



Whole Body Health!

Fluoride Fighters Win

By Mark Anderson

SALEM, Ore.—Two fluoridation bills expired for lack of support, as the 2005 session of the state Legislature adjourned. If even one of these Oregon bills would have made it to the desk of Gov. Ted Kulongoski, a fluoride supporter, then some 2.7 million more people in 54 Oregon cities would have been served fluorosilicic acid, an EPA regulated toxic waste product, socialist style.

This is a significant victory by the anti-fluoridation people and organizations that steadfastly maintain that mass medication of the population by administering fluoride via public water supplies is almost worthless for “preventing tooth decay in children” (which the propaganda proponents have prattled for decades); but, worse, carries significant risks regarding human health.

Lynn Campbell, a writer and researcher who has been looking into the effects of fluoridation and tracking the legislative process in Oregon, is happy that the fluorocrats (bureaucrats obsessed with fluoridating everyone) were thwarted in their latest schemes to require all Oregon cities with populations exceeding 10,000 to inject fluoride into their municipal water systems.

Campbell noted the mass medicine pushers rarely come up for air. Similar pushes to get more of Oregon’s population ingesting

See **FLUOROCRATS**, Page B-4



NO FLUORIDE IN OUR TOWNS: Above, Oregon governor Ted Kulongoski, a forced fluoridation fan, isn’t applauding a recent victory by anti-fluoridation activists in his home state. Kulongoski is trying to get fluoride in every Oregonian’s home—and mouth—no matter its toxicity.

CRAIG MITCHELL/GETTY IMAGES

Anti-Vitamin E Propaganda Pernicious

Beware Media Tactics, Agenda-Driven Science

By Tom Valentine

There is a lot of balderdash about vitamin E supplementation pervading the media and there appears to be method in the madness. The distortion of vitamin E research looks like a deliberate plan to step up the unfair media criticism of dietary supplements at the same time legislation may be looming to blend the



outlandish European Codex regulations into our everyday life.

Vitamin E has been continuously pilloried unfairly, unscientifically and, of course, loudly in the media throughout the months of July and August in a coordinated blitz using agenda-driven science to viciously attack popular anti-oxidant supplements. The blitz was suspiciously timed to coincide with the CAFTA legislation and its threat of harmonization with the European Codex.

It’s the same old combination that has curbed freedom of choice in health matters before: agenda-driven science and a bureaucracy in love with power.

The medicrats want to do all your thinking and acting for you. Their message is clear: do not “self medicate,” think health or take supplements for yourself. We know what is best.

See **VITAMIN WARS**, Page B-7

Artificial Sweeteners Prove Poisonous

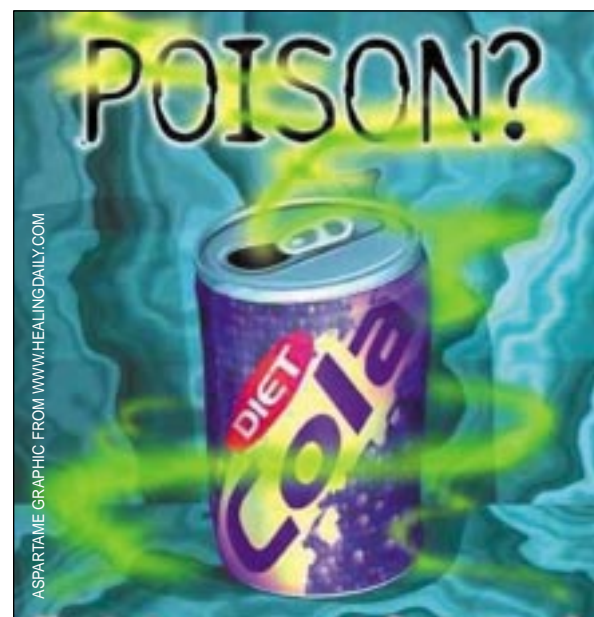
All That’s Sweet Isn’t Honey, Warn Health Advocates

By Julia Foster

Four out of five Americans now consume some sort of artificial sweetener. Aspartame, saccharin and sucralose are the most common. However, recent information indicates that these sweeteners may be more damaging to your health than previously thought. Your body is more than 10 degrees warmer than the temperature at which aspartame’s methyl ester bond breaks down into toxic chemicals, including methanol and formaldehyde. The chemical sweetener aspartame is sold under the brand name of Nutrasweet. Besides being a likely carcinogen, saccharin, which goes by the trade name Sweet ‘N Low, has a discomfiting metallic aftertaste. To some the very name saccharin sounds creepy.

But sucralose sounds even sweeter than sucrose—and it is—600 times sweet-

See **CARCINOGENIC**, Page B-6



ASPARTAME GRAPHIC FROM WWW.HEALINGDAILY.COM

Dowsing & Divining

The age-old art of dowsing has been proven to help identify underground watercourses—and dangerous toxic sites linked to cancer. Find out more. See story page B-2.



Halting Father Time

Anti-oxidants have been pegged as a major cause of aging. But is there anything you can do to slow down the aging process and re-energize yourself? Find out more. See page B-3.



Vaccines Kill

One mother thought she was doing the right thing when prodded by schools and hospitals to have her kids vaccinated. But now she has serious regrets. See story page B-11.



Dowsers Divine Link Between Disease & Geographic Locale

By Jack Phillips

The July 12 edition of *The New York Times* warned cancer patients that the coming batch of cancer drugs were going to be ultra expensive, perhaps \$100,000 per year. A recently published article in *The American Dowsers*, a publication of the American Society of Dowsers in Danville, Vt., suggests that some cancer patients might not need any drugs at all.

