

Food As Medicine

Disease A BIG Business

Cancer is now the number 1 killer of children and the death rate for adults has been doubling almost every four years so that by the year 2000, **9.8 out of 10** will have cancer before they die. In the United States alone over 4,000 men, women and children are being killed with cancer or heart disease EVERY DAY! That is 120,000 people a month.. Why? Because disease is BIG BUSINESS! When people learn how to stop cancer and all other diseases, the need for most medicines, drugs and operations will become obsolete.”

Spotlight January 15 1996, Dr C. Samuel West, DN, ND, P A4 D

\$\$\$\$\$\$ On Nation's Health Care \$\$\$\$\$

Health spending in the United States has grown rapidly over the past few decades. From \$27 billion in 1960, it grew to \$898 billion in 1993, increasing at an average rate of more than 11 percent annually... .

During the last 6 years, however, strong growth trends in health care spending have subsided. Health spending rose at a **5-percent** average annual rate between 1993 and 1998 to reach \$1.1 trillion.. ..For the 281 million people residing in the United States, the average expenditure for health care in 1998 was \$4,094 per person, up from \$141 in 1960....

National health expenditures are projected to total \$2.2 trillion in 2008, growing at an average annual rate of 6.5 percent from their level in 1997.

Health Care Financing Administration-www. [hcfa.gov/pu/bforms/actuary/ormedmed/DEFAULT2.htm](http://www.hcfa.gov/pu/bforms/actuary/ormedmed/DEFAULT2.htm)

Nation's State of Health

Imagine declaring war when you know little about your enemy's firepower, strategies or tactics. That's what happened on Jan. 22, 1971, when President Richard Nixon proclaimed war on cancer in his State of the Union address. Many anticipated swift victory, with the taming of the dread disease likened to a moon landing. Even as recently as 1984, the National Cancer Institute's director predicted that cancer deaths could be halved by the year 2000 in America.

In the quarter century since Nixon launched the battle against cancer, the NCI has invested \$29 billion in what some critics have called 'medical Vietnam.' This year,

555,000 Americans are expected to die of cancer — 215,000 more than in 1971. As for the former NCI director's prediction, current trends suggest that cancer might overtake heart disease as the nation's No. 1 killer by the year 2000..”

Special Report, US News and World Report, Feb. 5, 1996

Several research studies by the U.S. Army show streaks of plaque- deposits of fatty substances, cholesterol, cellular waste products and calcium-are already present in the coronary arteries of teenagers. (Coronary arteries supply blood to the heart). That means, by age 40 heart disease is well underway and so is the risk of a heart attack.

Vigor America's Health Magazine Summer 2000

33% of adults in the US are obese,

Health care costs directly attributable to obesity amount to \$68 billion per year,

An additional \$30 billion per year is spent on weight-reduction programs and special foods,

Obesity is a major contributor to other illnesses, such as hypertension; dyslipidemia; type 2 diabetes; coronary heart disease; stroke; gallbladder disease; osteoarthritis; sleep apnea and respiratory problems; and endometrial, breast, prostate, and colon cancers. Higher body weights are also associated with increases in all-cause mortality.

Obesity in childhood increases the risk of subsequent morbidity, whether or not obesity persists into adulthood

[www. coloradohealthnet. org/obesity/obs_stats. html](http://www.coloradohealthnet.org/obesity/obs_stats.html)

Drugs Never Cure

DRUG ALERT! What your doctor may not know: The

undisclosed side effects of some prescription drugs could hurt or even kill you. . . 2 million hospitalized and 140,000 die each year from prescription drugs. . . .”

US News and World Report, Jan. 9, 1995

People over age 60 make up one-sixth of the population, but use 40% of prescription drugs and are given an average 15.4 prescriptions a year.

659,000 people a year are hospitalized for adverse drug reactions - two-thirds of which may be due to poor prescribing practices.

16,000 car crashes a year are due to adverse reactions.

61,000 people suffer drug-induced Parkinson's symptoms. When the drugs, mostly tranquilizers, are stopped, symptoms usually go away.

41,000 people a year are hospitalized for ulcers caused by drugs, mainly nonsteroidal anti-inflammatories used in high doses for painful conditions like arthritis.

USA Today, July 27, 1994

Drugs never cure disease. They only change the form and location. Nature alone is the effectual restorer, and how much better could she perform her task if left to herself. But this privilege is seldom allowed her. If crippled nature bears up under the load, and finally accomplishes in a great measure her double task, and the patient lives, the credit is given to the physician. But if nature fails in her effort to expel the poison from the system, and the patient dies, it is called a wonderful dispensation of Providence.

Spiritual Gifts Vol.4 p. 134, Ellen G. White

Diet and Disease

Concerned that the public may be misled by recent reports showing that isolated nutrients do not provide cancer protection, experts at the American Institute for Cancer Research (AICR) today stressed the interactive nature of cancer-fighting substances in fruits, vegetables, whole grains and beans. The vitamins, minerals and phytochemicals found in these foods work together in complex ways to fight cancer, researchers said.

American Institute of Cancer Research Press Release, March 6, 2000

In light of an important study appearing in the July 13 issue of the *New England Journal of Medicine (NEJM)*, researchers associated with the American Institute for

Cancer Research (AICR) reminded the public that cancer is a disease that is largely preventable through changes to the diet, maintenance of a healthy weight, regular exercise, and avoidance of tobacco.

American Institute of Cancer Research Press Release, July 13, 2000

Research completed over the past eighty years not only supports the role of diet and lifestyle in the cause and prevention of disease, but clearly shows that most of these same diseases can be treated more effectively by removing the causes than by using any of the drugs and surgical practices available today. Sad to say, the choice of therapy is often based on the profit margin tied to that therapy. Compare \$100 worth of vegetables and a \$25 pair of walking shoes to a \$20,000 coronary bypass operation. The probability of positive results at one month and continuing positive results five years later are better with the \$125 approach, but how many victims of heart disease know about this alternative approach?

The prevailing misconceptions about health and nutrition do not only cause illness; they promote it. They continue to exist because of one-sided, profit-oriented messages that attest to the advantages of a particular product and ignore the hazards. The benefits of a particular drug appear in large type in the advertisement. The side effects are left out or are presented in barely readable print.

The McDougall Plan, p. 4, John Mc Dougall, M.D.

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system. Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power, -these are the true remedies.

Ministry of Healing, p. 89, Ellen G. White

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”
3rd John 2

For More Information and/or a Free Book on Healthful Living write: **Healthful Living**

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