

The California Council Against Health Fraud, Inc.



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PRESIDENT REAGAN SIGNS POSTAL ANTI-FRAUD BILL:

On November 30, President Reagan signed the Pepper-Pryor Bill which is designed to give the Postal Service more power to crack down on misrepresentation in mail-order sales. Organized quackery did its best to stop the bill, and reportedly was able to defang it somewhat. However, the bill is an improvement. Hearings are to be held in 1984 by the House of Representatives Subcommittee on Health and Long-Term Care chaired by Claude Pepper (D-Fla). Organizations which promote quack products and services are already gearing up to fight for their privilege to sell health nonsense. The hearings are being billed as a "showdown" in Congress over medical quackery.

CCAHF DIET & CRIMINAL BEHAVIOR STATEMENT ENDORCEMENTS:

The CCAHF position paper outlining the lack of scientific support for the hypothesis that diet is a causal factor in violent/criminal behavior has been formally endorsed by the California Nutrition Council and the California Dietetic Association. The CCAHF statement appeared in the May/June issue of this newsletter and has been published in NUTRITION PERSPECTIVES, May, 1983, p.1 and NUTRITION TODAY, Nov/Dec, 1983, p. 32.

A BASIC BOOK ON FOOD ALLERGY AVAILABLE:

FOOD ALLERGY: A PRIMER FOR PEOPLE is written by S. Allan Bock, MD. This 72-page book provides the information people need to know to evaluate methods of detecting genuine food allergies. Cost: \$5 plus \$1 shipping & handling (Colorado residents add 3.5% sales tax). Order from: A.J. Publishing Co. 1231 Hudson St., Denver, CO 80220.

ICAK NIXES MUSCLE-TESTING AS METHOD OF NUTRITION ASSESSMENT:

The International College of Applied Kinesiology (ICAK) is made up of chiropractors and other practitioners who use muscle-testing for responses of strength and weakness. This organization of proponents of the technique are apparently losing faith in its validity. In a recent statement, they say that applied kinesiology methods only add information to an examination and should not be used as the major investigational endeavor. ICAK Specifically does not approve of the use of manual muscle-testing as a single method in determining an individual's nutritional needs. Research sponsored by ICAK revealed a random response to blind testing of nutrition when the latissimus dorsi muscle was tested (citation: Triano, J (1982) Muscle strength testing as a diagnostic screen for supplemental nutrition therapy: a blind study. JOURNAL OF MANIPULATIVE AND PHYSIOLOGICAL THERAPEUTICS, 5:4:179-182). (Ref: THE DIGEST OF CHIROPRACTIC ECONOMICS, Nov/Dec, 1983, pp.49-51). COMMENT: ICAK is to be commended for sponsoring a scientific test of validity of muscle-testing. Please pardon our cynicism when we suggest that the "catch 22" appears to be the qualification "as a single method" in the above report. Empirics and charlatans have long used the excuse that their methods are only useful in the hands of the right person when justifying their use of unproven methods.

The NEWSLETTER is published bimonthly by the California Council Against Health Fraud, Inc., an all volunteer, nonprofit, tax-exempt organization. It is intended for members and others the Council wishes to keep informed. Annual membership categories and costs are: Student \$5, Regular \$15, Professional \$25, Supporter \$100 and Patron \$1000. Applications are subject to approval by the Membership Committee. Request applications from: Membership Chairman, P. O. Box 1276, Loma Linda, CA 92354. Donations are tax deductible under IRS Tax Code Section 501 (c) (3). Donors may request to receive the NEWSLETTER. Items may be reprinted without permission if suitable credit is given.

Edited by William Jarvis, Ph.D., Professor of Health Education and Chairman of the Department of Public Health Science, School of Allied Health Professions, Loma Linda University, and President of the California Council Against Health Fraud, Inc.

CALIFORNIA'S CHIEF JUSTICE MEDITATES AND DRINKS CARROT JUICE:

California Supreme Court Chief Justice Rose Bird underwent a modified radical mastectomy in 1976 and a second operation to remove a regrowth in 1978. This confrontation with death changed Ms. Bird's outlook on life (as such often does). It apparently also made her vulnerable to the siren call of health pseudoscience (another common response). According to an article in the SAN FRANCISCO SUNDAY EXAMINER & CHRONICLE (Dec. 18, 1983, p.A-1 [the headliner!]) Ms. Bird became a vegetarian, limits dairy products, lost interest in sweets, favors large doses of vitamin C, uses home-made carrot juice as her main beverage, drinks herb tea and mineral water, meditates and works out at the Y. Its not hard to understand this kind of reaction to a life-threatening illness, and some of the Chief Justice's personal practices may be an improvement over her previous lifestyle, however, we wonder what impact all of this might have on her judicial performance. We recall that she decented when the state Supreme Court upheld the anti-cancer quackery law, not on the basis of the law itself but her own personal experience as a cancer sufferer. Perhaps, she will meditate on the fact that a justice's job is to uphold the law on the basis of constitutionality, not personal bias. We hope so. Its nice to have a bright, attractive 47-year old lady as a Supreme Court Justice--we'd hate to see her stumble.

LOS ANGELES MAY BECOME HAVEN FOR OCCULT-RELATED QUACKERY:

In April, 1983, Los Angeles County "accidentally" abolished its anti-fortune-telling ordinance. Essentially, the ordinance banned the commercialization of occult practices. According to sources within the Sheriff's department such practices are often the basis for exploiting psychologically vulnerable people. For example, the loved ones of accident victims have been approached in hospital waiting rooms by individuals claiming to be able to "lift hexes" alleged to be responsible for the "bad luck" they are experiencing. Families with missing children are approached by self-proclaimed "psychics" who demand cash advances to ply their trade. Its easy to see how desperare, superstitious people can be victimized in this fashion. We would add that even aside from these kinds of fraud, the very fact fortune-tellers, astrologers, etc. present themselves as counselors and/or consultants in matters pertaining to decisions affecting health and happiness is sufficient to brand them as pseudo- or nonscientific mental health service practitioners. Their modus operandi is indefensible because no responsible counselor/consultant would take upon themselves the type of coercive mind-control exerted by occult practitioners. They lead clients to believe that the very cosmos dictates certain decision-altering forces. It would be irresponsible for government not to do all within its constitutional power to restrict unscientific mental health counseling. While the law can't stop superstition it can take the profit out of exploiting it. Unfortunately, the County Board of Supervisors have not enacted a new ordinance due largely to an organized telephone campaign by astrologers and others who will profit from making Los Angeles an open county for their practices. Therefore, if you see some strange-looking folks down at the bus depot, they may be "seers" on their way to seek "California gold"!

LOMA LINDA UNIVERSITY MEDICAL CENTER DISCLAIMS ANTI-MARIJUANA BOOKLET:

A booklet entitled DRUG ABUSE TRAGEDIES depicting horribly malformed infants in four color glossy splendor currently being circulated has been disclaimed by geneticists in the Department of Pediatrics at LLUMC. The booklet uses LLUMC as its authority for what June A. Peters, LLUMC genetic counselor, describes as "much misleading and false genetic information...in [her] opinion." The booklet is objectionable also from the point of view that it represents bad health education techniques. The use of high anxiety-arousal material is often counterproductive psychologically. Its almost assured of failure when the highly emotional content lacks scientific basis.

ORANGE COUNTY NUTRITION COUNCIL 12th ANNUAL SYMPOSIUM, 'NUTRITION IN THE HI-TECH WORLD'--
MARCH 17, 8 AM-4PM, CAL-STATE, FULLERTON. CALL (714) 759-0257 FOR FURTHER DETAILS.

ENTREPRENEURER PAYS \$610,000 FINE FOR FALSE BALDNESS CLAIMS:

Braswell, Inc., its director, A. Glenn Braswell, and its subsidiaries (Cosvetic Laboratories, Inc., Quest Research, Inc., and Standard Laboratories, Inc.) are barred permanently from representing that any product or service will cure or prevent hereditary baldness, under a court-filed consent judgement with the Federal Trade Commission. The parties also agreed to pay \$610,000 in civil penalties. (Ref: FTC NEWS NOTES, Vol.56-83, October 14, 1983).

LAWSUIT FILED IN VITAMIN A POISONING CASE:

In 1979, 8-year-old Chuckie Peters entered the University of Chicago Wyler Children's Hospital suffering from headaches, extreme sensitivity to bright light, severe bone pain, mental impairment and a 10-pound weight loss. Previously diagnosed as having leukemia, Chuckie had been receiving effective chemotherapy. However, his mother had been persuaded to give him 120,000 units of vitamin A daily for over a year as part of a so-called "metabolic therapy" program. The boy spent 2½ weeks in the hospital. Upon release he was unable to return to school for more than 2 months. Reportedly, the pain experienced from vitamin A toxicity far exceeded the discomforts of the chemotherapy for his leukemia. A lawsuit has been filed in the Circuit Court of Cook County, Illinois against Dr. Harold Manner, Dr. Robert E. Baldwin, Gerry Phillips, Betty Phillips, G. Phillips & Associates, The Metabolic Research Foundation, and John Doe(s). Chuckie Peters' case is described in VITAMINS AND MINERALS: HELP OR HARM?, by Marshall (George F. Stickley, Co., Philadelphia, 1983. p.152).

MEGAVITAMINS AND MENTAL RETARDATION:

The American Academy of Pediatrics issued a policy statement against the use of megavitamins in the treatment of mental retardation in 1981. This statement has been made available to CCAHF and will be sent free to anyone providing a stamped, self-addressed, business-sized envelope.

ACA CHIROPRACTORS PROMOTE THEMSELVES AS EXPERT WITNESSES:

The American Chiropractic Association is promoting its members as expert witnesses in personal-injury cases. A full-page ad in a national trial lawyers' journal claims that they're not only competent to give expert testimony on diagnosis, prognosis, and disability resulting from spinal or soft-tissue injury, but are also qualified on the use and interpretation of X-rays. (From: MEDICAL ECONOMICS FOR SURGEONS, Dec. 1983, p.10).

PHYSICIAN OUTLINES ANTI-QUACKERY PLAN FOR MULTIPLE SCLEROSIS:

MS lends itself well to exploitation by quackery. Both fraudulent and well-intended practitioners can be found promoting useless procedures. Stanley van den Noort, MD addresses the problem and outlines a five-point strategy for reducing the problems associated with unproven methods for treating MS. His article, "Therapeutic Fads and Quack Care" appears in the Oct. 21, 1983 issue of the ARCHIVES OF NEUROLOGY, (Vol.40, pp. 673-674). The plan outlined by Dr. van den Noort could be adapted to a variety of disorders preyed upon by quackery. The strategy includes education of physicians and patients on the costs in both human terms and dollars or pursuing therapeutic fads, how to respond to news about unusual therapies available elsewhere, the role of organized medicine, and more. This article is highly recommended to anyone interested in actively opposing quackery. We'll be happy to send a copy free to anyone. Please send a stamped, self-addressed, business-sized envelope.

ANOTHER STUDY FINDS STARCHBLOCKERS INEFFECTIVE:

Despite the FDA ban reports continue that "starchblockers" are being marketed. More evidence is available than ever before that these substances are both dangerous and ineffective. Hollenbeck, et al report that a test of a commercial product on six healthy volunteers in which a placebo was also employed found the alleged "starchblocker" without effect. (Ref: Hollenbeck, et al, "Effects of a commercial starch blocker preparation on carbohydrate digestion and absorption: in vivo and in vitro studies." AMERICAN JOURNAL OF CLINICAL NUTRITION, Vol.38, pp.498-503. October, 1983.)

RAW MILK: ELIXIR OF LIFE OR DEADLY POTION?

To some, raw milk conjures no images of the kindly old farmer, milking his one or two cows to feed his family. One would hardly think of a massive dairy operation producing more than 10,000 gallons per day with distribution all over California. This milk is also transported across state lines to places like Nevada and Arizona.

Raw milk is milk which has not been pasteurized. The term Certified Raw Milk (CRM) is a registered trade mark and does not indicate any guarantee of purity by the state. In fact, most of the raw milk associated illnesses in California have been epidemiologically linked to CRM.

Although frequent testing of dairy herds has led to the virtual elimination of some milk-borne diseases like bovine tuberculosis and brucellosis, the increasing problem with two bacteria has created a public health crisis. These two organisms, campylobacter and Salmonella dublin, are both capable of causing high fevers and bloody diarrhea. Of the two, S. dublin is the most deadly. It differs from the 2100 other strains of salmonella in several ways. It is found almost exclusively in cattle where it sometimes causes mastitis and septic abortion. Cattle have been shown to carry the organism at times with no symptoms, shedding it intermittently in their milk.

S. dublin's human victims are frequently very young infants or older people whose immunity is lowered by steroid therapy, cancer, and other chronic, debilitating diseases. More than 80% of these patients are hospitalized vs less than 5% of other salmonella infections. The death rate is 20-30% as compared with less than 1% in the others. Also, most isolations of salmonellae are made from the intestinal tract. More than 70% of S. dublin isolates have been from other sites including blood, brain, spinal fluid and bone.

SOME TYPICAL S. DUBLIN VICTIMS

1. Lung cancer patient, doing well but having trouble swallowing after radiation treatment. Drank raw milk. Hospitalized, S. dublin and Listeria monocytogenes grew from spinal fluid. Died.
2. Pregnant diabetic. Drank raw milk. Fever and diarrhea for one month. Admitted to hospital. S. dublin isolate from blood culture one day before stillborn twins delivered.
3. Infant fed raw milk. Hospitalized with brain abscess due to S. dublin. Now has seizures and cerebral palsy.
4. Asthmatic taking steroids. Sore knee one month after starting raw milk. S. dublin grew from joint fluid.

In considering the claims of the CRM producers that their milk never made anyone sick, the following facts should be considered: Less than 1% of the population of California drinks raw milk. As of mid-November, 1983, more than 100 cases of S. dublin have been reported, compared to a previous high of 70 cases in 1982. Of the case reports submitted so far, more than 45% indicate the use of CRM from a single dairy. This appears to be more than coincidence.

Contamination of CRM has been documented by health agencies in California, Nevada, and Arizona in addition to various city and county health departments and the U.S. Food and Drug Administration. Despite this the California Department of Food and Agriculture takes samples only once a month with one additional sampling day during the winter months. One lot of California-produced CRM was recently ordered recalled by Arizona and Nevada after S. dublin was detected by the Arizona Health Department. California declined to recall the lot or to quarantine the herd however.

An analysis of the relative risk of drinking CRM was recently completed by Dr. Florence Morrison of the California Department of Health Services. The risk of contracting S. dublin for those who drink CRM was 84.5 times greater than for those who did not drink that milk, based on the 1982 cases. If the 1983 figures are used, the risk increases to 118.2. Compare this with the relative risk of dying from lung cancer in smokers vs non-smokers where the risk is 7.84 in the 45 to 64 year age group and 11.59 in the 65 to 79 year age group. In other words, the association of S. dublin infections with CRM use is more than ten times stronger than the association of lung cancer with smoking.

A study published in the May, 1983 issue of the Western Journal of Medicine by Dr. Joshua Fierer of the San Diego Veterans Hospital reported that 4 of 6 patients who contracted S. dublin infections were CRM drinkers as compared to 0 of 15 matched controls with other salmonella infections. In his conclusion Dr. Fierer stated, "It is ironic that our patients, and presumably most others who drink raw milk, chose this product because they believed it to be healthier than pasteurized milk... heat treatment (pasteurization) is the only reliable way to ensure that milk is not contaminated by Salmonella."

The resolution of this problem may rest in the courts where even now victims and the families of victims are filing suit for the damages done by S. dublin following raw milk consumption. Their suits will be difficult to win since the causal link, the contaminated milk carton, has usually been discarded by the time the patient has been hospitalized. It must be remembered that no one has successfully sued the tobacco industry for causing lung cancer.

The safest course is not to have raw milk available at all, but in view of the political realities in California it is not likely that its sale will be prohibited as it is in many states. Certainly a warning label should be required. One that has been suggested by the American Veterinary Medical Association, would state: "Not Pasteurized and May Contain Organisms That Cause Human Disease". Such a warning would at least alert the many parents, who are not presently informed, about the inherent risk in offering such products to their children.

John Bolton, MD

OLD TIME MEDICINE SHOW RETURNS:

Attired in a top hat, driving a truck w/trailer announcing: "OLD TIME/NEW AGE MEDICINE THEATRE," Michael Roe works the swap meet circuit. Roe sells herbal concoctions and claims to sell \$500 to \$600 worth every weekend. Roe says, "Many people take me very seriously. They can't afford a doctor, and they know herbs can heal, and here I am. And I hear wonderful success stories from people who use these herbs." Roe does magic tricks to attract people's attention. Roe says he learned about herbs from a hillbilly lady who used herbs in conjunction with the signs of the moon. (Ref: LOS ANGELES TIMES, December 5, 1983). COMMENT: It was long thought that as people became more educated that unscientific folklore would fade away. The foregoing account is evidence that it either never did or society is regressing. In any case, it is clear that the health marketplace is in need of attention by responsible leadership.

