

Free

An informative, provocative, and essential newsletter...

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The Health Reformer



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&
Temperance
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Mind Cure

“In one famous study, a surgical procedure for chest pain was compared to sham surgery, in which the patients were given shallow incisions in the chest but the actual procedure was not completed. The patients undergoing this placebo surgery responded as well as those getting the actual procedure. As a result, the original surgery is no longer performed.

Not only angina, but also many other conditions ranging from arthritis and asthma to ulcers or depression have been helped with placebo medications. Anywhere from 30 to 75 percent of people given placebos experience improvement.”

Health Central, March 20, 2000

“The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.

Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul.”

The Ministry of Healing, p.241

Legalized Drugs and your children

“A ... study in the Journal of the American Medical Association (JAMA) finds cartoon characters in the most popular feature-length animated films are smoking and drinking to a surprising degree. Sixty-eight percent of the films showed at least one character using tobacco or alcohol.

...The study found that tobacco or alcohol was used by at least one character in two-thirds of the animated children’s stories done during the past 60 years.

... “Tens of million of very young children and

adolescents are clearly being exposed to a positive portrayal of tobacco and alcohol use in animated films, much as it is portrayed in non-animated films,” the researchers wrote.

CNN.com, March 18, 1999

“A number of Web sites sell and ship alcoholic beverages to online buyers and require little more than a credit card and an address.

The buyer has to state or “click” that he or she is old enough to buy alcohol legally; then the order is shipped directly to a home, or college dorm.

“Because there is no way to determine age or identity ordering over the Internet, anyone regardless of age with access to a major credit card can order these products.”

CNN.com, March 9, 1999

As someone has already put it, “nothing is left undone to create and to foster the desire for intoxicants.”

(The Ministry of Healing, p. 338)

Soy Protein and your heart

“Research has shown that eating soy protein, as compared to milk or meat protein, can lower total cholesterol and LDL, the “bad” cholesterol. Foods such as tofu ... soy-based meat alternatives and soy beverages may all be candidates for this beneficial health claim.”

Thrive Online (March 10, 2000)

If you are interested in our next Vegetarian Cooking School or if you want to know more about tofu or soy products, please call our number.

Reverse Type 2 Diabetes & Control Weight Naturally

People concerned with diabetes in Illinois can discover how to reverse their condition through lifestyle intervention, at the physician-directed NEWSTART® Reversing Diabetes and Obesity seminar held **June 20-22 at Wheaton College west of Chicago**. Call **800-525-9192**, or visit www.ReversingDiabetes.org Register by May 30 for early bird discount!

Junk food and the teenage body

“A panel of researchers presented data from a number of studies ... during the 49th annual scientific sessions of the American College of Cardiology, that show that the ill effects of a poor diet not only bring about changes in the teenage body that increase risk of heart disease, such as high blood pressure and high cholesterol levels, but that evidence of heart disease can already be seen on ultrasound examination.

Dr. Albert Sanchez and colleagues at the Pacific Health Education Center in Bakersfield, California, asked 211 students from three different high schools ... about their
(over, please)

lifestyles and eating habits. The researchers also measured blood pressure, height and weight, and took blood to measure cholesterol levels, triglycerides and uric acid levels. The students also had the thickness of their carotid artery walls measured by ultrasound.

The carotid arteries, two large arteries in the neck, carry blood to the brain. Thickening of the walls of these arteries has been linked to an increase risk of stroke.

The researchers found that the Latino teens consumed more total fat and cholesterol than the other two groups. 'They were eating an extremely horrendous diet, which makes them susceptible to heart disease,' Sanchez said. 'We were appalled... 80% to 90% (of the Latino teens studied) were eating this way.'

He found that overall, 37% of students had abnormally high cholesterol levels and a significant number had high LDL ('bad') cholesterol levels and high blood pressure – all risk factors for heart disease.

