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# The Health Reformer

## ***Two studies call into question the wisdom of low-carb and other fad diets***

In one, a team at cereal-maker General Mills found men and women who ate three or more daily servings of whole grain foods were the least likely to be overweight or obese.

In a second, university-based researchers found people who ate a variety of foods were more likely to get the recommended levels of vitamins and other nutrients than people who stuck to a few favorite foods.

Both studies were presented by the American Association of Nutritional Sciences at a joint conference in Washington called Experimental Biology 2004.

Dr. Carolyn Good and colleagues at General Mills Bell Institute of Health and Nutrition in Minneapolis looked at 9,000 men and women taking part in the U.S. Department of Agriculture's Continuing Survey of Food Intakes.

### **Study specifics**

This nationwide study collects information on the consumption of whole grains -- found in packaged cereals, whole-grain breads and crackers. Processed white flour, for example, does not count as a whole grain.

Women who consumed three or more servings of whole grain foods a day had a significantly lower body mass index -- calculated by comparing height to weight -- than those who ate less than one serving a day, the researchers said.

The trend was similar in men, but not to a point considered statistically significant.

Whole grains may help people feel more full, Good said. They are also more nutritious and higher in fiber.

The researchers said more than half the American population eats less than one serving of whole grain foods each day.

### **Variety beneficial**

In the second study a team at the University of Hawaii calculated the nutrients in what 10,000 men and women said they ate. The more variety, the more likely they were to reach recommended levels of vitamins and minerals, researchers said.

People who ate the same foods over and over were less likely to meet the requirements, they found -- even if some of the individual foods were themselves high in vitamins.

Dr. Suzanne Murphy and colleagues at Hawaii also used the USDA Continuing Survey of Food Intakes.

Murphy stressed that adding variety does not mean eating more food. It means, for example, eating one banana and one orange instead of two bananas, she said.

People who meet nutritional guidelines through food -- mostly by eating plenty of fruit, vegetables and whole grains -- have lower rates of cancer and heart disease. *CNN.com, April 19, 2004*

## ***Here is why U.S. children are developing a vitamin D deficiency***

U.S. children have less exposure to direct sunlight and are consuming fewer dairy products--resulting in the first vitamin D deficiency in 70 years. It is estimated 30 percent of adolescents nationwide may be vitamin D deficient, putting them at risk for fractures, stunted growth and osteoporosis, according to the Dairy Council of California.

"Children staying indoors to play with computers, the increasing use of sunscreen outdoors and a decrease in milk consumption are largely to blame," says Dr. Michael Holick of Boston University.

"Children developing a vitamin D deficiency now can potentially face many problems as an adult." A vitamin D deficiency can also lead to Type 1 diabetes, multiple sclerosis, certain types of cancer and rickets, according to Holick.

*United Press International, April 12, 2004*

Note: The best source of vitamin D is direct sunshine. Ultra-violet B light on the skin creates vitamin D. But vegetarians and vegans who lack all year round sunshine need to find other sources of vitamin D.

Sources of Vitamin D for Strict Vegetarians and Vegans: The only viable vegan sources of vitamin D are fortified foods - like soy milks, margarines and breakfast cereals - and vitamin D supplements.

*—www.Vegetarian-Diet.Info*

## ***Alcohol Use as Damaging as Tobacco Use***

A new World Health Organization (WHO) study concludes that alcohol use is just as damaging to individual health as tobacco use, the CanWest News Service reported April 8.

Study co-author Jurgen Rehm, an addiction specialist and a senior scientist at the Centre for Addiction and Mental Health at the University of Toronto, said alcohol's risks have been understated because several studies have shown that a drink a day can reduce the risk of heart attacks. As a result,

(over, please)

he said, the industry has been able to escape the harsh health warnings associated with cigarettes even though alcohol is an obvious public-health threat.

According to Rehm's study, the health benefits of alcohol use are generally overstated, and are virtually non-existent for young people. "Even small amounts of alcohol increase the risk of injury and boost the chances of developing about 60 diseases, including several cancers, liver cirrhosis, and neuropsychological disorders," Rehm's report said.

