

Image Awareness Wellness Center

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Aspirin and Brain Haemorrhage

Aspirin doubles risk of death from brain haemorrhage (bleeding) according to a recent study from Finland. The report was made by neurologists at Oulu University Hospital. Regular use of either aspirin or other anti-coagulants such as wafarin doubled the chances of death within three months after a brain haemorrhage.

The authors comment that the use of blood thinners still tends to produce more benefit than harm.

Fish Oil

Upon reading this article I was reminded of an article written by Dr. Jonathan Wright in which he asks the question why doctors do not encourage people to supplement with fish oil rather than aspirin. Fish oil produces similar benefits and is free of the potential harmful side-effects of aspirin. Wright observes that “continuous aspirin use can lead to gas-

trointestinal bleeding, and accelerate progression toward osteoporosis.”

Flavonoids

Fish oils are not the only natural means of reducing the tendency of blood platelets to stick together. The flavonoids in grape juice and tea both have similar effects upon blood platelets. These flavonoids are found in Flavonoid Complex. The benefits of aspirin disappeared under the influence of stress and exercise, however, such was not the case with grape juice. The disadvantage of grape juice is that it is high in sugar and can pose significant problems for someone with hypoglycemic or diabetic tendencies.

Science News Online summarized the reasearch of John D. Folts, director of the Coronary Artery Thrombosis Research and Prevention Laboratory at the University of Wisconsin-Madison Medical School, “a daily glass of concord grape juice may offer more protection against formation of the undesired blood clots than aspirin does.”

Haptens

The article on aspirin also reminded of Dr. Ben Feingold’s work. Feingold was a pioneer in the effort to link diet to hyperactivity.

Dr. Feingold’s early allergy work centered on flea bites. In the 1950’s so many fleas inhabited the area from San Francisco to Palo Alto

that it was known as the “Park of the Fleas” (Alameda de las Pulgas).

In the study of flea bites Feingold found that the substance with triggered the allergic response was not a typical allergen, but a substance called a hapten. He described this as follows: “Because of its size, the little hapten is unable to induce either an immune or an allergic response. However, when combined with proteins, which are larger-molecular-weight substances, it is able to stimulate the body defense mechanism and produce allergic reactions.

Feingold’s study of haptens led him to focus on aspirin. He observed that the medication “appears to have a slowly building, accumulative effect, finally exploding into full-blown intolerance.”

The course of Feingold’s study led him to the observation that many foods contain a structure “not necessarily identical with aspirin but... closely allied in basic structure. These common foods have the potential to induce the same type of adverse reaction caused by the manufactured aspirin.”

I have often wondered if the widespread use of aspirin were not sensitizing some people and setting them up for trouble. On a recent trip to Los Angeles I met an individual who almost died as a result of aspirin sensitivity after being put on the medication by his physician. Fortunately, the cause of the problem



was discovered prior to his death!

References:

“Aspirin doubles risks of death after brain haemorrhage,” *AFP*, Nov. 11, 2005.

“Banish blood clots without aspirin,” *Dr. Jonathan Wright’s Nutrition and Healing*, January 2002, p. 3.

“Grape Juice: Better than aspirin?” *Science News Online*, March 22, 1997.

Feingold, Ben, *Why is Your Child Hyperactive?* New York: Randomhouse, 1974, 6-7.

Birth Control Patch

The Food and Drug Administration has issued a warning that women using the birth control patch absorb 60% more estrogen than women taking birth control pills. The patch increases risk of blood clots and premature death three times greater than women using the pills. More than 4 million women have used the patch since they became available in 2002.

Birth control pills pose hazards many women are not aware of. Ellen Grant who supervised the introduction of the birth control pill into England later wrote a book entitled *The Bitter Pill* documenting the many problems she had observed. Unfortunately, her incredible book is out of print. She predicted many of the common problems being reported with birth control pills and hormone replacement therapy in her book written in 1985. Unfor-

tunately, science has been slow to heed her cautions. The safest way to support normal hormone function is to supplement regularly with essential nutrients including the hormonally significant phospholipids and phytosterols found in Tre-en-en and Formula IV.

Reference:

Mendoza, Martha, “Warning Issued for Birth Control Patch,” *AP*, Nov. 11, 2005.

Sexually Altered Fish Off California Coast

Sexually altered fish were found off the Southern California coast recently. This phenomena has taken place in bodies of fresh water throughout the world, but this was one of a few times ocean fish have been shown to be affected by estrogenic chemicals in sewage making its way to the ocean.

Last year male fish were found growing eggs in the Patomoc River. In this study 11 of 82 male fish were found to have ovary tissue in their testes.

It is believed that the estrogenic pollution comes from sewage plants, feedlots, and factory pollution. A wide range of modern products have estrogenic properties including pharmaceutical estrogens found in birth control pills and hormone replacement therapy. These estrogens pass into the urine and find their way into sewage treatment plants. A bil-

lion gallons of treated sewage enters the ocean each day in proximity to where this study was conducted. Plastics, surfactants in cosmetics and soaps, pesticides, and herbicides can also have estrogenic properties.

Nutrients which help promote normal sex hormone production and function include cruciferous compounds (Cruciferous Plus) and phytosterols (Tre-en-en).

Reference:

“‘Intersex’ Fish Found Off Calif. Coast,” *AP*, Nov 15, 2005.



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