

100 YEARS OF RESEARCH

7 STEPS TO HEALTH

SCIENTIFICALLY PROVEN METHODS TO HELP YOU STOP,
REVERSE, AND EVEN CURE DISEASE WITHOUT
THE USE OF DRUGS, PILLS OR SURGERY



INCLUDES:
THE
**BIG
DIABETES
LIE**

LEARN ABOUT THE SHOCKING DRUG-FREE DISEASE DESTROYING METHODS
THAT HAVE BEEN HIDDEN AND SUPPRESSED BY BIG PHARMA FOR DECADES.

MAX SIDOROV, K.N.

7 Steps to Health and the Big Diabetes Lie (Preview eBook)

By: Max Sidorov

In cooperation with the doctors at the ICTM

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Disclaimer

Due to the laws and rules regarding health and wellness, the pharmaceutical industry along with the medical establishment has made it very difficult for anyone to even mention the word “cure” next to a disease or illness. Even though what you are about to read has been studied for decades, proven and researched as fact by medical doctors, scientists, researchers, dieticians, nutritionists, and may just as well “cure” you and restore your full health, by law I am not allowed to do so or say so. Thus, the law requires me to state the following:

This book is not in any way offered as prescription, diagnosis nor treatment for any disease, illness, infirmity or physical condition. Any form of self-treatment or alternative health program necessarily must involve an individual's acceptance of some risk, and no one should assume otherwise. Persons needing medical care should obtain it from a physician. Consult your doctor or health practitioner before making any health decision.

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About this book

The diabetes breakthroughs you're about to discover have been used successfully by tens of thousands of people in over 40 countries. Many of them completely eliminated the need for diabetes drugs and insulin injections. These methods have been studied and used by hundreds of doctors, scientists and researchers to help their patients regain their health without drugs, pills or injections.

It has been scientifically proven that type 2 diabetics can eliminate drugs and injections, while type 1 diabetics can greatly reduce the amount of insulin injections and drug dosages they need to take.

Before you read further, the biggest point I'd like to stress is the importance of proper nutrition. The food you eat, or more importantly not eat plays a much bigger role in reversing your diabetes than any drugs or fancy diets your doctor may prescribe you. Yes, this has been proven in rigorous studies, and no it's not the basic "don't drink sugary sodas or lay off the junk food" advice that all diabetics already know about.

There are no shortcuts, no magic pills and no magic powders. The only thing you need to do to is change the things you eat.

In this book I outline the often overlooked foods and food additives that contribute to your diabetes and ill health. I will also talk about the greedy pharmaceutical industry whose goal isn't actually to make you healthier. By the end you'll know exactly how to target your diabetes for destruction and begin to get your health back.

Dr. Julian Whitaker:

"Hundreds of clinical trials demonstrate that diabetes can be reversed -- not with drugs but with simple, inexpensive lifestyle measures."

Introduction

What many doctors and other health specialists practicing mainstream medicine don't realize is how important nutrition is to good health. How could they? Doctors barely get 6 hours of nutrition education for every year they are in medical school.

Doctors aren't being trained to help you; they are trained to become glorified prescription drug dispensers. And since the multibillion dollar pharmaceutical companies are the ones sponsoring and writing curriculum for medical schools, nothing is going to change anytime soon.

And this big pharma influence doesn't stop in medical school; pharmaceutical companies legally bribe doctors to prescribe you more drugs. Many doctors get kickbacks from drug companies for every drug they prescribe or certain brand of insulin meter they recommend to you.

The entire medical system is made to keep you hooked on drugs for life while lining the greedy pockets of pharmaceutical companies. Nobody wants to cure you or make you get better. Everything is made to keep you as sick as possible, thereby guaranteeing profits to them for life.

Sounds grim? Well it is. Think about it. If your diabetes goes away, they lose a customer. They can't sell you any more insulin pumps, glucose meters or monthly drug refills. That's tens of thousands of dollars lost from every patient. This is why they have absolutely no intention of helping you get better. If they were actually in the health business, they'd be putting themselves out of business.

I couldn't just sit there and watch so many diabetics suffer and struggle their entire lives, which is why I wrote this book. In this book I cover the many aspects of proper nutrition and how it relates to perfect health. Countless scientific studies over the years have shown that proper nutrition is many times **more effective** than most drugs and pills at reversing, curing and eliminating disease.

