

Health Briefs Master Index

Title	Volume	Page
Abraham Cherrix Update	8	11
Acceptance of a Low-Fat Vegetarian Diet In Patients with Cardiovascular Disease	10	11
Accuracy in Reporting Drug Trials	4	120
Accutane	6	11
Accutane Restrictions	6	13
Acetaminophen and Blood Pressure	6	15
Acid-Alkaline Balance	10	207
Acne and Milk Consumption	6	16
Adderall Suspended in Canada	6	18
Additional Risks of Antidepressants	10	13
Ads Influence Children's Eating Habits	10	14
Advertising Prescription Drugs	10	15
Age-Related Macular Degeneration	1	158
Aging Gracefully	4	122
Agreeing to Disagree	10	209
AIDS Vaccine	11	11
Alcohol and Cancer	11	13
Alcoholism and Nutrition	6	20
Allergy Testing	3	61
Alternative "Diagnostics" for Identifying Nutritional Needs	6	237
Alternative Treatments	9	137
Alternative Treatments and Insurance	9	138
Alzheimer's and Free Radical Damage	1	160
Alzheimer's Drugs Ineffective	10	17
Am I Getting Enough?	6	239
Amaranth	1	39
American Cancer Society Ad Campaign	10	19
American Council in Science and Health	6	22
American Diabetes Association Guidelines	11	15
American Diabetes Association Sells Out	6	26
American Grown Foods are Nutritious	2	107
American Heart Association Waking Up!	10	21
American Women are Unhealthy	10	23
Americans' Extra Weight a Disaster	7	165
Americans Are Sicker Than the Brits	8	13
Americans Concerned About Safety of Artificial Sweeteners	8	15
Americans Would Rather Eat Better	10	25
An Apple a Day	2	37
Angioplasty Not Advisable	9	9
Animal Food	10	210
Animal Studies and Drugs	6	28
Animals Help With Healthcare	10	26
Animals are Therapeutic	9	11

Health Briefs Master Index

Title	Volume	Page
Annual Exams and Tests	9	139
Annual Physical Exams	6	29
Another Failed Attempt at Medicating Heart Disease	9	13
Antibiotic Overuse	3	63
Antibiotic Resistant Bacteria	1	338
Antibiotics and Breast Cancer	3	65
Antibiotics and Farm Animals	7	212
Antibiotics in Livestock	10	28
Antidepressant Deception	11	18
Antidepressants and Suicide Risk	6	31
Antioxidants and Cancer Treatment	6	33
Antioxidants and Cancer Treatment	9	15
Antioxidants and Chemotherapy	2	123
Antioxidants and Radiation Treatment	11	20
Anxiety	9	141
Anxiety and Diet	5	11
Approaching Friends	7	213
Approaching Parents	10	211
Are the Low-Carb Diets Vindicated?	3	3
Are We Living Longer?	2	180
Are We Living Longer?	8	261
Are you Exercising?	1	240
Arthritis and Diet	1	162
Arthritis and Exercise	10	30
Arthritis Rates Increasing	1	164
Arthritis Relief – the Natural Way	6	35
Artificial Happiness	8	17
Artificial Sweeteners	11	185
Artificial Sweeteners Cause Weight Gain	11	22
Asking the Right People for Advice	10	205
Aspartame	2	38
Aspartame - Why Not?	3	137
Aspartame and Health	2	39
Aspartame Lawsuit	5	14
Aspirin a Day	5	16
Aspirin Ineffective and Dangerous	11	24
Aspirin Increases Blood Pressure in Men	10	31
Aspirin and Pancreatic Cancer	3	67
Aspirin	1	352
Aspirin Ineffective	6	37
Assault on Medical Freedom	11	25
Asthma Causation	10	33
Atherosclerosis and Diet Change	9	144
Athletes and Protein	1	340
Athletics and Business	11	34
Atkins Diet Life Threatening	8	27

Health Briefs Master Index

Title	Volume	Page
Atkins Diet Not Safe!	4	11
Atkins Diet Reps Respond to Criticism	3	5
Atkins Diet Superior for Weight Loss?	10	35
Attention Deficit Disorder and Diet	4	61
Attention Deficit Disorder and Television	4	63
Attention Deficit Disorder	5	180
Attitudes About Aging	8	209
Attitudes and Lifespan	6	39
Autoimmune Diseases and Fruits and Vegetables	6	274
Avocados	1	40
B Vitamins	1	41
B12 Deficiencies	6	241
Back Surgery is a Bad Idea	9	17
Bad Day for Pharmaceuticals	8	29
Bad Diet Starts Early	3	31
Balance in Your Life	10	212
Bankrupting Your Health	10	215
Bariatric Surgery for Diabetes Treatment	11	36
Bariatric Surgery Risks	8	31
Barry Sears and The Zone	2	11
Beans	4	27
Beef Industry Advertising Programs	5	19
Beer With Vitamins	11	38
Belly Fat	10	216
Benefits of Being Overweight?	6	41
Benefits of a High Fiber Breakfast	2	40
Benefits of Flax	1	83
Benefits of Running	1	241
Benzene in Soft Drinks	8	33
Better Nutrition, Better Academics	6	43
“Better” Foods for Kids	6	45
Better than Mammograms	1	181
Beverage Health Claims False	9	19
Beverages for Toddlers	10	217
Bias in Medical Reporting	1	260
Bikram Yoga	9	145
Bird Flu – A virus of Our Own Hatching	10	37
Bird Flu Morphing	9	21
Birth Control for Kids	11	40
Birth Control Pills	6	274
Birth Control Pills and Breast Cancer	9	23
Birth Control Pills and Cancer Risk	8	34
Birth Control Pills and CVD Risk	11	42
Birth Control Pills are Dangerous	2	182
Bisphosphonates – Long Term Effects	10	50
Black Cohosh and Hot Flashes	11	186

Health Briefs Master Index

Title	Volume	Page
Blogging About Fat	11	43
Blood Pressure and Vegetarian Diets	10	52
Bone Health and Diet	1	172
Boosting Immunity in Kids	11	188
Boosting Your Metabolism	4	13
Breakfast Shake More than Once Per Day	6	275
Breast Cancer and Deodorant Use	4	65
Breast Cancer Prevention	5	20
Breast Cancer Rates Falling	9	24
Breast Cancer Recurrence	11	45
Breast Cancer Survival	2	125
Breast Cancer Treatment Debate	8	36
Brewer's Yeast and Taste	9	146
Brewer's Yeast — a Super Food	1	51
Brewer's Yeast and Yeast Infections	4	201
Building Bone Health	3	69
Building Immune Function	3	71
Bush White House Leads by Example	1	242
Buy Organic Meat	7	166
Bypass Surgery for Children	1	319
Cabbage is a Powerful Food	1	55
Caffeine and Athletic Performance	10	54
Caffeine and Blood Sugar Levels	11	47
Caffeine is a Drug	5	22
Caffeine Withdrawal	4	31
Caffeine	4	29
Calcium Content of Foods	1	59
Calcium and Dairy Ineffective for Weight Control	8	39
Calcium and Dairy Ineffective for Weight Loss	11	48
Calcium Recommendations	2	42
Calcium Summit	1	262
Calcium Supplements Worthless	6	46
Calcium Supplementation	2	44
Calcium Supplementation	4	49
Calcium, Milk and Osteoporosis	1	57
Calorie Cutting Does Not Work	3	7
Calorie Transfer Project	8	41
CAM vs. Traditional Therapies	2	183
Campaigning Against Junk Food	7	11
Can Obesity Save Your Life?	7	13
The Cancer "Business"	1	259
Cancer and Father-Son Relationships	4	73
Cancer Causing Chemicals in Food	4	67
Cancer Deaths Falling?	7	15
Cancer Deaths – Statistics	9	148
Cancer Development and Stress	3	73

