

CARING CLINIC NEWS



I'M WELL

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I'M HAPPY

E.U. FOOD SUPPLEMENT DIRECTIVE— ACTION REQUIRED NOW

YOUR OPINION NEEDS TO BE HEARD

This particular bulletin is very much a campaigning issue plus Pam's Page.

It is very important that **ALL** of us take the action suggested on the included A5 sheet titled, "**Save our Supplements**". I have long felt that it was only overwhelming public opinion in favour of self-help that stood any chance of bringing some commonsense into healthcare and limiting the damage done to our health by the pharmaceutical industry.

I have reprinted an Email from Patrick Holford called "Taming The Drug Monster." I am aware that some of you will already have seen this. In one paragraph he refers to **10,000 Britons who die annually from adverse drug reactions and over 40,000 made sufficiently ill to need hospital treatment**. This was seen as an acceptable trade off by representatives of the pharmaceutical industry on the basis of risk benefit assessment. These figures do not represent medial errors, which officially amount to an additional 974,000 reported incidents. Even government officials accept that this figure is more likely to be 1,190,000. The same report suggest, that the figures quoted by Patrick for adverse reactions are more likely to be closer to 1,200,000 annually. It is a sobering thought that those figures summated represent 4.5% of the entire UK population. No other industry could live with death as a side effect to its actions.

If the EU was really concerned about the safety of its population, it would be taking action to see that these sorts of 'mistakes' were not going to be repeated in the future. As it is, the financial power of the pharmaceutical industry is such that these distortions do not make it into the consciousness of the general public.

Sad, but fact, nutritional therapy solves more problems than the orthodox approach to chronic illness management, kills no-one and usually provides additional benefits as opposed to side effects. Only public opinion will draw this fact into the public domain.

If you have had benefit from using supplements and you want future generations to have similar benefits it is important that you write to your MP and MEPs this week!

A further insult to common sense was shown in the August edition of What The Doctors Don't Tell You, which shows the drug Herceptin to be of very limited value for people with breast cancer and again death is considered an acceptable side effect by the researchers. More importantly the article shows how Roche manipulated public opinion to ensure that the product was fast tracked into use. It highlights that many of the charities cancer sufferers turn to for help and that were supportive of getting Herceptin into use, are part funded by Roche and/or Genentech. It does look as though the money being used to supply this particular drug to the NHS could have been better spent elsewhere.



n.b. The articles by Patrick Holford and WDDTY are fully referenced. Copies of these can be read at the Caring Clinic during office hours.

“TAMING THE DRUG MONSTER”

A major shake down is brewing for the pharmaceutical industry following increasing reports of manipulating drug trial data, doctors and the government to increase sales and profits. A recent issue of the *New England Journal of Medicine* published a correction on a study it published on Forecixib (Vioxx) – the now withdrawn pain-killer that is estimated to have damaged or killed up to 140,000 Americans – stating that increased cardiovascular risks were visible as early as four months into treatment rather than the 18 months that Merck claimed.

There are now an estimated 10,000 court cases outstanding against Vioxx manufacturer Merck—400 of which are brought by patients in the U.K. who claim to have been damaged by the drug and not properly warned about the risks. The cost of legal actions to Merck has been put at between \$5 and \$50 billion. As of April 2006 just six cases had been heard. In three the plaintiffs were awarded damages running into millions of dollars. We don't hear so much about this in the UK because plaintiffs here have been refused legal aid and insurers will not fund no-win no-fee cases, so no cases can be brought.

This might sound like old news but this kind of manipulation of data is finally sounding big alarm bells within the medical profession. After all commercial drug testing centers, funded by the company making the drug, are four times more likely to come up with the favourable results than independent ones. How can doctors know the science they're being sold is free from spin?

Another shocking example recently emerged on a trial of the anti-depressant Seroxat. The summary at the start of the research paper, which is the only part most doctors read, claimed that Seroxat was 'well tolerated and effective'. But when a team of independent scientists looked at the whole paper they found this: 'Out of 93 children given Seroxat 11 had serious ADRs [adverse drug reactions] compared with 2 in the placebo group'. Just how serious? 'Seven of the children were admitted to hospital during treatment.'

