



THE FIVE LEADING CAUSES OF DEATH IN THE UNITED STATES (AND PERHAPS THE WESTERN WORLD)

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For most of our human history we have been plagued by infectious diseases that have ravaged continents and wiped out large sectors of many cultures. These infectious diseases have been mitigated by pathogens spreading by various means in bodies that were weakened or ill-equipped to handle such invaders. While it might seem trivial to state the obvious there is a new reason to be concerned.

Until the beginning of the twentieth century most people died in the United States and much of the Western World due to infectious diseases. These diseases were the likes of the following; typhoid fever, influenza, small pox, tuberculosis, yellow fever, and cholera. While these causes of death are still prominent in many developing countries much has changed elsewhere. In the developed world, due to better hygiene, nutrition, and sanitary conditions, death by infectious diseases is very rare. Instead, the United States and most of the Western world are currently besieged by “culturalgenic” diseases and self-inflicted diseases called “degenerative” diseases.

Culturalgenic diseases are those that are specific to a certain culture due to particular practices within that culture. Degenerative diseases are those in which the body begins attacking itself. The body becomes out of balance and in order to correct this imbalance begins to destroy itself. Unfortunately, Western medicine has done very little to address the causes of culturalgenic and degenerative diseases and still battles these diseases as if they were infectious diseases. Western medicine still blames germs for disease when that is rarely the case.

We have a new list of the major causes of death in the United States. These leading causes of death are not necessarily due to germs or any other pathogens. These leading causes of death are due to our own volition. The following are the current leading causes of death in the United States.

- 1. Stress**
- 2. Western Medicine**
- 3. Heart Disease**
- 4. Cancer**
- 5. Stroke**

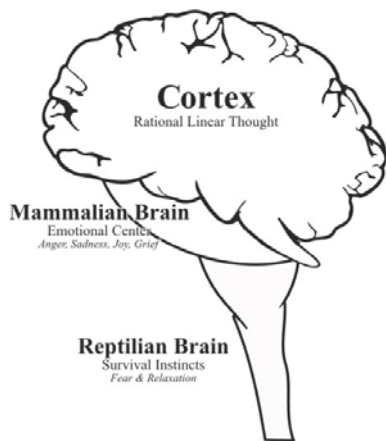
1. Stress

The term “stress” comes to us from an Austro-Hungarian research scientist named Hans Selye. In the 1950’s and 60’s Dr. Selye worked in a laboratory where he tortured animals daily and recorded the levels of biochemical changes that occurred before and after the torturing took place. These chemicals, like cortisol and adrenaline,

came to be known as “stress hormones”. Selye coined the term “stress” to mean an alteration of our body biochemistry.

While this discovery was novel for its time not much has changed since the 1950’s. Most people, including the majority of medical professionals, still treat stress as a biochemical experience. While chemical changes do occur when one is “under stress” these chemicals are not “*the cause*” of stress. Instead, *stress is caused by an emotional experience*. Stress is essentially “fear”.

Stress is the primary cause of most deaths in the United States. When someone is in a fearful state he is said to be “in stress” or “stressed out”. At the base of the brain lies a place called the Reptilian Brain. It is here that the feelings of safety (relaxation) or stress (fear) become activated. Someone cannot be both relaxed and stressed at the same time. When the fear response is activated the body’s survival system is brought into place. Some of the symptoms of this reaction are the following; tight muscles, increased heart rate, and elevated levels of adrenaline and cortisol.



While stress is a reaction to a fearful state the problem arises when the body does not go back to relaxation afterwards. In our modern Western world we do have some actual threats to our survival from time to time. This threat could be an earthquake, robbery, tornado, etc. However, most of our modern day stress comes from imaginary threats to our survival- not enough time, not enough money, etc. Due to these imaginary scenarios most people remain frozen in their “stress response” for a very long time.

As the body becomes trapped in fear (stress) with the absence of relaxation (peace) the physical body begins to break down. Stress chemicals like adrenaline and cortisol were never intended to remain in the body constantly. As these chemicals continue to pour into the body day after day they begin to break down and weaken the immune system. The body is less able to fight off invading pathogens when this happens. Muscles as well remain tight and frozen under stress. This causes the muscles to impinge on nerves and begin to dry out and glue together (hydrogen bonding). As this fear response continues it is only a matter of time before someone is “diagnosed” with a “disease”.

