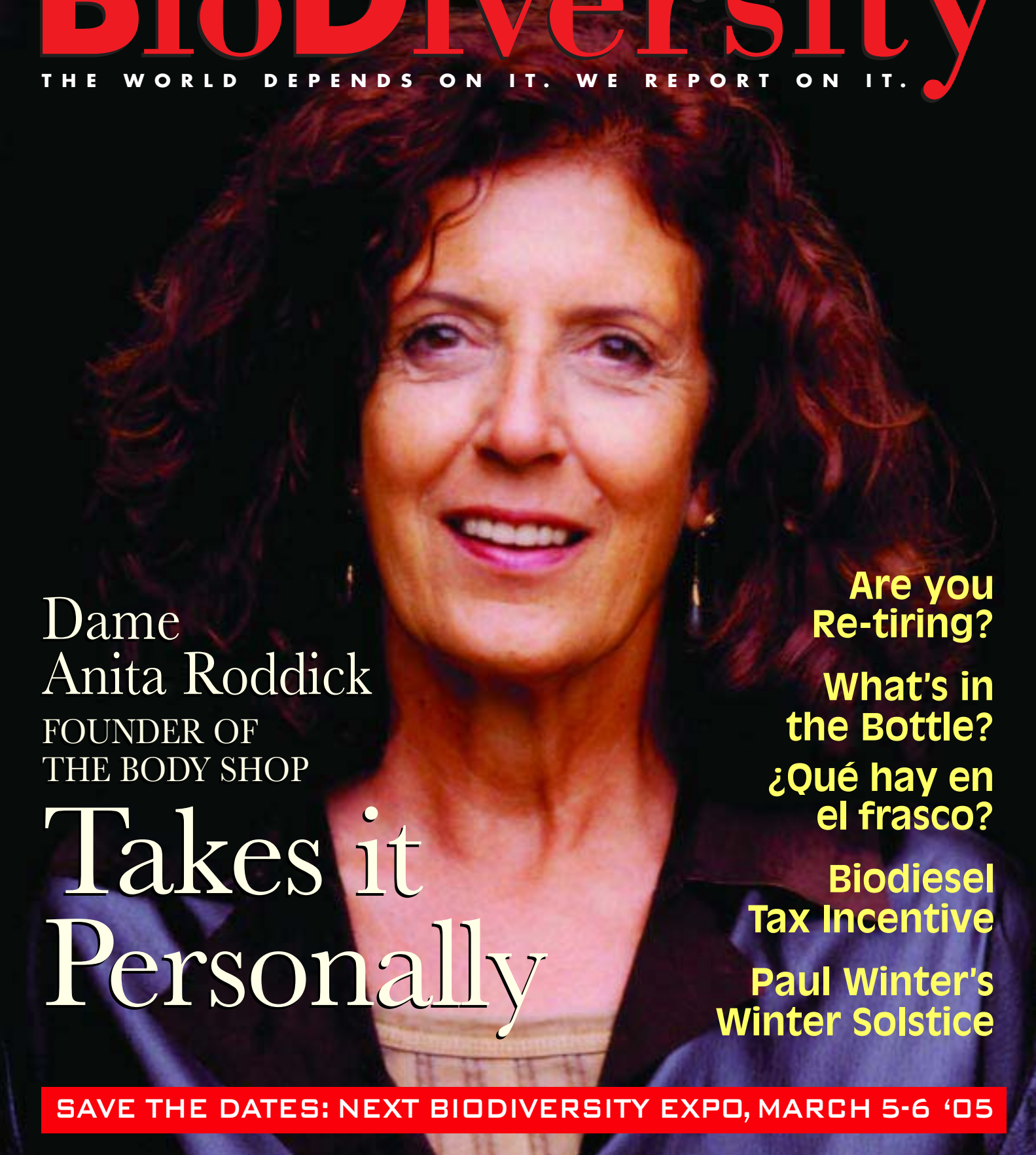




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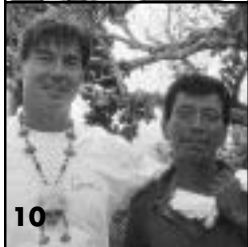
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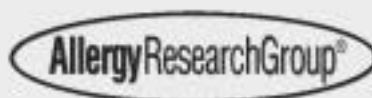
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DIETARY MODELS: How Much Protein, Fat and Carbohydrate Should We Be Eating?

(Part One) by Jenny Matthau



THE SYNDROME X DIET

How much protein, fat and carbohydrate should one eat to maintain a healthy weight and minimize the risk of cardiovascular disease and other degenerative conditions? The answer will vary substantially depending on which expert is consulted! The following is part 1 of an overview and comparison of Dr. Gerald Reaven's research and conclusions and some of the most popular dietary models.

Gerald Reaven, M.D., was the first to recognize that high blood levels of insulin increase the risk of heart disease. People plagued with insulin resistance often exhibit a heart-threatening cluster of symptoms that Dr. Reaven refers to as Syndrome X, aka The Metabolic Syndrome. Insulin resistance occurs when the effectiveness of insulin as a means of lowering blood sugar is reduced. The pancreas is forced to secrete even more insulin to move glucose from the blood to the muscle and fat cells. In Syndrome X sufferers, the excess insulin manages to keep blood sugar levels in the "normal-high" range, but often

leads to high triglycerides, high blood pressure, low HDL cholesterol, smaller and denser LDL cholesterol particles and an increase in triglyceride-rich lipoproteins in the blood after eating. (Insulin resistance also occurs in Type II Diabetes, but the excess insulin does not manage to transport the glucose to the cells, and high blood sugar results.)

Dr. Reaven's research team demonstrated that excessive carbohydrates could raise insulin levels and increase the likelihood of developing heart disease. This finding was the springboard for many popular low carbohydrate diets, whose proponents claim that elevated insulin levels (caused by too many carbohydrates), which occur in insulin resistance, are the main culprit in obesity. Dr. Reaven believes this idea is a misinterpretation of his work. He cites many studies that support the theory that only excess calories cause weight gain in insulin resistant individuals. He maintains that absolutely no evidence exists to support the idea that carbohydrates or insulin make people fat. However, being fat is one of the major causes of insulin resistance, along with lack of physical

fitness and genetics. Interestingly, exercise will decrease insulin resistance, regardless of whether it is accompanied by weight loss.

For individuals with Syndrome X, Dr. Reaven recommends a diet deriving 45% calories from carbohydrate, 35-45% calories from fat (5-10% saturated and 30-35% monounsaturated and polyunsaturated) and 15% protein. Like the American Heart Association, he believes LDL cholesterol is a major risk factor for heart disease and so greatly restricts the amount of saturated fats (which increase LDL cholesterol), in his diet. Reaven states that people with high LDL and Syndrome X have the greatest risk of heart disease. Monounsaturated and polyunsaturated fat comprise a large percentage of calories on the Syndrome X diet. The reason is twofold: 1) These

**Sears estimates that
75% of the population need
to keep their insulin levels low
by restricting carbohydrate
intake and getting the correct
amount of protein.**

fats lower LDL while raising HDL (high carbohydrate-low fat diets lower both) and 2) Fat is the only macronutrient that does not stimulate insulin. It's unfortunate that Dr. Reaven's diet allows such processed substances as margarine and diet soda! In addition, the safety of a diet high in polyunsaturated fats has been questioned by many researchers.

THE ZONE DIET

The "Zone" diet and fitness approach was devised by Barry Sears, Ph.D. The "Zone" refers to a metabolic state in which mind and body work at maximum efficiency. Boundless energy, strength, precision, freedom from hunger, optimal body weight and resistance to illness and disease are all hallmarks of the "Zone". Balancing key hormonal systems (aka eicosanoids) is crucial to gaining access to this state. (Dr. Reaven



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**On the Zone diet, carbohydrates
that have a low glycemic index
are considered favorable, while**

**high-glycemic index carbohydrates
(enter the bloodstream quickly) are
regarded as unfavorable, meaning
they produce high insulin levels.**

**Excess calories also produce ele-
vated insulin levels, so caloric
restriction is essential.**

people (such as those with kidney problems) handle large amounts of protein less well than others, independent of lean body mass and activity level.

On the Zone diet, carbohydrates that have a low glycemic index (enter the bloodstream slowly) are considered favorable, while high-glycemic index carbohydrates (enter the bloodstream quickly) are regarded as unfavorable, meaning they produce high insulin levels. Excess

calories also produce elevated insulin levels, so caloric restriction is essential.

Monounsaturated fats are considered the best, while saturated fats are thought to raise insulin levels by creating insulin resistance. Arachidonic acid (found in egg yolks, organ meats and fatty red meat), is thought to produce "bad" eicosanoids and should therefore be avoided.

A typical Zone meal is small and contains 1 part low-fat protein (no larger than the palm of one's hand), 2 parts low glycemic vegetables, a modest amount of monounsaturated fat and a piece of fruit. To remain in the Zone, never let more than 5 hours pass between Zone meals and snacks. Protein, protein, protein, every few hours or you will plunge into the depths of bad eicosanoid hell! Some features of the diet I find unappealing are the scarcity of whole grains (considered by most health professionals to be a wholesome, nutritious food) and the reliance on processed, non-whole foods such as egg whites and egg substitutes (nutritious yolks are verboten) as well as low-fat and non-fat dairy products.

In Part 2 of this article, other low carbohydrate regimens will be discussed. ■

believes there is no scientific basis for the physiology behind Sears' interpretation of the eicosanoids.)

Sears estimates that 75% of the population need to keep their insulin levels low by restricting carbohydrate intake and getting the correct amount of protein. Specifically, Sears recommends 40% calories from carbohydrate, 30% calories from fat (6% saturated, and 24% monounsaturated and polyunsaturated), and 30% calories from protein.

Interestingly, Dr. Reaven criticizes this approach as too high in protein, noting that protein, as well as carbohydrate, stimulates insulin secretion. Sears acknowledges that too much protein increases insulin levels. While the total daily protein intake of the Zone diet is very high relative to other diets, the protein is spread evenly throughout the day, over 3 meals and 2 snacks to prevent excessive insulin response. Furthermore, a person's protein requirement is calculated from their lean body mass and their activity level, which is supposed to deliver the ideal amount of protein for each individual.