ANTIFLUORIDATIONISTS PEDDLING WATER DISTILLERS:

Have you ever wondered how the antifuoridation movement profits from its activities? One way is to capitalize upon the fear of tap water they engender by their scare tactics. A major antifuoridation organization is currently offering water distillers from \$449 to \$1149. These are claimed to remove fluoride, which they describe as, "the No.1 water pollutant" from the drinking water.

ATTENTION MEMBERS: A NO-HOST LUNCHEON FOR CCAHF MEMBERS WILL BE HELD, FRIDAY, FEB. 24, AT THE VILLAGE INN, LA JOLLA (JUST OFF I-5 ON LA JOLLA VILLAGE DRIVE), 12:30 PM. CONTACT HAROLD LOEFFLER, PhD, (619) 453-3722; 8234 CAMINITO MARITIMO, LA JOLLA, CA 92037.

RELIABILITY OF HEALTH FOOD STORE ADVICE:

Writers at the COLUMBUS (Ohio) MONTHLY read the study conducted by the American Council on Science & Health on the reliability of health food store advice and wondered if the situation could really be as bad as ACSH found. A team of three people essentially repeated the methodology used by ACSH making similar findings. These ranged from a minority of good advice to a lot of bad advice. It was clear to these reporters that health food store salespeople were not there to offer sound advice, but to sell their wares. No one did anything illegal, but they skirted the edges of offering medical advice without a license (these reporters may be unaware that clerks are taught how to avoid legal difficulties without discouraging sales). "Asking the clerk at a health food store about a serious medical problem is like flipping a coin --if you're lucky, it may come up heads," said the reporters. Interestingly, two stores said they have a registered dietitian on hand on alternate Sundays. Studies seem to regularly uncover a few good outlets among the many health food retailers, but the vast majority continue to come up short of the mark for any enterprise supposedly serving the interest of the public's health. (Ref: Motil, B. "Advice from the health food stores: How healthy is it? COLUMBUS MONTHLY, January, 1984, pp.79-88).

QUACKERY AND THE ANTIREGULATORY MOOD OF THE NATION:

Organized quackery's greatest gains of the past decade have come under the banner of "health freedom." Legislators have apparently interpreted the well-organized efforts of a small, vocal minority as a manifestation of a national mood toward deregulation by government. Reference has been made in the past in this newsletter to polls showing that Americans do not favor less consumer protection in health matters. This important point is made very well in a recent article by former FDA Chief Donald Kennedy ("Health, science, and regulation: the politics of prevention." HEALTH AFFAIRS, Vol.2, No.3, Fall, 1983, pp.39-51). Kennedy points out that it is regulation in the economic sector that is opposed. Nobody wants to go back to caveat emptor in the health marketplace. This monograph presents the most lucid elaboration of the issues we've seen.

NEW FROM ACSH:

ANTIBIOTICS IN ANIMAL FEED: A THREAT TO HUMAN HEALTH? is an well done report on a very important public health matter. It deals with a dimension of "organic" farming not often addressed in a balanced manner. As pressure on Congress by food faddists grows it becomes more necessary for all citizens to understand something about modern agricultural technology. If the antiscience/technology movement is successful in changing public policies, we could see cheap food go the way of cheap energy in the 21st century. For ACSH publications write: 47 Maple St., Summit, NJ 07901.

HEALTH FRAUD AMONG THE ELDERLY:

More attention is being given the problem of health fraud among the elderly. Two recent articles that are particularly interesting are: "Why older patients resort to nonphysicians," by Leslie Champlin (GERIATRICS, Vol.38, No.10, pp.120-126, Oct.1983) which discusses the appeal of "naturalism," homeopathy, "holistic" health care, and the kind of attention older folks appreciate. It seems that they can recall what the old-time country doctors were like and would like to recapture the atmosphere. This is an important article for anyone trying to understand why quackery succeeds.

The second article is also by Leslie Champlin. "The war on geriatric health insurance fraud" (GERIATRICS, Vol.38, No.12, pp.100-105, December, 1983) states that insurance fraud bilks \$1 billion annually from the elderly each year according to the House Select Subcommittee on Aging. The article outlines the types of scams the elderly fall victim to in their attempt to protect themselves with health insurance.

ADVERSE EFFECTS OF CHELATION THERAPY REPORTED:

Inappropriate use of chelation therapy for coronary heart disease is one of the most popular forms of medical quackery presently in vogue. Chelation therapy is sometimes employed as a last resort in cases of heavy metal poisoning. In any case, the method is hazardous, but when applied to coronary heart disease, the hazards are unjustified due to the absence of evidence of effectiveness. Gerald Peterson, MD of Rockford, Illinois reports on adverse reactions to chelation therapy in the JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, Dec. 2, 1983, (Vol.250), p.2926. Also see: "Chelation Therapy," JAMA, Vol. 250, No.5, p.672, August 5, 1983.

WORLD HEALTH ORGANIZATION FINDS ALLEGED CANCER/FLUORIDATION LINK FALSE:

J. Clemmesen, Director of the Cancer Registry for Denmark and member of the WHO Advisory Group on Cancer, has reviewed the alleged link between cancer and fluoridation postulated by J. Yiamouyannis, PhD and D. Burk, PhD and counterevidence put forth by epidemiologists in various parts of the world. His findings are that there is no evidence of an association. His article provides a thorough review of the charges and countercharges that have raged for the past seven years. (Ref: Clemmesen, "The alleged association between artificial fluoridation of water supplies and cancer: a review." BULLETIN OF THE WORLD HEALTH ORGANIZATION, Vol.61, No.5, pp.871-883,[1983]).

PRO-LAETRILE JUDGE DEFIES HIGHER COURT'S RULING:

81-year-old judge Luther Bohannon, of the Western District Court of Oklahoma, is refusing to dissolve an eight-year-old injunction he issued which allows cancer patients to obtain the quack cancer remedy laetrile. Despite a 9-0 U.S. Supreme Court ruling and an order from the U.S. Court of Appeals for the 10th Circuit the Bohannon injunction continues to permit the sale of laetrile to 25,000 desperate cancer patients. Even the attorneys for the laetrile promoters have been quoted as being amazed that four years after a U.S. Supreme Court decision against laetrile the substance is still being sold. (Ref: AMERICAN MEDICAL NEWS, Dec. 9, 1983, p.2+). The federal government has recently filed a challenge to have this matter resolved.

DIETARY LECITHIN MAY POSE HAZARD TO UNBORN:

In experiments on rats, Joanne Bell, PhD, research associate at Duke University, findings suggest that "even slightly higher than normal doses of lecithin may produce defects that retard the development of their offspring." Animals fed a diet of 5% lecithin had offspring that were abnormally slow in their reflexive behavior during early development and adolescence. Brain cells were found to have deviations of normal levels of enzymes important to early development. Lecithin is used as a food additive, but the researcher's main concern appears to be its use as a dietary aid by pregnant women. (Ref: AMERICAN MEDICAL NEWS, January 6, 1984).

NOW THERE'S "CEREBRAL TRAINING":

A home study course for \$300 or class instruction for \$750 in "cerebral training"(CT) is being promoted by Ernst Schmidhofer, MD. The list of ailments and problems CT will cure includes everything from cancer to impotence. The criminal justice people will be pleased to know that it can cure delinquency too which means when they come to the realization that diet won't do the job they can turn to something else strange and fascinating. Schmidhofer lists addictions, chronic brain syndromes, delinquents, felons, predelinquents, prisons, probationers, school drop-outs, and youth programs among his sixty applications for CT. He says upwards of 10,000 people have taken CT with the great majority succeeding in less than two weeks! There's no mention that these people had to give up "twinkies" either!

VITAMIN C SUPPLEMENTATION WON'T HELP GUM DISEASE:

An analysis of the data gathered in the first National Health and Nutrition Examination Survey (NHANES I), 1971-1974 in which the health and nutrition of more than 20,000 individuals aged 1 to 74 were assessed finds no support for using more than recommended (RDA) intakes of vitamin C in the prevention and treatment of periodontal (gum) disease. (Ref: Ismail, et al, "Relation between ascorbic acid intake and periodontal disease in the United States." JOURNAL OF THE AMERICAN DENTAL ASSOCIATION, Vol.107, pp.927-931, December, 1983). NOTE: This finding is interesting because gum disease has a long empirical connection with vitamin C deficiency due to apparent associations with scurvy historically. Many dentists continue to promote high doses of vitamin C for gum disease. While it has been shown that even marginal deficiencies of ascorbic acid can lead to breakdown in tissue resistance to infection (see: Alvares, et al, "The effect of subclinical ascorbate deficiency on periodontal health in nonhuman primates," JOURNAL OF PERIODONTAL RESEARCH, Vol.16, pp.628-636) there is no evidence that extra vitamin C is beneficial as this large epidemiological analysis confirms.

The California Council Against Health Fraud, Inc.

NEWSLETTER

Non-Profit Organization
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CHRISTIAN SCIENCE VS. CHILDREN'S RIGHTS:

Douglas and Rita Swan, both Ph.D.s, were raised as Christian Scientists. Raised to fear thinking about medicine and disease lest such "illusions" become realities in their own lives, they followed the church's teachings when their 16-month-old son became ill with the hemophilis form of meningitis. Although the child was medically curable, reliance upon a Christian Science Practitioner kept the boy from proper medical care and he died. The Swans learned of the medical facts when they were given permission to seek medical care by the CS Practitioner when she suggested that the child might possibly have a "broken bone in his neck" (CSs may have broken bones set). Rita Swan now sadly states that poor little Matthew was too young to even understand the Christian Science philosophy, let alone make a decision as to whether or not he wanted to become a Christian Scientist, and yet that philosophy killed him. She now heads an organization called Children's Healthcare Is a Legal Duty, Inc. (CHILD). She has discovered that the Christian Science Church has managed to obtain statutory privileges in most states and federal programs. She seeks to challenge the constitutionality of laws permitting child neglect based upon parental beliefs in Christian Science as a means of protecting children from needless harm. THE NEW ENGLAND JOURNAL OF MEDICINE airs views by Rita Swan and a spokesman for the Christian Science church in the December 29, 1983 (vol. 309, No.26, pp.1639-1644). For further information write: CHILD, Inc., Box 2604, Souix City, IA 51106.

The CALIFORNIA COUNCIL AGAINST HEALTH FRAUD, INC. actively opposes misinformation, fraud and quackery in the health marketplace. It seeks to unite scientists, health professionals, attorneys, educators, and citizens who support the belief that health products and services should be proved both safe and effective before marketing, accurately labeled and/or described, and truthfully advertised. Further, the Council promotes scientifically valid public health practices such as fluoridation, immunization, and pasteurization, and favors balanced viewpoints on controversial public health issues.



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CHIROPRACTIC NEWSPAPER UNETHICALLY PUBLISHES CCAHF PRELIMINARY DRAFT:

A project was begun more than a year ago to define CCAHF's view of what would constitute the practices of a scientifically-oriented chiropractor. It soon became clear that a CCAHF position paper was also needed. The first preliminary draft somehow fell into the hands of the editor of DYNAMIC CHIROPRACTIC, a tabloid-sized newspaper published by Motion Palpation Institute that is sent free to everyone within the chiropractic guild (over 52,000 circulation). Despite the fact every page of the preliminary rough draft was clearly marked "Please note: this is an unofficial preliminary rough draft - do no copy or distribute," the editor published it anyhow erroneously stating that it was the Council's "new official position paper on chiropractic. Particularly disturbing was the headline which stated that the CCAHF paper somehow represented "organized medicine's plan for chiropractic!!" Since CCAHF is a consumer organization unconnected with organized medicine this bit of paranoid hyperbole is damaging to our reputation and credibility as a consumer group. The CCAHF Board of Directors will be taking this matter up with legal counsel. We report this matter here to make readers aware of the facts. The official position paper is not expected to be finalized before this fall.

NHF MAKES "FREE CHOICE AMENDMENT" TOP PRIORITY FOR 1984:

The National Health Federation (NHF) is distributing a form letter to their members asking Senators to introduce, cosponsor and work for enactment of a bill granting people the right to utilize medications which have not been approved by the FDA. This approach to attempting to legalize quackery is typical of the NHF's distortion of reality in freedom of choice matters. In fact, the law does not restrict people from using unproven methods but prevents promoters from selling them. The ploy is a diversion from the sellers to the desperate or deceived disease sufferers with whom we all sympathize. Of course, patients cannot be free to buy unproven remedies unless someone can sell them which means the next move would likely be to permit misguided maverick doctors and nonscientific practitioners to sell these after having patients sign a waiver. Since there is no way to control the deceptive tactics such purveyors of quackery would use this would simply provide a hunting license for the untrustworthy to use on vulnerable people. Hopefully, this 1984 strategy will not get very far, but we cannot be certain that the same misguided politicians that supported legalizing laetrile won't make a thrust toward a "free choice amendment." This tactic may represent an attempt to counter Rep. Claude Pepper's anti-quackery efforts scheduled for this year.

NATIONAL CONSUMERS WEEK 1984 IS SCHEDULED FOR APRIL 23-29. INVITE YOUR LOCAL MEDIA TO PUBLICIZE SOMETHING THAT WILL WARN CONSUMERS ABOUT QUACKERY.

The NEWSLETTER is published bimonthly by the California Council Against Health Fraud, Inc., an all volunteer, nonprofit, tax-exempt organization. It is intended for members and others the Council wishes to keep informed. Annual membership categories and costs are: Student \$5, Regular \$15, Professional \$25, Supporter \$100 and Patron \$1000. Applications are subject to approval by the Membership Committee. Request applications from: Membership Chairman, P. O. Box 1276, Loma Linda, CA 92354. Donations are tax deductible under IRS Tax Code Section 501 (c) (3). Donors may request to receive the NEWSLETTER. Items may be reprinted without permission if suitable credit is given.

Edited by: William Jarvis, Ph.D., Professor of Health Education, Chairman, Department of Public Health Science, School of Allied Health Professions, Loma Linda University, and President of the Council.

BUREAUCRACY AGAIN PROVES TO BE NO MATCH AGAINST QUACKERY:

The National Health Information Clearinghouse, a service of the Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health & Human Services was asked how they handled questions about unproven "alternative" methods of cancer treatment. The answer we received was that they would refer to the HHS Cancer Information Service, "and since the person asked about alternative sources of treatment, we might also refer to groups such as the Cancer Control Society [a laetrile promoting organization](brackets ours) or the Arlin J. Brown Information Center [also a proponent of unproven methods of cancer management](brackets ours)." (Letter from Jory H. Borone, Associate Director, dated December 22, 1983). It is clear from this letter that the NHIC has accepted the notion that "alternative" means more than tylenol vs. aspirin (i.e., two suitable but different medications) and includes unsafe, ineffective or unknown are acceptable alternatives to methods which have been proven safe and effective, or experimental programs under the direction of responsible researchers. This leads CCAHF to wonder if the bureaucracy hasn't become the unwitting ally of quackery by extending egalitarianism to the point of absurdity.

INDIANA COUPLE FOUND GUILTY IN CANCER PATIENT'S DEATH:

A Muncie, Indiana couple who treated a cancer patient with laetrile and enemas was convicted of reckless homicide and the unlawful practice of medicine on March 21. Harry and Ellen Graham had charged cancer sufferer Sybil Bennett about \$10,000 for their treatments during her three-month stay at the "Hoosier Health House." They jury ruled that the Grahams were responsible for Bennett's death from breast cancer. The judge reportedly instructed the jury that "homicide is always the shortening of human life." (Ref: [AP] SAN BERNARDINO SUN-TELEGRAM, March 25, 1984, p.11).

COMMENT: Readers should take special note of the judge's instructions in this case. Sometimes people think that because it is impossible to know in any individual case whether or not the patient could have been cured if he/she had not used an unproven remedy needless death cannot be proved. In fact, it is only necessary to establish beyond a reasonable doubt that the patient's survival was shortened to obtain a conviction. A wider appreciation of this fact may encourage more legal actions against quackery.

ARIZONA CHIROPRACTOR'S LICENSE SUSPENDED OVER CANCER DEATH:

Sheldon Deal, a prominent Tucson chiropractor, will lose his license for a year as a result of a complaint that he failed to detect a cancerous tumor in a patient until it was too late to treat it effectively. Deal's defense attorney is quoted as saying that Deal "never said (the patient) didn't have cancer, All he said is the tests were negative. That's all any doctor can report." [CCAHF wonders what the nature of the "tests" were. We have a published report showing Deal using muscle-testing (Applied Kinesiology) as a method of testing for cancer]. The irony of this case is that Deal is also licensed as a "naturopath" [Arizona is one of seven states licensing "naturopaths"] and this case does not affect his "naturopathic" license, therefore, he can continue practicing his brand of health care as long as he excludes manipulation of the spine. (Ref: Hubert, C. "Chiropractor's license to be suspended in cancer complaint case," ARIZONA DAILY STAR, Feb. 23, 1984.)

