

JANUARY / FEBRUARY, 1991

[The NCAHF Bulletin Board is sent to members only. It is intended to stimulate and aid in activism against health fraud, misinformation and quackery at the local, state and national levels.]

NCAHF ANNUAL MEETING

The 1991 NCAHF Annual General Membership Meeting will be held on Sunday, March 17 at the Seapoint Hotel in San Diego, California at 9:00 AM. A board of directors meeting will follow immediately. For information on accommodations contact Harold Loeffler, 8234 Caminito Maritimo, La Jolla, CA 93037; tel: 619/453-3722.

NOMINATIONS FOR NCAHF OFFICERS & BOARD

A major item of business at NCAHF's March 17 meeting will be the selection of a nominating committee to select the ballot of 1991-2 officers and board members. Nominations may be submitted by mail.

Financial policy: Officers and board members receive no compensation for their services. One primary meeting of the entire board is scheduled on the same day as the Annual General Membership Meeting. Two to three additional board workshops are scheduled on an ad libitum basis. Elected board members are reimbursed up for travel and lodging expenses if they must travel more than 200 miles one-way up to \$300 beyond an initial expenditure of \$25 for any two meetings they wish to attend. Ex Officio board members are not reimbursed unless special arrangements are made. Lunch is provided. Send nominations to: NCAHF Nominating Committee, P.O. Box 1276, Loma Linda, CA 92354.

NATIONAL COUNCIL FOR IMPROVED HEALTH

NCIH abounds with familiar names from the chelation therapy, laetrile and energy medicine promoters (eg, Farr, Bradford, Culbert). None other than that glib spokesman for anti-consumer protectionism, Clinton Miller (and wife Bonnie) are paid lobbyists for NCIH. Using the slogan "Save our human race; save planet Earth." NCIH mouths "medical freedom of choice" platitudes, but seems to be attempting to capitalize on a new pseudoecology theme for the 1990's.

WORKSHOP ON ADVERSE REACTIONS TO FOODS & FOOD ADDITIVES

A report on the Workshop on Experimental Methodology for Clinical Studies of Adverse Reactions to Foods and Food Additives sponsored by the American Academy of Allergy and Immunology and the International Lifes Sciences Institute of the Nutrition Foundation (held 11/19-20/1988) was published as a supplement to the *Journal of Allergy & Clinical Immunology* (Vol.86, #3, Part 2; pp.421-442) September, 1990.

REVIEW OF APPLIED KINESIOLOGY PAPERS

A review of the type and scientific quality of 50 papers published between 1981-87 by the International College of Applied Kinesiology, 20 of which were classified as research papers, found that none included adequate statistical analysis. For this reason, reviewers stated that no valid conclusions could be drawn on reports of findings (*J Manipulative & Physiologic Therapeutics*, 13:(4):190-194, 1990). *JMPT* is a chiropractic journal of acceptable quality. Reviewers are Australians Bonita Klinkoski, BApp.Sc(Chiro) (a degree we are not familiar with) and Charlotte Leboeuf, DC who do a good job of describing the necessity of sound research design and how the papers they reviewed fared in meeting these. This report will be of interest to anyone who follows the practice of Applied Kinesiology. *A-K is the muscle-testing procedure used as a diagnostic test by many pseudomedical practitioners.)

CO-ENZYME Q10 REVIEW

Co-Enzyme Q10 (ubiquinone) has been a heavily promoted item in health food stores for several years. CoQ10 functions in a manner similar to many vitamins, but is not a vitamin because it is produced within the body. The question seems to be whether or not enough CoQ10 is produced to always meet the body's needs. CoQ10 may have value in preventing cellular damage during myocardial ischemia (oxygen deprivation to the heart muscle). A review of research into the possible usefulness of this interesting substance appeared in *J Clin Pharmacol* (30:596-608, 1990). Reprints are available from W.H. Frishman, MD, 1825 Eastchester Rd., Bronx, NY 10461.

