

GOOD HEALTH NEWS

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Mount Sinai Study Links Low Vitamin D to Breast Cancer

Researchers at **Mount Sinai Hospital** have completed a study linking vitamin D deficiency to an increased incidence of breast cancer. The study was featured on the front page of the May 15, 2008 **Globe and Mail**, and reported by Martin Mittlestaedt, who has previously covered the link of vitamin D deficiency to other conditions such as [multiple sclerosis](#). More information: www.mountsinai.on.ca and put “Vitamin D Deficiency” in the search box.

Can High Doses of Vitamins Harm Your Health?

We continue to recommend caution concerning whether to take high doses of vitamin supplements. Issue #4 of **Good Health News** reported a **New York Times** article about health concerns regarding high vitamin doses. In the United Kingdom, the **Times** of London also recently published an article covering a warning from the UK Food Standards Agency about possible harm from taking large doses of some vitamins. More information: <http://www.timesonline.co.uk/tol/news/uk/article882064.ece>

Update on High Vitamin Doses

An update in the **Times** of London urges caution when taking high doses of vitamins. In this case, it refers to high doses of antioxidant vitamins A, E and beta carotene. More information: http://www.timesonline.co.uk/tol/life_and_style/health/article3774697.ece We also refer you to an article of concern about antioxidants in Issue #6 of **Good Health News**. We continue to recommend a diet high in fresh fruits and vegetables, and healthy sources of protein, and that is low in processed food. We evolved as humans by eating this kind of diet. We didn't evolve popping high doses of pills.

Still Smoking?

Are you still smoking cigarettes? If the likelihood of lung cancer, emphysema, and bad health hasn't forced you to kick the habit, maybe the latest research will. Recent research in two reports in the **New York Times** indicates that smoking increases the likelihood that your hair will turn gray, and that you will go bald. Bald as a billiard ball.

The same paper also has an article on how to face the challenges of quitting smoking. More information: www.newyorktimes.com and put “Really? Smoking can cause the loss of hair” as well as “Trying to Break Nicotine’s Grip” in the search box.

More Good News for Breast Feeding Mothers

A study from Sweden reported in the **New York Times** has more good news for mothers who nurse their children. Breast feeding reduces the mother’s risk of developing rheumatoid arthritis. Women who breast fed their babies for 1 to 12 months reduced the risk of arthritis by 25 per cent. Those who fed for more than a year reduced their risk by 50 per cent. More information: www.newyorktimes.com and put “Prevention: Breast-Feeding Protects Against Arthritis” in the search box. For more benefits, see “Breast-Fed Babies Are Smarter” in Issue #6 of **Good Health News**.

More News about Bisphenol A

In issue No. 5 of **Good Health News**, we provided information about bisphenol-a (BPA) in hard plastic bottles. BPA is also used as a liner inside some cans, and it may be leaching into the foods contained inside those cans. We recommend that you follow the discussion about BPA inside cans of food, as it is covered in the media. Health Canada stated (May 29, 2008) that BPA levels in cans of food are safe. But some consumer groups are concerned.

This is one of those situations where you will have to make a decision for yourself about whether to continue buying food in BPA lined cans. About a year ago, we watched a similar debate about the safety of BPA water bottles. At that time, we discarded all BPA water bottles. In June of this year the government of Canada banned them.

Antibiotics for Babies Linked to Development of Allergies

A study by scientists at the Henry Ford Hospital in Detroit indicates that young babies who are prescribed antibiotics are more likely to develop a range of allergies. The study tracked the health of 448 babies from birth to the age of seven. The researchers speculate that the antibiotics may interfere with the normal development of the immune system and gastrointestinal system. The scientists call for caution in the prescription of antibiotics for babies. They also recognize that in some cases antibiotics must be prescribed for babies. The **Times** of London reported the research. More information: <http://www.timesonline.co.uk/tol/news/world/article1164843.ece>

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