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Here is a significant fable about health that you must read...

Welcome to the town of Allopath

There once was a town called Allopath. It had many people, streets and cars, but due to budget limitations, there were no stop signs or traffic lights anywhere in Allopath.

Not surprisingly, traffic accidents were common. Cars would crash into each other at nearly every intersection. But business was booming for the auto repair shops and local hospitals, which dominated the economy of Allopath.

As the population of Allopath grew, traffic accidents increased to an alarming level. Out of desperation, the city council hired Doctor West, a doctor of the Motor Division (M.D.) to find a solution.

Dr. West spent days examining traffic accidents. He carried an assortment of technical gear -- microscopes, chemical analysis equipment, lab gear - - and put them all to work as part of his investigation. The townspeople of Allopath watched on with great curiosity while Dr. West went about his work, meticulously documenting and analyzing each traffic accident, and they awaited his final report with great interest.

After weeks of investigation, Dr. West called the people of Allopath to a town meeting for the release of his report. There, in front of the city council and most of the residents of Allopath, he announced his findings: "Traffic accidents are caused by skid marks."

As Dr. West explained, he found and documented a near-100% correlation between traffic accidents and skid marks. "Wherever we find these cars colliding," he explained, "we also find these skid marks."

The town had "Skid Marks Disease," the doctor explained, and the answer to the town's epidemic of traffic accidents would, "...require nothing more than treating Skid Marks Disease by making the streets skid-proof," Dr. West exclaimed, to great applause from the townspeople.

The city paid Dr. West his consulting fee, then asked the good doctor to propose a method for treating this Skid Marks Disease. As chance would have it, Dr. West had recently been on a trip to Hawaii paid for by a chemical company that manufactured roadaceuticals: special chemicals used to treat roads for situations just like this one. He recommended a particular chemical coating to the

city council: teflon.

"We can treat this Skid Marks Disease by coating the roads with teflon," Dr. West explained. "The streets will then be skid-proof, and all the traffic accidents will cease!" He went on to describe the physical properties of teflon and how its near-frictionless coating would deter nearly all vehicle skids.

The city council heartily agreed with Dr. West, and they issued new public bonds to raise the money required to buy enough teflon to coat all the city's streets. Within weeks, the streets were completely coated, and the skid marks all but disappeared.

The city council paid Dr. West another consulting fee and thanked him for his expertise. The problem of traffic accidents in Allopath was solved, they thought. Although the cure was expensive, they were convinced it was worth it.

But things weren't well in Allopath. Traffic accidents quadrupled. Hospital beds were overflowing with injured residents. Auto repair businesses were booming so much that most of the city council members decided to either open their own car repair shops or invest in existing ones.

Week after week, more and more residents of Allopath were injured, and their cars were repeatedly damaged. Money piled into the pockets of the car repair shops, hospitals, tow truck companies and car parts retailers.

The town economic advisor, observing this sharp increase in economic activity, announced that Allopath was booming. Its economy was healthier than ever, and Allopath could look forward to a great year of economic prosperity!

There were jobs to be had at the car repair shops. There were more nurses needed at the hospital. "Help wanted" signs appeared all over town at the paramedic station, the tow truck shops, and the auto glass businesses. Unemployment dropped to near zero.

But the traffic accidents continued to increase. And yet there were no skid marks.

The city council was baffled. They thought they had solved this problem. Skid Marks Disease had been eradicated by the teflon treatment. Why were traffic accidents still happening?

They called a town meeting to discuss the problem, and following a short discussion of the problem, an old hermit, who lived in the forest just outside of Allopath, addressed the townspeople. "There is no

(Over, please...)



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such thing as Skid Marks Disease," he explained. "This disease was invented by the roadaceuticals company to sell you teflon coatings."

The townspeople were horrified to hear such a statement. They knew Skid Marks Disease existed. The doctor had told them so. How could this hermit, who had no Motor Division (M.D.) degree, dare tell them otherwise? How could he question their collective town wisdom in such a way?

"This is a simple problem," the hermit continued. "All we need to do is build stop signs and traffic lights. Then the traffic accidents will cease."

Without pause, one city council member remarked, "But how can we afford stop signs? We've spent all our money on teflon treatments!"

The townspeople agreed. They had no money to buy stop signs.

Another council member added, "And how can we stop anyway? The streets are all coated with teflon. If we build stop signs, we'll waste all the money we've spent on teflon!"

