

SCIENCE NEWS

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Lost Art Treasures



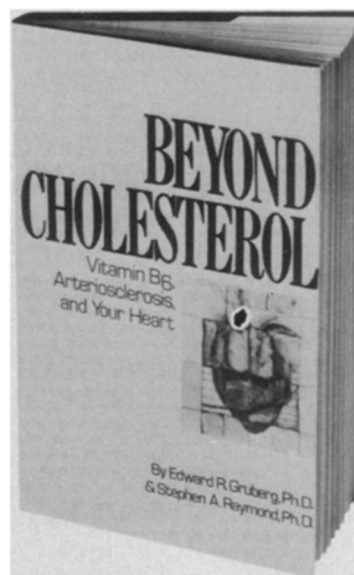
A Major Rethinking of Arteriosclerosis.

BEYOND CHOLESTEROL: Vitamin B₆, Arteriosclerosis, and Your Heart

For years experts have been telling us about the risk factors behind heart disease. Yet despite warnings that stress, smoking, lack of exercise, and especially high cholesterol, are all risks to the heart, deaths due to heart attacks and strokes continue to rise in America.

In BEYOND CHOLESTEROL, Gruberg and Raymond for the first time have attempted a major re-examination of the factors that cause heart disease. Through careful research and examination of all the data, they have been forced to rethink the theories on arteriosclerosis. Evidence now points to an important link between our high intake of protein, and our relatively low intake of Vitamin B₆. Without it, a toxic substance called homocysteine builds up in the blood, and it is this which eventually causes the clogging of the arterial walls. They argue that few Americans get even the minimum Recommended Daily Allowance (RDA). "We are saying, in fact, that Americans are vitamin B₆ deficient," states Raymond.

BEYOND CHOLESTEROL is a meticulously researched and compiled work, and is very persuasive in refuting the generally accepted theories on heart disease. It gives clear, understandable information concerning the medical and experimental evidence behind the homocysteine theory of arteriosclerosis. It contradicts none of the familiar facts and observations, but explains them from a new standpoint, and goes further to suggest new measures of prevention and therapy. This book must be seen as a breakthrough in medical science.



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by Peter R. Breggin, M.D. • published by Prometheus Books

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The role of free will, reason, personal freedom, and love in everyday life. The origins of guilt, shame and anxiety. How and why individuals become paranoid or depressed. How to resolve conflicts between personal freedom and binding romantic love. The difference between need and love. How to raise children without the use of force or emotional bullying. Self-oppression — the process through which we sacrifice our individual values and ourselves. Self-determination — the process through which we take control of our minds, bodies and lives.

Human failure and human success are made understandable in terms of the decision-making individual who can ultimately take responsibility for his or her own life. Both an original theoretical work and a practical guide to self-determination, this is a "free person's psychology" that can put you in closer touch with yourself, your loved ones and your values.

"Breggin's contribution is so enormous, this book is "must reading" for all those who wish to be more than technicians in psychiatry." Robert Seidenberg, M.D., Psychoanalyst and Clinical Professor of Psychiatry, State University of N.Y., Syracuse.

"Valuable for anyone who is involved in life. Truly a magnificent creation. Simple, yet brilliant." Dallas Cooley, M.D., President, Libertarian Health Association, Fairfax, Virginia.

"This is a lovely book. It speaks to a yearning for self-determination and individual happiness that is the mainspring of today's three great grassroots movements — libertarianism, feminism and the human potential movement." Joan Kennedy Taylor, Senior Editor, *Libertarian Review*, and co-author, *When to See a Psychologist*, San Francisco.

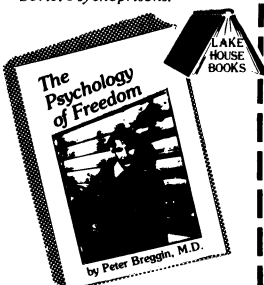
"His rules for human relationships based on individual freedom and the expression of love deserve our serious attention if we are ever to break the destructive chains of violence that keep us from making sane choices for our personal and collective survival." Harvey Fireside, Ph.D., Professor of Political Science, Ithaca College, and author, *Soviet Psychoprisons*.



Psychiatrist and author Peter R. Breggin, M.D. has led the international campaign against oppressive psychiatric technology. His recent book, *Electroshock: Its Brain-Disabling Effects*, is the definitive scientific and ethical analysis of how technological treatments worsen human problems. Formerly a Teaching Fellow at Harvard Medical School and fulltime Consultant with NIMH, he is currently in private practice in the Washington, D.C. area. He now presents his carefully reasoned alternative to oppressive, authoritarian psychiatry — the psychology of self-determination.

"This book provides the means to help you understand the complicated processes of your mind, including the principles by which to determine the course of your life." Henry J. Norris, M.D., Chairman, Department of Gynecologic and Breast Pathology, Armed Forces Institute of Pathology, Washington, D.C.

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