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## **The common fault of medical studies is that all of them are conducted on unhealthy/diseased individuals**

Three new studies published in the journal of the American Medical Association are proving the benefit of a plant-based diet in greatly reducing the risk of cancer. The studies show that high consumption of fruits and vegetables wards off a variety of cancers. (They also show that consuming red meat multiplies the risk of colon cancer.) ...

So here we're talking about a wide variety of cancers: prostate cancer, breast cancer, colon cancer, even leukemia and multiple myeloma. And across the board, we're seeing that consuming a plant-based diet is what prevents cancer and enhances health at many different levels, including cardiovascular health.

But here's what's fascinating about this study that you probably haven't heard in the mainstream press: it was conducted on regular, everyday people that are generally consuming unhealthy diets to begin with. Let me explain further: if you select 1000 people out of the population and examine their diets in terms of cancer prevention, the vast majority of those 1000 people are consuming a lot of cancer-causing ingredients in packaged meats (the sodium nitrite ingredient), they're consuming artificial coloring, and they're eating monosodium glutamate and other ingredients that actually promote cancer. And yet, we see that the small amount of fruits and vegetables these people consume actually protects them from the dangerous effects of those ingredients.

Now, if you were to repeat this study and look at the anti-cancer benefit in holistic nutritionists, or people who consume vegetarian organic diets, you would see a much stronger protective effect. The cancer rates in that group would plummet. Because, let's face it, even in the published studies when people talk about eating fruits and vegetables, a lot of the data come from self-reported surveys. And the things that people consider to be fruits are not necessarily healthy fruits. For example, eating apple pie is counted as a fruit in clinical trials. Personally, I wouldn't count that as a fruit. It's a cooked, sugary apple pie made with hydrogenated oils, refined white flour and refined sugar in the crust. To me, that's not fruit. That's junk food. But medical studies call that "fruit."

The same is true with vegetables: a lot of people might think spinach lasagna counts as a vegetable serving. And, again, I consider that to be junk food.

It's loaded up with cheese, it probably has some sort of chemical taste enhancer if it's been purchased at the store, it has refined carbohydrates in the crust, and it probably has refined sugar in the tomato sauce. And yes, there's a little bit of spinach in there too, but that's not a vegetable serving. That's just junk food with a bit of spinach filler.

To me, eating spinach means buying raw spinach and having a nice spinach salad, or giving it a Chinese-style stir fry with nothing but garlic and a little bit of soy sauce. That's a real vegetable serving. So if you look across the population at what people consider to be fruits and vegetables, to me it's amazing that there's any health benefit coming out of these studies at all. Because people have distorted definitions of what fruits and vegetables really are. (Some people consider strawberry ice cream to be a serving of fruits!)

As a result, if you observed a group of people in a study and you made sure they ate raw fruits and vegetables and avoided all of the refined, manufactured food products, you would see phenomenal results. If you had people eating raw blueberries, nuts, green leafy vegetables, salads, and consuming whole drinks made from vegetable concentrates, then the results would be vastly different from what you're seeing in these published studies. You'd see diseases like cancer literally vanishing in the group.

And yet even these mainstream studies using unhealthy people on minimal plant diets are showing positive results. It goes to show you that even people who have poor dietary habits can dramatically reduce their risk of cancer by consuming a few fruits and vegetables along with their unhealthy foods.

There's an important side note in all of this too: the common fault of all clinical trials. The population at large is so unbelievably unhealthy that clinical trials using everyday people lose relevance to the nature of healthy human physiology. Because, let's face it, when you're conducting trials on the existing population, you're really only asking the question, "What will be the effect of this treatment or drug or supplement on diseased people?" That's the question you're asking.

So you get all of these study results about prescription drugs or olive oil or nutritional supplements, and really these results only tell you how they operate on unhealthy people. We don't really have any clinical trials being conducted on

(Over, please)

strictly healthy individuals, because where do you round up 1,000 healthy people who follow an organic, plant-based diet, who engage in regular physical exercise, and who avoid all the metabolic disrupting ingredients that I commonly write about here? Where do you find people like that? Maybe only at a natural health convention, but certainly not in the population at large. Look around: the population is heavily diseased. Why are we basing all modern medical studies on the physiology of diseased people?

