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DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001. w/attach.	Raymond Helsop to Chris Jennings (24 pages)	12/10/96	P6/b(6)

COLLECTION:

Clinton Presidential Records
Domestic Policy Council
Chris nJennings (Health Security Act)
OA/Box Number: 8993

FOLDER TITLE:

Correspondence [3]

gf68

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
- P3 Release would violate a Federal statute [(a)(3) of the PRA]
- P4 Release would disclose trade secrets or confidential commercial or financial information [(a)(4) of the PRA]
- P5 Release would disclose confidential advise between the President and his advisors, or between such advisors [(a)(5) of the PRA]
- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

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- b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

THE WHITE HOUSE
WASHINGTON

December 30, 1996

Mr. W. Tillar Shugg
6412 Ocean Pines Lane
Spring Hill, Florida 34606

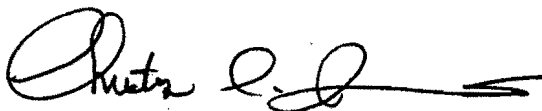
Dear Mr. Shugg:

Thank you sharing with me your thoughts on assuring the solvency of the Social Security and Medicare Trust Funds. I appreciate having the benefit of your views.

The Clinton Administration is firmly committed to strengthening Social Security and Medicare. Like the President's proposal earlier this year, his upcoming balanced budget submission will strengthen the life of the Medicare Trust Fund well into the next decade. In addition, it will include important new structural reforms that will bring the program into the 21st century. It will offer new health plan choices, place an emphasis on preventive care, and assure that quality health care is at the top of our priorities.

I am grateful for your interest and involvement.

Sincerely,



Christopher C. Jennings
Special Assistant to the President
for Health Policy

W. TILLAR SHUGG

6412 Ocean Pines Lane
Spring Hill, Florida 34606
(813) 683-7822

November 13, 1996

Cris Jennings
The White House
Washington D.C. 20500

Dear Cris Jennings:

I have read with great interest that President Clinton has given top priority to saving Social Security and Medicare funds from exhaustion.

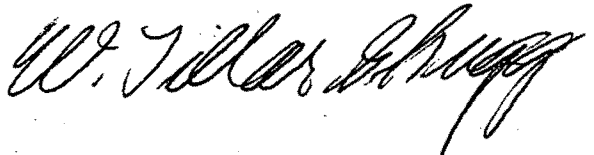
There are two ways this problem can be reduced to manageable size:

- Reduce Medicare outlays (but not it's mission)
- Increase income from Social Security receipts

I have written my thoughts and suggestions on these issues to Government and other authorities and am attaching my files herewith.

It is my belief that these goals can be achieved in a reasonably short time. The urgency and importance of these matters cannot be overemphasized.

Sincerely,



No response to 11/13/96

KAREN L. THURMAN
5TH DISTRICT, FLORIDA
WASHINGTON OFFICE
130 CANNON BUILDING
WASHINGTON, DC 20515
202/225-1002



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NUTRITION, AND
FOREIGN AGRICULTURE

Congress of the United States
House of Representatives

October 25, 1996

Washington, DC 20515

Mr. W. Tillar Shugg
6412 Ocean Pines Lane
Spring Hill, FL 34606

Dear Mr. Shugg:

Thank you for your letter concerning developments in Alzheimer's Disease research. I read your proposal with great interest.

As you may know, the National Institutes of Health (NIH) is the federal government's health care research arm. The NIH's Institute on Aging supports Alzheimer Disease research into such issues as the molecular basis of Alzheimer's, the delay in the onset of the disease, and genetically targeted therapeutic treatments.

I have forwarded a copy of your proposal to the Dr. Harold E. Varmus, Director of the NIH, for his review and assessment. I will certainly share a copy of his response with you when I receive it.

Again, I appreciate your keeping me informed of your efforts on this issue. I hope that you will keep in touch.

Sincerely,

A handwritten signature in cursive script that reads "Karen".

Karen L. Thurman
Member of Congress

KLT/cam

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October 11, 1996

Karen L. Thurman
U.S. House of Representatives
Washington, D.C. 20515

Dear Congresswoman Thurman:

Since my July 20, 1995 letter to Michael Bilrakis, to which you responded, there has been new interest on the part of several Alzheimer researchers in exploring the possibility that antioxidants could prevent AD or retard its progress. I believe this approach is worthy of more investigation through a research project that would be economical and would reveal conclusively whether antioxidants prevent or retard clogging of heart, carotid, or brain arteries.

If they do, people taking them regularly could experience a dramatic reduction in heart attacks, stroke, and possibly AD with related reduction in Medicare and Medicaid expenses (possibly saving those programs). I base this idea on the results of world-wide studies and on my experience of taking one 200 IU capsule of Vitamin E for over 35 years. My recent Ultrasound examination showed no atherosclerosis of carotid arteries at age 78.