I think you deserve to know the truth regarding our medical system, food and drug system, and health policy. I think you deserve to know what is being done and not being done to keep you sick and unhappy, and I want to shed some light on what is *actually* important and what *actually* matters. And I think you deserve to know that the most common notions you have been told about the food you eat, and about health and disease are wrong:

- Hoping that drug manufacturers or genetic research is eventually going to discover the miracle pill to “cure” any disease is ignoring the decades of

scientific studies and research that already prove how diseases can be reversed and prevented with diet alone.

- Chemicals in the environment, as bad as they might be, as well as your “predisposition” to disease are not the main causes of most illnesses.
- The genes that you inherit from your parents are not the most important factors that will determine whether you will suffer from any illnesses or diseases.
- Controlling any one aspect of your diet, for example carbohydrates, fats, protein, or any one nutrient is not going to lead to any strong improvement in your health.
- Drugs and surgery **DO NOT** cure the diseases that kill most people today.
- Most likely, your doctor has absolutely no idea what you need to do to be the healthiest that you can be.

The health industry, just like any other industry, is just that: an industry. And the sole purpose of any giant mainstream industry is to increase profits. How does the health industry make money? They need **more and more** unhealthy people each year who will buy their products. What would happen if people became healthy, and happy? That’s right, the whole industry would collapse overnight, and all their billion dollar profits would disappear.



Drugs and pills are not made to cure you. Their goal is to relieve your symptoms to make you **FEEL** better and trick you into believing it worked. They run an industry to increase their profits, they do not want you to become healthy and slim, and their billions of dollars **depend** on you staying sick and unhealthy.

I want to dispel all the mystery and confusion and bring you to the foundation

of your **TRUE** health and wellbeing.

Countless scientific studies (which I will get to later on) over the years have proven that simple dietary and lifestyle changes work much better than conventional methods involving drugs and surgery and without the side-effects. When you take drugs, you still **LIVE** with the disease you are treating. You still **LIVE** with the side-effects from the disease while throwing away your money on pointless pills. When you start eating right, when you eliminate the harmful oils, fats, and foods, your diabetes goes into remission and overtime even disappears - and with it disappear all the horrible side-effects. Without the use of drugs, pills, surgery or injections.

And trust me, you are going to be quite angry when you see for yourself what the drugs and pills that you might be taking really do to you - and why you never even had to take them in the first place.

Tomorrow's Medicine

"Let thy food be thy medicine and thy medicine be thy food"

-**Hippocrates**

2500 years ago, Hippocrates, the "Father of Medicine", said to his students, "Let thy food be thy medicine and thy medicine be thy food". Moses Maimonides, the great 12th century physician, repeated the Hippocratic statement when he said, "No illness which can be treated by diet should be treated by any other means". In essence, Hippocrates and Maimonides were insisting that their students practice nutrition therapy, healing the body not by pills, drugs, or surgery, but by changing the things you eat. This type of medical therapy is being used by doctors today, but only by a very small minority.

If you went to your mechanic because there was a loud noise coming from the car and instead of fixing the problem he gave you some ear plugs, would you be satisfied? If a red warning light started blinking and all your mechanic would do is remove the light, would you be happy? This is the same problem with doctors. When you go to a doctor, many of them don't tell you how to cure your disease or ailment but prescribe pills to fight the SIDE EFFECTS of this problem. The drugs simply turn off the warning lights that your body is frantically flashing.

High cholesterol? They tell you to take some cholesterol lowering drugs without analyzing your body to find out WHY you have high cholesterol. High cholesterol is a warning sign of something much worse.

Have heart disease? Blocked arteries? They say you need heart bypass surgery or blood thinning drugs. They never tell you how to clear up your arteries or reverse your heart disease.

Do you have diabetes? The doctor puts you on drugs, and makes you measure your blood sugar daily. None of these things will ever cure diabetes, they are just treatments.

Have you ever wondered why some people have diabetes, heart disease, high cholesterol and other illnesses while others don't? It's all very simple - they eat different foods.

Doctors are not trained in nutrition; they are trained to prescribe drugs and other medicines. They are not allowed by law to even mention natural ways to cure illness or disease using anything other than prescription drugs.

