

THE NCAHF BULLETIN BOARD

SEPTEMBER / OCTOBER, 1996

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.

BOARD VOTES TO SUPPORT THREE FDA PETITIONS

At its 9/22/96 meeting, the NCAHF board of directors voted to support three citizens petitions filed by Dr. Victor Herbert:

FDA Docket #96P-0247/CP 1 would require "antioxidant" supplements to carry warning labels for: (1) synthetic* beta carotene which has been shown to promote cancer in smokers; (2) synthetic* ascorbic acid which can promote the generation of harmful free radicals in people with high body iron (12% of the American population); (3) synthetic* vitamin E which can cause strokes in people predisposed genetically.

Docket filed August 26, 1996 (number not yet assigned): would require a minimum of 25 micrograms of crystalline vitamin B₁₂ fortification per 100 grams of food that is fortified with synthetic folic acid. This will prevent nerve damage from folate-masked pernicious anemia in fertile Afro-American females, and millions of Americans over 50 years of age. Also, potentially it could eradicate pernicious anemia in the American population.

FDA Docket #96P-0328/CP 1: Would properly reclassify withdrawing blood from people with iron overload disease as "prophylactic" rather than "therapeutic"; eliminate the fees now charged for performing this procedure; halt the practice of discarding this wholesome blood; and, make it available for transfusions. This would save iron overload patients billions of dollars annually and increase the nation's supply of donor blood by 105 million units.

Letters of support for these citizen petitions should be directed to: Dockets Management Branch, FDA, Dept of HHS, Room 1-23, 12420 Parklawn Drive, Rockville, MD 20857.

*Reference is to vitamins occurring naturally in foods versus pills. This should not be confused with the bogus "natural" versus "synthetic" vitamins idea advanced by some in the health food industry. The important differences between these is elaborated in a letter to the editor soon to be published in the journal of the American Dietetic Association.

DICTIONARY OF METAPHYSICAL HEALTHCARE

Jack Raso, MS, RD, has compiled what he has labeled a *Dictionary of Metaphysical Healthcare* that includes more than 1,100 entries. Marvin J Schissel, DDS, says of this work:

Jack Raso has spent seven years compiling this dictionary; seven years of wading through pseudoscientific and quack literature, dealing with meaningless neologisms and unintelligible jargon, trying to extract essence from gibberish, and striving to remain focused on eye-glazing material. I can't imagine how he stuck to it. It must have been, if not a labor of love, at least a labor of revulsion, a dedication to putting the essential features of hundreds of "quackeries" into readable form. He has succeeded: each entry provides a straightforward and "straight-faced" descriptions, which focus on theories on claims (such as they are) and claims.

Raso has given NCAHF the copyright. The dictionary is available in printed form, or on a 3.5" diskette. It is available in IBM or Macintosh formats. Print version \$18; print version with diskette \$21 (includes over 100 additional entries); add \$3 for shipping. Order from NCAHF Book Sales, PO Box 1795, Allentown, PA 18105.

HEALTH FOOD INDUSTRY BACKED NUTRITION EDUCATION PROGRAM ACCREDITED

The National Association of Nutrition Education (NINE) has been accredited by the Distance Education and Training Council, the only accrediting agency for correspondence schools approved by the U.S. Dept of Education. NINE is the creation of James Johnston, PhD, whose degree is in educational psychology. Johnston started NINE in 1980 with the support of the National Nutritional Foods Association (NNFA). NNFA is the most aggressive and anti-nutrition science/consumer protection of the health food trade associations that NCAHF has tracked. NINE uses standard nutrition reference materials and the publications of people with a strong bias in favor of supplementation. The result is a prosupplementation graduate skilled in *conversational* nutrition. NINE graduates are often connected to the health food industry as clerks, or work as "nutrition consultants." In 1988, Johnston admitted to Victor Herbert that his wife is a "certified nutritionist." NCAHF believes that the NINE/NNFA relationship is symbiotic, and that it is largely a cover for legitimizing supplement hucksters under the guise of education and credentialing. With the accreditation of NINE, and the 1994 Dietary Supplements Health and Education Act, the level of quackery in the nutrition marketplace is now comparable to that of the 19th century prior to the 1906 Pure Food & Drug Act.

