

Free

An informative, provocative, and essential newsletter...

February 2001



The Health Reformer

Some Pharmacies sell to customers that which corrupts and destroys mind and body

Does the business of all drug stores throughout the United States focus solely on prevention and treatment of various illnesses? Not really. Some pharmacies also sell health-destroying products to their customers, such as noxious tobacco products and intoxicating liquors. Why do they do this?

"A number of pharmacies...say they stock cigarettes, cigars and other tobacco products because their customers want them.

Walgreen Co., the nation's largest drugstore chain, still sells tobacco... 'Consumers want it, and we want to serve the consumer,' said spokeswoman Laurie Maier. ...Randy Juhl, dean of the pharmacy school at the University of Pittsburgh, Pa., opposes tobacco products being sold in pharmacies. 'Pharmacies should not sell cigarettes and other tobacco products because it represents a contradiction of professional obligations and pharmacies are in the health-care business,' said he.

He adds, 'The decision to sell or not to sell tobacco isn't being made by pharmacies, but by their corporate owners. Their defense is: 'If people want cigarettes and we don't sell them, they will buy them somewhere else.' " *Join Together Online (April 6, 2000)*

Pharmacies that sell alcoholic beverages and tobacco products to their customers should know that this kind of business "means robbery. For the money they receive, no equivalent is returned. Every dollar they add to their gains has brought a curse to the spender...For the sake of gain, ...(they deal out to their) victims that which corrupts and destroys mind and body. ...(They entail) on the drunkard's family poverty and wretchedness."

The Ministry of Healing, p.p. 337, 338

Alcohol Advertising during the Super Bowl

In a letter sent today (Friday 26, 2001), "78 consumer, health, safety, and faith-based groups urged President Bush to oppose alcohol advertising that reaches millions of viewers under the legal drinking age, such as those scheduled for broadcast during the Super Bowl...

'Unfortunately,' said Paula Kemp, Associate Director of National Families in Action, 'underage people are very much the targets, intended or not, of broadcast ads for alcohol. Those clever and funny beer ads, which have been among the most entertaining Super Bowl

commercials in previous games, are especially popular among teens.'

Alcohol is the most used drug by young people in the United States, accounting for thousands of deaths each year, including automobile crashes and accidents, suicides, homicides, burns, and drowning. According to government and academic research, the economic cost of underage drinking exceeded \$58 billion in 1998. Many young people begin drinking by age 13, and by the 12th grade in high school, 30 percent get drunk at least once a month.

'We have an epidemic of underage drinking in this country,' said George Hacker, director of the Alcohol Policies Project of the Center for Science in the Public Interest. 'Our children are at risk, and it makes no sense to allow alcohol marketers to increase the pressure on them to drink...Preventing underage drinking should be a bipartisan issue that reflects President Bush's interests in the welfare of children and families. We hope he'll pressure beer and liquor companies to do a better job of steering their advertising away from youthful audiences, such as those watching the Super Bowl.' "

Join Together Online (January 26, 2001)

Think about this: The liquor seller is often "forbidden to sell intoxicants to one who is drunk or who is known to be a confirmed drunkard; but the work of making drunkards of the youth goes steadily forward. Upon the creating of the liquor appetite in the youth the very life of the traffic depends. The youth are led on, step by step, until the liquor habit is established and the thirst is created that at any cost demands satisfaction. Less harmful would it be to grant liquor to the confirmed drunkard, whose ruin, in most cases, is already determined, than to permit the flower of our youth to be lured to destruction through this terrible habit." *The Ministry of Healing, p. 342*

Caffeine, chocolate, and breast cysts

"Did you know that there is a strong link between soft, moveable, tender breast cysts and coffee, tea, cola, and chocolate?

...Coffee, tea, cola, and chocolate all contain methylxanthines, which have been shown experimentally to produce biochemical changes in breast tissue. Specifically, methylxanthines increase cyclic nucleotides within the breast, which in turn overly stimulate protein-kinase activities and cause the overproduction of fibrous tissue and
(Over, please)



Health
&
Temperance
Team



Celebrating our
1st Year!

Phone
(773)
416-4146

Fax
(708)
496-3475

E-mail:
healthreformer@
hotmail.com

cyst fluid. These changes are thought to increase the risk of developing breast cancer.

Interestingly, removing methylxanthines from the diet tissue has been found to improve breast tissue and resolve cysts in many women.

