MOV'in'ON UP!

Log on and join EarthSave's web revolution!

Inspired by the phenomenal success of activist organizations like MoveOn.org - a group that used the web to build a powerful infrastructure bringing together millions of people from around the country -- EarthSave International (ESI) is taking a giant leap into the 21st Century!

ESI is pleased to announce that we have entered into a relationship with Kintera, Inc., the industry leader in specialized Internet technology for nonprofit organizations. With Kintera's software, we are moving online to simplify operations and communications throughout our organization and to better reach everyone on the Internet.

Local EarthSave Chapters, as well as our national organization, will be able to use Kintera's exciting new technology to reach members and to increase effectiveness.

To get started, we want all our members to go to our website (www.earthsave.org) and login to register. You'll be able to update your mailing address information, renew your membership online, subscribe to our electronic mailing lists, sign up and pay for local events, buy merchandise and make donations. By focusing on our website and electronic communication, we will be able to efficiently interact with our membership and expand the reach of our education efforts, to help people move to more plant-based food choices.

Local chapter leaders will be able to access our core database technology for their members to promote local activities and events, and to keep their local communities alive and thriving. Collectively, the efficiency of a central technology database will free up valuable time from our staff and volunteers, so our organization will have more actual time to help people make better food choices, to help Save the Earth.

But that's just the beginning! Some of our Internet campaigns have generated hundreds of thousands of hits and tens of thousands of new registrants. This is a huge force of people, who have been inspired by John Robbins' books, and with whom we can change the world. With our new technology, we will be able to engage and mobilize this force like never before, to energize our exciting new projects, to make a difference. And unlike campaigns based on mail and newsletters, this technology will help us to get people truly involved. And that's where change really happens, with the people, one at a time.

So, get ready for the 21st Century. Watch your email for updates in the coming weeks, send us your ideas, mobilize your energy, and help us to Save the Earth. It's been nearly 20 years since the first release of Diet for a New America, and to this day it continues to inspire people to think, and to change. Help us to spread the message even further, and to inspire a new generation.

The EarthSave community is going online!

US Gov't Panel: Eat more whole grains, exercise more

Panel issues final recommendations for food pyramid

Not any bread will do, a panel of doctors and scientists has told the U.S. government in September in issuing its final recommendations about what advice should go into the federal food pyramid - a key tool to help people make healthful choices.

People should eat at least three one-ounce servings of whole grains each day, preferably in place of refined grains, or white bread, the proposals for the five-year update of the government's nutrition advice say.

The advisers and the government want Americans to balance the calories they get from food with the calories they burn in physical activity. But with almost two-thirds of Americans overweight or obese, officials realize they have an uphill fight.

"We have to have a good behavior change implementation to address the serious problem of obesity and overweight," said Eric Hentges, executive director of the Agriculture Department's Center for Nutrition Policy and Promotion, which will use the guidelines as it revamps the pyramid.

The committee also called for Americans to control their weight by being physically active. And it's recommendations could keep people very busy.

To prevent weight gain, many people should do up to 60 minutes a day of moderate to vigorous activity, and those who have lost weight and want to keep it off may have to do up to 90 minutes, the report said.

Unlike the current guidelines, issued in 2000, the new recommendations do not specifically tell people to moderate their use of added sugars, such as regular sodas. Sugar provides energy, the report noted.

But the scientists and doctors are not letting Americans off the hook. They say people still have to be careful in their intake as a way to keep their weight under control.

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The recommendations go to federal officials who will prepare reports for the Secretaries of Agriculture and of Health and Human Services, who must approve the findings before they can be issued.

Officials expect the final nutrition report, and an updated version of the food pyramid, to come out early next year.

On whole grains, the panel said people should eat more as a way to get more fiber. Fiber has been shown to reduce the risk of heart disease and diabetes, the report said.

However, the panel still allowed room for refined grains.

"This is an issue of balance," Hentges said. "We are kind of out of balance now. We need more fiber. It's getting a balance of enriched grains and whole grains.

The advisers also introduced a new concept for the guidelines -- discretionary calories.

These are calories needed just for energy, after people have eaten foods rich in nutrients and thereby met their requirements for vitamins, minerals and other necessities for health. Discretionary calories could be considered treats calories, because they don't have to be from nutrient-rich foods.

Discretionary calories are the reward for living right. And Americans who are overweight or obese don't have discretionary calories, Hentges said. "They used them up a long time ago," he said. To get them back, they will have to burn more calories by being more active, he said.

Vegan diet turned around my health & life

P. 2

Mad cow; it's already here and called Alzheimer's

P. 5

Prisoners of the drug industry

P. 6

Bush declares war on Iraqi farmers

P. 8
Calcium intake in rural China: One-half that of people in the United States.

Hip fracture rate for African Americans compared to black South Africans: 9 times greater.

Calcium intake in rural China: One-half that of people in the United States.
Reversing Arteriosclerosis with Pomegranate Juice

Michael Greger, M.D.

Folk medicine has been extolling the medicinal properties of pomegranates for thousands of years. Modern science has been a bit slow catching up, but with the fruit’s intense ruby red color, it should come as no surprise that it contains the antioxidant polyphenols (which I talk about in my new Stopping Cancer book) that are said to help with heart disease.

An example of this is the study published this summer in the journal Clinical Nutrition.[3] Researchers took a group of people coming into a vascular surgery clinic with severe carotid artery blockage—the arteries in their neck providing blood flow to the brain were 70%-90% obstructed. Half of the patients were then instructed to drink a little less than a quarter cup of pomegranate juice every day. At the end of the year, the atherosclerotic plaques in the arteries of those who did nothing predictably worsened, thickening 9%, closing 13% of the blood vessels, and their arteries off even further. But in the pomegranate juice group, after just 3 months the plaques in their arteries shrank 13%. By 9 months their plaques were down 26%. And after one year of drinking less than a cup of pomegranate juice a day, the arteriosclerotic lesions were 35% reversed. The investigators attribute the antio0-arteriosclerotic properties to the fact that it contains the antioxidant polyphenols (which I talk about in my new Stopping Cancer book and you can find out more about in the book for free).

