

Watching the Quacker

By Terry S. Friedmann, MD, ABHM, and Karen Boren

Part I: The Truth About Quackwatch

Have you been sent an e-mail with an attachment telling you shocking stories about D. Gary Young and Young Living Essential Oils? Or when you typed in “Young Living” to an Internet search engine, did you find a startling article from the website called “Quackwatch”? Did you immediately vow to have nothing to do with Young Living? If you did, you need to know that there is a much bigger picture you need to consider.

This article will show that what was said about Gary Young was untrue and slanderous. But more importantly, it will tell you why someone would spread such lies and how it is actually an attack on your freedom of choice in healthcare.

■ Alternative Medicine Attracts Mainstream Notice

If you think that no one has noticed that you use vitamins and other health supplements, and make fewer trips to the doctor, you are very much mistaken.

The success of alternative and complementary medicine caught the attention of conventional medicine as the focus of two important statistical studies published in the *New England Journal of Medicine*¹ and the *Journal of the American Medical Association (JAMA)*².

In fact, a search of PubMed, the website of The National Library of Medicine, turns up 7,712 peer-reviewed articles on complementary and alternative medicine. The November 11, 1998 *JAMA* article reported that “Estimated expenditures for alternative medicine professional services increased 45.2% between 1990 and 1997 and were conservatively estimated at \$21.2 billion in 1997, with at least \$12.2 billion paid out-of-pocket. This exceeds the 1997 out-of-pocket expenditures for all US hospitalizations.”

This study reported that more visits were made to unconventional practitioners in 1990 than to conventional—488 mil-

lion unconventional visits compared to 388 conventional visits to primary care physicians.

The surprising impact of alternative medicine in America led the National Institutes of Health (NIH) to organize the National Center for Complementary and Alternative Medicine (NCCAM) in 1998.

The Department of Health and Human Services of the United States oversees this institute with this important area of focus: “To integrate scientifically proven CAM [Complementary and Alternative Medicine] practices into conventional medicine, we announce published research results; study ways to integrate evidence-based CAM practices into conventional medical practice; and support programs to develop models for incorporating CAM into the curriculum of medical, dental, and nursing schools.”³

The director of the National Center for Complementary and Alternative Medicine, Stephen E. Straus, M.D., said, “We’ve moved into a whole new way of thinking about nutrition and dietary supplements.”⁴

The scientific documentation of the value of alternative and complementary medicine cannot be ignored. From articles in the premier peer-reviewed medical journals to the highest government agencies, natural medicine is becoming mainstream.

As exciting as it is to see such vindication of natural health, do we ever consider the price that is paid to ensure freedom of choice in health care?

■ Who Pays the Price?

Here is where freedom of choice extracts a costly price. The pioneers of natural health are under vicious attack by front organizations with tremendous financial resources. And this is no mere difference of opinion. It involves slander and vilification.

Honest people believe what they read because they can’t imagine deceit. Perhaps we all need to remember the instruc-

tion Jesus Christ gave His disciples in Matthew 10:16. “Behold, I send you forth as sheep in the midst of wolves: **be ye therefore wise as serpents**, and harmless as doves.” [Emphasis added.]

Through character assassination on the Internet unfounded rumors are being spread that are misleading honest people. D. Gary Young’s good name, and that of his company, Young Living Essential Oils, are the object of lies and slander coming from Stephen Barrett, M.D. on his website called “Quackwatch.” Barrett also serves as vice president and webmaster of an organization called the National Council Against Health Fraud (NCAHF). It is often through this organization that Barrett files spurious lawsuits against natural health practitioners.

■ His Mind Is Made Up: Don’t Confuse Him with Facts

Listen to Stephen Barrett’s bias: “I wish the word ‘alternative’ would go away. ‘Alternative’ is a slogan, not a definable group of therapies. If something works, it would not be proper to refer to it as alternative.” [Emphasis added] (Transcript ABC News, January 25, 2002, www.abcnews.go.com/sections/community/DailyNews/chat_barrett020125.html)

One needs to do some research to understand what “quack-watching” is all about and the kind of men behind it.

Consumer writer Tim Bolen has written about the assault against those who offer alternatives to the drug/surgery medical paradigm. He tells how “Big Pharma” or the giant pharmaceutical corporations organized “quackbusters.” He writes that “26 drug companies banded together and funded it, put leaders and directors in place, and set it up as a business—one that would act as a mechanism to constantly damage, and discourage, competition to drug ‘treatment.’ Their primary target is the emerging ‘health’ industry—those entities that propose ‘alternatives’ to the drug/surgery paradigm. The quackbusters’ as a tactic, deride ALL new health ideas as ‘quackery.’”

Bolen also explains Big Pharma’s “propaganda gambit” of creating an information base. “Websites appeared, sounding authoritative, like Stephen Barrett’s sleazy www.quackwatch.com and others. The questionable organization, the National Council Against Health Fraud (NCAHF), was to provide so-called ‘expert witnesses’ for testimony.”⁵

On “Quackwatch,” one of the home pages for these venomous attacks on natural health, the dirt slung at Gary Young is but a molehill compared to the mountain of ugly charges against *several hundred* natural healthcare professionals. There are 164 names on Barrett’s “Living” list of doctors, nurses, chiropractors, naturopaths, and even a United States Congresswoman, who support natural health ideas making them targets for Barrett’s poison pen.

D. Gary Young considers himself in good company since among the 200 plus people Stephen Barrett attacks are Andrew Weil, M.D., Julian Whitaker, M.D., Deepak Chopra, Bernie Siegel, M.D., Ralph Moss, Ph.D., Earl Mindell, R.Ph., and Gary Null, Ph.D. Even the late Dr. John R. Lee, who had the courage to question the wisdom of the now-discredited and proven-deadly Hormone Replacement Therapy (HRT), has made Barrett’s list.

Fit For Life? Barrett attacks Harvey Diamond’s book because of its discussion of food combining which apparently irritates Barrett. But then, so does Joe Weider, the bodybuilder. Weider makes the mistake of believing that “athletes have special protein needs, that protein supplements have special muscle-building and health-giving powers, and that the most efficient way to get enough protein is by using supplements.” Barrett should talk to U.S. Olympic athletes to see if they are adding protein supplements to their diets.

Barrett goes after U.S. Representative Diane Watson (D-CA) for her work in notifying the public about the mercury found in “silver” dental amalgams. Barrett lets the *New York Times* do his character assassination on this issue. Through the *Time’s* science writer, Rep. Watson is called “scientifically unsophisticated,” having an “amalgam hang-up,” and “taken in by quacks.”

Apparently California’s entire judicial system was also taken in by “quacks” as Rep. Watson was successful in getting a law enacted mandating this notice in all dental offices in California:

“WARNING: Amalgam fillings contain a chemical element know to the State of California to cause birth defects or other reproductive harm.”

Barrett offers his colleague, Robert S. Baratz, M.D., Ph.D., D.D.S., (read below to see what this highly educated man does for a living) as the expert on how safe mercury amalgams are. (Also see below for an assessment of Baratz by Dr. Boyd E. Haley, Chair, Department of Chemistry, University of Kentucky.)

This is not the forum to argue the “safety” of mercury amalgams. Suffice it to say that hundreds of scientific studies published in peer-reviewed scientific journals document the dangers of this compound. Just one conclusion: “dental amalgam is most probably the major source of chronic mercury exposure in humans.” (Hahn LJ, et al., “Dental ‘silver’ tooth fillings: a source of mercury exposure revealed by whole-body image scan and tissue analysis,” *FASEB J.* 1989 Dec;3(14):2641-6.)

■ Even Death Doesn't Protect Against Barrett's Attacks

It's one thing to be attacked when you can do something to salvage your reputation. Pity the 50 poor people on Barrett's "Deceased" list. Rest in peace? Sorry. Adelle Davis is attacked as well as Bernard Jensen, M.D. The late Linus Pauling, Ph.D., the only person to ever win two unshared Nobel prizes, is another victim of Barrett's hatred of natural medicine. Barrett derides the accomplishments of this great man whose theories continue to find vindication by researchers and scientists.

After trotting out the usual attack against Dr. Pauling's beliefs about vitamin C, Barrett slams him for speculating about vitamins and minerals and mental illnesses. Yet a study published in *Schizophrenia Research* in April 2004 found that baby boys given vitamin D supplements had a reduced risk of schizophrenia (McGrath JJ, et al., "Vitamin D supplementation during the first year of life and risk of schizophrenia: a Finnish birth cohort study," *Schizophr Res.* 2004 Apr 1;67(2-3):237-45.)

Like a cranky four-year-old, Barrett's Quackwatch site takes jabs at the *White House Commission on Complementary and Alternative Medicine Policy* and *Newsweek* magazine for "promoting false notions about so-called complementary and alternative medicine."

On Barrett's extensive website, anything to do with complementary and alternative health care immediately attracts his ire and slander. Unfortunately, this includes Gary Young and Young Living Essential Oils.

■ Why the Vendetta Against Natural Medicine?

Stephen Barrett is paid to testify as an "expert witness" in lawsuits he and cohort Robert Baratz originate as they attack natural health practitioners with outrageous slander and innuendo. Barrett is vice president and Robert Baratz is president of the National Council Against Health Fraud (NCAHF), yet another "quackwatcher" website that attacks natural medicine. Barrett's and Baratz's many web pages and their vendetta against natural health seem to be enriching the men more than their medical practices ever did. Yet the question is raised: Who is putting up the money for their many lawsuits? The charge has been made that they are being funded by pharmaceutical companies.

