Guide to NHS Newsletters

2000 (Annual)

1. Multiple Flu Shots Linked to Alzheimer’s
2. Doctor’s Group Opposes Vaccine Mandates
3. One Earth Communications
4. Herbal Smoking Mixtures
5. NHS in 2000

2001 (Annual)

Environmental Medicine Topics

Parkinson’s disease
1. Chemical Mixture Associated With Parkinson’s disease
2. Excess Manganese Could Parkinson’s Worse
3. More Studies On Heavy Metals Exposures (Lead & Manganese)

Alzheimer’s disease
4. Researchers Connect Mercury to Alzheimer’s disease

Vaccinations
5. UCLA Epidemiologist: "Vaccines should be voluntary"
6. First Mercury Poisoning/Vaccine Case Filed

Mercury toxicity
7. Update On Environmental Mercury Toxicity
8. The CDC and EPA Cooperate to Educate About Methyl Mercury

Fluoridation
10. Facts About Fluoride

Pesticides
11. Pesticide Information Database (See also article #1)

Agriculture
12. Antibiotic Usage in the Poultry Industry
13. Organic Farming to Rescue Europe from Mad Cow Disease

Lead & Cadmium
14. Lead and Cadmium In Baby’s Powders (See also article #3)

The Chemical industry
15. Bill Moyers Takes On The Chemical Industry

Nutritional topics
1. Milk Proteins Destroy the Insulin-Producing Beta-Cells of the Pancreas
2. DHEA Study
3. Natural Antidotes to Biological Toxins (excerpt)

Miscellaneous topics
1. Panel Puts Estrogen On Cancer List
2. China Gives Limited Approval to Western Medicine
3. Cannabis Study Dispels Myths
4. “Disease” Is The Only Cure!

Humor
1. Sign Humor
2. Medical Chart Note Bloopers
3. Light Bulb Jokes
4. Dr. Seuss Explains Why Computers Crash
5. The Mechanic and the Heart Surgeon
6. Guess Who Is Really in Charge???

2002 (Annual)

Health-related articles
1. Alzheimer’s in America: the aluminum-phosphate fertilizer connection
2. Death by protein
3. Reasons to avoid soft drinks!
4. The truth about saturated fat
5. Intestinal cleansing

Humor & philosophy
1. Administrative error
2. My favorite things
3. Medical humor

January, 2003

Health-related articles
1. 5-HTP (Hydroxy-L-tryptophan)
2. Kava-kava updates
3. Can wearing a bra kill you?

Humor & philosophy
1. Mildly amusing one-liners
2. The real truth about doctors

February, 2003

Health-related information
1. Vegan diet eases rheumatoid arthritis
2. Eggs are better for you than “Egg Beaters”
3. PUFAs in the treatment of ADHD
4. Coffee drinking aggravates heart disease
5. Chlorinated water could harm pregnant women
6. Heavy metal toxicity can cause genetic damage
7. Study links soot with deaths from cancer and heart disease
8. Fish consumption found to lead to healthy pregnancy outcomes
9. “Cat’s claw” helps to relieve rheumatoid arthritis
10. Additional information on the dangers of wearing synthetic bras

Politics of medicine article
• HBV Vaccinations: Whatever happened to informed medical choice?
Humor & philosophy
1. Computer haikus
2. Question of the Day
3. Unintentional humor

March, 2003

The Politics of medicine
1. Editorial Introduction
3. The truth about vaccinations
4. Watch for details about the Homeland Security Act
5. Smallpox vaccine results are in

Humor & philosophy
1. Student bloopers
2. How to promote an unusual medical partnership?
3. The Genie

April, 2003

Health- related articles
1. The health benefits of garlic
2. Garlic extract proves effective against antibiotic-resistant microorganisms
3. Glucosamine sulphate effectively treats osteoarthritis
4. Echinacea juice shortens the duration of the common cold
5. St. John’s Wort successfully treats mild to moderate depression

The Politics of medicine
• Radiation nation

Humor
• Great truths

May, 2003

Health- related article
• Science leaves the Enterprise in its’ wake

The Politics of medicine
• Multiple sclerosis & systemic lupus may actually be due to methanol toxicity caused by diet drinks and foods containing aspartame!

Philosophy
• Instructions for life in the new millennium from the Dalai Lama

Humor
• The sex life of an electron
NHS at the Body Mind Spirit Expo!

June, 2003

The Politics of medicine
• The Cancer Racket

Humor
• Medical humor

July, 2003

Health-related articles
1. Heart attacks more frequent with surgery
2. Did you know….Hippocrates was a massage therapist????

