

EarthSave NEWS

Vol. 15 No. 5

EarthSave promotes a shift toward a healthy plant-based diet.

Fall 2004

MOVin'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 large 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.

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 this 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 the 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 be moderate in 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.

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.

Those 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.

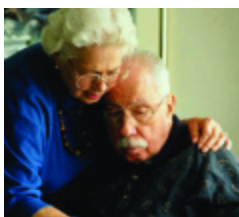
Discretionary calories are the reward for living right. And Americans who are overweight or obese don't have discretionary calories, Hentges said. "They used them up a long time ago," he said. To get them back, they will have to burn more calories by being more active, he said.

INSIDE

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



Letter from the Chair

At first glance, this issue of EarthSave News appears to be all doom and gloom:

Drinking milk and sodas can contribute to prostate cancer and diabetes/obesity, respectively (pages 3 & 12). Our government is forcing Iraqi farmers to become dependent upon Monsanto and other US seed manufacturers (page 8). Many cases of Alzheimer's might in fact be misdiagnosed cases of mad cow disease (page 5). Fraud in the information provided to the FDA by pharmaceutical companies is rampant (page 6). And now the World Health Organization has been accused of burying a report which recommended curbs on junk food ads as a part of global food standards (page 8).

Yikes! Where does all this frightening information lead us? It can lead to a feeling of overwhelm, where we are tempted to throw up our hands and stop trying to fight these forces. Or, it can lead us to a more life-sustaining, empowering decision to take charge of our own health. Let's face it: we can't count on our government, our corporations or even our doctors to protect our health. We have to do it ourselves.

On a personal level, I'm learning this first hand at home right now. Both of my wife's parents have had cancer. My father-in-law, Bill, passed away eight years ago. We didn't have a lot of time and hadn't done our homework enough to know then that we had to take control of the situation. We trusted our doctors and "the system" to take care of things, and we were let down in a big way.

Armed with what we had learned through Bill's death, we've done the opposite with his wife, Wilma's, care. In addition to an oncologist, we got her into the hands of an integrative therapy doctor (Keith Block, MD in Evanston, Illinois). We read extensively about what lifestyle changes would be most beneficial in fighting cancer. At Dr. Block's recommendation, Wilma adopted a whole foods, low-fat, vegan diet. She relied upon her faith in God as a tool for healing. And we learned to ask lots of questions of Wilma's care providers. And thank God we did, because on several occasions we chose paths different than what we were given as the first option because they didn't make sense to us. (In one extreme example, asking questions and getting a sixth-yes, sixth-opinion literally saved Wilma's life when we discovered that they had misdiagnosed the type of cancer.) In short, Wilma's quality and quantity of life have been greatly improved by taking charge of the situation.

I don't for a second think that all doctors are bad, that all chemical companies are evil and that the government is out to get us. There's really not any room for such cynical thinking these days. But I do know that we have to take charge of our own health and of the health of our loved ones. Primarily, we can take charge of the one thing we do three times a day-eat. Eating a whole foods, plant-based diet can save us (and our planet) from most of our ailments. At EarthSave, we're here to help you take control of your life. And with our new deal with Kintera (see page 1), we'll be able to do that much more efficiently these days. Together, for the benefit of ourselves and our planet, we can positively take charge!

Yours in good health,
John D. Borders, Jr., JD
Chair, EarthSave Board of Directors



John Borders and family

Visit the EarthSave website today! Sign up to receive special bulletins, discounts, and news & action items! Renew your membership online!

One of the easiest ways to become an activist is to join EarthSave, or make a donation.
www.EarthSave.org



Appreciation

Dear Mr. Robbins,
I'm sure you get letter like this every day but I wanted to share my story with you.

About three years ago I felt like my health was in decline. I was a 28 year old girl who, for years, had followed every fad diet on the market. I had fluctuated between the Zone diet and Atkins diet for most of my twenties, eating processed meats and eggs several times a day. I ate red meat at least 5-6 times a week. By the time I was 28, I was suffering from a myriad of problems, but most notably severe IBS. I went to doctor after doctor and even participated in a medical study. Not one doctor ever questioned that my diet may have been the problem. Instead, they would hand me a bottle of laxitives and send me home.

I had chest pains and anxiety. I developed chronic acne. I felt sluggish and depressed. One day, at the book store, I bought your book, *Food Revolution*, never understanding the impact that it would have on my life. From the first page, I couldn't put it down. It made me laugh and, at several points, cry. It made me unbelievably angry that for years I, along with so many others, had been lied to by the American food marketing machine about so many of the foods that I was consuming on a regular basis. I read the entire book in two days and, since that time, have not consumed any meat, fish or dairy products.

The change in my health over the last two years has been astounding. Almost immediately my IBS disappeared, never to return. My skin cleared up. I had more energy than I ever had. My mood improved and I lost 10 pounds. My workouts have never been better. Ironically, I have more muscle

mass now than I did when I ate meat. Recently I went to the doctor for a full physical. My cholesterol ratio is nearly a perfect 1:1. My blood pressure is low. At the age of 32, my "real age" basis all of my tests is 25. I have half the risk of a heart attack as other people in my age group.

People ask me whether I feel deprived and they say that they admire my willpower. I tell them that this is the easist thing I've ever done. I've never needed willpower because in my heart I could never imagine eating any differently now. The thought of eating meat makes me physically ill and I cannot imagine how I did it for so long. I never feel deprived because this way of eating has opened up so many food possibilities for me. I eat a greater variety of foods now than I ever did before.

I feel a change in my mind as well. I have noticed that I feel more peaceful and compassionate. I meditate and pray now on a regular basis. I feel so much more connected and in tune with the world around me.

Words cannot express enough gratitude for your book. You have truly changed my life forever in such a positive way.

Thank you. Thank you. Thank you.
Laura Rhoads
Manakin Sabot, VA

Hypocrites!

The lead story in your last newsletter (vol.15 no.3) is entitled "Sugar Wars." Then on on page five you are pushing "vegan marshmallows," whose ingredientsl are listed as:

Sugar (non-bone char refined), water, light corn syrup, vegan jel (carageenan, locust bean gum & malto-dextrin), vanilla extract, corn starch, sea salt.

What sort of hypocritical BS is this? You have *no* credibility when you engage in this sort of two-faced preaching.

--Bruce Hamilton
Redondo Beach, CA

The Editor Responds

Last issue's cover article exposed the soda industry's practice of bribing schools to force sugary drinks on our kids, day in and day out. In another article, we reviewed a vegan



marshmallow product.

We weren't advocating our readers eat vegan marshmallows daily. Neither were we "preaching" at people to never let sugar touch their lips.

As our current page one article on the US Food Pyramid Panel recommendations notes, there is such a thing as "discretionary calories" (except for those with health issues).

Many people can eat a vegan marshmallow now and again. They're delicious! John Robbins put it most elegantly in his watershed book, *Diet for a New America*:

"Beer and franks with cheer and thanks beats sprouts and bread with fear and dread."

Creative fundraising!



Above, Wolfe pre-fundraiser. Above right, Wolfe after fundraiser (in white t-shirt), surrounded by friends.



On Friday, December 10th, 12-year-old New Yorker Wolfe Margolies held a fundraiser for EarthSave, entitled *A Hair for a Hare*. For a pledge of \$2, kids and adults were able to personally cut off one of Wolfe's cherished dreadlocks. Wolf raised \$250 for EarthSave, and even convinced several people to sign up to take the VegPledge. Woof, Wolfe!

Think About It...

DIET AND OSTEOPOROSIS

Countries with the highest consumption of dairy products: Finland, Sweden, United States, England

Countries with the highest rates of osteoporosis: Finland, Sweden, United States, England

Daily calcium intake for African Americans: More than 1,000 mg

Daily calcium intake for black South Africans: 196 mg

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

Bone fracture rate in rural China: One-fifth that of people in the United States

Foods that when eaten produce the most calcium loss through urinary excretion: Animal protein and coffee

Amount of calcium lost in the urine of a woman after eating a hamburger: 28 milligrams

Amount of calcium lost in the urine of a woman after drinking a cup of coffee: 2 milligrams

Average daily calcium intake of vegans: 437mg-1,100 mg

From John Robbins' *The Food Revolution*

Dr. Greger's health updates

Prostate Cancer and Milk

Prostate cancer is now the single most common cancer among men in the United States and is on the rise in almost every country in the world as they adopt a more meat and dairy centered diet.[4] Does drinking cow milk really increase a man's risk for developing this killer cancer, though? Yes, according to a meta-analysis of 11 independent studies published this summer. Milk-drinking men seem to have about a 70% greater chance of developing cancer of the prostate. In fact the case against milk is so strong and consistent that even if 50 new studies came out all failing to show any link between milk and prostate cancer, the balance of evidence would still indict milk as a significant cancer risk factor.[1]

Although the butterfat in dairy may play a role, the researchers blame the hormones in milk as the likely culprit. "Because commercial milk is mainly produced by pregnant cows in developed countries," the researchers claim, "it contains considerable amounts of estrogen." Combined with other growth hormones in the milk designed to make a calf gain 100 pounds in 50 days,[2] cow milk may promote the growth of hormone-sensitive cancers. Milk is for babies.