ALTERNATIVIST ANGRY WITH NIHOAM

Burton Goldberg, the millionaire who has embraced alternative medicine, is angry because the NIHOAM has stopped sending out chapters from Goldberg's promotional book *Alternative Medicine* (among other items) when patients ask for information on nonstandard medicine. According to a 3/25/96 letter from Dr. Wayne Jonas to Goldberg, the OAM no longer sends out material from the Chantilly Report* either. Goldberg accuses OAM of "suppressing or marginalizing" information on alternative" cancer treatments. In NCAHF's view, Burton's complaint is expected and on schedule. NCAHF leaders understand that what is being passed off to the public as "alternative" and "complementary" medicine is quackery dressed in the garb of innovation and "future medicine." Up close, however, it is like the classical empty-egg of the shifty weasel. The OTA learned this when it naively undertook the study of "unconventional cancer treatments." NCAHF welcomes the close examination of off-beat medicine by people with an understanding of the scientific process. That's what its leaders have been doing for 20 years. People who believe in responsible medicine are not going to like quackery any more than NCAHF does.

**Alternative Medicine: Expanding Medical Horizons; A Report to NIH*, which was a "series of opinions expressed by nongovernmental participants" in workshops designed to further the dialogue researchers and alternativists.

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.

NCAHF AVAILABLE RESOURCE MATERIALS (ARM) LIST

The purpose of the NCAHF ARM list is to make readers aware of these materials so they can arm themselves against the health misinformation that sustains health fraud and quackery. The NCAHF ARM list is a catalog of consumer health information statements containing descriptive information, NCAHF's insights, and criticisms, or the equivalent (ie, articles containing buyer beware information). Consumer information statements and the ARM list are revised as information becomes known to NCAHF. Each item includes a list of available resource materials with sufficient information for people to locate original publications. The NCAHF library will provide a single photocopy of each available resource materials listed for a small service fee.

Consumer Information Statements or Equivalent available as of September 23, 1996
 *** This topic is covered by the consumer information statement in parentheses ().

