

Free



**Health
&
Temperance
Team**

**SUBSCRIBE
TODAY!**

Phone
(773)
416-4146

Fax
(708)
496-3475

E-mail:
mail@
healthreformer.org

www.healthreformer.org

An informative, provocative and essential newsletter:



The Health Reformer

The spirit of gain is leading many to invest in so-called sin stocks

Not everyone cares about morality and health when it comes to investing. Many people think morals and money do not mix. They maintain that investing should be to make money, period. Therefore, they see nothing wrong with investing in "sin stocks." Sin stocks are companies that are anti-morality (e.g., weapons, gambling, pornography) and anti-health (e.g., tobacco, alcohol, caffeine).

Here is how some sin stock sympathizers do their work: "Many financial advisers tell their clients to keep their social agenda separate from their investment goals. Most clients listen, the advisers said.

Joel Isaacson, a certified financial planner and principal at Joel Isaacson & Co. Inc. in New York, said the problem with screening out certain stocks is it's hard to draw the line. He rarely sees people avoid tobacco or the other sin stocks -- unless an investor has a relative who died of cancer.

...Peggy Ruhlin, a certified financial planner and principal at Budros & Ruhlin in Columbus, Ohio, tells her clients tobacco stocks usually account for a tiny percentage of a mutual fund's holdings. She recommends they give their profits to charity if they really object -- but she doesn't know if anybody has actually made a donation.

'Generally, people don't care,' she said. 'They want to make money.'

—by staff writer Martine Costello, CNNmoney

NOTE: Please never invest in a company that is dependent on the misery of others for its success. Its money is stained with blood! A curse is upon it.

Invest your means in institutions that are doing a good work. Invest your money where it will be doing good. Let your worldly possessions decrease for the sake of the afflicted ones. Show your liberality by presenting a sacrifice for suffering humanity today! This kind of investing involves NO RISKS.

Here is how some state laws demoralize doctors working at our nation's emergency rooms/trauma centers

Most emergency rooms and trauma centers in the U.S. rarely screen trauma patients for alcohol or other drug use because state laws give insurers the option to deny medical reimbursements to patients who are hurt while under the influence, the Wall Street Journal reported Feb. 26.

In 38 states and the District of Columbia, decades-old Uniform Individual Accident and Sickness Policy

Provision laws allow health-insurance policies to exclude such payments. "Doctors don't test [for alcohol and other drugs] because they're afraid they won't get paid," said Larry Gentilello, chief of trauma and surgical critical care at Beth Israel Deaconess Hospital in Boston, Mass.

For the past three years, Gentilello has been urging insurers, regulators, and state lawmakers to repeal the laws and include drug testing and counseling as part of routine trauma care.

Measuring a patient's blood-alcohol content (BAC) would be a quick and easy way for ER doctors to determine if alcohol is involved in an injury and if a referral to addiction treatment is warranted. "It's a lot easier to do a BAC than an interview," Gentilello points out.

...."The only impact of (these state laws)...is to sweep the problem under the rug."

The end result is that insurers not only are paying claim after claim for alcohol and other drug-related injuries, but patients and doctors are missing out on a major opportunity to intervene and prevent further ER visits. "There's a teachable moment when you're pulled out of a wreck," says Gentilello.

....The potential benefits of widespread ER screening for addiction are immense, says Gentilello. Up to 70 percent of all trauma victims are under the influence of alcohol or other drugs, and studies have shown that addiction-oriented interventions with trauma patients can cut hospital readmissions nearly in half.

"If we screen and offer intervention to trauma patients, we can really reduce the recurrence of injury. But there's a real reluctance among trauma centers to get involved," Gentilello said.

To date, Maryland, North Carolina, and Vermont have repealed their laws. Similar efforts have failed in New York, Washington, and Arizona.

Statistics show that alcohol and other drug-related injuries make up almost half of all trauma-center visits. With such a high number, insurers said the cost of claims would increase if they had to cover such injuries. Insurers also chided doctors, saying medical need should steer healthcare decisions.

"Quite frankly, I'm a little disheartened that physicians would base their treatment decisions on whether or not they might be reimbursed by an insurance policy," said Larry Akey, spokesman for the Health Insurers Association of America, a 300-member trade group. *Join Together Online, 2/26/2003*

(Over, please)

NOTE: Doctors "should expel from their practice everything which has been brought in by selfishness, avariciousness, injustice...."

