

Dr. Bea's

FEBRUARY 2001



HEALTHY NEWS

Diets Don't Work (But here's a plan that does work.)

Now that you've sipped all the rummy full-fat egg-nogs and nibbled at the endless canapes at holiday parties; eaten handfuls of the ubiquitous and elaborately decorated sugar cookies, (or the ones I particularly like, those little German balls of fat and sugar called pfeffernusse). And having thrown all caution to the winds in your enjoyment of the sumptuous feasts of Thanksgiving and Christmas / Hanukkah and the (too) many shared glasses of merlots or chardonnay at office and holiday parties. Tell me now, aren't we feeling just a bit porky?



"Louise is trying that new Duct Tape Diet"

Stop! Stop all of your frantic research into the perfect diet for 2001. I am well aware that currently you are comfortable only in your sweatpants, known around here as "happy" pants. But I still want you to bravely throw away your frayed copy of the cabbage soup diet and toss your dog-eared copy of Fit for Life and don't spend another \$25 bucks for the diet book du jour.

The truth to healthy and permanent weight loss is out there and I have found it! Like all profound and wonderful truths, it really is quite simple. All you have to do is DO IT.

Here are the Four Fundamental Diet Truths: 1) Stop all white sugar and other sweeteners including honey. 2) Eat low on the glycemic scale, or if it's sweet don't eat. 3) Eliminate all refined stuff and most important, 4) Start food combining. A couple of months ago, I was feeling a bit porky myself, and rather than waddle over to join the 61% of Americans who are overweight, I started eating this way in early November. I have not gone hungry one single day and have lost nine pounds without trying. I

have also found that many pesky problems that I attributed to my impending old age have miraculously disappeared, ie. a dark age spot on my right cheek is fading, an arthritic condition in my shoulders seems to be improving, a funny colicky pain under my right rib cage (gall bladder) is totally gone, I am sleeping better, I have more energy and my digestion has improved 100%.

Here's what I did: I took two books - *Sugar Busters* and *Dine out and Lose*

Weight by Michel Montignac - plus food combining charts and fashioned my very own way of eating. I know the old adage that one diet will never fit all, but I believe this way of eating to be excellent for most of us as it falls in the middle of the two extremes: It's not terribly high fat like Atkins and it's not terribly high carb like Ornish. And the food combining part is crucial. When you eat foods at the same meal that require different enzyme systems to digest them, the body is not only horrified but totally confused. Your enzyme system is busily trying to figure out how to digest that banana and that piece of chicken and that pile of brown rice all at the same time and instead of figuring out how to do it, it goes on strike and punishes you with gas and cramping, or indigestion and reflux, or eventually even more serious things like irritable bowel, arthritis and lupus, or gall bladder disease.

Proper food combining takes some getting used to but I have a chart plus my personal food plan that I can send you if you send me \$1 and a SASE. Basically the program is

(continued on back page)

How to Meditate

by Courtney Thorne-Smith

Find a comfortable spot on the floor or on a pillow. Mute the T.V. Take a deep cleansing breath in, hold it for a moment and release. Now you are ready to begin meditating. The basic practice is to concentrate on the in breath during the in breath and the out breath during the out breath. Begin. Breathe in, breathe out, breathe in, remember you need Sweet n' Low, breathe out, breathe in, wonder whether Sweet n' Low really causes cancer and whether you'd rather have cancer from Sweet n' Low or brain tumors from Equal. When you realize your mind is wandering, label the thought "thinking" and return to your breath—as soon as you decide on this sweetener thing. Cancer. Breathe in, breathe out, breathe in, realize you have been concentrating on your breath for quite a while now, be quietly impressed with yourself, breathe out, breathe in, breathe out, breathe in, feel waistband of exercise pants straining during in breath. Remind yourself that your body is only to house your soul during this lifetime, label the thought "thinking" and return to your breath. Breathe out, breathe in, breathe out, breathe in, breathe out, breathe in and decide that no one needs a fat house. Be vaguely aware of breath getting shallow as your mind rushes ahead to plan a fast. Yogis fast. Yogis' pants are never tight. Open your eyes to check the clock to see if it is time to begin not eating - ten more minutes. Think of all the food you are not going to eat in pursuit of your new yogi body. Muse on how much yogis resemble super-models. Realize that you are not only not concentrating on your breath, you are no longer breathing. Label new spiritual diet plans, "thinking" and return to your breath. Breathe in, breathe out, place hands on belly and breathe in, breath out, breathe in while trying to keep belly flat, breathe out, breathe in while trying to keep belly flat, breathe out, tiny breathe in, breathe out, tiny breath in, pass out. Come to and check clock to see if time is up.