The townspeople agreed, again. What use were stop signs if they couldn't stop their cars anyway?

The hermit replied, "But the stop signs will eliminate the need for teflon. People will be able to stop their cars, and accidents will cease. The solution is simple."

But what might happen if stop signs actually worked, the townspeople wondered. How would it affect the booming economy of Allopath? Realizing the consequences, a burly old man who owned a local repair shop jumped to his feet and said, "If we build these stop signs, and traffic accidents go down, I'll have to fire most of my workers!"

It was at that moment that most of the townspeople realized their own jobs were at stake. If stop signs were built, nearly everyone would be unemployed. They all had jobs in emergency response services, car repair shops, hospitals and teflon coating maintenance. Some were now sales representatives of the roadaceuticals company. Others were importers of glass, tires, steel and other parts for cars. A few clever people were making a fortune selling wheelchairs and crutches to accident victims.

One enterprising young gentleman started a scientific journal that published research papers describing all the different kind of Skid Marks Diseases that had been observed and documented. Another person, a fitness enthusiast, organized an annual run to raise funds to find the cure for Skid Marks Disease. It was a popular event, and all the townspeople participated as best they could: jogging, walking, or just pushing themselves along in their wheelchairs.

One way or another, nearly everyone in Allopath was economically tied to Skid Marks Disease.

Out of fear of losing this economic prosperity, the townspeople voted to create a new public safety agency: the Frequent Drivers Association (FDA). This FDA would be responsible for approving or rejecting all signage, technology and chemical coatings related to the town's roads.

The FDA's board members were chosen from among the business leaders of the community: the owner of the car shop, the owner of the ambulance company, and of course, Dr. West.

Soon after its inception, the FDA announced that Skid Marks Disease was, indeed, very real, as it had been carefully documented by a doctor and recently published in the town Skid Marks Disease journal. Since there were no studies

whatsoever showing stop signs to be effective for reducing traffic accidents, the FDA announced that stop signs were to be outlawed, and that any person attempting to sell stop signs would be charged with fraud and locked up in the town jail.

This pleased the townspeople of Allopath. With the FDA, they knew their jobs were safe. They could go on living their lives of economic prosperity, with secure jobs, knowing that the FDA would outlaw any attempt to take away their livelihood. They still had a lot of traffic accidents, but at least their jobs were secure.

And so life continued in Allopath. For a short while, at least. As traffic accidents continued at a devastating rate, more and more residents of Allopath were injured or killed. Many were left bed-ridden, unable to work, due to their injuries.

In time, the population dwindled. The once-booming town of Allopath eventually became little more than a ghost town. The hospital closed its doors, the FDA was disbanded, and the Skid Marks Disease journal stopped printing.

The few residents remaining eventually realized nothing good had come of Skid Marks Disease, the teflon coatings and the FDA. No one was any better off, as all the town's money had been spent on the disease: the teflon coatings, car parts and emergency services. No one was any healthier, or happier, or longer-lived. Most, in fact, had lost their entire families to Skid Marks Disease.

And the hermit? He continued to live just outside of town, at the end of a winding country road, where he lived a simple life with no cars, no roads, no teflon coatings and no FDA.

He outlived every single resident of Allopath. He gardened, took long walks through the forest, and gathered roots, leaves and berries to feed himself. In his spare time, he constructed stop signs, waiting for the next population to come along, and hoping they might listen to an old hermit with a crazy idea:

...that prevention is the answer, not the treatment of symptoms. *By Mike Adams, www.NewsTarget.com*

WARNING: Social Drinkers cause most of the Homicides, Traffic Accidents, Suicides, Violence, Domestic Violence, and Child Abuse

Alcohol ranks as the number one health risk in all but two countries, Canada and the United States, in the Americas, according to a publication of the Pan American Health Organization (PAHO).

This is not due primarily to "alcoholism," however. The biggest problem is overconsumption by people who just drink "socially."

"The biggest misconception people have is that the problem of alcohol is alcohol dependence or alcoholism," says Maristela Monteiro, PAHO regional advisor on alcohol and substance abuse. "In terms of society, most public health problems come from acute intoxication." In other words, she explains, most of the homicides, traffic accidents, suicides, violence, domestic violence, child abuse or mistreatment and neglect are the result of "heavy drinking occasions" by people who mostly are not alcoholics or alcohol dependent.

