



How Not to Die

Preventing and Treating Disease with Diet

Michael Greger, M.D.







Pritikin:
The Man Who Healed America's Heart

by David Mitchell with David Pritikin

"These were the 'death's door' people," recalled David Fields, Nathan's friend and a Ph.D. economist, who was the center's administrator for nearly two years in Santa Barbara. "Some people arrived in wheelchairs, others needed help walking down the block. Most of them were severely ill."

Author Photo: Nicholas Kozlovskiy



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Frances Greger, from North Miami, Florida, arrived in Santa Barbara at one of Pritikin's early sessions in a wheelchair. Mrs. Greger had heart disease, angina, and claudication, her condition was so bad she could no longer walk without great pain in her chest and legs. Within three weeks, she was not only out of her wheelchair but was walking ten miles a day.

Author Photo: Nicholas Kozlovskiy



Serum-cholesterol, diet, and coronary heart-disease in Africans and Asians in Uganda*

The staple foods, green plantain and sweet potatoes, are steamed in banana leaves; cassava, yams, maize, and millet are also staple commodities in particular of the non-Baganda groups, while pumpkins, tomatoes, and green leafy vegetables are taken by all. The adequacy of protein in the diet depends almost entirely on the extent to which pulses, groundnuts, and cereals are used.

Table I Mean Serum-Cholesterol Concentrations

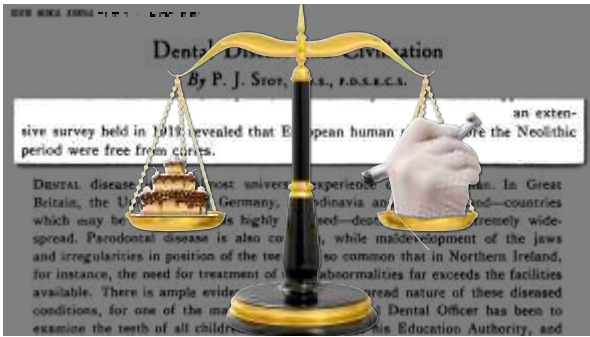
Age (yr.)	Serum-cholesterol (mg. per 100 ml.)(mean & S.D.)	
	African	Asians
12	166 ± 40	166 ± 40
20	164 ± 28	164 ± 28
40	145 ± 43	145 ± 43

Lipid	Omnivores	Lacto-ovo Vegetarians	Lacto-Vegetarians	Vegans	p
Total Cholesterol n = 40	208.08 ± 69.09	175.32 ± 28.47	164.82 ± 51.03	122.16 ± 39.38	< 0.001

Incidence of Myocardial Infarction Correlated with Venous and Pulmonary Thrombosis

In a two-way age and sex matched comparison of 632 cases (Table II and Fig. 2), **only one** (0.2%) of the Uganda Negroes had a myocardial infarct (MI)

Among the American white patients there were **136** (22 per cent) with MI







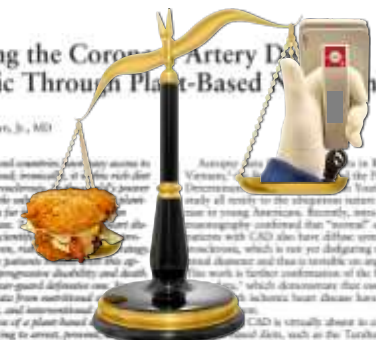
PLANT-BASED

Resolving the Coronary Artery Disease Epidemic Through Plant-Based Nutrition

Colwell B. Barlow, Jr., MD

The world's advanced countries, which consume plentiful high-fat food, ironically, at the same time that produce atherosclerosis, have the lowest rates of coronary artery disease. In these advanced nations, many people suffer from obesity, high blood pressure, and high cholesterol, which is far more common in terms of heart disease. The prevalence of heart disease, a century of scientific research has demonstrated a direct effect. Nevertheless, many patients who follow the approach experience progressive disability and death. This strategy is a near-guaranteed failure. In contrast, compelling data from nutritional epidemiology, and interventional studies, support the effectiveness of a plant-based diet. The evidence is clear: a plant-based diet is the most effective approach to prevent, reverse, and cure atherosclerosis.

As reported in the *Journal of the American Medical Association* (JAMA) and the *Journal of the American Dietetic Association* (JADA), the Pathobiological Determinants of Atherosclerosis in Youth (PDAY) study all agree on the ubiquitous nature of the disease in young Americans. Recently, meta-analytic data demonstrate that "normal" triglyceride levels in patients with CAD also have diffuse, symmetric atherosclerosis, which is not just dodging the immediate danger and this is terrible on angiography. This work is further confirmation of the Roberts approach, which demonstrates that generally all patients with ischemic heart disease have triple-vessel disease. In contrast, CAD is virtually absent in cultures that consume plant-based diets, such as the Turchinians in



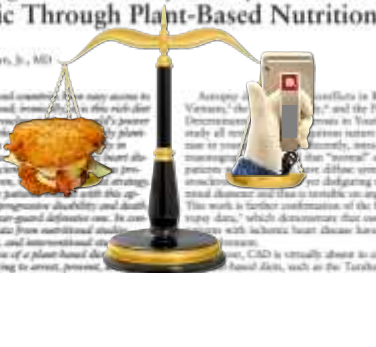
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Pathobiological Determinants of Atherosclerosis in Youth Risk Scores Are Associated With Early and Advanced Atherosclerosis

ATHEROSCLEROSIS BEGINS IN childhood and progresses during adolescence and young adulthood

ABSTRACT

OBJECTIVE: Atherosclerosis begins in childhood and progresses during adolescence and young adulthood. The Pathobiological Determinants of Atherosclerosis in Youth study previously reported risk scores to estimate the probability of advanced atherosclerosis lesions in young individuals aged 15 to 34 years using the coronary heart disease risk factors (gender, age, serum lipoprotein concentrations, smoking, hypertension, obesity, and hyperglycemia). In this study we investigated the relation of these risk scores to the early atherosclerotic lesions.