■ The Untrue and Hurtful Attack Against Gary Young

The most vile of Barrett's lies is that Gary Young is responsible for "causing the death of an apparently healthy infant." As if that stunning accusation (with no proof or documenta-

tion whatsoever) was not enough, Barrett takes on Gary's mental health. After reviewing what is written on the Young Living website about the logging accident Gary was in, Barrett proclaims that Gary Young is "mentally unstable and possibly even brain damaged." As a supposed health professional, for Barrett to issue this diagnosis without ever having even talked on the phone to Gary Young is *mental health quackery* at its worst.

Of course Barrett attacks the fact that Gary Young returned to robust health using natural medicine after his physicians told him he would be wheelchair-bound for the rest of his life. Barrett writes, "I seriously doubt that he can substantiate his claims that the products he used actually cured him." Has Barrett offered a shred of evidence that proves otherwise?

Barrett's charges and character assassinations are patently untrue and purely outrageous. Each charge will be addressed below exposing them for the vicious libel that they are [See Part II below].

■ "How much easier it is to be critical than to be correct" - Benjamin Disraeli

Anyone who has participated in a debate realizes that it is easier to argue against a topic than for it. Stephen Barrett has fashioned a new career for himself tearing down and denigrating the accomplishments of others.

As sure as the sun comes up each morning, 'what goes around comes around.' And the old adage that people who throw stones shouldn't live in glass houses comes to mind.

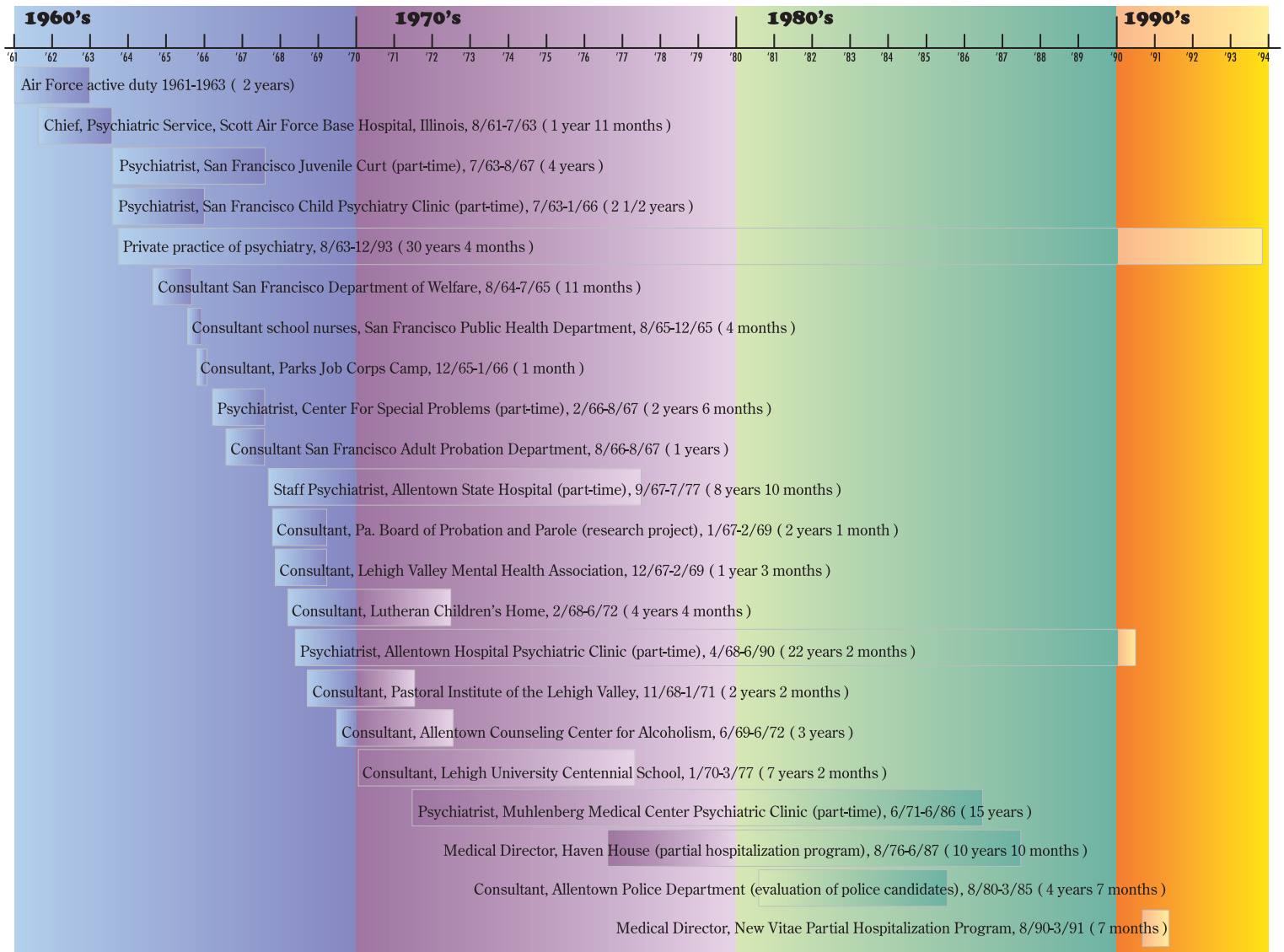
■ Just Who is Stephen Barrett?

It is important to first look at the qualifications and motives of the man behind the vitriolic attack against Gary Young and so many others.

It seems very likely to this writer that Barrett's motivation in attacking Gary Young is envy. Because against incredible odds, Gary Young has built a multi-million company that is helping many people create a vital and healthy lifestyle. Gary Young has three herb farms, a park for families, a clinic, and a fitness center. He employs approximately 300 people and his company, Young Living Essential Oils, has tens of thousands of dedicated distributors.

A careful look at Stephen Barrett, M.D. reveals a distinct lack of success in his life prior to becoming a self-appointed, natural-health enemy. A review of his resume shows that Barrett's medical career was less than spectacular.

Occupational Schizophrenia??? Stephen Barrett's Career



Barrett's *curriculum vitae* is listed on the Internet in at least two places. Since he manages 8 or 9 websites and is currently involved in numerous lawsuits (as the instigator), he has not taken time to delete some revealing resume information on his *MLM Watch* site. This resume shows what his Quackwatch resume doesn't: that since he finished his two-year Air Force active duty and a supposed 23-month post as "Chief, psychiatric service" at Scott Air Force Base Hospital, he never again held a full-time psychiatric position. This resume reveals that all of his positions as a psychiatrist have been half-time or part-time. A timeline of Barrett's career path (shown above) reveals he often worked as many as 6 part-time positions at once.

Why wasn't Barrett able to procure a full-time job as a psychiatrist? In 30 years was there not one place that valued him enough to offer him a full-time position?

■ A Board-Certified Expert?

There is also the fact that self-appointed health critic Barrett hasn't held a medical license since 1993 and was never board certified in his field of psychiatry. In one court document, he stated that it is not necessary to be board-certified to practice psychiatry. Yet board certification is the criteria by which one can assess a doctor's ability as noted by the American Board of Medical Specialties:

The American Board of Medical Specialties (ABMS) is an organization of 24 approved medical specialty boards. The intent of the certification of physicians is to provide assurance to the public that those certified by an ABMS Member Board have successfully completed an approved training program and an evaluation process assessing

their ability to provide quality patient care in the specialty. The ABMS serves to coordinate the activities of its Member Boards and to provide information to others concerning issues involving specialization and certification of medical specialists. (<http://www.abms.org/>)

The American Psychiatric Association states: “After completing their residency training, most psychiatrists take a voluntary examination given by the American Board of Psychiatry and Neurology, to become a ‘board certified’ psychiatrist.” (American Psychiatric Association website: www.psych.org/public_info/choosing_psych/whatpsych.cfm) On Barrett’s Quackwatch website he writes: “Medical specialty boards require high standards of training and performance and ensure them by rigid examinations. Successful applicants receive diplomas and are considered ‘board-certified.’” Barrett is quick to downgrade some alternative medicine boards but conveniently forgoes mentioning that he, himself, never achieved board certification in his field.

Barrett styles himself as an “expert” qualified to testify against natural health practitioners. Yet the psychiatric website of Barrett’s home state, the Pennsylvania Psychiatry Expert Witnesses and Consultants (<http://expertpages.com/experts.php/psychiatrypennsylvania.htm>), shows a directory of 16 individuals or firms and all but one specifically list board certification as an integral part of their credentials.

The only non-board-certified expert witness on the Pennsylvania expert witness listing is Dr. Brian Crowley who has the following exemplary credentials to recommend him:

- He is Senior Attending Psychiatrist and Immediate Past Chairman of the Department of Psychiatry at Suburban Hospital in Bethesda, MD.
- He is a Distinguished Life Fellow of the American Psychiatric Association
- Associate Professor of Psychiatry (he teaches medical students at the Uniformed Services University of the Health Sciences in Bethesda, Maryland)
- Fellow of the American Academy of Psychoanalysis
- He received the Roeske Award for Excellence in Medical Student Education from the American Psychiatric Association

Stephen Barrett lists no membership in any psychiatric association. He mentions having won a freshman chemistry prize when in college, a citizen award from his local dental society (probably for his pro-fluoridation stance and support of mercury amalgam fillings), and status as fellow of the Committee for the Scientific Investigation of Claims of the Paranormal.

