

YOUR GOOD HEALTH

the newsletter with Dr. John McDougall

Mr. and Mrs. President: Where Are The Incentives To Be Healthier?

Many of the principles set forth in the new health plan are noble and humanitarian. But, a health care system that removes incentives to improve health and fight disease will further ruin our country, and the health of its individuals. Modifications in Clinton's plan must be made to instill a burning desire in everyone to become a healthier nation. Nothing motivates more strongly and consistently than money.

PREVENTION IS A TOUGH SELL

Clinton's new health-care plan calls for more programs designed to prevent illness and to intervene early in the course of an illness. Prevention is a great idea, but hard to get people's interest, because most people believe they are invincible. "Heart disease and breast cancer happen to somebody else, not to me. It doesn't run in my family." "If I'm feeling good right now, why should I change?" Besides, the plans proposed for preventing disease are too few and too feeble to make a real difference.

When we become ill, when faced with the prospect of disability, a lifetime of expensive medication with unpleasant side effects, painful surgery, and/or premature death, we become true believers in the importance of taking care of ourselves. I've heard many people say, "I'd eat cardboard to get out of this one." Therefore, a successful health care system must emphasize efforts to resolve our present health problems; most of which are caused by an unhealthy diet and lifestyle.

The past ninety years of scientific research have shown the best therapy for most chronic diseases is to remove the cause. For example, a chronic cough and wheezing are stopped soon after the smoker quits his pack-a-day habit; the sores of atherosclerosis begin to heal when the patient stops shoveling loads of cholesterol and fat into his artery walls. Educational programs must be supported by the new health plan to inform people of alternatives to the present costly medical system. Treatment programs designed to help people make these changes in destructive behavior must be enthusiastically backed by the health plan. Eager payment for such services must be a critical part of the new insurance plans.

TAX BAD HABITS

If people became healthier, fewer taxes would be collected from medical businesses: doctors, clinics, laboratories, hospitals, drug companies and hospital supply firms. This is no small amount of money, since medical care now amounts to 15% of the Gross National Product. These tax dollars must be made up from other sources. "Sin Taxes" have been suggested such as a tax on tobacco and alcohol and guns that cause costly injuries. This makes common sense, but must be extended to include some of the worst offenders. Taxes on rich foods including meat, poultry, fish, shellfish, dairy products, vegetable oils and most refined foods—the major cause of death and disability in this country—could support the new health care plan as well as the bulk of other government non-medical programs.

The new taxes could be "earmarked" so they are more closely linked with the diseases they cause. A pack of cigarettes could be printed with "Disease Tax: Lung Cancer and Emphysema". Alcoholic beverages could read "Disease Tax: Auto Accidents and Cirrhosis". Dairy products and egg cartons might be stamped with "Disease Tax: Strokes and Heart Attacks". Refined foods should say "Constipation Tax", while beef could indicate "Disease Tax: Prostate Cancer". Next to the words shouting "no cholesterol" on

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vegetable oils, you would find "Disease Tax: Breast Cancer". Some of the monies collected from each tax should be directed to the prevention and treatment of that particular disease. Of course, non-taxed foods would be the starches, vegetables, fruits and possibly health-promoting goods, such as exercise equipment.

REWARD HEALTH

The possibility of losing health insurance is a strong motivating force for individuals improving one's health. Unfortunately, Clinton's health plan will insure you regardless of your condition and health habits. I believe every American should be covered, just like we are treated equally under the law in this country. But, that doesn't mean we're all equal. Nor should we all pay the same for this basic health coverage.

Clinton's plan should be improved by offering incentives to be healthier: a price reduction for non-smokers, people consuming a low-fat, primarily vegetarian diet, using little or no coffee and/or alcohol, and consistently wearing safety belts.

At the same time, this plan does not need to penalize unfortunate people with serious disease as long as they are making efforts to improve their situation. For example, when a smoker with emphysema quits smoking, his premiums ought to be reduced. When people on ulcer medications quit coffee and junk food, they pay less. Those with coronary disease who give up bacon and eggs and go for a daily walk will benefit with reduced monthly health care payments.

HEALTH=PROFIT

Under the present insurance system, companies pay more for sick employees. If you are self-insured, the costs are direct. If you buy your coverage from an insurance company, high users of the health care system cause your rates to increase considerably—possibly making the difference between a profit and a loss for the year. This is a strong incentive for risk management programs such as stress management, exercise facilities, alcohol and substance abuse rehabilitation and nutritional education.

Under Clinton's new plan, companies will be charged the same insurance rates for each employee regardless of usage of medical care services. Clinton's health plan must be modified to keep companies intensely interested in the welfare of their employees, by variable premiums based upon employee usage. Tax breaks instituting health-promoting programs would be an added incentive. For example, programs that encourage mothers to continue breast feeding by providing on-site nurseries and private areas and time for pumping breast milk to be fed later, should be built with tax free dollars, because the risk of serious illnesses is 3 times less in breast fed infants during the first year of life. In addition to health-care costs saved, lost time from work would be reduced. Employee cafeterias offering healthy meal plans to their employees should be encouraged by government subsidies.

MOTIVATE DOCTORS AND HOSPITALS

Presently, as a doctor, the sicker you are, the more money I make. The more X-rays I order, the more office visits you pay for, the more surgeries I perform on you. All this is paid out of your pocket directly, or by your insurance company. What is going to be different under Clinton's new system? The doctor will still be paid

for doing things for (to) you. The only difference is the government will now have some control over the insurance companies. This could backfire. This government control will likely result in the doctor making less for each treatment, therefore, he will have to treat you more in order to maintain the same standard of living.

