

Foreward

Ten years ago, I would never have thought I would be embarking on this project called N2E. The origin of this project germinated out of the panic of being told that my wife had lymphoma in 1999. At that time, the diagnosis was delayed for several months because of ineptness of the medical professionals in analyzing the medical signs that were present. Only under emergency room conditions did the diagnosis emerge. Almost too late for a positive resolution.

What transpired from that date forward, May 16th, 1999 which also happened to be our 40th wedding anniversary, has changed my life long convictions that we have the best medical system in the world.

In actuality, it is failing the American people big time and there are those demographers who are predicting that the life span of Americans will begin to decline. The basic problem is that the majority of medical professionals in this country are convinced they are doing all they can to help their patients. In reality, the origin of our dilemma is beyond the control of the medical profession, and there is not a voice being heard to change how we approach the challenge of treating the ills of the American public. So many of which are preventable. In addition many of the disease states are reversible with the proper treatment.

My professional training as a pharmacist taught me that pharmaceuticals were to be used judiciously and accurately in life saving circumstances to prevent premature death. My respect and faith in the pharmaceutical companies was unwavering. I had the privilege and opportunity to manage the purchase and distribution of life saving drugs to millions and millions of Americans in my business career as the Director of Pharmaceutical purchasing for the Walgreen Company.

I accepted the word of the pharmaceutical companies that their products were scientifically researched and were of great benefit to the patients being treated. In addition, I accepted the fact that if the FDA approved the drug for marketing, it was of great benefit and the risks of the drug were minimal in relationship to its value to the patient in crisis.

My views have continued to change over the past 10 years, and three events in the summer of 2008, crystallized my views that extraordinary action must be taken to change the bloated, costly medical system. The realization is that we are living in a chemical society that is profoundly affecting our ability to stay healthy, as well as a nutritionally deficient society.

The first event was a newspaper article that announced that the American Academy of Pediatrics of “learned” physicians has endorsed the concept that children as young as eight should be treated with statin (Lipitor and etc) drugs to save their lives from heart attacks. This is a perfect example of the medical mind set that down plays the need to change the nutritional habits of children but looks for a convenient treatment solution that negatively impacts the healthy liver of children as the way of saving the child from early heart disease. A real catch 22. In my view, the Academy should be demanding that the FDA & US Agricultural rules and regulations be updated to stop our children from consuming poor nutritional products that has become the norm in the US.

The real challenge is to reverse the food intake problems of our children that cause the obesity crisis. The crisis is not solved by taking drugs, but by addressing the real causes.

A second event occurred that helped me focus on the real issue of obesity and bad nutrition in the United States. My wife and I enjoyed a visit with good friends who earn their living selling pastry and dessert products on behalf of bakery manufacturers to food retailers. I ask if they sold Whole Food. The answer

was no, since this food retailer doesn't like some of the ingredients that the 25 or so manufacturers that they represent put in their product. The problem is much broader and goes far beyond just pastry products.

The third event, was that the Chicago Tribune on my birthday July 14th. had a full page advertisement in the first section paid by the "Corn Refiners Association". I am sure this full page ad ran in all major papers around the country and the total advertising bill could easily have been in the millions of dollars for the association. This is the verbatim words in the ad:

A little sweetness in life is good. And what sweetens lots of our favorite foods and beverages are sugars made from corn, including high fructose corn syrup. It has the same calories and sweetness as table sugar and honey. Nutritionally, they're all the same. But like many foods, sweeteners should be enjoyed in moderation. Please visit www.sweetsurprise.com and learn the facts. You're in for a sweet surprise!

It is a masterful wordsmith spin on one of the root causes of the obesity problem in the US.

The cost of high fructose corn syrup to the food manufacturer is less than cane sugar, even though the Department of Agriculture subsidizes the cost of cane sugar. In turn, most food manufacturers use high fructose corn syrup or similar corn sugars instead of or with cane sugar in their products, because it is cheaper. Not that it is more nutritious or safer and healthier for the American public. It's all about money and maximizing the profitability of the food manufacturer. In reality, most of our manufactured food products are over sweetened and it goes way beyond pastry and dessert products. If you've sampled European pastry products you know what I mean.

The statement that "Nutritionally, they're all the same" is a false statement, not in regards to sweetness, but in regards to how the body processes the sweetener and it's impact on the biological processes of the human body. Go to: <http://www.nutraingredients.com/Research/Fructose-again-linked-to-fat-build-up-study> to learn the facts.

Many decades ago, the cattle farmers learned that corn combined with hormone injections was the best feed for fattening cattle in the feed lots before slaughter so that they maximized the price they got for the meat. Corn has the ability to prevent a protein hormone called "leptin" from shutting off the animals desire to eat. Consequently, they gain lots of weight while standing in their wastes that also become a rich source of disease.

This same concept works in human beings. The real problem is that soft drinks, including candy, diet drinks, ketchup, ice cream, pastry goods, pseudo maple syrup and 1000's of other products all have liquid corn syrup as an ingredient. The crux of the problem is that too many food products have liquid corn syrup in them and it is the "**cumulative**" effect that has created the problem of obesity in this country and it is not unique to our children, but to the adult population as well. It also drives the diabetic crisis that consumes somewhere around 200 billion dollars of our Healthcare costs.

The Corn producer ad is encouraging moderation, but that means reading labels and saying no to the children and ourselves at times.

Go to: <http://www.ucsf.edu/news/2010/03/3222/ucsf-lecture-sugar-and-obesity-goes-viral-experts-confront-health-crisis> to learn more about the medical aspects. Dr. Robert Lustig has got it right. The American Academy of Pediatrics is down playing the real causes and instead has opted to embrace more drug treatment for our children, rather than encourage healthier nutrition. Shame on them.

The corn industry is a powerful lobby that is starting to exercise their power by spinning the truth about high fructose corn syrup products to maintain their dominance in our food supply. If you want to learn the truth about the facts about corn sugars go to:

http://www.motherlindas.com/HFCS_murky.htm

If you examine the US Big Agra global corn purveyors, you will discover they are controlling the cost of planting corn through Genetically Modified seeds around the world and our energy policy encouraged by Big Agra is driving up the cost of the corn due to the ethanol production in the US which is of marginal value. Not to mention that the Mexican corn farmers have been underpriced by US Corn producers and they have had to let their farm workers go. They in turn have become part of the Hispanic immigration problem.

The whole problem of obesity and diabetes health concerns could evaporate within five years if congress would act.

We can't wait for Washington to work on behalf of their constituents whose life styles are being negatively impacted by food choices that are being managed by our mega food corporations.

It's up to all of us to examine our **nutritional** choices, monitor our body's **nutrient** levels and commit to **exercise** and be physically active commensurate with our ability to prevent health issues from burdening our lives. We have to take personal responsibility for our health and act accordingly. In short, it's called **N2E** for you. www.n2e4u.com

It is the formula for a long healthy life.