

Clean Nutrition



Why doesn't food addiction involve healthy foods?

Why is it that when someone struggles with food addiction, the menu is always laden with processed foods full of additives and especially sugar? University of Michigan researchers wanted to find out.

But unfortunately, the researchers couldn't nail the explanation. We all know that highly processed foods just taste so good, but this isn't what drives the addiction, since many people — though loving these foods — won't overeat them.

It's not known if such foods can bring out addiction-like responses. What's known is that unprocessed foods like tuna and brown rice were not linked to addictive eating behavior.

Perhaps foods like pizza, nachos and candy have "rewarding" properties, says the lead study author, Erica Schulte. The specific properties of junk foods that fuel addiction have yet to be identified.

America u

It's only about the money

Are you aware that America consumes half the world's pharmaceutical drug supply?

By Lorra Garrick



The obscene wealth of Big Pharma

Pharmaceutical companies can't make money off of cured cancer patients. "Big Pharma" profits only off of chronically sick people. Cures for cancer, Alzheimer's, diabetes, AIDS, etc., will never exist as long as "medications" are developed with one main purpose in mind: to bring obscene wealth to Big Pharma.

Nonprofit organizations that raise money for "the cure" have their hopes in the clouds, because Big Pharma's no. 1 goal is to develop new drugs simply to keep

dying people alive just a little longer ... so that doctors can keep supplying them with expensive drugs.

Now, that might not sound so bad: keeping dying people alive longer. But if the goal doesn't shift from making billions of dollars to finding absolute cures, then people will continue to suffer and then drop like flies from the same afflictions that have been wiping people out for decades.

"We have the most expensive health care system in the world," says **Jacob Teitelbaum**, MD (internist), medical director of the Fibromyalgia and Fatigue Centers. "Yet it's one of the least effective and most dangerous in the world."

About 106,000 U.S. people die every year from adverse reactions to drugs that are properly prescribed and administered — to patients in hospitals. The annual deaths to outpatients properly taking prescribed drugs is estimated at tens of thousands more.

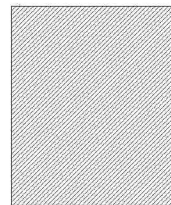
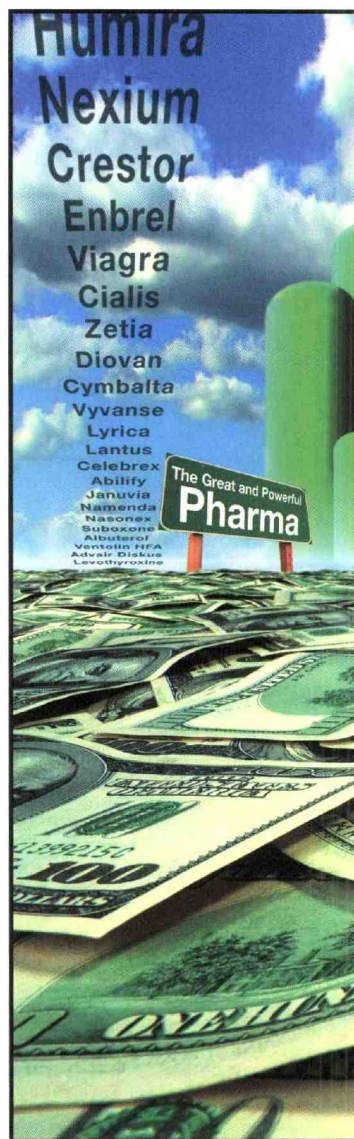
Because of our profit-centered health care system, cancer — despite decades of research involving billions of dollars — still remains the no. 2 killer of Americans. And Alzheimer's?

Despite decades of "research," this common disease (currently afflicting over 5.2 million Americans, 10 percent under age 65!) continues to ravage the brain of everyone who gets it. When it comes to advances in Alzheimer's treatments compared to 100 years ago, we're still cavemen carrying around clubs.

Name one disease cure in the last 50 years

In the past 50 years there have been magnificent surgical advances and development of drugs that bring people back from near-death, induce labor in crisis birth situations and keep organ-transplant patients alive.

Indeed, some drugs have extraordinary value, such as epinephrine to restart a stopped heart; opioid painkillers used on victims of amputations,



nder drugs



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Plant-based diet associated with lower risk of death from heart disease and stroke

If you're struggling to keep your diet plant based as opposed to animal based, remind yourself that yet another study links a pro-vegetarian diet to a lower chance of dying from heart disease and stroke.