In addition, many medical professionals believe that high-protein diets may contribute to osteoporosis and kidney problems such as renal insufficiency, a condition in which the kidneys become less efficient at filtering toxins from the blood as well as outright kidney failure. The metabolism of protein produces ammonia, a nitrogenous waste product and highly toxic substance that the liver converts to urea. The kidneys then remove it from the bloodstream to be excreted through the urine. Therefore, heavy consumption of protein may overburden the liver and kidneys in some people. Unfortunately, the medical establishment does not have conclusive evidence as to how much protein one would have to eat for this phenomenon to occur and how long one would have to follow a high-protein diet before liver and kidney problems ensued. Individual response to protein intake further complicates the issue. Some

Jenny Matthau is President of The Natural Gourmet Cookery School/Institute for Food & Health. In addition, she serves as Director of The Natural Gourmet's Chef's Training Program, the only accredited culinary program of its kind. Copyright© 2004 by Jenny Matthau. All Rights Reserved.

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Amazon Herb Company Helps a Shipibo Village Gain Deeds to Their Land



Shipibo children in the Amazon Village.

It was in the mid 1980s. The Shipibo elders met yet again to discuss the economic condition of the tribe. Lumbering interests had offered to buy some of their pristine Amazon Rainforest land. What other choice did they have? The village was in a state of social and economic disintegration. They postponed their decision, hoping to find a better solution.

One of the traders they had known for many years appeared at their village, wracked with fever and very weak. They took him in. The curanderos prepared a

special tea for him to drink, made from herbs, bark and roots that they knew to be health giving. For eleven days they nursed him, and brought him back to health. "Why didn't your village give you this tea?" they asked him. This trader, John Easterling, was totally grateful to the Shipibo tribe. His level of energy, endurance and mental clarity was even better than it had been before he became sick.

He spoke with the curanderos, rainforest people who understand the secrets of the plants, about bringing

some of their herbs back to the United States, to share with his doctor friends. John had built a friendship with the tribe, and they were happy to comply with his request. They prepared a collection of herbs, with directions for John to pass on. John was elated. After many years of trading in pre-Columbian pottery, gem stones, blow guns and monkey bones, he had found the real treasures of the rainforest.

With research and through experience, John's doctor friends created formulations of these amazing rainforest plants that would meet the needs of their patients. With



Top: John Easterling and the Shipibo Chief. Center: Shipibo pharmacy.
Bottom: Shipibo woman dancing.

a grateful heart and a commitment to help the rainforest and its indigenous people, John founded the Amazon Herb Company in 1989, and earned the nickname "Amazon John". The Shipibo people agreed to harvest herbs in their ecological and sustainable way.

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tribe with resources for the sustainable and ecological harvesting of medicinal plants, they have an ongoing stream of revenue. They have told John that their sense of dignity had returned along with the finances to make new choices about their own future.

Many villages have chosen to work with and harvest for the Amazon Herb Co. They are full partners in our company. Building channels of trust and mutual respect with indigenous rainforest communities is at the heart of our corporate mission.

Now we celebrate our greatest landmark victory to date. In August of 2003, thirteen thousand acres of land were deeded to the idyllic Rainforest community of Porvenir, one of the Shipibo villages. Three years ago the chief of Porvenir asked Amazon John for help in securing title to the village's land. John was honored to spearhead the process. Both knew it was a critical step that was necessary to protect the land and the Porvenir community from encroaching lumber companies.

Amazon Herb Company arranged legal assistance, as well as funds for the village leaders to travel to meet with the lawyers. Engineers were brought in to survey the land and create detailed mapping of the area that Porvenir hoped to secure. Processing fees and taxes were paid. For over three years, paperwork traveled up and down the Ucayali River, a tributary of the Amazon, gathering signatures from the villagers of Porvenir, the lawyers and the government agencies in Iquitos.

A crisis developed when the villagers discovered that an area of their land had been clear-cut. The loggers had loaded their barge and were on the way down the river to deliver their bounty. They left their saws behind at the scene. The villagers took the saws and hid them, hoping to stall further cutting. When the loggers returned, a confrontation ensued, with the loggers threatening legal action against the village. Amazon Herb Company engineers and attorneys were alerted. The chief and village leaders were brought to Iquitos to

defend their case. Three months later, the courts ruled in favor of the village. The land rights of Porvenir had been successfully defended. The Rainforest community had defeated the lumber company.

Just after the victory of their land settlement, a general assembly was held to announce the good news and to praise "Mr. John Easterling and his North American friends" who had enabled them to procure the deeds to their community. The minutes of the assembly meeting for that month were devoted to the heartfelt appreciation of the entire village. The declaration was signed not only by the four leaders but by every adult member of the village.

John Easterling is committed to duplicating this success in other communities. He has already begun the process for the village of Neuvo Eden, to legally protect their 100,000 acres. One village at a time – that is how Amazon John plans to carry out his mission of keeping the Rainforest alive. His commitment is to help the Indigenous Peoples of the Amazon legally secure their land. Together, through friendship and partnership, the Amazon Herb Company and the Shipibo tribe will work toward a bright future for their communities and the Rainforest.

Our model of ecological commerce and rainforest preservation is now a proven model for a healthy future. Partnering with Indigenous Rainforest communities with a common vision and goal provides incentives to support the healthy Rainforest and is a winning strategy that works. This model can continue to work for generations into the future.

A DVD is available chronicling the Porvenir legal triumph. This documentary was made by an independent film maker, and has aired on HDTV. You can get a copy by ordering one at AmazonTeaLady@cox.net. ■

"Amazon John" Easterling will be speaking at the BioDiversity Expo, March, 2005. Come hear the amazing stories of his work with the Indigenous Rainforest People.

To learn more about the herbal formulas which bring stamina, balance, and nourishment, and the teas that brought back Amazon John's health, as well as the activities of the Amazon Herb Company in the rainforest, contact Carolyn Grafton, email AmazonTeaLady@cox.net, website: <http://carolyn.amazonherb.net>

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by Paul Farber

My first ripe tomato of the season was particularly sweet the spring that my competitor's little green marbles still had a month to grow.

Mr. Mosier, a retired professional gardener and a good friend that taught me much about gardening, and I, a gardening novice, were for years in competition to get the first ripe tomato. Every spring, he would make sure I'd see him eating his while glancing over the fence at my white spheres. The "table turned" when a 1972 Idaho trip inspired me to reconsider raised-bed gardening.

Recognizing the advantages of raised-bed gardening, but having unfavorable experiences with traditional raised-bed forming materials, I resisted converting. Permanent beds were out of the question as I like to

change my garden layout occasionally. Rocks and concrete blocks are hard to handle and easy to fall on, boards warp and rot, railroad ties are cumbersome and leach creosote, and metal bends, decays and is hazardous.

While driving through the Blackfoot Indian Reservation on vacation, I noticed that in the fields, the stalks of recently harvested corn were only three feet tall and tilting at a forty-five degree angle, attesting to the harsh climate. Yet, sheltered along the south side of each farm house was a row of tires out of which overflowed a bounty of squashes, melons, cucumbers and tomatoes. "This is it. This is my future garden!"

Upon closer examination however, there were a few problems I had to solve. The upper sidewall restricted

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As an example, one woman from S.D. said people all around her have MS in spite of using ordinary distillers, filters, reverse osmosis, ozonators and alkaline water machines for years because they are all pumping water from the same aquifer...it probably has the markers for MS!

Scientists know that electrons destroy free radicals that cause these diseases and world wide patents prove this home water machine is the only product that can 1) Remove disease markers of former users, 2) break down the bonds in water so it can go through a membrane and into the cells when ordinary water can't (90% of all men end up with urinary flow problems regardless of purity, 3) Open up the bond angle from 104° in ordinary water to 114° or more so it can take on nutrients and electrons that destroy free radicals (We will send you reports with the protocol they use and, 4) Circulating water in hot tubs, wells and cisterns using small amounts of water just one time has a catalytic effect with no "treatment" and it's going from sky high to zero...I nursing mother should be interested in this!

Hot tubs won't smell years later and over 200 wells and cisterns (from bad to putrid) tested

"pure" with realistic tests on site (not lab tests) by amazed state inspectors even years later, doing this just once and using only 10 gallons of his water with no "treatment"...the answer to worldwide pollution! Only small amounts of his water can change whole aquifers using this technology!

When a doctor asked us if we could produce even higher electron levels to destroy free radicals, we built medical grade equipment into our machine from a company that has manufactured medical and scientific equipment for 70 years...our electron 3 Machine™.

Now you know why we ship on government credit cards to major hospitals and why the top doctors and scientists use these machines! Then, when they asked us if we could produce even higher electron levels, with the help of an invention from Corning™, we raised the electron levels an amazing 50% higher and that's the Electron 4 machine™...the best one we manufacture!

After manufacturing living water machines for 30 years we built 5 electron machines 6 years ago as experimental. A doctor was offered \$10,000 for one of the machines if they could have it immediately. Again, we will send you medical reports that show you why! Although we charge only a small fraction of that amount today, you will know why they said: "No price is too high!"

However, since the inventor is an engineer not a doctor: this information is for educational purposes only. It is not intended to diagnose, treat, cure or prevent disease. Statements contained herein have not been evaluated by the Food & Drug Administration. In all health situations, as was done in the medical reports we will send you, qualified professional should always be consulted.

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actual gardening space to half its potential. Also, the sun heated it until the plant stems, leaves and fruits touching it burned and its underside provided a shelter and nursery for plant eating critters, as well as those that could bite or sting me.

Removing the top sidewall doubled the growing space while eliminating the pest and burning problems.

Removing the bottom sidewall increased gardening volume, improved aeration, and reduced root-bind.

Problems solved, my garden was planted in tire-crafted retainers surrounded by a wood-chip mulch for a dry, weed-free and clean access.



I was also rewarded with an unexpected bonus. All warm-weather crops require a soil temperature exceeding 57 degrees to germinate and grow, and the warmer the better. The soil temperature inside the retainers reached 60 degrees four weeks before it attained that same temperature outside the retainers.

These black rubber retainers are solar collectors, accelerating germination and plant growth. Therefore, I am harvest-

ing crops up to a month before my neighbors. ■

In the next issue of Biodiversity, Paul Farber will explain how to turn tires inside out so you can create your own planters and gardens.



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The Paul Winter Consort Performs the 25th Annual Winter Solstice Celebration

by Victor Zurbel



Paul Winter and his soprano saxophone, with the Cathedral's Rose Window.

