

Current Health and Nutrition News - The NH Point Of View
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January 2001

Being health seekers who are tuned in to Natural Hygiene principles and philosophy, we have a deep and unique understanding of health and disease processes. Once understood, the simple facts of Natural Hygiene that teach us how to live to be healthy, and how to recover if ill, seem so obvious that it is incredible how terribly screwed up are society's conventional health care practices. It is a wonderful blessing to know what we know, and to put that knowledge into practice. The rewards are priceless, and we are most happy to pass on this knowledge to others.

In this article, I will report on a bit of health news of the day, and will compare its recommendations and underlying assumptions to our own Hygienic understanding. This, I hope, will serve to improve our ability to "read between the lines" of these news items, to extract any genuine nuggets of good information, and also to send the rest of the recommendations to the trashcan, where they belong.

Prevention Is A Good Thing - Right?

No! Preventing disease is a waste of time, money and precious emotional energy. You have better things to do with your life.

Health seekers today are continually assaulted by screaming headlines that tell us about the different foods or chemicals in foods that will prevent cancer, alleviate infections, reverse aging, avoid cavities and maintain erections. These stories are usually reporting on medical studies showing that diseases can be prevented by eating this or that food; by taking this or that supplement or prescription drug. While at times it is nice to have some minor confirmation that normal, natural foods do indeed provide the raw materials for our body to keep itself healthy, we must understand that the *attitude bias* behind these studies **does not encourage proper thinking and action** for healthy living. This distinction is an important one.

First let's look at four recent headlines:

Chemicals In Broccoli Can Cut Lung Cancer Risk *Friday September 22, 2000*

New evidence from a large study in China suggests that chemicals contained in broccoli, cabbage, or bok choy can help protect people from developing lung cancer.

The study of more than 18,000 men found that people with detectable amounts of chemicals known as isothiocyanates in their bodies had a 36% lower chance of developing lung cancer over 10 years than those without the chemicals. The chemicals are found in broccoli and other so called "cruciferous" vegetables.

Isothiocyanates are not commercially available in pill form. But even if they were, researchers have no way of knowing how the more than 20 different isothiocyanates interact with each other and with the body to lower cancer risk.

Previous studies with pill forms of cancer-fighting chemicals—including beta-carotene--have found that doses higher than those found in foods may actually increase cancer risk.

The lesson from that is to 'just eat the vegetables'.

Source: The Lancet 2000;356:724-729.

Tomatoes May Help Fight Cancer And Heart Disease

Wednesday Sept 20, 2000

Two Canadian researchers say the pigment that gives tomatoes their red color may help protect people from several big killers, including cancer and heart disease.

The pigment, called lycopene, is one of the most potent anti-oxidants known. Cell damage caused by oxidation is believed to be an important part of the processes that lead to several chronic diseases.

The pigment may have a role in regulating some gene functions, and hormone and immune responses. It may also regulate metabolism, lowering the risk of chronic disease.

The literature they reviewed included one U.S. study that showed prostate cancer was 35 per cent lower in those who consumed 10 or more servings of tomatoes every week.

Researchers found a total of 35 large studies that provide evidence showing that eating tomatoes reduces the risk of cancer. Despite the evidence, the scientists say they still don't know what lycopene does to make cancer rates go down.

Products that contains high levels of the pigment include tomato sauce, spaghetti sauce, chili sauce, pizza and tomato soup.

The study appears in the Canadian Medical Association Journal.

Exercise May Help Fight Depression

Wednesday September 20, 2000

Exercise works at least as well as a popular prescription drug in treating clinical depression and keeping the condition from returning, researchers say.

Scientists at Duke University Medical Center tested exercise against Zoloft, an anti-depressant drug, and found the ability of either - or a combination of the two - to reduce or eliminate symptoms were about the same.

But they found exercise seemed to do a better job of keeping symptoms from coming back after the depression lifted.

It will take more research to discover why exercise should work better than prescription drug use. But it's possible that exercisers gained a sense of control over their lives that drug-takers could not match. It's also unclear why combination therapy did not work better than either alone.

Gelatin Fights Pain, Stiffness In Arthritic Knees

Friday September 22, 2000

Daily doses of gelatin may help ease the pain and disability associated with osteoarthritis of the knee, according to researchers.

"We found significant improvements in strength" in people taking gelatin versus those who were not, explained exercise physiologist Sean McCarthy, of the Rippe Lifestyle Institute, an independent research facility in Shrewsbury, Massachusetts.