The researchers analyzed the eating habits of over 450,000 people. A diet of 70 percent plant foods meant a 20 percent lower risk of mortality from heart disease when compared to people whose diets were under 45 percent plant foods.

The results of the analysis were adjusted for things like exercise, alcohol intake, body mass index and smoking. The study's lead author, Camille Lassale, recommends replacing some animal foods with plant foods rather than going hardcore vegetarian.

serious accidents and late-stage cancer; anesthetics so that surgery can be performed; drugs that end parasite infestations; and antibiotics for infections. *But we still do not have cures for disease.*

Look at standard cancer treatment: to kill (hopefully) cancer, physicians sock the patient's entire body with poisons that also destroy healthy tissue. And we still have no weapons to routinely prevent a recurrence. It's hit or miss, just like 50 years ago.

"When you hear, 'Sixty to 70 percent of patients showed no signs of cancer after conventional treatment, you're only hearing a five-year survival rate — not a lifetime survival rate,'" says Shane Ellison, M. Sc., a pharmaceutical chemist from Santa Fe, NM. "They (Big Pharma, medical profession) treat a five-year survival rate as a 'cure rate.' It's deceitful. After five years, over half the conventional patients have reoccurring cancer."

Actually, cures are out there, Ellison says. "Cures are flushed, yet cures are abundant." Drug researchers learn of these cures while studying natural products to use as "lead" compounds. "Once they discover a cure, they bury the literature."

If this is too far-fetched to believe, it's actually benign compared to other stunts that Big Pharma has pulled, such as manipulating clinical research data (e.g., creating nonexistent study participants and forged signatures, concealing information on dangerous side effects) so that the FDA could approve a hazardous drug.

Inventing diseases for profit

Big Pharma has actually invented medical conditions so it could have even more symptoms to market. Ellison says that ADHD is one of the most profitable invented conditions. "The psychiatric field is riddled with hundreds of illnesses that were also invented simply in order to manufacture a market."

For example, "social anxiety disorder" is the psychiatric term for shyness. People are given drugs for this, even though behavior modification techniques and counseling can be equally, if not more so, effective.

Or shyness may simply be a part of whom the person is; that individual isn't sick at all. Maybe that person has simply been spending too much time around toxic, negative people, and the "social anxiety disorder" is a learned behavior.

"Female sexual dysfunction" was an attempt to expand Viagra sales, and "adult attention deficit disorder" was created to justify advertising the children's ADD drug Strattera to a whole new market: adults.

Ellison explains, "When a natural remedy is identified, chemists identify the natural ingredients that show efficacy. The natural remedy is forgotten. Chemists then use a process known as combinatorial chemistry to design molecules that mimic the natural isolates. These copycats end up being toxic and less effective than their natural predecessors."

What happens when a good-faith physician attempts to leak out a natural cure? "Nobel laureate Linus Pauling went on a crusade for vitamin C's healing properties," says Ellison. "He was, and still is, lambasted by the media. Many have come forward with natural cures, but they are eventually discredited so much that people simply stop listening."

The media is controlled by Big Pharma, which "spends billions every year to pay for article placement in big news sources like CNN, *USA Today* and the *NYT*," continues Ellison. The control is so pervasive that even fitness magazines are chock full of drug ads.



Dr. Teitelbaum says, "There are now over 1,000 physicians (board certified in internal medicine) who are on this crusade (for natural cures) — and are under attack by state medical boards for the crime of helping their patients get well." America consumes half the world's pharmaceutical drug supply.

Fancy names to trick people

People are attracted to the word "medicine." Look at sleep drug ads, for example. The ads never refer to the product as a drug; it's called "sleep medicine."

Insomnia can be cured naturally. Sleep drugs address the symptoms, not the cause, and are marketed as something you must take indefinitely (more big money for Big Pharma).

The term *pharmacotherapy* is often used in reference to ADHD drugs. No physician would dare say, "Your son needs methamphetamine." Popular ADHD drugs have the same chemical composition as the drugs in illegal meth labs.