Environmental medicine
• Attack on the food chain: How safe is your water?

Humor
• The cardiologist's funeral

August, 2003

Health-related articles
1. Silver-Mercury Amalgam Dental Fillings
2. A Hug From The Heart
3. OK, I won't take antibiotics, but what about flu shots?

Humor
• God vs. Satan

September, 2003

Health-related articles
1. Low-carb, high-protein diets compare favorably to conventional low-calorie regimes
2. Which chocolate is healthiest for the heart? Not all chocolate is created equal; dark is best
3. Right now

Environmental medicine
1. Gulf war service linked to Lou Gehrig’s Disease
2. Gulf war mortality figures alarm veterans
3. Risks of Teflon-coated cookware exposed
4. Methyl bromide exposure raises prostate cancer risk

Philosophy
1. How to lead a meaningful life
2. Wisdom to live life by
October, 2003

Health-related articles
1. The Importance of Systemic Enzymes
2. Prozac’s secret ingredient (fluoride)
3. Information on “Mad Cow Disease” (BSE)
4. Holistic and mercury-free dentists in the Portland area

Humor & philosophy
• I Can’t Believe You Made It!

November, 2003

Health-related articles
1. Fatty acid supplementation may be beneficial for children with ADHD-related symptoms
2. St. John’s Wort Extract effectively treats mild to moderate depression

The Politics of medicine
• Neurotoxicity of fluoride: the dark odyssey of Dr. Phyllis Mullenix

American specialty health scholarship program

NHS appearing at the Body, Mind Spirit Expo

Humor
• Happy Tanks...giving...

December, 2003

Health-related articles
1. Aluminum toxicity, plant-derived minerals & chelation therapies
2. More information on the toxicity of silver-mercury amalgam dental fillings
3. The dangers of using cellular and cordless telephones
4. The dangers of using canola oil

Humor
• Christmas carols for the psychiatrically challenged

NHS at Christmas

January, 2004

Health-related articles
1. Drinking green tea helps to prevent and reverse some cancers
2. Enteric-coated peppermint oil successfully treats irritable bowel syndrome in children
3. High-fiber cereals lower blood pressure
4. Computer games stunt teen brains...?
5. Weight-loss programs may be tax-deductible
6. Valerian improves sleep quality after withdrawal from benzodiazepines
7. Two recent studies underscoring the health hazards of heavy metals
8. Black cohosh effective in the treatment of menopause

Food for thought
• The greatest occupation of all

February, 2004

Health- related articles
1. Gingko in the treatment of Alzheimer’s disease
2. Vitamin D found to protect against fractures in the elderly
3. Black cohosh found to be effective in the treatment of menopause
4. Eating mercury-contaminated fish can cause neurological symptoms
5. Healthy foods lead to a better high-school environment in Wisconsin
6. Book review on The Untold Story of Milk
7. National conference on autism being held this May in Chicago

Philosophy
• A young man learns what's most important in life from the man next door

March, 2004

Health- related articles
1. Diet and disease in the media
2. British import substitutes mold for meat
3. Cleaning chemicals increase asthma risk
4. Statin drugs and their side-effects
5. Selective reporting on vaccine side effects

Humor & philosophy
• Seniors seeking companionship

NHS at the Body Mind Spirit Expo

April, 2004

Health- related articles
1. Facts about gingko
2. Oxygen not booze draws students to local bar
3. Soft drinks in aluminum cans
4. The dangers of reusing plastic water bottles
5. Environmental research organization names the most contaminated produce

NHS at the Body Mind Spirit Expo
May, 2004

Health-related articles
1. Cottonseed oil is NOT a food oil!, by Keith Post, ND
2. A note from a truck driver
3. Nutritional Pioneers, by Keith Post, ND

Philosophy
• A Message, by George Carlin

June, 2004

Health-related articles
1. Soy can reduce menopausal symptoms in some women
2. Black tea and flavonoids found to reduce the risk of heart attacks
3. Kava kava information update
4. Newborns benefit from pesticide ban
5. Farmed salmon controversy
6. Don't just remember to chew, chew to remember
7. Low-carb diets are more effective than calorie-restricted diets after six months

The Politics of medicine
1. Vaccines, the CDC and mercury
2. Facts about marijuana
3. The truth about medical marijuana

Humor
• Doing ‘drates

July, 2004

Health-related articles
1. The wisdom of animals
2. Why you should avoid taking vaccines

Life philosophy
• If I had my life to live over

August, 2004

Health-related articles
1. One bite at a thyme…
2. Humming for health

The Politics of medicine
1. The shocking truth about drug prices
2. Generic drug price gouging by pharmacies
Environmental updates
1. Imported shrimp known to contain banned chemical residues
2. Perilous plastics

Humor
• Puns

September, 2004

Health-related articles
1. What is SARS?
2. Licorice compound may benefit SARS patients
3. Medical treatments are now nation's #1 death cause in USA
4. Love is the drug, scientists say

Environmental medicine
1. Fluoridation alert for residents in the Portland, Oregon area
2. Reasons to avoid fluoridation of the water supply, by Claire Darling

Recommended health-care provider
• Clinical psychologist: Dr. Kenneth Brown-Gratchev, Psy.D.

