



Whole Body Health!

Benefits of Coffee Make 'Java' Lovers Reach for 2nd Cup

By Julia Foster

Every morning millions of Americans get up and have a cup of coffee. And for years it has been reported that our favorite way of kick-starting our day was not healthy for us. Now it seems there is scientific reason for us to continue to enjoy that cup of coffee without worrying too much about the adverse health effects.

Coffee contains tannin and antioxidants, which are good for the heart and arteries. It can relieve headaches. And it is good for the liver and can help prevent cirrhosis and gallstones. And the caffeine in coffee can reduce the risk of asthma attacks, and help improve circulation within the heart, although it has been implicated in the exacerbation of benign fibrocystic breast tumors in women. Coffee also contains antioxidants that help prevent cell damage and boost immune function.

Studies show that one or two cups a day could be of benefit. However, if you drink too much, it can cause health problems such as increased heartbeat, nervousness, irritability, insomnia and an upset stomach.

Enjoy that cup of coffee, but don't overdo it. Just remember that a little is healthy but too many cups of coffee are harmful. If you are pregnant, or already have a heart condition, it is probably better to stay away from caffeinated coffees. ♥

Julia Foster is the managing editor of *American Free Press*. Hailing from a rural area, Julia has long been interested in alternative healing and cures based upon natural foods and supplements. She presently lives in southern Maryland with her husband, Gene.

A Victory Against Alzheimer's

Incidence low in India; ingredient in turmeric may be key

By Jack Phillips

The Life Extension Foundation of Ft. Lauderdale, Florida plans an early investigation of the effectiveness of weekly injections of Enbrel to quickly increase the mental capabilities of Alzheimer's disease (AD) patients. Assuming bureaucratic hurdles can be surmounted and approval of the study secured, the foundation plans to enroll patients in the Ft. Lauderdale area and provide the injections, which cost about \$675 each, free of charge.

Although side effects of this therapy remain to be discovered, the promising results recently achieved appear to warrant accelerated investigation and possibly early application. Initially studies sought to find improvement in mental capacity of patients after 30 days. However improvements were detected within minutes. One patient didn't know the state he was in or the year before the injection. Ten minutes after the injection he knew what year it was and that he was in California.

Enbrel (etanercept) was approved for the treatment of rheumatoid arthritis in 1998. For this purpose it is injected under the skin. In the body it functions by reducing the effect of a substance which promotes inflammation called tumor necrosis factor alpha (TNF- α). It bonds with TNF- α and prevents it from interacting with sites on the surface of cells and causing inflammation. Potential side effects in this application are serious, including congestive heart failure and death.

In the brain TNF-1 disrupts communication between neurons. It interferes with the action of neurotransmitters which carry information across the synapses between brain cells. It is believed that this "synaptic dysregulation" contributes to the cognitive and behavioral deficits of AD.

Chronic inflammation in the brain has been linked with the onset and progression of AD. TNF- α has been identified as a causative factor in the neuronal degeneration of this disease. It has been found that several nutrients, for example

fish oil and curcumin, decrease TNF- α levels in the body and taking them appears to reduce the incidence of AD. (Incidence of AD is low in India where turmeric is much used in cooking. Curcumin is found in turmeric.) Reversing the disease is considerably more difficult than reducing the risk of getting it.

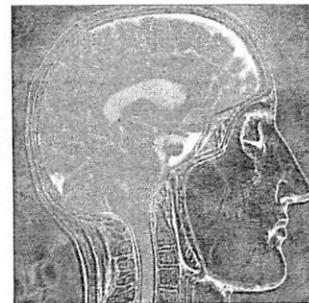
The current therapeutic use of Enbrel involves its injection into the back of the neck of the Alzheimer's patient between the sixth and seventh cervical vertebrae followed by a lowering of the head for about five minutes to help the drug flow into the brain through the cerebrospinal blood supply.

The Montreal Cognitive Assessment test has been used to evaluate improvement in patient's mental ability. In one case, two hours after a single injection of Enbrel, a patient achieved a score of 15 out of 30 points compared with a previous score of 7. Subsequently relatives reported substantial improvements in mental ability of this patient.

One Alzheimer's disease authority has noted that the disease is associated with at least 12 malfunctioning enzymes. It involves loss of myelin, the insulation around nerve cells, deposits of plaque, tangles of abnormal proteins, the death of acetylcholine manufacturing neurons and inadequate utilization of glucose. He believes that it is impossible to correct all of these deficiencies by an injection of anything. It is reasonable to believe that he is right. However the facts clearly indicate that some of the deficiencies can be at least partially corrected, for some unknown length of time, with substantial potential benefits to victims, their families and care-giving institutions.

Additional information about this potential breakthrough in the treatment of Alzheimer's disease can be obtained from the Life Extension Foundation 1-866-517-4536. ♥

Jack Phillips is a writer and scientist who lives in Massachusetts. He has a degree in chemical engineering, is an emeritus member of the American Chemical Society and is a member of the society of Sigma Xi. He is also the author of *Suppressed Science* (softcover, 168 pages, \$17) which is available from AFP, 645 Pennsylvania Avenue SE, Suite 100, Washington, D.C. 20003. Call 1-888-699-NEWS to charge to Visa/MC. No S&H in U.S.



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More Evidence Against Mercury-Based Vaccines

By Jack Phillips

Possibly because there are thousands of lawsuits incident to autism following childhood vaccination, the Center for Disease Control (CDC) is attempting to distract taxpayer attention from the fact that mercury is an extremely dangerous neurotoxin. An article by Alice Park in *Time* magazine of June 2008 states that in 2003 a 15-person committee empanelled by the CDC and the NIH analyzed available studies on the possible connection between autism and thimerosal (50 percent mercury) in vaccines and concluded that there was no scientific evidence to support the link. This learned body suggested that studies should focus on less explored genetic or immunological explanations for the disease. Nevertheless a case was recently decided for the plaintiff. (A child's parents claimed their kid contracted autism as a result of vaccination with a vaccine containing mercury.) Julie Gerberding, director of the CDC, says: "One case should not be considered admission that vaccines can cause autism."