The word “winter” conjures up different meanings for different people. For many New Yorkers it conjures up thoughts of dark, cold, rainy, snowy, slushy days, and delayed commutes, whereas to weekend commuters to ski chalets in Vermont, winter has a whole different outlook. But putting weather aside, winter does have its advantages; it provides us with deep, warm feelings that are kindled within, through our faith, spiritual practices, inner reflections, and time spent indoors with loved ones. It is also a time of community, when we get together with social and religious groups and celebrate the winter holiday season.

One of New York’s great winter traditions that celebrate the human spirit is not necessarily Radio City

Music Hall or the Nutcracker Suite at the New York Ballet, but the Winter Solstice Celebration at the Cathedral of St. John the Divine. For two things, it brings together two winters-- the second being the award-winning saxophonist, bandleader, composer, and explorer of global music traditions, Paul Winter.

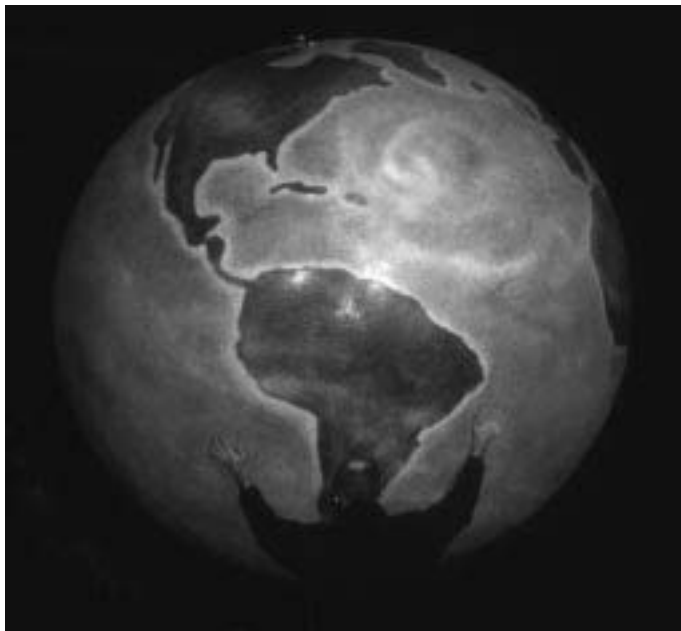
Paul has been motivated for the past thirty years by his vision of a musical-ecological community. His 'Earth Music' interweaves diverse instruments from many world cultures with the voices of wolves, whales, eagles and other species of 'wilderness musicians.'

His concert tours and recording expeditions have taken him to thirty-seven countries and to wilderness areas on six continents, into which he has traveled on

rafts, mules, dog sleds, horses, kayaks, sailboats, steamers, tug-boats and Land Rovers.

Winner of four Grammy Awards, the timeless music of Winter's Living Music Records is usually recorded in his barn-studio surrounded by woodland, but also in awesome acoustic spaces such as the Grand Canyon, the Negev Desert in Israel, and under such prestigious roofs such as the White House and the Palace of the Crown Prince of Japan. Paul Winter has performed over 2,000 concerts in major concert halls of the Americas, Europe and Asia, as well as in major cathedrals such as Washington's National Cathedral, Grace Cathedral in San Francisco, and last but, by far, not least, the world's largest gothic cathedral – New York's own Cathedral of St. John the Divine. It is here under the vast spans of the cathedral that the Paul Winter Consort performs their major annual celebrations.

This year marks the 25th Annual Winter Solstice Celebration. With an audience of over ten thousand over the four performances, Paul Winter's Winter Solstice Celebration has become one of NYC's best-attended holiday events. This very special secular event takes a diverse ecumenical audience on a symbolic musical journey through the longest night of the year. The return of the sun is represented by the world's largest tam-tam gong, seven feet in diameter, which ascends up toward the Cathedral Nave's 100-foot-high ceiling. New this year, a "Moon Gong" – a giant Chinese wind gong with shimmering sound will move its players horizontally across the Narthex of the Cathedral. Along the aisle of the Cathedral's 604-foot interior length, a giant "Earth Ball" moves suspended and then rises, spinning up into the



Close-up of the "Earth Ball," one of the special effects, moving along the length of the Cathedral as if through space. Here the stage technician who doubles as the "sun-gong" player, Scott Sloan, readies the "Earth" for its spinning ascent into the Cathedral's vault.

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vault of the Nave. Musicians play on a stage in the round, surrounded by the audience, and the stage's centerpiece is a giant, rotating "Tree of Sounds," a 28-foot-tall spiral sculpture laden with bells, gongs and chimes. This year's special guests include the Dimitri Pokrovsky Ensemble, Russian village singers and dancers, the Forces of Nature Dance Theater Ensemble and 18 African-American dancers and percussionists.

But above and beyond all these splendid performers and theatrics, is the opportunity for spiritually-minded and earth loving individuals to come together as a community and celebrate the return of the sun and the light that we so desperately need at this time of looming darkness on earth.

The dates for the 25th Annual Winter Solstice Celebration at The Cathedral of St. John the Divine are:

- Thursday 16 December at 730pm
- Friday 17 December at 730pm
- Saturday 18 December at 2pm
- Saturday 18 December at 730pm

Tickets are \$72 for reserved seats, and \$42 and \$32 for general admission- available online from citycenter.org or by phone from CityTix at (212) 581-1212.

Group discounts are also available at the Cathedral Box Office (212) 316-7563.

For home listening, Solstice Gems, a limited edition double-CD of highlights from 20 years of Paul Winter's Winter Solstice Celebrations is available from Living Music at 800-437-2281 and online at www.livingmusic.com. ■

Victor Zurbel is Creative Director at the Peter Max Studio and also provides freelance writing, art direction, and advertising consultation services. His e-mail address is: viczurbel@yahoo.com.



Above: Paul Winter with the "sun-gong" – at seven feet in diameter, the world's largest tam-tam gong. The Cathedral's Rose Window is in the background. Below: NOT FOR NPR. Forces of Nature Dance Theater Ensemble.



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In 1991 Dr. Lane reported to the Retinal Vascular Disease session of the Association for Research in Vision & Ophthalmology the stunning differences in dietary and environmental risk factors between the three most common forms of macular degeneration. (By 1999: No more leakage threat! The leakage process customarily is stopped within two weeks **without laser or visudyne treatments!**)

Dr. Lane has lectured to the World Congress of Ophthalmologists at Sydney, Australia in April 2002, and recently in Moscow, Amsterdam, Copenhagen and Reykjavik. In November he chaired the Metabolic Ophthalmology Symposium and presented a major lecture on cataract reversal at the 12th Afro-Asian Congress of Ophthalmology in China, and two major lectures in June to the European Congress of Ophthalmology in Istanbul, Turkey.

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ANITA RODDICK FOUNDER OF THE BODY SHOP

Takes it Personally

A Conversation with Victor Zurbel



It was a bright, sunny early Fall morning and I was about to meet a living legend and folk hero for many of the causes I believed in – Dame Anita Roddick.

As the weather was so nice I decided to walk from my apartment on the Upper West Side to the Gramercy Park area where our meeting was to take place. On the way, I passed four Body Shops – all in prime real estate locations. When I later did my research I discovered that there The Body Shop has 416 stores in the Americas, with 299 of those stores being in the USA. The Body Shop has 2,007 stores in 50 countries, serving over 77 million customers in 50 different markets in 25 different languages and across 12 time zones.

Photograph © Brian Moody

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What's even more impressive is that this multi-million dollar company, started by a 26 year old daughter of an Italian immigrant couple, in a small English seaside town, had become a remarkable international success without spending a dime in advertising.

This was of special interest to me, as I have had an extensive background in creative advertising and worked on several hair care, cosmetic and fashion accounts. Had I presented an advertising campaign or strategy to any of my clients based on how Anita promoted the Body Shop, I assure you, it never would have flied.

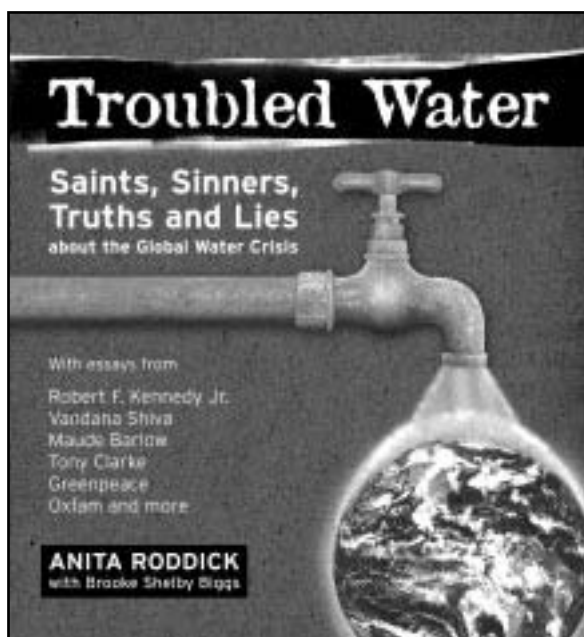
It had worked for Anita, simply because it was not an advertising strategy, (which is admittedly often based on hot air), but an attitude – an attitude that beauty is more than skin deep; that it's also about caring for employees, factory workers, farmers and indigenous people who sourced the raw material, women's rights, animal rights, and the environment.

The Body Shop, when first founded in Brighton, England in 1972, turned out to be the right thing at the right time. It showed up just as the green movement picked up momentum in Europe. But, ironically, as Anita admits, this synchronicity was not by design but by default. Although The Shop was identified with the green color of its walls, Anita explains that was because it was the only color that successfully covered the damp, moldy walls of the shop. Also, having been born and raised in England during WWII, Anita was indoctrinated into recycling by rations and necessity.

“When I opened the Body shop, we practiced the same disciplines as my mum did during the war,” remarks Anita. “We reused everything, we refilled everything and we recycled all we could. The foundation of the Body Shop's environmental activism was born out of ideas like these.”

This to me is the true spirit of entrepreneurship, and it's a big part of what's missing when people try to start up new business enterprises, especially in an age when ethics and sustainability are of prime concern. That's mainly because the experience of scarcity due to war, economic depression, epidemics, famine, and other major catastrophes is something recent generations of Americans have been spared. However, our long run of prosperity, and what has appeared to have been a blessing, may soon turn into a curse, unless we wake up to the fact that unconscious and unrestricted consumer buying habits may ultimately consume us. Unfortunately, the best things in life are no longer free, and nowhere is that more evident in our planet's upcoming water crisis.

