



# TrueNorth Health Newsletter

Volume 3 Issue 1

## *In This Issue*

- TrueNorth Health Center Begins 21st Year In Operation (page 1)
  - Psychotherapy - It's Not What You Think (page 1)
  - The Pleasure Trap DVD (page 1)
  - Health Promoting Cookbook (page 1)
- In the News
- Arthritis drug pulled off market over risks (page 2)
  - Fasting Can Save Your Life – NEW DVD Edition (page 2)

## TrueNorth Health Center Begins 21<sup>st</sup> Year In Operation

To celebrate the Center's 21<sup>st</sup> year in operation our facility underwent a comprehensive face lift. With its new paint, carpet, light fixtures, furniture etc. the updated facility and grounds look Terrific! If you are ready to undergo a period of supervised fasting, there has never been a better time to join us for an experience of internal cleansing and rejuvenation.

To schedule a stay at the Center, contact Dr. Goldhamer at (707) 586-5555. [Our rates remain unchanged](http://www.healthpromoting.com/fees/fees.htm) ([www.healthpromoting.com/fees/fees.htm](http://www.healthpromoting.com/fees/fees.htm)) but we have been staying very busy so plan ahead.

## Psychotherapy - It's Not What You Think

[www.healthpromoting.com/article/pdf/lisle.pdf](http://www.healthpromoting.com/article/pdf/lisle.pdf)

## The Pleasure Trap DVD

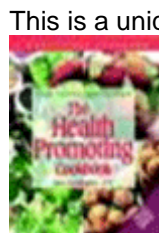


In this three-part lecture series, Dr. Lisle provides a fascinating new perspective on how modern life can turn so many smart, savvy people into the unwitting saboteurs of their own well-being. Based upon a recent revolution in innovational psychology, The Pleasure Trap lectures provide with the solutions for the challenges of keeping on a healthful course - and how to make the most of your life. [Available at the TNH Store](http://www.healthpromoting.com/nstore/out/68.html) [www.healthpromoting.com/nstore/out/68.html](http://www.healthpromoting.com/nstore/out/68.html)

**No Charge for Shipping through February 28, 2005**

## Health Promoting Cookbook

Now in its 3<sup>rd</sup> reprinting and selling better than ever.



This is a unique cookbook. Most cookbooks are written by and for people who live to eat, but this cookbook is designed for people who want to eat to live - and live healthfully.

The recipes in this book completely avoid the use of all animal products, including meat, fish, fowl, eggs and dairy products as well as the use of added oil, salt and sugar. Most recipes are also wheat free. All of the recipes use readily available ingredients derived exclusively from whole natural foods such as fresh fruits and vegetables, whole grains, beans and raw nuts and seeds.

The Health Promoting Cookbook provides you with a week long menu of integrated recipes designed to minimize your time in the kitchen. Each recipe includes an estimate of the required preparation and cooking time.

It includes special recipes good for holiday feasts, feeding children, losing weight and dealing with food sensitivities and allergies.

Detailed Nutritional information is included for each recipe and the weekly menu. Comprehensive shopping lists of all the ingredients you need are included in the appendix.

The recipes in this book work and have been extensively taste tested by hundreds of patients who have completed the residential health education program at TrueNorth Health.

This is the cookbook for individuals who want to make simple, good tasting health promoting food.

[Available at the TNH Store](http://www.healthpromoting.com/nstore/out/c37.html) <http://www.healthpromoting.com/nstore/out/c37.html>

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## In the News

### Arthritis drug pulled off market over risks

Vioxx, the blockbuster arthritis drug heavily promoted on TV and taken by tens of millions of people, was pulled from the market by its maker on September 30 after a study found it **doubled the risk of heart attacks and strokes**. Experts advised patients to immediately stop taking Vioxx. The news of Vioxx's dangers came five years after Merck (the drug company) put the drug on the market with great fanfare. It was endorsed by former athletes Dorothy Hamill and Bruce Jenner and accounted for \$2.5 billion in worldwide sales in 2003. Vioxx has been taken by 84 million people since its introduction. Vioxx users suffered problems including heart attack, stroke, internal bleeding and kidney failure.

*Associated Press, TW, October 1, 2004.*

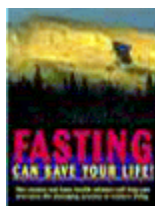
Vioxx had been widely marketed as a safe alternative to drugs like aspirin **that can cause ulcers and gastrointestinal bleeding**.

*The New York Times, October 1, 2004.*

For a more rational approach, read our [article on Arthritis and Joint Pain](#).

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## Fasting Can Save Your Life – NEW DVD Edition



This documentary style film chronicles the actual water-only fasting experience of over a dozen patients during their fasts of up to 30 days duration at the TrueNorth Health Center.

The interviews with patients and doctors "tell it like it is" and will be of interest to anyone considering undergoing a fasting experience. [Available at the TNH Store](http://www.healthpromoting.com/nstore/out/c38.html) <http://www.healthpromoting.com/nstore/out/c38.html>

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[To read the latest information on the ancient practice of fasting, click here](#)

***We encourage you to pass this newsletter along to friends.***

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**Heat Disorders**

- Obesity has been found to be a risk factor for heat injury and heat disorders.

