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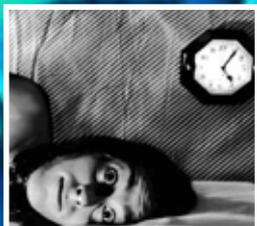
The New Zealand Journal of

# NATURAL MEDICINE

Issue 1: May - August 2011

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# Welcome

– to the first edition of **The New Zealand Journal of Natural Medicine.**

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**The NZ Journal of Natural Medicine is devoted to the serious exploration of the many proven ways that “natural medicine” can treat illness and/or help maintain optimum health.**

It's time we faced the fact that “conventional” or “corporate” or “mainstream” medicine (three names for the same thing) has largely failed the people it was allegedly set up to serve. Even the *Journal of the American Medical Association* found that corporate medicine is now the second or the third leading cause of death in the US – and the same thing holds true wherever corporate medicine predominates.

That's because for this system, profit and its continuation into the distant future are everything. And woe to any “alternative” that works.

A war was declared on natural medicine more than 100 years ago. In fact, this war goes back many hundreds of years, as pragmatic healers historically have been persecuted by the “powers that be” for a long time. From the persecution of practitioners who actually cure cancer to blatantly lying about nutrition (MDs still study hardly any nutrition!) – this has been a war waged on sick and well people alike. Now it is becoming increasingly vicious thanks to the fact that Natural Medicine has succeeded in countless ways that corporate medicine has failed. Natural medicine is taking an increasing share of the “health dollar” from Big Pharma – not because people are “ill informed” as the accusation goes, but because they are becoming increasingly **well-informed**.

If the minions of corporate medicine have their way natural medicine will soon become illegal – and extinct. In fact, in many countries around the world, this is now rapidly happening and Natural Medicine is beleaguered. In every way they can Big Pharma is trying to insure its predominance; indeed it seeks to create a monopoly, even if this means the deaths of countless millions of people.

Which, in fact, it does.

Doctors, hospitals, and governments have been bought off wholesale, *while your choices and your health freedom continue to decline. Consequently, the knowledge of methods that really work is, despite the internet, not reaching everyone who needs it.*

In New Zealand and elsewhere it is even illegal for manufacturers even to inform the public what conditions their various nutritional supplements might be useful for – even if there is scientific proof of efficacy!

This is medical fascism pure and simple, and if we don't fight for our rights to health freedom we will shortly lose what little freedom we have left. – **Jonathan Eisen**

## In This Issue

Thanks to the Japanese earthquake and tsunami, our fragile earth – and human health – is threatened by exposure to radioactive pollution of an unprecedented scale.

We see our job as editors of *The New Zealand Journal of Natural Medicine* is to help provide you with information that will not only help you survive these turbulent times, but to thrive.

Sometimes information makes the difference between life and death... other times it can enhance an already rich life.

This issue includes articles on how to reduce the harmful effects of exposure to ionising radiation, as well as how to use homoeopathy to help promote healing in first aid situations. As many New Zealanders and Australians have experienced first hand recently, you never know when you might need to help yourself or someone else in an emergency. If chronic stress is already taking a toll on your health, the article on adrenal stress may be just what you need to start you on the road to recovery.

At a certain level, health becomes political – much as people might wish otherwise. Thanks to the efforts of many New Zealanders who have championed the cause of health freedom, here in New Zealand we enjoy access to a wide range of therapies and health products; citizens of many other countries are not so fortunate. However, the price of freedom being eternal vigilance, an important part of our mission is to share with our readers what is going on behind the scenes in New Zealand the better to preserve access to traditional herbal medicines, nutritional supplements and other tools that can promote good health.

We hope that our efforts will help you and your family enjoy better health, and live longer and more enjoyable and productive lives.

We hope that you, our readers will share your stories of health and healing in our letters pages.

We welcome suggestions for stories from readers and enquiries from writers – but please contact us to discuss a story idea before you start writing.

We would like to thank all the people who have supported us thus far; writers, subscribers and our foundation advertisers.

Yours for good health!

**Katherine Smith**





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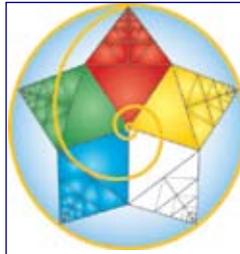
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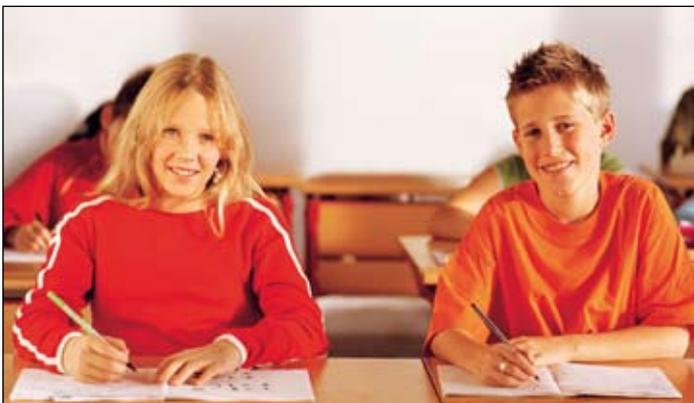
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“Let food be your medicine and medicine your food.”  
– Hippocrates



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## The NZ Journal of Natural Medicine

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# Why Medication Can Be Dangerous to Your Health

By Leo Galland, M.D.



Did you know that the majority of FDA approved drugs have serious potential side effects that were not detected before marketing approval? <sup>(1)</sup>

- That about three quarters of a million people a year are rushed to emergency rooms in the US because of adverse drug reactions, according to the CDC? <sup>(2)</sup>

- That the number of medication-related deaths in the US is estimated at over 200,000 a year, making medications the third or fourth leading cause of death in this country? <sup>(3)</sup>

- That even common pain relievers called NSAIDs, examples of which include Advil, Motrin, Aleve and aspirin, account for an estimated 7,600 deaths and 76,000 hospitalizations in the US every year? <sup>(4)</sup>

It sounds like the cure could be worse than the disease in far too many cases.

Thankfully, there is an option, an innovative approach to healing that seeks to restore balance and healthy function, instead of simply treating symptoms with drugs and suffering the side effects. I call it integrated medicine, and it is a powerful and effective way to address chronic illness... more on that in a moment.

## Inhibiting Vital Functions

But first, let me explain in brief why the everyday medications we rely upon can be hazardous to your health.

The reason is simple and based upon the basic nature of modern drug therapy. Most

drugs used today are intended to act like biochemical strait jackets. They suppress cellular functions that appear to be overactive. You can see this by looking at the names given to categories or classes of drugs. Almost all include “blocker,” “inhibitor,” or “anti-” in the description: beta-blockers, calcium blockers, ACE inhibitors, proton pump inhibitors, anti-histamines and anti-inflammatory drugs. *These drugs are developed to treat disease by interfering with the biochemical processes involved in illness.*

But they also interfere with the natural and healthy functions of the body.

It's like throwing a wrench into a sophisticated machine in an effort to fix it.

*“A powerful strategy in integrated medicine is the therapeutic use of nutrition. Nutritional therapy, when properly used, can achieve results that drugs cannot, because nutrients are essential components of the cellular information network. An excellent example is omega-3 fatty acids.”*

Furthermore, the biochemical processes they inhibit are rarely the cause of the illness. They are just part of the many changes in the body that accompany disease. Outside the setting of disease these biochemical processes all play important roles in normal cellular function.

It's no wonder that many of these drugs have side effects that are a direct extension of their therapeutic actions. <sup>(5)</sup> They are not restoring normal cellular function; they are merely inhibiting cellular hyperactivity.

## Pitfalls of Pain Relief

NSAIDs (nonsteroidal anti-inflammatory drugs) are an excellent example and

include common over the counter drugs such as aspirin (Bayer, Bufferin and Excedrin), ibuprofen (Advil, Motrin and Nu-prin), and naproxen (Aleve). They relieve pain and inflammation by blocking an enzyme called cyclo-oxygenase (COX). Although COX activity contributes to pain and inflammation, this enzyme also performs important functions such as:

- protecting the stomach from the corrosive effects of its own acid,
- regulating circulation of blood to the kidneys,
- modulating the activity of the immune system.

It naturally follows that NSAID use can have severe side effects, which are a direct result of COX enzyme inhibition. The side effects of chronic NSAID use have been well documented in the scientific literature, for example in the American Medical Association's journal *Archives of Internal Medicine*.

Side effects of chronic NSAID use include:

- stomach ulcers <sup>(6)</sup>
- intestinal bleeding <sup>(7)</sup>
- kidney failure <sup>(8)</sup>
- high blood pressure <sup>(9)</sup>
- aggravation of immune system disorders like asthma, <sup>(10)</sup> psoriasis, <sup>(11)</sup> and colitis. <sup>(12)</sup>

So if you take an NSAID, let's say for a headache, you could just be trading one problem for another.

The search for a safer type of NSAID led to the development of drugs called selective COX inhibitors. As their name suggests, they're selective in their effect, designed to inhibit only the so-called “bad” COX enzyme, without inhibiting the so-called “good” COX enzyme.

This approach created one of the most highly anticipated drug releases in the history of medicine: Vioxx. Vioxx was a

disaster; it increased the death rate from heart attacks and strokes and was withdrawn from the market.

