MARCH 1978 • 50¢

National Health Federation BULLETIN

Victory for Embattled Health-Food Store Owner! D.A. Moves for Dismissal 'In Interest of Justice'

FREEDOM FIGHTERS UNITE!

Coalition for Alternative Therapy Organized to Push Legalization of Laetrile, Symms Bill, and Right to Nutrition Counseling

MAUREEN SALAMAN

Giving Nutrition Advice Should Be Legal, News Editors Agree

A Scientist Examines Fluoride and Vit. D

More on Protein Hassle

NHF's 23rd Annual Voted Best Yet-Speakers, Exhibits, Crowd

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms — *Published Monthly*

Volume XXIV — Number 3 — March 1978

CONTENTS

National Health Federation Bulletin, published monthly January through December, except July-August which are combined, at 212 West Foothill Boulevard, Monrovia, California 91016, by National Health Federation, a nonprofit corporation. Don C. Matchan, Editor. $7.50 of the $10.00 annual membership is paid as a yearly subscription to the **National Health Federation Bulletin.** Single copies, 50 cents. Second-class postage paid at Monrovia, California 91016.

'In Unity There Is Strength'

Health Freedom Leaders Form Coalition, Set Goals

Formation of a cohesive organization comprised of leaders in the health-freedom movement and committed to legalization of Laetrile in California, a California bill modeled after the federal Symms bill, and revision of California law to permit the giving of nutritional advice was effected at a meeting at the headquarters of the National Health Federation in Monrovia, Calif., in mid-January.

To be known as the Coalition for Alternative Therapies, the organization is comprised of leaders in seven organizations and the new newspaper, *Public Scrutiny.*

Heading the organization as president is Maureen Salaman, associate editor of *Choice,* and president of *Choice* Publications, Committee for Freedom of Choice in Cancer Therapy.

Present at the organizational meeting were Charles I. Crecelius, president, Dorothy B. Hart, vice-president, and Clinton R. Miller, executive vice-president, National Health Federation; Mrs. Salaman; Frank Salaman, vice-president of the Committee for Freedom of Choice in Cancer Therapy; Gary Gordon, M.D., and Harold Harper, M.D., American Association of Medical Preventics; Mark Lockman, editor of *Public Scrutiny,* the organ which will carry reports on Coalition activities; Betty Lee Morales president, and Lorraine Rosenthal, secretary-treasurer, Cancer Control Society; Andrew R. L. McNaughton, president, The McNaughton Foundation; and John T. Clark. Although unable to be present, G. Edward Griffin, Victory Over Cancer Action League, has endorsed the Coalition's principles.

Purpose of the Coalition, is "to work together in a common effort, as individuals who are leaders in the health-freedom movement," to achieve these goals:

(1) Legalization of Laetrile in California.

(2) To urge Senator William Campbell to introduce legislation exempting from the California Business and Professions Code medical practices section, the giving of nutritional advice.

(3) To urge initiation in California of legislation modeled after the Symms bill which would remove FDA authority from considering efficacy of drugs as a criterion for marketing. The Coalition is on record as "strongly favoring passage of the Symms bill."

Senator Campbell will be urged, according to Mrs. Salaman, to introduce new legislation to legalize Laetrile in California and provide for its "orderly development" — assuring that it is properly manufactured and used.

"This is the first time leaders of the leading health-freedom groups have agreed to stand together and push for health-freedom legislation," said Mrs. Salaman "We will welcome the support of those in the various organizations, and we believe that with this combined effort, the impact will be felt at state and federal levels.

"We are not asking for the impossible, nor the unreasonable. We are united in believing that the God-given right of free choice in matters of personal health should be written into state and federal law."

Lockman Challenges NCI on 'Flaws' in Laetrile Study

During a National Cancer Institute press briefing in Washington January 26, at which the agency announced it seeks 200 to 300 Laetrile patients for evaluation of the effects of B-17 and the vitamin/enzyme/diet therapy, *Public Scrutiny* Editor Mark Lockman asked why NCI has failed to acknowledge the work in Laetrile research of Dr. Harold Manner.

Mr. Lockman also criticized the agency's "bias" against Laetrile, suggesting that in view of its long-standing prejudice, an "objective" study is unlikely to occur.

NCI Deputy Director Guy R. Newell did acknowledge in an offhand comment, however, that he couldn't help wondering "how 50,000 Americans (Laetrile patients) can all be wrong."

The protocol for the NCI study is "flawed in many respects," the newspaper editor pointed out. Among the deficiencies, he asserts, are these elements:

Refusal to consider weight-gain, pain alleviation, and sense of well-being as a measure of Laetrile's value.

No guarantee that doctors participating in the study will be immune from harassment in their states.

The provision that only medical records submitted in English will be accepted.

The absence among the various groups involved in the study and its evaluation of "pro-Laetrile" persons.

A full report of his role in the press conference appears in the March issue of *Public Scrutiny.*

Dr. Dean Burk, also present at the briefing, believes an objective study by NCI is impossible, and along with the National Health Federation, advises Laetrile patients and physicians not to cooperate with NCI in the project.

CMA Unhappy With Ruling Upsetting Antiquack Law

In language that might be termed a "replay of an old record," the California Medical Association has filed an amicus curiae brief in support of the Attorney General's appeal to the Supreme Court seeking to overturn the Appeal Court ruling which declared invalid California's cancer antiquack law.

The case is that of James R. Privitera, M.D., West Covina, Calif., convicted in December 1975 of administering Laetrile to cancer patients. An appelate court last November upset the conviction, ruling 2-1 that Section 1707.1 of the Health and Safety Code is unconstitutional.

"The CMA and its members are concerned about the impact on patients, and the public health in general, which will result from this decision," said the CMA brief. "It appears that one effect is to encourage the use of Laetrile and other substances, drugs, compounds, and devices which have no proven medical value in the treatment of cancer. . . .

"(While the) opinion focuses on Laetrile, the broader issue . . . is quackery . . . and whether or not the Legislature can regulate activities which constitute quackery."

Attorneys for the CMA contend Laetrile "has the potential to be toxic," and that "the (Appeal) court was incorrect in holding that the Legislature did not make a finding that ineffective cancer remedies are hazardous."

The brief quoted from a 1957 Senate Interim Committee on Public Health report which found that: 'Basically the 'medical quack' is the person, licensed or not, who defrauds the public by falsely representing the curative powers of his treatment for illness or disease. He is generally regarded as a charlatan who not only profits from the suffering of an unsuspecting and gullible public, but who also plays on the emotions in building false hopes, and may at the same time be depriving his patient of the opportunity to seek timely beneficial treatment which might effect a cure.'

"The Committee then concluded that it 'will not be diverted from its purpose of finding an adequate weapon which . . . will effectively eliminate the charlatan who traffics in human life and health for personal gain.'

". . . We believe the court was in error in evaluating the legislative intent underlying Health and Safety Code Sections 1700-1722, and particularly Section 1707.1 . . . (and that) the opinion of the Court of Appeal should be vacated insofar as it can be interpreted as invalidating Health and Safety Code

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NHF Seeks Balance on NCI Groups Responsible for Testing Laetrile

A request has been made by the National Health Federation of the National Cancer Institute for the names of the 10-member group responsible for designing the protocol to test Laetrile — a protocol "strongly opposed" by NHF because of NCI bias, according to Executive Vice-President Clinton R. Miller.

In letters to NCI Director Arthur C. Upton, M.D., Mr. Miller noted NHF opposition to the protocol, asked for the names of the protocol design group, and suggested the names of eight persons for inclusion in four groups involved in preparing and reviewing NCI's proposed Laetrile protocol.

He also asked for "a copy of all the suggestions or objections which have been sent to the National Cancer Institute regarding the proposed Laetrile protocol," a copy of the minutes of meetings of all groups involved in drafting it, and a list of every person involved in preparing and reviewing it.

Names of the eight persons requested for inclusion on the NCI's Expert Protocol Review Panel, and/or Expert Clinical Reviewers, and/or Working Group Members and Affiliation, and/or 10-member Design Group are:

Betty Lee Morales, Topanga Canyon, Calif.; Dr. Dean Burk, Washington, D.C.; Ernst T. Krebs, Jr., San Francisco; Dr. Harold W. Manner, Loyola University, Chicago; Andrew R. L. McNaughton, Sausalito, Calif.; G. Edward Griffin, Westlake, Calif.; Dr. Bruce Halstead, Colton, Calif.; and Michael Culbert, Los Altos, Calif.

"The National Health Federation," Mr. Miller told Dr. Upton, "is strongly opposed to your protocol as mailed to me, and we respectfully request that you inform any and all Laetrile doctors and patients that NHF has advised them not to participate in NCI's Laetrile studies as presently proposed."

In Crusade to Win Right to Talk Nutrition

Health-Food Store Owner Bombards Top Officials

Although he was able to get a conviction on one of three counts, Deputy District Attorney Kit Cleland would have been pleased if Sacramento Health Food Store Proprietor Georgana Elliott had accepted his offer to plead guilty to a charge of practicing medicine without a license in return for dropping two other charges.

Last Nov. 4 Mr. Cleland made such an offer in writing — about two weeks before the case was to be tried. Mrs. Elliott refused — as he might well have guessed she would, since she's a "firebrand" who, after being charged by the Food and Drug Section of the California Health Department, raised more fuss than anyone in Sacramento ever bargained for.

The misdemeanor charges were lodged against her after an 11-month "investigation" during which three undercover agents with concealed tape recorders asked her for nutrition advice. One claimed to be epileptic, the others said they had ulcers. Mrs. Elliott shared with them some of the knowledge contained in the many books in her store, and sold them $58.07 worth of food supplements. For that she was branded by the state as a "criminal."

One of her first moves after learning of the case against her was to start a petition drive for names of persons opposed to the laws which prohibit lay persons from "prescribing." About 20,000 persons affixed their names to these petitions.

She hired legal counsel (spending $7,500 by the trial's end), and made good on her vow to fight, fight, fight till she wins the right — for herself and the other health-food store personnel in California — to talk nutrition to those seeking advice.

Because she is such a scrapper, the case engendered reams of newspaper publicity. And the mails and wires carried pithy letters from her to those in high places — from President Carter and Governor Brown on down.

Here are excerpts from some of those letters and/or telegrams — this one to Governor Brown, President Carter, Senators Alan Cranston, William Proxmire, Congressmen Paul Rogers and John Moss, HEW Secretary Joseph Califano, Attorney General Evelle J. Younger, State Senators James R. Mills and Albert S. Rodda, and Assemblymen Leroy F. Greene and Eugene T. Gualco, with copies to Stanford University, Mario Obledo, William Raspberry of *The Washington Post,* 60 Minutes, *New West, Sacramento Bee, Spotlight,* and *London Times:*

THE STORY

"I have written and informed your office on more than one occasion about the five agents of the Food and Drug Section who entered my licensed retail health-food store for a period of 11 months with concealed recording equipment, disguises and cover stories with which to entrap me into so-called 'prescribing.' Your office has made no response. I wish to establish this fact for the record.