Barrett says he received an Honorary Member Award from the American Dietetic Association. This is the group that accepted \$75,000 from NutraSweet® and then allowed NutraSweet to write its fact sheets.

In court testimony from one of his many anti-alternative medicine lawsuits, Barrett stated he gave up his medical license when he retired. Or did he retire because he was not making enough money in his practice to afford malpractice insurance as required by the State of Pennsylvania? Consumer writer Tim Bolen stated that Barrett said in court he had only seen nine patients in the last years of his practice and he was no longer working at the State Mental Hospital, where his part-time employment in a ward there comprised the longest stint of his psychiatric career.⁶

■ Birds of a Feather?

Barrett has aligned himself with a man who has a veritable alphabet-soup string of impressive academic letters behind his name: Ph.D., D.D.S., and M.D., yet this highly educated man currently operates a hair removal and ear piercing salon in Braintree, Massachusetts.

Robert S. Baratz, when not busy removing unwanted hair, serves as president of the official-sounding National Council Against Health Fraud (NCAHF) with Stephen Barrett as vice president

Barrett and Baratz have found it lucrative to instigate lawsuits and then accept payment for their testimony (reputed to be \$350 an hour). While this strategy worked for a while, the legal tide is beginning to turn against them.

Baratz provided the most stunning and ludicrous testimony when he was cross-examined as an “expert witness” in a trial in Wisconsin on July 15, 2003. The transcript, 46 pages in tiny, 8-point font, can be purchased from TextNet (888-839-8638) or found at www.ddslaw.com. (Click on “State Boards,” then “State of Wisconsin v. Eleazer M. Kadile, M.D.” then transcript for “July 15, 2003.”)

In *three days* of cross examination (when did you last hear of an expert witness having to defend his credentials?) Baratz’s resume was found to be full of fabrications and the following facts were shown to be true:

- Baratz is not now nor ever was a consultant for the FDA
- He is not a spokesperson for the American Dental Association
- He has not published 150 medical papers
- Baratz twice ran into the back of cars while jogging and filed lawsuits against the drivers, one of whom was the former dean of the Boston College Law School (Baratz lost that case and had to pay the dean’s legal expenses)

- He filed a \$3 million lawsuit against a 71-year-old woman, Dr. Florence Wilson, who allegedly pulled on his arm during an argument and he has claimed to be disabled since then (December 1998)
- He filed “breach of contract” suits against Harvard Community Health and Tufts University
- Harvard Community Health accused Baratz in a memo of behavior that was “verbally aggressive and abusive” and included obscenities directed at Baratz’s supervisee. The memo noted he was “suspended without pay and warned that he could be terminated”
- He lied in saying he was recruited by Harvard Health to develop and open and manage their urgent care facility
- In his termination agreement with Harvard Health (page 37) Baratz agreed not to sue anyone at Harvard Health related to anything that happened during his employment there. Yet he sued Dr. Wilson, a Ms. Vito, and a Mr. Tumi

In testimony, when asked to comment on the power of prayer and a statement about distant healing (praying for someone not present), Baratz said, “I could make the same argument that Dossi made by invoking satanic worship instead of prayer and the outcome would be the same.”

After wading through this dense and lengthy transcript I can say that Robert Baratz makes Bill Clinton look like a kindergartener in lying.

- When asked if he was board certified, Baratz admitted he was “not currently.”
- The attorney said, “You have taken and failed [the board test] several times?”
Baratz answered, “I have not passed the ABIM exam on a couple of occasions.”
Question: “Is that the same as failed?”
Baratz, “If you say so.”

Does this remind you of that famous quote from former President Clinton: “that depends on what your definition of ‘is’ is”?

Baratz also attacks faith healing on his website for the National Council Against Health Fraud (www.ncahf.org/pp/faith.html). “‘Faith healing’ refers to the apparently beneficial outcomes of rituals or religious activities on behalf of the afflicted. Unless such outcomes are clearly miraculous (eg, the restoration of an amputated body part) they may simply be regarded as fortuitous and probably involved psychological mechanisms.” [Emphasis added] Seeking for a sign?

■ The Dentist Who Practices in His Home Without A Dental Chair Testifies About “Silver” Amalgam “Safety”

Robert Baratz D.D.S etc., was called to testify about the “safety” of mercury in dental amalgams in Florida in January 2001. Following his rambling and unscientific testimony, Dr. Ralph Dougherty of the Department of Chemistry and Biochemistry, Florida State University, wrote:

“I have qualified as an expert witness in chemistry and toxicology in both federal and state courts. I have conducted extensive research in analytical toxicology. I have more than 100 papers published in refereed journals. To allege that there is no mercury in mercury amalgam as Dr. Baratz has done in his sworn testimony before the Florida Dental Board is either a reflection of ignorance, or intent to deceive.”

Dr. Boyd E. Haley, Chair, Department of Chemistry, University of Kentucky, wrote, “With my personal knowledge of numerous outstanding and productive academic research scientists available to the FDA for consultation I am somewhat perplexed that they would select someone with such weak credentials—unless they were searching for someone who would adamantly support their preconceived position of amalgams being totally safe. Dr. Baratz is evidently well known for taking that position. Finally, his statements concerning amalgams and chemistry in general are so pathetic that they almost defy sensible analysis.” [Emphasis added] Toxic Exposure Study Trust Foundation, <http://www.testfoundation.org/baratztestimony.htm>

■ The “Experts” Exposed

In California Superior Court on December 17, 2001, Judge Haley J. Fromholz dismissed Barrett’s case against King Bio Pharmaceuticals noting that witnesses Barrett and Wallace I. Sampson, M.D., (another quackman) were not neutral or dispassionate witnesses. Judge Fromholz wrote: “Both witnesses’ fees, as Dr. Barrett testified, are paid from a fund established by Plaintiff NCAHF [National Council Against Health Fraud] from the proceeds of suits such as the case at bar” and that “both men have a direct, personal financial interest in the outcome of this litigation...[I]t can fairly be said that Drs. Barrett and Sampson are themselves the client, and therefore their testimony should be accorded little, if any, credibility on that basis alone.”

Judge Fromholz also scorned Barrett’s credibility as a so-called expert witness on the FDA saying:

“While Dr. Barrett appears to have had several past conversations with FDA representatives, these appear to have been sporadic, mainly at his own instigation, and principally for the purpose of gathering information for his various articles and Internet web-sites. He has never testified before any government panel or agency on issues relating to FDA regulation of drugs. Presumably his professional continuing education experiences are outdated given that he has not had a current medical license in over seven years. For these reasons, there is no sound basis on which to consider Dr. Barrett qualified as an expert on the issues he was offered to address.”

Judge Fromholz ruled that “NCAHF failed to prove a false or misleading statement. King Bio’s expert testified the products were safe and effective. The products were included in the Homeopathic Pharmacopeia and complied with FDA guidelines. NCAHF presented no evidence that King Bio’s products were not safe and effective, relying instead on a general attack on homeopathy, made by witnesses who had no knowledge of, or experience with, King Bio’s products, and who were found to be biased and unworthy of credibility.”⁷

In an appeal of the Bio King lawsuit (which was upheld by Justice Margaret Grignon, filed 4/22/2003), Justice Grignon awarded Bio King a protective order against NCAHF and \$900 in sanctions for exceeding the 35-question limitation on requests for admission and interrogatories by almost 1,000 questions. She ordered that NCAHF “bear King Bio Pharmaceuticals, Inc.’s and Frank J. King’s costs on appeal.”⁸

The attorney chosen for Barrett’s appeal of the Bio King case, Morse Mehrban, has made an unsavory reputation for himself in California by filing meritless lawsuits. One such suit against the Miramar Sheraton Hotel in Santa Monica was dismissed on a demurrer by Judge Brett C. Klein. Judge Klein wrote: This case is brought in the private interest, not in the public interest. There are many nouns that one might attempt to use, metaphorically, to describe what this case is about,” Judge Klein said. “The most appropriate metaphorical term would be ‘racketeering.’”⁹

The *Los Angeles Times* published the following in an article on Quackwatch attorney Mehrban:

“Earlier this year, Mehrban filed 400 separate claims against makers of candles, charging that the common table ornaments emit toxic fumes. He’s currently in court with more than a dozen manufacturers and retailers of artificial fireplace logs, which he claims emit toxic fumes when lit. He once sued dozens of hotel chains for allegedly failing to post warnings about the hazards of cigarette smoke in lobby and pool areas. A Los Angeles judge who dismissed one of the cases —

against the Miramar Sheraton — likened the lawsuit to ‘racketeering.’ Such criticism does not faze Mehrban. Though he bills his time at as much as \$400 an hour and drives a Mercedes roadster, he says he’s not in it for the money.” (*Los Angeles Times*, November 3, 2002, article by Monte Morin.)

■ Stephen Barrett’s Tunnel Vision

Some final words documenting the bias of Quackwatcher Stephen Barrett. Young Living Distributor Dean Berenz wrote Barrett and posed five questions. We will look at two of them:

Dean Berenz: Where can I find statistics on deaths caused by hospital error and diseases contracted from hospital admission and unrelated to the condition at the time of admission?
Stephen Barrett: I don’t know of any reliable statistics on this subject.

It just so happens that there *is* documentation on iatrogenic causes of death. Iatrogenic means “induced in a patient by a physician’s activity, manner, or therapy.” It is used especially as a complication of treatment.

