

THE NCAHF BULLETIN BOARD

NOVEMBER / DECEMBER, 1995

The NCAHF Bulletin Board is sent to NCAHF members and complimentary media *NCAHF Newsletter* recipients only. It is intended to stimulate and aid in activism against health fraud, misinformation and quackery at the local, state & national levels.

ANNUAL MEETING

The Annual General Membership Meeting will be held at 9 am on March 24, 1996 at the Holiday Inn, Bayside, San Diego. The Spring meeting of the Board of Directors will follow. Members with up-to-date membership cards are invited to attend.

SB COUNTY TASK FORCE MEETING

The San Bernardino County Public Health Department's Nutrition Quackery Prevention Task Force will celebrate its 10th Anniversary and its annual dinner meeting on Thursday, February 29, 1996. Ellen Coleman, MPH, MA, RD, sports nutritionist, author, and tri-athlete will speak on "Sports nutrition, fact, fiction, and fantasy." The meeting will be held at the San Bernardino County Medical Society building. For more information, contact Paula Benedict at 351 North Mt. View Ave, San Bernardino, CA 92415-0010; 909-387-6320.

CSICOP CONFERENCE

June 21-3, 1996, the Committee of the Scientific Investigation of Claims of the Paranormal (CSICOP*) will celebrate its 25th year with a conference at the State University of New York at Buffalo, or thereabouts. Plans and schedules are not finalized at this time, but it is being announced at this time to enable people to begin planning. NCAHF's Stephen Barrett, MD and William Jarvis, PhD have co-chaired the CSICOP Health Claims Subcommittee since its establishment in 1980. Dr. Jarvis is scheduled to speak on June 21. Watch for more information in future issues of the *NCAHF Bulletin Board*.

**Psychic*, which refers to paranormal powers, is often abbreviated "psi" (pronounced "sigh"); CSICOP is pronounced "sigh-cop" denoting its mission to watchdog psychic claims.

Please send items of possible interest to NCAHF members for *The Bulletin Board*, or for readers of the *NCAHF Newsletter* to NCAHF, P.O. Box 1276, Loma Linda, CA 92354; Fax 909-824-4838. Provide clear (not Fax) copies suitable for photocopying, and complete references for citation purposes.

LETTERS ON KURT DONSBACH REQUESTED

Kurt Donsbach continues to be one of the world's most notorious promoters of quackery. He continues to defraud sick people by claiming to cure cancer, candidiasis (yeast infection), chronic fatigue syndrome, arthritis, multiple sclerosis, Parkinson's disease, and others. He misrepresents himself as a "doctor." His diplomas are specious, forged, and/or purchased from diploma mills. He has been convicted of practicing medicine without a license, misbranding drugs, manufacturing drugs without a license, false advertising, and other illegal activities. The federal government has been investigating Donsbach for years for his illegal medical practices, drug manufacturing, drug sales, money laundering, and insurance fraud. The problem is that these are white collar crimes with low priority. The San Diego Mexican Consulate has a new Consul General. His previous position as Director of the Foreign Ministry Department of Narcotics, Immigration and Human Rights, puts him in the position of knowing people in the Mexican government who should be investigating Donsbach's activities in Mexico. NCAHF members who know of Donsbach's sordid history may wish to write the new Consul General requesting that he use his influence to instigate a full investigation of Donsbach's activities in Mexico. It is important for Mexico government officials to know that public confidence in the integrity of their government is essential to American investment, willingness to do business with Mexico companies, and tourism. Mexico should not be seen as a place where health outlaws can enjoy immunity from prosecution as they exploit desperate people who have been lured there by the siren call of quackery. Write to; Sr. Luis Herrera-Lasso Mijares, Consul General of Mexico, 1549 Indiana St, San Diego, CA 92101.

HOMEOPATHY POINT/COUNTERPOINT

NCAHF's Wallace Sampson, MD and Homeopath Jennifer Jacobs, MD, MPH, present opposing views on homeopathy in the September issue of *Alternative Therapies* [1995;1(4):48-53].

----- YEAR-END CONTRIBUTION

Enclosed is a tax-deductible contribution to NCAHF of \$ _____. Date _____

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Seasons Greetings

US CONSUMER PRODUCT SAFETY COMMISSION (CPSC)

The CPSC is suspending publication of *Safety News* because of Congressionally mandated budget cuts. News releases are available on the INTERNET e-mail. To subscribe, send an e-mail message to: listproc@cpsc.gov. In the body of the e-mail message enter: sub CPSCINFO-L YourFirstName YourLastName. CPSC news releases are also available through FAX-ONDEMAND. Call 301-504-0051 from the handset of you FAX machine and enter the release number. Consumers may also call CPSC's toll-free Hotline at 800-638-2772 to listen to prerecorded information on product recalls and product safety.