What the scientists behind Vioxx failed to recognize is that all forms of the COX enzyme are important for health.<sup>(13)</sup> So instead of giving us a safer drug therapy, it was like tossing a different type of wrench into the machine.

The idea that there are “bad” enzymes and “good” enzymes or “bad” hormones and “good” hormones is a total misrepresentation of how the body works. But the pharmacology underlying conventional medical treatments is based upon that misrepresentation.

## Working in Harmony with the Body is the Solution

Fortunately there is another way of looking at health and healthcare that addresses the underlying causes of illness: integrated medicine.

The great value of integrated medicine is that it provides alternative strategies for healing, based upon enhancing normal physiological balance instead of merely attempting to suppress the hyperactive biochemistry involved in disease.

A powerful strategy in integrated medicine is the therapeutic use of nutrition. Nutritional therapy, when properly used, can achieve results that drugs cannot, because nutrients are essential components of the cellular information network. An excellent example is omega-3 fatty acids.

Thirty years ago I pioneered the therapeutic uses of omega-3 fatty acids in my research, scholarly writing and teaching of medical faculty. Seeking to educate the wider public about the importance of omega-3's and other dietary fats I made them a cornerstone of my first two books *Superimmunity for Kids* and *Power Healing, Use the New Integrated Medicine to Cure Yourself*.

Omega-3 fatty acids are found in fish, flax seed, walnuts, sea vegetables and leafy greens. The most potent omega-3's, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are used by the cells of your body to make powerful chemicals that help to maintain normal cell function under conditions of stress.<sup>(14)</sup> The so-

called “bad” COX enzyme, in fact, converts DHA to substances called resolvins and neuroprotectins, which play a vital role in controlling inflammation<sup>(15)</sup> and helping brain cells survive injury.<sup>(16)</sup> This is one reason the inhibition of any of the COX enzymes can be bad for your health.

## A Natural Approach to Reducing Inflammation

Knowledge of the benefits of omega-3 fats provides an alternative strategy for controlling inflammation that is both natural and potent. The basic idea is to increase your body's levels of DHA, the omega-3 fatty acid your body uses to make these beneficial chemicals.

Remarkable results in reducing inflammation can be accomplished by dietary changes and nutritional supplementation. Increase consumption of foods that contain omega-3 fats (mentioned above) and decrease consumption of foods that interfere with the anti-inflammatory effects of omega-3 fats, such as meat, and oils, spreads and dressings made from corn, sunflower, soybean, safflower or cottonseed oil, substituting olive oil and flax oil instead. This simple approach had allowed people in research studies with severe rheumatoid arthritis to decrease their use of anti-inflammatory drugs.<sup>(17,18)</sup> For more information about fighting inflammation with nutrition, and free recipes, visit my website [fatresistancediet.com](http://fatresistancediet.com)

A vast amount of scientific research has been published in prestigious medical journals on the therapeutic use of nutrition. Now it is time to put all of that essential knowledge to work.

Making nutrition a cornerstone of everyone's healthcare has been my longstanding goal and is the first step in real healthcare reform. Moving from a system based on treating symptoms to a system for achieving optimal health will enable healthcare to achieve its true potential.

The solution is integrated medicine – the future of healthcare, today.

## ABOUT THE AUTHOR

Leo Galland, MD is the Director of the Foundation for Integrated Medicine and founder of [pilladvised.com](http://pilladvised.com), an online resource for learning about medications, supplements and food. Sign up for his weekly Pill Advised Newsletter, watch his videos on YouTube and join the Pill Advised Facebook page.

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# Better Health On A Shoestring



**Katherine Smith**

In this column and in future issues of *The New Zealand Journal of Natural Medicine* I will share practical self-help preventative healthcare ideas that are suitable for a wide range of people, in order to help readers maintain good health without incurring additional financial stress. Let's start with one of my favourite herbs:

## **Turmeric** (*Curcuma longa*)

Turmeric is best known for the yellow colour and subtle flavour it gives to curries. However in addition to its culinary uses, it has numerous medicinal applications, and has been adopted from Ayurvedic and Traditional Chinese medicine into Western herbal medicine.

I first became aware of turmeric from Babu Merai, a friend who had grown up in the Indian state of Gudjurat. He told me to apply a warm paste made from turmeric heated in olive oil to a badly sprained ankle, then wrap the ankle in a bandage – to prevent the oily mixture from staining sheets and clothing.

The ankle healed up overnight.

In addition to being a useful topical anti-inflammatory, turmeric is a useful anti-inflammatory when taken internally. A glass of warm milk with about 1/4 - 1/2 tsp of turmeric powder is a useful home treatment for sports or other injuries can be taken up to three times daily by an adult. (Fresh pineapple is also helpful as it contains the enzyme bromelain which is also anti-inflammatory.)

People are not the only potential beneficiaries of turmeric's healing properties. I have used small amounts of turmeric and ginger power sprinkled on pets' meals to help relieve inflammation around arthritic joints. (Elderly pets suffering from joint deterioration can also take size-appropriate dosages of glucoasmine sulfate. Animal glucosamine can be obtained from vets or human glucosamine given if you can get advice on the dosage.)

Eating extra turmeric may be helpful for

girls and women who suffer from menstrual cramps because it inhibits the activity of cyclooxygenase enzymes (COX-2) that can otherwise promote the production of prostaglandins which can cause painful uterine spasms. (For this purpose, high doses of turmeric would need to be taken at least three or four days before the expected onset on the period. For very bad cases of period pain, additional ginger and possibly *Boswellia serrata* may be needed in addition to turmeric.)

Using turmeric has more benefits than helping relieve aches and pains. It has some anti-coagulant action (it reduces platelet stickiness) and can thus help reduce the risk of blood clots. (For this reason, people who have a low platelet count, bleeding disorders or are taking blood thinners such as aspirin or warfarin should not use anything more than their normal amounts of turmeric in cooking, as there is potential for excessive thinning of the blood.)

Extracts of turmeric have antioxidant activity and it has also been shown to help protect the liver, similar to that of the herb Milk Thistle (*Silybum marianum*). In mice which were fed paracetamol (acetaminophen) a turmeric extract was found to protect against the kidney damage that this drug can cause in mice (and humans.) [Khorsandi L, Orazizadeh M "Protective effect of *Curcuma longa* extract on acetaminophen induced nephrotoxicity in mice" DARU Vol 15, No.3, 2008]

Turmeric also has potential as a cancer preventative because of its antioxidant and free radical scavenging ability, and also its ability to increase the liver's production of glutathione (which assists in the detoxification of toxic substances). A study of people with biopsy-confirmed malignant or pre-malignant lesions showed histologic improvements in seven out of 25 patients with a variety of conditions.

The easiest way to increase your turmeric intake is to incorporate more into cooking – which also has the helpful side effect of improving digestion as turmeric increase

the production of digestive enzymes)

Curry (and perhaps dahl) is the first food that people identify with turmeric. However, in practice – with a little experimentation – it is possible to incorporate substantial amounts of turmeric into other foods such as bolognaise sauces, guacamole, hummus – and it gives a beautiful golden colour to chicken soup. It is hard to eat too much turmeric: clinical studies of turmeric have used dosages from 500mg (1/2 gramme) to 8000 mg (8 g) per day. However, if you are using pharmaceutical medications it would be sensible to consult with a health professional before beginning to take large amounts.

Laurice's dahl: A delicious warming meal and a great way to enjoy turmeric. Serves 3-4.

## **DAHL**

1/2 cup chick peas  
1/2 cup mixture of brown and red lentils and yellow split peas. (About. 1 Tbsp of each)  
4 cups water  
2 Tbsp. olive oil  
2 onions chopped  
2 cloves garlic  
2 tsp. cumin seeds  
1 tsp. ground turmeric  
2 tsp. grated root ginger  
1 tsp. garam marsala  
1 tsp. salt (or less to taste)

Rinse chick peas and lentils in a sieve and soak in water overnight.

1. Boil the chick peas and lentils in the same water until tender, 40 minutes approx.
2. Warm a pan, heat the olive oil and cook the next 5 ingredients until the onion is tender.
3. Mash the chick pea/lentils when they are tender. Cook longer if they are not tender.
4. Stir the onion mixture, adding garam marsala and the salt and remove from the heat.
5. Add the onion mix to the chick peas/lentils when they are soft and simmer for 5 minutes.

Adjust the consistency by boiling longer or adding water – if necessary. Serve immediately or reheat, adjusting seasoning just before serving.

Unless otherwise stated references are from *Curcuma longa* : *Alternative Medicine Review Monograph*

# HEALTH NEWS

## ALERTS



### Is Coconut Oil the Secret Cure for Alzheimer's Disease?

<http://www.sott.net/articles/show/224961-Is-coconut-oil-the-secret-cure-for-Alzheimer-s-disease->  
February 25, 2011

David Gutierrez  
World Health Net

© Unknown

A doctor says that taking just four teaspoons of coconut oil per day reversed her husband's dementia.

Mary Newport is the medical director of the neonatal intensive care unit of Spring Hill Regional Hospital in Florida. In 2003, her husband Steve began showing symptoms of Alzheimer's disease.

