

MORE ABOUT ALLERGIES

The article, "Gesundheit!" (2/5) offered some good information. Thank you. In supporting good health, it helps to remember we can address causes and/or symptoms. One major factor related to allergies and absent in the article is the role pH, or acid/alkaline balance, plays in maintaining good health. An alkaline pH of 7.0 to 7.4 is considered optimum for the human body. When the pH becomes acid (below 7) the door swings open to lowered immunity and a reduction in the body's ability to maintain good health. Diet, stress, insufficient exercise, pollutants, and most grooming products we use contribute to acid pH levels. Clearly, our choices matter and those that assist in maintaining an alkaline pH are basic in addressing the causes of good health or illness.

Another effective way of addressing both system and symptoms is through the use of therapeutic grade essential oils. Many products are labeled "essential oil" and "pure essential oil" even though they need contain only 5 percent of any grade essential oil, including synthetics. Most are not therapeutic. Some are detrimental. On the other hand, true therapeutic grade oils offer dramatic relief from symptoms while supporting immune function. There are many body-workers and

other health practitioners, as well as allergy-prone individuals, in this area who combine therapeutic grade oils with other treatment options such as homeopathy, nutrition, and massage with excellent success.

Jan Meredith
Eugene



NOW ALLERGY-FREE

I appreciate your getting the information out on Nambudriabad's Allergy Relief Technique for relief of airborne and other allergies (2/5 "Gesundheit!"). I was miserable every spring until I discovered Dr. DeSiena and NAET. After a series of simple, non-invasive, and inexpensive treatments (one for each allergen), I am essentially allergy-free! And the treatments last for life. I tell every allergy sufferer I meet about NAET, but you have done this much more effectively.

Art Linn
Eugene

COOKING FOR FIDO

As a general practice veterinarian with a special interest in clinical nutrition, I have to say that most of the clients I meet who feed their pets raw meat diets are conscientious and caring people who want the very best for their animals. With that said, however, I also have seen a number of health problems in pets fed raw meat diets.

TOO MUCH COFFEE MAN BY SHANNON WHEELER



Bacterial gastroenterocolitis, with attendant vomiting, diarrhea, and sometimes inappetence, is one of the most common disease consequences of these diets. Although many of these infections can be resolved with antibiotic usage, some are potentially fatal. If you feed your pet raw meat, it's possible that he or she will wind up on repeated courses of antibiotics, and antibiotics, like any other

drugs, have side effects and cannot be considered truly "natural." Another, even more serious infection transmitted by undercooked or raw meat is toxoplasmosis, a protozoal infection that can attack any organ system in the body. I have had feline patients who have died of central nervous system toxoplasmosis, which caused paralysis and seizures, *Toxoplasma pneumo-*

viewpoint BY EBEN FODOR

New Growth Money

Rare glimpse into local development politics.

Ever wonder why the pro-growth/pro-sprawl forces always seem so influential at the city and county level? Part of the answer can be found in a rare glimpse into who funds local political campaigns, provided by *The Register-Guard* newspaper in a recent article titled "Old Growth Money" (12/21/03). Some analysis of the reported data shows that there is a second story that could be headlined: *New Growth Money*.

The newspaper's report compiled all campaign contributions in Lane County, Ore. over the past five years and grouped them according to business affiliation. The newspaper took advantage of Oregon's campaign finance reporting laws requiring that the business affiliation of every contributor of more than \$50 be reported. The affiliations of smaller contributions could not be identified and were therefore not included in the totals.

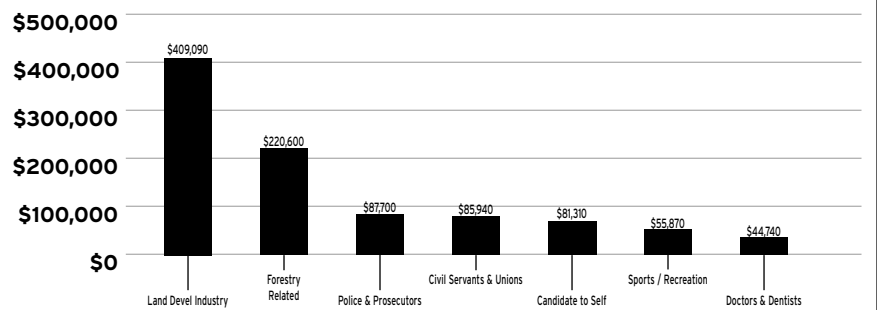
The newspaper found that the "Forestry Related" category was the area's largest political funding influence, at 22 percent of the total. This was hardly surprising, since timber has always played a big role in the local economy. The real story, however, is revealed by combining all the land development businesses into a single category. This new "Land Development Industry" category includes those businesses that profit directly from new construction and land development, such as construction, gravel, heavy equipment, financing and real estate.

As shown in the graph below, the *Land Development Industry* represents by far the largest political interest group – the source of 42 percent of all identifiable local campaign funding. The primary economic interests shared by this group are regional growth and unfettered land development.

In order to get the complete picture, the interests of the Forestry Related category must also be considered. This group includes many business owners who, in addition to selling lumber to construction markets, are also land developers and real estate investors. Therefore, a large portion of the spending in this category should actually be included under the "Land Development" category. While a precise total is not possible, a rough estimate is that half, or more, of all local political campaign funding is on behalf of land development interests.

Campaign spending doesn't guarantee outcomes, but it certainly influences the results. This is especially the case when "pro-business" candidates can raise record amounts for their campaigns and outspend opponents five-to-one. With

Local Campaign Contributions by Sector
Lane County, Oregon - 1998-2003



Source: Data adapted from *Register-Guard* newspaper, 12/21/03

This information is based on an analysis by the newspaper of 4,800 campaign contributions of more than \$50 over a five-year period to local races and ballot measures for Lane County and Eugene and Springfield. Contributions to state and federal campaigns are not included. The "land development industry" category comprises 42 percent of all identifiable contributions and includes: real estate (\$175,940); heavy equipment & gravel (\$93,510); construction (\$86,370); and financial services (\$53,270).

so much clout, the land development industry can virtually ensure that a majority of local politicians are "growth friendly." Typically these elected officials favor expediting and streamlining land development. They tend to support government subsidies and investments that stimulate growth, but think that government taxes and land use regulations are excessive and overly burdensome.

No other single-interest group comes close to this degree of dominance in local politics. And the situation is certainly not unique to Lane County. Cities and counties across the country are under the thumb of the land developers and their coalition of growth profiteers. This campaign financing data illustrates what I have come to believe: The land development industry is the most powerful political force in America today, at the local level.

This "behind-the-scenes" view of local campaign financing helps explain why citizens have to work so hard to achieve any reforms for responsible land use, growth management and environmental protection. It also shows why local campaign finance reforms are needed to restore true balance and democracy to the public policy process. Petition #53 is now circulating to gather signatures for limiting campaign donations (\$100 for local candidates). To learn more about this important effort, see the Money is Not Democracy website (www.fairelections.net).

Eben Fodor is a community planning consultant based in Eugene and author of the book, *Better, Not Bigger: How to Take Control of Urban Growth and Improve Your Community* (New Society Publishers, 2001).