Reversing Arteriosclerosis with Pomegranate Juice

Folk medicine has been extolling the medicinal qualities 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 it has topped the antioxidant charts, blowing blueberries right out of the water. But Israeli researchers have just permanently placed pomegranates on the map with a landmark study published this summer in the journal Clinical Nutrition.[3]

The 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 their 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 for a year.

At the end of the year, the arteriosclerotic plaques in the arteries of those who did nothing predictably worsened, thickening 9%, closing 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 the plaque was down 26%. And after one year of drinking less than a quarter cup of pomegranate juice a day, the arteriosclerotic lesions were 35% reversed. The investigators attribute the anti-arteriosclerotic properties of pomegranates to the antioxidant polyphenols (which I talk about in my new Stopping Cancer DVD -- see my website drgreger.org for more info).

So should we start forking out \$4 a bottle for that "Pom Wonderful" juice that started popping up in grocery stores? Well, you can get cheaper (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 nutrition 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 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!

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

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 nutritional 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 thiamin and folate, and minerals like magnesium 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 vitamins and minerals improved or stayed the same, the consumption of some nutrients dropped. They conclude: "To increase intakes of these nutrients, people following a low-fat vegan diet should emphasize legumes [beans, lentils] and whole grains for protein; supplemental sources of vitamin D and B12, such as fortified cereals and soymilk to increase vitamin D and B12 intakes; leafy greens, beans, and fortified soymilks 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 convenience foods out there now, but the healthiest (not to mention often cheapest and more environmentally friendly) foods are still those that grow out of the ground.

Raw versus Cooked Vegetables for Cancer Prevention

We know that vegetables in general prevent cancer, but a researcher at the Columbia University School of Public Health recently attempted to determine whether they are more protective raw or cooked. Unfortunately, we have no studies directly comparing raw versus cooked veggies, so researchers had to review the totality of available research (published over the last decade) in an attempt to tease out the difference.

Cooking destroys some cancer-fighting nutrients, yet enhances the absorption of others. For example, by cooking your dark green leafy vegetables, studies show you may be destroying half of the antioxidant carotenoids.[10] At the same time, cooking may double carotenoid bioavailability, such that in the end your body might wind up with the same amount.[11]

Cooking vegetables increases the content of one type of fiber (soluble), which may help prevent cancer by decreasing insulin levels, but cooking decreases the content of another type (insoluble),



Michael Greger, M.D.

Tea time increases life time

by John McDougall, MD

Tea is the most popular beverage 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 imported to Europe in the 1500s. Not until the early 1600s, however, did tea drinking become popular in England and America.

There are four common categories of tea made from the same tea plant species (Camellia sinensis). The difference in the

a placebo, treatment with the green tea extract resulted in a significant increase in 24-hour energy expenditure. Treatment with caffeine in amounts equivalent to those found in the green tea extract had no effect on energy expenditure. Thus, tea may have specific benefits for losing excess body fat -- and should be an easy addition to the daily routine 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 medications. Compared to water, this



varieties is the result of the methods 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 experimental animal studies, tea results in a significant reduction of "high-fat diet-induced" body weight gain, and reduces the accumulation of fat in the abdomen and liver, and prevents the development of hyperinsulinemia (elevated insulin levels associated with weight gain).¹ Research published in the American Journal of Clinical Nutrition suggests that an extract from green tea may help with weight loss by speeding up fat oxidation.² Relative to

variety of tea decreased blood sugars from an average of 229 mg/dl to 162.2 mg/dl. This decrease was not due to any weight loss by the diabetics, but rather was a direct effect of the tea. The mechanism by which tea lowers blood sugars is not known but it may be due to the insulin-like activity of compounds (polyphenols) found in teas, and the delay of glucose absorption through the intestine.

Synergetic Actions of Teas Prevent, and Maybe Treat, Cancers

Non-toxic approaches for the prevention and treatment of cancers 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.

Heavy consumption of tea, especially green teas in Japan, has been associated with a decreased risk of cancer and artery disease (atherosclerosis). In particular, people who drink green tea have been reported to have lower incidences of cancer of the esophagus and breast. Most promising are the consistent 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 wearing tomorrow. If I put inferior foods in my body today, I'm 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 at least 10 raw vegetables every day.



Plant Roots: 101 Reasons Why the Human Diet is Rooted Exclusively in Plants

By Rex Bowlby
Reviewed by Dan Balogh

To be honest, when I first starting flipping through this book I was skeptical. I wondered why we needed yet another book on the merits of veganism. I wondered whether the cheesy clip art at the beginning of each section would try my patience and inhibit my ability to get through all 500 pages. A web search on Rex Bowlby found one previous book by him - dealing with how to keep kids entertained without spending loads of money. What does this guy know about veganism, I thought? Gosh was I wrong! Now, after having read the book,



Author Rex Bowlby

and finding it quite easy to do so, I believe it is one of the most important contributions to vegan literature in some time. Yes, there are plenty of good books on veganism out there, as well as journal and magazine articles - but the value that Bowlby adds with "Plant Roots" is very important. After climbing that mountain of existing information, and absorbing it all, he does an amazing job of isolating the most compelling facts and distilling them into bite-sized portions for us. One can think of "Plant Roots" as the Cliff Notes version of the vegan literature - only this Cliff Notes is 500 pages long! "Plant Roots" covers every possible angle from health to the environment, from animal rights to religion. The breadth of material covered is astonishing. The 101 "reasons" of the book's subtitle actually refers to its 101 chapters, each of which offers dozens of reasons why veganism is our natural diet. To prove that he's climbed the

mountain, Bowlby lists loads of footnotes and rigorously traces them back to one or more of the 1,001 sources listed in the bibliography. When was the last time you saw a bibliography with 1,001 sources?

A 500-page Cliff Notes? That can't be entertaining, can it? Think again. Bowlby jumps hoops to make the information as accessible and entertaining as possible, concocting fictional radio interviews, movie plots, games and other devices to keep the reader entertained. In most cases it works, at other times it distracts from the main points. Bowlby is at his best, however, when he's being dead serious, formulating his unique insights into some very memorable analogies.

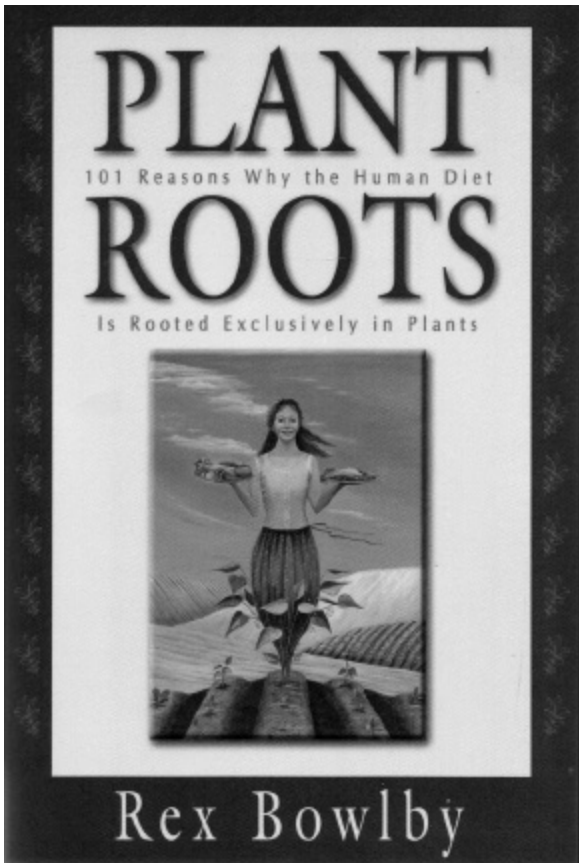
For example, Bowlby's observation regarding the American obsession with eating chicken eggs (which is to chickens as the human placenta is to humans) is stark - "Most likely after witnessing a human birth, and seeing the placenta expelled, our thoughts did not include the desire to cook up an omelet." Later on, when describing the deplorable conditions that broiler chickens are forced to endure during their mercifully short lives Bowlby notes, "Broilers will live their lives crammed four to five in a 16-by-18 inch cage. Imagine living our total life in an elevator with 20 other people." He continues "To reduce the damage, chickens' beaks are partially removed. Imagine having our fingernails torn off."

At other times the book is very funny. In describing how we eat animals to get vitamins, instead of just directly eating the plants that the animals eat, Bowlby says, "This might be compared to chewing someone else's already-chewed gum." Taking vitamin supplements to combat our lousy eating habits is like "putting out a three-alarm fire with a water pistol."

In the chapter on manipulation, Bowlby takes on the food pyramid. Defenders of the food pyramid, which is far from satisfactory, claim that it's a good compromise between what is realistic and what is optimal - after all, folks are going to eat eggs and bacon anyway, so they should be told to merely limit their intake. Bowlby ponders how this reasoning would work when it comes to parenting - "We know our kids are going to run into traffic anyway, so we should advise them not to do so more than two or three times a week."

At other times Bowlby's observations are simply brilliant. In the section on pork, after describing the many similarities between pigs and humans, and explaining how pig hearts are now being used as human transplants, he observes, "If the absurdity of replacing our heart, with the heart of the animal we consumed that ruined our heart isn't evident, then we should fear for the future of our

species." As if his amazing distillation of the mountain of information into the first 400 pages wasn't enough, Bowlby closes the book with a 32-page summary of what came before, listing nearly 300 facts and observations. In essence, he first reduces the mountain into chewable bites and then chews those bites for us in the last 32 pages. This alone is worth the price of the book. So if you're interested in learning more about veganism, you have a couple of choices. You can begin climbing the mountain yourself (reading all the existing books and articles), or you can read Rex Bowlby's amazing trip report. Ironically, in this case it seems preferable to chew someone else's already-chewed bubble gum!