This article contains a translation of a report of the work of Baron Gustav von Pohl, performed in Germany and recorded in 1930 in *Zeitschrift fur Krebsforschung*, a German journal of cancer research.

With the cooperation of the mayor of the town of Vilsbiburg, von Pohl, a talented dowser, was able to locate houses where cancer deaths had occurred, the rooms and the very beds that had held the unfortunate cancer patients.

When he had finished his survey, the mayor, in the presence of witnesses, compared the local physician's death certificates with von Pohl's information and could find no error.

The mayor's official report said, in part:

It is an amazing fact that all cancer deaths in Vilsbiburg were found to have occurred to people who slept above strong radiations associated with underground streams of water. If Baron von Pohl marked a house as dangerous, he was also able to predict the room [that] was dangerous and the situation of the deathbed from outside the house. In a multi-level house he located dangerous rooms on all floors. Subsequent questionings of the descendants of the deceased, by the burgomaster or the accompanying officer, proved that the baron's predictions were correct without exception. He was even able to predict which of two beds in a room the deceased had slept in to the amazement of

everyone present. His predictions were accurate even in the case of a tower apartment, which was 22 meters above the ground. Conclusion: It is ascertained by this investigation that von Pohl has proved that cancer deaths result, without exception, in houses and/or rooms and/or beds, which lie above strong underground watercourses.

Physicians in Germany criticized the investigation saying that there were so many cancer cases in Vilsbiburg that the test was too easy.

However, von Pohl repeated his feat in Grafenau, a city with significantly lower cancer death rate. At the request of the German Central Committee for Cancer Research his work was observed by a local physician by the name of Dr. Graves.

Between 1914 and 1929, there had been only 17 cancer deaths in Grafenau when the study was conducted.

All 17 cases were found to have been sleeping over strong noxious Earth radiations. This was determined by locating underground streams associated with this radiation without prior knowledge of medical records of cancer deaths.

These investigations, unfortunately, encouraged opportunists and unqualified dowsers to offer their services to fill the demands of an uninformed public. A scandal arose, which ultimately led health authorities in Germany to pontificate that there were no cancer houses and no cancer causing noxious energy.

However some oncologists in Germany are reported to advise patients from whom they have removed cancerous tissue to find a different place to live.

In this country, about 30 years ago, a retired lawyer named Herbert Douglas became interested in dowsing and made a study of noxious energy and disease in the



OLD VERIFIED BY NEW: The ancient art of dowsing, the results verified with modern technology, has been used by experts to show that some disease conditions correlate to proximity to underground watercourses and noxious spots in the ground.

Bennington, Vt., area. He found that arthritis, scoliosis, cancer and many other diseases were associated with this energy. The local newspaper, *The Bennington Banner*, contained several articles about his exploits.

When Douglas reported his findings to health authorities in Washington, D.C., he was told that they were interesting and merited further study.

It is also reported that an upstate New York dowser, confined to a wheelchair because of arthritis, learning of Douglas's work, found noxious radiation under his bed.

As an experiment he convinced his wife to change beds with him and in about three years was walking without a cane. His wife, however, had arthritis. ♥

Jack Phillips is a writer who lives in Massachusetts. He has a degree in chemical engineering, is an emeritus member of the American Chemical Society and is a member of the society of Sigma Xi. Much of the information for this report came courtesy of the Christopher Bird Research Center.



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Re-Energizing Naturally

By Jack Phillips

The conversion of food into energy that your body cells can use has its final steps in their mitochondria. These organelles act like tiny furnaces where sugars and fats are combined with oxygen to produce energy-rich compounds your body uses to perform its functions.

In the process lots of highly reactive oxygen compounds called superoxides are generated. Your body also generates antioxidant enzymes designed to quench these free radicals before they can do much harm.

Unfortunately, your production of these internally produced antioxidants diminishes with age, and, ultimately, help is needed to keep up with the mitochondria's output.

The most important of these is called superoxide dismutase (SOD), and it works in combination with catalase. SOD converts superoxide into hydrogen peroxide, and catalase converts this into oxygen and water.

In 1968 Prof. Joseph McCord at the University of Colorado isolated SOD, and since then much research has been directed at the problem of replacing it in people who lack sufficient amounts of it.

While liver and other animal tissues were found to be good sources of SOD, it couldn't survive passage through the acids and digestive enzymes in the stomach and bowel. Consequently it had to be injected into the body. While this method has a long history of effectiveness in reducing oxidative stress, it is both expensive and inconvenient.

Fortunately a French company, Isocell Laboratories, has successfully combined SOD, derived from an ordinary melon, with a substance called gliadin, derived from wheat, to form a compound capable of surviving a trip through the digestive system.

The product is called GliSODin, and it is both FDA approved and available from several sources in the United States. ♥

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Fluorocrats

Continued from Page B-1

fluoride took place in 1995, 1999, 2001 and this year. All were defeated. So, she fully expects the fluorocrats to try again early in 2007.

The fluorocrats used a tricky tactic to turn a generic water bill into a Trojan horse by inserting new language transforming it into fluoridation bill.

They steered it to the House Election and Rules Committee, an inappropriate place for such a bill, because some of its members seemed more hospitable to fluoridation, Campbell said.

Thanks to alert citizens, Oregon remains, along with New Jersey and Hawaii, among the least fluoridated states.

