

# Lauderdale Wellness News

A Free Monthly Newsletter For The Friends and Patients of Dr. Brian Malzer

## Why Would A Drug Linked To Killing 55,000 People Be Allowed To Stay On The Market?

**L**auderdale – I need your opinion. Why? Because, quite frankly, I think I've lost my mind. Gone crazy. Plain loco.

So, I need you to listen to this little scenario and give me your honest opinion. That way I'll know for sure if I've still got all my marbles. And, if I don't, I'll be sure to get the proper help first thing tomorrow morning.

**Here's the scenario:** There is an all-natural supplement on the market. Just for argument sake, let's call it vitamin C.

Research has just proven that vitamin C is linked to killing 55,000 people. This means, these 55,000 deaths would NOT have occurred if these people had not been taking Vitamin C.

What do YOU think should happen to vitamin C?

Let me give you two choices:

**Choice #1:** Vitamin C is yanked off the market so no one else dies unnecessarily.

**Choice #2:** Vitamin C can stay on the market, but, it should have a "black box" warning and any advertising for Vitamin C should be done by the FDA – not the manufacturer.

So tell me...

### What's Your Choice?

To me, the only sane choice is #1. And, that's why I think I've gone crazy... because... #2 is what's really happening.

Not with Vitamin C, but with Vioxx.

Let's delve into this a little further...

As you probably know by now, Merck, the manufacturer of Vioxx, pulled the drug off the market not too long ago after studies showed the drug caused 55,000 deaths.

So the FDA put together an "expert" panel to go over the evidence and make a recommendation. They decided,

like my Vitamin C example, to let Vioxx back on the market with warnings and advised that the FDA write any ads for the drug.

Hmmmm. Are you wondering what I'm wondering... who was one that panel?

I'm going to get to that in a moment... and... it's going to shock and outrage you. But first, let me throw this at ya:

Remember Ephedrine. It's also called Ephedra or Ma Huang in its natural form.

Ephedra was the weight loss supplement that was banned a few years ago because it was dangerous. How dangerous?

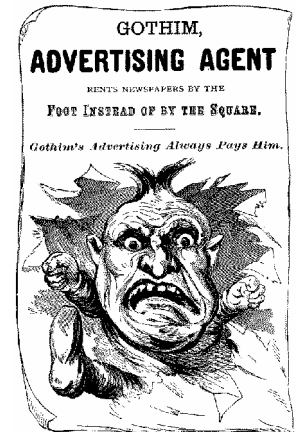
More than 3 BILLION doses of supplements containing Ephedra were consumed every year. The supplement has been around for a very longtime. Truckers bought it in 7-11s over 25 years ago to help keep themselves awake on long runs.

After all was said and done, the FDA says 155 people may have died from Ephedra.

### So Why Is Ephedra Banned For Killing 155 While Vioxx Gets The Green Light With 55,000 Notches In Its Belt?

As a quick aside... I am NOT advocating the use of Ephedra. I am only pointing out the hypocrisy. Onward...

First, let's look at this panel of "experts." According to CBS news, 10 of the 32 panelists had financial ties to Pfizer (the maker of Celebrex and Bextra), Merck (the maker of Vioxx) or Novartis, a company that has submitted an application with the FDA for yet another brand in this class of drugs. The new drug is called Prexige.



CBS reports that the 10 panelists with drug company ties voted 9 to 1 in support of keeping Bextra on the market. They also voted 9 to 1 to allow the sale of Vioxx.

Although 8 of the 10 members said their drug company ties did not influence their votes, if you take out their votes the results would have been:

- 12 to 8 to take Bextra off the market
- 14 to 8 to keep Vioxx off the market

The FDA said that the committee members were “screened for conflicts of interest according the same strict ethics guidelines FDA applies to all its advisory committees.”

### Really

When asked, why did only 8 out of 10 members say they were not influenced. Simply asking them would have thrown out 2 by their own admission.

When the New York Times first ran this story, the FDA responded by saying they did due diligence because all the “expert” panel members were screened. And, yes, they were ALL screened.

### The only problem is...

If a conflict of interest was found, they were given a waiver to be on the “expert” panel anyway.

Why even do the screening? Could it be so it looks good for the public?

And, expert say studies have show money does influence scientific judgment.

Like that’s a BIG shock. Do you really need a study to tell you money influences decisions in this day and age?

### And the worst thing

#### I heard from this fiasco...

was a quote from the chairman of the panel, Dr. Alastair Wood, who told the New York Times, *“It would be a brave man or woman who started a patient with a clear history of heart disease on these drugs.”*

Brave is not the word I would have used.

The panel also recommend these drugs should not be advertised unless the FDA wrote the advertisements.

Now the FDA is in the marketing business? And how will that change the fact that 55,000 people have already died with undoubtedly more to come. If the FDA writes the ads, will the drug mysteriously become safe? Poof! No more deaths...

