

Historical Documents of Media Anonymous
and
Anti-Nutrients Anonymous

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The front page article in the UK “Sun” asks the question “Addicted to Sugar?” ...please note the contradiction: “...has lost all her teeth...is in perfect health...” Many addicts are in “perfect health” until the addiction takes them down.

26-29:

A sample of early literature used at the meetings:
A cc. of a reprint from “Under the Influence” by J.R. Milam

Chapter on “Malnutrition” – Re.: the effects of sucrose and other anti-nutrients on addicts and addiction recovery.

AA
ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

468 PARK AVENUE SOUTH, NEW YORK, NY 10016

PHONE: 212-686-1100
TELEX: 1268

May 31, 1989

George Casey, D.D.
P.O. Box 252
Station D
Toronto, Ontario
Canada M6P 3J8

Dear George:

It was good talking to you this afternoon. As I explained, we have no objection to your reprinting and adapting the Twelve Steps for your program "Junk Food Addicts Anonymous" formerly "Sucrose Addicts Anonymous" (within the parameters set forth in my letter to you of January 9).

We wish you success with your program, one day at a time.

Best wishes,

Madeline Jordan
Madeline Jordan
Secretary
AA World Services, Inc.

AA
ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

468 PARK AVENUE SOUTH, NEW YORK, NY 10016

PHONE: (212) 696-1111
TELEX: 111111

January 9, 1989

Doctor George Casey
P.O. Box 75142
Honolulu, Hawaii

Dear Dr. Casey:

When reprinting and adapting the Twelve Steps, we ask that this material be reprinted in its original form, along with the adaptation, followed by a credit line. Enclosed is a sample of how this double-listing may appear.

The credit line should read:

The Twelve Steps reprinted and adapted with permission
of Alcoholics Anonymous World Services Inc.

If you will let us know that you agree to the above, we have no objection to your reprinting and adapting this material in your program "Sucrose Addicts Anonymous."

We await hearing from you.

Sincerely,

Madeline Jordan
Madeline Jordan
Secretary
AA World Services, Inc.

enc.

A.A. Everywhere • Anywhere
International Convention
Alcoholics Anonymous
June 29 - July 2 San Diego 1995



May 30, 1995

Mr. George Kasey
Media Addicts Anonymous
c/o H'art Communications Productions
#252 Stn. D.
Toronto, Ontario
Canada M6P 3J8

Dear Mr. Kasey:

Thank you for your facsimile of May 22, 1995. We appreciate your cooperation. The material is properly listed and attributed and we wish you success with your program "MEDIA ANONYMOUS".

Thanks again for complying with our request. If we can be of any further assistance to you in the future, please do not hesitate to contact us. Good luck with your projects.

Sincerely,



Shirley W. Sykes
Services Assistant

A.A. Everywhere • Anywhere
International Convention
Alcoholics Anonymous
June 29 - July 2 San Diego 1995



February 21, 1995

Junkfood Anonymous
P.O. Box 252, Station D
Toronto, Ontario
Canada M6P 3J8

Dear G.K.,

We received your FAX received February 20 in which you request permission to reprint and adapt the Twelve Steps for another program MEDIA ADDICTS ANONYMOUS.

You also included a listing of the Steps as they appear in your "junk food" program. However, the Steps are to be reprinted in the original, unaltered and unseparated, along with your adapted version. This is to be followed by a credit line/disclaimer which reads:

The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt this material does not mean that AA is affiliated with this program. AA is a program of recovery from alcoholism - use of the Twelve Steps in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise.

Enclosed is a sample of this double listing.

As soon as we receive a copy of the listings of the Steps per above as they will appear in your "Junkfood Anonymous" program, as well as in the material for the new program, we will be happy to address your request.

Looking forward to hearing from you.

Sincerely,

A handwritten signature in cursive script, appearing to read 'Madeline Jordan'.

Madeline Jordan
Secretary
A.A. World Services. Inc.

enc.

A.A. Everywhere • Anywhere
International Convention
Alcoholics Anonymous
June 29 - July 2 San Diego 1995



March 6, 1995

Mr. George Kasey
Sucrose Addicts Anonymous
c/o H'art Communications
#252 Stn. D
Toronto, Ontario M6P 3J8

Dear Mr. Kasey:

Thank you for your letter of January 30, which was sent to our old address, and eventually forwarded to our present location.

At the time Junkfood Anonymous was given permission to reprint and adapt the Twelve Steps, it was with the understanding that this material be reprinted in the original along with the adapted version and then followed by a credit line/disclaimer to read:

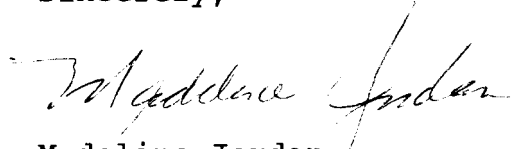
The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint this material does not mean that AA is affiliated with this program. AA is a program of recovery from alcoholism - use of the Twelve Steps in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise.

The sheet you sent us does not comply with the above (see attached).

Before we can approve the use of the twelve Steps in the new program MEDIA ADDICTS ANONYMOUS, we ask that you please send us a copy of the Steps as they will appear in any material for your programs, per the above, in both your "Sucrose (Junkfood) Anonymous" and "Media Addicts Anonymous" program.

We look forward to hearing from you and thank you for your cooperation.