Finland, Sweden and Holland, advanced countries that refuse to pollute their water supplies with fluoridated poisons, cut tooth decay rates by 92 percent, 82 percent and 72 percent respectively over the past 20 years. While in the super-fluoride saturated U.S., public health dentists barely cut rates by 50 percent over the same period (since 1984).

Compared to Europe, America is behind the times, where even the comparatively few cities that experimented with fluoride are phasing it out. America stands as an anomaly among nations, with too many uninformed Americans believing the big lie, repeated over the last 50-plus years, that "fluoridation is safe, effective" and universally used. Overwhelming unbiased, scientific evidence demonstrates it is neither safe nor effective.

"It is difficult to conclude *a priori* that teeth which spontaneously pit are stronger teeth. Further data suggest that the effects of fluorosis are not merely discoloration and pitting, but fracturing, caries and tooth loss as well, it is difficult to conclude that such effects are not adverse." (Director of

Evidence presented at the First Citizens' Conference on Fluoride showed that fluoridation damages the brain, increases levels of lead in children's blood and therefore leads to behavioral disorders and brain damage.

EPA's Office of Drinking Water, Victor Kimm; Memorandum to William Ruckelshaus, 7/26/84)

Campbell, whose writings delve into fluoride's effects on the human body, recently wrote, in an article posted on the website of the Fluoride Action Network: "It is well documented that rates of dental fluorosis, defined by *Tabler's Medical Encyclopedia* as 'chronic fluorine poisoning,' have been climbing dramatically in the U.S. and are significantly higher in fluoridated communities."

Fluorosis, a permanent damage to teeth that appears as spotting, striping, pitting and/or staining, is "clear, visible evidence of excessive exposure to fluoride while a child's teeth were developing," Campbell noted. "Even the dental community agrees that fluoride doesn't protect the chewing surfaces of teeth from 'pit fissure and decay,' which accounts for almost 90 percent of decay in children's permanent teeth. Sealants work, and that's why they're being used."

ACUTELY TOXIC

Like lead, fluoride accumulates in the body. It's considered more acutely toxic than lead. Numerous state regulations governing rental housing warn of the dangers of children ingesting lead paint chips. But somehow it's OK to justify the ingestion of fluoride by anyone of any age on the basis that it helps "the children."

Furthermore, the FDA recently told a congressional sub-

committee that "it has never even reviewed (let alone approved) the safety and effectiveness of any fluoride-containing product meant for ingestion for the purpose of reducing tooth decay," Campbell noted, adding, "So, if fluoride works topically, and systemic (ingestion) forms do not have FDA approval, why would we implement a systemic form of delivery, with no control over dose, through the water supply?"

The Physicians Desk Reference acknowledges that some people are hypersensitive to fluoride, which appears to affect about 1 percent of a population. In Oregon, that would be 34,200 people. Not to mention that there is evidence that fluoride's presence in water systems is raising toxicity levels in salmon.

Evidence presented at the First Citizens' Conference on Fluoride recently held in Canton, New York, showed that fluoridation damages the brain, increases levels of lead in children's blood and therefore leads to behavioral disorders and brain damage. It also showed that humans are accumulating fluoride in their bones, that fluoride's toxicity is systemic in the human body, and that the current safe drinking water standards for fluoride were fraudulently authored by officials at the Environmental Protection Agency who were pressured.

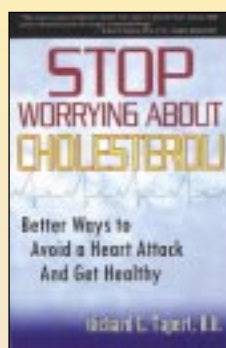
These findings were presented by a variety of scientists and researchers, including a senior EPA scientist and a doctor of the Forsyth Dental Center. Both of these individuals have been fired and have had their careers jeopardized after participating in this conference.

Moreover, there is strong evidence of a link between fluoride and numerous health problems including osteoporosis and a rare form of bone cancer in adolescent boys known as osteosarcoma. (See more on page B-5.)

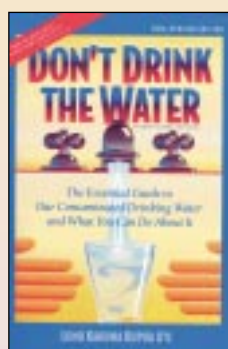
AFP correspondent Mark Anderson can be reached at the website truthorelse@msn.com. He specializes in domestic issues of import to American patriots as well as alternative health issues.

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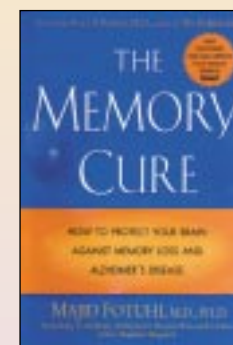
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Fluoride's Side Effects Ignored

By Ralph Forbes

Establishment hacks, serving junk science, spout that fluoride is good for your teeth and bones. So good, that for a short while fluoride was used a treatment for osteoporosis, until reality exposed the dark side of the therapy: Fluoride intake of 20-40 mg/day can inhibit the important enzyme phosphatases, needed for calcium utilization. Fluoride thickens but weakens bones. The bones may get thicker but they become more brittle or develop bone spurs.