Health Briefs Master Index

Title	Volume	Page
Cancer is Definitely a Lifestyle Disease!	1	177
Cancer and Energy Metabolism	11	161
Cancer Myths	6	47
Cancer Prevention and Diet	4	69
Cancer Recurrence In Women	7	17
Cancer Risk and Lifestyle	2	127
Cancer Statistics Manipulated	11	49
Cancer Surgery	1	180
Cancer Treatment Deception	9	26
Cancer Treatment - Getting the Right Idea	2	129
Cancer Treatment	4	74
Cancer Treatment II	4	76
Cancer Treatment III	4	78
Cancer Treatment IV	4	80
Cancer Treatment V	4	82
Cancer Treatment VI	4	84
Cancer Treatment VII	4	86
Cancer Treatment VIII	4	88
Cancer Treatment IX	4	90
Cancer Treatment X	4	92
Cancer Treatments	7	19
Cancer Treatment and the Placebo Effect	6	49
Cancer, Diet and Detoxification	4	71
Candida	3	75
Carbohydrates are Not Addictive	2	8
Cardiac Scans May be Harmful	10	55
Cardiovascular Health and Alzheimer's	1	187
Casein	10	218
Cattle Farming and the Environment	2	185
Center for Consumer Freedom	6	50
Cervical Dysplasia	7	21
Chain of Command	10	56
Change	1	297
Changes at the FDA	6	52
Changes in the Food Supply	1	341
Changing Other People	3	171
Changing Your Life	1	299
Cheap Food Promotes Obesity	11	50
Cheerleaders Make Great Salespeople	7	23
Chemical Poisoning	11	189
Chemotherapy	1	183
Chemotherapy for Breast Cancer	10	58
Chemotherapy and Money	6	53
Chicken Myths	8	43
Childhood Obesity and Federal Nutrition Policy	10	61
Children and Obesity	2	13

Health Briefs Master Index

Title	Volume	Page
Children Becoming Couch Potatoes	3	33
Children Will Consume Good Foods	8	45
Children's Allergies	8	47
Children's Obesity	8	49
Children's Tastes	10	219
The China Study I	5	24
The China Study II	5	26
The China Study III	5	28
The China Study IV	5	30
The China Study V	5	32
The China Study VI	5	35
The China Study VII	5	37
The China Study VIII	5	39
The China Study IX	5	41
Chinese Health Declining	7	25
Chlorine and Health	2	187
Chocolate Can Be Healthy!	1	62
Chocolate for Hypertension	8	52
Chocolate is Addictive	2	46
Choice	9	150
Chocolate is not a Health Food	8	261
Cholesterol Levels	2	133
Cholesterol Lowered by Diet	3	77
Cholesterol Lowering Supplements	9	28
Chronic Disease Killing More People	7	27
Cinnamon and Diabetes	5	181
Cleansing/Detoxifying	6	276
Cleveland Clinic Cleans Up the Food	5	43
Clinical Trials May be a Bad Idea	1	264
Cloned Livestock	11	52
Coca Cola and Caffeine	2	48
Coconut Oil	7	29
Codex	7	31
Codex Update	7	33
Coffee Improves Alertness	7	35
The "Coffee" Study	6	55
Cognitive Behavioral Therapy	10	63
College Food Improving	6	57
Colon Cancer Treatment	6	59
Colon Health	1	197
Colonics	4	201
Commentary on Commentary	9	30
Criticizing Medical Practice	11	190
Crohn's Disease and the Plant-Based Diet	10	220
Definition of Commitment	7	167
Communication with Doctors	10	65

Health Briefs Master Index

Title	Volume	Page
Compulsive Shopping Now a Disease	10	67
Conflict of Interest Cancer Society	4	189
Conflict of Interest National Institutes Of Health	4	190
Conflicts of Interest in Setting Health Policies	5	45
Conflicts of Interest	3	207
Confusion	9	152
Connecticut Governor Responds to Pressure	8	54
Consumer Confusion	10	68
Consumer Rebellion Pays Off!	4	124
Consumer Reports' Useless Report	6	61
Control Blood Pressure Naturally	1	166
Controversy Over Genetically Modified Foods	2	49
Conventional Medicine Can Be Dangerous	4	126
Conventional vs. Alternative Medicine	2	165
Coral Calcium	1	66
Coral Calcium	2	51
Corn Oil Claim from the FDA	10	69
Corporate Health	7	37
Corporate Wellness	6	63
Cost of Obesity	2	10
Cost of an Optimal Diet	6	243
Cost of Drugs	2	189
Costs of Degenerative Disease	4	130
Cough and Cold Medication Dangerous for Children	10	71
Coumadin	5	47
Countering the Soy Hysteria	8	56
Court Denies Patients' Rights to Choose	10	73
Cow's Milk is For Cows	2	53
COX-2 Inhibitors	5	48
Craving "Bad" Foods	5	182
C-Reactive Protein and CVD Risk	2	131
Creatine Supplements	2	108
CSPI and the Low-Fat Debacle	8	57
CT Scans and Cancer	11	54
Debate About Donuts	6	65
Dairy and Infertility	10	75
Dairy Foods and rBGH	2	57
Dairy Industry Loses Again	10	77
Dairy Products & Addiction	2	55
Dairy Products and Children	5	182
Dairy Research Bought and Paid For	8	60
Dairy Substitutes	7	39
Dairy Substitutes	8	263
Dangers of Ritalin	2	191
Dannon Probiotic Claim May Be False	11	56
Death by Veganism – a Rebuttal	10	221