We live in a culture that is reluctant to teach us how to relax. We are over-stimulated at every opportunity. Cell phones are glued to our ears at all times. We require constant music while driving and a blaring television when at home. The computer and video games continue to keep our minds on edge. From billboards to a barrage of advertising most people are constantly stimulated and seldom take the opportunity to relax.

Relaxation means letting go of responsibility and shutting the fear out. Our culture has somehow lost the importance of this and teaches us to stay fearful instead. The body heals itself when it is relaxed. The body breaks down more quickly when it is in a state of fear. It is often said, (even by medical doctors), that it is vital to reduce one’s stress in order to overcome an illness. Reducing one’s stress does not mean taking another pill but removing oneself from the barrage of worry and constant stimulation. When this occurs on a regular basis there is greater chance of optimal health. The following are some suggestions to break the stress cycle and enter into relaxation.

Solutions

1. *Practice Hatha yoga often(3 to 5 times per week)*
2. *Practice restorative yoga often(once a day)*
3. *Receive a massage regularly(perhaps once a week)*
4. *Go for a walk*
5. *Learn to rest*
6. *Unplug all technological devices for periods of time*
7. *Take a vacation*
8. *Visit the ocean or mountains*
9. *Take a bath or soak in a hot tub*
10. *Learn to breathe properly*

2. Western Medicine

It might be alarming to learn that Western medicine is the second leading cause of death in the United States and perhaps the Western world. A shock to many, the thought that a system that many have come to trust could be so harmful is just unfathomable. For most, growing up and placing their trust in their doctor and Western medicine only to have that trust squashed might leave one with a distasteful feeling.

It is true that Western medicine has done wonders to save many lives through trauma care and crisis care. With its high-tech approach those with life-threatening medical situations might not have survived without the help of Western medicine. Unfortunately, what one hand of the Western medical system provides the other hand takes away.

Western medicine is responsible for the deaths of hundreds of thousands of American lives and millions more worldwide each year. The American Medical Association (AMA) has admitted to nearly 100,000 deaths per year due to medical mistakes. This is just what occurs in hospitals alone. Many more deaths are caused in out-patient centers like plastic surgery offices and kidney dialysis centers. There are on average 50 medical mistakes every hour in the average American hospital, many of these mistakes leading to the death of the patient.

These mistakes include such things as a surgeon leaving something in a person's body by mistake. This might include scissors, gauze, or other surgical devices. Many mistakes occur from medications, either the wrong medication, the wrong dose of medication, or a complication from interactions between different medications. The typical person spending time as a patient in a hospital will experience a medication mistake on average once a day. Many of these mistakes are fatal.

Not to mention 1 in 20 people who enters a hospital will pick up an infection while in the hospital. An estimated 2 million Americans develop infections just from the germs and unsanitary conditions of the hospital itself. This could include various pathogens floating around in the air or just the fact that most hospital employees do not wash their hands on a regular basis. People who are already in the hospital are usually suffering from a weakened immune response. Out of these 2 million people who develop infections in hospitals each year 90,000 will go on to die from the complications from that infection.

The Western medical hospital system is a far cry from a safe and reliable system. Hospitals are often understaffed and the patients usually do not get the care they deserve. Hospitals are forced to provide free medical care to those who cannot pay, further strapping them financially. There is a recognized code of silence among doctors, nurses,

and hospital administrators. It is generally assumed that no one talks about any mistake that is made and if possible make it go away, (change medical records etc.) The 100,000 deaths from medical mistakes in hospitals each year that the American Medical Association admits to are only the mistakes that have been reported. It is estimated that nearly 2/3 of all mistakes are never reported and are quietly swept under the carpet.

This is just the tip of the iceberg. America spends more money on health care per person than any other country. Yet, our infant mortality rate is only 21st of all industrialized countries. More babies die in hospitals in America than in 20 other countries of the industrialized world. Between barbaric hospital birthing practices and the most heavily medicated culture on the planet, (50% of all drugs produced in the world are consumed by Americans), it is no wonder that so many Americans are dying in hospitals.

Vaccines add to the damage that Western medicine is doing. Scientific research has clearly shown the link between childhood vaccines containing mercury and such diseases like autism. The government and Western medicine refuse to listen. The highly touted yearly flu shot is another example of the stubborn ignorance of Western medicine. The flu shot contains such contaminants as mercury, ethylene glycol (radiator fluid), formaldehyde, and aluminum. Nearly 40,000 people in America die each year from the flu. This is nearly twice the number who died *before* the flu shot was introduced (20,000). People line up in a worried panic in their yearly ritual to receive their flu shot yet many of these same people will die *as a result* of receiving their flu shot.

