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WOODLAND HEALTH REPORT

Your source for the latest information in alternative health and nutrition

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Glycemic index can help obese, diabetics

The glycemic index (G.I.) developed in the late 70s may offer diet help to those with diet-related ailments. Read inside about the ultimate book on the subject.

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"Viruses are stubborn and sneaky and possess a keen sense of survival."

COVERSTORY

by Mark
Stengler
N.D.

V NATURE'S Virus Killers

As the flu and cold season hits us with full force, it is worthwhile to understand how viruses affect your body, and the natural precautions that can prevent the misery and lost time that inevitably accompany these infections.

Viruses are stubborn and sneaky and possess a keen sense of survival. A virus attempts to bypass your body's built-in alarm and attack system—the immune system—by growing in areas where the immune system has no access, mutation-altering their identity resulting in a delayed response by the immune system, and by causing suppression of the immune system. Good examples of this would be HIV and the Epstein-Barr virus (EBV).

About Certain Viruses

Viral infections range from the common cold to the almost always fatal ebola. Two of the most common viral infections are the common cold and influenza, described in more detail below:

Rhinovirus (common cold): The rhinoviruses (over 100 strains) consist of a single-stranded RNA nucleic acid molecule and are not surrounded by an envelope. This virus is responsible for approximately 50 percent of common colds and only infects the upper respiratory tract. Once infected, our bodies make a specific antibody to avoid reinfection to this strain.

Influenza (Flu): There are three classifica-



A virus attempts to bypass your body's built-in alarm and attack system—the immune system—in various ways.

tions of the influenza virus—A, B, and C. The most common cause of the flu is Influenza A. It often occurs in epidemics during the late fall and early winter. The highest incidence of the flu is in school children, and the incubation period is 48 hours. Acute symptoms usually subside in two to three days. Chills, fever, headache, and muscular aches and pains are the most common initial symptoms followed by a severe cough. Persons at risk for serious complications include those with chronic pulmonary disease, valvular heart disease, or heart disease.

Herbal Allies

Fortunately, Mother Nature provides an

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ABOUTUS

The *Woodland Health Report* is published to provide general information about alternative health and nutrition topics. It does not directly or indirectly dispense medical advice, nor are its contents intended to provide personal medical advice. We regret that we cannot respond to inquiries regarding personal health matters.

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**Publisher**

Calvin W. Harper

Editorial Director

Cord Udall

Editorial/Production Staff

Jessica Jones-Sansom

Ted Hartman

Timothy Zeidner

Marketing/Sales

Mark D. Peterson

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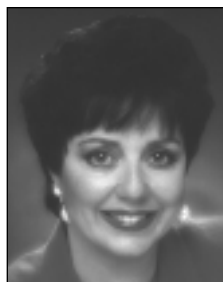
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Ask the Expert

GOODADVICE

Frequent urination, athlete's foot discussed



Rita Elkins, M.H., has been a writer and investigative reporter in the natural health and nutrition arena for over 15 years. She is the author of numerous publica-

tions dealing with holistic health topics. Some of her most popular works include *The Pocket Herbal Reference* and the recent *Soy Smart Health*.

Q: I am a thirty-nine-year-old man in reasonably good health. I'm having a problem with frequent urination. Lately I've been getting up two or three times a night to go to the bathroom. I drink a pretty good amount of water during the day, but I don't drink more water than usual when going to bed, and I don't have any other noticeable symptoms. Could I have a problem?
Joseph in South Bend, Indiana

A: It's not too abnormal to urinate frequently. Our bodies are very good at getting the amount of water we need each day. If we drink too much, our kidneys simply eliminate the excess. If we drink too little, our kidneys keep it in storage. One good way to tell how you're doing on water intake is to look at the color of your urine. Dark urine is a sign that you need to drink more, while clear urine is a sign that you're getting enough.

However, frequent urination can also be a symptom of several more serious disorders. Diabetes, prostate irregularities, and bladder infections can also cause frequent urination. Although from what you've told me, I don't think this applies to you. I think you're probably just drinking a lot of water late in the day. But you should still make sure you're checked for diabetes, especially if you have a family history of it.