The only remedy to this problem, is to reward the doctor for your well-being. Give a hospital, a clinic, and a doctor a specified number of patients that will be their responsibility. Then give them a set amount of money to care for these people. All monies left over will be kept by the provider. First, providers will try to save money by cutting corners on health care. Next, they will stop paying for useless medical treatments. Finally, they will discover the way to really save money is to reduce the commodity—the sick patient. Under this

plan, your doctor will be over to see that you're eating your oatmeal for breakfast, visit you in the afternoon to see that you went for your daily walk, and if you are caught smoking again, your doctor will personally escort you to the "quit smoking class". Otherwise, your bad habits will be costing him money.

By law, hospitals should be required to serve decent food to patients—just like the government regulates the school lunch programs. Right now, foods served are the very ones that bring the patients in for treatment in the first place. At the very least, the new government controlled insurance programs should refuse to pay for foods determined to be disease-promoting such as meats, poultry, fish, eggs, dairy and refined-processed foods served in most hospitals these days.

A HUMANITARIAN SYSTEM

Clinton's health plan is humanitarian, but its noble goals can only be accomplished by a system that provides financial incentives for good health. Health-care is a right and every American should be covered—not just the rich and the presently healthy. The new health-care system must be simplified to lower administrative costs. Inefficiency and waste should be minimized, and the quality of care increased. People should have as much choice as possible in their doctors and doctors should have choices in how to practice medicine, within reasonable limits.

One of the biggest concerns of critics of Clinton's health-care plan is where will you get the money to pay for universal coverage? A system based on making health profitable for the government, businesses, insurance companies, hospitals, doctors, and patients, will encourage reductions in medical expenditures, and make supporting such a plan even easier as people become healthier as a result of its incentive.

*Mr. and Mrs.
President,
Where Are
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Incentives
to be
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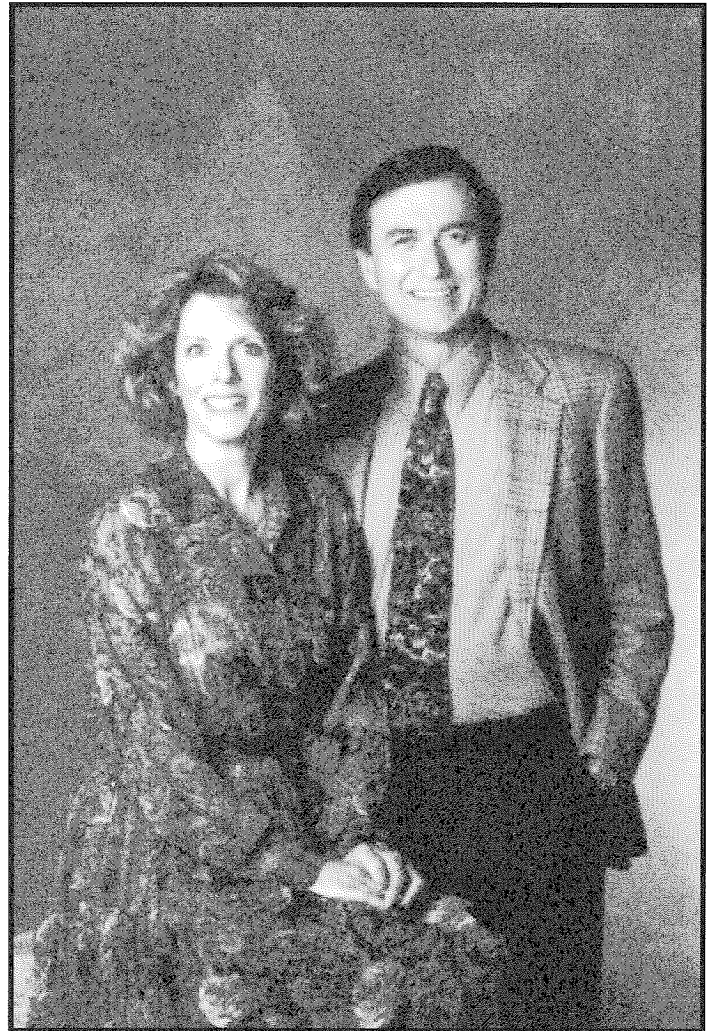
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Medical Research

ULTRASOUND IN PREGNANCY

"Does routine ultrasound scanning improve outcome in pregnancy? Meta-analysis of various outcome measures" by Hiener Bucher in the July 1993 issue of the British Medical Journal found no improvement in the outcome of pregnancies in terms of an increased number of live births or of a reduced perinatal mortality (307:13). Routine ultrasound may be effective and useful for screening for malformations. There have been achievements made by ultrasound, such as estimation of unborn baby's age, detecting growth retardation and multiple pregnancies, and it is effective for detecting severe malformations. However, it does not improve the outcome of pregnancy in terms of more live births and less illness (morbidity) at birth. According to this paper, "Authors of over 100 studies that evaluated the use of ultrasonography in obstetrics claimed benefit of routine scanning. Our meta-physical analysis of randomized controlled trials show no evidence that routine ultrasound in pregnancy improves outcome."