Once patients leave the hospital the danger does not subside but only becomes more prevalent. Prescription drugs and over the counter medications further add to the death toll. For instance, the drug Vioxx was recently removed from the markets after reports began streaming in about the negative consequences from this drug's use. It is estimated that 150,000 people suffered heart attacks and 60,000 people died just from the use of Vioxx alone. With over 8,000 drugs available it is no wonder that hundreds of thousands of Americans are dying each year from drug-related diseases. The American Medical Association admits to at least 100,000 Americans dying each year due to the correct usage of prescription drugs at home. This number does not include the incorrect use of these very same drugs.

When a synthetic drug enters the body it does not normally heal a problem. Drugs are used to suppress symptoms. Drugs are used to get the body to stop a normal body process. This could be to stop a pain signal or slow a patient's heart rate. Drugs are useful in short term emergency situations. The side affects from these drugs however is often worse than what it would be like to not have used the drug at all. Drugs have become long term band aids that continue to damage the body far after their use has ended. Western medicine has coined a term for drugs in order to quell the panic if patients actually knew the truth. Drugs are called "medications". Most people assume that this is a good thing. The truth is that drugs are really "poisons" for your body. How good does that sound now?

When a drug is administered it must now leave the body. Usually the body's filter systems, kidneys and liver, are relegated to this task. Many people who have been taking Western medical drugs end up dying of liver or kidney disease due to the toxic build up from these medications in these organs. Surprisingly, Western medical authorities continue to hide this fact by calling this death by "natural causes".

Every drug has side affects. Due to the enormous profits to be made selling drugs Western medicine has chosen to utilize drug therapy as its primary source of "fighting diseases". More natural approaches are often ignored because there are no financial gains to be made. Drug companies essentially monitor themselves and report back to the FDA

about how they are doing. The side affects listed on a drug's package are often only a tiny example of the "known side affects" of the drug. (The law states that drug companies do not have to list all of the known side affects but just the top few ones).

Since drugs are tested in best case scenarios under the most optimal conditions when a drug enters the market and is sold to real world people things are often quite different. Many of the side affects are unknown until people begin dying from the product because of interactions from other medications that they might be taking. Also, the people who are the sickest usually take the most drugs and have the most side affects. (These are not the people who the drug was tested on in the clinical trials).

In addition, while there are many prominent exceptions, medical doctors are some of the unhealthiest groups of people in our culture. According to Frijof Capra in *The Turning Point*, medical doctors have the highest rates of alcoholism, prescription drug abuse, suicide, and divorce of any professional group. They are often overworked, heavily stressed, and have poor diets and lifestyle practices themselves. Also, medical doctors have a life span 10 to 15 years less then the average person. Looking at how doctors lead their own lives one might want to take their advice with a grain of salt.

The irony is that Western medical doctors proclaim to be "health care providers". The reality is that they are more attuned to being "disease care managers". For instance, ninety-four out of a hundred doctors graduating from medical school never take a course on nutrition. Those who do take a nutrition course only do so as an elective and not a as a required course. These disease care managers learn a lot about drug therapy and but very little about health.

On a rare occasion someone dies from an interaction of a natural healing procedure, like taking a vitamin or an herb. This becomes front page news. If hundreds of thousands of Americans died each year in a terrorist attack or a natural disaster you can be sure that there would be a great alarm sounded. Why is it okay that hundreds of thousands of Americans die silently each year at the hands of Western medicine and hardly anyone notices?

Solutions

- 1. Take responsibility for your health***
- 2. Question your doctor about everything***
- 3. Take as few drugs as possible***
- 4. Ask if there is a natural alternative to a drug***
- 5. Question your doctor about the potential side affects of a drug***
- 6. If you have to be in a hospital get out of it as soon as possible***
- 7. If you have to be in a hospital have a trusted friend or family member be with you at all times to monitor the medications that you are being given***
- 8. Ask why you are being given a certain drug or treatment***
- 9. Log every medication that you are given while in a hospital (that way if you die from a medication error it will be better evidence in a law suit: medical records in hospitals are often altered to hide mistakes)***
- 10. Seek out a natural health care provider (chiropractor, acupuncturist, herbalist, naturopath, etc)***

3. Heart Disease

While the following three causes of death would be far fewer if you eliminated the first two causes of death, (stress and Western medicine), we must next mention heart disease. Heart disease is what Western medicine calls the first leading cause of death, (and then cancer, stroke, etc). The reason for this is because the American Medical Association (AMA) refuses to acknowledge stress and their own system to be at fault.

