

Health Issues in Today's World

Myths and Realities

What to believe?

What not to believe?

And

Why it's confusing even to the
experts?

My favorite quote

- “If you take a story by Stephen King and have it turned into a movie by Wes Craven, you’d get the type of talk Mark Schauss usually gives.”
- My response was – “Those two are rank amateurs compared to the truths I lecture about.”

Today's Talk

- Today I hope to dispel myths, reveal truths and enlighten everyone.
- But the bottom line is that I hope to impart small tidbits of information that will improve your health and that of your friends and loved ones.

Confusion Abounds

- January 2003 – Good Morning America
 - Recent research has suggested that excessive calcium intake can lower iron levels.
- February 2003 – Good Morning America
 - For people with high iron levels we do not have any treatment aside from blood letting.
 - Barbers of America REJOICE!!!

HUH????

We take these truths to be self evident.....

1. Calcium decreases the risk of osteoporosis.
2. High cholesterol is a definitive risk factor related to coronary heart disease.
3. The lower the cholesterol the better your overall health.
4. Elevated blood pressure by itself is a risk factor for having a heart attack.

We take these truths to be self evident.....

5. Echinacea, was shown to be worthless in reducing the effects of a cold by the New England Journal of Medicine.
6. St. John's Wort, does not help people with moderate or severe depression and it causes people to be susceptible to sunburns.
7. It costs \$800 million dollars to bring a drug to market.

We take these truths to be self evident.....

8. Nutritional supplements are safe because they are natural.
9. Vitamin C does not cure cancer and has no value with helping fight the common cold.
10. Statins have been proven without a doubt to lower cholesterol and reduce the risk of CHD with little or no risk.

We take these truths to be self evident.....

1. Calcium decreases the risk of osteoporosis.
 - In actuality, calcium does not reduce the risk of osteoporosis. While it may slow down its eventual occurrence, it does not decrease the risk.
 - Increasing the production of collagen through a moderate increase of proteins in the diet of people over the age of 50 reduces the risk of broken bones substantially.

We take these truths to be self evident.....

2. High cholesterol is a definitive risk factor related to coronary heart disease.
 - There are very few studies that show any true correlation between high cholesterol and the development of coronary heart disease.
 - Stress, smoking, high alcohol intake, environmental toxicity all have higher correlations than does cholesterol.
 - 50% of people who die of coronary heart disease do not have one of the 5 risk factors as designated by the American Heart Association (exercise, smoking, high blood pressure, obesity, heredity).

Facts you may not know

- Heart disease claims the lives of twice as many women as all cancers combined.
- More men have heart attacks, but women are twice as likely to die from heart attacks within the first few weeks.
- More men have heart disease early in life, but women narrow the gap after menopause

We take these truths to be self evident.....

3. The lower the cholesterol the better your overall health.
 - In reality, there is ample evidence that if your cholesterol is under 160, you run a greater risk of cancer, depression, accidents, and suicide.
 - Your immune system gets depressed and your hormones are likely to be imbalanced and your nervous system will become compromised with depressed cholesterol levels.

We take these truths to be self evident.....

- Two important quotes from the book *Overdo\$ed America* by Dr. John Abramson.
- “...the article (from the Archives of Internal Medicine 1993) showed that elevated total cholesterol levels correlate with an increased overall risk of death only through the age of 40, and not once the age of 50 is reached.”

We take these truths to be self
evident.....

- “...the risk of death from causes other than coronary heart disease *increases* significantly with *lower* total cholesterol levels for men and women after they reach the age of 50.”

We take these truths to be self evident.....

4. Elevated blood pressure by itself is a risk factor for having a heart attack.
 - While HBP is a strong factor in increasing the risk of having a heart attack, by itself this is not true.
 - Still, most people (> 90%) who have HBP also have 1 or more of the other risk factors.

We take these truths to be self evident.....

5. Echinacea was shown to be worthless in reducing the effects of a cold but the NEJM.
 - They did nothing of the sort. The study was the epitome of bad reporting and irresponsible journalism.
 - The authors used the wrong form of the herb and used doses that were 1/3rd the normal dose as recommended by those with training in the subject.
 - There are numerous studies worldwide showing the value of echinacea with the common cold and other infectious disorders.

We take these truths to be self evident.....

6. St. John's Wort dose not help people with moderate or severe depression and it causes people to be susceptible to sunburns.
 - The study, done 3 years ago was poorly constructed, used the wrong dose and in actuality showed that the drugs they used were equally *ineffective*.

We take these truths to be self evident.....

- As for the sunburn issue, the correlation comes from cows who got sunburned after eating from a field of the herb as well as with AIDS patient's who took extremely high quantities.
- This is an example of taking research way out of text and creating platitudes that become myths.

We take these truths to be self evident.....

7. It costs \$800 million dollars to bring a drug to market.
 - Sure if you include marketing, accounting tricks, trips to Hawaii, dinners at the finest restaurants in the world, then sure.
 - If you mean research and development, the real number is \$85 million.
 - Read “The Truth About the Drug Companies” by Dr. Marcia Angell former editor for the NEJM

We take these truths to be self evident.....

