

# HEALTH BITS & PIECES

By Bill Sardi



◆ **Arterial disease: cholesterol or calcium?** A question goes begging for an answer. With all the efforts by modern medicine to prevent heart attacks with diets and pills, why do Americans experience the same

number of heart attacks each year? Why is there no meaningful decline in the coronary artery disease mortality rate? In their review of published data, Drs. John Abramson and James Wright cite there is no evidence that statin cholesterol-lowering drugs reduce mortality rates. [*Lancet* 2007 Jan 20; 369(9557):168-9] More recently, French doctors concede many heart attacks are explained by factors other than cholesterol (such as plaque rupture, alcohol or drug abuse, excessive blood clotting, and coronary artery spasm). [*Bulletin Academy National Medicine* 191: (4-5) 815-24, 2007] Cholesterol is soft and waxy and not likely to be a factor in arterial stiffening. But arterial *calcifications* do stiffen arteries. [*Acta Pathology Microbiology Immunology Scandinavia* [A]. 1987; 290:1-28] Indeed, only 3% of arterial plaque is cholesterol, 50% is calcium. [*International Journal Cardiology* 1991, Nov; 33 (2): 191-8]

Coronary heart disease incidence and mortality remains very low in Japan despite major dietary changes and increased risk factors that should have resulted in a substantial increase in coronary heart disease rates. For men aged 40-49 years, levels of total cholesterol and blood pressure have been similar in Japan and the U.S. throughout their lifetimes. This prompted disease investigators to compare a group of men in Kasatsu City, Japan with men in Allegheny County, Pennsylvania. While the Japanese men exhibited less-favorable profiles for many risk factors, the presence of arterial calcification (10 or greater calcium score) was only about half that of American men. [*American Journal Epidemiology* 165: 617-24, March 15, 2007]

A recent analysis published in *The New England Journal of Medicine* reveals a 773-967% increased risk for a major adverse event (heart attack or sudden cardiac death) for adults with calcium artery scores of 101-300 and above 300 respectively, compared to subjects with a calcium artery score of zero. [*New England Journal Medicine* 358: 1336-45; March 27, 2008] In a relatively recent study, a statin drug reduced serum cholesterol levels by -53%, and C-reactive protein by -49%, but the rate of change for coronary artery calcification was +26% per year among statin drug users compared to only +18% among patients given an inactive

placebo tablet. Patients with low cholesterol levels still developed arterial calcifications. [*Heart* 92: 1187-88, Sept. 2006] Modern medicine is getting closer to declaring calcification as the major promoter of arterial disease. The cholesterol theory of heart disease should be abandoned.

◆ **Mental depression and nutrients.** It is known that low levels of B vitamins, particularly folic acid (Vitamin B9), are associated with mental depression. [*Journal Epidemiology Community Health* 2007 Jul; 61(7):631-7] Folic-acid supplementation often reduces symptoms of depression, particularly among older patients. [*Clinical Nutrition* 26(5):545-51, Oct. 2007] Now add the trace mineral selenium to the list of natural anti-depressants, particularly for older adults. In a recent study conducted in Great Britain, even though no subjects exhibited low reference ranges of selenium, 8 weeks of selenium supplementation produced a marked decrease in depression. [*Gerontology* May 8, 2008, early online] One-third of older people in nursing and/or residential homes have significant symptoms of depression.

◆ **Gout and Vitamin C.** Gout (common symptom = painful big toe, often associated with meat eating and high iron levels) was recently studied among 1387 men. Greater intake of Vitamin C was associated with lower blood-serum, uric-acid concentrations – uric acid being the agent that causes symptoms of gout. As Vitamin-C intake levels increased, uric acid concentrations declined:

Vitamin C intake/day	Uric acid level
90-249 mg	6.4
250-499 mg	6.1
500-999 mg	5.7
1000 mg or more	5.7


Vitamin C prevents gout. [*Journal Rheumatology* May 1, 2008, early online]

◆ **Brainy dogs.** Teaching old dogs new tricks can be a challenge, but when University of Toronto researchers provided aged dogs a nutraceutical supplement of phosphatidylserine, Ginkgo biloba, Vitamin E, and Vitamin B6, the dogs exhibited improved memory. [*Canadian Veterinary Journal* 2008 Apr; 49(4):379-85] Dogs do not know what the placebo effect is. Senility is not inevitable and it can be reversed.

Continued on page 29

conventional CAM and other modalities? As proposed, there does not appear to be this type of opportunity for alternative thinking among the appointed Institute representatives. If the real goal is to set “national priorities” on treatment options for diseases and medical conditions, why not include all of the options currently on the table and being used in our health-care system? From a Federal health-care policy and FDA regulatory point of view, it is the old Latin saying of “Qui Bono” (*who benefits*) that applies to these matters.