Joint osteoarthritis--caused by a gradual breakdown in cartilage and bone--can lead to pain and serious restrictions in daily functioning, especially in the elderly. While many patients turn to various medications to ease their pain, an increasing number are turning to 'natural' remedies such as glucosamine chondroitin to help maintain healthy joint function.

McCarthy is quick to point out that gelatin supplementation is probably not rebuilding lost cartilage. Instead, amino acids present in gelatin may be "maintaining cartilage health, so that it slows down or even stops the breakdown that's happening."

However, patients should not rush to toss out their regular arthritis medications in favor of daily gelatin, since further study needs to be done to determine whether the improvements noted in the study last over the long term.

The independent study received funding from the Nabisco company, a maker of gelatin supplements.

Here we have four different health news stories, and to the average person they seem to be wonderful additions to our growing treasure chest of health tidbits. But as Natural Hygienists, we can easily spot many errors of fact, misguided intentions and outright prejudice.

Can you find the errors? Let's pick the articles apart and see what we can come up with...

The first story concerns certain chemicals in broccoli and cancer risk.

First question: Do isothiocyanates kill cancer cells or decrease cancer risk?

A: No. The body proactively *uses* isothiocyanates, along with thousands of other chemical compounds to deal with renegade (cancer) cells. Isothiocyanates, in and of themselves, *do nothing* except chemically bond with other chemicals. These chemical compounds are inert, non-living substances – they are not alive and therefore they cannot intelligently 'act' on anything. They do not have the power of acting intentionally. Isothiocyanates do not *act*; they *are acted upon by the body* and used for body-directed purposes. Only the magnificent intelligence of the living body has the knowledge, wisdom and control to act appropriately within its domain. Only the body has the intelligent ability to identify renegade cancer cells and to determine how best to neutralize them. The raw materials that abound in our natural diet, such as isothiocyanates, are skillfully used by the body in this continual process of health creation and maintenance.

Second question: Should I take these isothiocyanates in supplement form?

A: No. This article correctly points out that artificially extracted chemicals from foods, even the so-called "good chemicals," can very easily do damage to your health when in supplement form. You can correctly apply this same understanding to *all* artificially extracted supplements.

Third question: Should I eat more cruciferous vegetables in order to prevent cancer?

A: No. You should eat cruciferous vegetables because you enjoy them and find them to be a pleasant addition to your healthy, raw and natural diet. By eating the foods to which we are naturally adapted and inclined to eat, we supply our body with everything it needs to stay healthy and prevent disease. There is no need to *prevent* cancer, heart attacks or diabetes. *These and all other diseases are automatically prevented simply by living correctly.* There is never any need to worry about preventing disease.

How about the article dealing with tomatoes, cancer and heart disease?

First question: Do lycopenes in tomatoes protect people from cancer and heart disease?

A: No. I repeat: The intelligence of the body proactively *uses* lycopenes, along with thousands of other chemical compounds, to deal with renegade (cancer) cells and to keep the cardiovascular system in good health. The body also uses lycopenes for hundreds of other health-maintaining functions. Lycopenes, in and of themselves, do nothing except mechanically bond with other chemicals. Lycopenes cannot act. Only the body has the intelligent ability to identify cancerous cells and diseased cardiovascular tissues, and to determine how to best correct the situation. The raw materials that abound in our natural diet, such as lycopenes, are naturally used in the continual process of health

creation in our bodies.

Second question: According to the article, lycopenes have a role in regulating some gene functions, hormone and immune responses. They may also regulate metabolism, lowering the risk of chronic disease. Is this true and is it important?

A: True: yes; important: no. Lycopenes no doubt are used by the body in a myriad of functions in health maintenance. Science will very likely never come to know all that this particular chemical compound is used for in the body. But regardless of what functions are discovered, it doesn't matter. As we eat our proper foods, and live healthfully every day, all these metabolic functions are *automatically taken care of for us*. We do not need to know anything about it. In fact, the more we know about the arcane details, the less we are apt to remain aware of the bigger picture of life and proper maintenance of our health.

Third question: Should I do like the article says and eat more tomato sauce, spaghetti sauce, chili sauce, pizza and tomato soup?

