



Whole Body Health

Your alternative "prescription" for a sounder mind and a healthier body.

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Who had the bright idea to inoculate kids with over 50 different vaccines by the age of 16 months?

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'Health Nuts' Right About 'Bad Fats'

Chalk up another point for the so-called "health nuts" in the ongoing war against the Establishment. They were right . . .

By Tom Valentine

More than 50 years ago leading health figures such as Dr. Royal Lee, John Tobe and Betty Lee Morales all warned that allowing hydrogenated vegetable oils to become a food staple would be detrimental to the health of Americans. They said it would lead to heart disease and cancer.

These leaders and many others were laughed at and denigrated as "health nuts" by the food industry and its government hacks. In fact, the establishment laughed all the way along the road to "junk food"—bringing us to where we are today.

And, where are we today?

The FDA is finally reacting to the health message of those "health nuts" who first raised the alarm decades ago. They were right—the food industry chemists were wrong.

The FDA is finally taking steps to lower the health risk perpetrated by hydrogenation—and the cost is staggering in terms of disease and money.

Two years ago this writer was the only journalist in America to report that FDA researchers had presented a paper at a meeting of the American Heart Association which stated the agency could save up to 7,000 lives a year by preventing consumers from consuming trans fatty acids.

This was important news. It was utterly ignored by the major media.

Trans fatty acids are an unnatural fat produced by partially

hardening of vegetable oils. They are found abundantly in our refined and packaged foods. Just as the early "health nuts" proclaimed, they are known to contribute to heart disease, the leading killer.

Trans fatty acids are found in vegetable shortenings, margarines, crackers, cookies, donuts, cakes, breads and even ready-to-eat breakfast cereal.

To get an inkling of what you and millions of other Americans have been devouring with delight for more than half a century, the FDA has produced tables listing the amount of trans fat in grams per serving.

Here are some of the "grams-per-serving" of trans fat available to the consumer: snack crackers, 2.5 grams; pound cake, 4.3 grams; donuts, 3.8 grams; microwave popcorn, 2.2 grams; chocolate chip cookies, 2.7 grams; french fries, 3.6 grams; chocolate candy, 2.8 grams; white bread, 0.7 grams; snack chips, 1.2 grams; breakfast cereal, 0.5 grams.

According to the FDA "the daily intake of trans fat per person in the U.S. is about five grams."

Unless you are a "health nut" your children have been consuming slow poison at a prodigious rate considering the potential for damage in this unnatural fat.

In 1999, the FDA finally admitted the "health nuts" were

(See *HYDROGENATED*, Page B-6)

U.S. Obesity at Epidemic Proportions

If Americans' unhealthy diets and the growing trend to obesity continue to rise, the country can only expect that the cost of medical care will likewise increase.

By Jack Phillips



A syndrome including obesity, abnormal liver function, high cholesterol, high triglycerides, elevated insulin, hormonal imbalances and a predisposition to blood clots is rapidly becoming epidemic, according to a widely-read health newsletter published by a prominent doctor.

Possibly 10 to 15 years of low fat diet propaganda and the predilection of the American public for sugar and refined carbohydrates like white bread have contributed to the establishment of this syndrome.

But there is more.

"The American food pyramid is a joke, politically influenced by the major food and meat manufacturers and processors," wrote Dr. Bruce West of *The Health Alertness Letter*.

(See *AMERICANS*, Page B-4)

Kids Getting 52 Inoculations In First 16 Months of Life

By the Staff of Acres USA

Who promotes measures to force more than 50 different vaccines on kids today? Usually a professional educated beyond his or her intelligence.

Approximately 100 years ago, children were on the receiving end of one vaccine, smallpox. Cattle weren't inoculated at all. Nowadays, cattle receive five-way vaccines, sometimes seven-way, the level given children the year Rachel Carson wrote her widely-read book "*Silent Spring*" which launched the American and global environmental movement approximately 40 years ago. The five vaccines were diphtheria, pertussis, tetanus, polio and smallpox. Usually the child got eight shots of one kind or another by age two.

A detailed count reveals that kids now get 52 vaccines via 15 shots by age 16 months, if parents stand still for the shots recommended by AMA medicine. Included is the preventive pediatrics pneumonia shot.

Vaccines contain Thimerosal (mercury), MSG, aluminum, formaldehyde, sucrose and phenoxyethanol (antifreeze).

Thimerosal is nearly 50 percent mercury. In turn, mercury is a neurotoxin with an EPA safe level of .01 microgram per 1 kilogram bodyweight per day. Vaccines contain 12.5 to 25 micrograms of mercury. A visit to the clinic can inject 50 to 62.5 micrograms of mercury into

the bloodstream.

Communicable Disease Centers has now revealed a trend linking autism to mercury-based vaccines.

Thimerosal is a registered pesticide allowed into trade channels under the auspices of the EPA.

A child usually gets a hepatitis B shot on the day of birth. It contains 12 micrograms of mercury, or 30 times the safe level. Four months later, the average American child receives the DTap-HiB combined vaccine. This one contains 50 micrograms of mercury, 60 times the safe level.

At 6 months of age, hep B and polio vaccines are given the "protected" child. The mercury load is 62.5 micrograms, or 78 times the safe level.

It isn't over yet. At 15 months of age, the same child receives an additional 50 micrograms of mercury housed in shots, or 41 times the safe level.

These data are recited here because low levels of mercury have been associated with neurological disorders,



including attention deficit disorder, autism and under-developed speech.

Panic and paranoia recently joined forces to see the passage of the Emergency Health Powers Act in Wisconsin. This measure is to be passed in all states, usually under different names. Tommy Thompson of the Department of Health and Human Services has declared that all Americans have an array of vaccines "with their names on them."