So should we start forking out $4 a bottle for that “Pom Wonderful” juice that started popping up in the grocery stores? Well, you can make your own (and organic!) pomegranate juice in your natural food store, but the whole fruit is always preferable to juice—you get the additional benefits of the fiber and other nutrients discarded during processing.

Endometriosis and Diet

Up to 50% of menstruating women have endometriosis,[4] a condition that can result in excruciating chronic pain and infertility. The only cure is radical surgery. And no one even knows exactly what causes it, or even clearly what the risk factors are.[5] A new study just published, though, offers some insight into the development of this disease. Studying hundreds of women with confirmed endometriosis, Italian researchers found that those who eating just one daily serving of meat (beef or pork—poultry was not studied) seemed to double their risk of developing endometriosis. Eating fresh fruit, on the other hand, seemed to drop their risk 20% and, based on this research, eating just a single serving of green vegetables every day may cut your risk of developing endometriosis in half!

To help prevent this painful condition, women may want to eat more greens and less meat.

Vegans Need to Eat More Greens, Beans and Nuts

Low fat vegetarian and vegan diets have proven remarkably successful in the treatment of heart disease,[6] diabetes,[7] and high blood pressure.[8] Many practitioners are hesitant, though, to put people on such diets fearing their nutrition-al adequacy. This is ironic, given that when people switch from an omnivorous diet their intake of many nutrients greatly improves. They tend to eat less saturated fat and cholesterol, of course, but also experience favorable increases in antioxidants like B carotene and vitamin C, B vitamins like thiamine and folate, and minerals like magnes-ium and potassium.[9]

The Physician’s Committee for Responsible Medicine recently published a dietary analysis of a few dozen women transitioned to a self-selected low fat vegan diet. Although the intakes of most nutrients improved or stayed the same, the consumption of some nutrients dropped. They conclude: “To increase intakes of these nutrients, following a low-vegan diet should emphasize legumes [beans, lentils] and whole grains for protein; supplemental sources of vitamin D and B12, such as fortified cereals and soy milk, to increase vitamin D and B12 intakes; leafy greens, beans, and fortified soymilk and juices to increase calcium intake; and whole, unrefined grains, nuts, and seeds to increase phosphorus, selenium, and zinc intakes.”[9]

There are so many wonderful vegan conveniences foods out there now, but, the healthiest (not to mention cheapest and more environmentally friendly) foods are still those that grow out of the ground.

Raw versus Cooked Vegetables for Cancer Prevention

Low fat vegetarian and vegan diets have specific benefits for losing excess body fat -- and should be an easy addition to the daily rou-tine for anyone interested in becoming trimmer.

Oolong Tea Helps Diabetics

In a recent study published in the journal Diabetes Care, oolong tea was found to be very effective at lowering the blood sugar of diabetics on medica-tions. Compared to water, this tea time increases life time by John McDougall, MD

Tea is the most popular bev-erage in many parts of the world and levels of consumption are increasing. Historical records show that the enjoyment of tea goes as far back as 5000 years ago in China. This stimulating beverage remained an important part of the cultures of China and Japan for thousands of years, and was finally exported to Europe in the 1500s. Not until the early 1600s, however, did tea drinking become popular in England and America.

There are four common cate-gories of tea made from the same tea plant species (Camellia sinensis). The difference in the variety of tea is the result of the method of processing. White tea is simply steamed leaves. Oolong tea is partially fermented and green tea is steamed to stop the oxidation. Black tea undergoes several hours of oxidation during preparation (accelerated by heat and humidity). The degree of processing after harvest changes the relative amounts and kinds of chemicals found in the final beverage.

White Tea = boiled and dried
Green Tea = withered by exposure to the air, steamed, rolled, and dried
Oolong Tea = withered, shaken, fermented briefly, and dried
Black Tea = withered, rolled, fully fermented, and dried

Tea May Help You Lose Excess Weight

In an experimental animal stud-ies, tea results in a significant reduction of “high-fat diet-induced” body weight gain, reduces the accumulation of fat in the abdomen and liver, and prevents the development of hyperinsulinemia (elevated insulin levels associated with weight gain). 1. Researchers pub-lished in the American Journal of Clinical Nutrition suggests an extract from green tea may help with weight loss by speed-ing up fat oxidation. 2. Relative to a placebo, treatment with the green tea extract resulted in a significant increase in 24-hour energy expenditure. Treatment with caffeine in amounts equiva- lent to those found in the green tea extract had no effect on ener-gy expenditure. Thus, tea may have specific benefits for losing excess body fat -- and should be an easy addition to the daily rou-tine for anyone interested in becoming trimmer.

Synergetic Actions of Teas Prevent, and Maybe Treat, Cancers

Non-toxic approaches for the prevention and treatment of can-cers are very important because of the relative ineffectiveness of drug therapy - little benefit has been realized for the patient’s survival of most cancers. Anticancer drugs are also very toxic and costly. Therefore, the likely possibility that green tea could improve the quality of your life is valuable information.

In a recent study published in the journal Cancer Research, green tea, especially green teas in Japan, has been associated with a decreased risk of cancer and artery disease (atherosclerosis). In particular, people who drink tea have been reported to have lower incidences of cancer of the esophagus and breast. Most promising are the consis-tent findings in animal models

"How do you build up your bank account? By putting something in it every day. Your health account is no different. What I do today, I am going to remember. If I put inferior foods in my body today, I am going to be inferior tomorrow. It’s that simple." Jack LaLanne

90-year-old health enthusiast, who says he eats at least 5 or 6 fruits and 10 green vegetables every day. 
Move the Message: Your Guide to making a difference and Challenging the World

By Josephine Bellaccomo

Reviewed by Caryn Hartglass

MOVE the Message is an absolute must-read for all activists of any degree. THIS IS AN INCREDIBLE BOOK! It is phenomenally well-written, thoughtfully organized and it is an absolute joy to read. Each chapter contains, making a powerful difference to change the world for the better.

For more information, visit: www.move-the-message.com or www.josephinelbellaccomo.com

EarthSave News

Our Mission

EarthSave educates, inspires and empowers people to shift toward a healthier, more Earth-friendly lifestyle in the areas of environment, our health and all our food. Our efforts are focused on one of the most pressing issues of our time: our current unsustainable relationship to the earth.