The article, "The Problem with Drinking," appears in the latest edition of Perspectives in Health, PAHO's magazine.

The article notes that in the United States, alcohol is a factor in 25 per cent of deaths among people aged 15 to 29. Its direct costs to the U.S. health care system reach some \$19 billion and to the U.S. economy as a whole, as much as \$148 billion.

Public health experts note that alcohol takes a

disproportionate toll on the poor because they spend a greater share of their income on alcohol and when they have drinking problems they have less access to services, may lose their jobs and bring major hardships to their families.

"For all these reasons," the article notes, "many public health experts believe that alcohol policy should be a top priority in every country of the Americas."

...Experts are calling for more research and action to counter the toll of alcohol on public health. As Monteiro notes, "people not only die from drinking too much, they harm and kill those who don't drink, too."

Posted by the Pan American Health Organization (PAHO),
www.eMaxHealth.com

Caffeinated Drinks Linked to Inattention, Hyperactivity, Restlessness in First-Grade Children

When parents or teachers complain about a child being inattentive, restless, and having difficulty sleeping, physicians may want to consider the caffeinated soft drinks in the school vending machine or the home refrigerator before they screen for attention deficit/hyperactivity disorder (ADHD), according to findings presented here at the 2005 American Psychiatric Association Annual Meeting.

In a small double-blinded study of first-grade children, they had more behavior problems on the days that they were exposed to caffeinated colas than on the days that they had caffeine-free drinks. These findings may provide a simple answer to some instances of children's hyperactivity, according to principal investigator Alan R. Hirsch, MD.

"We found that exposure to caffeinated cola drinks impaired children's learning ability by causing restlessness, hyperactivity, and inattention," Dr. Hirsch said. "On the days that the children were drinking caffeinated drinks, their Connors scores increased an average of 5.5 points compared with the days when they were only drinking caffeine-free drinks." Dr. Hirsch is the director of the Smell and Taste Treatment and Research Foundation in Chicago, Illinois, as well as an assistant professor of both neurology and psychiatry at Rush Medical College in Chicago.

The study involved 20 first-grade children, 10 boys and 10 girls. In three-hour time segments that occurred sequentially for a two-week study period, the students were given up to 12 oz of either a caffeinated cola drink or a caffeine-free cola drink. The children were given 10 dimes with which they could "buy" repeat servings of their designated drink for the study session after an initial serving of 2 oz. At the end of each session, the children's teacher, who did not know the purpose of the study or the type of soda each child consumed, assessed each child's behavior with a modified Connors test.

...The findings should support physicians' recommendations regarding restricting children's dietary caffeine, and it could also have implications regarding school systems' friendly relationship with vendors. "Children ages 6 to 11 years old conservatively drink an average of seven to eight oz of carbonated soda per day," said Dr. Hirsch. As the findings show, "this can have a substantial impact on children's behavior in school."

"This is an interesting study, with findings consistent with prior findings," said David W. Fassler, MD, in a comment seeking an expert's perspective. "Although the sample size is small, the authors demonstrated that behavior difficulties can

be caused by caffeinated beverages." Dr. Fassler is a clinical professor at the University of Vermont in Burlington and a member of the American Psychiatric Association's board of trustees.

"The findings support physicians' conventional advice concerning the negative effects of caffeinated drinks on young children," Dr. Fassler added. "It also underscores why it is so important to completely evaluate young children who are having behavioral and emotional problems and to review the child's dietary habits, including caffeinated beverages, as part of the evaluation." Although questions about caffeine consumption are typically part of the screen for anxiety disorders, pediatric insomnia, and ADHD, the findings are a reminder not to neglect this part of the evaluation, Dr.

Fassler said. *Medscape Medical News* 2005. © 2005 Medscape

Health illiteracy is widespread: neither patients nor doctors grasp the fundamentals of nutrition

Health literacy is a huge problem for controlling health care costs, says a new study published by the Institute of Medicine. By "health literacy," they mean the ability of the general public to read and understand basic health information. The absence of this ability is costing our nation \$29 billion a year in additional medical costs, and that was back in 1996!

I completely agree with the findings of this research. I've found health literacy to be astonishingly low among the general population -- even among people who can read just fine! A fundamental grasp of nutrition, for example, is almost completely lacking in our population. I've listened to people tell me that they think eating white rice at a Chinese restaurant is good for them "because it contains so much fiber." That's quite a surprise to hear, since white rice has virtually no fiber whatsoever and isn't healthy at all: it's more like a dietary sugar than a health food.