The usual procedure is to attach a vaccination bill to the general budget bill to assure passage. The umbrella under which these questionable practices are paraded is usually called a bio-terrorism bill.

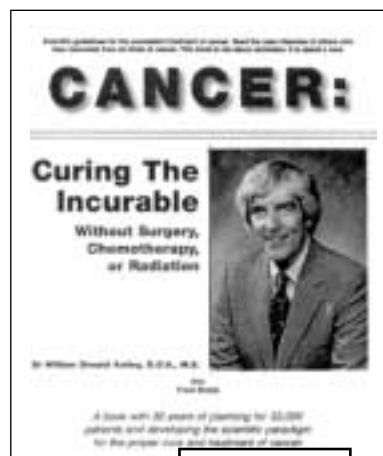
The usual procedure is to drop the measure into the hopper with minimum notice and to invoke the "emergency" provisions of state law. Lawmakers seldom read such bills and simply do not know what they are voting for. Citizens find out about it when they read it in the papers. If hearings are held, the professionals go in as shepherds and come out as sheep. The Wisconsin measure calls for a \$10,000 fine and nine months in prison for those who refuse to submit. ♥

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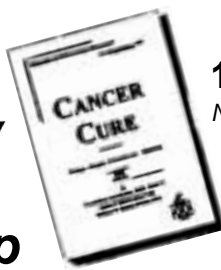


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Shot-Happy Docs Threaten Immunity

Cocktails of immunizations given to children are creating life-threatening problems for adults whose immune systems—thanks to the vaccines—were never given the opportunity to fully develop resistance to childhood diseases.

By Jack Phillips

During the early years of the 20th century children were subjected to the usual diseases of childhood which included measles, mumps, German measles, whooping cough and diphtheria. When a child acquired a disease the rest of the family was exposed to it. Adults usually experienced only a minor infection because their immune systems had been previously sensitized. These minor infections bolstered the immune systems of the adults.

In the 21st century a much different situation exists. Multiple immunizations are given to very young children via injections. Consequently the usual diseases of childhood are becoming rarities. At the same time the immune systems of the nose and throat, which presumably were the first line of defense against these diseases, are not being exercised—with unknown consequences. Furthermore the periodic minor reinfections of adults are no longer being experienced.

Since immunizations do not last forever, we are likely to find, as the 21st century progresses, that adults can become easy targets for the vectors of these childhood diseases. They are notably more serious for adults than they are for children.

The prevalence of air travel and our porous borders could easily provide public health challenges of considerable magnitude—even without the planning and intervention of terrorists. All that would be needed is a scattering of sick children across the country.

Perhaps we will have to contemplate the periodic re-inoculation of adults in order to prevent a potential plague of childhood diseases.

Furthermore, the increasing rates of death of young children from asthma and the increasing rates of autism make many people concerned that governmental policies, which are forcing childhood immunizations on families, may not be as beneficial as their proponents promised. ♥

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American Adults, Kids Getting 'Super-Sized'

(Continued from Page B-1)

It may be that the Department of Agriculture based the pyramid on requirements of past generations that worked and played a lot harder than our present relatively sedentary population.

The availability of electrical power and gasoline and diesel engines has made life easier than it used to be. And now TV, computers and computer games are immobilizing a great many people.

The heavy emphasis placed on carbohydrates, which sit at the bottom of the food pyramid, combined with a pervasive aversion to fat, could be taking a heavy toll on Americans. Many of us are beginning to resemble that pyramid.

The Centers for Disease Control reports that the number of obese people in this country has doubled since 1980, and now stands at 50 million. This can hardly be called a healthy situation.

Carbohydrates, compounds made up of carbon, hydrogen and oxygen, can be divided into two classes: sugars and starches. They are hidden parents of the fats that kill according to Udo Erasmus who wrote the most comprehensive book on fats, titled *Fats that Heal, Fats that Kill*.

Of course, fats are also composed of the same three elements but arranged differently as acids and alcohols.

Sugars are ubiquitous. There are simple sugars such as glucose and fructose; double sugars like sucrose (table sugar), maltose (in beer), and lactose (in milk); syrups from corn, beets, sorghum and maple; dextrans and dextrans and honey.

Our bodies digest these quickly and easily and turn them into triglycerides. Bears take advantage of this same process when they load up on fruits and berries in the fall to store fat to keep them alive during winter hibernation.

Corn syrup in most soft drinks, in the presence of carbon dioxide, is rapidly absorbed to give a quick jolt of energy. A spurt of insulin follows to handle the excess sugar in the blood. If more insulin than necessary is produced, a let down results and a need for another soft drink arises. The concomitant production of fatty acids, unless used to produce energy, are stored as fat.