Does routine ultrasound scanning have adverse effects? Normal babies are aborted unnecessarily because of over diagnosing of malformations. In the Helsinki study, 2.4 per 1000 pregnant women in the screening group were aborted by false diagnosis of malformation (the fetus was actually normal). In comparison, 2.7 per 1000 pregnant women were prevented from delivering a malformed baby. COMMENT: Routine ultrasound scanning is performed in most pregnancies. However, there appears to be no survival benefits for the baby; in fact some good ones are lost. If a woman has a great need to know whether or not her unborn baby has a deformity, and she is willing to have an abortion if the test is positive, and she is prepared for the possibility that a healthy child may be lost by mistake, then screening may be justified. But, for otherwise healthy pregnancies, the test is not indicated. Since 500,000 ultrasounds are performed yearly in the United States, this could result in substantial savings of our health-care dollars. ☺



Dr. John and Mary McDougall

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The McDougall Lifestyle Change Research Fund—2574.1040 will be money I personally manage for research and education. The McDougall Program Fund—2574.1039 will be money managed by The McDougall Program administrative staff, and used for research and education. Send donations only to: The McDougall Program c/o St. Helena Hospital, Deer Park, CA 94576. Donations are all tax deductible.

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Homeopathy: The Royal Medicine

by Dana Ullman, M.P.H.

Since the early 1800's, England's Royal Family has been firm supporters of a little known medical practice called "homeopathic medicine". It was Queen Adelaide, wife of King William IV, who first introduced it to the Royal Family, and it has since become as much of the regal tradition as the passing of the crown. In the 1930's, George VI named his racing horse Hypericum after a homeopathic medicine known to be helpful for nerve injuries, and presently, Queen Elizabeth is the patron to the Royal London Homeopathic Hospital.

Other "royalty" who have advocated for homeopathy include Mahatma Gandhi, Mother Teresa, Mark Twain, John D. Rockefeller, Tina Turner and Lindsay Wagner.

Homeopathic medicine is a natural medicinal science that uses various plants, minerals or animals in very small dose to stimulate the sick person's natural defenses. The medicines are individually chosen for their ability to cause in overdose the similar symptoms the person is experiencing. "Homoios" in Greek means similar and "pathos" means disease or suffering. Since one's symptoms are actually efforts of the organism to reestablish homeostasis or balance, it is logical to seek a substance that would, in overdose, cause the similar symptoms the person is experiencing. The medicines, thus, go with, rather than against, the person's natural defenses.

In essence, homeopathy is composed of two highly systematic methods: toxicology and casetaking. First, homeopaths find out the specific physical, emotional, and mental symptoms that various substances cause in overdose. Homeopathic texts have more detail on toxicology than any other source. Second, the homeopaths interview their patients in great detail to discover the totality of physical, emotional and mental symptoms the person is experiencing. The homeopath seeks to find a substance that would cause the similar symptoms the person has and then gives it in a small, specially prepared dose.

Homeopaths, like modern physiologists, recognize that symptoms represent the best efforts of the organism to adapt to stress and to defend itself. The body is not always successful in dealing with specific stress, and thus it is important to find a substance in nature that has the capacity to mimic the symptoms the person is experiencing in order to aid the body in its efforts to deal with stresses and ultimately cure itself.

The "law of similars", the basic principle of homeopathy, is even used in some conventional medical therapies, such as immunizations and allergy treatments. These treatments, however, are not pure homeopathy since homeopathic medicines are more individually prescribed, given in smaller doses, and used to treat sick people and to prevent disease.

Although we don't understand how the homeopathic medicines work, there is clear evidence from its history and its present status that the homeopathic medicines are active and can heal. Homeopathy became popular in this country and in Europe during the 1800's because of its success in treating the many infectious diseases that raged during that time, including yellow fever, cholera

scarlet fever and many others. The death rate in homeopathic hospitals was between 1/2 to 1/8 of those in conventional medical hospitals. Homeopathic medicines also have been shown to work on infants and on various animals (including dogs, cats, horses and even cows) where it is highly unlikely that they are acting only as a placebo.

Further evidence that the homeopathic medicines have effects upon the body is that people who are being treated with homeopathic medicine for a chronic disease, sometimes experience a temporary exacerbation in their symptoms as the body's defenses are being stimulated. For instance, a person with digestive problems may experience a temporary case of diarrhea or a person with arthritis may get a skin rash. Homeopaths have found that this externalization of symptoms, when symptoms move from inner parts of our body to the superficial layers, constitutes "healing crisis" that is sometimes necessary to achieve real healing. It is highly unlikely that this sometimes predictable temporary worsening of symptoms is the result of a placebo response.

Homeopaths are usually medical doctors who advance their training and specialize in homeopathy, though there are also a growing number of other health professionals who have begun to practice it, including dentists, podiatrists, veterinarians, nurse practitioners, physician assistants, naturopaths, chiropractors and others.

Research Substantiates Homeopathy

There has also been some good scientific research published in medical journals and other scientific publications. My book, *Discovering Homeopathy: Medicine for the 21st Century* (North Atlantic Books, 1991) provides details on dozens of double-blind scientific studies. This book cites an important review of homeopathic research which was published in the *British Medical Journal* (Feb. 9, 1991). This review described 107 controlled clinical experiments, 81 of which showed that homeopathic medicines were effective.

The *Lancet* published important research in Oct., 1986, showing that homeopathic medicines were very effective in treating patients with hay fever. The *British Journal of Clinical Pharmacology* (Sept., 1980) published a study that showed 82% of patients with rheumatoid arthritis experienced some degree of improvement with homeopathic medicines, while only 21% of those given a placebo experienced a similar degree of relief. A study on pregnant women showed that homeopathic medicines helped significantly reduce labor time and complications of birth.

It is not simply happenstance that the physician to Queen Elizabeth II wrote the foreword to *Discovering Homeopathy* and that the back cover includes supportive quotes from the former Assistant Secretary General of the United Nations, a Yale surgeon and two professors of medicine. A growing number of highly respected individuals are recognizing the importance of the homeopathic approach to healing. Perhaps you too will discover homeopathy some time soon.