It is important to distract taxpayers because, courtesy of the federal government, we taxpayers are obligated to foot the bill for damages. As a result of very expensive research, a case is being made that the victims of this horrible disease have defective mitochondria and this is the cause of their trouble. There is an

element of truth in this conjecture because mercury, unlike many other toxic metals, burrows into cells. Lots of glutathione, which the body manufactures, is required to get it out. Adenosine triphosphate (ATP), the substance that energizes our bodies, is produced by mitochondria and provides the energy required for production of glutathione.

However, the important fact is that mercury is probably the most neurotoxic substance there is—able to kill neurons in culture in nanomolar concentrations—millionths of a molecular weight per liter. Long before the mercury in thimerosal was injected into our children, according to Dr. Haley, chairman of the Department of Chemistry of the University of Kentucky, it was tested as a topical ointment for the treatment of umbilical cord infections. Infants who were unable to get rid of the mercury, possibly because their mitochondria didn't produce ATP fast enough, died. The infants who survived the test had lots of mercury in their hair and fingernails indicating that they were excreting it. Knowing this, who, in his right mind, would inject this substance into an infant knowing that it killed infants when applied as a topical ointment? And mercury not only kills, it causes damage as well. When I had chronic mercurial toxemia, it damaged the nerves cells controlling my heart and reduced my stamina and ability to swim long distances. It would be interesting to see if the FDA has any proof that thimerosal is safe and effective

in this application. I do not believe that they do.

There is a very high probability that a whole generation of our children have been damaged by the federal government's vaccination program now enforced by law. Girls have some protection against the ravages of mercury via their hormones. But boys are not protected and the effects are appearing in universities. Some classes at Harvard have 65 percent girls. Points have to be added to test scores of young men to get them into Law and Medical Schools at the University of Kentucky. Vaccinations are not benign. They should not, in this reviewer's opinion, be required by law.

There are reports that, well hidden in its website, the CDC has a document admitting that it lacks the scientific competence to carry out its responsibilities. Dr. Haley reported, at a meeting of Doctors for Disaster Preparedness a few years ago, that he attempted to bring facts about the dangers of injecting thimerosal into children to the attention of the CDC for 18 years without success. His experience may indicate that the personnel running the CDC's vaccine program are not only incompetent, but dangerous to our country as well. ♥

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Vitamin C's Amazing Curative Properties May Provide Alternative to Vaccination

By Jack Phillips

The childhood diseases, against which vaccinations are supposed to protect us, are not the frightening bugaboos that most of us have been led to believe. In fact, over 50 years ago a medical scientist, Frederick Klenner, M.S., M.D., demonstrated that it was easy to cure viral diseases like measles, mumps, chickenpox, herpes zoster, herpes simplex, influenza, atypical pneumonia and even poliomyelitis with vitamin C ("C") injections and infusions.

Dr. Klenner reported his quick cure of 60 polio patients at a 1948 American Medical Association meeting and his comments were published in *JAMA* during the polio epidemic. His findings were confirmed by several investigators, including one in Switzerland, and many physicians used his protocol to cure their polio patients. However, this benign therapy, which eliminated paralysis, was not generally adopted. Dr. Sabin, who developed a polio vaccine, reported that "C" was ineffective against polio in monkeys and this may have discouraged its use. Unfortunately Sabin and others persisted in using less than therapeutic doses in their research. This prevented the achievement of positive results.

In the July 1949 *Southern Medicine and Surgery*, Dr. Klenner presented his results of studies on the antagonistic properties of ascorbic acid to the viruses causing measles, mumps, rubella and poliomyelitis as well as atypical pneumonia. This article is not abstracted in MedLine, so most physicians never heard of this quick, easy and cheap way to cure viral diseases. I am told that Medline also doesn't abstract articles in *The Journal of Orthomolecular Medicine* and "doesn't intend to do so no matter how good they are." Does this indicate that the gatekeepers, who supposedly protect us from bad science, are also preventing some good science—that they are prejudiced against—from being used for the treatment of disease?

Klenner notes that his observations of the action of ascorbic acid on virus diseases were made independently of previous studies except for Sabin's negative report on rhesus monkeys. He also states that "a review of the literature in preparation for this paper, however, presented an almost unbelievable record of such studies."

One of my medical friends reported, in a private communication, recent use of intravenous vitamin C to cure a case of shingles. Also mentioned was the fact that there was a risk of loss of license to practice medicine and possible jail time incident to the use of this

benign therapy.

"C" is both antitoxic and antiviral. It is an important component of our immune systems. In high enough concentrations it has been known to kill even cancer cells. Our own bodies would manufacture it internally if our ancestors had not lost the capability millions of years ago. The vast majority of animals make it for their own protection and a goat is said to be able to produce 100 grams of it per day if it is under stress.

From the time vitamin C was discovered by Szent Georgi our medical monopoly has downplayed its importance and discouraged its use. The National Institute of Sciences, to which Linus Pauling, Ph.D.—twice a Nobel laureate—belonged, never gave any recognition to his work on this vitamin although they did recognize his other achievements. The National Institutes of Health delayed funding his research on vitamin C and cancer and then funded it inadequately.

Medical authorities continue to mislead the public about the importance of this substance and discourage its use as a protection against disease. Is it possible that we have a healthcare monopoly that profits from sickness—a "sickness industry"—that seeks to produce as many customers as possible to the detriment of our national welfare? ♥

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Fire Your Doctor, Trash Your Pills and Finally Feel Great 24 Hours a Day!

Dear Friend,

If you're still waiting for your doctor to get you off of the dizzying prescription drug cycle, then it's time to tell him: "YOU'RE FIRED!" Believe it or not, there are plenty of doctors out there that say "NO WAY!" to the dangers of prescription pill popping. You can cure diseases like diabetes, heart disease, and cancer safely, naturally and cheaply—without the nasty side effects of prescription drugs.

Over the years I've uncovered hundreds of these remedies by doing my own research, listening to patients, and working with dozens of independent, dedicated healthcare experts from all over the globe. And I don't just *read about* these natural cures—I actually use them on my very own patients every day. And let me tell you, I have seen miraculous results—all without using a single drug!