Key Words: atherosclerosis, pathobiology, coronary heart disease, risk, adolescents, youth

THE PEDIATRIC ASPECTS OF ATHEROSCLEROSIS

Almost all persons have aortic fatty streaks by age 10

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SUMMARY

Atherosclerosis begins in childhood with the appearance of aortic fatty streaks. Aortic fatty streaks of some degree are present in practically all individuals from every human population that has been studied. The average amount of aortic intimal surface involved with fatty streaks does not differ much among human populations.

Coronary fatty streaks begin to form in adolescence. Most persons 20-29 years of age have coronary fatty streaks of some degree, even if they are from low socioeconomic strata.

Horizontal lines for notes.

ORIGINAL RESEARCH

FIGURE 1
Restoration of myocardial perfusion?

FIGURE 2
Reversal of coronary artery disease?

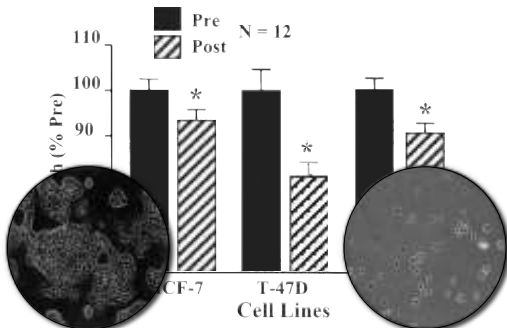
confirm the capacity of whole-food plant-based nutrition to restore health in "there is nothing further we can do" situations.

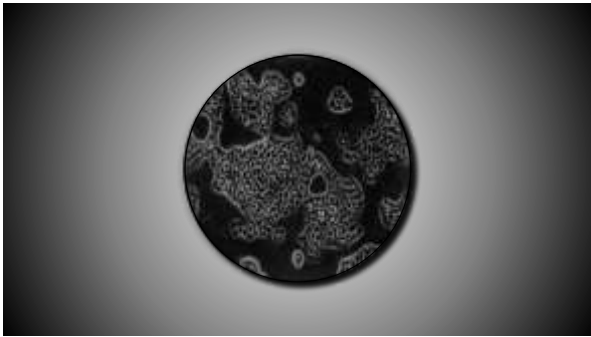
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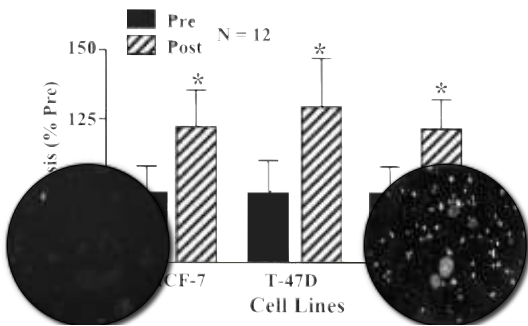
The power of nutrition as medicine

The best kept secret in medicine

While high-impact treatments have contributed to a more than 40% reduction in cardiovascular disease mortality (1) (2) (3), a number of more studies have pointed to glaring problems with the medical management of this condition. These, long regarded as beneficial because of an effect at taking LDL cholesterol, showed no clinical benefit in a major meta-analysis (The ASCO-2014 Investigators, 2012). Super nutrition use in postmenopausal women was found to be associated with an increased risk for diabetes mellitus (4) (5) (6) (7). A large meta-analysis of randomized controlled trials concluded that the most beneficial approach to primary prevention is not statins (8) (9) (10). In ongoing, ongoing and researchers continue to explore the need for more clinical trials (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100) (101) (102) (103) (104) (105) (106) (107) (108) (109) (110) (111) (112) (113) (114) (115) (116) (117) (118) (119) (120) (121) (122) (123) (124) (125) (126) (127) (128) (129) (130) (131) (132) (133) (134) (135) (136) (137) (138) (139) (140) (141) (142) (143) (144) (145) (146) (147) (148) (149) (150) (151) (152) (153) (154) (155) (156) (157) (158) (159) (160) (161) (162) (163) (164) (165) (166) (167) (168) (169) (170) (171) (172) (173) (174) (175) (176) 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Effects of a Low-Fat, High-Fiber Diet and Exercise Program on Breast Cancer Risk Factors In Vivo and Tumor Cell Growth and Apoptosis In Vitro