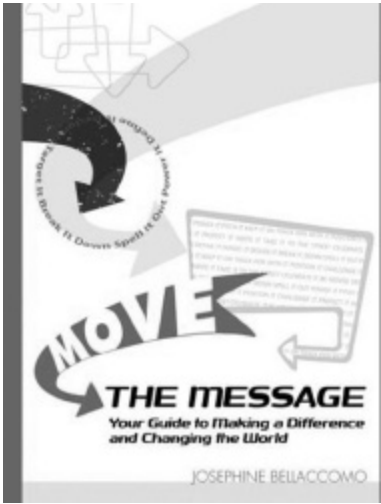
Move the Message: Your Guide to making a Difference and Challenging the World

By Josephine Bellacomo
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 thoroughly complete down to the simplest details. Bellacomo provides step-by-step procedures for effective presentations, letter writing, press releases, rallying, protesting, etc. Her approach is extremely sensible and positive. I recommend reading the entire book and then using it as a reference for specific activities. Even the most seasoned presenter will find new, valuable ideas that will bring his or her effectiveness to a higher level. If you are a hard-working activist feeling the burnout and frustration of putting in lots of energy with little apparent payoff, this book is for you. You will find ways to freshen and focus your approach with rewarding results. If you are moved to make a difference but are fearful of being in front of people and negotiating with the opposing side, this book is for you

as well because the method to prepare yourself is so easy to follow, with very small, manageable steps. *Move the Message* does not eliminate the work that you need to do but it provides a meticulous format to guide you all the way to success. There are numerous examples of actual events that Bellacomo uses to illustrate her points. Not only are they useful, but they are interesting as well as informative. Many provide inspiration, showing how a well-planned activity can demonstrate the desired result. There are numerous tips on how to deal with the media, the police, the crowd, team members and those she terms the "power holders." She gives advice on what to

do and not do if you are arrested. The book provides instructions on how to use your eyes, hands and feet with explanations why and what the affects will be in different situations. Some of the information may seem obvious but we may not have given much thought to its impact. Bellacomo makes crystal clear the importance of your appearance. The author actually follows her own recommendations and is an excellent speaker, communicator and trainer. Inviting Josephine Bellacomo to give a talk or workshop on effective activism would be a worthwhile venture. If all of us followed the procedures outlined in *Move the Message* I truly believe we could move mountains, making a powerful difference to change the world for the better. For more information, visit: www.movethemessage.com www.josephinebellacomo.com



NEWS
EarthSave

Our Mission
EarthSave educates people about the powerful effects our food choices have on the environment, our health and all life on Earth, and encourages a shift toward a healthy, plant-based diet.

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

2005, for consideration in the next issue. Fax, mail, or e-mail submissions to the Editor at the office, or to information@earthsave.org.

The editor reserves the right to reject or edit all submissions. Opinions expressed by contributors are not necessarily those of EarthSave International.

EarthSave educates, inspires and empowers people to shift toward a diet centered on fruits, vegetables, grains and legumes - food choices that are healthy for people and for the planet. Our influence and effectiveness is dependent upon our members, donors, and benefactors.

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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 United States 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 deer and elk disease that has spread like wildfire through nearly 20 states. The Europeans have only to deal with mad cow disease. 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 they be warned about 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 carbonize meat at 600C 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 different shape of a protein. Normal prions play a helpful role in the cell, but when they change shape, they can become lethal. They then kill brain cells by the billions.

Prion diseases kill humans (CJD), cows (BSE aka mad cow disease), sheep (scrapie), deer/elk (Chronic Wasting Disease: CWD) and an assortment of other animal species including mink, squirrels, cats, ostriches 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 anxious 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 their twenties began to die from eating tainted beef.

Can the same thing happen in the United States?

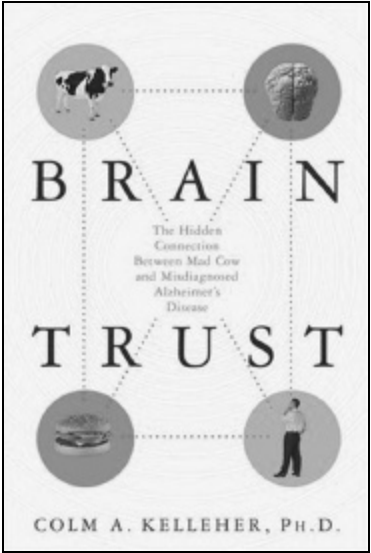
We will not know until it is too late unless the United States Department of Agriculture (USDA) actually begins to test the beef being sold to consumers. Currently, there are 35 million cattle slaughtered in the United States, and under pressure, the

USDA has agreed to begin testing about 200,000 animals per year for mad cow disease. The huge majority of cattle that reach our dinner tables are never 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 looking out for the consumer. Their obstinate refusal to test more cattle in the US for mad cow disease is simply because the cattle industry has deemed it unnecessary. USDA scientists argue that more testing is "unscientific", but Professor Stanley Prusiner, who won the Nobel Prize in 1997 for his discovery of prions, recently stated that the level of testing for mad cow disease in the USA is grossly inadequate. Should we believe a Nobel Prize winning scientist, or should we believe a USDA

spokesperson? And when Creekstone Farms in Arkansas decided to test all the cattle in their plants for mad cow disease, the USDA stepped in and, invoking an obscure 1913 law, prohib-

ited 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.

Prions 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 transfusion. Both blood donors and acceptors have died in the UK and in France. A looming question 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 653 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 over-

Food Allergy Survival Guide

by Vesanto Melina, RMS, RD, Jo Stepaniak, MEd, and Dina Aronson, MS, RD

Reviewed by Dan Balogh

I propose a few rules concerning books on vegetarian nutrition. First, if a book is written by Vesanto Melina, co-author of such well-regarded classics as "Becoming Vegan" and "Becoming Vegetarian", it's worth getting. Second, if a book is written by Jo Stepaniak, author of undisputed gems like "The Vegan Sourcebook", "Being Vegan", as well as a slew of wonderful vegan cookbooks, it's worth getting. Finally, if a book is written by both of them, a review like this is not necessary. Just get the book!

Melina and Stepaniak team up once again (their last effort together was the book "Raising Vegetarian Children") to create what might be the most comprehensive layman's guide for understanding and dealing with food sensitivities and allergies on the market. This time they're joined by nutritionist Dina Aronson, co-author of "Minerals from Plant Foods: Strategies for Maximizing Nutrition".

It's really two books in one. The first 160 pages methodically explain the science behind food sensitivities and allergies; how to determine if you have them (you experience symptoms like headaches or hives, for instance); and how to determine what specific foods are the culprits. In this last discussion you'll find, for instance, a description of the do-it-yourself elimination diet, where individual foods or groups of foods are eliminated from one's diet until it's clear which is the offender.

Most other books stop right there, leaving the reader with some familiarity as to what foods should be removed from his diet, but with an otherwise dearth of ideas on how to manage this feat for the rest of his life. Since Stepaniak is a co-author, that isn't the case here. The next 200 pages (that's not a typo) present a mountain of recipes for those with food allergies. The great thing about this section is that every single recipe is free of all the major food allergens that were previously discussed. Every recipe is free of dairy, eggs, fish, shellfish, wheat, gluten, soy, peanuts, kiwi fruit, baker's yeast, brewer's yeast, and nutritional

yeast. There's no need to flip through the pages to find the ones that avoid an individual allergen. All 200 pages are safe.

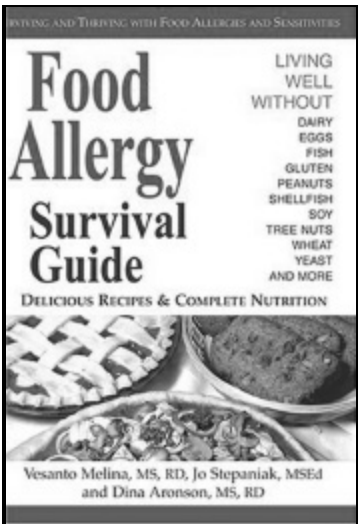
Even vegans may be scratching their heads at this point ... what, no soy? No wheat? What's left? Plenty! Here you'll find recipes for pizza, bread, crepes, pies, cereal, pancakes, salads, dressings, soups, chili, stews, tacos, loafs, curries, quiche, and the list goes on. When you start thinking outside the box, your eyes open to how many wonderful nutritious foods are out there.

And the book goes further than just providing recipes. It actually has a primer in the chapter entitled "Kitchen Basics and Cooking Fundamentals" that explains how to cook with non-allergen foods, addressing the principles of beans, pressure cooking, gluten-free flours, grains and other topics. You'll also find the fundamentals of baking, including how to frost a cake! Those who don't need this information can just skip it. Others may find it very helpful. Face it – if you have food allergies, the best way to have total control over the ingredients in your meals is to prepare the meals yourself. Folks who aren't used to that aren't left hanging.

So if you think you may have food allergies and want to learn more about them, and perhaps even investigate them safely on your own, this book is an indispensable and comprehensive addition to what's currently out there. Even folks who don't have allergies might want to have this one on their shelf – just for the recipes.