Dr. Joseph Mercola has these statistics from the *Journal of the American Medical Association* and *The Institute of Medicine* (part of the National Academy of Sciences, a private organization chartered by Congress to advise the government on scientific matters) on his website: www.mercola.com. (Do a search on his website for “Death by Medicine” and “Doctors Are the Third Leading Cause of Death in the US.”) This information has also been widely disseminated by news agencies.

- Almost **100,000** people die from medical errors every year (NBC News, Nov. 25, 2003)
- Patients in intensive care are being misdiagnosed and dying as a result of wrong diagnoses—in a three-year’s study, **39% of cases were improperly diagnosed** (*New Scientist*, February 18, 2004.)
- The number of deaths per year from unnecessary surgeries: **12,000** (Leape L, “Unnecessary Surgery,” *Annu Rev Public Health*. 1992;13:363-383.)
- The number of deaths per year from infections in hospitals: **80,000** (Lazarou J, et al., Incidence of adverse drug reactions in hospitalized patients,” *JAMA*. 1998;279:1200-1205.)
- The number of deaths per year from medication errors in hospitals: **7,000** (Phillips D, et al., “Increase in US medication-error deaths between 1983-1993,” *Lancet*. 1998;351:643-644.)
- The number of deaths from other errors in hospitals: **20,000** (Lazarou J, et al., Incidence of adverse drug reactions in hospitalized patients,” *JAMA*. 1998;279:1200-1205.)

Dean Berenz: I also need to have statistics on pharmaceutical-induced deaths from mis-prescribed drugs and/or their side effects.

Stephen Barrett: I don't know of any reliable statistics on this subject.¹⁰

Stephen Barrett must not read the *Journal of the American Medical Association (JAMA)*. As was noted in the study quoted above, every year 106,000 people die from non-error, negative effects of drugs (adverse reactions). (Kohn L, ed, Corrigan J, ed. Donaldson M, ed. "To Err Is Human: Building a Safer Health System." Washington, DC: National Academy Press; 1999.) In fact, when you add up the errors noted by Dr. Barbara Starfield of the Johns Hopkins School of Public Hygiene and Public Health, the total is **250,000** deaths a year. Doctors are the third leading cause of death in the U.S.

And the report of the *Institute of Medicine* said the total cost of medical mistakes, lost income and production, cost of disability and health care, totals **\$17 to \$29 billion** a year.

Stephen Barrett, the medical know-it-all, cannot in all conscience claim to be unaware of these statistics. Perhaps Barrett's belief system allows him prevarications. He is "medical editor" for Prometheus Books, a publishing house known for atheism and biblical criticism, alternative lifestyle books, and 12-step programs without God such as *How to Stay Sober: Recovery Without Religion* and *SOS Sobriety* by James Christopher, founder of the "Save Ourselves Movement."

Gary Young, Andrew Weil, M.D., Bernie Siegel, M.D., Deepak Chopra, and the hundreds of others who have been slandered on Barrett's websites, do not care what Barrett wants to believe. But they care very much that he is vehemently opposed to other people having choices and by his lies, influencing those choices.

Barrett's book, *The Vitamin Pushers*, by the title alone makes taking vitamins sound like illegal drug use. He writes: "It is falsely alleged that Americans are so addicted to 'junk' foods that an adequate diet is exceptional rather than usual." Most Americans do *not* have adequate or nutritious diets. The explosion of obesity and diabetes are proof to anyone who can read the headlines in newspapers and magazines. On June 2, 2004 Reuters News reported that a study from the June issue of the *Journal of Food Chemistry and Analysis* showed that junk food makes up almost one-third of the U.S. diet.

Barrett also writes: "Poor people can ill afford to waste money on unnecessary vitamin pills."¹¹ In answer to that, Reuters News reported on March 23, 2004 "Dietary shortages of crucial vitamins and minerals like zinc and iron may be keeping as many as a third of the world's people from reaching their full potential, researchers told a U.N. panel on Tuesday. Simple remedies that have worked well in the industrialized world such as fortifying flour or milk with key

vitamins or minerals or distributing supplements to children or pregnant women are so inexpensive and widely available that they should be applied worldwide, said UNICEF chief Carol Bellamy." [Emphasis added.]

Barrett is horrified by any natural approach to medicine and attacks the *New England Journal of Medicine*, the *Journal of the American Medical Association*, and even the National Center for Complementary and Alternative Medicine (NCCAM) when they dare to disagree with what he believes.

On page 34 of *The Vitamin Pushers*, Barrett makes a very ironic statement in his "Thirty Ways to Spot Quacks and Pushers." Number 29 reads: "They Sue to Intimidate Their Critics." When was the last time you heard about a natural health proponent suing to keep people from visiting a doctor? Just who uses courts like a weapon? It isn't the natural health proponents. This article has only mentioned the tip of the iceberg as far as Barrett's numerous lawsuits are concerned. On Barrett's Quackwatch website, he solicits people to join his legal harassment: "Plaintiffs Wanted for Consumer Protection Suits!" (posted 9/19/99)."

You have now read the other side of Quackwatch. Who do you think are the *real* quacks? Those who are fighting to give you the choice of natural health or quackers like Barrett and Baratz? Be wise and harmless in your decision. (Matthew 10:16)

Part II: Standing Tall Against Barrett's Charges - The Truth About Gary Young

1. "[Gary Young] graduated from the Challis, Idaho high school on May 23, 1967. This is the only legitimate educational credential that I have been able to verify." (Emphasis added.)

Dr. Barrett has obviously not looked in all the right places. Barrett would have had to become a world traveler to trace all the places where Gary Young studied. Yes, Bernadean University that provided the coursework for Gary's doctorate of naturopathy is not accredited. At the time when Gary was working on this degree (1983-85), Bernadean was the only school offering these studies. During this time the school was under the direction of Joseph M. Kadans, Ph.D. All the coursework that Gary completed was reviewed by a medical doctor. Later, when Dr. Kadans sold Bernadean, it did become the "diploma mill" that Barrett describes.

What Gary *has* done is dedicate himself to seeking out world-renowned experts so he could learn not only the science behind essential oils, but how to grow the herbs and then distill them resulting in the highest-grade oils available.

Gary Young studied with such experts as J.C. Lapraz, M.D., in France (effects of essential oils on the respiratory system), and in Egypt, with Radwan Farag, Ph.D. (essential oil chemistry and its effect on the immune system). He studied essential oil chemistry, absolute extraction, and gas chromatography at Anadolu University in Eskisehir, Turkey.

He has traveled around the world seeking the health secrets of the peoples of Ningxia, China, Hunzaland in Pakistan, southern Ecuador, the Talish Mountains of Azerbaijan, and the home of the Tarahumara Indians of central Mexico.

Gary Young also commands impressive designing and fabricating skills. If he ever needed something to facilitate the production of essential oils, he simply sat down and invented the machine and then built it. Essential oil experts from France (including Marcel Espieu, president of the Lavender Growers Association and Jean-Noel Landel, M.B.A.) have paid high compliments for the essential oil distilling equipment Gary Young designed and built.¹²

The education that Gary Young has sought throughout the world has its culmination in the business he built, the farms and distilleries he engineered, and the pure oils he creates and sells. Instead of framed diplomas on a wall, his lifework in creating products that build and support good health are a legacy he can be proud of.

2. “He claims that while he was working as a logger in 1973, a falling tree struck him on the head.”
[Emphasis added.]

The words, “he claims,” are an affront to Gary Young’s family who lived through this horrific accident and the years of his recovery. Gary Young’s wife at the time of the accident, Donna Jean Datoff, has verified in a notarized statement, the accident and Gary’s time in two Canadian hospitals. How dare Stephen Barrett suggest otherwise?

3. “This description [the story of a man and his mission from the YL website] suggests that before Young embarked on his health-related career, he was mentally unstable and possibly even brain damaged.”
(Emphasis added.)

It is amazing to think that a “mentally unstable and possibly even brain-damaged” man could learn the discipline of essential oils from the ground up, design and fabricate complicated essential oil distilling equipment, conduct research, formulate products, oversee harvesting and production, write books, build a \$60 million, 300-employee company, create a humanitarian project to help the Tarahumara Indians, teach a church class, and find time to raise a family.

What is almost beyond belief is that Stephen Barrett, a man who attended medical school to become a psychiatrist, would show such a total lack of professionalism as to make a diagnosis of the mental health of a man he has never met or talked to. One can only point to these facts:

- Stephen Barrett does not hold a current medical license
- Was never board certified in his chosen profession
- Never held a full-time psychiatric position in the working world
- Operates Quackwatch out of his Allentown, Pennsylvania basement
- Makes his living tearing down the success of others

4. “I seriously doubt that he can substantiate his claim that the products he used actually cured him.”

Come watch 55-year-old Gary Young bench-press weights that would stagger a 20-year-old. Try to keep up with him on a snowmobile, backpacking into the wilderness, or unseating a younger opponent in a jousting tournament. Then make your comments about his health and how he achieved it.

Gary placed first in the National Physique Committee, Inc. (NPC) Western States Fitness Contest in 2002 and second in the 2003 competition. He took second place in the 2003 World Championship Jousting Association’s International Dragon’s Lair Jousting Tournament (jousting skilled-at-arms) and fifth place in the light armor division.

Can one *prove* that getting the right nutrients and exercising lead to better health? In a word: Yes! Just go to PubMed and key in the words “nutrition” and “exercise.” Then study the 5,822 peer-reviewed articles posted on this website of the National Library of Medicine. There is an exhausting list of medical abstracts showing how crucial nutrition and exercise are to health and well-being.