If you're really tired of getting up at night to urinate, then try stopping your water intake after dinner. Keep drinking plenty of water during the day, just wind it down in the evening. If the problem persists and your diabetes test comes back negative, then you

should see a doctor for an informed diagnosis. Taking a course of action that involves actual therapies probably isn't wise until you see a doctor.

Remember that the older you get, the more critical it is to drink plenty. Also remember to drink plenty of water on hot days to avoid dehydration, which can open a whole new can of worms regarding your health.

Q: I've had athlete's foot and toenail fungus all over my left foot for several years. I tried Sporanox once, but it didn't get rid of the toenail fungus. I've tried most of the over the counter products for the athlete's foot, but haven't been able to get rid of it. Could the toenail fungus and the athlete's foot be connected?
Ted in Provo, Utah

A: Yes, the two are most likely connected. In fact, you probably don't have the fungus that is actually called athlete's foot. The same fungus that is infecting your toenail is probably affecting your whole foot.

You may not be keeping your feet dry enough. Fungus is usually easy to kill when it's just in your skin, but once it gets into toenails and fingernails, it becomes much tougher.

Moisture is absolutely critical to the survival of foot fungi. Today's shoe styles don't help you keep your feet dry. Make sure your shoes breathe. Remove your shoes when possible to let your feet dry out. You'll be more successful if you're vigilant about keeping your feet dry.

Some natural antifungal agents also can help you kill your foot fungi. Tea tree oil has powerful antifungal properties and has helped many people cure their foot problems. You can find it at any health food store. Just paint it on your nail several times a day like it's nail polish. Since your problem is all over your foot, you could try a couple of different soaks to kill your fungi. Try soaking in a mild solution of bleach or white vinegar and warm water. An epsom salt soak is another popular home remedy. Although these remedies have been successful for some, your best bet is still probably consulting a dermatologist and following closely the prescribed treatment. Good luck. *WHR*

Have a question about your health? Our expert can answer it! Send to: Woodland Health Report, attn: Editorial Director, P.O. Box 160 Pleasant Grove, Utah, 84062.

OnTheShelf

BOOKNOOK

Glycemic index may help diabetics, athletes

The Glucose Revolution: The Authoritative Guide to the Glycemic Index

Jennie Brand-Miller, Ph.D., Thomas M.S. Wolever, M.D., Ph.D., Stephen Colagiuri, M.D., Kaye Foster-Powell, M. Nutr. & Diet Marlowe & Co. • pp. 272 • \$14.95 ISBN 1-56924-660-2

The glycemic index (G.I.) was developed during the late '70s and early '80s as a way to determine the effects of specific food on blood sugar and has been growing in popularity ever since. Although it was initially met with a great deal of criticism, clinical data and studies in support of the glycemic index are generating worldwide acceptance for the G.I. diet by diabetics, overweight individuals and athletes. In fact, the G.I. is endorsed by diabetic associations around the world, including the European Association for the Study of Diabetes and the International Diabetes Institute.

In their book *The Glucose Revolution*, authors Brand-Miller, Wolever, Colagiuri and Foster-Powell offer a wonderful explanation of what the glycemic index is, how it works, who can use it and how, as well as giving specific steps for using the G.I. system for con-

structing a specific diet. The book describes how the index can be used with diabetes, hypoglycemia and heart disease and gives instructions for those individuals who would like to use the G.I. to lose weight or improve their athletic performance. The book even includes a complete G.I. table that gives information on the effects of numerous foods on blood sugar. Additionally, the book has a section on making the transition to the G.I. diet that gives cooking tips and recipes.

The Glucose Revolution is easy to understand and packed with useful information. It should be essential reading for diabetics, hypoglycemics and anyone else affected by dramatic changes in blood sugar—including people with certain kinds of depression. And, anyone who wants to overhaul their diet can benefit by reading this book. Even for those individuals who choose not to use the G.I. diet, the information given in the book about what blood glucose is, how it affects the body and what can influence blood glucose levels is invaluable. *The Glucose Revolution* debunks a number of diet myths and will give anyone who reads it a new way to look at the food they eat and their eating habits. **WHR**

ResearchNews

FIBROBOOST

Exercise benefits fibromyalgia sufferers

Finnish researchers recently demonstrated how persons with fibromyalgia (a chronic condition that affects muscle and connective tissue) can increase their strength and improve overall physical and emotional health with weight training.