Why? With so many folks stricken with food allergies these days, this may be one of the few recipe books that you can safely use when you're preparing food for friends. It's just one more type of headache this book will help you eliminate!

Dan Balogh is a frequent contributor to VegSource.com and a member of EarthSave® New York City. He works as a systems engineer in the telecommunications industry. He and his wife have been vegans for several years; their kitty Lulu happily approves.



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 years to die. In both cases, 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 Pittsburgh really opened my eyes when I first saw them. When researchers studied the brains of dead Alzheimer's disease patients, they found that between 5-13% had actually been wrongly 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 make his or her patients drug-free by teaching them to become healthy. Unfortunately, most doctors know only drug-therapy for patients' problems and the result is fat and sick people carrying around bags full of prescriptions – 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, well-intentioned doctors are making their prescription decisions based upon fraudulent and incomplete information paid for by pharmaceutical companies – blind to the suffering of their customers; these businesses manipulate the research studies in order to boost sales. You should not be surprised by this, after all, pharmaceutical companies are in the business



John McDougall, M.D.

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" used to sell 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 findings that weigh negatively upon their products.¹ 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 for the pharmaceutical industries.²

All this dishonesty is very profitable; \$154.4 billion dollars was spent by consumers 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.³ All the while, hopeful patients are lulled into believing they will be saved by these miracle potions. If the truth 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 breakthroughs." When was the last miracle drug invented? Penicillin discovered in 1928 by Alexander Fleming? Viagra discovered in 1991 by Nicholas Terrett? Most new drugs released to the marketplace are simply copies of older drugs with minor 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 business. According to Allen Roses, Vice President of GlaxoSmithKline, one of the world's leading pharmaceutical companies, "Vast majority of drugs only work in 30 or 50% of people."⁴ When he says "work," I assume he is giving credit for even the slightest positive change, and not talking about

resolving the patients' illnesses – because essentially 100% of the drugs used to treat chronic diseases fail to cure the patient. Yet, the language used by pharmaceutical companies to promote their products might cause you to think otherwise. They refer to their drugs in ways that suggest their inventions commonly cure chronic diseases, by calling their products, "antihypertensive" and "antidiabetic" – as if these chemicals would eradicate hypertension (high blood pressure) and diabetes – maybe something like antibiotics kill bacteria and cure infections. The truth is, no doctor has ever seen a patient cured of high blood pressure or diabetes with either class of medication, no matter how much they might wish it to be otherwise. By and large, drugs do little, if anything, to improve the well-being and/or longevity of people suffering with chronic diseases, but are undeniably a direct source of death, disability and suffering.

Approximately 2 to 7 % of all hospital admissions are caused by medications prescribed to patients, and approximately 70% of these incidences are judged as preventable.^{5,6} Approximately 28% of all emergency department visits are a result of taking prescription drugs.⁷ The drugs most commonly implicated are: NSAIDs, antiplatelets, seizure medications, antidiabetic drugs, antihypertensives (diuretics and beta-blockers), inhaled corticosteroids, and cardiac drugs.

FDA Official Warns Us about Five Medications

On Thursday, November 19, 2004, David Graham, associate science director of the Office of Drug Safety, told a US Senate hearing that FDA agency officials "ostracized" him and subjected him to "veiled threats" when he tried to have his study cleared for publication on the hazards of Vioxx.⁸ Based on the results of Merck's own clinical trials, Graham said "between 88,000 and 139,000 Americans had probably had heart attacks or strokes as a result of taking Vioxx, and that 30 to 40 percent had probably died." He described the FDA as incapable of stopping dangerous drugs from coming to and staying on the market and that the FDA's role in reviewing and approving new drugs sometimes conflicted with its duty to address safe-

sharply restricted because they have dangerous 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"

Totaling more than \$30 Billion in Annual Sales

Note: All five of the following medications 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 medications can be useful, and occasionally lifesaving. 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 compromised by the pharmaceutical companies that I look upon any research that appears favorable to high-profit drugs with skepticism. However, when research repeatedly criticizes any of the "billion-dollar-medications," then I know the condemning evidence must be overwhelming. Based on what I have learned, there are five categories of medication 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:

Sulfonylureas are used for type-2 diabetes because they lower the blood sugar level by stimulating insulin secretion by the pancreas. Insulin is a hormone which lowers the blood sugar level.

Why I will not prescribe them:

Since 1972 the Physicians' Desk Reference (PDR) has warned that these drugs will increase your risk of dying from heart disease by 2 ½ times over taking no medication at all. The mechanisms for causing this harm are well-known.⁹ In a recent study, these "antidiabetic agents" have been shown to more than double the risk of heart attacks and almost triple the risk of early death in patients after an angioplasty.¹⁰ They cause an average weight gain of 8 to 20 pounds when the drugs are started. ¹¹ Most importantly, they do not make patients live longer or healthier.

Examples of Commonly Prescribed Medications: Amaryl, DiaBeta, Diabinese, Glucotrol, Glucovance, and Metaglip.

Calcium Channel Blockers for Hypertension:

Calcium channel blockers are also called "calcium antagonists" and "calcium blockers." They may decrease the heart's pumping strength and relax blood vessels, and are commonly used to treat high blood pressure, angina (chest pain), and some arrhythmias (abnormal heart rhythms).

Why I will not prescribe them:

They increase the risk of dying from heart disease, cancer (and especially breast cancer), and suicide.¹²⁻¹⁶ They can cause excessive bleeding.¹⁷ Simpler, safer, and cheaper medications, such as diuretics and beta blockers are available.^{18,19} Like other blood pressure-lowering medications, they have done very little, if anything, to reduce the risk of heart attacks, and far too little to reduce the risk of strokes.

Examples of Commonly Prescribed

Medications: Adalat, Cardene, Cardizem, Covera-HS, DynaCirc, Isoptin, Nimotop, Norvasc, Plendil, Procardia, Sular, Tiaz Verelan.

Medroxyprogesterone for Menopause:

Medroxyprogesterone is a progestin which means it acts like the female hormone progesterone, but it is synthetic, and therefore, able to be patented. Most commonly, this hormone is used in the treatment of menopausal symptoms.

Why I will not prescribe them:

These medications increase the risk of heart attacks, stroke, breast cancer, pulmonary emboli, and blood clots.²⁰ Natural progesterone works as well without increased risk of heart attacks, strokes or breast cancer.

Examples of Commonly Prescribed Medications: Amen, Cycrin, Premphar, Prempro, Provera.

Cox-2 Inhibitors for Arthritis Pain:

COX-2 inhibitors are newly developed drugs for inflammation and pain, such as found with arthritis. They selectively block the COX-2 enzyme, thus reducing the production of small hormones, called prostaglandins. Because they selectively block the COX-2 enzyme and not the COX-1 enzyme, these drugs are uniquely different from traditional NSAIDs (like Motrin or Advil), which block both kinds of enzymes. By not blocking Cox-1, damage to the esophagus and stomach is reduced.

Why I will not prescribe them:

Cox-2 inhibitor NSAIDs have been shown to increase the chances of having a heart attack by 2 to 5 times.²¹ They are more effective at relieving pain than aspirin or regular NSAIDs (like Motrin or Advil). The manufacturer of Celebrex remains steadfast that its medication is innocent of any deadly side effect.

Examples of Commonly Prescribed Medications: Celebrex, Betrax, and Vioxx. Vioxx was recently withdrawn from the market.

Angiotensin Receptor Blockers for Hypertension or Heart Disease:

Angiotensin is a hormone found in the body that causes blood vessels to constrict, resulting in high blood pressure and extra work on the heart. Angiotensin Receptor Blockers (ARBs), also called Angiotensin Receptor Antagonists, prevent angiotensin from binding to its receptor in the walls of blood vessels. This results in a lower blood pressure. These medications are often prescribed because they are less likely to cause chronic cough than medications that inhibit angiotensin converting enzyme inhibitors, which also work on the "angiotensin system" to control high blood pressure.

Why I will not prescribe them:

Careful evaluation of the current evidence shows that angiotensin receptor blockers (unlike angiotensin converting enzyme inhibitors) increase the rates of myocardial infarction (heart attacks) despite their beneficial effects on reducing blood pressure.²²

Examples of Commonly Prescribed Medications: Cozaar, Benicar, Diovan.



Healthy People Are Drug-Free



apro, Micardis, Teveten, Hyzaar, and acand.

ugs I Occasionally Prescribe

I am a real medical doctor with a prescription pad and my obligation to each of my patients is to provide them the best that medical science has to offer. In actual practice, for every new drug I prescribe, I stop, on average, ten medications. The three reasons I take people off their medications are:

- 1) They never needed them in the first place. The medication is doing nothing for the benefit of the patient. For example, many people have been prescribed blood pressure medications for blood pressure readings too low to show any real benefits (below 160/100 mm Hg), and thus, there is no indication to take them based on the research.²³
- 2) The medication is doing more harm than good. For example, most diabetic pills are type-2 diabetics.
- 3) After a change in diet, some additional exercise, and cleaner habits, the indication for the medication has been eliminated. (See the extensive list of “easily treated diseases” below.)

