

'Nutrition therapy can reverse damage'

By JO ANN STEVENSON
Times staff writer

Ideal nutrition can make dramatic differences in both the sick and the well. Heresy? Hardening of the arteries is reversible. More heresy?

They are the beliefs of Dr. John Barker, a physician in Port Credit whose practice has swung from surgery to nutritional counselling. He says most among the medical profession would label him a quack. "They have no other category in which to place a low key, honest physician, committed to nutrition."

He says vitamins discovered by hallowed researchers in the past are only part of the potential. "We can now measure parts per billion. Even the trace minerals can be evaluated," says Barker.

He adds that even nutritionists don't believe in the potential of their product. "They've been taught that a lemon a day will prevent scurvy. Why not use vitamins to prevent cancer, deafness or hardening of the arteries?" asks Barker. "Canada's Food Guide provides only minimal nutrients. We should be reaching for maximum protection," he says.

About half of Barker's patients are heart patients released from a cardiologist who can do no more for them. Barker gives them follow-up vitamin therapy usually compatible with their medication.

Because vitamins are not foreign to the system, large doses can be taken safely. Barker recommends they be prescribed since each person is biochemically individual.

Barker says the bias against the measurable affects of ideal nutrition effects the course content of student doctors. For example, vitamin E prevents leg cramps at night and has been used for 30 years with diabetics, yet isn't recorded in medical texts.

Anoxia, the suffocating of cells due to circulation in diabetics can also be improved with vitamin E.

The treatment applies to heart patients with damaged heart cells and also isn't recorded.

Contrarily, some of the research on vitamins that is recorded, gives useless and damaging information to the cause of nutrition.

Experiments are often carried out on small animals injected with very high doses of vitamins. Under the grant system a researcher feels pressure to get an effect either positive or negative, he says.

Barker says to continue to deny the damaging effect of modern food technology is ludicrous and incredibly costly.

He advises people to buy their food as close to the source as possible. The less processing, storage, thawing and cooking it receives, the higher the nutritional content.

People should eat a variety of foods and include wheat germ and brewer's yeast among them. They provide chromium a trace mineral he believes one of the factors effective in prevention of hardening of the arteries.

We in the cities live in a more toxic environment than our grandparents, breathing ozone and nitrogen dioxide. Vitamin A and E play a protective role against these pollutants.

People who drink alcohol or coffee in excess, lose a lot of magnesium, a valuable mineral," says Barker. "Smokers should quit, but if that's impossible, they should counteract the nicotine in their bodies with vitamin C."

Mainly vitamin C but partially vitamin E prevent the formation of carcinogens formed by the consumption of bacon and other meats treated with nitrates.

"Although technology has brought with it great benefits to man, people must also live with hazardous side effects. The wheels of bureaucracy are slow to implement change but people have a right to vitamin therapy now," says Barker.

Local writers can write for college magazine

Steve Rauchman wants to get the community more involved with Sheridan College's magazine by inviting local writers and artists to submit their work for publication. This is one of his objectives as editor, art director and founder of Portico, the non-profit, bi-monthly publication. He says he plans to increase awareness and readership of the magazine.

Originally created as a vehicle solely for students and graduates of Sheridan College, the magazine has changed its direction in keeping with the definition of Portico (a passage or gate into one door and through to the next).

The magazine is published with support from Sheridan's English and media studies division, the student senate, the school of visual arts, and the Ontario Arts Council. Circulation is 1,000.

About 250 copies are sold through the Brampton and Oakville Campus bookstores, at 75 cents per issue. The rest are distributed in community libraries, bookstores and art centres such as Stratford and Niagara-on-the-Lake. The magazine is also available by subscription at \$4 a year. Subscribers include the National Film Board and the National Art Gallery in Ottawa.



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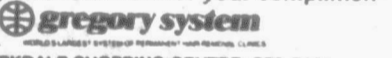
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