Ellison says, "People read or hear these words (*judicious use of pharmacotherapy, pharmaceutical treatment*) and think, 'Wow, this must be something good!' Since they don't understand the term, they think they need a doctor to translate and begin practicing it on them. The whole idea of reinventing medical language to confuse the masses into 'prescription submission' is one reason that corporate drug sales are so effective today. This 'medical speak' is job insurance for physicians. It's also a great way to hide all the dangers of modern medicine...since few are speaking the language, few can understand the dangers."

Most people taking drugs can't even explain in layman's terms how the drug works: "blind drug use,"



says Ellison. "People swallow their drugs like a good American." Many people can't even name all their prescription drugs, much less explain what they're for.

How drug companies took over the FDA

It's truly all about the money. Ellison explains, "Pharmaceutical campaigning led to the passing of the 1997 Food and Drug Administration Modernization Act (FDAMA). The FDAMA allows for a new drug's approval based on only one clinical trial. In addition to lowering drug approval standards, pharmaceutical companies have ensured that the FDA is well-compensated for their efforts."

This is not in alignment with having a sick person's best interests in mind.

"Pharmaceutical campaigning also led to the Prescription Drug User Fee Act (PDUFA) of 1992 and its reauthorization in 1997. The PDUFA allows the FDA to collect fees from pharmaceutical companies to review new drug applications. This sets a new precedent in drug approval. Previously, the United States Treasury funded the FDA. However, with the PDUFA, they now receive their paychecks directly from the pharmaceutical industry. This ensures that the FDA remains a lap dog to the pharmaceutical industry."

Examples of flushed cures and fraud

Headaches and pain. "Aspirin is a knock-off of the active ingredient found in white willow bark," says Ellison. "Willow bark has been shown to be twice as effective as Motrin in head-on research," explains Dr. Teitelbaum. "Willow bark is very safe, where Motrin-family medication (called NSAIDs) kill over 16,500 Americans each year."

The natural substances glucosamine sulfate and chondroitin were shown to be more effective than Celebrex in a 2006 study by the National Institute of Health division of Complementary Medicine.

"Because almost all of the study authors were on the drug company payroll, they misreported the data to say the natural remedies were not effective: *Use Celebrex!*" continues Dr. Teitelbaum.

"Instead of looking at the actual data, the media largely parroted the researchers' conclusions. This protected \$4 billion a year in drug company profits — at the cost of over \$3 billion a year in hospital bills to treat the side effects. That they picked researchers who were almost all (except one!) on the BP payroll to design and run a study on natural anti-arthritis is hardly the same thing they did with their depression and prostate studies — with equally skewed results."

Hyper kids. Ellison says, "Ritalin and many other stimulants are knockoffs of the active ingredients found in ma huang," an herb. "Ritalin is an amphetamine. It can cause addiction and brain cell death. Despite false propaganda, ma huang is safe and increases mental focus without damaging the body. Ma huang is black-listed, while Ritalin is dispensed to children."

Other side effects of ADHD drugs include skin rash, nausea, insomnia, disrupted heart rhythm, aggression and psychosis.

High cholesterol. Research does not show that use of statin drugs (the no. 1 selling drug of all time) reduces mortality rates among persons with or without heart disease. "Yet, it does highlight a myriad of cholesterol-lowering-drug side effects that warrants a public health crisis," says Ellison.

Depression/anxiety/bipolar disorder. Deep depression can be very serious, but many physicians will prescribe antidepressants simply if a fully functioning patient says, "I'm not as happy as I used to be."

Physicians will prescribe drugs if all the patient complains about is anxiety, nervousness or stress, even though these are perfectly normal aspects of being human and have a slew of natural treatments. "And an overall review of studies shows antidepressants to be no more effective than placebo!" says Dr. Teitelbaum.

Ellison says, "The definition of being bipolar is slowly being broadened in order to broaden the market." Nowadays, a person with mere ups and downs can be diagnosed as bipolar and hence be talked into taking drugs.

Why does the medical profession go along with this?

Big Pharma won't push natural supplements because "they clash with the drug company business model," says Ellison. "Natural medicine cannot be patented and subsequently monopolized. Only dangerous, man-made prescription drugs carry patent rights. And this is what satisfies a drug company's voracious appetite for wealth. Natural cures are too cheap and don't carry patent rights to make money compared to prescription drugs. And as long as drugs make money, the model isn't going anywhere. In the drug model, success is measured by wealth, not health. Thus, even if it kills millions (which it does), it doesn't really matter as long as it's making billions (which it does)."

