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I spent most of my life following the American standards using the pyramid as my guideline. My asthma over the past fifteen years accelerated to the point where I was diagnosed with COPD, five years suffering with chronic stomach aches and explosive diarrhea, my breasts became cystic and grew one benign tumor growth then over the years my breast became sore to the touch. I have no insurance, take no welfare, but was too sick to work anymore because no longer could I not count on holding my bowels and my lungs were continuously filled with fluid despite maximum doses of steroids and nebulizers. Although my weight hasn't been an issue over the years, the more ill I became, the more I tried to adhere to eating the recommended amount of calories (eating more) by the pyramid which resulted in an increase in belt size. In result, I became more critically ill.

Because of my father's influence, I read *The China Study* by Collin Campbell and *Eat to Live* by Dr. Fuhrman. I implemented the recommendations of a plant based diet, eliminated processed food as well as meat and dairy. Within twenty days my lungs were clear and I was free of the steroids. Neither of these books discussed, in detail, my particular ailments and I had no idea the impact it would have on my ability to breathe. My doctor can verify this because he saw me the day before I started this plant based diet and at that time was going to put me on a daily dose of prednisone and another x-ray in addition to my other medicine. After I showed him the book I was reading, he said he had read Dr Ornish (who endorsed *The China Study*) and would be interested in hearing what Campbell had to say. Twenty days later, I returned to his office, brought him a copy of the book and let him have a listen to my lungs. My lungs were clear for once after years and years of suffering. He was amazed. We had no idea that this could even be possible.

It has been seventy days since I started on this plant based diet. I'm feeling much better. I've had a couple of occasions where I started to revert back to my old ways for a couple of days, only to experience the same problems as before. I've spent the last seventy days continuing my research; reading and listening to speeches by professionals dedicated to our health and well being such as Barnard, Ornash, Esselstyn and others. I've literally spent hundreds of hours researching nutritional information, sites and groups advocating health and reform on the internet.

**These are the opinions I've formulated and also my recommended topics for the meeting:**

- 1. Campbell, Ornash, Esselstyn, Diehl, Fuhrman or their representatives' advice should be considered as the basis of healthy eating during the formation of the new pyramid.**
- 2. The current consumption habits of the public should not be held as the guideline for what is acceptable, but rather the basis should be what is most optimal for health.**

**3. Food items that contain cholesterol, saturated fat, trans fats, partially hydrogenated oils and perhaps others should have warnings just like the tobacco industry and pharmaceutical companies are required to do in order to assist the consumer in making informed choices.**

**4. In order to educate, people must be informed. There is not enough accurate public information dispersed regarding nutrition and health. Advertisements by the commercial food industry are constant. In contrast, most people don't even know the pyramid changed in 2005. The result of being misguided is disease and obesity.**

**5. Commercial industries and producers should not be involved in deciding which nutrition is best for our health (i.e. the food pyramid). Many tend to skew information about nutritional quality, devalue information, disregard harmful effects and most put profit before concern for public health. Hopefully, instead, the guidelines will encourage them to help the public.**

**6. There must be transparency on whom and how determinations are made on public nutrition. In addition, the public should know the companies who fund and sponsor them.**

**7. There must be more disclosure to the public on food products we consume and preparation that is bad for our health. (For example man made trans fats).**

**8. Nutrition should be the very foundation of medicine. This is why it's so important to focus on what achieves optimal health through nutrition. Our country would be much healthier and save billions of dollars in health care cost. In addition, health insurance companies must recognize, emphasize, understand and support the value of nutrition and diet. Lastly, the result would be that thousands of people like me won't have to die unnecessarily.**

I have much more to say and share. Please feel free to contact me:

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