The Dark Side of Soy

A year or so ago, I encouraged all of you to stir a couple of tablespoons of ground flaxseeds into a cup of soy milk daily as a panacea for just about everything. Well, you can stop it now. (The soy, that is, not the flaxseeds.) I have made a complete 180 about soy. First of all, on the personal level, I found that I didn't feel good drinking soy milk, tofu gave me tons of gas, and I sensitized very quickly to all soy products. I practically exploded the day I ate soy nuts! So I stopped all soy in my life and have substituted vanilla rice milk or almond milk, both fairly benign white liquids which come in "milk" cartons. They taste good - especially vanilla rice dream - and mix well with my cereal. Recently, I have read some disturbing stuff about soy. It ain't all that it's cracked up to be, and here's why.

➔ First a bit of history: In the 1913 USDA handbook, soy was listed, not as a food, but as an industrial product, and only a few decades ago the soybean was declared unfit to eat, even in Asia. In the Chou Dynasty (1134-246 BC) the soybean was designated as one of the five sacred grains along with barley, wheat, millet and rice. However, pictographs indicate that it was not first used for food, but as part of crop rotation where it helped fix oxygen in the soil. Later in the Chou Dynasty, fermentation was discovered, (due to sloppy housekeeping, perhaps?) and miso and bean curd were first made. But the Chinese did not use it liberally (as we do), as they realized that soybeans contain a large quantity of antinutrients or toxins, which inhibit digestion. Hence, the gassiness of soy for some of us. Here are some reasons why, perhaps, we should go easier on soy.

➔ First of all, and most important to this aging gal, a study published in the American College of Nutrition (4/00) suggested that eating more tofu in midlife, may be linked to an increased risk of cognitive problems in old age.

High tofu intake was also linked to a greater risk of brain atrophy, based on brain scans and autopsies.

➔ Soy may feed hormone dependent cancers like breast and prostate due to its estrogen-like compounds.

➔ Soy is full of trypsin inhibitors which are needed for protein digestion. In test animals, diets high in trypsin inhibitors cause enlargement and pathological conditions of the pancreas, including cancer. Dr. Nicholas Gonzalas, an alternative cancer M.D. in New York City who treats cancer with high dose pancreatic enzymes, daily coffee enemas and restricted diets, forbids his patients to touch soy.

➔ Soy may promote infertility, particularly in babies fed soy formula.

➔ Soy contain growth inhibitors in the form of trypsin and hemagglutinin. Baby rats fed soy failed to grow normally.

➔ Soy is goitrogenic, or it depresses thyroid function.

➔ Soy is high in phytic acid which can block the uptake of essential minerals like calcium, magnesium, copper, iron and zinc, thereby contributing to widespread mineral deficiencies. In fact, "Zinc deficiency can cause a 'spacy' feeling that some vegetarians may mistake for the 'high' of spiritual enlightenment." (Townsend Letter, 7/2000)

➔ Soy foods dampen the libido; celibate monks living in monasteries and leading vegetarian lifestyles eat tons of it - and for good reasons.