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Self Care with Homeopathic Medicines

Although seeking professional homeopathic care is important for people suffering from chronic illness or from serious acute disease, most common acute conditions can be successfully treated at home with homeopathic medicines. Homeopathic remedies are often very effective for many pediatric illness, and thus offer an important alternative to the various powerful drugs which should only be given to children when medically necessary. Various women's complaints are also effectively cured with homeopathy, including bladder infections, premenstrual syndrome and various vaginal infections. Common conditions such as colds, fevers, flus, sore throats, coughs, headaches and allergies are treated successfully...and safely with homeopathy.

Books such as Everybody's Guide to Homeopathic Medicines (Tarcher, 1991) and Homeopathic Medicines for Children and Infants (Tarcher, 1992) provide step-by-step information on how to prescribe for acute conditions. Detailed protocols for when medical care should be sought are also provided. Other helpful books are Homeopathic Medicine at Home by Dr. M Panos and Jane Heimlich and The Homeopathic Emergency Guide by Dr. Thomas Kruzel.

An alternative to the classical homeopathic approach which seeks to find the single individual medicine for the person is to use a homeopathic formula. A homeopathic formula is a mixture of 3 to 7 homeopathic medicines which are commonly used to treat a similar pattern of symptoms. There are homeopathic formulas for headache, allergies, coughs, PMS, arthritic pain, sinus conditions, and various other common, non-life-threatening ailments.

When it is difficult to find the correct individualized homeopathic medicine or when the individual medicine is not immediately available to you at a local health food store or pharmacy, the homeopathic combination medicines may be invaluable. Various companies sell helpful homeopathic formulas at health food stores and select pharmacies throughout the U.S. It should be noted that the small doses used by homeopaths do not have the side effects commonly experienced with conventional drugs.

Homeopathy

by Dana Ullamn, M.P.H.
(continued)



A Short History of Homeopathy in America

Surprisingly enough, the American Institute of Homeopathy was this country's first national medical society, founded in 1844. Just three years later, a rival medical association formed, asserting that one of the reasons for its formation was to slow the growth of the homeopaths. The A.M.A. Code of Ethics included the infamous consultation clause which dictated that "regular" medical doctors would lose membership in the A.M.A. if they even consulted with a homeopath. This Code of Ethics was so strictly enforced that the Surgeon General was denounced for aiding in the treatment of Secretary of State William Seward on the night that he and President Lincoln were stabbed because Seward's personal physician was a homeopath. When the New York State Medical Society voted to abolish the consultation clause in 1882, the New York society was expelled from the A.M.A.

Because homeopathy offered a different understanding of symptoms and disease, and used different doses of their medicines, the conventionally trained physicians and their organization, the A.M.A. were seriously threatened clinically, philosophically, and economically by homeopaths. And as distinct from other unorthodox practitioners, homeopaths graduated from respected medical schools.

Despite the significant attacks from the A.M.A., homeopathy continued to flourish in the 1800's and early 1900's. At the turn of the century, 20-25% of physicians in urban areas were homeopathic physicians. Even many of the countries educated, artistic, and business elite were ardent supporters of homeopathy, including William James, John D. Rockefeller, Henry Wadsworth Longfellow, Nathaniel Hawthorne, William Lloyd Garrison and William Cullen Bryant.

The consultation clause held effect until the early 1900's when it was abolished and replaced with a more effective way to diminish the number of homeopathic physicians: The Flexnor Report was the famous medical report that evaluated the status of medical schools in the U.S., published by the Carnegie Foundation and immediately supported by the A.M.A. The Flexnor Report sought to improve the quality of medical education but did so by standardizing medical training modeled after German medical schools, which taught the conventional medical model and condemned all other approaches to healing. With hindsight, we can now recognize certain problems of the Flexnor Report, but at the time, it seemed like a good idea to make medical training primarily biochemically and pathologically oriented and to ignore psychological therapies, nutrition, botanical medicine and homeopathy. The Flexnor Report was well received by governmental agencies and various funding bodies. As a result of this, most of the homeopathic medical schools closed, and so did all black medical schools and many women's medical colleges.

LEARNING MORE ABOUT HOMEOPATHY

THE BEST SOURCE OF HOMEOPATHIC BOOKS,
TAPES AND HOME MEDICINE KITS IS:

HOMEOPATHIC EDUCATIONAL SERVICES
2124 KITTREDGE ST. #Q
BERKELEY, CA 94704
(510) 649-0294

TWO OF THE MOST IMPORTANT HOMEOPATHIC
ORGANIZATIONS THAT PROVIDE TRAINING PRO-
GRAMS AND GENERAL INFORMATION ARE:

NATIONAL CENTER FOR HOMEOPATHY
801 N. FAIRFAX #306
ALEXANDRIA, VA 22314

INTERNATIONAL FOUNDATION FOR HOMEOPATHY
2236 EASTLAKE AVE. E. #301
SEATTLE, WA 98107



Dana Ullman has a masters in public health from U.C. Berkeley and authored Discovering Homeopathy: Medicine for the 21st Century, Homeopathic Medicine For Children and Infants, The One-Minute (or so) Healer, and coauthored the award-winning Everybody's Guide to Homeopathic Medicines. He is the Director of Homeopathic Educational Services of Berkeley and the President of the Foundation for Homeopathic Education and Research.

Why Organic?

By David Steinman

Three of the most often asked questions consumers raise concerning organic foods are how they can be sure that what they are spending their hard-earned dollars on is truly organic, why they should choose organically grown foods, and whether organic foods are, in fact, purer than conventionally grown foods. These are important questions. They are worth asking.