INFORMATION ON UNPROVEN METHODS OF CANCER TREATMENT:

1. Macrobiotic Diets: The American Cancer Society has issued a report on Macrobiotic Diets as an unproven method of cancer management. (Ref: CA-A CANCER JOURNAL FOR CLINICIANS, Vol. 34, No.1, Jan/Feb., 1984, pp.60-63).
2. Whole-Body Hyperthermia Treatment: This treatment is still investigational. Pilot and controlled clinical trials are now being conducted at 18 different medical centers in the U.S. and Canada. (Ref: J. of AMERICAN MEDICAL ASSOC., Vol.251, No.2, p.272).

3. General overview of unproven methods: A two-part series providing an overview and a good deal of information can be found in the following source: Howard-Rubin, J & Miller, NJ, "Unproven Methods of Cancer Management Part I: Background and Historical Perspectives." ONCOLOGY NURSING FORUM, Vol.10, No.4, Fall, 1983. pp.46-52; AND, (same authors) "....Part II: Current Trends and Implications for Patient Care." ONF, Vol.11, No.1, Jan/Feb, 1984, pp.67-73.

4. SCM Test in Cancer Diagnosis: The Structuredness of Cytoplasmic Matrix (SCM) test has been widely claimed to distinguish between healthy and cancer patients. However, the method failed to perform a test of validity run on 621 samples of blood from controls and known cancer patients. (Ref: Atkinson, et al., "An Analysis of the SCM Test in Cancer Diagnosis." CANCER, Vol.52, pp.91-100. 1983).

READY REFERENCE MATERIALS ON FOOD FADS:

Several comprehensive, alphabetized, referenced resource guides to food fads have come to CCAHF's attention recently. They are:

1. Dubnick, MA & Rucker, RB "Dietary Supplements and Health Aids—A Critical Evaluation— Part 1— Vitamins and Minerals," J. of NUTRITION EDUCATION, Vol.15, No.2, pp.47-53. COVERS: Niacin, vitamins B-12, C, A, D & E, megavitamins, dolomite & bone meal, chromium GTF, sea salt, selenium and zinc.
2. Part 2— Micronutrients and Fiber" JNE (above) Vol.15, No.3, pp.88-93. COVERS: Protein, gelatin & glycine, starch blockers, aspartame, lysine, tryptophan, digestive aids, superoxide dismutase, fructose, honey, choline & lecithin, and dietary fiber. *aspartame seems out of place among food fads, but information is needed.
3. Part 3— Natural and Miscellaneous Products." JNE (above), Vol.15, No.4, pp.123-129. COVERS: Acidophilus tablets, acidophilus milk & lactose intolerance, aloe vera, bee pollen, brewer's yeast, garlic, ginseng, herbal preparations, spirulina, wheat germ & wheat germ oil (octacosanol), flavonoids, gerovital H-3, hair products, inositol, laetrile, nucleic acids, pangamic acid ("vitamin B-15"), para-aminobenzoic acid (PABA), and the placebo effect.
4. Worthington-Roberts, B & Breskin, MA "Fads or Facts? A Pharmacist's Guide to Controversial 'Nutrition' Products." AMERICAN PHARMACY, Vol.NS23, Aug 1983. pp.412-22. COVERS: Acidophilus and acidophilus milk, alfalfa, aloe vera, bee pollen, blackstrap molasses, bone meal, bottled water, bran, brewer's yeast, carob, cod-liver oil, cranberry juice, desiccated liver, dolomite, eicosapentaenoic acid (EPA), fertilized eggs, fructose, garlic, gelatin, ginseng, honey, lecithin, papaya-papain, royal jelly, seaweed (kelp), superoxide dismutase (SOD), torula yeast, and wheat germ.

HEALTH FOOD ECONOMICS REPORTED:

Based on responses to questionnaires, HEALTH FOODS BUSINESS estimated that in 1982, 7,900 health food stores had gross sales of \$2.4 billion, including \$735 million for vitamins and supplements, \$49 million for herbal teas, \$178 million for other herbal products, and \$56 million for books. (Ref: ENVIRONMENTAL NUTRITION, Vol.7, p.2, Feb. 1984).

NUTRITION ARTICLES WORTH NOTING:

1. Herbert, V. "Health Foods in Nutrition: Science or Scam?" NATIONAL FORUM (PHI KAPPA PHI JOURNAL, Winter, 1984, pp.3-7. A comprehensive overview of the health food industry and the deceptive tactics used to sell its products. Excellent, hard hitting.
2. National Dairy Council. "Diet, Nutrition, and Cancer." DAIRY COUNCIL DIGEST, Vol. 54, No.6, Nov/Dec. 1983. A comprehensive overview of research relating various nutritional factors to cancers. It provides useful information on this popular topic.
3. Easley, M. & Wulf, C. "Nutritional Quackery, the Health Food Industry and the Antifluoridation Movement." OHIO DENTAL JOURNAL, Vol.57, pp.19-26, May/June, 1983. Dispels any illusions that the health food movement actually is promoting good health for the nation. This article provides more evidence that the health foods industry is merely capitalizing upon fears and uncertainties to promote its own antiprogressive philosophy and misrepresented products. Excellent and hard-hitting.

HOW TO FILE A COMPLAINT

From time to time CCAHF is contacted for advice on how to go about filing a complaint against various media outlets, individuals engaged in questionable practices, and so forth. Although there is no perfect formula, experience has taught a few lessons we will share below. Our experience has been that it definitely **PAYS TO MAKE YOUR VIEWS KNOWN**. It's true that some efforts are nonproductive, but many are effective and go a long way toward fulfilling the objectives of a better health marketplace.

1. **YOUR COMPLAINT MUST HAVE SUBSTANCE.** Simply informing someone that you have been offended by something is not enough. If you are dealing with the media, specific statements must be cited. Tape recordings of broadcasts can be transcribed to a written format. Point out precisely what was wrong with the statement(s). For example, factual errors may have been made; the individual may be accused of practicing medicine [to diagnose, treat or prescribe for any physical or mental disorder constitutes medical practice in California--find out what the definition is for your area]; someone may be simply advertising and selling health products or services under the guise of ordinary conversation, etc. This portion of your complaint should concentrate on accurate DESCRIPTION of the situation. Use well defined terms, clear statements, and good logic.
2. **AVOID DEFAMMATION.** Do not libel the object of your complaint. Calling someone a "quack" or accusations of incompetence can be troublesome unless you can prove it in court. [Some states specifically define quackery as "practicing medicine without a license" without regard to quality meaning a licensed practitioner of any kind could successfully defend himself even if peddling snake oil]. Know the standard dictionary or encyclopedia definitions of any terms you choose to describe the situation. There are many synonyms that are less objectionable than "quack" that may be even more descriptive of a person's activities [e.g., huckster, salesman, entrepreneur, promoter, purveyor, mountebank, empiric, maverick, pseudoscientist, fringe practitioner, crank, zealot, faddist]. Do not attempt to embellish your complaint by unnecessary name-calling. A slight understatement is preferable to overstatement.
3. **POINT OUT POTENTIAL OR REAL HARM.** Specify the nature of harm that has or could come as a result of the activity you are dealing with. [Harm will fall under one or more of five categories: (1) Economic; (2) Commission--i.e., directly from the activity; (3) Omission--indirectly, such as letting a disease progress unhindered when proper advice would have prevented the harm; (4) Psychological--unnecessary mental anguish, creating dependency behavior, etc.; (5) Harm to society--wasting precious resources, causing misguided public policy, etc.] Provide documented examples, if possible, where similar situations have produced harm in the past. If dealing with broadcasters or publishers you might show that others have been held accountable for spreading false health-related information--publishers have been successfully sued, broadcasters fired, etc.--perhaps, some will be more concerned about harm that might come to themselves than what might befall the public.
4. **HAVE A PURPOSE IN MIND.** Indicate specifically what action(s) you expect to see occur as a result of your complaint. You may wish to see an unreliable column on health discontinued by your local newspaper, radio or television program dropped or altered. You may want to ask for equal time for a reliable expert on a topic to be heard [it's a good idea to suggest individuals and tell where they may be contacted], or you may wish to have your letter published or make a broadcast rebuttal. Provide the entity with an opportunity to set things right. Recognize that a station or newspaper may have been victimized by clever promoters. Provide an opportunity to save face. Do not force the complainers into an ego-trap where they will feel humiliated if they take the action you are requesting.
5. **AIM AT THE RIGHT TARGETS.** Direct your complaint to someone with the power to carry out whatever action(s) you are requesting. Begin with the most directly responsible person such as the talk show host, writer, or speaker. Make copies of the letter for their immediate superiors. If dealing with the broadcast media, send copies to station management and the Federal Communications Commission (FCC). Stations have their licenses reviewed regularly and abusing the public airwaves is frowned upon by licensing agencies.

REMEMBER, ONCE WRITTEN, A LETTER HAS A LONG LIFE SPAN. IT CAN BE THE BASIS FOR FUTURE ACTIONS. ALSO, KEEP IN MIND THAT YOUR CREDIBILITY IS YOUR GREATEST ASSET AND MAY BE DEPENDENT UPON THE SUBSTANCE OF YOUR COMPLAINT--BE SURE IT IS WORTHY OF THE TASK!

FURTHER ADVICE FOR THE "TOUGH NUTS TO CRACK."

Some places can be pretty unresponsive. These "tough nuts" may require some special attention. Here are some added suggestions:

- 6. GATHER SUPPORT FOR YOUR COMPLAINT.** Others who would agree with your complaint may be willing to join you. Individuals or organizations either may write letters of their own, co-sign yours or write a letter of support. You may wish to send blind copies of your original complaints to others so they are aware that you are in the process of filing a complaint.
- 7. FOLLOW-UP.** If you do not hear from the object of your complaint within a reasonable amount of time, write a follow up letter. Include a copy of the original complaint just in case they "lost" the first edition.
- 8. BE PERSISTENT.** Persistence pays. "Squeeking wheels get grease!" Copies of your complaint, unsatisfactory responses or copies of follow-up letters indicating a callous disregard for your complaint will become the basis for your next actions. The next level to direct your actions to include your legislative representatives, various official government agencies, law enforcement offices, organizations that uphold ethics and standards, and mass media outlets (or rival media sources).

SOME PLACES TO REGISTER YOUR COMPLAINTS:

- 1. QUESTIONABLE HEALTH PRODUCTS & HEALTH DEVICES.** [i.e., Health products which state or imply on their labels or in their promotional material that they cure or alleviate a physical or mental disorder; OR devices which make similar claims or that do not carry clear instructions for safe and/or effective use (for a specific condition)].

WITHIN CALIFORNIA: Food & Drug Section, State Department of Health. Offices are located in many cities: Major Offices: 1220 "S" Street, Sacramento, CA 95814, (916) 445-6921; 2151 Berkeley Way, Berkeley, CA 94704, (415)540-2261; 1449 West Temple Street, Los Angeles, CA 90026, (213)620-2965.

IF INTERSTATE COMMERCE IS INVOLVED: Contact a regional office of the federal FOOD and DRUG ADMINISTRATION (FDA). We are told that FDA action is tough to stimulate. Do not waste time with the Washington, D.C. headquarters. Your best bet is to get your regional office interested in your case or cause.

FDA REGIONAL OFFICE TELEPHONE NUMBERS

Albany, NY (518) 427-6043	Buffalo, NY (716) 846-4478	Detroit, MI (313) 226-6260	Los Angeles, CA (213) 688-3776	Orlando, FL (305) 855-0900	San Francisco, CA (415) 536-0318
Atlanta, GA (404) 881-3162 (404) 881-7355	Chicago, IL (312) 353-7379 (312) 353-7126	East Orange, NJ (201) 645-3023 (201) 645-6365	Minneapolis, MN (612) 725-2121	Philadelphia, PA (215) 597-4390	San Juan, PR (809) 753-4443
Baltimore, MD (301) 962-4012	Cincinnati, OH (513) 684-3504	Falls Church, VA (703) 557-0389	Nashville, TN (615) 251-5851	Pittsburgh, PA (412) 644-3394	Seattle, WA (206) 442-5304
Boston, MA (617) 223-3067	Cleveland, OH (216) 522-4802	Grand Rapids, MI (616) 456-2340	New Orleans, LA (504) 589-2401	Richmond, VA (804) 782-2564	St. Louis, MO (314) 425-4137
Brooklyn, NY (212) 965-5301 (212) 965-5043	Dallas, TX (214) 749-2735	Indianapolis, IN (317) 269-6500	Omaha, NE (402) 221-4676	Rockville, MD (301) 443-4166	Call Toll-Free Anytime (800) 638-6725
	Denver, CO (303) 837-4915	Kansas City, MO (816) 374-5850		San Antonio, TX (512) 299-6735	

24-HOURS-A-DAY you can telephone the U.S. Pharmacopeia Practitioner Reporting System. They will pass your report along to the appropriate agency. (800) 638-6725.

2. QUESTIONABLE PRACTITIONERS. (The practice of medicine involves the DIAGNOSES OF, PRESCRIPTION of something to care for, OR RENDERING OF TREATMENT for any physical or mental disorder).

WITHIN CALIFORNIA: Individual licensing boards exist for various medically-related groups. However, the Board of Medical Quality Assurance licenses physicians and deals with people practicing medicine without a license. The BMQA has offices in many cities. MAJOR OFFICES: 1430 Howe Ave., Sacramento, CA 95825, (916)920-6013; 155 Bovet Road, Ste.660, San Mateo, CA 94402, (415)573-3888; 343 Brookhollow Drive, Santa Ana, CA 92705, (714)558-4452.

Prosecutions of criminal violators are carried out by the state Attorney General's Office. Office addresses:

<u>Department of Justice</u>			
Suite 800	Suite 500	Suite 700	Sixth Floor
3580 Wilshire Blvd.	1515 K Street	110 West A St.	350 McAllister St.
Los Angeles, CA 90010	Sacramento, 95814	San Diego, 92101	San Francisco, 94102

OUTSIDE CALIFORNIA: Check with your state Attorney General's office located at the state capital, or contact your local District Attorney.

3. QUESTIONABLE ADVERTISING. (Radio, television, newspapers, magazines, etc.)

WITHIN CALIFORNIA: Report health-related product or device advertising to the state Food & Drug Section of the Department of Health Services; Report practitioners to the BMQA or individual licensing boards.

INTERSTATE COMMERCE: Report to the Federal Trade Commission. Offices are located in major cities throughout the country. MAIN OFFICE: 6th Street & Pennsylvania Ave., N.W., Washington, D.C., 20580.

4. MAIL-ORDER (And any of the foregoing that use the mail service in any manner).
U.S. Postal Service, Chief Postal Inspector, 475 L'Enfant Plaza, Washington, D.C., 20260, (or check with your local Postmaster).
5. LOCAL CASES INVOLVING SUSPECTED FRAUD. Contact your local District Attorney.
6. FEDERAL COMMUNICATIONS COMMISSION. Washington, D.C., 20554. (202)632-7000.
7. NATIONAL NEWS COUNCIL. A peer review organization for news writers that attempts to uphold standards of conduct and ethics. One Lincoln Plaza, New York, NY 10023.
8. BETTER BUSINESS BUREAUS. The quality of local BBB's vary enormously. If you've got a good one, they can be a useful support group.

FDA TO GO AFTER DECEPTIVE HEALTH PRODUCT CLAIMS:

The FDA has started a new program to hit deceptive and fraudulent claims made on medical devices and health care products. The program is called "Tipped Off or Ripped Off." Only those ineffective products that do not pose a direct hazard to the consumer will be considered for the "Tipped Off" program. Unsafe and ineffective products will still be handled in the traditional way by FDA. Inquiries about the program may be directed to the National Center of Devices and Radiological Health (NCDRH) Division of Consumer Affairs at (301)443-4190. (Ref: AMERICAN MEDICAL NEWS, March 2, 1984.)

ELDERBERRY JUICE POISONS 25 PEOPLE:

25 members of a religious/philosophical sect consumed a concoction made from wild elderberries, crushed along with their leaves and branches, and became ill from cyanide poisoning. One person required hospitalization, but all recovered soon afterward. The fresh leaves, flowers, bark, young buds and roots of elderberry contain a bitter alkaloid and glycoside that can produce hydrocyanic acid (Editor's note: this is the same thing laetrile consists of). (Ref: CALIF. MORBIDITY, Feb 24, 1984).

Among the current plethora of questionable weight-loss products is DHEA (dehydroepiandrosterone). Although many of the new weight-loss nostrums don't work, they aren't intrinsically harmful as is DHEA which is a potentially dangerous drug. Presently, DHEA is being marketed as a "food supplement," which exempts it from regulation by the FDA. While this may change in the future, at this point in time it is strictly a "buyer beware" situation.

