

Chapter 3: Health



DOUBLE-CROSS
LOVE-BOMB



"Attend to my words;
Incline thine ear unto my sayings...
For they are life unto those that find them,
And health to all their flesh."
Proverbs 4:20-22.

"Walking keeps you fit, happy and healthy"

REFERENCE: *The Ledger*, 11-28-99

"Walking a half mile in 15 minutes will burn about 55 calories. Picking up the speed a little can easily raise that number to 75 calories. For each minute you add, you can burn another 3.5 to five calories... a 15minutes-per-mile pace, you'll burn about six to eight calories a minute.

"After an exercise session, your immune system is bolstered... after a 45-minute walk, either the number or the aggressiveness of various immune cells and proteins may increase from 50 to 300 percent.

"...stress reduction, improved fitness, calorie utilization, and enhanced immune system. Not a bad trade-off for 15 to 20 minutes a day."

Immune cell increase

"DRUNK DRIVERS... in 90% of fatalities."

REFERENCE: USA TODAY

"DRUNK DRIVERS, Study finds them in 90% of fatalities. Nine out of 10 fatal traffic accidents may involve drunken drivers, says a new study by the College of American Pathologists. The figure - based on media examiners records - exceed the government's estimate that 50 percent of drivers involved in fatal accidents are drunk at the time... Dr. Robert R. Stivers... said his figures are based on a sample of all drivers involved in fatal accidents -- not just drivers who are killed. He said only fatally injured drivers are included in government figures. 'A lot of times, it's the drunk driver who lives,' Stivers said."

Alcohol increases problems

Alcohol, smoking, and drugs:

REFERENCE: *Star Tribune*, 2-2-93

"Smoking and alcohol abuse are the biggest financial drain...

"Health-care costs from smoking total \$22 billion yearly... Tobacco use is blamed for 500,000... deaths annually... 32% of... cancers... 21 % of... heart disease... 88% of... lung disease...

"Health-care costs related to alcohol are \$13.5 billion... 25% to 40% of people in general hospital beds at any time are being treated for complications of alcoholism...

"...illicit drug abuse cost \$2.1 billion...

"Violent injuries... added \$5.3 billion...

"...obesity... and high fat, low fiber diets are an extremely costly problem..."

“Wreaking havoc”

"Campus drinking"

REFERENCE: *USA Today*, 3-6-91

"Campus drinking targeted. College students get drunk more often than non students..."

"Spring break has become synonymous with excessive and binge drinking..."

"Binge drinking increases campus crime..."

"Among those now in college, 240,000 to 360,000 -- as many as will earn post graduate degrees -- will die from drinking, says the U.S. Office for Substance Abuse Prevention."

"as many will die from drinking" as get "post graduate degrees"

"Study links drinking, promiscuity"

REFERENCE: *The Ledger*, 12-8-99

"Teen-agers who drink or use drugs are much more likely than others to be sexually active... with a greater likelihood of multiple partners..."

"With condom use among teens being erratic at best, there is a fear that... substance abuse and sex could increase the 12 million new annual cases of sexually transmitted disease."

" 'In America, drinking and drug abuse are bundled with high-risk sex'... (from) *Dangerous Liaisons: Substance Abuse and Sex...* at Columbia University."

"Yet despite the high coincidence of substance abuse and sexual activity, remarkably few public or private prevention, treatment and counseling programs deal with this connection."

"...it's not sure what comes first -- the drinking and drug -- taking or the promiscuity."

**Alcohol and drugs
involved with free sex,
12 million STD's**

“If you're crazy to smoke; what about vice versa?”

REFERENCE: *Toledo Blade* May 29, 2002, By Michael Woods

“One 2000 Harvard University study... concluded that almost half of all cigarette smokers in the United States have some form of mental illness.

“Other studies show almost 90 percent of people with the most serious mental disorders, such as schizophrenia, smoke cigarettes. Individuals with mental illness also are among the heaviest smokers.

“So what started first, the illness or the smoking?

“New studies, however, are suggesting cigarette smoking is the cause - not the consequence of some psychiatric disorders, including common conditions that involve depression and anxiety.”

“...half of all cigarette smokers... have some form of mental illness.”

Beware marijuana

REFERENCE: *The Ledger*, 7-27-99

"...children 12 to 17 who smoke marijuana are 85 times more likely to use cocaine..."