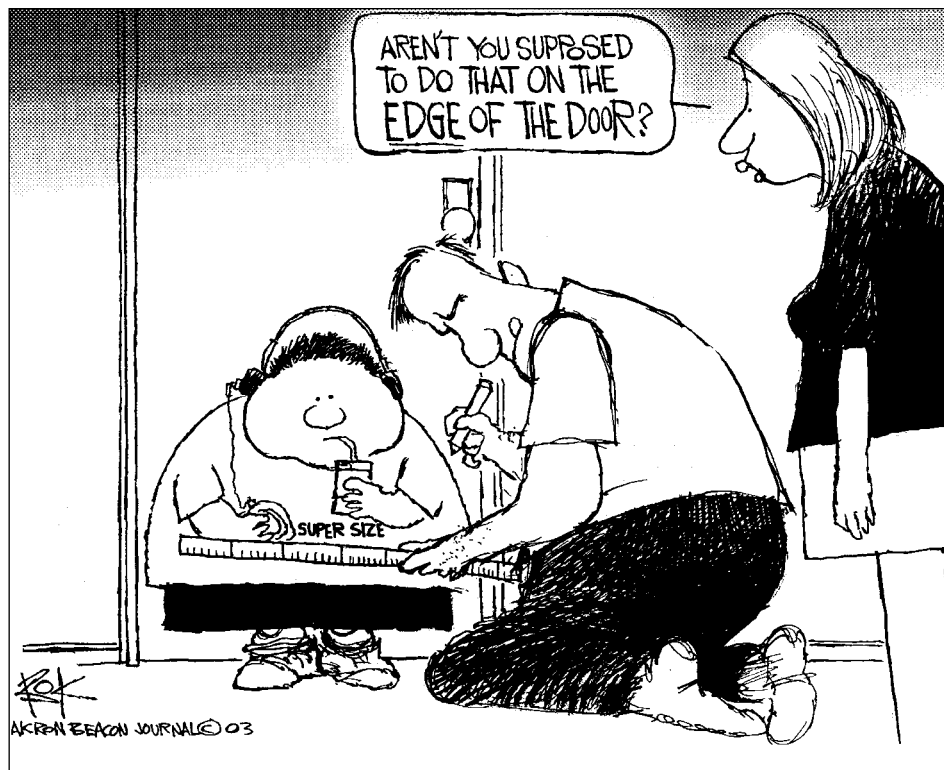
Starches, complex and refined carbohydrates, are sugar polymers. Usually they are long chains of glucose. The chains have to be broken up by enzymes before the glucose can be utilized. Consequently their digestion is relatively slow compared to sugars.

COMPLEX CARBS

On the other hand, complex carbohydrates contained in whole grains, corn, broccoli, carrots and the like contain fiber minerals and vitamin co-factors, which facilitate their utilization. They are digested and absorbed slowly and tend to produce fuel for the body as needed. They tend to be more completely utilized for energy production than refined carbohydrates and are least likely to produce fat deposits.

Refined carbohydrates like white flour, white rice, cornstarch tapioca and many breakfast foods are digested relatively rapidly. They are likely to generate excessive amounts of triglycerides and, consequently, fat.

According to West, 81 percent of school children believe that the healthiest diet contains no fat. It's bad enough that they are no longer taught to read and solve arithmetic problems accurately. Now they don't even know what they need to eat.



The idea that eating fat is hazardous to your health is fiction promoted by pseudo experts. They are unaware, apparently, that there are vitamins like A, D, E and K, essential to your body's welfare, which cannot be absorbed in the absence of fat. There are also essential fatty acids, linoleic and alpha-linolenic, which your body has to have in order to function properly.

Most American—95 percent of us—are said to be deficient in these. The best balanced source of them is

Unfortunately, many
obese Americans are
beginning to resemble
the "food pyramid."

hemp seed oil, not readily available because growing hemp is illegal in most states. Borage, flax and evening primrose oils are available sources.

Fat also has a tendency to satisfy the appetite better than other foods thereby causing people to eat less.

WEIGHT LOSS

The view that limiting calories is all that is needed for you to lose weight is simplistic.

In order to lose weight you have to induce your body to utilize its stored fat. Its purpose in storing fat is to provide reserves of energy to enable you to survive famine. This capability was probably perfected during ice ages when food was scarce. A remarkable mechanism, it also has the capability of lowering your metabolic rate when food is scarce, requiring less food to keep you functioning. It will even convert your muscles into

energy under conditions of extreme scarcity, witness the emaciated bodies of famine victims.

Eliminating food allergies can also cause weight loss, but by a different mechanism. Delayed action food allergies, as described by Dr. Braly, can cause inflammations which attract and hold interstitial water. Eliminating the allergens (which happens during some diets) also eliminates the need for the water and it is excreted with a proportionate weight loss.

It is possible for most obese people to lose weight by forcing their bodies to burn stored fat. This is done by limiting their carbohydrate intake until they are regularly producing ketones in their urine. The presence of ketones can be checked by the use of a product called STIX available in pharmacies. Exercising beyond the point where easily available energy stores are used up—where the "second wind" kicks in—is also useful.

The late Dr. Atkin's *New Diet Revolution* provides a sensible approach for most people. The results of a recent evaluation of his protocols have indicated that those who use them can reap a plethora of benefits along with their weight loss. Of course, like most things, they undoubtedly will not work for everyone.

Obesity is associated with Type-II diabetes where your body produces insulin but, for some reason, it is not functioning normally. Too much insulin results in arteriosclerosis and heart disease.

If the trend to obesity continues, the cost of medical care can be expected to burgeon. ♥

Jack Phillips is a writer who lives in Massachusetts. He has a degree in chemical engineering and is an emeritus member of the American Chemical Society and is a member of the society of Sigma Xi.

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ENJOY LIFE--WITHOUT ARTHRITIS PAIN!

By A. E. Jacob

Baltimore, MD – Too many of us believe that the debilitating pain of arthritis is a necessary consequence of aging. To say it as bluntly as possible—and I'm ready to back it up with all the proof you need—"BULL!"

Plain and simple: arthritis pain can be prevented or reversed at any age, for anyone—from a high school athlete to a sedentary 80 year old. The proof is real and compelling. Whatever your age, whatever your activity level, past or present, you can make the pain stop, or never give it a chance to get started.

If like many of my friends and colleagues, you fall into the category of "doubting Thomas," let me invite you to unleash this powerful approach to pain-free living at absolutely no risk or obligation. (More on that in a moment.)