R. James Barnard, Jenny Hong Gonzalez, Maud E. Liva, and Tung H. Ngu

Abstract: The present study investigated the effects of a diet and exercise intervention on breast cancer-related (BCa) risk factors, including estrogen, obesity, insulin, and insulin-like growth factor-1 (IGF-1), in overweight/obese, postmenopausal women. In addition, using the subjects' pre- and postintervention serum in vitro, estrogen-stimulated growth and apoptosis of these estrogen receptor-positive BCa cell lines were studied. The women were placed on a low-fat (15–23% kcal), high-fiber (39–49 g per 1,000 kcal/day) diet and attended 60-min exercise classes five times per week. Serum estradiol was reduced in the women on hormone treatment (HT, $n = 28$) as well as those not on HT ($n = 15$). Serum insulin and IGF-1 were significantly reduced in all women, whereas IGF-1:insulin molar ratio was increased significantly. In vitro growth

rate in ovarian cells as the United States and adopt a Western lifestyle, the incidence of BCa increases rapidly that found in the host country (1). BCa is also on the rise in Asian countries as they adopt a Western lifestyle (2).

Two lifestyle factors that have received much attention are obesity and physical activity, and altered consumption. Obesity is a major risk factor for postmenopausal BCa as proposed by Harvie et al. (3) and by Ross et al. (4). After menopause, when ovarian production of estrogen ceases, the serum levels of estrogen come from aromatization of androstenedione to estrone in the stroma of fat cells followed by conversion to estradiol (5). The obesity-related increases in circulating estrogen have been associated with increased BCa risk and reduced mortality of breast cancer (6,7).

doi:10.1080/15458855.2016.1191111

Growth Hormone Receptor Deficiency Is Associated with a Major Reduction in Pro-Aging Signaling, Cancer, and Diabetes in Humans

There is also evidence that most tumors and transformed cells display increased IGF1 receptor (IGF-1R) concentration and high IGF1R mRNA, causing enhanced IGF1 binding (9, 10), leading to the axiom that overexpression of IGF1R is a pre-requirement for acquisition or progress of malignant tumors

breaks but increased apoptosis in human mammary epithelial cells treated with hydrogen peroxide. Serum from GH-deficient subjects also caused reduced expression of RAS, PKA (protein kinase A), and TOR (target of rapamycin) and up-regulation of SOD2 (superoxide dismutase 2) in treated cells, changes that promote cellular protection and lifespan extension in model organisms. We also observed reduced insulin concentrations (1.4-fold

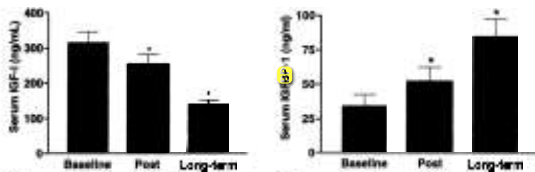
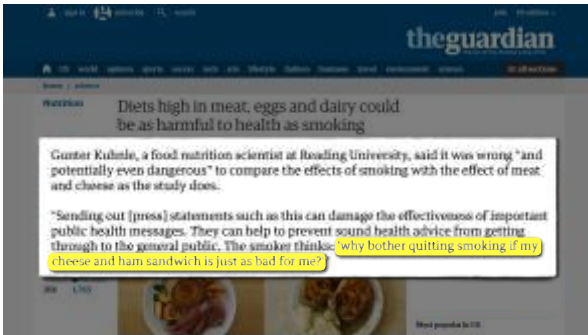
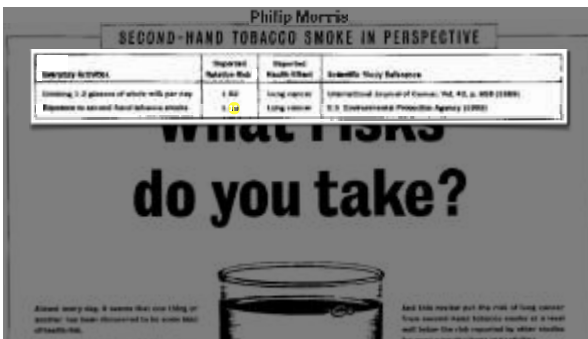


Fig. 1. Effect of diet and exercise on serum IGF-1 and IGF1R-1. Serum IGF-1 and IGF1R-1 levels were assessed using ELISA. Values are means \pm standard error (SE). * $p < 0.01$, compared to baseline.








Philip Morris
SECOND-HAND TOBACCO SMOKE IN PERSPECTIVE

Smoking Activity	Reported Relative Risk	Reported Health Effect	Scientific Study Reference
Frequently smoking with reported ill	2.80	Long cancer	International Journal of Cancer, Vol. 43, p. 804 (1987)
Smoking 1-2 glasses of white wine per day	1.82	Long cancer	International Journal of Cancer, Vol. 43, p. 809 (1989)
Exposure to second-hand tobacco smoke	1.25	Long cancer	U.S. Environmental Protection Agency (1992)

do you take?




Always wear your seat belt. It seems that one thing or another has been discovered to be even less affordable.

And this neither cuts the risk of lung cancer from second-hand tobacco smoke or it itself will before the risk imposed by other smokers.