"During this period, our premises were entered during closing hours and all 12 drawers of files of our business records were ransacked. Nothing in the office was left untouched — all records were removed from the files and left scattered on the floor.

"Please spare me the evasive response, 'What does this prove?' Isn't it obvious that a thief would have no interest in my business records? Would a thief leave adding machines, registers, appliances, etc.? Is the investigator who started this willing to take a lie detector test? We are!

"Inasmuch as I have considered myself a law-abiding citizen, I find these procedures shocking and intimidating. I had no alternative but to read and become familiar with the Constitution of the United States. And now I am more disturbed than ever. Is it too late for a person's voice to be heard? . . .

"I enclose a copy of the oath of office obtained from the Secretary of State. Is it possible that these civil service agents and officers, disregarding their oath to uphold the Constitution in its entirety, are *selective* in their choice of provisions to be upheld?

"Amendment XIV of the Constitution, states: 'No state shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States.'

"How many died in the American Revolution? In the Civil War? In World War I? In World War II? In Korea and in Vietnam? Was this for the protection of *the rights of the people?* For the protection and survival of the Constitution?"

This wire went to President Carter last Nov. 17: "I wish to establish for the record that the White House switchboard refused to connect me, a taxpaying citizen, with any of your administrative assistants. They said they were not allowed to do so."

And this one to Governor Brown the

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1707.1. This case is important not only to the victims of cancer, but to their families, friends and neighbors, and their physicians. . . ."

Case Dismissed on D.A.'s Motion 'In the Interests of Justice'

After months of anxiety-producing conferences, hearings, and a trial, scrappy Georgana Elliott has won the case brought against her by the Food and Drug Section of the California Department of Health — charges that she practiced medicine without a license.

And in the process of winning the victory, Mrs. Elliott laid the groundwork for revision of a law that restricts health-food store personnel from discussing nutrition with customers. A bill is in the works to do just that.

Victory came to the Sacramento health-food store proprietor January 18 when, "In the interests of justice," it was dismissed by Municipal Court Judge Edward J. Garcia to whom it had been assigned for retrial.

The case reached Judge Garcia after the original trial court, Judge Robert Zarick, earlier in the month granted Mrs. Elliott a new trial in a ruling that he had erred in failing to instruct the jury on "incidental and gratuitous advice."

He told Mrs. Elliott and her attorney, William Shubb, that by not including that point in his instructions, he "tore the heart out of your defense. I feel this instruction should have been given."

The instruction, sought by Attorney Shubb but refused during the trial by Judge Zarick, would have advised jurors that the law "does not apply to those who incidentally and gratuitously suggest" the use of certain vitamins and minerals. Had the instruction been given, says Attorney Shubb, he would have argued to the jury that "all the products sold by Mrs. Elliott were legitimate products, and her suggestions were truly 'incidental and gratuitous.' "

same day: "A criminal complaint has been filed against me for discussing food supplement intake with your undercover agent, even though about 10,000 references on these subjects are available to the public through licensed retail outlets, as well as libraries. We have 18,000 signatures on petitions protesting this action by your office."

'CHANGE THE LAW'

And this letter to Governor Brown last Aug. 6: ". . . I request your review of abuse of oath of office by public officers of the California Department of Health, Food and Drug Section, directed at Elliott's Natural Foods, a retail store in Sacramento.

"This government action at Elliott's is a common practice throughout the state, aimed at health-food store operators, 95% of whom are small independents, and a minority business group on the national level. . . . Five agents . . . state officials . . . are willfully and illegally conjuring a seemingly legal arrest through a series of illegal actions . . . seeking to build a trap of words which violates Amendment I of the Constitution guaranteeing freedom of speech. . . .

"Passage of the Proxmire-Schweiker bill by the U.S. Senate established that food supplements are not drugs. Now there is a pressing need to amend Sections 2013 and 2141 of the California Business and Professions Code to read: 'Shall not apply to the giving of nutritional advice or nutritional information in connection with, or separate from, the sale of any food or dietary supplement products.' Sections 26463 and 26670 of the California Health and Safety Code relate to drugs, medicines, and disease. Health food operators do not sell drugs. Therefore Sections 26463 and 26670 do not legally apply to the sale of any food or dietary supplement products.

"Legislation is the only way to correct this inequity. Urgency requires first priority."

IT'S IN THE BOOKS

In a later letter to the governor, Mrs. Elliott asked "Why am I facing criminal charges for discussing with my customers information readily available to them in various publications? Are they, too, accomplices in my crime? Are they going to be arrested? Are we *criminals?* . . . If my business is illegal, please let me know — I do not care to be in an illegal occupation. If it is illegal to sell and discuss printed material with my customers, please let me know. Why have I been licensed? Why has the state collected taxes from my business?"

'I'M NOT GUILTY!'

In another letter to President Carter, with copies to Governor Brown, three news networks, the CBS 60 Minutes show, HEW, *New West,* the National Nutritional Foods Association, National Health Federation, NNFA General Counsel Milton Bass, Fensterwald & Associates, Kahan & Lessin, Landstrom Company, Max Huberman, and NNFA President Dave Ajay, Mrs. Elliott asserted that entrapment by government agents charging practicing medicine without a license is "common practice. However, most merchants have found it easier to pay a fine, accept severe chastisement, and go on their way. That is the easy way — but why do I find it the hard way to go?

"I do not believe I am guilty. I do not believe I have broken the laws of my land. I am apparently so innocent and so unsophisticated that I believe I am exercising freedom of speech when I talk with people in my store about information relating to nutrition and well-being as made available to the public in books and printed matter. . . .

"The health-food industry has brought more awareness to more people than any other group relating to the importance of good food for good health. The industry has brought more awareness to more people than any other group regarding the unlimited hazards of the

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dangers involved in the vast array of chemical additives to our earth, our waters, our air, and in all the procedures of harvesting, shipping, storing, and the multiple preparations of our food supplies."

IN YOUR ICE CREAM

"And by the way, Mr. President — are you going to eat some ice cream within the next few days? If so, you might be interested to know that it quite possibly may contain diethylglycol, an emulsifier used in place of eggs which is also used in anti-freeze and paint-remover. Piperonal is used instead of vanilla, and also to kill lice. Aldehyde C17, cherry flavor, an inflammable liquid in dyes, plastics and rubber, is in ice cream. Ethylacetate or pineapple flavor, butyraldehyde as nut flavor, amylacetate as banana flavor, and benzylacetate for strawberry flavor are used not only in ice cream, but also in cleaning fluids, rubber cement, oil paint solvent, and nitrate solvent. (Look into cottage cheese — almost as wholesome as above. Where are you, FDA? Too busy checking natural food stores?). . . .

"Please set me straight — I am confused — am I in America? How can industries that load up the public's food with all kinds of mixtures of endless chemicals go freely and happily about their 'business,' yet I am a criminal and have been warned about imprisonment and/or a fine? Yet — we are going to spread freedom to the oppressed!

"Former FDA Commissioner Dr. H.L. Ley, Jr., said in 1968: 'I am not going to tell you that FDA has devised the perfect system keeping hazardous chemicals out of our foods . . . you'll simply have to live with it.' "

PROTECTION?

"A year later Dr. Ley was quoted in *The New York Times:* 'The thing that bugs me is that the people think the FDA is protecting them — it isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day.'

"Anytime anyone can find any drugs, medicines and chemically-laden foods in my store, I will be more than eager to remove them. I will be more than eager to remove all books from my store if it is illegal for the public to buy them, to read them, and to discuss them with me. And I am reasonably sure other natural-food stores share this feeling." . . .

JUDGE ASKED TO GRANT NEW TRIAL OR DISMISS CASE

After a six-day trial, a municipal court jury found Georgana Elliott guilty of one charge — prescribing without a license when she suggested to Undercover Agent Gretchen McCamley, who feigned epilepsy, that she take Vitamin E, kelp, and potassium phosphate tablets along with her doctor-prescribed medicine.

The jury found Mrs. Elliott not guilty of telling Marilyn Bader to take chewable papaya tablets, nerve tonic, and chlorophyl/comfrey tablets for ulcers.

And the panel — from which health-food users had been excluded by the prosecuting attorney — could not agree on a third charge that Mrs. Elliott sold to Agent Beverly Pabalis potassium phosphate tablets for ulcers.

Judge Robert Zarick postponed sentencing for three weeks, then delayed it another month to listen to the tapes of conversations between the agents and Mrs. Elliott.

Her attorney, William B. Shubb, moved for a dismissal or a new trial on

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Elliott Case Stirs Up a Storm in Sacramento

Nutrition Advice Should Not Be Illegal, Editors Agree

In reporting initially on the Elliott case, *The Bulletin* (Nov. 1977) suggested that the Food and Drug Section of the California Department of Health may have picked on "the wrong person," and that the arrest "may boomerang."

Press coverage in Sacramento was not sensational, but it was extensive enough to attract public attention. And as the trial progressed, editorial comment in both daily newspapers, plus letters to the editor, reflected a lively interest in the case, and sympathy for Defendant Elliott.

Even before the trial started, Senator William Campbell wrote Dr. Jerome Lackner, director of the Department of Health, expressing "distress" over the filing of the action against Mrs. Elliott, and stating: "Given the numerous problems existing in the Department of Health, allocations of manpower and resources to harass and entrap health-food store operators is, to me, a serious error in judgment."

He asked for answers to these questions:

"At what level is the assignment of manpower to a given problem determined?

"Who has responsibility for reviewing those priorities?

"What, if any, report is made to the public and/or the Legislature on activities of the Food and Drug Section of your department?"

Whether the publicity had anything to do with Judge Robert Zarick's decision to consider the motion for dismissal or a new trial — despite his comments to the contrary — is conjectural.

grounds "we're talking about nutrition, not medicine. The people who came into Mrs. Elliott's store established they were interested in health food. They said they had been diagnosed by a doctor. Mrs. Elliott never advised them not to follow their doctor's advice. Is it prescribing when John Wayne says take Datril for headaches, or Pat Boone says use this cream for blemishes?"

But Deputy District Attorney Kit Cleland said that merely because Mrs. Elliott told the women they should see a doctor first did not mean she was blameless. Otherwise, he said, "every quack or other person who wanted to treat someone could do so — if they just said 'I'm not a doctor.' "

Mrs. Elliott's attorney pointed out that she is a cofounder of Sacramento's Waldorf School, and that the Big Brothers program "started in her home." Among character witnesses testifying on her behalf were business leader Henry Teichert and Lt. Ben Bruno of the Sacramento Police Department.

Attorney Shubb told the court that if the conviction were allowed to stand, it would have "a serious chilling effect on free speech. Every health-food operator in California will be scared to open their mouths if someone comes in and says they have a physical condition. How could a lawyer advise operators of health-food stores on what they can or can't say?"

"The law under which Mrs. Elliott was convicted, usually enforced against persons wrongfully representing themselves as doctors, "would apply to every person who recommends that a friend take aspirin for a headache, calamine lotion for poison ivy, tomato juice for a hangover, or chicken soup for a cold."