Health Briefs Master Index

Title	Volume	Page
Decaf Coffee	5	183
Decaf is not Decaf	9	31
Definition of Commitment	7	167
Definition of Insanity	1	184
Definition of Organic	1	342
Dehydration and High Blood Pressure	1	168
Delayed Gratification	9	154
Del's Story – Weight Loss and Health Improvement	10	222
DE-Mineralized Water and Health Risks	10	77
Depression	8	263
Depression and Drugs for Children	3	35
Depression and Drugs	4	94
Depression and Withdrawing from Medication	9	156
Detecting Breast Cancer	10	79
Determining Your Health Care Philosophy	7	41
Detoxification	1	357
Detoxification	3	79
Developing Conviction About Diet and Lifestyle	10	224
DHEA	6	67
Diabetes and Animal Food Intake	10	81
Diabetes Drug Increases Heart Disease Risk	10	82
Diabetes and Kids	8	62
Diabetes and Major Dietary Changes	4	99
Diabetes and Omega-3's	3	81
Diabetes and Sleep	2	135
Diabetes and Stress	2	137
Diabetes in New York	7	43
Diabetics and The China Study	9	157
Diabetes More Expensive Than War	11	57
Diabetics More Likely to Get Cancer	9	32
Diabetes Treatment Increases the Risk of Death	11	58
Diabetic Treatments not Cost-Justified	7	45
Diagnostic Tests	8	212
Diagnostic Testing	5	184
Diet and Behavior	2	192
Diet and Diabetes	1	207
Diet and Fibromyalgia	1	210
Diet and High Blood Pressure	1	169
Diet and Irritable Bowel Syndrome	6	245
Diet and Pregnancy	1	222
Diet and Prostate Cancer	1	223
Diet and Rheumatoid Arthritis	1	228
Diet-Cancer Connection	7	46
Diet Prevents and Offers Treatment for Cancer	1	186
Diet Sodas a Health Hazard	10	83
Diet Statistics	4	132

Health Briefs Master Index

Title	Volume	Page
Diets for Athletes	3	173
Different Diets for Different People	5	185
Difficulty Making Lifestyle Choices	5	187
Discipline is a Virtue	3	175
Diseases Are Connected	1	230
Distillation	1	344
Do Carbohydrates Make You Fat?	2	15
Do You Need More Reasons to Exercise?	1	247
Do You Want to Get Well?	10	226
Doctors and Diet	2	193
Doctors and Herbs	1	268
Does the Atkins Diet Work?	2	17
Don't Confuse Being Active with Exercise	10	227
Don't Drink Your Milk	1	70
Don't Tame a Tiger with a Fly Swatter	7	49
Don't Treat the Symptom, Treat the Cause	11	163
Dr. Atkins and Cardiovascular Health	1	195
Dr. Atkins and the American Heart Association	1	16
Dr. Atkins Health Status	5	17
Dr. Dan Nuzum	7	199
Dr. Fuhrman on the Blood Type Diet	1	31
Dr. Gary Stoner and Berries	1	49
Dr. Neal Barnard's Program for Reversing Diabetes	9	33
Dr. Pam's Attitude About Pharmaceutical Companies	8	265
Dr. Pam Popper's Healthy Breakfast Shake	2	233
Dr. Popper is an Extremist	6	69
Dr. Ralph Moss – the Voice of Reason	8	65
Drug Companies and Doctors	2	194
Drug Company Influence in Medical Schools	8	68
Drug Company Reps	1	266
Drug Marketing Labeled a Crime	8	70
Drug Sales are Declining!	7	51
Drug Treatment for Mental Illness in Children	6	71
Drug Trial Disclosures	4	134
Drugging Children	10	85
Drugs and Kids	1	320
Drugs are a Good Last Resort	7	53
Drugs May Offer Little Benefit	3	83
Drugs Should be the Last, Not the First Choice	5	50
Drugs vs. Food for Cardiovascular Health	2	167
Drugs and Supplements vs. Whole Foods	11	192
Dysfunctional Patterns in People Who Become Ill	2	195
Ear Infections	7	214
Ear Infections	10	228
Eat "Big" Food	1	35
Eat More Beans	1	47

Health Briefs Master Index

Title	Volume	Page
Eat More Fish	1	82
Eat More Fruit and Vegetables	1	88
Eat More, Not Less	5	52
Eat Right For Your Blood Type	1	33
Eat Spinach and Blueberries	1	118
Eat Your Broccoli!	1	54
Eat Your Cruciferous Vegetables	1	68
Echinacea Study	6	73
Effects of Food on Health	10	229
Effects of Genetically Engineered Farming	2	196
Effects of Low-Fat Diet on Postmenopausal Overweight and Obese Women	10	87
Efficacy of Antidepressants	10	89
Efficacy of Drugs	3	85
Ellagic Acid in Berries	1	50
Eliminate Dairy	8	214
Eliminating Trans Fat	6	75
Elite Athletes are not Always Healthy	11	59
Emotional and Energetic Causes of Disease	5	54
Emotions Affect Your Immune System	4	138
Emotions and Immune Function	4	136
End of Synthetic Hormone Replacement	1	214
Endorsement with Time and Money	7	168
The Enemy of My Enemy is my Friend	8	73
Energy a Bigger Concern than Obesity	8	75
Enhancing Digestion	5	56
Enova Oil	7	217
Enzymes	5	59
Ephedra Ban Overturned	6	77
Epiphany	5	61
Episiotomy – Another Useless Medical Procedure	6	79
Esophageal Cancer and Obesity	11	61
Essential Fatty Acids	1	79
Essential Oils	4	139
Estrogen Only HRT Dangerous Too	3	89
Evaluating Cancer Treatments	11	63
Evaluating Research	7	172
Evidence Based Medicine the Gold Standard?	8	77
Evidence for ELMO	1	346
Examining Our Relationship with Food	6	247
Examining Supplements	2	110
Exercise and Aging	11	65
Exercise Benefits the Elderly	10	91
Exercise Before Breakfast	9	159
Exercise — The Elixir of Health	1	248
Exercise and Alzheimer's Disease	5	63

Health Briefs Master Index

Title	Volume	Page
Exercise Helps Kids Academically	2	198
Exercise is Good Medicine	1	244
Exercise is the Fountain of Youth	1	246
Exercise for Recovery	10	91
Exercise Improves Survival in Women with Breast Cancer	9	37
Exercise Reduces Breast Cancer Risk	3	120
Experts Talk About The New York Times Article	1	20
The Fall of Big Pharma	8	78
Family Meals	1	322
The Family Meal	9	38
Farm Raised Salmon	1	112
Farm Raised vs. Wild Fish	1	114
Farmed Salmon and PCB's	2	59
Farming Practices Contribute to Obesity	3	9
Farm-Raised Salmon Full of Chemicals	3	139
Fast Food in Children's Hospitals	10	93
Fast Food Nation I	4	141
Fast Food Nation II	4	143
Fast Food Nation III	4	145
Fast Food Nation IV	4	147
Fasting	4	151
Fasting	6	276
Fat Camps for Overweight Kids	6	81
Fat Studies	9	41
Fat Wars	7	55
Faulty Defibrillator Part	11	66
FDA Cannot Protect the Public	5	64
FDA Covers for Big Pharma – Again!	10	95
FDA Determined to Protect You From Cherries	9	160
FDA Fails to Oversee Follow-up Studies	8	81
The FDA is Broken	9	43
FDA No Longer Public's Watchdog	5	67
FDA Responds to Public Pressure	6	83
FDA and Supplements	11	193
FDA Under Investigation	11	67
Feedback	6	250
Feeling Better While Taking Supplements	11	195
Fetal Oxygen Monitors	9	45
Fiber - the Forgotten Nutrient	5	69
Fiber Intake Reduces Breast Cancer Risk	10	97
Fibrocystic Breasts	11	164
Fibrocystic Breasts and Green Tea	10	230
Fibroids	9	47
Final Word on Hormone Replacement	1	215
Fish	3	141
Fish and Mercury Contamination	4	102