- So why is this fact important?
- Because of the deregulation of the pharmaceutical industry in the early 1980's, profits of the top 10 companies were greater in the ensuing 20 years than the other 490 Fortune 500 companies combined!!!

We take these truths to be self evident.....

- The development of new drugs to fight existing disease is lower than since the beginning of drug research.
- All they have successfully accomplished is to develop drugs for newly “named” disorders and of course created lots of drugs whose marketing has filled your e-mail boxes like Viagra, Levitra, and Cialis.

We take these truths to be self evident.....

- What is the “purple pill” really?
- Nexium, is an expensive, and “in patent” version of the OTC drug Prilosec.
- It is only approved for the treatment of people with esophageal erosion, which represents roughly 2% of people with heartburn.
- It is a huge moneymaker for the maker Astra-Zeneca who licensed Prilosec to Proctor & Gamble.

We take these truths to be self evident.....

8. Nutritional supplements are safe because they are natural.
 - This is a common but utterly false statement made by those in the alternative medical community with little or no knowledge of nutrition.
 - Everything in excess can cause problems.
 - Just because something is natural doesn't make it safe.
 - See hemlock, ask Socrates.

We take these truths to be self evident.....

- Ephedra was banned (then recently unbanned by a court) because it was related to coronary deaths of a number of supposedly health people in the U.S.
- In truth, more people died from eating charcoal briquettes than ephedra according to the Center for Poison Control but there is no movement afoot to ban backyard barbeques.

We take these truths to be self evident.....

9. Vitamin C does not cure cancer but is a great antioxidant.
 - The study done by the Mayo Clinic which sought to discredit the work done by Drs. Pauling and Cameron was another example of poor science.
 - They used oral vitamin C versus the recommended use which was I.V.
 - When duplicated with the *proper* methodology, there was clear evidence that high-dose vitamin C was a powerful anti-cancer agent.

We take these truths to be self
evident.....

10. Statins have been proven without a doubt
to lower cholesterol and reduce the risk of
CHD with little or no risk.

- The research does *not* concur with this
commonly held belief.

We take these truths to be self evident.....

- Taking the popular drug Pravachol[®] in order to prevent 1 heart attack in 100 men, you had to take 40 mg per day for 2 years.
- To prevent a single death in 100 men, you'd have to take it for 5 ½ years.
- The cost to prevent 1 death - \$924,000.

We take these truths to be self evident.....

- You might comment that cost should not be a factor when saving lives.
- Problem is that “The risk of developing a serious disease (the kind of illness that requires hospitalization or that causes death) was identical in the people who took the statin and those who took the placebo.”

We take these truths to be self evident.....

- In a study called AFCAPS/TexCAPS, 6,600 people were studied who had high LDL cholesterol. Treatment with statins did not decrease overall mortality after 5 years.
- In fact more people died (80) with statins than on placebo (77).
- Basically 99 out of 100 people show no benefits to statin use. One has to also remember that no drug is without side-effects.
- This is modern medicine at its worst. If you researched it as deep as I have done, it should make you yell out your window.

I'm Angry As Hell And I
Won't Take It Anymore!

Ok, maybe that's just
me, but it should make
you angry.

Now for the Good Stuff

Or

The Disney Ending

Tips to improve your health

One's you might not know

1. Drink 2 glasses of water a day.

- This will decrease the risk of bladder cancer by 90%. Excessive water intake, especially distilled is not good for you. There is no research showing that you need 6-8 glasses of water a day. It is a myth, based on conjecture, standing on the shoulders of made-up nonsense.

2. Eat a wider variety of foods.

- The average American eats only 12 foods. Remember you are what you eat and if you eat the same diet day in and day out, you skew your nutrient intake over time increasing the risk of disease.

Tips to improve your health

One's you might not know

3. You can be too thin.

- Research is clear that being too thin can lower your life expectancy and increase morbidity.

4. Diets do work.

- The key is to find out what will work for you and to follow one motto – MODERATION!!!

Tips to improve your health

One's you might not know

5. Eating fats are good for you.

- They key of course is getting the right fats and using the rules of moderation and variety.
- Excessive fish intake, with its high Omega 3 fatty acids, can lead to excessive bleeding in some individuals.
- Too much any fat, meat or fish can lead to an increase of oxidation which will increase the risk of disease.

Tips to improve your health

One's you might not know

6. Everything in Moderation.

- This includes nutrients, diet, alcohol, exercise, stress, but not Rotary.

7. Limit your exposure to environmental toxicity.

- To learn more about that, come to my lecture on November 21st at the Rotary Club of Incline Village (it counts as a makeup!!!).

Carbon Based Corporation

3545 Airway Drive, Suite 114

Reno, NV 89511

T: 775.851.3337

F: 775.851.3363

E-mail:

schauss@carbonbased.com

Website: www.carbonbased.com