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EarthSave News

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EarthSave News is distributed as a membership benefit to EarthSave members. Basic annual membership fee is $50 (tax-deductible). COMMENTS/SUGGESTIONS: We welcome your feedback and ideas. Please write or email us.

Contributors: The deadline for articles, letters and photos for the next issue is Jan 30.

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Brain Trust: The Hidden Connection Between Mad Cow Disease and Misdiagnosed Alzheimer’s

Brain Trust summarizes a possible looming public health emergency in the United States. Health and Agriculture authorities in the U.S. and in Canada like to play down any suggestion that the food chain is unsafe, particularly when it comes to the dreaded mad cow disease that has killed over 150 people in the UK and Europe. Authorities assure us that there is nothing to worry about over here. Mad cow disease is predominantly a European problem, they say.

by Colm A. Kelleher PhD

My book Brain Trust argues that this is definitely an American problem. Not only do we have evidence that mad cow disease has been in the United States for over 20 years, but we also have an epidemic of Alzheimer’s disease that is thought to resemble like wildfire through nearly 20 states. The Europeans have only to look south across the Atlantic to see how we have both mad cow and deer/elk disease. With eleven million hunters beginning hunting season as we speak, it is a matter of some urgency that the country’s industries focus on the possible dangers of field dressing deer/elk or eating venison. Cooking mad cow or mad deer meat does not make it safer to eat. You have to carbomitize meat at 600°C to make it safe. By the time it is safe it is a black lump of charcoal.

Mad cow disease is caused by an infectious protein called a prion. A prion is not a virus and it is not a bacterium. It is simply a misshapen protein. Normal prions play a helpful role in the cell, but when they change shape, they become lethal. They then kill brain cells by the billions.

For decades, prion diseases kill humans (CJD), cows (BSE aka mad cow disease), sheep (scrapie), deer/elk (Chronic Wasting Disease: CWD) and an assort- ment of other animal species including mink, squirrels, cats, opossums etc. More worryingly, prions can jump species. This lead to questions for hunters like: can prions jump from deer/elk to humans? Or can prions jump from deer/elk to cattle?

In the United Kingdom in the 1980s and 1990s, hundreds of thousands of cows died from mad cow disease. For years, health authorities issued press releases telling the public that the previous British public that eating beef was perfectly safe. It was routine for officials to go on television to assure the public there was nothing to worry about. And then the unthinkable happened. Beginning in the 1990s, scores of teenagers and young people in the U.K. began to die from eating tainted beef.

Can the same thing happen in the United States?

We will not know until it is too late unless the United States Department of Agriculture (USDA) actually begins to test the beef being sold to consumers. Currently, there are 35 million cattle slaughtered in the United States, and under pressure, the USDA has agreed to begin testing about 200,000 animals per year for mad cow disease. The huge majority of these cattle, however, are not tested for mad cow disease. In Japan and in Ireland, every cow that is eaten gets tested and in Europe over 30% are tested. In the US, even with “expanded” testing, less than 1% of animals are tested. What’s wrong with that picture?

Consumer groups have long criticized the USDA for looking out for big cattle interests rather than the company from testing their cattle!! It is this surreal situation that led to charges by consumers that the USDA does not have the interests of American consumers in mind.

Prion diseases, whether in humans (CJD in cows (BSE) or in deer/elk (CWD) are 100% fatal. And prions are almost indestructible. They contaminate surgical instruments, even ones that are sterilized. They remain lethally infectious after two years in a pasture. Most viruses or bacteria die within days. Not prions.

And new evidence shows that prions are passed via blood trans fusion. Both blood donors and acceptors have died in the UK and in France. A looming ques tion for the health authorities in the United States is: how safe is the American blood supply?

So what is the connection between the human prion disease (CJD) and Alzheimer’s Disease (AD)? Firstly, the astounding recent increase in AD in the United States has not been sufficiently highlighted by the media. In 1979, only 563 people died of AD. In 2002, that number had increased to reach 50,000 deaths. A 9000% increase in deaths for any disease in a mere 25 years should be cause for a national emergency. Instead, old people now are almost expected to die of AD. This was not the case a few generations ago. AD was a rare disease in the 1960s. AD is quite difficult to diagnose. Mood swings, psychiatric problems, sleep problems, eye problems, memory problems are all loosely associated with dementia. There are some overlap laps between symptoms of CJD and AD making them difficult to distinguish during the early stages. CJD kills within a few months of diagnosis, while AD victims take as long as 20 years. In CJD, the victims die a horrible death. The gold standard for diagnosing CJD is via autopsy followed by pathology of the brain.

Two shocking studies, one from Yale University and the second from University of California, San Francisco when I first saw them. When researchers studied the brains of dementia patients suffering from Alzheimer’s disease, patients, they found that between 5-15% had actually been wrongfully diagnosed. These people had really died of CJD. Now, what does this say regarding the sup---
**Sick People Take Medications**

by John McDougall, MD

The goal of every doctor should be to help his or her patients drug-free by teach- ing them preventive measures. Most doctors know only drug therapy for patients’ problems and the result is fat and sick people parting around bags full of pre- scriptsions – and they are not one speck healthier or happier. (And you wonder why so many doctors complain about the practice of medicine these days. How would you feel if all of your projects ended in failure?)

To make matters worse, overpaid and overtrained doctors are making their prescription deci- sions based upon fraudulent and incomplete data. Pharmaceutical companies – blind to the suffering of their custo- mers, as well as to the results of their own research studies in order to boost sales. You should not be surprised by this, after all, pharmaceutical companies are in the business of profiting from your sickness and, as a result of their efforts, they are considered among the most successful of all businesses worldwide.

Drug companies spend billions of dollars and employ thousands of people to try to demonstrate the slightest benefits from their products. From the beginning, the “investigations” sold to their products are designed so that the results will turn out favorable – why not? They are paying for the project. And if the results do not turn out as expected, then these companies bury any research find- ings that weigh negatively upon their prod- ucts. The US government turns a blind eye to these shenanigans. According to top researchers, we can no longer rely upon the Food and Drug Administration (FDA) for protection from useless and dangerous drugs, since this organization acts essentially as a tool of the pharmaceutical companies.

