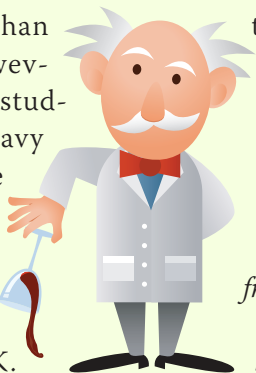


## Moderate Drinking Benefits Fading Fast

Many studies have seemed to show moderate drinkers lived longer than non-drinkers. However, many of those studies included ex-heavy drinkers with the non-drinkers. These had poorer health than never drinkers. Research from the U.K.



which removed the former drinkers from comparison groups did not find the same benefits. The authors note they are skeptical there is any benefit from alcohol.<sup>4</sup>

### PositiveTip:

*Avoid all alcohol as it appears not to protect from heart disease and is a definite risk factor for breast and colon cancer.*



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### References:

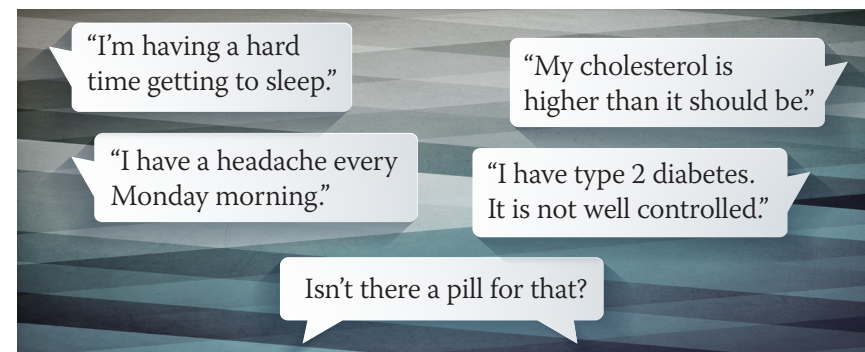
1. <http://bit.ly/immune-fast>
2. Counsels on Diet and Foods, page 188, EGW
3. <http://bit.ly/diet-fad>
4. <http://bit.ly/booze-lose>

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## Isn't There a Pill for That?

by Max Hammonds, MD, MPH



For every human ailment, every bodily discomfort we turn to the medicine chest, or the pharmacist, or the nutritionist, or the medical practitioner and say, "Isn't there a pill for that?"

But it doesn't have to come in pill form. We eat tomatoes because we are sure they contain substances that will prevent cancer. We take male hormones because we are sure they will increase our male functions. We examine the labels on our food and drink to make sure it is fortified with 100% or more of whatever it is we think we need to perform life's activities.

Most Americans are sure that the answer to what ails them is a pill, a supplement, or special substance eaten or applied that has special

powers to correct the problem. As a society, including many doctors, we have come to believe in the "myth of the pill."

A good example of this phenomenon is the belief that consuming some alcohol each day is protective for the heart. Alcoholic beverages made from grains, fruits, and vegetables might contain protective substances that were in the original plants.

People who eat a well-balanced diet of fruits, nuts, vegetables, and whole grains and live an otherwise healthy lifestyle derive no benefit from alcohol consumption. Science is confirming this!

Most of the diseases that afflict us in Western society do not need  
*See "Pills" on Page 3*

## Are There Benefits to Fasting?

by Elvin Adams, MD, MPH

Fasting is going without eating for a day or more. Partial fasts restrict eating to fruit, juices or just certain foods for a period of time.

In Bible times fasting was practiced when people repented of their sins (1 Samuel 7:6, Joel 2:12-15, Jonah 3:5). Fasting was practiced at a time of national crisis (Esther 4:16, 2 Chronicles 20:3).

Fasting was practiced at the death or impending death of an important person (1 Samuel 31:13, 2 Samuel 12:16). Fasting was practiced when seeking God for special guidance (Ezra 8:21, Acts 10:30).

Jesus fasted for nearly six weeks (Matthew 4:1-4). He also recommended fasting as a private spiritual discipline not to be paraded before others as some act of superiority (Matthew 6:17-18). Fasting can be an important aspect of physical healing (Mark 9:29).

Fasting could be a practical approach to help curb the cur-

rent global obesity epidemic. In addition to chronically restricting calories, adding a few days of regular fasting could keep those pounds coming off.

A newly discovered benefit of fasting involves the immune system. An experimental study in laboratory animals found that fasting for several days at a time, in repeated cycles, has a positive effect on blood cells and the immune system.<sup>1</sup>

After the first couple of days of fasting, the animals shifted gears into a body preserving mode. The body slowed down most organ systems. Various self-renewing stem cells went quiet. But, this was not bad.

After 3-5 days when eating was resumed, a dramatic recovery took place. Altered functions not only went back to normal, but were better than before. Most surprising was the dramatic increase in production of new cells from reawakened stem cells in the bone marrow. Red and white cell production rebounded with new cells that



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See "Fasting" on Page 3

## Celebrity Nutrition!



The messages are everywhere: clean eating, go paleo, avoid all fat, quit sugar. It is amazing how some without any formal nutrition or biochemical training can become experts in food and nutrition. Rebecca Reynolds, a nutritionist from Australia, wrote candidly about the pros and cons of celebrity nutritionists and the magical elixirs they so often promote.<sup>3</sup>

**PositiveTip:** Avoid the marketing hype and stick with the true celebrities of evidence-based, reliable nutrition advice!



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"Pills" from Page 1

a pill or a supplement or a special food. These diseases, including heart disease, high blood pressure, diabetes, cancer, and stroke, can largely be prevented by adopting a healthy lifestyle: regular adequate sleep, sufficient exercise, a well-balanced diet to maintain ideal weight, significant social contacts, no smoking, no alcohol, and wearing seat belts.

We don't need a "pill." We need common sense and the willingness to use it.

"Fasting" from Page 2

were better and stronger than the old ones.

Fasting is a discipline that needs to be rediscovered. Fasting and prayer can prepare us to receive the direction from God that we need to know how to live from day to day.

Ellen White, a 19th century health reformer recommended fasting as a method to fully receive the wisdom of God. "Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer."<sup>2</sup>