Now, for the first time, I'd like to share this wealth of life-saving information with you in my collection of proven remedies—*Nature's Healing Pharmacy: Stop the prescription cycle and enjoy the best health of your life.*

And, if you follow even just a few of the recommendations in this easy to use reference guide, I promise that you can feel good all of the time. I'll share secrets that could help you...

- > **Recharge your brain's battery**—Discover which supplement can rev up—and even regenerate – your brain cells to keep your brain running at full power.
- > **Knock out that cold**—without the drowsiness—This little-known immune-booster, with a history as old as the Great Wall of China, will keep you running at full speed all year 'round.
- > **Cut dementia risk in half with this cold-water fish**—Find out why only this kind offers your brain extra protection—in chapter 4.
- **Better pain relief at a tiny fraction of the cost of Rx drugs**

I'm sure you've been through the drill – after wasting half the day traveling to the doctor's office and spending an eternity in the waiting room, the doctor finally calls you back. What happens next is what I call "10-minute medicine." You describe a few of the symptoms that have been ailing you and *voila*, he scribbles something on that prescription pad and sends you off on your way to the pharmacy.

But popping these expensive pills only guarantees one thing—that they will drain your wallet. Consider this: if you're taking one of the top prescription painkillers for arthritis, you could be spending almost \$6 a day for your pills.

But I discovered an herbal pain remedy that costs only 30 cents a day, and it can make swelling and pain disappear *quicker* than that costly prescription.

Strengthen your heart without surrendering to statins

Your doctor will have you believe that high cholesterol is solely responsible for the nation's epidemic of heart attacks. It's a blatant lie. And this deception has led

to booming business for cholesterol drugs—*Lipitor* alone brings in \$13 billion a year.

But it's not just your money they're taking. Statins may actually be robbing you of your memory, feasting on your muscles, damaging your liver, and increasing your risk of cancer.

And here's the little secret they don't want you to find out: just because you have high cholesterol doesn't mean you'll get a heart attack—and lowering your cholesterol won't necessarily save you from one.

Nature's Healing Pharmacy will reveal the real causes of heart disease, and how you can avoid the cholesterol trap:

- > **The 4 simple steps to find out whether you're really at risk for heart disease.**
- > **A prescription for chocolate?** I'll reveal which type of chocolate, and how much, can actually lower cholesterol levels.
- > **The hidden substance that's really putting your heart in danger**—Your body could be producing this toxic substance right now. Find out what it is—and how to lower it—on page 56.

Control your diabetes by eating the foods you love

If you're anything like my diabetic patients, you've been told that high blood sugar means no more delicious snacks, a lifetime of needles, and *constant* monitoring of your insulin levels. Life doesn't have to be that way. If your doctor hasn't shown you how to control your type-2 diabetes without a prescription then that's just another reason to tell him: "you're fired!"

In fact, I dedicate a whole chapter to managing diabetes the natural way where I show you how to eliminate the need for those painful and inconvenient insulin shots -- without sacrificing your favorite foods and without spending all day at the gym. My diabetes program outlines simple steps to take charge of type-2 diabetes – here are a couple tips to get started right now:

- > **The salad dressing that lowers blood sugar**—You can lower your blood sugar levels by 50% just by using *this* to top your salad. The best part is, it's only a buck a bottle.
- > **Have your cake and eat it too!** I'll show you how to keep your diabetes in check by combining chocolate cake with the right foods to control your blood sugar AND your cravings.
- > **Improve your insulin sensitivity in a week**—Unleash this 2,000-year-old super cure on your diabetes so you can start living according to *your* schedule, right now. Discover it on page 95.

Mother Nature's own pharmacy at your fingertips—all the time!

Nature's Healing Pharmacy is jammed packed with tips on how to beat everything from heart disease to diabetes; safely and naturally. But, I wanted to make it an even more valuable reference tool that you'll turn to again and again in your search for answers to health challenges --big and small! There are way too many to list here, but I've packed in advice for dealing with every type of ailment like...

- Bruises
- Gout
- Warts
- Loss of libido
- Varicose Veins
- Insomnia
- Eczema
- Heartburn
- Restless Leg Syndrome

I've even included "cheat sheets" so you can quickly and easily identify...

- > Top 10 food additives to *avoid* like the plague...and which ones are *hiding* in your next meal
- > 10 easy exercises to *relieve even the worst joint pain*—and don't worry, you won't even have to break a sweat!
- > My 36 favorite super-foods, from apple skins to sauerkraut, and how they can treat *everything* from obesity to cancer

Discover these cures right here and now! And, rest assured, these aren't obscure cures that you need a passport to hunt down. Many of the natural cures I recommend can be found right in your pantry, grocery store or even your garden. And for the rest I, included the locations, phone numbers, and websites—all the information you need *right now* to make smart choices about your health. No prescription required!

Buy 2 Get 1 FREE!

By reading *Nature's Healing Pharmacy* you'll have taken the first step to controlling your health cheaply, safely and easily. But why not share the wealth? I want to treat your friends and family to the natural health they deserve. So, for a limited time, if you buy 2 copies of *Nature's Healing Pharmacy* for your nearest and dearest, I'll include your copy absolutely FREE!

Plus, I'm so sure that *Nature's Healing Pharmacy* will save you from the prescription drug disaster that I'll give you 365 days to test out these amazing remedies for yourself. If you don't *feel good all the time*, just send the book back for a full refund. There isn't a drug in the world that comes with a guarantee like that!

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High Fructose Corn Syrup At Heart of Health Epidemic

By Tom Valentine

Ever since the publication of Bill Dufty's *Sugar Blues* back in 1975, the health conscious community has waged war against refined sugars in the diet while industry simultaneously howled about it and tried to ignore it.

Now there is an update of the sugar wars on the scene, and improved biological techniques might finally verify that the wages of bad sugar is metabolic syndrome, otherwise known as type 2 diabetes.

The refined sugar in the line of fire is high fructose corn syrup (HFCS), one of the most widely used sweeteners in modern society and a veritable commercial giant.