Toximolecular medicine, used by the majority of doctors (especially in the past 50 years) is the administration of drugs at sub-lethal levels to cover up diseases or ailments. Drugs, of course, are alien chemicals which serve to cover-up the disease - to mask it, help relieve symptoms, but never to eliminate the real cause. They offer symptomatic relief but often at the cost of severe and dangerous side effects (if you read the side effect list on some of the most popular drugs, they actually cause much more problems than they solve).

Drugs create dependence on the part of the patient and often complicate the doctor's job by masking or alleviating the symptoms, which are valuable clues as to the real source of the disease or illness.

Of course drugs can save the life of an ill patient, as can surgery and the other techniques at which doctors are very good at. But the paradigm is changing. The common practice of using drugs or surgery to treat what is caused by nutritional deficiencies is slowly on its way out the door. As a doctor in Dublin recently said, "The evidence for nutritional therapy is becoming so strong that if the doctors of today don't become nutritionists, the nutritionists will become the doctors of tomorrow."

Patrick Holford, Director of the Institute for Optimum Nutrition in London which is at the forefront of research and education in this field, makes this very clear: "Tomorrow's medicine will not be about using nutrients instead of drugs. It will be about looking through a new pair of glasses which reveal the true causes of disease. In most cases these lie in faulty nutrition, pollution, stress, negativity, addiction and lack of exercise - the greatest cause of all being ignorance. The original meaning of the word 'doctor' is "teacher or learned man" and that is perhaps the most important role a health professional can perform."

Let's figure out the basics first. We do not have a headache because of a lack of Tylenol, and we don't develop diabetes because of a lack of Metformin. Our stomachs don't get upset because of a lack of Pepto-Bismol, and I'm sure we don't get high cholesterol because of a lack of cholesterol lowering drugs. Do you see where I'm going?

Tylenol does not cure your headache, it just stops you from feeling it, Metformin does not cure diabetes, it just makes your liver release less glucose, and Aspirin thins the blood which "seems" to help with heart disease, but why was the blood thick anyway? Why did you have a headache? Why is there so much glucose in your blood? What is the CAUSE of all those diseases? Has anyone ever asked what the

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real cause of their disease was instead of just taking a pill to make the symptoms go away?

The entire approach and foundation of Orthodox Medicine is based on Luis Pasteur's *Germ Theory*, a flawed concept. A disease condition is viewed by the orthodoxy as an isolated event, confined to the area in which it manifests itself (E.g. an ear infection, eye infection, gum infection, lung cancer, skin cancer, diabetes, heart disease, etc.). Under this theory, *for unknown reasons*, microbes or tumors indiscriminately grow in the patient and must be cut (surgery), burned (radiation), or poisoned (drugs) out of the body. In the orthodox model, the solution is sought through **mechanical** and **chemical** means. Seeking to understand WHY the infection or disease condition appeared in the first place, is not explored. The quick fix with a prescription for drugs to smother the symptoms is the typical orthodox 'answer'.

A contemporary of Pasteur, **Antoine Bechamp**, had a different opinion as to why disease conditions 'took hold'. Bechamp felt that the ENVIRONMENT, or the ECOLOGY of the blood played the critical role in deciding whether disease conditions would manifest or not.

It is important to discover the **stressors** (environmental, biological, chemical, psychological, and emotional) in a patient's life that cause a *weakening* of a particular bodily system; which in turn allows the manifestation of a disease condition in a weakened area. In order to maintain a state of health, all systems within the body need to exist in a state of **balance** or **equilibrium**. Imbalance leads to conditions of discomfort (dis-ease) which eventually spirals into ill health if not corrected. The Chinese and Indians (Ayurvedic medicine) had worked all of this out **thousands of years** ago.

Orthodox or Allopathic Medicine utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms in an affected area. ***This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient.*** Rather, the use of drugs often will **temporarily mask** the outer manifestations of the malady, while at the same time, drive the disease deeper into the body...**only to reappear at a later date, as a more serious, and chronic health threat.** One of the many flaws of the orthodox approach is that it focuses on the disease condition itself, *rather than the patient.* The term **holistic** (or holistic) originally sprang up to distinguish those physicians whose diagnostic methods consider all of the physical and emotional factors interacting with the patient.

Why is medicine these days so concerned about the symptoms, why do we have so many drugs for so many diseases? Every year there is a thousand new diseases added to the list. It's because treating the symptom is much more profitable for the billion dollar drug companies than curing the cause.

