

## Wannabe experts claim healthy eating is a mental disorder

(NaturalNews) Do you avoid foods that contain artificial colors and sweeteners, and stick to whole, unprocessed foods instead? If so, you just might have orthorexia, an imaginary "disease" created in 1997 by Dr. Steven Bratman that appears to be gaining more attention in recent days. According to a recent report in Yahoo! News, restricting one's diet to healthy, pure foods is a compulsive disorder that requires cognitive behavior therapy in order to cure.

Written about in so-called respected health journals like the *Journal of the American Medical Association* and *Psychology Today*, "orthorexia nervosa," which means "nervous about correct eating" in Latin, allegedly causes malnourishment, anxiety, and social disorders. Its creators claim it stems from a type of obsessive compulsive disorder, and that it can lead to anorexia.

As bizarre as it all sounds, there are actually individuals out there that have fallen for the crazy tale that eating healthy is a disease, and some actually take these claims seriously. In other words, eating processed foods filled with artificial chemicals, pesticides, and genetically-modified organisms (GMOs) is considered normal behavior, while eating raw, organic broccoli could potentially land you in a psychiatric hospital filled with pharmaceutical drugs designed specifically to treat your "illness."

NaturalNews covered the issue of orthorexia last summer ([http://www.naturalnews.com/029098\\_o](http://www.naturalnews.com/029098_o)), but the fictitious disease is once again making the rounds in the mainstream media. According to reports, orthorexics "may start by eliminating processed foods, anything with artificial colorings or flavorings as well as foods that have come into contact with pesticides, and eventually shun other things like caffeine and alcohol."

This ridiculous criteria, of course, includes millions of health-conscious Americans that choose to eat healthy foods and avoid chemicals. Currently, however, this fake disease has not yet been officially added to the American Psychiatric Association's ridiculous Diagnostic and Statistical Manual (DSM). So any supposed "treatments" that are sure to be developed by drug companies will not qualify for insurance reimbursement.

SOURCE: <http://www.naturalnews.com>

## Courts Require FDA to Recognise Cancer Fighting Ability of Vitamins C and E

April 26, 2011  
By "Hayden"

Source: Natural News

A considerable legal victory has been achieved for the natural health community in defending freedom of health speech. A recent lawsuit filed by the Alliance for Natural Health (ANH) and several other plaintiffs against the US Food and Drug Administration (FDA) has successfully stopped the FDA from censoring the truth about the health benefits of both vitamin C and vitamin E. The case sets an important precedent for freedom of health speech as the court ruled that censorship of qualified health claims is unconstitutional.

Qualified health claims represent statements that make a connection between a particular substance and its ability to lower disease risk. Such statements can be found on juice containers, cereal boxes, and supplement bottles. One example of a qualified health claim is, "A diet rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases."

The landmark 1999 case "Pearson vs. Shalala" established that food and supplement manufacturers are freely permitted to include qualified health claims on their products, so long as there is scientific evidence to back it up. And yet the FDA has fought tooth and nail to restrict the use of qualified health claims in almost every case, which is why ANH and others have repeatedly had to sue the FDA on the grounds that such restrictions are a violation of the First Amendment to the US Constitution.

In the recent case, the District Court for the District of Columbia ruled that the FDA's restriction of two specific claims concern-

unconstitutional. The court ruled that the following two claims were permitted for use:

"Vitamin C may reduce the risk of gastric cancer."

"Vitamin E may reduce the risk of bladder cancer."

The FDA had tried to amend the two statements to basically assert that both vitamins play no significant role in cancer prevention. This assessment, of course, is ludicrous when considering that numerous studies have identified a clear link between vitamins C and E, and a reduced risk of cancer (<http://cebp.aacrjournals.org/content/11/1/35.full>).

Having to individually fight the FDA on each and every health claim for a vitamin, mineral, or nutrient, is not only a huge waste of time and money, but it is also unnecessary. After all, the Constitution already guarantees freedom of speech, which includes freedom of health speech. Nevertheless, ANH is urging the public to garner support for the "Free Speech About Science Act," which will finally put an end to all FDA tyranny against freedom of health speech ([http://www.naturalnews.com/032062\\_free\\_speech\\_science.html](http://www.naturalnews.com/032062_free_speech_science.html)).

Natural News: [http://www.naturalnews.com/032190\\_health\\_claims\\_FDA.html#ixzz1KfUMIY3h](http://www.naturalnews.com/032190_health_claims_FDA.html#ixzz1KfUMIY3h)

Monday 28 March 2011

### The Telegraph

HOME NEWS SPORT FINANCE COMMENT CULTURE TRAVEL LIFESTYLE FASHION

Motoring Health Property Gardening Food and Drink Family Outdoors

Expat Announcements Puzzles Health News Health Advice Diet and Fitness

Swine Flu Women's Health

#### Breast cancer drugs for healthy women

Millions of healthy women should be given drugs with potentially serious side-effects to prevent them developing breast cancer, a landmark study has recommended.



Share: 3 | Recommend: 16 | Tweet: 37

Women's Health  
News » UK News »  
Health »  
Health News »  
Tim Ross »

Tamoxifen works to reduce levels of oestrogen, which causes many breast cancers to grow. Photo: ALAMY

By Tim Ross, Social Affairs Editor 6:15AM BST 28 Mar 2011

Liz Hurley's tips for looking good