One certainly doesn’t need any more “proof” than to see Gary Young’s health and vitality before their very eyes.

5. [While delivering his own child] “He left the baby under water for almost an hour, causing the death of an apparently healthy infant on September 4, 1982. Although the coroner said that the baby would have lived if she had been delivered in a conventional manner, Young was never charged in that case.”

WHAT “CASE”? The one Barrett has just invented?

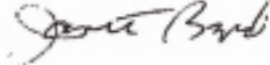
Of all the ugly things Stephen Barrett could and did say, this is the most hurtful and ultimately, the most evil. No experience on this earth is as devastating as the death of child and

March 5, 2003

I, Donna Jean Datoff, make this statement to the best of my knowledge, that Don Gary Young, was not at fault in the death of our daughter Rachel Lori Young.


Donna Jean Datoff

SIGNED AT QUESNEL BC MAR 06/03
in the presence of


JANET BYRD
NOTARY PUBLIC
6 282 REID ST.
QUESNEL B.C. V2J2M2

to say it was the fault of the parent, inflicts the most grievous wound possible. Regardless of where or how it was that Barrett came up with this lie, to have passed it on is even more reprehensible.

But then, is this not Barrett's intent? To inflict the most damage, by whatever means possible, even lying?

Gary and his then-wife Donna wanted the birth of their child to be a gentle and bonding experience. During this era, parents all over the nation were embracing the LeBoyer and Odent methods of human childbirth.

Birth Without Violence was the title of French obstetrician Frederick LeBoyer's book that changed birthing policies throughout the United States in the 1970s. Birthing suites featured dim lights and soft voices, an immediate warm water bath and placement on the mother's abdomen for bonding. The Odent method put both mother and baby in the water. A website that lists childbirth preparation classes (www.allabout-moms.com/classes.htm), says this about the Odent method:

"Odent allowed his laboring mothers to submerge in a pool of water. This appears to help some women ease labor pain. When some of the women were reluctant to leave at the time of delivery, they were delivered submersed, without drowning the baby since the baby has lived in fluid for nine months. The subsequent safety of this procedure has allowed this movement to be embraced in this country and many centers and hospitals now have this option available."

As a matter of fact, the peer-reviewed *British Medical Journal* recently reported new research showing that birthing pools ease early labor pains. Cluett ER, et al., "Randomised controlled trial of labouring in water compared with standard of augmentation for management of dystocia in first stage of labour," *Brit Med J*, 2004 Feb 7;328(7435):314.

The National Childbirth Trust in England noted, "This research now confirms that being immersed in warm water eases labor pain. This reduces the need for drugs, which cross the placenta and can make the baby more sleepy and breast-feeding more difficult."

Gary and his wife wanted what all concerned parents seek, a gentle, safe birth for their child. He *did not* leave the infant under water for "almost an hour, causing the death of an apparently healthy infant." The coroner *did not* state that "the baby would have lived if she had been delivered in a conventional manner." The results of an autopsy and the coroner's statement showed that because of other problems, the baby would have died regardless of birthing methods. Gary Young was not "charged" because there was no reason to! The birthing process had nothing to do with the baby's death.

This was simply a terrible tragedy that devastated both parents. The mother of the child has stated for the record that Gary Young did not cause the child's death and the death certificate proves there was no "drowning."

Barrett has promulgated a falsehood calculated to pierce a father's heart and defame a man simply because he believes in natural health. To make an accusation of this magnitude without a shred of evidence, speaks volumes about Barrett's lack of character and integrity.

Stephen Barrett once found himself accused of a number of things including "vexatious litigation." He sued (big surprise) and through his attorney whined: "Plaintiff received numerous inquiries and negative comments from people who believed the allegations were meritorious. He spent a great deal of time answering inquiries and attempting to prevent further damage to his reputation caused by the false allegations."¹³

Just imagine, Dr. Barrett, what your lies have cost Gary Young and Young Living Essential Oils and the 200 others on your website? How many innocent and trusting people believed your *lies*? How much suffering did you cause Gary Young and his former wife Donna with such a wicked accusation?

6. Gary Young was arrested in Washington and California for the unlawful practice of medicine.

Gary's 1983 health spa in Washington State attracted the attention of undercover police who came in posing as a married couple asking if Gary would deliver their "baby." Gary told them no, he would coach them, but he would not deliver the baby. Gary was teaching nutrition and also offered massage and aerobic and yoga exercise classes. Gary was arrested. He could not prove that he didn't offer to deliver the "baby" of the undercover officers. After pleading guilty, he was placed on one year's probation., which he satisfactorily completed and was thus eligible for a dismissal.

In 1988, Gary's Chula Vista clinic was raided by a SWAT team that ransacked everything, searching for "evidence" that "drugs" were being sold. Gary was *not* arrested. The so-called drugs turned out to be herbal tinctures. The "manufacturing of unapproved medical devices" turned out to be a blood kit that Gary put together that contained 2 lancets, cotton swabs, blood slides, and covers for the slides. Hardly "medical devices." All charges were dropped by the District Attorney because they were unsubstantiated.

7. Butch Owen, an American essential oils exporter living and working in Turkey, investigated Young's claims of Turkish credentials and found them to be unsubstantiated. Professor Mustafa Keviz, a lecturer on the Agricultural and Plants faculty of Anadolu

University, stated that Gary Young had never given lectures there. The United Nations Development Organization (sic) never sponsored Young or invited him to speak. He showed up uninvited and convinced some officials to permit him to present on two topics.

Professor K. Husnu Baser, Head of the Department of Pharmacognosy, Faculty of Pharmacy, Anadolu University in Eskisehir, Turkey, refuted these false accusations in an e-mail March 27, 2000 to Emily Wright, executive assistant to Gary and Mary Young.

Dr. Baser said he knows Butch Owen who buys and sells essential oils in Turkey and the U.S. and "is against him [Gary Young] and his deeds in full force. This is possibly due to a more established market situation of Gary's business and he and people like him are jealous and trying to destroy [Gary] and his fame as much as possible."

Dr. Baser said: "Gary was invited to the 1995 UNIDO Workshop by Prof. Tuley de Silva, who, then, was the person in charge of UNIDO's programmes on medicinal and aromatic plants. Gary gave more than one lecture during the workshop." As to the supposed statement from Professor Mustafa Keviz, Dr. Baser said: "I do not know that Mustafa person. I was the person in charge of organizing the meeting but all the lectures were decided and invited by UNIDO."

Dr. Baser also remembered when Gary studied essential oil chemistry, absolute extraction, and gas chromatography at Anadolu University when Professor Baser was director of the Medicinal and Aromatic Plant and Drug Research Centre (TBAM). Dr. Baser said he'd known Gary for "a long time and he had taken a short course on the Gas Chromatography/Mass Spectrometry techniques in TBAM when I was its director. I remember his enthusiasm and dedication in the course to learn essential oil analysis techniques. When I visited his premises in Utah, I was very much impressed with what I had seen and even more impressed during my revisit to Payson two years ago. He cultivates aromatic plants and distills them in his own distillation plants. The aromatherapy products that he formulates and markets [are] not my concern, but his distillation facilities are impressive. . . I hope this is enough clarification about the nasty claims people make using my name about Gary Young. Please give my best wishes to Gary, Mary, Sue and all other friends in Payson too many to name. Best wishes, Prof. Dr. K. Husnu Can Baser."



UNITED NATIONS INDUSTRIAL DEVELOPMENT ORGANIZATION

CERTIFICATE

This is to certify that

G. YOUNG

has participated in the

**THIRD UNIDO WORKSHOP ON ESSENTIAL OILS AND
AROMA CHEMICAL INDUSTRIES**

organized under the joint auspices and sponsorship

of the

**UNITED NATIONS
INDUSTRIAL DEVELOPMENT ORGANIZATION**

the

GOVERNMENT OF TURKEY

and the

**ANADOLU UNIVERSITY MEDICINAL AND AROMATIC
PLANTS RESEARCH CENTRE**

from 6 to 9 November 1995

Eskisehir, Turkey
9 November 1995

Handwritten signature of Z. Csizer in black ink.

Z. Csizer
Officer-in-Charge
Chemical Industries Branch
Industrial Sectors and Environment Division

Handwritten signature of A. Tcheknavorian-Asenbauer in black ink.

A. Tcheknavorian-Asenbauer
Managing Director
Industrial Sectors and Environment Division

United Nations Industrial Development Organization (UNIDO) certificate certifying Gary Young's participation in the Third UNIDO Workshop on Essential Oils and Aroma Chemical Industries, November 6-9, 1995

08

CCI FAX 627 [REDACTED] 29 SEP 1995 11:07 EDT PAGE
From: UNIDO VIENNA, UN IND.DEVEL.ORG
To: FAX 1-801 [REDACTED]

ESSENTIAL OILS
ATTN: MR. GARY YOUNG
UTAH 84065-USA

BT
MSG NO: 514366 FILE REF: XP/INT/95/058 --
FROM T. DE SILVA.