There are a few principles guiding the pharmaceutical “business of diseases,” and none of them have anything to do with your health. The financial interests of the pharmaceutical industry do not lie in the cure or prevention of the common disease - the maintenance and expansion of diseases is the only way for the financial growth of this industry. A key strategy to accomplish this goal is the development of drugs that merely mask symptoms while avoiding the curing or elimination of diseases. This explains why most prescription drugs marketed today have no proven efficacy and merely target symptoms.

Medical doctors are not trained in nutrition; they are trained in drugs, drugs, and more drugs. Asking a doctor about nutrition is like asking a train conductor about brick laying.

The monumental rise of the pharmaceutical industry seen in the last couple of decades should be followed by the reduction of diseases right? Since there are thousands upon thousands of drugs for every possible disease or illness, people should be feeling better, healthier, more vibrant and full of energy, right? You would think so. But the fact is, EVERY SINGLE disease is on the rise EVERY SINGLE year!

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Leading Causes of Death

Cause of Death	Deaths
Diseases of the Heart	710,760
Cancer (Malignant Neoplasms)	553,091
Medical Care ¹¹	225,400
Stroke (Cerebrovascular Diseases)	167,661
Chronic Lower Respiratory Diseases	122,009
Accidents	97,900
Diabetes Mellitus	69,301
Influenza and Pneumonia	65,313
Alzheimer's Disease	49,558

Death by Health Care

Number of Americans Per Year Who Die From:	
Medication Errors ¹³	7,400
Unnecessary Surgery ¹⁴	12,000
Other Preventable Errors in Hospitals ¹¹	20,000
Hospital Borne Infections ¹¹	80,000
Adverse Drug Effects ¹⁵	106,000

The last and largest category of “Adverse Drug Effects” are people who die from unintended and undesired effects of a drug, *at normal doses*. Even with the use of approved medication and correct procedures, over two hundred thousand people die every year from the medication that is supposed to be making them healthier. More than 33,000 soldiers have died in the war in Iraq since 2003, that means every single year three times more people die from prescription medication than all the soldiers fighting in an actual war. There is a war happening right in our homes.

“Statistics prove prescription drugs are 16,400% more deadly than terrorists”

A tragedy happened on September 11th which will be remembered for centuries. 2,996 people lost their lives and thousands more injured as four commercial airlines crashed that day. But what if six jumbo jets crashed every single day for an entire year totaling 783,936 deaths? Wouldn't that be a cause for concern, some grounds

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on which to look over the airline industry, a valid reason to inspect airplanes or maybe totally get rid of them?

Well, according to the groundbreaking 2003 medical report *Death by Medicine*, by Drs. Gary Null, Carolyn Dean, Martin Feldman, Debora Rasio and Dorothy Smith, 783,936 people in the United States die every year from conventional medicine mistakes. 106,000 of those are from properly prescribed prescription drugs, according to *Death by Medicine*. That also is a conservative number. Some experts estimate it should be more like 200,000 because of unreported cases of adverse drug reactions. That's three times deadlier than automobile fatalities.

This makes prescription drug death the fourth leading killer after heart disease, cancer and stroke. Look at these numbers more carefully, that's about 300 deaths **per day** from regular prescription drugs, yet when an airplane crashes it gets more media attention and governmental scrutiny than the 300 medication-related deaths which occurred not only on the same day as the airline crash, but also every day before and after for decades.

"Prescription drugs...account for more deaths each year than all murders, auto accidents and airplane crashes combined. It is estimated that 100,000 people die every year from the adverse effects of prescription drugs, and 1 million are injured so severely they require hospitalization." **Thomas Moore**, "*Prescription drug risks are too high*" *The Miami Herald*, April 12, 1998, p. 6L.

"It has been estimated that fatalities directly attributable to adverse drug reactions are the fourth to sixth leading cause of death in US hospitals, exceeding deaths caused by pneumonia and diabetes. The economic burden resulting from drug-related morbidity and mortality is equally significant and has been conservatively estimated at \$US30 billion dollars annually, and could exceed \$US130 billion in a worst-case scenario." **White TJ, Arakelian A, Rho JP**, "*Counting the costs of drug-related adverse events*" *Pharmacoeconomics*, 15(5): 445-58, May 1999.

"David Lawrence, CEO of Kaiser Permanente, the nation's oldest HMO, calls medication errors 'the number one public health risk in the United States, ahead of tobacco, alcohol, [illegal] drugs, or guns.'" **Ted Sandoval**, "*Cutting Medication Errors Requires Proactive Steps*" *Web MD, Medcast*, June 20, 2000.