A: No. All of these foods (tomato sauce, spaghetti sauce, chili sauce, pizza and tomato soup) will do their part to destroy your health. All these foods are cooked, processed and devitalized to an extreme degree. They should not even be called foods. The beautiful, intricately created and unique chemical compounds created by the living tomato plant have been mercilessly deformed and destroyed. They are now junk food. The lycopenes and other wonderful nutrients contained in the raw, ripe luscious tomato are largely mutated or destroyed by all the processing and cooking. Even if some lycopene does survive the boiling, cooking, mashing and crushing, the beautiful natural balance of nutrients in the poor little ripe, raw tomato has been decimated beyond all recognition. When you eat these 'foods', your body is thrown into great turmoil, trying to figure out how to deal with all the toxic garbage that has been created by the cooking and processing of the tomato.

The next article deals with exercise and depression.

First question: Does exercise 'fight' depression?

A: No. Exercise 'fights' nothing. By exercising (moving) we challenge our body to handle increasing amounts of stress to our organs and systems. Fitness is our ability to withstand stress. Intelligently and naturally keeping ourselves fit, supple and spry results in an overall fine-tuned sense of well-being. Exercise, as a part of our healthy lifestyle, automatically helps us to remain balanced, serene and loving people. Depression will rarely if ever become a problem in our life. If depression does rear its head, for whatever reason, continuing our healthy lifestyle will enable our body to rebalance the situation in the most effective manner possible. Using exercise as a "therapy" to "fight depression" is an unhealthy and imbalanced way to understand and apply exercise.

Second question: Should I use drugs, such as Zoloft, to cure depression?

A: No. Depression is not caused by a Zoloft deficiency. Zoloft does not and will not ever cure anything. Neither will any other drug. Whatever disease you are dealing with is *never due to a prescription drug deficiency* in your body. There is no drug that even belongs in your body. They are all artificially concocted, concentrated, toxic chemicals that are inherently abnormal and *foreign to the body*. They provide no normal, healthy raw materials for your body to use in cell and tissue creation, repair or maintenance. In precise fact, these foreign chemicals are explicitly created to block, alter, shut down, limit or otherwise impair and undermine the natural metabolic processes of the body.

In this moment of time, your body is conducting a massive symphony of processes in an incredibly precise manner in order to give you the result called Life, and your present state of health. Literally trillions of chemical reactions, electrical movements and mechanical changes are happening under your skin right now. It is all guided by an incredible and beautiful intelligence, honed over billions of years. Believe me, you do not want to mess with that exquisite harmony by randomly throwing bizarre and foreign drugs, vaccines, junk foods and whatnot into its domain.

If you are dealing with depression, you must understand that there is an imbalance somewhere in your body and mind that results in these feelings and symptoms. Root out *the actual cause* of that imbalance and *health will automatically return*. Of course, this may be more easily said than done, but nevertheless, it is the only permanent and healthy way to go about it.

Lastly, we have an article that considers gelatin and arthritis symptoms.

First question: What is gelatin?

A: Gelatin is made of boiled bones, skin and tendons from dead animals.

Second question: Do the boiled bones, skin and tendons from dead animals belong in my body?

A: No, of course not.

Third question: Does gelatin help eliminate my osteoarthritis pain?

A: Funny how first, we establish that boiled, dead animal parts do not belong in the body. Then immediately after understanding that, many people go right ahead and ask the next question anyway, "Will gelatin help eliminate my osteoarthritis pain?"

Can you see the degree of false programming and reflexive conditioning that most people carry around? Pain hurts, and we will do most anything to eliminate it. We are strongly conditioned throughout our lives to get our problems "fixed" by taking something for it.

So, are boiled bones and tendons useful? Maybe, temporarily, the diseased joints may feel better (much more likely due to the [placebo effect](#)), but gelatin is most definitely is not the cure for the problem. There is no cure for arthritis, or any other disease. Cures do not come from outside the body. And there is absolutely no doubt that gelatin will create many other problems in the body, for gelatin does not belong in the body in the first place. Osteoarthritis is not caused by a gelatin deficiency in the body. The body will automatically heal, to the best of its ability, any problems it has when the cause of the problem is determined and removed, along with resuming normal, natural healthy living practices. If you re-engage in eating and lifestyle practices that cause osteoarthritis, then osteoarthritis will return.

Fourth question: Why is it stated that "patients should not rush to toss out their regular arthritis medications in favor of daily gelatin capsules"?