Sincerely,


Madeline Jordan
Secretary
A.A. World Services. Inc.

PRESS RELEASE

*Media Anonymous /
Junkfood Anonymous meetings
For immediate Release poster*

Sugar Blues

**Is sugar
killing you sweetly?**

Like opium, morphine and heroin, sugar is an addictive, destructive drug, yet Americans consume it daily in everything from cigarettes to bread. If you are overweight, or suffer from migraine, hypoglycemia or acne, the plague of the Sugar Blues has hit you. In fact, by accepted diagnostic standards, *our entire society is prediabetic.*

Read William Dufty's SUGAR BLUES

SUCROSE ADDICTS ANONYMOUS

~~P.O. Box 252, Station D~~

Toronto, Ontario

M6P 3J8

George Casey (416) ~~762-0600~~

OBJECTIVES

To provide support and recovery for sucrose (and other synthetic foods) addictions, based on a 12-step program. To deal with substance abuse resulting from synthetically (refined) produced foods ("junk foods") such as sucrose, salt, caffeine, etc. To promote and educate the public regarding sucrose addiction and its symptoms and cure.

ACTIVITIES

To share in a recovery program from sucrose addiction.

This is available to anyone who wishes to stop using "junk food". There is no membership fee.

MEETINGS

Noon time meetings second and fourth Wednesday of the month at the "Recovery Resource Centre", above

BAYVIEW ST	
COLLEGE ST	X
BAYVIEW ST	
QUEEN WEST	

Sugar Blues

Is sugar killing you sweetly?

Like opium, morphine and heroin, sugar is an addictive, destructive drug, yet Americans consume it daily in everything from cigarettes to bread. If you are overweight, or suffer from migraine, hypoglycemia or acne, the plague of the Sugar Blues has hit you. In fact, by accepted diagnostic standards, *our entire society is prediabetic.*

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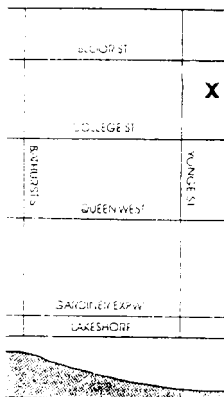
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MEETINGS

Noon time meetings second and fourth Wednesday of the month at the "Recovery Resource Centre", above

that other bookstore...

17 Hayden St.



M
F
T © 93

FAXED

SUCROSE ("JUNKFOOD") ANONYMOUS

JANUARY, 30, 1995

MEDIA ANONYMOUS */ "MEDIA FREE TIMES"

c/o H'art Communications / George Kasey

#252 Stn.D.,

Toronto, Ontario,

M6P 3J8

CANADA - phone : (416)-762-0688

email : hartcomm@io.org

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

attn. Secretary - Madeline Jordan et al

468 PARK AVENUE SOUTH, NEW YORK, NY 10016

U.S.A. - phone : (212)-686-1100

re: adaptation permission: SAA/JFA granted '89,09,JAN.-'89,31,MAY.

FAXED
950216

DEAR A.A.:

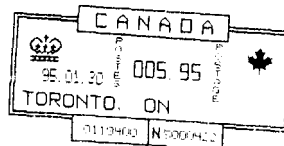
As we have been making "progress" in our recovery from "non-nutritive" foods for our bodies it has become apparent to some of us that we also have a need to apply the 12steps to recovery from the "non-nutritive" foods we have been feeding our minds. We hereby request permission to us an adaptation of the 12steps for "MEDIA ADDICTS ANONYMOUS" for a program of recovery from entertainment/fantasy media addiction ie.: television, radio, films etc.

Enclosed pls. find copies of "SUCROSE ("JUNKFOOD") ADDICTS ANONYMOUS" newsletter Vol.1 No.1 ISSN#: 1195-759X which includes the objectives as they appeared in the "SELF HELP CLEARINGHOUSE OF METROPOLITAN TORONTO GUIDE". JFA articles are also posted on the internet in the newsgroups : "alt.recovery" and "alt.support.eating-disord", (keywords-subject : junkfood,sucrose,caffeine).

Thankyou Higher Power

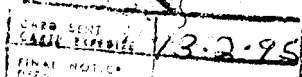
G.K./SAA (JFA)/MAA:*

SUCROSE ("JUNKFOOD") ADDICTS ANONYMOUS
MEDIA ADDICTS ANONYMOUS
#252 STATION D. TORONTO, ONT., M6P3J8



FAXED
950216

ALCOHOLICS ANONYMOUS World Services Inc.,
attn: Madeline Jordan
475 Riverside Drive
General Service Office
N.Y. N.Y. 10115 US A



see : also :
International
Herald
Tribune -
classifieds
May 10th, 1986
announcements:
"Sugar Junkie"

Adbusters

Journal of the Mental Environment Autumn 1997 \$5.75

No 19



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Media Anonymous

If you think you have a unique addiction, or an unusual co-dependency, you're probably not alone. Just in the Toronto area, there are over 20 different self help groups, including Shoplifters Anonymous, Workaholics Anonymous and Emotions Anonymous. Most fascinating is Media Anonymous.

One client of Media Anonymous was in reality a mother of three, who spent 16 hours a day on an Internet chat service, pretending to be a hooker. Other media addicts are unable to hang up on phone sex or similar "1-900" phone services. Some cannot turn off their television, or stop playing video games.