All this dishonesty is very profitable; $134.4 billion dollars was spent by con- sumers in one year (2001) on medications that in many cases do more harm than good – and prescription drug spending rises 15% to 18% per year. All the whole, hopeful patients are lulled into believing they will be saved by these miracle potions. If the truths were to be known, more of these same ill people would take matters into their own hands and save themselves with a healthy diet, some exercise, and clean habits, rather than waiting to be saved by “technological break- throughs.” When was the last miracle drug invented? Penicillin discovered in 1928 by Alexander Fleming! The FDA was established in 1961 by Nicholas Terrett. Most new drugs released to the marketplace are simply copies of older drugs with major variations to allow a new patent.

Most Drugs on the Market Are Useless and Harmful

People running the drug companies are aware of the fraudulent nature of their busi- ness. According to Allen Roses, Vice President of GlaxoSmithKline, one of the leaders of the global pharmaceutical industry, “Vast majority of drugs only work in 30 or 50% of people’s body. When he says “work,” I assume he is giving credit for even the slight- est positive change, and not talking about sharply restricted because they have danger- ous side effects.

**McDougall’s Five Dangerous Drugs (Categories)**

**Sulfonylureas**

- **Calcium Channel Blockers**
- **Medroxyprogesterone**
- **Cox-2 Inhibitors**
- **Angiotensin Receptor Blockers**

McDougall’s “Five Dangerous Categories of Drugs”

**Note:** All five of the following medicasa increase the risk of dying from heart disease and many of my patients have taken all five at the same time in the past.

As a board-certified internist for more than 30 years, taking care of mostly adults with chronic diseases, I realize that medica- tions can be useful and occasionally lifesav- ing. My decisions that lead to prescribing are based on the scientific research published in the medical journals. As I explained above, this information has been so severely com- promised by the pharmaceutical companies that I have no faith in the research that appears favorable to high-profit drugs with skepti- cal results. However, we must recognize comprehensively the “billion-dollar-medica- tions,” then I know the condemning evidence must be swamped with the new. Based on what I have learned, there are five categories of medica- tion I never prescribe. (If you are taking any of these medications, I encourage you to talk to your doctor about stopping them and/or substituting with a safer choice.)

**Sulfonylureas for Type 2 Diabetics:**

- **Rhabdomyolysis (severe muscle damage) and kidney fail- ure**
- **Cardiovascular death when used during pregnan- cy**
- **Bextra**
- **Use: Paroxetin and antiherb med- ications**
- **Annual sales: $687 million**
- **Crestor**
- **Use: Cholesterol-lowering drug**
- **Annual sales: $129 million**
- **Meridia**
- **Use: Weight loss drug**
- **Annual sales: $72 million**
- **Scary risks:** Of little use, but causes strokes and heart attacks.
- **Examples of Commonly Prescribed Medications:**
  - Adalat, Cardene, Cardizm, Cozaar, Diflucan, Fluvax, Lopressor, Metoprolol, Norvasc, Plendil, Procardia, Sular, Tiazide.

Medroxyprogesterone for Menopause:

- **Medroxyprogesterone is a progesterone which means it acts like the female hormone progesterone, but it is synthetic, and the for- mer, able to be patented. Most commonly uterine cancer is treated with analogues of this hormone in the treatment menopausal symptoms.**

**Cox-2 Inhibitors for Arthritis Pain:**

- **Cox-2 inhibitors are newly develop- ed drugs for inflammation and pain, such as found with arthritis. They selectively block the COX-2 enzyme, thus reducing the p- roduction of small hormones, called prostaglandins. Because they selectively block the COX-2 enzyme and not the COX-1 enzyme, these drugs are uniquely differ- ent from traditional NSAIDS (like Motrin or Advil), which block both kinds of enzyme.**

**Angiotensin Receptor Blockers**

- **Examples of Commonly Prescribed Medications:**
  - Celebrex, Betrax, and Vioxx was recently withdrawn from the mark- et.

**Angiotensin Receptor Blockers for Hypertension or Heart Disease:**

- **Examples of Commonly Prescribed Medications:**
  - Cozaar, Benidac, dogues.

**Medication Risks:**

- **Risks:**
  - Deaths due to asthma
  - Deaths due to heart attacks
  - Deaths due to stroke
  - Deaths due to lung cancer
  - Deaths due to breast cancer
  - Deaths due to diabetes
  - Deaths due to strokes
  - Deaths due to myocardial infarction
  - Deaths due to heart failure
  - Deaths due to kidney failure
  - Deaths due to liver failure
  - Deaths due to nervous system disorders
  - Deaths due to respiratory system disorders
  - Deaths due to cardiovascular system disorders
  - Deaths due to musculoskeletal system disorders
  - Deaths due to integumentary system disorders
  - Deaths due to endocrine system disorders
  - Deaths due to blood and lymphatic system disorders
  - Deaths due to nervous and sensory system disorders
  - Deaths due to other system disorders

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  - Deaths due to heart attacks
  - Deaths due to stroke
  - Deaths due to lung cancer
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  - Deaths due to strokes
  - Deaths due to lung cancer
  - Deaths due to heart attacks
  - Deaths due to myocardial infarction
  - Deaths due to heart failure
  - Deaths due to kidney failure
  - Deaths due to liver failure
  - Deaths due to nervous system disorders
  - Deaths due to respiratory system disorders
  - Deaths due to cardiovascular system disorders
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  - Deaths due to integumentary system disorders
  - Deaths due to endocrine system disorders
  - Deaths due to blood and lymphatic system disorders
  - Deaths due to nervous and sensory system disorders
  - Deaths due to other system disorders

**Calcium Channel Blockers for Hypertension:**

- **Calcium channel blockers are also called “calcium antagonists” and “calcium block- ers.” They may decrease the heart’s pumping strength and reduce the amount of blood the heart pumps out.**

**Calcium Channel Blockers for Hypertension:**

- **Examples of Commonly Prescribed Medications:**
  - Accutane, Dihyder, Diabease, Glicose, Glucovance, and Metaprop.
Healthy People Are Drug-Free

The first time I heard the term "healthy people are drug-free," I was a medical student. I remember thinking, "What does that mean?" I didn’t understand the concept at the time, but I was curious.

