

**Review: Dr Robert S. Mendelsohn, *Confessions of a Medical Heretic*,
McGraw-Hill, New York, NY, CA, 1978**

Pages: 191

Old But Amazing Exposé

Written forty-two years ago this book was prescient in many ways and still entirely relevant today.

The author takes aim at sacred cows of the humble stethoscope, EKGs and ECGs, doctors' sanitation habits, pharma dangers, the adversarial doctor-patient psychology, and vaccines.

He posits that ninety percent of Modern Medicine could disappear from the face of the earth and resulting health effects would be immediate and beneficial.

Hospitals are "Temples of Doom" wherein reside the god Death, medication is an arbitrary Holy Sacrament, and the annual influenza vaccine is a farce; these are some observations made from experience.

Taken together, the book is not only incredibly informative about a secretive industry, but will have you laughing throughout with its clever but true metaphors of what is the Church of Modern Medicine.

Non Credo (pp. ix-xv)

The author once believed in modern medicine.

The hormone DES (diethylstilbesterol) was found twenty years later to cause vaginal cancer for women who took it during pregnancy to prevent miscarriages.

Oxygen therapy for premature infants causes blindness ("retrolental fibroplasia") in ninety percent of low-birth cases.

Tetracycline antibiotics left thousands of children with yellow-green teeth and tetracycline deposits in their bones.

Tonsils, lymph nodes, and thyroid use to be irradiated, years later causing tumours.

Ninety percent of Modern Medicine could disappear from the face of the earth and resulting health effects would be immediate and beneficial. The corollary of this is that nearly the whole religion is at stake.

People avoid things they fear.

People say they have faith in their doctor.

Asking the “Five Whys” about medical practices eventually leads to the “Chasm of Faith”.

I) Dangerous Diagnosis (pp. 1-20)

“The more exams the better off someone will be” is the prevailing dogma.

The stethoscope is the doctor’s priestly religious badge. It can transfer pathogens between patients and is no better than an ear to the chest. A third of all children have a harmless heart murmur which is often misdiagnosed as serious. In response, parents restrict the child’s activity and feed it more causing more problems.

Electrocardiogram (EKG) interpretations vary twenty percent between ‘experts’, and can read errors due to electricity leakage.

Electroencephalograms (ECGs) read β -errors 15-20% of the time and scanning is a growth industry.

The X-ray is the most dangerous tool with radiologist film interpretations varying on average by 24%.

Mammography causes more cancer than it detects!

Doctors practice ‘just in case’ medicine.

Temperature taking is useless and there is a “sacred quantitative barrier of the thermometer”.

A minimum number of cystoscopies are required of a residency program, so it is wise to assume all doctors are potentially harmful. They also get more reward and satisfaction from intervening than following *primum non nocere*.

Atromid S is a cholesterol-lowering drug.

Dental offices are centres of Hg pollution, sacramental x-rays, and holy water F applications. The sharp dental explorer can also inoculate bacteria between teeth.

Accidents and acute appendicitis account for only five percent of medical situations.

Anyone can read the same books as doctors and they have most likely forgotten most of their training anyway!

Wheeling patients around into x-ray rooms is an intentional ploy to depersonalise, demean, and humiliate otherwise capable adults.

The sole purpose of medical school is to graduate, not to learn.

“Shuffling” was the black slave art of convincingly pretending to do work.

Doctors should be treated with the same amount of trust as used car salesmen.

Sooner or later doctors will simply declare non-complying patients’ children as abuse victims and have the state take them into custody.

II) Miraculous Mayhem (pp. 21-47)

Choloromycetin antibiotic can fatally interfere with bone marrow production.

Tetracycline used to be the “housecall” antibiotic; it’s usage anytime up to eighteen years of age often caused permanent tooth discolouration.

Penicillin once easily cured gonorrhoea.

In 1890, Dr Robert Koch injected a tuberculosis vaccine into patients which killed them.

In 1928, carcinogenic thorotrast was used to aid in X-ray imaging.

In 1955, the Salk polio vaccine caused 100 deaths.

In 1959, the sleeping pill thalidomide caused many birth defects.

All that is known of some drugs is that their primary method of activation is placebo!

Street drugs cause 26% of drug abuse deaths while prescription valium and barbiturates 23%. Adverse drug reactions account for 5% of hospital visits. Steroids mimic adrenal gland action.

DES is still prescribed as a morning-after pill. This also causes a great increase in heart disease, gall bladder disease, and uterine cancer for women over forty.

Medicine's unwritten rule is to always prescribe new drugs quickly before their side effects widely manifest.

Big Pharma spends \$6,000 p.a. on average per doctor.

Clinical test reports are pharma funded.

The FDA found that clinical drug trials were a shambles.

The first rule of medicine is really "First Do Something".

Medicine has always been hazardous to the majority of patients.

Going 'deeper', one comes up against a Theology of Modern Medicine, which is a corruption of Christianity.

There is no such thing as a safe drug; every one hurts the body in some way.

Doctors still don't know how aspirin works.

The Physicians Desk Reference is the "beginning of knowledge about drugs" and was withheld by the publisher from market for two years as "insiders knowledge".