Medical schools are funded by drug companies. The brainwashing tactics await for impressionable young adults, ingraining into them that the solutions to treating disease are drugs and cutting off body parts or removing



Vitamin D

Vitamin D is a very important macronutrient for those wishing to build muscle. A macronutrient is the term given to nutrients that the body needs in relatively large amounts. Vitamin D is vital for the muscle building process because it supports the nervous system and musculo-skeletal system.

Perhaps most notable about this nutrient is its importance for bone health. Though training with weights makes bones stronger, bones that are suffering from vitamin D deficiency will not be strong enough to support a bodybuilding regimen.

It's a two-way street, because working muscles pull on bones, making the bones denser, but weak, sick bones cannot support a lot of pulling.

Vitamin D is found in many fortified foods such as milk, cereal and bread, and the body also manufactures this macronutrient from sunlight exposure (10-15 minutes a day is adequate). Daily dose: 400-1,000 IUs. Overdosing can be toxic, as this vitamin is not water soluble.

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Eat your fruits, vegetables and ... pesticides?

Come on already, stop allowing yourself to think that the pesticide residue on conventional produce is harmless. We're talking about the OP here, and we don't mean original poster. OP stands for organophosphate, a poison that gets sprayed on crops and is linked to illness.

A recent study, which appears in *Environmental Health Perspectives*, says that people who ate organic produce had significantly lower OP exposures than those who ate conventional produce.

You can't rinse pesticides off, either, because the crops are treated with these poisons from the start. So even if you scrub a conventionally grown apple for five minutes with filtered water ... what about the inside? How do you rinse off every internal cellular layer?

Apples are among the most heavily sprayed crops. Other "dirty dozen" crops include strawberries, spinach, grapes, celery and potatoes.



"Here at BigPharma we're 100% behind the benefits of spiritual and natural remedies, which is why we've developed Virtually Natural, a medicine to pharmaceutically enhance your experience."

organs. Medical school doesn't teach natural treatments.

Explains Dr. Teitelbaum, "Doctors believe in what they do, and think that they are protecting the public from natural quacks, because their medical school professors — often getting their research funding and speaker fees from drug companies — told them that it was unscientific quackery. Medicine in this way is much more of a religion than it is science. The collusion between BP and standard medicine to create an environment of misinformation, to eliminate competition from holistic practitioners offering cheaper and safer options, is fairly pervasive."

Another reason that medical doctors preach drugs over nature is that the physician risks getting his or her license revoked for touting natural medicine, says Ellison. "Doctors who don't prescribe drugs are met with an army of drug reps, lawsuits and reprimands from state licensing boards."

Dr. Teitelbaum concurs fully and explains, "Standard physicians file a complaint with the medical board, and then boards ignore the scientific research and sanction the doctor. Standard doctors are often happy to testify that the holistic doctor was a 'dangerous quack' no matter how reasonable the holistic treatment. You're more likely to lose your license because you cured a patient using natural remedies than you are if you maim a patient by doing surgery when drunk!"

A common belief is that physicians get a bonus from a drug company based on how much of its drug they prescribe.

What actually happens is that drug companies pay doctors "speaker fees" and "research fees" to show up at seminars and conferences in different cities (all expenses paid) and speak in support of the drug.

The fees are not significant for most physicians attending the conference, adds Dr. Teitelbaum, but these vacation-like excursions supply continuing education credits that are required for medical license renewal. "The amounts paid to the professors giving the lectures, however, can be very high," continues Dr. Teitelbaum.

"Almost all the information physicians receive is paid for by drug companies who sponsor their

conferences, journals and the drug reps. These three areas supply the vast majority of the info physicians receive, and doctors do not know the drug company is controlling this info, and that most of their education is really simply slick drug company ads masquerading as educational activities and science."

When a hospital medical director says, "There are no large-scale studies showing

that natural supplements work or that you can heal illness with diet," it's worded to sound as though a lot of such research *has been done*, and results were dismal.

But "There are no large-scale studies showing ..." really means that there are no large-scale studies, *period*, none at all! Or, says Dr. Teitelbaum, the physicians have "not bothered to read the research."

The statement "There's no research ..." is very misleading. Citing the fact that the research is nonexistent is a profoundly weak argument against natural treatments.

And there *never* will be large-scale human trials funded by Big Pharma involving natural compounds that show promise at conquering killer diseases. Big Pharma, the FDA and the medical profession will not profit off natural cures.