THANK YOU FOR AGREEING TO PRESENT A PAPER AT THE THIRD UNIDO WORKSHOP ON ESSENTIAL OILS AND AROMA CHEMICALS INDUSTRIES. TOPIC 1 SUGGESTED BY YOU WOULD BE THE CHOICE AND YOU COULD BRING A COMPLETE PAPER WITH A DISKETTE. PRESENTATION OF THE SUMMARY OF THE PAPER WOULD BE LIMITED TO 30 MINUTES TO BE FOLLOWED BY A DISCUSSION. THE SECOND TOPIC COULD BE PRESENTED AS AN INFORMATIVE LECTURE DURING THE TIME WE HAVE LEFT FOR VIDEOS AND SLIDE SHOWS. ESKESEHIR IS BETWEEN ISTANBUL AND ANKARA AND YOU WILL BE PICKED UP AT THE ANKARA AIRPORT. PLEASE MAKE ARRANGEMENTS TO ARRIVE ON 5 NOVEMBER 1995 AND INFORM US THE FLIGHT DETAILS.

THANKS AND REGARDS.
CSIZER - UNIDO VIENNA
TLX NO. 135612 UNO A
COC CKD

Fax sent from T. (Tuley) de Silva to Gary Young saying: "Thank you for agreeing to present a paper at the Third UNIDO workshop on essential oils and aroma chemicals industries."



T.C.
EGE ÜNİVERSİTESİ
ZİRAAT FAKÜLTESİ
Tarla Bitkileri Bölümü
(Tarla Bitkileri Anabilim Dalı)



Sayı : B 30.2.EGE.0.58.04.09.05

Bernova, 3.6.1996

Konu :

June 3

Dear Mary, Gary

I received your fax thank you. I hope you are all okay. I am also very busy. As you know I am going to Manchester at the beginning of July for 3 months. I'll come back at the end of the September. And in October we will be together. There is no problem about hotel, bus lunch language and money.

-I'll pick up you at the airport by bus don't worry.

-In İzmir cause your in the same country

-The weather is still warm in October. They only need pullover and thin Jacket.

-The students can stay 3-4 person in the rooms.

-The hotel is in walking distance to the university and centrum.

-Today I have asked the bank if the money transfer was made but they said that there was none. So please inform me if you have transferred or not if not it will be preferable that you transfer it until 10th of June.

Sorry because I want to finish everything about you and your students before Manchester. So I need money.

Dr. Nermin KAYA

150/2677 E-Mail: [REDACTED]

Fax from Ege Universitesi, Izmir, Turkey, where Gary Young taught classes at a two-week, essential oils seminar, confirming his participation and that of students he was bringing.

**ESSENTIAL OILS
SEMINAR**

1-15 OCTOBER 1996
Ege University
Faculty of Agriculture
Field Crops Department

IZMIR

PROGRAM

Organisation Committee:

Doç. Dr. Nermin KAYA
Dr.Emine BAYRAM
Res.Assist.Ferhan SAVRAN
Res.Assist.Hakan GEREN

Place:

E.U. Faculty of Agriculture
Conference Hall
Bornova IZMIR

Mailing Address:

Doç. Dr. Nermin KAYA
Ege Üniversitesi Ziraat Fakültesi
Tarla Bitkileri Bölümü
35100 Bornova-İZMİR

Tel: (232) 388 01 10 /16 11

Fax: (232) 388 18 64

E.mail:

ksavran@ziraat.ege.edu.tr

Official language is English

Program for essential oils course at
Ege University with Gary's 11 lectures
on essential oils.

Tuesday, October 1st

9:30-10:30 Registration

10:30-12:30 Opening

(Overall Introduction)

12:30-14:00 Lunch

14:00-15:00 Dr.Gary Young

Essential Oil History

15:00-15:30 Break

15:30-17:30 Dr.Gary Young

Essential Oil Chemistry & Plant Identification

Wednesday, October 2nd

9:30-10:30 Doç.Dr.Ulvi Zeybek

Flora of Turkey

10:30-11:00 Break

11:00-12:00 Prof.Dr.Ayhan Ceylan

General Aspect of Medicinal Plants

12:00-14:00 Lunch

14:00-17:30 Excursion to Kütaş

Thursday, October 3rd

9:30-10:30 Dr.Gary Young

Essential Oil Chemistry

10:30-11:00 Break

11:00-12:30 Dr.Gary Young

Essential Oil Medical Application

12:30-14:00 Lunch

14:00-17:30 Dr.Gary Young

Essential Oil Medical Application(Continued)

Friday, October 4th

9:30-17:00 Excursion to Salihli

(Oregano cultivated areas)

Monday, October 7th

9:30-10:30 Prof.Dr.Süer Yüce

Biotechnology

10:30-11:00 Break

11:00-12:30 Dr.Nermin Kaya

Biosynthesis of Secondary Substances

12:30-14:00 Lunch

14:00-17:30 Excursion To Ege Agricultural
Research Institute

Tuesday, October 8th

9:30-10:30 Dr.Gary Young

*Agricultural Research and Organic Farm
Development*

10:30-11:00 Break

11:00-12:30 Dr.Gary Young

*How to Identify Fragrance From Chemical
and train the Nose*

12:30-14:00 Lunch

14:00-17:30 Dr.Gary Young

*Essential Oil Application Through Massage
Reflexology, Acupuncture, Compresses,
Internally, Chiropractic, Midwifery, Child
Birth,Sports Medicine and Home Use*

Wednesday, October 9th

9:30-12:30 Dr.Gary Young

Essential Oil Application(continuation)

12:30-14:00 Lunch

14:00-17:30 Dr.Gary Young

*Essential Oil Medical Application
(continuation)*

Thursday, October 10th

9:30-12:30 Gary Young

Essential Oil Application(continuation)

12:30-14:00 Lunch

14:00-17:30 Gary Young

Questions & Answers, Summary, Examinat

9. “What about Young’s claims to be an authority on essential oils? The publisher of the *Journal of Essential Oils* [sic] (JOAR) has confirmed that Young co-authored at least one paper in the JEOR. The publisher also pointed out that the JEOR did not verify his credentials.”

It’s the *Journal of Essential Oil Research*, Dr. Barrett. And Gary Young was a co-author on *two* scientific papers submitted to JEOR. There is no disputing this fact. As a grower, distiller, and formulator of essential oils and blends, and as one who understands and uses a gas chromatograph to analyze the chemical constituents in essential oils, he has every right and every credential needed for this research. The research was valid science conducted according to rigorous scientific standards by Young Living scientist Sue Chao, Diane Horne of Weber State University, and D. Gary Young.

Gary Young’s credentials include his lecturing worldwide. He was a speaker at the First International Symposium on Integrated Medical Aromatherapy in Grasse, France, March 21-22, 1998. Among the other presenters were essential oil experts Pierre Franchomme, director of research, Bucharest, Rumania, and Daniel Penoel, M.D. Gary also presented a paper at a symposium in Wurzburg, Germany.

10. The Missing Link tape “which summarizes Young’s bizarre notions about the healing powers of essential oils.”

Someone needs to tell the United States National Library of Medicine (PubMed) about “bizarre notions of the healing powers of essential oils.” For as of May 2004, this immense website (with more than 14 million medical abstracts from peer-reviewed journals) featured 3,780 abstracts about essential oils. Scientists and researchers are investigating essential oils on such topics as: “Terpinen-4-ol, the main component of *Melaleuca alternifolia* (tea tree) oil inhibits the in vitro growth of human melanoma cells” (Feb. 2004), “Composition and the in vitro antimicrobial activities of the essential oils of some *Thymus* varieties,” (Jan-Feb. 2004), “Susceptibility of methicillin-resistant staphylococci to oregano essential oil, carvacrol and thymol” (Jan. 2004). Gary Young’s notions about essential oils are hardly bizarre.

11. Young also claims expertise in the design of equipment for the distillation of essential oils and says that he has designed and built several distillers for producing his oils. On August 17, 2000, one of his homemade distillers ruptured at the lid/cover joint, fatally injuring a worker at Young Living Farms in Mona, Utah.

Gary Young designed his first small cooker/distiller in 1989. In 1991 he built a second carbon steel portable distiller with an 80-liter capacity. By 2002, Young Living Essential Oils had four 4,100-liter cookers, a 6,900-liter cooker, three 8,700-liter cookers, two 12,500-liter cookers, and one specially designed 1,600-liter cooker.

Young Living has distilled sage, clary sage, thyme, lavender, bergamot, tarragon, German and Roman chamomile, melissa, tansy, peppermint, goldenrod, hyssop, oregano, and spearmint. From wildcrafted trees, YL has distilled pine, fir, balsam fir, juniper, cedar, white fir, and tsuga.

In 15 years of distilling all these essential oils from farms in two states, there has been exactly one accident. Tragically a worker was killed in this accident. Of course, Young Living provided financial compensation. The Utah Occupational Safety and Health Division reviewed the accident and pointed out a way to avoid over-pressurization that was immediately adopted.

12. Young Living was fined a total of \$10,280 for seven safety violations found in the investigation.

Barrett doesn’t mention what the violations were or how the fines were levied (\$1,350 for each violation). The violations were:

- Management needs to designate a competent person or persons to inspect for unsafe conditions or practices.
- Boilers and pressure vessels shall meet the requirements of Section 34A-7-102.
- A formal respirator protection program is to be implemented for tight-fitting, half mask, air purifying respirators as routinely used in the Fab Shop. (Including how to clean, disinfect, store, inspect, repair, and discard the respirators.)
- A formal written program is to be implemented for entrance into “permit spaces” while cleaning and maintaining vessels.
- An energy control procedure is to be adopted for possible unexpected energy startup or release.
- Belt guards need to be installed on the main greenhouse seeding machine.
- Welding and cutting operations need to be adequately ventilated.

Additionally, a fine of \$225 was levied for one missing and one damaged safety latch, and a missing return spring. A drill press was not anchored securely enough (\$190). The cover on an outlet box in an area where metal was stored was missing two screws (\$190).