Poor heat tolerance is often associated with obesity.

**Hypertension**

- Over 75% of hypertension cases are reported to be directly attributed to obesity.
- Weight or BMI in association with age is the strongest indicator of blood pressure in humans.
- The association between obesity and high blood pressure has been observed in virtually all societies, ages, ethnic groups, and in both genders.

The risk of developing hypertension is five to six times greater in obese adult Americans, age 20 to 45, compared to non-obese individuals of the same age.

**Impaired Immune Response**

- Obesity has been found to decrease the body's resistance to harmful organisms.
- A decrease in the activity of scavenger cells, that destroy bacteria and foreign organisms in the body, has been observed in patients with obesity.

**Impaired Respiratory Function**

- Obesity is associated with impairment in respiratory function.
- Obesity has been found to increase respiratory resistance, which in turn may cause breathlessness.
- Decreases in lung volume with increasing obesity have been reported.

**Infections Following Wounds**

- Obesity is associated with the increased incidence of wound infection.
- Burn patients with obesity are reported to develop pneumonia and wound infection with twice the frequency of non-obese.

**Infertility**

- Obesity increases the risk for several reproductive disorders, negatively affecting normal menstrual function and fertility.
- Weight loss of about 10% of initial weight is effective in improving menstrual regularity, ovulation, hormonal profiles and pregnancy rates.

**Liver Disease**

- Excess weight is reported to be an independent risk factor for the development of alcohol related liver diseases including cirrhosis and acute hepatitis.

Obesity is the most common factor of nonalcoholic steatohepatitis, a major cause of progressive liver disease.

**Low Back Pain**

- Obesity may play a part in aggravating a simple low back problem, and contribute to a long-lasting or recurring condition.
- Women who are overweight or have a large waist size are reported to be particularly at risk for low back pain.

**Obstetric and Gynecologic Complications**

- Women with severe obesity have a menstrual disturbance rate three times higher than that of women with normal weight.
- High pre-pregnancy weight is associated with an increased risk during pregnancy of hypertension, gestational diabetes, uri-

- Obesity is reportedly associated with the increased incidence of overdue births, induced labor and longer labors.
- Women with maternal obesity have more Cesarean deliveries and higher incidence of blood loss during delivery as well as infection and wound complication after surgery.

Complications after childbirth associated with obesity include an increased risk of endometrial infection and inflammation, urinary tract infection and urinary incontinence.

### **Pain**

- Bodily pain is a prevalent problem among persons with obesity.
- Greater disability, due to bodily pain, has been reported by persons with obesity compared to persons with other chronic medical conditions.
- Obesity is known to be associated with musculoskeletal or joint-related pain.

Foot pain located at the heel, known as Sever's disease, is commonly associated with obesity.

### **Pancreatitis**

- Obesity is a predictive factor of outcome in acute pancreatitis. Obese patients with acute pancreatitis are reported to develop significantly more complications, including respiratory failure, than non-obese.

Patients with severe pancreatitis have been found to have a higher body-fat percentage and larger waist size than patients with mild pancreatitis.

### **Sleep Apnea**

- Obesity, particularly upper body obesity, is the most significant risk factor for obstructive sleep apnea.
- There is a 12 to 30-fold higher incidence of obstructive sleep apnea among morbidly obese patients compared to the general population.

Among patients with obstructive sleep apnea, at least 60% to 70% are obese.

### **Stroke**

- Elevated BMI is reported to increase the risk of ischemic stroke independent of other risk factors including age and systolic blood pressure.
- Abdominal obesity appears to predict the risk of stroke in men.

Obesity and weight gain are risk factors for ischemic and total stroke in women.

### **Surgical Complications**

- Obesity is a risk factor for complications after a surgery.

Surgical patients with obesity demonstrate a higher number and incidence of hospital acquired infections compared to normal weight patients.

### **Urinary Stress Incontinence**

- Obesity is a well-documented risk factor for urinary stress incontinence, involuntary urine loss, as well as urge incontinence and urgency among women.

Obesity is reported to be a strong risk factor for several urinary symptoms after pregnancy and delivery, continuing as much as 6 to 18 months after childbirth.

### **Other**

- Several other obesity-related conditions have been reported by various researchers including:

○ abdominal hernias, acanthosis nigricans, endocrine abnormalities, chronic hypoxia and hypercapnia, dermatological effects, depression, elephantitis, gastroesophageal reflux, heel spurs, hirsutism, lower extremity edema, mammegaly (causing consider-

able problems such as bra strap pain, skin damage, cervical pain, chronic odors and infections in the skin folds under the breasts, etc.), large anterior abdominal wall masses (abdominal panniculitis with frequent panniculitis, impeding walking, causing frequent infections, odors, clothing difficulties, low back pain), musculoskeletal disease, prostate cancer, pseudo tumor cerebri (or benign intracranial hypertension), and sliding hiatal hernia.

