

An American Tale

by Jim LeBeau

In “jail” for drinking diet coke?

This is an ongoing true tale that could happen to you or to any American! Shirley (her real name) is in “jail” while not having committed a crime. I am her friend writing this. The “Jail” is one room in a mental health or “memory care” ward. We are both from the Milwaukee area in our mid-eighties. I am on the outside enjoying fresh air and sunshine. I jog every morning. Shirley is inside with no fresh air or sunshine wondering what cruel twist of fate put her behind locked doors. My good health or Shirley’s fate, either one, could be yours in your old age. It depends on how seriously you take this tale. Read about flaws in American medicine and common mistakes that can lead to a loss of freedom and a life spinning out of control - *and how to avoid it.*

A Sudden Transfer

Shirley was suddenly and involuntarily transferred in late 2022 from a nice three room assisted living unit in the same facility. After the sudden transfer familiar personal treasures and furniture are nowhere to be seen. She lives behind locked doors with no chance for the fresh air and sunshine she has enjoyed all her life; no choice of food; mail monitored in and out; surrounded by nice folks but whose minds do not work well. After several months off “diet” soda and aspartame her mind now seems to work quite well. That only makes her more aware of her recent loss of freedom and control of her life that she now is helpless to do anything about.

Shirley and I had both moved to Waupun about three years ago to be closer to our families. The forced transfer happened on a weekend with a one day notice and little explanation. The shock upended her successful life as an 8th grade teacher in Shorewood Wisconsin beyond anything she had imagined

possible. In her words “I was devastated”. Later in 2023 I filed an elder abuse complaint with the Wisconsin Department of Justice (DOJ). This introduces a true ongoing American tale every American should read slowly and thoughtfully while thinking of their own future and their country.

NOTE: Shirley’s last name and names of all persons and organizations involved are not mentioned in this tale out of privacy concerns. Look for updates to come as events unfold. References to studies are listed at the end.

In Her Own Words

Shirley had told me about her successful life as an 8th grade teacher in Shorewood with five trips to Europe, travelling the USA, awards, money in the bank from good investments, freedom to enjoy and manage her life and make her own decisions etc. She was looking forward to a happy retirement.

As I write this in early 2024, thankfully the phone lines are still open. In recent conversations Shirley has told me how she felt in the days and weeks following the transfer. “I used to have a home. I lost everything”. From a gentle soul “I would like to meet the person who put me here”.

A card at Christmas 2023 - “wish I could listen to you play the carols”.

January 2024 - “If I knew I was going to end up here I would never have left Milwaukee. I didn’t move from Milwaukee to live in one room”.

January 27, 2024: a letter from Shirley came through. Other letters didn’t get past staff so she gave this to a friend to sneak out. Most of it is about familiar things accumulated throughout her life now nowhere to be seen, things like - (quote) *“pieces of furniture that had been in my life since I was a child - a desk very useful - lots of dishes, pots and pans, glassware, silverware, possessions of life past including a set of beautiful coin glass that my mother cherished. It had been a prize she earned in her early years of being an Avon representative. It was also of great importance to me and I was able to save that”*.

On the “set of beautiful coin glass” Shirley said her mother would put her in the back seat of the car as she drove around selling Avon. She became known as the “Avon baby”. This prize was a reminder of a precious time, now gone.

The POA Trap and Healthy Possibilities

Many times Shirley has told me that when signing POA papers required for acceptance into assisted living she thought power of attorney (POA) would only be used in a drastic type situation. She had no idea it might be used to transfer her to a mental ward when, to her thinking, her mind was still working fine and she was quite capable of deciding for herself what was for her own good. Obviously there was a difference of opinion between Shirley, her doctors, a niece, and the management at her assisted living facility.

Shirley’s sudden transfer happened after two doctors and one psychiatrist diagnosed her incompetent to manage her own affairs. This resulted in an “activated” POA. From now on someone else would make health and financial decisions for Shirley because, presumably, she could no longer make them for herself. For most people such power is given to a husband, wife, daughter, or son. Shirley never married, had no children. Her only option was a niece.