Health Briefs Master Index

Title	Volume	Page
Fish Farms and the Environment	1	115
Fish is not Health Food	6	85
Fish Oil	4	202
Fish Oil	7	58
Fish Oil Contaminated	10	98
Fitness and Life Tips	5	70
Flavored Milk	6	86
Flawed Glucosamine Study	8	83
Flawed Studies on Breast Cancer and Dietary Fat By T. Colin Campbell, Ph.D.	8	216
The Flavor Point Diet	7	60
Flawed Breast Cancer Study	10	99
Flaws in the FDA Approval Process	10	101
Flax Benefits	2	61
Flax Oil	1	86
Flax Seeds	4	204
Flu Drugs Ineffective	7	62
Flu Vaccine	5	72
Flu Vaccines for Children	6	88
Folic Acid Increases Cancer Risk	10	103
Folic Acid Supplements	9	49
Food Additives	2	62
Food Additives in Combination	7	63
Food Allergies	1	211
Food Allergies vs. Food Sensitivities	8	85
Food and Behavior	1	233
Food and Learning	4	149
Food Combining	4	204
Food Guide Pyramid for Kids	7	64
Food Helps Youthful Offenders	1	235
Food Irradiation	2	200
Food Not Supplements	1	149
Food Politics	1	270-288
Food Portion Sizes are Growing	3	12
Food Preparation	10	231
Food Production and the Environment	2	202
Food, Intellect and Behavior	1	237
Food-Bone Connection	1	173
Foot Baths	11	196
Fortified Foods are Like Supplements	3	127
Fortified Foods	1	150
FOS	3	143
Fractures Increasing in Children	3	37
Free Fats vs. Fats From Whole Foods	2	64
Friends Don't Let Friends Eat Junk	3	13
Fruit and Vegetable Consumption Still Low	10	105

Health Briefs Master Index

Title	Volume	Page
Fruit is Really Good For You	2	66
Fruits and Vegetables in Schools	2	68
Fruits and Vegetables for Bone Health	7	66
Fruits, Vegetables and Health	3	146
Full Disclosure	10	107
Functional Fiber	6	90
Funding the American Diabetes Association	9	51
Gall Bladder Disease	8	219
Gardasil (HPV Vaccine)	8	88
Gardasil Not Effective in Treating HPV Infection	11	69
Gardasil Side Effects	11	70
The Garden Project	11	72
Garlic consumption Does not Lower Cholesterol	10	111
Garlic is Powerful	1	89
Gas	4	205
Gastric Bypass	2	19
Gastric Bypass Nightmare	6	91
Gastroesophageal Reflux Disease	6	254
GE Foods Blocked by European Activism	8	92
Genes vs. Diet	3	177
Genes vs. Genetic Expression	4	153
Genetic Destiny	1	112
Genetically Engineered Crops	1	363
Genetically Engineered Foods Lawsuit	8	94
Genetically Engineered Salmon	2	70
Genetics and Health	1	378
Get Healthy for You	8	221
Get Some Sun!	6	93
Get Some Sun – Make Some Vitamin D	10	114
Get Your Calcium From Food	10	115
Get Your Nutrients From Food	2	112
Getting A Second Opinion	5	193
Getting People to Eat Right	6	95
Getting Ready to Get Ready	8	224
Getting Your Children to Eat Right	5	188
Getting Your Children to Eat Right II	5	191
Global Warming	10	116
Glutathione	11	197
Gluten Intolerance	7	182
Glycemic Index	1	26
Glycemic Index	4	279
Glyconutrients	1	93
Goat's Milk	7	214
Good News About Green Tea	1	97
Good News on the School Front	1	325
Good Sources of Nutrients	9	162

Health Briefs Master Index

Title	Volume	Page
Government and the Dairy Industry	2	169
Government and Health Care	6	97
Government Interference	6	98
Government Recommendations for Fruit and Vegetables	9	163
Green Tea and Breast Cancer	1	95
Green Tea and Caffeine	1	98
Green Tea and Caffeine	4	204
Green Tea and Cancer	4	33
Green Tea and Cholesterol	2	72
Green Tea and Hypertension	6	99
Green Tea and Immune Function	2	73
Green Tea and Intestinal Health	4	35
Green Tea and Prostate	1	96
Green Tea Can Prevent Skin Cancer	3	148
Green Tea and Weight Loss	6	101
Growth Hormone	1	100
Growth Hormone for Kids	7	67
Hair Dye, Acrylic Nails and Makeup	9	164
Guest Editorial by T. Colin Campbell, Ph.D.	9	166
Hair Dye, Acrylic Nails, Makeup	9	164
Have Fun Playing with your Food	8	226
Health Benefits of Garlic	1	91
Health and the Media	8	96
Health Conscious People and Illness	4	209
Health Freedom Issues	8	229
Health Habits and Dental Health	6	102
Health Problems are Interrelated	3	91
Healthier Fats	6	104
Healthy Diet Reduces Risks for Metabolic Syndrome and Insulin Resistance	10	119
Healthy Junk Food Diet and Food vs. Treat	11	165
Healthy Oils?	7	216
Healthy People and Fat in the Diet	10	232
Healthy People Do Get Sick	4	209
Healthy Soft Drinks?	10	118
Heart Disease and Diet	2	138
Heartburn in Children	11	74
Hewlett Packard's Wellness Program	7	70
High Blood Pressure in Children	5	74
High Blood Pressure in Children	11	75
High Blood Pressure	4	101
High Blood Pressure and Diet	6	106
High Blood Pressure in Teens	10	121
High Cholesterol in Children	10	233
High Cholesterol and Prostate Cancer Risk	8	98
High Cost of Obesity	3	15

Health Briefs Master Index

Title	Volume	Page
High Dose Lipitor	10	123
High Dose Vitamin E Does Not Reduce the Risk of Heart Disease	6	108
High Fat Meals and Cardiac Health	1	81
High Fiber Breakfasts	2	74
High Protein Diets Destroy Health	3	19
High Protein Diets	3	17
Homocysteine	7	215
Hoodia	10	234
The Hopewood Children	7	72
Hormone Replacement Therapy Debated	7	74
Hormone Therapy Does More Harm than Good	2	141
Hormones and Breast Cancer	8	100
Hospital Food Not Healthy	7	76
How the Atkins Diet Works	2	21
How Doctors Think	10	124
How Does Meditation Work?	2	203
How Drug Companies Pay Doctors	8	102
How Many Servings Per Day?	11	198
How Many Servings of Fruit and Vegetables?	8	264
How the Media Reports Health News	2	205
How to Build Your Immune System	2	207
How to Teach Children	1	323
HPV Vaccine Efficacy	10	135
HPV Vaccine Unnecessary	10	137
Human Guinea Pigs	8	105
Human Guinea Pigs Part II	8	106
Hydration	1	347
Hydrogenated Fats	6	280
Hydrogenation	1	102
Hypertension and Sleep Deprivation	8	108
Idiot Advice	1	348
Ice Cream Diet	1	28
If at First You Don't Succeed	8	233
Illinois State Board of Education	8	110
Illusion of Product Improvement	10	139
Importance of Omega 3's	1	80
Importance of Weight Training	1	249
Improve Immune Function	1	350
Improvements in School Food	11	199
Inaccurate Information in JAMA	7	78
Incentives for Doctors to Prescribe	10	140
Incontinence and HRT	6	110
Increase in Obesity Rates	2	23
Increasing Your Level of Happiness	10	142
Increase Your Lifespan	11	77

