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for every body



Janet Street Porter –

Daily Mail 26<sup>th</sup> September 2009

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I am yet to consider buying "Don't let the b\*\*\*\*\*s get you down!" book by Janet Street Porter as I am fairly certain I will learn absolutely nothing from it. I am, however, going to comment on some of the salient features that she herself has highlighted and published in the Daily Mail.

I and the other doctors at The Diagnostic Clinic are the first to stand up and criticise "mumbo jumbo" especially when it is portrayed as health advice. However it is extremely important that we don't let our celebrity writers (very few of them with any medical knowledge or qualifications) throw the baby out with the bathwater.

Ms Street Porter comments on health in the sixties as opposed to now but fails to point out that in her own lifetime life expectancy has risen from an average of around 74 years to that of 84 years of age. Much of this may be down to better diagnostic detection of ill-health but also due to public awareness of healthier living.

Most "mumbo jumbo" comes from sensationalist journalism and it is not the journalists that are necessarily at fault. Commissioning editors do not sell papers on the back of good news and "shock, horror" headlines are very much the norm in the new wave of public medical journals such as the Daily Mail and the Daily Express! Even our broadsheets have to carry some blame such as the Times headline on 28<sup>th</sup> February 2008 "Supplements raise death rate by 5%". In reality the headline should have read "Artificial, pharmaceutical grade vitamins raise death rate in selective research focussing on individuals with terminal disease". Not quite the same thing is it?!

Therefore when Ms Street Porter quotes "the world's largest study" showing supplements do not lower the risk of common cancers and heart disease she is in fact commenting on a range of useless if not harmful products rather than well prescribed nutrient treatments. In effect, therefore, we actually agree with her statement but not with the sentiment in which it is announced. Indeed, a visit to our comments on The Diagnostic Clinic Natural Food State supplements or linking through to [www.animushealth.com](http://www.animushealth.com) will clarify why supplements are needed.

The concept that we get all we need from our diet was firstly pointed out to be erroneous by the US Congress in 1936 when they stated that no man has a stomach big enough to accommodate enough food to provide the necessary nutrients for good health. We also have to recognise that there continues to be a rise in cancer and heart disease, in particular, despite public education into increasing fruit and vegetable intake.

Harvard University, no less, has as recently as 2006 pointed out that chemical toxins are interfering with our children's brain development. The association between Parkinson's and dementia/Alzheimer's and heavy metals and, now proven, association between chemicals (some under the banner of health products such as vaccinations) are clearly associated with Gulf War Syndrome. As doctors in the know can now test for chemical compounds attached to DNA, cell membranes and fat tissues, to suggest that toxicity is not a 21<sup>st</sup> Century issue is, arguably, derisible. The human body does its best as Ms Street Porter suggests but detoxification techniques should not be debunked out of hand in the chemically toxic environment we live in.



Numerous studies on Bluegreen algae, Spirulina and Zeolite also make a mockery of the quoted "British Dietetic Association" stating there is "no lotion or potion that will magically remove chemicals from the body". Indeed there is no magic involved in correct Integrated medical prescribing.

How sad it is that comments such as "eat anything you like, it won't make a blind bit of difference in the long run" are allowed to be included in commentary on health issues. Common sense, let alone scientific fact, debunks such statements. Best, perhaps, leave it to Integrated medical experts rather than journalists, however talented, to write books about healthcare.

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