

The FDA must be stopped!

I am outraged. Furious!

Just when "health (sickness) care" costs are skyrocketing to crisis proportions, and it is becoming increasingly clear that conventional medical treatments for such serious problems as cancer and arthritis and autism are of little or no value;

Just when the national media have begun to report the remarkably positive research demonstrating the value of high dosages of vitamins in preventing cancer, heart disease, infertility, mental retardation and many other major health problems;*

Just when increasing numbers of parents of autistic children and adults have started using extremely safe nutrients such as DMG, and vitamin B6 and magnesium, often with fast and gratifying improvement;

Just when Americans are protesting that government has gotten entirely too big and intrusive, and have begun to insist that government get off our backs;

Just when the people of Eastern Europe are beginning to recover from the abuse of power by tyrannical bureaucrats who claimed to know, better than the people did, what was good for the people;

Just when these things are happening, the FDA is working feverishly, under the guise of protecting the public, to slam the door on the American people's right to purchase the extraordinarily safe nutritional supplements that they have been buying and using, with no government interference, and with virtually no adverse effects, for some six decades.

Jonathan Wright, M.D., known and respected world-wide for his books, lectures and articles on nutritional and preventive medicine, received his undergraduate medical training at Harvard and his M.D. from the University of Michigan. I have called upon him often for advice and information and have always been impressed with the scope and depth of his knowledge. I have referred to his clinic in Kent, Washington, a number of parents of autistic children. He is a gentle, caring, law-abiding man.

On May 6th, 1992, 14 armed men, wearing flak jackets, kicked in the doors of his clinic without knocking and terrorized the patients, nurses and office staff. This was an FDA raid. They held everyone at gunpoint (literally) while they confiscated the com-

puters, medical supplies and thousands of patient records.

The charges? First, Dr. Wright was said to be using illegal drugs. In fact, he had imported injectable B-vitamins (not drugs!) from Germany, the sole source of preservative-free injectable vitamins, since Dr. Wright feels the preservatives may be harmful to some patients. Second, FDA agents, in searching his dumpster six months earlier, had found a vial of a spoiled and outdated magnesium supplement. (Doctors *should* discard spoiled and outdated materials. The FDA *should not* use our tax dollars to scavenge through dumpsters and persecute doctors who discard outdated products.)

When news of the 14-hour Gestapo-like FDA raid reached public attention, hundreds of protesters gathered at the clinic and at FDA offices. There was extensive local media coverage. The *Seattle Post-Intelligencer* quoted Renee Zeiger as saying that her autistic son had begun to develop normally after being treated by Dr. Wright. He improved immensely on Dr Wright's treatment and was now in a gifted program for children with IQs of 120 and higher. Her mother, she said, had been confined to a wheelchair by arthritis, but was now free of pain and walks easily, thanks to Dr. Wright.

Why did the FDA use terror/intimidation, rather than merely sending a letter or a single, unarmed agent to visit Dr. Wright? Why did they do *anything*, since the charges are so ludicrous, and no patient had been harmed or had complained?

Simple. Dr. Wright had initiated a lawsuit against the FDA, on behalf of his patients, to compel the FDA to place the extremely safe amino acid tryptophan back on the market. Tryptophan is a nutritional supplement that had been sold in the U.S. and elsewhere with complete safety for 25 years. The body uses it to make serotonin, and some parents have reported it to be helpful to autistic children. In 1989 one of the five Japanese companies which export tryptophan shipped a contaminated batch to the U.S. A number of cases of sickness and death resulted. The FDA, which for decades has attempted to restrict the public's right to buy supplements, immediately seized *all* tryptophan. No one can buy tryptophan in the U.S. except for use in infant formulas and in IV patient formulas. (If the FDA believes that tryptophan is dangerous, why these exceptions?)

Uncontaminated Perrier, Tylenol, Sulfadiazine, and Chilean grapes were immediately placed back on the market, once the danger was past. Why not tryptophan? If one brand of aspirin had been contaminated, would the FDA have totally banned the sale of *all* brands—for over three years? Hardly!

The FDA raid on Dr. Wright's clinic is not an isolated incident. Dr. Steve Levine, a brilliant scientist who produces high quality supplements for a clientele of nutritionally aware physicians, has also been harassed by the FDA. Federal Judge Lowell Jensen *twice*

decreed that the FDA attempt to close Levine down would be "a disservice to the doctors and patients." But the FDA keeps attacking—your taxes pay for their lawyers. Dr. Levine, like Dr. Wright, must pay his own legal expenses, \$300,000 to date. How long can he continue to fight?

The FDA has raided health food stores, herb companies and other enterprises which they dislike. High FDA officials have been quoted as saying all nutrients will be on a prescription basis in three years.

There are three totally non-toxic nutritional supplements, now freely available in health food stores, which I have reason to believe may be of significant benefit in normalizing the brain chemistry of many autistic children and adults (in addition to DMG and B6 and magnesium). I will be writing about these in future issues of the ARRI, if we can stop the FDA now.

If Congress passes FDA-sponsored legislation now before it, you can forget about your right to purchase—or even learn about!—nutritional supplements that might benefit you or your autistic child. (Yes, *learn* about. If I, or anyone, makes what the FDA calls a "health claim" without their approval, the nutrient will be labelled "an illegal drug," and I would risk imprisonment. What happened to free speech?) Please call and write your Representatives and Senators and tell them emphatically:

1. Leave nutritional supplements alone!
2. Endorse the Health Freedom Act of 1992 (S 2835) introduced by Senator Orrin Hatch (bless him!) to, once and for all, get the FDA off our backs. We do not need a corrupt Nazi-like bureaucracy forcing us to comply with their wishes.

There is absolutely no excuse for the FDA's continuing attempts to use violence, deceit, and intimidation in their efforts, over a period of decades, to interfere with the American public's right to purchase nutritional supplements. In an average year there are approximately 150,000 deaths from the use of prescription drugs, and no deaths at all from the use of nutritional supplements. It is clear that the FDA's responsibility should lie in policing the billion-dollar pharmaceutical industry, not in attacking the public's right to purchase supplements. If we do not act now, we will run the real risk of being unable to help our autistic children as new developments emerge in the field of nutritional medicine. Representatives Henry Waxman (CA), John Dingell (MI), and Ron Wyden (OR) support the pro-FDA bills. If you live in their districts, or know anyone who does, *please* tell these men that the FDA deserves *less* power, not more!

Write or call your Congressman and Senator today!

Leading the fight against the FDA are:
Citizens for Health (206-922-2457), the
National Council for Improved Health
(619-471-5090), and the Nutritional Health
Alliance (516-249-7070).

For more information, send ARI an SASE.

**Time Magazine*, April 6, cover story titled, "The Real Power of Vitamins: New research shows they may help fight cancer, heart disease and the ravages of aging."

New York Times, March 10, long story, "Vitamins Win Support as Potent Agents of Health."

U.S. News and World Report, May 4, enormously important health benefits of folic acid, beta carotene, C and E.

Newsweek, May 18, large UCLA study shows men who take about 10 times as much vitamin C as the FDA recommends live six years longer than those who don't get extra vitamin C. (Yes, six years!)