Cholesterol-Lowering Medications:

I use “statins” often because they are well-tolerated, and somewhat effective. I prefer Pravachol (pravastatin) because of its safety record – it is not known to cause muscle damage. Plus, there is good evidence that this medication is much more effective at preventing heart attacks than the other statins.²⁴ These benefits may be due to the physical properties of this medication which prevent it from entering the cells – its action is all outside of the body’s cells. I do, however, prescribe most of the other statins, like Lipitor, Zovacor, Zocor, etc. – usually because this is the one the patient’s insurance company pays for.

I also use niacin (usually as an extended release form, like Niaspan); often along with agents that bind cholesterol in the intestine and cause it to leave the body. These are called cholestyramine (Questran) and colestipol (Colestid). (See my February 2003 newsletter article: “Niacin - A Time Honored Treatment for Cholesterol and triglycerides.”)

My goal is to use sufficient medication to lower the cholesterol below 150 mg/dl (and LDL-cholesterol below 80 mg/dl). Learn more about this treatment from my June 2003 newsletter article, “Cleaning Out Your arteries.”

Prevention of a Second Heart Attack:

One baby aspirin (81 mg) daily offers more benefits than risks in people with a history of serious heart disease (bypass surgery, angioplasty, or heart attack).²⁵ Those without this history of heart disease may suffer far more harm (bleeding) than benefit from taking aspirin. More than 81 mg of aspirin is less effective and has more side effects. I also use baby aspirin for people with a high risk of stroke.

Blood Pressure Lowering Medications:

I use beta blockers and/or diuretics, because they are as effective as any other kind of medication used to lower blood pressure.^{18,19} Mostly importantly, the slight reduction in the risk of strokes achieved by lowering blood pressure is as good with these simple drugs as that seen with the newer, more expensive, medications. Diuretics and beta-blockers cost pennies to buy (as opposed to dollars for one dose for the others) and because they have been used for more than 40 years, their side effects are very well-known. I use sufficient medication to keep the diastolic BP between 85 and 100 mmHg. BP lowered below 85 mmHg with medication increases the risk of heart attacks and strokes. (See my July 2004 newsletter article: “Over-treat Your Blood Pressure and You Could Die Sooner.”)

Blood sugar-lowering medications:

For type-1 diabetics I use only insulin. For type-2 diabetics I use enough insulin to keep them from losing too much weight and to control symptoms of frequent urination and excessive thirst. With some reluctance I will use Glucophage. The evidence on the results of treating blood sugars for type-2 diabetics with medications shows much harm and little good is done. The risk of dying from heart disease appears to be increased and there is no convincing evidence that blindness and kidney disease are reduced. Furthermore, most treatments cause the patient to gain weight, which may aggravate their diabetes. (See my February 2004 newsletter article: “Type-2 Diabetes – the Expected Adaptation to Overnutrition.”)

Pain Medications:

I like aspirin and Tylenol. However, inexpensive over-the-counter NSAIDs, like Motrin and Advil, are also fine for occasional use. For severe pain, narcotics are useful, but addicting, over the long term.

Relief of indigestion (Gastritis)

Wafer antacids (like Tums) or liquids. Use of simple, over-the-counter antacid pills, like

Tagamet or Zantac – used only as needed, not daily. Changing to a healthy diet and raising the head of the bed are of the most help. (See my February and March 2002 lead newsletter articles on my website www.drmcDougall.com.)

Colds and Flu:

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

Chronic allergies and asthma:

Inhaled steroids and bronchodilators. Raising the head of the bed and a diet change are very helpful. (See my February 2002 newsletter article: “My Stomach’s on Fire and I Can’t Put It Out.”)

Menopausal Symptoms and for reversal of bone loss:

Estradiol and/or natural progesterone mixed in creams and applied to the skin. My goals are relief of symptoms and stabilization of the bones. (See the “McDougall Program for Women” book.)

Infections:

Topical and systemic antibiotics along with proper wound care.
There are many other medications I am called upon to prescribe or renew, but these represent very special indications and apply to very few of my patients.

Diseases Easily Cured* with Diet and Exercise

Medications are reduced or discontinued under a qualified doctor’s supervision

- Obesity
- Hypertension
- Type-2 Diabetes
- Atherosclerosis
- High cholesterol
- High triglycerides
- High uric acid
- Nonspecific and migraine headaches
- Sinusitis
- Asthma
- Indigestion (GERD, hiatal hernia)
- Abdominal pains
- Cholecystitis
- Constipation
- Colitis (Ulcerative, Crohn’s IBS)
- Chronic diarrhea
- Diverticular disease
- Inflammatory arthritis (rheumatoid, Lupus, psoriatic, AS, nonspecific)
- Generalized arthritis
- Gout
- Multiple Sclerosis
- Allergies
- Kidney failure (early disease)
- Nephritis
- Hormone imbalances
- Body odor
- Oily skin and acne

* Progress of the disease is arrested, and in many cases reversal of illness is experienced, with relief of signs and symptoms; however, residual damage is many times left from years of chronic injury caused by the disease processes.

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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 corpora-

date and pulses. Its consequences are the loss of farmers' freedoms and a grave threat to food sovereignty in Iraq. In this way, the US has declared a new war against the Iraqi farmer.

"If the FAO is celebrating 'Biodiversity for Food Security' this year, it needs to demonstrate some real commitment", says Henk Hobbelink of GRAIN, pointing out that the FAO has recently been cosying



tions. This is a disastrous turn of events for Iraqi farmers, biodiversity and the country's food security. While political sovereignty remains an illusion, food sovereignty for the Iraqi people has been made near impossible by these new regulations.

"The US has been imposing patents on life 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 Shalini Bhutani, 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 affecting plants and seeds. This law fits in neatly into the US vision of Iraqi agriculture in the future - that of an industrial agricultural system dependent on large corporations providing inputs and seeds.

In 2002, FAO estimated that 97 percent of Iraqi farmers used saved seed from their own stocks from last year's harvest or purchased from local markets. When the new law - on plant variety protection (PVP) - is put into effect, seed saving will be illegal and the market will only offer proprietary "PVP-protected" planting material "invented" by transnational agribusiness corporations. The new law totally ignores all the contributions Iraqi farmers have made to development of important crops like wheat, barley,

up with industry and offering support for genetic engineering [3]. "Most importantly, the FAO must recognise that biodiversity-rich farming and industrial agriculture are worlds apart, and that industrial agriculture is one of the leading causes of the catastrophic decline in agricultural biodiversity that we have witnessed in recent decades. The FAO cannot hope to embrace biodiversity while holding industry's hand", he added.

NOTES

[1] Visit <http://www.grain.org/articles/?id=6>. GRAIN and Focus' report is entitled "Iraq's new patent law: a declaration of war against farmers". Against the grain is a series of short opinion pieces on recent trends and developments in the issues that GRAIN works on. This one has been produced collaboratively with Focus on the Global South.

[2] Patent, Industrial Design, Undisclosed Information, Integrated Circuits and Plant Variety Law of 2004, CPA Order No. 81, 26 April 2004, http://www.iraqcoalition.org/regulations/20040426_CPAORD_81_Patents_Law.pdf

[3] GRAIN, "FAO declares war on farmers, not hunger", New from Grain, 16 June 2004, <http://www.grain.org/front/?id=24>

Food Giants pressure World Health Organization to downplay junk food hazards

WHO "buried" report to please food industry

The World Health Organisation was accused in October of burying a report recommending that curbs on junk food advertising be incorporated into global food standards.

Activists say hiding the report, which also calls for tough limits on sugar, salt and fat, comes after pressure from the food industry and its US backers.

The report, commissioned from outside consultants, was completed in the summer but has not seen the light of day. It recommends that the Codex Alimentarius - the global food standards code set up by the WHO and Food and Agriculture Organisation - should contain not just safety and quality information, but nutritional guidance as well.

The code is not binding on governments, but is influential with those who set their own standards, like the UK, and has particular significance for developing countries that do not.

The report changes to the code as part of the fight against the global obesity epidemic. It was commissioned during the tussle over the WHO's global strategy on diet, physical activity and health, which proposed limits on the consumption of fats, sugars and salt and was fiercely opposed by some in the food

industry. The strategy was finally passed by the World Health Assembly in May.

Officials at the WHO say the report was not intended to be published. But Bruce Silverglade, of the US-based Center for Science in the Public Interest, believes that the report, *Food Standardisation to Support the Reduction of Chronic Diseases*, may have been buried as part of a deal to get the strategy approved by those who did not want limits on fat, sugar and salt in the diet.

"It appears that its suppression may have been a quid pro quo for the support of the US government and others who had initially opposed adoption of the WHO's anti-obesity strategy," he said. "The document is a key element in the implementation of the WHO's global strategy - it gives it teeth. The food industry would not want to see this document come to light. Developing countries are directly influenced [by the code] and they provide the food industry with its biggest emerging markets."

The report says that the Codex Alimentarius Commission should support the global strategy in the fight against obesity-related diseases by formulating guidelines on the labelling, presentation and promotion of food to the consumer. "These guidelines and codes of practices should address the promotion of foods directed at children, food promotion activities

Meat-eaters soak up the world's water

A change in diets may be necessary to enable developing countries to feed their people, say scientists.

Governments may have to persuade people to eat less meat because of increasing demands on water supplies, according to agricultural scientists investigating how the world can best feed itself.

They say countries with little water may choose not to grow crops but trade in "virtual water", importing food from countries which have large amounts of water to save their supplies for domestic or high-value uses.

