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The Health Reformer

The legal drinking and smoking age laws serve well the interests of Big Alcohol and Big Tobacco

Legal drinking and smoking age laws are commendable since they open up a door through which the underage can be shielded from the harmful effects of legal drugs. But let us not forget that these laws *also* help to conceal the wickedness behind the legal drug trade. These laws serve well the interests of Big Alcohol and Big Tobacco. Here is how:

- Legal age laws allow the liquor and tobacco industries to continue preying on the public (legal age and underage alike!). These money-loving industries know very well that covetous men generally balk at the thought of killing the goose that laid the golden egg. Hence, these so-called valued 'geese' (i.e., Big Alcohol and Big Tobacco) are not 'killed.' But let's keep in mind that we are not talking about harmless 'geese' here. We are talking about vicious beasts that are killing and maiming many! But since legal drugs are permissible to legal age adults, and others continually profit from them, the 'beasts' are allowed to continue to cunningly market their malicious products everywhere through every imaginable means. In this way, temptation to use legal drugs is constantly kept before the public. And the over-publicized use of these drugs normalizes the risky behavior. No wonder so many underage kids are lured into using these drugs! No wonder so many alcoholics and smokers who are trying to reform find it very hard to overcome their addiction!

- The legal age laws fool the young and old into believing that drinking and smoking are human rights pertaining to responsible legal age adults *only*. So, as one might expect, some underage kids just can't wait to reach legal age to start using these very addictive and harmful drugs. Others find the drinking age laws too rigid; they argue that the legal drinking age should be lowered. And there are also those young people who want the drinking age lowered because they feel that the right to drink is denied them (the age discrimination factor). But we must keep in mind that there is no such thing as a 'right' that tramples other people's rights! Alcohol and tobacco have secondhand effects that put other's rights at risk—especially the rights to life, peace, and clean pure air! The interests of *all* should be closely guarded.

- The legal age laws make it possible for Big Alcohol, Big Tobacco, and all their wholesalers to put on a cloak of righteousness because now they can act as the 'good neighbors' that protect underage kids

by enforcing the legal age laws of our nation. You probably have seen the popular signs which feature the legal minimum age to purchase proudly displayed in almost all businesses that sell alcohol and/or tobacco products. But underage or not, no one should use these drugs! All those directly or indirectly involved in the liquor or tobacco trade may wash their hands like Pilate, but their money is still stained with innocent blood.

The legal drug trade is evil, but our present legal-age laws help to hide this fact (which is just what Big Alcohol and Big Tobacco want). The government, which is sanctioning the work of liquor and tobacco sellers, should be held responsible for all the harm resulting from their work. © 2003 HealthReformer.Org. All rights reserved.

Caution: The drug caffeine is hidden in sodas, juice drinks, and snacks

Caffeine hidden in sodas, juice drinks, and snacks may be giving your kid a drug habit.

If you think you know which drinks and foods to avoid, think again:

- Sunkist Orange Soda carries about the same amount of caffeine as Coca-Cola Classic.
- Mild-tasting Starbucks Coffee Frappuccino has more than three times as much caffeine as Pepsi (which has slightly more caffeine than Coke).
- Glacéau Vitaminwater Energy Tropical Citrus -- a flavored bottled water -- has almost as much caffeine as Coke.
- Six ounces of Dannon Natural flavors Low Fat Coffee Flavored Yogurt has more caffeine than a cup of Mountain Dew (which has 50% more caffeine than Coke).

The findings come from tests reported in the July issue of Consumer Reports. The report notes that few product labels show how much caffeine the product contains. And if the caffeine isn't an added ingredient, the labels don't even have to list it. Foods containing coffee or chocolate almost always have caffeine in them.

This makes it hard for parents to know how much caffeine their kids are getting. Marvin M. Lipman, MD, chief medical advisor for Consumer Reports, says this can be a problem.

By Daniel DeNoon, WebMD Medical News

Note: Even small doses of caffeine, taken regularly over time, will usually produce some degree of addiction.

Caffeine can produce...

- Elevated blood sugar

(Over, please)

- Increased blood pressure
- Elevated blood fats (triglycerides)
- Heightened symptoms of PREMENSTRUAL SYNDROME (PMS)
- Tremors, irritability, and nervousness
- Aggravation of anxiety disorders and panic attacks
- Increased stomach acid secretions
- Urinary calcium and magnesium losses
- Insomnia
- Irregular heart-beat
- Increased stimulation of the central nervous system (it overrules the need for rest)

Health Power, Health by Choice Not Chance

The alcohol industry attempts to cover its guilt with a cloak of liberality

The alcohol industry is guilty of the hopelessness, the misery, the suffering, brought into the world by the liquor traffic. But liquor sellers are doing everything they can to cover up their guilt. They especially attempt to cover their guilt with a cloak of liberality.