Philosophy and humor
1. Excerpt from "Profound Simplicity", by Will Schutz
2. Funny signs

October, 2004

NWNM Today, volume #1: "Vaccination"
1. Introduction
2. Dr. Mendelsohn on vaccination
3. Ian Sinclair’s evidence and conclusions on vaccination
4. News brief
5. Girl gets $4.7M for vaccine injuries

Alternatives to vaccinations
• Article by Keith Post, ND

The Lighter side
1. A fun alternative to living in a nursing home
2. 1904

November, 2004

Articles and information about male circumcision
1. Savages?
2. You don’t want your boy baby circumcised (excerpted)
3. Circumcision Information Resource Center of Washington (C.I.R.C.)
Other health-related articles
  • Winter herbal medicine chest

Humor & philosophy
  • What does love mean???

December, 2004

Health-related articles
  1. Reasons to avoid commercial soft drinks!
  2. Increased water intake decreases risk of heart disease
  3. The assault on salt
  4. Information about microwave ovens

The Politics of health
  • Award-winning animal rights video clip: The Meatrix

Christmas humor

January, 2005

Health-related articles
  1. Garlic and its properties
  2. Biotech critics at risk - Economics calls the shots in the debate
  3. Genetically engineered crops require more pesticides
  4. Experts link DNA to dolphin-human communications and remarkable healings
  5. Oysters

Humor and philosophy
  • So you think you know everything?........

February, 2005

Health-related articles
  1. Autonomic Response Testing
  2. Cilantro Pesto Said to Remove Heavy Metals
  3. Let food be your medicine!!!

Environmental medicine
  1. Synthetic musk blocks detox pathways in wildlife, humans
  2. Toxic chemical releases increase first time in seven years
  3. Gulf war syndrome a “real” disease says VA

The Politics of medicine
  • Help defeat mandatory mental health screening for children

Humor and Philosophy
  • Living on Earth
March, 2005

The Politics of health: Fluoridation Information
1. Oregon Citizens for Safe Drinking Water
2. Fluoridation Bill Doesn't Hold Water
3. More Fluoridation Facts
4. Previous NHS Newsletter Articles on Fluoridation

Health-related article
• Is Sex necessary?

Humor and philosophy
• To reduce stress

April, 2005

Health-related articles
1. Daily Aspirin Use Linked With Pancreatic Cancer
2. Fibrosis, the Enemy of Life
3. How to Avoid the Coming Alzheimer's Epidemic
4. Does a Popular Synthetic Sweetener Pose a Public Health Risk?

Humor and philosophy
• Kid Stories…

NHS at the Body Mind Spirit Expo

May, 2005

Health-related articles
1. Former Deputy Sheriff Tells It Like It Is - Aspartame & Diabetes
2. Twelve Questions You Need to Have Answered Before You Eat Splenda
3. Help Defeat Proposed Soy Protein Prevents Cancer Health Claim
4. Hiking Really Is Good for You
5. The Message from Water

Keith Post, ND to speak at the Weston A. Price monthly potluck

Internet Wisdom

June, 2005

Health-Related Articles
1. A Dark Chocolate a Day Keeps the Doctor Away
2. Probiotics Found To Be Effective in the Treatment of Children's Diarrhea
3. High Coffee Intake Linked to Increased Risk of Hypertension
4. Sex With a Twist ... Lemons Provide Protection Against AIDS?
5. The Incredible Health Benefits of Garlic
Environmental Medicine
• Why is Fluoridation Failing?

Humor & Philosophy
• Your Submissions Welcome!