Everything you need to know about waging a successful attack against arthritis is detailed in this amazing book, *How To Fight Arthritis & Win*. I don't use the word amazing lightly, but this book goes beyond any approach to arthritis ever before published or compiled. It takes one tack and one tack only—what's been proven to work. *How to Fight Arthritis & Win* is filled with specific recommendations that have brought relief to thousands upon thousands of arthritis sufferers. And equally phenomenal, its strategies and remedies have rescued thousands from what they had previously been led to believe—"arthritis pain comes with growing old."

This book is written to be used. It's written for every day readers...every day arthritis sufferers...every day Americans who want to live pain free. It will become THE resource you refer to and recommend to family and friends. Let me give you a few examples why:

- **You don't have to change your life** to enjoy relief or ward off pain. Doing a few exercises a day...adding or eliminating even one type of food...taking a breakthrough over-the-counter supplement—any one of these strategies—can make a world of difference. In a matter of weeks, chronic, debilitating pain disappears or becomes a minor, now-and-then pang.

- The practices and remedies suggested are **easy to follow**. Recommended foods are available in any supermarket. And virtually all the supplements are on the shelves of your local pharmacy or health food store.

- The book's **best-selling author, William L.**

Fischer, has been on a lifelong quest to help Americans take control of their bodies and their lives. He has written 13 other books, which have sold hundreds of thousands of copies. Here are the facts, the figures and the findings about arthritis pain remedies—many known and successfully used for centuries. They are part and parcel of complementary medicine—the other half of the good-health equation that conventional doctors often chose to ignore, despite its track record.

I said a moment ago that I wanted to eliminate any doubts you might have. So, as publisher of *How to Fight Arthritis & Win* I am making it available to you risk free for ONE FULL YEAR. Use it for a whole year, and if you do not find genuine arthritis relief and prevention from its

"Our son has been very concerned about my arthritis and has researched many health books. He is a professor in a University in Sendai, Japan. He mailed me your book, feeling it was the most promising of the many he has read. I am 3/4 of the way through "How to Fight Arthritis & Win" and I can't put it down—the extra books I am buying will be sent to my sister and a friend."

Mary Lee

suggestions, then I insist you return it to us for a total refund minus shipping and handling. Let me give you a preview of the hundreds of easy-to-do suggestions that await you:

- A foolproof, two-pronged approach to beating arthritis.** Attack it from "the inside out" with the right foods and dietary supplements for you. Attack it from "the outside in" with exercise, bodywork and topical formulas.

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- Simple-to-follow exercises that ease pain and restore your spirits**—some literally take seconds. You'll discover how to nip stress, a major trigger of arthritis flare-ups, in the bud with spillover benefits to your heart and lungs.

- Case studies that provide facts and hope on stopping arthritis** No namby/ pamby fake-feel-good stuff here. Just example after example of successes and how you can adapt them to your lifestyle and your personal arthritis fighting strategies.

- A quick checklist to keep your body lubricated—an essential for fighting pain.** Like any machine, without proper lubrication, the body is in danger of serious malfunction. In humans, that spells arthritis pain. You'll learn which foods and topicals provide and restore much-needed lubricants.

- A compendium of Eastern food cures that strengthen joints and ease pain.** Many remedies, such as green tea, mushrooms, tofu and chili peppers have track records of success that long pre-date Western medicine. Add one or more of them to your diet and feel the difference.

- A detailed analysis of arthritis-fighting supplements.** Different supplements offer different relief. Some work best in combination. For example, glucosamine can do wonders for cartilage but taken alone it won't make your pain disappear. You'll discover which supplements to take. How often to take them. And in what combination.

As you can see, there are many reasons for you to take me up on my invitation to try *How to Fight Arthritis & Win* for one year, risk-free. But none is more important than preserving your quality of life not just now, but 10, 15, 20 years from now. That's exactly what this book does. It shows you how to live without arthritis, however long you live. So please order now.

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Hydrogenated

(Continued from Page B-1)

right, but did not react forcefully, loudly or truthfully. The agency has provided some interesting information on their web site questions and answers.

In the late 1980s, FDA officials claimed that reports concluded that trans fatty acids did not appear to have harmful health effects. However, studies in the 1990s looking specifically at trans fatty acids intake and the ratio of LDL-C ("bad" cholesterol) and HDL-C ("good" cholesterol) in the blood changed official thinking.

Based on the newer research the FDA said: "trans fatty acids raise LDL-C levels nearly as much as cholesterol-raising saturated fatty acids."

This actually obscures the whole truth because natural saturated fats are proving to be very healthful. Thus the FDA, along with industry-bought scientists, is being disingenuous by lumping the two together.

The 1999 web site post added this paragraph, which avoided the saturated fat confusion and nailed the real issue:

Recent human feeding studies have shown that consumption of trans fatty acids at levels found in the United States results in a significant increase in LDL-C and may decrease HDL-C. These findings are supported by results of epidemiological studies that show a positive association between the intake of trans fatty acids and the incidence of coronary heart disease (CHD). . . . Recent information from the American Heart Association indicates that CHD causes about 500,000 deaths annually and is the num-

ber one cause of death in the U.S. Thus the FDA is proposing to provide for information on trans fatty acids in nutrition and labeling and nutrient content and health claims in response to its importance to public health.

Evidently saving thousands of lives does not have a high priority. The FDA knew trans fatty acids were toxic long ago but ignored the views of the "health nuts" in favor of the powerful food industry lobby.



Americans are eating way too much "bad fat." We were warned about hydrogenated fats decades ago.

Then in the 1990s the agency confirmed the problem with LDL cholesterol studies.

By 1999 the agency reported that an estimated 7,000 lives a year were being lost because of heart disease and trans fat.

There is no proposal to ban unnatural trans fatty acids. Instead the agency that concerns itself with public health is proposing to change the labeling rules ostensibly to warn the consumer not to consume it. And this pathetic effort does not go into effect until January 2006.

