

Factoids to Ponder

Understanding the problems

- Two out of three Americans will die of one of five causes:
 1. Heart Attack
 2. Cancer
 3. Stroke
 4. Lung Disease
 5. Diabetes and related issues

These are largely preventable diseases of degeneration as opposed to the communicable diseases that were the big killers of 100 years ago.

- In 1900, 30.4% of all deaths occurred among children aged less than 5 years; in 1997, that percentage was only 1.4%. In 1900, the three leading causes of death were pneumonia, tuberculosis (TB), and diarrhea and enteritis, which (together with diphtheria) caused one third of all deaths. Of these deaths, 40% were among children aged less than 5 years. In 1997, heart disease and cancers accounted for 54.7% of all deaths, with 4.5% attributable to pneumonia, influenza, and human immunodeficiency virus (HIV) infection. – *Center for Disease Control*
- In the last 20 years, we have increased sugars consumption in the U.S. from 26 pounds per year to 135 pounds of sugars per person per year! Prior to the turn of this century (1887-1890), the average consumption was only 5 pounds per person per year. Cardiovascular disease and cancer was virtually unknown in the early 1900s. Diabetes rates are exploding in synch with this increase in the consumption of sugars.
- 90% of people have gallstones to some degree
- 80% of people do not know that they have gallstones
- More than 80% of adults have some form of periodontal disease and 99% of those have no signs to indicate they have a problem.
- Americans spend more than *\$2 trillion* on prescription drugs and “Health Care” every year. – *FDA*
- In 2000, 44% of Americans were taking one or more prescription drugs, up from 39% a decade ago, according to a report, "Health, United States

2004," from the Centers for Disease Control and Prevention. Seventeen percent are on three or more medications. – *FDA*

- According to research, over 4 million Americans take as many as eight different prescription drugs per day -- and many older Americans take even more than that. – *Senior Health Magazine*
- People who are sedentary are almost twice as likely to suffer heart attacks as are people who exercise regularly. – *Health.com*
- In the decade since the government relaxed rules on advertising directly to consumers, spending on prescription drug ads has nearly quadrupled to more than \$4 billion a year.
- The EPA estimates that US sales of pesticides in 2000-2001 exceeded \$11 billion dollars, thus representing over 2 billion pounds of pesticides being dumped on U.S. farm soil, homes, gardens, schools, golf courses and more. This number is about 8 pounds for every man, woman and child in the entire country.
- As late as 2007 there were more personal bankruptcies due to catastrophic medical expenses than due to credit debt.
- There are over 21,000 different pesticides on the U.S. market containing over 875 active compounds. Many of these have been proven to have health implications and the others are unknown.
- Since 1945, total U.S. crop losses from insect damage have nearly doubled. During the same time, insecticide use has increased tenfold. Today, 71 known carcinogenic pesticides are sprayed on food crops. – *In Harmony's report, "Pesticides: Losing Their Effectiveness"*
- EPA estimates that there are approximately 20,000 physician-diagnosed pesticide poisonings each year among agricultural workers. These are only the ones which have been reported.
- The EPA reports that Americans ingest and are exposed to over 167 times more dioxin every day than the acceptable daily level.

- According to the U.S. General Accounting Office, only 1% of all imported fruits and vegetables are tested by the Food and Drug Administration for illegal pesticide residues.
- The CDC has gone on record as stating... “Pesticides are toxic to life forms by their very design.”
- The 21-Day Turning Point
Your tongue naturally replaces all of your taste buds every 21 days. That means if you’re trying to change your diet and switch to hemp milk from cow’s milk, for example, after 21 days the taste will seem right instead of foreign. – *Alive.com*
- Many healthy patients given an incorrect diagnosis have developed the very disease that they were incorrectly diagnosed with. The reverse is also true. Ask any doctor.
- Two of the top five most widely prescribed prescription drugs in this country are for digestive disorders. The other three drugs in the top five are prescribed for heart disease-related conditions and arthritis.
- More than 60 million Americans experience heartburn at least once a month, and about 25 million are daily sufferers, leading to gastro-esophageal reflux disease (GERD), which, if left untreated, can lead to more serious conditions.
- Irritable Bowel Syndrome (IBS) alone affects almost 20 percent of the adult population in America.