Women with fibromyalgia who completed a 21-week strength training program also reported an improvement in overall feelings of depression and fatigue, but their levels of muscle and joint pain, the primary symptoms of fibromyalgia, did not change.

Researchers divided 21 female fibromyalgia sufferers into two groups. Eleven of the women went through the strength training program and ten received no special care. As

control subjects, an additional twelve healthy women also participated in the weight training program.

Other experts note that the Finnish study, although flawed, presents interesting ideas. The improved mood and lessened fatigue seen in the weight-lifting group may have been a placebo effect; however, exercise, along with medication and psychological therapy, is part of a comprehensive plan for treating fibromyalgia. Even though exercise and weight training does not completely ease pain, it can help fibromyalgia sufferers improve their strength, mobility, mood, and overall health.

Nine in 10 people suffering from fibromyalgia are women. **WHR**

HOTSHEET

HotSheet is a gathering of the hottest news in the alternative health industry.

Government supports new research for alternative medicine

The White House Commission of Complementary and Alternative Medicine Policy, which was set up by President Clinton in March 2000, met recently to discuss how to better maximize the benefits of alternative and complementary medicine for the public. The Commission will be required to give recommendations on government legislation and administrative policy related to alternative medicine.

James S. Gordon, M.D., the chairman of the Commission, wants their focus to be on the opportunities and obstacles for Complementary and Alternative Medicine (CAM) research in both the public and private sectors. The Commission also hopes to develop strategies to improve and even expand current alternative and complementary medical research. Their current focus is on building government support for individual and collaborative research. For more information about the current news and events of the Commission, visit www.whcamp.hhs.gov

Willow bark beats back pain

Although the folk use of willow bark for pain relief is well-documented, scientific research on its effects remains small, and dosage recommendations for the herb are often contradictory. In response to this gap in research, German scientists recently conducted a four-week clinical trial meant to compare two different dosage levels of willow bark on voluntary subjects.

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HOTSHEET

(Continued from page 3)

All 210 subjects in the study were experiencing lower back pain, and they were divided into three groups. One group was given a placebo, and the other two were given either 240 mg/day of willow bark or 120 mg/day of the herb. All participants ranked 5 or higher on a scale of 10 when gauging the level of back pain they were experiencing. Participants were also given permission to supplement their treatment with up to 400 mg of a prescription pain reliever (tramadol).

At the end of the four weeks, 91 percent of participants were still involved in the study. Researchers measured the amount of pain relief that the subjects experienced during the study. Success was defined as freedom from pain for at least five days during the last week of the study (without the use of the prescription drug). Improvements from baseline were also measured in patients who used the prescription drug as secondary treatment.

Study researchers concluded that 39 percent of individuals in the high-dosage willow bark group were pain-free in the final week compared with 21 in the low-dosage group and 6 percent in the placebo group. In fact, for those in the high-dosage group, pain relief was evident after only one week, and far greater number of participants in the placebo group required the prescription drug each week. And in the willow bark groups there was only one person who reported side effects of itching and swollen eyes—attributed to an allergic reaction to willow bark. Researchers believe that 240 mg/day of a willow bark extract (standardized to 240 mg of salicin) is the most effective pain relieving treatment for lower back pain.

(Continued on page 5)

HerbSpotlight

HERBALFIGHTER

Devil's claw: The answer to inflammation

Scientific Name: HARPAGOPHYTUM PROCUMBENS**Common Name:** DEVIL'S CLAW**Medicinal Properties:** RHEUMATISM, ARTHRITIS, LOWER BACK PAIN, TENDONITIS, DYSPEPSIA

Devil's claw has been used for centuries by many native African tribes. It is found in the Kalahari savannas and Namibian forests of southern Africa. Locals make an infusion from the dried tuber to treat fevers, blood diseases, dyspepsia and postpartum pain, in addition to making an ointment for treating sores, ulcers and sprains.

