

BOOK REVIEWS

REFINED CARBOHYDRATE FOODS AND DISEASE

D. P. Burkitt and H. C. Trowell, Academic Press, New York, 1975.

A small group of English physicians are in the front of a major battle against processed foods, especially the refined carbohydrates, white flour and sugars. They include Professor J. Yudkin whose work on sugar is by now well known, and Cleave and Campbell who were among the medical pioneers in alerting the medical profession, especially when their book **Diabetes, Coronary Thrombosis and The Saccharine Disease** was published.

This book is edited by Burkitt and Trowell, but contains contributions by Heaton, Adata, Tovey, and one chapter by Leader and Hayden. It is an excellent book outlining in detail the ravages which follow when one consumes a diet too rich in refined carbohydrates. Chapter 3 presents a few definitions of refined and unrefined foods and of fiber with a brief history of medical ideas on these substances. The rest of Part II is an analysis of dietary changes over the past few decades. Part III shows how low-fiber diets interfere with gastrointestinal function, and Part IV describes some of the diseases which follow, such as appendicitis, diverticular disease of the colon, benign and malignant tumors of the large bowel, and ulcerative colitis.

Diseases which arise from constipation and straining including varicose veins, deep vein thrombosis, and hemorrhoids and hiatus hernia.

A large number of what might appear to be unrelated diseases are in Part VI. These include gallstones and cholecystitis, ischemic heart disease, atheroma and fibrinolysis, diabetes and obesity, and periodontal disease as well as caries.

Duodenal ulcer and its relationship to diet is covered in Part VII.

A physician unfamiliar with these ideas will be surprised, perhaps shocked at the wide range of diseases caused by a particular kind of malnutrition. However, the evidence is massive, collected over a period of several decades. The work must be taken very seriously as it will be by Orthomolecular physicians. It is apparent that only a massive shift in our nutrition back toward the kind of food to which we had adapted over many thousands of years will halt the present epidemic of degenerative diseases. We must all follow the junk-free diet. Junk is any food containing added sugar, white (refined) flour, polished rice, and additives which add only palatability (color and flavor), but which have not been proven to be safe. Such a diet will conform to the dietary rules laid down by these authors. This diet I recommend for anyone who wishes to reduce markedly the risk of developing one or several of the diseases described in this book.

PERSONS AT HIGH RISK OF CANCER

J. F. Fraumeni, Academic Press Inc., New York, 1975.

At first sight there seems to be little of interest for Orthomolecular psychiatrists in a book on cancer. Yet it is valuable now and then to examine the severe problems faced by our colleagues. Perhaps we can learn something from them. Many believe that the cancers are just as mysterious as the schizophrenias. Fortunately this is not true for Orthomolecular psychiatrists who find that proper treatment for the schizophrenias is much more successful than the best treatment for the cancers.

Reading this book reminds me of the textbooks of psychiatry discussing retardation or mental illness. Because little is known about etiology every possible factor is discussed or mentioned. As a rule the less that is known about a disease the more variables are involved as possible causes.

I have examined this book especially to see whether any serious attention is given to nutritional and Orthomolecular factors. Nutrition is treated very lightly. Thus, Burkitt's work on the relation between cancer of the bowel and low-fiber diets is passed off by a brief reference to a 1971 paper with a comment that the author does not believe this since the ratio of men to women with this cancer is about equal. He states but provides no reference that since women are more constipated than men, they ought to have a higher incidence. I was surprised to learn that women were more constipated, something which has not been apparent from the thousands of patients I have seen. There is no reference whatever to the controversy over amygdalin (also called Laetrile or vitamin B17).

It is believed that both genetics, inheritance, and environment play a role in the genesis of cancer. There appears to be a relationship to the use of immunosuppressive drugs.

Thus, an unusual proportion of patients with renal transplants who require these drugs develop cancer, including brain tumors.

Environmental factors include smoking (tobacco), alcohol which increases cancer of the mouth and pharynx, but not of the stomach, radiation, exposure to certain chemicals and to adulterants in the foods such as aflatoxins in moldy peanuts, nitrosamines, e.g., in fried bacon, in coffee which appears to increase bladder cancer, and to other additives.

A few anticancer substances include selenium which is a powerful antioxidant, and ascorbic acid, and vitamin E.

There is no discussion of the role of megadoses of ascorbic acid in preventing or treating cancer. It is believed that increased intake of commercial antioxidant in our food is responsible for the decrease in stomach cancer in the U.S.A.

I completed this book with the impression that a good junk-free diet with ample fiber and avoidance of the factors enumerated will have a major impact in decreasing the incidence of the cancers.