DHEA belongs to a group of chemical compounds known as steroid hormones. These are extremely powerful drugs that can have profound effects even in minute doses. Other steroid hormones readers may be familiar with are the estrogens and progesterones used in birth control pills and the male sex hormone testosterone. DHEA is found in everyone's body as are the other steroid hormones, but its functions are not fully understood. Only a few studies have been carried out with human subjects. These were done primarily to determine blood serum levels and fluctuations in amounts of the hormone. One study, published in the EUROPEAN JOURNAL OF CANCER, indicated that women with subnormal levels of DHEA were at higher risk of developing breast cancer.

The weight-loss claims for DHEA appear to be based upon studies conducted on special strains of mice genetically predisposed to obesity as they mature. When given high doses of DHEA the mice did not gain weight as expected, nor did the chemical appear to cause any harmful effects. This may be due to DHEA having supplied a genetically-defective need. However, using these experiments as a basis, some promoters now claim that DHEA will cause weight loss in humans—and that it is safe.

Arthur Schwartz, Ph.D., who has done extensive research on DHEA, found that the mice did not gain weight because their bodies were not manufacturing normal amounts of a chemical called NADPH (nicotinamide-adenine dinucleotide phosphate), a compound necessary for the production of fat, when they were given DHEA. Promoters reasoned that the DHEA hormone could also block the formation of NADPH in normal humans—safely!

This is a basic tenet of science which holds that no drug is safe or effective until clearly demonstrated to be so. DHEA has not been proven to be either safe or effective for weight-loss in humans. Without such proof and in the face of inadequate testing and understanding of its function in the body, we can only speculate about any effects DHEA may have. Such speculations must necessarily be based on what is known about the actions of steroids generally, plus the limited information we have on DHEA specifically.

The potential dangers lie in DHEA's ability to prevent the formation of adequate amounts of NADPH. Although promoter's claims that fat production will be suppressed might be true, serious concerns exist because of the other uses the body has for NADPH. NADPH is needed to produce both DNA and RNA—the chemicals of heredity and protein production. Changes in the quantities, qualities or time of manufacture of either DNA or RNA could lead to lethal changes in cellular structure. Also, since DNA is involved, the possibility exists that improper doses of DHEA taken by pregnant women could cause birth defects. Further, the body also uses NADPH to help break down both alcohol and barbituates. Thus, a depressed level of NADPH caused by taking DHEA could possibly result in death by preventing the detoxification of this dangerous combination of drugs.

Not only is DHEA ingestion potentially dangerous, but there doesn't appear to be any good evidence that it can cause weight loss. Terrence Yen, who did the original mouse experiments, reported in the journal LIPIDS that DHEA would not cause weight loss, but would only prevent certain mice from getting fat!

Do the promoters of DHEA believe they will work on humans? One of them who is selling 180 pills for \$30 writes, "We're conducting a study to find out how effective DHEA complex is for weight control. We're hopeful that it can work for you as... well as in animals." What is omitted is that DHEA didn't work in animals in the first place!!

Consumers are advised not to take a chance with untested drugs simply because they are dubbed "food supplements" by promoters. Beware of any advertisement which makes dramatic claims about "amazing new diet breakthrough(s)!" Check with reliable health sources for proof of safety and effectiveness before purchasing any commercial weight loss product. Remember that claims that sound too good to be true is a hallmark of quackery.

---James A. Lowell, Ph.D.---

[Dr. Lowell is the author of a weekly consumer health education column entitled "Health Hoaxes and Hazards" published by THE ARIZONA DAILY STAR in Tucson. He teaches in the Department of Life and Health Sciences at Pima Community College in Tucson and is a member of CCAHF.]

The California Council Against Health Fraud, Inc.

NEWSLETTER

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PEDIATRICIANS ASK FDA TO PROHIBIT INTERSTATE SHIPMENT OF RAW MILK:

The American Academy of Pediatrics (AAP) has asked the federal government to stop the interstate shipment and marketing of raw milk. Although promoted as a "health food," drinking raw milk (including "certified") can lead to serious illness or even death due to salmonella dublin contamination. The AAP is an organization of 25,000 pediatricians dedicated to the health, safety and well-being of infants, children and young adults in North and South America. In a January 10, 1984 news release, the AAP cited raw milk-related reports of salmonellosis in several parts of the country including Arizona, California, Colorado, Georgia, Kansas, Maine, Oregon and Vermont. An incident in Vermont involved eight people (ages 10 months to 60 years) who suffered diarrhea, cramps, and fever after consuming raw milk. An outbreak in Arizona caused diarrheal disease in 190 people from 88 families, all of whom had drunk raw milk. In assessing the benefit-risk ratio of raw vs. pasteurized milk, the AAP examined claims of alleged nutritional superiority made by promoters of raw milk. With all factors taken into account, AAP believes the risks of serious disease outweigh the potential benefits of the use of raw milk.

1983 CCAHF NEWSLETTER INDEX NOW AVAILABLE:

A completely cross-referenced index to the 1983 CCAHF NEWSLETTER is now available. Members can receive one copy free by enclosing a business-sized, stamped, self-addressed envelope. Others include \$1. [Indexes are also available on the same basis for the years 1981 and 1982].

The CALIFORNIA COUNCIL AGAINST HEALTH FRAUD, INC. actively opposes misinformation, fraud and quackery in the health marketplace. It seeks to unite scientists, health professionals, attorneys, educators, and citizens who support the belief that health products and services should be proved both safe and effective before marketing, accurately labeled and/or described, and truthfully advertised. Further, the Council promotes scientifically valid public health practices such as fluoridation, immunization, and pasteurization, and favors balanced viewpoints on controversial public health issues.

THE BULLETIN BOARD

THE BULLETIN BOARD IS A SUPPLEMENT TO THE COUNCIL NEWSLETTER. ITS PURPOSE IS FOR COMMUNICATION WITHIN THE COUNCIL'S MEMBERSHIP. MEMBERS ARE INVITED TO SUBMIT IDEAS AND ITEMS FOR THE BULLETIN BOARD. IT IS OUR HOPE THAT THE BULLETIN BOARD WILL HELP MEMBERS IN THEIR LOCAL EFFORTS AGAINST HEALTH MISINFORMATION, FRAUD AND QUACKERY. SEND QUESTIONS AND COMMENTS TO LYNN CALDWELL, P.O. BOX 1276, LOMA LINDA, CA 92354.

APRIL, 1984

MEMBERSHIP VOTES NATIONAL DESIGNATION.

It was reported at the March 12 Executive Committee meeting that ballots returned to that time were 280 for, 1 against and 5 unmarked regarding the question of whether or not the Council should change its name to the National Council Against Health Fraud, Inc. The Council will still want to be known as the California Council...when working on statewide issues, but the National designation will become dominant. All of the details of the change of name have not been finalized, but should be done by the end of summer. Presently, we are using the N/CCAHF for communication among the membership.

COUNCIL PURCHASES A COMPUTER.

The Council has just purchased an IBM-PC computer for the office. This should help us do our job a little better. Among the projects it will help us perform is a cross-referenced "Who's Who" in health misinformation, fraud and quackery. We are also putting the names and areas of interest and expertise of those members who have volunteered to serve the Council in its work. We believe a retrieval system will help mobilize more of our members in reaching the Council's goals.

MEET LYNN CALDWELL.

Lynn Caldwell is a student in LLU's School of Health. She has a masters degree in health administration from UC Davis and is a Registered Dietitian. Currently, she is working toward a Doctor of Public Health Degree. Lynn has been a member of the Council since 1981. She is serving the Council as a volunteer and consultant. She is presently serving as acting secretary of the Council under Ada Jarvis and is expected to succeed Ada at the next election.

SPANISH-SPEAKING PERSON NEEDED TO EDUCATE ABOUT CANCER QUACKERY.

The Cancer Information Service has asked N/CCAHF to help them locate a health professional who can talk to the hispanic public about cancer quackery. Contact William Jarvis, Council President.

COUNCIL MEMBERSHIP NEARS 1000 MARK.

Membership has grown over 50% in the past year. This growth is gratifying, but we are still far short of where we need to be if the Council is to shift from a voluntary operation to one with a paid staff and professional director. Pres. Jarvis estimates that it would take a membership of 10,000 to enable N/CCAHF to make the change.

FORMING LOCAL CHAPTERS & DIVISIONS.

A number of people have contacted N/CCAHF asking about forming a local chapter. Some have even begun organizing in their areas. Because we are in the process of reorganization as a national group ourselves, this presents some problems. On the other hand, we do not wish to stifle anyone's enthusiasm who wishes to develop a local group. Therefore, we offer these first steps to take.

1. Notify N/CCAHF of your intention to form a local organization. We will determine how many members are currently located within your state or region. We will notify those individuals that someone wishes to organize a local group, send them the name and address of the organizer so they may make contact if they so desire. [This permits us to protect the privacy of our members].
2. Determine how large a geographic area you wish to cover with your local organization. The largest possible area for one group to cover is a single state. This is due to the differences in state laws which govern the local marketplaces. State-wide organizations will be called "divisions;" groups covering smaller areas will be called "chapters."
3. Gather a list of names of people and organizations you believe would be interested in forming a group to fight health misinformation, fraud and quackery. [e.g., voluntary health agencies (American Cancer Society, The Arthritis Foundation, American Heart Association, and others who deal with the diseases preyed upon by quackery); health professionals who treat people suffering from the types of diseases above; health educators in the schools (high school, college & university levels); law enforcement and regulatory agency personnel (FDA, FTC, licensing bureaus, consumer affairs departments, district attorney's office, etc.); public health personnel (visiting nurses, health education personnel, dental health professionals); individual attorneys, scientists, and community leaders.
4. Locate an attorney who will work as a volunteer to help get your group incorporated as a nonprofit organization, and provide advice on avoiding legal problems associated with confronting health misinformation, fraud and quackery.

VOLUNTEERS NEEDED FOR THE LOMA LINDA OFFICE.

Members located within reasonable distance of Loma Linda are needed to work on some Council projects. Call (714)796-3067 to arrange an appointment to discuss what you might do for the Council.

ARE YOU WILLING TO SERVE ON ONE OF THE COUNCIL'S STANDING COMMITTEES?

Part of N/CCAHF's reorganization calls for more participation by members in getting the many tasks done that are necessary to meet the challenges of the current scene. Committees are: Promotion & Expansion, Research & Investigation, Legal Action & Defense, and Public Information. If you are even somewhat interested, drop us a line indicating your interest and describing your background. You will be contacted later by the committee's leader.

MEMBERS INVITED TO ATTEND EXECUTIVE COMMITTEE MEETINGS.

The Council's Executive Committee is comprised of its President, V-P, and Secretary/Treasurer. Board members are also notified and may attend. We also like to extend an invitation to any members who wish to attend. Meetings are held approximately once a month at Loma Linda. If you'd like to be notified of exact times and places, write to Lynn Caldwell.

The next Executive Committee meeting is scheduled for April 12, 4:00-5:30 PM. Room 1606 Nichol Hall on the Loma Linda University Campus.

DEAR N/CCAHF MEMBER:

AS A SPECIAL SERVICE TO OUR MEMBERS THE COUNCIL IS OFFERING THE FOLLOWING BOOKS PUBLISHED BY GEROGE F. STICKLEY COMPANY AT A 10% DISCOUNT. TITLES AND RETAIL COSTS OF BOOKS ARE LISTED BELOW. WHEN ORDERING, SUBTRACT 10% OF THE LISTED PRICE (ONLY RESIDENTS OF PENNSYLVANIA NEED PAY SALES TAX).

BOOKS AVAILABLE NOW:

- ANEMIA (Steinberg) \$8.95, 227 pp.
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- BLAKE POWELL'S WELL-FIT BOOK (Powell) \$13.50, 224 pp.
- CARING FOR AGING PARENTS (Rashkis) \$8.95, 160 pp.
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- DEAR DR. STARE: WHAT SHOULD I EAT? (Stare) \$14.50, 216 pp.
- DORLAND MEDICAL DICTIONARY \$17.95
- EATING FOR THE EIGHTIES (Hartbarger) \$14.95, Hardcover, 331 pp.
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- HEALTH ROBBERS (Barrett) \$13.95, 396 pp.
- HONEST HERBAL (Tyler) \$14.50, 263 pp.
- HOW TO DOCTOR YOUR OWN FEET (Schneider & Sussman) \$9.95, 172 pp.
- HOW TO GET PREGNANT (Silber) \$13.95, 256 pp.
- INSIDE PSYCHOTHERAPY (Pies) \$9.50, 128 pp.
- LIFE AFTER FIFTY (Alter) \$10.95, 144 pp.
- MEDICAL OVERKILL (Greene) \$14.50, 320 pp.
- MIDDLE YEARS (Donohugh) \$14.95, 554 pp.
- NUTRITION AND WOMEN'S HEALTH (Sutnick) \$13.50, 192 pp.
- NUTRITION CULTISM (Herbert) \$12.95, 240 pp.
- NUTRITION FOR GOOD HEALTH (Stare & McWilliams) \$13.95, 216 pp.
- PHYSICIAN IN LITERATURE (Cousins) \$16.95, 477 pp.
- PLEASE PASS THE SALT (Wilson) \$14.95, 192 pp.
- SUPERFITNESS HANDBOOK (Darden) \$12.95, 304 pp.
- THE MALE (Silber) \$12.50, 224 pp.
- THE TIME CALORIE DISPLACEMENT (Weinsier et al.) \$9.95 Softcover, 128 pp.
- UNDERSTANDING YOUR BODY (Aegerter) \$12.95 Hardcover; \$7.95 Softcover, 272 pp.
- UNDERSTANDING YOUR PARENTS (Rashki & Tashjian) \$6.95, 160 pp.
- VITAMINS AND "HEALTH FOODS" (Herber & Barrett) \$11.95, 160 pp.
- VITAMINS AND MINERALS: HELP OR HARM? (Marshall) \$14.95, 288 pp.
- WHAT IS A DOCTOR? (Comfort) \$10.95, 240 pp.
- PRACTICAL CONTRACEPTION (S. Ramaswamy and Tony Smith) \$9.00, 160 pp.
- YOUR BASIC GUIDE TO NUTRITION (Stare Aronson) \$11.95, 180 pp.
- YOUR GUIDE TO MENTAL HELP (Callan) \$9.50, 200 pp.
- YOUR GUIDE TO PHYSICAL FITNESS (Darden) \$10.95, 136 pp.
- YOUR GUIDE TO UROLOGY (Saunders) \$9.50, 130 pp.

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P.O. Box 1276
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NHF ORGANIZES MAIL CAMPAIGN AGAINST REGISTERED DIETETIANS:

The American Dietetic Association and its members have become the focus of an attack by the National Health Federation's legislative advocate, Clinton R. Miller, based in Washington, D.C.. Using strident words like "monopoly" and "diet dictators," Miller misrepresents efforts by responsible dietetic organizations to obtain consumer protection legislation that would curtail the current abuses of unqualified "nutritionists" who are taking advantage of the present "buyer beware" conditions in the health marketplace. People with diploma mill degrees, unscientific chiropractors, dentists and physicians are using their credentials to sell unneeded and even dangerous products to clients and patients who have placed their trust in them. In his form letter, Miller specifically extols Linus Pauling, Benjamin Feingold, Lendon Smith, Bob Rodale, Carlton Fredericks, Robert Mendelsohn, Adelle Davis, and "other best selling authors whose books have sold in the millions." Miller states, "The public has become increasingly aware that the ADA's hospital and prison diets are not only unappetizing but, in most cases, are far less healthy than...alternatives suggested by a new generation of gourmet nutritionists." Miller refers to ADA members as holding "rigid and outdated beliefs about diet." Miller's preprinted letter is captioned "DON'T LET DIETETIANS OUTLAW NUTRITIONISTS" and is aimed at Senators, Representatives, Assemblymen, and Delegates. The NHF says that it has "no objection to any state law that will license 'registered dietetians' or let them use that title exclusively." The NHF attack apparently was prompted by the recent battle in Kentucky in which dietetians sought an effective law against pseudo-nutritionists who are little more than sales people masquerading as qualified nutrition consultants.

Miller has, in effect, thrown down the gauntlet to not only dietetic groups but all scientifically oriented health professionals, basic scientists and socially responsible leaders. Nutrition is a multi-disciplinary science with enormous public health significance. The question is whether or not the scientific community will stand by and let cranks and charlatans huckster nutrition-related products and services to an unwary public. The health food hustlers have clearly demonstrated that they are not promoting good nutrition but misrepresented products like "organic foods," unneeded specialty foods, self-medication with potentially dangerous herbal remedies and even lethal "diet cures" for cancer. Registered dietetians may be in the front lines of this battle, but everyone with a concern for the public's wellbeing is also a soldier.

[A copy of Miller's letter and accompanying article are available upon request--send a business-sized, stamped, self-addressed envelope].