"If you're spending all your time absorbing information, you don't have time to process it," says George Kasey, one of the organizers

who started the service. He likens media addiction to food addiction and says it usually points to deeper emotional issues like co-dependency or child abuse.

Himself a self-described TV addict, Kasey said he got hooked as a young boy when he was abandoned at home and spent most of his day watching the tube.

He says he would tune in for a particular show and then realize many hours later that he was still watching.

Kasey still has a television, although now it almost always sits idle. He turns it on only for a Fellini film or some other rare program he feels may enrich his life.

—Michael Chouinard

Media Anonymous from "Abusters" (#9)

Autumn 1997 pg. 19

Consumerism Salon Wins Small Victory

Last November, a group of 17 Vancouverites calling themselves the Consumerism Salon (including author Joy Kogawa, professors William Rees and Richard Pollay, and *Adbusters* editor Kalle Lasn) tried to buy airtime for a *Buy Nothing Day* ad on CBC Newsworld's *Business World* program. They were refused. The reason? Newsworld, a specialty channel of the Canadian Broadcasting Corporation, did not want "buy nothing" messages upsetting the banks, investment firms and other corporations that advertise on *Business World*. Newsworld altered its already strict advertising guidelines (adding, among other restrictions, a \$5,000 minimum purchase requirement) to keep unwanted advocacy messages off certain programs.

But last August, under pressure to explain their actions to the Canadian Radio and Telecommunications Commission (the Canadian equivalent of the US Federal

Communications Commission) Vincent Carlin, the head of CBC Newsworld relented and pulled the \$5,000 minimum. However, the network still won't allow advocacy ads on programs with related content. This means that this year's *Buy Nothing Day* campaign won't air on the business news (while banks, investment firms and all other product advertisers are welcome) and that a coalition of women's groups are not allowed to air their *Eating Disorder Awareness Week* message on the network's popular *Fashion File*. Yet it's OK for Clairmont to be that program's sponsor.

Professor Pollay, curator of the Advertising Archives at the University of British Columbia, says that most North American television stations hide behind policies like the CBC's. "The CBC's failure to see all forms of conventional advertising as also being advocacy is either utter stupidity or willful blindness," he said.

Laurie Jones, Senior Director of CBC's Communications office doesn't deny that business ads promote a point of view. "Of course product advertising takes a stance. We're not going to deny that. But product advertising has a dollar value at the end where the consumer is asked to make a choice about spending, whereas . . . advocacy advertising is simply based on citizen engagement or advocating a point of view." Jones said that Newsworld "has to draw a line some place" on advocacy advertising.

Vincent Carlin said, "The North American system of publishing, whether it's print or broadcast, exists for better or worse on advertising . . . the fact is that Newsworld has to generate advertising revenue."

— Pam Murray

Media Anonymous

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— Michael Chouinard

Ad-zapping

Reed Hundt, the chairman of the US Federal Communications Commission, sent a chill down the spine of the \$162-billion US advertising industry last June when he suggested that V-chip technology could be used by viewers to electronically zap TV liquor ads.

This idea has ad executives quivering in their boots, but parents everywhere think it's a great idea — not only for zapping liquor ads, but also to zap all commercial messages they find offensive and don't want their kids to see.

Could it happen? Could FCC Chairman Hundt assign an "O" rating to all commercial TV messages and give parents the choice of turning their homes into ad-free zones?

Contact Reed Hundt via email: rhundt@fcc.gov or fax: (202) 418-2801 or snail mail: F.C.C. • 1919 M Street NW • Washington, DC • 20554.



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Oct. 22, 1993

GEORGE CASEY
SUCROSE ADDICTS ANONYMOUS
PO BOX 252 STN D
TORONTO ON M6P 3J8

Dear Mr. Casey:

Your serial publication Sucrose addicts anonymous

M.F.T. 73-
93-
D316-1447

has been assigned the International Standard Serial Number ISSN 1195-759X

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Thank you for your support of this program

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**NOTICE / AVIS: 2
1995/12/05**

Sucrose Addicts Anonymous
P.O. Box 252, Stn. D

TORONTO ON M6P 3J8

REF. LD: 504326
AN: 013526577
ISSN:

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Merci.

TITLE/TITRE: Sucrose Addicts Anonymous (Newsletter).

(Copy 2)

v.1:no.4 (1994)
v.1:no.3 (1994)
v.1:no.2 (1994)

CODES:

- | | |
|---|--|
| NP Not yet published: (please specify which issue)
Pas encore publié : (veuillez indiquer quel numéro) | TC Title changed to: (title, date, volume, issue)
Titre changé à : (titre, date, volume, numéro) |
| CC Ceased publication with: (include date, volume, issue)
A cessé de paraître : (veuillez inclure date, volume, numéro) | SS Suspended: from (date)...to (date)
Suspendu : de (date)...à (date) |
| EC Enclosed or Being sent: (date)
Ci-joint ou Suivra sous peu : (date) | SE Already sent: (date)
Déjà expédié : (date) |
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Toronto, Ontario M4L 1J9
[REDACTED] Phone/Fax: (416) 693-1032
Toronto, Ontario M4L 1J9
Phone/Fax: (416) [REDACTED]

93/09/18

[REDACTED] G. K. [REDACTED] Esq.
c/o George Kasey
H'art Communications
252 Station D, Toronto, ON
M6P 3J8

Confidential

Dear [REDACTED]:

Thank you for your card.

