



# THE RHOAD TO HEALTH & WELLNESS



News and advice courtesy of **ELITE** PERSONAL TRAINING AND FITNESS SOLUTIONS

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### FDA: Felonious Drug Advice

#### Introduction

This month we resume scrutiny of the FDA. As you may recall, our series referred to the acronym as Fallacious Dietary Advice. Here's another appropriate one: Felonious Drug Advice.



Let's get to the bottom line right away. The FDA cannot be trusted to carry out its mission to provide for food safety and to protect the public from harmful and ineffective drugs. Its self-appointed position as the guardian of misinformation is ludicrous!

This article is not Dr. Dave on personal soapbox rant. There are valid reasons to distrust the FDA. Consider what others have to say:



#### **Journal of the American Medical Association**

"Patients might think the US Food and Drug Administration's stamp of approval means that a product is the last word on safety, but about a third of the drugs the FDA approved between 2001 and 2010 were involved in some kind of safety event after reaching the market."



David Trumbore  
PT, DPT, CSCI, CWT, CPI, CFNP



SCAN ME

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## **The American Medical Association Journal of Ethics**

“Over the past 25 years, pharmaceutical companies deceptively promoted opioid use in ways that were often neither safe nor effective, contributing to unprecedented increases in prescribing, opioid use disorder, and deaths by overdose”.

*(Note: The FDA’s derelict role in regulating opioid medications has come under intense scrutiny but despite the mounting criticism, their policies for approving and labeling remain unchanged.)*



## **Union of Concerned Scientists**

As seen in the headline below, some of the FDA’s very own scientists have expressed concerns about the agency they work for:

"FDA Scientists Pressured to Exclude, Alter Findings; Scientists Fear Retaliation for Voicing Safety Concerns". *Union of Concerned Scientists (Press release). July 20, 2006.*



## **The Edmond & Lily Safra Center for Ethics at Harvard University**

“Poor FDA monitoring of the drug industry leaves physicians with corrupted knowledge that overstates benefits and understates harms.”

## **Journal of Law, Medicine, and Ethics**

Presented evidence that “about 90% of all new drugs approved by the FDA over the past 30 years are little or no more effective for patients than existing drugs.”



## **Drug Approvals & Conflict of Interest**

The Center for Drug Evaluation and Research (CDER – pronounced “C-DER”) is the FDA division responsible for determining whether new drugs should be approved. Its funding largely comes not from taxpayers but from the companies submitting their drugs to CDER for review.

This is a clear conflict of interest. The relationship shifts the FDA’s focus from a public health perspective to an industry friendly perspective.

Approving so many new drugs with few clinical benefits serves corporate interests more than public interests, especially given the large risk of serious harm.



**The FDA likens itself to a tough watchdog against unsafe and ineffective drugs. The reality is closer to that of an industry-funded lapdog!**



Drug companies underwrite three-fourths of the FDA's budget for scientific reviews. As a result, the agency is increasingly fast-tracking expensive drugs with significant side effects and unproven health benefits.

The bar for "safe" is low. Over the past 30 years, approved drugs have caused an epidemic of harmful side effects.



One in every five drugs approved ends up causing serious harm, while only one in ten provides substantial benefit when compared to existing, established drugs. This is the opposite of what people want or expect from the FDA!

## Big Pharma

Pharmaceutical companies have amassed a staggering \$875 million in fines for Medicare fraud, data suppression and kickbacks. The FDA has cautioned walnut growers for claiming that walnuts promote good health (discussed in our July issue), yet they are eerily silent about the corruption of Big Pharma.

**One in every five drugs approved ends up causing serious harm!**

Check out these headlines for just a few of the many drug companies that were massively fined by the U.S. Department of Justice:



- **"Pfizer to pay \$2.3 billion criminal fine for suppressing data, kickbacks and false claims."**
- ***"Abbott Labs to Pay \$1.5 Billion to Resolve Criminal & Civil Investigations of Off-label Promotion of Depakote".***
- ***"AstraZeneca to Pay \$520 Million for Off-label Drug Marketing".***
- ***"Eli Lilly and Company Agrees to Pay \$1.415 Billion to Resolve Allegations of Off-label Promotion of Zyprexa". justice.gov. 15 January 2009. Retrieved 25 August 2012.***
- ***"GlaxoSmithKline to Plead Guilty and Pay \$3 Billion to Resolve Fraud Allegations and Failure to Report Safety Data".***
- ***"Johnson & Johnson to Pay More Than \$2.2 Billion to Resolve Criminal and Civil Investigations".***
- ***"Merck to Pay More than \$650 Million to Resolve Claims of Fraudulent Price Reporting and Kickbacks".***

## Misinformation, Disinformation and NO information

Prior to 2016 misinformation and disinformation were not even topics of conversations. Now they are buzzwords. We need information that is accurate and unbiased. Never fear. The FDA website assures us that one of its main goals is to stop the spread of misinformation. They urge the public to consult a trusted source. And just who is this trusted source? Why, it's the FDA of course. What a surprise.



### How trustworthy is the FDA? Let's take a look...

The FDA approved Aduhelm, a controversial but highly profitable Alzheimer drug despite its lack of efficacy and risks of brain swelling and bleeding.

In August 2013, a study released by The Pew Charitable Trust found that of the 8105 additives that the FDA allows in food only 19% (1367) had toxicology information.



If the information above is not enough to make you nauseous, the FDA recently came under fire for its delayed response to a contaminated baby formula plan. This contributed to a national supply shortage.