STUDY FAILS TO CONFIRM BENEFITS OF VITAMINS AGAINST CANCER:

A study comparing 111 participants in the Hypertension Detection and Follow-up Program who developed cancer over a 5-year period with 210 matched controls failed to verify that higher serum levels of vitamins A and E or total carotenoids are associated with a decreased cancer risk. (Ref: Willett, et al, NEW ENGL J MED, Vol.310, pp.430-4, 1984).

The NEWSLETTER is published bimonthly by the California Council Against Health Fraud, Inc., an all volunteer, nonprofit, tax-exempt organization. It is intended for members and others the Council wishes to keep informed. Annual membership categories and costs are: Student \$5, Regular \$15, Professional \$25, Supporter \$100 and Patron \$1000. Applications are subject to approval by the Membership Committee. Request applications from: Membership Chairman, P. O. Box 1276, Loma Linda, CA 92354. Donations are tax deductible under IRS Tax Code Section 501 (c) (3). Donors may request to receive the NEWSLETTER. Items may be reprinted without permission if suitable credit is given.

Edited by: William Jarvis, Ph.D., Professor of Health Education, Chairman, Department of Public Health Science, School of Allied Health Professions, Loma Linda University, and Council President.

CCAHF MEMBER ATTORNEY PROPOSES LEGISLATION TO CURTAIL DIPLOMA MILL ABUSES:

Grace Monaco, JD, a Washington, D.C. attorney, has written a proposed law aimed at stopping diploma mill graduates from misrepresenting themselves in health-related matters. The wording is presented here as a guide for anyone interested in this important problem.

AN ACT TO PROTECT CONSUMERS FROM FRAUDULENT REPRESENTATION OF CREDENTIALS RELATING TO THE DELIVERY OF HEALTH SERVICES

In order to assure that the residents of the District of Columbia who seek health care or advice are not misled as to the qualifications of those holding themselves out as qualified to give such advice or care, it is hereby provided that:

No person offering for sale, advice, counseling, services, treatment, diagnosis, rehabilitation relating to health or the prevention of disease who has received a degree from an institution, which at the time of the issuance of the degree, had no accreditation of the institution, program, or specific course of study upon which the degree is based by a national accrediting agency recognized by the United States Department of Education or the Council on Postsecondary Accreditation shall be entitled to use the title or degree occupational classification conferred by the degree or to represent that the degree holder possesses the skills, knowledge and educational background usually associated with such a degree, title or occupational classification;

Providing that this section shall not apply to graduates of foreign medical schools who have been accredited into the practice of medicine in this country through the national qualifying exam process.

Penalty - to be drafted - \$100 first offense, \$500 second, \$1,000 third offense, plus jail term.

THREE EXCELLENT ARTICLES ABOUT WHY PEOPLE TURN TO QUACKERY:

Monographs on the psychodynamics of quackery are always of great interest to those of us involved in combatting quackery. Although relatively rare, three such published works have come to our attention. They are:

Hewer, W. "The relationship between the alternative practitioner and his patient--a review." PSYCHOTHER. PSYCHOSOM. Vol.40, pp.172-180. 1983.

Lerner, I.J. "The whys of cancer quackery." CANCER. Vol.53, pp.815-819. 1984.

Dominian, J. "Doctor as prophet." BRITISH MEDICAL JOURNAL. Vol.287, pp.1925-1927, 1983.

FILIPINO FAITH HEALERS STILL DRAW CROWDS:

Despite repeated exposes of their fraudulent methods and the premature death of Tony Appaoa, the most celebrated of the so-called "psychic surgeons," people still flock to the Filipino sleight-of-hand con artists seeking "miracles." According to a LA TIMES article, "hundreds of spiritual doctors have hung out their shingles" in the Philippines. Hoteliers say their occupancy rates dropped noticeably for a while after Tony Appaoa died (heart attack at age 42--at the wheel of his Mercedes!), but now "tens of thousands" of ailing Japanese, Europeans, Australians and Americans fly in to seek treatment after reading about the healers in magazines and newspapers. (Source: LA TIMES, February 16, 1984, Part 1-B, p.2). COMMENT: In late January, magician James "The Amazing" Randi presented a program at Loma Linda University in which he revealed by word and demonstration the methods of the Filipino charlatans. The presentation was video-taped. Mr. Randi has dedicated himself in recent years to debunking the activities of individuals who abuse the magician's trade by making miraculous claims based upon trickery. You can read more about his work and the organization he represents in the March, 1984 issue of PSYCHOLOGY TODAY ("Science vs. the Paranormal," pp.28-34). It is worth noting that one of the primary promoters of this form of health fraud are the tabloid newspapers. Freedom of the press prevents banning the publication of these irresponsible newspapers, but it appears to be time to ask that supermarkets, drugstores, and other commercial consider discontinuing aiding and abetting these promoters of hokum.

SCIENTIFIC ADVISORY BOARD LISTEES DISCLAIM LIFE EXTENSION FOUNDATION:

The Life Extension Foundation of Hollywood, Florida, publishes a monthly newsletter entitled ANTI-AGING NEWS. The Foundation promotes a large line of products alleged to retard aging (most are named in Pearson & Shaw's book LIFE EXTENSION; video tapes of Durk Pearson's appearances on Merv Griffin reportedly are played almost continuously in the Foundation's reception room). The Foundation letterhead lists an impressive board of scientific advisors holding advanced degrees and positions in universities and research centers across the nation. Virginia Aronson and Frederick Stare wrote to seven listees. Two disclaimed the organization and a third was unlisted in available directories and his letter was returned with an insufficient address stamp. Others did not respond. (Ref: NEW ENGLAND JOURNAL OF MEDICINE, Vol.309, No.26, p.1655).

PSYCHIATRIST'S EX-WIFE WINS \$6.5 MILLION SUIT:

An Oklahoma County District jury awarded Ann C. Sleeper \$6.5 million in a lawsuit in which she accused her psychiatrist ex-husband, Dr. Harold Sleeper (medical director of Willow View Hospital), of subjecting her to bizarre experiments including injecting her with her own urine. Sleeper convinced his wife that her severe depression, paranoia and physical problems were due to foods she ate and synthetic materials she wore. (Ref: COLUMBUS DISPATCH, February 22, 1984, p.A-2).

"DAILY GREENS" MANUFACTURER BANKRUPT:

PharmTech Research of San Francisco promoter of "Daily Greens," vegetables in pill form advertised as a possible cancer preventive, has filed for bankruptcy. Both the FDA and FTC made considerable trouble for the company. The former with a seizure order and the latter with a consent decree barring the misrepresentation of scientific tests or articles and from making health claims without reliable and competent scientific evidence. (Ref: FDA CONSUMER, April, 1984. pp.29-30.)

CLAIMS OF LONGEVOUS RUSSIANS DISCREDITED:

Widely publicized reports of extreme longevity in Russia are challenged by a recent study. Only 38% of 115 people thought to be over ninety-years-old were verified. Correcting for the discrepancies it was determined that 0.3% of the Abkhazians were actually over 90 which is the same proportion found in the United States presently. (Ref: Palmore, E. "Longevity in Abkhazia: a reevaluation." THE GERONTOLOGIST, Vol.24, pp.95+,1984)

AURICULOTHERAPY FAILS TEST:

Auriculotherapy involves the electrical stimulation of the outer ear for the relief of pain. The procedure failed a controlled crossover study which compared the effects of stimulating designated auriculotherapy points with control points unrelated to the painful area; then, in a second study, stimulation of designated points was compared with a non-stimulation placebo control. Pain relief scores showed no difference in any of the procedures. (Ref: Melzack & Katz. J. AMER. MED. ASSOC. Vol.251, pp.1041-1043).

ACUPUNCTURE MOVES TOWARD RATIONALITY:

Stephen Botek, MD reports in MEDICAL TRIBUNE (May 2, 1984, pp.27-29) on the October, 1983 International Conference on Acupuncture and Chronic Pain held in New York City. France's Dr. Nguyen Van Nghi announced that they have abandoned the traditional Chinese pulse diagnosis with its yin/yang philosophy. Britain's Dr. Felix Mann declared that "acupuncture points and meridians do not exist. There are so many acupuncture points," says Mann, "that there is no skin left which is not an acupuncture point." St. Louis-based George Ulett, PhD, MD, confirmed Mann's statements saying that "acupuncture points" are nothing more than time-honored muscle motor points. Others offered physiological rather than metaphysical explanations for acupuncture's effects moving it from irrational vitalism to the realm of mechanistic rationalism.

NEW FROM ACSH:

Several useful reports done in their usual high quality manner have recently been released by the American Council on Science & Health. They are: (1) PESTICIDES IN YOUR HOME AND GARDEN; (2) ETHYLENE DIBROMIDE (EDB); (3) SMOKING OR HEALTH: ITS YOUR CHOICE; (4) OF MICE AND MEN: THE BENEFITS AND LIMITATIONS OF ANIMAL CANCER TESTS. Order from: ACSH, 47 Maple Street, Summit, NJ 07901. Single copies \$2.

Growth Hormone Releasers

"NO MORE FAT! NO MORE FLAB! NO MORE CELLULITE! NO MORE DIETING!" So begins an ad for a new generation of questionable weight loss products, the "growth hormone releasers."

Human growth hormone (HGH), also known as somatotrophin, is needed by children for proper development. People deficient in this chemical compound will not achieve normal height and those with excesses may become giants.

The idea for the weight loss products seems to have come from misinformation contained in a best-selling book called Life Extension. The authors, Durk Pearson and Sandy Shaw state that growing teenagers "can eat like horses without becoming obese, even if they are sedentary." They go on to say that levels of HGH decrease as people age, and that this decrease is responsible for weight gain.

Furthermore, they claim, if certain combinations of amino acids, which are the chemical building blocks of proteins, are eaten, growth hormone will be released from the pituitary gland, where it is manufactured, and weight loss will occur.

As is frequently the case, numerous proprietary pill manufacturers, looking for a chance to make a quick dollar, used incomplete and largely inaccurate information to justify the marketing of new lines of weight control nostrums.

Examples of products currently being advertised are Lipogene-GH, Nite Diet, Dream Away, Nite Time Diet, and HGH-3X, all sold with the claim that if they are taken before retiring, weight loss will occur overnight due to an increased release of growth hormone.

Unfortunately, a review of the scientific literature fails to either support the views of Pearson and Shaw, or the claims of the promoters. Here are some of the points we have considered.

Scientists noticed some years ago that blood levels of HGH would increase after a meal rich in proteins. Although various amino acids contained in the proteins could cause this release, one known as arginine had the greatest effect. In fact, doctors sometimes use it as a drug to help slow-growing children attain normal stature. Most of the products we examined did contain this amino acid.

The trouble with the weight loss pills is that the quantities of arginine they contain are far below those necessary to cause HGH release. One brand, for example, when taken according to instructions, provides only one gram of arginine a day. According to tests reported in The New England Journal of Medicine, a 150 pound woman would require a dose of about 13 grams to have any effect at all, and this would have any effect at all, and this would have to be injected, not taken orally. The effective dose for men is twice as high.

Furthermore, in practice, doctors actually give one-half gram per kilogram of body weight. This means that a two-hundred pound man would need about 45 grams of arginine to produce a reasonable effect.

Aside from the fact that these products aren't likely to have enough active ingredients to cause the release of any growth hormone, there are other lines of evidence which repudiate the claims of the promoters.

Pearson and Shaw state that young people have higher levels of growth hormone than older people, and this just isn't the case. As reported in The New England Journal of Medicine, levels of growth hormone are abnormally high in babies for the first few weeks after birth. From that point on, although younger people secrete more hormone daily, their blood levels remain quite constant throughout life.

Pearson and Shaw correctly point out that some obese people do not produce normal amounts of growth hormone when they are given releasers, such as arginine. This certainly indicates a difference in the way people's bodies might work, but only demonstrates that the weight loss pills are the least likely to work in the people who need them the most.

But does the amount of HGH produced actually have an effect on a person's weight? The answer to this question can be determined from studies of people who have abnormal levels of the substance in their bodies.

Some adults naturally have too much growth hormone, and these people are not especially thin as would be expected if high levels caused weight loss. Instead, they develop a disease called acromegaly, in which their hands, feet and faces become abnormally large.

People have also been studied whose HGH levels are below normal. If Pearson and the promoters are correct in their assumptions, these people should be heavy. This turns out not to be the case either. They are neither obese nor demonstrate any other clinical symptoms. A person's weight, therefore, does not seem to be related to the level of growth hormone in his body.

Another, and very important, study was published in the British journal Lancet. Dr. Raymond Hintz, a leading authority on HGH reported on experiments in which he gave normal adults very high doses of growth hormone in order to test its safety. Dr. Hintz has assured me that one of the side effects of the drug was not loss of weight. This, of course, shows that even if the promoter's pills did cause the release of HGH, weight loss would still not be expected.

Thus, the growth hormone releasers appear to be just another scam. Unless the promoters can prove that their claims are true, the products should be avoided. Otherwise dieters shouldn't be surprised if the only thing they lose is their money.

Author: James Lowell, Ph.D.
Pima College
Tucson, AR

IRISH USE OF UNPROVEN ARTHRITIS REMEDIES DESCRIBED:

100 randomly selected rheumatoid arthritis patients at a Dublin hospital were interviewed regarding their use of unproven remedies. 81% had tried something of an unproven nature. Dietary modifications were the most popular with 60 patients (74% of those trying unproven methods) reporting, cod liver oil-46 patients (56%), place of Pilgrimage-38 (47%), copper bracelets-37 patients (46%), non-conventional practitioners-28 patients (35%), external application-16 patients (20%) and miscellaneous-3 patients (4%). Faith healers were the most popular alternative practitioners at 16. 4 reported some benefit while 12 claimed no benefit. Herbalist was tied for second with acupuncturist. No patient benefited from herbs, but 4/7 reported some benefit from acupuncture. 2 went to an osteopath and both benefited. One each went to a bonesetter and a homeopath, both without benefit. (Ref: Cassidy, et al. IRISH MED J., Vol.76, pp.464-465, 1983).

HAZARDS OF NUTRITION SUPPLEMENTS:

A number of reports of harm related to nutrition supplements recently are:

McCaughan, D. "Hazards of non-prescription potassium supplements." THE LANCET, March 3, 1984, pp.513-514. Report of toxicity and deaths caused by supplementation.

David, T.J. "Unusual limb-reduction defect in infant born to mother taking periconceptual multivitamin supplement." THE LANCET, MARCH 3, 1984, pp.507-508. Case report.

No author. "Poisoning among young children— United States." CDC MORBIDITY AND MORTALITY WEEKLY REPORT, Vol.33, March 16, 1984, pp.129-130. Pharmaceuticals are the most common poisoners of children under 5 years of age. Flavored chewable vitamins are the most common pharmaceutical involved. Iron intoxication is most likely.

No author. "Selenium intoxication— New York." CDC MORBIDITY AND MORTALITY WEEKLY REPORT, Vol.33, March 30, 1984, pp.157-158. A woman was poisoned by a selenium supplement that contained more than 200 times the labeled dosage.

Alhadeff, L. et al. "Toxic effects of water-soluble vitamins." NUTRITION REVIEWS, Vol.42, pp.33-40. A useful review of the hazards of water-soluble vitamins many of which are generally promoted as being completely safe.

COLONICS RESPONSIBLE FOR CHILD'S DEATH IN OHIO:

The license of Mt. Healthy, Ohio chiropractor Shirley Jenneman was suspended for two years as a result of the death of Stephanie Stevens, 11, of Fairfield, Ohio. The girl was given colon therapy in Jenneman's office by Dorothy Brown, a former masseuse who worked for Jenneman. Stephanie died the following day of peritonitis caused by a ruptured appendix. Brown was found guilty of practicing chiropractic without state certification, given a 90-day suspended sentence, fined \$250 and placed on two years probation. Jenneman's license suspension was reduced to four months providing she agree to attend some "educational seminars." She was also placed on probation until December, 1985. Interestingly, when Stephanie's parents took their daughter to Jenneman, she advised them to take the girl to a hospital emergency unit to have her undergo blood tests for infection. The father refused to follow these suggestions. (Sources: CINCINNATI ENQUIRER, April, 16, 1983, C-2 Metro; CINCINNATI ENQUIRER, Dec. 1, 1983; and, CINCINNATI POST, Dec. 1, 1983).

MD SUES COLLEAGUES FOR BLOCKING HIS USE OF QUESTIONABLE CANCER TREATMENTS:

Chico, Calif. doctor Stephen G. Marcus, MD has filed a \$1 million lawsuit against a handful of his colleagues and both local hospitals claiming they are trying to halt his use of massive doses of vitamin C and intravenous feeding as a cancer treatment. Marcus is a supporter of Linus Pauling's theories. (Ref: CHICO ENTERPRISE RECORD, April 13, 1984).