Sam and I felt you would be engaged by the enclosed article and accompanying photo, and "I have an idea as to what you, as founder of Sucrose Addicts Anonymous, might want to do about the "filthy heap".

pls quote.

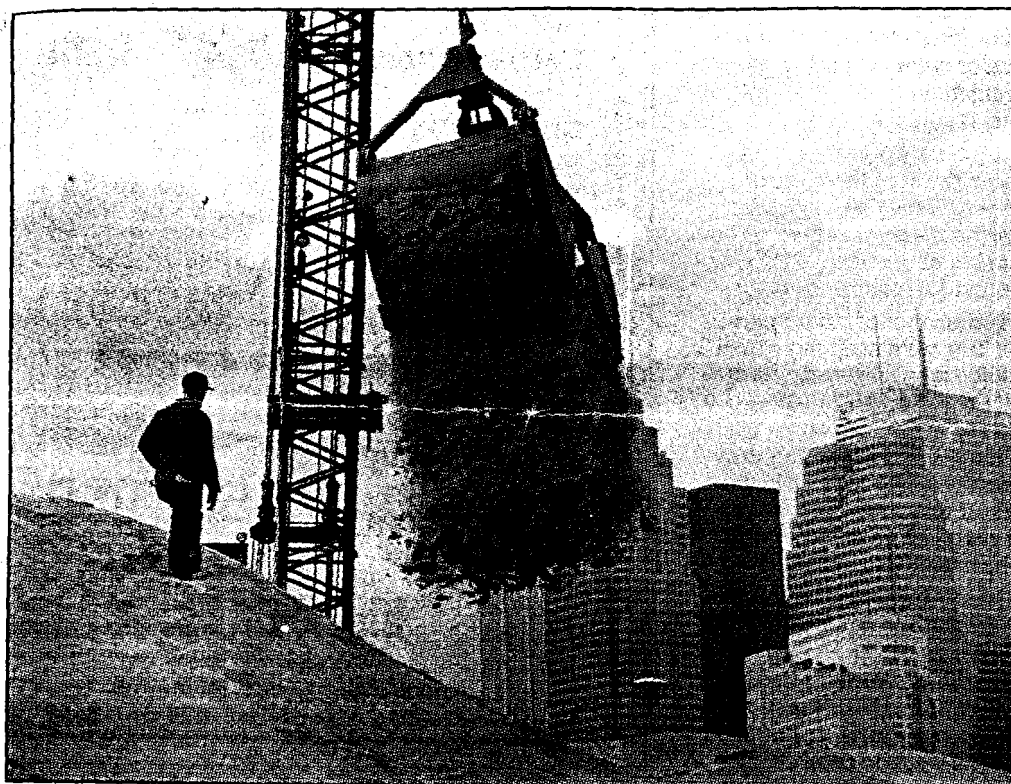
What about looking up the officers of Redpath (Industries Inc.?) and sending them a complimentary copy of William Dufty's book? Then you might hand out copies of your SAA pamphlet at the gates one day at a change of shift? After that you could simply return once a quarter and take a photograph of the mound. I'll bet it will get smaller; but, if it isn't doing so, you can always do a caricature of the major shareholder of Redpath getting "dried out" -- after going blotto on Captain Morgan's rum and Baskin-Robbins ice cream!

Keep it as positive as you can. Anything negative will only come back at you. Don't forget that at one point in history, some people, at least, felt that white sugar, cakes, and booze, etc., were a "Godsend"; and I am sure they were right for the moments they felt that to be true.

Sincerely,

Angus.

FAXED



BORIS SPREMO / TORONTO STAR

SWEET SIGHT: Redpath Sugars' huge outdoor stockpile sugar-coats the bitter pill of no deliveries once the St. Lawrence Seaway closes each winter.

Pile of sucrose grows before it freezes, snows

By Daniel Girard
TORONTO STAR

To some, it's a heap of filthy brown stuff stored outside, transported by dump trucks and climbed over by men in steel-toed work boots: hardly what makes one's mouth water for cakes and candy.

For the folks at Redpath Sugars, though, it's a sweet sight.

Taking shape in the corner of a parking lot at the company's Queen's Quay refinery since the start of the month is a pile of mud-colored raw sugar that will swell to 45,000 or 50,000 tonnes by mid-November.

The unrefined mass is an annual thing for Canada's oldest and second-largest sugar company, which builds a pile of raw material each fall before the St. Lawrence Seaway freezes and prevents ships from Australia, Africa and Cuba from making deliveries to the 34-year-old factory.

"Plain and simply it's filthy, so we can use bulldozers and cranes on it," says Richard Feltoe, curator of the museum at the Redpath plant.

Over the next few weeks, ships carrying between 5,000 and 25,000 tonnes of raw sugar will come up the seaway to dock at the refinery.

The sweet cargo is first unloaded into a shed — it's the size of two football fields — that can store up to 65,000 tonnes of the unrefined raw sugar.

But because an on-site staff of 300 processes about 1,000 tonnes of raw sugar each day, the shed doesn't store enough raw sugar to keep the plant going while the seaway is closed for the winter.

After an eight-hour process, the raw sugar emerges in one of three forms of refined product ready for trucking to customers.

