and 1 cup noodles)

Preparation

1. Cook noodles according to package directions, omitting salt and fat. Drain; keep warm.

2. While noodles cook, heat a nonstick skillet over medium-high heat.

3. Sprinkle both sides of steak with salt and pepper.

4. Lightly coat steak with cooking spray.

5. Add steak to pan; cook 4 minutes on each side or until desired degree of doneness.

6. Transfer meat to a platter; keep warm.

7. Add port to pan, scraping to loosen browned bits.

8. Stir in shallots and garlic; cook 45 seconds, stirring frequently.

9. Add beef broth; bring to a boil.

10. Cook 20 seconds; remove from heat.

11. Add mustard and thyme, stirring with a whisk.

12. Cut steak diagonally across grain into thin slices.

13. Serve steak and sauce with the pasta.

Nutritional Information

Calories: 344 (29% from fat)

Fat: 11g (sat 4.1g,mono 4.6g,poly 0.8g)

Protein: 28.5g

Carbohydrate: 23.6g

Sodium: 502mg

Calcium: 19mg

* When my brother and I made this recipe we made a couple of changes that you can also try if you like, as marked by the asterisks.

Instead of egg noodles I made dairy-free mashed potatoes.

1. I cut the 6 potatoes into 2 inch cubes, put them in a pan and added water so the potatoes are just covered.

2. Cover pan and bring to a boil until they are soft enough to stick with a fork.

3. Bring 1 cup organic chicken broth to a simmer.

4. Once potatoes are done, remove from heat, mash and add salt and pepper to taste.

5. Add chicken broth until the mashed potatoes are of desired consistency.

Enjoy ☺

Maggie
Warning: Swine Flu Shot Linked to Killer Nerve Disease

A warning that the swine flu vaccine has been linked to a deadly nerve disease has been sent by the UK Government to senior neurologists in a confidential letter. The letter from the Health Protection Agency, the official body that oversees public health, was leaked to The Daily Mail, leading to demands to know why the information has not been given to the public before the vaccination of millions of people, including children, began.

It tells the neurologists that they must be alert for an increase in a brain disorder called Guillain-Barre Syndrome (GBS), which could be triggered by the vaccine. GBS attacks the lining of the nerves, causing paralysis and inability to breathe, and can be fatal.

The letter refers to the use of a similar swine flu vaccine in the United States in 1976 when:

- More people died from the vaccination than from swine flu
- The vaccine may have increased the risk of contracting GBS by eight times
- The vaccine was withdrawn after just ten weeks when the link with GBS became clear
- The U.S. Government was forced to pay out millions of dollars to those affected

Concerns have already been raised that the new vaccine has not been sufficiently tested and that the effects, especially on children, are unknown.

~The Daily Mail August 15, 2009

Canada Looks at Vitamin D for Swine Flu Protection

The Public Health Agency of Canada (PHAC) has confirmed that it will be investigating the role of vitamin D in protection against swine flu.

The agency started a study last year on the role of vitamin D in severe seasonal influenza, which it said will now adapt to the H1N1 swine flu virus.

Part of the researchers’ goal is to understand whether vitamin D levels are in any way responsible for the fact that most people with seasonal influenza develop a mild illness, but a small minority go on to develop severe symptoms.

According to PHAC, results from its study will indicate the extent and nature of the role of vitamin D in severe seasonal influenza.

The agency stressed that the role of vitamin D in H1N1 is not well established.

However, it added that early work in the 1940s, in experimental animal models, indicated that mice that receive diets low in vitamin D are more susceptible to experimental swine flu infection than those that receive adequate vitamin D (Young, 1946).

~www.utraingredients-us.com, August 10, 2009

Exercise of the Week:

Low Back Leg Lifts

Targets: Back, Abs, Buttocks

1. Lie facedown on stability ball (belly on center of ball) with arms extended in full push-up position, palms on floor directly below shoulders and legs extended behind you, feet hip-width apart, toes on floor. (MAKE IT EASIER: lie facedown on a bench, grasping edges with hands, so that hips rest just at the edge.)

2. With knees driven up position, palms on floor directly below shoulders and legs extended behind you, feet hip-width apart, toes on floor. (MAKE IT EASIER: lie facedown on a bench, grasping edges with hands, so that hips rest just at the edge.)

3. Do 3 sets of 12 reps

Tip: To tone different muscle fibers in your derriere, place legs wider apart as you lift, or alternate lifting legs together, then apart.

~Fitness: Mind, Body + Spirit, September 2009

Wake Up, America: Forced Vaccinations, Quarantine Camps, Health Care Interrogations and Mandatory "Decontaminations"

(NaturalNews) A new law passed by the state Senate in Massachusetts calls for mandatory vaccinations of all citizens and a $1,000 / day fine for those who refuse to receive them. This law, which is currently awaiting approval in the House, was passed by the Senate on August 26, apparently just missed by the MA state Senate and now awaiting its approval in the House.

This bill suspends virtually all Constitutional rights of Massachusetts citizens and forces anyone "suspected" of being infected to submit to interrogations, "decontaminations" and vaccines.

You can read the text here:


~www.naturalnews.com, August 28, 2009

Brought to You by: Maggie Winters, BS-AT, NSCA-CPT