Where is the sense of urgency? Where are the glaring national headlines and television talking heads on this issue? Why is there no demand to remove trans fatty acids from food and ban it altogether?

Wouldn't it be interesting if research into a trans fatty acid's contribution to obesity and hormone interferences were carried out? There should also be research on the link between unnatural fat and cancer.

It doesn't make sense. The FDA contends that the labeling rule will educate the public and save hundreds of millions of dollars with disease prevention by saving untold thousands of lives over the next 20 years.

Imagine the money and the lives that would be saved with an outright ban. Imagine the turmoil that would result in the food industry concerned with shelf life more than human life, and imagine the changes in lifestyle forced upon millions of Americans who prefer convenience to health.

Now you may understand the FDA reluctance to do a thorough job.

Let the "health nuts" take care of themselves, you might say—and they will as they have for decades. ♥

Tom Valentine is the health editor of Whole Body Health and the founder of Carotec Health Club. To get a catalog of products, call 1-800-522-4279.

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If you were given the opportunity to eat food that was not raised in a field but genetically engineered in a petri dish to contain medicine, would you?

By the Staff of *New Dawn Magazine*

Rather than manipulating plants to make a firmer tomato or a sweeter peach, “pharmers” insert genes that instruct a plant to manufacture pharmaceutical compounds. In the future they envisage flu shots will be replaced by bananas. Try this corn puff. Pharmers dream that all drugs will ultimately be delivered in snacks.

First out of the pipeline will be vaccines. In August 2002, industry leader ProdiGene began Phase I clinical trials for a vaccine against traveler’s diarrhea. Resulting from a dismal species of *e. coli*, the condition is also a prime cause of infant mortality in many poorer nations.

Instead of pursuing the regular path of cell-culturing and purification, Texas-based ProdiGene hopes to deliver a vaccine in a simple kernel of corn.

To understand what is at stake here, consider the case of hepatitis B.

Worldwide, that virus kills more than 900,000 people a year, many of them in China, where the disease is at almost epidemic levels. A dose of hep-B vaccine costs around 50 cents, yet even that—in quantity—is beyond the budgets of many developing countries.

Besides the cost of the drug itself, vaccination is hampered by the additional expense of needles and by lack of refrigeration.

Vaccines produced the traditional way cost thousands of dollars a gram, but corn can be grown very cheaply. Hoping to tap into the huge hepatitis market, ProdiGene is currently conducting field trials on a strain of transgenic corn that has been spliced with hep-B antigens which can be delivered like a vaccine simply by consuming an ear of corn. ♥

This article appeared in the January-February issue of New Dawn magazine published in Australia. New Dawn is available on-line at newdawnmagazine.com.

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Tina Sampalis, M.D., Ph.D.,
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|------------------|------------------------|------------------|--------------|--------------|------------------|------------------|---------------------|-----------------------|
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| FISH OIL | 0 | 30 | 18 | 19 | 31.6 | 0 | 1.1 | 0 |
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| LIVER OIL | 0 | 51.3 | 0 | 0 | 18.7 | 13.3 | 0 | 0 |
| SEAL OIL | 0 | 18.5 | 3.4 | 11.2 | 6.5 | 31.8 | .04 | 0 |

Something Smells 'Fishy' in Salmon Industry

Does something smell fishy in what Big Business and Big Government say is good for you? The more you learn about this, the more you, too, will start seeing red.

By Ralph Forbes

Generations of experience have demonstrated that salmon was a heart healthy food. Scientists have long ago confirmed the folk wisdom that the redder the salmon the better it was for you. In addition to the essential Omega 3 oil, so woefully lacking in the standard American diet, wild salmon is rich in potent carotenoids, especially astaxanthin. The reddish color and health benefits derive from the salmon's natural diet.

As word spread about the health benefits of salmon, demand grew. So someone got the idea of "fish farms," something akin to the filthy chicken factories that seem to breed tasteless chickens. So they penned up sections of ocean with fish net fences, released artificially

hatched, genetically modified or transgenic—the genes unnaturally mixed with genes from God knows what other species—"Franken-fish"—and fed these mutated monsters cheap proteins. Supermarkets, coast to coast, are flooded with cheaper priced "Atlantic Salmon," glowing rosy red.

"With all the consolidation going on, it is now estimated that just four companies—Stolt, Marine Harvest, Pan Fish and Heritage—produce more than half of the farmed salmon sold annually in North America," reports the August 2000 issue of *Seafood Business* in its article, "Farmed salmon: As world harvests approach 1 million tons, the industry consolidates to keep up with spiraling demand."

But the taste and heart healthy benefits seem to have evaporated into hype. Why? According to Artemis Simopoulos, in his book *The Omega Diet*, any fish fed grain instead of fish meal will be "abnormally high in omega-6 fatty acids and low in omega-3 fatty acids"—exactly the opposite of what you need and what you find in natural fish.

Worse, practically 100 percent of all the unappealing, insipid, grayish farmed salmon—impotent to synthesized astaxanthin—is dyed with artificial canthaxanthin or imitation astaxanthin, a process sometimes euphemistically called "color finishing."

The chemical companies claim their artificial dyes are "virtually the same" as the natural canthaxanthin (beta-carotene-4, 4'dione) and astaxanthin (3, 3'-dihydroxy-a, beta-carotene-4, 4'dione). But there is an unnatural distribution of isomers in farm-fish fed synthetic canthaxanthin or astaxanthin.

Alarm bells should go off when science knows that natural beta-carotene from fruits and vegetables is cancer protective. But an eight-year Finnish study on lung cancer found those receiving synthetic beta-carotene had a death rate 8 percent higher than controls.