Beer Serves America, a liquor sellers' favorite website, boasts that the alcohol industry "has donated millions of dollars to community based organizations, including those involved with education, health care, the arts, social services, and the environment." It claims to be "a dynamic part of our national economy, contributing billions of dollars in wages and taxes." It also provides emergency and disaster relief, funds scholarship programs, etc., etc. ...

But no matter how much money liquor sellers give to good causes, their money is stained with blood. They are guilty of the following:

- They are guilty of luring our youth to destruction through the terrible liquor habit. "Upon the creating of the liquor appetite in the youth the very life of the traffic depends."

The Ministry of Healing, p.342

- They are guilty of robbery. "For the money they receive, no equivalent is returned. Every dollar they add to their gains has brought a curse to the spender." *ibid., p.337*

- They are guilty of laying a snare for the drunkard and have built themselves up by his degradation. They entail "on the drunkard's family poverty and wretchedness." *ibid., p.338*

- They are guilty of perpetuating crime and misery. "The result of liquor drinking is demonstrated by the awful murders that take place. How often it is found that theft, incendiarism, murder, were committed under the influence of liquor. Yet the liquor curse is legalized, and works untold ruin in the hands of those who love to tamper with that which ruins not only the poor victim, but his whole family." *Temperance, p.24*

"All those who sustain the liquor seller in his work are sharers in his guilt."

The Ministry of Healing, p.342

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Many of us are digging our own graves with knife and fork

As Americans, we pride ourselves on being the best-fed nation on earth. But we are paying a high price for the privilege—in needless disease, disability, and premature death.

Americans are eating too much of nearly everything—too much sugar, too much fat, too much cholesterol, and too much salt. We eat too much calories. And we eat too often.

Such abundance has helped lay the foundation for coronary

artery disease, stroke, high blood pressure, arthritis, adult-onset diabetes, obesity, and several kinds of cancer. These diseases are responsible for three out of four deaths. They are related to our lifestyle, especially to how we eat.

Surprisingly, pesticides and preservatives aren't the worst offenders. Here are the more serious culprits:

1. SUGAR. The National Research Council reports that refined sugars and sweeteners account for up to 20 percent of many people's daily calories. Devoid of fiber and nutrients, refined sugars are empty, or naked, calories. But because of their caloric density, they are well suited to promote obesity.
2. REFINED FOODS. People used to think refinement was good because it got rid of useless roughage. Now we're learning how necessary fiber is in protecting us from certain cancers, stabilizing blood sugar, controlling weight, and preventing gastrointestinal problems such as gallstones, hemorrhoids, diverticulitis, and constipation.
3. SALT. Most Westerners consume 10 to 20 grams (two to four teaspoons) of salt a day. This is many times more than is actually needed and contributes prominently to high blood pressure, heart failure, and kidney disease.
4. FAT. Most people don't realize that they are consuming an average of 37 percent of their daily calories as fat. This is much more than the body can properly handle. As a result, blood vessels plug up, impotence sets in, and hearts and brains suffer. A high-fat diet also contributes to overweight, adult diabetes, and certain cancers.
5. PROTEIN. A diet heavy in meat and animal products provides more protein, fat, and cholesterol than the body can use. Westerners eat two or three times more protein than is recommended. Scientists now recognize that a diet containing less protein and much more less fat and cholesterol is essential for improved health and longevity.
6. BEVERAGES. North Americans seldom drink water. Instead, they average several servings of soda pop, beer, coffee, tea, and sweet drinks every day. Because most of these drinks are loaded with calories from sugar and alcohol, they can play havoc with blood sugar levels and sabotage weight-control efforts. Caffeine, phosphates, and other chemicals found in beverages pose additional health risks.

7. SNACKS. Engineered taste sensations are taking the place of real food. Schools, day-care centers, even hospitals require snacks to be available. The coffee break remains standard at work, and snacks reign supreme after school and at home. Well-planned family meals are now the exception. Snack attacks disrupt digestion, overburden the stomach, and are a frequent cause of bloating and indigestion.

Note: Eating a variety of whole-plant foods will furnish all the fat, protein, fiber, and nutrients the body needs. It's also ecologically sensitive and will cut the food budget in half.

The best news is that this kind of dietary lifestyle helps delay and often prevents the onset of most Western killer diseases. Eating full-fiber plant foods not only allows people to eat larger quantities of food without having to worry about weight gain, but also can promote optimum health and energy for a lifetime.

Health Power, Aileen Ludington, MD & Hans Diehl, DrHSc, MPH

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