The judge told Mrs. Elliott he would carefully examine the conviction, and that he would "not be influenced by public opinion. Any decision will be based on the evidence produced in this court, and the law. If I didn't think you were a woman of good heart and well meaning, I would find you in contempt of court," he said after she had made an emotional statement during which she referred to the 20,000 signatures on the petitions protesting her arrest.

REWRITE LAW, URGES BEE

The influential *Sacramento Bee,* read throughout the valley and closely watched by politicians, had this to say editorially the day before the judge agreed to examine the evidence before acting on the defense motion for dismissal or a new trial:

"The wording of state law in the Business and Professions Code, designed to stop quacks from prescribing 'curealls,' needs to be rewritten with more precision.

"That's the conclusion we draw from the recent conviction of Georgana Elliott, proprietor of a Sacramento health-food store, whose 'crime' was to offer nutritional advice to an undercover agent of the state Health Department's Food and Drug Section. . . .

"The three undercover agents . . . said they were under a doctor's care and asked Ms. Elliott's advice. They said she recommended various health-food supplements as being helpful. She did not try to dissuade them from getting orthodox medical care — and in fact, recommended a medical doctor in one instance.

"Although the salient testimony seemed to be virtually the same in the three instances, the jurors found Ms. Elliott guilty in just one case, couldn't reach a verdict in another, and acquitted her in the third.

"The anomaly in their findings suggests the jurors' perplexity over the vague wording of state law in this matter. It makes it unlawful to recommend 'any' substance or drug said to have beneficial effect for curing ailments unless the person recommending it is a licensed physician. This is clearly intended to control charlatans who claim to have their own pet cures.

"But Ms. Elliott's case raises the question: What is the proprietor of a health-food store to do if someone comes in asking for nutritional advice?

"There was no evidence that Ms. Elliott went beyond suggesting the use of food supplements containing minerals, all of them certified for sale by state and federal governments. She was not accused of having claimed a cure would result from their use. She was not remotely depicted as being a self-styled 'healer' or claiming medical expertise.

"It seems to us that the official efforts and tax dollars spent on this case could have been more usefully directed to serious and potentially more dangerous violations. Ms. Elliott, who has had an upstanding community reputation for years, certainly doesn't emerge as a quack in the real sense of that word — and *The Bee* has been outspoken against quacks.

"Municipal Judge Robert Zarick, who presided over the case, tomorrow will hear motions by Ms. Elliott's attorney for a reversal of the conviction, or a new trial. He would serve the interest of justice — and perhaps spur needed legislative remedy of the law — by granting one or the other."

'WE'RE ALL GUILTY'

In separate columns two weeks apart, Carlyle Reed, publisher emeritus of *The Sacramento Union,* observed in part:

"There is no indication that Mrs. Elliott suggested to the three undercover agents that her food instructions should be followed instead of going to a doctor. The phony 'customer' said she was being treated by a doctor and asked for

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help on the diet. It's hardly news that diet is not the strong point of most doctors. . . .

"Section 2141 of the Business and Professions Code prohibits every person from practicing 'a system and mode of treating the sick and afflicted . . . for an ailment, disease, injury or other mental or physical condition without having a valid . . . certificate. . . ,' meaning licensed by the state, as is a doctor.

"Originally, some legislator introduced a bill to outlaw medical 'quacks.' Today that law is used to harass operators of health-food stores. But there is no exception to its provisions. It could apply to you telling a member of your family to eat a certain food because 'it's good for you.'

"Completely unreasonable? Of course. Would not be used in such a manner? Only if someone decides to do so.

"The fact is, thousands of people have serious ailments, some of which require special foods. Just as an example, have you thought about making bread, pies, or gravy without using wheat flour?

"It can be done, and if you happen to have a little-known disease known as 'sprue,' finding flour with no grain is essential to your life. It's called 'gluten-free' flour and you need the help of health-food store people to locate it.

"Yet, as the law has been misused by the California Food and Drugs Section, giving such help could result in criminal prosecution if the store operator was being 'staked out' like a common criminal by a secret operative.

"And there are thousands of similar problems which require diet helps.

"Sacramento Municipal Court Judge Robert Zarick understandably commented that when a delayed decision is made on sentencing in such a recent case, public opinion will have no bearing — it will be a matter of evidence and the law.

"That's where the problem lies: How the law is worded, how the voluminous regulations which have the effect of law are worded, and how governmental employees carrying the power of a growing police state use or misuse the law and regulations.

"Never since we commented on the criminal waste of water resulting from not controlling the only really 'wet' rivers in California on the North Coast, have we received so much reaction by mail, telephone and in person as from our recent column on the trial and conviction of this health-food operator. . . .

"Mrs. Orville Duncan of Auburn takes a broad swing at the whole health field saying: 'Until the medical minds loosen their grip on people who sponsor health, I want no more part of them . . .' 'It's a shame . . . It's an abuse of power by the state . . .,' said other letters.

"But that's what happens when you pass a law with unreasonable provisions with the promise that 'Of course we won't be unreasonable in enforcing it. . . .' Thus the crimes of every tyrant from Julius Caesar to Hitler and on into today are 'legalized.'

"The cure? Demand that your legislator knows more carefully the effects of laws he is voting for, and includes provisions to control the inevitable regulations which result from them. Tell your governor he won't get your vote unless he better controls his appointees and prevents such abuse of the law. And finally, the courts cannot escape their charge to render *justice.* We quote from a recent article by Justice Leonard Friedman which states in reference to the courts: 'Their power depends upon public acceptance.' If the public is willing to live with 'selective law enforcement,' that is what it will get."

A RILED PUBLIC WRITES

Here are samples of letters from an aroused public over the Elliott case:

From Kent H. Winn: "That was great reporting and front-page placement of the conviction of Georgana Elliott. May this become the Peter Zenger case for

nutrition. This nation's second greatest concern is health, and better nutrition alone can lead the way. This does not put medicine down, but in its place. We can never win the battle against disease, but we can and must win the war for health. . . .

From Mary P. Gray of Citrus Heights, Calif.: ". . . The Food and Drug Administration should spend more time trying to improve the quality of foods by removing chemical additives and colorings rather than hassling small, private businesses. It appears the Health Department actually encourages ingestions of toxins in the diet by remaining apathetic and ignorant.

"I am interested in finding out what other cases concerning health-food stores are tried in this despicable manner. When I enter a health-food store and ask for advice, I expect advice to be given. I do not consider this prescribing. It is about time that those of us who want to eat wholesome, nutritional food band together and fight this kind of democracy."

"From James A. Kilmer, Meadow Vista, Calif.: ". . . In their pernicious glee, the FDA and Mr. Cleland made a political blunder — they've created a martyr."

And from Jeanette Bajorek of Sacramento: ". . . We have learned a lot recently about the priorities of officialdom in Sacramento. . . . Founder of the Sacramento Big Brother movement and cofounder of one of Sacramento's finest private schools (the Sacramento Waldorf School), Georgana Elliott has demonstrated her interest in improving the quality of life in her community.

"I am outraged that my freedom to seek nutritional advice from Mrs. Elliott or anyone else I choose, is being interfered with by those who recently brought Mrs. Elliott to trial. No law can ever embody enough wisdom to determine for me from whom it is proper to seek advice with regard to the mental or physical well-being of me and my loved ones.

"If the law which was applied in Mrs. Elliott's case were applied evenly, every big-name television personality who ever advised viewers to use remedies like sleeping pills (which are directly responsible for 5,000 deaths every year) would be on trial today. So would the rest of us who ever gave the sort of free advice that natural-foods store proprietors give."

Bill Would Require Doctors to Tell Fees

Introduced into the California Legislature by Assemblyman Herschel Rosenthal, A.B. 392 would require healing art licensees, including chiropractors and osteopaths, to "give the charge or fee for commodities or services normally furnished by the licensee when such information is requested during normal working hours." Failure to do this would constitute "unprofessional conduct."

Polluted Waters Yield Tumor-Ridden Fish

Cancer-like tumors were found in oysters, clams, mussels and scallops from the polluted waters of coastal bays and rivers of Washington, Oregon, Virginia, Delaware, Maryland, Connecticut, Rhode Island, Massachusetts and Maine, a National Academy of Science report revealed.

In Narragansett Bay, a comparative study was made of shellfish from polluted and nonpolluted waters. No tumorous specimens were found in nonpolluted waters, as compared with numerous cases reported in polluted areas such as those near the atomic energy plant in Hanford, Wash., and in areas of Chesapeake Bay.

Editorial

Are They Hurting a Little?

The warnings of the "health nuts" — many of whom are topflight M.D.s and Ph.D.s — about the dangers of the sugary content of breakfast cereals apparently is having some effect on sales. At any rate, the Kellogg Company in November came out with double-page ads in metropolitan newspapers to assure the public there's nothing wrong with those sugared goodies.

One full page was devoted to much white space and a four-paragraph statement from Kellogg's Board Chairman, J. E. Lonning, and President, W. E. LaMothe.

"In the past few months," they said, "there has been considerable criticism of ready-sweetened cereals.

"The implication is that ready-sweetened cereals are not nutritious, and perhaps even harmful for young children. This is simply not so.

"We at Kellogg's have always believed that we would not remain in business long if we did not provide Americans of all ages with a worthwhile nutritious product.

"Because the allegations you have heard are false — or, at best, misleading — we present the following facts for your consideration. We invite you to check the references yourself, and write us for additional information."

On the opposite page are 10 items labeled as "Fact," designed to support the company's contention that its "Sugar Frosted Flakes," and its "Apple Jacks" contain no more sugar than an apple or an orange, and about half that of a banana.

"Ready-sweetened cereals are highly nutritious foods," says one heading. "One ounce of a typical Kellogg ready-sweetened cereal provides 25% of the U.S. Recommended Daily Allowance of vitamins A, C, B_1, B_6, niacin, and folic acid, and 10% of the U.S. RDA of vitamin D and iron.

"Ready-to-eat cereals do not increase tooth decay in children.

"The sugars in cereals and the sugars in fruit are chemically very similar.

"Ready-to-eat cereals provide only 2% of the total consumption of cane and beet sugars in the U.S.

"On the average, when children eat ready-sweetened cereals as part of a breakfast, the nutrient content of that breakfast is greater than when they eat a non-ready-to-eat cereal breakfast." . . . etc. etc.

As authority for these claims, the company lists 13 references from research work, the Food and Drug Administration, U.S. Agricultural Marketing Service, U.S. Department of Commerce, its own research department, and several industry-sponsored organizations, all of which of course support the low vitamin-mineral recommendations of the National Research Council.

Bulletin (June 1976) readers may recall the brilliant performance of Dr. Miles H. Robinson in attacking those low RDAs, and in linking them to scientists on industry payrolls. Dr. Robinson has done most of his incredibly valuable work with minimum financial support — he happens to believe in bonafide nutrition, and puts his money and time where his mouth is.

Oh that there were more Doctor Robinsons!

— D.C.M.

Kennedy: 'Nothing Wrong With Additives'

There's no maybe about it — Dr. Donald Kennedy, commissioner of the U.S. Food and Drug Administration, has come flat out against "so-called natural or health foods" as being any more nutritious than the processed stuff on supermarket shelves.

