

WHAT DOCTORS DON'T TELL YOU

What Doctors Don't Tell You is a monthly health journal for consumers, which is delivered to your door. Every month it reports on the latest research that guides you to safety. www.wddty.co.uk



BRIBES: Big Pharma keeps Christmas alive all year round

The spirit of gift-giving continues throughout the year in the pharmaceutical industry. The bounteous nature of the industry was revealed at a court case in Memphis, Tennessee where the jury heard that surgeons had received 'donations' of hundreds of thousands of dollars as a small thank you for carrying out some limited work. The Journal of the American Medical Association reckons that drug companies spend \$13,000 (£7360) on every doctor in order to encourage him to prescribe one drug or another. Overall, pharmaceutical companies spend \$20bn a year on marketing to doctors. This is considerably more than they spend on research.

Jordan Cohen, president of the American Medical Colleges, commented: "My mother told me never to accept gifts from strangers. If a stranger wants to give you a gift, it's very likely they want something in return."



This mealy-mouthed attitude is all too prevalent in our cynical age. Can't a drug company make a little donation to doctors, nursing staff, specialists, consultants, general practitioners, technicians, locums, radiologists, administrators, orderlies, and junior doctors without people getting suspicious? And anyway, what's \$20bn when the returns are so much greater?

* GET THE inside track on the way the drug industry works by reading the eye-opening book *Secrets of the Drugs Industry*. This exposé reveals all the dirty dealings, and gives you a guide to the safer drugs to take. To order your copy, go to: www.wddty.co.uk

At *What Doctors Don't Tell You* (WDDTY), we do the research for you – and have been doing it for the past 16 years.

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Milk Revealed As Main Cause Of Osteoporosis



It had been thought for many years that calcium in milk makes bones stronger, but new research shows osteoporosis is caused by a lack of bone-making cells rather than a lack of calcium.

Dairy milk is singled out as the culprit because more than any other food it depletes the finite reserve of bone-making cells in the body. Although milk makes bones stronger in the short term, in the long term it erodes bone-making cells,

increasing the risk of osteoporosis. This explains why countries with the highest rates of milk consumption, such as Ireland, Austria and Holland, also have the highest incidence of osteoporosis.

"The Milk Imperative breaks new ground by bringing together the latest findings on dairy milk that turn many pre-conceptions on their head - by simply switching from dairy to non-dairy milk we will make a dramatic and long-lasting improvement to our health," said Dr. Amy Lanou, Physicians Committee for Responsible Medicine, United States. Published August 20, 2005, *The Milk Imperative* (ISBN 1-903339-16-2) is now available from book stores or from www.milkimperative.com.