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THIS FLUORINE FREE-FOR-ALL. LOOSE TALK BY PROFESSED AUTHORITIES

The editor of the Journal of the American Dental Association in the April (1952) issue gets somewhat hysterical in his support of fluoridation of water, and tells us that since the program has been endorsed by all the political organizations that commonly substitute the "consensus of opinion" for the real facts wherever necessary to promote the sale of counterfeit and foodless "death foods", we should unquestioningly accept the matter as settled. (For an inside peep into how these phony scientists lock the door to any honest investigation of facts when they must act to protect the "death food" and synthetic fertilizer industries, read carefully the attached leaflet, "A Critical Discussion of Trace Elements and Biodynamic Agriculture").

The facts up to date on Fluorine are available in the attached reprint of the Congressional Record, remarks of Hon. A. L. Miller, M.D. Note that in Grand Rapids, Michigan, the statistics show that after water fluoridation the deaths from heart disease DOUBLED, the deaths from nephritis increased 50 percent and deaths from "intracranial lesions" (cerebral hemorrhage) increased 50 percent. THAT is the reaction of the SYNTHETIC forms of FLUORINE used to adulterate the water, I would conclude. Natural fluorine does NOT do these things, as is well known.

The Editor of this Journal uses the typical Communist tactic of personal smear in trying to discredit the motives of the opposition, apparently because he cannot meet the issue on its merits. As to the real facts in the Government prosecution of myself and the Vitamin Products Co., the date of citation was 1940, not 1950, an intentional "error" (?) and the diseases that were at that time considered by the "consensus of opinion" as NOT due to nutritional deficiency by the august authorities marshalled by the Government and for which the fine was assessed, are now in almost every list of deficiency diseases in the literature of every firm that sells vitamins. My offense was being the FIRST to announce them. The Government owes me a sincere apology and about \$100,000 damages, neither of which I ever expect to get. In fact, the 1939 Department of Agriculture Yearbook completely vindicated my statements, but it was not printed at the time of the trial, (Jan. 1939). If you would like more on this subject of deliberate suppression of facts to protect the "death food" industry, write me for a copy of "How Organized Medicine is Fighting Vitamins", and "Three Opinions of the Death Food Propaganda".

The dentists might do a little investigating to learn just how and why their organization is being used for such criminal purposes as promoting water adulteration, and the support of the "death food" industries, the smearing of opposition, and the propagandizing of themselves to the effect that "there is no scientific evidence to prove that dental disease is a result of mal-

nutrition". This last is the prize lie to be promoted. It of course protects the candy industry, the soft drink industry, the white flour industry and the synthetic glucose industry. Dr. Weston A. Price and Dr. Harold Hawkins in their books, "Nutrition and Physical Degeneration" and "Applied Nutrition", demonstrated beyond all reasonable doubt that all dental disease was due to bad food, and exactly how and why. But it is worth millions of dollars per year to the food racketeers to smear them and hide the fact. No dental college in this country has the power, the privilege or the guts to tell the truth on this subject. As I see it, the faculties of these institutions have to parrot lies to hold their jobs. AND any individual dentist who tries to tell the truth is smeared and squeezed by the politicians in charge of the profession, according to my observations.

HOW COME THIS OVERWEIGHT STUFF?

Too many of us are having a constant battle with ourselves to avoid overweight. We know that overweight is a bad thing, a life-shortening matter, that life insurance rates should be higher for fat people. We know that overweight undermines our health, undermines our efficiency, undermines our happiness. Doctors tell us that it is just a matter of calories, that if we eat less we will stop gaining and reduce. They tell us that glandular imbalances have little to do with overweight, that the use of thyroid substance is dangerous, that only one in a thousand can reduce under thyroid treatment.

All that is half true. There is a remarkable misunderstanding about thyroid, those who are deficient may be dwarfed, children who fail to grow may be often stimulated to develop normally if fed a little thyroid. It has little to do with our state of obesity. But there are other glands that have a terrific lot to do with fat metabolism. Did you ever hear about the custom of castration to promote fat development in meat animals? Either sex develops uncontrollable tendencies to get fat if their sex glands are removed, or damaged. A spayed dog becomes fat and lazy if overfed. Feed a healthy bull all you want, and you cannot fatten him for beef, he remains muscular and full of fight.

What has that to do with us? Well, it has a great deal to do. Recent discoveries tend to establish the thesis that our sex glands depend upon unrefined cereals for vitamins and precursors of sex hormones.

Precursors of both female and male sex hormones are now known to definitely exist in wheat germ oil. (1). Probably all sources of the vitamin E complex carry some of this activity. (None will be found in refined wheat germ oil, nor in the synthetic imitations of vitamin E commonly sold as the real vitamin). Certainly, the use of foods that have been refined to the point that none of the vitamin E complex remains, can possibly support the normal function of the sex glands. The victim of such foods will gradually become castrated

as efficiently as if the result were accomplished surgically. It will be just a matter of time. The first thing he or she will notice, in all probability will be a tendency to accumulate fat. Remember, any farmer will tell you that you cannot fatten a bull by feeding him lots of calories. (In spite of the fact that man has carefully selected his breeding animals for their ability to reflect as fat in the most efficient manner all feed that he gives them.) (Wild animals are difficult to fatten by dietary means, as they have not been so selected for the development of this characteristic.)