All drugs have negative side effects, even aspirin. However, prescription drugs have far more potentially dangerous side effects than do over-the-counter medications. Most people who take these drugs according to their physicians' directions do not experience serious side effects, but some do. Some people have severe allergic reactions, some suffer heart attacks or seizures, and some experience organ damage because of the prescription drugs they take. One of the most common serious drug

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problems is liver damage because most medicines taken by mouth are ultimately processed through the liver.

In addition to the negative side effects induced by individual drugs, some drugs interact negatively with certain foods or with other drugs.

"With so many people on so many pills, small wonder that part of the increase in healthcare costs is illness caused by drug interactions. A Queen's University study of seniors' medication released in January, for example, found that in 96% of cases studied, doctors' knowledge of their patients' medication use was inaccurate. On average, the patients had a daily dose of seven medications." **Candis McLean**, "*The real drug pushers*," Report Newsmagazine, March 19, 2001.

So why are people becoming sicker and sicker, even with the advancements in healthcare? You must understand that the whole idea of disease eradication is by its very nature incompatible with, and completely opposed to the interests of the pharmaceutical investment industry. The elimination of diseases will eliminate the multibillion dollar profits, and thus destroy the whole industry. Most pharmaceutical companies are publicly traded corporations whose ONLY object is to increase profits. Their sole interest is selling you drugs for your symptoms, so you keep on coming back for more. They take advantage of peoples' vulnerabilities and sell you ineffective drugs with so many side effects that you will need a few more kidneys and livers just to deal with these toxic poisons.

At best, most drugs just suppress the symptoms of diseases only for a short while. However, because they are making the body do something unnatural, and because they are made from highly poisonous chemicals, they cause other bodily systems to fail causing a snowball effect where more drugs are needed to cope with the side effects of previous drugs and so on.

If you are taking non-prescription over the counter or prescription drugs on a regular basis, and you are under the age of 60, it is a well known fact that these drugs WILL cause you serious medical conditions later on in life. Just read the complications and side effects printout with your medication.

"In every year since 1982, the drug industry has been the most profitable in the United States, according to Fortune magazine's rankings. During this time, the drug industry's returns on revenue (profit as a percent of sales) have averaged about three times the average for all other industries represented in the Fortune 500."

-Public Citizen Report, "Rx R&D Myths: The Case Against the Drug Industry's R&D 'Scare Card,'" July 23, 2001.

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Legendary economist Paul Zane Pilzer has written, “What we call the ‘health care’ business is really the sickness business. The \$1.4 trillion we spend on medical care is concerned with treating the symptoms of sickness. It has very little to do with being stronger or healthier.” Pilzer predicts that wellness is destined to become a trillion dollar industry.

Think about it, if your doctor has, let’s say, 300 patients, and they all become healthy – nobody is coming into his office anymore, he’s broke! What incentive does he have to keep you healthy? None! This may sound a little harsh but even the hands of the good doctors are tied, because even if they do know some alternative treatment, they can only prescribe drugs and surgery or risk losing their license, being sued, ridiculed, or thrown out of high job positions, as many honest doctors already have been.

A *cured* patient is a lost source of income. A sick patient who is marginally "improved" is a *manageable* patient.

“This guy’s doctor told him he had six months to live. The guy said he couldn’t pay his bill. The doctor gave him another six months.”

Managing patients means routine office visits and renewing of drug prescriptions. Therefore, a manageable patient is a continuing source of income; a cash cow if you will. Multiply that by a few billion people and you get an idea why this deceit is being put upon you. The profits from the so called "health-care" industry are staggering!

The thrust of the pharmaceutical agenda is to provide **temporary relief**, while never addressing the **cause** of the disease condition. This agenda insures regular visits to the doctor's office and requires the patient to routinely return to the pharmacy to refill his prescriptions. This is what the game is all about folks, plain and simple. Deny it, or understand how the system works and get healthy; it’s your choice.



"We have a multi-billion dollar industry that is killing people, right and left, just for financial gain. Their idea of research is to see whether two doses of this poison is better than three doses of that poison."

Glenn A. Warner, M.D.

"People think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day."

