

Free

An informative, provocative, and essential newsletter...

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The Health Reformer



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&
Temperance
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Olive Oil May Protect Against Bowel Cancer

"... (A) new report indicates that olive oil alone can protect against bowel cancer.

Researchers ... looked at the cancer rates from the International Agency for Research in Cancer from 1987 to 1992. Then they used data from the International Olive Oil Council to look at food consumption and bowel cancer patterns for 28 countries, including most of Europe, the United Kingdom, the United States, Canada, Brazil, Colombia and China.

They came to three conclusions: First, that a diet high in meat and fish combined was associated with an increase risk in bowel cancer. Second, that a diet high in just meat and low in cereals and vegetables was also linked to a greater risk. And finally, that olive oil protected against bowel cancer regardless of fruit and vegetable consumption." *Onhealth (Sept. 19, 2000)*

9 Things Overweight People Can Do To Lose Weight...

They:

1. Should get moderate exercise after each meal (at least 15-20 minutes)
2. Shouldn't eat a thing between meals
3. Should drink water daily (8 glasses)
4. Should chew food 3-4 times longer
5. Should eat and retire on a schedule
6. Should avoid stomach irritants like cheese, vinegar, pepper, & alcohol
7. Should avoid yo-yo weight loss/gain
8. Should eat little, if any supper, at least 3-4 hours before bedtime
9. Should eat a large complex carbohydrate-rich breakfast and lunch. Complex carbohydrates are the staff of life—whole wheat bread (not white); cornmeal; barley; brown rice (not white); lentils; beans; pasta; whole grain cereals (not refined box cereals); oats; vegetables (not vegetable oil); potatoes (not potato chips); peas; raw fruits (not fruit juice). In other words, natural, **unprocessed foods**. *Dieting/Victory from the jaws of defeat, p.p. 19-21*

Religious Beliefs May Help

Adolescents Say No to Drugs

"A new study found that adolescents with strong religious beliefs are less likely to be involved in

substance use and abuse, Reuters reported Aug. 23.

'Alcoholism, in addition to being a biological disorder, is a spiritual disorder,' said lead author Dr. Lisa Miller. 'Adolescents who claim to have a personal relationship with the Divine are only half as likely to become alcoholics or drug addicts, or for that matter even to try contraband drugs (marijuana and cocaine).'

She added, 'This is particularly important because onset of alcoholism and drug addiction usually occurs in adolescents.'

... 'The findings show that a personal sense of spirituality helps adolescents avoid alcohol and drug use and abuse,' said Miller. 'Unlike adults in Alcoholics Anonymous, adolescents in this study were shown not to be helped by a rigid or forced adherence to religion.'

She added, 'Spirituality, whether within or without of religion, is the most central bearing in an adolescent's life. It cannot be ignored by parents, or the adolescent will go "shopping" for meaning, communion and transcendence.'

From their research, the study authors conclude that, 'Adolescents at high risk (such as those already using substances) might be protected from substance dependence or abuse if they engage with a Higher Power or become involved in a religious community.'

The study is published in the September issue of the *Journal of the American Academy of Child and Adolescent Psychiatry*. *JTO Direct (08/28/2000)*

Adults providing alcohol to teenagers

"Throughout the United States, states are passing laws that hold parents accountable if they allow liquor to be served to minors in their home. 'They'll be defensive about it, they'll rationalize it,' said Jon Mattleman, director of the Needham Youth Commission in Needham, Mass. 'They'll say, 'I did the same thing when I was a kid.'"

'We can't blame teenagers for the problem when it's adults who are providing the alcohol to them, said Ferris Morrison, project manager for the North Carolina Initiative to Reduce Underage Drinking. 'A lot of the problem is that parents just don't see alcohol as a problem.'

While some states have passed stricter 'social host' and 'adult responsibility' laws, others are organizing community meetings to educate parents and teenagers.

In addition, Rep. John Mica (R-Fla.) and Rep.

(Over, please)

Lucille Roybal-Allard (D-Calif.) will introduce a bill this month in the U.S. Congress to create a national media campaign to prevent underage drinking. The current anti-drug media campaign does not include alcohol." *JTO Direct (08/14/2000)*

Drop the Remote; Get a Life!

"Think of all the things you could be doing instead of watching television. Now turn off the TV and go do them.