The first thing to understand if you want to avoid Shirley’s fate is what you are giving up in signing POA papers. Such power should only be given to someone who really cares about you. The second thing to understand is that staying healthy really, really, really matters. If you are physically and mentally whole, questions of competence are moot. They never come up.

HEALTHY POSSIBILITIES: Is it possible to stay healthy as you age? Moses did it. Many who follow a “blue zone” lifestyle do it - ask some folks in Loma Linda California. The science says it’s possible. Money can help but that’s not the important thing. The important thing is *what you know!* Nobody is saying it’s easy but it is possible to avoid breakdowns in later life if you’re willing to learn

a few things. It helps if you had a good start in life with mother's milk, good nutrition, love etc. Of course you can't do that over, but you can control what happens from now on. Life is full of healthy possibilities! Keep reading.

As for the American medical system the important thing to know is how it works. Here's the big question. What "standard of care" applies in a situation where one or more "experts" think an involuntary transfer of someone to confinement to one room behind locked doors is justified?

Based on Shirley's experience and mine - *NO PROPER LIFESTYLE EVALUATION IS REQUIRED BEFORE YOU MIGHT BE INVOLUNTARY TRANSFERRED TO A MENTAL HEALTH WARD OR TO ANY KIND OF CONFINEMENT SITUATION.* All that's needed is an "activated" POA. I presume the above applies in all states.

A "proper" lifestyle evaluation that might have saved Shirley is not a special big deal. It is a daily routine for naturopathic doctors; doctors of integrative and natural medicine (DNM); nutritionally trained chiropractors; any doctor who has taken time to learn how wellness and nutrition work. As you keep reading you will quickly realize the utter insanity of taking away someone's freedom without this minor low cost act of kindness and common sense.

A Chance Meeting, Then More Surprises

In late 2022 I was playing piano as a volunteer entertainer at the assisted living unit where Shirley was enjoying a comfortable life in a three room apartment owned by a large healthcare organization. There I met Shirley who also played piano and enjoyed my music.

Surprise - after a few months I noticed Shirley was missing at my weekly concerts. I was told she had been transferred to another building. When I found out where, I visited her in her new home and began playing weekly concerts there too. They were nice folks with mental issues who still enjoyed

polkas, waltzes, melodies remembered from years past. Some clapped their hands after each song. A few danced a little.

A good time was had by all until...surprise again...today I am not allowed to visit Shirley nor am I allowed to play piano in either of the two units at which I had been playing for a year. A few weeks after I filed my elder abuse complaint with Wisconsin DOJ whamo - retaliation from the executive director who doesn't know me and who never heard me play one lovely country song.

"Stay away from Shirley. Stay away from our campus. I will get a cease and desist order if necessary".

Elder abuse?

Before sending my letter to Wisconsin DOJ I initiated a conversation with the head nurse and director of assisted living where Shirley had lived. I was told they had some responsibility in her move. It was clear to my farm boy way of thinking that a violent disruption of a life without a proper lifestyle evaluation that might reveal a primary cause of someone's problems was an ultimate act of cruelty, especially with an addiction easily corrected by guidance and love. Putting someone away in a mental ward for that, give me a break. I thought for sure it would qualify as "elder abuse" under Wisconsin Act 130. I am not a lawyer but I can read. The law even mandates employees who observe elder abuse to report it.

Shirley had told me many times that she was given little explanation of the need for the sudden transfer. She did remember a call from her niece and mention of falling and a broken bone. In talking to the staff my first concern was that nobody seemed to have taken the time to patiently explain to Shirley the reasons for the move. What a difference that would have made to a lady with a master's degree from UWM!

When I brought this up they said "talk to the niece".

Then I brought up Shirley's diet soda habit to see if they knew that aspartame and a soda habit might have been a major factor in Shirley's health. They were dismissive, even a little offended that I brought it up. They indicated that they thought it perfectly proper to make diet soda available to all residents. They seemed unaware of studies warning of its dangers to mind, brain, bone. Since I knew aspartame was "FDA approved" since 1980 I didn't totally blame them for their ignorance and for enabling Shirley's addiction, but it seemed that someone in the organization they worked for should have known.