"NUTRITION CONSULTANT" PLEADS GUILTY IN CANCER CASE:

Geraldine Mae Matson, 62, a Spokane, Washington "nutrition consultant" at Pilgrim's Nutrition Center, was sentenced to 40 hours of community service at the American Cancer Society after pleading guilty to practicing medicine without a license. Matson recommended that a "cancer patient" (actually an undercover agent) discontinue chemotherapy because it would "prevent nutritional therapy from working." Interestingly Matson found her clients through referrals from a wig salon where cancer patients went because of hair-loss associated with chemotherapy. (Ref: SPOKANE CHRONICLE, April, 20, 1984, p.3).

"CLINICAL ECOLOGIST" PLACED ON PROBATION:

Dr. Carl Markwood, a Sacramento physician, has been placed on probation by the state Board of Medical Quality Assurance. The Board accused Markwood of acts of negligence and excessive treatment without adequate evidence the treatment was needed. Markwood practiced "ecological medicine," an unrecognized "specialty." According to his attorney, Markwood will alter his practice to "nutritional and preventive medicine." (Ref: THE SACRAMENTO BEE, April, 27, 1984).

CHILD DENIED CANCER TREATMENT DIES:

A six-year-old girl who was treated for cancer only after a judge overruled her parents' religious objections died April 30. Leah Mudd, daughter of Ronald and Martha Mudd, members of the Faith Assembly Religious sect, was the second child of the Mudd's to die of untreated cancer. Natalie, 4, died on March 5, 1980. The sect refuse medical treatment in favor of prayer for healing. (Ref: AP-Fort Wayne, Indiana, THE SAN BERNARDINO SUN, May 1, 1984, p.3).

MOM, AUNT & GRANDMOTHER INDICTED IN CHILD'S DEATH:

A Mansfield, Ohio grand jury returned indictments on three family members on charges of aiding and abetting involuntary manslaughter and child endangerment following the death of a 3-year-old. Jeanette Lee Gurik died after a religious ritual in which the child was forced to ingest large volumes of water in an attempt to "cleanse" and "heal" her. Two other children also participated in the cleansing and chanting ritual which lasted 20 hours. (Ref: COLUMBUS DISPATCH (Ohio), April 4, 1984, p.C-2).

PREACHER CREDITS FAITH, NOT DOCTORS, IN SUCCESSFUL CANCER TREATMENT:

LaFollette, Tennessee preacher Larry Hamilton whose daughter underwent court-ordered medical treatment refuses to acknowledge that the therapy is responsible for halting her bone cancer. Hamilton's Church of God of the Union Assembly, a fundamentalist sect forbids taking of any medicine. Social workers took Hamilton to court last year when he refused medical care for his ailing daughter. The case attracted national attention when the state Supreme Court refused to hear his case. Treatment began on September 22, 1983 and while its too early to declare a cure there is no sign of the disease at present. (Ref: LOS ANGELES TIMES, May 17, 1984, Part I-B, p.5).

CHILDREN'S RIGHTS ORGANIZATION NEEDS SUPPORT:

Readers have undoubtedly noticed a disturbingly high number of cases of harm to children in this issue of the newsletter. This is just coincidental to this item calling attention to C.H.I.L.D. (Children's Healthcare Is a Legal Duty, Inc.), Box 2604, Sioux City, Iowa, 51106. Phone: (712) 948-3295. This organization is dedicated to preventing the medical neglect of children in the name of religion. People may choose medical neglect for themselves, but children who are dependent upon adults need protection if they ever are to grow to the age when they make their own decisions.

CALIFORNIA HAS RECORD YEAR OF SALMONELLA DUBLIN INFECTIONS:

1983 had the dubious distinction of having the most cases of Salmonella dublin infection ever reported at 123. Nearly 80% of the cases required hospitalization and 26% died. Of 99 persons providing information on raw milk use, 44% reported using Certified Raw Milk (CRM). 16% reported using raw-to-rare beef or liver making CRM the leading suspected single cause of infection. Scotland reportedly has banned the sale and distribution of raw milk in 1983. (Ref: CDC MORBIDITY & MORTALITY WEEKLY REPORT, Vol. 33, pp.196-197, April 13, 1984.) Late word says Mrs. Thatcher blocked the raw milk ban.

DIET AND BEHAVIOR REPORTS:

Diet and behavior reports are becoming more common. The topic spans several areas of interest including hypoglycemia, food allergies, delinquent behavior, and more. The following articles may be of interest to anyone following the topic:

Gardner, JH. "Sensitivity to foods and additives: effect on behavior." J. AMER. MED. ASSOC., Vol. 251, p.1209-1210, March 2, 1984. Two pediatric allergists, N. Cummings, MD and A. Bock, MD, answer an inquiry on the problem of a hyperactive child.

Dews, PB. "Comments on some major methodological issues affecting analysis of the behavioral effects of foods and nutrients." J. PSYCHIAT. RES., Vol. 17, pp.223-225, 1982/83. The multidisciplinary nature of possible food-related behavior is discussed with some useful guidelines for researchers.

Rapoport, J. "Effects of dietary substances in children." J. PSYCHIAT. RES., Vol. 17, pp.187-191. 1982/83. A review of five studies on the effects of dietary substances (alcohol, caffeine, and sugar) in children evaluating methodology. Studies failed to show that sugar had "exitatory" effects in a supposedly vulnerable population.

No Author given, "Adverse reactions to food." THE LANCET, April, 21, 1984. p.900. A useful overview of the present state of the art regarding food allergy. This is a brief report on the Joint Report of the Royal College of Physicians and British Nutrition Foundation.

David, et al. "The relationship of hyperactivity to moderately elevated lead levels." ARCHIVES OF ENVIRONMENTAL HEALTH, Vol. 38, pp.341-346, Nov/Dec 1983. Although not on diet, this report confirms that moderately elevated lead levels are associated with hyperactivity. Blinded evaluations of children treated by placebo or lead-lowering drugs revealed significantly improved behavior in the treated groups.

LA TIMES EXPOSES LIVINGSTON-WHEELER CANCER CLINIC:

Just five days after running an advertisement touting a new book THE CONQUEST OF CANCER: VACCINES AND DIET in which it is claimed that "...within ten years, Dr. Livingston-Wheeler's immunotherapy techniques will predominate over radiation and chemotherapy as the principal cancer therapy," the LOS ANGELES TIMES featured an article by staff writer Allan Parachini exposing the San Diego clinic as a dubious therapeutic regimen known for many years among people familiar with unproven methods of cancer management. Edmond Addeo, the lay science writer who actually wrote the book concedes that the so-called success-rate study used to validate Livingston-Wheeler's work defies scientific scrutiny. The article which ran in the April 6, 1984 LOS ANGELES TIMES will be of value to anyone wishing to provide a different point of view regarding the claims made in this nationally promoted book. CCAHF will provide a copy of the article to anyone sending a business-sized, stamped, self-addressed envelope.

DRAMATIC DECLINES IN U.S. CHILDHOOD CANCER MORTALITY REPORTED:

Miller and McKay report that cancer mortality among children in the U.S., 1950-79, as evaluated by death certificates, revealed dramatic declines primarily in the second half of the 30 year interval. Leukemia dropped 50%, non-Hodgkin's lymphoma 32%, Hodgkin's 80%, bone cancer 50%, kidney cancer 68% and all others 31%. Ref: J. AMERICAN MEDICAL ASSOCIATION, Vol. 251, No. 12, pp.1567-1570.)

The California Council Against Health Fraud, Inc.

NEW LETTER

Non-Profit Organization
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Box 1276 Loma Linda, CA 92354

SPEAKER'S BUREAU COORDINATOR:
Harold J. Loeffler, Ph.D.
8234 Caminito Maritimo
La Jolla, CA 92037 (619)453-3722

EDUCATION COORDINATOR:
Wallace I. Sampson, M.D.
515 South Drive, Suite 10
Mt. View, CA 94040 (415)961-5548

"STARCHBLOCKERS" MARKETED UNDER DIFFERENT NAME:

An investigative reporter in the Houston, Texas area was able to purchase federally-banned "starchblockers" being sold as "vegetable protein concentrate." The product was not displayed openly but was available from the clerk from under the counter.

SOME PROTEIN DIET PRODUCTS TO CARRY FDA WARNING LABEL:

Very low calorie diet products in which more than 50% of calories are derived from protein will carry a warning label stating: "Warning--Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction without medical supervision. Not for use by infants, children, or pregnant or nursing women." NOTE: Cambridge Diet Plan is not affected because it derives less than 50% of its 330 daily calories from protein. For more information write or call Victor Frattali (HFF-261), FDA, 200 C Street, S.W., Washington, D.C. 20204; telephone (202)245-1064. (Source: CONSUMER NEWS, Vol.5, p.4, May, 1984).

FAMOUS HEART SURGEON PROMOTING QUESTIONABLE TREATMENT:

Christiaan Barnard, MD, who has abandoned heart surgery because of arthritis, is promoting a questionable treatment known as cellular therapy at the Niehans clinic in Switzerland.* The treatment involves injecting cells from unborn lambs which are alleged to rejuvenate body organs. Barnard received treatment for his arthritis at the clinic beginning five years ago. Although he's unsure about the treatment's benefit, he is willing to experiment stating that he is familiar with skepticism. His colleagues criticized him after his first heart transplant operation. (Source: AMERICAN MEDICAL NEWS, April, 1984). COMMENT: Cellular therapy is not new. It was originated in 1936 by Dr. Paul Niehans. Details may be found in the American Cancer Society unproven methods of cancer management listings under "Fresh Cell Therapy." Also, a statement by the now defunct AMA Department of Investigation on the topic appeared in JAMA, February 13, 1960, pp.164/708-165/709, Vol.172, No.7. *Clinic La Prairie.

PLEASE SEND ITEMS OF POSSIBLE INTEREST TO OUR READERS. INCLUDE COMPLETE REFERENCES.

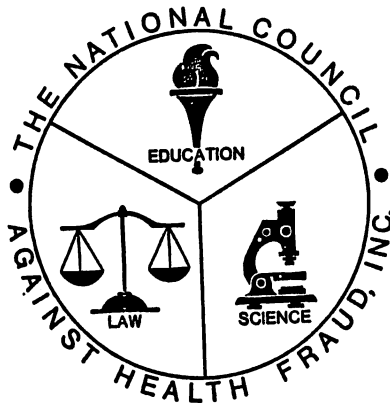
THE BULLETIN BOARD

THE BULLETIN BOARD IS A SUPPLEMENT TO THE COUNCIL NEWSLETTER. ITS PURPOSE IS FOR COMMUNICATION WITHIN THE COUNCIL'S MEMBERSHIP. MEMBERS ARE INVITED TO SUBMIT IDEAS AND ITEMS FOR THE BULLETIN BOARD. IT IS OUR HOPE THAT THE BULLETIN BOARD WILL HELP MEMBERS IN THEIR LOCAL EFFORTS AGAINST HEALTH MISINFORMATION, FRAUD AND QUACKERY. SEND QUESTIONS AND COMMENTS TO LYNN CALDWELL, P.O. BOX 1276, LOMA LINDA, CA 92354.

JUNE, 1984

COUNCIL ADOPTS LOGO

The new Council logo appears below. It will adorn most of the printed materials bearing the Council's new name. It symbolizes the Council's basic organizational concept of a coalition of responsible professionals working in behalf of the public's interest from a consumer's perspective. We hope you like it.



ON THE LIGHTER SIDE

While brainstorming on an official logo, the following was suggested as a pictorial symbol to "stop quackery." In addition to the black on white version we have a full color version for use on television. President Jarvis used it in several recent appearances in upstate New York. Its an eyecatcher that opens up the topic of combatting quackery immediately.



[We are indebted to Loma Linda University graphics artist Ellis R. Jones for converting our clumsy pencil sketches into useful symbols.]

WISCONSIN COUNCIL AGAINST HEALTH FRAUD, INC. OFF AND RUNNING!

Activitists in Wisconsin have organized a council and are moving forward. They have written up their goals and structure and are identifying projects they will undertake within their area. If you wish to join them or communicate with their leader for the purpose of learning more about how to go about getting an organization started, contact: Betty Leque, 13000 Bluemound, Elm Grove, WI 53122; phone: (414) 785-2697 (working hours).

AREAS INTERESTED IN FORMING CHAPTERS

We have been contacted by one or more individuals interested in forming chapters in the following areas:

- | | |
|----------------------|------------|
| Arizona | New York |
| District of Columbia | Nevada |
| Illinois | Ohio |
| Kentucky | Texas |
| Minnesota | Virginia |
| Missouri | Washington |
| | Wisconsin |

Contact us if you would like to be put in touch with others in your area interested in actively combatting health misinformation, fraud and quackery.

TASK FORCE SEEKS TO DOCUMENT HARM CAUSED BY PSEUDO-NUTRITION CONSULTANTS

The N/CCAHF Task Force on Nutrition Diploma Mills wishes to establish evidence of harm (ie, economic, directly by harmful substance or having been kept from proper and/or timely care, mental anguish, etc.) caused by unqualified persons offering nutrition advice as a consultant. A form is being prepared to be used in reporting. If you would like to participate in this project contact: James Kenney, PhD, RD, 1239 19th St., #8, Santa Monica, CA 90404. Phone: (213) 828-7778.

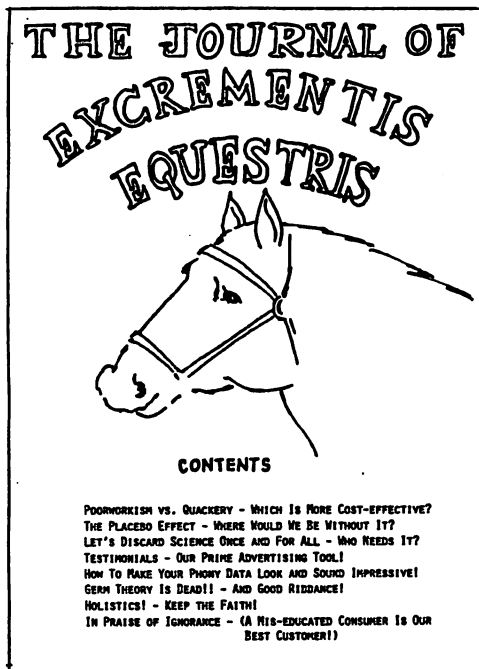
NOMINATING COMMITTEE SELECTED

The N/CCAHF Board selected Wayne Bidlack, Harold Loeffler and Wallace Sampson to serve on the nominating committee. Additional members include the present officers in accordance with the Council's by-laws. Send suggestions for nominees to serve as officers or board members to Wayne Bidlack, Nominating Committee Chairman, Box 1276, Loma Linda, CA 92354.

COUNCIL MEMBERSHIP WAS 1032 ON MAY 10, 1984

NEW YORK MEMBER DENTIST SAYS IT WELL--WITH HUMOR!

Council member John E. Dodes, DDS, of Woodhaven, NY sent in the following which provides a synoptic view of an all-day seminar he and his partner, Marvin J. Schissel, DDS, put on dealing with the problem of quackery in dentistry. We thought it was too good not to share with our members everywhere!



[Dr. Schissel is the author of DENTISTRY AND ITS VICTIMS, (Revised Edition) New York: St. Martin's Press, 1980. This is a well written book that will make anyone a wiser dental health care consumer.]

PATIENT NUTRITION EDUCATION MANUAL AVAILABLE

George F. Stickleby Company has just published a book by N/CCAHF Research Assistant, Lynn Caldwell, (RD) entitled NUTRITION EDUCATION FOR THE PATIENT— THE HANDOUT MANUAL. The manual, with foreword by Victor Herbert, MD,JD, is a convenient resource with over 100 "fact sheets" designed to serve as photocopy masters from which take-home handouts for patients can be produced. This enables any health professional to easily provide patients with reliable nutrition information. Price: \$17.50 retail (available through the Council for \$15.75)—Direct inquiries/order to Lynn Caldwell, MHS, RD at the N/CCAHF office.

VOLUNTEERS NEEDED FOR THE LOMA LINDA OFFICE

Member located within reasonable distance of the Loma Linda office are needed to work on N/CCAHF projects. We will train you to use the Council's IBM-PC computer to carry out on-going data gathering projects that will provide much needed information to the entire membership. Just an hour or two a week would be extremely helpful. Remember, N/CCAHF is a volunteer operation and it needs all of the help it can get. Call (714) 796-3067 to discuss what you might do for the Council.

UNPROVEN METHODS OF CANCER MANAGEMENT SURVEILLANCE PROJECT TO BEGIN SOON--MD PARTICIPANTS NEEDED

A pilot project designed to discover the kinds of unproven methods of cancer management currently being promoted in various geographic regions, information on their proponents, how patients come to select them and their impact on patient well-being will soon begin. Physicians willing to participate are being solicited. If you are willing to fill out a prepared case-report form and send it postage prepaid to the project coordinator notify William Jarvis at N/CCAHF. The project is funded by a small grant from the California Division of the American Cancer Society and the Council.

NEXT EXECUTIVE COMMITTEE MEETING JUNE 28

The N/CCAHF Executive Committee is scheduled for June 28, 4:30-5:30 PM, Room 1606 Nichol Hall on the Loma Linda University campus. Members are invited to attend.