Making Sure Foods Are Organic

When you purchase foods that are purported to be organic, make sure there is a label statement on the packaging or attached to the food bin that states the food is "certified" organic by any of several internationally recognized certifying groups. These include California Certified Organic Farmers (CCOF), Farm Verified Organic (FVO), Organic Crop Improvement Association (OCIA), Organic Foods Production Association of North America (OFPA), and Tilth (Oregon, Washington).

If food isn't certified, it may still be organic; if you are at a farmer's market or speaking with a knowledgeable produce manager in a store, ask lots of questions. What do they use for pest control? Has the land ever been sprayed with pesticide? Is the land likely to receive the "drift" from a neighboring chemical farm?

Organic Foods are Purer

Consumers also frequently ask whether organic foods are purer than mainstream foods in terms of chemical contaminants. The answer is an unequivocal: YES.

A recent study by the California Dept. of Food and Agriculture found that of 348 samples of organically grown produce, only 13 had pesticide residues, (roughly 3%), primarily as a result of drift from a nearby farmer or from background soil contamination. In Washington state, as of 1990, the state's organic agriculture dept. found no samples with detectable pesticide residues. These results speak to the purity of organic foods, and should stimulate consumer confidence that organic produce is a real value—especially in light of the fact that most conventionally grown foods are contaminated with 2 or more pesticide residues including substances that cause cancer, birth defects, and nervous system or immune damage.

While a plant-based diet is the best health move you can make, I realize that many will continue to eat meat and poultry as well as dairy foods. It is also important you ensure your meat, poultry and dairy are organic.

Whereas mainstream beef, chicken, dairy and farm-raised fish are contaminated with antibiotics, hormones, growth stimulants, veterinary drugs and other substances that go along with the factory farms—organic animal foods have none of this. Mainstream dairy foods such as the cream you put in your coffee, or the pork bacon at breakfast may contain sulfamethazine or other sulfa drugs that cause cancer, while organic meat, poultry and dairy foods are free of such contamination. They will be virtually free from any freshly applied pesticides and herbicides that may have contaminated the animal's feed. On the other hand, you will find that conventional meat and dairy products such as hot dogs and butter are absolutely loaded with pesticides.

The extra purity in animal products is important. Many experts today believe it is not so much animal fat and animal foods that are a problem, so much as the carcinogenic impurities which are

carried in the fat and muscle. Mary Wolff of Mt. Sinai Hospital in New York, recently published a report in the *Journal of the National Cancer Institute* which noted that DDT may be a prime cause of the present breast cancer epidemic. Staying with organic foods, you're going a long way toward cleaning up your diet, though once again I must stress that a plant-based, high starch diet that goes beyond meat and poultry is probably your best strategy for health and longevity.

Organic Foods are More Nutritious

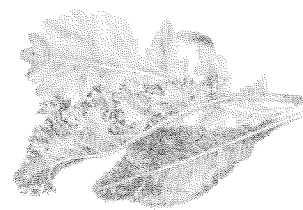
Moving to a vegetarian diet is important also because of the tremendous nutritional value of fresh produce. A very dramatic study recently in the *Journal of Applied Nutrition* (vol.45, no.1, 1993) showed that organic foods are 50 to 390 percent more nutritious in terms of trace elements than conventionally grown foods. The study showed that, pound for pound, organic apples, wheat, pears, potatoes, corn and other produce had substantially more boron, calcium, chromium, magnesium, manganese, phosphorous, selenium, silicon, sulfa, and zinc than conventionally grown foods. Organic corn, ounce for ounce, was shown to have 18 times more calcium; while organic wheat had four times more magnesium and 13 times more selenium. Each of these elements is a key to optimal nutrition and subsequently your health. Conventional farmers have so depleted their soils through their intensive growing practices, including the use of high-nitrogen fertilizers, that their foods are now nutritionally inferior to those grown organically. The organic farmer, replenishes the soil, so the crops are in optimal health so they can withstand infestations.

That means when you buy organic foods, you may be paying more, but you are getting a lot more nutritional value, and greater security by knowing that you are doing all you can for your personal health and the health of the environment.

Organic foods are a great value for what you do get (i.e., greater nutritional value) and what you don't get (i.e., carcinogenic pesticide residues).

Finding local sources of organically grown foods can be difficult for people in some areas of the country, although the situation is changing as the nation catches on to the benefits of organic agriculture. For \$1.50, the Americans For Safe Food in Washington, D.C. supplies an excellent guide listing 60 to 70 mail order organic food sources: Americans For Safe Food, 1875 Connecticut Ave., NW, Suite 300, Washington, D.C. 20009-5728; (202) 332-9110.

Since I wrote *Diet for a Poisoned Planet*, I have become much more adamant about the need for consumers to choose organic foods, whether they be meats, dairy, fresh produce or grains. There are some "experts" who say consumers should eat lots of fresh produce and whole grains whether they are organic or contaminated with pesticides—simply for their nutritional value. I agree a vegetarian style diet is good, but encouraging consumers to eat produce with carcinogens, neurotoxins, teratogens, and immunotoxins is bad advice. People must buy organic. Pay attention to the farmers getting non-Hodgkin's lymphoma and leukemia, whose children are more likely born with birth defects because these are simply concentrated effects of what is happening to the general population as result of exposure to toxic pesticides. Go organic. It is worth seeking. At stake is your health. ☺



Healthy Recipes

By Mary McDougall



Italian Vegetable Risotto

4 servings

Preparation Time: 30 Minutes

Cooking Time: 25 Minutes

1/4 cup	water
1	onion, small, round and chopped
1	leek, cut in half and thinly sliced
1 clove	garlic, minced
1 cup	arborio rice, uncooked
several twists	fresh ground pepper
4 cups	vegetable broth
1/4 cup	sun dried tomatoes, chopped
1 cup	fresh mushrooms, sliced
3/4 cup	green beans, cut in 1 inch pieces
1/4 cup	fresh basil, chopped
1-2 T	soy Parmesan-style cheese (optional)

Place the water, onion, leek and garlic in a large sauce pot. Cook and stir for 2 minutes until onion softens slightly.

