

ONE OF THE BIGGEST ISSUES AMERICAN AGRICULTURE FACES IS THE PUBLIC'S PROPER PERCEPTION OF "GOOD OR HARMFUL" FATS & OILS.

HOW WELL INFORMED OR CONFUSED ARE YOU?

1. How important is the influence of fats & oil on health & disease?
2. How valid is the cholesterol theory? Is it a primary or secondary factor in disease?
3. Butter vs oleo; which is better & why? Good & bad cholesterol?
4. Are animal fats as harmful as we are told?
5. Are certain fats helpful in weight control? Saturated vs. polyunsaturated?
6. How important is the omega 3 EFA so much in the news?

ALL THIS & A LOT MORE WILL BE COVERED IN A TALK BY THE EMINENT
CANADIAN AUTHOR, LECTURER, RESEARCHER

UDO ERASMUS

Topic: "Fats That Heal - Fats That Kill"

TUES., OCT. 13, 1987 7:30 PM

LEOLA FAMILY RESTAURANT

Rt. 23 EAST OF LANCASTER

FREE ADMISSION

ABOUT THE AUTHOR - "FATS & OILS"

Udo Erasmus is an author, researcher and educator, with a commitment to educating the public on issues of health and nutrition. He has a broad range of experience and expertise, both theoretical and practical, in the life sciences. His training includes studies in zoology, medicine, genetics and biochemistry. He is a frequent contributor to *alive*, the Canadian Journal of Health and Nutrition. *Fats and Oils* is the result of his extensive research on fats, oils and cholesterol, which included his study with leading European scientists working on the forefront of lipid research techniques.



WHAT DOCTORS ARE SAYING ABOUT HIS BOOK:

"Fats and Oils is the first complete guide to everything you need to know about fats, oils and cholesterol to make the right food choices for your health. Research has clearly established the link between diet and cardiovascular disease, many forms of cancer, diabetes and types of high blood pressure, plus other fatter degenerative diseases. Information that was previously available only in scientific research journals and technical books is made available here. Fats and Oils is your invitation to increased knowledge of this vitally important topic and increased options for health and vigour."

• **Jeffrey S. Bland, Ph.D.** *Fats and Oils* is filled with interesting and accurate information concerning both the science and physiology of fatty acids in nutrition and health.

"I have never been so delightfully surprised by a book that should be boring and pedantic. Udo Erasmus has put together all the current information about fats and oils and laid it out for all the world to see."

• **Dr. Lendon H. Smith**, "The Children's Doctor" and author of best-selling books including *Feed Your Kids Right* and *Dr. Lendon Smith's Low-Stress Diet*

"I have gone over Fats and Oils very carefully, and think that Udo Erasmus has done a marvelous job of summarizing almost everything one needs to know about fats and oils."

• **Dr. Abran Hoffer**, pioneering researcher and editor of *Journal of Orthomolecular Psychiatry*

Did you know... That doctors have recently found a fatty substance in egg yolks that is highly effective against AIDS? That cancer-prone lab animals have a 100% higher cancer rate on corn or safflower oil than on lard?

That your future prosperity as a farmer and your health are intimately connected to this subject. This could be one of the most important meetings you will ever attend. A rental video tape of meeting will be available. Ph. 717-354-4095 or 215-929-4565 for info.

PROGRAM TO REDUCE CHOLESTEROL SOUGHT

Reprinted from The Washington Post, Oct. 5, 1987

BY MICHAEL SPECTER

Of The Washington Post

WASHINGTON — A federal health panel, warning that 40 million Americans have cholesterol levels placing them at high risk of heart disease, called on doctors yesterday to prescribe strict diets and, in some cases, drug treatment for those at risk.

The guidelines, aimed at identifying adults who need medical treatment to decrease their cholesterol, establish the first specific recommendations to physicians for treating persons with high cholesterol levels. They also create a single set of blood cholesterol goals for all adults, regardless of age or sex.

"If doctors follow the guidelines, medical practice will undergo a major change as a result of this report," said Dr. DeWitt S. Goodman, professor of medicine at Columbia University and chairman of the federal committee. "It will have a lasting impact on coronary heart disease and public health in the United States."

About 15 million Americans suffer heart attacks each year, and 500,000 of them die, according to the National Institutes of Health. Officials said yesterday that strict adherence to the new guidelines could save 300,000 lives annually.

The report urges that all Americans undergo cholesterol testing. Large amounts of cholesterol can lead to heart disease by causing fat to accumulate on artery walls, blocking the vital flow of blood that normally nourishes the heart muscle.

Issued by the National Heart, Lung and Blood Institute, the report states that about 25 percent of Americans between ages 20 and 74 have high blood cholesterol and need treatment.

The panel set a new standard for measuring cholesterol in adults over age 20, after years of guidelines based on age and sex.

The report set three classifications, saying those with total blood cholesterol of 240 milligrams per deciliter of blood or more have "high blood cholesterol," those who measure between 200 and 239 have "borderline high blood cholesterol" and those registering below 200 have "desirable blood cholesterol."

Doctors on the panel stressed that dietary treatment should be the foundation of all therapy to reduce blood cholesterol levels and urged physicians to prescribe drugs only for those with severely elevated cholesterol or those whom diet therapy fails to help.

"There is little instruction about diet therapy in our medical schools," Good-

win said. "Busy doctors prefer using drugs, but nutritional treatment should be used for the vast majority of patients, and drug treatment should be used only when all else fails."

Several drugs on the market are quite effective in lowering cholesterol levels. But, to prove beneficial, drug treatment must last for years, if not for life, the panel noted. Therefore, doctors have urged caution on long term use of new drugs such as lovastatin, for example.

The report called lovastatin, approved for use last month, "a major advance," but doctors on the panel also wrote that "long term safety" has not been established.

The panel cited several risk factors that should be taken into consideration when physicians decide on treatment. Among them are being male, obesity, cigarette smoking, high blood pressure or having a family history of premature heart disease.

The report urges that those with two risk factors have their blood tested to determine more specifically their levels of the type of cholesterol known as low-density lipoprotein, or LDL. High levels of LDL can lead to heart disease by causing fat to attach itself to artery walls.

Another form of cholesterol, called high-density lipoprotein, or HDL, pro-

tects against heart disease by removing fat from the arteries.

LDL tests are rarely given, and the new recommendations are expected to increase them. The report said LDL levels of 130 to 159 are classified "borderline high risk cholesterol," while levels of more than 160 are considered "high risk."

Officials said yesterday that the quality of cholesterol tests given nationwide could vary greatly between laboratories.

"We need to present a standard that lets clinicians use to measure cholesterol," said Herbert K. Noto, a member of the panel who studied testing standards. "Huge screening programs will call upon us to present more accurate test results."

He said that, for now, people should have two tests, separated by about a month. If the results vary by more than 5 percent, a third should be taken and the results averaged, he said.

The panel said doctors should prescribe diet therapy in two stages. In the first, the patient should consume no more than 30 percent of his or her total calories in fat, with no more than 10 percent of them in saturated fat and fewer than 300 milligrams a day in dietary cholesterol.

The second phase would require a greater reduction in saturated fats and cholesterol.