Dr. Kennedy quickly fit into the FDA mold on Laetrile (amygdalin) — that it's worthless as a cancer treatment. And now he has identified with the processed-foods industry in its claims that devitaminizing and demineralizing grains, fruits and vegetables, and loading them with additives doesn't detract from their nutritional value.

Interviewed by *U.S. News and World Report,* **the former Stanford professor said bluntly that "so-called natural or health foods have no benefits we can see over foods available in the regular marketplace." Nor is there "a whit of logic in the assumption the absence of additives in foods guarantees safety.**

"Aflatoxin, a mold product that grows on corn and peanuts, is as natural as it can be — and about the worst carcinogen we know of."

He did acknowledge, however that scientific reports on "health hazards linked to compounds in foods, drugs and cosmetics have gone up considerably in recent years because of all the new chemicals entering the environment. Of course, it's also true that our ability to detect the presence of hazardous elements is much higher."

He served notice that FDA has no intention of keeping a hands-off policy toward health foods. "We want changes in food laws to broaden our authority to ensure safe and wholesome products," he said.

DR. Y DEFINES ORGANIC, NATURAL FOODS, AND THE PESKY ADDITIVES

A "nutshell" definition of "organic" and "natural" food, and food additives, is contained in the following piece prepared by NHF Science Director John A. Yiamouyiannis, Ph.D. It might be worth copying and carrying to show uninformed friends. (Ed.)

BY JOHN YIAMOUYIANNIS

Organically grown food is simply food grown without the use of pesticides, herbicides, drugs, or artificial fertilizers. The advantages of eating organic foods and growing organically are:

- The foods are grown free of harmful pesticides such as DDT, endrin, aldrin, etc.
- The foods are grown free of harmful herbicides such as 2,4-D and 2,4,5-T.
- The foods are grown free of harmful drugs such as DES, antibiotics, etc.
- Production of organic foods necessitates recycling, and avoids the pollution of runoff and the mining of fertilizers to replenish the minerals which in "chemical farming" are allowed to be flushed into our rivers and streams.

Natural foods are relatively unprocessed and contain no additives such as artificial coloring, flavoring, and preservatives.

Health foods are sold primarily for the maintenance of health. Most notably, they exclude junk foods such as sugar-laden soft drinks, candies, ice cream, chewing gum, as well as additive-laden and demineralized-devitaminized white bread, potato chips, processed meats.

In general, food additives are nones-

(Please turn the page)

A Reevaluation of the Vitamin D Problem

A Scientist Discusses Vitamin D and Fluoride

BY J. Y. MOON

For many years NHF has opposed artificial fluoridation of public water supplies. During the last few years, NHF involvement in the antifluoridation campaign has intensified, largely due to the efforts of Science Director John Yiamouyiannis, an acknowledged fluoride expert. Thanks to Dr. Y and NHF, more and more municipalities are voting down fluoridation, and European countries which might otherwise fluoridate are not doing so.

One of the greatest difficulties in the antifluoridation campaign has been the lack of correlation of any major human illness with fluoridated water. However, since the early 1960s evidence has been accumulating in experiments using laboratory animals which clearly demonstrates that chronic low-level exposure to fluoride can produce metabolic aberrations conducive to producing cancerous cells, or may selectively stimulate growth of cancerous cells.

Very recently, in one of the most important articles yet published on the fluoride controversy, Dr. Y and Dean Burk demonstrated a statistical increase in human cancer mortality resulting from artificial water fluoridation. ("Fluoridation and Cancer: Age-Dependence of Cancer Mortality Related to Artificial Fluoridation", *Fluoride,* v.10, No.3, July 1977, pp. 102-123). Although NHF has directed a great deal of effort toward solving the fluoride problem, very little attention has been directed toward the closely-related Vitamin/Hormone D-problem.

In October of 1972, FDA implemented an order classifying high-potency supplements containing Vitamin A in potencies above 10,000 I.U., and D in potencies above 400 I.U., as drugs, thus restricting them to prescription sales. It has been clearly demonstrated that the potency limits established for Vitamin A are unrealistic, since this fat-soluble vitamin has no documented toxicity except when used in very large levels (many times greater than the limits established by FDA) for long periods.

In addition, individual variations in the amount of Vitamin A necessary for prevention of deficiency symptoms is so great that many individuals would be unable to satisfy their nutritional needs under limitations established by FDA. Also, FDA has no jurisdiction over the sale of nutritional supplements *except* when toxicity is involved, which was not the case with Vitamin A.

In restricting Vitamin A, FDA obviously had over-extended its power, and the health-minded community was outraged. National Nutritional Foods Association (NNFA), supported by NHF, initiated a legal battle to reverse FDA restrictions on over-the-counter A and D supplements. After five exhausting years, NNFA finally obtained an Appeals Court order voiding the regulations as "arbitrary and capricious and not in accordance with law."

D IS DIFFERENT

It is unfortunate that FDA included A and D in a single restricting order, since D is very, very different from Vitamin A, or any other vitamin. Although D is a vitamin, it is also a *steroid hormone.* No other steroid hormone is classified as a vitamin, and in fact, FDA has jurisdiction over *all other steroid hormones,* both natural and artificial.

One example of an artificial steroid hormone is familiar to most health-minded persons: diethylstilbestrol (DES) used so extensively to fatten livestock and cause cancer in people. Another group of steroid hormones, the cortisone-cortisols, are used extensively by physicians to control pain and swelling in arthritic patients, but side effects can be so serious that these must always be administered by a physician.

Others are known as the estrogens or female sex hormones, their best-known applications being in birth-control pills and for postmenopausal complaints, where sometimes they may be very harmful, and certainly should always be administered by a physician. A complete list of the known steroid hormones would include several hundred, *all* of which are known to have dangerous side effects when used incorrectly, and all of which — with exception of two forms of D — are confined to use by medical doctors.

Only one form of D occurs naturally in any food. This is the Vitamin D of fish-liver-oil known as cholesterol-derived calciferol (since it is manufactured from cholesterol) or more simply, Vitamin D-3. Fish-liver-oil Vitamin D-3 has many therapeutic uses. This information was summarized in an earlier article, "New Light on the Therapeutic Usefulness of Vitamin D" *NHF Bulletin* (Oct. 1974).

Cholesterol is the substance from which all steroid hormones are derived, and is the major sterol found in all animals. Cholesterol never occurs in plants, but different species of plants and fungi manufacture different kinds of sterols.

Although plants and fungi do not manufacture any form of Vitamin/Hormone D, their sterols may be extracted and treated with ultraviolet light, causing them to develop Vitamin D-like behavior (i.e. antirickets properties). One of these activated plant sterols, irradiated ergosterol (D-2), has potent antirachitic activity and initially was believed to be the true form of Vitamin D.

When it was discovered that the naturally-occurring form of the antirickets vitamin was derived from cholesterol, not ergosterol, several attempts were made to return to the natural vitamin form which was found to be considerably less toxic to laboratory animals than irradiated ergosterol. Harmful effects of this artificial Vitamin D-2 are well documented in the medical literature and have been summarized in "Vitamin D-2, The Sunshine Vitamin's Synthetic Counterpart — Friend or Foe?", *NHF Bulletin* (June 1975).

My book, *A Macrobiotic Explanation of Pathological Calcification* (GOMF Press 1974), contains more than 600

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sential chemicals added to foods to embalm them so they can lie in state on grocers' shelves for an indefinite period without rotting, to give them a taste and color they never possessed, or to restore the taste and color they have lost due to over-processing.

"More broadly, food additives are fraudulent devices to give food a taste-, color-, and age-characteristic deceptively superior to the untreated product. In addition, many of these additives are harmful, and with so many of them on the market, the only way a consumer can be sure of not consuming harmful additives is to stay away from all of them. This, in fact, is what Dr. Ben Feingold of Kaiser Permanente has suggested for hyperkinetic children, with reports of 80%-90% cure rates.

Mr. Moon is a leading advocate of the use of Vitamin D-3 as opposed to the irradiated ergosterol D-2. For a number of years he was on the research staff of Dr. Roger J. Williams at University of Texas, Austin. He is cochairman of the International Committee for Reevaluation of the Vitamin D Problem.

direct references to D-group toxicity. My article in the *Cancer News Journal* (Apr. May, 1978) explains how the addition of any form of D *to milk* causes an inordinate increase in radioactive isotope utilization, causing increased risk of bone cancer, and heavy metal poisoning. The present article is confined to a discussion of the documented influence of Vitamin D on fluoride metabolism.

In 1972 when FDA began to implement its order regarding D, it was possible to purchase D-supplements containing up to 25,000 units of artificial D-2 *in a single pill.* In fact, all high-potency D-supplements, and even most of the supplements delivering 1,000 or 2,000 units in a single pill, contained the artificial D-2 form (irradiated ergosterol).

The reason D-2 was used in these high- and moderate-potency supplements is because Nature placed certain limitations on dietary availability of Vitamin/Hormone D-3 long before FDA ever considered its actions, making it impossible or impractical to obtain fish-liver-oil of such high potency.

If the FDA does not take new and independent action to limit over-the-counter D-containing supplements, it is likely we will see a return of high-potency D-2 supplements. What effect will this have on the fluoride problem?

EFFECT ON FLUORIDE

Apparently, small amounts of D do not significantly affect fluoride retention. In 1964, Hennon, Stookey, and Muhler studied "Fluoride Preparations," (*Pediatrics,* v.64, No.2, Feb. 1964). They provided fluoride as a constituent of multiple-vitamin supplements containing 400 units of D and found fluoride retentions in the carcass and femur to be unaffected by these small levels of D.

The major interest in the relationship between D and fluoride has been in association with pathological calcifications of soft tissues. In 1966, Bernstein and his collaborators published an epidemiological study, "Prevalence of Osteoporosis in High- and Low- Fluoride Areas in North Dakota" (JAMA, 198, 499-564, 1966), which suggested that individuals exposed to 4-6 ppm fluoride in drinking water exhibited less aortic calcification than did those receiving low levels of fluoride.

Since the administration of large levels of D is the most certain experimental method for inducing pathological calcifications, a number of experiments have been performed using large levels of D in conjunction with fluoride to determine the effect of fluoride on pathological calcification. These studies have generally tended to support the conclusion that fluoride lessens the severity of pathological calcifications induced by hypervitaminosis D.

One important aspect of these studies that has generally been disregarded is the effect of large levels of D on fluoride. In 1963 Stookey and Muhler reported on the "Relationship Between Fluoride Deposition and Metastatic Calcification in Soft Tissues of Rat and Guinea Pig," *(Proc. Soc. Exp. Biol. and Med.,* v. 113, 720-725, 1963). They concluded that, "In every instance, in both rat and guinea pig, feeding a calcification-inducing diet (Vitamin D-rich diet) increased both the soft tissue fluoride and calcium content even in the absence of added dietary fluoride . . ." And, ". . . the nature of the diet has a pronounced effect on soft tissue fluoride levels, and as such, needs further investigation."

