

**HEALTH BRIEFS Vol. 5**  
**A collection of short articles on health, wellness and nutrition**

**By Pamela A. Popper, PhD, N.D.**

	<u>Page</u>
• Anxiety and Diet	11
• Aspartame Lawsuit	14
• Aspirin a Day	16
• Dr. Atkins' Health Status	17
• Beef Industry Advertising Programs	19
• Breast Cancer Prevention	20
• Caffeine is a Drug	22
• The China Study I	24
• The China Study II	26
• The China Study III	28
• The China Study IV	30
• The China Study V	32
• The China Study VI	35
• The China Study VII	37
• The China Study VIII	39
• The China Study IX	41
• Cleveland Clinic Cleans Up the Food	43
• Conflicts of Interest in Setting Health Policies	45
• Coumadin	47
• COX-2 Inhibitors	48
• Drugs Should be the Last, Not the First Choice	50
• Eat More, Not Less	52
• Emotional and Energetic Causes of Disease	54
• Enhancing Digestion	56
• Enzymes	59
• Epiphany	61
• Exercise and Alzheimer's Disease	63
• FDA Cannot Protect the Public	64
• FDA No Longer Public's Watchdog	67
• Fiber – the Forgotten Nutrient	69
• Fitness and Life Tips	70
• Flu Vaccine	72
• High Blood Pressure in Children	74
• Informed Choice	76
• Irradiated Meat in Schools	78
• Isolated Nutrients Not Effective	80
• Jack LaLanne – Success Leaves Clues	82
• Joel Fuhrman on the South Beach Diet	83

• Just Say No!	85
• Kids Must Exercise	90
• Labeling Laws for Seafood	91
• Lower the Fat. Period	92
• Magic Pill for Weight Loss	94
• Magic Solution	95
• The Mediterranean Lifestyle	96
• Mood Determines Health	98
• Multivitamins	99
• Myth of Early Detection	101
• Never Too Late to Start	103
• New Drugs and Procedures	104
• No Wonder the Public is Confused	106
• Obesity and Lawsuits	107
• Obesity and Schools	110
• Omega-3 Fats and ADHD	112
• Prostate Disease and Flaxseeds	113
• Qualitative vs. Quantitative Nutrition	114
• Research – Let the Reader Beware	116
• Research – Let the reader Beware II	117
• Revising the Food Guide Pyramid	119
• Risk Factors for Dementia	121
• Safe Food I	123
• Safe Food II	125
• Safe Food III	127
• Safe Food IV	129
• Safe Food V	131
• Safe Food VI	132
• Safe Food VII	134
• Safe Food VIII	136
• Seasonal Affective Disorder	138
• Selling Depression in Japan	139
• Sleep Yourself Thin	142
• Statistical Analysis of Femara	144
• Stress and Health	146
• Student Makes a Difference	149
• Sunscreen May be Cause of Cancer	150
• Teaching Pharmaceutical Companies a Lesson	152
• Terrible Medical Advice	154
• Tomography	156
• The Truth About Drug Companies I	157
• The Truth About Drug Companies II	159
• The Truth About Drug Companies III	161
• The Truth About Drug Companies IV	163

• The Truth About Drug Companies V	165
• The Truth About Drug Companies VI	167
• The Truth About Drug Companies VII	169
• Vioxx Cover-up	172
• Vioxx Story Cont.	175
• War on Obesity in Children	177

**Ask Dr. Pam:**

• Attention Deficit Disorder	180
• Cinnamon and Diabetes	181
• Craving “Bad” Foods	182
• Dairy Products and Children	182
• Decaf Coffee	183
• Diagnostic Testing	184
• Different Diets for Different People	185
• Difficulty Making Lifestyle Choices	187
• Getting Your Children to Eat Right	188
• Getting Your Children to Eat Right II	191
• Getting A Second Opinion	193
• Natural Progesterone Cream	195
• Organic Food	197
• Organic Food Part II	199
• Organic Food Part III	201
• Overweight Vegetarians	201
• RDA’s and Diet	202
• Starting Over Again	203
• Sweeteners for Diabetics	204
• Well Meaning Family and Friends	205