A: Because a huge amount of money, time and effort has been put in to develop toxic, poisonous, destructive arthritis drugs that are pretty good at slamming the body and suppressing arthritis symptoms (i.e. forcing pain signals "off"), while not doing anything about the actual disease itself. At the same time, they cause a host of terrible side-effects that destroy other tissues and cells. In order to recoup the huge amounts of money spent to develop and market these drugs, it is very important that doctors keep prescribing them, and that patients continue to buy them and swallow them, preferably for the rest of their lives. There shall be no mention of correcting the problem in a healthy and natural way. If healthy, natural advice for the patient somehow slips out, the patient should immediately be warned to keep

taking the prescribed drugs, lest terrible things happen. Additionally, governments should be aggressively lobbied by drug companies to pass more laws to steal more money(taxes) from the citizens in order to pay for more prescription drugs to give to the 'unfortunate victims' of disease... for their own good, of course. It is madness, albeit commonly accepted and recommended madness.

Fifth question: Am I being cynical?

A: A little bit. I'm just getting started...

Q: And am I also telling you the truth?

A: Yes. You can see this for yourself in the last sentence of the article - "This 'independent' study received funding from the Nabisco company, a maker of gelatin supplements."

Are you beginning to learn how to accurately decipher the hidden messages in these 'health' articles? Do you see how it is overtly and covertly suggested that you must rely on scientific experts to unravel the mysteries of Nature in order for you to have any slim chance of '*curing*' yourself from disease? Do you see how it is strongly implied that you should *not* trust in the eternal workings of Nature for your health? To *not* trust the awesome intelligence of your living body to heal and maintain itself? Do you see how you are counseled *not* to trust in simple, healthful living as the answer for your diseases? Do you see how processed, extracted, cooked, artificial substances – drugs and bad food – are always encouraged... that they will somehow magically bring you health? Do you see how you are encouraged to keep thinking in this subservient, obedient way... that you must make great effort to read every one of these studies as they become available in order to 'prevent' every disease known... that you should be ever hopeful and donate whatever money you can to noble research efforts so that scientists may someday 'find the cure'?

You cannot cure a disease by taking a pill. The only way to cure a disease is to stop causing it. Live healthfully and your disease will disappear. Living healthfully causes health. Living disease-fully causes disease. Simple, accurate, true.

Likewise, prevention of disease is completely unnecessary, for as long as you live healthfully, according to the Laws of Nature ([Natural Hygiene principles and practices](#)), health comes to you automatically.

If you are still unconvinced, and believe you should continue to study the health info news, reconsider and refine your growing list of daily health practices, and in every other way strive to prevent disease every day, then here is the next logical thing you should do:

1. Get a very large sheet of paper. Draw 3 long columns on it (see example below). Label the first column Disease. Label the second column What To Do, and label the third column What Not To Do.
2. In the Disease column, write down every known disease. There are many thousands of them.
3. Next to each disease, in the What To Do column, according to recent scientific discoveries, write down all the different things you are supposed to do to prevent that disease, along with the things you should do to cure yourself from that disease if you already have it.
4. And next to that, in the What No To Do column, according to recent scientific discoveries, write down all the things you should not do, lest you encourage the disease.

<u>Disease</u>	<u>What To Do</u>	<u>What Not To Do</u>
Heart disease	drink red wine	do not eat eggs; high cholesterol
Liver disease	eats fruits and vegetables	do not drink red wine
Nerve disease	eat eggs for extra choline	do not drink alcohol
etc	etc	etc

Since there are thousands of diseases, there will be thousands of substances that you must take, and thousands of things you must do, every day, to complete your list. And, there are thousands of substances that you had better not take, and things you'd better not do, in order to prevent all the possible diseases.

Notice the direct contradictions in the specific recommendations in the little chart...

5. Now, spend all day, every day frantically scurrying about trying to complete your list of Things To Do and Things Not To Do. Otherwise you will surely come down with a dreaded disease! Heaven forbid if you forget something on your list! Your daily stress and anxiety level would be horrendous (which, of course, creates more disease.).

6. Forget about actually living your life. Every waking moment will be spent trying to prevent everything.

Fortunately for us, we understand that living by the principles of Natural Hygiene will automatically, spontaneously and easily prevent disease from occurring. All day, every day. No problem.

There is *no need to even think about preventing anything*. This is no great mystery. Simply live healthfully, [Hygienically](#). This simple and timeless knowledge is and has been available to every human being on Earth since the beginning.

My advice? Go forth and live magnificently! Nature has made every provision for a healthy, wonderful life. The study and practice of these natural laws is called Natural Hygiene. Apply this truthful wisdom to your life - immediately.

What a relief!