In 1970, Zipkin et al studied "Fluoride and Calcification of Rat Aorta," *(Calc. Tissue Res.,* 6, 173-182, 1970). "Vitamin D-3 produced a nine-fold increase in fluoride concentration in the aortas of rats receiving fluoride in the drinking water when compared to Vitamin D-3 rats receiving distilled water." Some of the data tabulated in this article is interesting. The level of fluoride in the aortas of rats receiving fluoride in corn oil was reported to be 5.6 ppm F. When Vitamin D-3 was added to this diet, the level of fluoride in the aortas was reported to be 1,273 ppm — approximately a 200-fold increase in aorta fluoride resulting from the presence of large levels of D.

Thus, large levels of D influence fluoride metabolism in at least two ways: total fluoride retention is increased, and fluoride is redistributed so as to increase soft tissue fluoride levels. In view of developing knowledge of fluoride, both of these effects of large levels of D should be considered to be potentially very dangerous. Fluoride deposited in bone is relatively inert. In fact, it is likely that the deposition of fluoride in bone is our major defense against fluoride toxicity. Other toxic minerals like lead and strontium are also detoxified by sequestration in bones, and large levels of D have similarly deleterious effects on lead and radioactive strontium storage.

SYNERGISTIC BEHAVIOUR

Webster defines synergism as "the simultaneous action of separate agencies, which together have greater total effect than the sum of their individual effects; said especially of drugs."

Often in the study of pharmacology we find pairs of drugs which should not be taken together because each intensifies the effects of the other. For instance, alcohol should not be taken with certain tranquilizers since only a small amount of alcohol may increase the effect of the tranquilizer, and vice versa, to the point of extreme intoxication.

It has been known for many years that both fluoride and Vitamin/Hormone D affect bone mineralization and metabolism, and in the last few years a great deal has been learned about the intricate physiological mechanisms involved in the actions of each of these substances.

Due to the well-known effect of Vitamin D on bone mineralization as evidenced by the dramatic elimination of rickets in the 1930s, numerous attempts have been made to successfully treat osteoporosis with D. These attempts have been uniformly disappointing, not only because of limited improvement of bone density, but more importantly, because of dangerous side effects. In 1961, for instance, G. Gwinup reported "Hypercalcemia as a Complication of Vitamin D Therapy in Postmenopausal Osteoporosis," *(J. Clin. Endocrin.,* 21:101-3, Jan. 1961). Other side effects, like pathological calcification as in kidney stones and coronary artery disease, also have been reported. Gwinup was using 50,000 I.U. of artificial D-2, taken twice a week — a level that may easily be exceeded if the 25,000 I.U. capsules are revived.

Many attempts have also been made to treat osteoporosis with fluoride, since it has been demonstrated in both humans and animals that fluoride administration stimulates new bone formation. However, this newly-formed bone is poorly mineralized, resulting in osteomalacia and disturbed calcium balance.

The obvious solution: combine D-therapy and fluoride-therapy. One widely-used regime calls for 50 mg. sodium fluoride, and 900 mg. calcium daily, with 50,000 I.U. of D twice weekly! Using this regime has occasionally caused hypermineralization of bones and skeletal fluorosis. Paradoxically, it has also occasionally caused a *decrease* in bone density. Whether it causes cancer or not has never been investigated.

IN CONCLUSION

The American Academy of Pediatrics had worked for more than 10 years in an effort to encourage the FDA to limit over-the-counter D-containing supplements to 400 units in the recommended daily intake, when FDA finally took action in 1972. The Academy's concern has been the occasionally-epidemic occurrences of infant poisonings by "prophylactic" administration of D in foods and supplements. Its repeated recommendation has been that *Vitamin*

D should not be added to any food but milk.

As cochairman of the International Committee for Reevaluation of the Vitamin D-Problem, I also have worked for nearly 10 years trying to understand and to help others understand this complex problem. When FDA was considering restricting over-the-counter sale of D, my committee firmly supported the action, based on the reported toxicity of artificial D-2.

In addition to artificial D-2 and natural D-3, there are numerous other synthetic and artificial forms of D. Some are far more useful than either D-2 or D-3 for treatment of metabolic bone disease, but none are available for over-the-counter sale. Artificial D-2 should be classed with all other artificial and synthetic forms of D, to be purchased by prescription only.

In my article in the *Cancer News Journal,* I summarize my reasons for considering *milk* to be the least desirable — and most harmful — food for mass-administration of Vitamin/Hormone D.

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Agency Motives Questioned by Doctor at Hearing

Linn Suspects FDA May Try to Eliminate Protein Supplements

"Overzealous adherence" to the liquid protein diet "may have" contributed to the deaths of some obese but otherwise healthy individuals, government doctors testified during a hearing in Los Angeles Dec. 28 chaired by Congressman Henry Waxman of the House Subcommittee on Health and Environment. Reduced caloric intake results in potassium depletion "which can cause heart rhythm abnormalities," they said.

A typical liquid protein diet provides about 300 calories, whereas the average person consumes 2,500 to 3,000 calories a day, they testified, adding however that "we have not yet determined whether a cause-and-effect relationship exists between the 40 reported dieters' deaths, and prolonged exclusive use of the diet. Our theories of these deaths are speculative at this point, but it would be unwise to assume the deaths are coincidental," said Dr. William H. Foege, director of the Center for Disease Control.

While the figure of "40 deaths" has been widely publicized, there's a catch: Dr. Foege also testified that when other possible causes of death had been considered, only 15 of the 40 deaths remained "unexplained, and fitting a pattern of sudden death by a person using liquid protein diets exclusively for a prolonged period."

The pattern, he said, "has been reported in association with starvation, however it also can be seen in several other conditions. The association with starvation would be familiar to only a very small number of physicians knowledgeable in this field. Its cause is unknown. The pattern is easily recognizable if looked for, but until now, general medical knowledge would not have suggested the need for electrocardiogram (EKG) monitoring of patients on low-calorie diets. We have now received reports of four individuals who did not die, and who showed this EKG pattern after being on the diet for prolonged periods, and who reverted to a normal EKG pattern after starting to eat again."

'IFS AND MAYBES'

"Precautionary labeling" without a total ban of liquid protein was favored by Dr. Robert L. Linn, author of *The Last Chance Diet,* credited with popularizing the liquid diet. He said protein cannot kill. "It's an assumption that the 40 deaths resulted from dieting," he said. "There is no such evidence. All I have heard so far have been 'ifs' and 'maybes.' But there is no hard evidence, no scientific data."

Other studies show, he continued, "a significant correlation between obesity and longevity, but none involved protein diets." He favors continued use of the liquid diet approach, but under strict medical supervision.

Dave Ajay, president of the National Nutritional Foods Association, accused the Food and Drug Administration of using "scare tactics" and engaging in "deaths by press release."

"All this is part of an asinine and ridiculous campaign to scare the public into thinking liquid protein is harmful. It is not. What is dangerous is a starvation diet. We think this is an unfair, bum rap against our industry. We're being denied an opportunity to air our views."

The hearings were aimed at obtaining information on whether Congress should consider legislation to deal with the liquid protein controversy. "America suffers from a national epidemic of obesity," Chairman Waxman said.

"There's a lot more food mixed with the additives in this one."

INDUSTRY OBJECTIONS

The industry objects to the generalized attack on protein supplements, and to the FDA "tar job" which may frighten people, mislead them into believing that somehow protein is associated with death.

The National Nutritional Foods Association and Protein Products Association, representing manufacturers, wholesalers and retailers of food supplement products, have filed suit in U.S. District Court, New York, to enjoin the government from proceeding with the proposed labeling requirements.

They charge that the entry into the *Federal Register* of the proposed labeling regulations was taken without affording them the right to participate in a secret meeting that led to the action — a failure to disclose publicly the evidence allegedly being relied upon by FDA, and failure to conduct a public hearing as required by statute.

The organizations contend that the Government's "unlawful action" started last October 20 when Dr. Allan Forbes of the Bureau of Foods convened a secret meeting to consult with an ad hoc advisory group to request advice and evidence in courses of action to be taken by FDA in regulating the marketing and promotion of proetin supplements. The meeting was "without prior publication of notice in the *Federal Register,* and without giving members of the interested public opportunity to attend or participate," they maintain.

"Attended by several FDA employees and clinicians involved in research and studies in obesity, the meeting resulted in reports of alleged hazards associated with use of protein supplements and recommendations for warning statements to be required on the labeling of such products," said NNFA and PPA. "As a followup, FDA Commissioner

Donald Kennedy announced at a press conference several reports critical of the use of predigested liquid protein diets, and on December 9 two proposed warning labels for protein supplement products were entered into the *Federal Register.* These proposals were based solely on information generated by the ad hoc advisory meeting, circumventing the rights of the plaintiff and the public-at-large to participate."

The Council for Responsible Nutrition charges that "the proposed solution ignores the safety and effectiveness of whole-protein powder products bearing directions for use in a well-balanced 1,000-calorie weight-reduction program, including at least one full meal daily. . . . Whole-protein powders made from high-quality soy, milk and egg protein are like conventional foods, and before use are mixed with such conventional foods as milk or juice or cereals. They are intended to be used as part of a total varied diet, and not in the same ways as the predigested liquid proteins. Whole-protein powders have been used safely for decades, and are not promoted or suggested for use in any kind of severely-restricted diet such as the protein-sparing fast."

DILLING STATEMENT

In a statement on behalf of the National Association of Protein Manufacturers and Distributors, Attorney Kirkpatrick W. Dilling charged that "by the remotest stretch of the imagination, there is nothing 'unsafe,' or 'dangerous' about various protein foods in tablet, capsule, or powder form. Protein is a vitally-essential component of the American diet, not a 'health hazard,' whether or not consumed in supplemental form for weight control, or otherwise. Authorities of unquestionable authenticity including the U.S. Government itself, substantiate that proteins are fundamental in the life process at all ages and stages, being part of the structure of all body tissues, both hard (bone and tooth matrix) and soft. Dietary proteins provide the nitrogen and amino acids for synthesis of hormones, enzymes, plasma protein and hemoglobin of blood, and other nitrogen-containing substances. All life requires protein. It is the chief tissue-builder, the basic substance of every cell in the body."

Mr. Dilling observed that the FDA had not disclosed in the *Federal Register* entry that the ad hoc advisory group had stated: "The cause-and-effect relationships with regard to these deaths have not yet been established."

"The Food and Drug Administration," he said, "serves as custodian and guardian of the public interest as it pertains to a pure and nutritious national food supply. Thus, the power of this agency to damage individuals and firms becoming the target of FDA attack is almost immeasurable. FDA has employed its great power for actual discrimination against the protein industry, with devastating effect upon the livelihood and businesses of those in the industry.

"It certainly never was the intent of Congress that a 'double standard' should be applied to FDA and those regulated by it — whereby absolute truth of representations is a legal requirement for regulated firms, while FDA and its various officials may freely employ reckless, irresponsible, false and damaging statements released to the media to perpetrate great harm. Remedial legislation is overdue, and it is prayed that such may be enacted by the Congress at an early date."

