

Research Findings (repeated from No. 0001)

The following information may seem difficult to believe, but be assured that it is all true, it occurred in an article from *Personal Health & Nutrition**. These statistics account for all North Americans - so as Jamaicans continue to copy the American lifestyle, please consider the following:

- 50% die from heart disease / stroke,
- 33% die from cancer
- 8% die from diabetes, - 77% suffer from arthritic and rheumatic disorders
- 50% suffer from chronic digestive disorders
- 98.5% have bad teeth – 31 million have no teeth of their own
- 80% suffer from cardiovascular disease
- Over 25 million suffer from asthma, bronchitis or emphysema
- 16 million suffer from ulcers, - 80 million suffer from migraines
- 70-80% are listed overweight, and 80 million are obese
- 90 % of our children cannot pass minimum physical fitness test
- It is estimated that 30% of all non-elective surgeries performed in North America are **NOT NEEDED**
- An estimated 500,000 unnecessary **Caesarean** sections are being performed yearly, reports the Washington Post
- Up to 90% of all **hysterectomies** performed are not NEEDED
- Up to 85% of all **bypass surgeries** are performed on patients who do not meet the criteria for benefit (The AMA admitted this in its official journal)
- The average doctor in his four years of medical school receives only 2.5 hours of study in nutrition!
- The New England Journal of Medicine reports that with 1-5 years of estrogen treatment the risk of **uterine cancer** increases 1400% with 6 more years of estrogen and synthetic progesterone treatment, **breast cancer** rates increases 440%
- Cancer is the #1 killer in North American **children**
- The American Heart association reports (in their 17 year study) that **obesity** in children aged 12-17 leaped 39%
- Out of the 100 participating nations of the world, we were the healthiest nation in 1900. In 1920, we dropped to the 2nd healthiest nation. In 1978 we dropped to 79th. In 1980 we were 95th. Today we are 100th on the list.
- Over 1700 people die everyday from **cancer**, yet even though the head of the largest cancer organization in the world stated that 80% of all cancers are caused by diet, why do they spend only 1% of the national Cancer Institute's funds on nutrition research against cancer? ref: *Personal Health & Nutrition, 195 N. Christian Street, Sarnia, Ontario, N6J 2N6*