Add rice and black pepper. Cook and stir for another 2 minutes. Add vegetable broth and tomatoes. Bring to a boil, reduce heat and simmer for 5 minutes. Add remaining ingredients, except soy cheese, and simmer for an additional 15 minutes.

Stir in soy Parmesan-style cheese, if desired.

Hints: Chop sun dried tomatoes using kitchen shears. Shears also work well for the fresh basil. This is best eaten fresh. The rice becomes sticky upon reheating.

French Bean Casserole

6 servings

Preparation Time: 30 Minutes

Cooking Time: 45 Minutes

2 medium	potatoes, peeled and chopped
1	carrot, peeled and chopped
1 small	round onion, chopped
1 1/2 cups	water
5 oz.	tofu
1/3 cup	nutritional yeast
1 Tablespoon	lemon juice
1/8 teaspoon	garlic powder
1/4 teaspoon	salt (optional)
1 1/4 cups	instant brown rice, uncooked
20 oz. frozen	French cut green beans, thawed
1 (4.5 oz. drained weight) jar	sliced mushrooms
3/4 cups	water

Preheat oven to 350°. Place potatoes, carrots and onions in small saucepan with 1 1/2 c. water. Bring to boil, reduce heat, cover and cook until tender-about 10 mins. Place tofu, yeast, lemon juice, garlic, and cooked vegetables and water in blender until smooth and creamy. Add salt. Pour into 3 qt. casserole dish. Add remaining ingredients. Mix well. Bake for 45 minutes.

Red Pepper Dip

makes 2 cups

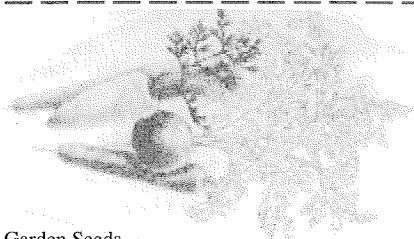
Preparation Time: 15 Minutes

Cooking Time: None

1 16 oz. tub	tofu
2 T	lemon juice
1 T	cider vinegar
1/3 cup	roasted red peppers
1 t	chili powder
several dashes	Tabasco (or to taste)
1/4 t	salt (optional)

Combine tofu, lemon juice and vinegar in a food processor. Process until smooth. Add peppers and chili powder. Process for several minutes until very smooth and creamy. Add Tabasco and salt to taste.

Hints: Roasted red peppers are sold in bottles in the supermarket. This keeps well in the refrigerator for several days (if it lasts that long in your house!). You can also try this on baked potatoes.

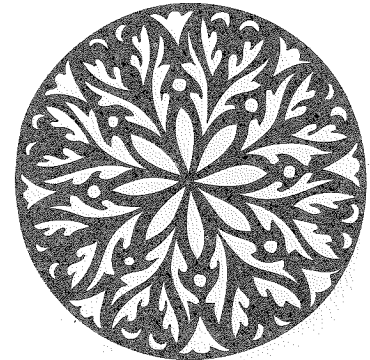


"Medicine is not only a science, but also the art of letting our own individuality interact with the individuality of the patient"

—Albert Schweitzer

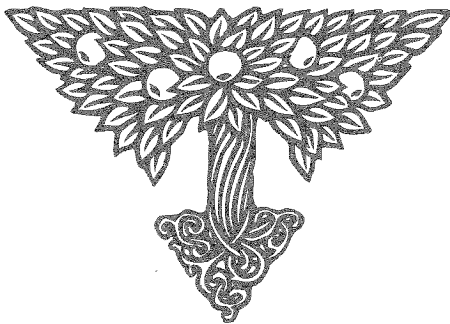
Breastfeeding

By Dr. Jay Gordon



The only optimal food for a newborn baby is mother's milk. The protein content, the fatty acid pattern, the carbohydrates, are a continuation of the nutrition that the baby was receiving in the womb.

Artificial baby milks have merely simulated the color of breast milk. Even the simplest calculations have been badly botched over the years: there has long been 10-30% too much protein in infant formula because the manufacturers failed to realize that a large amount of the protein in breast milk was for immune purposes and not absorbed for nutritional use. This excess of digestible protein in artificial milk could lead to intestinal problems and kidney overload.



Old and new studies have shown that breast milk:

- ☞ decreases the number of respiratory illnesses in the first year of life
- ☞ decreases the number and severity of intestinal illnesses in babies
- ☞ decreases the allergic problems in childhood and throughout life
- ☞ decreases the occurrence of certain teenage cancers
- ☞ promotes an increase of 5-10 IQ points over artificially-fed infants
- ☞ lessens the number of crib deaths (Sudden Infant Death Syndrome)
- ☞ decreases the number of ear infections even beyond the breastfeeding period

During the viral seasons, a mother's mature immune system will fight common viruses and have a high level of antibodies in her bloodstream. These infection-fighting cells then go to her milk and end up helping her infant avoid illness.