Health Briefs Master Index

Title	Volume	Page
Industry Does Listen	2	208
Infertility	10	144
Inflammation	7	80
Inflammation and Heart Disease	1	189
Influence of Drug Companies	2	171
Influencing Doctors	7	83
Influencer: The Power to Change Anything	11	79
Information About Vitamin D	1	144
Information Overload and Confusion	10	237
Informed Choice	5	76
Ingredients Secrets	1	351
Insomnia: Drugs vs. Therapy	10	146
Inspiration from Jack La Lanne	3	179
Inspirational Story	8	235
Insurance Coverage	11	167
The International Food Information Council	11	84
Internet Promotion of Junk food	8	112
Intestinal Health	4	103
Inventing a Use for the Flu Vaccine	7	85
Iodine Intake	9	54
Iron Deficiency and Excess	10	238
Irradiated Meat in Schools	5	78
Irritable Bowel and Dairy	3	87
Isolated Antioxidants	1	151
Isolated Nutrients do not Prevent Heart Disease	9	55
Isolated Nutrients Not Effective	5	80
Isolated Nutrients vs. Nutrients in Food	3	129
Isolated Nutrients and Pregnancy	8	114
Isolated Nutrients Increase Cancer Risk	11	86
Isolated Nutrients vs. Whole Food Supplements	4	51
Isolated Nutrients, Cont.	1	153
Isolation	8	116
It's Cheap to Get Healthy!	1	355
It's Hard to do the Right Thing!	6	112
It's Difficult to be Sick!	1	354
Jack La Lanne - Success Leaves Clues	5	82
Jelly Beans and Sports Performance	9	56
Joint Pain	8	267
Joint and Back Pain	8	237
Judgment Against Merck	6	114
Juice Excess	6	116
Just Say No!	5	85
Kathleen Slattery	8	118
Kevin Trudeau	7	218
Kevorkian List	1	359
Kick Your Dairy Habit	8	122

Health Briefs Master Index

Title	Volume	Page
Kidney Stones	7	184
Kidney Stones and Meat	1	218
Kids and Calcium	1	326
Kids Lose Weight on Low-Fat High-Fiber Diet	8	124
Kids Need to Play	8	126
Kids Need Sleep	7	87
Kids Must Exercise	5	90
Killing Asthmatics with Asthma Drugs	8	128
Kinesiology	1	361
Knee Health and Running	11	87
Kraft Bows to Pressure	6	118
Lab Tests	3	93
Label Reading Advice	6	120
Label Reading for Produce	7	89
Labeling Laws for Seafood	5	91
Labeling Meat Products	3	149
Labeling Milk	11	88
Lactose Intolerant Kids Told to Eat Dairy	9	57
Laughter is the Best Medicine	1	301
Lawsuit Against Atkins	4	15
Lawsuits Against Drug Companies	6	122
Lawsuits Against Food Companies	4	155
Leaky Gut	6	256
Legal Liability for Pharmaceutical Companies	4	192
Legal System to Reform Health	7	205
Legal System to Reform Health II	7	208
Leptin and Weight Maintenance	2	25
Let's Emulate Lance Armstrong	6	124
Lifestyle Changes Best for Cardiovascular Health	2	143
Lifestyle Kills Americans	3	180
Lifestyle, Not Genes	3	181
Lignans Protective Against Breast Cancer	10	147
Limitations of Science	4	157
Lithium and Mental Health	2	76
Live Longer!	1	362
Lose Weight and Lower Risk of Cancer	3	21
Lose Weight Now	9	58
Low Back Pain	11	90
Low Carb Craze Over!	6	126
Low Carb Diets Vindicated?	9	60
Low Energy Level and Fatigue	6	258
Low Fat Dairy	1	72
Low Fat Diet Reduces Breast Cancer	9	62
Low Fat Diet Reduces Risk of Breast Cancer	7	91
Low HDL Levels	4	106
Low Protein Diets Protective Against Cancer	9	64

Health Briefs Master Index

Title	Volume	Page
Lower the Fat. Period.	5	92
Lowering Cholesterol	9	176
Lowering Cholesterol Levels Through Diet	1	191
Lowering Cholesterol	1	193
Lung Cancer Screening	7	93
Lycopene Prevents Cancer	1	104
Macrobiotic Diet	4	207
Macronutrients vs. Micronutrients	2	27
Mad Cow	3	151
Mad Cow II	3	153
Mad Cow Cover-up	6	128
Mad Cow Follow Up	4	159
Mad Cow is a Problem in the U.S. Today	4	161
Mad Cow Disease Widespread	8	130
Magic Pill for Weight Loss	5	94
Magic Pill Formulas	4	165
Magic Solution	5	95
Making Changes "Stick"	7	186
Malpractice Suits Not Cause of High Health Care Costs	4	194
Mammography	4	107
Mandatory HPV Vaccine	9	66
Mandatory Wellness Programs	8	132
Many Surgeries are Unnecessary	3	95
Marketing of Cheese to Americans	10	149
Marketing Disease	6	130
Marketing Disease to Americans	7	95
Marketing Drugs	3	209
Marketing Junk to Kids	10	150
McDonald's Lawsuit Update	9	68
Meat Addiction	2	78
Meat Eating vs. Smoking	2	80
Meat and Energy	11	200
Meat Treatment	7	97
Media Influence on Health Issues	8	134
Medical Care and Longevity	2	209
Medical Check-Ups	6	132
Medical Costs of Meat Consumption	6	134
Medical Costs	6	136
Medical Device Safety	10	151
Medical Freedom	11	92
Medical Journal Articles	3	211
Medical Journals Marketing Drugs	6	138
Medical Miracles	3	213
Medical Schools and Research	6	141
Meditation to Relieve Stress	1	302
Mediterranean Lifestyle	5	96

Health Briefs Master Index

Title	Volume	Page
Menopausal Weight Gain	2	144
Menstrual Cramps	1	219
Mercola on the High Protein Diet	1	24
Merck Has not Learned its Lesson	9	70
Merck on Trial	6	143
Mercury Contamination in Fish	4	202
Methicillin-Resistant Staph	11	94
Methods for Managing Heart Disease	3	97
Michael Moore and Sicko	11	169
Military Hurt by Health Status	8	136
Milk and Bone Health	6	145
Milk and Weight Loss	6	147
Milk and Calcium Requirements	2	81
Milk Myths	2	83
Milk Slammed by Food Standards Agency	7	99
Milk Truths	2	85
Mind Body Connection	1	303
The Mind is Powerful	1	317
Miracles Do Happen	8	137
Misleading Drug Ads	11	96
Misleading Kids	9	71
Misinformation in the Press	4	167
Mistreatment of Dairy Cows	7	101
Mobilizing Kids to Make a Difference	7	188
Mohammed Ali's New Food Line	8	139
Mona Vie	11	201
Monsanto and rBGH	2	210
Mood Determines Health	5	98
More About Diabetes	1	208
More Bad News About Hormone Replacement	2	146
More Drugs!	3	215
More Idiot Research!	1	364
More Kids Medicated	1	327
More on Hydration	1	365
More on Not Milk	1	75
More on the Mind and Illness	1	304
More Reasons to Improve Your Health	6	149
More Vegetables Lowers BPH Risk	10	154
Multiple Sclerosis and Diet	4	109
Multiple Sclerosis Treatment	8	141
Multivitamins	5	99
Mumps Outbreak	8	143
Music for Healing	2	214
Music is Medicine	2	212
Myth of Early Detection	5	101
Myth of Medical Malpractice	9	73