Which brings us to Dame Anita Roddick's latest and most passionate cause – water. Her new book, *Troubled Water*, with Brooke Shelby Biggs, sheds light on one of the most important issues that face activists and luminaries who reveal that the biggest threat to human rights, economic justice and even human life and civilization itself may be something as elemental as water. Packed with vivid images, this full color book gives readers a strong sense of the issues surrounding the global water crisis and tools to get involved in turning the tide.



“Water is a basic human right but it is being taken away from us by privatization,” warns Anita. “Corporations like Coca Cola are buying up water rights all over the planet and own dozens of bottled water brands, including Dasani and Evian in the U.S.

Meanwhile, a billion people on our planet do

Her new book, *Troubled Water*, sheds light on one of the most important issues that face activists and luminaries who reveal that the biggest threat to human rights, economic justice and even human life and civilization itself may be something as elemental as water.

not have access to clean water. If we're in a global power struggle over oil now, imagine what will happen when water gets scarce, which there is no doubt it will. There are now armies all over the world protecting water reserves and it's going to get a lot worse.

“Americans are complaining that gas has topped \$2.00 a gallon, but think nothing of spending two bucks on a liter of water. Don't they realize that bottled water is a big scam. They're being told that it's more pure than NYC tap water and

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its a lot of crap. The water companies are largely unregulated as to purity standards. If you don't like the taste of tap water, or want to eliminate fluoride, chlorine, and lead, get a filter and a reusable plastic bottle."

Personally, I think this is good advice. We vote with what we buy, and agree with Anita that when we shell out ridiculous sums of money for bottled water, we support the big corporations to keep it coming. I used to think it was chic to run the treadmill or climb the Stairmaster clutching a bottle of Evian, but I am no longer contributing to the world of product placement and now tote a reused plastic bottle filled with home-filtered water. I also take the Dame's advice and take shorter showers, don't leave the tap running when shaving or brushing my teeth, don't flush for every tinkle, use smaller, less absorbent bath towels, and decline laundry service when staying at a hotel for two or more nights.

Of course, there are times when I, like many other people I know, feel that these little actions are not going to make a difference, I remind myself of the metaphor that states, "Snowflakes are the most delicate, fragile forms of matter, but look at what can happen when a lot of them stick together." Likewise, on Anita's website, TakeItPersonally.org, an African Proverb states, "If many little people in many little places perform many little deeds, they can change the face of the earth." And there is Gandhi's famous quote: "Be the change you want to see in the world."

TakeItPersonally.org is a central clearinghouse for practical actions we can do now to change the world.

Along with her other site, AnitaRoddick.com, Anita gives us the activist information to make a difference in protecting water rights, challenging globalization, campaigning for renewable energy, and supporting human rights at home, work and in one's country. "Part of being effective at anything is being well informed," asserts Anita. "Anyone can have an opinion; the people with power to get things done

and see their vision realized are the people who know what they're talking about. Information is power in a very real way."

You'd think, as a major shareholder of a multi-million dollar corporation, Anita has earned the right to kick off her shoes and sip a pina colada on her own private beach in the Carribean. But not Anita. "The most exciting part of my life is now," she says.

"I believe the older you get, the more radical you become. As Dorothy Sayers once said, "A woman in advancing age is unstoppable by any earthly force.

"I constantly question myself: How can I bring values into an industry that is certainly not values-laden? The only way I can do it is to perhaps bring back an idea for a trading initiative with an economically impoverished community in Mexico or Africa, or find inspiration for a new company commitment, just as my 1990 trip to Romania spurred the Romanian Relief Drive (now called Children on the Edge) and a visit to Glasgow led to our partnerships with Soapworks, a local factory that produces our soaps. I also hold great hopes for The New Academy of Business, a masters degree course at Bath



“We reused everything,
we refilled everything and
we recycled all we could.
The foundation of the Body
Shop's environmental
activism was born out of
ideas like these.”

University, which I helped to launch in 1997 with the aim of reforming business education for the new century.”

I'll drink to that. With a glass of home-filtered water, of course. ■



Dame Anita Roddick with Victor Zurbel.

Victor Zurbel is Creative Director at the Peter Max Studio and also provides freelance writing, art direction, and advertising consultation services. His e-mail address is: viczurbel@yahoo.com

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President Signs Bill Containing Biodiesel Tax Incentive

Increased biodiesel demand will benefit all Americans



SAINT LOUIS, Mo. – President George W. Bush today signed into law a bill containing the first biodiesel tax incentive, a provision that is expected to increase domestic energy security, reduce pollution and stimulate the economy. The American Soybean Association (ASA), the National Biodiesel Board (NBB) and biodiesel enthusiasts commended Washington leaders for passing the biodiesel tax incentive and extending the ethanol tax incentive as part of H.R. 4520, also known as the American JOBS Creation Act of 2004.

“This tax incentive generated strong bi-partisan support because it truly is a win for all Americans,” said NBB chairman and ASA first vice president Bob Metz of South Dakota. “Our nation has a direct interest in taking steps to promote renewable fuels, like ethanol and biodiesel, which lessen our dependence on foreign oil. Biodiesel has many benefits that are important to all citizens. It reduces emissions that are harmful to human health and the environment, it’s nontoxic and biodegradable, and its increased production will create jobs.”

Senator Chuck Grassley (R-IA), Senator Blanche Lincoln (D-AR), Congressman Kenny Hulshof (R-MO) and others championed the tax incentive. “Biodiesel holds great hope to help reduce our dependence on foreign oil and improve our environment,” Grassley said. “The President’s signature will begin the process of making that hope a reality. The tax credits for biodiesel and other renewable fuels included in my JOBS bill will

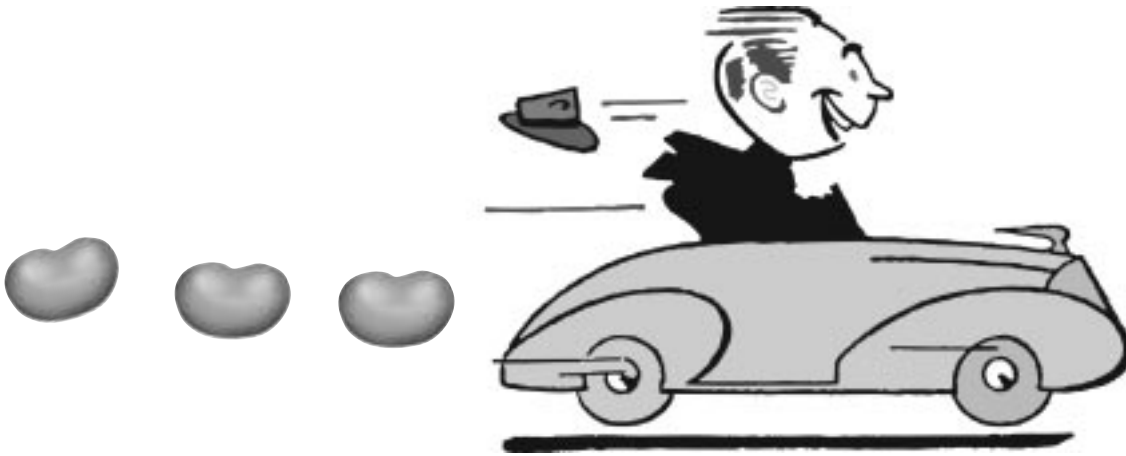
allow us to begin looking to farmers, rather than the Middle East, to fuel our future.”

“Creating new markets for our agricultural producers will strengthen our farming communities,” Lincoln said. “That we are reducing our dependence on foreign oil at the same time is an added bonus to our national security. These incentives create a win-win situation for our country.”

The biodiesel tax incentive, which is structured as a federal excise tax credit, amounts to a penny per percentage point of biodiesel blended with petroleum diesel for first-use oils, like soybean oil, and a half-penny per percentage for biodiesel made from other sources, like recycled cooking oil.

It will lower the cost of biodiesel to consumers in taxable and tax exempt markets. The incentive is expected to increase biodiesel demand from an estimated 30 million gallons in fiscal year 2004 to at least 124 million gallons per year, based on a United States Department of Agriculture study. However, depending on a number of other factors including crude oil prices, the industry projects that demand could grow much higher than that in the next decade. (more) “With a biodiesel tax incentive on the books, demand for biodiesel will increase dramatically,” said ASA President Neal Bredehoeft, a soybean farmer from Alma, Mo. “For every 100 million gallons of soy-based biodiesel demand, the price of a bushel of soybeans is expected to increase by 10 cents.

Biodiesel is a cleaner burning alternative to petroleum-based diesel, and it is made from renewable resources like soybeans and other natural fats and oils, grown here in the United States.



That could add an average of another \$2,000 to the bottom line of farmers growing 500 acres of soybeans.”

The tax incentive will take effect Jan. 1, 2005, and lasts for two years. It is expected to provide an economic surge in several sectors of the U.S. economy including manufacturing, agriculture, and all sectors that provide support services to these industries. It's estimated that the tax incentive could create up to 50 thousand jobs in the United States over the next ten years. The provisions will significantly benefit the U.S. economy and could increase U.S. gross output by almost \$7 billion. President Bush signed the JOBS bill after discussing his support for biodiesel from the campaign trail several times, one of which was during the second presidential debate before an audience of 47 million people. He signed the bill while aboard Air Force One.

A national public opinion survey of adults showed 89 percent of Americans thought it was important for Congress to pass a biodiesel tax incentive to make American-made biodiesel more cost competitive with regular diesel fuel. The survey showed strong support for biodiesel as a way to help reduce U.S. dependence on foreign sources of oil and to provide potential health benefits to consumers. The online survey of 1,042 randomly selected adults was funded by the Biodiesel Education Program, a U.S. Department of Agriculture grant awarded to the National Biodiesel Board. It was conducted by Moore Information Public Opinion

Research June 26-27, 2004. Biodiesel is a cleaner burning alternative to petroleum-based diesel, and it is made from renewable resources like soybeans and other natural fats and oils, grown here in the United States. It works in any diesel engine with few or no modifications. It can be used in its pure form (B100), or blended with petroleum diesel at any level—most commonly 20 percent (B20). Soybean farmers have invested millions of dollars through the soybean checkoff to build the biodiesel industry in the United States.