NHS at a Beaverton Health Expo

July, 2005

Health-Related Articles
1. Bananas
2. Chocolate Can Keep Cardiovascular System in Shape

Environmental Medicine
• Danger on Tap

August, 2005

Health-Related Articles
1. Chocolate: A Boon for the Libido and the Heart
2. The Importance of Essential Fatty Acids in Infant Formula
3. Glucosamine Sulfate and Chondroitin Sulfate Helps Osteoarthritis of the Knee
4. Filtered Coffee Reported to Increase Cholesterol
5. Dramatic Reductions in Serum Cholesterol reported in Adults Given a Vegan Diet
6. Encapsulated Cinnamon Improves Glycemic Control in Type 2 Diabetics

The Politics of Medicine
• New Documentary Film: “We Become Silent”

September, 2005

Health-Related Articles
1. Yoga Fights Middle-Age Spread
2. Fish Oils to Battle the Blues
3. Fatty acids may help kids' behavior problems
4. Sleep Essential For Creativity
5. High on the Hog

Environmental Medicine
1. Fluoridation Facts
2. Chlorination Facts

Humor
Signs that you’ve had too much of the 90s

October, 2005
Health-Related Articles
1. Eating Breakfast Regularly Leads to Decreased Weight Gain
2. Chocolate - Indulge Guilt Free in the Food of the Gods!
3. The Oiling of America
4. Gardening Made Easy Website

The Politics of Medicine
• Insecticide Causes Mad Cow Disease (excerpt)

Philosophy
• Having versus Being

November, 2005

Health-Related Articles
1. Water: The Ultimate Health Food
2. From Chocolate with Love
3. Introduction: Confused About Soy?
4. Soy Infant Formula – Better Than Breastmilk?

The Politics of Medicine
• Solae Withdraws Soy/Cancer Health Claim Petition!

December, 2005

Health-Related Articles
1. Your Teeth Are Part of Your Body
2. Health Food or Sweet Dessert?

Environmental Medicine
• FDA Rules Still Insufficient to Prevent Mad Cow Disease

Philosophy
• A Good Mood

January/February, 2006

Health-Related Articles
1. Herbal medicine brings ZERO risks of death
2. The Dangers of Cooking with Microwaves
3. The Truth about Raw Milk
4. Erectile Dysfunction and Andropause: A Holistic Perspective

Words of Wisdom
• The Invitation
March/April, 2006

Health Topics
1. Health Tips: How to Prevent Breast Cancer
2. Your Health Matters! Seven Rules for Good Nutrition
3. Cannabis could relieve rheumatoid arthritis pain
4. Soy Alert! Information Brochure

Environmental Medicine Alert
• New food pesticide dangerous for all Americans

Humor
• What number should I push?

May/June, 2006

Health Topics
1. Unassisted Childbirth: A Book by Laura Kaplan Shanley
2. The Largest Biological Experiment Ever [re: cell phones]
3. The Largest Genetically-Engineered Food Experiment in History

Special Announcement

July/August, 2006

Health Topics
1. New Study Shows Happiness Fights the Common Cold
2. American Medicine Now The Leading Cause of Death In U.S.

Environmental Medicine
1. Organic Consumers Association (OCA) Articles
2. Fluoride Report Confirms EPA Union's 20-year-old Concerns
3. Is It Time To Stop Fluoridating Our Water?

The Politics of Medicine
1. Removing Mercury from Vaccines Leads to Fewer Neurodevelopmental Disorders
2. The Origins of HIV: Biological Weapons and a Eugenics Project

Miscellaneous Topic
• WD-40

September/October, 2006

The Politics of Medicine
1. They Don’t Still Put Mercury in Dental Fillings, Do They?
2. “Sweet Misery: A Poisoned World”
3. New Documentary: “America: From Freedom to Fascism”
Questions & Answers

November/December, 2006

No newsletter published

January/February, 2007

Health-Related Articles:
1. TMJ Dysfunction, by Keith Post, ND
2. Allergies, by Keith Post, ND
3. Reasons to Avoid White Sugar, by Keith Post, ND
4. Duct Tape Can Cure the Common Wart
5. Health Tip: Trans Fats are NOT Saturated Fats

Humor and Philosophy:
1. Customer Service From Heaven
2. A Famous Quote, by Dr. Benjamin Rush

March/April, 2007

Health-Related Articles:
1. Why Whole Food Concentrates are Superior to Synthetic Vitamins
2. Heartburn Medicines Could Cause Cancer
3. Naturopathic Perspective on the Treatment of Gastro-Esophageal Ailments

Humor and Philosophy:
1. Will Your Mother Ever Say That?
2. Optimism

Clinical Tip:
Home Cure for Pharyngitis (“sore throat”)

May/June, 2007

Health-Related Articles:
1. Moon Cycles
2. Supplements That Make Sense
3. Boosting Brain Power — With Chocolate
4. Health Tip to Reduce Joint Inflammation Naturally

Humor & Philosophy:
1. The Professor and the Students
2. Things You'll Probably Never Hear Your Dad Say
3. A Famous Quote