EATING IN EDEN

Ruth Adams, Rodale Press, Emmaus, Pa. 1976.

Many of us opposed to the continued use of food artifacts known as "junk," or processed foods, have known that these products are much inferior in nutritional value to the original foods from which they are prepared. We have also been aware that native or endogenous populations which had not yet adopted the foods of our technological society were generally healthier, i.e., they did not suffer to the same degree from a number of degenerative diseases. It is therefore valuable to have these facts documented as has been done by Ruth Adams in **Eating in Eden**.

Primitive people all around our globe who continue to eat the foods to which they had adapted remained much healthier,

and presumably somewhat happier. This applied to the Hunzas in Asia, the North American Indians before they were discovered, to the Eskimo, peoples of the Pacific Islands, and so on. But their good fortune was not due to any superior wisdom on their part for as soon as they are exposed to the modern technological marvels they succumb even more quickly. At the beginning of this century Stefansson was worried about the effects of junk food and alcohol on the Eskimo. Any primitive people in contact with our society very quickly adopt our technological vices, just as bad money drives out good money, so does junk drive out good food, even though junk is incomparably more expensive and dangerous.

Technology has discovered how to market substances which appeal to our taste and smell and are exciting to look at, but which have little reality to our nutritious needs. We have separated satisfaction of our senses from satisfaction of our nutritional needs. For millions of years our senses have warned us which foods to avoid and which were safe. Since all native foods are pretty good nutritionally any diet consisting of original food was better than any diet consisting of junk food. The only problem was to avoid poisonous foods. For this our senses were adequate. No more. For most people who follow only the appeal to their senses, junk foods are good, and less appealing whole foods by comparison, bad. We can no longer depend upon our senses and must depend upon our intelligence. We must be reminded again and again what junk does and how much better we would be if we avoided it. This book serves to do this.

THE ENCYCLOPEDIA OF COMMON DISEASES

by Staff of Prevention Magazine, Rodale Press, Emmaus, Penn., 1976.

Did you know that megavitamin therapy will help salvage alcoholics, that vitamin E will prevent some anemias, that your appendix (if you

are still lucky to have it in you) really does have a function, that high-fiber diet will reduce the incidence of cancer of the colon? Perhaps you did, for readers of this Journal are aware of the role of good nutrition in the maintenance of good health.

This book containing nearly 1,300 pages is crammed with medical nutritional information. As usual the staff of **Prevention** have done their homework well. They have reviewed the literature fairly and accurately. They have made available those aspects of medical discovery available to any knowledgeable person who has access to any medical library, but which are mostly ignored by medical schools and professional reviewers. I doubt that any professional journal dealing with alcoholism has yet shown any indication they have even heard of vitamins.

I recommend this book especially to physicians for it provides some balance to the material available to them in their own journals—mostly advertisements for drugs, and articles about drug therapy.

Each household will profit from this book, but it will create some difficulty for the doctor-patient relationship. The patient may be more sophisticated nutritionally than the physician.

THE HOAX OF FREUDISM

R. M. Jurjevich, Dorrance and Company, Philadelphia, Penn., 1970.

Psychoanalysis has been receding gradually since it reached the pinnacle of its influence about 20 years ago. Its remarkable hold on U.S.A. psychiatry, psychology, and on the population generally has never been satisfactorily explained. How could a system of thought, which apparently sprang out of the mind of one individual, Freud a neurologist, have achieved such a remarkable success, and in a country which Freud himself disliked and where

BOOK REVIEWS

he was certain his work would forever remain rejected? Analysis never passed beyond the first stage of any scientific inquiry, the stage of hypothesis. The second stage, testing the hypothesis, has never been possible because the hypothesis remained basically untestable. Any idea arising from it, even vaguely testable, has never been supported by data. It is as if U.S.A. psychiatry became enmeshed in a fantastic delusional mythology from which it is only now beginning to emerge. Freud was a remarkable single-minded brilliant writer to have imposed his ideas upon a professional group dedicated to understanding the abnormalities of man.

In this book the author presents a careful account of Freud, his disciples, and their works which leads him to conclude it is all a monstrous hoax. Analysis and its many offspring has been costly to schizophrenics and their relatives. The malignant hypotheses such as the homosexual basis of all paranoia, or the schizophrenogenic mother, have harmed thousands. The many psycho-therapies spawned by psychoanalysis have condemned hundreds of thousands to permanent illness. In subsequent volumes Dr. Jurjevich will examine other issues, all aimed at exposing analysis for what it really is, a faith, quasi religion, or system of thought based upon suggestion, brainwashing, and almost totally devoid of scientific data to back it up.

For those interested in a critical examination of Freud and of psychoanalysis—this is your book.