With about 840 million people in the world undernourished, and a further 2 billion expected to be born within 20 years, finding water to grow food will be one of the greatest challenges facing governments.

Currently up to 90% of all managed water is used to grow food.

"There will be enough food for everyone on average in 20 years' time, but unless we change the way that we grow it, there will be a lot more malnourished people," said Dr David Molden, principal scientist with the International Water Management Institute (IWMI), which is funded by the British and Swedish governments and is investigating global options for feeding growing populations.

"The bottom line is that groundwater levels are plummeting and our rivers are already over-stressed, yet there is a lot of complacency about the future," the IWMI report says.

"Western diets, which depend largely on meat, are already putting great pressures on the environment. Meat-eaters consume the equivalent of about 5,000 litres [1,100 gallons] of water a day compared to the 1,000-2,000 litres (220 to 440 gallons) used by people on vegetarian diets in developing countries. All that water has to come from somewhere."

The consensus emerging among scientists is that it will be almost impossible to feed future generations the typical diet eaten in western Europe and North America without destroying the environment.

A meat and vegetable diet, which most people move to when economically possible, requires far more water than crops such as wheat and maize, according to the report.

In its report, the IWMI says it is unlikely people will change their eating habits because of concerns about water supplies. "And in many sub-Saharan countries, where the pressure on water will increase most rapidly in the next 20 years, people actually need to be eating more, not less," the

report says.

Anders Berntell, the director of the International Water Institute, based in Stockholm, said: "The world's future water supply is a problem that's . . . greater than we've begun to realise.

"We've got to reduce the amount of water we devote to growing food. The world is simply running out of water."

Research suggests that up to 24% more water will be needed to grow the world's food in 20 years, but many of the fastest-growing countries are unable to devote more water to agriculture without sacrificing ecosystems which may be important for providing water or fish.

The option of increased world trade in virtual water seems logical, the scientists say, but they recognise that it depends on countries having the money to import their food. "The question remains whether the countries that will be hardest hit by water scarcity will be able to afford virtual water," the report says.

The best options for feeding the world, it says, are a combination of hi-tech and traditional water conservation methods. Improved crop varieties, better tillage methods and more precise irrigation could reduce water consumption and improve yields.

Drought-resistant seeds, water harvesting schemes and small-plot technologies such as treadle pumps [simple foot pumps] all have the potential to boost yields by 100%, the report says.

Another option considered is that of farmers using more urban waste water for irrigation. It is estimated that up to 10% of the world's population now eat food produced using waste water from towns and cities.

Cities are predicted to use 150% more water within 20 years, which will be both a problem and an opportunity.

"This means more waste water but also less fresh water available for agriculture. In the future, using waste water may not be a choice but a necessity", the report says.

The authors say western governments need to change their policies: "Agricultural subsidies keep world commodity prices low in poor countries and discourage farmers from investing [in water-saving technologies] because they will not get a return on their investments.

"Land and water rights are also needed so people will invest in long-term improvements."

Governments encouraging a significant shift in their population toward a diet based on plant-based foods would provide the greatest immediate impact on feeding more people, the report shows.

in schools, activities of the food industry, the catering organisations and the retail sector," it says.

It says that the Codex can and should recommend foods with low energy density - such as unsaturated rather than saturated fats and the substitution of sugars by non-nutritive sweeteners. It also suggests that limits be imposed on salt.

The global strategy that was agreed in May calls on governments to take measures to curb unhealthy eating, promote exercise and look at food labelling and

advertising. But governments like the US which have a strong sugar industry maintained that they should not have to restrict trade in the process and that they could set their own national nutritional guidelines. Robert Beaglehole, head of the department of chronic disease prevention and health promotion at the WHO, said that negotiating changes to the Codex would be a long and difficult process. "It is not a huge priority." He said there was no reason why the report had not been published.

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,

bled; fossil fuel use and car ownership increased four-fold; meat production and fish catch increased five-fold; paper use increased six-fold, and air travel increased 100-fold.

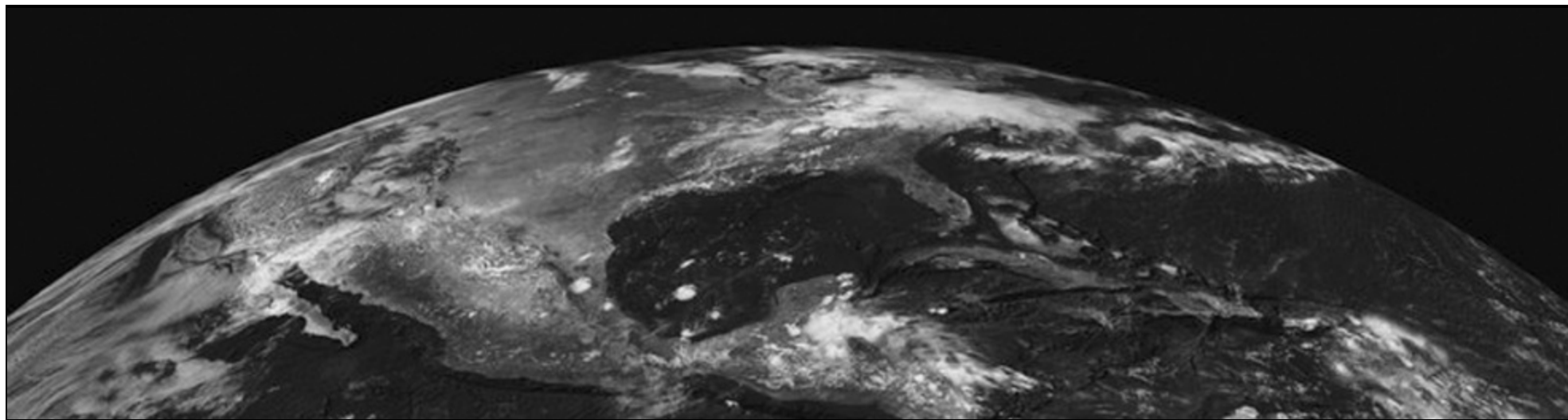
In the United States, where malls are

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

daily in many cities in the world. Some 5,000 people a day die from air pollution, and kids in some cities inhale the equivalent of two packs of cigarettes every day just by breathing the air.

Carbon emissions from burning fossil



even more serious security threat deepens - the global environmental/humanitarian crisis.

While we remain virtually hypnotized by terrorism, humanity is quietly destroying the biosphere in which we live, ourselves and our future along with it. Just since 9/11, 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 arable land turned to desert, 8 billion tons of carbon were added to the atmosphere and air pollution claimed more than 4 million lives.



Richard Steiner, PhD.

Our boat is sinking, we know the causes and consequences, and we know how to solve the problem. Yet policy-makers keep rearranging the deck chairs. Left unattended, this broad environmental/humanitarian 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 current condition help put these relative risks in perspective.

Population

World population stands at 6.4 billion, more than four times its number at the start of the 20th century. Although some nations have reached population stability, many of the poorest, developing nations are far from it. The population -- growing by 74 million a year -- is projected to reach 9 billion by 2050, the additional billions coming almost exclusively in the poorest countries.

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, health care and education. More than 350 million women lack any access to family planning. Some religions oppose contraception, and female infanticide has become epidemic. Programs to stabilize population need about \$20 billion a year (about one week's worth of world military expenditures) but now receive about \$3 billion a year.

Consumption

Conspicuous consumption has become a homogenizing force across the developed world. Just since 1950, we have consumed more goods and services than all previous generations combined. The consumption of energy, steel and timber more than dou-

more prevalent than high schools, shopping has become the primary cultural activity. Although world economic output continues to increase, when real costs are calculated, sustainable economic welfare has been in decline since the '70s. One measure of resource consumption of humanity -- our "ecological footprint" -- surpassed sustainable levels in the late '70s, and for an average American is now 20 times that of a person in some developing countries.

Studies estimate that, if the developing world were to consume at our rate, another five or six planets would be needed to sustain this level of consumption. The United Nations says that a 10-fold reduction in resource consumption (or a 10-fold increase in energy/material efficiency) in industrialized countries will be needed for adequate resources to be available for developing countries.

Rich-poor divide

The unequal distribution of consumption adds to environmental, social and economic damage as well. The gap in per-capita income between rich and poor nations has doubled in the past 40 years. The upper 20 percent in economic class -- Europe, Japan, North America -- account for more than 80 percent of the material and energy consumed globally while the poorest 20 percent account for just 1 percent of consumption. The world's 350 billionaires have a combined net worth exceeding that of the poorest 2.5 billion people. Those poor live on less than \$2 a day and lack basic sanitation, health care, clean water and adequate food.

Despite unprecedented economic expansion of the '90s, today some 900 million adults are illiterate 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 activities. Some countries spend more to service their foreign debt than on education and health care combined.

Biodiversity

Ecologists fear we are losing between 50 and 150 species each day, a rate thousands of times higher than the evolutionary background extinction rate of about one species a year. Some estimate that we have lost perhaps 600,000 species since the "biotic holocaust" began around 1950; if present trends continue, half of all species on Earth would be extinct in the next 50 years. Overhunting, invasive species, pollution and climate change are factors in this sixth mass extinction event, 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 biological diversity to recover.

"frontier forests." And half of this frontier forest is threatened by human activity, mostly by logging. Another 100,000 square miles of forest is lost each year, mostly in the tropics, and only a very small amount of this forest loss is offset by regrowth.