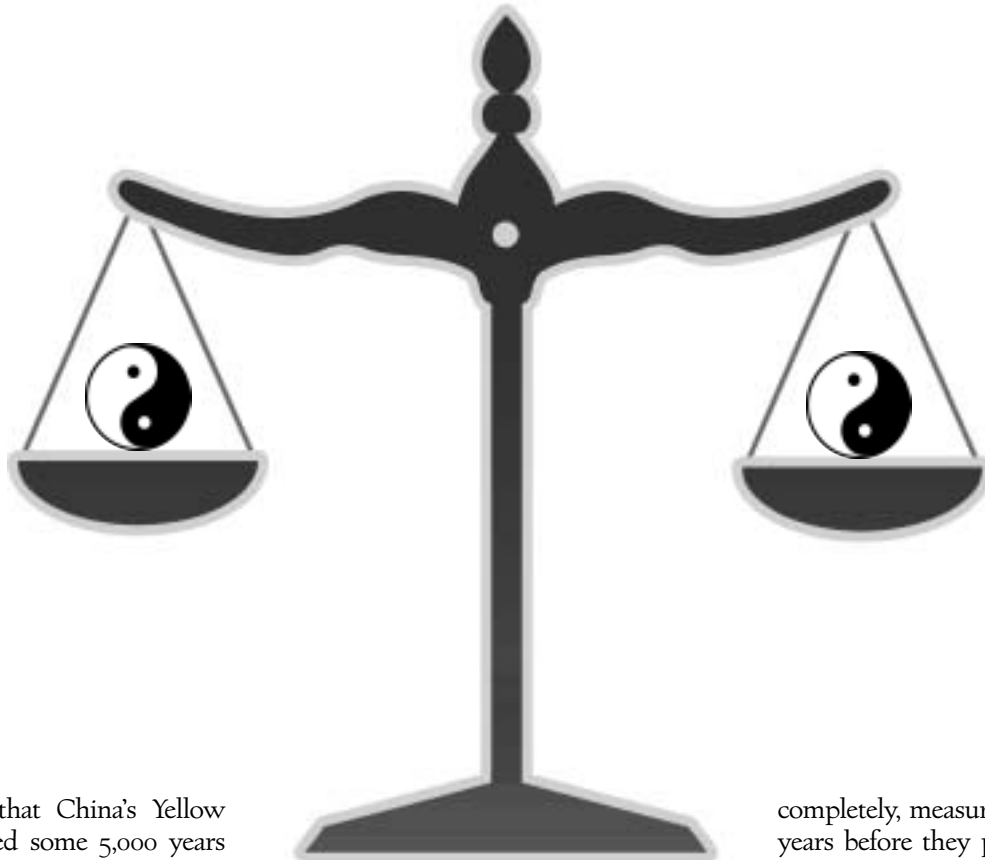
More than 400 major fleets use biodiesel commercially nationwide. About 300 retail filling stations make biodiesel available to the public, and more than 1000 petroleum distributors carry it nationwide. Biodiesel is nontoxic, biodegradable and essentially free of sulfur and aromatics.

Biodiesel offers similar fuel economy, horsepower and torque to petroleum diesel while providing superior lubricity. It significantly reduces emissions of carbon monoxide, particulate matter, unburned hydrocarbons and sulfates. On a lifecycle basis, biodiesel reduces carbon dioxide by 78 percent compared to petroleum diesel. ■

Readers can learn more about biodiesel by visiting www.biodiesel.org.

Life in Balance

by Kevin V Ergil, MA, MS, LAc



Legend has it that China's Yellow Emperor lived some 5,000 years ago. The Yellow Emperor's Inner

Classic describes him asking his teacher, Qi Bo, about the decline in human lifespan. "I have heard that in ancient times the people lived (through the years) to be over a hundred years, and yet they remained active and did not become decrepit in their activities. But nowadays people reach only half of that age and yet become decrepit and failing."

Is it because the world changes from generation to generation. Or is it that mankind is becoming negligent (of the laws of nature)?

Qi Bo, the Heavenly Teacher responded, "In ancient times those people who understood Dao patterned themselves upon the Yin and the Yang and they lived in harmony with the arts of divination."

There was temperance in eating and drinking. Their hours of rising and retiring were regular and not disorderly and wild. By these means the ancients kept their bodies united with their souls, so as to fulfill their allotted span

completely, measuring into a hundred years before they passed away."

Nowadays people are not like this; they use wine as beverage and they adopt recklessness as usual behavior. Qi Bo goes on to explain that in addition to temperates and regular living, achieving long life relies on a mental attitude as well. They exercised restraint of their wills and reduced their desires; their hearts were at peace and without any fear; their bodies toiled and yet did not become weary.

The fundamental perspectives on the aging process expressed in the Yellow Emperor's Inner Classic remain as part of the basic understanding of healthy aging in the context of traditional Chinese medicine.

Contemporary texts typically discuss the importance of an orderly and balanced life in which rest and exertion are kept in harmony. A regulated and moderate diet, exercise, mental activity and the cultivation of virtue are all considered quite fundamental to creating the possibility of a long and pleasant life.

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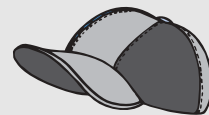
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“I have heard that in ancient times the people lived to be over a hundred years, and yet they remained active and did not become decrepit in their activities. But nowadays people reach only half of that age and yet become decrepit and failing.”

It is said that “The kidney stores essential qi, and is responsible for growth, development, and reproduction.” Essential qi is associated with the role of the kidney in guiding and supporting development and normal physiological function. As we age this vital substance is gradually used up and the signs of aging begin to appear. A good genetic endowment combined with appropriate rest, diet, and exercise, will maximize the retention of essential qi.

Lack of rest, poor diet, acute and chronic illness, injury, stress, use of recreational drugs, intemperate or promiscuous sexual behavior can all put pressure on the essential qi and because of this can cause premature aging. The use of medicines, that is herbs and other substances are considered important only when the activities that truly support long life, diet, rest and exercise are neglected, or when illness is allowed to gain a foothold in the body causing damage.

The activity of health preservation, supporting the production and movement of the body’s qi and blood can be accomplished through careful attention to diet and exercise. One of the greatest challenges facing practitioners of Chinese medicine in the west is helping patients understand and use the beneficial health practices of traditional China in preserving their own health.

A recently published book, “A Tooth from the Tiger’s Mouth” (Simon & Schuster) written by Tom Bisio, LAc provides patients, practitioners, and the public with the fundamental knowledge needed to adapt traditional Chinese health practices to modern life. Mr. Bisio is an experienced practitioner of Chinese medicine

and a world renowned martial artist who works extensively in rehabilitation. His book offers insights into health preservation methods, as well as the concepts of Chinese sports medicine and the treatment of injuries.

By providing succinct and practical advice on diet, exercise, health preservation, strengthening the body, injury prevention, and healing, “A Tooth from the Tiger’s Mouth?” offers something unique in providing the West with access to the traditional life extension practices of Asia. ■

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¿Qué hay en el frasco?

Introducción a los suplementos dietéticos

What's in the Bottle?

An Introduction to Dietary Supplements

Introduction

Dietary supplements are a topic of great public interest. Whether you are in a store, using the Internet, or talking to people you know, you may hear about supplements and claims of benefits for health. How do you find out whether "what's in the bottle" is safe to take and whether science has proven that the product does what it claims? This fact sheet provides some answers.

Questions and Answers

1. What are dietary supplements?

Dietary supplements (also called nutritional supplements, or supplements for short) were defined in a law passed by Congress in 1994 (see below) .1, 2

Dietary Supplements...

- Are taken by mouth.
- Contain a "dietary ingredient" intended to supplement the diet. Examples of dietary ingredients include vitamins, minerals, *herbs* (as single herbs or mixtures), other *botanicals*, *amino acids*, and dietary substances such as *enzymes* and *glandulars*.
- Come in different forms, such as tablets, capsules, softgels, gelscaps, liquids, and powders.
- Are not represented for use as a conventional food or as a sole item of a meal or the diet.
- Are labeled as being a dietary supplement.

* *Italic terms* are defined at the end of this fact sheet.

Dietary supplements are sold in grocery, health food, drug, and discount stores, as well as through mail-order catalogs, TV programs, the Internet, and direct sales.

Introducción

Los suplementos dietéticos son un tema de gran interés para el público. No importa donde se encuentre, ya sea en una tienda, navegando en Internet o conversando con amigos, es probable que oiga hablar de los suplementos y sus posibles ventajas para la salud. ¿Cómo podemos saber que no es peligroso tomar "lo que hay en el frasco" y que la ciencia ha comprobado que el producto realmente hace lo que afirma? Esta hoja informativa le dará algunas respuestas.

Preguntas y Respuestas

1. ¿Qué es un suplemento dietético?

La definición de "suplementos dietéticos" (llamados también "suplementos nutricionales", "suplementos alimenticios" o "suplementos") se estableció en una ley aprobada por el Congreso en 1994 (vea el recuadro siguiente). 1, 2

Los suplementos dietéticos

- Se consumen por vía oral.
- Contienen un "ingrediente alimenticio" destinado a complementar la alimentación. Algunos ejemplos de suplementos dietéticos son las vitaminas, los minerales, las *hierbas* (una sola hierba o una mezcla de varias), otros *productos botánicos*, *aminoácidos* y componentes de los alimentos como las *enzimas* y los extractos *glandulares*.
- Vienen en diferentes presentaciones, como pastillas, cápsulas, cápsulas suaves de gelatina, cápsulas de gelatina, líquidos y polvos.
- No se presentan como sustituto de un alimento convencional ni como componente único de una comida o de la dieta alimenticia.
- Se identifican como suplementos dietéticos en la etiqueta.

* Los términos subrayados se definen al final de esta hoja informativa.

2. Why do people take supplements?

People take supplements for many reasons. A scientific study on this topic was published in 2002.³ In it, over 2,500 Americans reported on supplements they used (given the categories of vitamins/minerals and herbal products/natural supplements) and for what reasons. Their responses are summarized in below.

3. Is using supplements considered conventional medicine or complementary and alternative medicine (CAM)?

Some uses of dietary supplements have become part of conventional medicine (see box below). For example, scientists have found that the vitamin folic acid prevents certain birth defects, and a regimen of vitamins and zinc can slow the progression of the eye disease age-related macular degeneration.

On the other hand, some supplements are considered to be complementary and alternative medicine (CAM)--either the supplement itself or one or more of its uses. An example of a CAM supplement would be an herbal formula that claims to relieve arthritis pain, but has not been proven to do so through scientific studies. An example of a CAM use of a supplement would be taking 1,000 milligrams of vitamin C per day to prevent or treat a cold, as the use of large amounts of vitamin C for these purposes has not been proven.

