



## TODAY'S MEDICINE:

### THE STATUS QUO IS NO LONGER AN OPTION

William O'Neill,  
CEO & Founder of ISM

In a peer-reviewed study on the adoption of medical technology in the world's 30 industrialized nations, released recently by the Fraser Institute, Canada ranked well below average. For example, Canada is well below the average in number of MRI or CT scanners per million population and also for over 50 other diagnostic machines or procedures.

Rather than treating a disease or condition in its early stages, when it might be easy to reverse, Canada's healthcare system too often uses expensive, difficult and invasive procedures because there are too few cutting-edge machines around to do quick, early and efficient treatment.

Socialized medicine is advocated as the means of making medical care free or almost free, thereby enabling even the very poorest people to afford all of it that they need.

Unfortunately, when medical care is made free, the quantity of it that people attempt to consume becomes virtually limitless. Office visits, diagnostic tests, procedures, hospitalizations, and surgeries all balloon. If nothing further were done, the cost would destroy the government's budget. Something further is done, and that is that cost controls are imposed. The government simply draws the line on how much it is willing to spend. But so long as nothing limits the office visits, requests for diagnostic tests, etc., etc., waiting lines and waiting lists grow longer and longer. Then the govern-



Governments have tried again and again to solve Canadian healthcare shortfalls with larger and larger injections of public cash. Yet, waiting lists persist, even grow, and the uptake of new medical technologies is distressingly anemic. Socialized medicine has become an impediment to quality care. A close friend of mine, referred by their family physician to a dermatologist for a potentially cancerous skin lesion, must wait over 7 months to see the dermatologist! My own nephew, with a severely broken ankle waits in an emergency state with no food or water for over 36 hours while surgeons and an operating room become available. A patient dies in an Ottawa emergency waiting room after being unattended for 8 hours! A man is found dead in a Winnipeg emergency room after having sat there unnoticed for 34 hours. These are not isolated cases. I am sure you all have similar 'horror stories'. It is not in a patient's best interests to be sacrificed on absurdly long waiting lists just to preserve the myth that our healthcare system plays no favorites.

At the moment, 875,000 Canadians are on waiting lists for medical treatment, and many expect those lists to grow as the population ages. Those regulations that create long waiting times for healthcare contradict our constitutional guarantees for individuals of "life, liberty and the security of the person," and the prohibition against private medical insurance and care is for sick patients an "infringement of the protection against cruel and unusual treatment."

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### FIRST WORDS

"OPTIMAL HEALTH" is written and produced by staff, associates and friends of Immune System Management Inc.

It is our philosophy that diverse healthcare modalities can work in conjunction with each other as part of a unified team rather than in competition. Such an integrated approach ultimately will lead to safer and more effective healthcare.

Optimal Health acts as a gathering place and forum for comments and articles from medical professionals, educators and researchers from all healthcare specialties to the ultimate benefit of both the patient and the healthcare provider. We aim to share up-to-date news, information and diverse views for the growing integrative, alternative and complementary medicine movement, particularly as it applies to cancer and other chronic diseases.

Your comments and article contributions are welcome.

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ment seeks to limit the number of office visits, tests, procedures, etc., etc., by more narrowly limiting the circumstances in which they can occur.

Healthcare already consumes close to a third of all provincial revenues, and by 2020 that will rise to 44 per cent, just to maintain current levels of service. With medical expenses already projected to rise by \$5 billion a year without doing anything to reduce wait times or improve care, it seems unlikely that governments will be able to increase spending enough to meet all the demand for service. Healthcare, as it is currently funded, is unsustainable.

And there you have it. Socialized medicine destroys the quality of medical care and dares not allow the competition of private medical care. To prevent

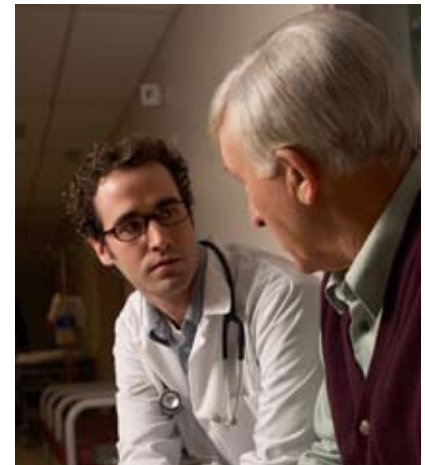
that competition, it must prohibit private medical care and establish a legal monopoly on medical care.

I am not advocating the dissolution of our socialized healthcare system. There IS a tremendous amount of good in our system. But the time has come when the status quo is no longer an option. Canada is the only major industrialized democracy where the purchase of private insurance for essential medical services is prohibited by law. Yet, even the *Canadian Medical Association* has recently supported greater patient choice. The cracks are still small in Canada's vaunted public health insurance system, but several of our largest provinces are beginning to open the way for private health care eventually to take root. The genie is out of the bottle, and there's no going back!