White sugar packaged in boxes or bags is destined for individual consumers. Bulk orders of the granular product are pumped into trucks for delivery to commercial customers such as cake makers. Finally, liquid sugar goes into tanker trucks for sale to liquor makers, canned fruit and vegetable producers and other such customers.



Ministry of
Agriculture
and Food

Ministère de
l'Agriculture et
de l'Alimentation

Guelph Agriculture Centre
Box 1030
Guelph, Ontario
N1H 6N1

Centre d'agriculture de Guelph
C.P. 1030
Guelph (Ontario)
N1H 6N1

RESOURCES AND REGULATIONS BRANCH - APIARY PROGRAM

519-767-3678

FAX: 519-767-3567

March 23, 1994

Mr. Casey
Junk Food Anonymous
Hart Communications
PO BOX 252 STN D
TORONTO, ON
M6P 3J8

Dear Mr. Casey,

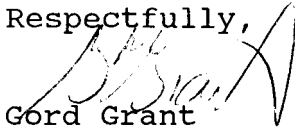
Thank you for your phone call. I appreciate this opportunity to address your concerns regarding honey and sucrose.

Find enclosed a excerpt from Bees, Beekeeping, Honey and Pollination. A general but good description of nectar, the "raw" material for honey and an analysis of an average honey sample. As I indicated on the phone, honey is a complex mixture and does contain sucrose, naturally produced by plants.

A more detailed description of honey can be found in Honey: A Comprehensive Survey by Dr. Eva Crane. This would likely be found in any major public library system or perhaps available from the University of Guelph library on an inter-library loan.

I recommend that you obtain a copy of Food and the Gut Reaction by Elaine Gottschall. This book should be available through any chain of bookstore. Ms. Gottschall has had years of post-graduate study in the area of carbohydrate digestion and may offer your group new insights into the problem of sucrose intolerance. Feel free to call her in London, Ontario at 519-229-6795 between 8-10 PM or most mornings. She may be an ideal speaker for your group.

I hope this well help you to make an informed decision about honey. Should you have additional questions, feel free to call

Respectfully,

Gord Grant
Apiary Specialist



Over 150 organizations to help people help themselves.

2 August 1989

Dr George Casey D.D.
P. O.Box 252
Station D
Toronto, Ont
M6P 3J8

Dear Dr Casey

Thank you for the completed questionnaire. As part of my role as Project Officer at the Clearinghouse, I am keen to attend a meeting of new groups listed in our data-base.

Please let me know if there is an open meeting of "Junk Food Addicts Anonymous" which I might attend to gain a better understanding of the group, and to discover if there are any ways in which we can support group development. Of course, I understand the restrictions in this direction placed on a group that follows a 12 step program.

I look forward to hearing from you.

Yours truly

Avril Lewis
Project Officer

90501, SIGNATURE PMA P.O.
MARRIAGE RP

to stop their sexually self-destructive
ments for membership is a desire to
(First step: We admit that we are

INFORMATION

details. There is no membership fee
to cover costs.

SUCROSE ADDICTS ANONYMOUS

P.O. Box 252, Station D
Toronto, Ontario
M6P 3J8

George Casey (416) ~~702-0088~~

OBJECTIVES

To provide support and recovery for sucrose (and other synthetic foods) addictions, based on a 12-step program. To deal with substance abuse resulting from synthetically (refined) produced foods ("junk foods") such as sucrose, salt, caffeine, etc. To promote and educate the public regarding sucrose addiction and its symptoms and cure.

ACTIVITIES

To share in a recovery program from sucrose addiction.

ADDITIONAL INFORMATION

Booklets, cassettes and pamphlets are available. There is a telephone service for information. There is a newsletter published quarterly.

MEETINGS & MEMBERSHIP INFORMATION

There are no regular meetings at present, however information may be obtained by telephone or appointment. This is available to anyone who wishes to stop using "junk food". There is no membership fee.

NOTES:

Meeting info. 1989
FROM Metro. Toronto
Blue Book - Self
Help Clearing House

Minister of National Health
and Welfare



Ministre de la Santé nationale
et du Bien-être social

25 III 1994

Mr. George Casey
P.O. Box 252
Station D
Toronto, Ontario
M6P 3J8

Dear Mr. Casey:

Thank you for your letter of March 8, 1994,
regarding the content of sucrose in honey.

Honey, like many basic foods sold in the
Canadian marketplace, is a standardized food and must
conform to the standard in the **Food and Drug
Regulations**. Honey must not contain more than between
five and ten percent sucrose, depending on the origin
of the nectar collected by bees. Also stipulated in
the standard are additional requirements intended to
prevent the adulteration of honey.

You may be interested in knowing that honey
must also comply with specific regulations described
under the Canada **Agricultural Products Act** administered
by Agriculture and Agri-Food Canada. Since that
Department is also responsible for label statements,
including the use of the word "Pure", I have taken the
liberty of forwarding a copy of your correspondence to
my colleague, the Honourable Ralph Goodale, for his
consideration.

Again, thank you for writing and for
providing me with an opportunity to address your
concerns on this matter.

Yours sincerely,

A handwritten signature in black ink, reading "Diane Marleau".

Diane Marleau
Minister of Health

c.c.: The Honourable Ralph Goodale, P.C., M.P.