NEWS ABOUT COUNCIL STANDING COMMITTEES

In the last issue of The Bulletin Board we asked for volunteers who were willing to serve on the Council's standing committees. Many have volunteered, but more are needed before most of the committees can begin functioning. If you are interested in serving in some way, drop us a line indicating your interest and describing your background. Some time may pass before you are contacted once you have notified us of your willingness to help. The committees are:

- Promotion & Expansion
- Research & Investigation
- Legal Action & Defense
- Public Information

These committees will make recommendations to the Board of Directors on policy, identify needs within their area of concern and carry out certain tasks. It is our hope that these committees will mobilize more members in the effort to meet the challenges facing the Council.

SCIENTIFICALLY ORIENTED CHIROPRACTORS CONTACTING COUNCIL

As a result of the unauthorized publication of two preliminary drafts of the N/CCAHF Task Force on Chiropractic* describing its views on the current status of chiropractic and how it believes a scientific chiropractor would practice, a substantial number of chiropractors around the nation have contacted the Council stating that they were in basic agreement with its assessment and willing to help advance its viewpoint. This may well lead to the formation of an organization of chiropractors who will work to reform chiropractic from within. The Council is pleased to be a constructive force for improving the quality of health services in the marketplace.

*Reported in the March/April 1984 NEWSLETTER (p.1)

DUBIOUS CATARACT TREATMENTS

Non-surgical treatment of cataracts has long been a popular target for unorthodox practitioners. Nutritional, herbal and drug therapies along with pseudo-scientific techniques such as acupressure all have their advocates today.(1) Even "sea salt" has been promoted as a "natural" cure for this common problem which afflicts many older patients. Cataract Breakthrough(2) by Alex Duarte, an El Toro, California optometrist, describes a therapy program utilizing "miraculous medicines" which are "an amazing new combination of super-nutrients developed in the Orient". Duarte was a featured speaker at the recent Health Rights Convention sponsored by the National Health Federation in Pasadena (Jan 1984). He shared the platform with other "famous" health authorities such as Kurt Donsbach (Donsbach University, etc.) and Ray Evers, M.D., (chelation therapy advocate). Duarte and Stuart Kemeny, M.D., and Anaheim ophthalmologist, were also offering "a free cataract examination" during the convention.

Duarte and Kemeny have organized the Cataract Research Foundation in Anaheim to promulgate their anticataract program. They have been actively lecturing on the alternative health circuit and have also advertised their cataract cure in the popular media. The advertising raises some serious ethical and technical questions as illustrated by the following sample from a full page ad which appeared in the program for the Health Rights Convention:

"The total cost of surgery for just one eye can cost you \$4,000.00 easy, that is, easy if you're rich. And changes are (emphasis added) you may still go blind or develop other eye disorders and diseases from the surgery itself."

"There is a nonsurgical alternative. Cataracts can be stopped and even alleviated (emphasis added) so as to improve your vision for less than \$300.00. It's easy, painless, and non-toxic (emphasis added). Initial studies show an amazing 84% positive results (emphasis added).

"Dr. Alex Duarte, a prominent optometrist, and Dr. Stuart Kemeny, an ophthalmologist in California have logged thousands of miles around the world researching and negotiating to make this kind of treatment available."

The reference to the cost and implied high risk of blindness secondary to surgical complications preys on the fears and ignorance of naive patients. As with any surgical procedure, complications can ensue, however, the complication rate for all factors during surgery and postoperatively is less than 5%. The "chances are" far less for the worst case - blindness. As the ad states, the claimed "84% positive results" are based on "initial" studies. The foreign literature contains a limited number of citations on various components of the Duarte-Kemeny system and there are currently no studies published in this country on the recommended eye drops. Efficacy and safety have not been established and FDA approval has not been granted or applied for to-date.

Because the drugs used in the program have not received Food and Drug Administration approval, Kemeny has arranged for them to be supplied through the "famous" Centro Medico Del Mar Clinic near Tijuana (Mexico) operated by Dr. Ernesto Contreras Rodriguez (or laetrile cancer therapy fame). The "nutri-medicines" are available as a commercial preparation (C-Thru) from D & B Enterprises of Huntington Beach (a Donsbach company). The basic program consists of the following:

- 1). Phenoxyazine carboxylic acid (Catalin) eye drops.
- 2). Amino acid eye drops
- 3). Oral cysteine (400 mg), glycine (200 mg) and glutamine (200 mg)
- 4). Vitamins: A (30,000 IU), D (400 IU), E (800 IU), C (1500 mg), and B complex, B100, B150, bioflavonoids
- 5). Minerals: zinc (75 mg, selenium (250 Mcg)
- 6). 4-6 aspirin per day
- 7). Wearing UV absorbing glasses

continued.....

Haas' shortcomings in the biochemistry arena show up in statements such as "...each molecule of glycogen holds 3 molecules of water" on page 80. In fact, each molecule of glycogen holds thousands of water molecules. The molecular weight of glycogen is several hundred thousand compared to only 18 for water.

There is some reasonable advice in this book. His discussion on the need for fluid replacement and the problems with commercial sports drinks is consistent with the scientific evidence. His chapter on restaurant dining is good and contains creative suggestions for individuals who want to limit their intake of fat and cholesterol. And many athletes (particularly endurance athletes) do in fact perform best on a high carbohydrate diet, which is what Haas suggests. Unfortunately, separating facts from unsubstantiated theories in this book would be impossible for someone who does not have a strong background in physiology and nutrition. It cannot be unreservedly recommended to people interested in optimal sports nutrition. Readers interested in a reliable source of information on sports nutrition should consider *Food for Sport* by Nathan Smith, MD or *Eating for Endurance* by Ellen Coleman, MS, RD. (Ref: *City Sports Magazine*, Vol. 10, No. 6, June 1984, Los Angeles Edition).

James J. Kenney, Ph.D., RD

[The above book review originally appeared in the Los Angeles edition of CITY SPORTS magazine, June, 1984. It is reprinted by permission of the author.]

CALIFORNIA SUPREME COURT REVERSES "HEALER'S" MURDER CONVICTION:

Stanley Burroughs, a 77-year-old self-styled "healer" was convicted of second-degree felony murder for causing the death of 24 year-old cancer patient Lee Swatsenbarg. Swatsenbarg died of a hemorrhage believed to be caused by "deep" abdominal massages administered by Burroughs on two successive days, each time telling Lee he would soon recuperate. Burroughs was also convicted of unlawfully selling cancer treatments and felony practicing medicine without a license. The California Supreme upheld the other convictions but overturned the second-degree felony murder charge based upon the contention that the felonious unlicensed practice of medicine is not an "inherently dangerous" felony. The court states in their opinion, "The primary element of the offense in question here is the practice of medicine without a license. The statute defines such practice as 'treating the sick or afflicted.' One can certainly conceive of treatment of the sick or afflicted which has quite innocuous results--the affliction at stake could be a common cold, or a sprained finger, and the form of treatment an admonition to rest in bed and drink fluids or the application of ice to mild swelling. Thus, we do not find inherent dangerousness at this stage of our investigation." [COMMENT: This bit of reasoning offends common sense justice. The disease in question was cancer, not a cold or sprain, and more importantly, the hypothesized medical advice cited is appropriate, whereas Burrough's practices were inappropriate and inherently dangerous in that they caused Swatsenbarg's fatal hemorrhage. The Justice writing the opinion ignores that key fact that the unqualified, misguided practice of medicine rather than the practice of medicine per se is in question. The opinion states that involuntary manslaughter would have been a more fitting conviction. What is disturbing about this ruling is that it categorizes all diseases as benign and reduces the seriousness of practicing medicine without a license in cases of life-threatening diseases to an innocuous level further weakening the legal sanctions against violators. (With enemies such as this, quackery needs no friends!) Chief Justice Bird, a "health freedom" advocate in the past, concurred with the opinion, while acting Justice Richardson dissented.] (Super.Ct.No. 585413).

QUACK-FIGHTERS WIN AWARDS:

On June 1, Stephen Barrett, MD, and Victor Herbert, MD, JD, received special citations from the U.S. Food & Drug Administration for "outstanding and consistent contributions against the proliferation of nutritional quackery to the American consumer."

REVIEW OF A QUESTIONABLE BOOK

EAT TO WIN: THE SPORTS NUTRITION BIBLE

The newest best-selling fitness book is EAT TO WIN: THE SPORTS NUTRITION BIBLE by Dr. Robert Haas and it is a curious blend of reasonable and questionable advice. Haas mixes sciences with pseudo-science and seems to confuse preventative medicine with sports nutrition. His academic credentials are as questionable as much of his advice--his PhD is from Columbia-Pacific University, an unaccredited school which apparently deals with almost all of its students by mail.

The following is a sampling of the conceptual and factual errors that run throughout this book. In chapter four, for example, Haas suggests that your blood chemistry is the secret to peak performance. He is most concerned with blood lipids, blood sugar and blood uria acid levels. However, altering these values by changing the diet will have no direct effect on athletic performance.

Arthur Ashe was one of the top tennis players in the world for many years despite a blood chemistry profile that put him at a high risk for cardiovascular disease. His high serum cholesterol level (and other genetic factors 4) eventually resulted in severe cardiovascular disease that ultimately forced him out of professional tennis. Serum cholesterol provides useful information about one's risk of developing cardiovascular disease but provides no information about one's athletic ability.

In chapter 12 the author suggests that supplements such as ginseng and octacosanol can improve athletic performance, yet there are no convincing scientific studies to support these claims. He also believes that phenylalanine can enhance performance based on its structural similarity to amphetamine and adrenalin. He correctly points out that phenylalanine is a precursor of adrenalin. But the fact of the matter is that the amount of most substances produced by the body are under careful biochemical control. Cholesterol is a precursor of vitamin D, testosterone, estrogen and cortisone, but cholesterol supplements would not increase the body's production of these hormones. Likewise, eating more pretein will not make your muscles grow. No one has shown that phenylalanine supplements will enhance athletic performance.

In chapter 14 Haas claims that his diet will not only improve athletic performance but sexual performance as well. It is true that diabetes, hypertension and cardiovascular disease, as well as some of the drugs used to treat these conditions can impair sexual performance. But there is no credible scientific evidence demonstrating that a particular diet and/or supplement can enhance sexual performance or pleasure in otherwise healthy individuals.

In chapter 10 Haas suggests that antioxidants such as BHT and certain nutrients will make you heal faster and keep you younger. There is simply no convincing scientific evidence that supplements of antioxidants are of any benefit to athletes.

He also recommends large doses of several B-vitamins. It is true that heavy athletic performance may increase the need for some nutrients. But contrary to Haas' claims, this increased need is in proportion to the need for extra calories. In other words, heavy exercise increases your need for calories which requires you to eat more food. This extra food will provide all the extra nutrients you need (assuming you eat a sensible diet). Haas' unbridled enthusiasm about the miraculous potential for food supplements makes me wonder if perhaps he should call himself a food supplement salesman rather than a research scientist or a nutritionist.



PHONE: 714-796-3067

Box 1276 Loma Linda, CA 92354

SENATOR CAMPBELL PUSHES BIZARRE RAW MILK BILL:

California state Senator William Campbell (R-Hacienda Heights) is the unchallenged champion of anti-consumer legislation. Readers may recall that he introduced all of the bills to legalize Laetrile, got a bill passed that semi-legitimized faulty nutrition advice by health food clerks, and has pushed for other bad consumer legislation. Presently he is promoting SB565 which would greatly impair the ability of public health authorities to protect the public from contaminated raw milk. Such legislation would be unconscionable following the year 1983 which saw record numbers of hospitalizations and deaths related to Salmonella dublin poisoning which was more strongly associated epidemiologically with raw milk than any other potential source of contamination. Campbell is trying an end run around the Health and Welfare Committee by acting to amend the Food and Agricultural Code. Campbell seeks to reconstitute the make-up of the seven-member State Milk Commission to include three members nominated by scientifically-oriented organizations, three members nominated by raw milk producers and the seventh member, who would presumably break the 3-3 balance, someone nominated by none other than the National Health Federation! To CCAHF it is unimaginable that anyone would suggest that the NHF is a suitable entity to serve in such a role. NHF has consistently opposed not only pasteurization but fluoridation, immunization and many aspects of modern food processing which protect the public health. Further, the NHF and many within its leadership has repeatedly demonstrated contempt for the law. It seems ironic that legislators would want to honor such an organization by granting it the power provided by SB 565. Campbell certainly deserves the booby prize for SB 565.

CALIFORNIA PHYSICIAN LOSES LICENSE:

Mill Valley Physician, Micheal Gerber, has been stripped of his license to practice medicine in California by the state's Board of Medical Quality Assurance for gross negligence and incompetence. Among Gerber's questionable practices were chelation therapy for heart disease, megavitamin (ie, "orthomolecular") therapy, and unproven methods of cancer treatment. Central in the case was the probable needless death of a young woman with endometrial cancer who Gerber treated with vitamins, coffee enemas, herb teas, apricot pits, and other scientifically unfounded treatments. The woman apparently was afraid of surgery as is common and understandable. Instead of reassuring her and encouraging standard, effective care, Gerber willingly administered unconventional care. Gerber employed a defense commonly used by the today's proponents of unproven methods--that he was treating the patient "nutritionally," rather than for cancer per se. Testifying on Gerber's behalf were Linus Pauling, Robert Mendelsohn, MD, Michael Lesser of Berkeley, Charles Farr, MD of Oklahoma City, and others favorable toward the methods the doctor employed. This case could become the rallying point for proponents of non-scientific medicine in the near future.

The NEWSLETTER is published bimonthly by the California Council Against Health Fraud, Inc., an all volunteer, nonprofit, tax-exempt organization. It is intended for members and others the Council wishes to keep informed. Annual membership categories and costs are: Student \$5, Regular \$15, Professional \$25, Supporter \$100 and Patron \$1000. Applications are subject to approval by the Membership Committee. Request applications from: Membership Chairman, P. O. Box 1276, Loma Linda, CA 92354. Donations are tax deductible under IRS Tax Code Section 501 (c) (3). Donors may request to receive the NEWSLETTER. Items may be reprinted without permission if suitable credit is given.

Edited by: William Jarvis, Ph.D., Professor of Health Education, Chairman, Department of Public Health Science, School of Allied Health Professions, Loma Linda University, and Council President.

Cataract formation is generally considered to be an aging phenomena. The etiology of the lens changes is still not well understood. However, altered lens metabolism, oxidative changes, and long-term exposure to the effects of natural U.V. radiation are factors which lead to protein aggregation, lens sclerosis, and opacification.

The lens is the primary site of U.V. absorption in the eye and thus the recommendation to wear U.V. filtering lenses (available for regular prescription glasses) is a conservative recommendation which may slow the development of the sclerotic changes.

The use of aspirin may also be effective for some types of cataract. Cotlier et al reported on a retrospective study on a population of patients taking aspirin (4 to 6 325 mg tablets per day) for rheumatoid arthritis. The incidence of cataract in this population was much lower than in the general population(3). The Cataract Research Institute (not to be confused with Duarte's "Foundation") based in Santa Monica is coordinating a two-year controlled study of the effect of aspirin on cataract development. Another anti-inflammatory, Bendazac, may also have an effect on cataract formation according to a pilot study reported in The Lancet(4). The role of oral nutritional supplements in cataract therapy is currently being investigated at the Indiana University School of Optometry with a study of 40 subjects in a placebo-controlled, double-blind protocol.

The evaluation of any cataract therapy is necessarily difficult because the course of lens changes are very slow and variable. Patient's subjective responses including visual acuity measures are subject to many extraneous factors and objective measures of lens opacities are difficult to obtain. To date, the evidence to support the claim of efficacy and safety of any anticataract therapy is not compelling.

The very fact that the eye drop medicines have to be obtained in Tijuana should raise doubts about the value of these drugs, but unfortunately this is turned to an advantage by promoters who claim this exile to Tijuana is the result of a conspiracy to keep these amazing medicines from the public!

In addition to the Duarte-Kemeny program, other currently popular anticataract therapies include using DMSO in eye drop form, Eye Bright tea (*Euphrasia officinatis*), superoxide dismutase eye drops, oral vitamin B6, and Bates-type eye exercises, all of which appear to be of no proven value except to the promoters who reap the profits from these products.

1. Koch, et al.,(1973) "Konservative Katarakttherapie in Klinik und Experiment" DOCUMENTA OPHTHALMOLOGICA, 35:2:85-286.
2. Duarte, A., (1982) CATARACT BREAKTHROUGH. Huntington Beach, California International Institute of Natural Health Science.
3. Cotler, E. Shaumd, Y., Minniven, T., Brescia, M., (1982) "Distribution of Salicylate in Lens and Intraocular Fluids and Its Effect on Cataract Formation", AMERICAN JOURNAL OF MEDICINE, June 14, pp. 83-90.
4. Testa, M. and Iuliano, G., (1982) "Pilot Study of Bendazac for Treatment of Cataract," THE LANCET, April 10, pp.849-850.