Although fluorine may thicken bones, the bones are not any stronger. The new bone is weaker. [JAMA, *New England Journal of Medicine*, 32, #12, (1990):802-09]

It not only weakens the structural system but side effects include frequent gastric irritation and nausea. Sometimes, the patients developed painful bone deformations. [JAMA 243:466, 1980]

In four separate studies, increased hip fracture rates are linked to fluoride in the water. The latest study calculated an 86 percent increased risk for people over 65 who have been drinking fluorinated water. [JAMA, 1990-1995]

Mayo Clinic researchers reported that fluoride treatment of osteoporosis increased bone fracture rate and bone fragility. [JAMA, March 22, 1990]

Fluoride puts both men and women at risk for osteoporosis, but it also increases the rate of painful, deadly bone cancer in young boys.

Since 1990, the National Cancer Institute, the New Jersey Department of Health, and the Safe Water Foundation all found that the incidence of osteosarcoma (a type of bone cancer) was substantially higher in young men exposed to fluoridated water as compared to those who were not.

So the fluoridationist zealots cheered a report published by Chester Douglas that claimed the odds of developing osteosarcoma, a form of bone cancer, after drinking fluoridated water was "not statistically different" than the risk from drinking non-fluoridated water.

However, the cheering stopped when one of Douglas's doctoral students, Elise Bassin, published a thesis using his own data that concluded: "Among males, exposure to fluoride at or above the target level was associated with an increased risk of developing osteosarcoma. The association was most apparent between ages 5-10, with a peak at 6 to 8

years of age." Patients with the cancer live an average of three years after diagnosis.

Richard Wiles, senior vice president of the Environmental Working Group, told the British newspaper *The Observer*, "I've spent 20 years in public health trying to protect kids from toxic exposure. Even with DDT, you don't have the consistently strong data that the compound can cause cancer as you now have with fluoride."

"The safety of fluoride in America's tap water is a pressing health concern . . . the weight of the evidence strongly supports the conclusion that millions of boys in these [fluoridated] communities are at significantly increased risk of developing bone cancer as a result."

"The Harvard dissertation . . . obviously had merit because Bassin was awarded her doctorate," writes *The Observer*.

Now federal investigators and Harvard University officials are probing whether Chester Douglass, a professor at the Harvard School of Dental Medicine, buried research signifying a link between fluoridated tap water and bone cancer in adolescent boys.

The National Institute of Environmental Health Sciences, which funded Douglass's \$1.3 million study, and the university are investigating why the epidemiologist told federal officials he found no significant correlation between fluoridated water and osteosarcoma, a rare form of bone cancer.

Douglass also is editor in chief for the industry-funded *Colgate Oral Care Report*.

"It appears Douglass violated federal research rules. Fluoride safety is a major public health issue, and a Harvard professor potentially falsifying public research results has huge public health implications," said Wiles, who added that Douglass's role in editing a newsletter funded by Colgate-Palmolive Co. "creates the appearance of a conflict of interest."

Coming issues of your *AFP Health Supplement* will inform you of real science that both prevents and reverses osteoporosis. ♥

Ralph Forbes is a political activist and writer based in Arkansas. Contact Forbes at justrite@ipa.net or write him a letter at P.O. Box 88, London, AR 72847.

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Carcinogenic

Continued from Page B-1

er than common table sugar. The brand name Splenda is a mnemonic suggesting vibrant splendor.

And the "lose" suffix at the end of the artificial name suggests the more of this sweet stuff you ingest, the more weight you'll lose.

However, Sucralose is so alien that the body doesn't recognize it as a sugar—or any sort of nutrient. But it's not calorie-free. It's bulked up with dextrose and maltodextrin until it has 25 percent of the calories of sugar.

Splenda became the nation's No. 1 selling artificial sweetener almost overnight. Between 2000 and 2004, the percentage of U.S. households using Splenda products jumped from 3 to 20 percent. In a one-year period, Splenda sales topped \$177 million compared with \$62 million spent on aspartame-based Equal and \$52 million on saccharin-based Sweet 'N Low.

Sucralose is "made from sugar, so it tastes like sugar," or so the slogan claims.

Sucralose is touted by its manufacturers as "the most natural of all artificial sweeteners," but that claim "has more to do with clever marketing than with chemistry," says Eric Walters, a biochemist at Rosalind Franklin University of Medicine and Science in Chicago.

DANGEROUS BREW

Sucralose might start from sugar, but its chemical structure is ominously different: Sugar, or a sucrose molecule, is a disaccharide that contains two single sugars, glucose and fructose, bound together. It has three pairs of oxygen and hydrogen atoms. But synthetic sucralose is a chlorinated fructo-galactose molecule with three chlorine atoms.

Truckloads of sugar are transmogrified into sucralose, a halogenated synthetic chemical, by a five-step complex chemical process, using the chemicals chlorine and phosphene gas, in a well-guarded and infamously enigmatic chemical refinery in Alabama.

Splenda bears more chemical similarity to DDT (both are organochlorines) than it does to sugar. Fat-soluble substances, such as DDT, can remain in your fat for decades and devastate your health. The U.S. Environmental Protection Agency (EPA) has found dioxin, another toxic byproduct of chlorine, to be 300,000 times more potent as a carcinogen than DDT.

These chlorinated contaminants are also hormone disrupters because they mimic estrogen. The EPA has observed and documented hormonal imbalance, suppressed immune systems, reproductive infertility and alterations in fetal development of animals.

Dioxin has been linked to endometriosis, immune system impairment, diabetes, neurotoxicity, birth defects, decreased fertility and reproductive dysfunction in both women and men.

Dr. Joseph Mercola found from the research, which is primarily extrapolated from animal studies, that you will absorb an average of 15 percent of the sucralose into your digestive system. The sucralose is then stored in your body.