Philip Morris
SECOND-HAND TOBACCO SMOKE IN PERSPECTIVE

Smoking Activity	Reported Relative Risk	Reported Health Effect	Scientific Study Reference
Non-vegetarian & reported ill	0.28	Heart disease	American Journal of Clinical Nutrition, Vol. 31, p. 1181 (1978)
Frequently smoking with reported ill	2.80	Long cancer	International Journal of Cancer, Vol. 43, p. 804 (1987)
Smoking 1-2 glasses of white wine per day	1.82	Long cancer	International Journal of Cancer, Vol. 43, p. 809 (1989)
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SECOND-HAND TOBACCO SMOKE IN PERSPECTIVE

Smoking Activity	Reported Relative Risk	Reported Health Effect	Scientific Study Reference
Chief highest in measured fat	0.14	Long cancer	Journal of the National Cancer Institute, Vol. 88, p. 1306 (1992)
Non-vegetarian & reported ill	0.48	Heart disease	American Journal of Clinical Nutrition, Vol. 31, p. 1181 (1978)
Frequently smoking with reported ill	2.80	Long cancer	International Journal of Cancer, Vol. 43, p. 804 (1987)
Smoking 1-2 glasses of white wine per day	1.82	Long cancer	International Journal of Cancer, Vol. 43, p. 809 (1989)
Exposure to second-hand tobacco smoke	1.25	Long cancer	U.S. Environmental Protection Agency (1992)

do you take?

Second-hand tobacco smoke. Let's keep a sense of perspective.



Always wear your seat belt. It seems that one thing or another has been discovered to be even less affordable.

And this neither cuts the risk of lung cancer from second-hand tobacco smoke or it itself will before the risk imposed by other smokers.

doi:10.1371/journal.pone.0161383

Associations of Diet with Albuminuria and Kidney Function Decline

Specifically, diets higher in animal protein, animal fat, and cholesterol may be associated with MA.

Background: Diet is a major risk factor for kidney disease. The Western-style diet, characterized by high intake of animal protein, animal fat, and cholesterol, is associated with microalbuminuria (MA) and kidney function decline in people with well-preserved kidney function.

Design, settings, participants, & measurements: 13,818 US men participating in the Nurses' Health Study who had data on urinary albumin to creatinine ratio in 2002, 2006 also had data on eGFR change between 1999 and 2006. Cumulative average intake of nutrients over 14 years was derived from semi-quantitative food frequency questionnaires answered in 1984, 1990, 1996, 1998, and 2006. Microalbuminuria presence and eGFR decline ≥30% were the outcomes of interest.

Results: Compared with the lowest quartile, the highest quartile of animal fat intake was associated with 1.72-fold (95% confidence interval [CI]: 1.12 to 2.66) and two or more servings of red meat per week (OR: 1.31, 95% CI: 1.01 to 1.70) were directly associated with microalbuminuria. After adjustment for other nutrients individually associated with eGFR decline ≥30%, only the highest quartile of sodium intake remained directly associated (OR: 1.32, 95% CI: 1.18 to 1.49), whereas β-carotene appeared protective (OR: 0.82, 95% CI: 0.68 to 0.99). Results did not vary by diabetes status for microalbuminuria and eGFR outcomes or by those without hypertension at baseline for eGFR decline. No significant associations were seen for other types of protein, fat, cholesterol, soluble, trans, or potassium.

Conclusions: Higher dietary intake of animal fat and two or more servings per week of red meat may increase risk for

doi:10.1371/journal.pone.0161383

The Western-style diet: a major risk factor for impaired kidney function and chronic kidney disease

Consumption of animal fat significantly alters kidney structure and function.

Abstract. The Western-style diet, a major risk factor for impaired kidney function and chronic kidney disease. *Am J Physiol Renal Physiol* 311: P1059–P1071, 2011. doi:10.1152/ajprenal.00068.2011. — The Western-style diet is characterized by its highly processed and refined foods and high intakes of sugar, salt, and fat and protein from red meat. It has been recognized as the major contributor to metabolic disturbances and the development of obesity-related diseases including type 2 diabetes, hypertension, and cardiovascular disease. Also, the Western-style diet has been associated with an increased incidence of chronic kidney disease (CKD), a condition of chronic kidney function that is the precursor to the development of end-stage renal disease. This review addresses recent progress in the understanding of the association of the Western-style diet with the selection of dyslipidemia, metabolic stress, inflammation, and disturbances of microvascular regulation in the development of CKD. Future research needs to be directed towards more and chronic effects of diets with high intakes of sugar,

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FAT EMBOLI IN GLOMERULAR CAPILLARIES OF CHOLINE-DEFICIENT RATS AND OF PATIENTS WITH DIABETIC GLOMERULOSCLEROSIS*


FIG. 11. Fat (black) of somewhat crystalline nature completely fills and plugs the capillary loop which lies immediately beneath Bowman's capsule (upper right). Iron has stained and most cytoplasm of adjacent Renshaw and the Department of Pathology, University of Toronto, Toronto, Ont.

In their original description of the renal lesions that are now known by their names, Kimmelstiel and Wilson¹ recorded the presence of fat in some of the affected glomeruli. At least seven subsequently published reports of this condition have described glomerular lipid deposits.²⁻⁸ Wilens, Elster, and Baker,⁹ in a detailed study, compared the frequency with which glomerular lipodosis occurred in Kimmelstiel-Wilson lesions with its incidence in a number of related condi-

Journal of Applied Microbiology 2014, 116, 1235-1244

Is *Escherichia coli* urinary tract infection a zoonosis? Proof of direct link with production animals and meat

This study showed a clonal link between *E. coli* from meat and humans, providing solid evidence of zoonosis.



