Study Points to FDA Corruption

Dr. Gary Lawson of the Lawson Chiropractic Foundation announced the results of a two-year study that claims pharmaceutical manufacturers exerted financial leverage and influence over the Food and Drug Administration (FDA) through large sums of money paid on an annual basis. The study concluded that the FDA’s actions regarding specific prescription drugs should be viewed by U.S. citizens with extreme caution.

In order to speed up new drug approvals and eliminate the backlog of needed lifesaving medications, Congress authorized the collection of drug industry fees for one five-year period beginning in 1992. Although no new drug approval efficiencies were approved after year five, the financial collection was extended two more times, the drug industry paying higher fees each time. According to the Lawson study, receiving money from drug companies limited the FDA’s ability to act as an objective consumer protection agency.

During the period when the FDA was receiving money from the pharmaceutical industry, reports of adverse drug reactions more than doubled and Americans had a 32 percent higher chance of experiencing a reportable adverse drug reaction. During this time, Lawson’s study claims that more deadly drugs were released in the U.S. first and stayed in the American market longer, while the cost of consumer drugs skyrocketed and the FDA protected the U.S. drug industry’s monopoly by working to stop the influx of lower cost Canadian medications.

According to Lawson, during the same time period, off-label drug promotion and direct-to-consumer advertising was authorized, the FDA decreased consumer protection services and the FDA allowed the drug industry to set internal Agency objectives, goals and FDA job descriptions. More information is available at www.FDAStudy.com.

Vitamin E Supplements: More Harm Than Good?

The results of a recent Canadian-led study have concluded that Vitamin E is useless in reducing the risk of heart disease, cancer and stroke, and may even be harmful in some cases. Performed at the Population Health Research Institute at Hamilton McMaster University in Canada, many believe the comprehensive study finally silences the debate on the benefits of Vitamin E supplements. The study compared 9,541 people over the age of 55 in North America and Europe, who either had heart disease or diabetes. Published in the Journal of the American Medical Association, half of the study participants were given a daily dose of 400 international units of Vitamin E while others were given a placebo. The dose given in the trial was much higher than the recommended daily allowance, 23 international units per day, that most people consume from a healthy diet or a multivitamin.

After seven years of study, those taking supplements had a slightly higher rate of heart failure, pointing to the fact that antioxidant supplements many not behave the same way naturally occurring antioxidants like gamma tocopherol and flavonoid do in food. The Canadian Heart and Stroke Foundation supports the study’s conclusions that people with heart conditions or diabetes should avoid the supplements, while most other people will get few if any benefits. Previous studies by epidemiologists and biologists had suggested that Vitamin E had some protective effects for the circulatory system and cholesterol levels.

Spirulina Shown to Relieve Allergies

In a recent clinical study involving 36 allergic rhinitis patients, ingesting only two grams of spirulina a day was shown to provide a significant reduction in the level of Interluken-4 (IL-4), an key component in human allergies. Produced by certain immune cells, IL-4 is responsible for the production of the antibody Immunoglobulin E (IgE), which mediates allergic rhinitis.

Conducted by the Division of Rheumatology, Allergy and Clinical Immunology at The University of California at Davis in conjunction with Earthrise Nutritional, the double-blind, randomized, placebo-controlled study was the first time that a nutraceutical has been shown to have a beneficial effect on halting the machinery that causes human allergies. The nutraceutical Spirulina is a material rich in antioxidants and other important nutrients. The human clinical study conducted at U.C. Davis supports previous research conducted on animals and in vitro studies.
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