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Skeletons in the FDA's Closet

By Shane Ellison

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It is time that the actions of the Food and Drug Administration (FDA) speak for themselves and Americans began to question their own absorbent use and blind-loyalty to FDA approved drugs. If not, you too may become a FDA statistic. The FDA's financial ties to "big-pharma" have caused millions of preventable deaths over the last 30 years.

In 1996-97 the FDA approved a drug known as Posicor (a chemical called mibefradil dihydrochloride) for the treatment of high blood pressure (hypertension). Prior to approval, the data from the congestive heart failure trials presented at a FDA Advisory Committee meeting on Posicor showed that more patients treated with Posicor died than those taking a placebo! After its release for use by the public 200 more Americans died from using Posicor as prescribed. It was finally removed from the market in 1998.

To treat high cholesterol, the FDA has approved synthetic chemicals known as "statins". Brand names include Zocor, Lipitor, Pravachol, Mevacor, Baycol, and Lescol. Unknown to the public and most doctors, statin drugs can be life threatening. In a letter to the Archives of Internal Medicine, Uffe Ravnskov MD, PhD and colleagues show that in two of the three clinical trials that included healthy people, the chance of surviving was better without treatment of statins. Researchers from the University of Denmark report that about 15% of statin users over the age of 50 will suffer from nerve damage. Since cholesterol is manufactured in the liver, it remains to be seen just how much liver damage the consuming public will sustain when the internal organ injuries are factored in. USA Today reported, "Statins have killed and injured more people than the government has acknowledged". To add insult to injury, there are no studies linking high cholesterol directly to heart disease. Wrap your brain cells around that! Factors that can be linked to heart disease are high levels of homocysteine within a person's body. But that's a problem that can be cured with the proper ratios of B vitamins and folic acid. Translation, no profit for doctors or drug companies.

Pop Quiz: Who profits when you get sick from statins?

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In 1998 the FDA attacked retail suppliers of Red Yeast Rice (RYR), a food that is known for lowering cholesterol. FDA squads and U.S Marshals raided numerous supplement providers and stole the product from their shelves. Shortly thereafter, the FDA sent letters to all providers of RYR demanding that they remove RYR from their stores. Interestingly, clinical trials demonstrated RYR to be more effective (by 17–21%) at lowering total cholesterol and inhibiting HMG–CoA reductase (the enzyme that produces cholesterol in the body) than the aforementioned life–threatening statins. Clinical trials also demonstrated that RYR has zero negative side effects. So if you really wanted to lower high cholesterol levels, you could do so with food that would not "kill you by accident".

The Art of Corporate Drug Pushing

Since their 1998 raids, the FDA has continued to denounce the clear winners like Red Yeast Rice and promote the use of losers like the patented synthetic statins for lowering cholesterol. The media and

doctors continue to tell us that synthetic statins will help prevent heart attacks and strokes. More recently they have added the prevention of Alzheimer's Disease (AD) to the list of benefits that can be had by the use of statin's. These drugs however are known to cause nerve damage in older patients and nerve damage within the brain is one of the causes of AD. What gives? That statins can prevent AD is a fallacy. This is typical regurgitated dogma from high paid complacent doctors and talking heads within the media. It is also an excellent way to push more pills on the laymen who doesn't have a strong understanding of drugs and disease.

The Kids will Love it! And so will the shareholders of Eli Lilly!

In 1987 the FDA approved Prozac to treat depression. In 1985 the manufacturer, Eli Lilly, conducted tests on Prozac and found the drug was no more effective than a placebo. As a remedy for these insignificant figures, an FDA statistician suggested that Eli Lilly might evaluate the test results differently to produce a more favorable statistical result for Prozac. Clinical studies performed on Prozac showed 191 negative side effects per 100 people. That is almost two negative side effects for every user of the drug! Two months before the FDA approved Prozac there had already been 27 deaths from the controlled clinical trials. By 1992 Prozac had already scored another 28,600 documented adverse reactions plus an additional 1700 deaths according to an FDA report.⁷ I guess you could say that death is a pretty strong "adverse reaction" from a pill. But look on the bright side...it's your last one! In 2003, the FDA approved Prozac for children.

To help the drug companies push more poison the FDA approved direct–to–consumer (DTC) advertising. Now that it's legal, pharmaceutical companies are spending about \$2 to \$3 Billion annually to unleash false advertising campaigns directly to the public. FDA officers report that pharmaceutical companies have been in violation of the Food, Drug and Cosmetic Act (FDCA) over a hundred times each year by overstating benefits and not accurately reporting negative reactions to drugs. To date, no pharmaceutical company has been charged by the FDA for violations of the FDCA.