Health advocates have complained about the "unhealthy" sugar compound from the nation's massive corn crops since industry first decided it was the cheapest source of sweetener for satisfying the national sweet tooth. It could be said that HFCS signifies a huge share of the "junk" in the oxymoron junk food—an oxymoron because it can't be both food and junk.

Tired of taking so many shots from the health conscious folks, the Corn Refiners Association lobby is fighting back with a massive ad campaign in an effort to sublimate any nutritional facts with slick propaganda targeted at the mothers of children who clamor for sugary snacks and drinks.

According to a story in the June 23 issue of *The Wall Street Journal*: "Even though some health researchers are now softening their criticism of HFCS, the marketing effort still faces enormous hurdles. Changing the behavior of legions of moms who are growing increasingly leery about processed snacks and ingredients won't be easy marketing, experts say." Nor should it be easy. Note that the HF in HFCS stands for "high fructose," and this highly refined sugar may be the key culprit according to dietary research, which, according to industry moguls, has not been convincing.

Ever since 2001, the research community began to suspect HFCS as a major contributor to the growing obesity and type 2 diabetes pandemic.

Apparently the Corn Refiners Association timed the announcement of their propaganda campaign with the annual meeting of the Endocrine Society the same

week. The Endocrine meeting was the venue for a paper by Peter Havel of the University of California, Davis, which condemned the consumption of pure fructose based on a small study.

For 10 weeks subjects were fed a diet in which 25 percent of their energy came from either glucose or fructose. Those who consumed fructose showed an increase in the amount of intra-abdominal fat, which wraps around internal organs, causes a pot belly and has been linked to increased risk of diabetes and heart disease.

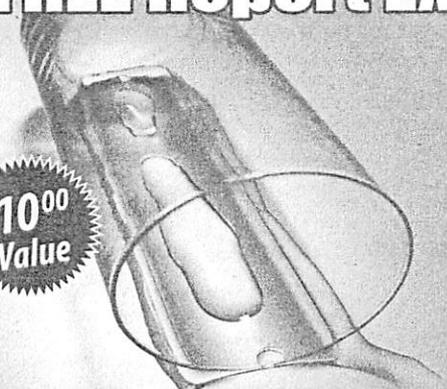
This particular increase of bad body fat did not occur with those consuming glucose, even though both groups gained around three pounds in weight.

According to a report in *New Scientist* June 28, 2008: "Those who consumed fructose also had raised levels of fatty triglycerides, which get deposited as intra-abdominal fat and cholesterol. Their insulin sensitivity also fell by 20 percent. Glucose appeared to have no effect on these measures."

PepsiCo, the sponsors of the study, noted that the study was "very interesting and important, but it does not reflect the real world situation nor is it applicable to PepsiCo since pure fructose is not an ingredient in any of [its] food or beverage products."

Tom Valentine has been working for four decades to bring Americans reliable information on a variety of important health topics. Formerly the editor of AFP's *Whole Body Health*, Valentine is the founder of Carotec Inc. For a free sample copy of Valentine's bimonthly newsletter, *True Health*, and a comprehensive 120-page catalog of Carotec products, send your request to Carotec, P.O. Box 9919, Naples, FL 34101. You may also call Carotec toll free at 1-800-522-4279.

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Diabetes Patients Improve with Supplements

By Tom Valentine

Just about everybody these days can be said to have type 2 diabetes as blood sugar games continue to make the medical profession richer and everyday people miserable. You can imagine the consternation out and about the hinterlands recently when headlines blurted out that taking drugs to lower blood sugar might do more harm than good.

If you missed it, studies showed that taking the monopoly's advice and the drugs they prescribed, including insulin, didn't cut the risk of heart attack but may have increased the risk. Another study found the monopoly treatment drugs did not increase the risk of heart attack, but the results were nil in lowering the risk, which was the point of the studies in the first place.

I have always suggested a more practical approach to high blood sugar problems. Let's put two and two together without a lot of double talk seeking to get some kind of funding grant for more research. Generally speaking, the statistics available suggest that a huge percentage of Americans do not have adequate magnesium intake from their diet.

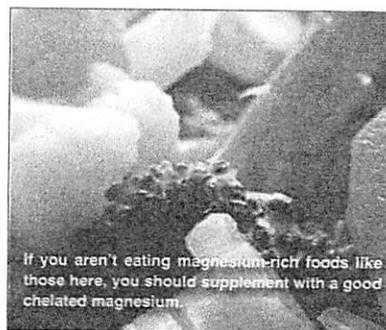
In fact, a "meta-analysis" of studies analyzing the association between magnesium intake and incidence of type 2 diabetes found that the less magnesium taken in, the more type 2 diabetes showed up.

This Swedish study was no small thing. It involved more than 286,000 participants and more than 10,000 cases of diagnosed type 2 diabetes.

Of course the establishment types writing up the study had nothing to say about supplementing with a good chelated magnesium, preferring in the report to urge consumption of magnesium rich foods such as whole grains, beans, nuts and green leafy vegetables.

This is all well and good, but people today don't eat that way and there is no guarantee that anything grown in modern soils will actually have robust amounts of magnesium in the plants. So taking a good chelated magnesium supplement is a great idea.

Speaking of type 2 diabetes and dietary supple-



If you aren't eating magnesium-rich foods like those here, you should supplement with a good chelated magnesium.

ments, there is a small but elegant study out of Canada, which showed that elderly subjects with blood sugar problems experienced good things when given vitamin C supplements.

The study involved 36 elderly patients with type 2 diabetes, and administration of vitamin C was found to significantly increase cellular levels of reduced glutathione, vitamin C levels, and vitamin E content of LDL.

Wow, look at all the good things caused by taking a vitamin C supplement.

Be that as it may, patients were randomized into 3 groups: Group 1 received 500 mg daily vitamin C;

Group 2 received a gram a day of vitamin C; and Group 3 received a placebo.

Compared to subjects in the placebo group, those in the half-gram and one-gram vitamin C groups experienced significant increases in cellular reduced glutathione levels. Glutathione is a very valuable compound for optimal health.