Responding to an ever-increasing demand for salmon—which must at least look pink—several major chemical companies produce canthaxanthin and astaxanthin for color finishing.

Swiss chemical giant Hoffman La Roche synthetically produces canthaxanthin and astaxanthin, called Carophyll Pink, from petrochemicals and provides processors with its SalmoFan—much like an artist's

Below, most salmon these days are raised in fish farms. Their meat is artificially dyed to make them more attractive to consumers.



color wheel but in various shades of pink—to help salmon farmers and buyers create and/or order a color that sells well.

Hoffman-La Roche promotional materials state: "Astaxanthin is the major carotenoid responsible for the pink-red pigmentation of fish and crustaceans. (Farm-raised) Aquatic animals cannot synthesize astaxanthin and therefore it must be supplemented in the diet. Consumer research has suggested that consumers will pay more for redder salmon, acknowledging that a redder salmon commands a premium price."

The agricultural behemoth Archer Daniels Midland (ADM) manufactures an astaxanthin, which they call "Salmon Pink," from a strain of red yeast, *Pfaffia rhodozyma*, grown on corn by-products.

ADM has been sued for \$300 million in federal court by Igene, a small biotechnology firm based in Columbia, Md. Igene accuses ADM of stealing documents related to making a more readily absorbent astaxanthin.

Kirin, the Japanese beer company, has a U.S. patent pending for a gene-cloning method of making astaxanthin in which they introduce a "gene cluster for astaxanthin biosynthesis" into the bacteria *e. coli*.

Also, farmed salmon and wild salmon have been tested for chemical contaminants such as methyl and inorganic mercury and compared. The farmed salmon showed consistently higher levels of PCBs and other toxins and pesticides than wild fish. ♥

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U.S. Risks 'Mad Cow' By Lifting Import Ban

Perhaps the only way to explain why Washington would allow the importation of meat from a country with confirmed cases of mad cow disease is that officials in D.C. have been struck by their own version of the debilitating cognitive disorder.

EXCLUSIVE TO WHOLE BODY HEALTH

By Mike Blair

The United States has the dubious distinction of being the only nation in the world without a case of "mad cow disease" to import meat products from a country that does.

Secretary Ann Veneman has announced that the Department of Agriculture will begin processing immediately import permit applications for meat from Canada, which comprise about 40 percent of the annual \$1.1 billion in Canadian beef products normally exported to the United States.

These imports, coupled with another \$1.1 billion in live cattle exports, were halted May 20 after a case of bovine spongiform encephalopathy, or BSE, was found in Canada.

There is no report from the Bush administration that the United States has received anything from Canada in return for restoring the beef imports.

Mrs. Veneman is allowing the ban to remain in place on live animals but that, too, is expected to be lifted as soon as new rules are written for their importation.

Dr. Peter Lurie of Public Concern, a consumer advocacy group, said the Veneman ruling is inconsistent with international standards that classify Canada as still having "moderate BSE risk," which it will take years to completely eliminate.

"Since the Canadians have more need to export their beef than we have a need to import it, this seems more driven by trade concerns than by public health ones," Lurie added.

The United States buys about 70 percent of Canada's cattle exports. The ban by the U.S. and other countries has cost Canada an estimated \$1 million a day since mad cow disease was first discovered there. ♥

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Recent Reports on Soy Products Claim 'Miracle Food' Unfit for Human Beings

Whole Body Health editor Tom Valentine has argued that soy is unfit for human consumption for many years. The controversy continues, especially in the British press. The following relates two recent features on soy—the first taken from an article by James Chapman which was published in The London Daily Mirror. The second is culled from a report by Dr. Richard Sharpe, senior scientist at the Medical Research Council Human Reproductive Sciences Unit in Edinburgh, Scotland.

James Chapman writes: The increasing amount of soy being eaten in Britain could be putting the fertility of a generation of men at risk, according to an alarming new study. Researchers believe that pregnant or breast-feeding women who eat soy-based products such as tofu, could be endangering their babies because these foods contain chemicals that mimic the female hormone estrogen. Experts fear that exposure in the womb or through breast milk, could lead to reproductive abnormalities in boys. They are also concerned about the possible impact of soy-based infant foods.

The scientists, based at Johns Hopkins University in Baltimore, Md., tested the effects of genistein—the key chemical ingredient found in soybeans—on pregnant rats. Alarmingly, they found that the male offspring developed abnormal reproductive organs and experienced the same sexual dysfunction as adults.

The researchers are calling for more research to be carried out urgently to see if the increasingly popular soy and soy-based foods affect human reproductive development in the same way. The warning is support-

ed by the Scientific Advisory Committee on Nutrition, which advises the British Government. It said last month there is "clear evidence" that soy-based formula milk could damage children's sexual development and fertility as adults. Large amounts of genistein are found in some baby formula milks and supplements taken by women as an alternative to hormone replacement therapy.

Experts fear that exposure to soy in the womb or through breast milk, could lead to reproductive abnormalities in boys.

The average sperm count of a European male has dropped by a quarter over the past 25 years and about 27,000 British couples seek treatment for infertility problems each year, an increase of 55 percent in five

years. As many as one-in-six couples is thought to have problems conceiving.

In the new study, published in the latest issue of *Journal of Urology*, pregnant female rats were randomly assigned a genistein-free diet or one containing the chemical. Male offspring were exposed to genistein indirectly through maternal consumption during pregnancy and after birth through breast milk. When the offspring who were exposed to genistein matured, researchers found the males had smaller testes and a larger prostate gland and lower testosterone levels compared to unexposed rats. Although their sperm counts were normal, exposed adult males had lower testosterone levels and were also less likely to mate successfully.

