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*An informative, provocative and essential newsletter:*



# The Health Reformer

## ***Mass-Media Deception in Reporting About Alcohol***

When the media reports a study showing alcohol as healthy, I would encourage the reading of the original study, editorial comments and additional information about the study, to determine the health and safety of that daily - even an occasional - glass or two of wine, or some other alcoholic beverage.

Most individuals, even health professionals, do not take the time to check out the accuracy of the reports, so they go unchallenged. Often it is not revealed that the study was funded by the alcohol industry.

Press releases regularly omit the dangers of smaller amounts of alcohol consumption, suggesting that it is only when drinking heavily, or excessive that there is risk. Alcohol experts and drug awareness agencies tell us alcohol use is dose-related, in other words, though smaller amounts are less dangerous there is still harm - even with a single drink.

Those who benefit from the sale of alcohol are less concerned with the accuracy of the reports on alcohol than with quantity of wine and beer sold.

Drinking is on the rise among women in general, and increasing numbers of younger women drink and drive as they have found more freedom - and perhaps more encouragement to drink. Alcohol interferes with the metabolism of vitamins and nutrients, and the breakdown of alcohol, acetaldehyde, is toxic, especially to sperm and testes.

It only takes a small amount of alcohol to impair inhibitions, judgement, and decision making, and the effects on the brain carry over until the next day. When encouraged to 'have a drink to relax' keep in mind that the result of an alcoholic drink is not true relaxation, but being 'drugged' or 'tranquilized.' Even smaller amounts of alcohol use is strongly implicated in breast cancer (just a half-a-glass of wine almost doubles the level of estrogen in women on ERT), and alcohol also increases the risk of other cancers. According to a study in the British Medical Journal, drinking as little as one alcoholic beverage a day can raise the risk of mouth, throat and esophageal cancer (7-10 drinks a week increases the risk 3 times).

In 2000 our government declared alcoholic beverages to be a class "A" human carcinogen, along with arsenic, asbestos, benzene, tobacco, etc., and the 'French Paradox' was disproved by WHO years ago because of faulty data, yet the media has not publicized either of these important facts - facts

needed if individuals are to make healthier choices.

—June Russell ([www.jrussellshealth.com](http://www.jrussellshealth.com))

## ***Beware: Temptation to invest in Vice Funds abounds***

Companies that sell products that are addictive and destructive to humans (e.g., alcohol, tobacco, gambling, and pornography) want you to invest in them. They entice us with this kind of one-sided statements: "No matter what the economy is doing, regardless of interest rates or war, people are going to keep drinking, smoking and gambling..."

(*Betting on The Vice Squad, Forbes.com*). "(These) industries and products ... will continue to experience significant capital appreciation during good and bad markets. We consider these industries to be nearly 'recession-proof.'" (*vicefund.com*).

But please be careful. Proponents of vice investing are many, and we should be cautious lest we are deceived by their false and selfish rationale. Those who are profiting from vice love money, not people.

We should always keep this in mind: 'Investing' is synonym of 'supporting' and 'financing.' In other words, those who invest in vice funds are basically supporting/financing companies whose only concern is monetary gain, not health reform. And our world doesn't need this kind of companies! Our world is in desperate need of companies/institutions that can do a good work! We should invest in companies that are trying to protect people from the evils of vice instead!

Companies whose business fills the world with misery and death try to calm their guilty conscious by professing to believe in personal freedoms, but in this they are mistaken. They are guilty of exploiting people's weaknesses. They are guilty of being remiss in not warning others about the danger of tempering with that which ruins not only the poor victim, but his whole family. They are also 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. Hence, Vice-Based investing is WRONG!

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

(Over, please)

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.

### ***If I Had My Child to Raise Over Again***

If I had my child to raise all over again,

*I'd build self-esteem first, and the house later.*

I'd finger-paint more, and point the finger less.

*I would do less correcting and more connecting.*

I'd take my eyes off my watch, and watch with my eyes.

*I would care to know less and know to care more.*

I'd take more hikes and fly more kites.

*I'd stop playing serious, and seriously play.*

I would run through more fields and gaze at more stars.

*I'd do more hugging and less tugging.*

I'd see the oak tree in the acorn more often.

*I would be firm less often, and affirm much more.*

I'd model less about the love of power,

*And more about the power of love.*

—Diane Loomans

### ***Actually, Prohibition Was a Success***

Legalization advocates claim that drug prohibition is akin to alcohol prohibition earlier this century. Their main premise is that it is impossible to prohibit people from using substances that they want to use.

Forum participants suggested that legalization opponents should point to the successes of Prohibition and continually stress the positive progress that has been made between 1979 and 1998 in reducing levels of drug abuse.

When the Volstead Act was repealed, arrests for alcohol traffickers disappeared, but arrests in alcohol-related incidents rose, indicating that the prohibition against alcohol had kept people from using it. The same will happen if drugs are legalized. Once the Government sanctions drug use, it is reasonable to suggest that more people will use drugs.

It is also important to remember that after Prohibition was repealed, organized crime branched out into other areas, and there is every expectation that current drug organizations would also continue and diversify.

The following facts, which confirm the observations of the forum participants, may be used in debates:

- Dr. Mark Moore, in a 1992 article titled "Actually, Prohibition Was a Success," points out that alcohol consumption declined during the Prohibition years by as much as 30-50 percent. Mental hospital admissions from alcohol-induced psychosis declined 50 percent.

- Robert Peterson, Director of the Michigan Office of Drug Control Policy, states that "Since the repeal of Prohibition, alcohol consumption has tripled."

*DEA, U.S. Drug Enforcement Administration*

### ***Tanning Beds More Damaging Than Sunlight***

Doctors remind people who want to look bronzed for the summer that the sun and tanning beds cause irreversible damage to the skin. Redness of burns and the sought after bronze hue are actually indicators of injury. Some people think lying in tanning beds is safer than sitting in the sun, but the opposite is true, said Dr. Daniel Sauder, of Johns Hopkins University. Although they're quicker, tanning beds emit mostly ultraviolet A rays, which penetrate deep into the skin. They can cause damage to the immune system after a single exposure and could eventually cause skin cancer. The disease will affect one million people in the United States this year, Sauder said. Instead of exposing skin to the sun or tanning lights, the doctor suggests that people who want that summer tan use self-tanning lotion.

*BRITE CARE'S HEALTH TIPS WEEKLY*

### ***How can I sleep better?***

- Take frequent breaks during the workday. Walk around, get a drink of water, take some deep breaths.

- Daily engage in 30 to 60 minutes of active exercise. Exercise relaxes, restores energy, helps banish depression, and combats nervous tension.

- Maintain as regular a schedule as possible for going to bed, getting up, eating, and exercising. The body flourishes on regular rhythms.

- Eat the evening meal at least four hours before bedtime. An empty, resting stomach is more conducive to quality rest.

- Try a lukewarm (not a hot) bath. It is a helpful relaxation technique.

- Count your blessings. Fill the mind with gratitude and thanksgiving.

- A clear conscience and a grateful mind are the pillows to sleep on.

—Health Power, Health by Choice Not Chance

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