This kind of deceptive reporting in what are supposed to be objective research reports is making the medical profession increasingly nervous. After all this is what they rely on to practice safe medicine. On 8th July 2006 the British Medical Journal ran an editorial suggesting that drug companies should not be allowed to evaluate their own products. Instead to get their drugs tested and licensed they would contribute to a central pot for independent, public-funded clinical trials.

But, of course, it doesn't stop there. Clinical practice guidelines advise doctors on the drugs to use for various conditions. However, 80 per cent of the academics who write them have financial links with the companies whose product they are recommending. Then, of course, there's the wining and dining of doctors. Drug companies in America spend around \$15 billion a year on marketing, which is about half the amount they spend on research and development. A big chunk of this is spent on selling drugs to doctors who have to clock up a certain number of days of 'continuing medical education', paid for, you've guessed it, largely by the pharmaceutical industry. A recent article in the American Medical Association's journal of ethics wants to put an end to this. 'Only continuing medical education activities that are entirely free of pharmaceutical industry funding should qualify as education,' they write. Continuing education should be funded by doctors not drug companies say the authors. Just in case you think these companies behave differently elsewhere, in the UK for instance, this is what the 2005 Parliamentary health committee investigation, *The Influence of the Pharmaceutical Industry*, found: '[it] buys influence over doctors, charities, patient groups, journalists and politicians whose regulation is sometimes weak or ambiguous.'

In the wake of the Vioxx scandal the US FDA, the agency charged with protecting the public from the danger of drugs, has been heavily criticized for not responding fast enough to problems with drugs, for being too close to the drug companies and for not devoting enough attention and resources to safety once the drug had been licensed. In May a report by the US government's General Accounting Office made damning criticisms of the FDA saying that the agency 'did not have clear policies for addressing drug safety issues and that it sometimes excludes its best safety experts important meetings'. Not only was it slow to respond but

‘the agency’s entire system for reviewing the safety of drugs already on the market is too limited and broadly flawed’ The pharmaceutical industry begs to differ. A spokesman from the Association of the British Pharmaceutical Industry explicitly referred to the existing state of affairs

between all the parties concerned – except for patients – and implied that as far as they were concerned. it was working fine. ‘The challenge is to acknowledge there is a contract between industry, regulators and health service which recognizes that there is a trade-off between risks and benefits.’

With an estimated death toll of over 10,000 Britons every year from adverse drug reactions and over 40,000 made seriously ill enough to require hospitalization, that’s one hell of a trade-off.

‘Full spectrum dominance’ is the stated aim of the American military. It involves being ready ‘to defeat any adversary and control any situation across the range of military operations’. Not a bad description of what the pharmaceutical industry has achieved across the whole field of prescription drugs from creating to selling. Besides dominating the clinical trials production line the drug companies have also found ways of exerting control over researchers, medical journals, doctors and even patient groups. The industry’s strategy for maintaining their full spectrum dominance all the way down the drug chain is very simple – we pay for it.

‘Something is very wrong,’ writes Dr John Abramson of Harvard University in his brilliant and disturbing book *Overdosed America*, ‘with a system that leads patients to demand and doctors to prescribe a drug that provides no better relief and cause significantly more side effects’.

These recent and growing recommendations to sever the financial and information stranglehold big pharma has on medicine may, at last, provide a more level playing field in which it will become increasingly obvious that for most chronic diseases nutrition works better than drugs. It is time we stopped swallowing what the drug industry tells us.



Food is Medicine nationwide tour

Patrick will be conducting a series of seminars exposing the truth about drugs, food and supplements and why we swallow what the drug industry tells us. There is an open invite if you would like to learn more about why most drugs offer short-term fixes and long-term harmful effects – and why the right combination of foods and supplements offer long-term solutions with immediate benefits. You’ll also have the opportunity to see Patrick’s new book **Why Food Is Better Medicine Than Drugs** written with award-winning medical journalist Jerome Burne.