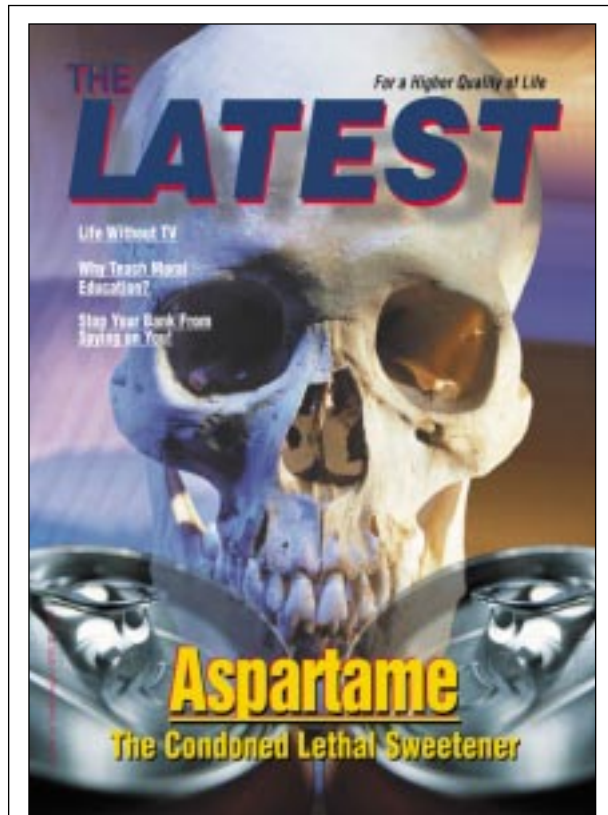
In one human study, according to Mercola, one of the eight participants did not excrete any sucralose even after three days. Clearly his body was absorbing and metabolizing this chemical.

Because sucralose's chlorine atoms carry a stronger charge than the oxygen atoms they replace, it locks into the cell's receptors even stronger than sucrose, creating an excitotoxin-like addiction affect: Bet you can't stop with just one little 1,6-Dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside.

The best known excitotoxins are the excitatory amino acids that can produce lesions in the central nervous system similar to those of Huntingdon's chorea or Alzheimer's disease.

Excitotoxicity is thought to contribute to neuronal cell death associated with stroke. ♥

Julia Foster is AFP's office manager and a longtime advocate of natural health and folk remedies. She presently resides in Calvert County with her husband Gene, a firearms enthusiast and 2nd Amendment activist. She can be reached at AFP, 645 Pennsylvania, Suite 100, Washington, D.C. 20003.



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Vitamin Wars

Continued from Page B-1

There are two wrongs in the anti-vitamin E propaganda. First it is a statistical lie, and second, when it comes to modern vitamin E supplements, the difference between the singular "alpha" tocopherol fraction, whether natural or synthetic, and the complex of all the fractions (gamma, beta, delta) is virtually night and day.

One would think the scientific community would keep up with advances in dietary supplements, but since they follow the agenda, they choose ignorance.

On July 19 the following headline blazed across the widely read *Forbes* magazine (forbes.com) web site: "People Not Heeding Vitamin E Warnings."

The article reads in part: "Many Americans still take high daily doses of vitamin E despite mounting evidence that the vitamin offers no health benefit and could be dangerous, a new study finds."

The reality is, however, the evidence is barely "suggestive" and the scare tactic headline is uncalled for.

It continues: "The researchers found that just over 11 percent of American adults routinely consume at least 400 IUs of vitamin E on a daily basis. Another 26 percent of American adults take supplements that include lower amounts of the vitamin.

"Reporting in the July 19 issue of *Annals of Internal Medicine*, the authors referred to a range of recent studies that suggested vitamin E supplementation in doses at or exceeding 400 IUs increase the risk for premature death from chronic illness such as heart disease and cancer."

Since heart disease and cancer are the two biggest killers in our society, and since most victims of such disease are not only on a drug regimen that features many side effects, and since such patients are known to be desperate and willing to try anything, this information is deliberately misleading.

Chemotherapy increases the risk of premature death in cancer. A number of well-known drugs increase the risk of sudden death in heart disease patients.

Also, what were the levels of trans fatty acids consumed every day by these test subjects? How much smoking and drinking were involved? What kind of pesticides and pollutants were in the environments of these people?

Since the researchers cannot be sure about the variables

and cannot conclude that numbers of deaths were influenced by vitamin E supplements, they cover their weak findings with the word "suggested."

"Basically, what we're trying to do is let folks know that many Americans are still consuming too much vitamin E, and that too much is really not that good," said study co-author Ali H. Mokdad, of the Chronic Disease Center at the Centers for Disease Control and Prevention in Atlanta.

Are Americans supposed to abandon the thousands of studies showing clinically verified metabolic benefit to taking vitamin E? Are we supposed to do this at the "suggestion" of so-called analytical studies using dubious questionnaires from thousands of sick people? These studies were conjured up at a time when dietary supplements are under potent medical monopoly and bureaucratic attack.

High quality dietary supplements remain the best way for Americans to cope with the failings of our culture and its denatured foods. This fact is so obvious that supplements are driving the monopolists to resort to dirty tricks. ♥

Tom Valentine is the founder of Carotec Health Club. Find more about Valentine on the web at www.tomvalentine.com.