"The symptoms of Alzheimer's disease are progressive mental deterioration characterized by an inability to carry out daily activities, a loss of cognitive functions, and a loss of memory functions," writes Tom Bohager in his book *Everything You Need to Know About Enzymes*.

Alzheimer's disease is fatal, and has no medical cure. The various drugs on the market have shown only limited effectiveness at slowing the progression of the disease. Indeed, Newport's husband continued to worsen even after being prescribed three different drugs.

"Many days, often for several days in a row, he was in a fog; couldn't find a spoon or remember how to get water out of the

refrigerator," Newport said.

Newport began researching the mechanisms of Alzheimer's disease in the hopes of finding alternative treatments. She learned that researchers attribute many of the disease's symptoms to the starvation of certain brain cells due to an inability to process glucose.

Researchers have wondered if supplying the brain with more energy from an alternative supply known as ketones might prevent this cell death and thereby halt the disease. The easiest way to get the body to produce ketones is to consume medium-chain triglycerides (MCT), a type of fat.

Newport learned that MCT oil derived from coconut or palm kernel oil has shown great promise in treating Alzheimer's, so she began feeding coconut oil to her husband. Within two days, he was showing signs of improvement. Within 60 days, he was once again alert, happy and making jokes. Within a year, he regained the ability to complete self-directed tasks and to run, and experienced great improvements in reading comprehension and short-term memory.

Scans confirm that the atrophy in his brain has come to a complete halt.

NOTE: When cooking with coconut oil, don't pour the oil off – pour it over your food and eat it. It is a superb, very "healthy" oil and a good substitute for butter – e.g., sauteing or on toast. It has bacteriostatic qualities and is valuable applied directly to inflamed, irritated skin anywhere on one's body. It is an excellent emollient for skins of any age – from infancy to "old age". I use only organic coconut oil. – Isabel

### The Amish Don't Get Autism but They Do Get Bio-Terrorism

by Thomas Corriher  
January 7, 2010

People outside the alternative health community are often confused by the lack of autism in the Amish people. The Amish do not experience autism, or any of the other learning disabilities that plague our technological society. The Amish live in a society that consists of outdated technologies and ideals, by contemporary standards. Their diet consists of eating organic, fresh, locally-grown produce, and of course, they do not follow the established vaccination routines. To the dismay of the mainstream media and the medical establishment, this has resulted in a healthier people, that are void of all of our chronic diseases. Heart disease, cancer, and diabetes are virtually non-existent in Amish villages. Equally non-existent are modern, chemically-engineered medicines, enhanced (chemically-engineered) foods, G.M.O. foods, and of course, vaccines. How is it that those who are without the "miracles" of modern orthodox medicine are healthier? The truth about health, medicine, and how they both relate to the Amish is becoming an embarrassment to some rather powerful people.

There have been three (yes, three!) verified cases of autism in the Amish, and at least two of those children were vaccinated. No information is available for the third. The strong correlation between vaccinations and autism is absolutely undeniable, unless you work for the

medical establishment, the government, or Big Media. Proponents of the status-quo claim that the Amish obviously have a special super gene that makes them immune to autism. This is truly is F.D.A. and A.M.A. science in all its shining glory. Vaccine proponents are willing to espouse any ridiculous explanation, so long as they do not have to accept that their entire industry of vaccinations is causing chronic disease, leaving autism for 1 in every 100 children now.

### **Beware When The G' Man Comes Knocking**

The Amish are constantly harassed by health officials, who attempt to convince them to vaccinate their children. Whilst most Amish still refuse to vaccinate, a small minority are beginning to succumb to the scare tactics. This continues despite the fact that health officials actually have no legal right to visit peoples' homes and harass them into accepting these poisons. As more of the Amish vaccinate, the autism rates in their community will rise. Fortunately, the majority of the Amish still contend that vaccinations are against God's will, which interestingly enough, does indeed seem to be bringing about blessings on their children.

Many of the viruses which children are vaccinated against are no longer circulating. However, fear tactics by the media have led frightened parents to vaccinate their children against these viruses anyway. One of those viruses is polio. Dr. Sherri Tenpenny reported that the most recent case seen in the Western Hemisphere was in Peru, in 1991. The World Health Organization (W.H.O.) declared the Western hemisphere free of Polio in 1994. Such inconvenient figures are not cited by the mainstream media, doctors, or the American Medical Association.

On October 14, 2005, the media swung into action after the vaccine-strain of the polio virus was found in the stools of four Amish children. The media initially declined to mention that the polio virus was the kind which is only found inside the oral polio vaccine. Of course, this discovery was exploited to terrorize parents who avoid vaccines, and to recreate the disease hysteria that existed in the first half of the 20th century.

### **Big Business: Intentionally Creating a Paralyzing Pandemic**

The horrors of polio were greatly exaggerated by the allopathic establishment's across-the-board removal of tonsils, which is the only organ that produces polio antibodies. Coincidentally, around the same time, the newly-created F.D.A. began suppressing the use of silver in medicines, which were the only substances known to kill viruses (like polio). Finally, "the solution" that industry desired, namely a vaccine, was released at the time that the epidemic was naturally ending, so that the industry's vaccine could be given credit. All of this was orchestrated to manipulate the masses into buying into vaccines, radiation, and chemistry for health.



*"During the polio epidemics, it was found that people who had their tonsils removed were 3 - 5 times more likely to develop paralysis... There were many at that time that suggested that polio was an iatrogenic disease [caused by the medical establishment] ... we caused thousands of cases of paralysis. We did not cause the polio, but we converted people who would have recovered from a viral illness into people with a paralytic illness."*

– Dr. Mark Donohoe

With vaccinations, we convert people who may have had natural immune-strengthening infections like the flu, or chickenpox into people who have life-changing disorders like autism. None of the Amish children who had polio in their stools experienced paralysis, or any other horrific symptoms. That fortunate conclu-

sion to their infections is likely the result of them lacking the "miracles" of allopathic medicine.

We must wonder how four Amish children who live in an isolated community managed to become exposed to the unique vaccine strain of the polio virus. It is more than likely that such a thing was intentional, especially when the harassment by local health officials is considered. In addition, the vaccine strain that was discovered had not been used for five years, due to the possibility of it causing paralysis. After all, if some Amish children were to get sickened by the polio virus, the Amish may all rush to get their children vaccinated, and the science of vaccinations is proven with a wink and a nod.

The manner in which this was reported is very telling. For instance, if the vaccine strain of the polio virus was found in a normal child, would the media have made the story into front page news? Would it even have been reported? *The Washington Post* explained that both state and federal officials had informed them of the story. Misleading titles such as, "Polio Outbreak Occurs Among Amish Families In Minnesota" were then used to manipulate resistant parents.

When the Amish are simply left alone, to live free of chemical toxins found in our medicines and foods, they are not plagued with diseases, learning disabilities, or autism. They are

categorically more intelligent, with the exception of advanced (college-level) writing skills, which is explainable by the fact that English is not their primary language. Could it be those same Amish "super genes" at work again? Society could learn greatly from their example, if we would only stop poisoning ourselves, and our children on a routine basis.

### **Addendum and Comments about the Information War**

Opposition websites often claim that vaccination is normal in the Amish community, and so is autism. These are lies. While there may be some small Amish groups which do vaccinate, and thus have autism; neither is normal. The United Press, in conjunction with Generation Rescue, published a story about the rates of autism in an Amish community in Pennsylvania.

Reporter Dan Olmsted went searching for the autistic Amish. Statistically, there should have been around 130 Amish in the community he examined. Dan discovered only three cases. The first was an adopted Chinese girl, who had suffered through all of her vaccinations on the same day. The second developed symptoms within 24 hours after getting vaccinated, and there was no information about the third case. The reporter even spoke with the local allopathic (orthodox) doctor, who the Amish sometimes visit whenever herbs and supplements do not suffice (for instance, broken bones). The doctor admitted that he had never seen autism in the community.

Dr. Max Wiznitzer of University Hospitals in Cleveland is an expert witness for the government, and he fights against families who file for compensation in the National Vaccine Injury Compensation Program. He admitted that autism rates in the Amish community are somewhere around 1 in 10,000. The rate for the rest of us is now about 1 in 95, and growing rapidly. That means that our children are over 100 times more likely to get autism, and this does not take into account that the numbers are skewed against the Amish, since a tiny portion of their children are actually vaccinated now.

We will be waiting for real outbreaks of autism in the unvaccinated Amish. If you're still unsure about the cause of autism, and are looking for studies; read *How To Cure Autism* and *The Time Bomb of Mercury Poisoning*. Studies which attempt to disprove the link between autism and vaccination have all been funded by the pharmaceutical complex. Truly independent studies have repeatedly shown the clear relationship. In fact, no vaccine has ever undergone any independent, controlled, double-blind studies to determine safety and effectiveness. Read the studies yourself, research extensively, and do the right thing. Opt out of vaccinations with a religious or philosophical exemption to defend your child. The public schools cannot legally turn you away if you do that, so learn your rights, and use them!

Since we wrote this article, we have made a lot of enemies. People do not want to believe that the guilt for the epidemic lies with them, especially in the case of parents and doctors. Doctors have been the quietest group of readers, and this could be related to the fact that about half of them refuse routine vaccines themselves, due to "safety and efficacy reasons", according to the CDC.