The closest seminars to us are:

- Ø 11th October Manchester
- Ø 15th October Leeds

Bookings will be taken from mid August – on line or by calling 020 8871 2949



BRIAN ON TELEVISION

Did you see Brian on television?

He was on ITV on Tuesday 15th of August as part of the YTV nine week series of programmes entitled “Was it Worth It?” It covered his experience with cancer from diagnosis in 1982 through the subsequent career change into Nutritional Therapy and his current obvious robust health. The programme also introduced a family that had benefited from his clinical experience at a time when starting a family of their own had looked in doubt.

There has been a spin off from this particular programme and Brian will again be seen on the small screen but this time on the Discovery Channel. The main topic this time is about the very successful outcomes Nutritional Therapy has when working with sub-fertile couples, even after there has been failure with IVF treatments. That programme is due to be shown in March of next year.



PAMS PAGE

AWARENESS

After a break of a few years, during which I have been working more with myself at a very deep level, I am facilitating Awareness classes again.

I describe the class as ‘a course for those interested in becoming more aware of their senses, developing them and allowing them to unfold as intuition, inspiration, inner seeing, hearing and knowing, and healing.’

From the point of view of being part of the Caring Clinic I would like to share an experience of mine which illustrates how important self-awareness can be in regard to health and healing.

Many years ago, after we came to Sheffield, I was working on coming to terms with and going beyond the extreme, dramatic and difficult situations of my childhood (I have now gone beyond and don't relate to them anymore). I was finding it quite a struggle and correspondingly my body started to feel very difficult. I was aware physically that things were not quite right with my colon. I adjusted my diet and vitamins accordingly and was also having colonic irrigation treatments from Jay, who worked with us at the time. The sessions with her were not easy and I frequently went into shock immediately afterwards and had to rest in bed for some time. (I had a session last Christmas with no side effects whatsoever) One night I was lying in bed feeling very ‘dark’ and suddenly I realized I could smell on myself the smell I associated with cancer clients. Straightaway I ‘knew’ this was the problem. At first I felt a pang of fear. However, I also knew that it was, in my aura and not yet physical. Anyway, I was sure I could tackle this myself and had no need to go to a doctor to find out either way.

The next day I intuitively drew my colon (I was used to drawing imbalances in my body this way) On one of the corners of my colon I drew a kind of ‘blowout’, which I took to be the cancer. I monitored my progress through the drawings until I was well again. I sought help from a healer, who independently confirmed the information I was getting, and also gave me healing. I again altered my diet and vitamins.

Most of all I said, “This is my body and you don't belong here”. In a few months it was gone

Then my inner child work got deeper and even worse memories emerged. The cancer came back, again at an auric level and involving my brain. This time I knew how to deal with it and in a month it was gone.

When Brian had his cancer he didn't say anything at all to me. One day I saw his guide as a nun. She told me to get him to the doctor. I had no idea why but gave him the message, rather reluctantly as he then thought all this stuff was weird-mumbo jumbo. He blanched and said “I've got a lump”. He saw the doctor and a few days later he was in hospital having it removed. This of course, as many of you know, was the beginning of him leaving his job as an engineer and training to be a nutritionist. Later an intuitive friend of ours drew a picture of Brian's guide. This time the guide appeared as a knight in armour but the face was exactly the same as the one I had seen.

Of course awareness may take time, effort and discipline to learn. Mostly what is important is a sensible, balanced, flexible and courageous outlook, and the wisdom of how to cope with increased awareness and how to use it wisely. But it's worth it.

My September class called, “Growing Awareness, Unfolding Your Intuition,” is almost formed but there are a few places left for those who feel strongly that it is right for them. (Contact the Caring Clinic for details)

I also work with people one-to-one if they are ready and the time is right.

Love and blessings from Pamela