Subjects in the gram vitamin C group also experienced significant increases in vitamin C and vitamin E content of LDL. No significant changes in lipid peroxidation markers or susceptibility of LDL to peroxidation provoked by gamma-radiolysis were observed. You may note that the larger dose of vitamin C helped recycle vitamin E in the body.

The study authors said that "vitamin C has a dose-dependent effect on the cellular contents of antioxidants and on vitamin E content of LDL in elderly patients with type 2 DM."

Now, which was the better, more reasonable news—the stories about the drug study failures, or the stories showing dietary supplements can be a benefit to all those patients and potential patients? ▼

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Serious Reproductive Problems Linked to Use of 'Safe' Plastics

By Ralph Forbes

Dioxins have invaded the food chain. The U.S. Environmental Protection Agency, in its *Guidelines for Carcinogen Risk Assessment*, admitted you have a one-in-a-thousand chance of getting cancer from dioxin exposure by eating a typical American diet.

Dioxin is used as a blanket term for a family of chemical compounds that are formed through combustion, chlorine bleaching and manufacturing processes. The combination of heat and chlorine creates dioxin. Since chlorine is a part of the Earth's environment, natural ecological activity such as volcanism and forest fires can lead to the formation of dioxin. Nevertheless, dioxin, a highly carcinogenic and toxic compound, is mostly created by human activity.

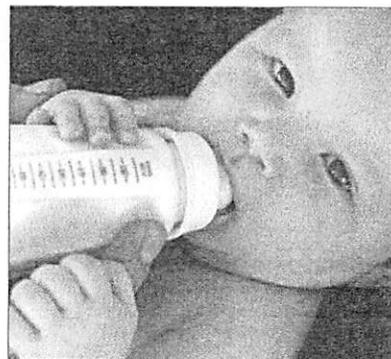
A one-in-a-thousand chance of getting cancer from a substance doesn't sound so bad, does it? Well, that conservative estimate was made before scientists accidentally discovered the dangers of other plastic poisons—the ubiquitous plasticizers—chemicals added to plastics, rubber and resins to make them softer and more pliable, like the nipple on a baby bottle.

When litters of lab rats mysteriously demonstrated a variety of reproductive abnormalities, scientists, using hi-tech methods, tracked the cause to chemicals consumers have been told are safe. These byproducts of the plastic-making process are called phthalates. Evidently, phthalates leached out of the rats' plastic feeding bottles and were absorbed by the rats. These are the same kinds of bottles used to feed millions of American babies.

Phthalates are "endocrine disruptors." They mimic the body's hormones and have been shown to cause reproductive and neurological damage. Of the 216 chemicals and radiation sources that have been linked to breast cancer, the latest research suggests endocrine disruptor compounds (EDCs) are the most dangerous. Phthalates are one of the top offenders among the 70 known EDCs.

This accidental discovery triggered a deluge of studies all showing "the effects of phthalates as an endocrine disruptor on the male reproductive system. Phthalates do their damage as anti-androgens, by blocking testosterone, and therefore inducing feminization symptoms in male lab rats" . . . "Most striking were their effects as androgen (male hormone) blockers in male offspring, which included a reduction of testosterone levels and abnormalities in the male productive tract."

Dr. Shanna Swan, a professor of epidemiology at the University of Rochester School of Medicine published a study in *Environmental Health Perspectives* (August, 2005), showing that pregnant women with higher urine concentrations of some phthalates were more than 90 times more likely to give birth to sons with "phthalate syndrome"—incomplete male genital development. Environmental exposure to endocrine disrupting chemicals (EDCs) is the suspected cause of declining male testosterone levels over the past decades, as well as the declining male birth rates in industrial areas from



Seveso, Italy to the Dow Chemical Valley in Sarnia, Ontario.

As devastating as phthalates are to males, they are even worse for females.

Dr. Maida Galvez, M.D., a New York-based pediatrician, has seen an epidemic of an accelerated rate of sexual development in young girls. "I've seen the onset of breast budding as early as the age of six." Dr. Galvez is taking part in research of "precocious puberty," in a multicenter study of 1,200 adolescent girls.

There has been an inexplicable epidemic of premature breast development in girls as young as 6 to 24 months, according to the Sept. 9, 2000 edition of *Science News*. Puerto Rico has the highest known rate of premature "thelarche." Thelarche is the technical term for breast development. Researchers hypothesize that tropical temperatures increase the rate of EDC absorption into foods.

Researchers in Japan and Britain have linked ovarian cysts in girls with EDC-linked premature thelarche.

Bisphenol-A (BPA)—another EDC found in baby bottles—was developed in the 1930s as a synthetic estrogen, but is used mostly today in polycarbonate plastic. Hormone disrupting effects have been shown to occur at levels as low as 2-5 parts per billion of BPA. Health problems include lowered sperm count and infertile sperm in men. Exposure during early development has been proven to have carcinogenic effects, developmental toxicity and neurotoxicity and produces precursors of breast cancer.

The evidence suggests the chemicals in plastics are ingredients for an unhealthy diet. But there are options. Consider breastfeeding for longer periods for neonates. And get your toddlers off those plastic "sippy cups" as soon as possible. Glass, although breakable, is a much safer alternative. Also, consider replacing plastic baby cutlery, cups and dishes with non-plastic ones. ♥

Ralph Forbes, father of twelve, is a freelance writer based in Arkansas. He also serves as a correspondent for AFP. Forbes has long worked to expose the medical monopoly and the mainstream media monopoly. Forbes can be reached for comment by emailing him at justrite@ipa.net.

Apple Cider Vinegars Offer Cheap, Effective Health & Home Uses

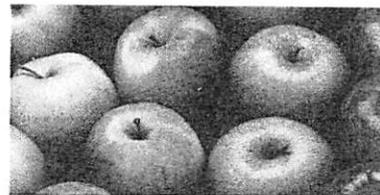
By Julia Foster

One of nature's healing miracles is apple cider vinegar (ACV). It helps to maintain the body's acid-alkaline balance. ACV has been traced over the centuries, as far back as 3000 B.C. to the Egyptians and, later, to the days of Julius Caesar, where it was used to help fight off disease. During Biblical times it was used as a healing agent. In 1492, when Christopher Columbus sailed over to America, he had barrels of vinegar on board.