Closing

How is it that the FDA can get away with approving drugs that are known to be deadly? Moreover, how

can the FDA continue to allow pharmaceutical companies to advertise false information about FDA approved drugs? And finally, why does the FDA only take public safety into account when it is forced to by some form of gross public error?

An insider testimony offers an explanation. As published in the British Medical Journal, Paul Stolley, MD, MPH, a former senior consultant to the FDA, says "the agency neglects drug safety in its rush to speed the drug-approval process because current laws and policies let the drug industry influence FDA decisions". Federal law prohibits the FDA from using experts with financial conflicts of interest to decide whether or not certain medications should be approved. Yet the FDA has waived the restriction 800 times since 1998! In fact, USA Today reported that more than half of the experts hired to advise the FDA on the safety and effectiveness of medicine have direct financial relationships with the pharmaceutical companies that will be helped or hurt by their decision. Historically, the FDA has revealed when these financial conflicts exist, but these conflicts have been kept secret since 1992. Hence, it is impossible to determine the amount of money or the pharmaceutical company involved.

If we truly want health freedom it is time that we seek out natural alternatives that are not FDA approved. The aforementioned examples are not isolated cases. Scientists writing for the British Journal of Clinical Pharmacology wrote that, "A random journey through the Physicians Desk

Reference (PDR) underscores the fact that most drugs are poisons which have a few beneficial side effects". It is time that Americans took responsibility for their health or face the consequences of becoming a lifetime asset to "big-Pharma".

Shane holds a Master's degree in organic chemistry and has first-hand industry experience with drug research, design and synthesis. His web site exposes the shocking and sometimes-frightening truth behind FDA approved drugs, sports supplements, and natural medicine. His unique experience allows his clients to live naturally healthy for life. Visit <http://www.health-fx.net> to learn about his line of cutting edge nutraceuticals.

What's In Your Closet?

By Arleen M. Kaptur

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Skeletons in the closet – we all have them and many of us desperately try to push them further into the dark realms of some tiny room set aside for storage and unused items that are no longer necessary, or that we are not ready to throw away. There they hang – ready to jump out at any unsuspecting person who opens the door and dares to peek in. Hanging around is what they do best, but really, they have no other purpose. You have to feel sorry for them. They are lonely, unwanted, and very unpopular.

There isn't a person in the entire universe that doesn't have a skeleton or two that they wish would just go away. These collections of loose bones just stay there – we know they're there but we don't want anyone else to know. So, what do you do with these skeletons? They take up precious room and they

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are of no use. You certainly can't use them as a decorative accent in your life because they are a reminder of some previous error, omission, or just downright mistake. You are not proud of them, but you just can't bear to dispose of them either.

The best thing to do for both you and the skeletons are to take them out of the closet, set them in a chair right next to you and face each other. When you can do that, begin to dismantle them bone by bone and throw them away. You will then be on the road to feeling better about yourself and the world around you. Skeletons will never be a part of today or the future. They are definitely relegated to be "the past." They have no worthwhile function except to get heavier and heavier with each passing day. These "bags of bones" will never get any better looking, and they surely will never make you proud. Until you can haul them out of those closets, benefit from the experience and lessons they did help you learn, dispose of them as quickly as you can. Don't look back, and by all means, don't feel sorry for them as they go to the refuse pile to be carted away forever. They are not a part of you as you are today. They were created by a today that turned into a yesterday. The bridge to tomorrow will never be available to them but you can most assuredly cross it whenever you please.

Skeletons in the closet should be removed and discarded. At some point, they may attempt to sneak back into your closet, but remain firm. If you don't allow them access, the only move left for them is to return to the depths of long ago and stay there. Each morning brings light, adventure, opportunities, and change. Today is not going to allow yesterday to hang on, unless someone ties them together purposely. Also, remember, that tomorrow won't arrive until we undo these ties and handle them with the gloves of cold, hard facts. They were, and therefore they are not today!

Open your closets and begin cleaning them out. The skeletons that you have tended to all these times are just dust collectors. They are not alive, but you are. You give them their strength and their endurance and only you can take it back. Closets are places to keep assorted items, and skeletons are definitely not one of them.

ENJOY!

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Arleen Kaptur has written numerous articles, cookbooks, motivational booklets, and the novel:

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The ezyebook Guide



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