Therefore, to defeat this tendency to convert calories to fat, we need to make a careful inventory of foods to identify those that may act as "nutritional castrating agents". That means we must avoid with great aversion all refined foods, all cereals that have been degerminated, all white flour (bleach chemicals destroy remaining traces of the vitamin E complex in white flour, and much if not all commercial "whole wheat flour" has been doctored with the same bleach to keep out bugs), so it is essential that you get fresh ground flour or bread made from such flour where possible. (It is highly significant that Dr. Daniel Quigley of Omaha, the celebrated cancer specialist, tells us that similar precautions are part of his recommendations to patients having cancer operations, to prevent a recurrence.)

Other than fresh ground cereals, our major source of the vitamin E complex is natural fats, butter being at the top of the list, the best butter carrying ten percent as much of this vitamin as wheat germ oil. (2) As butter does not cost over one-tenth as much as wheat germ oil, it is evident that the rest of the butter is free. So you see oleo-margarine cannot possibly ever compete with butter. Oleo never carries any of the vitamin E complex that we need to protect our sex glands, as far as I can determine. In fact, since it is made by hydrogenating oils to make them solid fats, all traces of vitamins originally in them are lost in the process. The test use of these counterfeit foods (hydrogenated fats and oleo) was found to accomplish exactly the effect I have been discussing, that of wholesale castration.

I refer to the celebrated test reported in the Journal of the American Medical Association (3) where test groups of boys and girls were subjected to oleo feeding in comparison to butter, over a period of years. The girls grew more than twice the annual average when fed on oleo, the boys too were taller than normal on oleo. (Castration in humans is always known to increase height.) But the payoff was in the weight figures. The annual average gain for girls on oleo was GREATER than the gain for boys on oleo, and far more than the normal gains on butter, which had the effect of CONTROLLING the weight of both the girls and the boys. (Girls and boys on oleo both increased 2.2 inches in height per year, girls on butter 8 tenths of an inch per year.) (4) (The "Experts" who made the above test, however, missed the point. They said oleo produced as much growth as butter.)

Some years ago a celebrated physician called attention to the effect of refined foods in causing boys and girls to become neutral in sex characteristics, and

put up a group of photographs of the body silhouettes of an equal number of boys and girls of adolescent age, at a medical convention, with a ten dollar reward for the doctor who could accurately separate the sexes. He pointed out that the normal wide hips of the girls and broad shoulders of the boys were totally lacking. Is it any wonder that these castrated characters will have a lot of trouble trying to keep down their weight when they reach the age of 30 to 50?

Counterfeit foods make counterfeit bodies. Ask any army man how he likes counterfeit men. Ask any fat woman how she likes to be a counterfeit female. She doesn't, but she had no choice. You who read this DO. You will be pleasantly surprised how well Mother Nature can repair the damage if you give her a chance, by giving that body of yours genuine nutrition, in place of the counterfeit.

Do not assume that you will be able to get injections of hormones that will repair the damage. Such shots are all right as medical treatments where drug effects are to be accomplished, but to use them in place of nutrition may cause as much of a hullabaloo as the stilbestrol now used to castrate chickens, and fatten them quick. Minks fed such contaminated meat (minced chicken heads) were castrated too, so that their owners collected fat damages from the Federal Department of Agriculture who recommended this cheap source of mink feed. Many a doctor who tried hormone shots on his patients has been dismayed by an effect the reverse of what he intended. Heavy doses of various vitamins as well as hormones have often been observed to have the opposite effect of smaller doses. That is why we need to be specially cautious in using synthetically prepared vitamins or hormones. Even such supposedly innocent food factors as synthetic thiamine when fed to test animals caused the castration of their offspring, and a cessation of reproduction in the families so fed this dangerous counterfeit vitamin. (4) Double the daily requirement was enough to do the harm.

Dr. Henry C. Sherman of Columbia University found years ago that increased calories from refined foods shortened the life span of test animals. BUT THAT INCREASED CALORIES FROM NATURAL UNREFINED FOODS WITH THEIR INCREASED QUANTITY OF VITAMINS AND MINERALS caused an INCREASED life span. (5) Elvehjem has just reported that the best way to increase susceptibility to cancer in test animals is to reduce their available vitamins and minerals. (6)

These are just circumlocutory ways to say that refined foods are killing us at an early age. These are DEATH FOODS, in contradistinction to HEALTH FOODS.

References:

1. Endocrinology Vol. 49 Sept., 1951 No. 3 P. 289-300
2. Dairy Council Digests 21:6 July 1950
3. Science News Letter Feb. 14, 1948, Page 108
4. Barnett Sure, Vol. of Nutrition, 18,2:192-193, 1939
5. Henry C. Sherman, "Food & Health", Macmillan, 1936 - Page 200
6. "Cancer Research", April, 1952.

THE STATEMENTS HEREIN MAY NOT AGREE WITH CURRENTLY ACCEPTED MEDICAL OPINION.
NEVERTHELESS THE PUBLISHER BELIEVES THEM SOUND.

Edited by Royal Lee

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