### The Unreliability Factor

Measurement of PSA level is the most commonly performed and the most advocated test for the detection of prostate cancer. However, the usefulness of this test in being able to detect early prostate cancer and to distinguish between prostate cancer and other benign conditions has been questioned. It is now widely accepted that PSA lacks both specificity and sensi-



tivity. Interestingly, the optimal upper limit of normal for PSA is still unknown and prostate cancer has been found to exist at all PSA levels. Attempts at improving this situation by lowering the threshold values have led to the risk of over-diagnosis and unnecessary surgical procedures.

The fundamental drawback of PSA testing for the detection of prostate cancer is its failure to identify those cases that need to be treated while avoiding diagnosing individuals who will not benefit from being diagnosed. Moreover, it does not have the ability to predict the behavior of an individual tumor in an individual patient.

For a complete review article on PSA, see [www.aminomics.com](http://www.aminomics.com) or contact Chowdhury Zaman, MBBS, MS, at [czaman@aminomics.com](mailto:czaman@aminomics.com)

### CriticISM

"If 30% of our cancers can be prevented by changing our diets, why aren't we doing that?"

## THE MED FILES

### Natural Medicine for the Stress of the Natural World

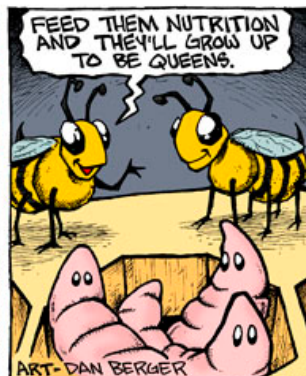
As the incidence of chronic disease increases and pharmaceutical medicine's efficacy is questioned, more and more of us turn to natural medicine for prevention and treatment.

The human body is made of natural chemistry. The human body functions at it's best when it possesses the optimal profile of natural chemistry: optimal relative to the unique and individual demands

placed on our bodies on a daily basis. Our food, our environment, our air and our lives create increasing stress upon our body's internal chemistry. The human body has incredible potential for self-diagnosis, repair, and regeneration. Those of us who are well have the requisite physiological chemistry to naturally respond to stress. Those of us who are unwell, do not.

The Immune System is the mechanism by which our bodies protect, respond and repair damage. When damage accumulates, it causes symptoms. Symptoms are labeled as a disease such as cancer, heart disease, diabetes, chronic fatigue and environmental disease and disorders.

### COUNTERTHINK





# Natural Perspectives

## EAT RIGHT, EAT SALMON

Salmon is a highly nutritious food source, being rich in protein, omega-3 fats and vitamin D. It is also rich in vitamins B6 and B12, niacin, selenium and magnesium.

Most of the salmon available today are farmed. Salmon farming has some detrimental effects on the environment, and the consumption of farmed salmon has deleterious effects on human health.

### Environmental Issues:

The impact of farmed salmon on the environment includes the escape of farmed salmon into the wild, disease transfer from farmed to wild salmon, proliferation of sea lice from the salmon farms, pollution of the ocean with waste that affects its delicate ecosystem.

### Human Health Concerns:

Farmed salmon contain levels of 13 fat-soluble persistent organic pollutants that are on average ten times higher than those found in wild salmon. The Healthy Child Science Advisory Committee concluded that "on average one could only eat one meal of farmed salmon a month without increasing the



risk of cancer".

Many thousands of kilograms of drugs, antibiotics, biocides and pesticides are given to farmed salmon to control diseases and parasites. This is contributing to an increase in antibiotic-resistant diseases worldwide. Independent studies have detected concentrations of PCBs and other contaminants at levels of up to 10 times higher in farmed salmon as compared to wild salmon. PCB is highly toxic and is a potent carcinogen. Chemical pigments (like canthaxanthin) are added to the salmon feed to make them look pink, like wild salmon.

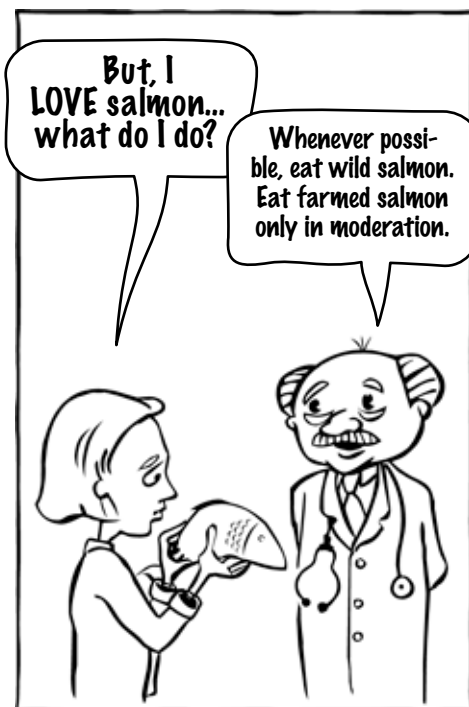
It has been reported that farmed Atlantic salmon may, in fact, contain 200 per cent more unhealthy, saturated fat than wild pacific pink or chum salmon.

