



# Health Matters

Great Smokies Medical Center of Asheville

A small, occasional publication

Volume 3 Issue 1

## Test Your Knowledge of Nutritional and Herbal Medicine

Have some fun while you learn about the power of natural therapies. Give yourself one point for each correctly answered question. Answers on page 2.

1. Name two *trace* minerals important in forming healthy bones.
2. What mineral is approved for emergency intravenous use in treating a heart attack in progress?
3. What mineral has been shown to shorten the duration of a cold?
4. Which B vitamin causes the urine to become bright yellow in color?
5. Name the vitamin whose deficiency is associated with blindness.
6. What vitamin important for clot formation and bone formation is synthesized in the skin from sun exposure?
7. What nutrient has the greatest impact in treating periodontal disease?
8. What common essential mineral carries oxygen and can be elevated to toxic levels, particularly in men?
9. What B vitamin causes "flushing" and lowers cholesterol levels?
10. Which fat soluble vitamin plays an important role in heart health?
11. Name the amino acid that is a nutritional counterpart for Prozac and other SSRI drugs.
12. What herb has been shown to improve both cognitive brain function and leg circulation?
13. What herb is routinely used to improve the symptoms of an enlarged prostate?
14. The deficiency of which vitamin can result in poor ability to remember dreams?
15. What nutritional oil is routinely used in the treatment of PMS?
16. Which vitamin is made by the liver of all mammals except fruit bats, guinea pigs and primates (including humans)?
17. What nutrient is depleted by use of cholesterol lowering (statin) drugs?
18. What common cooking herb is used to prevent clot formation and slow yeast growth?
19. What trace mineral is used to treat manic depressive (bipolar) disorder?
20. Name two herbs commonly used to boost immune function to help fight infections.
21. What phytonutrient in tomatoes is linked to prostate health?
22. The deficiency of what trace mineral affects thyroid function and contributes to prostate and breast cancer?
23. Name three primary anti-oxidant vitamins.
24. What B vitamin is most depleted in chronic alcoholism?
25. What vitamins are depleted by a diet high in sugar?
26. The deficiency of this nutrient during the first trimester of pregnancy is associated with neural tube defects such as spinal bifida in the fetus.
27. Name two nutrients used to address an abnormal Pap smear.
28. Name three minerals used to treat leg cramps.
29. Name an herb used to treat indigestion *and* to boost adrenal function?
30. What two trace minerals are most often supplemented to help regulate blood sugar levels? Answers on p. 2



## A Clear and Present Danger

While we usually don't talk medical politics in our newsletter, our physicians decided to inform our readers about political events on the horizon that will likely restrict consumer access to nutritional supplements.

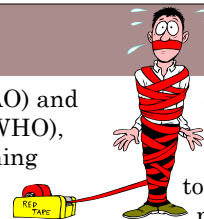
You may have noticed that nutritional supplements such as Vitamin C and E are being described as dangerous by the media with increasing frequency.

When fear tactics are used by the media, even misinformation that is all dressed up in scientific clothing is at risk for being perceived as "fact" in our nation's consciousness.

Two United Nation agencies, the Food

and Agriculture Organization (FAO) and the World Health Organization (WHO), have been busy formally establishing enforceable international guidelines for upper limits of nutritional supplement dosing.

The FAO/WHO have also established another body of the United Nations (UN), the Codex Alimentarius (Latin for "food code") Commission. Codex has goals that affect every person in the UN's 165 member nations, including the United States. If Codex gets its way, dietary supplements will be classified as drugs and will only be available over-the-counter in doses too small to be effective or in higher



doses only through a physician's prescription. Unfortunately, most medical doctors know little to nothing about safe and effective prescribing of nutrients.

The levels being recommended by WHO are based on the Recommended Dietary Allowances (RDAs) which were never intended to be more than the dose needed to prevent a gross deficiency state (scurvy, rickets, etc.) and are thus ineffective in preventing or treating disease. The big surprise? Once in the hands of pharmaceutical companies, consumer supplement costs are expected to more than double.

Many European nations have (cont. p.2)

## Got Zinc?

Signs and symptoms of zinc deficiency include impaired senses of taste and smell, skin problems, recurrent or chronic infections, hair loss, cracks at the corner of the mouth, hangnails, vertical ridges in fingernails, inflamed cuticles, chronic diarrhea, fatigue, low sperm counts, and delayed sexual maturity in addition to neurological symptoms.

Because zinc is required for normal cell division, signs of zinc deficiency can start early in life, resulting in impaired fetal growth and abnormalities. Later in life, zinc-deficient children can develop retarded physical and mental development. Zinc is important to immune system function and protein synthesis, hence its use in treating skin and mucus membrane infections and wounds.