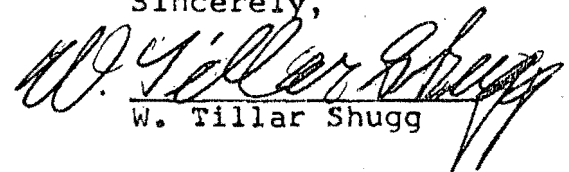
I suggest that some organization, such as a university, Government Department or Agency conduct ultrasound examinations on in-house volunteers who would complete a questionnaire asking about their use of antioxidants. The results would disclose whether there is a direct and significant correlation between a reduction in arterial clogging and use of antioxidants.

The following organizations should probably be contacted for suggestions in designing the questionnaire. These organizations have yet to endorse enthusiastically the benefits of antioxidants and await "conclusive Proof".

- ⊙ The American Heart Association
- ⊙ The American Medical Association
- ⊙ The National Stroke Association
- ⊙ The National Institution of Neurological Disorders & Stroke

I am attaching my file on this subject.

Sincerely,


W. Tillar Shugg

cc: Michael Bilrakis

W. TILLAR SHUGG

6412 Ocean Pines Lane
Spring Hill, Florida 34606
352- 683-7822

October 9, 1996

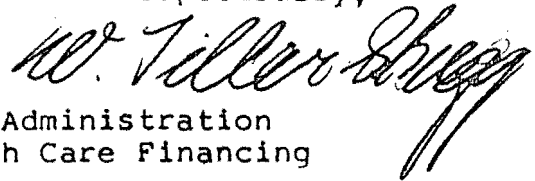
Alan Greenspan, Chairman
Federal Reserve System
20th Street & Constitution Avenue N.W.
Washington, D.C. 20551

Dear Dr. Greenspan:

There is great concern in our country about the future solvency of our Social Security and Medicare Programs. Not much progress is apparent as to what should be done.

Realizing the complexity of this matter and the difficulty of getting agreement on any proposed solution, I offer my thoughts on "Investing Social Security Funds in U.S. Stocks" as a starting point and basis for discussion. The benefits of such a program could be significant, including providing adequate funding for Social Security and Medicare, and stabilizing our stock markets.

Respectfully,



cc: Shirley S. Charter, SS Administration
Bruce C. Vladeck, Health Care Financing
Senator Bob Graham
Edward Gramlich, U. of Michigan

INVESTING SOCIAL SECURITY FUNDS IN U.S. STOCKS

There has been some interest, but no publicized action, in investing Social Security funds in U.S. stocks to achieve higher returns than the yields on Treasury bonds. Following are some thoughts on this issue:

- Social Security payments now are used to invest in U.S. Treasury bonds, and this should continue.

- Maturing bonds should be placed in a Trust Account. When these bonds mature, the U.S. Treasury replaces them with new bonds.

- These new bonds are then sold in the bond market realizing cash, which is then used to invest in a Total Stock Market Portfolio.

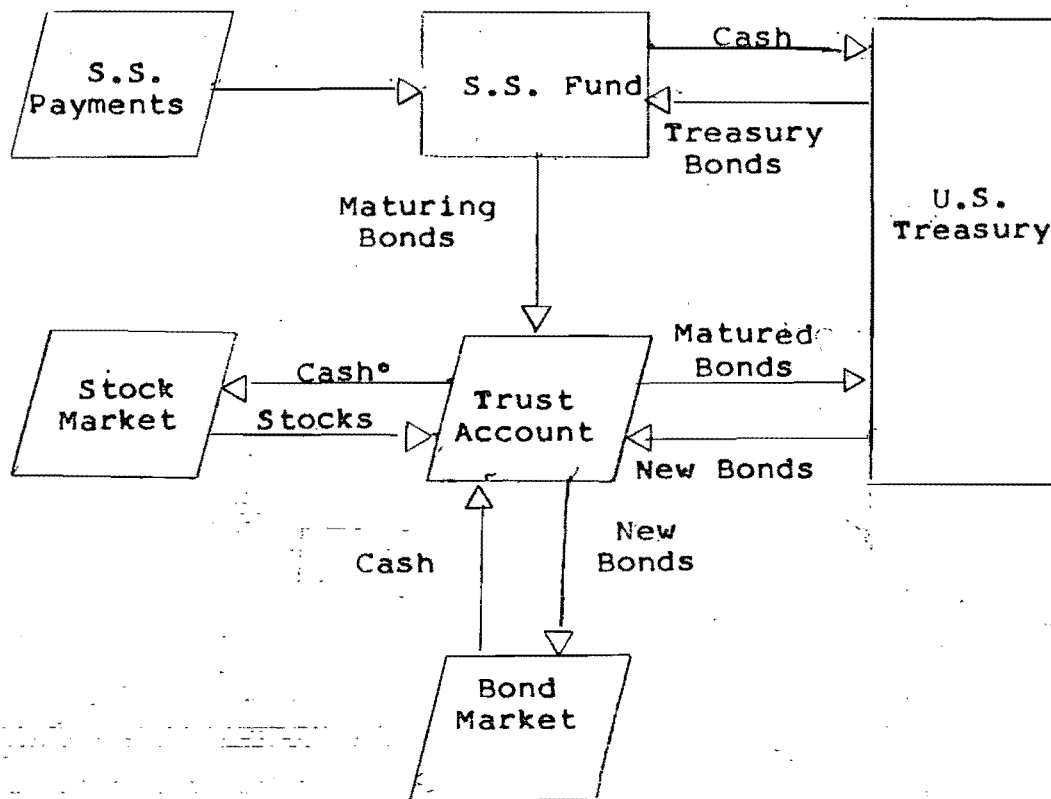
- Stocks would only be purchased in a declining market and sold in a rising market. This would lend significant stability to the stock markets.

