



'MAJOR NEGATIVE CONSTITUTION': This shot-putter may be an example of a "major negative constitutional type." JONATHAN WOOD/GETTY IMAGES

Chinese medicine constitutional type: Major negative

By **ROBERTO C. DE LA CUERDA**

Constitutional medicine is a theory approach based on observations of the human body and its relation to emotional and physiological characteristics and its pathological tendencies. This theory is based on the belief that the body and spirit are one. Matter is a palpable and tangible consequence (in this physical dimension) of the thoughts, emotions, and attitudes that we have had.

This theory classifies the human body into four principle constitutions: major positive (MaP), minor positive (MiP), major negative (MaN), and minor negative (MiN). The characteristics of many people are well-defined, while others are somewhere between them. Of course, the capability of knowing oneself and others is an art.

In this article I emphasize the major negative constitution, since many people close to me belong to this physical constitution—among them was my professor of acupuncture. Of all the major constitutions, I am the most clear of the cause of the major negative.

Each one of these constitutions is related to the blood and energy. A MaN body is a very material one, with much blood, volume, and weight. A major positive body is very energetic, dynamic, and thin.

A body of MaN constitution normally has a large and developed liver, with lungs relatively less developed. The bones of these people are thick, their heads are relatively large, and so are their eyes, jaw, and mouth. The neck is robust, the body uniform in tone; the extremities are also strong but perhaps lacking in dexterity and are relatively short.

Physically they are characterized by a great ability to transport and move things, but due to having little support from their lungs, that energy manifests in shorter bursts, with many ups and downs. These people can work intensively for a long period of time with much energy and no rest. Despite this, they can still collapse and abandon what they were doing after such great efforts. In the world of sport, for example, they may be shot-putters, but would never be marathon runners.

The MiN type are usually businessmen, bosses, and influential directors, considered and serious, and as such are usually around a lot of

people. That is to say, they live for power. They must direct, and do not allow themselves to be easily influenced by their peers—following the footsteps of others may be considered costly. These days more and more people are of this constitution.

Connection to the liver

Since antiquity, the Chinese have regarded the liver as a carnal symbol. As we know, the liver is considered one of the most important organs. It has many functions, including cleaning the blood and emotions; detoxifying the body of alcohol, tobacco, medications; and protecting it from other external agents. As such, the liver is the great defender and protector of the body.

People of MaN constitution will protect and defend that which belongs to them: business, family, group of ideas, and emotions. That is to say, they live for affection, and anything that is beyond their range of control and understanding may be perceived as a threat.

These people tend to suffer from hypertension, stress, skin problems, diabetes, asthma, bronchitis, and other metabolic problems, since they live with a lot of pressure and preoccupations.

The therapy utilized for this type of constitution consists in energetically equilibrating the lungs and large intestine with the liver and the gallbladder. In this way, metabolism and circulation of blood will be improved, generating less tension in the body, and creating a feeling of lightness and greater dynamism. Without this regulation, other types of treatment may be ineffective.

These people have been born to direct others, but for this reason, they should be more humble and generous. They should be open to all without creating boundaries, in order to conserve their health and integrity and to enhance their personal and spiritual growth.

After all, in this universe the greatest and most genuine power goes hand in hand with humility.

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Whistle-blowers accuse FDA of corruption

By **DR. JOHN BRIFFA**

Last week I noticed that the British Medical Journal had recently published a news story concerning "whistle-blowing" on the other side of the Atlantic [1]. The journal reported on a letter sent by nine doctors and scientists employed by the FDA (Food and Drug Administration) to President Barack Obama.

The opening paragraph of the letter reads: "The purpose of this letter is to draw your attention to the frustration and outrage that FDA physicians and scientists, public advocacy groups, the press, and the American people have repeatedly expressed over the misdeeds of FDA officials."

"Recent press reports revealed extensive evidence of serious wrongdoing by Dr. Andrew von Eschenbach, Dr. Frank M. Torti, top FDA attorneys, center and office directors, and many others in prominent positions of authority at FDA. As a result, Dr. Frank M. Torti, acting commissioner and the FDA's first chief scientist, abruptly left the Agency."

"But the many other FDA managers who have failed to protect the American public; who have violated laws, rules, and regulations; who have suppressed or altered scientific or technological findings and conclusions; who have abused their power and authority; and who

have engaged in illegal retaliation against those who speak out have not been held accountable and remain in place."

The letter details several specific instances of alleged "systemic corruption" and wrongdoing that permeates all levels of the FDA and has plagued the Agency far too long. These include approval of medical devices by single individuals despite overwhelming opposition from FDA experts, and delays in the approval of emergency contraception medication without a prescription as a result of "political pressure."