Russell Worrall, O.D
Assistant Clinical Professor
School of Optometry
Univ. of Calif., Berkeley

DONSBACH "UNIVERSITY" REBUFFED BY STATE BOARD OF REGISTERED NURSING:

In January, 1980, the California Board of Registered Nursing approved provider status for Donsbach University, a questionable diploma mill-like operation located in Huntington Beach, California. As a result of complaints and inquiries, in June, 1982 Kurt W. Donsbach, the school's proprietor, was required to submit a curriculum vitae and course outlines to determine compliance with Board regulations. As a result, the Board has withdrawn provider status from Donsbach effective April 20, 1984. Some very interesting facts are presented in the Board's report which follow:

"The curriculum vitae he [Donsbach] submitted...stated that he had received a Master of Science in molecular biology in 1975 from Union University* and a Doctor of Philosophy in Nutritional Science in 1976 from the same institution. It was established by substantial evidence that Mr. Donsbach did not possess any degree from Union University and that Union University has never had the laboratory or other facilities essential to complete the work required for a degree in such fields. No credible evidence was presented to establish that Mr. Donsbach possessed either of the degrees listed on his curriculum vitae or any other degrees."

*Union University is an unaccredited, authorized California school.

Additional information in the report deal with having established that substantial portions of the course materials are "innaccurate," without scientific foundation and, in some cases, potentially dangerous. This report is of value to anyone trying to combat the influence of Donsbach "University" graduates who are misrepresenting themselves as qualified nutritionists around the country. Copies are available free from CCAHF. Send a stamped, self-addressed, business-sized envelope. Ask for "Donsbach Revocation by Board of Registered Nursing."

COMPREHENSIVE STUDY OF CANCER QUACKERY REPORTED:

The most complete study of patients, treatments and practitioners connected with the utilization of unproven methods of cancer management (ie, cancer quackery) we are aware of is reported by Cassileth, et al, "Contemporary Unorthodox Treatments in Cancer Medicine," ANNALS OF INTERNAL MEDICINE, Vol.101, pp.105-112, July, 1984. Researchers interviewed 304 patients under conventional care and 356 under the care of unorthodox practitioners. A survey of unorthodox practitioners documented their backgrounds and practices. The study found that the most popular treatments were metabolic therapy (laetrile), diet (alone) therapy, megavitamins, imagery, faith healing, and "immune" therapy in that order. Over forty additional therapies were also identified. The report deals with what attracted patients to unorthodox therapies, patient satisfaction with conventional vs. unorthodox treatments, costs of care, attitudes toward conventional medicine, the government and pharmaceutical industry, patient's religion, race, education, political preferences, and other demographic characteristics. The study shows that many patients who turn to unorthodox care do not conform to the stereotype of poorly educated, terminally-ill patients who have exhausted conventional therapies. The emphasis of unorthodox therapy on nutrition, health as a personal responsibility (ie, self-blame for having cancer and the necessity of self-imposed life-style changes for cure), pollution, and purification has religious and moral overtones for patients. These themes do not belong exclusively to unorthodoxy but are of great importance to science and society as well (Editor's note: "Quackery always takes its cues from developments in the world of knowledge." Robach.).

OUTSTANDING BOOK PROVIDES INSIGHT INTO HEALTH FADDISM:

Health faddism is seen as more than "foolishness and ephemerality," it is rather a phenomena which reflects the intellectual and social environment of the time. The health crusaders' popularity can be instructive if we are willing to study them carefully instead of dismissing them as mere aberrations. CRUSADERS FOR FITNESS: THE HISTORY OF AMERICAN HEALTH REFORMERS (Princeton Univ. Press, 1982) by medical historian James C. Whorton provides readers with a thorough, easy to understand history of the beliefs, ideas, concepts, and the people who elaborated them in the 19th and 20th centuries which underlie contemporary health promotion. These are the same factors often exploited by quackery (Editor's note: This is the same thing being referred to in the last sentences of the preceding item). This book is "must reading" for those wishing to understand the psychosocial dynamics of quackery.

AGENCIES APPEAL TO ADVERTISERS TO HELP CURTAIL QUACKERY:

The Council of Better Business Bureaus (CBBB) and the FDA have offered to help the nation's newspapers and magazines halt misleading advertising for fraudulent medical products. FDA's acting Commissioner Mark Novich, MD, called medical fraud "a multi-billion dollar plague that depends, in large part, on print advertising to reach its victims, while CBBB President William H. Tankersley said print media advertising will gain in public trust by the elimination of advertising for "quacks who rob consumers of health and money, while damaging legitimate business." The agencies offer a tip-sheet for checking ad copy to publishers. (Available from CCAHF; send stamped, self-addressed, business-sized envelope. Ask for CBBB/FDA joint news release).

COMMENT: CCAHF is pleased to see this development. Such an action is compatible with basic CCAHF principles which see consumerism not as an anti-business activity but a cooperative effort between all segments of our free enterprise society working together for a high quality health marketplace in which consumers can exercise freedom of choice without fear that the products and services offered are ripoffs that will empty their purses and harm health.

"PSYCHIC" FOOLS AUSTRALIANS:

CCAHF member Robert Steiner is a magician residing in San Jose who discredits people claiming psychic powers by posing as an alleged psychic. After gaining the confidence and loyalty of believers by performing magic tricks which he attributes to his "psychic powers," he confesses his deceptions. This has been used effectively in continuing education courses directed by CCAHF board member Wallace Sampson, MD who often utilizes Mr. Steiner's unique talent. This May, Mr. Steiner traveled to Australia where he was introduced as "Steve Terbot," a genuine psychic, and proceeded to gather a loyal following. Audiences were shocked when Steiner confessed while appearing on a popular television talk show. Steiner's approach to educating the public about their vulnerability to exploitation by mental health charlatans claiming to possess psychic powers appears to be quite effective. This particular dimension of quackery is seldom recognized as such and is generally ignored. (Reported in THE SKEPTIC, Vol.2, No.4, June, 1984).

LAETRILE PROMOTERS PLOY KEEPS GOOSE LAYING GOLDEN EGGS:

On March 2, Oklahoma judge Luther Bohanon, finally acceded to the 10th Circuit Court's direction and vacated the injunction which permitted people to obtain the illegal and worthless cancer drug laetrile. This action affected an estimated 25,000 laetrile customers who had filed affidavits to obtain the substance. On May 21, upon request of laetrile proponents acting as plaintiffs, Judge Bohanon reenacted his injunction against the FDA on the basis that laetrile is not a new drug and that it has proven efficacy in reducing pain. In fact, no evidence exists that laetrile effectively reduces pain. Although anecdotal reports by promoters claimed that patients experienced reduced pain and a "feeling of well-being" when ingesting laetrile, the Mayo Clinic study found no such effects. Legal observers state that as long as this case remains in Judge Bohanon's court promoters will probably get what they want (ie, more time to market this lucrative, albeit worthless cancer remedy). The only hope seems to be for the Department of Justice to ask the 10th Circuit Court to reassign the case to another judge.

MACROBIOTICS GAIN IN POPULARITY:

Apparently promoters attempts to make "macrobiotics" a marketing term have been successful. According to the NATURAL FOOD MERCHANIDISER's Annual Economic Outlook Survey macrobiotic foods are expected to be the number one growth category for 1984. Macrobiotics reportedly offers a philosophy (ie, balancing yin and yang by eating a "correct" diet), foods and medicine. Promoters say, "everything Japanese is hot" and macrobiotics is closely associated with Japanese culture. (COMMENT: We cannot help wondering if people realize that Japan has the dubious distinction of having one of the world's highest rates of stomach cancer, a high incidence of strokes, and has measurably increased its longevity since adopting a more western diet (see Kagawa, PREVENTIVE MEDICINE, Vol.7, pp.205-217, 1978).

The California Council Against Health Fraud, Inc.



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DONSBACH "UNIVERSITY" ACCREDITATION:

Mr. Kurt Donsbach now boasts that his "university" has been granted recognized candidate for accreditation status by the National Association of Private, Nontraditional Schools and Colleges (NAPNSC). Although the NAPNSC is described by John Bear in his guide HOW TO GET THE DEGREE YOU WANT (Berkeley:Ten Speed Press, 1982) as "serious and sincere" in its effort to establish an accrediting agency specifically concerned with alternative schools and programs, he also states that it is not a recognized by the U.S. Department of Education or the Council on Postsecondary Accreditation (COPA) the two agencies that recognize accrediting agencies. If readers wish to communicate with NAPNSC regarding this matter, its address is 1129 Colorado Ave., Grand Junction, CO 81501.

FDA WARNS AGAINST HERBAL PILLS FOR ARTHRITIS:

Sup-Herb, a brand of herbal pills sold over the counter in up to 40 states-- including California-- as a remedy for arthritis and high blood pressure contains dangerous levels of prescription drugs according to an FDA warning. The distributor is reportedly working with FDA to recall the pills. (LA TIMES, July 28, 1984).

STUDY REFUTES FOOD-BEHAVIOR LINK:

According to a report in MEDICAL WORLD NEWS (June 11, 1984, p.107) a study by Dr. Judith L. Rapoport, Chief of Child Psychiatry at the National Institute of Mental Health, randomized, double-blind studies failed to confirm certain expected behavioral changes in children consuming large amounts of sugar and caffeine. Her study on sugar sensitivity was presented at the annual meeting of the American Society for Clinical Nutrition. One of these studies is published in NUTRITION AND BEHAVIOR 1:277-288, 1984, an Alan R. Liss, Inc. publication (Behar, et al, "Sugar Challenge Testing With Children Considered Behaviorally "Sugar Reactive".")

THE BULLETIN BOARD

THE BULLETIN BOARD IS A SUPPLEMENT TO THE COUNCIL NEWSLETTER. ITS PURPOSE IS FOR COMMUNICATION WITHIN THE COUNCIL'S MEMBERSHIP. MEMBERS ARE INVITED TO SUBMIT IDEAS AND ITEMS FOR THE BULLETIN BOARD. IT IS OUR HOPE THAT THE BULLETIN BOARD WILL HELP MEMBERS IN THEIR LOCAL EFFORTS AGAINST HEALTH MISINFORMATION, FRAUD AND QUACKERY. SEND QUESTIONS AND COMMENTS TO LYNN CALDWELL, P.O. BOX 1276, LOMA LINDA, CA 92354.

AUGUST, 1984

COUNCIL SYMPOSIUM ON NUTRITION QUACKERY

N/CCAHF IN CONJUNCTION WITH THE CALIFORNIA NUTRITION COUNCIL IS SPONSORING A SYMPOSIUM IN DAVIS, CA. ON OCTOBER 12 ENTITLED, "NUTRITION QUACKERY: A HEALTH HAZARD". A SPECIAL DISCOUNT IS BEING OFFERED TO MEMBERS. PROGRAM IS BEING CHAIRED BY DR. WAYNE BIDLACK AND MORE INFORMATION CAN BE OBTAINED BY WRITING THE COUNCIL.

POCKET BOOKS PLANNING TO PUBLISH DONSBACH BOOK

YET ANOTHER CONTRIBUTION TO THE LITANY OF NUTRITION MISINFORMATION IS ABOUT TO BE MADE. POCKET BOOKS PRESSES ARE ROLLING IN PLANS TO PUBLISH "DR. DONSBACH'S GUIDE TO GOOD HEALTH" THIS FALL. FOR THOSE MEMBERS WHO KNOW "DR." DONSBACH AS A CONVICTED FELON WITH A BOGUS DEGREE FROM HIS VERY OWN DIPLOMA MILL, YOU MAY VEEL THE URGE TO WRITE IN PROTEST TO POCKET BOOKS. THEIR ADDRESS IS: 1230 AVENUE OF AMERICAS, NY, NY 10020.

DR. JARVIS BACK IN THE SADDLE

AFTER A MONTH OF CABIN BUILDING IN THE CANADIAN WILDERNESS, DR. JARVIS IS BACK IN THE N/CCAHF SADDLE. AIDED BY HIS TRUSTY SIDEKICK, THE NEW IBM COMPUTER, HE IS REARLESSLY BLAZING A STEADY TRAIL THROUGH THE MOUNTAINS OF CORRESPONDENCE THAT PILED ON HIS DESK IN HIS ABSENCE. IF YOU HAVE HAD DIFFICULTY REACHING HIM IN THESE PAST FEW WEEKS YOU'LL BE GLAD TO KNOW HE HAS RETURNED TO HIS POST.

RESPONDING TO NATIONAL HEALTH FEDERATION'S ATTACK ON RD'S

ADA MEMBERS HAVE BEEN WRITING TO THE COUNCIL REGARDING WHAT THEY CAN DO IN REPOSE TO THE NHF LEGISLATIVE ADVOCATE'S MISREPRESENTATION OF DIETITIANS AS, "MONOPOLIZERS" AND "DIET DICTATORS". IF YOU FIND THIS LABELING DISTASTEFUL WE RECOMMED WRITING YOUR SENATORS, REPRESENTATIVES AND ASSEMBLYMEN REGARDING THE ABSURDITY OF ADVOCATE MILLER'S ATTACK. A COPY OF MILLER'S ORIGINAL LETTER ENTITLED, "DON'T LET DIETITIANS OUTLAW NUTRITIONISTS", MAY BE OBTAINED BY SENDING A STAMPED, SELF-ADDRESSED ENVELOPE TO N/CCAHF.

COUNCIL PUBLICATIONS REVISED

ALONG WITH CREATING THE NEW LOGO WHICH APPEARED IN THE LAST BULLETIN, THE COUNCIL HAS BEEN BUSY REDESIGNING OTHER IN-HOUSE MATERIAL. OUR NEW BROCHURE IS NOW TWO-TONED BROWN WITH THE SCIENCE-LAW-EDUCATION LOGO ON THE FRONT; BUSINESS LETTERS NO LONGER HAVE BOARD OR ADVISOR NAMES APPEARING ON THE LEFT AND OUR MEMBERSHIP CARDS ARE CURRENTLY UNDERGOING A FACE-LIFT. PERHAPS SOME CUSTOM CREATED COUNCIL T-SHIRTS WILL EVEN APPEAR WITH OUR "UNOFFICIAL" FIGHT QUACKERY DUCK MOTIF ON THE FRONT.

EXHIBITS

A FEW COUNCIL MEMBERS HAVE DISCOVERED AN EXCELLENT WAY TO COMMUNICATE OUR IDEAS AND PRINCIPLES; EXHIBIT IN A BOOTH AT PROFESSIONAL SEMINARS AND CONVENTIONS. OUR LATEST EXHIBIT WAS HELD BY DR. TOMIDA AT A FAMILY PRACTICE MEETING IN SAN DIEGO. VOLUNTEERS ARE NEEDED IF THIS ACTIVITY IS TO CONTINUE---IF YOU ARE INTERESTED IN HELPING DESIGN DISPLAYS OR HAN A BOOTH, CALL NIKI OR LYNN. (714) 796-3067

N/CCAHF EXECUTIVE MEETING

THE NEXT EXECUTIVE MEETING IS SET FOR THURSDAY, SEPT. 13 AT 4:00 IN THE LLU NICHOL HALL CONFERENCE ROOM (#1606), LOMA LINDA. ALL MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND.

SUBSCRIPTIONS AVAILABLE FOR "NUTRITION FORUM"

GEORGE F. STICKLEY CO. IS ANNOUNCING THE PUBLICATION OF A MONTHLY NEWSLETTER FEATURING DR. JARVIS AND OTHER COUNCIL MEMBERS ON ITS EDITORIAL STAFF. (SEE BACK OF BULLETIN). SUBSCRIPTION RATE FOR 1 YEAR IS \$30.00 AND FIRST ISSUE WILL APPEAR THIS OCTOBER. THE ADDRESS TO WRITE FOR ORDERS OR INFORMATION IS: G.F. STICKLEY CO., 210 W. WASHINGTON SQ., PHILADELPHIA, PA. 19106.

NEW NAME

AFTER SEPTEMBER 1, 1984 THE COUNCIL WILL BE KNOWN OFFICIALLY AS THE NATIONAL COUNCIL AGAINST HEALTH FRAUD.



ANNOUNCING!
THE PUBLICATION YOU'VE BEEN WAITING FOR!
NUTRITION FORUM

This monthly newsletter will extend a chance to be heard to everyone who cares about scientific nutrition! Subscribers will be encouraged to express their views, to raise questions and get answers!

NUTRITION FORUM will interest you from cover to cover. It will come from the George F. Stickleby Company, the same people who provide good, informative, reliable books for your students and clients. It will be edited by Stephen Barrett, M.D., co-author of *Vitamins and "Health" Foods: The Great American Hustle*.

FEATURES: New developments in nutrition, dietary counseling, practical applications of nutrition research, food technology, nutrition for athletes, dental nutrition, facts on herbs, nutrition fads, fallacies and frauds, legal and political developments, investigational reports, book reviews, annual index and more!

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