CANADIAN REPORT ON AMINO ACIDS

In June, 1987, an Expert Advisory Committee was formed by the Health Protection Branch of the Dept. of Health & Welfare Canada to review available information and provide advice on various amino acids now being seen in the health marketplace as supplements and food additives. A report ensued dated December, 1989, was published in August, 1990. Some revision was necessitated by the L-tryptophan problem which occurred in the interim. NCAHF has been given permission to copy the report and will provide a 57-page photocopy of the complete report in English or French for \$10 postpaid (US funds); or a 32-page photocopy of only the text of the summary reports (no tables, biographical information on authors or bibliographies) for \$7.50.

DR. ATKINS DEFENDS HIS BRAND OF MEDICINE

Robert C. Atkins, MD, author of more than one dubious health care book states: "My colleagues and I have transcended the limits of consensus medicine; we are not quacks. We consider ourselves the respected opposition to mainstream medicine." (*Physician's Management*, June, 1990). Atkins uses more twists and turns than an epileptic snake in his defense of quackery. Employing obvious double-talk, Atkins claims to be against both quackery and antiquackery. He misrepresents the true nature of quackery by saying that he considers "practicing unproven medicine" to be an "improper definition of quackery" (so does NCAHF--quackery is the *promotion of false and unproven methods*, not their mere use. Using the "libel by label" ploy he claims that antiquackery foes use the tactics of Joseph McCarthy by labeling "everybody who is innovative" as a quack. He then switches horses by calling what he advocates "complementary medicine." This is a concept that some find less objectionable because unlike "alternative medicine" patients are not strongly advised to abandon regular health care (NCAHF has seen this a convenience for taking credit for the good things that transpire while blaming every bad outcome on regular care). Employing a contradiction of terms he claims that tumor markers he measures "have improved significantly" but that he hasn't "proven anything." This article would be a good one to give to students for their analysis of the thinking patterns of a maverick doctor.

REBUTTAL OF ROBBINS' DIET FOR A NEW AMERICA

Among the radical pseudoecology-nutrition books is a tome by John Robbins (of Baskin-Robbins ice cream heritage). Robbins heads the vegetarian Earth Save organization. Robbins covers a wide sweep in his indictment of animal husbandry (ie, soil erosion, deforestation, water and waste, resource efficiency, fossil fuel energy versus labor, government subsidies, animal care & welfare, food safety, diet heart disease & colon cancer, chronic diseases [osteoporosis, anemia, obesity, & others]). He includes common nutrition misinformation and esoteric data that only real experts can refute. Public television, which seems to have an appetite for radical environmentalism, will be airing Robbins' book and making videos available to the public. Radical vegetarian MDs (eg, McDougall) are presented as experts supporting Robbins' theories. Although NCAHF is not against rational vegetarianism (which radicalism undermines), it opposes unfounded attacks upon the agricultural, food, and health sciences that undermine the scientific and technical foundations of public health. NCAHF recommends that individuals involved in combating nutrition misinformation become informed on these complex topics. *Current Issues in Food Production: A Perspective on Beef As A Component in Diets for Americans--A scientific response to John Robbins' "Diet For A New America"* is a comprehensive response written by a cadre of qualified agricultural, food and health scientists (edited by H. Russell Cross and Floyd M. Byers of Texas A&M University). A 43-page *Exerpts From:* is available from the National Cattlemen's Association (5420 South Quebec St., Englewood, CO 80155; tel: 303/694-0305). Although supported by a trade group the publication is balanced and credible; surely more so than the overzealous book that prompted it.

OLD & NEW CARICATURES NOW AVAILABLE ON QUACKBUSTER BUTTONS

In addition to the *SNAKE OIL SALESMAN* caricature on NCAHF Quackbuster buttons, the original *Quack Doctor*, and new *Mental Health Quack* and *Weight Loss Quack* caricatures are now available. Buttons are four-color and are shown in actual size. Price: \$1.50 each + .50 postage & handling (Calif. & Missouri residents add sales tax). Quantity prices are unchanged. Posters and T-shirts still available (all sizes and colors except for *large* in blue). Order from either Loma Linda or the NCAHF Resource Center, Kansas City.



MENTAL HEALTH QUACK



WEIGHT-LOSS QUACK



QUACK DOCTOR

Please send items of possible interest to NCAHF members to: *The Bulletin Board* or readers of the *NCAHF Newsletter* to: P.O. Box 1276, Loma Linda, CA 92354, FAX 714-824-4577. Include complete references so we may cite.