Dozens of solid research studies show that breastfeeding decreases a woman's chance of getting breast cancer later in life. A classic study: In some fishing villages in Hong Kong, the tradition is to breastfeed only on the right side. The left, unsuckled, breast developed much more cancer.

There is no substitute for human milk for human infants. If you are thinking about not breastfeeding your new baby, consider the implications of beginning the most important and best job in the world in the "second best" way possible. You owe it to yourself and your baby to learn as much as you can. ☺

Jay Gordon is a Fellow of the American Academy of Pediatrics and has a private practice of pediatrics in both Santa Monica and Malibu, California.

The State of Homeopathy Today

By Dana Ullman, M.P.H.

Despite the pressure from conventional medicine, homeopathy has survived and has flourished throughout the world. Homeopathy is particularly popular in France, England, Germany, Greece, India, Pakistan, Brazil, Argentina, Mexico and South Africa. Approximately 39% of French physicians use homeopathic medicines, and these medicines are now sold in virtually every pharmacy in the country. Approximately 20% of German physicians use homeopathic medicines and 45% of Dutch physicians consider them effective. An impressive 42% of British physicians refer patients to homeopathic physicians, and according to the New York Times, visits to British homeopathic physicians have increased 39% per year. This impressive support for homeopathy signifies an important shift in attitudes to homeopathy. Most impressive, there are now over 120 four-year homeopathic medical schools in India.

Homeopathy is also growing in the United States. The Washington Post reported that the number of homeopathic physicians in the U.S. doubled between 1980 and 1982. There are now between 1000-2000 medical doctors and 3000-5000 other types of health professionals, including dentists, podiatrists, veterinarians, physician assistants, nurse practitioners, naturopaths and chiropractors. According to a respected market research company, sales of homeopathic medicines grew by 50% from 1988 to 1990, a quite respectable increase considering the recessionary times.

The future of medicine requires taking the best of what conventional and homeopathic medicine offer. This "collaborative model of medicine" will provide the comprehensive health care necessary to treat the various serious diseases that face us now. ☺

New Product

*A Humorous Commentary about Breastfeeding
by La Leche League*

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The TRU-Breast units solve the problem of storage of baby items until the next baby comes along. They are decorative as well as functional! They come in all sizes, shapes, and colors and outward appearance has nothing to do with the ability of the Units to function. Units come in pairs and improve with use. TRU-Breast makes travelling with Baby easier—the no-mess, no-worry way!

With TRU-Breast around, why bother with other methods?

This TRU-Breast information was provided to you by the La Leche League.

La Leche League is a non-profit organization that offers information, support and encouragement for women who want to breast feed their babies.

They also have monthly meetings, a lending library and emergency telephone support. You can call (800) LA-LECHE (525-3243)

between 9 am-3 pm Central Time or call information for the La Leche League in your area.



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Your Good Health Values For November/December

In future issues of the Your Good Health Newsletter, we will continue expanding the list of natural health retail stores offering you 10% discount for being part of this club.

How it works: we list the products on special and all you do is clip the club card below and present it to the store cashier, where they will deduct 10% from the cost of those items.

If you have a favorite natural products retailer that you would like to see participate in this discount program, we urge you to have them contact us at (310) 842-8217. Drop us a note for us to follow up. We will do our best each month to bring you offerings of discounted products that correspond to the editorial information we provide in the newsletter.

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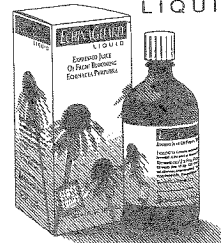
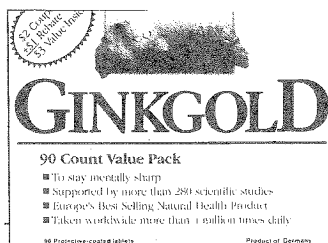
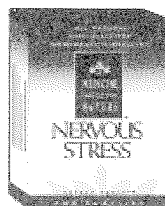
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Medical Research Reviewed by Dr. John McDougall

Avoid Prostate Exams

"Disease-specific survival following routine prostate cancer screening by digital rectal examination" by Glenn Gerber in the January 1993 issue of the *Journal of the American Medical Association*, found men diagnosed by routine annual screening had a higher risk of dying than those whose cancer was found by an initial examination (269:61). Between 1979 and 1985, over 4000 men were screened by rectal examination for prostate cancer in hospital centers. Fifty-six cancers were found. Five- and ten-year disease specific survival was 97% and 86%, respectively, for men diagnosed on the first rectal examination compared to only 81% and 57%, respectively, for men diagnosed on subsequent annual rectal examinations. The conclusion of the authors was: "Routine screening for prostate cancer by annual digital rectal examination alone may be insufficiently frequent and/or insufficiently sensitive to prevent significant mortality from this disease."

With a follow-up of an average of about 6 years, less than half (45%) of the patients were found free of prostate cancer. Most disturbing was the finding that death from prostate cancer had occurred in 33% of the men diagnosed 1 year after a cancer was found on initial examination. This may be because those tumors found on initial examination may have been slower growing tumors and those found 1 year after a normal examination may be more aggressive, growing more rapidly and causing earlier death.

COMMENT: The current recommendation by the American Cancer Society is that men over the age of 40, have yearly rectal exams for prostate cancer. The above study, makes it apparent that such frequent examinations are ineffective and simply serve as a mechanism to separate slow-growing tumors from fast-growing ones. (Maloney J. *JAMA* 270:1315, 1993). A recent "case-controlled study of screening for prostatic cancer by digital rectal examination" (Friedman G. *Lancet* 337:1526, 1991) found no benefit of prostate examinations for finding cancer before it had spread throughout the rest of the body (metastasized).