...indicated that the pattern was the same for *E. coli* from a range of production animals. Twenty-two geographically distinct *E. coli* from UTI patients, cows, turkeys, chickens, mice, pork, and beef were identified to exhibit eight virulence genes. Detection of approximately 300 genes, including enterotoxins by PFGE. None indicated for in vivo virulence in the mouse model. UTI, UTI and community-dwelling human strains already related to meat strains.

...and other strains. Further, some people also yielded strains from the bladder and kidneys. This study shows *E. coli* from meat and humans are the same UTI in humans. The close relationship between UTI and community-dwelling human and UTI strains is also spread, e.g. through

Journal of Applied Microbiology 1971, 45, 497-507

The Colonization of the Human Gut by Antibiotic Resistant *Escherichia coli* from Chickens

First, the chicken strains were isolated from the faecal sample taken on the day after the bird was handled, prepared and cooked but **before it was eaten**. This indicates that it was the handling of the uncooked carcass that provided the opportunity for the onward transmission of *E. coli* rather than the eating of the cooked product.

AND E. J. WHITESIDE

These experiments argue strongly that one of the volunteers concerned in these experiments became colonized by resistant *E. coli* of chicken origin to the point at which the strains concerned became a **major part** of the faecal flora for several days.

...ing been recognized. Among salmonellae, for example, strains of the same serotype and phage pattern isolated from farm animals have subsequently been detected in humans (Anderson 1968; Harvey 1973). That strains of *Escherichia coli* from farm animals contribute to the composition of the human gut flora remains to be demonstrated (Sargal et al. 1974). Recently Garrod (1976) stated that the evidence was

Journal of Applied Microbiology 1978, 46, 393-398

The effectiveness of hygiene procedures for prevention of cross-contamination from chicken carcasses in the domestic kitchen

After rinsing, the cloth was immersed in hypochlorite disinfectant containing 5000 p.p.m. available chlorine (Lever Brothers, Port Sunlight, UK) and wrung out. Using a trigger spray, the hypochlorite disinfectant was applied to all of the cleaned surfaces

Where hypochlorite contaminated sites and pressure of... other of... after understand.

In addition, if history is any indication, consumer acceptance of bacteriophage usage may present something of a challenge to the food industry.



Bacteria-Eating Virus Approved as Food Additive

Journal of Food Science / Vol. 92, No. 2, 2017

Effect of Extracted Housefly Pupae Peptide Mixture on Chilled Pork Preservation

low-cost and simple method, there have been no reports on the use of housefly pupae peptide mixtures for food preservation, indicating that they have a strong immune system.

tissue blender in a 0.2 M acetic acid solution. The homogenate was then centrifuged at 10000 × g for 30 min at 4 °C.

of housefly pupae peptide mixture was by bacterial cytoplasmic membrane lysis and pore induction in the membrane.

Keywords: chilled pork, housefly pupae, antibiotics, ions, peptide mixture, preservation

Practical Applications: Peptide mixture extracted from housefly pupae using low-cost and simple method has broad spectrum antimicrobial activity. According to the effect on chilled pork preservation, extracted housefly peptide mixture has a potential to be used as a food preservative.

Table 8. Deaths and death rates for 2010-14

(Data are based on a composite list of causes assigned to each cause of death. For details, see the appendix available at <http://www.cdc.gov/nchs/data/tables/tables/1000001.pdf>.)

Rank	Cause of death
All causes	
1	Diseases of heart (I00-I09) 23.1 (20-25)
2	Malignant neoplasms (C00-C39) 19.1 (18-20)
3	Chronic lower respiratory diseases (J40-J49) 14.9 (14-16)
4	Cerebrovascular diseases (I60-I69) 14.4 (13-15)
5	Accidents (unintentional injuries) (E01-E88) 13.4 (12-14)
6	Alzheimer's disease (I62) 12.9 (12-13)
7	Diabetes mellitus (E10-E14) 12.8 (12-13)
8	Nephritis, nephrotic syndrome and nephrosis (N00-N03) 12.7 (12-13)
9	Influenza and pneumonia (J09-J18) 12.6 (12-13)
10	Intentional self-harm (suicide) (E95) 12.5 (12-13)
11	Septicemia (blood infection) (A01-A08) 12.4 (12-13)
12	Chronic liver disease and cirrhosis (K70-K73) 12.3 (12-13)
13	Essential hypertension (high blood pressure) (I10-I15) 12.2 (12-13)
14	Parkinson's disease (G20) 12.1 (12-13)
15	Pneumonitis due to solids and liquids (J62) 12.0 (12-13)

Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts

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E-Mail: lileg@llu.edu

Abstract: Vegetarians, those who avoid meat, and vegans, additionally avoiding dairy and eggs, represent 5% and 2%, respectively, of the US population. The aim of this review is to assess the effects of vegetarian diets, particularly strict vegetarian diets (i.e., vegans) on health and disease outcomes. We summarized available evidence from three prospective cohorts of Adventists in North America: Adventist Mortality Study, Adventist Health Study, and Adventist Health Study-2. Non-vegetarian diets were compared to vegetarian dietary patterns (i.e., vegan and lacto-ovo-vegetarian) on selected health outcomes. Vegetarian diets confer protection against cardiovascular diseases, cardiometabolic risk