Co-investigator Jacques D. Barth reported that a low-fat, high-vegetable intake translated into a thinner, healthier carotid artery wall. Students who consumed more fat and cholesterol had thicker artery walls. 'We saw an excellent correlation between the amount of junk eaten and wall thickness,' Barth said, and some of the teens 'had the (carotid) walls of a 40-year-old.'

The investigators also showed the teens the ultrasound pictures of their arteries, to highlight their increased risk. At the follow-up a year later, Barth said that the pictures had made a strong impression and that many of the students had voluntarily changed their lifestyles.

'The states have a responsibility in this,' Barth said. 'The schools are serving junk.'

'Our young people are eating a diet that is predictive of heart disease,' Sanchez said. 'The seeds of disease are already imprinted. We need to wake up Americans.'

Thriveonline, March 13, 2000

Let's not forget that parents also have a responsibility in this. "As children emerge from babyhood, great care should still be taken in educating their tastes and appetite. Often they are permitted to eat what they choose and when they choose, without reference to health ... The result of this training is gluttony, then comes sickness ... Parents should train the appetites of their children and should not permit the use of unwholesome foods. But in the effort to regulate the diet, we should be careful not to err in requiring children to eat that which is distasteful, or to eat more than is needed. Children have rights, they have preferences, and when these preferences are reasonable they should be respected."

The Ministry of Healing, p. 384

Binge drinking on our schools

"Binge drinkers on college campuses are likely to be white, live in a fraternity and have a history of binge drinking in high school. And the percentage of frequent bingers is on the rise, according to a study released Tuesday by the Harvard School of Public Health..."

'To make the situation harder for college administrators, most of these students do not feel they have a problem, and the large majority consider themselves moderate drinkers,' said Henry Wechsler, a social psychologist and Harvard researcher who led the study."

Chicago Tribune, March 15, 2000

Why is it that we still have not started an aggressive campaign in all our schools against the use of the drug alcohol? Why don't we plainly tell students that alcoholic beverages are not "required" in college nor in high school? What is wrong with teaching total abstinence from alcoholic beverages? As we can see, moderate drinking is turning some students into "deceived" binge drinkers, and it is high time we do something about it.

Your Beliefs Can Affect Your Health

Weekly church attendance is good medicine. That's what Dale Matthews, M.D., of Georgetown University reports after reviewing more than 200 studies on the connections between religion and health. Religion has positive effects on patients dealing with drug abuse, alcoholism, depression, cancer, high blood pressure, and heart disease. Theories as to how religion makes you healthier include:

- People who go to church have strong networks of friends who look out for them and make sure they get proper medical care.
- Religious people are less likely to smoke, drink, and have other unhealthy habits.
- Taking part in prayer may lower harmful stress hormones in the body.

Vibrant Life (American Medical News)

Children Imitate Parents' Smoking

A long-term study of more than 5,000 adults ages 18-30 revealed those growing up in homes where at least one parent smoked were, depending on their ethnicity and gender, 50 to 80 percent more likely to be adult smokers themselves. Because most adults know the health dangers of smoking, it seems unlikely they would encourage their children to smoke. But while parents may be actively discouraging their children from smoking, this study shows that parental example may be more important than what they say.

Vibrant Life (American Journal of Epidemiology)

Think about this...

"First-degree murder charges were filed Wednesday against an Elwood man in connection with a six-vehicle crash that killed two people and injured three others last month on Interstate 55 south of Joliet.

It is believed to be the first time murder charges have been filed in Will County against a person alleged to have been responsible for a fatal automobile crash while under the influence of alcohol..."

Chicago Tribune, Internet Edition, March 16, 2000

News such as this one should make us think about this: "A man under the influence of liquor commits a crime; he is brought into court; and those who legalized the (liquor) traffic are forced to deal with the result of their own work. They authorized the sale of a draft that would make a sane man mad; and now it is necessary for them to send the man to prison (or somewhere else)..., while often his wife and children are left destitute to become the charge of the community in which they live.

(Surely)... what folly it is to tolerate ... (the liquor) business!"

The Ministry of Healing, 343-344

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