### The Other Side Of The Story:

The Health Canada website, however, assures Canadians that both wild and farmed fish sold in Canada are safe to consume and that while farmed salmon has been shown to contain higher

amounts of contaminants, the levels do not pose a risk to humans.

Fisheries and Oceans Canada, in their official website states that, "PCBs and other contaminants are a legacy of industrial practices that find their way into the food chain in nearly all foods."



*For a more complete review, contact Chowdhury Zaman, MBBS, MS, at [czaman@aminomics.com](mailto:czaman@aminomics.com)*



## HEALTH FACT

**The Food & Drug Administration (USA) reports all adverse reactions to drugs and nutritional substances each year.**

Drug Type	Number of Adverse Event Reports in USA for 2007	%
Prescription Drugs	450,000	99.87%
Nutritional & Dietary Supplements	604	0.13%

## CriticISM

*It is not enough for research to produce "breakthroughs" and new treatments. Research should test if drugs perform as well in the real world as they do in carefully crafted clinical trials. ISM believes that research has a crucial role in protecting the public from faulty assumptions by constantly challenging the current orthodoxy.*



## THE GOODNESS OF PROBIOTICS

Fatigue, lack of energy and bowel problems is often the result of congestion due to insufficient good bacteria in the digestive tract. Correcting this problem may be as easy as introducing more good bacteria or “flora” into the body through a capsule or powdered probiotic.

Flora in microbiology is associated with bacteria found in the digestive or Gastrointestinal (GI) tract. Two such cultivated or friendly species of flora are *Lactobacillus acidophilus* and *Bifidobacteria*. Flora is also found within the mucosal surfaces of the body such as the respiratory tract, the genitourinary tract and the skin. The GI tract is the largest immune organ in the body.

Flora functions vary. In one example, flora is essential for normal cell development in the intestines and for improving secretion, absorption and motility. Another function is turning soluble fiber into essential fatty acids. How well this is accomplished is dem-

onstrated by bowel health.

Flora also takes a non-immunological role against infection. In other words, flora helps fight infection by adhering to mucous walls as a protective layer so that unfriendly bacteria and pathogens cannot attach themselves to the wall lining. This is particularly demonstrated with vaginal candidiasis.

When the population ratio of “friendly to unfriendly bacteria” is out of proportion, inflammatory conditions such as candida, bowel diseases, skin conditions and allergies become more prevalent. Refined foods, small quantities of vegetables, antibiotics, and birth control pills are items that over time affect the colonization and stability of healthy flora.

Probiotics, which are components of normal flora, are helpful in restoring healthy bacteria populations, immune stimulation and the colonization of healthy flora however, probiotics need to be non pathogenic.



from all of us at ISM

Research has shown that *Lactobacillus Acidophilus* and *Bifidus* bacteria are humanly safe and do not produce pathogenic reactions.

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## What is an Enzyme?

Enzymes are proteins responsible for supporting almost all of the chemical reactions that maintain our metabolism.

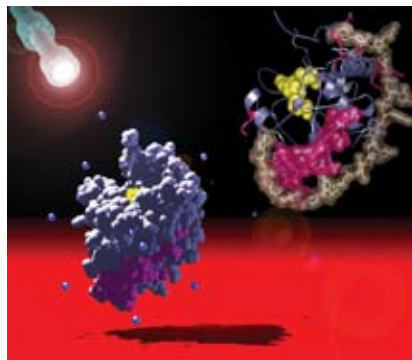
Enzymes are found in all tissues and fluids of the body, but they have different functions within our bodies. Intracellular enzymes catalyze the reactions of metabolic pathways, plasma membrane enzymes regulate cells in response to extracellular signals and enzymes of the circulatory system are responsible for regulating the clotting of blood.

The human body synthesizes approximately 22 different enzymes which are important for digestion of sugar, fat and proteins that we get from our diet. These broken-down nutrients are our major source of daily energy.

Enzymes start to lose their properties at high temperatures and they are all destroyed at 130 degrees Fahrenheit. For this reason, many recommend that a major portion of our diet should be composed of raw living foods.

Raw foods have a high amount of en-

zymes. Fruits and vegetables such as sprouted seeds, grains, legumes, papaya, pineapples, alfalfa, barley grass, chlorella, spirulina, kelp, peppermint and sea vegetables are extremely rich in enzymes.



The lack of enzymes can cause various unpleasant symptoms that interfere with our quality of life. Symptoms of digestive enzymes depletion are bloating, belching, gas, bowel disorders, abdominal cramping, food allergies, Crohn's disease, colitis, eczema, indigestion, IBD, psoriasis, skin rashes.

Our ability to produce concentrated digestive enzymes declines as we grow older so dietary supplementation may

be helpful. In general, enzymes and all the nutritional substances from vitamins to amino acids work as partners in order to promote and maintain a healthy body. An inadequacy in any one group of substances can interfere in the efficiency of other substances throughout our body.

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## End Words

**OPTIMAL HEALTH** is published by Immune System Management Inc. It is intended for educational purposes and is in no way intended for self-diagnosis or self-treatment. For health problems, consult a qualified health practitioner.

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