Conventional Medicine

Conventional medicine is medicine as practiced by holders of M.D. (medical doctor) or D.O. (doctor of osteopathy) degrees and by their allied health professionals, such as nurses, physical therapists, and dietitians. Other terms for conventional medicine include allopathy; Western, mainstream, orthodox, and regular medicine; and biomedicine.

Complementary and Alternative Medicine (CAM)

Health care practices and products that are not presently

Los suplementos dietéticos se venden en tiendas de comestibles, tiendas de productos dietéticos, en farmacias y en negocios de descuentos. También se venden por correo y en programas de ventas por televisión, a través de sitios Web o por ventas directas.

2. ¿Por qué la gente toma suplementos?

La gente toma suplementos por muchas razones. En 2002 se publicó un estudio científico sobre el tema.³ Como parte del estudio, 2,500 personas entrevistadas en los Estados Unidos señalaron que utilizaban suplementos dietéticos (en las categorías de vitaminas/minerales y hierbas medicinales/suplementos naturales) y dieron sus razones para hacerlo. Sus respuestas se resumen en el cuadro siguiente.

3. ¿Se considera que el uso de los suplementos es parte de la medicina convencional o de la medicina complementaria y alternativa?

Algunas aplicaciones de los suplementos dietéticos han sido asimiladas como parte de la medicina convencional (vea el recuadro de la abajo). Por ejemplo, los científicos descubrieron que el ácido fólico evita algunos defectos congénitos y que un régimen de vitaminas y zinc puede retardar el avance de la degeneración macular, una enfermedad de los ojos relacionada con la edad.

Por otro lado, hay suplementos que se consideran medicina complementaria y alternativa, ya sea el suplemento por sí mismo o uno o más de sus usos. Un ejemplo de un suplemento de medicina complementaria y alternativa sería una fórmula de hierbas que supuestamente alivia el dolor producido por la artritis, pero cuyo efecto no se ha comprobado con estudios científicos. Un buen ejemplo de un uso de medicina complementaria y alternativa de un suplemento sería tomar 1.000 miligramos de vitamina C diarios para prevenir o tratar un resfriado, aunque los beneficios de tomar grandes cantidades de vitamina C con este propósito no se han comprobado.

Supplements: Why Taken?*

Vitamins/Minerals	% of Responses	Herbals/Supplements	% of Responses
Health/good for you	35	Health/good for you	16
Dietary supplement	11	Arthritis	7
Vitamin/mineral supplement	8	Memory improvement	6
Prevent osteoporosis	6	Energy	5
Physician recommended	6	Immune booster	5
Prevent colds/influenza	3	Joint	4
Don't know/no reason specified	3	Supplement diet	4
Immune booster	2	Sleep aid	3
Recommended by friend/family/media	2	Prostate	3
Energy	2	Don't know/no reason specified	2
All others	22	All others	45

* Adapted from Kaufman DW, Kelly JP, Rosenberg L, et al. Recent patterns of medication use in the ambulatory adult population of the United States: the Slone survey. *Journal of the American Medical Association*. 2002;287(3):337-344. Copyright © 2002, American Medical Association. All rights reserved.

Suplementos: ¿por qué tomarlos?*

Vitaminas/Minerales	% de respuestas	Hierbas medicinales/Suplementos	% de respuestas
Bueno para la salud	35	Bueno para la salud	16
Suplemento dietético	11	Artritis	7
Vitamina/suplemento mineral	8	Mejora la memoria	6
Prevención de la osteoporosis	6	Energía	5
Recomendado por el médico	6	Refuerzo inmunitario	5
Prevención de resfriados/influenza	3	Articulaciones	4
No sabe/no especifica la razón	3	Complementa la alimentación	4
Refuerzo inmunitario	2	Ayuda a dormir mejor	3
Recomendado por amigo			
/familia/medio de comunicación	2	Próstata	3
Energía	2	No sabe/no especifica la razón	2
Otras razones	22	Otras razones	45

* Adaptado de Kaufman DW, Kelly JP, Rosenberg L, et al. Recent patterns of medication use in the ambulatory adult population of the United States: the Slone survey. *Journal of the American Medical Association*. 2002; 287(3):337-344. Copyright © 2002, American Medical Association. Todos los derechos reservados.

considered to be part of conventional medicine are called CAM. Complementary medicine is used together with conventional medicine. Alternative medicine is used in place of conventional medicine. There is scientific evidence for the effectiveness of some CAM treatments. But for most, there are key questions yet to be answered through well-designed scientific studies, such as whether they are safe and work for the diseases or conditions for which they are used. The National Center for Complementary and Alternative Medicine (NCCAM), part of the National Institutes of Health (NIH), is the Federal Government's lead agency for scientific research on CAM.

4. How can I get science-based information on a supplement?

There are several ways to get information on supplements that is based on the results of rigorous scientific testing, rather than on testimonials and other unscientific information.

- Ask your health care provider. Even if your provider does not happen to know about a particular supplement, he can access the latest medical guidance about its uses and risks.
- Dietitians and pharmacists also have helpful information.
- You can find out yourself whether there are any scientific research findings on the CAM supplement you are interested in. NCCAM and other Federal agencies have free publications, clearinghouses, and databases with this information (see "For More Information").

5. If I am interested in using a supplement as CAM, how can I do so most safely?

Here are some points to keep in mind:

- It is important to talk to your health care provider (or providers, if you have more than one) about the supplement. This is for your safety and a complete treatment plan. It is especially important to talk to your provider if you:
- Are thinking about replacing your regular medical care with one or more supplements.

Medicina convencional

Medicina convencional es la que practican quienes poseen el título de médico (Dr. en Medicina) o de osteópata (Dr. en Osteopatía) y los profesionales de salud afines, tales como personal de enfermería, fisioterapeutas y dietistas. Otros términos para designar la medicina convencional son alopatía, medicina occidental, ortodoxa, usual y biomedicina.

Medicina complementaria y alternativa (CAM, por sus siglas en inglés)

Los métodos y los productos de atención de salud que actualmente no se consideran parte de la medicina convencional se conocen como medicina complementaria y alternativa. La medicina complementaria se utiliza junto con la medicina convencional. La medicina alternativa se usa en lugar de la medicina convencional. Hay pruebas científicas de la eficacia de algunos de estos tratamientos. Pero, en la mayoría de los casos no se han efectuado estudios científicos diseñados para responder a preguntas fundamentales sobre su inocuidad y eficacia en las enfermedades o dolencias para las cuales se usan. El Centro Nacional de Medicina Complementaria y Alternativa (NCCAM, por sus siglas en inglés), que forma parte de los Institutos Nacionales de la Salud (NIH, por sus siglas en inglés), es el principal organismo del gobierno federal de los Estados Unidos que realiza investigaciones científicas sobre la medicina complementaria y alternativa.

4. ¿Cómo puedo obtener información científica acerca de los suplementos?

Hay varias maneras de obtener información basada en resultados de pruebas científicas rigurosas en vez de historias personales u otras fuentes que no son científicas.

- Consulte a los profesionales de la salud que lo atienden. Aunque no dispongan de información acerca de un suplemento en particular, podrán averiguar los consejos médicos más recientes sobre el uso y los riesgos del suplemento.
- Hable con los dietistas y los farmacéuticos, quienes también cuentan con información útil.

- Are taking any medications (whether prescription or over-the-counter). Some supplements have been found to interact with medications (see box).
- Have a chronic medical condition.
- Are planning to have surgery. Certain supplements may increase the risk of bleeding or affect anesthetics and painkillers.
- Are pregnant or nursing a baby.
- Are thinking about giving a child a supplement. Many products being marketed for children have not been tested for their safety and effectiveness in children.⁴
- Do not take a higher dose of a supplement than what is listed on the label, unless your health care provider advises you to do so.
- If you experience any side effects that concern you, stop taking the supplement, and contact your provider. You can also report your experience to the U.S. Food and Drug Administration's (FDA) MedWatch program, which tracks consumer safety reports on supplements (see "For More Information").
- If you are considering or using herbal supplements, there are some special safety issues to consider. See the NCCAM fact sheet "Herbal Supplements: Consider Safety, Too."
- For current information from the Federal Government on the safety of particular supplements, check the "Alerts and Advisories" section of the NCCAM Web site or the FDA Web site (see "For More Information").

Supplements and Drugs Can Interact

For examples:

- St. John's wort can increase the effects of prescription drugs used to treat depression. It can also interfere with drugs used to treat HIV infection, to treat cancer, for birth control, or to prevent the body from rejecting transplanted
- Ginseng can increase the stimulant effects of caffeine (as in coffee, tea, and cola). It can also lower blood sugar levels, creating the possibility of problems when used with diabetes drugs.
- Ginkgo, taken with anticoagulant or antiplatelet drugs, can increase the risk of bleeding. It is also possible that ginkgo might interact with certain psychiatric drugs and with certain drugs that affect blood sugar levels.

6. I see the word "natural" on a lot of supplement labels. Does "natural" always mean "safe"?

There are many supplements, as well as many prescription drugs, that come from natural sources and are both useful and safe. However, "natural" does not always mean "safe" or "without harmful effects." For example, consider mushrooms that grow in the wild--some are safe to eat, while others are poisonous.

The FDA issues warnings about supplements that pose risks to consumers, including those used for CAM therapies. A sample list is in the box below. The FDA found these products of concern because they:

- Could damage health – in some cases severely.
- Were contaminated – with other unlabeled herbs, pesti-

- Averigüe por su cuenta si hay resultados de estudios científicos sobre los suplementos que le interesan. El NCCAM y otras dependencias federales tienen publicaciones gratuitas, centros de información y bases de datos con este tipo de información (vea "Para obtener más información").

5. Si estoy interesado en usar un suplemento de medicina complementaria o alternativa, ¿cuál es la mejor forma de hacerlo sin correr riesgos?