In a Health Science Institute newsletter, they said, *“That’s like asking a judge to make the closing argument for a defendant in a murder trial.”*

### Well Put

But let’s take a step back for a moment. Remember Ephedra? Who do you think was on the panel that banned that supplement? I don’t know for sure, but, I’d bet you my last penny it wasn’t reps from the *supplement* industry.

**The bottom line is:** Drug companies didn’t stand to lose BILLIONS if Ephedra was banned. In would actually help them by eliminating competition to their weight loss DRUGS.

But, it is a different story when it might stop the flow of green backs to the drug companies.

So, here’s the final opinion I want from you:

**Ephedra** – 155 deaths – BANNED

**Vioxx** – 55,000 deaths – OK as long as the box has a warning and the FDA writes the ads.

### Am I Crazy?

It is as plain as day that Vioxx would have been banned if it was a supplement and without the financial ties of the panelists.

If it had been vitamin C it would have been pulled off he shelf within hours.

**And the really sad thing is:** why are you hearing this from me in this tiny, little newsletter?

Why haven’t you heard this in the main stream media? Yes, the New York Times investigated and ran the story. And, thankfully they did. Without them, I don’t know if anyone would have known.

I’m not a medical doctor. And, I’m not giving medical advice. But I wouldn’t take a Vioxx, Celebrix, Bextra or the soon to be released Prexige if I were you. That is...

### Unless You Think I’m Crazy!

**...And don’t forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your, questions. We’re here to help, and don’t enjoy anything more than participating in your life long good health.**

## WELCOME!!!

**J.C. Drobac** – J.C. is an experienced massage therapist...And a fellow Lauderdale resident. We are excited that she has joined the LWC staff. She has massage appointments available Tuesdays from 1:00 to 9:00 P.M. Call the office to reserve your appointment time.

**Allison Molenda** – Allie is a licensed acupuncturist and Chinese medicine practitioner. In fact her training even included a six month internship in China... now that’s dedication! She is available Tuesday afternoons and Thursday mornings. I think you will be amazed at the range of conditions she can help with.

*Please feel free to call the office with questions.*

**Inspirational Story Of The Month –**  
**(Names And Details Have Been Changed To Protect Privacy.)**

## **“What Do Hush Puppy Shoes Have To Do With Your Health?”**

This is incredible. I’m reading a book right now by Malcom Gladwell – The Tipping Point. I highly recommend you get a copy and read it as soon as possible. It’s very powerful stuff.

In the book, one of the things he talks about is Hush Puppies. You know, the brush suede shoes that were popular a longtime ago. And then had just about fallen off the face of the earth by 1993.

Sales of the shoe were down to 300,000 pairs per year and the manufacturing company was thinking about pulling the plug.

While this was happening, a handful of hip kids in Manhattan started wearing the shoes to the popular clubs. Then a few more began to wear them. And a few more after that.

Little second hand stores in the Village were selling them like hot cakes.

By the fall of 1995, a big fashion designer, John Bartlett wanted to use them in his fall collection. Almost all at once, fashion other designers from New York and Los Angeles wanted to feature the shoes. Boutiques were even designed to showcase the shoe with the huge inflatable hush puppy basset hound in the show room.

In 1995 they sold 455,000 pairs. The next year they sold 4 times that. And even more in 1997.

The shoe even won a fashion award in 1996.

**In the blink of an eye Hush Puppies had gone from nowhere to everywhere!**

What does all this Hush Puppy talk have to do with your health? Good question.

If you look at it closely, the way Hush Puppies became a smashing, almost overnight success is the EXACT same way you become and stay healthy... or... get sick. How?

The Hush Puppy success cannot be attributed to any one LARGE force. Such as a huge marketing campaign. Not at all. It was the accumulation of a bunch of small things that eventually added up that put them over the edge. And, once they were over the edge, things went crazy.

**The amazing thing is:** none of the little things all by themselves seem impressive in any way. None of them seems like they could cause a Hush Puppy epidemic.

But, all together, they did.

Even the manufacturers could not put their finger on what caused a completely dead shoe to come back with such a vengeance.

**Basically, tiny things can make a huge difference.**

Your health acts in the same way.

Most people only want to do BIG things. They want wonder drugs. Miracle surgeries. They want immediate results they can FEEL right now... *from just one thing*.

**But the real truth is:** real health comes from a bunch of little things done over a period of time.

Chances are, you will not immediately feel the results of eating a little better. Or exercising a little more. Or reducing some of your stress. Or coming in and getting adjusted when you are not in pain.

Each one of those changes is a small thing. Done in isolation for a short time will not bring big, life changing results.

But, done together, over a period of time, and you will see exponential results. Results that sneak up on you all of a sudden and are profound – like the Hush Puppy story.

But, you also have to remember: the same is true in reverse. A bunch of small BAD things ad up to BIG health problems.

You are not completely healthy one day and then sick the next. You are not ok today and tomorrow have a heart attack. Or cancer. Or diabetes. Or whatever. It doesn’t work that way.

Years of smoking, drinking, poor diet, no exercise, high stress lack of Chiropractic care are the REAL causes of disease. Years of all those little things ad up to just about all the health problems you will ever face.