One day, a professor of medicine asked a question that has stuck with me ever since: "What do you think it means for someone to be drug-free?" He went on to explain that being drug-free means being free from any substance that could harm your body.

I was intrigued by this idea and began to think about what it would mean to be drug-free. I realized that it wasn’t just about stopping drug use, but also about taking care of my health overall.

In recent years, I have been thinking more about what it means to be healthy and drug-free. I have come to understand that being healthy means taking care of your body, mind, and spirit.

One way to do this is by eating a healthy diet, getting regular exercise, and getting enough sleep. Another way is to practice stress management techniques, such as meditation or yoga.

I have also come to understand that being healthy means being free from any substances that could harm your body. This includes drugs, alcohol, and tobacco.

In conclusion, being healthy means being drug-free. It means taking care of your body, mind, and spirit. It means being free from any substances that could harm your body.

Eve Dry, City council regrets as GlaxoSmithKline


Colds and Flu:

- Pains and fever: aspirin (not for children) and Tylenol.
- Cough: Syrups with dextromethorphan (DM).
- Nasal congestion: nasal sprays, aerosols, and Sudafed tablets.
- (See my October 2003 newsletter article: Surviving the Cold Season.)

Chronic allergies and asthma:

- Inhaled steroids and bronchodilators.
- Nasal congestion: Nasalcrom spray, nasal decongestants, and nasal sprays.
- Cough: Syrups with dextromethorphan (DM) or diphtheria tobramycin.
- Sinusitis: Nasal spray, antibiotics, and nasal decongestants.
- Nonspecific and migraine headaches:
- Sinus: decongestants.
- Migraine: triptans, ergots, and beta blockers.

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In conclusion, being healthy means being drug-free. It means taking care of your body, mind, and spirit. It means being free from any substances that could harm your body.
Iraqi Farmers Didn’t Celebrate World Food Day

When the Food and Agriculture Organisation (FAO) celebrated biodiversity on World Food Day on October 16, Iraqi farmers were mourning its loss. A new report [1] by GRAIN and Focus on the Global South has found that new legislation in Iraq has been carefully put in place by the US that prevents farmers from saving their seeds and effectively hands over the seed market to transnational corporations. This is a disastrous turn of events for Iraqi farmers, biodiversity and the country’s food security.

Who “buried” the report to please food giants

Political sovereignty remains an illusion, food sovereignty for the Iraqi people has been made nearly impossible by these new regulations. The US has been imposing patents on life forms around the world through trade deals. In this case, they invaded the country first, then imposed their patents. This is both immoral and unacceptable, said Shalmali Bhatiani, one of the report’s authors.

The new law in question [2] heralds the entry into Iraqi law of patents on life forms - this first one for tough limits on sugar, salt and fat, comes after global food standards. “If the FAO is celebrating ‘Biodiversity for Food and Agriculture’ this year, it may have been buried as part of a deal to get the US to stop imposing wider and more extreme food standards and the retail sector,” it says.

Farmers, biodiversity and the country’s food security

The new law - on plant variety protection (PVP) - affects plants and seeds. This law fits in neatly into the 2004 US law, CPA Order No. 81, which requires farmers to obtain “biotechnology” patents on their seeds and planting material “invented” by transnational agribusiness corporations.

“Western diets, which depend almost entirely on refined grains, are already putting great pressures on the environment. Meat-eaters consume almost twice as much water as vegetarians or ovo-lactarians,” the report says. “And in western Europe and North America without destroying the environment.”

Food Giants pressure World Health Organization to downplay junk food hazards

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While we’re off fighting terror, the planet’s crumbling

By Professor Richard Steiner

History has shown that human societies often misjudge risk, and that is the case today. With world attention focused almost exclusively on terrorism and Iraq, another, even more serious security threat deepens - the global environmental/humanitarian crisis.

While we remain virtually hypnotized by human conflicts that are currently cur - ing the biosphere in which we live, our - selves and our future along with it. Just since 1950, 25 million children died from preventable causes, the world’s population grew by 200 million people and thousands of species went extinct. Also, 250,000 square miles of forest were lost, 50,000 square miles of wetlands were lost, 50 billion tons of topsoil a year, 8 billion tons of carbon were added to the atmosphere and air pollution claims more than 4 million lives.

Our boat is sinking. We know the causes and conse - quences, and we know how to save the problem. Yet policy-makers keep rearranging the deck chairs. Left unattended, this broad envi - ronmental/human - itarian crisis will foreclose any hope for security in the world. Certainly we must address terrorism, but just as certainly we must ensure our planet’s sustainability.

Some of the key indicators of our cur - rent condition help put these relative risks in perspective.

Population

World population stands at 6.4 billion, an all - time high. If we maintain current fertility rates, the world’s population will double by 2050, the additional billions com - ing almost exclusively in the poorest coun - tries.

The largest generation of young people ever, some 1.7 billion ages 10 to 24, is just now reaching reproductive age. Where fertility remains high there is widespread poverty, discrimination against women, high infant mortality and lack of access to family planning. Some religions oppose contraception, and female infantil - ization of policy-makers is the primary cultural activ - ity. By 2050, we will have reached population stability, many of the 20th century. Although some nations have doubled in the past 40 years. The upper 20 percent in economic class -- the world’s 350 billionaires have a combined net worth nearly 4.5 times greater than all the poor in the world.

Despite unprecedented economic expansion of the ‘90s, today some 900 mil - lion adults are literate and 30,000 kids die every day from preventable causes. Poor countries pay more than $350 billion a year just to service the interest on their debt to developed countries (a total of $2.4 trillion) and often try to raise this money through environmentally destructive activ - ities. Some countries spend more to ser - vice their foreign debt than on education and health combined.