Heart disease entails the failure of the heart and corresponding vascular system. This might include heart attacks, congestive heart failure, or a problem with a heart valve, (like mitral valve prolapse).

The common belief about heart disease is that cholesterol is the primary cause. This is not true. It was in 1953 that a medical doctor, Ancel Keyes, sold this theory to the American Medical Association and it has stuck ever since. Most people with high cholesterol do not have heart attacks and many people with low cholesterol do have heart attacks. This belief only sells more cholesterol lowering drugs. Some wish to blame heart disease on the ingestion of fats. This belief has very little merit as well. There are many cultures that eat a very high fat diet and have little or no heart disease. This belief only sells more low fat and highly processed packaged foods. (By the way, up to 80% of the cholesterol in your blood comes from your own liver and not from the food you eat. Why would your own liver be producing so much cholesterol?)

Some wish to blame heart disease on lack of cardiovascular exercise. However, many who exercise in this fashion succumb to heart attacks while most obese people do not have heart attacks. Jim Fixx, the author of *The Complete Book of Running* died of a heart attack while jogging. Wilt Chamberlain, an NBA all star basketball player died of congestive heart failure after a storied career in professional basketball. Pete Maravich, another NBA all-star, died of a heart attack at age 40 while playing pick-up basketball.

No, cardiovascular fitness does not guarantee that your heart will be healthy or you will live any longer. In many instances this type of activity actually harms your heart. Dr. Kenneth Cooper, the man who invented the term “aerobics” and claimed for many years that to be healthy one must be cardiovascularly fit, now recants his belief. Dr. Cooper no longer believes that aerobic fitness is needed and even goes as far as saying it may be extremely harmful. In fact, most people in the world do not practice cardiovascular fitness and they seem to be doing just fine.

One of the problems is that we have confused health with fitness. These two practices are completely different and only occasionally do they cross over. Health is about opening up the many rivers of the body. This might include the digestive system, lymphatic system, as well as the body electric system (chi). Fitness is about training for war. This entails hardening and tightening the body to appear a certain way or to perform better. We place ourselves into a stress response (war) when we engage in aerobic activity. Under this state of imaginary war we are better able to perform.

The heart has become a weapon for war for many. By training the heart to push more blood through the cardiovascular system more quickly one is able to annihilate more of the enemy. While this enemy might only be a symbolic enemy, like an opponent across a tennis court, the body treats the event as if you were actually at war. Most people who train their heart are doing so out of fear. They are afraid of getting fat, afraid of dying of a heart attack, afraid of losing a competition, or afraid of being hurt. This fear then settles into the heart muscle itself.

Heart health is so much more than fear of cholesterol and performing aerobic activity. One statistic claims that 40% of all firefighters die of heart attacks. Why would a

group of people so fit be so prone to heart attacks? Could it be that fitness is killing these fire fighters and their hearts are not very healthy after all? Heart attacks do not just happen and hearts do not just “give out”. Why would your own heart attack you anyways? What have you done to make your own heart “give out”?

The heart is a vital source of energy and wisdom. Many people have disregarded this wisdom and have stored their unexpressed pain in their heart. How might stuffed rage or grief show up in the heart? Any unexpressed emotion has to go someplace. This emotion does not just disappear. Often people store their unexpressed feelings in their body, including their own heart muscle. This could then lead to a failure of the heart. Heart health is about paying attention to what your heart is saying and stop storing your pain and fear in your heart.

Solutions

1. *Learn to express all of your long held emotions*
2. *Seek natural alternatives to cholesterol lowering drugs*
3. *Practice Hatha yoga (3 to 5 times per week)*
4. *Drink plenty of pure water*
5. *Do not smoke- ever*
6. *Eat a balanced diet with as few processed foods as possible*
7. *Choose healthy oils- olive oil, coconut oil (for cooking), flax oil*
8. *When you exercise move from a place of expansion and joy rather than from a place of fear*
9. *Learn to relax*
10. *Learn to open your heart*

4. Cancer

For nearly a half century there has been a widely publicized war on cancer. Billions of dollars have been spent and millions of lives lost to this terrible disease. Yet with all this effort little has changed in this campaign. The rate of cancer has not changed in nearly fifty years. Despite many more drugs to treat cancer after it has already developed there is still no change in how many people will actually develop cancer. Perhaps we need to rethink our approach and change directions.