Former commissioner of the FDA, Dr Herbert Ley, in testimony before a US Senate hearing. (This doesn't just apply to the United States; the multi-billion dollar drug companies have their grasp on every country in the world)

"Modern medicine is not a science and modern clinicians and medical researchers are not scientists. Modern clinicians may use scientific techniques but in the way that they treat their patients they are still quacks.....Medicine is no longer an independent profession. Doctors have become nothing more than a link connecting the pharmaceutical industry to the consumer."

Dr Vernon Coleman



"They are running a monopoly and they will lie, cheat and steal to keep it that way."

--- Dr Eva Snead

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Clinical Trials

Let's look at these so called "scientific studies" which drug companies use to push their drugs or discredit natural remedies. The fact is that studies are funded by someone, and are commissioned for a specific reason. They are either requested to prove something works or to prove that something doesn't work. Studies paid for by pharmaceutical companies are never commissioned to find the truth. They are paid for to give a specific and preplanned result. Drug companies have specific ways in which they organize studies.

First, they produce secret studies to get some preliminary information on how to conduct the final study that will give them the required result. These preliminary studies are never released to the public and are only done to find the best way to organize the final study to give the drug companies the desired end result. Drug companies fund 99% of all studies, directly or indirectly. To hide the fact that a drug company is funding a particular study, sometimes the funding is 10 times removed! By channeling money through smaller companies, groups, foundations, and institutes the study seems like it is honest and truthful. These studies that produce results and supposedly "prove" that a particular drug is safe and effective are completely false and misleading!

For example, first they run studies to find out what kind of person has the least adverse reaction to their new drug, or no reaction at all. Then they test various doses of the drug to figure out one that has the least side effects. Let's say they find that 45 year old physically fit healthy females are the least prone to side effects. In their final study they then recruit mostly 45 year old physically fit healthy females, and get their desired end result.

If you were a dishonest crook whose only motive was money, and you were funding a study to prove the effectiveness of your product. Wouldn't you try absolutely everything to get the desired results? Especially if billions of dollars were at stake?

Once the FDA approves the medication or a drug for use by the general public, they know less than half of the serious adverse drug reactions. It is just impossible to know them all. So how do they find out the others? Well, it's owing to you, the public, or what is called, "the great clinical trial." It is you who finds out. You are the guinea pig.

You might be wondering why such a small amount of drugs get taken off the market even though there are so many deaths.

"It is a voluntary reporting system. Less than one percent of these adverse drug reactions are really reported back to the FDA, because doctors and hospitals are not required to report them back. It is voluntary. Then, it is reported to a committee in
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the FDA that has no authority. Once enough of these red flags come in on a drug, then they'll send it back to the original committee that approved the drug in the first place. I do not feel that they have an unbiased representation when they look at this. That's why over 99 percent of the time all that happens is a change to the drug label or what we call a package insert. This usually goes unnoticed even if they send out a "dear doctor" letter warning doctors about these drugs, and that they better be careful here. There have been studies that show doctors don't pay much attention to that. So it's not a very good system."

Dr. Ray Strand

The final studies are usually done on healthy individuals and many times not even in the age category the drug is marketed for! For example, a clinical trial might over-select young, healthy subjects when the drug being tested is intended for use primarily on older patients.

"Rochon et al. found that only 2.1 percent of subjects in trials of nonsteroidal anti-inflammatory drugs were 65 years of age or older, even though these drugs are more commonly used and have a higher incidence of side effects in the elderly." Bodenheimer T, "Uneasy Alliance-Clinical Investigators and the Pharmaceutical Industry," *New England Journal of Medicine*, 342(20), May 18, 2000.

Critics of the FDA point out the agency's close ties to the big drug companies as one of the problems in the drug approval process. A USA Today report found that more than half the advisors to the FDA have "financial relationships" with drug companies that have an interest in FDA decisions (De Angelis C, "Conflict of Interest and the Public Trust," *JAMA*, Nov 1, 2000). But even if panel members involved in approving a drug are scrupulously honest, they still depend on data from that company's clinical trials to approve the drug as safe and efficacious, and the data can be misleading.

"Efforts by drug companies to suppress, spin, and obfuscate findings that do not suit their commercial purposes were first revealed to their full, lethal extent during the thalidomide tragedy. Although government drug regulation schemes around the world are now in place, the insidious tactics of Big Pharma have changed little." "The Tightening Grip of Big Pharmaceutical Companies," Editorial, *The Lancet*, April 14, 2001.

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