LINN'S SUSPICIONS

Dr. Linn told the Committee it is "unclear why the FDA is reluctant to use the very clear authority it possesses under Section 403(j) of the Act, which permits FDA to prescribe the labeling of foods for special dietary uses, which includes protein supplement. It appears FDA is seeking to avoid holding the full evidentiary hearing on its proposed labeling changes, yet the full evidentiary hearing is precisely what Congress intended. It will provide the best forum for an analysis of the data underlying the deaths so that only regulatory action, fully supported by tested evidence, will be undertaken by FDA.

"An even more troublesome aspect of FDA's proposal is its reliance on Section 505 of the Act as authority to prescribe labeling for protein supplements. Section 505 applies to new drugs, but by definition protein supplements are not drugs, but are foods for special dietary uses.

"I understand of course that if a therapeutic claim is made for a product, it may be considered a drug. But I am not aware of any such claims made in the labeling of protein supplements. If, however, the FDA's proposed regulation goes into effect, the FDA will require that such claims be made in accordance with the proposed regulation. Once the protein supplement is so labeled, FDA undoubtedly will characterize the claim of weight reduction as therapeutic, and classify protein supplements as 'drugs.' FDA's next step will be to claim they are 'new drugs' and ban protein supplements until the long-drawn-out process of approval of a new-drug application is completed.

"If this occurs, protein supplements will be permanently off the market in the United States. Approval of a product as a 'new drug' is a long, expensive process. No manufacturer is going to expend the time and incur the expense unless assured that his costs can be returned. But once a manufacturer has done all the necessary research and obtained approval of a protein supplement as a 'new drug,' there is no way he will be able to obtain a patent and prevent competitors from marketing essentially the same product. . . . So no real incentive will exist to attract any manufacturer, with the result protein supplements will be unavailable.

"In other words, I see in the proposed regulations, a possible move to permanently remove protein supplements from the market. I note that in the discussion of the proposed new regulation relating to labeling, the Commissioner has asked for comments directed to his authority to ban protein supplements, just as he recently proposed banning saccharin, and as his predecessors sought to reclassify certain vitamins, minerals, and supplements as drugs, and ban them. It took an act of Congress and . . . a Federal Court of Appeals to correct the FDA's enthusiasm for regulation in those instances.

"I . . . recognize and share the concerns regarding reports of deaths associated with liquid protein, but I must urge the Committee . . . that no such drastic action legally or medically can or should be initiated until the full facts are unearthed and verified. Otherwise, great damage can be inflicted on the American public unable to avail itself of a demonstrated successful and safe approach to treatment of obesity."

YOUR CONTRIBUTIONS TO N.H.F. GET THE JOB DONE

USING THE WIND TO MAKE ELECTRICITY

A peak in the Blue Ridge Mountains near Boone, N.C., has been chosen by the Department of Energy as the site for construction of a huge machine to turn wind into electric power. General Electric is building, and a utilities company will assist in testing, the windpowered generator.

To be mounted on a 150-foot tower, the machine will have a blade span of 200 feet, comparable to the wing spread of a 747 jumbo jet. The project will cost $23 million. The Energy Department also is testing smaller wind-power generators near Boulder, Colo.

'Exciting, Informative, Innovative'

23rd Annual Attracts Largest Crowd Yet

What is generally agreed as the most exhilarating convention in NHF history came to a close January 29 in the Pasadena California Center after three days of intense activity.

Although it is a conservative reflection of actual attendance, registrations totaled 7,600. The supply of 10,000 programs given to those attending, was exhausted Sunday afternoon.

Allen Goldman, convention manager, elated over public acceptance of the multifaceted program focusing on holistic health, as well as alternative energy systems and related fields, said the 23rd Annual, "previously billed as the World's Fair of Health, in every way filled that bill. The event attracted the largest crowd ever, with more exhibitors than at any previous NHF convention.

"For the first time in the history of the health movement, there were 139 speakers discussing everything from nutrition to healing to unorthodox cancer therapies. At any given hour, lectures on a wide range of subjects were going on in 13 separate rooms. At any given hour throughout the three days, two exhibit halls containing 280 exhibits, and every lecture room, were packed.

"In every way it was a great convention — dozens of great men and women — pioneers as well as a new generation of leaders — presenting information to people from all walks of life, all age brackets and races — beautiful, loving people. I really think that this convention will be talked about for many years because of all the excitement, and the bringing together of specialists in such a wide range of interests.

"Clinton Miller envisioned this number of programs going on simultaneously, and after much thought and consideration, the decision was made to go ahead with this type of concention. It is my feeling that a trend has been created. We at NHF will do everything in our power to present the kind of convention we believe will interest as many people as possible — through lectures, workshops, and exhibits — promoting self-improvement, health, an understanding of the importance of conservation of our resources, and above all engaging in the struggle for freedom of choice in all health matters."

NHF Executive Vice-President Clinton R. Miller expressed satisfaction with the tone of the convention, and praise for the quality of the attenders, the lecturers, the exhibitors.

"It is a big job putting together a convention of that size and that variety," he said. "We deem it a privilege to be able to bring into one place at one time the broad spectrum of interests represented at our 23rd annual. As Allen Goldman says, there truly was 'something for everyone.'

"From the 6:30 a.m. meeting (the 'Early Bird' sessions), to the end of the health disco at 11 p.m., we sandwiched in more widely-differing views about health than we've ever had at any convention.

"If there's a single thing that pleased me most, it was the increased number and high quality of young people in attendance.

"There were two firsts — and outstanding successes — at this convention: No. 1 was the Great Debate. For a

(Please turn the page)

long while I tried unsuccessfully to get a debate on milk between Dr. William Ellis and Adelle Davis. For 23 years I've been hoping to have good health debates at our conventions. Now we've done it, and it was a smashing success — the debate between Dr. Kurt Donsbach and Dr. Julian Whitaker on the high-protein vs. high-complex carbohydrate diet. The fact that both Dr. Donsbach and Dr. Whitaker are mature enough to exchange their strongly-opposing views within a well-controlled debate format is an indication of the increased sophistication of both our audience and our speakers.

"No. 2 innovation this year was the health disco — children from ages 2 to 82 enjoyed themselves, without smoking, without alcohol, and without acid rock music.

"We recognize too that there are places where improvements can be made, and we consider this a learning experience — upon which to build future conventions."

Mr. Miller, Mr. Goldman and Vice-President Dorothy B. Hart had words of praise for the staff workers whose cooperation and diligence smoothed many "rough spots," to create a harmonious, smoothly-functioning operation.

President Charles I. Crecelius was warm in his expression of appreciation to the exhibitors, speakers, and to the thousands whose presence and enthusiasm made it "an event to be remembered." He noted also that the convention serves not only as an educational forum for personal health tips, but also as a rallying point for the advancement of the NHF goal of "freedom of choice in all health-related matters. We must never lose sight of that. And we are glad that the messages of specialists in their fields, people like Dr. Manner and those engaged in activities outside the pale of orthodoxy, receive a forum during press conferences held in connection with our conventions, thus reaching many who otherwise would not have access to the information."

YOUR CONTRIBUTIONS TO N.H.F. GET THE JOB DONE

LOSE SOMETHING?

If you attend the convention, and somehow misplaced a personal belonging so it turned up missing — the item just might be in the "lost-and-found department" at NHF headquarters in Monrovia.

Vice-President Dorothy B. Hart says there are perhaps a dozen such items which will be returned to owners identifying them. "We are holding them here," she said, "and would be happy if the owners can retrieve them by identifying them. Please write or call me."

$500 FOR MEMORIAL LIBRARY TREASURY

The national Health Federation Memorial Library fund was increased by $500 with a check from Marle N. Simonsen, M.D., 609 Lane H, Hastings, Neb. In a letter to NHF President Charles I. Crecellus, Dr. Simonsen said in part: ". . . Perhaps some of this money will be used in Dr. Yiamouyiannis' research on the fluoridation-cancer death rate relationship, or for help in getting our Medical Freedom of Choice legislation (H.R. 54) through. Most drugs are manufactured from petroleum derivatives, so the Rockefeller-controlled oil companies have a stake in defeating the bill. They do not want us to have freedom of choice."

ELECTRICITY FROM OCEAN'S THERMAL ENERGY

Lockheed, Westinghouse and TRW have been selected by the Energy Research and Development Administration to design the first systems using the temperature differences of the ocean to produce electricity — an idea promoted by Jacques Cousteau.

Known as the ocean thermal energy conversion concept, the yet-to-be-designed systems will utilize pumps to bring in warm surface water through heat exchangers to evaporate ammonia. The ammonia vapor will be used to turn a turbine-generator to produce electricity. Then, cold water pumped from several thousand feet below the surface will cool the vapor and condense it back to a liquid so the cycle can be repeated.

FOR ASTHMA patients, Dr. Joseph Greer prescribes 2 tablespoons of lemon juice before each meal and before retiring.

Fluoridation Battle at State Level Continues in Michigan

Yielding to demands of the Michigan State Dental Association, the Michigan State Health Committee in December voted 3-1 to insert the MDA amendment into the proposed Public Health Code (H.B. 4070) calling for mandatory fluoridation in Michigan.

The measure then was referred to the Senate Appropriations Committee where antifluoridationists hope to have it removed, substituting a freedom-of-choice measure known as the Sharpe amendment.

Among those speaking against the MDA amendment were Martha C. Johnson, secretary of the Michigan Pure Water Council, 424 River St., Lansing, Mich. 48933. She has alerted members to write Committee members, their legislators, and the governor to kill the MDA amendment.

Part of her campaign is the bumper sticker pictured here, "Fluoridation Increases Cancer Deaths," white lettering on scarlet background. Antifluoridationists may obtain stickers from Mrs. Johnson who suggests a donation to the Pure Water Council in lieu of a fixed price.

Mrs. Johnson also is compiling a Directory of Safe Drinking Water Advocates in Michigan. Anyone in that state wishing to be included may contact her by writing, or calling her at 517-485-6125. The directory will include name of individual, phone number, name of state representative and senator, and whether or not contact has been made regarding the fluoridation issue. Antifluoridationists outside the state may be included as "Associate Advocates," upon request, she says.

'Doctor-Control' by the AMA, And Mounting Medical Costs

Physician, old buddy, heal thyself.

My favorite conservative economist, Milton Friedman, a few years ago wrote a book called *Capitalism and Freedom* in which he declared that the American Medical Association is "perhaps the strongest trade union in the United States." As medical costs soar ever higher and government sticks its big nose ever deeper into the doctor business, evidence mounts in support of Friedman's charge.

The Federal Trade Commission for a year has been investigating in the medical profession. The FTC's latest evidence supports the charge that the medical profession for 35 years has been using its power over medical schools to create a doctor shortage that raises the public cost of medical care, and thereby raises doctors' incomes.

The American Medical Association controls accreditation of medical schools, much as other professional associations control apprentice programs. The Liaison Committee on Medical Education for 35 years has been the only accreditation body recognized by the federal government in subsidizing formation and expansion of medical schools.

The committee is dominated by and largely financed by the American Medical Association. Federal subsidies are essential to medical schools — the medical profession thus controls the supply of doctors in America.