Biodiversity

Ecologists fear we are losing between 50 and 150 species each day, a rate thou - sands of times higher than the evolutionary background extinction rate of about one species a year. Some estimate that we have lost perhaps 100,000 species since the “biotic holocaust” began around 1950, if present trends continue, half of all species on Earth will be extinct in the next 50 years. Overhunting, invasive species, pol - lution and climate change are factors in such mass extinction events, but by far the greatest cause is habitat loss. The lost ecological services could be devastating. It may take 5 million to 10 million years for biodiversity to recover.

Forests

Half of Earth’s original forest cover is gone, and an additional 30 percent is degraded or fragmented. Only 20 percent of the original forest on Earth remains today as large, relatively undisturbed tracts.

“Frontier forests.” And half of this frontier forest is threatened by logging and only a very small amount of this forest loss is offset by regrowth.

Since 1960, about 30 percent of the Earth’s deciduous forest has been lost and with them, thousands of species. Between 30 percent and 50 percent of the terrestrial species inhabit and depend upon the forests, and more than half of the Biodiversity-rich species on Earth are forest animals. The link is clear: lose forests -- lose species.

Food

Today about 1 billion people are under - nourished and 600 million are over - nourished. The United Nations lists 86 coun - tries that can’t grow or buy enough food and predicts that by 2010 global food sup - ply will begin to fall short of demand.

More than 6 million people a year, mostly children, die from malnutrition. Grain production is declining and environ - mentally damaging meat production con - tinues to increase. The 1.3 billion cattle (weighing more than all of humanity) have degraded a quarter of the planet’s land sur - face.

More than 10 percent of world farm - land and 70 percent of the world’s pastureland is overgrazed and pollution has increased dramatically, and predicts that by 2010 global food sup - ply will begin to fall short of demand.

Water

Fresh water may well be the most prec - ious substance on Earth. People use about half of all available fresh water, causing aquifers to shrink around the world.

Some 70 percent of all water used by humans goes to irrigation; most simply leaks and evaporates from inefficient irrig - ation systems. Some water tables, such as the north China plain, drop by more than a meter a year. Two billion people have no choice but to drink water contaminated with human and animal waste and chemi - cal pollution.

Atmosphere

Air pollution exceeds health limits daily in many cities in the world. Some 5,000 people a day die from air pollution, and kids in some cities breathe the equiva - lent of two packs of cigarettes every day just by breathing the air.

Carbon emissions from burning fossil

fuel now stand at 6.5 billion tons a year -- Earth’s entire atmospheric carbon dioxide concentration.

Global warming is no longer seriously doubted, and nine of the hottest years on record have occurred since 1990. The warming has accelerated the melting of polar ice caps and mountain glaciers; a ris - ing sea level has inundated some Pacific islands, and more frequent and severe fires, storms and floods cost more than $50 billion and 20,000 lives a year.

The Intergovernmental Panel on Climate Change concluded most of the warming over past 50 years was human-induced.

Oceans

Once thought to be inexhaustible, the Earth’s oceans are more polluted and over- exploited than at any other time in history. Seventy percent of wild fish populations are overfished or nearly so. Marine pollution has increased dramatically, and warming ocean temperatures have killed more than a fourth of the world’s coral reefs. The 1998 coral “bleaching” event killed almost half of all Indian Ocean corals in just a few months, and Australia’s Great Barrier Reef may take five to six years to recover.

We are approaching a breaking point on the planet.

The United Nations says $40 billion a year -- about what consumers spend on cosmetics -- would provide everyone on Earth with clean water, sanitation, health care, adequate nutrition and education.

Not until we connect these dots, the picture is clear: We are approaching a breaking point on the planet.

The solution is straightforward -- stabi- lize population, reduce consumption and share wealth. We know exactly how to do this; we just need to pay for it.

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The secret general of the 1992 Earth Summit cautioned, “no place on the planet can remain an island of affluence in a sea of misery...we either give up the whole world or no one will be saved.”

Without urgent attention, the global ecosystem will continue to unravel and we'll consign future generations to a night - me of deprivation, insecurity and con - flict.

It’s time to broaden our understanding of security beyond just that of terrorism to securing a sustainable future for Space Earth.

Richard Steiner is a professor and a conservation specialist with the University of Alaska Marine Advisory Program in Anchorage, Alaska. He is well known for his work on the Exxon Valdez oil spill clean up.
Jo Stepaniak, MEd, is an author and educator who has been involved with vegetarian- and vegan-related issues for nearly four decades. She holds a master of science degree in education and an undergraduate degree in sociology and anthropology. Jo is the author (along with Vesanto Melina, MS, RD) of Raising Vegetarian Children, a comprehensive guide for bringing up healthy vegetarian children and maintaining family harmony, author of Compassionate Living for Healing, Wholeness & Harmony, an invaluable guidebook for restoring inner and outer peace and inspiring kinship and harmony with all life. The Vegan Sourcebook for Children was recently released, an invaluable guide to many other books, pamphlets, national publications, and magazines. Visit her online at www.vegsource.com/jo

Animal Suffering: Is there a Karma Connection?

Dear Jo:

My best friend and I decided to go to a vegetarian convention about a month ago to see what the fuss was all about. One of the reasons for becoming a vegan, I decided to adopt the lifestyle. However, my friend is still adamantly in his meat-eating ways. He strongly believes in karma and thinks that all of the suffering brought upon the animals is just a part of the cycle. In his view, there is nothing we can do about something really awful in their past lives and are just now reaping what they have sown. I don’t know how to respond to that. Suppose there is really no such thing as karma, and that all of the suffering there is, how can I just stand by and eat that steak while knowing how it arrived on my plate. I want to know about compassion and forgiveness. How do I handle the situation?

Jo responds:

Those who believe in karma as part of their spiritual beliefs know that it refers to the consequences of our actions and does not necessitate suffering or death to recompense. Karma carries the meaning of just deserts and our own hearts and relationships. We can participate in peaceful protests and learn how to transform our anger and frustration into our own hearts and relationships. We can’t take away the pain of other species but we can mentor a child in our community. We can’t save all the billions of animals that are tortured, euthanized, and slaughtered each year, but we can adopt a dog, cat, or rabbit from an animal shelter or provide temporary shelter for them. We can also choose to deliberately devote our time and our best. That is all any of us can do at any given time. We can make, no matter how small and insignificant our efforts may seem, a difference in the world, I faced some value conflicts. When I first became vegan, I was about. After seeing all the posters about compassion and forgiveness and killing of others—both human and nonhuman. How to we respond to that. Suppose there is really no such thing as karma, and that all of the suffering there is, how can I just stand by and eat that steak while knowing how it arrived on my plate. I want to know about compassion and forgiveness. How do I handle the situation?