Breast lumps and cysts should always be examined by a trained health practitioner, since it is not possible to distinguish benign from cancerous growths based on clinical breast exam alone.” *Alternative Medicine with Cathy Wong*

Medical “research has raised concerns that coffee and other caffeinated beverages may increase the risk of certain cancers. The list of those malignancies include cancers of the kidney, breast, pancreas, ovary, bladder, and colon.” *Proof Positive, p. 499*

Obesity linked to increased cesarean section risk

“Obesity has been recognized as a risk factor for a number of medical problems, ranging from diabetes to arthritis. Now, a pair of researchers has identified cesarean section as one more obesity-associated complication.

Indeed, obese women are three to four times as likely as thinner women to undergo a cesarean section, according to the report in the January issue of *Obstetrics and Gynecology*.

Paul Kaiser and co-author Russell Kirby, from the Milwaukee Clinical Campus of University of Wisconsin looked at nearly 1900 patients at a nurse-midwifery practice in Milwaukee.

Of this group, there were about 100 cesarean births. Nearly 8% of obese women underwent a cesarean delivery compared with 4% of average-weight women, the researchers note.

Kaiser and Kirby also found that women who gained excess weight in pregnancy doubled their risk of cesarean section. Of the women who were overweight before they got pregnant, 70% gained more than the recommended amount of weight during their pregnancies.” *HealthCentral (January 02, 2001)*

Alcoholic beverages aren't proven heart helpers

“To ward off heart attacks, doctors with the American Heart Association say nothing beats the time-honored practices—eating healthfully, exercising regularly and maintaining a healthy weight.

‘We want to make clear that there are other risk-reduction options that are well-documented and free of the potential hazards associated with alcohol consumption,’ Dr. Ira J. Goldberg, a member of the AHA’s Nutrition Committee, said in a statement.

‘There is no scientific proof that drinking wine or any other alcoholic beverage can replace these effective conventional measures.’

...Much of the hypothesis that red wine counteracts the effects of dietary cholesterol and saturated fat came from population surveys. They showed lower rates of heart disease, despite high-fat diets, in parts of Europe where people drink wine regularly.

But Goldberg said this observation could be attributed to other differences in diet between Americans and Europeans.”

HealthCentral (January 23, 2001)

It “remains unclear whether components in wine or the heart-healthy lifestyles of wine lovers are behind ... (the) boost in cardiac protection, say researchers writing in the January 23 issue of *Circulation*, a journal of the American Heart

Association (AHA).

... ‘If you want to reduce your risk of heart disease, talk to your doctor about lowering your cholesterol and blood pressure, controlling your weight, getting enough exercise and following a healthy diet.’ ” *HealthCentral (January 22, 2001)*

Whole Grains could cut risk of stroke nearly in half

“Whole wheat bread, instead of white, for your sandwich. Popcorn instead of cookies for an evening snack. Easy whole grain switches such as these could cut your risk of stroke nearly in half, new research shows.

When Harvard University researchers examined 12 years of food diaries kept by 75,000 women participating in the landmark Nurses’ Health Study, they found that those who ate the most whole grains, about 2 to 3 servings a day, reduced stroke risk by up to 40% (*JAMA*, Sept 27, 2000).

...Some other quick whole grain strategies include the following:

- ...brown rice, or whole wheat pasta.
- Wheat germ sprinkled over salad.
- A bowl of air-popped popcorn or whole grain crackers
- Hot oatmeal or whole grain cold cereals (such as Total, Wheaties, and Cheerios)” *March 2001/Prevention*

Warning: Sports linked to alcohol

“Although sports have been shown to help young people stay healthy and out of trouble, substance abuse remains common among college athletes. And new research suggests the most popular drug on college campuses—alcohol—is even more frequently abused by athletes.

...Toben F. Nelson and his colleague at Harvard School of Public Health in Boston, Massachusetts, Henry Wechsler, looked at alcohol use among nearly 13,000 college students nationwide, about 2,200 of whom were athletes. The investigators found that both male and female athletes were more likely than other students to binge drink, and they more often said getting drunk was an ‘important reason’ for drinking.

Athletes, Nelson told Reuters Health, are in social settings that promote drinking more often than other students. The very fact that they are part of a team provides them with an instant and large circle of friends.

More troublesome, Nelson and Wechsler found that athletes drink more despite the fact they are far more likely than non-athletes to have anti-drinking education. Education, Nelson said, seems to lose out to its ‘competition’—such as media images that link sports and alcohol.

According to Nelson, coaches, college administrators and athletic departments need to be more alert to the problem of drinking among athletes.

‘A lot of people,’ Nelson said, ‘still aren’t willing to accept it.’

The NCAA study confirmed that drinking is standard behavior among college athletes. In its periodic survey of athletes nationwide, the association found that more than 80% of athletes drink.” *HealthCentral (January 25, 2001)*

Subscribe to

THE HEALTH REFORMER. IT'S FREE!

Call (773) 416-4146.

Or visit us online at

www.healthreformer.org