

# Free

An informative, provocative, and essential newsletter...

May 2000



# The Health Reformer



Health  
&  
Temperance  
Team

Phone  
(773)  
416-4146

Fax  
(773)  
271-1573

E-mail:  
healthreformer  
@hotmail.com

## ***Olive Oil and Hypertension***

“Adding the olive oil to a diet can reduce the daily medication used by patients with mild to moderate hypertension, according to a study published in the Archives of Internal Medicine.

Researchers at Federico II University of Naples say eight of 23 high blood pressure patients put on a diet rich in extra-virgin olive oil were able to stop antihypertensive drug therapy altogether.

All 23 patients in the study were put on the olive oil diet for six months and switched to a diet rich in polyunsaturated fatty acids from sunflower oil for six months. While using olive oil, patients reduced their drug dosage by 48 percent, compared to a reduction of only four percent while on the sunflower oil diet.”

*Health Central (March 30, 2000)*

## ***Drinking increases suicide risk***

“Alcohol and drug use can lead to suicidal thoughts and even unplanned spur-of-the-moment suicide attempts while under the influence, according to news report.

“You don’t have to be an alcoholic, just the fact that you’re disinhibited at the moment is enough – which is bad news,” according to study co-author Roland C. Kessler, professor of healthcare policy at Harvard Medical School in Boston, Massachusetts.

“... The fact that even occasional users can be at risk is something that therapists and clinicians need to be concerned about.”

Kessler added that individuals at risk for suicide learn early on that drugs dull emotional pain, failing to realize that those same drugs may heighten suicidal thoughts...

Kessler further suggested that educators get the word out that drinking and drugs are not the way out of depression and anxiety issues.”

*Health Central (April 20, 2000)*

How unfortunate it is to know that alcohol is so widely available. It should be an illegal drug just as any of the other harmful drugs.

## ***‘Don’t drink and drive’ is not enough***

“States with an 18-year-old minimum legal drinking age have higher rates of teen suicide than states that do not permit legal drinking until age 21, researchers report.

... In an interview with Reuters Health, Hemenway said that “alcohol consumption appears to be

associated with youth suicide, and policies reducing youth alcohol consumption not only save lives by reducing traffic injuries, but also will probably reduce suicide rates.”

He believes the findings are “another indication that, especially for youth, ‘don’t drink and drive’ is not enough. Far better is ‘don’t drink.’”

*Health Central (September 01, 1999)*

‘Don’t drink and drive’ is what the alcohol industry wants us to tell our youth. ‘Don’t drink’ is what we should be telling our youth. Let’s do the right thing.

## ***Wanted: Adults who can demonstrate positive behavior to adolescents***

“Researchers at the Albert Einstein College of Medicine in New York City studied 294 adolescents ... between the ages of 12 and 23. The average age was 16. Kids were asked whether they smoked cigarettes, used alcohol, used drugs, carried weapons or engaged in risky sexual practices...

Those who had an adult mentor were less likely to have ever carried a weapon, to have used drugs in the previous month, to smoke more than five cigarettes a day, or have had sex with more than one partner. A relationship with a mentor did not appear to affect alcohol use.

More than 75 percent of adolescent deaths are associated with high-risk behaviors, researchers report in the April issue of Archives of Pediatrics & Adolescent Medicine ... Researchers conclude that an adult who can demonstrate positive behavior to an adolescent may be that kid’s lifesaver.”

*By Katrina Woznicki, On Health (April 14, 2000)*

Why not transform our own homes into places of refuge for the tempted youth of today? Yes, you and I can become mentors to those who most need our help and guidance — our youth. “Our homes should be a place of refuge for the tempted youth. Many there are who stand at the parting of the ways. Every influence, every impression, is determining the choice that shapes their destiny ... Evil invites them. Its resorts are made bright and attractive. They have a welcome at every corner. All about us are youth who have no home, and many whose homes have no helpful, uplifting power, and the youth drift into evil. They are going down to ruin within the very shadow of our own doors.”

*The Ministry of Healing, p. 354*

## ***City Dwellers Feel Sicker***

“Maybe it’s that fresh country air that keeps rural

(Over, please)

folks healthier than city folks.

A new five-year study from the Centers for Disease Control and Prevention looked at health trends across the United States and found city dwellers are sick more often than their country cousins.”

*By Katrina Woznicki, On Health (April 7, 2000)*

“The physical surroundings in the cities are often a peril to health. The constant liability to contact with disease, the prevalence of foul air, impure water, impure food, the crowded, dark, unhealthy dwellings, are some of the many evils to be met.”

