

Book Reviews

Super Fitness Beyond Vitamins: The Bible of Super Supplements by *Micael E. Rosenbaum, M.D. and Dominick Bosco*. New American Library, NAL Penguin, Inc., New York, 1987. Hardcover, 274 pages, \$17.95 U.S.-, \$24.95 Can.

Orthomolecular medicine, psychiatry and nutrition are developing very quickly. It seems to me the information is doubling every ten years. It is becoming more difficult to contain this information in one volume. I think we will soon need a multi-volume series. One will discuss the nutrition in general. Then we will need volumes on vitamins, minerals, amino acids, essential fatty acids, and on essential nutrients which are not easily classified except that they are essential. *Super Fitness Beyond Vitamins: The Bible of Super Supplements* represents a member of the last group. There are books already for all the other nutrients. No Orthomolecular library is complete if it lacks these volumes. Before long, we will need volumes for individual nutrients. Vitamin C and Vitamin B-3 need books right now to bring us up to date on the information now available. And we will require volumes describing the major diseases, their causes and Orthomolecular treatment.

In *Super Fitness...* Dr. Michael E. Rosenbaum and Dominick Bosco emphasize supplements not classed as vitamins. They are some of the amino acids, enzymes, glandular supplements (concentrates of animal organs or glands), bioflavonoids, a few essential fatty acids, dimethylglycine (DMG), octa-cosanol, germanium, Coenzyme Q-10 and the mucopolysaccharides. These are not alternatives or replacements for vitamins and minerals; they are built onto a program already rich in these essential nutrients.

Chapter 4 treats the effect of stress which, long continued, drains our nutrient reserves by allowing the accumulation of free radicals or toxins. The body copes with stress by using antioxidants to mop up and contain these highly toxic molecules. Chapter 5 describes the important role nutrients play in maintaining and

enhancing the immune system. Currently our immune system is under attack from candidiasis and viruses, often in a joint assault.

Chapter 6 is the antiaging or longevity chapter. It is clear premature aging both physical and psychological results from deficiencies in a variety of nutrients. The remaining chapters describe ways of improving performance, how to lose weight, improve sex life, relieve allergies and how to deal with uniquely female problems.

Part III contains the answers. The solutions have helped patients recover, not only in Dr. Rosenbaum's practice but in the practices of other Orthomolecular physicians who apply similar therapeutic techniques.

I am happy Michael Rosenbaum has written this fine book and so gave me this opportunity to review it. In my opinion, many thousands of people have regained their health after reading Orthomolecular books. I hear from them all the time. This book will increase the army of people now well because at last they know why they were ill, and how to overcome it.

A. Hoffer, M.D., Ph.D.

To Your Health by *Dr. Hans Diehl*. The Quiet Hour, 630 Brookside Ave., Redlands, CA 92373. 1987, Paperback, 208 pages, \$9.95 U.S.

High-tech societies are overwhelmed with chronic disease. A rapid count shows that every second person suffers from one or more chronic degenerative diseases. A major portion of these diseases are due to cardiovascular problems generated by the nutritional lifestyle of the majority of people. These, however, are not several disparate diseases, they are different expressions of one disease called the saccharine disease by Cleave (1975), Cleave, Campbell and Painter (1969). It is a lifestyle disease caused by our national diet which is too rich in fat and the sugars, and deficient in fiber.

The diet to which we as a species had

adapted to during evolution was whole, fresh, non-toxic, variable, endogenous and deficient in calories (by modern standards). It may have been mostly vegetarian as are the diets, of necessity, of gorillas, monkeys and other members of this species. But some anthropologists believe it was mostly of animal origin, similar to the Eskimo diets of 100 years ago. Most likely our species ate whatever was available and edible. This may be why we are omnivorous in contrast to more specialized species. But above all, the diet did not contain the highly processed food artifacts available today. There is no innate wisdom in our bodies which guides us in our selection of food. Nor did we ever have to face this problem, for before our foods became corrupted by technology about 2000 years ago, man's problem was to find enough food. If it was non-toxic it was good for us. Today food is so appealing that even when it is toxic and not good for us we consume too much.

