

Free

An informative, provocative, and essential newsletter...

April 2001



The Health Reformer



Health
&
Temperance
Team

Phone
(773)
416-4146

Fax
(708)
496-3475

E-mail:
healthreformer
@hotmail.com

Eating meals more frequently increases risk of colon cancer

“Meal frequency has been identified as a risk factor for colon cancer. A number of studies in different parts of the world demonstrate that eating meals more frequently leads to an increased risk of colon cancer.

Dr. La Vecchia and colleagues in Milan Italy have published on this subject. Their group found that the risk of both colon and rectal cancer could be nearly doubled by eating more frequently...

Four meals per day almost doubles the risk of colon and rectal cancer compared to two meals per day. These impressive results discovered by the Milan researchers could not be explained by a variety of dietary or other lifestyle factors. The results indicated that meal frequency was indeed the factor that imparted increased risk.”

Proof Positive, p. 44

“It should be shown that to eat two meals in far better for the health than to eat three.”

Counsels on Diet and Foods, p. 177

“Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supper time; but this meal should be very light.” *Counsels on Diet and Foods, p. 176*

Many family-oriented restaurants sell alcoholic beverages; others seek liquor-license

“The Sesame Place theme park in Philadelphia, PA., withdrew its application for a liquor license after the request drew opposition from local officials, the Associated Press reported March 16.

‘When you think of Sesame Place you don’t think of Bert and Ernie and Big Bird drinking beer and wine,’ said Mel D. Kardos, a township supervisor in Middletown, a suburb of Philadelphia. ‘It’s supposed to be milk and cookies. I don’t think it’s appropriate.’

The theme park’s restaurant was seeking a license to sell beer and wine. Sesame Place, which opened in 1980, is operated by Busch Entertainment Corp., a part of Anheuser-Busch beer company. Other restaurants in family-oriented theme parks, including Disney resorts,

Universal Studios and Legoland, sell beer and wine.” (Chuck E. Cheese’s pizza restaurants also sell alcoholic beverages)

Join Together Online (March 21, 2001)

Restaurants that allow grown-ups to use a very dangerous drug (alcohol) in the sight of children are making a great mistake. The message being conveyed to children in these places is that drinking beer and wine is normal adult behavior. This, of course, is not true. Moderate drinking is the school in which men are educated for the drunkard’s career.

We must all (restaurant owners included) teach our children by example and by precept not to touch the drug alcohol.

Today’s dietary recommendations are confusing

“The more negative and confused people feel about dietary recommendations, the more likely they are to eat a fat-laden diet that skimps on fruits and vegetables,” said Ruth Patterson, lead author of the study from the Fred Hutchinson Cancer Research Center.

The study was published...in the Journal of the American Dietetic Association. It follows years of often confusing news reports about findings on some foods.

For example, scientists long have touted margarine as a healthier alternative to butter, but a study...found that stick margarine can increase the risk of heart disease. Other research has questioned health claims for oats, eggs and wine.

‘I am totally sympathetic to the American consumer’s state of confusion regarding what constitutes appropriate eating behavior,’ Linda Van Horn, professor of prevention medicine at Northwestern University Medical School, told The News Tribune of Tacoma.

‘It seems as if there are no truths or no clear answers to this question of what should I eat,’ said Van Horn, who was not involved in the Fred Hutchinson study.”

HealthCentral.com (January 02, 2001)

Want to know the truth about proper dietary? Listen to the following statement: “Grains, (Over, please)

fruits, nuts, and vegetables...prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet." *Counsels on Diet and Foods, p. 81*

Many normal-weight adults use diet drugs

"As many as one quarter of Americans who took prescription weight loss drugs in recent years were not substantially overweight, a new study shows. The findings, according to researchers, suggest that doctors need to emphasize long-term lifestyle changes for weight control and use more care in dispensing drug remedies.

A national survey reveals that more than 25% of respondents who were on prescription diet pills did not meet minimum weight recommendations for using such medication. The results, which reflect Americans' diet drug use between 1996 and 1998, are published in the February 20th issue of *Annals of Internal Medicine*.

During part of the study time period, two popular prescription drugs for weight loss were fenfluramine and dexfenfluramine. In 1997, both drugs were voluntarily pulled from the market due to reports of heart valve damage..." *Reuters Health Information (19 Feb 2001)*

Doctors: "When you understand physiology in its truest sense, your drug bills will be much smaller, and finally you will cease to deal out drugs at all. The physician who depends upon drug medication in his practice shows that he does not understand the delicate machinery of the human organism." *Medical Ministry, p. 229*

"You should avoid the use of drugs, and carefully observe the laws of health. If you regard your life, you should eat plain food, prepared in the simplest manner, and take more physical exercise. Each member of the family needs the benefits of health reform. But drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease." *Counsels on Diet and Foods, p.p. 82-83*

Forgiving others may do a body good

"'Forgive and forget' may be more than a nice sentiment. New research suggests it is also good health advice.

While some people may feel they have a right to hold grudges against those who hurt them, this unforgiving stance might take a toll on the body over time, according to a report in the March issue of *Psychological Science*. On the other hand, researchers say, granting forgiveness might help shield the body from certain harms.

...Indeed, some research has linked habitual anger, hostility and anxiety to a higher risk of heart problems. On the other hand, one recent study suggested that laughter boosts heart health.

...making grudges a habit might harm cardiovascular health over time. In addition, ...stress has been found to impair the immune system. A compromised immune

system may have a host of health consequences, including greater vulnerability to infection." *HealthCentral (March 12, 2001)*

Many parents don't discuss 'tough' issues with their children

"A new survey found that most parents are not adequately discussing the 'tough issues' such as illicit drugs, alcohol, sex, violence, and discrimination, with their children, Reuters reported March 9.

Although parents agree that their children are facing a harder world than they did as kids, the survey sponsored by Nickelodeon, the Kaiser Family Foundation and Children Now found that parents do not spend enough time discussing the tough issues with their children.

'Our kids today are growing up in an increasingly complicated world,' said Lois Salisbury, president of Children Now, a nonpartisan children's advocacy group. 'Talking with kids about sex or alcohol is as important for their safety as talking to them about buckling a seat belt. When parents talk early about these issues, children are more likely to maintain open communications and make wiser decisions.' *Join Together Online (March 14, 2001)*

"Parents may lay for their children the foundation for a healthy, happy life. They may send them forth from their home with moral stamina to resist temptation, and courage and strength to wrestle successfully with life's problems."

Child Guidance, p.409

Subscribe to THE HEALTH REFORMER today!

For information, call (773) 416-4146.

Visit us online at

www.healthreformer.org