The common name "devil's claw" comes from the translation of the German word for it used by Namibian farmers. This bitter-tasting herb was first introduced to Europe in the mid-1900s by a German soldier studying the native medicines of the Bushman, Hottentot and Bantu. Studies on devil's claw were first done in German universities over forty years ago and continue to this day on its healing properties. In fact, devil's claw is among the herbs approved by the German Commission E and the European Scientific Cooperation on Phytotherapy (ESCOP). Both organizations consider devil's claw to be a safe and effective treatment for rheumatism, arthritis, osteoarthritis and tendonitis because of its analgesic and anti-inflammatory properties.

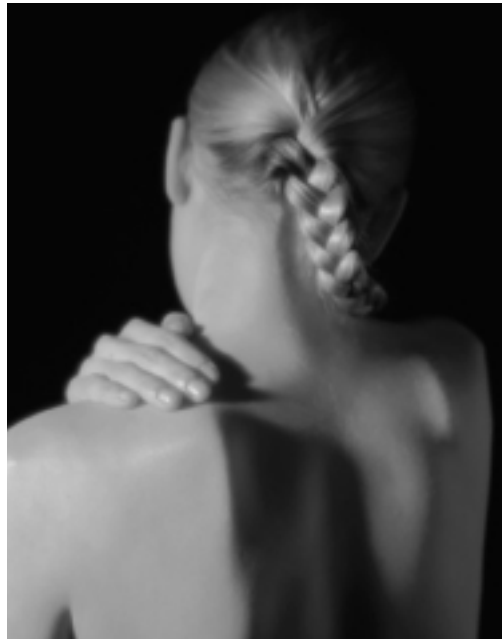
Studies done on this perennial herb (which is in the same botanical family as sesame) illustrate its ability to reduce pain and improve motility and mobility in patients suffering from rheumatic and arthritic conditions within a few weeks. Studies also reveal hypotensive

and antiarrhythmic properties, and the bitter qualities of devil's claw have been shown to relieve stomach complaints. Currently, however, clinical use of devil's claw is limited to the treatment of dyspepsia and rheumatism.

Scientists believe that devil's claw is more effective with chronic conditions like arthritis and back pain than it is on acute conditions. Recent European studies have also tested the effects of devil's claw on back pain. Study results vary, but one study found that lower back pain was reduced by 20 percent (using the lower back pain index) compared with 8 percent in the placebo group.

European doctors typically use devil's claw in conjunction with traditional treatments because there are no reported negative drug interactions for devil's claw. In fact, there are no reported serious side effects for devil's claw. In a few cases, patients have experienced mild gastrointestinal discomfort from the gastric-stimulating effects of devil's claw. For this reason, devil's claw is not recommended for people who have ulcers.

The active compounds in devil's claw are called iridoid glycosides, which are associated with a wide range of bioactivity. Dosages in scientific studies on devil's claw range from 20 to 1,200 mg of the herb compounds per kilogram of body weight. Effective preparations include infusions, capsules and topical salves made from the dried tubers, or an extract of the herb. For more information on devil's claw, visit herbalgram.org and check out their article on devil's claw in the 50th issue of their journal. [VWHR](http://www.vwhr.com)



Devil's claw has long been used to treat back and neck pain, rheumatic conditions and inflammation.

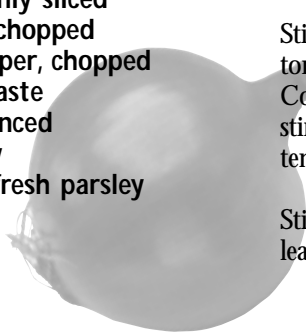
FoodStuff

VERYVEGA

Winter recipe provides classic hearty taste

Lentil Stew

7 cups water
 1 lb lentils, sorted and rinsed
 1 bay leaf
 1/2 tsp salt (optional)
 1 large potato, cubed
 1 large carrot, thinly sliced
 1 medium onion, chopped
 1 small green pepper, chopped
 1/4 cup tomato paste
 4 cloves garlic, minced
 1 tsp dried savory
 1/4 cup chopped fresh parsley



In a saucepan, combine the water, lentils, bay leaf and salt (if using). Bring to a boil over high heat, then reduce the heat to medium; cover and gently simmer for 10 minutes.