We live in an era of poly-pharmacy; where everybody is taking more than one drug.

Valium is the largest selling drug in history.

The Feingold diet eliminates food colouring and artificial additives.

Doctor's do not believe in non-drug therapies.

In the Church of Modern Medicine, the doctor who treats without drugs is regarded as a heretic because he has rejected the sacrament of medication.

III) Ritual Mutilations (p. 49-65)

2.4M operations are performed in the US each year unnecessarily (11%-30% are useless).

Half of all paediatric surgery is tonsil removal; tonsillectomies have been performed for over 2,000 years without proof of benefits.

Forcep usage at childbirth was the first medical intrusion. Then came the episiotomy; a surgical slicing of the perineum to widen the vagina opening. Natural tears heal better than surgical incisions. Finally, we have arrived at an epidemic of Caesarean deliveries.

Water bags are often broken to attach electrodes to the baby's scalp which instantly depresses his heart rate. Doctors induce labour at their leisure.

Mother Caesarean death rates are twenty-six times higher than natural vaginal birth.

Bypass surgery involves the bypass of a fat-clogged blood vessel. The bypass itself can then become clogged.

A radical diet change is the best heart surgery.

“Poudrage” was a procedure of opening up the chest and sprinkling the heart’s outside with talcum powder to artificially induce blood circulation via irritation.

Cancer surgery often spreads tumour cells.

Elimination of unnecessary surgery would drive most surgeons out of business.

The ritual *bris* circumcision is performed on the eight day in front of ten witnesses. Surgeons who use a cautery in place of a knife can slip and burn off most of the penis.

IV) The Temples of Doom (pp. 67-87)

Death is the god that resides in the Temple of Modern Medicine.

In Washington D.C. hospitals, organic residue and fecal matter was found in emergency room floors and morgues.

Heating and air conditioning systems circulate dust and germs throughout the hospital.

Masks become contaminated after only ten minutes.

The chances of contracting an infection in a hospital are five percent.

The most dangerous place is the newborn nursery; one of the best arguments for a home birth is the chance that you’ll go home with the wrong baby!

There is a serious electrocution risk with all the modern equipment.

Murder is even a possibility given the chaos.

Malnutrition kills many old people in hospitals.

People prefer home births.

Doctors balk at patients who threaten them with legal action.

Nurses often don't get the intravenous drip rate right.

V) Holy War on the Family (pp. 89-112)

One of every six children is raised by a single adult and fifty percent of marriages end in divorce.

Doctors dislike home visits since they are on the patient's turf.

Paediatrician doublespeak says breastfeeding is best but formula is just as good; the latter promotes better bone maturation and intellectual development.

Most jobs are not fulfilling in the least.

Older people are swept out of society into retirement homes.

Sooner or later doctors will simply declare non-complying patients' children as abuse victims and have the state take them into custody.

Solid food should be give only after six months, not six weeks!

Psychiatrists never take vacation around Christmas due to the increase in depression and suicide.

VI) Doctor Death (pp. 113-122)

Ιατρος means doctor.

Thanatologists study death.

VII) The Devil's Priests (pp. 123-140)

Most doctors are narrow-minded, prejudiced, and incapable of reasoning and deliberation.

Austrian biologist Paul Kammerer painted toads' feet with black ink to prove Lamarckianism. After being found out he suicided.

Five percent of doctors are psychologically disturbed and half divorced or unhappily married. One and a half per cent abuse drugs.

Doctor suicide rate is double the US average and female doctors are four times higher than other women over twenty-five.

Medical politics is cutthroat.

Doctor-to-non-doctor friendships are rare.

A medical education's half life is four years.

Making people work late all the time without recovery breaks the will.

Fear and arrogance are the basic emotions in Medical School.

Not going to the doctor is a mortal sin.

“A doctor buries his mistakes.”

Re: alternative cancer treatments, never ask an oncologist's opinion about laetrile!

VIII) If This Is Preventative Medicine, I'll Take My Chances With Diseases (pp. 141-156)

Modern medicine equates medical care with health.

The tuberculin test has a high error rate causing unneeded drug prescriptions for “primary reactors”.

Diphtheria has all but disappeared.

The yearly influenza vaccine is a farce.

In 1976, the Great Swine Flu Fiasco of flu vaccines caused 565 cases of GB paralysis and 30 deaths in older vaccinees.

Breast cancer is heightened for women who have no or few children, do not breastfeed, use the Pill, or use post-menopausal hormones like Premarin.

The “Tired Egg” syndrome is used to warn women over thirty not to have children.

Lead poisoning cases are taught to be caused by *pica*, or Pb consumption by toddlers from the environment,

Large families are more independent of government.

Tay-Sachs is a Jewish-community disease.

Linus Pauling was denied funds to determine if ascorbic acid could benefit cancer patients.

IX) The New Medicine (pp. 157-169)

Epilogue: In Search of the New Doctor (pp. 171-183)

Home deliveries would eliminate up to 95% of obstetrics and gynaecology.

It's almost impossible to get kicked out of medical school, so the student may as well just "shuffle".