Tenga en cuenta lo siguiente:

- Es importante hablar con el profesional (o profesionales) de salud que lo atiende acerca del suplemento. Hágalo por su seguridad y para establecer un plan integral de tratamiento. Es particularmente importante consultar al profesional médico si:
- Piensa reemplazar su tratamiento médico regular con uno o más suplementos.
- Está tomando algún medicamento (con o sin receta). Se sabe que algunos suplementos interactúan con los medicamentos (vea el recuadro más abajo).
- Tiene una enfermedad o trastorno crónico.
- Está por operarse. Algunos suplementos aumentan los riesgos de hemorragia o interfieren con las anestias y los analgésicos.
- Está embarazada o amamantando.
- Está pensando en darle un suplemento a un niño. Muchos productos que se comercializan como adecuados para uso pediátrico no se han sometido a prueba para determinar la inocuidad y la eficacia en niños.⁴
- No tome una dosis mayor que la indicada en la etiqueta del suplemento a menos que un profesional de la salud se lo recomiende.
- Si siente algún efecto secundario que le preocupa, deje de tomar el suplemento y comuníquese con la clínica o el médico. También puede dar a conocer su experiencia al Programa MedWatch, un programa de la Administración de Alimentos y Medicamentos (FDA, por sus siglas en inglés) que investiga la información sobre suplementos dietéticos que suministran los consumidores (vea "Para obtener más información").
- Si está considerando utilizar suplementos de hierbas, hay algunas precauciones que debe tener en cuenta. Vea la hoja informativa "Herbal Supplements: Consider Safety, Too" (en inglés) publicada por el NCCAM.
- Si quiere conocer la información preparada por el gobierno federal sobre la inocuidad de algunos suplementos en particular, consulte la sección Alerts and Advisories (en inglés) en los sitios Web del NCCAM y de la FDA (vea "Para obtener más información").

Interacción de los suplementos y los medicamentos Por ejemplo5:

- La hierba de San Juan puede aumentar el efecto de los medicamentos indicados para tratar la depresión. Puede también interferir con los medicamentos utilizados para tratar la infección por el VIH y el cáncer, con los que se

cides, heavy metals, or prescription drugs.

- Interacted dangerously with prescription drugs.

Examples of Supplements

That Have Carried FDA Cautions About Safety^{6,7}

- Ephedra
- GHB (gamma hydroxybutyric acid), GBL (gamma butyrolactone), and BD (1,4-butanediol)
- Kava
- Some "dieter's teas"
- L-tryptophan
- Certain products, marketed for sexual enhancement and claimed to be "natural" versions of the drug Viagra,[®] which were found to contain an unlabeled drug (sildenafil or tadalafil).
- PC SPES and SPES
- Aristolochic acid
- Comfrey
- St. John's wort

7. Does the Federal Government regulate supplements?

Yes, the Federal Government regulates supplements through the FDA. Currently, the FDA regulates supplements as foods rather than drugs. In general, the laws about putting foods (including supplements) on the market and keeping them on the market are less strict than the laws for drugs.

- Research studies in people to prove a supplement's safety are not required before the supplement is marketed, unlike for drugs.
- The manufacturer does not have to prove that the supplement is effective, unlike for drugs. The manufacturer can say that the product addresses a nutrient deficiency, supports health, or reduces the risk of developing a health problem, if that is true. If the manufacturer does make a claim, it must be followed by the statement "This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."
- The manufacturer does not have to prove supplement quality. Specifically:
 - The FDA does not analyze the content of dietary supplements.
 - At this time, supplement manufacturers must meet the requirements of the FDA's Good Manufacturing Practices (GMPs) for foods. GMPs describe conditions under which products must be prepared, packed, and stored. Food GMPs do not always cover all issues of supplement quality. Some manufacturers voluntarily follow the FDA's GMPs for drugs, which are stricter.
 - Some manufacturers use the term "standardized" to describe efforts to make their products consistent. However, U.S. law does not define standardization. Therefore, the use of this term (or similar terms such as "verified" or "certified") does not guarantee product quality or consistency.
 - If the FDA finds a supplement to be unsafe once it is on the market, only then can it take action against the manufacturer and/or distributor, such as by issuing a warning or requiring the product to be removed from the marketplace.

utilizan para el control de la natalidad y con los que evitan que el cuerpo rechace los órganos transplantados.

- El ginseng puede aumentar los efectos estimulantes de la cafeína (al igual que lo hacen el té, las bebidas gaseosas y el café). También puede disminuir los niveles de azúcar en la sangre, con lo cual aumenta la posibilidad de problemas cuando se toman medicamentos para la diabetes.
- El ginkgo, cuando se toma con medicamentos anticoagulantes o antiagregantes plaquetarios, puede aumentar el riesgo de hemorragia. También es posible que el ginkgo interactúe con ciertos medicamentos de uso psiquiátrico y con algunos medicamentos que influyen en los niveles de azúcar en la sangre.

6. He visto la palabra "natural" en muchas etiquetas de suplementos. ¿"Natural" siempre significa lo mismo que "inocuo"?

Hay muchos suplementos, así como medicamentos con receta, que provienen de fuentes naturales y son útiles y no causan daño. Sin embargo, "natural" no siempre significa "inocuo" o "sin efectos dañinos". Por ejemplo, en el caso de los hongos silvestres, si bien son naturales, algunos se pueden comer sin problema y otros son venenosos.

La FDA publica advertencias sobre los suplementos que presentan riesgos para los consumidores, entre otros, los utilizados por las terapias de medicina complementaria o alternativa. En el siguiente recuadro se da una lista de ejemplos. La FDA expresó preocupación acerca de estos productos porque:

- Podían dañar la salud, y en algunos casos gravemente.
- Estaban contaminados con otras hierbas, pesticidas, metales pesados o medicamentos con receta médica no mencionados en la etiqueta.
- Interactuaban peligrosamente con ciertos medicamentos recetados.

Algunos suplementos con advertencias de la FDA^{6,7}

- Efedra
- Ácido gammahidroxibutírico (GHB), gamma butirrolactona (GLB), y 1,4-butanediol (BD)
- Kava
- Algunas "infusiones para hacer dieta"
- L-triptófano
- Algunos productos en venta para el mejoramiento sexual que afirmaban ser la versión "natural" del medicamento Viagra[®], que contenían un medicamento (sildenafil o tadalafil) que no se mencionaba en la etiqueta
- PC SPES y SPES
- Ácido aristolóquico
- Consuelda
- Hierba de San Juan

7. ¿Reglamenta el gobierno federal los suplementos?

Sí, el gobierno federal reglamenta los suplementos por

In March 2003, the FDA published new proposed guidelines for supplements that would require manufacturers to avoid contaminating their products with other herbs, pesticides, heavy metals, or prescription drugs. The guidelines would also require supplement labels to be accurate. These new guidelines could take effect as early as 2004.

The Federal Government also regulates supplement advertising, through the Federal Trade Commission. It requires that all information about supplements be truthful and not mislead consumers.

What's in the Bottle Does Not Always Match What's on the Label

A supplement might:

- Not contain the correct ingredient (plant species). For example, one study that analyzed 59 preparations of echinacea found that about half did not contain the species listed on the label.⁸
- Contain higher or lower amounts of the active ingredient. For example, an NCCAM-funded study of ginseng products found that most contained less than half the amount of ginseng listed on their labels.⁹
- Be contaminated (as discussed in Question 6).

8. Is NCCAM supporting research on supplements?

Yes, NCCAM is funding most of the nation's current research aimed at increasing scientific knowledge about supplements--including whether they work; if so, how they work; and how purer and more standardized products could be developed. Among the substances that researchers are studying are:

- Yeast-fermented rice, to see if it can lower cholesterol levels in the blood
- Soy, to see if it slows the growth of tumors
- Ginger and turmeric, to see if they can reduce inflammation associated with arthritis and asthma
- Chromium, to better understand its biological effects and impact upon insulin in the body, possibly offering new pathways to treating type 2 diabetes
- Green tea, to find out if it can prevent heart disease

NCCAM is also sponsoring or cosponsoring clinical trials on supplements, including:

- Glucosamine hydrochloride and chondroitin sulfate, to find out if they relieve knee pain from osteoarthritis
- Black cohosh, to see if it reduces hot flashes and other symptoms of menopause
- Echinacea, to see if it shortens the length or lessens the severity of colds in children
- Garlic, to find out if it can lower moderately high cholesterol levels
- Ginkgo biloba, to determine whether it prevents or delays decline in cognitive (thinking) function in people aged 85 or older
- Ginger, to confirm whether it eases nausea and vomiting after cancer chemotherapy. ■

For References and Definitions please link to <http://nccam.nih.gov/health/bottle>

medio de la FDA. En la actualidad, lo hace de acuerdo con las normas para alimentos y no para medicamentos. Por lo general, las leyes para comercializar los alimentos (y los suplementos) y mantenerlos en el mercado son menos estrictas que las leyes para los medicamentos. Específicamente:

- A diferencia de los medicamentos, para vender los suplementos no es necesario efectuar estudios previos para demostrar que son inocuos para las personas.
- Contrariamente al caso de los medicamentos, el fabricante no tiene que probar que el suplemento es eficaz. El fabricante puede decir que el producto ayuda a tratar una deficiencia nutricional, beneficia la salud o reduce el riesgo de que surja cierto problema de salud, si éste fuera el caso. Si el fabricante menciona alguna propiedad del medicamento, ésta debe ir acompañada de la frase: "Esta declaración no ha sido evaluada por la Administración de Alimentos y Medicamentos (FDA). Este producto no es para diagnosticar, tratar, curar o prevenir ninguna enfermedad".
- El fabricante no tiene que dar pruebas de la calidad del suplemento. Específicamente:
 - La FDA no analiza la composición de los suplementos dietéticos.
 - Actualmente los fabricantes de suplementos deben cumplir con los requisitos de la FDA conocidos como buenas prácticas de manufactura (BPM) para alimentos. Las BPM describen las condiciones bajo las cuales se deben preparar, envasar y almacenar los productos. Las BPM para los alimentos no abarcan todos los aspectos de la calidad de los suplementos. Algunos fabricantes de suplementos siguen voluntariamente las normas de BPM de medicamentos emitidas por la FDA, que suelen ser más estrictas que las de los alimentos.
 - Algunos fabricantes usan el término "estandarizado" al describir las prácticas para dar uniformidad al producto. Sin embargo, las leyes de los Estados Unidos no definen la estandarización. Por lo tanto, el uso de ese término (y otros similares como "verificado" o "certificado") no garantiza la calidad ni que el producto sea siempre igual.
 - Si la FDA descubre que un suplemento no es inocuo después de que se lo haya introducido en el mercado, sólo entonces podrá tomar medidas contra el fabricante y/o el distribuidor. Las medidas consisten en emitir advertencias u ordenar que se retire el producto del mercado.

En marzo de 2003, la FDA publicó una propuesta con las nuevas normas para los suplementos que exigen a los fabricantes que eviten la contaminación de sus productos con otras hierbas, pesticidas, metales pesados o medicamentos que se venden con receta médica. Estas normas también exigirán que las etiquetas de los suplementos sean precisas. Se espera que estas nuevas normas estén vigentes en 2004.