Stir in potatoes, carrots, onions, peppers, tomato paste, garlic, and savory. Mix well. Cover and gently simmer for 20 minutes, stirring occasionally, or until the lentils are tender.

Stir in parsley. Remove and discard bay leaf. Serves 6.

FANTASTICFLUIDS

Hydration: The ultimate preventative

Soup—in all its varieties—are popular this time of year due to their ability to not only provide comfort during the winter months, but also to fight illness. Mom's homemade chicken soup is a standby because it always makes you feel better, and it's not just the love that heals the soul. Soups provide the body with much needed nutrients, all geared at fortifying and healing your body. But perhaps the single most important ingredient in soup is that which your body most needs, and unfortunately, is most often deprived of—namely, water.

According to recent studies found in the *Journal of the American Dietetic Association*, many Americans are in a chronic state of mild dehydration. Various studies report that water and other fluids enhance the bodies ability to protect itself from illnesses, including the flu and the common cold. It is believed that dehydrated cells lose some of their abilities to detoxify and remove carcinogens.

Do not rely on your level of thirst to determine when to drink water. By that point you are already mildly dehydrated. Instead, try to carry water or diluted juice with you at all times and drink whenever you think about it—this

more accurately reflects your body's desire and need for fluids. If you are forgetful, make a goal to drink at least 8 ounces every two hours (or less, depending on your level of activity and your body size). And remember, coffee and soda have mild dehydrating effects, so do not count these beverages as part of your fluid intake.

Furthermore, if you decide to begin an exercise program or increase your level of activity, your need for water is even greater. Dehydration can lead to fatigue and an increased risk for injuries. The best time to begin hydration for exercise is *before* you begin the activity, not after.

The American College of Sports Medicine suggests that you consume 500 ml (about two 8-ounce glasses) of water (or other fluids) two hours before exercise to promote adequate hydration. Then, as you exercise, continue to consume fluids during the exercise to maintain appropriate hydration. Many sports drinks also help maintain electrolyte levels.

Soups and stews can be a wonderful way to hydrate the body and replace electrolytes after a workout. **WHR**

HOTSHEET

(Continued from page 4)

Noni juice may help fight tuberculosis

The noni plant (*Morinda citrifolia*) has been used to treat a myriad of illnesses including diabetes and heart disease. Now, recent findings presented at the 2000 International Chemical Congress of Pacific Basin Studies revealed some astonishing news. With recent outbreaks of new drug-resistant strains of tuberculosis, researchers conducted studies that unveiled a strong new potential for noni to fight and inhibit *Mycobacterium tuberculosis*.

Noni's structure has proven to be different from the drugs typically used to combat tuberculosis, encouraging the possibility that noni may be used to create a new alternative containing a different structure to fight tuberculosis. Tests revealed that extracts from noni had a significant inhibitory rate, killing 89 percent of pathogens.

Cranberries continue to surprise

A recent study from scientists at Tel Aviv University revealed that cranberries may be beneficial to the body beyond its ability to prevent and reduce urinary tract infections.

The research showed that the proanthocyanidins (PCOs) in cranberries can prevent the bacteria *H. pylori*, a common cause for ulcers, from attaching to the stomach lining. The PCOs work to prevent the adhesion of bacteria to various moist hosts in the body.

Other studies have revealed that cranberries may also be beneficial in preventing periodontal gum disease and encourage findings for

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HOTSHEET

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future studies on middle ear infections. The benefits of cranberries appear to extend further, as lab results from the University of Wisconsin-LaCrosse have revealed antioxidant capabilities in relation to cholesterol and blocked arteries. Next time you are in the grocery store, don't forget your cranberries. If you don't like the tart taste, cranberry supplements are also available.

Lycopene may be useful for asthmatics

Researchers in Israel recently reported in the December issue of *Allergy* that lycopene, a natural antioxidant found in many ripe fruits including tomatoes, shows in some patients signs of reducing the risk of exercise-induced asthma.