## DEA to legalize marijuana only for 'Big Pharma,' NORML claims

By Eric W. Dolan  
February 23, 2011

A Drug Enforcement Administration (DEA) proposal to reclassify the main psychoactive chemical in marijuana as a Schedule III substance would allow pharmaceutical companies to market the drug while still penalizing common recreational (and medicinal) use, according to marijuana law reform advocates.

The main psychoactive chemical in marijuana, delta-9-tetrahydrocannabinol (THC), is currently a Schedule I substance within the US Controlled Substances Act, the most restrictive schedule with the greatest criminal penalties.

In November 2010, the DEA proposed reclassifying dronabinol, a synthetic THC, as a Schedule III substance, which would place it among substances such as hydrocodone and allow it to be dispensed with a written or oral prescription.

"The DEA's intent is to expand the federal government's schedule III listing to include pharmaceutical products containing naturally derived formations of THC while simultaneously maintain existing criminal prohibitions on the plant itself," Paul Armentano, the deputy director of the National Organization for the Reform of Marijuana Laws (NORML), wrote at AlterNet.

With its proposal, the DEA is responding to the demands of large pharmaceutical companies, he claimed.

Marijuana plants and THC extracts would remain illegal under the proposal, but companies would be able to purchase THC from a government-licensed provider to develop pharmaceutical products.

"While the DEA's forthcoming regulatory change promises to stimulate the advent of legally available, natural THC therapeutic products... the change will offer no legal relief for those hundreds of thousands of Americans who believe that therapeutic relief is best obtained by use of the whole plant itself," Armentano added.

"Rather the DEA appears content to try to walk a political and semantic tightrope that alleges: 'pot is bad,' but 'pot-derived pharmaceuticals are good.'"

THC can help cancer patients regain their appetites and sense of taste, according to a study published on Wednesday.

"This is the first randomized controlled trial to show that THC makes food taste better and improves appetites for patients with advanced cancer, as well as helping them to sleep and to relax better," Dr. Wendy Wismer, associate professor at the University of Alberta, said. "Our findings are important, as there is no accepted treatment for chemosensory alterations experienced by cancer patients."

Fifteen states and the District of Columbia have passed legislation to legalize the medical use of marijuana.

## Multivitamins May Tap Fountain of Youth

Taking multivitamins might make your cells biologically younger, according to a study appearing in the *American Journal of Clinical Nutrition*.

The study compared the length of DNA sequences at the ends of chromosomes, called "telomeres," of those who took multivitamins and those who did not. The length of the telomeres of those who took multivitamins was longer, which is thought to mean they were biologically younger than those of non-users.

The lifespan of cells is linked directly to telomeres, which act to limit the number of times a cell can divide. The telomeres ensure that cells keep their programmed arrangement and do not vary — any such variation can lead to cancer. Every time a cell replicates itself, the telomeres shorten, and once the telomeres are used up, the cell destroys itself.

Researchers from the National Institute of Environmental Health Sciences found that the telomeres of those who take multivitamins every day seem to be about 5 percent longer than those who do not.

As their database, the researchers used telomere and vitamin statistics of 586 participants in the Sister Study, which is a national, long-term tracking study of

women ages 35-74 who have never had breast cancer but who have a biological sister with the disease.

“Regular multivitamin users tend to follow a healthy lifestyle and have a higher intake of micronutrients, which sometimes makes it difficult to interpret epidemiologic observations on multivitamin use,” research leader Dr. Honglei Chen wrote in the study report. “Further investigations would be needed to understand the role of multivitamin use and telomere length and its implication in the etiology of chronic diseases.”

About 35 percent of all adults in the United States take multivitamins regularly, according to the American Journal of Clinical Nutrition.

SOURCE: [Newsmax.com](http://www.newsmax.com)

## Zinc can be ‘effective treatment’ for common colds

February 17, 2011

By Michelle Roberts – Health reporter, BBC News

Taking zinc syrup, tablets or lozenges can lessen the severity and duration of the common cold, experts believe.

A review of the available scientific evidence suggests taking zinc within a day of the onset of cold symptoms speeds recovery.

It may also help ward off colds, say the authors of the Cochrane Systematic Review that included data from 15 trials involving 1,360 people.

But they say zinc cannot be used long-term because of toxicity concerns. Excessive amounts can cause nausea, vomiting, abdominal pain and diarrhoea. Now more work is needed to determine the exact dosing required, say the experts.

### Cold viruses

Adults catch between two to four colds a year and children up to 10 a year. There is little a person can do to avoid these infections because the viruses responsible are so commonplace.

“This review strengthens the evidence for

zinc as a treatment for the common cold” Cold viruses can be passed from person to person not only by coughs and sneezes but also by touching contaminated surfaces such as door handles.

There is no proven treatment for the common cold, but experts believe zinc medications may help prevent and lessen infections by coating the common cold viruses and stopping them from entering the body through the thin lining of the nose. It also appears to stop the virus from replicating, at least in laboratory tests.

There is also the suggestion that zinc aids the immune system and may dampen down some of the unpleasant reactions the body has to an invading virus.

### Speedy recovery

Lead researcher Meenu Singh, of the Post Graduate Institute of Medical Education and Research in Chandigarh, India, said:

“This review strengthens the evidence for zinc as a treatment for the common cold. However, at the moment, it is still difficult to make a general recommendation, because we do not know very much about the optimum dose, formulation or length of treatment.”

According to trial results, zinc syrup, lozenges or tablets taken within a day of the onset of cold symptoms reduce the severity and length of illness.

At seven days, more of the patients who took zinc remedies every couple of hours during the daytime had cleared their symptoms compared to those who took placebos.

And children who took 15mg of zinc syrup or zinc lozenges daily for five months or longer caught fewer colds and took less time off school.

But the 15 trials in the review all used different treatment timescales and doses, making it impossible to reach a consensus. And the people who used zinc also reported more side effects, such as an unpleasant aftertaste or nausea, than the placebo group.

Editor in Chief of the Cochrane Library, David Tovey, said: “This is a treatment that is showing some promise which, where treating the common cold is concerned, is unusual.

“Although there are many over-the-coun-

ter cold remedies already available, we are not awash with things that can stop cold symptoms or greatly reduce their severity. “But there is still uncertainty about the best doses, timings and formulations and more studies will be needed to look at this.”

Professor Ronald Eccles, Director of the Common Cold Centre at Cardiff University, remained doubtful about zinc’s benefits as a cold treatment in current formulations. He said zinc’s toxicity would also be a potential concern if taken over longer periods.

SOURCE: <http://www.bbc.co.uk/news/health-12462910>

(Ed note: If you’re taking an oral liquid zinc supplement and you notice that it tastes strongly metallic, this may mean that your body is zinc-saturated. Seek professional advice before taking additional zinc..

## Herbal Supplement for HIV/AIDS is Successful in Clinical Trial

by Tony Isaacs

A recently concluded double-blind placebo controlled trial of the herbal supplement “Sutherlandia OPC” has confirmed what thousands of users already knew – “Sutherlandia OPC” is 100% effective in reversing HIV symptoms.

In the article “Success Against Cancer and HIV in South Africa” I reported how the “Sutherlandia OPC” supplement from South Africa designed by South African HIV and cancer crusader and researcher Marc Swanepoel had been virtually 100% successful in stabilizing and reversing HIV symptoms and over 90% successful against a broad range of cancers.

As a result of this success with several hundred people over the past almost four years, last year Doctor Marc Swanepoel devised and helped conduct a small scale clinical trial to measure the effectiveness of his supplement ingredients – the common oleander plant, *Nerium Oleander*, and the “South Africa Cancer Bush” *Sutherlandia Frutescens* – against HIV at a well known Johannesburg AIDS clinic.

The clinical trial which concluded the lat-

ter part of last year concluded with results as impressive as the previous reports: All of the HIV patients taking the new treatment improved significantly whereas all of the placebo group continued to decline. Due to the success of the study, a South African pharmaceutical company is now making and distributing over 10,000 bottles of Sutherlandia OPC extract and capsules monthly – the very large majority are distributed in South Africa, but the supplement can be ordered and shipped worldwide.

In the trial, a double blind, placebo controlled study, the 20 participants were patients attending the AIDS clinic and they were not on any special diets. The herbal supplement mix was given to half of the patients in a commercially available soy/milk product which had added vitamins added. The patients receiving the placebo got only the soy/milk and vitamins without the herbal mix. None of the patients knew what they were getting. Throughout the trial, patients in both groups had blood tests performed by registered pathology labs to measure blood levels of CD4.

MORE HERE:

[http://www.tbyil.com/HIV\\_Clinical\\_Trial.htm](http://www.tbyil.com/HIV_Clinical_Trial.htm)

# New England Journal of Medicine Hammers Chemo – Applauds Alternative Cancer Therapies

December 26th, 2002 (Note date)

Who would have believed that the prestigious *New England Journal of Medicine* would APPLAUD an Alternative Cancer Therapy, and in the same article, BLAST chemotherapy, as worthless.