... Federal health officials encourage turning off the television because numerous studies have linked television-watching to obesity (including violent and immoral behavior), particularly among children.

According to statistics from TV-Free America, based in Washington, D.C., 98 percent of all American households have a television. More than 88 percent have at least two sets. Two-thirds of American homes watch TV while eating dinner, with the television in most homes on an average of seven hours a day. The average American kid watches television 1,154 hours a year. However, the AAP recommends absolutely no television for children ages 2 and younger.

Not sure what to do with that time once spent watching television?" ... (Here are some suggestions: Read a good book, plant a garden, volunteer, listen to good music, sing a song, spend more quality time with your family, visit a library, exercise or go help somebody.) *Onhealth (April 24, 2000)*

Many Smokers on Medicare Not Urged to Quit

"According to the CDC (Centers for Disease Control and Prevention) study, about 13 percent of patients in Medicare managed-care programs smoke. Government guidelines require such programs to encourage patients to quit smoking.

The study found, however, that 30 percent of Medicare recipients who smoke were not urged to quit by their doctor or other health-care providers. The report found that minority groups are less likely to be encouraged to stop smoking: More than 72 percent of whites were urged to stop smoking, compared with 68 percent of blacks, 65 percent of Latinos and 54 percent of Asian Americans." *JTO Direct (09/13/2000)*

Not only doctors, but also all of us should encourage our fellow men to stop smoking and drinking. Someone put it this way: "Your neighbor may be yielding to the temptation to destroy himself by liquor drinking and tobacco using. He may be burning up his vital organs by fiery stimulant. He is pursuing this course to the ruination of himself and his wife and children, who have no success in trying to stay the feet that are traveling the road to perdition. ...do all in your power to save your fellow creatures." *Temperance, p.232*

One of the major funders of the 2000 presidential debates: Anheuser-Busch

"Anheuser-Busch (A-B) is providing about half a million dollars to put on the debate hosted at Washington University in St. Louis, as well as providing general support to the non-profit Commission on Presidential Debates (CPD). The bipartisan Commission, established in 1987, is responsible for organizing the debates. 'Like any 501 (c) 3 organization, we rely on contributions from individuals, corporations and foundations to produce the debates every four years,' John Scardino, the CPD's media director, tells Join Together.

Along with U.S. Airways, The Century Foundation, The

Marjorie Kovler Fund and 3Com, Anheuser-Busch is one of the major funders of the 2000 debates. The beermaker also sponsored the 1996 debates between President Bill Clinton and Sen. Bob Dole.

In return for its sponsorship, Anheuser-Busch will be highlighted on the CPD's web site and in the official printed program for the debates, as well as garnering bragging rights in the media. 'It's a pleasure and honor for Anheuser-Busch to be part of this historic event in St. Louis,' said Stephen K. Lambright, group vice president and general counsel for the beermaker, in a press release announcing the Washington University debate.

... Scardino, however, says that no Bud logos will appear in the hall where the debates will take place, nor will any beer commercials interrupt the debates themselves. 'If Anheuser-Busch wants to buy (broadcast advertising) spots before or after the debates, that's up to them,' he added. ...

... "The Commission's choice of funders and even staff has particularly irked the prevention and treatment community. In addition to Anheuser-Busch, past sponsors of the debates have included tobacco giant Philip Morris (1992 and 1996) - a relationship that seems almost inconceivable in the current political environment. (Philip Morris also owns the Miller Brewing Co.). ...

... 'You especially must question why a company (Anheuser-Busch) whose product kills more young people in this country than any other alcoholic beverage is sponsoring the debates and becoming a central element of the political process,' says industry critic George Hacker, head of the alcohol policy project at the Center for Science in the Public Interest. 'It's telling about the amount of political influence that Anheuser-Busch and others in the industry wield in the executive branch.' *JTO Direct (9/22/00)*

Think about this: "The man who has a vicious beast and who, knowing its disposition, allows it liberty, is by the laws of the land held accountable for the evil the beast may do...On the same principle the government that licenses the liquor seller should be held responsible for the results of his traffic.

... Licenses are granted on the plea that they bring a revenue to the public treasury. But what is this revenue when compared with the enormous expense incurred for the criminals, the insane, the paupers, that are the fruit of the liquor traffic! ...

... Let the voice of the nation demand of its lawmakers that a stop be put to this infamous traffic."

The Ministry of Healing, p.p. 343, 346

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