(Some medical researchers might answer by saying, "Because that's who we need to treat with the drugs!" And I say, sure, but if you only study unhealthy people, how do you expect to learn anything about the causes of health? You see, modern medicine really only studies disease. That's why medical school graduates are generally clueless about nutrition (see related ebook on nutrition) and disease prevention.)

All this leads us to a startling realization, which is that we now have a system of medicine based on a collection of clinical evidence that was derived from studying how unhealthy, chronically diseased, malfunctioning human bodies respond to certain chemicals. That's what we have today. So when people call it evidence based medicine, it's actually not based on any realistic evidence of how healthy bodies might respond. It's all based on running clinical trials with diseased individuals.

That's how conventional medicine smeared the reputation of vitamin E, by the way. Some vitamin E haters rounded up a bunch of people dying from advanced stage heart disease, then they gave them synthetic vitamin E (i.e. a non-natural chemical) in very low doses. When the people started dying off from their heart disease, the researchers put the blame squarely on vitamin E. Hence the bizarre news headlines in late 2004 proclaiming, "Vitamin E will kill you!" It's all nonsense. The people were dying of heart disease in the first place, and the statistics were not adequately adjusted to take expected mortality rates into account.

But getting back to the JAMA studies, we at least now know that eating more plants -- even small portions of those plants -- will vastly improve the health of most people (even diseased people). That much is clear. And if you actually eat real fruits and vegetables instead of processed ones, you'll benefit even more. *Feb 28, 2005 PT by the Health Ranger (Mike Adams)*

### **WARNING: Moderate Drinking may NOT protect against Strokes and Heart Attacks**

The government Tuesday warned that a few drinks a day may not protect against strokes and heart attacks after all.

Some studies in recent years have touted the health benefits of moderate drinking. Some have even said that up to four drinks a day can significantly reduce the risk of heart disease in people 40 and older.

But researchers at the Centers for Disease Control and Prevention analyzed data from 250,000 Americans who participated in a 2003 telephone survey. They found that the nondrinkers had many more risks for heart disease - such as being overweight, inactive, high blood pressure and diabetes - than the moderate drinkers.

Based on those results, the agency could not say that moderate drinking actually was a factor in reducing the risk of heart disease.

The findings were published in the May issue of the American Journal of Preventive Medicine.

"We're feeling the pendulum has swung way too far and

Americans are getting sort of the wrong idea" on alcohol, said the study's lead author, Dr. Tim Naimi of the CDC's chronic diseases division. "The science around moderate drinking is very murky."

Moderate drinkers tended to be in better health, better educated, wealthier and more active than their nondrinking counterparts, and that likely influenced their lower risk of heart disease, the study said.

"It appears that moderate drinkers have many social and lifestyle characteristics that favor their survival over nondrinkers and few of these differences are likely due to alcohol consumption itself," the study said.

The CDC has long worried about alcohol abuse in the United States. Studies have shown that drinking excessively - five or more drinks daily - can increase the risk of heart disease. The CDC says nearly one in three Americans drinks too much.

...Other groups - such as the American Heart Association - say drinking alcohol increases the dangers of alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents.

...Alcohol is the nation's third leading cause of death, killing 75,000 Americans each year through related injuries or diseases, the CDC says.

*By DANIEL YEE, The Associated Press April 19, 2005*

### **What Would Happen If McDonald's next 100 Billion Burgers were Veggie Burgers?**

...If the next 100 billion burgers sold under the Golden Arches were veggie-based instead of beef, Americans' cholesterol levels, fiber intake and overall health would all improve, according to an article in the May issue of the American Journal of Preventive Medicine.

...Dr. Frank says the impetus for the study was seeing the McDonald's signs that say 'Over 100 billion burgers sold.' The study compares the McVeggie burger with McDonald's beef burger and asks what if the next 100 billion burgers were McVeggie patties instead of beef? McDonald's customers would benefit from an estimated 1 billion more pounds of fiber, 550 million fewer pounds of saturated fat, 1.2 billion fewer total pounds of fat and even 660 million more pounds of protein, the authors say.

"I wondered how Americans and the environment might look different if these burgers had been veggie burgers instead of cow burgers," says Dr. Frank. "The bottom line of the study is that the McVeggie burger substitution would provide over a billion fewer pounds of fat, one billion more pounds of fiber, and even more protein."

McVeggie burgers are sold in Canada and in some major cities across the United States, but not in Atlanta. Burger King sells a veggie burger in all of its restaurants.