Sucrose Addicts Anonymous aka: "Junk Food" Anonymous
c/o George Kasey - H'art Communications/Productions
attn: George Casey
P.O.B.#:252 STN.D.,
Toronto,Ontario,
M6P 3J8 Canada

ph.#: 416-762-0688

INTERNET address: 73632.3122@compuserve.com
Date: 03-Mar-94 14:57 EST
From: FAX Server >FAX:
Subj: Delivery notification

Re: SUCROSE

Message 940303191504 73632.3122 FHV91-1, sent 14:15 EST 03-Mar-94,
was delivered at 14:56 EST 03-Mar-94 to:

FAX:1-613-952-1154 HON.DIANE MARLEAU/HEALTH&WELFARE CANADA.

Four FAX pages were transmitted.
Transmission succeeded on the second attempt.
Date: 03-Mar-94 15:40 EST
From: FAX Server >FAX:
Subj: Delivery notification

Re: "(SUCROSE etc.) JUNK FOOD ANONYMOUS"

Message 940303203405 73632.3122 FHV60-1, sent 15:34 EST 03-Mar-94,
was delivered at 15:39 EST 03-Mar-94 to:

FAX:1-613-952-1154 HON.DIANE MARLEAU/HEALTH&WELFARE CANADA.

Four FAX pages were transmitted.
Transmission succeeded on the first attempt.

HON.DIANE MARLEAU
HEALTH AND WELFARE CANADA
GENE MANCE BLDG.
TUNNEY'S PASTURE,
OTTAWA.ONT..
K1A 0K9

DEAR HON. MINISTER ET AL:

WE REQUEST THAT IN FUTURE ALL HONEY BE TESTED FOR SUCROSE
CONTENT AND HAT THE EXACT SUGAR BREAKDOWN INFO. BE PRINTED
ON LABELS BEFORE THE PRODUCT REACHES THE MARKET PLACE.
JUST AS ALCOHOL IS NOW .FURTHERMORE IN THE INTERIM WE
REQUEST THAT HEALTH & WELFARE CANADA ABSORB THE COSTS

HON. DIANE MARLEAU
HEALTH AND WELFARE CANADA
GENE MANCE BLDG.
TUNNEY'S PASTURE,
OTTAWA, ONT.,
K1A 0K9

DEAR HON. MINISTER ET AL:

IT HAS COME TO OUR ATTENTION FROM VARIOUS GOV'T SOURCES THAT THE SUCROSE CONTENT OF HONEY LABELED "PURE" MAYBE FROM 15-20% BY SOME ESTIMATES OR AS HIGH AS 40-50% BY OTHERS AND THAT THESE ARE PERMISSABLE LEVELS UNDER LAW, WHICH DOES NOT ALLOW FOR DIRECT ADULTRATION BUT DOES NOT PROHIBIT BEES FROM REWORKING SUCROSE INTO HONEY.

WE REQUEST THAT IN FUTURE ALL HONEY BE TESTED FOR SUCROSE CONTENT AND THAT THE EXACT SUGAR BREAKDOWN INFO. BE PRINTED ON LABELS BEFORE THE PRODUCT REACHES THE MARKET PLACE.

JUST AS ALCOHOL IS NOW. FURTHERMORE IN THE INTERIM WE REQUEST THAT HEALTH & WELFARE CANADA ABSORB THE COSTS OF TESTING INDIVIDUAL SAMPLES OF PRODUCTS FOR SUCROSE CONTENT FOR USE BY OUR MEMBERS.

THANK YOU FOR YOUR ATTENTION IN THIS MATTER.

G.K./"J.F.A."

PS. :ENCLOSED PLS. FIND VOL.1 #1."(SUCROSE ETC.) JUNK FOOD ANONYMOUS"

Copyright 1994 SUCROSE ADDICTS ANONYMOUS

VOL. 1 NO.1. ISSN 1195-759X

"JUNK FOOD ADDICTS ANONYMOUS "

by George Casey

OF TESTING INDIVIDUAL SMAPLES OF PRODUCTS FOR SUCROSE
CONTENT FOR USE BY OUR MEMBERS.

THANKYOU FOR YOUR ATTENTION IN THIS MATTER.

G.K./"J.F.A."

PLS. NOTE EXCERPTS N.B. ISSN 1195-759X

"JUNK FOOD ADDICTS ANONYMOUS "

THANK HON.D.M./HEALTH&WELFARE for Dispatch re. "Sweeteners...A to
X"

It is obviously obsolete and dated information .Based on the most
recent neutritional awarness of the difference between complex
and simple carbohydrates (see ; "Sugar Blues" by William Dufty
and video title "The Sugar Trap" from Image Associates,phone
808-962-6009) . By these most recent public announcements
there is now a clear awarness that a meal high in caloric
value (ie.a bottle of cheap port and a box of donuts)
derived from industrial sources does not have the same
nutritive value as natures own unrefined bounty
(ie. a bowl of porridge with milk & honey that is unadultrated).
In light of this most obvious fact it woould be unwise and
"perhaps" most inapropriate to refer to artificial sweetners
(ie. SUCROSE etc.etc.)as nutritives even though we are
"conditioned"(see. VOL 1. NO.1. "JUNK FOOD ANONYMOUS)
by vested commercial interests to disregard whether
or not "to refer to sweetners as being natural or artificial".
At present the suggestion that SUCROSE is more siutable "to be
converted to Gasahol" to fuel our automobiles and not our people
is in our opinion a reasonable alternative.Nevertheless as it
is that we live in a democratic society WE DEMAND OUR RIGHTS TO
KNOW WHAT IS IN OUR FOODS SO THAT WE CAN MAKE A CHOICE AS TO
WHAT WE CONSUME AND WHAT WE REJECT. THANKYOU AGAIN.
In this "Brave New World" society of ours BILLIONS of
of advertising , or to be more honest , "Propaganda" dollars
are spent every year to convince us that "IT" is the real thing
to ensure that citizens are kept in a state of cybernetic
narcosis and a kind of electro-chemical bondage to consume
industrially synthesized sweeteners (sucrose) ,thus creating
a generation of man-machines.
no beginning and no end. I am assured however by my 12 step
programs that "I am no longer alone ".