This is a longish introduction to my review of Dr. Hans Diehl's book, *To Your Health*. Here Dr. Diehl outlines why we suffer so much from arteriosclerosis, obesity, diabetes and hypertension. These are cardiovascular diseases resulting from our modern nutritional lifestyle. We are reminded that the average person in our high-tech society consumes 142 pounds of simple sugars per year (about 21 percent of all calories consumed). A substance which is almost a sugar, alcohol, comprises another 9 percent of our calories. Empty calories (including fats) make up close to 50 percent of our calories. It is impossible to disagree with Dr. Diehl and all the scientists who have reported the same findings.

Dr. Diehl outlines the diet which has and will repair the ravages of our high-tech diet. The diet he recommends is vegetarian or close to vegetarian, but not everyone is happy with a vegetarian diet. He recommends that when meats and fish are consumed they be lean. The fat should be discarded.

To Your Health is a valuable guide to good health by means of good eating habits. It contains a large number of recipes for nourishing, tasty meals. Would that books such as this could become best sellers. There is nothing that would help solve the enormous problems caused by chronic ill health as the

adoption of these sound nutritional principles.

A. Hoffer, M.D., Ph.D.

Literature Cited

Cleave TL: *The Saccharine Disease*. Keats Publishing, Inc., New Canaan, CT, 1975.

Cleave TL, Campbell GD and Painter NS: *Diabetes, Coronary Thrombosis and the Saccharine Disease*. Second edition, John Wright and Sons, Ltd., Bristol, England, 1969.

The Great Medical Monopoly Wars

by P. J. Lisa. International Institute of Natural Health Sciences, Inc., P.O. Box 5550, Huntington Beach, CA 92615, 1986, \$6.95 U.S.

Mr. Lisa starts out by writing, "There is a war going on. It has been going on for more than three decades. The American Medical Association (AMA) and its allies have been waging a behind-the-scenes campaign against their various and diverse competitors in the alternative health care field."

For the rest of this 104 page paperback, Mr. Lisa describes the organization of this movement by representatives of some government agencies, by a large advertising agency which acts on behalf of drug and food companies, and by a number of medical organizations, especially the AMA. A number of active critics of alternative health care — Victor Herbert, Stephen Barrett and others — are discussed: something about their background and past, and current activities. The program is supported by grants from the FDA and from private corporations.

This book is a call to arms to all U.S. citizens to defend the rights of all people to seek the kind of medical care they desire. He ends by quoting Dr. Benjamin Rish, an M.D., and one of the signers of the Declaration of Independence ...

"The Constitution of this Republic should make special provisions for medical freedom as well as religious freedom. To restrict the art of healing to one class of men and deny equal privileges to others will constitute the bastille of medical science. All such laws are un-American and despotic."

A. Hoffer, M.D., Ph.D.

Super Supplements book. Read reviews from world's largest community for readers. Super Fitness Beyond Vitamins: The Bible of Super Supplements. ISBN. 0451158091 (ISBN13: 9780451158093). Edition Language. English. Other Editions. None found. Super Fitness Beyond Hardcover " August 26, 1987. by Michael E. M.D. Rosenbaum (Author), Dominick Bosco (Author). The authors, a San Francisco physician and a medical writer, venture beyond vitamin-mineral supplements because "the nutrients generating the most exciting and promising news are amino acids, enzymes, bioflavonoids, essential oils, and glandulars." The numerous food supplements are ballyhooed as immune-system, mental-performance and sex-drive boosters, cancer preventives and youth extenders. A workbook helps readers to build a customized program. Those under stress, for example, can choose from 16 vitamins, six minerals and ten amino acids, as well as other supplements, and use the r Super fitness beyond vitamins by Michael E. Rosenbaum, 1987, New American Library edition, in English. Super fitness beyond vitamins. the bible of super supplements. by Michael E. Rosenbaum. Published 1987 by New American Library in New York, N.Y . Written in English. Subjects. Dietary supplements, Health, Physical fitness, Popular works, Vitamins. There's no description for this book yet. Can you add one?