Health Briefs Master Index

Title	Volume	Page
Myth of the Melanoma Epidemic	7	103
Myth of Inheriting Disease	8	145
Nascar Drivers Improving Diet Too!	8	63
National Uniformity for Food Act	8	147
Natural Approaches for High Blood Pressure	1	170
Natural Medicine Can Be Wrong Also	4	169
Natural Progesterone Cream	5	195
Natural Vitamins	11	203
Nature Reduces Stress	3	183
Natural Sweeteners	10	241
National School Lunch Week	11	97
Net Carbs	3	23
Neurological Diseases	4	112
Never Too Late to Start	5	103
New Aspartame Study	10	156
New Chemicals in Foods	6	151
New Defense for Poor Habits	6	157
New Drugs and Procedures	5	104
New Income Opportunities for Doctors	6	153
New Industry Rep at FDA	6	155
New Study on Statin Drugs	3	217
New York Ban on Trans Fat	9	75
The New York Times and the Atkins Diet	1	18
NFL Star Goes Vegan	11	99
Nicholas Gonzalez, M.D.	9	77
NIH Conflict of Interest Resolution	6	159
No Free Lunch	7	106
No More Periods	10	158
No Wonder the Public is Confused	5	106
Non-Cooperative Spouse	10	242
Not Milk III	1	77
Not Milk Instead of Got Milk	1	73
Not Sure I want to be a Vegan	10	243
Nothing is More Important Than Health	1	366
Nutrient Breakdown on Recipes	9	177
Nutrient Synergism in Whole Foods	2	114
Nutrition for Prisoners	7	108
Nutrition in Schools	1	328
Nutrition Labeling for Fast Food	11	171
Nutrition Labels not the Answer	8	149
Nuts are Healthy	2	87
Obese Kids Become Unhealthy Adults	11	100
Obesity a Health Hazard	7	110
Obesity and Cancer	2	29
Obesity-Cancer Connection	8	151
Obesity and Diabetes	2	31

Health Briefs Master Index

Title	Volume	Page
Obesity and Hospital Costs	3	25
Obesity and Hospitals	1	9
Obesity and Income Potential	6	161
Obesity and Lawsuits	5	107
Obesity and Schools	5	110
Obesity Crisis in Children	4	17
Obesity in China	9	79
Obesity Increases Risks of Birth Defects	11	102
Obesity is not Just About Appearance	1	7
Obesity Litigation	7	112
Obesity Replaces Tobacco	3	27
Obesity Shortens Life Span	3	28
Obesity Statistics	6	163
Okinawa Centenarian Study	4	171
Olive Oil	9	80
Omega-3 Fats and ADHD	5	112
Omega-3 Fatty Acids Ineffective for Health Improvement	8	152
Omega-6 to -3 Ratio	3	155
Oophorectomy Unnecessary Most of the Time`	6	164
Optimal Health Depends on the Totality of Your Life and How You Live It	10	244
Optimism and Health	1	305
Optimism vs. Pessimism	1	307
Definition of Organic	7	114
Organic Food	5	197
Organic Food Part II	5	199
Organic Food Part III	5	201
Organic Food	4	37
Organic Meat	3	157
Organic Meat	7	116
Organic Milk	7	117
Organic vs. Conventional Produce	10	160
Osteoporosis - The Real Story	3	99
Osteoporosis and Other Diseases	1	221
Osteoporosis Drugs	6	166
Osteoporosis Drugs and Jaw Disease	8	154
Osteoporosis is not a Fosomax Deficiency	2	149
Over-Consumption of Food	3	185
Overdosing on McDonalds	3	188
Over-Medicating America	6	168
Overtreated: Why Too Much Medicine is Making us Sicker and Poorer	11	103
Overweight Vegetarians	5	201
Packing a Healthy School Lunch	7	190
Painkillers for Athletes	6	170
Paleo Diet	1	14

Health Briefs Master Index

Title	Volume	Page
Palm Oil Not Healthy	8	156
Parasites	10	246
Parenting Better than Drugs	9	82
Parents Have Worse Eating Habits	9	84
Parents Set an Example	3	39
Patient Centered vs. Disease Centered Care	9	86
Paying Doctors to Bash Drugs	8	158
PCRM Dairy Update	6	172
Peer Review Problems	8	160
People Need Education	3	189
People Who Need to Gain Weight	3	191
People Who Won't Change	7	219
Peppermint and Athletic Performance	1	368
Permanent Commitment to Exercise	7	119
Permanent Weight Loss	2	32
Personality Traits of the Cancer Patient	1	308
Pessimists vs. Optimists	1	310
Pets are Getting Fat, Too	2	33
Pfizer Guilty!	4	173
Pharmaceutical Ads Work	8	162
Pharmaceutical Rep Speaks Out	9	178
Pharmanex Bio-Photonic Scanner	3	131
Physical Activity Best for Preventing Obesity	11	116
Pills for Prevention	8	164
Pills for Prevention Part II	8	166
Pizza Reduces Cancer Risk	2	88
Placebo Effect	8	167
Plastics and Xenoestrogens	10	247
Plavix and Aspirin a Deadly Combination	8	169
Pleasurable Kingdom by Jonathon Balcombe	10	162
PMS	2	153
PMS and a Vegetarian Diet	6	174
PMS Now a Disease	10	169
Pneumonia Vaccine Ineffective	2	151
Political Pressure Works	1	291
'Polypill'	2	147
Polyunsaturated Fats	2	90
Popular Superfoods	10	249
Portion Control Does Not Work	4	19
Portion Control	1	369
Positive Expectation	8	240
Positive Progress in School Nutrition	10	171
Positive Thinking Leads to Longer Life	4	174
Postpartum Depression	11	117
Postscript on HRT	1	216
Potassium and Stroke	1	106