I can remember as a child sitting in my room
suffering from "Insulin Shock" and not being able to identify
the causes, realizing there was something dreadfully wrong
with how I felt after "snacking" but because FORTY hrs.per
week of radiation from "The Tube" had already conditioned me
not to believe there was any connection even though in my
heart of hearts there was no question.I promised to myself
to stop but i found "IT" was
as "cunning baffling and powerful " in its persistance as

alcohol. In fact alcohol and cigarettes is loaded with "IT" & there is some question as to which addiction or compulsion came first. Certainly the list of symptomatic diseases attributable ranging from diabetes and cancer to tooth decay, athletes foot, hypoglycemia and candida is long and impressive enough I think to be given special attention. In any case today we have a choice and to that end I remain your "troubled parent". We are making "progress not perfection" towards the

spiritualism of the new millennium. Perhaps by then emancipation will be equated with the kneading of real bread for children without the "impoverishment by substitution" of the addition of synthesized industrially manufactured "salt" and "sugar". TO THOSE that are not convinced "let them eat cake".

Sucrose Addicts Anonymous aka: "Junk Food" Anonymous
c/o George Kasey - Hart Communications/Productions
attn; George Casey
P.O.B.#: 252 STN.D.,
Toronto, Ontario,
M6P 3J8 Canada

ph.#: 416-762-0688

INTERNET address: 73632.3122@compuserve.com
Date: 03-Mar-94 14:57 EST
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Subj: Delivery notification

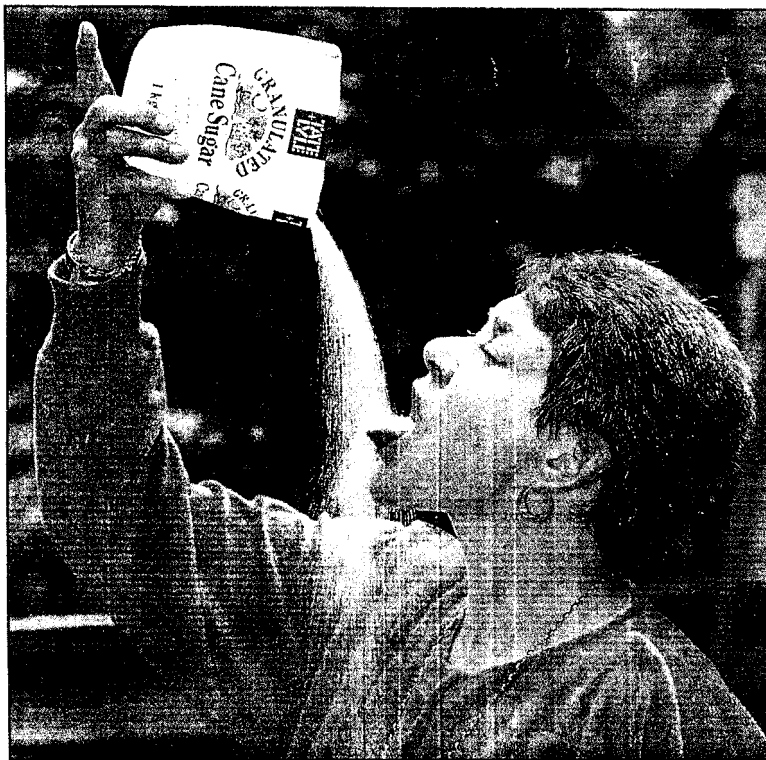
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FAX: 1-613-952-1154 HON. DIANE MARLEAU/HEALTH&WELFARE

Four FAX attempts were made.
Transmission succeeded on the second attempt.

ADDICTED TO SUGAR



Sweet treat **My** muzzles another bag of sugar

ture: ROGER CRUMF

Mary eats 2lb bag a day for 10 years

EXCLUSIVE

By **GEORGE PASCOE-WATSON**

SWEET-toothed Mary Horton is addicted to sugar — downing a 2lb bag every day for ten years.

But amazingly, she weighs only 10st 7lbs and wears a size 14 dress

The mum of four, who has lost all her teeth, baffled experts at two top London hospitals with her craving for Tate and Lyle. Tests revealed she is in perfect health.

Mary, 45, from Walworth, South East London, told last night how she started feeling the urge to swallow tablespoonfuls of sugar soon after she married 20 years ago.

Her intake grew and she has been hooked on a bag a day for ten years.

TEA

She no longer bothers with a spoon—but pours sugar into her mouth straight from the bag.

Mary often wakes in the the night to have another "fix."