Well, it happened in the December 12th, 2002 issue, in a review by James Spencer Malpas, M.D., D.Phil. St. Bartholomew's Hospital London EC1A 7BE, UK. You can find the article in the Journal at <http://content.NEJM.org/cgi/content/full/347/24/1986>

Quote #1 - "He found the evidence in favor of conventional treatment unconvincing and opted for such alternative therapies as Gerson therapy with its strict diet, vitamins, and enemas. High-dose vitamin C and high-dose vitamin D, both contraindicated in the orthodox treatment of multiple myeloma, were later added to the regimen. What is evident is that this was the right therapy for him."

Quote #2 - "The irony of the whole situation is that a recent randomized trial of treatment for stage 1 multiple myeloma by Riccardi and colleagues (*British Journal of Cancer* 2000;82:1254-60) showed no advantage of conventional chemotherapy over no treatment."

– Tim Bolen, *Consumer Advocate*

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# The Statin Scam:

## Statin Lie Revealed by Cochrane Library

By Byron J. Richards, CCN  
January 31, 2011  
[NewsWithViews.com](http://NewsWithViews.com)

Wonders never cease. The blatant poisoning of individuals under the false pretense of health could soon be coming to an end. A series of studies published this month by mainstream researchers, issued in mainstream journals, and even carried in mainstream media is signaling the beginning of the end of the Big Pharma PR drug-sales juggernaut. The two top-selling drug classes have come under direct attack and public health officials are proclaiming that Big Pharma marketing is causing far more damage than benefit to the health of Americans – at incredible cost to taxpayers. The Big Pharma house of cards is poised for collapse.

Heading the onslaught were a number of studies attacking Big Pharma's sacred cow – the extensive over-marketing of statin drugs to lower cholesterol. Shockingly, mainstream media—who is paid big money by Big Pharma—is running headlines like this, “Statins: Bad Idea for People with Good Hearts?” At risk is ten billion in fraudulent drug sales every year.

The CBS article above was generated in response to a press release and article published by the Cochrane Library. The article sought to establish the cost effectiveness of individuals with high cholesterol but no prior history of a heart attack, taking statins to prevent a first heart attack. This type of patient is now the big push for new statin sales – along with a PR campaign trying to convince us that statins are so good they should be in the drinking water.

The scientists reviewed 14 randomized control trials with 16 trial arms (34,272 patients) dating from 1994 to 2006. All but one of the studies was funded by the makers of statins. Even with this Big Pharma spin on the results the researchers concluded that the death rate of non-statin takers was 9 per 1000 compared to 8 per 1000 for statin takers. In other words statins seemed to have prevented one death for a public health taxpayer cost of about \$1,000,000.

However, as you might expect, the researchers reported that “there was

evidence of selective reporting of outcomes, failure to report adverse events and inclusion of people with cardiovascular disease.” In other words, the saving of one life for \$1,000,000 was questionable. Indeed, earlier studies have shown that for every life apparently saved from cardiovascular disease, there are an equivalent number of deaths from other reasons caused by the drugs (accidents, infections, suicide).

Of course, the comparison of statins to something healthy, like the effects of exercise, is never done because the statin would lose. The bottom line from a cost-effective public health point of view is that taking statins to prevent a first heart attack is a complete waste of tens of billions of dollars.

Statins have built their “usefulness” data on studies protecting individuals who have already had a heart attack or stroke from getting a second one. Once again, the purported benefits are never compared to exercise, as statins wouldn't win.

Shock waves were sent through this strategy earlier this month when researchers at Massachusetts General Hospital and Harvard Medical School concluded that statins should not be given to individuals with a previous brain hemorrhage stroke as statins actually increase the risk of getting a second one. This is a common form of stroke that statins are routinely used to treat. This is not what the statin PR machine wanted to hear. The scientists have no idea why statins increase the risk, apparently not understanding the importance of cholesterol to brain function.

Even on the statin industry's home turf, zealous use of statins to lower numbers to absurdly low levels to prevent a second heart attack or stroke has now been proven a waste. The latest study shows that using high-dose statin therapy to force numbers down does not improve mortality risk and has many adverse side effects. The setting of guidelines for this absurd use of a toxic drug was of course done by an “expert panel” wherein most members were consultants for the producers of statin drugs.

Collectively, these mainstream studies are showing that approximately 2/3 to 3/4 of current statin sales have no useful purpose or are actually harmful.

The attack by mainstream on Big Pharma is widening to almost every drug they have patent protection on. Public health researchers are now proclaiming that “The

ratio of benefits to harms among patients taking new drugs tends to vary inversely with how extensively the drugs are marketed... This is not a random occurrence, but rather a repeating, planned scenario... Drugs that pharmaceutical companies market most aggressively to physicians and patients tend to offer less benefit and more harm to most patients.”

The study is published in the prestigious *American Journal of Public Health* and was conducted by researchers from the University of Texas Medical Branch at Galveston. It focuses on six areas where Big Pharma manipulates facts and often breaks laws in an effort to sell patented drugs with high profits to people who do not need them and should not take them (which is approximately 90% of the sales of these drugs that are being paid for by higher health care costs). This system is especially good at fraudulently bilking Medicare and Medicaid.

The six marketing scams mentioned are reducing thresholds for diagnosing disease, relying on surrogate endpoints, exaggerating safety claims, exaggerating efficacy claims, creating new diseases, and encouraging unapproved uses. I've been reporting on these abuses for years – to my surprise mainstream public health officials are joining in.

The press release for this article ends by saying “Patients can also play an important role by being more skeptical of drug ads ... and remember, the most important directive in them is to talk to your doctor.” The actual earthquake isn't going to strike Big Pharma until people wake up and realize it is their doctors that are actually the instrument of poisoning. Why would someone want to get advice from the person that is poisoning them? There appears to still be a basic assumption in society that doctors provide great health care. That is rubbish. I'm not talking about emergency medicine. I'm talking about the widespread overuse of drugs in the name of “prevention” and relying on them solely for the treatment of metabolic and cardiovascular disease. The fraud is massive and doctors are at the center of it.

The top-selling drug in America based on cost is now the incredibly dangerous and disease-producing atypical anti-psychotic medications. True enough, more people by number are hooked on the statin fraud, but these new metabolism-disrupting drugs are a great tool for turning people into zombies. They were designed for schizophrenics, have never been proven

to work better than dirt-cheap drugs that no longer have patent protection, and have received excessive marketing buzz, much of it illegal, resulting in billions of dollars in sales as a behavior management tool for elderly people who are irritated they are in a nursing home, misbehaving children in orphanages, hyperactive children, and gullible adults watching TV ads. The drugs destroy metabolism, causing obesity, diabetes, and heart disease. The drugs also alter the brain. If you want a society of diseased zombies then this is the best class of drug to ever come down the Big Pharma pike.

Shockingly, a mainstream study by researchers at Stanford University School of Medicine and University of Chicago says that these “lack strong evidence that the drugs will actually help. Yet, drugs in this class may cause such serious effects as weight gain, diabetes and heart disease, and cost Americans billions of dollars.”

In plain English this means that drug marketing of a ridiculously expensive patent-protected drug becomes the focus of health care, not the patient. In other words, we have drug-sales-centered health care, not patient-centered health care. The antipsychotic medications have taken this marketing craze to a new level of absurd – cramming a pure metabolic poison down the throats of children, elderly, and naive adults.

A large magnitude earthquake is sitting below the Big Pharma bubble. Fissures are cropping up in unexpected places. The mainstream media is even starting to bite the hand that feeds it. Health care costs are putting pressure on the wasteful and harmful fraud. All the factors for a perfect storm are in place – and it’s about time Big Pharma was made to stop its highly profitable sales that do far more harm than good. All it will take is fed up Americans to stand and be counted.

## Side Effects from the Consumption of Canola products

March 2, 2011 by Shona Botes  
[http://www.naturalnews.com/031550\\_canola\\_oil\\_side\\_effects.html](http://www.naturalnews.com/031550_canola_oil_side_effects.html)

(NaturalNews) Canola oil and canola-based products have been at the centre of controversy for quite a few years. While some say that it helps to lower cholesterol levels, it actually has a few nasty side-

effects as well. (Note: Only animal studies have been done regarding the toxic effects that it has on living organisms.) Despite no human studies being done, this product was placed on the GRAS (Generally Regarded as Safe) list. It is in fact a by-product of a highly toxic insecticide product. The real name for Canola oil is LEAR, or Low Erucic Acid Rape, as it has been extracted from Rapeseed oil. This oil is in fact an industrial oil product which has no place whatsoever in our bodies. In light industry, it is also referred to as penetrating oil. Rapeseed oil is also the source for Mustard Gas, which was used as a chemical warfare agent, and was banned after World War 1 for causing severe blistering of the lungs and skin.

Canola is in fact a genetically modified food which has been classified as a bio-pesticide by the EPA. Like mercury and fluoride, Canola is also not easily eliminated from the body. It is found in almost all fast foods, convenience foods, chocolate, candies, bread, potato chips, baby foods and formulas, most peanut butters and cookies, frozen French fries, rye breads, chocolate syrups, mayonnaise, granola bars, some vegetarian convenience foods, lunch meats, margarines, movie house snacks, tortillas and most other bakery foods.

Studies done on rats and other lab animals showed that after consuming canola oil, there were fatty deposits that accumulated on their hearts, thyroids, adrenal glands and kidneys. When they stopped consuming this oil, the fatty deposits disappeared, but unfortunately scar tissue remained on the affected organs.