The main ingredient of ACV, or any vinegar, is acetic acid. However, vinegars may also have other acids, vitamins, mineral salts and amino acids. Vinegar is an ancient folk remedy, touted to relieve just about any ailment you can think of.

ACV has been noted as a helpful health tonic. While many of the folk medicine uses of vinegar are unproven, there is some medical research backing them up. There have been studies ACV can help with several conditions, such as blood pressure, cholesterol and obesity.

White distilled vinegar (WDV) is one of the most versatile—and economical—products you can have



on hand. It has many uses around the house: cleaning windows with white vinegar, water and newspapers will make your windows sparkle. We also use white vinegar for cleaning out our coffee makers. Floor tiles on which you are not to use any chemical cleaners can be mopped with vinegar and water. In your garden, use vinegar to help kill weeds.

Soon winter will be upon us. You can use WDV to keep your car windows frost-free during the cold months by coating them with a solution of one part water and three parts WDV. To remove an old bumper sticker, soak a piece of cloth in WDV, cover the bumper sticker for a few hours and it should dissolve any glue without hurting the car's paint.

There are thousands of ways to use apple cider vinegar and white distilled vinegar. If you have a special use for vinegar, let me know. In our next health supplement we will pass the hints on to other *American Free Press* readers. ♥

Julia Foster is the managing editor of *American Free Press*. Hailing from a rural area, Julia has long been interested in alternative healing and cures based upon natural foods and supplements. She presently lives in southern Maryland with her husband, Gene.

Choose Life Grow Young with HGH

From the landmark book *Grow Young with HGH* comes the most powerful, over-the-counter health supplement in the history of man. Human growth hormone was first discovered in 1920 and has long been thought by the medical community to be necessary only to stimulate the body to full adult size and therefore unnecessary past the age of 20. Recent studies, however, have overturned this notion completely, discovering instead that the natural decline of Human Growth Hormone (HGH), from ages 21 to 61 (the average age at which there is only a trace left in the body) and is the main reason why the body ages and fails to regenerate itself to its 25 year-old biological age.

Like a picked flower cut from the source, we gradually wilt physically and mentally and become vulnerable to a host of degenerative diseases, that we simply weren't susceptible to in our early adult years.

Modern medical science now regards aging as a disease that is treatable and preventable and that "aging", the disease, is actually accumulation of various diseases and pathologies, from everything, like a rise in blood glucose and pressure to diabetes, skin wrinkling and so on. All of these aging symptoms can be stopped and rolled back by maintaining Growth Hormone levels in the blood at the same levels HGH existed in the blood when we were 25 years old.

There is a receptor site in almost every cell in the human body for HGH, so its regenerative and healing effects are very comprehensive.

Growth Hormone first synthesized in 1985 under the Reagan Orphan drug act, to treat dwarfism, was quickly recognized to stop aging in its tracks and reverse it to a remarkable degree. Since then, only the lucky and the rich have had access to it at the cost of \$20,000 US per year.

Many in Hollywood's glamour sets, who never seem to age like you or I, have a special secret to tell, and even space pioneer and US Senator John Glen stays vital with HGH.

The next big breakthrough was to come in 1997 when a group of doctors and scientists, developed an all-natural source product which would cause your own natural HGH to be released again and do all the remarkable things it did for you in your 20's. Now available to every adult for about the price of a coffee and donut a day.

GHR now available in America, just in time for the aging Baby Boomers and everyone else from age 30 to 90 who doesn't want to age rapidly but would rather stay young, beautiful and healthy all of the time.

The new HGH releasers are winning converts from the synthetic HGH users as well, since GHR is just as effective, is oral instead of self-injectable and is very affordable.

GHR is a natural releaser, has no known side effects, unlike the synthetic version and has no known drug interactions. Progressive doctors admit that this is the direction medicine is seeking to go, to get the body to heal itself instead of employing drugs. GHR is truly a revolutionary paradigm shift in medicine and, like any modern leap frog advance, many others will be left in the dust holding their limited, or useless drugs and remedies.

It is now thought that HGH is so comprehensive in its healing and regenerative powers that it is today, where the computer industry was twenty years ago, that it will displace so many prescription and non-prescription drugs and health remedies that it is staggering to think of.

The president of BIE Health Products stated in a recent interview, I've been waiting for these products since the 70's. We knew they would come, if only we could stay healthy and live long enough to see them! If you want to stay on top of your game, physically and mentally as you age, this product is a boon, especially for the highly skilled professionals who have made large investments in their education, and experience. Also with the failure of Congress to honor our seniors with pharmaceutical coverage policy, it's more important than ever to take pro-active steps to safeguard your health. Continued use of GHR will make a radical difference in your health, HGH is particularly helpful to the elderly who, given a choice, would rather stay independent in their own home, strong healthy and alert enough to manage their own affairs, exercise and stay involved in their communities. Frank, age 85 walks two miles a day, plays golf, belongs to a dance club for seniors, has a girl friend again and doesn't need Viagra, passed his drivers test and is hardly ever home when we call - GHR delivers.

HGH is known to reverse Hemorrhoids, Autoimmune Diseases, Macular Degeneration, Cataracts, Fibromyalgia, Angina, Chronic Fatigue, Diabetic-neuropathy, Hepatitis C, Chronic Constipation, High Blood Pressure, Sciatica, Asthma and Menopause symptoms, helps Kidney Dialysis, and heart and stroke recovery.

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Health Problems Associated with 'Gardasil' Enough to Stop Mandatory Inoculations?

By Jack Phillips

Our 100-year-old medical monopoly is working hard to insure future profits by inducing our lawmakers, in every state of the union, to force the vaccination of 11- and 12-year-old little girls against a sexually transmitted disease. This seemingly benevolent objective has a nasty downside. The vaccine is only effective for about five years. It will require repetition and it has some unfortunate side effects which have resulted in thousands of adverse reaction reports.