- Trust Account managers would decide the amount to be invested in stocks or retained as bonds or cash.

Of course, these ideas would need considerable refinement, but they could serve as a starting point toward insuring that the Social Security System stays solvent.

W. Tillar Shugg
9/27/96

FLOW CHART FOR INVESTING SOCIAL SECURITY FUNDS IN U.S. STOCKS



*Buy on declining markets
 Sell on rising markets

W. Tillar Shugg
 9/25/96

SHUGG ENTERPRISES, INC.

6412 Ocean Pines Lane

Spring Hill, Florida 34606

352-683-7822

SUMMARY OF PROPOSED PROGRAM

By

W. Tillar Shugg

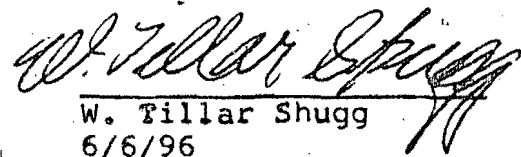
Following is a summary of the steps I have proposed to several authorities to determine the effectiveness of anti-oxidants (mainly vitamin E) in the prevention and control of atherosclerosis, or clogging of the arteries and capillaries, thereby significantly reducing the incidence of stroke and heart attacks, with corresponding lowering of Medicare and HMO-type health costs.

• Have patients taking Ultrasound examinations complete a questionnaire asking about their use of antioxidants. This would reveal whether those taking them have significantly lower incidence of atherosclerosis than those who do not take them. Reduced clogging would imply reduced susceptibility to stroke and heart attacks.

• Initiate studies to show if mechanical stimulation (by a vibrator), or mild shock treatment would be beneficial in the treatment of Alzheimer's disease (this has apparently not been tried. See attached December 30, 1994 letter from Carol Rowan of NINDS).

• Initiate studies to show if antioxidants would prevent or retard the onset or progress of AD by reducing the susceptibility of brain arteries and capillaries to atherosclerosis (which could be a cause for AD. My file on this subject is also attached).

I am surprised that none of the health associations I have contacted have, to my knowledge, initiated any of these studies and have taken the position that proof of the benefits of vitamin E is not yet "conclusive", despite the favorable results of many world-wide studies. Implementation of fresh ideas is badly needed if real progress is to be made in controlling stroke and heart attacks and AD.


W. Tillar Shugg
6/6/96



United States Department of Agriculture
Human Nutrition Research Center on Aging
At Tufts University

Office of the Director

May 29, 1995

Mr. W. Tillar Shugg
Shugg Enterprises, Inc.
6412 Ocean Pines Lane
Spring Hill, Florida 34606

Dear Mr. Shugg:

Thank you for your May 9 letter and interest in my research program at the USDA Human Nutrition Research Center on Aging at Tufts University. For your information, enclosed please find an editorial I wrote on the topic of antioxidants where I too question the rationale for continuing to delay recommendations for antioxidant supplementation. I have also enclosed some other relevant material.

Sincerely,

Jeffrey Blumberg, Ph.D., F.A.C.N.
Associate Director and Professor
Chief, Antioxidants Research Lab.

711 Washington Street
Boston, Massachusetts 02111
617-556-3330
FAX: 617-556-3295



Take heart in the power of vitamin E.

A recent British study concluded that a dime's worth of vitamin E seems to reduce heart attacks by 75% when taken daily by people with bad hearts.

Heart disease is one of our nation's leading killers, and based on this study, there has never been an easier, or more economical way, to reduce the risk of heart attacks than by taking a daily dose of vitamin E.