OK, so what about the Japanese who eat 30 times as much soy as we do? They have a much lower incidence of cancers of the breast, uterus and prostate, right? > Right. However, the Japanese and the

Newsblips

- ⇒ It's very important for those of us with beloved pets - I have three - to feed them right. Since the FDA does not regulate pet food, pet food companies get to use cheap substandard ingredients in their product. This includes all of the inedible parts of animals slaughtered for human consumption, such as heads, feet, skin, toenails, hair, feathers, carpal and tarsal joints and mammary glands. Also, roadkill, dead zoo and stock animals and euthanized companion animals from shelters and vet clinics, rotten meat from supermarkets, newspapers, restaurant grease and garbage (Common Ground, 3/98). I feed my animals Wellness formula by Neura, which is actually "people food" baked and packaged for pets. You can get it here in Boulder at PC's Pantry on Ninth and Walnut, 303-245-9909.
- ⇒ Calorie-restricted monkeys are developing fewer chronic diseases particularly cancer and endometriosis than monkeys who can eat as much as they want. (Science News. 11/25/00)
- ⇒ Chronic Fatigue Syndrome can be helped with large doses of L-carnitine. This amino acid was better tolerated than the anti-viral, Amantadine and also, after 8 weeks, had a greater effect in the improvement of fatigue levels. (Neuropsychobiology, 1997)
- ⇒ Anal itching: The subject no one talks about. (Well, here I go bravely treading where no one wants to go.) There are six common foods that can cause "idiopathic pruritus ani" and those are coffee, tea, cola, beer, chocolate and tomatoes. A two week exclusion diet can help determine whether it's from food or from other reasons, possibly pinworms, yeast infections, scabies, psoriasis, seborrheic dermatitis and chronic diarrhea. (Dis Colon Rectum: 1977)
- ⇒ I guess there is one healthy thing in Washington, D.C. Nora's restaurant. Everything from the spices to the coffee, milk, beef, and veggies has been certified by an independent inspection agency as having been grown, raised and processed without the use of chemical pesticides, hormones or antibiotics. Boulder has its very own organic restaurant, too: Sunflower - on East Pearl.
- ⇒ The government is planning to ban a major antibiotic used in poultry - fluoroquinolone - because of the increasing evidence that its use is causing people to become sick from drug-resistant bacteria. Bayer corporation, which dominates the fluoroquinolone market is contesting the decision. What a surprise. Not. (NY Times, 10/29/2000)
- ⇒ Half of women regularly experience cramps during their period, with a resultant annual loss of 600 million hours of lost work time. Harvard School of Public Health discovered that second-hand smoke may in fact trigger the cramps and that smokers were more likely to suffer from menstrual cramps than non-smokers.
- ⇒ I yell at you constantly that you are dehydrated and that you should be drinking more water. Here's the opposite problem: Hyponatremia. This is when you drink too much water and develop a life-threatening sodium shortage in the blood. I know a superb athlete - an enviable older woman my age who, when riding her bike in The Triple Bypass - an annual race over three Colorado peaks - had to be airlifted to a hospital where I guess it was touch and go for awhile due to the hyponatremia. Generally hyponatremia occurs in hot, humid weather to ultramarathoners and endurance eventers. (This profile definitely leaves me out and probably you, too.)
- ⇒ Reasons to eliminate milk: We all know that milk is a mucus producer creating socially unacceptable episodes of phlegmy and rattley throat clearings usually at inopportune moments, but it can also contribute to heart disease, cataracts, eczema, recurrent bronchitis and strep throat, ovarian cancer, juvenile diabetes, digestive problems and - believe it or not - osteoporosis. (Excess calcium actually removes calcium from the body.) Now a new link between consumption of cow's milk and development of prostate cancer. Harvard found that men who consumed at least 2 ½ servings of dairy per day were 30% more likely to develop prostate cancer than those who consumed less than ½ serving daily. (Am Assoc Cancer Research, 4/4/00)
- ⇒ Drive Carefully! And don't take up boxing. It has been found that people who suffer moderate to severe concussions or head injuries are at four times the risk for Alzheimers than those of us who have never had brain trauma. (Neurology, 10/00)