Accreditation powers have been exercised in the name of quality education, of course. But Friedman has written that the medical profession has used school accreditation "to limit numbers in ways that cannot possibly have any connection whatsoever with quality."

The medical profession claims there is no doctor shortage. Indeed, the president of the American College of Physicians, Dr. Robert Petersdorf, claimed recently that there are too many unnecessary operations because there are too many doctors.

The evidence, however supports the charge that accreditation has been used to create a doctor shortage that enriches the doctor business.

During the 1930s the American Medical Association wrote letters to medical schools explicitly advocating restrictions on the number of medical students, and thus doctors.

In the past decade, medical schools have doubled enrollments under threat of loss of federal subsidies. But two thirds of all applicants still are denied admission to American medical schools. Moreover, Congress last year, under pressure from the doctor lobby, passed a law that by 1980 will stop the recruiting of foreign medical school graduates by American hospitals.

After 35 years, the government is threatening to abolish the Liaison Committee on Medical Education and to wrest control over the doctor supply from the medical profession. The American Medical Association is fighting to keep control. But the case against the doctors is merely the latest evidence of monkey business in the medical profession.

Taken together, the evidence supports the charge that doctors are partly responsible for soaring medical costs. The evidence mounts and the medical profession fights government efforts to contain medical costs. A former Ameri-

(Please turn the page)

This column, datelined Washington, was written by Louis M. Kohlmeier, a columnist syndicated by the Chicago Tribune.

Softened AMA Position Toward Chiropractic Seen in Revised Patient-Referral Policy

What is viewed by the International Chiropractors Association as a softening of the American Medical Association position toward M.D. referral of patients to chiropractors, is contained in opinions adopted by the AMA Judicial Council during a March 12 meeting.

While the word "chiropractor" is not mentioned, this branch of the healing art may be included in the revised wording, which follows: "A physician may refer a patient for diagnostic or therapeutic services to another physician, a limited practitioner, or any other provider of health care services permitted by law to furnish such services, whenever he believes this may benefit the patient . . . referrals to limited practitioners should be based on their individual competence and ability to perform the services needed by the patient. A physician should not so refer a patient unless he is confident the services provided will be performed competently and in accordance with accepted scientific standards and legal requirements."

The development was viewed by *International Review of Chiropractic* (May 1977) as ". . . policy that could have untold beneficial effects on the chiropractic profession and its relationship with the medical profession."

'Last Word' on Bread Tests 'Yet to Come'

Prompted by "the interesting and puzzling" *Consumer Reports* findings that some white breads may be nutritionally superior to some whole-wheat and other specialty breads, a study partially repeating, and extending the *CR* study has been completed by researchers at The University of Texas, Austin, by Scientists Donald R. Davis, Ph.D., E. Malone, and Roger J. Williams, consultant and professor emeritus, Clayton Foundation Biochemical Institute.

According to Dr. Davis, the Texas study confirms *CR* rankings, "but contrary to its conclusions, we find the six rankings correlate strongly with the amounts of milk products, egg, and possibly soy used as ingredients. Interestingly, the bottom-ranked sprouted wheat bread, though markedly inferior to all the others, was improved by supplementation with vitamins, but not with protein."

Reprints of the report, titled "Biological Testing of Commercial Breads," published originally in the *Journal of the International Academy of Preventive Medicine,* is available (by enclosing a self-addressed, stamped envelope) from Dr. Davis, Clayton Foundation Biochemical Institute, University of Texas, Austin 78712.

Dr. Davis says "the last word is yet to come. We are exploring variations in the testing methods, which may be more appropriate and which reveal otherwise unobservable merits of the sprouted wheat and other whole-grain breads. It involves supplementing all the tested breads with a few vitamins which are not significantly present in wheat."

---

can Medical Association president, Dr. Wesley Hall, acknowledges that doctors "have been placing more emphasis on politics and legislation and less on scientific and medical education."

If the medical profession is sick, government will make it sicker. Physician, old buddy, heal thyself before it is too late.

Readers Write

'How Do We Get Vaccination Exemption?'

Editor:

As head of the exemption department (on school vaccines) of the American Natural Hygiene Society, Inc., I have set up a letter by which our members may be exempt from vaccination. But I am having difficulty in Arkansas, Florida, New York, and Texas where it is stressed that members must be of a nationally-recognized and established church or religious denomination.

NHF has an immunization law written so that if immunization is contrary to California parents' beliefs, children may be exempt regardless of whether such beliefs are religious or otherwise.

How did you get around the "religious"? Is it possible for us to have it written into other state laws where we have chapter presidents? . . .

We are proud of our California members, and glad NHF has the immunization exemption written into law there. Other states are concerned also, and would like to know how to go about it — doing it the way NHF did.

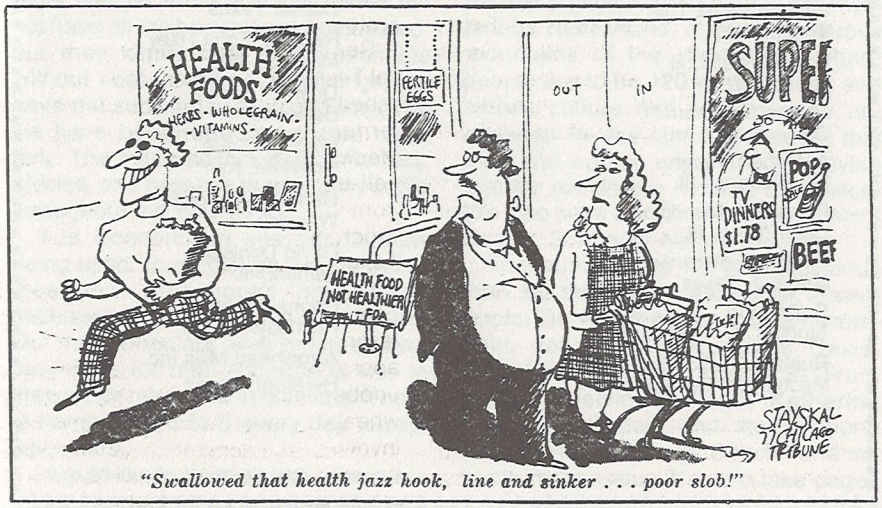
Grace Girdwain
8320 So. Nashville Ave.
Burbank, Ill.

(Ed. note: It takes a few dedicated individuals to get together, find a legislator willing to sponsor an amendment similar to California's Sec. 9, Section 3404 of the Health and Safety Code (see Nov. '77 Bulletin), and then lobby it through the legislature and past a governor's possible veto).

INSURANCE EQUALITY LAW IN WISCONSIN

The Wisconsin Legislature has passed an insurance equality law requiring equal payment by insurance companies for services rendered (within the scope of license) by chiropractors and medical doctors.

It requires that chiropractic coverage be included in all health and accident insurance policies, and that automatic premium increases may not be made without "full documentation by the company of the reason for the increase."



"Swallowed that health jazz hook, line and sinker . . . poor slob!"

WELCOME MAT'S OUT TO THESE NEW NHF LIFE MEMBERS

Ralph S. Bowman
Albany, Calif.

Dr. Frank P. Iozzi, D.C.
Arnold, Pa.

Tess C. Farr
Muskegon, Mich.

Robert E. Fields
Waukesha, Wis.

Mr. and Mrs. Cornelius Mirr
Milwaukee, Wis.

Erwin Gauerke
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Rachel Louise Holmes
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Rex and Edna Riley
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Duane Thamm
Bellwood, Ill.

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Belleville, Kan.

Harry Woloohojian
Warwick, R. I.

David Denison
Lemont, Ill.

Donna Schuster
Rochester, Minn.

Arrowhead Mills Inc.
Hereford, Texas

NHF Memorial Library News

Books and You

BY
STEPHANIE SHANE

Jack Patton, a life member of the National Health Federation, last December 16 generously donated four original paintings and two lithographs by Norman Rockwell. His other gifts were a ballerina signed by its creator, Monyo; an eight-set encyclopedia on nutrition by one of the pioneers in exercise programs, Bernarr MacFadden; Dr. Wiley's famous *A History of a Crime,* and some other literature that has added greatly to the library.

When I came to work one Saturday morning, I was surprised to find issues of the *Cancer News Journal,* accompanied by a note from the International Association of Cancer Victims and Friends saying the magazines were a gift. *Natural Food and Associates* did not have all the back issues I requested, but they kindly sent those available without cost. Since its beginnings, we have not subscribed to *Well Being,* but we have been receiving copies regularly. The mail also includes pamphlets, articles, and cassette tapes from people throughout the country.

It is wonderful to see our facilities being used. Even though we are in our inception, 700 books have been cataloged, and positioned on shelves. Our magazines are all in order, and we have films for rent. A patron is free to browse, or read, and make himself right at home from 8 to 5 every day except weekends.

I would like to build as fine a resource information center as possible, and with so many contributions that goal is achievable! As the library will serve mostly those interested in health, I would like to have as much material on nutrition as possible that can not be found in the college, or public library.

Our collection starts with "aerobics" and ends up in "zoology." We have works describing every type of medical theory, and then there is literature on animal husbandry, human physiology, and philosophy. It is in the content of the books that the rarity and value are derived.

Culpeper's Complete Herbal gives comprehensive description of nearly all the herbs, and the beautiful illustrations enable one to recognize virtually any herb at a glance. We travel to the mysterious Hunza land, in the treacherous mountains of the Himalayas, where people live to be 120 years young, and whose culture has remained so unchanged for the last 2,000 years that men and women enjoy a way of living that far excels our modern civilization. We also have Dr. John R. Christopher's classic, *School of Natural Healing.*

The authors are no less illustrious than the titles: Dale Alexander, Paavo Airola, Dr. Albert Abrams, Louis Bromfield, John H. Tobe, Adelle Davis, Gayelord Hauser, Beatrice Trum Hunter, Melvin E. Page, Katherine Pugh, J.I. Rodale and staff, Helena Rubinstein, Benjamin Spock, and so many more names it would take pages to name them all.

New Study Corroborates Krebs Laetrile Theory, Says Manner

BY HAROLD W. MANNER, PH.D.
Chairman, Department of Biology
Loyola University, Chicago

We are living at a time when the confidence of the American people in orthodox medicine and bureaucratic governmental organization is at all-time low.

Two recent announcements even further decrease this confidence. The American Medical Association has asked for legalization of marijuana. This organization has been fighting desperately to keep Laetrile, a harmless food product, from being legalized. Laetrile has been demonstrated in our laboratory to be nontoxic, and to have no side effects. In spite of this, thousands of persons are being denied Laetrile, while time and money are spent to legalize marijuana.

The second announcement . . . would be downright humorous if the situation were not so serious. For the past year I have appeared in public and on radio and T.V. stations with representatives of the American Cancer Society and the Food and Drug Administration. I have heard these persons repeatedly state that Laetrile, because it contains cyanide, is toxic, even lethal. They cite the cases of the questionable death of a baby in New York, and some dogs on the west coast. They also refer to skin rashes on a few patients in Washington, D.C., as evidence.