MSG JUDGED SAFE FOR MOST, A PROBLEM FOR SOME

The misinformation surrounding monosodium glutamate has become so widespread that concepts such as "Chinese Restaurant Syndrome" and "MSG Symptom Complex" are part of modern urban medical folklore. A panel of experts convened by the Federation of American Societies for Experimental Biology (FASEB) under contract with FDA found no evidence linking MSG to any serious, long-term medical problems in the general population. The FASEB panel did state that evidence suggests that certain people may develop short-term reactions when they consume large doses (approximately 3+ grams per meal) of MSG or related "free glutamates." An even smaller number with severe asthma may experience bronchospasm up to 12 hours after being exposed to MSG. FDA plans to propose that foods containing significant amounts of MSG declare glutamate on the label. [*FDA Consumer*, Nov. 1995]

TEN FOODS YOU SHOULD NEVER EAT?

The Center for Science in the Public Interest (CSPI) has been in the news lately condemning the new no-calorie fat substitute olestra. Are CSPI's warnings credible, or is this just another Chicken Little tactic to create the illusion that "CSPI is looking out for the public so send in your money"? Occasionally, CSPI does something worthwhile, but too often its strident messages are just another source of misinformation for the public. For instance, CSPI has been sending out a promotional flyer for *Nutrition Action* for years that banners "10 Foods You Should Never Eat." *NEVER* really sounds serious. Upon reviewing CSPI's list it became clear that this was nutrition nonsense that reinforces the widely-held misconception of "good foods/bad foods." A study done by the American Dietetic Association, Good Housekeeping Institute, and Kraft-General Foods (reported in *Good Housekeeping* in November, 1991) found that this was

America's #1 nutrition misconception (held by 77% of the public). One would expect a consumer group dedicated to nutrition education to correct, not capitalize upon, nutrition misconceptions. Although CSPI might justifiably list the 10 foods it so thoroughly condemns among those to be eaten only occasionally, it makes no sense to say that they should never be eaten. A small group of us decided to list 10 foods that really should NEVER be eaten. Here's our list. We welcome additional suggestions from readers.

10 Foods you should really never eat (risks noted in parenthesis):

1. Raw milk, including Certified Raw Milk (*Salmonella dublin*).
2. Raw hamburger (*E. coli*)
3. Raw road-kill (you never know how long it has laid there).
4. Raw shellfish (hepatitis)
5. Organically-grown lettuce (*Listeria* from sheep manure)
6. Polar bear liver (vitamin A poisoning)
7. Live goldfish (its cruel)
8. Food from a swollen can (botulism)
9. Home processed sausage (botulism if prepared without nitrites); pork (trichinosis if not properly cooked)
10. Poorly identified wild mushrooms (mycotoxin).

Additional candidates for the "never-eat" list:

Moldy peanuts, or rice (aflatoxin B); moldy rye (ergotism).

For Your Information

- Certified Raw Milk has been promoted as a "health food" for years. It took a successful lawsuit in California to force a warning label in 1985, and federal court action to force the FDA to ban interstate shipment in 1987.

- Raw ground beef and other raw meats (liver, brains, bone marrow, tripe, gelatin, sweetbreads, kidneys, heart) were dubbed "super foods" by the International College of Applied Nutrition (ICAN) in its publication *Nutrition Applied Personally* (c.1973). ICAN was founded by the late Carlton Fredericks and Adelle Davis, among others. It merged with the International Academy of Preventive Medicine in 1987 to form the International Academy of Nutrition and Preventive Medicine (IANPM). IANPM has listed among its board of trustees such mavericks as Emanuel Cheraskin, MD, DMD, Warren Levin, MD, and Lendon Smith, MD, among others. IANPM publishes the *Journal of Applied Nutrition* which promotes exaggerated notions about the value of nutrition and the need for dietary supplementation.

- CSPI has promoted the use of "organically-grown" foods in the past. Some vegetarians advocate eating unwashed foods in order to obtain vitamin B12 from the soil.

We're not saying that CSPI advocates eating unwashed organically-grown lettuce, but health behavior specialists understand that health and nutrition zealots are drawn to off-beat information sources and can be expected to combine odd-ball ideas of their choosing.

GIFT SUBSCRIPTION NCAHF NEWSLETTER

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Happy Holidays