HEALTH BRIEFS Vol. 8
A collection of short articles on health, wellness and nutrition

By Pamela A. Popper, PhD, N.D.

	Page
• Abraham Cherrix Update	11
• Americans are Sicker Than the Brits	13
• Americans Concerned About Safety of Artificial Sweeteners	15
• Artificial Happiness	17
• Atkins Diet Life Threatening	27
• Bad Day for Pharmaceuticals	29
• Bariatric Surgery Risks	31
• Benzene in Soft Drinks	33
• Birth Control Pills and Cancer Risk	34
• Breast Cancer Treatment Debate	36
• Calcium and Dairy Ineffective for Weight Control	39
• The Calorie Transfer Project	41
• Chicken Myths	43
• Children Will Consume Good Foods	45
• Children's Allergies	47
• Children's Obesity	49
• Chocolate for Hypertension	52
• Connecticut Governor Responds to Pressure	54
• Countering the Soy Hysteria	56
• CSPI and the Low-Fat Diet Debacle	57
• Dairy Research Bought and Paid For	60
• Diabetes and Kids	62
• Dr. Ralph Moss – the Voice of Reason	65
• Drug Company Influence in Medical Schools	68
• Drug Marketing Labeled a Crime	70
• The Enemy of My Enemy is My Friend	73
• Energy a Bigger Concern than Obesity	75
• Evidence Based Medicine the Gold Standard?	77
• The Fall of Big Pharma	78
• FDA Fails to Oversee Follow-up Studies	81
• Flawed Glucosamine Study	83
• Food Allergies vs. Food Sensitivities	85
• Gardasil	88
• GE Foods Blocked by European Activism	92
• Genetically Engineered Foods Lawsuit	94
• Health and the Media	96
• High Cholesterol and Prostate Cancer Risk	98
• Hormones and Breast Cancer	100

- How Drug Companies Pay Doctors 102
- Human Guinea Pigs 105
- Human Guinea Pigs Part II 106
- Hypertension and Sleep Deprivation 108
- Illinois State Board of Education 110
- Internet Promotion of Junk Food 112
- Isolated Nutrients and Pregnancy 114
- Isolation 116
- Kathleen Slattery 118
- Kick Your Dairy Habit 119
- Kids Lose Weight on Low-Fat High-Fiber Diet 124
- Kids Need to Play 126
- Killing Asthmatics with Asthma Drugs 128
- Mad Cow Disease Widespread 130
- Mandatory Wellness Programs 132
- Media Influence on Health Issues 134
- Military Recruiting Hurt by Health Status 136
- Miracles Do Happen! 137
- Mohammed Ali's New Food Line 139
- Multiple Sclerosis Treatment 141
- Mumps Outbreak 143
- The Myth of Inheriting Disease 145
- Nascar Drivers Improving Diet Too! 63
- National Uniformity for Food Act 147
- Nutrition Labels not the Answer 149
- Obesity-Cancer Connection 151
- Omega-3 Fatty Acids Ineffective for Health Improvement 152
- Osteoporosis Drugs and Jaw Disease 154
- Palm Oil Not Healthy 156
- Paying Doctors to Bash Drugs 158
- Peer Review Problems 160
- Pharmaceutical Ads Work 162
- Pills for Prevention 164
- Pills for Prevention Part II 166
- The Placebo Effect 167
- Plavix and Aspirin a Deadly Combination 169
- Preventing Cancer Recurrence 171
- Prostate Surgery Useless 173
- Protein and Athletic Performance 174
- Public Relations Programs for PhRMA 176
- Research Clarification 178
- Run Yourself Smart 180
- Running and Joint Health 181
- Second Vaccination for Bird Flu 183

- Soft Drink Makers Withdrawing from Schools 185
- Soft Drinks Cause Obesity 187
- Stay Active, Live Longer 189
- Stay Away from Drug Trials 191
- Students Running Promotes Better Academics 193
- Supplementation Benefits a Myth 195
- Thimerosol and Immune Dysfunction 197
- Unnecessary Tests 199
- Vegetarian Diets and Weight Loss 201
- Vioxx Dealt Another Blow 203
- Vitamin B Studies a Failure 205

Editorials and "Ask Dr. Pam" from News You Can Use

- Attitudes About Aging 209
- Diagnostic Tests 212
- Eliminate Dairy 214
- Flawed Studies on Breast Cancer and Dietary Fat
  By T. Colin Campbell, Ph.D. 216
- Gall Bladder Disease 219
- Get Healthy for You 221
- Getting Ready to Get Ready 224
- Have Fun Playing with your Food 226
- Health Freedom Issues 229
- If at First You Don't Succeed 233
- Inspirational Story 235
- Joint and Back Pain 237
- Positive Expectation 240
- Restriction 243
- Stop Trying and Start Doing 246
- The Truth Planet 247
- The Two Tack Theory of Medical Malpractice 250
- Weight Loss on a Vegetarian or Plant-Based Diet 253
- Weight loss Questions and Answers 256

Ask Dr. Pam:

- Are We Living Longer? 261
- Chocolate is not a Health Food 261
- Dairy Substitutes 263
- Depression 263
- How Many Servings of Fruits and Vegetables? 264
- Dr. Pam's Attitude About Pharmaceutical Companies 265
- Joint Pain 267
- Smoking Cessation 267

- Supplements and Research 268
- Unhealthy Foods at School 270
- Why All The Information About Medical Practice? 271
- Xango Juice 272