Since 1960, about 30 percent of the Earth's tropical forests have disappeared and with them, thousands of species. Between 50 percent and 90 percent of the terrestrial species inhabit and depend upon the forests, and more than half of the threatened vertebrate species on Earth are forest animals. The link is clear: lose forests -- lose species.

Food

Today about 1 billion people are undernourished and 600 million are overnourished. The United Nations lists 86 countries that can't grow or buy enough food and predicts that by 2010 global food supply will begin to fall short of demand.

More than 6 million people a year, mostly children, die from malnutrition. Grain production is declining and environmentally damaging meat production continues to increase. The 1.3 billion cattle (weighing more than all of humanity) have degraded a quarter of the planet's land surface.

More than 10 percent of world farmland and 70 percent of the world rangeland is degraded, and poor agricultural practices result in the loss of more than 20 billion tons of topsoil a year.

Water

Fresh water may well be the most precious 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 irrigation 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 chemical pollution.

The World Health Organization estimates there are 1.5 billion cases of diarrhea a year in children from contaminated water, causing 3 million deaths.

Today, water supplies in 36 nations in Africa, Asia and the Middle East are not sufficient to meet grain production needs. In China, 400 cities suffer from acute water shortage and half of the nation's rivers are polluted. The world lost half of its wetlands in the past century, and more than 22,000 square miles of arable land turns into desert each year. It's projected that in 20 years, the demand for water will increase by 50 percent and two-thirds of the world population will be water-stressed.

Atmosphere

Air pollution exceeds health limits

fuel now stand at 6.5 billion tons a year (four times 1950 levels), resulting in atmospheric carbon dioxide concentrations 33 percent greater than pre-industrial levels.

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 rising sea level has inundated some Pacific islands, and more frequent and severe droughts, 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 overexploited than at any other time in history. Seventy percent of world fish populations are either 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 is threatened with complete collapse by the end of the century if warming continues.

If we connect these dots, the picture is clear: We are approaching a breaking point on the home planet.

The fate of the Earth may well be decided in our lifetime, and we all should begin behaving as though we are living together on one small, precious, life-sustaining spaceship, which indeed we are.

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

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.

The secretary general of the 1992 Earth Summit cautioned, "no place on the planet can remain an island of affluence in a sea of misery ... we're either going to save 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 nightmare of deprivation, insecurity and conflict.

It's time to broaden our understanding of security beyond just that of terrorism to securing a sustainable future for spaceship 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 coauthor (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*, the definitive resource for compassionate vegan living, and *Being Vegan*, a question-and-answer guide to the essentials of vegan philosophy and ethics, with practical, down-to-earth advice on how to incorporate



Jo Stepaniak, MEd

these principles into everyday life. She also is the author and coauthor of over a dozen additional books and has been a contributing author 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 about. After seeing all the reasons for becoming a vegan, I decided to adopt the lifestyle. However, my friend is still adamant in his meat-eating ways. He strongly believes in karma and thinks that all the suffering brought upon the animals is just a part of the cycle. In his view, these beings must have done 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 reincarnation? Even if there is, how can he just stand by and eat that steak while knowing how it arrived on his plate? What 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 solely or necessarily deal with reincarnation. How we choose to interpret karma from

the standpoint of our religious or spiritual beliefs can directly affect how we treat others. We can use karma as a way to bolster our own egos, justify the abuse of others, or inspire us to more compassion and kindness. Karma from a practical perspective is not about an afterlife or our next incarnation; it very realistically determines the heaven or hell we create here on earth during this lifetime.

Even if we were to believe that certain individuals or groups suffer because of their actions or inactions in past lives, our unwillingness to help relieve their suffering when an opportunity is presented only creates negative karma for ourselves in our own present and future lifetimes. The sword cuts both ways. Using karma as a "reason" for disregarding or participating in abuse is merely a pretext for justifying behaviors we wish to ignore or don't want to change. Attempting to hide behind a veil of "karma," once the curtain has been pulled back, reveals a clear misunderstanding of the term and is a convenient and self-serving way to rationalize the suffering and killing of others—both human and nonhuman.

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. Clusters are worrying because 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 hence there was nothing to worry about. Sporadic CJD has no known cause, the health authorities tell us. Both USDA and CDC tell us that sporadic CJD arises randomly and has nothing to do with eating tainted beef. According to health offi-

Ask Jo Stepaniak

Do you have questions about being vegetarian or vegan? Send them to us at AskJo@earthsave.org and we'll forward them to best-selling author, Jo Stepaniak. Jo can address individual concerns as well as general inquiries about vegan ethics, vegetarian philosophy, practical applications, and living compassionately.

Should we prioritize our compassion?

Dear Jo:

I have been vegetarian for almost seven years and I was vegan for two of those years. I have been struggling with an ethical dilemma. After spending several months working overseas in Guatemala, I felt that veganism was not for me. Aside from the dietary struggles facing a vegan in the poorer countries of the world, I faced some value conflicts. After seeing the extreme poverty and suffering of many Guatemalans, the plight of animals just seemed less important. Also, as a guest in the homes of my Guatemalan coworkers, I was given meat during mealtime, even after explaining that I didn't eat meat. At the risk of appearing rude and ungrateful (meat is reserved for special guests and celebrations in Guatemala), I ate the meal they offered to me, trying to hide my disgust and dislike.

It seems that regardless of our actions in this modern era, there is suffering involved, even for those of us who are trying to live a compassionate life. From driving a car to eating vegetables picked by exploited immigrant labor, we are surrounded by suffering. Not to say that the plight of animals should be ignored, but shouldn't the human condition come first? Even in this country there are people who suffer from hunger and malnutrition, a problem thought to belong only to the Third World. In this context, it is hard for me to empathize with animals. It seems like a logical step that when the human condition all over the world improves, that the plight of animals will follow. But the reverse may not hold true. All creatures deserve compassion, but it seems necessary to prioritize at times, doesn't it? This is quite an internal struggle that I am facing and I imagine there are others who are facing a similar one.

Jo responds:

There has always been suffering in the world, and there will likely always be suffering in one

form or another. For those who choose to deliberately devote their lives to creating a more compassionate world, the amount of suffering that exists can seem overwhelming. How do we determine the issues that are most important, and how do we prioritize which groups are most deserving of our attention? If our primary consideration is the sheer number of lives affected by exploitation, torture, and death, animals raised and slaughtered for food would surely win hands down.

Suffering is suffering, regardless of who is experiencing it. We humans tend to have the greatest empathy for our own species, much like other animals. We can relate to what other people go through because we know that the events of our lives, our emotions, and our hopes and dreams are similar. We naturally want to help other people, and we can understand and appreciate their trials and tribulations.

It is a greater challenge to identify with other animals who do not communicate in a language that even remotely replicates our own and whose physical characteristics and emotional framework are vastly different from the human body and psyche. At times it may take a leap of faith to believe that other animals suffer the same as we do. In large part this is due to our lack of regular interaction with animals. While we can witness the behavior of our dog or cat, most species do not exhibit pain as blatantly as people; we usually need to study their cues that signal discomfort, distress, or more serious afflictions. Without training and ongoing exposure, it is easy for us to overlook the subtle indications of suffering that are rampant among other species, and which are most frequently caused by human neglect or intentional harm.

While it is true that there are people who are hungry and homeless throughout North America, in terms of individuals, cats and dogs who are hungry and without

homes greatly outnumber their human counterparts. If we take into account the vast numbers of animals abused in sports, vivisection, entertainment, and hunting, the figures are staggering.

Being compassionate people entails making compassionate choices every moment of our lives. At times these choices will be clear-cut and easy; at other times, we may be confused and stymied. Caring for one group of living beings does not preclude us from caring for another group. Although we may not have the money or time necessary to help all the groups that need and deserve our assistance, we can ensure that the personal choices we make, no matter how small and seemingly insignificant, contribute to the greater good for all. We cannot save all the starving people in Third World countries, but we can smile at our neighbors. We cannot rescue all the homeless people in our own country, but we can volunteer to help at a food pantry, mission, or shelter. We cannot single-handedly stop the brutal wars around the globe, but we can participate in peaceful protests and learn how to transform the anger and violence in our own hearts and relationships. We cannot take in all the abandoned children of the world, but we can mentor a child in our community. We cannot save all the billions of animals that are tortured, euthanized, and slaughtered each year, but we can adopt a dog, cat, or rabbit from a shelter or donate financially to a farmed animal sanctuary.

To support all of these concerns, we can also practice a vegan lifestyle. Even if it is not ideal or perfectly consistent, or even practical in every situation, we can do our best. That is all any of us can do at any given time. We can make the most compassionate choices given the limitations of our own humanity, and we can do so without ignoring the plight of one group in order to help another.

Brain Trust/FROM PAGE 5

posed rarity of CJD in the USA?

We are routinely told that CJD is so rare, only 1 in a million people get it. But with 4-5 million Alzheimer's Disease patients putting an enormous strain on the US healthcare system, if even a small percentage of these people actually have CJD, not AD, then CJD is much more common than we have been told. These figures imply thousands of CJD cases in the US that are going undetected because of a lack of autopsies. Recent reports indicate that most pathologists do not want to conduct autopsies on CJD patients for fear of contaminating their facilities with the indestructible prions. And to make matters even worse, CJD is not even a mandatory reportable

cials, only variant CJD or vCJD, is caused by eating tainted beef. We are also told that there has never been a case of human mad cow disease in the US.