Next I talked to the niece and was told all the things wrong with Shirley including a fall and a broken bone that seemed to play a big part in a transfer decision. Again, there did not seem to be any awareness of the connections of diet soda with aspartame to mental health or porous bones. Shirley's niece said "the doctors and family all agree that Shirley is in the right place".

Without a proper lifestyle evaluation I wondered - how could they be so sure?

Later I learned that the niece was bringing diet soda to Shirley. It seemed that everyone important in Shirley's life was enabling her addiction!

To Complain Or Not To Complain?

A well-known Beatles song I play is "Let it be". Should I complain or let it pass?

When I wrote my letter to Wisconsin DOJ on Sept.18, 2023, I had no idea how my concerns about Shirley would be taken. This was new ground for me. I had no idea how state bureaucracy worked. I wrote the letter only after many conversations with Shirley, prayer, a talk with another concerned volunteer, and after observing the loss of weight, sleepless nights, and bewilderment in Shirley's eyes after the sudden transfer that said loud and clear -

"O my God - what's happened to my life"?

My letter to Wisconsin DOJ Madison went out on Sept 18, 2023. My specific complaint was that Shirley was transferred from assisted living to a mental ward *without a proper explanation and without a lifestyle evaluation that would have revealed a high phosphorous-aspartame “diet” soda habit as a likely cause of some of the issues that led her family and doctors to conclude a power of attorney needed to be activated, followed by a forced transfer.*

My letter to Wisconsin DOJ of Sept. 18, 2023 was later referred to the Division of Quality Assurance and Board of Assisted Living. After more letters, emails, and a long conversation with mid-level management, the end result was “an investigation is not warranted”. While they were courteous and responsive, my complaint went nowhere. Again there didn’t appear to be any concern about long term consumption of aspartame, or sugar, or “junk food”, all things well documented to be relevant to brains, minds, and bones.

That reminded me of the way it was with smoking and lung cancer. Tobacco companies fought tooth and nail to protect their turf. If this tale goes viral as it should some diet soda companies will likely follow that example.

Time For Some Good News

As I write this in late January 2024 Shirley is off diet soda and aspartame, to the best of my knowledge. Shirley and her niece now seem aware of the problem after I brought the dangers to their attention. Also, in my phone talks with Shirley, I think I notice an improvement in her thinking and memory. While not qualified to diagnose a health condition I do know which end of a horse leads the way in pulling a load of manure.

A Teachable Moment?

Part of my thinking in filing a complaint was that Shirley’s story and mine might present a “teachable moment”. Maybe there are Americans with open minds willing to learn something for their own good and for America’s good?

Millions of Americans have been hurt by a flaw in medicine combined with the American lifestyle. If there was a ghost of a chance a complaint could lead to a positive change in someone's life or in "standard of care", it was worth it.

I also asked myself - what is God's will in all of this? To know in your heart that you are doing God's will is a wonderful feeling, more wonderful than anything you can imagine. His will is not always easy to figure out, but surely God's will is that someone who sees a doctor, healer, or any practitioner for help with a symptom, is entitled to know *the underlying cause*.

As any farm boy knows it's important to call things by their right names. "When you are sick see a doctor". That's sick-care. A "healthcare" system would deal with underlying causes. At age 7 my uncle came by as I was milking a cow. He grabbed the cow's tail pumping it up and down and said "This is how you milk a cow". I said "Aw, you're full of S- - -". He laughed. My dad loved to tell that story. Beware the tail pumpers.

"Doctor" in Latin means teacher. Under this standard of care patients learn something besides which pill to take. No wonder America is in big trouble with physical and mental health problems. People see their doctors and don't learn anything. Here's one example of what they should be learning.

Trap # 1 - The Chemical Trap

This first trap to avoid if you want a healthy old age involves the "FDA approved" manmade chemical aspartame and a few hundred thousand other manmade chemicals never designed to be put into a human body. Shirley had been drinking "diet" soda to avoid gaining weight. Nobody told her that some gain weight on "diet" soda nor of the possible harmful effects to brain and bone. Imagine gaining weight by doing something that you think is helping you to avoid gaining weight.