The idea of FDA officials making decisions seemingly in isolation and contrary to expert advice reminded me of the FDA's approval of the artificial sweetener aspartame. The company that originally developed aspartame (manufactured by the pharmaceutical company G. D. Searle) had been petitioning the FDA for many years in an effort to get its product licensed.

The company didn't have much luck until a new FDA commissioner was appointed after Ronald Reagan came to power. The new commissioner, Dr. Arthur Hull Hayes, duly granted aspartame a license, a decision that went against the FDA's own scientific board of inquiry's recommendations. (Hayes subsequently took a position with Burson-Marsteller, the firm in

charge of public relations for G. D. Searle).

The letter also speaks of a culture in which FDA staff members appear to be of the mind-set that honesty is not always the best policy. The letter's authors write: "Currently, there is an atmosphere at FDA in which the honest employee fears the dishonest employee, and not the other way around. Disturbingly, the atmosphere does not yet exist at FDA where honest employees, committed to integrity and the FDA mission, can act without fear of reprisal."

The letter also details what happened after the Wall Street Journal recently published an article detailing "wrongdoing and improper political influence involving top FDA officials." The then acting (and now suddenly departed) commissioner of the FDA, Dr. Frank Torti, sent an e-mail to FDA employees in which he made it clear that they "must comply with ... obligations to keep certain information ... confidential ... [including] e-mail to and from employees within FDA [that document the] deliberative process" and threatening that "violation ... can result in disciplinary sanctions and/or individual criminal liability."

This seems to me to be a clear attempt by the head of the FDA to intimidate potential whistle-blowers into silence and inaction. The FDA, by the way, has the subheading



FRANK M. TORTI, M.D.: Former principal deputy commissioner and first chief scientist of the FDA. FDA.GOV/OC/BIOS/TORTI

"Protecting and Promoting Your Health." Is that how it proposes to achieve this—through corruption, wrongdoing, and intimidation?

Reference: Hopkins Tanne J. Scientists and Doctors Ask Obama to Investigate "Wrongdoing" at the FDA. British Medical Journal 2009; 338:b1483
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Natural remedy for spare tire

Innocent-looking plant rubs out potbelly 'killer fat'

By **W. GIFFORD-JONES, M.D.**

Never before in human history have so many North Americans been so obese and potbellied. It's causing an unparalleled epidemic of diabetes with disastrous complications. But research shows that it's the abdominal fat, called visceral fat, that kills. Now, a natural remedy, Glabrinex, can help to decrease this "killer" fat.

Years ago, Dr. Timo Lakka, a Finnish researcher, urged potbellied people to take heed after studying 1,800 apple-shaped Finns for 10 years. He reported that men who were not overweight, but had a potbelly, had four times the risk of heart disease of men without one.

Then in 1988, Dr. Gerald Reaven at Stanford University in California described what is known as the "metabolic syndrome." It's the stage before type 2 diabetes occurs, and it's associated with obesity, increased blood fats, and coronary heart disease.

Today this prediabetic state strikes all ages and ethnic groups. Now 20 to 30 percent of North Americans have this syndrome, and it's getting worse every year. Visceral or abdominal fat, a ticking time bomb, is linked to metabolic syndrome. The great tragedy is that young children are now developing this syndrome and headed for type 2 diabetes and heart disease.

"Killer fat" is found deep in the abdomen surrounding the intestine and other organs. These fat cells are



LICORICE: An extract of licorice root has been found to reduce weight and BMI. ROBERT TATINA @ USDA-NRCS PLANTS DATABASE / USDA NRCS. 1992. WESTERN WETLAND FLORA. FIELD OFFICE GUIDE TO PLANT SPECIES. WEST REGION. SACRAMENTO.

more metabolically active than other fat cells in the lower part of the body and pack on pounds more easily. In the process of accumulating abdominal fat these visceral cells produce a variety of peptide hormones and inflammatory cytokines called adipokines, the action of which causes inflammation of blood vessels and other cells in distant locations. The extent of this damaging inflammation can be evaluated by asking your doctor to measure the level of C-reactive protein (CRP) in your blood.

Although these killer fat cells not only enlarge more quickly than other fat cells, the good news is they also decrease in size more speedily. And even modest reductions in visceral fat can help reverse the inflammatory effects on the heart and blood vessels.

Now an exciting new dietary supplement is available to help those who are losing the battle against their potbellied fat. Glabrinex is the first natural product of its kind. It helps to mobilize visceral fat and delay or suppress the onset of the metabolic syndrome.

It's derived from the root of the leguminous Glycyrrhiza plant [licorice] and has been consumed for over 4,000 years since the era of ancient Egypt. The FDA (Food and Drug Administration) has approved the active ingredient in Glabrinex as a new dietary ingredient.

Studies were initially done on diabetic mice fed a high-fat diet. Glabrinex lowered both abdominal visceral fat and helped sustain blood sugar levels. In addition, histopathological examination revealed that

visceral fat cells had shrunk in size, and fatty degeneration of the liver improved.