The WHO said the report's findings should serve as a stepping-stone for an international debate about the need to reduce global alcohol consumption.

The study appears in the April 8 issue of the journal Nature.

*JTO Online, 4/13/2004*

### ***U.S. Hospitals have low detection rates for alcohol problems in patients***

Many people admitted to hospitals in the U.S. have alcohol use disorders that go undetected, according to a new study by scientists at the National Institute on Alcohol Abuse and Alcoholism.

The finding, published in the April 12, 2004 issue of the Archives of Internal Medicine, underscores a need to screen hospital patients for alcohol problems and refer patients for further evaluation, intervention, and treatment as needed.

"This study indicates that we are missing many opportunities to identify and treat hospitalized individuals who have alcohol problems," said NIAAA Director Ting-Kai Li, M.D. "By routinely screening all hospital patients who report current alcohol use we could help many individuals avail themselves of the alcohol misuse therapies from which they might benefit."

... "We are concerned about the low detection rates, but we also are concerned that only half of those detected had documentation of alcohol intervention or treatment referral."

... The researchers conclude that "hospitalization provides an excellent opportunity for identifying alcohol problems among patients and providing them with alcohol intervention or treatment referral services as needed." They add that screening patients for alcohol problems should be a routine part of the hospital admission process, and that concerted efforts are needed in education of medical students and residents, and in continuing medical education of practicing physicians, to address this problem. *NIAAA News Release*

Note: Those who run our hospitals should be well aware of the devastation brought about by the alcohol industry. Hospitals are, to a great degree, filled as a result of the liquor seller's work. Why permit carelessness in diagnosis to conceal this vital fact from our present generation?

### ***There is a blessing in the association of the old and the young***

Seniors who volunteered at inner-city elementary schools saw improved physical, social and cognitive ability, a series of studies find.

The reports, in the Journal of Urban Health: Bulletin of the New York Academy of Medicine, cover the first randomized controlled trial of the national "Experience Corps" program, now in 18 cities. The program not only helped children in an underserved Baltimore area, it also provided needed mental and physical stimulation for seniors, researchers said.

After working with the children for four to eight months, seniors' physical activity, strength, social networks and

cognitive activity increased "significantly," the studied found. Among the students, achievement improved and negative and antisocial behaviors decreased during the study period. *United Press International*

Note: "The young may bring sunshine into the hearts and lives of the aged. Those whose hold on life is weakening need the benefit of contact with the hopefulness and buoyancy of youth. And the young may be helped by the wisdom and experience of the old."

*The Ministry of Healing, p. 204*

### ***Both the U.S. Consumer Product Safety Commission and the Food and Drug Administration are guilty of treating Big Alcohol lightly***

The U.S. Consumer Product Safety Commission's mission is to protect the public from unreasonable risks of injury and death associated with consumer products. The Commission's objective is to reduce the estimated 28.6 million injuries and 21,700 deaths associated each year with the 15,000 different types of consumer products under its jurisdiction. But does this protective force protect our children from Alcohol with the same fervor as it protects us from lead laced crayons, and plastic missiles from a McDoland's toy? Of course not.

Our government also has the Food and Drug Administration or FDA. It would only make sense that since Beverage Drug Alcohol is both "Drug" and a "Food," that it would fall under this Administration. But no, the only time anyone can find that Alcohol and FDA are mentioned in the same sentence is when the FDA proposed warning labels on Over the Counter Medications containing alcohol. *BigAlcohol.Com*

Note: "The licensing of the liquor traffic is advocated by many as tending to restrict the drink evil. But the licensing of the traffic places it under the protection of law. The government sanctions its existence, and thus fosters the evil which it professes to restrict. Under the protection of license laws, breweries, distilleries, and wineries are planted all over the land, and the liquor seller plies his work beside our very doors."

*The Ministry of Healing, p. 205*



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