Because it is high in glycosides, canola oil has been shown to inhibit enzyme function. Its effects are known to be cumulative, resulting in side-effects taking years to show up. It is also able to inhibit the metabolism of foods. Being a source of trans-fatty acids, it is also possible that this man-made oil has a direct link to causing cancer (even from just breathing in the toxic fumes created when frying foods in it).

Rapeseed oil is an acetyl cholinesterase inhibitor. This compound is crucial when it comes to transmitting signals from the nerves to the muscles. This is possibly why there has been a dramatic increase in cases of multiple sclerosis and cerebral palsy over the past few years. Other side-effects which have been reported include respiratory illnesses, loss of vision, constipation, anemia, heart disease,

irritability and low birth weight in infants. It is known to severely deplete Vitamin E levels in the body, as well as cause severe clotting of red blood cells, which can pose a serious health risk. The best way to avoid consuming this toxic industrial by-product is to prepare meals yourself from scratch, and especially avoid fast foods at all costs.

[Editor’s Note: NaturalNews is strongly against the use of all forms of animal testing. We fully support implementation of humane medical experimentation that promotes the health and wellbeing of all living creatures.]

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## Genetically Modified Foods – Another Nail In Our Coffins

By Charlie Parker

Welcome to our world of GMO foods. If you shop at a conventional supermarket, you may be putting more than Cheerios and potato chips in your cart. Between 60-70% of the food you buy probably contains genetically modified organisms (GMOs). Since foods which contain genetically modified organisms are not required to be labeled as such, fastidious label-readers may see a list of ‘Nos’ (No sugar, no additives, no preservatives) and unwittingly toss something into the cart that contains “blind” GMO.

So what are genetically modified foods? Quoting from a report by The World Health Organization; “organisms in which the genetic material (DNA) has been altered in such a way that does not occur naturally.” This is known as “genetic engineering”, “biotechnology” or “recombinant DNA technology” which, in layman’s terms, means they are mixing DNA of one life form with another life form usually resulting in a mutation. GE crop technology abrogates natural reproductive processes. The commercial seeds produced by Monsanto have now come to be known as Terminator (seeds that can be planted once only). Studies by the WHO also indicate serious health risks associated with GM food consumption including infertility, immune system dysfunction, accelerated aging, insulin regulation and changes in

the liver, kidney, spleen and gastrointestinal system” just to name a few.

The most recent firestorm has been within the last year or so with the sudden and catastrophic health issues arising with the use of GM alfalfa and Bt cotton. Most particularly affected are farm animals, cattle, horses, sheep, pigs, etc. Out of nowhere, if you will, are sudden and unexplained sterility problems and deaths in large numbers. In an report posted by Dr. Mercola : (<http://articles.mercola.com/sites/articles/archive/2010/03/25/doctors-warn-avoid-genetically-modified-food.aspx>) which states; “GM corn and cotton are engineered to produce a built-in pesticide called Bt-toxin—produced from soil bacteria *Bacillus thuringiensis*. When bugs bite the plant, poison splits open their stomach and kills them.” Continuing, “In India, animals graze on cotton plants after harvest. But when shepherds let sheep graze on Bt cotton plants, thousands died. Investigators said preliminary evidence “strongly suggests that the sheep mortality was due to a toxin. . . . most probably Bt-toxin.”

The only published human feeding study revealed that even after you stop eating GMOs, harmful GM proteins may be produced continuously inside of you. Genes inserted into GM soy transfer into bacteria inside your intestines and continue to function. If Bt genes also transfer, eating corn chips or any GMO foods for that matter, might transform your intestinal bacteria into a living pesticide factory.

An article from The American Academy Of Environmental Medicine <http://www.aaemonline.org/gmopost.html> stated; “Therefore, because GM foods pose a serious health risk in the areas of toxicology, allergy and immune function, reproductive health, and metabolic, physiologic and genetic health and are without benefit, the AAEM believes that it is imperative to

adopt the precautionary principle...”

While in the last few years GMO seeds have been banned in many countries losses in farm animals and crops in the US have gone through the roof. Further, American crop yields are heading to the basement due to pollen cross contamination with Heirloom (organic) crops. In January, 2011, Wikileaks (<http://blog.friendseat.com/wikileaks-cables-on-monsanto-gm-crops/>) released the (usual) corporate / government ties (called conspiracy) relating to the health hazards of GMO’s and how the European countries have refused GMO seeds for the above reasons. This has resulted in the strong-arm tactics prevalent with current events.

In an article from Non - GMO Shopping Guide (<http://www.nongmoshoppingguide.com/about-gmos.html>) list which GMO food are the worst, which are: commercialized GM crops in the U.S. include soy (91%), cotton (88%), canola (88%), corn (85%), Hawaiian papaya (more than 50%), zucchini and yellow squash (small amount), and tobacco (Quest® brand). About half of the sugar beets grown for sugar in 2008 were GM and current projections are that about 90% grown in 2009 will be GM. The “trickle down” effect also includes products derived from the above, including oils from all four, soy protein, soy lecithin, cornstarch, corn syrup and high fructose corn syrup among others. And let’s not forget: meat, eggs, and dairy products from animals that have eaten GM feed (and the majority of the GM corn and soy is used for feed); dairy products from cows injected with rbGH (a GM hormone); food additives, enzymes, flavorings, and processing agents, including the sweetener aspartame (NutraSweet®) and rennet used to make hard cheeses; and honey and bee pollen that may have GM sources of pollen. Non-food items that may contain

GM ingredients include cosmetics, soaps, detergents, shampoo and bubble bath.

**Genetic Engineering: An Affront to Religious Principles** (<http://www.biointegrity.org/ge-relafront.htm>) “The false claims and faulty procedures of the biotechnicians not only affront genuine science, they affront religion as well. From a religious perspective: By insisting that forced, piecemeal gene-splicing is substantially equivalent to sexual reproduction, and by attempting to trivialize the multiple barriers against cross-species gene flow, bioengineers denigrate the presence of purpose in nature. By sundering these barriers without sound safeguards, they display irreverence toward the Creator and an irresponsible attitude toward the creation.”

**US Embassy Lobbied Pope to Approve GM Crops:** <http://blog.friendseat.com/wikileaks-cables-on-monsanto-gm-crops/> “John Vidal, environment editor for the *Telegraph* writes: Cables from the US embassy in the Vatican show that the US believes the pope is broadly supportive of the crops after sustained lobbying of senior Holy See advisers... The US State Department special adviser on biotechnology as well as government biotech advisers based in Kenya lobbied Vatican insiders to persuade the pope to declare his backing.”

To say that GMO foods are controversial and dangerous is an under statement to say the least. The subject begs the question; are GMO’s an unknown form of bio-terrorism against humanity itself? And if so, by whom and why? Enough said.

Other Ref.: **Pathogens Allegedly Found in Major U.S. Food Staple**

<http://www.deathandtaxesmag.com/56379/pathogens-allegedly-found-in-major-u-s-food-staple/>

# essential recipes from



## Mouth Wash

- 4 drops Myrrh pure essential oil
- 4 drops Peppermint pure essential oil
- 20mls Vodka

Add just a few drops of this into a glass of water as required and use as a normal mouth wash. This will help keep teeth clean, mouth ulcers away, and breath fresh. Plus you will avoid the nasty chemicals that are often found in commercial mouthwashes.



## Kitchen Spray

- 8 drops Lavender pure essential oil
- 10 drops Lemon pure essential oil
- 5 drops Eucalyptus pure essential oil
- Optional - 5 drops liquid soap (e.g. sunlight).

Mix all ingredients into a 500ml spray bottle. You can use just 2 of the 3 essential oils listed above, just keep the total number of drops to 23-25 per 500ml bottle. You will be avoiding chemicals, increasing antibacterial action, and saving money.



Available at all Health 2000 stores nationwide and all good health stores and pharmacies.

To find your nearest stockist or buy on-line check our web site [www.dolphinclinic.co.nz](http://www.dolphinclinic.co.nz) or phone 07 571 6834



For further details and more recipes check our web site [www.dolphinclinic.co.nz](http://www.dolphinclinic.co.nz)

## Denture cream can cause nerve damage, says report

(NaturalNews) A recent ABC News investigation has identified a connection between the use of the popular denture cream Fixodent and permanent neurological disorders. Some Fixodent users allege that regular use of the cream has caused them to develop serious, debilitating nerve damage, which has sparked a class-action lawsuit against Proctor & Gamble (P&G), the maker of Fixodent.

"I started getting tingling in my fingertips," said Mark Jacoby, a Fixodent victim, to ABC News' 20/20 anchor Chris Cuomo. "I started getting weaker and, you know, I couldn't walk right, off balance and I'm at this point now."

The Fixodent ingredient in question is zinc, which unless taken along with copper, can rob the body of the necessary mineral over time and cause irreversible nerve damage. And since denture users affix zinc-containing creams to their gums every single day, their long-term absorption rates of zinc are much higher than normal than an average person's.

P&G insists that Fixodent contains only a minimal amount of zinc to help dentures stay in place, and that the amount used is less than what one would find in an average multivitamin or serving of raw beef. But this reassurance has not stopped several crippled Fixodent users from banding together to file a class-action lawsuit against P&G.

