

# Focus on Health

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## Prepared Mind?

The last chapter of a book Plague Time, written by Dr. Paul Ewald, is entitled "The Prepared Mind." Unfortunately very few people really have a prepared mind. Read the chapter and see if you do. The average person "including and probably especially a physician" tends to be opposed to change – to any progress that threatens the status quo. The risk to any doctor who tries to do anything that differs from established norms is increased by our medico-legal complex, an unofficial but nevertheless foreboding reality.

## Wash Your Hands

It is now believed that President James Garfield died not from the bullet fired by Charles Guiteau but because the medical team treated the president with manure-stained hands, causing severe infection that killed him three months later.

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## New Sports Drink

Pedialyte for children is also a sports replacement drink with half the calories and twice the sodium of Gatorade, according to an article courtesy of Gano Ehlers. The NFL and NHL plus most distance runners in the know are already on board. Also, Gatorade contains too much sucrose. However, the various artificial flavors available so far in Pedialyte are not pleasing to my palate.

Average life expectancy for a baby born today in the United States is 77.9 years. Obesity is the major factor slowing progress in this area.

Have you ever wondered what your cognitive state (perception, memory, judgement) is, but have been afraid to find out? More information on this fascinating subject will appear here soon.

England's King Henry IV required his knights to bathe at least once in their lives.

## Bioidentical Hormones

Bioidentical hormones are here, and the American public (both men and women) knows it. The entire medical profession should as well. Old drugs such as Wyeth's Premarin, made from pregnant mares' urine and containing a mixture of horse estrogens, no longer have any place in the practice of medicine.

## Harmful Additives

The most flagrant sources of harm in the American diet contain hydrogenated soy and fructose. These should be banned by law since American consumers continue to buy them even though most realize the risk (as with cigarettes).

As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. Please read this now. Perhaps you have seen a new item that I have not included in this newsletter or have not seen myself. If so, feel free to bring it to my attention.

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