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Establishment Lies Can Kill



By Ralph Forbes

"Vitamins Make No Difference!" "Researchers Question Vitamin Pills' Worth!" "Multivitamins Don't Prevent Infections in Older People!" "Senior Citizens Who Take Vitamin and Mineral Supplements in the Belief That They Will Prevent Infections Such as Colds and Flu Are Wasting Their Money!"

These are just a few of the headlines screamed around the world by the establishment press in response to a report by Dr. Alia El-Kadiki and Dr. Alex Sutton published in *The Lancet* (April, 2005). [*British Medical Journal* 331: 324-29, 2005]

What the establishment news media did not tell you was that the BMJ website was besieged by irate doctors and scientists reacting to the sensationalist article. They tore apart the validity of the report and exposed it as junk science. (See "Conflict of Interest?") At least half the people admitted

they didn't even bother to take their supplements! Most of the criticism dissected the methodology, statistical formulations, study criteria etc, in very technical terms.

This systematic review and meta-analysis by El-Kadiki and Sutton includes a study by Ranjit K Chandra ("Effect of vitamin and trace-element supplementation on immune responses and infection in elderly subjects." *Lancet*, 1992; 340:1124-7). The validity of this study has been questioned (*BMJ*, 2004; 328:67). A follow-up report to this study was recently retracted, also because of concerns about its validity (*Nutrition* 2005;21:286).

Real science knows there are at least 100 nutrients that work together in concert. Most diets today are sorely lacking in many important vitamins and minerals. So what were the supplements they tested? Vitamin C. To maintain adequate blood levels of this water-soluble antioxidant you should have 500 milligrams of vitamin C taken five times a day. If you are challenged by infection etc, you, of course, need more. The multivitamin used in the study provided only 60 milligrams of "vitamin C," only 2.4 percent of daily requirement. (Lifeless ascorbic acid is not vitamin C, con-

trary to establishment pseudo-science.)

Vitamin E is generally taken for cardio help, but as a side benefit 200 mg of vitamin E significantly reduces the incidence of the common cold among older Americans. [*Ann. New York Academy Sciences*, 1031:214-22, 2004] The multivitamin used in the study provided just 10 milligrams of vitamin synthetic "E"—1/20th of what you would need to have any effect.

To provoke a favorable response in the immune system takes 300-600 mg of pantothenic acid. The multivitamin used in the study had only 6 milligrams, 1-2 percent of needed pantothenic acid.

Selenium, an essential trace mineral for the human immune system, helps prevent the mutation of viruses that can lead to fatal influenza infections. [*Journal American College Nutrition* 20: 384-88S, 2001] The multivitamin failed to provide any selenium.

And so on down the pitiful list.

Generally, the older one is the less stomach acid they produce. Could these people even assimilate even the RDAs ("Ridiculously Deficient Amounts") of the so-called multivitamins? Were they provided supplemental HCL?

This sham study of multivitamins is reminiscent of the recent bogus bogeyman story to con people into imagining that vitamin E would kill them.

Why does the mass media love to spread these sensational sham science stories? Do inquiring minds really want bunk? Or could it be something more sinister? Follow the money.

Do you watch TV news? Are you bombarded with ads telling you to ask your doctor if little pills—that can give you headaches, hemorrhoids, strokes, blindness, *ad nauseam*, or kill you—are right for you? Could the ever-failing "news" industry be pandering to those who keep them on the air?

After voices, such as *American Free Press*, cry loud and long enough; after enough victims die or are harmed irreparably, then rarely the establishment media will finally expose one of the multitude of health rackets and scams that are killing millions. Your supporting this voice of truth can not only save your life, but who knows how many others will owe their life and health to you for your part in maintaining a free news source that tells the truth without fear or favor? ♥

Writer and activist **Ralph Forbes** is based in Arkansas. Contact Mr. Forbes at justrite@ipa.net or send him a letter at Ralph Forbes, P.O. Box 88, London, Ar 72847. His research findings into the link between the "autism epidemic and vaccinations have ruffled some feathers among the medical establishment. If you have additional information about the link between autism and vaccinations, please send an email to Mr. Forbes at the above email address.

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Organic Products Still Best for You

By Tom Valentine

New information on the benefits of eating organically grown food is rolling in over the transom all the time. New research shows that the nutritional value of organic meat and produce is greater than commercially produced food.

A study from the United Kingdom's Soil Association indicated organic milk produced significantly more nutrients than standard dairy processed milk.

The organic milk proved to have 50 percent more vitamin E complex, 75 percent more beta-carotene and about three times more lutein and zeaxanthin than regular dairy production.

This should not be a surprise to folks who prefer and value organic production. The Organic Center (organic-center.org) internet service posted the results of a "state of the science review" wherein research shows in 15 out of 13 crop comparisons, the organically grown products were generally 30 percent richer in phenolic compounds, the molecules that provide antioxidant protection to human metabolism. In fruits and vegetables more of these substances is definitely better.

The review indicated that growers using compost, cover crops and slow release forms of nitrogen instead of commercial fertilizers obtain an across-the-board higher production of phenolic compounds in the crops, and the added benefit of no pesticide residue speaks for itself.

In Denmark, a feeding test with laboratory rats saw increased health benefits for those fed organic food over minimally fertilized crops grown for the study.

Three dozen animals were used in the study—a dozen in each group. All three groups were fed identical amounts of potatoes, carrots, peas, kale, apples and rapeseed oil (canola). The animals fed the organic vegetables and oil proved to be measurably healthier.