Western medicine has been treating cancer as a pathogenic condition. This means that it is believed that the body has been under attack by an outside invader and this outside invader has caused the body to attack itself. On a rare occasion this is true. For instance, if you lived in Hiroshima or Nagasaki, Japan during World War Two and survived an atomic bomb being dropped on you your body might have absorbed a significant amount of radiation in a short period of time. In this instance your body might not have been able to defend against this barrage of radiation and cancer might have developed rather quickly. This is not how most cancer forms.

Germ or pathogens do not cause cancer as most Western medical scientists wish us to believe. Cancer is not a disease in itself but is only a symptom of a deeper imbalance in the body. Just treating cancer does not necessarily address the deeper source or the cause. This is why many cancers reappear years later. The source was never addressed.

Each year in the United States there are 60,000 colorectal cancer deaths, 40,000 prostate cancer deaths, and 40,000 breast cancer deaths. Cancer develops over time due to

a depressed immune system. When will we stop blaming external influences like age, genetics, polluted air, and poisoned drinking water? You do not catch cancer; you create cancer. The Western medical model wishes us to believe that degenerative diseases like cancer are arbitrary and that “Mother Nature” just picks your name out of a hat one day and the next day you end up with cancer.

We are the cause of most of our cancers. From poor diet and lifestyle choices, emotional repression, and stress, our immune system becomes so depleted cancer soon takes over. For instance, many natural health practitioners believe that a plugged up and toxic colon is what leads to most diseases, including cancer. Emotions that have never flowed out are also instigated in the development of cancer. It is commonly heard said that a person with cancer has something that is eating at him that has never been expressed (emotionally).

Most traditional cancer treatments are often no better than not having Western medical treatment at all. Chemotherapy and radiation further weaken the body and are responsible for many deaths themselves. Western medicine wishes to attack everything rather than balance the body as in natural medicine. Radiation and chemotherapy are the result of war medicine needing to kill and destroy everything in its sight. These techniques originated out of war practices. Chemotherapy came to us from World War One with the invention of mustard gas to kill soldiers on the battlefield. Radiation has its development during World War Two from the atomic bomb. Both techniques are highly profitable and do not address the cause of cancer.

Through a well-publicized propaganda campaign the drug companies have convinced most people that more drugs are needed. By using fear tactics these large drug companies and medical research labs help to sponsor celebrity driven fundraisers like walkathons and telethons- only to increase their own profits. The result: more drugs and the cancer rate remains the same.

Treating a disease and curing a disease are not the same thing. Treatment will suppress the symptoms of a disease. Curing a disease removes the underlying imbalance. In a culture where health care is just another commodity to be bought and sold treating cancer has become a rather profitable business. If we were to actually cure cancer then there might be a lot of money lost and many people out of work. When does actual healing come before profits?

There is already a cure for cancer. This cure is your own body. Western medicine believes that the body is stupid and creates diseases randomly. The natural healing approach is to tap into the body’s own wisdom to heal itself. Healing from cancer and other degenerative diseases means to remove the initial cause, (biological, emotional, energetic, etc.) and support the body in healing itself.

Solutions

- 1. Cleanse the body systems (liver flush, kidney flush, gallbladder flush, colon flush, etc)***
- 2. Buy a juicer and juice fresh juices every day***
- 3. Eat nutritious food that is the least processed***
- 4. Eat at least nine servings of fresh raw vegetables every day***
- 5. Learn how to release pent up emotions***
- 6. Rest***
- 7. Receive massages regularly***
- 8. Find a support system to express how you feel***
- 9. Take time to journal***
- 10. Consult a natural health care provider***

5. Stroke

Stroke is a condition that has its onset in the vascular system but may be caused in other places within the body. Stroke is characterized by a blockage or break in a blood vessel leading to or within the brain. Once this blood vessel breaks or is occluded many symptoms can develop. These symptoms may include the following; sudden numbness, weakness, trouble speaking, dizziness or headaches.

Western medicine remains inconclusive about the cause of stroke. Some believe that stroke is caused by smoking or the build up of plaque in the arteries. There is a general assumption that cholesterol and fats lead to the build up of plaque. While this high cholesterol belief is common low cholesterol levels have also shown to increase the risk of stroke, as well as low fat diets.

While the build up of plaque may be a risk factor the most common belief is that high blood pressure is the primary cause of stroke. High blood pressure will place extra strain on the artery walls causing the walls to crack and release plaque or to burst altogether. The interesting factor is that Western medicine remains at odds about what causes high blood pressure. While it is assumed that obese people often suffer from high blood pressure it is also very common for thin people to experience this symptom as well. Body weight has little to do with high blood pressure.