Yet, the real question is why do we need just another bureaucratic overlay burdening our health-care system? And do we especially need a bureaucracy in which views friendly to our own would always be in the minority? The NHF says no. Constant tinkering by the Federal government – our latest “God on Earth” – may satisfy the desires of the average American for someone to do *something*, but that still does not make it the proper answer. Any bill or program that interferes with natural market mechanisms, and that favors any business at the expense of another, should be opposed in the same way that so many of us oppose artificial drug interventions in our own bodies.

The NHF continues to keep its eye on the prize. And that prize is optimal health and the preservation and enhancement of the health freedom of all individuals to choose their own health-care path, free of coercion. 

*Health Bits and Pieces*  
Continued from Page 25

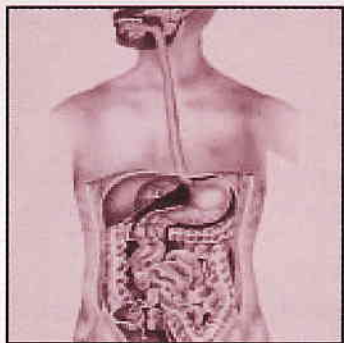
◆ **MSG and obesity.** The taste enhancer monosodium glutamate (MSG) in foods has long been damned for causing headaches and other undesirable symptoms. If for nothing else, why do we bewail high obesity rates and then permit MSG to be added to baby foods, prepared foods and soups, and even liquid meal replacements for seniors? MSG is widely used in Asia and the obesity epidemic is not as prevalent among Asian populations. So does MSG contribute to overeating problems? Researchers at the Department of Nutrition at the School of Public Health, University of North Carolina at Chapel Hill, investigated. These researchers found 82% of study participants in China added MSG to their foods, with the average intake being 330 milligrams per day. Prevalence of overweight was higher among MSG users. The risk of being overweight more than doubled among high-MSG users. [*Obesity* May 22, 2008, early online]

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## The Secret To Effective Colon Cleansing Is OXYGEN!

It's no coincidence that gastrointestinal disorders (i.e. constipation, bloating, gas, bowel irregularity, acid reflux, etc.) are the most common complaints in doctors' offices and the main reason people are admitted to hospitals. Sadly, many of these problems stem from years of eating dead, processed foods and poor food combinations. Once in the colon these foods can ferment and putrefy, impeding healthy digestion.



### What Is Temple Cleanse?

Temple Cleanse contains a special bond of ozonated magnesium oxide compounds that

have been stabilized to time-release oxygen throughout the intestinal system for up to 12 hours or more. Oxygen is considered to be nature's most powerful cleanser. In a healthy functioning intestinal system, your flora releases an abundance of oxygen that helps keep the colon clean. Unfortunately, when the colon becomes overwhelmed from poor dietary habits, flora can die off and unwanted microorganisms can feed and breed on the stagnant wastes. By driving oxygen into the colon, Temple Cleanse helps to gently break loose impacted wastes and cleanse the colon like no other product can.

### How Temple Cleanse Works

Once Temple Cleanse comes in contact with the hydrochloric acid in your stomach, a natural chemical reaction occurs where by the oxygen slowly separates away from the magnesium and disperses throughout the entire colon.

### What Temple Cleanse Can Do For You

When Temple Cleanse is used according to directions and in conjunction with a properly balanced, non-toxic, intestinal

friendly diet, it can help effectively eliminate excess wastes, restore regularity to the bowels, and create an inhospitable environment for anaerobic bacteria. Once impacted wastes are safely eliminated from the body and the colon is functioning properly again, the intestinal system will have the tools it needs to run on all cylinders and play a pivotal role in the body's overall health.



intestinal cleansers.

### Can Temple Cleanse Help Balance The Body's pH Levels?

Excess wastes that clog the intestinal system can eventually pass through the colon wall and into the blood stream worsening an acidic state. Temple Cleanse helps to eliminate excess wastes from the intestinal system with its high oxygen delivery. By properly cleansing the colon of its wastes, and changing to an alkaline-based diet, Temple Cleanse can help assist the body in maintaining proper pH balance.

### How Is Temple Cleanse Different From Other Colon Cleansers On The Market?

Temple Cleanse is unique because it cleanses the colon and intestinal tract by using oxygen and magnesium compounds, which are very gentle on the system. Most other colon cleansers use fiber or herbs as cleansing agents, which have been known to cause cramping, bloating and discomfort in some individuals. Temple Cleanse is safe and causes no cramps or stomach discomfort like other

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