The report does NOT state that in 1999, two other distillation units had been taken out of service after the inspector found violations. Young Living has suffered only one accident in 15 years of distillation and has complied with all recommendations of the Utah Occupational Safety and Health Division (UOSHD).

13. Young’s book *Aromatherapy: The Essential Beginning* has a whole chapter on ancient and modern equipment used for steam distillation. Although the chapter emphasizes that “the best quality of oil would be produced when the pressure was zero pounds during distillation,” the UOSHD report noted that steam had delivered to the vessel at 125 p.s.i. (pounds per square inch) of pressure. [Emphasis added.]

For the plants distilled at the Mona, Utah farm, Gary designed the equipment to distill at no more than 5 p.s.i.. The steam enters the cooker under slight pressure in order to force the steam up through the column of plant material, carrying away the essential oil. The steam naturally convects up through the plant material. By the time it reaches the top of the cooker, there is virtually no pressure.

During the accident, there was an over-pressurization event, but even the UOSHD inspector could not say exactly what happened. This malfunction allowed excessive pressure to build, causing the vessel lid to fail. When the lid flew open, it tragically struck the worker in the head.

Pressure is needed to deliver the steam from the boiler. The maximum pressure possible *in the boiler* is 125 p.s.i.. But as the steam moves through the pipes into the cooker, the pressure is less than 5 p.s.i. (depending on the plant being distilled). The steam encounters an “open vessel.” This means that the steam freely goes up through the plant material, then flows to the condenser where it goes through 270 tubes that are 9/16ths of an inch in diameter, cooling back into water and entering the separator. The essential oil floats on the top where it is collected, the water freely flows out of the separator. There is nothing to hinder the movement of first the steam, and then the water. Whatever happened to build up excessive pressure on that tragic day remains a mystery.

It is important to note is that Barrett *lies* when he states: “the UOSHD report noted that steam had delivered to the vessel [that ruptured at the lid joint] at 125 p.s.i.” What the report actually states is: “steam is delivered to the vessels at a maximum pressure of 125 p.s.i. from a gas-fired boiler.” [Emphasis added.]¹³ Barrett has misread the report in such a way as to suggest having “caught” Young Living in error. Barrett is the one in error. Gary Young would never distill an

essential oil at such a high pressure. There is no way of knowing what the pressure actually was during this accident. It was an accident after all.

And just to set the record straight, Barrett has a sentence in quotes that is not found in the 1996 book *Aromatherapy: The Essential Beginning*. In the chapter he mentions, Gary Young is discussing distilling lavender oil. Gary writes: “Therefore, the lavender must be in the chamber for one and one half hours at no higher than 240 degrees F., and the pressure must be at zero pounds.”

If Barrett had done his homework, he would know that Gary lists pressure for different essential oils. (EODR, Third Edition 2004, page 30) They are not all distilled at the same pressure. Rosewood, for instance, is distilled at 30 pounds, clove at 10 pounds, geranium at 1.2 pounds. And yes, Young Living lavender is always distilled at zero pounds pressure.

14. The company justifies high prices by claiming that its products are purer than those of its competitors, but it provides no comparative information to support these assertions.

Young Living Essential Oils *absolutely* makes the claim that its essential oils are therapeutic-grade and more pure than the majority of oils found in supermarkets and health food stores. This statement is backed up by gas chromatography testing at two French laboratories that are AFNOR-certified. AFNOR is the Association French Normalization Organization Regulation, which sets standards for essential oils to differentiate true therapeutic-grade essential oils from similar oils with inferior chemistry.

Young Living’s purchasing manager, Mary Lou Jacobson, said recently, “When I buy an oil, I don’t ask price, I ask ‘is it natural?’ and ‘send me a sample.’ I test it first using our gas chromatograph. In fact, I sample test it twice before I ever talk price. Not only does Sue Chao test all oils in our laboratory, but we use an outside lab as well.”

The purity issue is discussed in Young Living literature in many places. For instance, information about therapeutic-grade essential oils is in the Young Living *Company Profile*, also in the booklet *An Introduction to Young Living Essential Oils*, in two brochures, *Guaranteed Purity Therapeutic Grade*, and *Scents & Scentsability*. Essential Science Publishing prints two books by Gary Young that also discuss purity in detail: *The Essential Oil Desk Reference* and the *Essential Oils Integrated Medical Guide*.

From Gary Young's *Essential Oils Integrated Medical Guide* (pages 20-21):

“Inferior quality or adulterated oils most likely will not produce therapeutic results and could possibly be toxic. In Europe, a set of standards has been established that outlines the chemical profile and principle constituents that a quality essential oil should have. Known as AFNOR (Association French Normalization Organization Regulation) and ISO (International Standards Organization) standards, these guidelines help buyers differentiate between therapeutic-grade essential oils and lower-grade oils with similar chemical makeup and fragrance.

“The AFNOR standard was written by a team headed up by the government-certified botanical chemist Herve' Casabianca, Ph.D., while working with several analytical laboratories throughout France.

“Dr. Casabianca introduced these standards into North America when he collaborated with me at Young Living Essential Oils in 2000. During that collaboration, the Young Living chemistry laboratory and GSI chromatograph were calibrated to recognize European standards.”

Quality is first and foremost at Young Living. No expense is spared in testing and proving that Young Living products are better than competitors. For example, thousands of dollars have been spent in testing the ORAC (Oxygen Radical Absorbance Capacity) antioxidant values of Berry Young Juice® against competitors Limu®, Himalayan Goji®, Tahitian Noni®, and Xango®. Berry Young Juice scores double its nearest competitor on this Tufts University test developed by USDA researchers. (See: *The True Story of Berry Young Juice and the Ningxia Wolfberry*, brochure published March 2004.)

15. “All product descriptions include the disclaimer, ‘This statement has not been evaluated the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.’ The FDA has warned the company not to claim that certain products are intended to treat, prevent, cure, or mitigate disease.”

For a man who has claimed in court to be an expert on the workings of the FDA, his statement shows an abysmal lack of understanding. The way Barrett has phrased his statements regarding the FDA disclaimer make it sound as if Young Living was evading some responsibility by posting the disclaimer on “all products.” In fact, these disclaimers are required by law, and Young Living is merely complying with the requirements. The FDA allows only information about structure and function of the body and certain approved health claims.

16. “The mere fact that a substance was used by past cultures does not prove that it is safe, effective, or useful for any disease state.”

Barrett takes issue here with Egyptian and biblical uses of essential oils and modern applications of such knowledge. Oils and unguents are mentioned nearly 100 times in the Bible. The ancient Egyptian document, the Ebers Papyrus, (discovered in 1817) listed over 800 different herbal prescriptions and remedies.

The truth is that many traditional folk treatments have led to modern-day formulas prescribed by doctors. Willow bark was used in China for centuries before chemists broke down its ingredients and came up with the chemical formula for aspirin. The pain-relieving methyl salicylate found in wintergreen and birch essential oils has been synthesized for use in sports massages. The herbal wisdom of ancient cultures has been proven over and over by modern science.

17. “Young continues to deliberately manipulate his customers.”

Gary Young's contact with those who purchase products comes through the thousands of dedicated distributors of Young Living Essential Oils. Gary Young *manipulates* his customers? Flash to Stephen Barrett: It is considered good business to *motivate* salespeople. Gary Young provides quality products that his distributors can be proud to sell. He shares his ideas of how to meet potential customers. Gary himself has introduced strangers on a street corner and people sitting next to him on an airplane to Young Living Essential Oils.

18. Sherman Johnson, M.D., medical director of the Young Life Research Clinic, deliberately administered a lethal dose of narcotics to a long-time friend. . . romantic involvement with a patient is considered unwise and unprofessional.

Sherman Johnson M.D. was employed at the Young Life Research Clinic although he was never the medical director. (Another glaring error by Barrett.) Any patient privileged to have been treated by Dr. Johnson will tell you he is a kind and gentle man, faithful to his wife for 30 years and now smeared by Stephen Barrett.

Dr. Johnson was no doubt caught up in a classic example of Munchausen's Syndrome where patients pretend to have illnesses and are subjected to many medical tests and even surgical procedures. Dr. Johnson's friend faked cancer, even shaving her head. She was probably addicted to painkillers that she begged for, stating her pain from “cancer” was

unbearable. One doctor states: “[T]he most notorious patients have often had dozens of surgical procedures for facitious (false) symptoms.”^(Thomas G. Keens, M.D., Childrens Hospital, Los Angeles) A study reported “most clinicians will encounter at least one patient with a facitious disorder during their practice years of which Munchausen syndrome is the most extreme type.”^{(Aleem A. Ajarim}

DS, “Munchausen Syndrome—Presenting as Immunodeficiency: A Case Report and Review of Literature,” *Ann Saudi Med* 1995;15(4).

Dr. Johnson underwent a humiliating and trying experience for having believed this woman and for having administered painkillers. He successfully fought to have his license reinstated. Everyone who knew him at the clinic wishes him god-speed in all his endeavors.

19. The clinic administrator is David K. Hill, who is identified as a chiropractor who has been practicing since 1996. However, my search of the DOPL database found no evidence that he is licensed.

Did Dr. Barrett ask if Dr. Hill was seeing patients? Obviously not. Dr. Hill is the *administrator* of the Young Life Research Clinic. He is fully licensed as a chiropractor in Idaho. Since his position is in management and he does not practice at the clinic, there is no need for him to be licensed in Utah at this time. He does intend to seek a Utah license this year. Only then will he use his skills as a chiropractor at the Young Life Research Clinic.