Health Briefs Master Index

Title	Volume	Page
Power to the Patient	7	192
Power of Prayer	2	216
Predicting the Risk of Fracture	6	176
Pregnancy and Nutrition	2	152
Prescription Data for Sale	10	173
Prevent Alzheimer's	1	296
Prevent and Reverse Heart Disease	3	107
Prevent and Reverse Heart Disease by Dr. Esselstyn	10	174
Preventing and Reversing Diabetes	10	180
Prevent Breast Cancer	1	174
Prevent Colorectal Cancer	1	202
Prevent Prostate and Breast Cancer	1	225
Prevent Stomach and Esophageal Cancer	3	110
Preventing a Cancer Recurrence	8	171
Preventing a Second Stroke	7	120
Prevention Does it Again!	1	29
Priorities	6	178
Probiotics	10	250
Processed Foods are Addictive	3	159
Processed Foods Lack Nutrients	1	370
Programming Children's Taste Buds	11	118
Progress Against Monsanto	4	176
Propaganda from the National Cattlemen's Beef Association	6	180
Prophylactic Mastectomy	11	119
Prostate Cancer and Diet	2	154
Prostate Cancer	4	114
Prostate Cancer and Diet	6	181
Prostate Cancer Racket	6	183
Prostate Disease and Flaxseeds	5	114
Prostate Disease and the Ornish Program	1	227
Prostate Health	11	120
Prostate Surgery Useless	8	173
Protein and Athletic Performance	8	174
Protein Consumption and Athletes	2	92
Protein Deficiency	4	208
Protein Myths	2	94
PSA Test	6	185
PSA Testing Does Not Reduce Mortality	7	122
Psoriasis and Heart Attack Risk	9	88
Psychological Causes of Illness	3	193
Public Relations Programs for PhRMA	8	176
Purchase Supplements Carefully	4	53
Quaker Oats and Labeling	10	182
Qualifications of Practitioners	7	195
Qualitative vs. Quantitative Nutrition	5	114

Health Briefs Master Index

Title	Volume	Page
Quality Control for Doctors	7	124
Questionable Research	6	187
Questions About Hormone Replacement	1	213
Quinoa	1	109
Ralph Moss Lecture Notes	6	189
The Rape of Patients' Rights	11	121
Raspberries and Cancer	1	111
Rating Food Products	9	90
Raw Food Contains More Nutrients	3	161
Raw Food Diets	4	208
RDA's and Diet	5	202
Real Role for Genetics	6	193
Rearranging the Deck Chairs on the Titanic	10	183
Reasons to Avoid Cancer Treatment	2	156
Reasons to Move Around (Exercise)	1	250
Reasons to Run	1	251
Reasons to Stay Off Drugs!	1	375
Reasons to Stay off Pharmaceuticals	1	372
Reasons to Stay Out of the Hospital	2	217
Recommendations from the American Diabetes Assoc	3	112
Red Meat and Cancer Risk	11	123
Red Wine For Health	9	91
Reduce Risk of Colon Cancer	1	200
Reducing Inflammation	1	217
Refusing to Recommend Supplements	9	180
Relative Risk vs. Absolute Risk	3	114
Remarkable Cherries	1	61
Repeated Bone Mineral Testing Not Warranted	9	93
Repackaging Junk Food	7	126
Report from an Obesity Expert	1	11
Required Labeling for Trans Fats	2	172
Research	10	252
Research Clarification	8	178
Research - Let the Reader Beware	5	116
Research - Let the Reader Beware II	5	117
Resistance Training	2	219
Respect the Potato	1	107
Response to Research Showing Low-Fat Diet does not Reduce Disease Risk	7	128
Restricted Calorie Diets	6	195
Restricting Antibiotic Use	7	130
Restriction	8	243
Reversing Heart Disease	10	184
Reviewing the Worst Book on Women	4	177
Revising the Food Guide Pyramid	5	119
Risk Factors for Dementia	5	121

Health Briefs Master Index

Title	Volume	Page
Risks of Excess Weight	1	6
Risks of the High Protein Diet	1	27
Ritalin and Cancer Risk	6	196
Room Service at the Hospital	3	194
Run Yourself Smart	8	180
Runners' High	4	179
Running 101	9	95
Running CEO's	7	134
Running Improves Intellect	3	122
Running and Joint Health	7	132
Running and Joint Health	8	181
Running is Healthy!	2	221
Running With Nuns	9	97
Running Promotes Healthier Aging	10	186
Safe Food I	5	123
Safe Food II	5	125
Safe Food III	5	127
Safe Food IV	5	129
Safe Food V	5	131
Safe Food VI	5	132
Safe Food VII	5	134
Safe Food VIII	5	136
St. John's Wort and Depression	11	204
Salt and Potassium Consumption	3	165
Salt Restriction and Diabetes	1	117
Salt	3	163
School Food IS Improving	6	197
School Food IS Improving II	6	198
School Lunches	1	330
School Lunches	3	40
Seasonal Affective Disorder	5	138
Second Vaccination for Bird Flu	8	183
Secrets of a Long Life	7	136
Secrets of Longevity	1	311
Seek Doctors Who Practice Healthy Habits	11	124
Selling Depression in Japan	5	139
Selling Junk Food to Kids	6	200
Setting an Example	10	188
Setting Yourself Up For Success	6	260
Should You Drink Coffee?	1	64
Should You Take Vitamins?	1	146
Show Me The Money	10	190
Side Effects of Statin Drugs Dismissed by Doctors	11	125
Side Effects From Statins	1	373
Skip the Annual Checkup	11	127
Skipping Meals	7	138

Health Briefs Master Index

Title	Volume	Page
Sleep and Creativity	3	196
Sleep and Immune Function	3	197
Sleep Deprivation	6	202
Sleep Deprivation	6	263
Sleep Deprivation and Kids	1	332
Sleep Disorders	2	222
Sleep Disorders	9	181
Sleep is Important Too	1	313
Sleep Issues	9	99
Sleep Yourself Thin	5	142
Sleeping Pills do not Improve Sleep	11	129
Sleeping Pills for Kids	7	140
Slothful Habits are Expensive	9	101
Smokers and Ascorbic Acid Supplementation	3	133
Smoking Cessation	8	267
Snacking	2	224
Social Consequences of Obesity in Children	4	21
Soft Drink Companies and Politics	6	204
Soft Drinks and High Blood Pressure	4	40
Soft Drink Manufacturers Withdrawing from Schools	8	185
Soft Drinks and Obesity	8	187
Soy and Hypertension	2	96
Soy and the Breast Cancer Issue	3	166
Soy Milk in the School Cafeteria	1	334
Soy	1	119-133
Soy Reduces Breast Cancer Risk	9	103
Speaking Out Works	9	105
Spend Time Now or Spend Time Later	9	183
Spinach and Calcium Absorption	9	185
Spinach and E. Coli	9	106
Sports Supplements	2	116
SSRI's and Violence	7	142
Standard American Diet Causes Cancer	1	179
Standard American Diet Increases Breast Cancer Risk	10	192
Start Moving!	1	253
Starting the Year with Bad Advice	11	131
Statin Drugs Side Effects	11	133
Starting Over Again	5	203
Statistical Analysis of Femara	5	144
Stay Active Live Longer	8	189
Stay Away from Drug Trials	8	191
Stephen Barrett and Quack Watch	4	210
Stephen Barrett Gets What He Deserves	7	144
Stevia and the Law	1	292
Stevia	1	136
Stevia Safety	11	135

