

Re: Who is your favourite nutrition guru?

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- *From:* "TC" <tunderbar@xxxxxxxxxxxxx>
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Ron Peterson wrote:

Tony Burch wrote:

I was just pondering the idea of "gurus" & I thought the following questions may hopefully make some interesting & entertaining discussion:)

Including people in this newsgroup & others in the field, whom do you consider to be the present-day "gurus" in nutrition? ...I mean the people who guide others, are inspirational & highly respected for their work & contributions in this field.

Who is your favourite guru & why?

<http://www.msnbc.msn.com/id/10753216/site/newsweek/> has some suggestions including:

Bruce Ames PROFESSOR, U.C., BERKELEY

He takes: Acetyl-carnitine, lipoic acid and a multivitamin

Tip: Try to eat well, but take a daily multivitamin for insurance

Bruce N. Ames, Ph.D., Professor of Biochemistry and Molecular Biology, University of California, Berkeley. Co-founder of Juvenon, a biotechnology company. (Pollack, Andrew. "Forget Boxtox. Anti-Aging Pills May Be Next," New York Times, 9/21/03, B10) Holds U.S. patent number 6,455,589 "Primary N-hydroxylamines" assigned to The Regents of the University of California (Oakland, CA), September 24, 2002. Holds U.S. patent number 5,869,258 "Detection system for mutagens that identifies mutagenic changes" assigned to The Regents of the University of California (Oakland, CA), February 9, 1999. Holds U.S. patent number 5,916,912 "Dietary composition for enhancing metabolism and alleviating oxidative stress" assigned to The Regents of the

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University of California (Oakland, CA), June 29, 1999. Holds U.S. patent number 5,681,737 "Detection system for mutagens that also identifies mutagenic changes" assigned to The Regents of the University of California (Oakland, CA), October 28, 1997. On the Board of Directors for the Marshall Institute. (www.marshall.org/aboutpg.html; accessed 04/30/01) Co-founder of Juvenon, a biotechnology company. (New York Times, 9/21/03, B10) Member of the scientific advisory board of The Advancement of Sound Science Coalition. (Brill's Content, 10/98, p.113)

JoAnn Manson PROF., HARVARD MEDICAL SCHOOL
She takes: Calcium (1,000mg daily), vitamin D, multivitamin
Tip: For best absorption, no more than 500mg of calcium per dose

JoAnne E. Manson, Harvard Medical School. Paid consultant to Interneuron, maker of obesity drug Redux (fenfluramine) for several months in 1995. (New York Times, 8/29/96; Lingua Franca, June/July, 1997; p. 54)

Dean Ornish BEST-SELLING AUTHOR
He takes: Fish oil (three grams daily) and a multivitamin
Tip: Iron-free multivitamin for men, postmenopausal women
The most important supplement for people to be taking is fish oil. Just three grams a day may provide enormous benefits.

Dean Ornish, M.D., Clinical Professor of Medicine, University of California, San Francisco. Founder, president and director, Preventive Medicine Research Institute, Sausalito, CA. Member, Blue ribbon advisory board on health and wellness, PepsiCo. (http://media.corporate-ir.net/media_files/IROL/78/78265/presentations/121304.pdf; accessed 5/31/05) Earns \$7,500 per year as paid consultant to McDonald's Corp. for giving talks to employees and writing nutritional advice for table displays. (Melanie Warner, "Is a Trip to McDonald's Just What the Doctor Ordered?" New York Times, 5/2/05, P.C1) In 2005, presented findings to the American College of Cardiology on the heart benefits of pomegranate juice based on a study funded by POM Wonderful, which makes pomegranate juice. (Ben Harder, "Wonder Juice?" Washington Post, 6/21/05, p.F2) Consultant to McDonald's, PepsiCo, and ConAgra Foods. (Beil, Laura. "Eyes on the Fries," Dallas Morning News, 1/24/2005; Severson, Kim, Warner, Melanie. "Fat Substitute, Once Praised, Is Pushed Out of the Kitchen," New York Times, 2/13/05, p.1) Research supported by The Enron Foundation, Continental Airlines, Credit Suisse First Boston Foundation, Corporate Property Investors, Texas Commerce Bank Foundation, and Arthur Andersen & Co. (JAMA. 1998;280:2001-7.) Received consulting fees and honoraria from ConAgra

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Foods. (JAMA. 1998;279:1345–6.) Received lecture honoraria and wrote general–interest books on diet and lifestyle, for which he received royalties. (JAMA. 1998;279:1345–6.)

Marion Nestle AUTHOR, 'WHAT TO EAT'

She takes: An occasional multivitamin

Tip: Eat lots of fruits, vegetables, whole grains and fatty fish

Irwin Rosenberg NUTRITION SCIENTIST, TUFTS

He takes: Vitamin B12 (200mcg weekly), vitamin D (400 IU daily)

Tip: If you don't live in a sunny climate, vitamin D could be low.

Irwin Rosenberg, M.D., Senior Scientist and Director, Nutrition and Neurocognition Laboratory Jean Mayer USDA HNRCA, Tufts University. Serves on Advisory Board of Coca–Cola's Beverage Institute for Health and Wellness. (
http://www.thebeverageinstitute.org/advisory_council.shtml ; accessed 11/09/04)

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Ron

Four out of five "doctors" are owned by industry.

TC

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