### Summary

The FDA is not trustworthy and unsuitable to serve as a watch dog. The agency has an agenda, but one that is not in the public's best interest. We here at EPT have an agenda also. It is always to promote your health and wellness. Keep reading our articles. They are unbiased, well-researched and scientifically accurate.



**Health  
is wealth**

**Let us help you eat right and exercise effectively.  
The fewer drugs you need to take, the better!**



### References

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# Food For Thought: Fake Meat

There have been many anti-meat documentaries in the last few years. Perhaps you've seen Cowspiracy, What the Health, Forks Over Knives or The Game Changers. These documentaries suggest that meat is bad for our health, the environment, and our moral well-being. This has led to an explosion of alternative meat products.

We have torn down thousands of acres of natural land to grow chemically drenched GMO soy and corn to make fake, highly processed burgers accessible in grocery stores and fast-food chains. There are some decent veggie burgers available, but be careful. Not all of them are healthy. Here are some facts about meat alternatives:

Meat-less meat products aren't necessarily healthier. Many are highly processed or contain very little protein. Since meat is typically our source of protein in meals, it's important to look at the protein being used in the meat alternative. While quantity of protein is important, quality is just as relevant.

Some meat-alternative products contain added proteins like pea or soy protein, making them more comparable to meat in protein content, but these are typically more processed than those made with whole food, plant-based ingredients (like vegetables, nuts, legumes and grains), plus they often come with additional additives and fillers.

Other meat alternatives, like jackfruit, are low in protein, but provide similar taste and texture to meat. Most plant-based meat alternatives are pre-seasoned, so they tend to be high in added sodium.

A study out of New Zealand found that people who consumed Beyond Burger fake meat had significantly lower concentrations of amino acids in their blood post-meal than people who consumed lamb, pasture-raised beef, or grain-fed beef.

A study out of China found that plant-based beef or pork analogs "weakened digestive function" and "showed less digestibility" than real beef in mice.

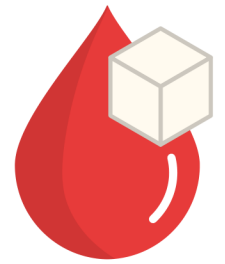
Should these findings really come as a surprise? Most fake meats are highly processed " Frankenfoods" and our bodies just don't know what to do with them. Best to give them a pass.



This article was contributed by Lynette Jernigan, Director of Business Development/ Certified Personal Trainer / Certified Functional Nutritionist

## Research Shows

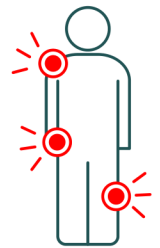
A 2020 study published in the journal Cell Metabolism by a group of Yale researchers found that consuming the common artificial sweetener sucralose (found in Splenda, Zerocal, Sukrana, SucraPlus) in combination with carbohydrates can turn a healthy person into one with high blood sugar.



Similarly, a 2020 French study of more than 100,000 adults followed for 10 years found that people who drank a median of just over 6 ounces of artificially sweetened beverages per day were at higher risk for developing cardiovascular disease than people who did not consume these drinks.



The study also found that consuming similar amounts of sugar-sweetened beverages (defined as beverages containing more than 5% sugar) was also associated with heart disease. Scientists hypothesize that artificial sugars trigger inflammation and alter metabolism, the gut microbiome, and blood vessels that lead to unhealthy cholesterol levels, high blood pressure, and type 2 diabetes.



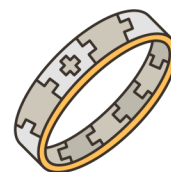
## Did You Know...

Magnetic therapy bracelets are sometimes promoted as wearable treatment for arthritic pain. Don't waste your money.



British scientists put copper bracelets to the test in a placebo-controlled trial. The results, published in the journal PLoS (Public Library of Science), found that these bracelets offered little or no therapeutic benefit. Furthermore, several study participants experienced skin irritation from the bracelets.

**EPT says save money and stay away!**



# EPT RECIPES

## SWEET POTATO & BLACK BEAN CHILI



### INGREDIENTS

- 2t Avocado oil
- 1 Sweet potato, peeled and diced
- 2 Bell or Poblano peppers, diced
- 1 Shallot, diced
- 4 Cloves of garlic, diced
- 2T Chili powder
- 1T Ground cumin
- 1/2t Ground chipotle chile or smoked paprika
- 20 oz Lean ground meat (beef, pork, turkey or chicken)
- 28 oz Crushed tomatoes (no sodium)
- 26 oz Black beans (no sodium), drained and rinsed
- 1 Cup Beef stock (no sodium)
- Salt and pepper to taste



### DIRECTIONS

1. Procure and prepare all ingredients.
2. Heat **oil** in a slow cooker on medium or a Dutch oven / heavy pot on the stove on **medium-low heat**.
3. Add **sweet potato, peppers** and **shallot** and a pinch of **salt**. Cook and stir often until shallots soften.
4. Add **garlic** and **spices**, stir to combine and release aromatics.
5. Turn heat up to **medium-high**, add **ground meat** and brown.
6. Reduce to **low heat**, add remaining ingredients: tomatoes, beans, stock and let simmer until meat is cooked, all vegetables are soft and flavors meld ( approx 20-30min).



### EPT PRO TIPS & FUN FACTS

- Serve topped with cheese, chives, sour cream or any of your favorites!
- Try using your favorite taco or southwest spice blends.
- Beef stock or broth give a richer meatier taste when using turkey or chicken.
- This is easy to make a large batch ahead, portion and freeze for meal prep.
- Use for large crowds, hosting game night or potlucks!