To understand manmade chemicals search online with “where are toxins stored in the body?” Manmade chemicals, if not eliminated, have to go someplace where they will do the least harm. That place is fat cells. The fat cells then attract water to dilute the toxins. Surprise - you gain weight as you pump more junk into your body thinking you are doing something to avoid gaining weight. Your blood pressure may also go up. You might also lose some memory and some of your sanity. Overweight America - pay attention.

You might be thinking that Shirley should have known better, but promotions can be persuasive. The word “diet” works like magic to sell something. Also, chemical addictions can be tenacious. Don’t count on the FDA with a “revolving door” of management to the companies they regulate to tell you what you need to know.

Diet Soda - Aspartame

A little history on aspartame might save a life. Studies going back to the 1970s show aspartame to be a neurotoxin as does a recent study in the National Library of Medicine. I added the following in my letter to Wisconsin DOJ with a link to the study.

“A 2021 science based review of studies on long term use of aspartame in the National Library of Medicine drew the following conclusions. Aspartame consumption can cause **mood disorders, mental stress, behavioral disorders, depression**. Long-term use influences cerebral and cerebellar cortex: can cause **neurodegeneration, modify the functions of neuronal cells, interrupt homeostasis, learning and memory**”. Some also report **weight gain**”.

As reported in Citizens for Health Jan 18, 2024, the World Health Organization said artificial sweeteners do not help with long term weight loss. In July 2023 the International Agency for Research on Cancer reported aspartame a “possible carcinogen”. In 1970 Dr. John Olney at Washington University had found aspartic acid from aspartame “produced holes in brains of baby mice”.

Are some doctors duped too?

It's easy to understand why Shirley and her niece were led astray but as for her doctors, not so fast. Should her doctors have known about the dangers of aspartame and warned Shirley? Yes of course. Health is their business. But as most farm boys know, the more you know about one thing, the less you know about everything. "Experts" don't always have all the answers.

About 25 years ago I listened to an audio tape of a man confined for 10 years to a wheelchair with ALS or "amyotrophic lateral sclerosis" who, like Shirley, had a long term diet soda addiction. Two weeks after giving up the soda and taking a coral calcium supplement he was out of his wheelchair shouting for joy. I will never forget the emotion he put into that audio tape. Some might say "just another anecdote - doesn't mean anything". They said the same thing about a man who raised Himself from the dead.

It's not just about ALS. Other related autoimmune diseases include multiple sclerosis, motor neuron, Parkinson's, Huntington disease. Imagine an immune system mixed up enough to attack one's own body. Farm boy common sense says manmade chemicals might have something to do with this. Also involved could be hundreds of possible deficiencies and imbalances related to vitamins, minerals, amino acids, and fatty acids that disrupt the natural chemistry of life. It could even be "side effects" of something from the drugstore.

Should the professional staff at the eldercare facility where Shirley lived have warned her of the risks of her habit instead of enabling it by making "diet" soda available to every resident? Yes of course. If informed she might have given up a bad habit rather than risk a loss of freedom.

If you realize the importance of understanding trap #1 pass this on. Don't forget church friends. Everyone deserves the blessings of good health in both younger and older years with freedom to enjoy a happy retirement.

Trap # 2 - Acidity, Flaccidity, the Junk Food Trap

Beyond manmade chemicals are fragmented and junk foods. Soda drinks are acidic due to their high phosphorous content. Now the body must rob calcium with an alkaline pH of 14 from peter (bones) to pay paul (blood) to keep blood pH at a critical 7.4. Blood pH must be maintained at a critical 7.4 because if it goes off even a little to the acid or alkaline side enzyme functions weaken. Then health and life are at risk. You can confirm all this with a search using the words “calcium, pH, bones” or “soda drinks, soft bones”. A link to a study in the National Library of Medicine is at the end of this tale.

Shirley’s doctors were apparently not aware of the high phosphorous soda pop danger to bones common to the standard American diet (SAD). Even if they were aware it wouldn’t have helped Shirley unless they did a proper lifestyle evaluation before making decisions to activate a POA.