Dr. A. Ben-Amotz of the National Institute of Oceanography, Haifa, and colleagues have found evidence linking dietary antioxidants to a decrease in exercise-induced asthma.

Researchers conducted a study of twenty patients with exercise-induced asthma to determine whether lycopene might be helpful in preventing attacks. The scientists randomly assigned the patients to a once-daily treatment with an inactive placebo or lycopene derived from ripe tomatoes.

After a week of observation, the researchers noted patients given the placebo showed a drop in lung function of at least 15 percent after exercise challenge. But in 55 percent of the patients given lycopene, scientists observed a significant level of protection from asthmatic attack. *WHR*

NATURE'S Virus Killers

continued from front page

arsenal of medicinal herbs to assist your immune system in its fight against viruses. Echinacea, astragalus, reishi, lomatium, and licorice root head my list of the most powerful viral-fighting herbs. In addition, maitake (and other medicinal mushrooms), elderberry, olive leaf, and St. John's wort exhibit strong antiviral actions and work against flu viruses.

I recommend my patients use a formula I developed called the "virus cocktail," which blends the following five herbs:

- echinacea
- lomatium
- astragalus
- reishi
- licorice root

Echinacea. Echinacea (also known as purple coneflower) is one of the most widely studied herbs. Tests have repeatedly demonstrated that one of its key compounds, alkylamides, reduces inflammation and fevers, and boosts white cell production. White blood cells are part of your body's infantry that surround and eat foreign invaders such as bacteria and viruses. Another active ingredient in echinacea, polysaccharides, speeds production of a natural protein called interferon. This special protein is secreted by infected host cells to stop the viral invader from spreading to adjacent cells.

Lomatium. Lomatium, a member of the parsley family, is a potent modulator of the immune system. It is a favorite amongst herbalists for colds, the flu, and other viral infections.

Astragalus. Astragalus, a mighty member of the bean family, has been shown to boost the immune system and inhibit certain viruses, such as the Cocksackie B virus. It enjoys a long history of preventing and treating colds and various other respiratory-related conditions.

Reishi. If you love mushrooms, reishi offers you an added medicinal bonus. The reddish-orange type is the best choice because its polysaccharides contain the highest levels of immune-stimulating properties. Studies confirm reishi yields good results, especially in treating hepatitis and bronchitis.

Licorice root. Licorice root, not the red candy that shares the same name, has been a key ingredient in most Chinese herbal formulas for more than 3,000 years. Research shows that licorice's two primary ingredients—glycyrrhizin and glycyrrhetic acid—boost production of interferon. Its active ingredients, hypericin and pseudo-hypericin, are phytochemicals that display antiviral properties strong enough to overpower herpes simplex viruses type 1 and 2, certain flu viruses, and Epstein-Barr (the virus that causes mononucleosis). *WHR*

*Excerpted with permission from Dr. Stengler's book **Nature's Virus Killers** (M. Evans Publishing, 2000).*

Dr. Mark Stengler is a licensed naturopathic physician practicing in La Jolla, California. He is known as "The Natural Physician" to his patients and readers. He is the author of numerous articles and books, including **Nature's Virus Killers**.



Did You Know?

According to the Organic Consumers Association (OCA), the USDA is giving more than \$30 billion dollars of taxpayers' money to corporate agribusiness and less than \$10 million to the organic sector in what they believe is an effort to keep organic foods from becoming a threat to conventional farming organizations and genetic engineering. They believe that until the government supports organic farming with significant funding, as in many European countries, America will continue to lag behind in the organic foods revolution.