20. How does the Young Life Research Clinic operate? [C]linic doctors perform a variety of quack tests, such as iridology, testing with a Quantum Xrroid device, live blood cell analysis, and so on. Next come the therapies, a wide array of unsound alternative treatment. . . A set of eight case histories presented at the June 2002 Young Living Grand Convention . . . were not presented in the scientific manner . . . two of the eight had died less than four months after the presentation.

Dr. Barrett is aghast that two of the eight patients whose studies were presented at the June 2002 Young Living Grand Convention, have died. Sometimes, patients come to the clinic when all other medical options have been exhausted and it’s almost too late to help them. There is grieving and sorrow when a Young Life patient doesn’t make it.

The question must be asked, “Do hospitals ever treat patients who later die?” It is hardly credible to suggest that *any* healthcare provider could cure all patients.

Even as he points out two deaths at the clinic, Barrett claims he knows of no reliable statistics on deaths caused by physi-

cian or hospital errors. The number is 250,000 every year and this statistic comes from the *Journal of the American Medical Association*. (July 26, 2000, pages 483-5.)

Dr. Barrett also mentions a testimonial from singer Merrill Osmond whose health problems included:

Sleeping disorders that started when he was in his early 30s
Gout, which he started developing in his 30s
Diabetes, diagnosed when he was in his early 30s
After passing out on stage in his 40s, Merrill was rushed to Duke University where he was told his kidneys were failing and he should bid his family goodbye
Enduring four mini-strokes, the first at age 21
Psoriasis and eczema that have plagued him his entire life
Depression that almost took his life when he was in his 20s
Because of fluid surrounding his heart, doctors told him he would not live past the age of 35

Merrill Osmond was on Glucofage®, Glucator®, Prozac®, lithium, Allupurionol®, Ambian®, Lipitor®, Nexium®, Methotrexate®, Romatil®, and Embril®.

Stephen Barrett seems to take exception to the fact that Osmond’s story has been told in newspaper and magazine articles. If you had been on that many medications with those serious health problems and the Young Life Clinic protocols restored your health, wouldn’t you be telling the world? Wouldn’t you prefer to take vitamin supplements instead of eight prescription medications?

Today Merrill Osmond is off every one of those prescriptions and you’ll have a hard time convincing him of Barrett’s characterization of alternative treatment as “bogus.”

21. Young initially claimed that RDT (Raindrop Technique) could effectively treat scoliosis by affecting toxins and viruses, which he said cause scoliosis. There is no scientific basis to this claim because there is no evidence that either viruses or toxins cause scoliosis.

Barrett is so selective in the science he will allow the world to believe. Essential Science Publishing has found scientific documentation. In *The Essential Oils Desk Reference* and the *Essential Oils Integrative Medical Guide* just two studies show Barrett’s ignorance.

Studies at Western General Hospital in Edinburgh, Scotland, have linked virus-like particles to idiopathic scoliosis. “The nature of virus-like particles in the paraxial muscles of idiopathic scoliosis,” *J Pathol*. 1979 Sep;129(1):9-12 and “Virus-like particles in paraspinal muscles in scoliosis,” *Br Med J*. 1976 Oct 16;2(6041):912-3.

There is much scientific evidence that certain microorganisms lodge near the spinal cord and contribute to deformities. Research at the Pasteur Institute in France, published in the *New England Journal of Medicine*, documented increasing numbers of patients showing evidence of spinal disease caused by tuberculosis. (Jenks PJ, Stewart B, "Images in Clinical Medicine: Vertebral Tuberculosis," *N Engl J Med*. 1998 Jun 4;338(23):1677.)

Reuters just reported on April 23, 2004 that a common cold virus can hide out in the lungs for weeks or months. Viruses certainly hide out along the spine as well.

22. Raindrop uses seven single oils plus two blends formulated by YLEO. The concentrations of several oils exceed recommended safe doses and can cause skin irritation, sensitivity, phototoxicity, and essential oil toxicity.

The third edition of the Essential Oils Desk Reference notes: "Using undiluted essential oils in the Raindrop Technique is consistent with the French model for aromatherapy—which is the most extensively practiced and studied model in the world. An illustrious roster of 20th century French physicians provides convincing evidence that undiluted essential oils have a valuable place in the therapeutic arsenal of clinical professionals. Rene' Gattefosse', Ph.D., Jean Valnet, M.D., Jean-Claude Lapraz, M.D., Daniel Penoel, M.D. and many others have long attested to the safe and effective use of undiluted essential oils and the dramatic and powerful benefits they can impart."

Should there be skin irritation, adding a pure vegetable oil or massage oil soothes away any sensitivity. David Stewart, Ph.D., has compiled *A Statistical Validation of Raindrop Technique* that lists the overwhelmingly positive experiences over 400 respondents had to the Raindrop Technique. (Available at Essential Science Publishing.)

23. Young claims that he developed RDT in part from the teachings of the Lakota Sioux medicine man Wallace Black Elk.

Gary Young developed the Raindrop Technique over 20 years ago based on his research with essential oils and prompted by some fascinating information he learned from an elder among the Lakota Indian Nation in South Dakota. As Gary tells it: "He related to me that several generations ago, his ancestors regularly migrated north across the Canadian border into the northern regions of Saskatchewan and Manitoba, where they often witnessed the Aurora Borealis, or Northern Lights. When the Aurora Borealis was on display, those who were ill

or had complicated health problems would stand facing the dancing lights and hold their hands out toward the lights and inhale deeply. Their belief was that the air was charged with healing energy from the Aurora Borealis. Mentally, they would "inhale" this energy into their spine and then out through the nerve pathways to afflicted areas of the body."

Gary Young took this idea of energy spreading throughout the body and incorporated it into the Raindrop Technique.

As Gary speaks most often without notes, he used the name of Wallace Black Elk, a prominent elder among the Sioux. He no longer makes that claim nor does Young Living literature.

■ **So, Who Is a Quack?**

Ralph Moss, Ph.D., author of *The Moss Reports* on cancer notes that, "Quack was often a convenient term to attack one's ideological opponents. The essence of a quack, however, was that he 'transgressed what those in the saddle defined as true, orthodox, regular, good, medicine.'"

Maybe the word "quack" is actually a compliment for someone on the cutting edge, out in front of the me-too medical crowd. Perhaps Linus Pauling, Gary Null, Deepak Chopra, Andrew Weil, and Gary Young are true "quacks."

D. Gary Young, received this word of praise from Alexander G. Schauss, Ph.D., CEO and President of the American Institute for Biosocial and Medical Research, Inc.:

"I have known Gary for well over a decade, during which time I have marveled at his desire to continuously travel worldwide in his pursuit of knowledge. As a lifetime student of health care, Gary possesses that immutable desire to seek knowledge for knowledge sake and thereby find therapeutic applications that would benefit others. He also possesses an exceptional ability to teach and educate others. I have observed Gary in several situations in which he can captivate an audience of hundreds, even thousands, with his methodical and commanding presentation. His ability to translate highly technical information for lay people is exceptional. I have been impressed with how Gary does this accurately without compromising scientific accuracy."

Thousands of essential oil users prefer what this "quack" Gary Young has to say over the dissembling of Stephen Barrett and Robert Baratz any day.

■ Notes

1. Eisenberg DM, et al., "Unconventional medicine in the United States. Prevalence, costs, and patterns of use," *N Engl J Med*. 1993 Jan 28;328(4):246-52.
2. Eisenberg DM, Davis RB, et al., "Trends in alternative medicine use in the United States, 1990-1997: results of a follow-up national study," *JAMA*. 1998 Nov 11;280(18):1569-75.
3. Website of the National Center for Complementary and Alternative Medicine, <http://nccam.nih.gov/about/aboutnccam/index.htm>
4. Press Release, September 21, 2002, "Nutritional Supplements Shown to Provide Valuable Health Benefits," American Medical Association (website: www.ama-assn.org/) from the 21st Annual Science Reporters Conference in Wash., D.C.
5. <http://www.quackpotwatch.org/opinionpieces/NewestClark%20Attack.htm>
6. Tim Bolen, "Quackpot Barrett Crushed in Federal Court—Again," June 25, 2003, found at www.quackpotwatch.org/opinionpieces/quackpot_barrett_crushed_in_fede.htm
7. National Council Against Health Fraud Plaintiff v. King Bio Pharmaceuticals, Inc.; Frank J. King Jr.; and Does 1-50; Case No. 245271, assigned for all purposes to Judge Haley J. Fromholz, in the Superior Court of California, in and for the County of Los Angeles.
8. In the Court of Appeal of the State of California, Second Appellate District, Division Five, National Council Against Health Fraud, Inc.; plaintiff and appellant, v. King Bio Pharmaceuticals, Inc.; et al.; defendants and respondents, B156585, (Los Angeles County Super. Ct. No. BC 245271).
9. Denise Levin, *The Los Angeles Daily Journal*, August 3, 1999.
10. E-mail to Marcella Vonn Harting and Jean-Marie Hepworth Friedmann, May 6, 2003, from Dean Berenz.
11. Stephen Barrett, M.D., Victor Herbert, M.D., J.D., *The Vitamin Pushers*, Prometheus Books, 1994, page 17.
12. *Essential Edge*, published by Young Living Essential Oils, 2002 Convention Issue.
13. State of Utah Labor Commission, Utah Occupational Safety and Health Division, Inspection No. 303609242, page 4.