"...182,000 teens... entered treatment in 1996 for substance abuse... 48 percent were admitted for marijuana abuse..."

"...music has helped accelerate... (marijuana use) into middle class America..."

"...today's pot packs a bigger wallop than 30 years ago. The level of... THC... measures 40 to 100 times more potent than... pot that was distributed years ago."

"...impaired short-term memory, stunted intellectual and emotional growth, and increased risk of unprotected sex."

"...the most powerful way to immunize children against drug abuse... is to value the child and his opinions."

"Listen to your child."

Talk and listen

"Oral health affected by enzyme"

REFERENCE: *The Ledger*, 12-1-1999

"Floss, brush and rinse... But a new study suggests that gum disease may result from reduced levels of a key enzyme in cells...

"The enzyme, known as cathepsin C, appears to trigger... immunological reactions that... eliminate infections in the mouth, a notoriously filthy place.

"...6 billion microbes representing 500... species of bacteria... are trying to breach your gums...

"...even slightly reduced levels of cathepsin C... may reduce a person's ability to ward off... or deep pockets of infection below the gum line.

"Nearly one in every three people suffer from... bleeding and receding gums and chronic dental problems... oral bacteria contribute to ailments ranging from heart disease to premature births.

"We're suggesting there is a genetic component in the normal population for periodontal disease..."

"one in three... chronic dental problems"

Health quotations

Bike World Magazine, "Food for Fitness," 1975:

"Muscle incoordination can be documented in some individuals after as little as a single beer... Incoordination may persist for up to 24 hours... a single beer can reduce an athlete's heat tolerance for 24-48 hours. More alarming is the fact that three or more drinks within a single 24-hour period can reduce one's heat tolerance for up to 10 days."

Nutrition and Your Mind, Watson, 1972: (Watson was a biochemist with the University of Southern California for 20 years.)

"... truly healthy individuals cannot tolerate alcohol: Their cellular acetate breakdown is near maximum, and any rapid increase such as will result from a drink of whiskey may lead to headache, sweating, nausea, and possibly vomiting... The more one can drink without adverse effect the worse off he is. It is... nonsense for people to pride themselves on being able to hold their liquor, for only those in very bad shape can do so."

Alcohol? Just say 'No'

Sugar?

REFERENCE: *Sugar Blues*, Dufty, 1975

"By the sixteenth century, the British population at home had begun to lose their hair and teeth. Until then, only the privileged had been affected.

"The discovery... was... reported to the British admiralty... the British... knew better than to admit that scurvy could have been caused by an inadequacy in the Royal Navy rations... they continued to flog... (sailors with scurvy) for almost fifty years.

"... the delay in changing the Royal Navy's rations took an estimated 100,000 lives in less than 50 years. Lind died in 1794. A year later, when the good doctor was no longer around to say he told them so... issued as a formal order: Every British seaman would... have a dose of citrus juice...

"A new scientific truth does not triumph by convincing its opponents... , ' said Max Planck. 'But rather, because its opponents eventually die and a new generation grows up that is familiar with it.'"

Problems with a 'health' bureaucracy

Beware 'soft drinks'

REFERENCE: *The Ledger*, 8-8-99

" 'Unlimited access to sodas creates an unhealthy environment,' said University of North Florida nutritionist... citing the sugar in soft drinks as a potential cause of obesity, tooth decay and other health problems.

"...the soft drink industry is behind the proposal, which she considers a moneymaking venture at the expense of children's health.

"...creating bad eating habits that may last a lifetime that could lead to obesity, which could lead to diabetes and high blood pressure.

"A typical 12-ounce can of soda contains about 10 teaspoons of sugar..."

Drink fruit juices...

Just say 'No' to Ritalin

REFERENCE: *Trumpet Messenger*, 1999

"...the widespread use of prescription drugs in teens and particularly those who committed monstrous acts. For example: A 15-year old who fired a shotgun at students and staff... was on Serotonin Reuptake Inhibitors... A 15-year old who killed his parents... then killed two and wounded 22... was taking Prozac. Eric Harris... was taking Luvox... A 15-year old... killed his parents and two classmates, was taking both Ritalin and Prozac... A 'loving and caring' mother... who shot both her children, had just started to take Prozac... most of the teen violence reported in the news were on either Ritalin, Prozac, Luvox, Zoloft and Paxil or other drugs in the class known as selective serotonin reuptake inhibitors (SSRIs)... the connection between prescription drugs and teen violence... pressure from the pharmaceutical industry."