The vascular system is a vast plumbing array. This system moves blood and waste products around the body. If any part of the system becomes blocked there is a good chance that someone will be diagnosed with high blood pressure. The cardiovascular system is a river of flowing nutrients and waste products. Oxygen moves to the cells while waste products are removed and filtered out through the liver and kidneys. Why would the walls of the arteries suddenly collapse or break off particles of plaque only to lodge in the brain to restrict blood flow to vital brain cells?

It comes as no surprise to learn that stress, the body's number one killer, is the main cause of high blood pressure. As one goes into stress the **Fight or Flight Response** causes muscles to contract. Arteries are muscle and connective tissue. As these muscles contract they create excess pressure on the vascular system. Stress is fear. We all have it. Many medical professionals treat stress as a disease. They call this "mental stress", as if there are other kinds of stress. Many assume that some people who are in control of their emotions do not have emotional stress. Emotional strain may be blamed on issues from work to relationships, from finances to health issues. Blaming your job or marriage will not help one to find the cause. It is our interpretation of this event that determines whether it is stressful or not. Finding the underlying cause is paramount to asking, "What is pressuring you?" Stroke is often a stubborn resistance to change. Someone would rather die than change.

Organs can also become plugged up by toxic sludge. Often this sludge consists of medical drugs. The liver and kidneys are the two main filters of the body. As the body tries to eliminate all drugs these filter organs often become plugged. As this occurs the vascular system begins to increase in pressure in an attempt to force the normal amount of blood through a plugged up system. In many cases the renal artery in the kidneys becomes plugged up and this causes the pressure to back up behind it. In the body's infinite wisdom it increases the pressure by squeezing arteries in an attempt to provide the necessary amount of oxygen to the brain and other vital organs. Thus, the vascular system becomes pressurized in order to heal itself.

There are no safe drugs. Every drug will have some side effects. Many of these drugs are directly responsible for helping to cause stroke. For example, The Eli Lilly drug, Evista, used to treat osteoporosis in women, has shown to increase the chance of

developing stroke by 50%. The hormone replacement therapy drug (HRT), Premarin, claimed to be the savior for women, greatly increased the risk of stroke and heart disease in women. The cholesterol lowering drug, Lipitor, will double your chances of developing a stroke. Beta blockers, prescribed to reduce high blood pressure, will often be effective but will also greatly increase the mortality rate in individuals using these drugs.

Western medicine will normally seek solutions to health based on drugs or surgery. How simple it would be to simply cleanse the kidneys and liver? Western medicine is more prone to treat symptoms rather than to look for causes. High blood pressure is a symptom of a deeper cause. Western medicine looks at body issues as being separate instead of being interrelated. In order to remedy stroke one must look at the causes of high blood pressure instead of masking the symptoms with medications. This might mean to look at the medications one is taking, keeping oneself fully hydrated, and learning to relax.

Solutions

- 1. Drink lots of pure water(10-12 eight once glasses per day)***
- 2. If you take medications read the warning labels carefully to see if stroke is a potential side affect***
- 3. If you are taking medications that list stroke as a potential side affect seek a natural alternative***
- 4. Eat plenty of fresh fruits and vegetables daily(at least nine servings)***
- 5. Add natural blood cleansing products to your diet like garlic, onions, and ginger***
- 6. Do not smoke- ever***
- 7. Relax***
- 8. Notice if you are pressuring yourself about something***
- 9. Consult with a natural health care provider***
- 10. Reduce salt intake***

Resources

Rockefeller Medicine Men, E Richard Brown
Wall of Silence, Rosemary Gibson
Racketeering in Medicine, James P Carter
Modern Medical Mistakes, Edward C Lambert
Under the Influence of Modern Medicine, Terry A. Rondberg
Natural Cures “They” Don’t Want You to Know About,
Kevin Trudeau
The Turning Point, Fritjof Capra
The Truth About the Drug Companies, Marcia Angell M.D.
The Big Fix, Katharine Greider
Death by Prescription, Ray D. Strand, M.D.
Over Dose, Jay S. Cohen
The Myth of Osteoporosis, Gillian Sanson
The Heart’s Code, Paul Pearsall
Fit Magazine, (April 2000)
The Cholesterol Myths, Uffe Ravnskov, M.D., PhD.

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