But is that really true scientifically?

New research from Professor John Collinge in London suggests that some cases of sporadic CJD may also be caused by BSE. This research was conducted in transgenic mice with human prions, so critics have argued maybe the same does not apply to humans. But, if Professor 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 (or venison). We will never know until we (a) dramatically increase the number of autopsies 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 level of testing for mad cow disease in the US and we combine it with the current epidemic of deer/elk disease in this country and with the lack of autopsies to determine how many people in the US are actually dying of 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 across at the United States, they shake their heads in disbelief.

Surely, we can learn from the mistakes made in Europe?

Colm A Kelleher PhD, is a research scientist. Currently in the biotechnology sector, Dr.

Kelleher is a biochemist with a fifteen-year research career in cell and molecular biology. Following his Ph.D. in biochemistry from the University of Dublin, Trinity College in 1983, Dr. Kelleher worked at the Ontario Cancer Institute, the Terry Fox Cancer Research Laboratory, and the National Jewish Center for Immunology and Respiratory Medicine. Before moving to the biotechnology sector as a senior research scientist, Dr Kelleher worked as project manager and team leader at a private research institute, from 1996-2004, using forensic science methodology to unravel scientific anomalies.

For more info, visit: www.colmkelleher.com

TEA/FROM PAGE 3

that tea will reduce the development of skin, lung, colon, liver and pancreatic cancer.3 Even small concentrations of tea's active ingredient (epigallocatechin-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.4 There may even be a benefit for people after they have developed cancer. Green tea consumption 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 pressure and tea may offer protection against the development of hypertension.6,7 In addition, other studies have shown tea to have anti-inflammatory, antithrombotic, and cholesterol-lowering effects - all important in preventing the atherosclerosis that leads to heart attacks and strokes. Tea may further prevent artery disease by inhibiting the oxidation of cholesterol into a more artery-toxic, "oxidized," form.8,9

Other Health Benefits

Tea may protect against brain degeneration disorders, such as Parkinson's and Alzheimer's diseases.10 Green tea seems to be kind to the stomach - as opposed to coffee and "decaf", which cause stomach inflammation - and tea prevents chronic gastritis.11 Tea has also been shown to have antiviral and antibacterial properties. Tea has a pleasant taste, which people quickly learn to enjoy. One of the attractive qualities of tea, even green tea, is that it contains a desirable stimulant, caffeine, which relieves sleepiness and fatigue in most people. Overall, research has found that tea drinkers live longer and healthier.12 Add this battle tactic of daily tea drinking to the well-established benefits of an abundance of natural plant chemicals found in a healthy,

low-fat, plant-food based diet, and you will have the best defense now known to science to keep disease away from your body.

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GREGOR/FROM PAGE 3

which may help prevent cancer in a different way (by binding and excreting carcinogens).[12] Cooking may reduce cancer risk by destroying some of the pesticides present in non-organic produce,[13] but cooking also destroys enzymes that may have beneficial effects. Wait, though, the American Dietetic Association just reviewed raw foods diets (October 2004) and concluded that one's stomach acid destroys the plant enzymes anyway so it doesn't matter if cooking destroys them first.[14] Yes, but digestion starts in the mouth, not in the stomach.

Raw garlic (in homemade salsa, guacamole, pesto, etc.) may be healthier than cooked because of an enzyme called alliinase, which produces a DNA-protecting compound called allicin when chewed in your mouth. One minute worth of microwaving, though, completely inactivates this enzyme, such that when you then chew it you absorb little or none of the protective allicin compound.[15]

The same thing happens in broccoli. There's an enzyme (called myrosinase) that produces special compounds whenever the plant's cell walls are ruptured (i.e. when you chew) that rev up your own liver's ability to detoxify carcinogens. But cooking inactivates the enzyme, such that people chomping down on steamed broccoli only seem to get about a third as much of these special cancer-fighting compounds.[16] At the same time, cooking one's broccoli seems to increase the bioavailability of other cancer-fighters (called indoles) which help your body control hormone levels. Bottom-line, we should eat a combination of both cooked AND raw vegetables, which is exactly what the Columbia researcher found:

"It is clear from this review that both raw and cooked vegetables are inversely related to [in other words protective against] several... cancers. Although more of the studies showed a statistically significant inverse [protective] relationship between raw vegetables and cancer than either cooked or total vegetables, the literature is too varied to compare definitively... In the meanwhile the public should be encouraged to increase their vegetable intake and to consider eating some of them raw."[17]

Cancer-Fighting Cranberries

Cranberries, one of only three commonly-eaten fruits native to North America, have been shown to exert a wide variety of health benefits including the prevention of urinary tract infections.[18] In 2002, researchers dripped a number of fruit extracts on human liver cancer cells in a Petri dish to see if any of them would slow down tumor growth. Out of the near dozen common fruits they tried, the most potent inhibitor of cancer growth was cranberries.[19] So in 2003, researchers pitted cranberries against three other types of

human cancers--breast, cervical and prostate--and the cranberries won again, significantly restraining cancer cell proliferation.[20] Now UCLA researchers are back, this time testing cranberries against a whole panel of 9 different human cancer cell lines.

Sprinkling just a few millionths of a gram of powdered cranberries on human oral, colon and prostate cancer cells brought their growth to a screeching halt, inhibiting their proliferation as much as 99.6%. The researchers concluded "The observed antiproliferative activities of cranberry phytochemicals against tumor cells provide some basic evidence for the potential anticancer effects of cranberry polyphenols and suggest that studies of cranberry extracts should be carried out... ultimately in human cancer prevention trials."[21]

Antibiotics and Meat

The emergence of antibiotic resistant bacteria is an ever-increasing global threat. According to the World Health Organization's Director-General, the spread of these antibiotic resistant "super bugs" is literally threatening "to send the world back to a pre-antibiotic age." [22] Farmed animals are raised in such intensive confinement and stress that literally the majority of antibiotics produced in the United States are fed to pigs, cows and chickens to prevent disease and promote growth. Farmers in the United States continue to feed animals 13 million pounds of medically important antibiotics every year to promote weight gain,[21] a use that was banned in Europe because of human health concerns[24] and continues to violate decade-old World Health Organization recommendations.[25] The American Medical Association[26] and the American Public Health Association[27] are also both on record opposing the nontherapeutic use of antibiotics in healthy farm animals.

Recently the congressional U.S. General Accounting Office released their report on the use of antibiotics in farmed animals. It is available online at: <http://www.gao.gov/new.items/d04490.pdf>

The GAO found in their review that "Many studies have found that the use of antibiotics in animals poses significant risks for human health..."[23] Notably they did not, however, recommend we follow Europe's example and ban the practice. A ban on the use of antibiotics as growth promoters, the GAO explains, could result in a "reduction of profits" for the industry. Even a partial ban would "increase costs to producers, decrease production, and increase retail prices to consumers." The National Academy of Sciences estimates that a total ban on the widespread feeding of antibiotics to farmed animals would raise the price of poultry anywhere from 1 to 2 cents per pound and the price of pork or

beef maybe even 3 to 6 cents a pound, costing the average meat-eating American consumer up to \$9.72 a year.[24] Meanwhile, antibiotic resistant infections every year cost our society an estimated \$30 billion[25] and, in the U.S. alone, kill 60,000 people.[26]

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

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 pertained to drinks sweetened with either sugar or high-fructose corn syrup.

Although previous studies have linked such drinks to obesity and diabetes, the association has been the subject of intense debate as health activists have fought to ban soda vending machines from schools and the sugar industry has lobbied against dietary guidelines that discourage sugar consumption by 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 risks also hold for men.

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 causes weight gain because it's high in calories, 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 the community, to primary care providers," said Caroline M. Apovian 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 by the day. Reducing soft 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. Such women gained an average of 10.3 pounds, compared with an average of slightly less than three pounds for those who consumed one drink or less per week.

In addition, those who had one or more drinks containing sugar or corn syrup per day were 83 percent more likely to develop Type 2 diabetes than those who drank less than one such drink per month. Diabetes, a chronic blood sugar disorder that puts victims at risk for a variety of serious complications, is becoming increasingly common in the United States.

High sugar intake may increase the risk for diabetes by taxing the pancreas, Willett said in a telephone interview. "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."



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.

"It seems that when you drink your calories as opposed to eating them, your body may not sense that you've just taken in those calories and your appetite doesn't seem to compensate," Apovian said. "The appetite circuit might not be programmed to register liquid calories."

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 progressives don't know how to talk about issues.

In his new book Don't Think of an Elephant, University of California at Berkeley professor George Lakoff shows how 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.

Another example came in the State of the Union speech last January, when President Bush said, "We do not need a permission slip to defend America." The language suggests an underage America asking permission of an adult teacher to

leave the room. Another example: how conservatives shifted the language from "estate taxes" to "death taxes."

Conservatives and liberals have a fundamentally different view of the world, says Lakoff. Using the family as a metaphor for the nation, conservatives see the world through a "strict father" lens. Through discipline and punishment, the strict father urges his 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 striking split in today's politics and the mutual hostility between the two political parties.

According to Lakoff, conservatives have become far shrewder at using lan-

guage 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 position between 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. Says Lakoff, "Playing catch-up won't be easy, but it is necessary."

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