Most of them can easily be prevented.

I hope you get and read Malcolm Gladwell’s book, The Tipping Point. It will change the way you look at life.

*We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!*

## Did You Know?...

### **Health Facts About Low Carb Dieting** by Tanya Zilberter, PhD

❖ Did you know that our nutritional make up reflects Ice Ages? That low carb diets help in maintenance remission in Crohn's disease? That low carb increased Tryptophan and 5-HT? And most importantly - how low carb dieting increases fat burning?

❖ ... that Omega-3 fatty acids and low carbohydrate diet were showed to be efficient for maintenance of remission in Crohn's disease? -- Am J Physiol 1996 Jul;271(1 Pt 2):R144-8

❖ ... that the Ice Ages which dominated the last two million years of human evolution brought a low-carbohydrate, high-protein diet and our nutritional make up reflects the metabolic adaptations were therefore necessary to accommodate the low glucose intake? -- Diabetologia 1994;37(12):1280-6

❖ ... that a low-carbohydrate high-protein diet increased the levels of Tryptophan and 5-HT in the brain? These substances are famous for their beneficial effects on mood? -- Nippon Eiseigaku Zasshi 1992;47(2):627-33

❖ ... that low carbohydrate diet resulted in greater improvement of fasting blood insulin, the glucose/insulin ratio and blood triglycerides that same in calories but high carbohydrate diet?-- Int J Obes Relat Metab Disord 1996;20(12):1067-72

❖ ... that during low carbohydrate diets, elevated sympathetic nervous activity resulted in an increased free fatty acids (FFA) mobilization from the adipose tissue - plainly fat burning? -- J Sports Med Phys Fitness 1991;31(3):407-12

*I found the above facts interesting, and I thought you might too. They leave out perhaps the most important fact of all... The same fact that the previous low fat craze left out... The same fact that Dr. Atkins left out of his diet (I can't help but wonder if ignoring this contributed to the good doctor's heart attack and stroke?) Are you ready? All food is made of three basic materials, Fat, Carbohydrates and Proteins. No one of these is any better than the other. It is all about quality... that's it. There are carbs, fats and proteins that can help improve your health and even help cure diseases... and there are carbs, fats and proteins that can help cause diseases. There is no fad diet that really encompasses this idea, although South Beach comes the closest. If you have general diet questions or would like to address a specific health concern using diet, just let us know, we would be happy to help.*

## Tip of The Month - Spring House Cleaning WITHOUT Toxic Chemicals



A complete house cleaning every spring is a good idea. It helps reduce built up allergens and makes your home healthier to live it. It also can be a big boost to state of mind after a long winter.

But, it can also be a daunting task. The key is to tackle it just like you would eat an elephant – one bite at a time! Or, in this case, one room at a time.

Another consideration is chemicals. Quite often the chemicals from commercial cleaning supplies can aggravate your allergies. They can also have harmful long term effects on your health. And you can get very good results with much less toxic substances. Here are some alternative things you can use this spring to clean your house and stay safe.

- **Ammonia** - cuts grease, strips the wax off floors, and cleans windows
- **Baking soda** - cleans, deodorizes, scours, polishes, and removes stains
- **Bleach** - whitens practically anything and removes mold and mildew
- **Borax** - alternative for bleach, deodorizes, prevents mold, removes stains and boosts the cleaning power of soap
- **Cornstarch** - cleans and deodorizes carpets and rugs
- **Ketchup** - cleans copper
- **Lemon juice** - cuts grease and stains on aluminum and porcelain, whitens
- **Salt** - makes an abrasive, but gentle, scouring powder
- **Vegetable oil** - a furniture polish
- **Washing soda** - cuts grease and disinfects
- **White vinegar** - cleans windows, shines metal surfaces, removes mildew, stains, grease and wax buildup

**Sometimes combining some of the above ingredients creates better cleaners, but remember to NEVER MIX BLEACH AND AMMONIA TOGETHER THE FUMES CAN BE DEADLY.**

- **Ceramic tile cleaner** - use a combination of 1/4 cup baking soda, 1/2 cup white vinegar, one gallon warm water, and one cup ammonia
- **Furniture polish** - combine 1 teaspoon lemon juice with one pint mineral or vegetable oil
- **Slow Mold Growth** - dilute 3/4 cup chlorine bleach in 1 gallon of water and apply to affected areas or apply full-strength white vinegar
- **Oven cleaner** - fill a small glass bowl with 1/2 cup full-strength ammonia, place in oven and close.

Let stand overnight.

- **Painted wall and woodwork cleaner** - combine 1/4 cup ammonia with 1 gallon warm water OR combine 1/4 cup liquid dish detergent with 1 gallon water
- **Scouring powder** - combine baking soda with a touch of salt

## Patient of The Month

. . This month's patient of the month is Mr. Tom St. Martin. Congratulations! . . Tom's commitment to his health has been inspiring to say the least. As usual, the patient of the month will receive a FREE DINNER for themselves and a guest. Watch for your name here in a coming month!