Dr. Kirsten Brandt of Newcastle University said: "The difference was so great it is unlikely to be random." ♥

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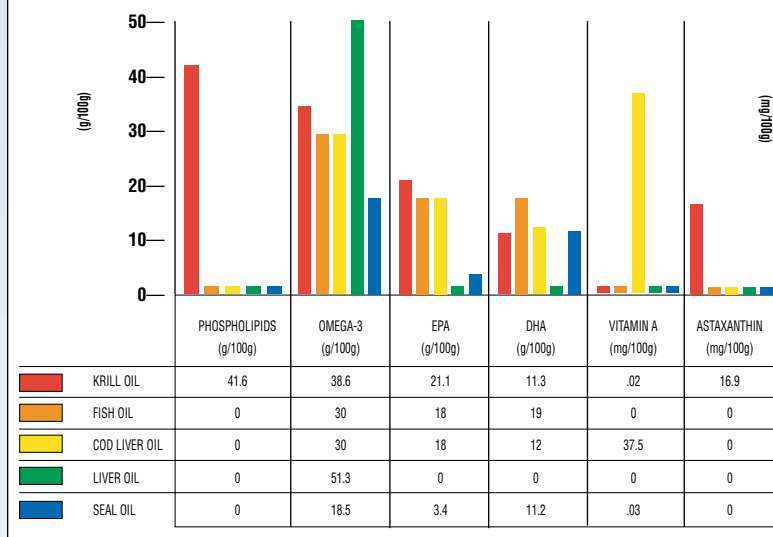
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Carotec's Krill Oil vs the Others



Cancer Fighting Nutrient Banned

By Ralph Forbes

Peter Jennings, one of the big three telecasters of the latter half of the 20th century, became news himself when he passed away from lung cancer. The collateral news coverage gave the media the opportunity to extol the wonders of chemotherapy, radiation and surgery.

According to emedicine.com's mortality/morbidity tables, compiled from "the largest and most current clinical knowledge base available to physicians and other health-care professionals":

- Lung cancer is the cause of 921,000 deaths each year worldwide, accounting for 17.8 percent of cancer-related deaths.

- Lung cancer is highly lethal, with the highest recorded 5-year patient survival rates (14 percent) observed in the United States. In Europe, the 5-year overall survival rate is 8 percent, similar to that of the developing world.

- Estimates suggest that approximately 156,900 lung cancer-related deaths will occur this year in the United States (89,300 men and 67,600 women).

Most Western countries have encountered a disturbing trend of increasing prevalence in women and younger patients.

Jennings sat at the hub of news channels from around the globe, but did he ever see a copy of *Whole Body Health*, the alternative health newsletter published by *American Free Press*? If so, would he have read it?

If Jennings was aware of important suppressed news, would he have done what the doctors said or would he have done what they privately would do for themselves and their families?

In 1986, scientists from Canada's McGill University Cancer Center sent a questionnaire to 118 doctors who treated non-small-cell lung cancer. More than three quarters



Left, the MGN-3 advertising efforts of Lane Labs have been brought to a halt in the United States due to a court order. Why?

of them recruited patients and carried out trials of toxic drugs for lung cancer. They were asked to imagine that they themselves had cancer, and were asked which of six current trials they themselves would choose.

Of the 79 respondents, 64 (81 percent) said they would not consent to be in a trial containing cisplatin, a common chemotherapy drug. Fifty-eight (73.4 percent) found all the trials unacceptable.

Why?

First was the ineffectiveness of chemotherapy; and second was its unacceptable degree of toxicity.

In a similar 1989 study famed German biostatistician Ulrich Abel, Ph.D., also found that "the personal views of many oncologists seem to be in striking contrast to communications intended for the public."

There are a host of similar facts that should have been known and reported by journalists eager to find and report important news. But in spite of the news blackout, more and more people are discovering safer and more effective ways to take responsibility for their own lives and health.

One such person in my family is "Ernie."

In 1996, in terrible pain, bleeding from his nose and mouth, he was diagnosed with squamous cell cancer of the

lung. He was not in that "caught early enough" stage where he might have an 8 percent to 14 percent chance of surviving. They told him he had no choice: a pneumonectomy—the removal of his entire left lung—immediately, or die.

While visiting with some Amish friends they told him of a doctor who had great success treating people with all sorts of conditions, including lung cancers, by less drastic, more natural procedures.

With nothing to lose he made an appointment. He decided to opt for this instead of surgery to remove his entire lung.

One of the key things to his recovery was MGN-3, a rice-bran extract, proven to boost the function of NK ("natural killer") cells in the human immune system. It was developed in Japan.

His hopes were encouraged, as he became friends with two other patients who had inoperable brain tumors. They were also taking this same nutrient and their tumors disappeared entirely.

While Ernie began getting much better, there was evidence of some residual cancer, so in 1997 he went to the Mayo Clinic for a lobectomy, the removal of one of the lung's lobes. At the least he had saved most of his left lung.

Even though a side effect of cancer surgery is often metastasis, all evidence of the cancer was gone. So he stopped taking the MGN-3.

A few years later, a small spot was found during a check-up. Mayo wanted him to submit to surgery again as soon as possible.

Ernie resumed taking the MGN-3, and all traces of the spot disappeared, amazing the good folks at Mayo.

By word of mouth many others were helped. MGN-3 is a food that helps to enhance the immune system. Apparently, some people's immune systems were so strengthened their bodies successfully fought off the cancers. In their exuberance they innocently called it a cancer cure.