TABLE 1

Mean BMI (in kg/m²) and the prevalence of diabetes and hypertension in different types of vegetarians compared with nonvegetarians in California

Diet group	BMI	Diabetes	Hypertension
Nonvegetarian	28.26 (28.22, 28.30)	1.00	1.00
Semivegetarian	27.00 (26.96, 27.04)	0.72 (0.65, 0.79)	0.77 (0.72, 0.82)
Pescovegetarian	25.73 (25.69, 25.77)	0.49 (0.44, 0.55)	0.62 (0.59, 0.66)
Lactoovo-vegetarian	25.48 (25.44, 25.52)	0.39 (0.36, 0.42)	0.45 (0.44, 0.47)
Vegan	23.13 (23.09, 23.16)	0.22 (0.18, 0.28)	0.25 (0.22, 0.28)
<i>P</i>	0.0001	0.0001	0.0001

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THE RELATION OF PROTEIN FOODS TO HYPERTENSION

that protein need not be restricted unless there is a demonstrated incompetence of the kidney.

In college students in California on a lacto-vegetarian diet, increases in systolic and diastolic BP were recorded 11 days after meat was added to the usual diet

It seems, when read as they are, the results from that paper to say of the food substances as having a causative relation to blood pressure changes, and a perusal of the literature shows that correct experimental facts are hard to get. Some reliable work has been done, however, and this seems, in part at least, to upset the prevailing therapeutic notions.

Misnerthal, Brown, and Kellogg have made some interesting and valuable clinical observations, from

such importance in the study of methods aimed at the relieving of our cardio-vascular troubles.

Joseph Peir of Boston has suggested a division of hypertension cases, showing no renal involvement, into three groups as follows:

1. Vasomotor anemias with transitory hypertension. These people are subject to transient spasms on mild provocation, due to disturbances from within or without.

Nutrition 25 (2003) 404–405

Good and bad sides of diet in Parkinson's disease

The only possible explanation for this effect is the evidence of the contamination of milk by neurotoxins [13].

Parkinson's and Alzheimer's diseases are disorders of unknown etiology which appear late in life. Genetic and environmental factors have been considered in the two diseases, with most studies of cause focused on the latter. Parkinson's disease is the second most common neurodegenerative disease after Alzheimer's disease. Parkinson's disease is a progressive illness affecting the elderly population. Although there are rare cases of familial forms of the disease, most patients have the sporadic (>90% form of the disease, as with Alzheimer's disease) [12]. Parkinson's disease typically affects persons older than 50 y, with a noticeable increase in persons older than 65 y [3].

The prevalence of the disease in the worldwide population older than 65 y is estimated at 1% with a global incidence of 10

per 100,000 in the worldwide population [13]. The prevalence of the disease in the worldwide population older than 65 y is estimated at 1% with a global incidence of 10 per 100,000 in the worldwide population [13]. The prevalence of the disease in the worldwide population older than 65 y is estimated at 1% with a global incidence of 10 per 100,000 in the worldwide population [13].

Nutrition 25 (2003) 404–405

Good and bad sides of diet in Parkinson's disease

The only possible explanation for this effect is the evidence of the contamination of milk by neurotoxins [13]. High levels of organochlorine residues have been found in milk, and high organochlorine levels in the substantia nigra have been detected in patients with Parkinson's disease [13].

Parkinson's and Alzheimer's diseases are disorders of unknown etiology which appear late in life. Genetic and environmental factors have been considered in the two diseases, with most studies of cause focused on the latter. Parkinson's disease is the second most common neurodegenerative disease after Alzheimer's disease. Parkinson's disease is a progressive illness affecting the elderly population. Although there are rare cases of familial forms of the disease, most patients have the sporadic (>90% form of the disease, as with Alzheimer's disease) [12]. Parkinson's disease typically affects persons older than 50 y, with a noticeable increase in persons older than 65 y [3].

The prevalence of the disease in the worldwide population older than 65 y is estimated at 1% with a global incidence of 10

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Nutrition 25 (2003) 404–405

Good and bad sides of diet in Parkinson's disease

The only possible explanation for this effect is the evidence of the contamination of milk by neurotoxins [13]. High levels of organochlorine residues have been found in milk, and high organochlorine levels in the substantia nigra have been detected in patients with Parkinson's disease [13]. Moreover, the pollution that has been noted in milk is the tetrahydro-isoquinoline component of pesticides, which induces Parkinsonism in primates [13].

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Nutrition 25 (2003) 434–435

Good and bad sides of diet in Parkinson's disease

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Milk Intake and Risk of Hip Fracture in Men and Women: A Meta-Analysis of Prospective Cohort Studies

Based on a meta-analysis of prospective cohort studies, we found no overall association between milk intake and hip fracture risk in women, even at high milk intakes.

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ABSTRACT
 Milk contains calcium, phosphorus, and protein and is fortified with vitamin D in the United States. All these ingredients may improve

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Milk Consumption During Teenage Years and Risk of Hip Fractures in Older Adults

milk consumption during teenage years was not associated with a lower risk of hip fracture in older adults in our cohorts.