The effects of genistein continued long after rats were exposed, said Dr. Amy Wizniewski, who lead the research team at Johns Hopkins Children's Center.

"This leads us to believe the exposure to this plant-derived estrogen during the reproductive development can have long-term effects in males."

Dr. Sabra Klein, another member of the research team, added: "Genistein may act as an estrogen or an

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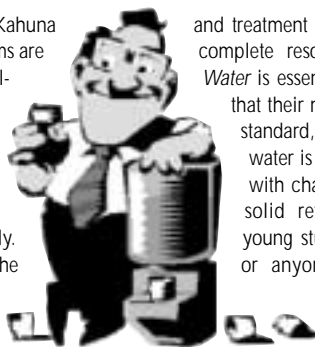
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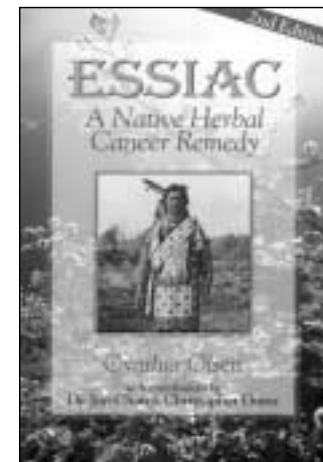
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anti-androgen, blocking the function of endogenous androgens—the sex hormones necessary for the males to develop normal reproductive systems. Ultimately, it appears this leads to reproductive abnormalities and sexual dysfunction we saw in the exposed rats.”

Whatever the long-term effects of genistein on reproductive development are caused by exposure during gestation, lactation or both requires further investigation, the scientists said.

According to a report on infant soy formula by Dr. Richard Sharpe:

Soy formula milk (SFM) is used in place of breast milk and cow's formula milk by some mothers (about two percent) in the UK and by nearly one-quarter of mothers in North America. Only in a tiny minority of cases can this use be justified on the grounds of (cow's) milk intolerance by babies.

Babies fed with SFM gain weight normally but there is concern that this feeding may expose the baby to abnormally high levels of “estrogens.” This is because soybeans, from which SFM is made, contain very high levels of chemicals called isoflavones, which are phytoestrogens (literally, plant-made chemicals that mimic the female sex hormone, estradiol).

Scientists such as myself have concerns that, as exposure of babies to levels of phytoestrogens as high as in SFM does not occur normally, even in societies that eat

soy-rich diets (e.g. Chinese), then feeding of infants with SFM is an unnecessary risk to take on behalf of the baby.

It is ethically difficult to undertake studies in human babies who are being fed with SFM, and it is obviously impossible to collect tissue samples that would allow doctors to tell if the developing reproductive system, or other organs, of the baby are being affected by exposure to the phytoestrogens in SFM.

We have therefore done a feeding study with SFM in marmoset monkeys. We chose this species in particular because more than 80 percent of pregnancies are (non-identical) twin pregnancies, and this allowed us to use one twin as a control (fed with cow's formula milk) and his brother was fed with SFM.

We chose to study only males because all male primates, including the human, exhibit a period after birth and lasting up to six months or more, in which the testes are very active and when levels of the male sex hormone testosterone in blood can reach adult levels. This period is called “the neonatal testosterone surge.” Nothing like it occurs in females

To our surprise, we found that twins fed with SFM showed major suppression of their “neonatal testosterone surge” when compared with their (control) twin brothers. This change was associated with a large increase in the numbers of Leydig cells in the testicles of the SFM-fed neonatal marmosets, which was surprising as these are the cells that make testosterone. There is every reason to suppose that human male babies fed with SFM will show a similar suppression of their neonatal testosterone surge.

Is this effect a cause for concern? Unfortunately, it is not yet possible to give a clear answer to this important question. The reason is that we do not know what the function(s) of the neonatal testosterone surge is in boys, though effects on growth of the penis and prostate gland and effects on the immune system are suspected.

Also we do not yet know whether there will be any long-term changes in the SFM-fed marmosets when they become adults, though we should have some answers by the end of this year—we know already that their fertility is unaffected. My expectation is that there will be no major or adverse long-term changes in SFM-fed males, but this is just my hunch and remains to be confirmed by facts. ♥

Why are some prescriptions drugs available in Canada for 90 percent less than they are in the United States?

That is a question that many of us want answered as the U.S. population continues to age, and millions of “Baby Boomers” get ready to start thinking about their retirements. The answer can be found in a startling new book by Katherine Greider entitled *The Big Fix: How the*



Pharmaceutical Industry Rips Off American Consumers. This informative—and maddening—book is a meticulously reported exposé that uncovers exactly how the drug industry boosts sales of its prescription drugs and bilks consumers in the most lucrative prescription drug market in the world. *The Big Fix* (softcover, 189 pages, Item #1088) is available from FIRST AMENDMENT BOOKS, 645 Pennsylvania Avenue SE, Suite 100, Washington, D.C. 20003 for \$17. Members of the AFP READERSHIP COUNCIL (see ad page 20) may purchase this book for the discounted price of \$15.50. Send payment using the handy coupon on page 16 in the regular issue or by calling 1-888-699-NEWS (6397) toll free and charging your purchase to Visa or MasterCard.



Senior Citizens with Money in the Bank Should Read This Before It's Too Late

If you have worked hard all your life managed to put away a nest egg, you might end up losing most of your life savings because of a defect in Medicare.

If you or your spouse suddenly become ill and require extended nursing home care. . . NO ONE will help you with the nursing home bills. Medicare won't and neither will your health insurance. By law you are responsible for the nursing home bills yourself. Only after you have used up virtually all of your money, will Medicaid step in. That's because Medicaid, like welfare, only aids the poor. By some estimates, the average couple's life savings can be wiped out after only 13 weeks of nursing home care.