Dear Jo:

I have been involved with vegetarian almost seven years, and with vegan-related issues for nearly three years. I have been struggling with an ethical dilemma. After spending several months working over sea in Guam, I felt that veg- anism was not for me. Aside from the dietary struggles facing a vegan in the poorer countries of the world, I faced some value conflicts. When I first became vegan, I was about. After seeing all the posters about compassion and forgiveness and killing of others—both human and nonhuman.

Jo Stepaniak, MEd

Should we prioritize our compassion?

Dear Jo:

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Jo Stepaniak, MEd

Brain Trust/PAGE 5

posed rarity of CJD in the USA? A major factor is that CJD is so rare, only 1 in a million people get it. But with 4-5 mil- lion cases of mad cow disease in the UK, putting an enormous strain on the US healthcare system, if even a hundred people in the USA has CJD, the actual number of patients is at least one per million. These figures imply thousands of CJD cases in the USA that are going undiagnosed and being misdiagnosed as autopsies. Recent reports indi- cate that most pathologists do not even look for CJD patients for fear of contaminating their facilities with the infectious prions. And make matters even worse, CJD is not even a mandatory reportable disease in about half the states in the USA. That means authorities have no real idea of how many CJD cases actually exist.

Recently (October 2004), a suspected cluster of CJD was spotted in Ulster County New York. Several months ago (March 2004), another cluster of CJD was noticed in New Jersey. Blunders are being made, they may point to an infectious entity. In both New York and New Jersey clusters, the health authorities assured the public that these were “sporadic CJD” and that the patients were not a danger. I worry about Sporadic CJD has no known cause, the health authorities assure us that it is rare. But, if Professors Collinge’s data are indeed true, then it is much more likely that people in the US have died of CJD from eating tainted beef (for venison). We will never know when we (a) dramatically increase the number of people dying from “dementia”, AD and CJD and (b) dramatically increase testing for mad cow disease in the US. If we look at the current low numbers of CJD cases in the US and combine it with the current epidemic of dementia disease in Europe and the USA and with the lack of autopsies to determine how many people in this country and around the world are succumbing to CJD, we may be facing a grim reality. When the Europeans, who have just gone through ten years of devastating disease and have lost billions of dollars, look at the desperate situation in the USA, they may shake their heads in disbelief.

Colm A Kelleher, Ph.D. is a professor in the biotechnology sector, Dr. Kelleher is a biochemist with a Ph.D. in enzymology, cell and molecular biology. Following his Ph.D. in biochem- istry at Trinity College, Dublin, Trinity College in 1983, Dr. Kelleher worked at the National Cancer Institute, the Terry Fox Cancer Research Laboratory, and the National Institute for Immunology and Respiratory Medicine. Before moving to the biotechnol- ogy sector as a senior research scientist, Dr. Kelleher worked as project manager and team leader from 1996-2004, using forensic science methodology to unravel sex-specific differences.
TEA / FROM PAGE 3 
that tea will reduce the develop-
ment of skin, lung, colon, liver and pancreatic cancer.3

Even small concentrations of tea’s active ingredient (epigallo-
 catechin-3-gallate) in the blood can stop the progression of
growth of cancer cells by any or all of the above mechanisms.
Effective levels can be reached with as little as 2 to 4 cups a
day. There may even be a bene-
fit for people they have developed cancer. Green tea con-
sumption of three or more cups
daily has been found to delay the
recurrence of breast cancer by
about one-third.5

Protection from High Blood Pressure and Heart Disease
Tea may raise blood pressure right after drinking, but the long-
term effects in daily users may actually be a lower blood pres-
sure and tea may offer protection against the development of
hypertension.6 In addition, other studies have shown tea to have
anti-inflammatorily, antiatherosclerotic, and cholesterol-
lowering effects - all important in preventing the atherosclerosis
that leads to heart attacks and strokes. Tea may further prevent
tartery disease by inhibiting the oxidation of cholesterol into a
more artery-toxic, “oxidized,” form.6,9

Other Health Benefits
Tea may protect against brain degeneration disorders, such as
Parkinson’s and Alzheimer’s dis-
cases.10 Green tea seems to be
to the kidney - as opposed
to coffee and “decaf”, which
to coffee and “decaf”, which
cause stomach inflammation -
cold replaced with coffee extract rich in catechin polyphenols
accompanying oxidation of low-density lipoprotein). Biol Pharm

GREGOR / FROM PAGE 3 
which may help prevent cancer in a different way (by binding
and excreting carcinogens[12])

Cancer-Fighting Cranberries
Cranberries, one of only three
commonly-eaten fruits native to North America have been shown to
erect a wide variety of health benefits including the prevention of
urinary tract infections. In 2002, researchers dripped a number of fruits extracts on
human bladder cancer cells in a Petri dish to see if any of them
would slow down tumor growth. Out of the 17 different
fruits they tried, the most potent
inhibitor of cancer growth was the
ecranberry. The researchers pitted cranberries against three other types of
humans-cancers, breast and prostate-
cancer. In a study that received
significantly restraining cancer cell proliferation.[20] Now present for the first time testing cranberries against a whole panel of 9 different human
cancer cell lines.9

Sprinkling just a few mil-
chicken and eggs, “processed meats” like hot dogs,
beef, and processed cheese.

Low-carb diet craze got you confused? Want to learn more about the problems and dangers of Atkins high-protein
style diets? Visit www.atkinsExposed.org

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Order his DVDs and Videos online at DrGreger.org
Women who drink non-diet soda or fruit punch every day gain weight quickly and face a sharply elevated risk of diabetes, according to a major study released yesterday.