Try a healthy diet

"Drug Ecstasy May Impair Movement"

REFERENCE: Lakeland, Florida *Ledger*, (a subsidiary of the *New York Times*), 9-27-2002.

"BALTIMORE - Even one typical night's use of the club drug Ecstasy may damage nerve cells in the brain responsible for movement, increasing the risk of Parkinson's disease and similar disorders, researchers reported Thursday.

"The findings were based on animal studies in which monkeys and baboons' were given the kinds of doses that users might consume at all-night dance parties. The animals suffered profound neurological damage, according to the journal *Science*, and lost 60 percent to 80 percent of the brain cells that transmit dopamine, a brain chemical that regulates movement."

"It's time to fight fat"

REFERENCE: *The Ledger*, 12-22-99

"More than half of Americans... are overweight, and 39 million of those people are obese, or more than 30 pounds overweight. Obesity is, according to the American Medical Association, the second leading cause of preventable death after smoking.

"Over 300,000 people die every year from being overweight. The cost... is over \$100 billion a year, when you weigh in... diseases accompanying obesity like diabetes, heart disease and certain types of cancers.

"In the last seven years, there has been a 50 percent increase in obesity... in both sexes, in every age group, race, education level, and smoking status... a fourth of America's kids are obese.

"...declare war on fats... the 'toxic food environment' offered by fast food joints..."

Eat health food...

"Malpractice kills tens of thousands"

REFERENCE: *The Ledger*, 11-30-99

"...health care is a decade or more behind other high-risk industries in its attention to ensuring basic safety.

"In hospitals alone... medical errors kill 44,000 to 98,000 people a year. This exceeds the number of people who die annually from highway accidents (about 43,450), breast cancer (42,300) or AIDS (16,500)...

"...hospitals... doctors, clinics, outpatient surgery centers, nursing homes...

"Many states don't have any mandatory reporting...

"...lawsuits... insurance companies that would advise a physician not to tell anybody."

Keep yourself healthy in the first place

“Heavy social drinkers show brain damage”

“Impairment similar to hospitalized alcoholics, study finds”

REFERENCE: REUTERS – MSNBC - April 4, 2004

“WASHINGTON - Heavy social drinkers show the same pattern of brain damage as hospitalized alcoholics... U.S. researchers said...

“Brain scans show clear damage, and tests of reading, balance and other function show people who drink more than 100 drinks a month...

“‘Socially functioning heavy drinkers often do not recognize that their level of drinking constitutes a problem...,’ the researchers, at Vanderbilt... and the University of California... wrote...

“...brain damage is detectable in heavy drinkers who are not in treatment and function relatively well in the community... evidence of brain impairment even if the drinkers cannot see it themselves.”

“evidence of brain impairment even if the drinkers cannot see it”

Juicing for health

Vegetable juicing



Vegetable juicing is critical to good health because it is an important source of raw food. Each of us needs raw foods every day, and juicing is an excellent way to make certain you receive large quantities of such raw foods.

Fruit juicing is certainly good for you, but it has one disadvantage over vegetable juicing: fruit juice tends to increase insulin levels when consumed.

Vegetable juice does not raise insulin levels like fruit juice. The only exception to this would be carrot or beet juice which function similarly to fruit juice. Nevertheless, fruit juicing is certainly better for you and your children than drinking soda, which is a very bad idea.

Why should I juice vegetables rather than eat them whole?

Many of us have relatively compromised intestines as a result of poor food choices over many years. This limits our bodies' ability to absorb all the nutrients from the vegetables and juicing tends to facilitate this absorption.

Also, vegetable juicing allows you to eat more of the vegetables than you normally would otherwise. By incorporating the juice into your healing diet, you will easily be able to reach the roughly 1 pound of raw vegetables per 50 pounds of body weight that is generally recommended we should eat every day.

What do I do with the leftover pulp when vegetable juicing?

Ideally it would be best to mix the pulp in with the juice and eat it, since it is high in fiber. The fiber helps to move the bowels rapidly and also serves as fertilizer for the good bacteria present in the colon.

Getting high on health