Amazingly, most people have no clue that soft drinks are bad for their health. They've never been told that store-bought cookies promote obesity and diabetes. They have no awareness of the fact that hydrogenated oils lead to heart disease. This is basic information, folks, and barely 1% of our population is aware of it.

So what's the cause of this widespread health illiteracy? By and large, the information just isn't taught to anyone. Public school health classes hardly cover nutrition and certainly don't mention ingredients or foods to avoid, since that would outrage the junk food manufacturers who depend on children for revenues. As a result, the health information taught in schools is the old watered-down, politically correct garbage found on the USDA's utterly outdated Food Guide Pyramid, which is actually just a promotion gimmick for food growers and industries that have political clout. Even the USDA's own employees admit the pyramid has a lot more to do with politics than sound nutritional advice.

The federal government also fails to educate people about basic nutritional wisdom. Even while our nation suffers from a rapidly accelerating obesity epidemic, there are no public service messages telling people to avoid soft drinks, high fructose corn syrup or refined white sugar. The government doesn't have the political willpower to instruct the public to eat less of anything, thanks to the political backlash from the junk food companies.

And yet it's not just the general public that's illiterate when it comes to health: the vast majority of medical doctors are

also nutritionally illiterate thanks to the mysterious lack of nutrition education in our nation's medical schools. Bestselling author Dr. Andrew Weil explains it in the same terms. "Physicians are nutritionally illiterate," he says, and part of his mission is to bring nutrition classes to medical schools so that tomorrow's doctors can at least demonstrate some basic understanding of the relationships between foods and health.

With foods being the #1 cause of chronic disease, you would think medical schools might be interested in teaching something about nutrition, but thanks to the influence of the pharmaceutical industry (which has open-door access to medical schools these days), the schools remains steeped in teaching drugs, surgery and other strategies of western medicine that are now known to be almost universally useless, unproven, or extremely dangerous. Here's a fascinating fact: I've spent more than 4,000 hours studying nutrition and the relationships between foods and health. Most M.D.s, on the other hand, have spent as little as one hour learning about nutrition during their entire medical education. If you spent just ten hours reading the nutritional information found on this website, you will possess ten times the nutritional knowledge of most doctors!

So with most western doctors literally clueless about basic nutrition (that's not an exaggeration), we have a situation of the blind leading the blind: doctors have no way to teach patients how to make healthy food choices, since they don't know themselves! Interestingly, none of this has anything to do with the classic definition of illiteracy. These people can read just fine. They're smart people. They've just been denied a quality education by our nation's medical schools which simply refuse to teach future physicians about the true causes of health and disease. That's one reason why so much of organized medicine is a sham -- the system has no foundation in the true causes of disease and health. That's why prescription drugs fail in more than 90% of all patients and why simple lifestyle changes like diet and physical exercise outperform even the most expensive drugs by huge factors.

So what's the solution? Obviously, we need to start teaching doctors about nutrition (see related ebook on nutrition). There's some progress in that area, and naturopathic physicians are of course already learning and teaching nutrition. Secondly, we need to ban all junk food advertising and, instead, start running public service announcements that teach people what foods and ingredients to avoid. Third, we need to teach the truth about nutrition, foods, disease and health in our nation's schools and universities, regardless of what Coca-Cola thinks about it. Finally, more people should read websites like this one where the truth about nutrition is presented without the political meddling of junk food companies.

Because we have all the information we need, right now, to be a society that's almost universally disease free. We can create a world with virtually no cancer, no diabetes, no heart disease and no mental illness. It's not a mystery. The answer is found in our food choice and exercise habits. Most people want to be healthy but they don't know how. This whole health care crisis we're experiencing today is nothing more than an information distribution challenge: if we get the truth about nutrition into the hands of the general public, people will make healthier choices. Disease rates will plummet. Health care costs will fall. Pharmaceutical companies will go bankrupt. This is a good thing, folks. This is what every modern society should aim for.

Posted Jun 8, 2004 PT by the Health Ranger (Mike Adams)

Are fish intelligent, sensitive animals no more

deserving of being eaten than a pet dog or cat?