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⇒ Ralph Moss, PhD researches alternative cancer cures. He feels that chemotherapy is unwarranted and cruel in most cases and states that "Tumor shrinkages do not usually correlate with increased overall survival in adults." which is "the central fallacy of conventional oncology." He also writes personal reports for people battling various cancers. He charges \$297 per report but he also brings his vast research and knowledge into it all. If you are interested, Moss's web site is www.cancerdecisions.com.

⇒ My opinion only: I think sigmoidoscopies are practically useless. The scope only "sees" the lower 26 inches of your colon. This means that with your fecal blood sample negative and your sigmoidoscopy negative, you could be limping painfully away from your flexsig exam with a false sense of bravado. What about the other 2/3 of the colon? Only a colonoscopy will do the job right but guess what? Kaiser and many other insurance carriers won't cover it routinely, and it costs about 1K out of pocket.

⇒ I see so many people with sinus problems. Usually it's because of some critter in the sinus passage, fungus being the most common in which case naturopathic medicine can usually help quite a bit. However, there are those "growing edge" cases that have me stumped. So, it's with those "unsuccesses" in mind that I read with great fascination that those of us with frequent sinus infections are more likely than average to have a copy of the gene mutation associated with the respiratory disorder, cystic fibrosis. (J Am Med Assoc, 10/11/00)

⇒ Breast Tumor Virus? Epstein-Barr virus, the common herpes virus that causes mono, appears in breast tumors with unusual frequency. Research has previously linked EBV with other cancers like Hodgkins lymphomas and stomach cancer; now the EBV seems to be cropping up more often in the more aggressive breast cancers that carry the poorest prognosis. The question remains as to whether EBV directly causes breast cancer. Some researchers suggest that the virus may be attracted to preexisting cancer cells and will infect them preferentially while others feel that the virus' presence in some cancerous lymph nodes suggest that the virus had infected breast tissue before the tumor spread. (J NCI 8/99)

⇒ Nausea and vomiting (NVP) during the first 3 months of pregnancy is oftimes extremely debilitating. That's the bad news. The good news is that several studies involving 20,000 women have shown that this is a 100% normal characteristic of early pregnancy and is associated with a reduced risk of miscarriage and a greater chance that the pregnancy will have a healthy outcome. "Rather than morning sickness, NVP should be called "wellness insurance." (Quart Rev. Biology, June, 2000)

⇒ Regarding when to take your digestive enzymes: Most bottles of digestive enzymes say to take "one or two before meals" Here's the truth: If you are taking some form of betaine hydrochloride, take it either before or right with the meals, as it aids in the first stage - or acid phase - of digestion. If you are taking supplemental pancreatic enzymes like proteases, lipases and amylases, take these after the meal or during the alkaline phase of digestion as this is when they are activated. Taking the pancreatin before and during a meal during the acid phase will inactivate the enzymes.

⇒ Believe it or not, someone has actually studied breath holding spells in children. A current study suggests that these kids aren't just annoying and bratty, but that iron deficiency anemia may be an important cause. It is not known how iron deficiency leads to breath holding spells, but it may involve the role of iron in the function of certain neurotransmitters in the central nervous system. (Arch Dis Child, 1999)

I was shoved kicking and screaming into the 21st century and have finally procured an email address. I welcome your comments and suggestions and will answer any questions either in future newsletters or personally by email. Full discretion will be guaranteed if requested. My address is beakj@earthlink.net. No SPAM please.

Asians in general have much higher rates of other cancers, particularly of the esophagus, stomach, pancreas, liver and thyroid.

The jury is still out on all of this. So,

Circumcision

I don't know who decided that it was OK to snip off a very sensitive part of our sons' anatomy, but the more I think about it the angrier I get. We all get in high dudgeons around the brutality of clitoridectomys. Why not circumcision? I don't really see much of a difference.