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| <ul style="list-style-type: none"> *** Abrams, Albert (Radionics) [] Acidophilus *** Acupuncture (Traditional Chinese medicine) [] Airola, Paavo [] Allopathy [] Alternative Medicine [] American Biologics [] American Preventive Medical Association [] Amish & Quackery [] Anthroposophical medicine [] Aroma Therapy [] Applied Kinesiology [] Astrology *** Athletic performance aids (Ergogenic Aids) [] Avoiding Legal Problems—when combating quackery [] Ayurvedic medicine [] Barley Green *** Barnard, Neal (PCRm) [] Bee pollen [] Bedoll, Berkley [] Bio-Nutritional Consultants [] Blue-Green algae [] Body Toddy [] Body Wrapping [] Body Wise [] Breatharianism [] Burzynski, Stanislaw [] Cancell [] Cancer Quackery [] Cancer, questionable medicine [] Candidiasis Hypersensitivity [] CanHelp [] Carnitine [] Cat's Claw Cancer Herb [] Cayce, Edgar *** Chelated minerals (NuSkin) [] Chelation Therapy *** Chinese herbalism (Traditional Chinese Medicine) [] Chiropractic [] Chiropractic Back Care [] Chlorophyll [] Chopra, Deepak [] Chromium Picolinate [] Clark, Hulda Regehr [] Clayton School of Natural Healing [] Clinical Ecology [] Coenzyme Q10 [] Colloidal silver | <ul style="list-style-type: none"> [] Colonic Irrigation [] Cousins, Norman [] Cranial Manipulative Therapy [] Dental Mercury *** Devices: Acuscope, Dermatron, Interro, Rife, VEGA (Energy Medicine) [] DHEA [] Dietary Supplements Act (Orrin Hatch) [] Donsbach, Kurt [] DMSO [] Doman-Delacato Method [] Ear candles [] Ephedra [herb] [] Eggs, fertile [] El Dorado Rejuvenation *** Electroacupuncture (Energy Medicine) [] Energy Medicine [] Environmental Impact of Quackery [] Enzyme supplements [] Ephedra [] Ergogenic Aids [] Fasting [] Fetzer Institute [] Firewalking [] Fluoridation [] Food allergies [] Food terrorism [] Fry, T.C. [] Germanium [] Gerovital [] Ginkgo biloba *** Ginsana [] Ginseng [] Greek Cancer Cure [] Hair Analysis [] Hal Huggins, DDS [] Halstead, Bruce [] Harm Done by Quackery [] Harkin, Tom Senator [] Hatch, Orrin Senator *** Health freedom (National Health Federation) [] Health Spas [] Herbal Remedies [] Herbalife International [] Homeopathy [] How to file a complaint [] Hoxsey Cancer Cure [] Hydroxycitric acid [] Hydrogen Peroxide Therapy [] Hyperbaric Oxygen Therapy | <ul style="list-style-type: none"> [] Immunization Attackers *** Interior Design (Nu Skin) [] Iridology [] Jogging In A Jug [] Juice Plus *** Kirlian photography (Energy Medicine) [] Km—Matol [] Kombucha Mushroom [] Lecithin [] Lieberman, Shari [] Life Extension Quackery [] Live Cell Analysis [] Macrobiotic Diet [] Magnets, healing [] Mail Order Quackery [] Manner, Harold [] Melatonin [] MET-Rx *** Miller, Clinton (National Health Federation) [] Mindell, Earl [] Mineral Supplement Toxicity *** Moxibustion (Traditional Chinese Medicine) [] Multilevel Marketing of Health Products [] Naessens, Gaston [] National Health Federation [] Nature's Sunshine [] Naturopathy [] NCAHF—who we are [] Negative Ion Generators [] Neural Organizational Technique—Ferrerri [] Nevada-Based Quackery [] Nostradamus [] Null, Gary [] Nu Skin [] Oral Chelation Products *** Orgone therapy (Orgonomy) [] Orgonomy [] Orthomolecular medicine [] Ott, John [] Ozone therapy [] Passive exercise devices [] Pauling, Linus [] PCRm [] Pharmacists: questionable practices [] Pinhole eyeglasses [] Prostate [] Purification Rundown [] Pycnogenol | <ul style="list-style-type: none"> *** Qi gong (Traditional Chinese Medicine) [] Quackery: Combatting [] Quackery: Recognizing *** Radiesthesia (Energy Medicine) [] Radionics [] Raw milk [] Reams, Carey [] Reflexology—foot *** Reich, Wilhelm (Orgonomy) [] Reliv [] Rexall Showcase Internat'l [] Ripped Fuel [] Robbins, Anthony [] Robbins, John [] Royal, Fuller [] Schauss, Alexander [] Shaklee [] Sham Nutritionists [] Shark Cartilage [] Smart Drugs [] Soul Treatment / Healing *** Spirulina (Blue-Green) [] Sunrider International [] Therapeutic Touch [] Thermogenic Products [] Thermography [] Traditional Chinese med *** Transcendental meditation (Ayurvedic Medicine) [] Versandaal, D.A. *** Vinegar (Jogging In A Jug) [] Vitamin C & Colds [] Vitamin Toxicity *** Waldorf Schools (Anthroposophical medicine) [] Wallach, Joel [] Walters, Sam DC [] Weight loss—NCAHF guidelines for evaluating [] Wheatgrass Therapy [] Whitaker, Julian MD [] Wiewel, Frank [] Willard's Water [] Williams, David DC [] Williams, Sid DC [] World Research Foundation [] Wright, Jonathan MD [] Yiamouyannis, John *** Zone Therapy (Reflexology) |
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Address _____

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