Touting tofu chowder and vegetarian sushi as alternatives, animal-rights activists have launched a novel campaign arguing that fish -- contrary to stereotype -- are intelligent, sensitive animals no more deserving of being eaten than a pet dog or cat.

Called the Fish Empathy Project, the campaign reflects a strategy shift by People for the Ethical Treatment of Animals as it challenges a diet component widely viewed as nutritious and uncontroversial.

"No one would ever put a hook through a dog's or cat's mouth," said Bruce Friedrich, PETA's director of vegan outreach. "Once people start to understand that fish, although they come in different packaging, are just as intelligent, they'll stop eating them."

The campaign is in its infancy and will face broad skepticism. Major groups such as the American Heart Association recommend fish as part of a healthy diet; some academics say it is wrong to portray the intelligence and pain sensitivity of fish as comparable to mammals.

"Fish are very complex organisms that do all sorts of fascinating things," said University of Wyoming neuroscientist James Rose. "But to suggest they know what's happening to them and worry about it, that's just not the case."

PETA, headquartered in Norfolk, Va., has campaigned for years against sport fishing, challenging claims by Rose and others that fish caught by anglers do not feel pain. PETA also has joined other critics in decrying the high levels of mercury or other toxins in many fish and the pollution discharged by many fish farms.

The Empathy Project is a departure in two respects -- attempting to depict the standard practices of commercial fishing as cruel and seeking to convince consumers that there are ethical reasons for not eating fish.

"Fish are so misunderstood because they're so far removed from our daily lives," said Karin Robertson, 24, the Empathy Project manager and daughter of an Indiana fisheries biologist. "They're such interesting, fascinating individuals, yet they're so incredibly abused."

The project was inspired by several recent scientific studies -- widely reported in Britain but little-noticed in the United States -- detailing facets of fish intelligence.

Oxford University researcher Theresa Burt de Perera, for example, reported that the blind Mexican cave fish is able to interpret water pressure changes to construct a detailed mental map of its surroundings.

"Most people dismiss fish as dimwitted pea-brains. ... Yet this is a great fallacy," wrote University of Edinburgh biologist Culum Brown in the June edition of *New Scientist*. "In many areas, such as memory, their cognitive powers match or exceed those of 'higher' vertebrates, including non-human primates."

Chris Glass of the Manomet Center for Conservation Sciences in Massachusetts led another recent study, showing how North Sea haddock developed abilities to avoid trawlers' nets.

"There's no doubt that fish of all shapes and forms are capable of learning fairly complex tasks," Glass said. "They can learn from their environment and experience."

Yet Glass declined to endorse the don't-eat-fish appeals.

"We don't want to be caught between warring factions," he said. "We're interested in helping the fisheries industry do a responsible job."

To press their argument, PETA activists plan demonstrations starting next month at selected seafood restaurants nationwide. PETA also will urge changes in commercial fishing practices, for example proposing that trawler crews stun fish before cutting them up.

Friedrich questioned why there is popular support for sparing marine mammals -- dolphins and porpoises -- yet minimal concern for species like tuna, "whose suffering would warrant felony animal cruelty charges if they were mammals."

Fish-welfare rules would be a new realm for U.S. commercial fishermen. The National Fisheries Institute, which represents them, has pledged to help sustain fish stocks but its members have never faced cruelty regulations regarding their catch.

"It's irresponsible to discourage people from eating fish at a time when doctors and dietitians advise eating it twice a week," said institute president John Connelly. "If anything, we should be eating more fish."

Friedrich acknowledges the difficulty of changing long-held customs, but thinks his project is worthwhile. "We'd rather go too far than not far enough," he said.

DAVID CRARY, AP National Writer

Note: "Think of the cruelty to animals that meat eating involves, and its effect on those who inflict and those who behold it. How it destroys the tenderness with which we should regard these [marvelous] creatures...!"

The intelligence displayed by many dumb animals approaches so closely to human intelligence that it is a mystery. The animals see and hear and love and fear and suffer. They use their organs far more faithfully than many human beings use theirs. They manifest sympathy and tenderness toward their companions in suffering. Many animals show an affection for those who have charge of them, far superior to the affection shown by some of the human race. They form attachments for man which are not broken without great suffering to them.

What man with a human heart, who has ever cared for domestic animals, could look into their eyes, so full of confidence and affection, and willingly give them over to the butcher's knife? How could he devour their flesh as a sweet morsel?" *The Ministry of Healing, pp. 31, 316*