The study of more than 50,000 U.S. nurses found that those who drank just one serving of soda or fruit punch a day tended to gain much more weight than those who drank less than one a month, and had more than an 80 percent increased risk of developing Type 2 diabetes, the most common form of the disease. The risk remained to drinks sweetened with either sugar or high-fructose corn syrup.

Although previous studies have linked such drinks to obesity and type 2 diabetes, the association has been the subject of much debate in recent years. In an intense debate as health activists have fought to ban so-called “soda taxes” from schools and the sugar industry has lobbied against dietary guidelines that discourage sugar consumption, children and adults. The new study is by far the largest and best-designed and one of the first to examine the issue in adults.

"The message is: Anyone who cares about their health or the health of their family would not consume these beverages," said Walter C. Willett of the Harvard School of Public Health, who helped conduct the study. "Parents who care about their children’s health should not keep them at home."

Neither diet soda nor unsweetened fruit juices appear to carry the same risks, the researchers found. Although the study involved only women, the researchers believed that the results should be applicable to men as well.

Other experts agreed, saying the study represented a milestone in the debate over soft drink consumption, which has skyrocketed in the past 20 years with the rising obesity epidemic.

"While it shouldn’t be surprising to anyone that soda consumption is very high, knowing that it’s at such high levels, these findings are very significant. I think they are really a wake-up call to the consumer of soft drink beverages, to the government, to parents, to primary care providers," said Caroline M. Aposian of the Boston University School of Medicine, who wrote an editorial accompanying the findings in today’s Journal of the American Medical Association.

Nutrition experts hailed the research.

“This is a strong study, which joins a number of others in showing that soft drink consumption is related to poor diet and obesity, yet the soft drink industry says the opposite," said Kelly Brownell, who is director of the Yale University Center for Eating and Weight Disorders. "They lose credibility because their drink consumption may be a powerful means of addressing the obesity crisis."

In the study, Willett and his colleagues analyzed data collected from Nurses’ Health Study II, an ongoing project involving 91,249 women designed to examine an abundance of health issues by regularly questioning the women in depth over many years.

Data collected from 51,603 women over an average of four years found that the women who gained the most weight were those who increased their consumption of non-diet drinks from one or fewer per week to one or more per day, the researchers found.

"Data collected from 51,603 women over an average of four years found that the women who gained the most weight were those who increased their consumption of non-diet drinks from one or fewer per week to one or more per day, the researchers found."

High sugar intake may increase the risk for diabetes by taxing the pancreas, Willett said in a telephone interview. “It seems that when you drink your calories as opposed to consuming them in solid form, that may be a powerful means of addressing the obesity crisis.”

"It's probably that high amounts of sugar in the bloodstream put an increased demand for insulin on the pancreas," he said.

"Putting down all that sugar is not a healthy thing to do," Willett said. "That's the bottom line."

Study: A soda a day is one-way ticket to obesity and diabetes

Environmentalists Losing War of Words, Says Berkeley Linguist

Political and social change often comes down to a war of words. And according to a prominent cognitive linguist from California, anti-environmental forces have been winning that war because the conservatives don't know how to talk about issues.

In his new book Don’t Think of an Elephant, University of California at Berkeley prof Charles L. Boggs argues that it’s not just a matter of what people think in terms of frames and metaphors, which guide their thinking on issues.

One example is talking about tax cuts. Conservatives talk about “tax relief” instead of “tax cuts,” reinforcing the idea that heroic conservatives are rescuing people from the affliction of taxes. Besides, he says, the Department of the Interior, the State of the Union speech last January, when the environment, conservatives see the world through a “strict father” lens. Through discipline and punishment, the “strict father” model, which encourages children to know right from wrong, which will increase their chances for success in a dangerous world.

Liberals, on the other hand, use the “nurturant parent” model, which encourages children to become happy and fulfilled adults through trust, honesty, and open communication. These two world-views, says Lakoff, explain the strike that split in today’s politics and the mutual hostility between the two political parties.

According to Lakoff, conservatives have become far shrewder at using language to win converts. When it comes to talking about the environment, conservatives refer to a collection of language guidelines by Republican pollster Frank Luntz, who has long recognized that Republicans have become vulnerable on environmental protection. The book is must reading for conservative political candidates, judges, public speakers and even high school students who want to become conservative leaders.

Luntz urges his readers to use words like “clean,” “safe,” and “healthy,” even when talking about logging forests or polluting the air by burning coal. Luntz’s influence can be seen in such Orwellian program names as the administration’s “Healthy Forests Initiative” and “Clear Skies Initiative.”

A now-infamous Luntz memo obtained by an environmental group serves as a primer for conservatives when talking about the environment. In the memo, Luntz urges conservatives to say “climate change” instead of “global warming,” because “while global warming has catastrophic connotations attached to it, climate change suggests a more controllable and less emotional challenge.”

The Luntz memo also urges conservatives to call themselves “conservationists” instead of “environmentalists,” because “conservationist” conveys a moderate, reasoned, common sense approach to replenishing the earth’s natural resources and the human need to make use of those resources.

According to Lakoff, conservatives have invested billions over the past 30 years in think tanks, book publishing, magazines, and media consultants. This has given them a huge head start over environmentalists in using the most persuasive language for political change.

“Playing catch-up won’t be easy, but it is necessary.”

He said the findings held true even after the researchers adjusted for a variety of factors that could explain the findings, such as how much exercise the women were getting and how well they ate overall.

The findings suggest that there is something especially unhealthy about calories consumed in liquid form, Apovian said. “The advice circuit might not be programmed to register liquid calories.”

Political and social change often comes down to a war of words. And according to a prominent cognitive linguist from California, anti-environmental forces have been winning that war because the conservatives don’t know how to talk about issues.

In his new book Don’t Think of an Elephant, University of California at Berkeley prof Charles L. Boggs argues that it’s not just a matter of what people think in terms of frames and metaphors, which guide their thinking on issues.

One example is talking about tax cuts. Conservatives talk about “tax relief” instead of “tax cuts,” reinforcing the idea that heroic conservatives are rescuing people from the affliction of taxes. Besides, he says, the Department of the Interior, the State of the Union speech last January, when...