OBJECTIVE: To determine whether milk consumption during teenage years influences risk of hip fracture in older adults and to investigate the role of attained height in this association.
DESIGN, SETTING, AND PARTICIPANTS: Prospective cohort study over 22 years of follow-up in more than 96 000 white postmenopausal women from the Nurses' Health Study and their aged 50 years and older from the Health Professionals Follow-up Study in the United States.
EXPOSURES: Frequency of consumption of milk and other foods during ages 13 to 19 years and attained height were reported at baseline. Current diet, weight, smoking, physical activity, medication use, and other risk factors for hip fractures were reported on biennial questionnaires.
Author Affiliations: Channing Laboratory, Department of Medicine, Brigham and Women's Hospital and Harvard Medical School, Boston, Massachusetts; University of Boston, Massachusetts

Milk intake and risk of mortality and fractures in women and men: cohort studies

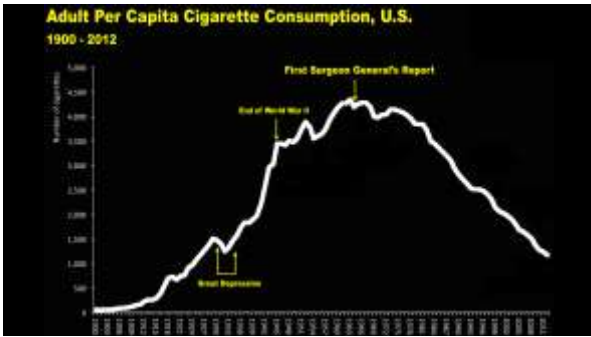
In women, higher rates were observed for death from all causes (adjusted hazard ratio 1.15, 95% confidence interval 1.13 to 1.17, for each glass of milk), cardiovascular disease (1.15, 1.12 to 1.19, for each glass of milk), and stroke (1.07, 1.02 to 1.11, for each glass of milk) (table 2 and fig 3). Milk consumption corresponding to three or more glasses of milk a day (mean 680 g a day) compared with less than one glass a day (mean 60 g a day), was associated with a hazard ratio of total mortality of 1.93 (1.80 to 2.06) and for hip fracture was 1.60 (1.39 to 1.84).

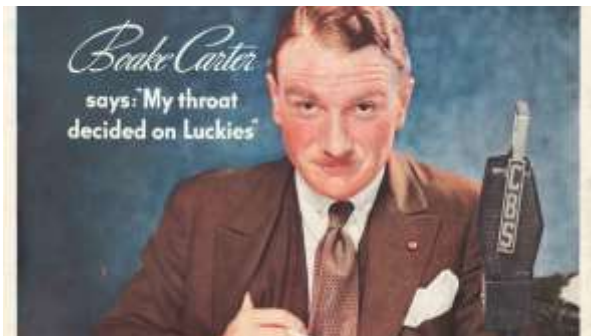


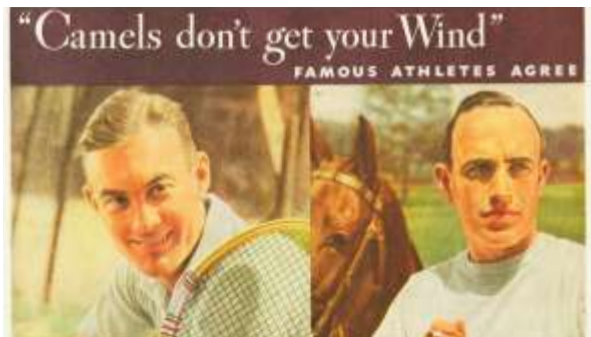
Table 8. Deaths and death rates for 2010

Causes of death

1	Diseases of the heart
2	Malignant neoplasms (cancer)
3	Chronic lower respiratory diseases (emphysema)
4	Cerebrovascular diseases (stroke)
6	Accidents (unintentional injuries)
7	Alzheimer's disease
8	Diabetes
9	Nephritis, nephrotic syndrome (kidney failure)
10	Influenza and pneumonia
11	Intentional self-harm (suicide)
12	Septicemia (blood infection)
13	Chronic liver disease and cirrhosis
14	Essential hypertension (high blood pressure)
15	Parkinson's disease







"To keep fit - reach for a Lucky."



Hamilton Fish Jr.
 HAMILTON FISH JR.
 Member Legislature and Public Official

"From actual experience with American Veterans at the Expeditionary Force, I found that cigarette smoking quieted the nerves and that Lucky brings more an necessary so food for the soldier in the front zone. Physical fitness is an essential in public life and business so it is in football as in the Army. To keep fit reach for a Lucky instead of a drink."

WATERBURY PRESS CO.

BUNN & HILLMANH TOBACCO CORPORATION
 PRUDY REPORT
 September, 1972

PROUSE: Youth Cigarette - New concepts

MARKETING IMPLICATIONS' REVISIONS:

MC suggests new ideas for the youth-freshness field...

CONCLUSION: While the government would not permit us to add caffeine to a cigarette, it may be possible to

APPLE FLAVOR: Apples connote goodness and freshness and we see many possibilities for our youth-oriented cigarette with this flavor.

APPLE FLAVOR: Apple color is also a possibility.