"I don't know if you can put a dollar value on my health or anybody else's, for that matter," said 48-year-old Ann Coffman, who was diagnosed with zinc poisoning and is now stuck in a wheelchair with limited use of her hands and legs. "I would prefer to see [P&G] take the zinc right out of the product ... or take the product right off the market."

Fixodent is one of the only brands of denture cream that still uses zinc in its formula. GlaxoSmithKline's Poligrip and even most drug store denture cream brands do not contain zinc. However further study may be necessary to determine whether or not zinc is the actual culprit in Fixodent.

Sources for this story include:

<http://abcnews.go.com/TheLaw/fixode>

## Flu vaccines "double H1N1 infection risk"

6 March 2011

Infectious diseases expert Professor Peter Collignon from the Australian National University (ANU), has called for a review of Australia's flu vaccine policy in light of new research.

"What was a bit surprising when we looked at some of the data from Canada and Hong Kong in the last year is that people who have been vaccinated in 2008 with the seasonal or ordinary vaccine seemed to have twice the risk of getting swine flu compared to the people who hadn't received that vaccine," he said.

ANU microbiologists say it is the opposite of what vaccines should do.

Professor Collignon says the findings of the study also highlight the benefits for healthy people who are exposed to some illnesses.

"Some interesting data has become available which suggests that if you get immunised

with the seasonal vaccine, you get less broad protection than if you get a natural infection," he said.

"It is particularly relevant for children because it is a condition they call original antigenic sin, which basically means if you get infected with a natural virus, that gives you not only protection against that virus but similar viruses or even in fact quite different flu viruses in the next year.

"We may be perversely setting ourselves up that if something really new and nasty comes along, that people who have been vaccinated may in fact be more susceptible compared to getting this natural infection."

Professor Collignon says that in light of the study, the Australian Government and health policy makers need to look at whether vaccines actually do more harm than good, particularly in people who otherwise have not got risk factors.

SOURCE: [http://snardfarker.ning.com/profiles/blogs/data-shows-flu-vaccines-double?xg\\_source=activity](http://snardfarker.ning.com/profiles/blogs/data-shows-flu-vaccines-double?xg_source=activity)



# Superfoods for Your Brain

Mark Hyman, MD  
The UltraWellness Center

The aging American population is facing a sharp increase in diagnosed cases of dementia. Alzheimer's disease and other forms of dementia affect about 10% of people 65 and older. Among those in their mid-80s and older, up to half have a significant degree of cognitive impairment.

Millions of younger Americans suffer from less obvious mental impairments, including mild memory loss and diminished alertness, as well as brain-related disorders, such as depression and chronic anxiety.

Neurologists now believe that most mental impairments are caused by lifelong exposure to toxic agents, including pollution and tobacco, and to naturally occurring molecules that damage brain tissue and impair circulation to the brain.

Research clearly shows that some foods can improve mental performance and help prevent long-term damage. Best choices...

**Sardines.** They have two to three times more omega-3 fatty acids than most other fatty fish. Our bodies use omega-3s for the efficient transmission of brain signals. People who don't get enough omega-3s in their diets are more likely to experience learning disabilities, dementia and depression.

**Bonus:** Omega-3s reduce inflammation and inhibit blood clots, the underlying cause of most strokes.

Fatty fish also are high in choline, a substance used to manufacture one of the main neurotransmitters (acetylcholine) involved in memory.

**Recommended:** Three cans of sardines a week. Sardines are less likely to accumulate mercury or other toxins than larger fish.

**Caution:** Many people believe that flaxseed is an adequate substitute for fish. Although it contains alpha-linolenic acid (ALA), a type of omega-3, only about 10% of ALA is converted to docosahexaenoic acid (DHA) or eicosapentaenoic acid (EPA), the most beneficial forms of omega-3s and the ones that are plentiful in fish oil. If you don't like sardines, you can take fish oil supplements (1,000 mg twice a day).

**Omega-3 eggs.** They're among the best foods for the brain because they contain folate along with omega-3s and choline. Folate is a B vitamin that's strongly linked to mood and mental performance. A Finnish study of 2,682 men found that those with the lowest dietary intakes of folate were 67% more likely to experience depression than those with adequate amounts.

**Recommended:** Up to eight eggs a week. Only buy eggs that say "Omega-3" on the label. It means that the chickens were given a fish meal diet. Eggs without this label contain little or no omega-3s.

**Low-glycemic carbohydrates.** The glycemic index ranks foods according to how quickly they elevate glucose in the blood. Foods with low glycemic ratings include legumes (beans, lentils) and whole-grain breads. They slow the release of sugars into the bloodstream and prevent sharp rises in insulin.

**Why it matters:** Elevated insulin is associated with dementia. For example, diabetics with elevated insulin in the blood have four times the rate of dementia as people without diabetes. Elevated insulin damages blood vessels as well as neurons. The damage is so pronounced that some researchers call Alzheimer's disease "type 3 diabetes."

**Recommended:** Always eat natural, minimally processed foods. They're almost always low on the glycemic index. For example, eat apples instead of applesauce... whole-grain bread instead of white bread... or any of the legumes, such as chickpeas, lentils or soybeans.

**Nuts.** They're among the few plant foods that contain appreciable amounts of omega-3 fatty acids. They also contain antioxidants, which reduce brain and arterial inflammation that can lead to cognitive decline.

Most of the fat in nuts is monounsaturated – it lowers harmful LDL cholesterol without depressing beneficial HDL cholesterol – important for preventing stroke.

**Recommended:** One to two handfuls daily. Walnuts and macadamia nuts are among the highest in omega-3s, but all nuts are beneficial. Avoid highly salted and roasted nuts (the roasting changes the composition of the oils). Lightly toasted is okay.

**Cruciferous vegetables,** such as broccoli, brussels sprouts, cauliflower and kale. They contain detoxifying compounds that help the liver eliminate toxins that can damage

the hippocampus and other areas of the brain involved in cognition.

**Recommended:** One cup daily is optimal, but at least four cups a week. Cooked usually is easier to digest than raw.

**B-12 foods.** Meat, dairy products and seafood are our only source (apart from supplements) of vitamin B-12 in the diet. This nutrient is critical for brain health. A study published in *American Journal of Clinical Nutrition* found that older adults with low levels of vitamin B-12 were more likely to experience rapid cognitive declines. Older adults have the highest risk for B-12 deficiency because the age-related decline in stomach acid impairs its absorption.

**Recommended:** Two to three daily servings of organic lean meat, low-fat dairy (including yogurt) or seafood. Also important: I advise everyone to take a multi-nutrient supplement that includes all of the B vitamins.

**Green tea.** It's a powerful antioxidant and anti-inflammatory that also stimulates the liver's ability to break down toxins. New research indicates that green tea improves insulin sensitivity -- important for preventing diabetes and neuro-damaging increases in insulin.

**Recommended:** One to two cups daily.

**Berries,** including blueberries, raspberries and strawberries. The darker the berry, the higher the concentration of antioxidant compounds. In studies at Tufts University, animals fed blueberries showed virtually no oxidative brain damage. They also performed better on cognitive tests than animals given a standard diet.

**Recommended:** One-half cup daily. Frozen berries contain roughly the same level of protective compounds as fresh berries.

**Bottom Line/Personal interviewed** Mark Hyman, MD, founder of The UltraWellness Center in Lenox, Massachusetts. He is editor-in-chief of *Alternative Therapies in Health and Medicine*, a peer-reviewed professional journal in the fields of integrative medicine and alternative medicine. He is on the board of advisers and faculty of Food As Medicine, a professional nutrition training program at The Center for Mind-Body Medicine, Washington, DC. He is author of many books on wellness, including *The UltraMind Solution* (Scribner).

[www.ultrawellness.com](http://www.ultrawellness.com).

# Breast Cancer Screening Exposed As Near-Useless: 2,970 Women Must Be Screened to Save One

By David Gutierrez, staff writer  
August 19, 2009

(NaturalNews) A new study has cast fresh doubt on the widespread assumption that regular mammograms save lives, showing that 2,970 women must be screened for breast cancer in order to prevent even one death.

"For a woman in the screening subset of mammography-detectable cancers, there is a less than 5 percent chance that a mammogram will save her life," wrote the researchers from the University of Nebraska and the John H. Stroger Jr. Hospital of Cook County, Ill. "By comparing mammography's life-saving absolute benefit with its expected harms, a well-informed woman along with her physician can make a reasonable decision to screen or not to screen for breast cancer."

Breast cancer is the most common cause of cancer death among women and the fifth most common cause of overall cancer death worldwide. An estimated 1.2 million new cases are diagnosed around the world each year, leading to 500,000 deaths.

A mammogram uses X-ray radiation to take an image of the breast that can then be evaluated for irregularities such as tumors. U.S. federal guidelines recommend that all women aged 40 and above receive a mammogram once every one to two years.

In the new study, published in the journal *BioMed Central Medical Informatics and Decision Making*, researchers examined breast cancer screening and mortality data from a variety of different sources. They found that the benefit of mammograms in saving lives increased gradually with age, corresponding to the increase in the overall risk of breast cancer death (independent of screening).

A woman's absolute risk of developing breast cancer between the ages of 55 and 70 is approximately 6 percent, with a 1 percent chance of breast cancer causing her death. The researchers concluded that starting at age 50, 1.8 lives would be saved for every 1,000 women who was screened

consistently for 15 years.