I, like most of you, proceeded thoughtlessly into the circumcision of my son; in 1967, it was the thing to do and furthermore, no one gave me an option nor did I think to ask for one. I realize that religious traditions should be respected, but what about the rest of us without religious reasons? All doctors are aware that there are inherent dangers to circumcision - discomfort, infection, mutilation - but are they ever discussed? "Every day, 3,300 baby boys are getting half the skin on their penises removed in a terribly painful procedure for absolutely no medical reason." (Julian Whittaker M.D. 10/2000) Except monetary gain, perhaps: Circumcisions generate an enormous income for the medical community - 500 to 800 million dollars per year.

Since 1971, the American Academy of Pediatrics has recommended against routine infant circumcision, but evidently, the information has become trapped in a bubble of complacency with the result that our baby boys continue to be circumcised. I really don't believe in cutting out or off anything we were born with and here is what the foreskin does: 1) protects against abrasion, drying and contaminants 2) it's a primary erogenous

until something more definitive occurs, caveat emptor.

(References on request.)

zone 3) it contains much of the immunologic defense of the male sex organ 4) it contains apocrine glands which produce pheromones or the sexual attractants 5) it contains lubricating glands which protect both the man and his sexual partner.

You know how it is alleged that women seem to handle pain better than men? Well, this just might be the reason: Baby boys, who are routinely circumcised without local anesthesia, seem to be wired for pain: Circumcised males were far more sensitive to pain six months later than their uncircumcised peers. Researchers experimented on our dear friends, newborn rats, and discovered that when the baby rats who had withstood much pain (at the hands of the sadistic researchers) in infancy reached adulthood, they were far more responsive to pain. Autopsies revealed that their spinal cords had, in fact, 25% more pain fibers.

Doctors Opposing Circumcision feel that "the first cut into normal genital tissue violates a child's basic human right to an intact body. For a doctor to perform a circumcision violates all seven principles of the AMA code of ethics, and now also violates the rules of the Nuremberg Convention, in regard to medical experimentation on unconsenting victims." (Nutrition and Healing, 10/2000)

So, think about this.
And visit their web site at
<http://faculty.washington.edu/gcd/DOC>

✓ A survey of public elementary schools in North Carolina found that more than half of those children receiving stimulant medication don't exhibit attention-deficit hyperactivity disorder for which physicians prescribe these drugs.

✓ New evidence strengthened the theory that some families carry a genetic susceptibility to obsessive-compulsive disorder and tic disorder that gets triggered by childhood strep infection.

✓ Drugs that diffuse so-called free radicals lengthen a worm's life span by more than 50%.

✓ Ibuprofen seemed to lessen accumulation of beta-amyloid protein fragments in the brain, perhaps explaining how that common painkiller decreases Alzheimer's risk.

✓ A study of twins showed that heredity plays a role in ear infections.

✓ A six year study showed that vitamins and antibiotics can reverse conditions that lead to stomach cancer.

✓ Scientists in the US offered the first confirmation of something their European counterparts have been reporting for years - widespread drug pollution of surface, ground and tap water with drug concentrations high enough, at times, to alter the apparent gender of fish. DDT and other estrogen-mimicking pollutants showed the capacity to transform male fish into mothers that produce viable young.

✓ A government review concluded that young boys exposed to the phthalates in many plastics, cosmetics and medical supplies could develop reproductive impairments, such as impaired sperm. Researchers found increased ratio of girls to boys among offspring of men who had high dioxin exposures. These same hormone mimics could also be fostering premature breast development in girls.

✓ A study found that consuming lots of oranges, other citrus fruits or citrus juices can raise the concentrations of good cholesterol in a person's blood.

✓ Moderate consumption of chocolate may offer cardiovascular benefits.