Japanese and other researchers have conducted studies on overweight patients using Glabrinex. A similar number of obese patients were used as a control group and given placebo.

At the end of these studies, those treated with Glabrinex had decreased body weight and body mass index (BMI). There was also a significant decrease in visceral fat, but it took a minimum of eight weeks to get results. These positive changes did not occur in the control group. The recommended dose is three softgels (300 milligrams) with dinner.

The best way to minimize "killer" fat is to consume less packaged food. Instead, emphasize farm products such as fresh fruit, vegetables, and dairy products. And to make sure you're not gaining weight, buy a scale and a tape measure.

To determine your risk, measure the circumference of your abdomen. Men should not have a waist measurement of more than 35 inches and women 33 inches. Anything over these measurements means you're playing Russian roulette with "killer" fat, diabetes, and heart disease.

For more information about the benefits of Glabrinex, see the Web site vrp.com or call the toll free number (800) 877-2447. If you place an order, ask that a measuring tape be included to track your progress.

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Pharma bucks recession with 'treatment-resistant' conditions

By **MARTHA ROSENBERG**

While the pharmaceutical industry cites "patent expirations" for falling earnings, it could add an "i."

Patient expirations explain the demise of Vioxx, Bextra, Premarin/Prempro, Avandia, Paxil, Chantix, Seroquel, Ketek, the previously popular Baycol, and fen-phen.

Forty years of marketing the "diseases" of menopause and aging—Over 35? You Might Be at Risk for Menopause!—ended when hormone replacement therapy was found to cause, not prevent, the symptoms women feared.

A decade and a half of osteoporosis profits collapsed when bone drugs Fosamax, Boniva, and Actonel were found to cause, not prevent, fractures and jawbone death in some cases. Nor did it help that Boniva czar Sally Field allegedly broke a bone.

And speaking of causing, not preventing, SSRI/SSNI antidepressants are linked to so many suicides—660 in newspaper reports alone—the pharma-founded and operated American Foundation for Suicide Prevention (AFSP) is staging massive anti-suicide walks in June—against an ep-



idemic it largely created.

Even asthma inhalers are causing deaths they were supposed to prevent.

They up sell a patient who was on one med into taking two or three meds and double or triple revenues especially if

What's a pharmaceutical industry in the middle of a recession with nothing in the pipeline to do?

Say hello to "monotherapy" and "treatment-resistant" conditions.

Expensive and dangerous drugs that don't work are now said to not work as monotherapy. You need to add a second or third drug.

Conditions that don't respond to expensive and dangerous drugs that don't work are now said to be treatment-resistant—not treated with the wrong drugs or even given the wrong diagnoses.

Monotherapy and treatment resistance keep patients taking their meds—including ones that fail as monotherapy—in the absence of any evidence the meds are working.

While some say a developing child is by definition too young to have treatment-resistant anything, that was also said about schizophrenia, which is suddenly "recognized" in 4- to 6-year-olds as the FDA

meds are required for side effects.

But most importantly, monotherapy and treatment resistance shift the emphasis from pharma's failures to a patient's "failures": It's not our drug that's not working. It's your treatment-resistant condition.

Monotherapy has often been the hallmark of drugs that don't work in pediatric "conditions" like bipolar disorder, ADHD, major depression, generalized anxiety, social anxiety, passive-aggressive, oppositional-defiance, and obsessive-compulsive disorders and other personality and conduct disorders that surfaced when pharma exactly had medications to treat them. (And states had disability tax dollars to pay for them.)

But children with treatment-resistant depression, aggression, mania, anxiety, mood, and psychotic disorders, bipolar disorder, and ADHD are also now being seen—and enrolled in clinical trials.

While some say a developing child is by definition too young to have treatment-resistant anything, that was also said about schizophrenia, which is suddenly "recognized" in 4- to 6-year-olds as the FDA

considers pediatric schizophrenia drugs next month.

Lilly-funded Gabriele Masi, M.D., hopes increasing "awareness of childhood-onset schizophrenia" will overcome "hesitancy on the part of clinicians to make a diagnosis," in the journal CNS Drugs.

Meanwhile in March, the FDA approved Lilly's Symbyax, a combination of Zyprexa and Prozac as the first medication for "Treatment Resistant Depression" (TRD) in adults.

Zyprexa and Prozac are so checked with adverse effects and law suits—Lilly recently agreed to pay Georgia \$6 million for hiding Zyprexa's diabetes, high blood sugar, and excessive weight-gain side effects—it is hard to believe they're still on the market, much less approved as new drugs.

In fact, when 7-year-old Gabriel Myers of Margate, Fla., killed himself in April after being prescribed Symbyax, according to the Florida Department of Children & Families, it barely made the papers.

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