There is also a sugar connection to bones. Search under “sugar and bones”. There is also a sugar connection to mental health. Search under “sugar and mental health”. Brain and nervous system cells do not store glucose. Thus they are especially sensitive to any kind of “sugar” issue.

By now you should be getting an idea of the lunacy of sending someone off to a mental ward without a proper lifestyle evaluation. Who are the crazy ones? I put that question to the Wisconsin Department of Health Services. No answer.

Trap #3 - the B Vitamin Trap

After reading this section you will realize that many symptoms people see their doctors for may be related not only to traps #1 and #2 but also to one or more B vitamin deficiencies *without doctor or patient ever knowing it*. For some science on B vitamins use your computer to search under “B vitamins”. Below is a partial list of functions and systems involving eight B vitamins. If you understand only 5% of this you can see that a deficiency of any B vitamin

can have effects on body and brain resulting in symptoms a doctor trained only in drug medicine might call a “disease” with an impressive long name.

Thiamin (B₁)- Assists in glucose metabolism and RNA, DNA, and ATP synthesis; Riboflavin (B₂) Assists in carbohydrate and fat metabolism; Niacin (B₃) Assists in glucose, fat, and protein metabolism; Pantothenic Acid (B₅) Assists in glucose, fat, and protein metabolism, cholesterol and neurotransmitter synthesis; Pyridoxine (B₆*) Assists in the breakdown of glycogen and synthesis of amino acids, neurotransmitters, and hemoglobin; Biotin (B₇) Assists in amino acid synthesis and glucose, fat, and protein metabolism; Folate (B₉) Assists in the synthesis of amino acids, RNA, DNA, and red blood cells; Cobalamin (B₁₂*) Protects nerve cells and assists in fat and protein catabolism, folate function, and red blood cell synthesis.

To complete the picture on the Bs, the mitochondria or energy factories in 37 trillion cells in the human body need the eight B vitamins listed to work right. The “mitos” are the energy factories that keep us warm and alive. Each muscle and liver cell has 100,000 to 600,000 mitochondria. For brain and nervous system cells some estimate each neuron has 2,000,000 mitochondria. Whew!

With B vitamins it’s about more than getting your Bs from foods like whole grains and nutritional yeast. Our Creator also created friendly microbes in the gut that make B vitamins. Many B deficiencies can only be fixed by balancing the digestive system, but that only works if you also balance the pH of digestive juices so their enzymes work right- but I digress. Sorry.

By now you should have some idea of how a little knowledge can make a big difference. You have some of the big picture on lifestyle traps every American should know by the 8th grade. There are more traps, but time for good news.

Big Picture Improving!

There’s good news in Milwaukee with four beautiful co-op stores called Outpost Natural Foods that sell only chemical free non-GMO food. Most likely there are similar stores in other places around America.

More good news! Systemic ignorance in America seems to be slowly, slowly, slowly improving. If this trend continues one day most Americans will face

fewer traps and enjoy fewer systemic deficiencies and imbalances in their bodies. In the big picture, from the 1940s to the 70s the mantra of the American Medical Association was “there is no relationship between diet and disease”. Then along came news in the 80s about inflammation and free radicals as primary causes of disease, both connected to what goes into the mouth. Ah - surprise - there is a diet connection to disease after all.

Then came the discovery of nitric oxide and later in 2017 news that the genome of a tiny whole grain of wheat is five times larger than the genome of the entire human body. How little we know as we fragment grains and buy white flour goodies deficient in zinc, magnesium, and the Bs found only in the bran and germ but essential to 500 enzyme systems. How many hundreds of other fractions and co-factors are missing that we don't know about?

More good news! In February 2022 Wisconsin joined a number of states licensing naturopathic doctors.

And more! In reading this you are learning how not to be a victim of bad news. Keep learning and you might make it to 100 and still be running. You are still in charge of your life but don't take your good fortune for granted. You can lose it faster than a slip on a frozen Wisconsin sidewalk. Just ask Shirley.