✓ Low fat diets may greatly increase heart-disease in people who have impaired insulin action, including many without clinical diabetes. (No, you are not reading that wrong...)

this: Eat your fruits separately, either ½ hour before a meal or two hours after. Eat nothing else with your fruit, not cheese, not nuts, not anything. Secondly, you must never combine protein with starches. In other words, no meat sandwiches (protein and starch) or meat and potatoes/rice/pasta. You will combine either meat and veggies or starch (rice, potatoes etc) and veggies. Never all together. Montignac separates his meals into two basic types: Either proteic-lipidic or carbohydrate-based. I personally found Montignac more to my liking and healthier than *Sugar Busters*, but I did use both books to devise my diet plan .

For example, I will either have some whole grain hot cereal with rice milk for breakfast and whole grain toast if I'm extra hungry - this is called a carbohydrate-based meal. Or I will have 3 egg whites/1 egg yolk and a couple of slices of turkey bacon and add some cottage cheese if I'm really hungry - this is your basic proteic-lipidic. Sometimes I will also eat an apple at least ½ hour before breakfast. Lunch will usually be a big salad with oil and vinegar dressing and some sort of meat or fish (proteic-lipidic)

and dinner might be whole grain pasta with lots of steamed veggies and Mom's pasta sauce (carbohydrate) or some fish and steamed veggies (proteic-lipidic) My fruit consumption usually comes around 10am and again at 3:30 pm. I also allow myself 8 oz of Dannon's non-fat plain yogurt flavored with sugar-free vanilla extract as a dessert after dinner.

Plus: No snacking, no odd food combinations, no sugar or sweeteners, no grain that is not whole, no refined anything. I also follow the *Sugar Busters* suggestion to eliminate high-glycemic foods, such as beets, carrots, white potatoes and corn since these food tend to jack up sugar levels. The lower the GI of a food, the more satiated a person is, the longer the delay in hunger and therefore the less a person eats. (Eur J Clin Nutr, 1996.) An appalling fact just for you: Potatoes are the most common vegetable eaten in the U.S. and 50% of those are consumed as french fries.

I believe that if we eat in the *Sugar Busters*/Montignac/food combining way, our health levels will leap and soar to places we never thought imaginable. We

will cut our adult-onset diabetes risk, our children will be less at risk for juvenile onset diabetes and ADHD plus we won't be bringing overweight, unhealthy and lethargic children into schools and into the world. (More than 80% of carbohydrates consumed by children ages 2 to 18 have a glycemic index rating equal to or greater than that of table sugar. Pediatrics, 1998) We can eliminate heart disease, cancer, myriad chronic disorders and have more youthful and healthy looking skin. Sugar is responsible for 50% of skin aging. Sugar molecules react with collagen, the protein that gives texture to the skin, and over time will harden and wrinkle the skin. (The Wrinkle Cure, N.V. Perricone, M.D.)

In addition to eating this new healthy way, there are a few other things to do: First of all, exercise 30 minutes per day at least 4 days a week. Fast walking is fine. Lift some upper body weights and drink at least 8 glasses of water a day to flush toxins.

Prescription Drugs 2000 "And the Top Ten Winners are...!"

- 1) Premarin (hormone replacement)
- 2) Synthroid (thyroid replacement)
- 3) Lipitor (cholesterol lowering)
- 4) Prilosec (acid-control)
- 5) Hydrocodone (pain and inflammation)
- 6) Albuterol (asthma)
- 7) Norvasc (calcium channel blocker)
- 8) Claritin (allergies)
- 9) Prozac (depression)
- 10) Glucophage (Type 11 diabetes)

See the drift? These are functional medications used to modify disorders due to bad health habits and chemical inundations from the environment; using a sledgehammer medical approach for conditions which could be altered or controlled by simple cleansings and lifestyle changes. In other words, the top ten drugs are, by and large, unnecessary to the person with health, vigor and attention /intention to lifestyle.