Thus, the funding for natural-cure research is severely restricted. Who knows? The cure for cancer could be sitting inside the graviola fruit. We'll never know as long as drug companies control research, medical schools and mainstream media.

You'd think that Big Pharma's top guns would still push for cures, if for no other reason that *they themselves* might one day be stricken with an incurable disease.

But on their way to the top of Big Pharma's hierarchy, these executives, "though often nice and well-meaning people," says Dr. Teitelbaum, are programmed to think a certain way, blinded by greed, and "they soon begin to believe their own lies. In any business, it can get cut-throat."

Solutions?

One solution would be the requirement that state medical boards conduct peer reviews on the physician in question, says Dr. Teitelbaum.

"For example, as an internist, I can't review a heart surgeon to decide if they used the right technique. Medicine refuses to acknowledge holistic medicine as a specialty, and won't recognize the American Board of Holistic Medicine (ABHM).

"In fact, they have refused to accept any new specialties for over 30 years (why allow any new competition?),



Natural depression treatment: resveratrol

No, this doesn't mean when you feel depressed, drink wine. Depression can be caused by social stress. Susan K. Wood, PhD, conducted an experiment in which a rat bullied a smaller, more timid rat.

The bullied rats developed depression-like symptoms and inflammation. Rats that didn't develop depression also didn't get inflammation. In a follow-up experiment, the bullied rats were given resveratrol — the human equivalent of what's found in six glasses of wine. This antioxidant blocked the increased inflammation in the rats' brains and prevented the depression symptoms.

Resveratrol is found in the skin of red grapes and in supplements. It's best to get this anti-inflammatory compound from red grapes and supplements.

putting medicine decades behind the science. If states required that all holistic cases be reviewed by a peer (as is the case with all other cases) who is board certified in holistic medicine, it would largely solve the issue. In addition, take regulation of natural products out of the hands of the FDA and put it in the hands of an agency staffed by experts in natural medicine.”

What can individuals do? Drug ads typically tell the consumer, “Ask your doctor if (drug name) is right for you.”

The problem with asking your doctor is that the physician is getting marketed the same way that the public is. Your physician will most likely bounce back to you the same information that you've been drowned in by media outlets.

Also, note that some drug TV commercials tell the viewer, “For more information on (drug name), see our ad in *Lady's Home Living*.” By law, the TV ad must cite the main dangers of the drug — and usually they do — while the commercial shows handsome people sailing crystal blue waters or strolling hand in hand along the beach amid a brilliant sunset — a great way to soften the impact of hearing all those side effects.

But the law does not require additional information. In fact, the TV ad's directive to more information is usually only in tiny print that shows briefly at the bottom of the screen: *See our ad in Lady's Home Living*. Most viewers will miss this. Secondly, how many men will forage through *Lady's Home Living* for the ad?

By not giving a web site address, the TV ad tricks people into thinking that to get additional side-effect information, they must go out and buy a magazine and rummage for the ad.

A significant percentage of TV viewers who have computers will actually fall for this ruse and will decide it's a hassle and won't bother at all, not even thinking to check the drug's “official” web site.

Drug companies know this; it's their plan, so that fewer people know the details, such as those listed on the Strattera web site: “In some children and teens, Strattera increases the risk of suicidal thoughts.”

One can't help wonder where our war on cancer would be if, beginning 50 years ago, all medical research had focused on finding natural cures without any consideration of profits.

Wouldn't it be great if all world leaders got together in a united front, put away their differences in religion and politics, and strove to find a cure for cancer? Wouldn't it be great if we could do away with the riots in major U.S. cities and put all that energy into finding cures for disease?

Maybe with the aforementioned proposed changes, the cure for cancer would still be years off, but at least we'd be accelerating closer to a host of proven, natural, safe treatments that, although required to take indefinitely, at least would keep 100 percent of cancer patients alive and kicking for years to come.

And maybe, just maybe ... nobody would fear growing old, because the daily herbal cocktail that prevents Alzheimer's would have been discovered.

Are drugs really better than nature? Maybe it's up to each individual to decide, considering that many cures for disease may be sitting right under our noses but impossible to grab.

We must examine this issue using common sense and personal research, and, “if we are really desperate,” says Ellison, perhaps settle for ingesting toxic drugs that merely slow down the dying process. ☹