At least 18 deaths have been discovered by Judicial Watch, which used the Freedom of Information Act to pry these gory details out of the FDA, the agency that is supposed to be ensuring the safety and effectiveness of medications. In one case, after being vaccinated, a 14-year-old girl took six steps, fainted and began to foam at the mouth. Another collapsed into a coma and emerged paralyzed. Still another girl died of a blood clot within three hours of her inoculation. An additional 140 serious adverse reactions were reported including 10 spontaneous abortions, six cases of

Guillian-Barre Syndrome and 27 others considered life threatening.

Merck's Gardasil is touted as an anti-cervical cancer vaccine. It is not! This vaccine is designed to temporarily protect women from a sexually transmitted disease called human papilloma virus (HPV) which can lead to cervical cancer. HPV itself is easily detected and treated during regular gynecological examinations, which most women schedule at least yearly.

Money has been said to be the root of all evil. It is used liberally by the pharmaceutical industry to induce our lawmakers to establish and extend the franchises of the medical monopoly. Taxpayers generally do not have the financial clout to influence lawmakers, but they can vote. An election is occurring soon. Let your representatives in Washington know what you think of this monopoly privilege and mandatory medical procedure. Vote appropriately on Election Day. Get recalcitrants out of office. ♥

Jack Phillips is a scientist who lives in Massachusetts. He has a degree in chemical engineering, is an emeritus member of the American Chemical Society and is a member of the society of Sigma Xi. Jack's article first appeared on the alternative health website healthtruthrevealed.com.



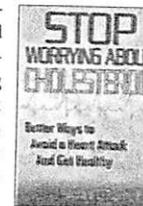
Practicing Medicine Without a License: The Linus Pauling Theory of Vitamin C

Owen Fonorow covers the 50-year history of the vitamin C theory of heart disease as well as Linus Pauling's therapy for cardiovascular disease. Heart patients who decided to follow Pauling's advice recovered in approximately 30 days, and many experienced significant relief in just 10 days. The recoveries only occurred after these former patients adopted the Pauling therapy, usually without their doctor's knowledge or consent. Hardcover, #PM pages, #230, \$32.



Stop Worrying About Cholesterol: Better Ways to Avoid a Heart Attack & Get Healthy

This book contains the latest information on heart disease and statin drugs. The book, written by Dr. Richard E. Tapert, challenges the "official" opinion that cholesterol causes heart attacks. Are you or a loved one taking statin drugs and/or following an unappealing low-fat diet to avoid possible heart attack? Then you need to know that statin drugs can cause heart failure, kidney failure, pancreatitis, memory loss and death! Easy to read and important! Softcover, 107 pages, #1190, \$15.



Selling Sickness: How Big Pharma Is Turning Us All Into Patients

The CEO of Merck (one of the world's largest drug companies) told *Fortune* magazine that he wanted Merck to be like chewing gum maker Wrigley. It had long been his dream to make drugs for healthy people—so that Merck could "sell to everyone." This dream now drives the marketing machinery of the most profitable industry on Earth. In their forceful book, Ray Moynihan and Alan Cassels, highlight the influence of the pharma on "disease-mongering." Softcover, 254 pages, #1511, \$17.



Fight For Your Health! The FDA Betrayal of America

By Byron J. Richards. Dr. Jonathan Wright, MD. In 1992 FDA agents with guns drawn kicked in the doors of Tahoma Clinic in Washington. In 1970, former FDA Commissioner Herbert Ley was quoted by *The San Francisco Chronicle*: "People think the FDA is protecting them; it isn't. What the FDA is doing and what people think it is doing are as different as night and day." The authors document that is just as true in 2008 as it was in 1970. Softcover, 264 pages, #2449, \$21.



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Ginkgo Biloba Shown to Help Coronary Health

By Tom Valentine

In a double-blind, randomized, placebo-controlled study involving 60 healthy elderly adults, treatment with *Ginkgo biloba* extract (GBE) was found to improve blood flow in the coronary arteries. Subjects were randomly assigned to either receive an injectable solution of ginkgo extract at a dose of 0.7 mg/minute, or a placebo, for 120 minutes.

Compared to subjects treated with placebo, those treated with GBE were found to have significant increases in left anterior descending coronary artery blood flow in maximal diastolic peak velocity, maximal systolic peak velocity and diastolic time velocity integral. Furthermore, brachial artery flow-mediated dilation increased by 56.03%.

The percentage change in each of the blood flow velocity readings was linearly correlated with the percentage change in brachial artery flow-mediated dilation following treatment with GBE.

The authors stated: "This study demonstrates for the first time that GBE effectively improves endothelium vasomotor function in brachial artery and LAD blood flow in healthy elderly adults, and it implies an important future therapeutic strategy for using GBE to counteract the detrimental effects of aging."

It's nice to have science verify the traditional notions regarding how GBE improves blood flow in the arteries. It has been long known to improve circulation in the tiny vessels of the brain.

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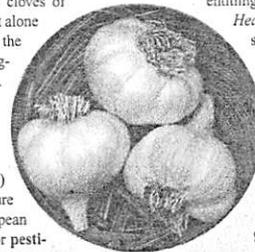
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Toxic 'Gender Bender' Found in the Home

By Shane Ellison

I'm no health saint. Every now and then I do something really dumb. It's rare, but I've been known to drink too much wine or beer and even indulge in the occasional cigar. But it's my choice. And that's the point. Exposing yourself to toxins should be a choice. But modern-day society rarely allows this. Many people are unknowingly poisoning themselves with man-made industrial toxins. The gender bender known as triclosan serves as a poignant example. . . .

Triclosan is used in an array of household products such as toothpastes, soaps and lotions. Synthesized over 30 years ago, it was once thought to be a safe and effective antibiotic. But a recent UC Davis study shows otherwise.

Scientists discovered that triclosan accumulates in the body—even when applied topically—to eventually disrupt hormone activity. Once absorbed, the synthetic toxin throws our thyroid and sex hormones out of whack, potentially leading to obesity, infertility, cancer and age acceleration. The Center for Disease Control (CDC) recently discovered that a ghastly 75% of random people tested were positive for triclosan.