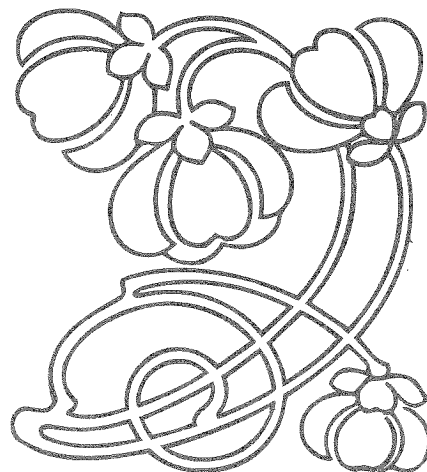
Furthermore, no screening program can be effective in reducing mortality unless early treatment leads to better survival than late treatment or no treatment at all (Green L. *JAMA* 270:1315, 1993). A recent study of men with early prostate cancer found 87% not dying of prostate cancer in 10 years, if they were not treated compared to long term survival rates of 65% to 83% in studies of patients treated with radiation and/or surgery (Johansson J. *JAMA* 267: 2191, 1992). The reason prostate examinations do not lower the risk of dying from this disease is that by the time of diagnosis, the disease has spread throughout the body to the lungs, liver, bones and brain. For prostate cancer to grow from one cell to a mass the size of a pencil eraser (1cm) takes 10 years on average. Cells break off the tumor and spread through the blood stream to other tissues long before the tumor is detectable by the doctor's probing finger. Even more sensitive tests, like prostatic specific antigen (PSA) and ultrasound of the prostate, are ineffective because the tumor is far advanced and spread long before it can be found by these methods.

Even though doctors are well aware that present techniques for early detection and treatment methods are a failure, rates for cancers surgery, a radical prostatectomy, have increased nearly six-fold between 1984 and 1990. (*JAMA* 269:2633, 1993). Rates are going up in all age groups, even the elderly where mortality is 2% and serious heart and lung complications are nearly 8% from the surgery. The current financial crisis in medical care should demand doctors prove the benefits of expensive cancer screening techniques and treatments before insurance companies or the government agree to pay for them and before they are allowed to be unleashed on the faithful public. In the meantime, your best course is to prevent prostate cancer by eating a low-fat, high-carbohydrate diet (Pusateri D. *Am J Clin Nutr* 51:371, 1990). Avoid routine rectal examinations, PSA test and test to detect prostate cancer (unless in the future they be shown to be effective). If a lump on your prostate is detected, refuse surgery, radiation and chemotherapy unless substantial evidence can be provided that any of these treatments will enhance the quality and/or quantity of your life. (The only promising treatment in the near future is hormone manipulation with anti-testosterone drugs...and even then, the benefits will be minimal). ☺

Road Exhaust Lung Trouble

"Road Traffic and adverse effects on respiratory health in children" by Matthias Wjst in the September 1993 issue of the *British Medical Journal* found shortness of breath and wheezing were increased by pollution produced by automobile traffic (307:596). Road traffic produces a mixture of hydrocarbons, airborne particles, nitrogen oxides, and carbon dioxide in the exhaust gas fumes. The density of automobile traffic was correlated with the lung function study findings in various school districts in Munich, Germany. The number of cars that passed a designated point varied from 25,000 to 125,000 per 24 hours. As with other studies, the greater the automobile traffic, the greater the adverse effects on the lungs.

COMMENT: Sometimes obvious sources of lung irritation are overlooked by people trying to improve their breathing. A move to the country could be especially important for people already suffering from lung trouble.



Herb Profile: Echinacea

Purple Coneflower

Few plants have been in media more lately than this. The 3 most common species that most reports refer to are, Narrow-leaved Purple Coneflower (*Echinacea angustifolia*), Purple Coneflower (*Echinacea purpurea*) and Pale Purple Coneflower (*Echinacea pallida*). More common names include: Sampson root, Kansas snakeroot and prairie doctor.

The reason for all the media hype is that because of the apparent overall immune-enhancing abilities of echinacea, it has been used as a remedy for more health problems than most any other plant.

For hundreds of years, echinacea was used by the Native American Indians as an antidote for snake bites and insect bites like bees and spiders. They also used the above-ground portions of the echinacea plant for things like headaches, toothaches, burns, sore throats, mumps and stomach cramps.

Today people use echinacea for external treatments of conditions like, eczema, psoriasis, and herpes; for chronic respiratory infections, rheumatoid arthritis and internally to prevent the onset of the common cold and flu and sometimes it works to dispel flatulence and stimulate digestion.

Most anything that produces a inflammation or pus can benefit from the use of echinacea: boils, poison oak and poison ivy.

According to Michael Tierra, C.A., N.D., echinacea works by "strengthening the immune system against pathogenic infection by stimulating phagocytosis, T-cell formation and by inhibiting the hyaluronidase enzyme secreted by bacteria to effect the breakdown of cell walls and the formation of pus."

It is commonly recommended that during the acute stages of illness, echinacea should be administered every 2 hours, extending the intervals as symptoms improve. You should not take echinacea more than 14 consecutive days as it will over-stimulate your immune system and provide diminishing results.

Echinacea is mild enough so that even when taken in large doses, there appear to be no known side effects.

Health Monitor

Date:	Measurements:
Weight:	neck
Blood Pressure:	chest
Cholesterol:	breast
% body fat:	waist
	abdomen
Variables: were you	hips
sick or on medication?	thighs
_____	knees
_____	calves
_____	ankles
_____	biceps
_____	triceps

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