SMOKE FLAVOR COGNITIVE: We believe that there are pipe tobaccos that have a sweet aromatic taste. It's a well known fact that cigarette like most products, heavy night is considered.

No curative power is claimed for PHILIP MORRIS-

but



FOR THE SMOKE

"That's what I do in U.S.," says Mann champion for



No woman ever says no to Winchester.



SO ROUND, SO FIRM, SO FULLY PACKED









"GIVE YOUR THROAT A VACATION
Smoke a FRESH cigarette"

If THE cigarette you have been smoking stings or burns your throat, switch to Camels and see the difference.
 It's the peppery dust left in tobacco by inefficient cleaning methods that makes you cough.
 It's the unkindly hot smoke of harsh, dried-out tobacco that burns and irritates your throat.
 There is no peppery dust in Camels—that's whisked away by a



Noted throat specialists report on 30-day test of Camel smokers ...

NOT ONE SINGLE CASE OF THROAT IRRITATION *due to smoking* **CAMELS!**

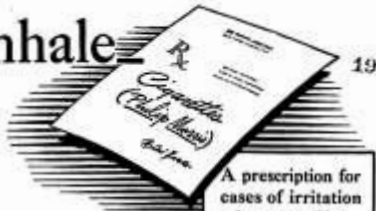


Yes, these were the findings of noted throat specialists after a total of 2,076 weekly examinations of the throats of hundreds of men and women who smoked Camels—and only Camels—for 30 consecutive days.



JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Because all smokers inhale



A prescription for cases of irritation due to smoking.

Carcinoma of the Lung and Tobacco
 ... A Historical Perspective

What do you do?

... first articles published in 1959, why no one paid any attention to our opinion on the causal relation of tobacco smoking to carcinoma of the lung. I had some difficulty answering that question, but on further reflection made an effort to do so. For some time in that period, I had been reading the reports of the International Agency for Research on Cancer (IARC) which had been established in 1966. In its reports, IARC had concluded that tobacco smoking was a cause of lung cancer. In fact, I had already been smoking in the meeting rooms and conference halls.

A Critical Appraisal of Standard Guidelines for Grading Levels of Evidence

... according to the Public Health Service (1964) report of the Surgeon General, *Smoking and Health*, it took more than 2,000 studies and the death of countless habitual smokers before a consensus was reached in the medical community regarding the causal link between smoking and lung cancer.

... evaluating the quality of evidence produced by a medical research study. Specifically, consensus exists regarding the hierarchy of evidence, where

A Preliminary Report on Differences in Incidence Between Seventh-day Adventists and Others

The present data have shown that in this non-smoking population lung cancer among men occurs at least 90 per cent less often than in the associated general population

... shown to be related to smoking, was 19 times less common among Seventh-day Adventists than among the general population, even among those Seventh-day Adventists living in the Los Angeles area where all are exposed to smog. Similarly, cancers of the mouth, larynx, and esophagus, previously shown to be related not only to smoking but also to heavy drinking, were at least 18 times less common among Seventh-day Adventist men than among men of the general population. All other types of cancer, with the exception of cancer of the bladder and cervix, occurred among

NEJM 47: 78, N. 3

CAMPAIGN AGAINST SMOKING

To the Editor: I am deeply concerned at the failure of the American Medical Association, the American Cancer Society and Congress to take effective steps toward limiting the smoking of cigarettes.

At its June, 1965, meeting in New York City, the House of Delegates of the A.M.A. went on record as withholding endorsement of the Surgeon General's Report on Smoking and Health, which documented the important role of cigarettes in the etiology of lung cancer.

Major efforts to date have been made by the Department of Health, Education, and Welfare and some city and state health departments. The National Heart Institute recently published the results of a study on the effectiveness of 12 different methods of teaching the cigarette habit, and the Public Health Service has just instituted a national campaign to reduce the smoking of cigarettes.

He had undoubtedly given thoughtful thought and an active mind, and these he turned with great effectiveness to the medical and social problems encountered daily in a large academic practice.

He believed that the private practitioner could do meaningful research — and he did this. He believed that the private practitioner could do effective teaching — and he did this. He believed that a community hospital could give good service not at the same time teach at both the hospital and medical-student levels. And he helped to do this. He believed that the medical profession should not limit its activities to the hospital but should be active in the community.

Horizontal lines for writing.

NEJM 47: 78, N. 3

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Horizontal lines for writing.

NEJM 47: 78, N. 3

THE ADVERTISING OF CIGARETTES

Industry has long been held to be free to advertise its products.

Postmortem examinations do not reveal lesions in any number of cases that could be definitely traced to the smoking of cigarettes. From a psychologic point of view, in all probability more can be said in behalf of smoking as a form of escape from tension than against it.

Several scientific works have been published that have assessed the evidence for and against smoking, and these data are known to be of considerable importance to the public health. However, it is these scientific works that have been published in the efforts of industry to influence the public, the blood, the gastric acidity and other

regulated under the supervision of physicians. From time to time the manufacturers have sought for some positive chemical or physical factor related to the habit of inhaling the passive constituents of the throat, and evidence and newer knowledge concerning growing, curing and blending have been accumulated in behalf of their conviction. Readers must remember that the cigarette business is a multi-billion dollar industry and that the industry

Horizontal lines for writing.