There appear to be laws that protect us from such toxic exposure. Appearances can be deceiving. In 1974, Congress passed the Safe Drinking Water Act. It requires the Environmental Protection Agency (EPA) to determine safe levels of toxins in drinking water and over the counter products like toothpastes and soaps. These levels are called Maximum Contaminant Level Goals (MCLG). These are merely goals, not laws. That's why the gender bending triclosan was recently approved by the EPA for use in over 140 household products. There is simply no law that requires its removal, despite the real and present danger.

The best way to avoid triclosan and many other toxins is to go organic. Natural soaps and the antibiotic zinc oxide work as well as triclosan at beating infection. And neither of them will poison you. The best way to protect the body from toxins is by boosting glutathione within the cells. This biological cleaning agent escorts foreign molecules out of the body. This is best achieved by consuming cruciferous vegetables, whey isolate and alpha-lipoic acid. ♥

Shane Ellison is a cutting-edge alternative health professional and health writer. This article first appeared on the website www.newswithviews.com and healthtruthrevealed.com, both highly recommended sites for reliable alternative health news.

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Hydrate With Water & Slash Health Risks

By Julia Foster

Americans are chronically dehydrated. The thirst mechanism is so weak that it is often mistaken for hunger. Even being mildly dehydrated will slow down the metabolism. A lack of water is the number one trigger for fatigue. A mere 2 percent drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page.

Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day? Preliminary research indicates that eight to 10 glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers. ♥

Julia Foster is the managing editor of *American Free Press*. Hailing from a rural area, Julia has long been interested in alternative healing and cures based upon natural foods and supplements. She presently lives in southern Maryland with her husband, Gene.

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Political Insanity: Carbon Dioxide an Air Pollutant Unless Public Protests

By Jack Phillips

The EPA recently issued an 800-page Advanced Notice of Proposed Rulemaking (ANPR) which will, if put into effect, regulate carbon dioxide (CO₂) as an air pollutant under section 202 of the Clean Air Act (CAA). This will cover stationary sources, possibly even your home, your farm and your business.

The 120-day period for public comment started on July 11, 2008. By implication every living thing that breathes will be polluting the air. More information on this notice and instructions for submitting comments are readily available at epa.gov/climatechange/anpr.html.

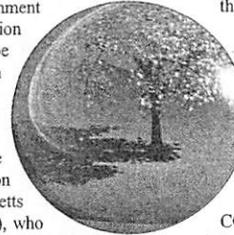
The basis for this draconian measure is a 5-to-4 U.S. Supreme Court decision in April 2007 in the case of Massachusetts vs. EPA. Rep. John Dingell (D-Mich.), who authored the CAA, has stated that this act should not be forced into service to regulate greenhouse gases. The proposed rules are far worse than those proposed in the Lieberman-Warner Bill which was rejected by the Senate.

It is estimated that 54 percent of the 2.4 million commercial, non-mall buildings in the U.S. would require a permit if this regulation is put into effect. A typical permit, according to the Small Business Administration, will cost at least \$100,000. Single family homes in excess of 5,000 sq. ft. would also come under this regulation.

We all emit between 0.1 and 0.3 tons of CO₂ per year so it would take many lifetimes to reach the 21-ton threshold allowable under one provision of the CAA.

However a farm with 25 cows would exceed this limit due to flatulence. Some suggest that individual breathing permits may be required.

Long ago, at a meeting of geophysicists, an economist member of the president's staff told the scientific community that the unofficial policy of the U.S. was that the Earth was warming. He subsequently wrote a book proposing a carbon tax. Now the idea of a global Earth Atmosphere Trust to exercise ownership rights to the atmosphere is being proposed. Revenues of \$3.6 trillion per year from emission permits are estimated.



Vladimir Putin, trained as an engineer, and Russian scientists believe that the theory underlying the Kyoto protocol lacks scientific basis. In June 2008 India's National Action Plan on Climate Change declared that that country had no intention of cutting CO₂ emissions.

There is a list of 32,000 scientifically trained Americans who do not believe the politically modified science which underlies the global warming propaganda. It can be found at www.petitionproject.org. Since there are only about 2,000 so-called scientists who support the Kyoto protocol, they are obviously outvoted.

Global warmers and the politicians supporting and funding them are not our friends. Their propaganda is based on computer projections and not on facts. ♥

Jack Phillips is a writer and scientist who lives in Massachusetts. He has a degree in chemical engineering, is an emeritus member of the American Chemical Society and is a member of the society of Sigma Xi. He is also the author of *Suppressed Science* (softcover, 168 pages, \$17) which is available from AFP, 645 Pennsylvania Avenue SE, Suite 100, Washington, D.C. 20003. Call 1-888-699-NEWS to charge to Visa/MC. No S&H in U.S.

MINI-BOOK REVIEW FROM FIRST AMENDMENT BOOK



Living Better for Less: The Penny Pinchers Book Revisited

By Anne Dabney Cronin

Here's an expanded new edition of an old favorite that can entirely change your life. John and Irma Mustoe will show you how to get more from your hard-earned money, cut your living expenses and make life more fun. Being thrifty is not about being mean, it is not about hoarding wealth, it is about living better. Instead of making money the ruling factor in life, it is about having the freedom to spend money on the few things that you care for and having a lot more fun.

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Sparkling with enthusiasm and inventiveness, this is the bible for living well in an era of rising rates, higher mortgages and increased debt. John and Irma show you how to enjoy an abundant life on a limited income, as they have shown viewers on TV.

The Daily Mail said of this book: "The perfect suggestions for modern-day Scrooges... a cult guide for 21st century misers." *The Daily Mirror* says: "Ingenious... ways to save your money... A new penny-pinching bible." And *The Daily Express* says: "A wealth of money-saving ways and means—many never before heard of—is revealed."

The Penny Pinchers Book Revisited Softcover, #PPB 192 pages, \$15.

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*Dr. Guy Abraham M.D. (UCLA) and others.



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pure water companies either admit they can't compete or warn each other to "beware" of our discovery! Apparently, they don't care if diabetics lose their legs, including a host of other problems. Although Dr. Abraham says, "The results speak for themselves!" they quote what textbooks say because they won't know how to test our water properties!

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