In Europe, many governments are starting to fund farmers who are trying to adopt organic growing processes, but the United States does not. Most American farming families cannot make a change to organic without help. This funding problem may explain why only 0.2 percent of American farms are considered organic compared to 1.5 percent in Europe. This problem is compounded by the fact that the organic market is expected to grow to approximately 5 to 10 percent of the total agriculture in America and 30 to 50 percent in Europe in the next ten years. The OCA also believes that the refusal of the USDA to acknowledge the benefits of organic growing is short-sighted. Interested in learning more? Visit www.organicconsumers.org *WHR*

YourHealth

MAGICORGANIC

Buying organic? New labeling standards should make it easier

Are you buying organic foods this year? If so, you aren't alone. Organic food sales have ballooned from \$180 million in 1980 to over \$6.5 billion last year—and not just in health food stores. In fact, grocery stores sales made up 56 percent of organic food sales this year. And while organic food sales make up only 2 percent of national food sales, the organic market is definitely booming—especially on Wall Street. Furthermore, experts expect that figure to more than double by 2010.

In response, the USDA has finally released an official definition of what foods qualify as “organic” and has developed labeling standards that should be in effect by this summer. A few months ago, an official definition of what foods were organic didn't even exist.

Why the delay? For the last decade, organic farmers and conventional farming organizations have been debating the need for federal organic labeling. Conventional farmers feared that the organic labels would create an unfair bias against conventional products. In fact, following the USDA statement in December, the Grocery Manufacturers of America voiced their complaints about the new organic standards, claiming that the labels will mislead consumers into believing that organic products are safer and more nutritious.

Agriculture Secretary Dan Glickman,

government spokesman for the labeling changes, denies the accusations of bias. He believes that although the organic seal will give more validity to organic products, the seal does not imply that organic foods are safer or more nutritious. Of course, proponents of organic foods believe that organic foods are safer (containing fewer toxins like pesticides) and more nutritious (containing more trace minerals and nutrients), as well as being better for the environment because organic growing practices are kinder to the soil, sky and water.

What do the USDA standards mean for you? Well, for starters, you get better organic foods for your buck. With an official and national standard for what foods can be called organic, you now can know with certainty that the organic foods you purchase will contain no synthetic pesticides and no added chemicals, and that organic farmers will use no genetic engineering, no irradiation and no sewage fertilization. In addition, livestock raised under these standards will be given 100 percent organic feed, and they cannot be treated with antibiotics. Prior to the standardization, consumers had to trust often misleading labeling claims on organic products.

But even with the new standards, is it worth it to purchase organic? Americans who turn to organic foods often find that their monthly grocery costs increase substantially. In fact, in 1998, the average costs of organic foods were 57 percent higher than conventional foods. Furthermore, a recent airing of *20/20* claimed that organic foods can contain dangerous bacteria like *E. coli* and salmonella.

On the other hand, more and more doctors believe that organic foods are safe and worth the extra cost. Doctors who support organic

New Labeling Standards

100% Organic: Any products with this label contain only organic ingredients by law.

Organic: A product with this label must have at least 95% organic ingredients.

Made with Organic: This label can only be used on packaging for products with 50 to 90% organic ingredients. If the product has less than 50% organic ingredients, it must say the percentage.

eating believe that the cumulative effects of toxins in our food, water and air can be hazardous to our health, and anything we can do to reduce our toxin exposure is worth it.

If you would like to go organic but are working with a limited food budget, there are still measures you can take. For instance, some foods are more notorious for pesticide residue than others. If you can buy only limited amounts of organic foods, start with these. (See the side bar for more information.) Citrus foods, on the other hand, are often not high risk, since they have thick skins we don't eat that absorb most of the toxins. Other fruits and vegetables that are not known to have dangerous pesticide residues include asparagus, bananas, broccoli, cauliflower, cherries, corn, onions, pineapple, sweet peas and watermelon. These foods are considered the ten cleanest by the FDA and EPA.

Also, wash all produce you buy, organic or not. New produce cleaning sprays are available that may help. If you do not trust these products, wash your produce in water with a few drops of grapefruit seed extract. In addition, you can regularly take an antioxidant supplement, which will help the body remove toxins.

Above all, do not stop eating fruits and vegetables. They are essential to good health, whether you decide to “go organic” or not. **WHR**

PESTICIDE RESIDUE: The 10 worst foods

APPLES	CELERY
PEACHES	STRAWBERRIES
RASPBERRIES	PEARS
POTATOES	SPINACH
GRAPES	GREEN BEANS

From FDA and EPA compiled data