If given the option, Dr. Frank does not believe that it would be difficult for customers to make the change from beef to plant-based patties.

"It just seems like a pretty obvious thing, especially for burgers, which are mainly vectors to deliver ketchup, mustard, lettuce, tomatoes and pickles," she says. "You usually can't even taste the burger - which is actually pretty tasty in the case of the veggie burger. So, if someone wants to make a transition to eating better at a fast food restaurant, a veggie burger is a really good way to do it." Since an estimated 8 percent of Americans eat at a McDonald's on an average day, and 96 percent eat a meal there at least yearly, Dr. Frank says that American consumers might suffer from fewer health

problems like diabetes, hypertension, high cholesterol, cancer and cardiovascular disease if McDonald's next 100 billion burgers were McVeggie burgers.

Dr. Frank received no funding for the study.

"I have an interest in this because fast food is so prevalent," she says. "For me, this is a very clear choice, and Americans must examine whether they're willing to trade the health consequences of eating a beef patty versus a soy burger. Veggie burgers lower your cholesterol and give you more fiber and more protein. Beef raises your cholesterol, gives you more fat, more saturated fat, and usually includes raising and slaughtering cows in some pretty nasty conditions. Raising cows also wastes resources. For example, cows eat about 10 pounds of soy and grain to make one pound of meat.

"Besides that, both burgers taste pretty similar," Dr. Frank adds. "So, if you want to pick an easy way to improve your health and the health of the planet, this is a simple and good place to start." *By Erica Frank, MD, MPH Apr 25, 2005*

### **No evidence that Designated Driver Programs stop Drunken Driving**

The few existing studies of designated-driver programs offer little evidence that they are effective in reducing drunk driving, according to a new report from the U.S. Task Force on Community Preventive Services.

Medical Study News reported May 19 that a research review conducted by Randy Elder and colleagues found that while publicity campaigns may lead to small, temporary increases in use of designated drivers, few studies offered any indication that designated-driver programs cut drunk driving. Further, the group could find no studies on whether designated-driver programs led to a decrease in alcohol-related car crashes or injuries.

...Elder said that few designated drivers actually abstain from drinking. "In some cases, the designated driver may be chosen based on who among the group is the least intoxicated," Elder says. "When an intended designated driver becomes intoxicated, this leaves group members with a difficult choice between having the least drunk person drive them home or arranging for alternative transportation."

The panel also found that while school-based programs urging children not to ride in cars driven by people who have been drinking seem to be effective, they don't appear to decrease teen drunk driving.

The study was published in the June 2005 issue of the American Journal of Preventive Medicine.

*Join Together Online, 5/20/2005*

### **Should I Eat Brown Rice instead of White Rice?**

When the USDA changed the guidelines for a healthy diet, the suggested number of whole grain servings needed per day officially became "at least 3." Other nutrition information sources suggest all grain consumption be whole grain.

While the occasional piece of white bread is OK, I think that we should eat almost exclusively whole grains, including brown rice instead of white rice.

#### **The Difference Between Brown Rice and White Rice**

Brown rice is simply white rice that has not had the bran coving the rice grains removed. Removing the bran is done so that the rice is fluffier and cooks faster. Since brown rice still has the bran intact, it is a much better source of fiber. In fact a cup of brown rice has 3.5 grams of fiber while white rice has less than one gram of fiber. We all need from 15 to 25 grams of fiber in our diet every day.

Another benefit from eating brown rice is caused by the fiber slowing down the absorption of carbohydrates. This will help tame the blood-sugar roller coaster that can happen from a high sugar-low fiber meal. Fiber also has a healthy effect on our cholesterol levels and may help to reduce this risk of cardiovascular disease.

Besides the fiber found in the brown rice, the bran contains nutrients like magnesium, manganese, and zinc. White rice has reduced levels of these nutrients, but is often fortified with iron, and some B vitamins.

#### **Cooking Brown Rice**

White rice is still the usual rice found in restaurants, so for now you will probably have to get most of your brown rice at home. Brown rice takes longer than white rice to cook, so increase the amount of water slightly. Brown rice doesn't have the fluffy texture of white rice, but the marvelous nutty flavor and chewy texture makes brown rice a tasty way to get fiber into your diet.

*From Shereen Jegtvig, Your Guide to Nutrition*