Continued on Page Five

EAST:
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**ANOTHER
IN YOUR**

DRUNK

Continued from Page One

tea, sweet — and has the maximum of one gram of sugar in a cup. Many eat a normal quantity each day, and a normal quantity of cereal at breakfast, and a sandwich for lunch, and a two-course dinner at dinner time. The professor prefers Tate and Spoon — the two he loves best — to Silver Spoon — a loves demerara as a cereal treat.

The professor said: "I would like to be able to give my students the same health as I have. The craving never goes."

The Sun has arranged an appointment for Mary to see Professor John Yukin, a top authority on sugar addiction.

Professor Yukin, who is the first professor in Britain to be an, unique, may be an, unique, exception to our rules that explains why that is in good health is not obese."

MORTAR ENJOY

ooks baking the
ld's biggest Yorkshire
dding — 30ft by 15ft —
I use a cement lorry
mix the batter at
berham, Yorks.

SK

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Malnutrition

All alcoholics suffer from malnutrition to some degree. A number of factors work together to make this condition almost synonymous With alcoholism. Large doses of alcohol interfere with digestion and the passage of nutrients from the intestine into the bloodstream. The alcoholic's liver has a decreased ability to convert and release nutrients and make them available throughout the body. Without adequate nutrients, the cells, already Weakened by long exposures to alcohol's toxic effects, are not able to create bone, tissue, blood, or energy. The sick and injured cells thus do not have the resources to repair themselves, and damage continues unchecked.

Even the alcoholic's earliest psychological and social problems stem from or are aggravated by nutritional deficiencies. For example, a thiamine deficiency (extremely common in alcoholics) can cause loss of mental alertness, easy fatigue loss of appetite , irritability and emotional instability. If the deficiency is allowed to Continue, more severe mental Confusion and loss of memory may develop.

In later stages of alcoholism, the alcoholic is often so sick that he cannot eat, thus aggravating the already serious nutritional deficiencies. Massive vitamin or mineral deficiencies caused by long and heavy drinking may result in several unusual diseases of the central nervous system, including polyneuropathy, Wernicke's encephalopathy, Korsakoff's psychosis, and amblyopia.

Polyneuropathy is a nutritional disorder generally associated with deficiencies of the B complex vitamins-including thiamine (B 1), pantothenic acid, nicotinic acid, and pyridoxine (B6) which weaken and eventually damage the peripheral nerves outside the brain and spinal cord. These nerves ,which are similar to thin, elongated wires, carry electrical/chemical impulses which instruct the legs, arms, and torso to lift, move, run, walk, or feel warmth, cold, pain, and pressure. The strength of the current in the nerve depends on adequate food and nutrients

for its power source. When the nerves are deprived of nutrients, the power of the sensory and motor impulses diminishes and weakens, and the nerves gradually lose their ability to transmit sensory and motor signals.

The first indications of polyneuropathy are numbness and tingling sensations ("pins and needles") in the extremities, usually the toes or fingers. As the condition progresses, the sensations occur higher in the limbs, affecting hands and arms, feet and legs. Polyneuropathy is reversible if arrested early enough. If an alcoholic stops drinking and continues to abstain from alcohol, and if he pays careful attention to his diet and vitamin and mineral intake (particularly the B vitamins), the nerves will heal themselves fairly quickly. If, however, the alcoholic continues to drink and malnutrition progresses unchecked, there will come a time when the damage is permanent and irreversible. Muscle tone will be lost, and the muscles will atrophy. Pain may be excruciating. Late-stage alcoholics with irreversible polyneuropathy may be able to walk only clumsily if at all.

Wernicke's encephalopathy, named after a nineteenth-century German psychiatrist and brain specialist, is a rare disease usually produced by a severe deficiency in Vitamin B1 (thiamine). The disease is marked by a rapid onset of headaches, double vision, abnormal eye movements, the tingling sensations and numbness associated with polyneuropathy, muscular incoordination, stupor and brain hemorrhage. The condition is also frequently accompanied by the confusion, agitation and hallucinations seen in delirium tremens. In fact, Wernicke's encephalopathy is sometimes a precursor of the DT's.

Until forty years ago, the prognosis invariably was death, but after the B vitamins were synthesized and readily available, significant improvement in the condition became possible and the symptoms are now largely reversible if treated promptly. Immediate treatment is essential, however, because the condition swiftly progresses into the generally irreversible mental disorder called "Korsakoff's psychosis."

Korsakoff's psychosis, first described in 1890 by the Russian psychiatrist Sergei Sergeyevich Korsakoff, is caused in part by vitamin B1 deficiencies, and it generally results in irreversible

brain damage. The disorder has several striking characteristics, including hallucinations, the loss of short-term memory, and the consequent fabrication of stories to fill in the gaps (termed "confabulation"). The victim is often able to remember past events but is thoroughly confused as to present or recent events such as where he is? why he happens to be there, what he has just eaten, or who may be sitting next to him.

Amblyopia, another rare disease, occurs in approximately one in two hundred hospitalized alcoholics. It is characterized by progressive blurring or dimness of vision and, in some cases, difficulty in distinguishing green from red. Although the specific nutritional deficiency responsible for this condition has not been identified, amblyopia is readily reversible with improved nutrition and, specifically, large doses of the B vitamins.

Now that the early, middle and late stages of the diseases have been described from a technical standpoint, the alcoholic himself must be described. What are the psychological symptoms that he experiences as he progresses from the early to the late stages, and what are his reactions to these symptoms? Most important, why does he continue to drink when drinking is destroying him?

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