Rich people don't have to worry because they can afford super-expensive special nursing home insurance, while the poor are taken care of by Medicaid.

Now that just doesn't seem fair to working people with a lifetime of hard earned savings. The system they have supported with tax dollars, seems to have forgotten them. Savings intended to provided security in retirement, or help for children, can quickly go up in smoke.

The fact is, if you don't know how to protect your assets, here's what can happen to you. By law, before Medicaid will pay nursing home bills, you may have to spend all your countable assets except \$2000 (or as low as \$1500 in some states). Countable assets mean not only money in checking and savings accounts. . . but also any funds in CDs, IRAs Savings Bonds, Mutual Funds, stocks, whole life insurance, annuities and other types of investments, as well as most trust assets.

They can also take a vacation home or second car. In addition, (except for a small personal spending allowance and a health insurance payment allowance) your entire Social Security or pension check can be taken to cover nursing home expenses. What's more, if you are single or widowed, you can even lose your house.

According to the federal law called the Spousal Impoverishment Act, if one spouse requires extended nursing home care, the healthy spouse can be forced to surrender HALF of the couple's combined countable assets. And if you have a sizeable estate, they can legally take MORE THAN HALF.

Is there anything you can do to stop this nightmare from happening to you? Yes. You are protected by law and can use several legal techniques to place your countable (or vulnerable) assets into the uncountable (or protected) category. The problem is, most people are not aware of their legal rights. Unfortunately, most people think Medicare will take care of them, so they unknowingly leave their assets vulnerable and in jeopardy.

Your legal rights and many methods of protecting your money are now revealed in “How to Protect Your Financial Security.” This financial self-defense manual tells you simple legal procedures for preserving your money and warns of pitfalls to avoid. Here is some of the valuable material you learn:

- Legal ways to turn countable (or vulnerable) assets into uncountable (or protected) assets
- How to protect your house from being sold to pay your nursing home bills
- How to protect a second car or vacation home
- If you give your money to your children without following these precise guidelines, a nursing home could get your money anyhow
- What you need to know about Living Trusts
- What lawyers never tell you about protecting your will

As a hard-working taxpayer, you have a legal right to protect your life savings for yourself, your spouse or your heirs. You don't have to be rich to have piece of mind. You just have to follow the easy steps outlined in “How to Protect Your Financial Security.”

Although “How to Protect Your Financial Security” can easily save you thousands of dollars, the price is very reasonable. Right now, you can receive a special press run for only \$8.95 plus \$1.00 postage and handling. It is not available in any bookstore. It is only through this special offer on a 90 day Money Back Guarantee. If you are dissatisfied in any way, just return it in 90 days for a full refund, no questions asked.

HERE IS HOW TO ORDER: just print your name and address and the words “Financial Security” on a piece of paper and mail it along with a check or money order for only \$9.95 to: THE LEADER CO., INC., Publishing Division, Dept. FB461, P.O. Box 8347, Canton, OH 44711. (Make checks Payable to The Leader Co., Inc.) VISA or MasterCard, send card number and expiration date. Act now. Don't leave your assets in jeopardy.

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Why Drink Disease Markers From Your Neighbor's Waste?

They spread into all water including well water, bottled, purified and distilled . . . causing any problem you can name!! *Even municipalities use my patented technology with great success (see below)! Scientists say this technology is one of the most important discoveries of the century!



*Example: When neighbors complained about the horrible smell coming from a 6-acre municipal waste lagoon, they were told they would have to live with the smell. . . . It was "untreatable"! However, after adding water from my electron water machine, the smell was virtually gone within 24 hours! No other product in the world can do that! The results are phenomenal and yet we have letters on file from major universities that state they don't understand how it works in spite of the astonishing medical reports!

All I do is change the properties of water so scientists can identify my water 100 years from now . . . it's unique. These properties can also be used to prove that you have been scammed by bottled, purified and distilled water products! *They can't do the above or they would have done it!

Bottled water has an expiration date because it has other people's disease markers (regardless of purity), and treatment is needed in hot tubs and pools for the same reason. (Add some of my water and no treatment is needed!) Disease markers from your neighbor's waste travels into your well and eventually the well goes bad and this is what you have been drinking! Then you may wonder, along with millions of other people, "Where are your problems coming from"?! Other people's problems are now your problems! A young girl in Ohio has restored property values by returning over 200 "untreatable" wells to purity (including

restaurants) using only 10 gallons of my water (one time) and state inspectors pass them year after year as thousands of additional wells become "untreatable"!

Don't be fooled. A Florida distiller company sends out a book showing how water can cure problems caused by dehydration (no kidding)! How about people that have problems who aren't dehydrated?? A Gallup Poll showed many people thought erosion caused Mt. Rushmore! Are these the same people who buy these products and don't question why there is an expiration date on bottled water (regardless of purity), why wells go bad, why treatment is needed in hot tubs or why a 6-acre municipal waste lagoon developed a horrible smell (above)?? Apparently they don't understand (or don't care) that they are drinking somebody else's problems!

The results are so amazing we have more than 100,000 users and we run full page ads everywhere to all corners of the earth! It's our contribution to mankind . . . to help wipe out disease!

As you can see, the results are fantastic and we will send you literature that proves it including worldwide patents that give just enough information to get the patents without giving away proprietary secrets. Send for our free literature and, since we are not engineers or doctors, we will include medical reports showing the amazing results obtained by users.

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*Municipalities: Inquire on your letterhead and we include reports that show how to solve your problems!



Electron Water Machine™ inventor John Ellis says he's stronger now as a senior citizen than he was when he was ranked #1 in the world in the discus, above.

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