Lane Labs had the exclusive rights to sell MGN-3 in the United States. In July of 2004, however, a U.S. district judge issued a permanent injunction against Lane Labs, blocking it from selling the products, and mandating that it repay customers who purchased the products.

Because of a technicality, those people who took this vital nutrient were deprived of a nutrient that they believe greatly blessed their lives. Some of the ingredients in MGN-3 were essential glyconutrients, so Ernie is glad to have found a way to get glyconutrients—after being deprived of his MGN-3 for a year.

Wouldn't it be great to turn on the TV some night and hear one of the talking heads announce: "The FDA and the medical establishment admit Granny was right. Rediscovering what she knew has led to a wonderful new discovery that saved my life. And it can save millions of others, too—perhaps yours." ♥

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Vaccinations Killed My Kid

The following contains excerpts from an interview with April Oakes conducted by Greg Ciola, the editor of Crusador health magazine. The advice is clear . . .

By April Oakes

My first child, Casi, was a victim of the vaccination program. I thought I was being a good parent when I held her down while she was being vaccinated. Today, one child in 150 is labeled "autistic," and there is a great deal of evidence showing that vaccines play a role in the cause.

Casi died on June 13, 1999, and since her death, I've made the commitment to warn the world that vaccines are both worthless and dangerous. Everything we've been told about them is simply not true.

One of the most blatant lies is, "no shots, no school, no kidding." What a cruel joke. The truth is there are exemptions in 48 of the 50 states.

Another glaring lie is that vaccines have eradicated certain diseases. Most of these diseases were being eradicated before the introduction of vaccinations.

In honor of my angel, I'm now the president of a non-profit organization, the Autism Autoimmunity Project (TAAP). We are a non-profit charity dedicated to obtaining funding for independent research into the cause, treatment and prevention of autism and other autoimmune disorders.

By educating parents about the dangers of vaccines, I'm hoping to prevent the pain and suffering that other parents could experience if their child is damaged or, worse yet, killed because of vaccines.

I noticed that Casi was injured after her first vaccine (hepatitis B), which she was given when she was two weeks of age. The things that I've learned about the hepatitis B vac-

cine since then are just amazing.

From early on, my daughter had what's called hypotonia, low muscle tone. The more rounds of vaccines she received, the more we noticed the hypotonia. She didn't develop normally. Every time she received a round of vaccines she was in more of a stupor. So, it wasn't a specific vaccine to which she had a reaction, it was the cumulative amount of vaccinations that prevented her from developing normally.

We took her to every specialist possible to try to get answers, and no one could help us. So we set out to do our own homework about vaccines and soon came to realize the dirty little secrets about vaccines and the ingredients they contain—heavy metals, mercury, formaldehyde, aluminum, aborted fetal tissue, animal viruses etc.

I lost a fully vaccinated child. Currently my seven-year-old son is still unvaccinated and has never even had an ear infection. I feel it's important we wake the world up to the fact that vaccines don't work.

After Casi passed away, I became inspired to merge mainstream medical doctors with the more "progressive-minded" medical doctors (in other words, doctors who know how damaging vaccines really are).

Dr. Andrew Wakefield is one of the most progressive medical doctors I know. He is a formally trained gastroenterologist from London, England. Over 600 people came to hear him present his research in Fort Lauderdale, Fla., in a lecture sponsored by our organization. When Wakefield showed attendees how children get injured from vaccines, he got the ball rolling for our organization.

My dream became a reality. Casi's death would not be in vain. People listened to Wakefield and woke up. ♥



ABOVE: April Oakes, left, and friend Kim.

You can reach Mrs. Oakes by writing TAAP, PO Box 293144, Davie, Fla. 33329 or by calling 954-583-4860 or 800-939-TAAP (8227). You can also visit the group's web site at taap.info. For information about exemptions in your state, see vaclib.org/exemption.htm. For the full interview, visit Crusador magazine's web site, located at healthliesexposed.com/archives.

Greg Ciola is the editor and publisher of Health Crusador magazine in Orlando, Fla. His company, Crusador Enterprises, stocks a full spectrum of quality health products and books.

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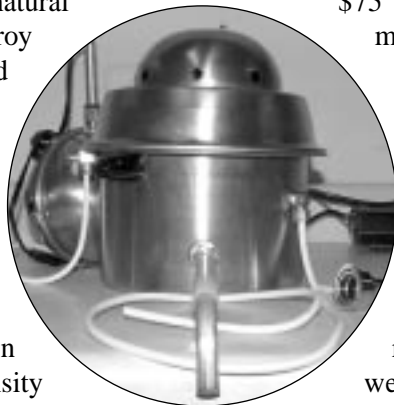
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This process destroys the markers of every disease imaginable from the recycled waste of former users (the waste of civilization)! The purest water has these disease markers (if the above isn't enough). That's why the purest bottled water has an expiration date and has to be treated in a hot tub! Don't treat the water, and the horrible smell tells you the markers are there! Water purifiers and bottled water are "approved" because labs don't test water properties! We are treating the air because most of the things you find in water are also found in the air! What do people think they are breathing on a windy day? Instead, they test the TDS, the O-R potential, etc., and spread disease anyway! They never get our results.

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ease markers that depress the immune system and eventually show up as "old age" problems. Here is why we have no competition: The resultant water from our little machines, for home or industry, has so much power, manufacturers buy them, add a little to purified water and sell it for \$45 to \$75 per gallon straight from the machine! We will send you medical reports from medical doctors that tell you why!

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