*The Ministry of Healing, p. 365*

### ***Nursing homes may not be the best place for the elderly***

“...a Dutch study of over 2,800 elderly people found that feeling surrounded by a loving, supportive circle of friends ‘decreased their likelihood of dying by approximately half.’

*Health Central, (October 8, 1997)*

“The aged ... need the helpful influences of the family...

So far as possible let those whose whitening heads and failing steps show that they are drawing near to the grave remain among friends and familiar associations...

Whenever they are able to do so, it should be the privilege of the members of every family to minister to their own kindred.”

*The Ministry of Healing, p. 204*

Why send someone to a nursing home when he or she does not want to live there? Elderly people want to be around their family and friends, not in a far away place like a nursing home.

### ***Smoking Tied to Misbehaving Kids***

“Researchers, led by Judith S. Brook of Mount Sinai School of Medicine in New York, studied 99 mothers in a single community and their 2-year-old toddlers. Fifty-two of these women smoked throughout pregnancy, while the remaining 47 moms either kicked the habit during pregnancy or started smoking after childbirth.

Toddlers’ negative behavior was determined by their degree of impulsiveness, rebelliousness and how often the child took risks.

After accounting for the mother’s age and use of alcohol, researchers still found maternal smoking to be associated with bad behavior among toddlers. Researchers suspect a child may be less likely to show negative behavior if the mother quits smoking during pregnancy. Other studies have connected maternal smoking to bad behavior in kids, and scientists have speculated about a link between nicotine and fetal brain development.”

*By Katrina Woznicki, On Health (April 13, 2000)*

### ***Volunteering may add years to your life***

“Researchers at the University of Michigan’s Institute for Social Research say senior citizens who volunteer showed a 67 percent reduced risk of dying during a seven-year period compared with people who did not volunteer. This study, published in the March issue of *Journal of Gerontology: Social Sciences*, adds to growing evidence that social connections can influence health.

*By Katrina Woznicki, On Health (March 5, 1999)*

Are you receiving the blessings that come from doing volunteer work? “Those who, as far as possible, engage in the work of doing good to others by giving practical demonstration of their interest in them, are not only relieving the ills of human life in helping them bear their burdens, but are at the same time

contributing largely to their own health of soul and body. Doing good is a work that benefits both giver and receiver.”

*Healthful Living, p. 70*

### ***Prostate Cancer Risk Tied to Milk***

“Everybody knows milk does the body good, but new research has found consuming large quantities of dairy products may heighten the risk for prostate cancer.

Researchers from the Harvard School of Health in Boston say the findings should not prompt men to dramatically change their intake of dairy products. But they do say the findings warrant more research...

They asked 20,885 male physicians about their consumption of skim milk, whole milk, cheese and ice cream. During the following decade, 904 of these men developed prostate cancer.

Men who consumed at least 2 ½ servings of dairy products a day were 30 percent more likely to develop prostate cancer than men who ate less than half a serving daily.”

*By Katrina Woznicki, On Health (April 5, 2000)*

### ***A case against tobacco smoking as a personal choice***

“EVANSTON – Steve Chapman’s continuing defense of tobacco smoking as a personal choice of adults conveniently omits two points.

Unlike other personal choices, cigarettes harm not only the user but also everyone around them, due to the effects of secondhand smoke. Second, 90 percent of those who choose to smoke do so before the age of 18. Most adults who continue smoking are not exercising free choice, but have become addicted.”

*By Sanford Stein (Chicago Tribune Internet Edition, April 1, 2000)*

### ***The most successful anti-smoking ads***

“Focus groups studies found that the most successful anti-smoking ads were those that feature messages about industry manipulation and secondhand smoke.”

*Health Central (March 10, 1998)*

Now we have an idea as to what kind of ads will work best against other drug problems such as the liquor traffic. Will we have the courage to war against the liquor industry with this kind of ads?

### ***Alcohol linked to risky sexual behavior among youth***

“ ‘Alcohol has been linked to risky sexual behavior among youth. It influences a person’s judgment, and they are more likely to have sex without a condom, with multiple partners or with high-risk partners,’ said Harrell Cheson, a health economist with the CDC.”

*Chicago Tribune Internet Edition (April 28, 2000)*

What should we do about this problem? Increase taxes on beer? This may help a little, but the real problem will still be there: the legalization of a very dangerous drug — alcohol.

***Subscribe to THE HEALTH REFORMER, it’s FREE.***

***We publish special issues of our newsletter, free of charge. Call us for more information.***

***We appreciate your comments and suggestions. Call us for information about FREE literature on healthful living and drug-use prevention.***