In addition, they indicate that cyanide cannot be used for cancer because it would cause too much damage to healthy tissue and consequently be worse than current chemotherapeutic techniques. They have laughed at Ernst Krebs, Jr., and the Laetrile hypothesis, and they have laughed at our enzyme analysis of rhodanese. More recently they have ridiculed our tumor regression study.

Now, from a highly-respected orthodox laboratory comes startling news. Dr. Jack I. Zweig and associates at Mt. Sinai Hospital, New York, have published a paper in *Cancer Treatment Reports* (Vol. 61) which gives to us a "new direction for molecular design." A chemical called 4-diethylaminophenyl-4, 4-bis acetonitrile is being tested. Looking closely at this chemical, one finds that, like Laetrile, it contains tightly-bound cyanide. Pages 421 and 422 of this report cite the "rationale for the use of cyanide as an antineoplastic agent." The report also indicates that stray cyanide in the body need not be feared because "inactivation of the cyanide ion in man occurs primarily by formation of the relatively-nontoxic thiocyanate ion via the action of the enzyme rhodanese which is present in most cells." To me, this is simply paraphrasing the original Krebs hypothesis, and certainly is no "new molecular dimension."

The only thing wrong with this artificial cyanide-containing compound is that, unlike Laetrile, the body has no natural mechanism for separating the cyanide from the full compound. However, the scientists do suggest one method — radiation. If the compound is injected and the tumor irradiated, the cyanide will be released at the tumor site and be capable of attacking cancer cells. What we have, therefore, is a new compound embracing the advantage of Laetrile, together with all the disadvantages of radiation. To accept this type of compound and reject Laetrile requires a logic beyond my comprehension.

Dr. Manner is conducting research on Laetrile efficacy at Loyola University, Chicago, under a grant from the NHF Memorial Library. These comments were made during a lecture before the New York NHF convention last November.

Dr. Yiamouyiannis Reports on New Sweetener

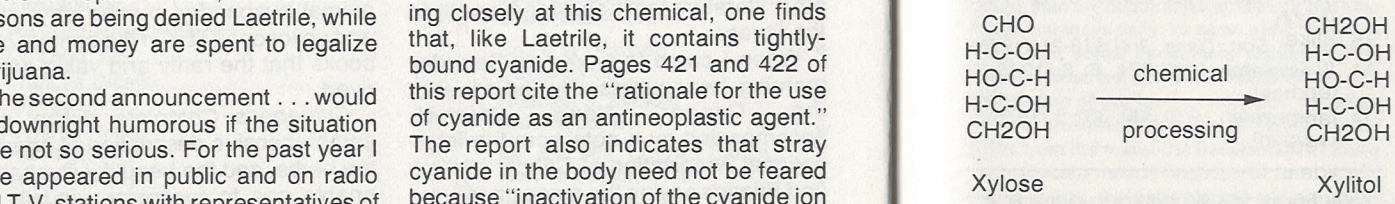
Xylitol – Now in Gum-Caused Bladder Cancer in Animals

BY JOHN A. YIAMOUYIANNIS, PH.D.
Science Director
National Health Federation

(Ed. note: Some time ago NHF Science Director John A. Yiamouyiannis, Ph.D., researched xylitol, and recommended against its use in foods as well as chewing gum. Subsequently, under pressure from General Foods and Hoffman-LaRoche, the Food and Drug Administration approved its use in chewing gum. Now it has been revealed through a zoo-mouse study at Huntington Research Center near London, England, that the product produced malignant tumors in eight male mice, and benign tumors in eight others. The animals were fed high doses of xylitol - up to one-fifth of their diets, according to an article in the January 1978 issue of Surviving.)

Thanks to the Finnish Sugar Company, Hoffman-LaRoche, and General Foods Corporation, you are now getting artificially-made "xylitol" in your chewing gum, and you're told that by chewing this gum you will be chewing tooth decay away.

Xylitol is being synthesized and produced chemically from a sugar called xylose, obtained by extracting hardwoods (especially birch bark), cottonseed hulls, and coconut shells.



Xylitol has about the same sweetness as sucrose (sugar), and gives a slightly "cool" taste, according to Dr. Ben Borenstein of Hoffman-LaRoche.[1] The 1974 world production of xylitol was only 1,000 tons — most of it produced in Japan and Russia — as compared with an annual sucrose consumption in the United States alone of more than 10 million tons.[2]

PROS AND CONS

In 1974, two scientists from the Dental Institute of the University of Turku, Finland, reported[3] that growth of the tooth-decay-producing (cariogenic) bacteria, *Streptococcus mutans,* could be retarded when the glucose source in the culture medium was replaced with xylitol. This report was financed, at least in part, by the Finnish Sugar Company. During the same period, Dr. Arje Scheinen, also of Turku, Finland, was conducting a human experiment in which he *"totally* replaced" the sucrose in the diet of 125 persons with fructose in one group and xylitol in the other. After two years on these diets, he reported a 50% reduction in tooth decay in the fructose group, and a 100% reduction in tooth decay in the xylitol group.[4]

Now, the hitch: To *"totally"* replace all the sucrose in our diet with xylitol, for practical reasons (lack of raw materials, high cost of product, etc.), would be impossible. Furthermore, there is serious question as to whether replacing only a small proportion of the sucrose in the

diet will have any effect in reducing tooth decay at all.

Moreover, Russian scientists[5] report that attempts to replace more than 10% of the sucrose in the diet of rats with xylitol had deleterious effects on liver-cell metabolism. Replacement of 20% of the sucrose with xylitol caused a decrease in liver glycogen and lipid levels, depleted liver RNA levels, and led to a decrease in liver-cell growth.

This increase in the breakdown of RNA, and in particular in the breakdown of RNA components called purines, has been confirmed[6], [7], [8], and the breakdown product — uric acid — has been found at elevated levels in the blood of animals and humans given xylitol.

Xylitol is not metabolized via the main metabolic process for sugar breakdown (glycolysis), but instead is metabolized by an alternate metabolic process known as the pentose shunt pathway.[9] It has been reported that when additional amounts of xylitol are administered to humans, transketolase, an enzyme in the pentose shunt pathway, becomes "overloaded."[10] This could have serious implications, not only in that additional amounts of xylitol may not be able to be handled properly, but also in that excessive amounts of xylitol may interfere with the normal metabolism of ribose, an essential building block of RNA.

Nor have the proponents of xylitol been without their supporters. A couple of articles[11], [12] published in the German trade journal, *Suesswaren* (translated *Sweets),* have supported the use of xylitol in foods for diabetics, and also as a means of reducing tooth decay. General Foods was granted a patent for the use of xylitol in chewing gum August 12, 1975 (Patent No. U.S. 3,899,593). The formula: 71% xylitol, 24% gum base, 4% glycerol, and 1% flavor. Hoffman-LaRoche worked with the Finnish Sugar Company on pilot plants for the manufacture of xylitol in the United States.[1]

If the FDA is ever foolish enough to allow the use of xylitol in food products on a wider basis, I would strongly advise against consumer acceptance of such products. And remember: *the only way to tell what is in the foods you buy is to read the label.*

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YOUR TAX-DEDUCTIBLE GIFTS HELP NHF MEMORIAL LIBRARY PURSUE RESEARCH IN FIELDS OF HEALTH VITAL TO EVERYONE

THIS IS THE NATIONAL HEALTH FEDERATION

The National Health Federation is America's largest, organized, noncommercial health consumer group. It is a nonprofit corporation founded in 1955. Its membership is comprised of men and women in all walks of life, belonging to a variety of religious faiths and political persuasions, and engaged in nearly every profession and trade.

Its members believe that health freedoms are inherently guaranteed to us as human beings, and our right to them as Americans is implied in the words, "life, liberty and the pursuit of happiness." Yet, frequently, these freedoms and rights have been and continue to be violated. Too often, as a result of the unopposed pressures from organized medicine, the chemical industry, pharmaceutical manufacturers, and others, laws and regulations have been imposed which better serve these special-interest groups than the public at large. We see and hear of new instances daily. To name a few: spiraling health-care costs, consumers exploitation by leading industries, excessive devitalization and adulteration of our foods, restriction of certain types of treatment, banning of certain health books from the mails, the harassment of those who advocate natural methods of healing and natural foods, the poisoning of our air, water and soil through greed and carelessness, and many other health-related issues.

The NHF opposes monopoly and compulsion in things related to health where the safety and welfare of others are concerned. NHF does not oppose nor approve any specific healing profession or their methods, but it does oppose the efforts of one group to restrict the freedom of practice of qualified members of another profession, thus attempting to create a monopoly.

The public needs a strong voice, such as the NHF provides, to speak and act in their behalf in these health-related matters. Legislators need your support to balance the pressures exerted upon them by the special interests. The National Health Federation, through a special legal and legislative staff in Washington, keeps its members apprised of all health legislation, opposes inadequate or undemocratic health legislation, while supporting or drafting bills to protect the individual's health freedom.

Will you join us in this worthy effort?

ELECTED FEDERATION OFFICERS

Unless otherwise indicated, address all officers and staff members: P.O. Box 688, Monrovia, Calif. 91016.
Phone (213) 357-2181 or 359-8334

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Dorothy B. Hart — Vice-President

Betty Lee Morales — Secretary

Paul J Virgin — Treasurer

Kurt W. Donsbach — Chairman of the Board of Governors

V. Earl Irons — Vice Chairman of the Board of Governors

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Claire M. Diemer — Assistant to the President, in charge of Wills, Estates, Gifts, Properties

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The expiration date of your membership is shown below your address. If it expires next month, please renew now, so that you will not miss a single issue of *The Bulletin*. This also saves NHF the expense of billing you. PLEASE NOTE: Renewing your membership under the same given and surname as the previous year, avoids duplication and error. Thank you for your cooperation!

PLACE 13c STAMP HERE

Every family in America should belong to the National Health Federation to —

1. **Support the principle of freedom of choice and liberty in health matters.**
2. **Be a part of a strong and united consumer's voice in all health matters.**
3. **Work for beneficial and needed health legislation and, at the same time, oppose proposals which are detrimental to the health interests of the people or which do not provide for equality of recognition of all legally established health professions.**
4. **Support a united effort to reduce the cost of health care.**
5. **Oppose insults upon our ecology which have an impact on health.**
6. **Oppose the use of chemical food additives which have not been proved absolutely safe or which are not needed.**
7. **Secure fair and impartial enforcement of food and drug laws and regulations.**
8. **Insist that all monies raised for health research and care be used exclusively for these purposes.**
9. **Compel all health fund-raising organizations to disclose in an annual report, the amount of funds collected and how the funds were expended.**

THESE ARE THE THINGS THE NATIONAL HEALTH FEDERATION IS ORGANIZED TO DO — JOIN ITS RANKS AND TAKE PART IN THIS VITAL EFFORT ON BEHALF OF YOURSELF AND OF ALL AMERICA.

UPCOMING NHF CONVENTIONS

So. Calif. Regional - Apr. 21-23
El Cortez Hotel — San Diego

Pacific Regional — May 5-7
Hilton Hawaiian Village — Honolulu

Great Lakes Regional — May 26-28
Carrousel Inn — Columbus, Ohio

HELP SAVE OUR HEALTH FREEDOMS