Health Briefs Master Index

Title	Volume	Page
Sticking with Change	10	254
Stop Trying and Start Doing	8	246
Strength Training to Relieve Neck Pain	11	136
Stress Accelerates Aging	6	206
Stress and Adrenal Fatigue	6	208
Stress and Cancer	6	210
Stress and Health	5	146
Stress and Weight Gain	2	34
Stress and Weight Gain	7	146
Student Makes a Difference	5	149
Students Running Promotes Better Academics	8	193
Success Story	10	256
Success Tips for People Changing Their Lifestyle	2	225
The Successful Cancer Survivor	7	148
Sucralose (artificial sweetener)	2	97
Sugar Addiction	2	99
Sugar and ADD	2	100
Sugar Alcohols	11	173
Sugar and Politics	2	174
Sun Exposure Helps Melanoma Patients	6	212
Sunlight for Health	2	227
Sunscreen May be Cause of Cancer	5	150
Supersize Me!	4	180
Supersizing	1	376
Supplementation Benefits a Myth	8	195
Supplements for Cholesterol Control	7	220
Supplements Often Ineffective	4	55
Supplements and Research	8	268
Supplements	2	117
Surviving Adversity	3	199
Suzanne Sommers	9	189
Sweeteners for Diabetics	5	204
Syndrome X	2	158
Tamoxifen	9	108
Tax Payers' Dollars Hard at Work	6	214
Taxol for Breast Cancer Ineffective	11	138
T. Colin Campbell and the China Study	1	387
Tea Consumption Linked to Reduced Risk of Ovarian Cancer	7	150
Teaching Pharmaceutical Companies a Lesson	5	152
Teechino "Coffee"	11	205
Teens Need Sleep	3	42
TeenScreen	9	110
Television Decreases Kids' Ability to Learn	6	216
Television is a Health Disorder	1	315
Tenets of Natural Medicine	4	182

Health Briefs Master Index

Title	Volume	Page
Terrible Dietary Advice	9	115
Terrible Medical Advice	5	154
Testing for Breast Cancer Genes	11	206
Testing Meat	10	194
Texas Legislature Overturns Gardasil Mandate	10	196
Time for a Personal Assessment	6	266
There's Always Hope!	1	335
Thermography	4	116
Thimerosal and Immune Dysfunction	8	197
Think Yourself Well	6	218
Threats to Health Freedom	1	293
Time for a Personal Assessment	4	266
Time to Increase Exercise	6	220
Times Have Changed!	6	222
Tips for Healthy Living while Traveling	6	269
Tofu and Lead Levels	1	140
Tolvaptan and Heart Failure	10	197
Tomography	5	156
Too Busy to Exercise?	1	254
Too Much Water	4	212
Tooth Whiteners	6	224
Training Babies' Taste Buds	4	184
Trans Fat and Pregnancy	1	141
Trans Fat	1	142
Trans Fat Alternatives	9	117
Trasylol	11	139
Treat the Whole Body	1	379
Treating Depression	1	204
Triglycerides	2	160
Truth About Dr. Atkins' Health	4	23
The Truth About Drug Companies I	5	157
The Truth About Drug Companies II	5	159
The Truth About Drug Companies III	5	161
The Truth About Drug Companies IV	5	163
The Truth About Drug Companies V	5	165
The Truth About Drug Companies VI	5	167
The Truth About Drug Companies VII	5	169
Truth in Labeling	2	176
The Truth Planet	8	247
Turning our Life Around Through Running	9	119
The Two Tack Theory of Medical Malpractice	8	250
Understanding Human Behavior	2	229
The Un-Health Fair	7	152
Unhealthy Foods at School	8	270
Universal Health Care	11	175
Universal Health Care: Continuing the Dialogue	11	179

Health Briefs Master Index

Title	Volume	Page
Unnecessary Procedures	4	186
Unnecessary Tests	8	199
Use of Sweeteners	1	138
Useless Diabetic Research	9	120
Useless Flu Shots	6	225
Using the Legal System to Reform Health	7	202
Vaccine Causes Ear Infections	11	141
Vaccine Exemptions	11	143
Vaccinations Part I	3	44
Vaccinations Part II	3	46
Vaccinations Part III	3	48
Vaccinations Part IV	3	50
Vaccinations Part V	3	52
Vaccinations Part VI	3	54
Vegan Diet for Weight Loss	7	154
Vegan Recipes and Foods from Wellness Forum	10	258
Vegetarian Diets and Weight Loss	8	201
Vegetables Prevent Atherosclerosis	9	122
Vending Machines in the Schools	3	57
Vioxx Cover-up	5	172
Vioxx Dealt Another Blow	8	203
Vioxx May Be Back	6	227
Vioxx Story Cont.	5	175
Viruses in the Meat Supply	9	123
Vision and Diet	2	162
Vitamin A and Osteoporosis	1	143
Vitamin C-Rich Foods Protective	10	198
Vitamin D	11	181
Vitamin D	4	42
Vitamin D and Cancer	11	145
Vitamin B Studies a Failure	8	205
Vitamin E and Respiratory Infections	2	119
Vitamins and Candy – Great Combination!	6	229
Vitamins and Constipation	6	281
Vitamins and Ovarian Cancer	2	120
Vitamins and Prostate Cancer	11	147
Wait and See Approach Reduces Antibiotic Use	9	125
Wake Up Call	2	231
Walking (exercise)	1	255
War on Obesity in Children	5	177
Water Instead of Soft Drinks	1	381
Water	4	212
Water Intake Confusion	6	231
Weeds Developing Immunity	1	383
Weight Gain in Children	9	127
Weight Loss Drugs	7	156

Health Briefs Master Index

Title	Volume	Page
Weight Loss Programs in China	1	30
Weight Loss on a Vegan Diet	7	158
Weight Loss on a Vegetarian or Plant-Based Diet	8	253
Weight Loss Questions and Answers	8	256
Weight Won't Come Off!	10	259
Well Meaning Family and Friends	5	205
Wellness Saves Money	1	384
Western Diet Related to Colorectal Cancer	10	199
Weston Price Foundation	9	186
What a Good Medical Check-up Should Be	3	201
What Americans Think about Food and Health	9	128
What are Americans Eating? (diet)	1	289
What Causes Diabetes?	1	205
Wheat and Gluten Allergy	10	261
Wheatgrass	1	147
White Tea	6	282
Whom Does the FDA Work For?	4	197
Whole Food is Better	1	155
Whole Grains	2	102
Why all the Focus on Politics?	10	200
Why All the Information About Medical Practice?	8	271
Why Are Foods Refined	2	103
Why Cancer Treatments Do Not Work	11	149
Why Do We Eat So Much?	9	130
Why Dr. Pam is not on Television	9	132
Why I Recommend Flax	1	84
Why Not Isolated Nutrients?	4	57
Why People Lose Weight on the Wellness Forum Diet	1	13
Why Should You Run?	1	257
Why the Public is Confused	3	203
Willpower	10	262
Wine (alcohol)	4	44
Words of Wisdom from T. Colin Campbell	6	233
Workplace Health Insurance Trends	7	160
Wyeth Pays for HRT Fiasco	11	151
Yoga Dangerous?	11	152
You Don't Get what You Want; You Get What You Schedule	6	272
Your Body Needs Water and Salt	1	385
Your Fat Cells are Very Busy	11	183
You're Unrelenting Dr. Pam	10	263
Xango Juice	8	272
Zero Trans Fat Does Not Mean Zero Trans Fat	11	154
Zetia Safety Issues	11	156