El gobierno federal también reglamenta la publicidad de los suplementos por medio de la Comisión Federal de Comercio (FTC, por sus siglas en inglés), la cual exige que

toda la información sobre los suplementos sea verdadera y no engañe al consumidor.

El contenido del frasco no siempre coincide con la etiqueta

Es posible que un suplemento:

- No contenga el ingrediente correcto (especie de planta). Por ejemplo, un estudio que analizó 59 preparados de equinácea determinó que alrededor de la mitad no contenía la especie indicada en la etiqueta.⁸
- Contenga cantidades mayores o insuficientes del ingrediente activo. Por ejemplo, un estudio financiado por el NCCAM sobre productos de ginseng comprobó que la mayoría contenía menos de la mitad de la cantidad estipulada en la etiqueta.⁹
- Esté contaminado (según se comentó en la pregunta 6).

8. Está el NCCAM apoyando la investigación sobre los suplementos?

Sí, el NCCAM financia la mayor parte de la investigación actual destinada a aumentar el conocimiento científico sobre los suplementos. Los estudios de investigación abarcan, entre otros aspectos, la eficacia y funcionamiento de los suplementos, y la forma de elaborar productos más puros y estandarizados. Entre las sustancias que los investigadores están estudiando se encuentran:

- Arroz fermentado por levadura, para saber si puede bajar los niveles de colesterol en la sangre.
- Soya, para verificar si retarda el crecimiento de tumores.
- Jengibre y cúrcuma, para determinar si pueden reducir la inflamación asociada con la artritis y el asma.
- Cromo, para entender mejor sus efectos biológicos e impacto en la insulina del cuerpo, lo que podría ofrecer nuevas alternativas para el tratamiento de la diabetes tipo 2.
- Té verde, para saber si puede prevenir las enfermedades del corazón.

El NCCAM también patrocina estudios clínicos sobre los suplementos, entre ellos:

- Hidrocloruro de glucosamina y sulfato de condroitina, para comprobar si alivian el dolor de la rodilla ocasionado por la osteoartritis.
- Címicifuga, para saber si reduce los sofocos y otros síntomas de la menopausia.
- Equinácea, para ver si disminuye la duración y la gravedad de los resfriados en niños.
- Ajo, para saber si puede bajar moderadamente los niveles altos de colesterol.
- Ginkgo biloba, para determinar si evita o retrasa la disminución de la función cognitiva (pensamiento) en personas de 85 o más años.
- Jengibre, para confirmar si alivia los vómitos y las náuseas después de la quimioterapia para el cáncer. ■

For References and Definitions please link to <http://nccam.nih.gov/health/bottle/>

PRESS RELEASE

November 12, 2004

Embora, the first exclusive health & fitness studio in Clinton Hills host A Tour of Wellness

Brooklyn – NY – On Saturday, December 4th, 2004 Emory M. Moore Jr., the Artistic Director at the Embora Wellness and Movement Studio) will host a free first of its kind wellness tour. Embora, located at 900 Fulton Street will open its doors to several communities in Brooklyn including Clinton Hills, Bedford Stuyvesant and Fort Greene to educate participants in the newest category in the health club industry: Integrative – Movement Conditioning.

Integrative – Movement Conditioning combines the principles of popular and established systems such as Yoga, Gymnastics, Pilates, Martial Arts, Dance and Rock climbing to produce an enjoyable yet higher level of exercise. In addition the tour will offer guidance to healing, regenerative and nutritional aspects of wellness.

Embora Wellness Movement Studio boast of a beautifully renovated 2500sq ft. studio accented with beautiful wood, spacious windows and sprung wood floors where clients train in a safe, serene environment. They won't find themselves struggling to hold a Yoga posture while pounding beats from a next door aerobics class or grunting from barbell – dropping body builders assault their concentration and meditative breathing.

A Tour Of Wellness continued

Embora has on staff a myriad of skilled professionals offering personal fitness training, massage therapy, acupuncture, nutrition and a comprehensive array of dance classes including Sabar Dance, accompanied by the royal sabar drums of Senegal and taught by renown Artistic Director Marie Basse Wiles of the Maimouna Keita School of African Dance. Kuti, Contemporary, Hip Hop dance and Children's African dance are also offered.

The highly talented and expert team of practitioners do not only service clients, they regularly take continuing education classes at EWMS with the masters in their fields to ensure quality and refinement. You will also find them out in the community; Embora will sponsor a free seminar on Acupuncture and Chinese herbs featuring Dannette Bean and the benefits of Personal Training featuring Delilah Mulrairie at the Park Slope food co – op.

Unique from the contemporary proverbial fitness club mold, Embora's staff has the ability to help people with chronic pain, structural imbalances and weight management with customized training and wholistic health care like Chinese Medicine. Three tranquil rooms welcome you into the healing hands of therapist specializing Swedish, Deep tissue, Shiatsu and Stone massage. Dedicated practitioners with years of experience will leave you feeling brand new. We live what we teach!

Chinese medicine, Acupuncture and Nutritional counseling are some of Embora's specialty treatments that allow most busy Brooklyn residents ease from shuttling across town into Manhattan. They are afforded the highest caliber of services coupled with the great joy of convenience.

The time conscious executive can enjoy customized personal training sessions. Personal training packages include

- Weight and stress management
- Functional strength training and alignment
- Flexibility and relaxation
- Martial Arts and Dance conditioning

In addition Embora offers group fitness and movement classes for the community adding a social and networking environment for business colleagues, church parishioners, students and family.

Saturday December 4th from 9am to 9pm is sure to be an enjoyable open house with Emory and the Embora staff who are excited to introduce the community of Brooklyn to Embora: Movement & Wellness studio and a complete training philosophy resulting in total mind and body fitness.

For more information contact Emory M. Moore Jr. at info@embora.com

HOUSE CALLS



by Patrick Fratellone, MD



Dr. Fratellone is the Executive Medical Director of the Fratellone Group for Integrative Cardiology and Medicine. He is an attending cardiologist at St. Lukes-Roosevelt Hospitals. Previously he was the Chief of Medicine and Director of Cardiology for the Atkins Center in New York City with Robert Atkins, MD.

Question *How does eating sugary foods and being overweight impact the risk for heart disease?* Sandra - Bronx, New York

Answer The ingestion of “sugary foods,” also known as the bad carbohydrates, increases your risk for developing diabetes. I consider diabetes in any one of its stages to be the sister disease to heart disease. Diabetes is a risk factor for cardiovascular disease. We tend to think of persons with diabetes as either on insulin or not. I would prefer to classify diabetic into four stages based on the results of a 5-hour glucose tolerance test with fasting 1-hour and 2-hour insulin levels. Those patients with a decrease in blood sugar levels 3 to 4 hours after ingesting the glucose (sugar) drink are designated as having unstable blood sugar. This term has been loosely described as hypoglycemia. This is Stage 1.

For patients who in addition to the above also exhibit high insulin levels at the 1-hour and 2-hour marks after ingesting the glucose drink are termed insulin resistant. This is Stage 2. This stage is important because without starting a lifestyle dietary change and the use of certain supplements you may develop diabetes in either Stage 3 without insulin (called diabetes Type II) or stage 4 with insulin (called diabetes Type I). Type II is more common and is characterized by elevated blood sugars owing to the body's inability to use insulin correctly (insulin resistance).

More than 50% of Americans have some characteristic of one of these types. Nutritional therapy can keep the blood sugar within normal ranges by helping the body to metabolize sugar more efficiently. Some of the minerals most important in maintaining balanced sugar levels include chromium, vanadium, and manganese. Alpha lipoic acid is also used to maintain well-balanced sugar levels.

There are three herbs that I use extensively for maintaining a sugar balance: fenugreek, rosemary, and gymnema. In addition to gymnema's use in treating diabetes, it also has been used to treat malaria and even can aid as a laxative.

Question *My 12-year-old son is 52 pounds overweight, and recent blood tests showed that he had high triglyceride levels. What does this mean, and how can I lower his triglycerides?* Helen - Manhattan

Answer Obesity and Diabetes are two epidemics this coun-

try now faces. With more than 50% of overweight Americans, it was only a matter of time before the epidemic trickled over into the pediatric population. Childhood obesity is a major health concern. I am concerned that your child has a high triglyceride level. A careful family history should be taken to see if any member of the family also has a problem with triglycerides. Has diabetes ever been discussed? I would recommend a 5-hour glucose tolerance test with insulin levels for your son. High triglyceride levels are the most common in metabolic syndromes, such as diabetes, which is now recognized as an independent risk factor for coronary artery disease.

A major goal for children and adolescents is in the maintenance of normal growth and development. A complete nutritional assessment for your child, including food history, biochemical interactions, assessment of family concerns, and social issues, should be done. It has been shown that the best way to lower triglycerides is by decreasing the intake of refined carbohydrates, and to start an exercise regimen. I do realize that meal planning for a child is difficult especially when school lunch programs are so high in refined carbohydrates. The fact that he is overweight would also be a good indication that he consumes high amounts of sugars and refined carbohydrates.

The first thing to do is change his diet. This is more challenging to do with children because they don't yet understand the concept of illness. Because of this, there is no great motivation to eat healthfully, because at their age, health is taken for granted. I would start out by removing all junk food from the home. This would include candy, soda, chips, cookies, and ice cream. Simply never keep it in the home to lessen temptation.

Switch from white bread to a hearty seven-grain or sprouted bread. Give your child a healthy breakfast that includes a couple of eggs for protein and a piece of good toast. Send your child off to school with a banana and some nuts for a snack. Offer nutritious dinners that include lean protein like fish or chicken. To get your child to eat vegetables, combine a package of broccoli and cheese with a package of plain broccoli; in this way, you dilute the amount of cheese, yet provide a sufficient amount to enhance flavor.

Other suggestions would be to:

change from drinking whole milk to 1%.

dilute fruit juices with water.

encourage exercise.


participate in yoga for children.

participate in school sports.

encourage walking.

enroll your child in karate or tae kwon do. These would be a good source of exercise, and exercise has shown to lower triglycerides. n

To have your questions answered please write to "Your Healthy Heart Column" c/o Rick Byrd 24 West 57th Street Suite 701 NYC, NY 10019 or email: rbyrd@thefratellonegroup.com.



SOMETIMES, 1% CAN MAKE ALL THE DIFFERENCE IN THE WORLD.

Harrison Ford - longtime
Conservation International
Board Member

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