Because semen is especially rich in zinc, boys entering puberty and sexually active

men require more zinc than the rest of the population. Over seventy enzymes in the body are dependent on zinc. Zinc also has antioxidant properties in the body. Zinc aids in the detoxification of lead and cadmium, and protects from mercury toxicity by supporting the production of the protective antioxidant glutathione. Zinc is found in meats, seafood, dairy products, beans, yeast, nuts, seeds (especially pumpkin seeds), and cereals. Vegetarians are at increased risk for zinc deficiency when compared to those who eat meat. The need for zinc may be increased in areas with high copper content in their drinking water. Long term zinc supplementation requires physician monitoring.

**All content in this newsletter is intended to be informational and is not to be taken as medical advice or to replace medical care.**

## A Clear and Present Danger, cont.

already passed legislation to restrict consumer access to nutritional supplements. Though Americans value personal freedom, Codex's lengthy offshore decade-long process has resulted in many Americans being unaware of this threat.

In 1995, the World Trade Organization (WTO) assumed control of international trade in its 134 member nations. It defines and enforces Codex. Pre-existing international treaty laws dictate that WTO rulings will override the laws already in place in its member nations.

This means our nation's hard won laws that allow U. S. citizens access to over-the-counter nutritional supplements will become meaningless. Codex could be implemented in the European Union (EU) by August '05 and in the United States by 2007. Seems the fox is in the chicken house and the chickens are asking him if he wants his poultry fried or baked.

It could soon be illegal and impossible for informed healthcare consumers to protect their health by taking nutritional supplements. That will be the case for your grandma who takes magnesium for a heart arrhythmia, your uncle Henry who uses CoQ10 for heart failure, and anyone who takes a high potency multiple vitamin/mineral formula.

This could be a serious blow to the health of consumers who either cannot tolerate or choose not to take prescription drugs.

While there have been rare serious adverse reactions to nutritional supplements during the past *decades*, (usually when taken far in excess of the recommended dosing), numerous severe and even fatal reactions to drugs (usually when taken at the recommended dosing) occur every *day* and are the fourth leading cause of death in U. S. hospitals.



The global pharmaceutical powers-that-be must be salivating at the chance to get not just a piece of this lucrative global nutritional supplement pie, but the entire pie. Though unable to patent a natural substance, pharmaceutical corporations can hold patents on synthetic versions of vitamins and minerals that, unfortunately for the consumer, often do not act like their natural vitamin counterparts in the body and may even act in unpredictable and harmful ways.

What can you do? Never underestimate the power of expressing your opinion to the elected public servants you've hired. Millions of citizens did so successfully in 1993-4 when the Dietary Supplement Health & Education Act (DHSEA) was passed. Today, it still gives balanced protection to public safety *and* an individual's access to nutritional supplements. Send your U.S. Senators and Representatives a blitz of emails, calls, letters and faxes starting NOW, telling them to

## Quiz Answers

### Quiz Answers:

1. Strontium, boron, silicon, chromium, manganese, or selenium
2. Magnesium
3. Zinc
4. Riboflavin (B2)
5. Vitamin A
6. Vitamin D
7. Coenzyme Q10
8. Iron
9. Niacin (B3)
10. Vitamin E
11. L-tryptophan
12. Gingko biloba
13. Saw Palmetto Berry
14. Pyridoxine (B6)
15. Evening Primrose Oil
16. Vitamin C
17. Coenzyme Q10
18. Garlic
19. Lithium
20. Astragalus and Echinacea
21. Lycopene
22. Iodine (or less so, selenium)
23. A, C, and E
24. Thiamine (B1)
25. All the B vitamins
26. Folic Acid
27. Folic Acid and Vitamin A
28. Calcium, magnesium, & potassium
29. Licorice or ginger
30. Vanadium and chromium

### Scoring:

- 26-30 points: Go to the head of the class!  
21-25 points: Very well informed!  
15-20 points: You're paying attention!  
8-14 points: Good and keep on learning!  
0-7 points: Don't quit your day job!

oppose Senate version (S. 722) and House version (H.R. 3377). Tell your elected Congressmen to support American freedom by voting for Representative Ron Paul's H.R. 1146, the American Sovereignty Restoration Act. Recruit your friends and family who value personal freedom to do the same.

Visit [www.gsmcweb.com](http://www.gsmcweb.com) homepage for a sample letter to congressmen. A copy is also available at GSMC front desk. Use [www.capwiz.com/wa/dbq/officials/](http://www.capwiz.com/wa/dbq/officials/) to easily find your congressmen's contact info online by zip code. Anyone wishing to donate to those in the trenches fighting for your freedom can make a donation to: [www.alliance-natural-health.org](http://www.alliance-natural-health.org), [www.citizens.org](http://www.citizens.org) or [www.iahf.com](http://www.iahf.com).