There's still too much bad news! Chemical farming is still mainstream while “organic-regenerative” are the alternative. Millions of tons of herbicides and pesticides run off farmer's fields and flow downstream to the Gulf of Mexico creating the biggest “dead zone” on the planet. At the same time artificial fertilizers deplete the soil of minerals resulting in food on dinner plates depleted of minerals. Then mineral deficient plants need pesticides to protect them from bad bugs as American immune systems are also weak when a pandemic hits. The poisons also come around to give some of us cancer. Who is trying to fix things at ground level? That's where bad news starts.

US Department of Agriculture - is that the best you can do?

The “Swamp”

Some point to bureaucracy as the “swamp”. Governments, businesses, and churches all have their bureaucracies of course. Although Jesus healed the sick left and right seven days a week, I have tried for over 30 years to get churches involved in healing with little success. Most pastors and priests, like most bureaucrats, follow their leaders who may or may not follow Jesus.

Although bureaucracies may be swampy they’re not the real swamp. Follow the money. The real swamp is the human heart that loves money more than people. When it hurts babies and little ones it is especially stinky and swampy. It’s easy to identify since “You cannot serve both God and wealth”. To drain the swamp “Love one another”. That heals at ground level. That’s where good news starts. Every owner of every business, every investor, every stockholder might ask the following questions before diving into a Shark Tank. This also applies to anyone who eats, drinks, and shops.

- Is it HEALTHY for moms, dads, and little ones?
- Is it KIND to moms, dads, grand-moms, grand-dads, and all their little ones?
- DOES IT AGREE with the Creator’s design for how life works? For example, does it agree with God’s design for how to feed a baby that blesses both mothers and babies? Does it agree with God’s design for making fertilizer out of natural waste and decay of plants and animals that blesses the planet and every living thing on it? Getting these two things right might save a few billion lives and the planet too.

If an old farm boy can get this so can everyone else. This tale is not finished. Neither is America’s story. Stay tuned to the news source that bought you this tale of three stories: Shirley’s, Jim’s, and America’s.

About the author

In younger years I suffered life threatening health problems with irregular heartbeat, panic attacks, adrenal exhaustion etc. It was either learn how health works or die. After suffering up to age 40, with God's help I started to learn how forgiveness and healing work. I also wanted to learn how Jesus healed so I enrolled in "hands on" training at the Sarasota School of Natural Healing Arts. I graduated six months later as a Certified Natural Healthcare Practitioner. Later, besides the Bible, I studied books written for doctors by one of the top clinical nutritionists of the last century, Robert J Peshek D.D.S. In 1988 I met Dr. Peshek. We were good friends until his passing. By 1990 I had created the 1-2-3 perfect health system that lets your body be your teacher on a pathway to wholeness as taught in a **Nutrition-For-Life** kit. Learn more at my website, link below. You can read my articles on health and nutrition on page 27 of Wisconsin Christian News. Without Jesus I would be nothing.

Links and Sources

Jim's website <https://www.phpower.org> (secure)

National Library of Medicine - [PubMed \(nih.gov\)](#) Search under just about any natural food or herb "and cancer" to come up with thousands of studies. Try with "lemon and cancer" or "apples and cancer". For example here's a link to a study on the apple listing the chemicals that protect cell at all four stages it must go through to become malignant: [Cancer chemopreventive potential of apples, apple juice, and apple components - PubMed \(nih.gov\)](#)

Aspartame and artificial sweeteners - [Aspartame—True or False? Narrative Review of Safety Analysis of General Use in Products - PMC \(nih.gov\)](#).

Citizens for health Jan 18, 2024 [Artificial Sweeteners: More Bad News Means It's Time to Bring Out the 'Influencers' - Citizens for Health](#)

Sugar and bones - [sugar and bones - Search \(bing.com\)](#)

Sugar and mental health - [sugar and mental health - Search \(bing.com\)](#)

B vitamins - [Microorganisms | Free Full-Text | B Vitamins and Their Roles in Gut Health \(mdpi.com\)](#) - also - [Mitochondrial function and toxicity: role of the B vitamin family on mitochondrial energy metabolism - PubMed \(nih.gov\)](#)