"In other words," the researchers wrote, "2,970 women must be screened once to save one life."

This means that undergoing regular cancer screening at age 40 only decreases a woman's risk of dying from cancer by 0.1 percent. Another way of putting the same data is that out of every 23 cancers detected, one life will be saved.

Researcher and radiologist John Keen emphasized that he does not believe mammograms are useless, and that he performs the procedures himself. He does not believe, however, that women and doctors have a realistic understanding of what benefits regular breast cancer screening can actually provide.

"The people who are promoting screening are not explaining it," he said. "They are pushing the wrong statistics. I am saying that women need to be told the benefits and the harms and they need to make their own decision."

Keen blasted the condescending attitude implicit in taking the decision of whether to screen out of the hands of the patients involved.

"You can use the word paternalistic, and that's what it is," he said. "We don't trust women to make their own decisions about whether to screen. We just tell them to screen. We just say mammography saves lives."

The researchers noted that mammograms may still provide benefits even to women whose lives they do not save, however.

"We have assumed that a 'life saved' means screening helps cure one woman with breast cancer who would otherwise have died from the disease without screening," they wrote. "However, all women with breast cancer may theoretically benefit from screening mammography through slowing the disease and therefore slightly prolonging their lives."

Yet the procedures also carry risks. Mammograms may result in "false positives", leading healthy women to undergo traumatic biopsies or even cancer treatment. In other cases, non-aggressive cancers may still be treated aggressively, leading to breast removal or severe side effects from drug and radiation therapy.

"Insurance companies and patients alike

must pay for these tests," Kane said. "They are buying something. I just want to tell them what they are buying."

Other researchers have raised concerns that the radiation exposure women undergo during mammograms may actually raise their risk of breast or other cancers. Concern over unnecessary radiation exposure is the reason that doctors do not recommend mammograms for most women under the age of 40, in whom breast cancer risk tends to be low.

In addition, some health professionals warn that the compaction experienced by the breast during screening may rupture blood vessels and cause cancers to spread to other parts of the body.

Screening advocates disputed the study's findings with numbers of their own. According to Julietta Patnick, director of cancer screening programs for the United Kingdom's National Health Service, an independent review panel has concluded that screening in the United Kingdom saves one life for every 8 cancers detected. Robert Smith, director of cancer screening for the American Cancer Society, said that over the course of 20 years, one life could be saved by screening 465 women for 7 years each.

The new study is not the first to call the effectiveness of mammography into question, however. A 2001 study known as the Cochrane analysis found that while one life would be saved if 2,000 women underwent regular screening for 10 years, another 10 women would undergo unnecessary treatment such as surgery or radiation. They noted that it was difficult to determine which cancers would have led to death or even symptoms in the absence of treatment. The researchers concluded that it is "not clear whether screening does more harm than good."

The Cochrane analysis reviewed seven different studies including a total of 500,000 women.

SOURCE: [http://www.naturalnews.com/026880\\_cancer\\_brst\\_cancer\\_cancer\\_screening.html](http://www.naturalnews.com/026880_cancer_brst_cancer_cancer_screening.html)

Sources for this story include: [www.telegraph.co.uk](http://www.telegraph.co.uk); [www.theepochtimes.com](http://www.theepochtimes.com); [sciencecodex.com](http://sciencecodex.com).

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# The Health Freedom Report

By Katherine Smith, Editor



Agents of “Big Pharma” have been actively suppressing practitioners and products that compete with the drug-based model of conventional allopathic medical treatment for over a century.

In the USA attempts to suppress non-drug healing began with the Flexner Report published in 1910 which stated that there were too many medical schools in the USA and recommended sweeping changes to medical education. As a result of the report medical schools that offered courses in naturopathy, homoeopathy had to drop these courses or face closure, and most osteopathic medical schools were also forced to close. In the 1930s, the American Medical Association (AMA) under the leadership of the infamous Dr Morris Fishbein first tried to buy up Harry Hoxsey’s herbal-based cancer treatment formulae, then when he refused to sell them to him, harassed him with numerous prosecutions for “practising medicine without a license”. The life-saving work of Dr Max Gerson, pioneer of nutritional therapies for cancer and scientist Dr Royal Raymond Rife (also working in the 1930s and 40s) was similarly disparaged, ignored and suppressed.

We are fortunate in New Zealand to have the choice of a wide range of over-the-counter nutritional supplements, herbal medicines, homoeopathic remedies and other health-promoting products. We also have the choice of being able to consult natural health practitioners who practise a wide range of modalities.

This situation is not the result of some sort of happy accident. Over the past couple of decades the New Zealand natural health community has survived many attempts to curtail and control it.

In 2003, then Minister of Health Annette King signed a treaty with Australia pledging to establish a joint trans-Tasman agency (based on the corporate model established by the Australian Therapeutic Goods Administration or TGA) to regulate both countries’ nutritional, herbal and associated products. (Within Australia, the TGA was already renowned for imposing unnecessary bureaucracy and fees on producers of natural health products, which drove up prices and badly affected many businesses.)

In 2005, Annette King introduced legislation that proposed that New Zealand should join with Australia in a Joint Trans-Tasman agency based on the TGA model. The bill to establish the Australia New Zealand Therapeutic Products Agency (ANZTPA) would have essentially put New Zealand health products’ regulation in the hands of Australia-based bureaucrats

many of whom were overly friendly with Big Pharma and who had illegally destroyed the largest supplement manufacturer there. The bill – which would have reduced product choice, driven up prices and probably forced many of the small natural health businesses to the wall – became known as the “Anti-Vitamin Bill” and was vehemently opposed by members of the public. Subsequently, the National Party, NZ First, Green Party and Independent MP Philip Taito Field refused to support the bill and the Labour government was forced to shelve the legislation.

However, with the election of the current National-led government, bureaucrats in the back room were at it again, producing a discussion document that proposed a very restrictive framework for the regulation of New Zealand natural health products. This produced a vigorous response from health freedom groups.

The most recent NZ government attack on people’s freedom to choose their own health-care has come in the form of the Report of the Health [Select] Committee Inquiry into “How to increase immunisation completion rates”. Released on March 24, 2011 the report proposes the government should consider linking children’s vaccination status “to existing parental benefits” – which presumably means Family Support payments or perhaps even unemployment or domestic purposes benefits. The report also recommends making children’s attendance at an early childhood centre or school conditional on the parents presenting “a certificate demonstrating that the child has received all the appropriate vaccinations, or a written statement that the parents have declined to immunise their child.” (Page 6) The full report is here:

[http://www.parliament.nz/NR/rdonlyres/BADCF722-D377-4451-8602-1E00938BFC74/188894/DB-SCH\\_SCR\\_5060\\_Inquiryintohowtoimprovecompletionra.pdf](http://www.parliament.nz/NR/rdonlyres/BADCF722-D377-4451-8602-1E00938BFC74/188894/DB-SCH_SCR_5060_Inquiryintohowtoimprovecompletionra.pdf)

It is obvious that there is an agenda to coerce parents into accepting an “all or nothing” policy regarding vaccination, rather than the current situation in NZ in which parents are free to choose whether they want their children to have all, none or some vaccines, as they think best for each child. It is also obvious from the report that the vaccination lobby wants to intimidate health professionals who question Ministry of Health vaccination policies by setting a 95% vaccination target (for children up to the age of four years) and *preventing health professionals from speaking out publicly on the issue of vaccination*: “The ministry should also ensure that all contracts for immunisation

services oblige the contracted party to promote immunisation, and the evidence behind it. We consider that all health care professionals should be prevented from undermining the national immunisation programme.” [Page 24]

Please visit the website [www.noforced-vaccines.org](http://www.noforced-vaccines.org) today to learn more about this issue and help send a message to the government that coercive vaccination policies are completely unacceptable.

*The New Zealand Journal of Natural Medicine* will endeavour to keep readers updated on health freedom issues in New Zealand and around the world.

The following New Zealand organisations have played a leading role in the protection of New Zealanders’ health freedoms. If you have internet access, please visit their websites and sign on to their mailing lists so that you can be kept informed of important events in New Zealand. Please donate some of your time or money to these organisations, to promote the cause of health freedom.

## Health Freedom NZ

Health Freedom NZ is an incorporated charitable trust dedicated to preserving the rights of New Zealanders to enjoy access to natural and traditional health care options as well as freedom from forced medication. It played an important role in the defeat of the “Anti Vitamin Bill” and also maintains links with international health freedom organisations.

<http://www.healthfreedom.co.nz/>

## New Zealand Health Trust

The New Zealand Health Trust has been working in the health freedom area since 2002 and played an important role in the campaign against the “Anti-Vitamin Bill” and is “committed to ensuring high quality and complete information is available to New Zealanders on issues affecting their health and health choices.” The site is updated regularly.

[www.nzhealthtrust.co.nz](http://www.nzhealthtrust.co.nz)

## New Health New Zealand

This is the sister organisation of the New Zealand Health Trust. According to its website “New Health New Zealand designed to ensure the consumer comes first in all health regulation. It has been created based on a series of guiding principles which are entrenched to ensure New HEALTH stays focused on its key objectives.”

[www.newhealth.co.nz](http://www.newhealth.co.nz)