Every physician should be true and honest. He is not in any case to defraud his patients." *Medical Ministry*, p. 121

Regular Walking Reduces Heart Disease Risk

April 22, 2002 -- Heart disease is the No. 1 killer of older women. But walking—simply walking—can make a big difference in reducing that risk, according to a study presented at this week's Experimental Biology 2002 meeting.

As people get older, large arteries lose their elasticity and get stiff, causing high blood pressure and enlarging the heart. Both are serious risk factors for heart disease. After menopause, women are at especially high risk.

But the study showed that a bit of walking—not even brisk walking, just at a moderate pace—can transform stiffening arteries into more pliable ones, like younger women have.

The 12-week study involved a group of 14 women, all about age 60, who didn't exercise but were otherwise healthy. At the end of the study, they all had nearly 50% improvement in elasticity of arteries.

The exercise schedule: the women walked just five days a week for 40 to 45 minutes.

"What pleased us most was the size of the change relative to the simplicity of the exercise involved, and the short time required to see a marked improvement in elasticity," says lead author Kerrie Moreau, PhD, with the University of Colorado Human Cardiovascular Research Laboratory in Boulder.

An earlier study by this team found similar benefits in healthy middle-aged and older men. *By Jeanie Lerche Davis, WebMD Features*
NOTE: "When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe ...The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action, for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs." *2T, p. 529*

Secondhand Smoke in Home Convinces Mom to Quit Smoking

When a New Jersey woman saw how foul the air in her home was from secondhand smoke, she resolved to quit smoking to protect her two children, ABC News reported March 5.

Margie Monahan, who has been smoking for 25 years, had an evaluation conducted to determine the level of toxins in her Monahan home.

In less than one hour of testing, and after Monahan smoked only two cigarettes, researchers from Mount Sinai Hospital in New York and Microecologies Inc. found that the number of toxic particles in the air increased from 26 to 103.

In addition, researchers tested the urine of the children and found that Monahan's five-year-old daughter had three times more nicotine byproducts than did a child in a smoke-free home.

Based on the findings, Monahan made a commitment to quit smoking...

"I think the scariest thing you can tell a parent is that if they smoke, they increase the risk of their child dying young," said pediatrician Phillip Landrigan, a professor at the Mt. Sinai

School of Medicine. "And they increase the child's chances of dying prematurely in adult life if the child becomes a smoker because the child imitates the parents." *Join Together Online, 3/6/2003*

Drunk driving is NOT largely limited to a small core of alcoholics

More than 40 percent of drivers killed in alcohol-related car crashes had no prior history of problem drinking (they were social drinkers), showing that preventive efforts need to look beyond hardcore drinkers and chronic offenders, drunk-driving opponents say.

HealthScout News reported Sept. 16 that the report in the September issue of the journal *Injury Prevention* found that while 68 percent of drunk drivers with a blood-alcohol content (BAC) of .015 percent or higher had a history of alcohol abuse, only 41 percent of drivers with a BAC of .10 to .14 percent had a prior history of alcohol problems. Among those with BACs of .01 to .09, 32 percent of victims previously had problems with alcohol.

The legal limit for drunk driving in U.S. states varies from .08 or .10 percent.

"The thrust in the alcohol field is to go after the hardcore, problem-drinking group, which does exist," said Allan Williams, lead author of the report and a researcher at the Insurance Institute for Highway Safety. "But while they do contribute, there's the whole spectrum of drinking involved."

Alcohol is involved in about 30 percent of the 40,000 annual fatalities on American roads each year, and about 30 percent of drivers killed in these incidents have a BAC of .10 percent or more. *Join Together Online, 9/18/2002*

NOTE: As you can see, the liquor traffic is doing more damage to Americans than terrorists did on Sept. 11.

Alcohol—not illicit drugs—is often a key factor in domestic violence

New research disputes previous studies that people under the influence of illicit drugs commit most violent crimes, the Sacramento Bee reported Dec. 9.

...the research found that alcohol use is often a key factor in domestic violence. According to the study, the highest percentage of domestic-violence crimes were committed by people who admitted to a heavy use of alcohol, but did not test positive for other drugs.

"The results of this study call into question the link between illegal drug use and violent criminal behavior," the researchers concluded. "And they raise concerns about the legal consumption of alcohol and its contribution to domestic violence."

The study was conducted in partnership with the federal Arrestee Drug Abuse Monitoring (ADAM) project, run by the U.S. Department of Justice. *Join Together Online, 12/11/2002*

Visit us online at

www.healthreformer.org

for FREE bumper stickers,

FREE health literature,

FREE subscription,

and MORE.