

## Re: note to Sharon and Zee

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*Source:* <http://sci.tech--archive.net/Archive/sci.med.cardiology/2005-07/msg00476.html>

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- *From:* [jason@xxxxxxxxxx](mailto:jason@xxxxxxxxxx) (Jason)
  - *Date:* Sat, 09 Jul 2005 09:33:14 -0700
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In article <dibuc117890bd4e8f0np9ggalc53v1okh4@xxxxxxx>, Rita <nitany\_98@xxxxxxxxxx> wrote:

> On Fri, 08 Jul 2005 17:33:13 -0700, [jason@xxxxxxxxxx](mailto:jason@xxxxxxxxxx) (Jason) wrote:  
>  
>> In article <78utc11n2s9s2aflf9s88aio808e2dl8k7@xxxxxxx>, Rita  
>>> <nitany\_98@xxxxxxxxxx> wrote:  
>>>  
>>>> On Fri, 08 Jul 2005 14:44:51 -0700, [jason@xxxxxxxxxx](mailto:jason@xxxxxxxxxx) (Jason) wrote:  
>>>>>  
>>>>>> >Hawki,  
>>>>>>> Thanks for informing me about the review process. If you think about what  
>>>>>>> you wrote, bias could easily be used to pick out the reviewers that you  
>>>>>>> mentioned. For example, I doubt if any Alternative Doctors (aka  
>>>>>>> Nutritional Doctors) are picked to be one of the reviewers. Do you  
>>>>>>> understand my point? I subscribe to Dr. Whitaker's (an alternative doctor)  
>>>>>>> newsletter and he discusses this bias on a regular basis in his  
>>>>>>> newsletter.  
>>>>>>> Jason  
>>>>>>>  
>>>>>>>> Have these "alternative doctors" done controlled studies or do they  
>>>>>>>> even believe in controlled studies? A lot of the things alternative  
>>>>>>>> doctors recommend people take are "supplements" which have never  
>>>>>>>> been subjected to rigorous testing. Now I agree the drug companies  
>>>>>>>> have cooked the books on some of their studies, but that does not  
>>>>>>>> mean I will take anything at all just on the word of some "alternative  
>>>>>>>> doctors". There are too many quacks among them to have any confidence.  
>>>>>>>> I think you found this out when you took Red Yeast.  
>>>>>>>>  
>>>>>>>>> Rita,  
>>>>>>>>>> Great point. I agree with you. People should NOT trust a doctor just  
>>>>>>>>>> because he or she is an alternative doctor. Some of the supplements they  
>>>>>>>>>> sell have never been tested. However, Hawki did make one error in her  
>>>>>>>>>> post. Alternative doctors are real doctors and many of them do prescribe  
>>>>>>>>>> regular medications such as statins to treat people that have high chol.  
>>>>>>>>>> levels. The only different is that they first try supplements such as red  
>>>>>>>>>> yeast rice and niacin before they prescribe a statin. My present doctor is

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>>NOT an alternative doctor. I believe that you were the one that told me  
>>that you can cook with olive oil. I done some more research on the subject  
>>and found out that you were right. However, it does break down at really  
>>high temperatures. Perhaps some of the people that use it do not realize  
>>that fact. I did learn a valuable lesson when I took red yeast rice and  
>>statins at the same time. I will never do that again.  
>>Jason  
>  
> Yes, olive oil breaks down at high temps, but high temp cooking is  
> not healthy cooking -- like frying or deep frying. Sauteeing means  
> cooking in a bit of oil at lower temperatures. But you must have  
> read some "alternative" literature to learn about red yeast rice in  
> the first place. There are just too many things hyped in  
> "alternative medicine" to make me trust its proponents. I know  
> people who have bottles and bottles of various "supplements" they  
> read about in alternative medicine sites. They have no idea what  
> interactions these supplements have with prescription drugs or  
> with other supplements. But they are adamant that "alternative"  
> medicine can be trusted while regular doctors cannot be trusted.  
> I think one has to be very careful in choosing conventional  
> doctors of course. Just because a doc has an M.D. does not mean  
> he or she is a good doctor. It is a minefield, but one has to try  
> to navigate it somehow.

Rita,

I agree with everything you wrote. I would NOT have agreed with you a year ago. I now realize that some of the alternative doctors are in it for the money--esp. the ones that sell high priced supplements. I fully realize that many of the supplements have never been tested. I am now very careful as to which supplements I take. However, I do believe that everyone should take a multi-vitamin--multi-mineral vitamin each day. I use capsules since they are less likely to upset my stomach.

Jason

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We respect those subscribers that ask for advice or provide advice.

We do NOT respect the subscribers that enjoy criticizing people.

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• *References:*

◆ *Re: note to Sharon and Zee*

◇ *From:* Jason

◆ *Re: note to Sharon and Zee*

◇ *From:* Hawki63

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- ◆ **Re: note to Sharon and Zee**
  - ◇ From: Jason
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  - ◇ From: Hawki63
- ◆ **Re: note to Sharon and Zee**
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