As the world's largest vitamin E producer, ADM has the capacity to supply 170 million people with the vitamin E they need. We're proud of our role in helping people fight heart disease, and that's something you can take to heart.



WSJ 4-1-96

Supermarket to the world

SHUGG ENTERPRISES, INC.

6412 Ocean Pines Lane
Spring Hill, Florida 34606
352-583-7822

April 17, 1996

Dwayne O. Andreas, CEO
Archer Daniels Midland Corp.
P.O. Box 1470
Decatur, IL 62525

Dear Mr. Andreas:

My applause for your ad in the April 4 Wall Street Journal. I have long been an advocate of the benefits of vitamin E, having taken daily for 35 years one 200 IU capsule at breakfast. A recent Ultrasound examination showed no atherosclerosis in my carotid arteries. My file on this subject is attached.

If the benefits described in the British Study can be confirmed, then these profound results can be expected:

- Vitamin E should be taken by every adult as a preventive for heart and stroke attacks (and Alzheimer's disease?) as well as to prevent subsequent heart attacks for people with bad hearts.

- Such therapy would greatly reduce the payments by Medicare and HMO-type programs for heart and stroke attacks, possibly (probably?) insuring the survival of these programs.

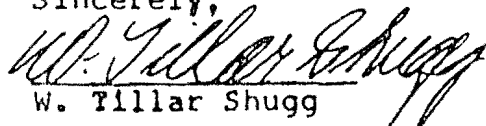
Before this can happen, of course, enthusiastic endorsement would be required by:

- The Surgeon General
- The American Heart Association
- The American Medical Association
- The National Stroke Association
- The National Institution of Neurological Disorders & Stroke

So far, these organizations have been waiting for proof positive of the benefits of antioxidants in preventing atherosclerosis, although virtually all world-wide studies have been supportive of these benefits.

I hope we can encourage new studies based on the fresh ideas expressed in the attached file. The potential benefits to all of us could be compared to those of the vaccines for polio.

Sincerely,


W. Tillar Shugg

cc: Senator Dole

Is there a relationship between

vitamin E

and your health? Be sure, ask your doctor.



With all the attention vitamin E and other antioxidants have been getting lately, you may need help sorting out the latest research. The smartest way is to ask your doctor.

You'll learn that vitamin E and other antioxidants, like vitamin C and Beta Carotene, are an important part of the body's cell-protection system. This is due to their ability to neutralize free radicals, highly reactive and unstable molecules that can cause significant cellular damage.

Many scientists now believe that the cellular damage caused by these free radicals, along with other factors, may contribute to the development of a number of chronic diseases including cancer, cataracts and heart disease. For example, recent population studies have shown high intakes of vitamin E associated with a reduced risk of heart disease. In fact, the association was especially strong for those people taking vitamin E supplements.

Your doctor will probably recommend eating a balanced diet containing at least five servings daily of antioxidant rich fruits and vegetables. Vitamin E is found in nuts, certain vegetable oils and leafy greens. Of course, your doctor will also remind you to exercise regularly, not to smoke and to come in for regular medical checkups.

Many doctors also believe taking supplements or eating fortified foods containing vitamins and minerals is a sound health measure, particularly for people who don't eat a good diet and for those with special needs including pregnant women and the elderly. In fact, in a recent study, 43% of U.S. physicians surveyed take vitamin/mineral supplements regularly themselves.

The safety of antioxidant vitamins E, C and Beta Carotene is well established. In fact, all three are officially classified as Generally Recognized as Safe (GRAS). Of course, it is always prudent to follow label directions.



A Health Message From Hoffmann-La Roche Inc.

SHUGG ENTERPRISES, INC.

6412 Ocean Pines Lane
Spring Hill, Florida 34606
(904) 683-7822

May 9, 1995

Dr. Jeffrey Blumberg
Human Nutrition Research Center on Aging
Tufts University
Medford, MA 02155

Dear Dr. Blumberg:

I have read of your work studying the effectiveness of antioxidants in retarding or preventing the buildup of plaque in arteries regardless of high LDL cholesterol levels. I have also read in numerous articles in the media of studies world wide that demonstrate conclusively as to the effectiveness of antioxidants in this regard.

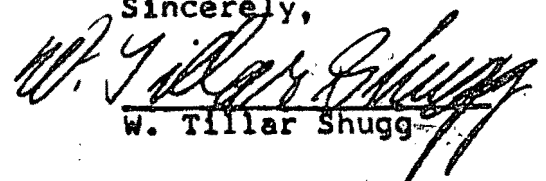
What I have not seen or read is the opinion in this matter of the American Medical Association, the American Heart Association, the Surgeon General, or other authoritative organizations. Their comment is that the beneficial effects have not been proven "conclusively" or are "still speculative". That does not, however, keep them from making recommendations about diet, smoking, and exercise, the last of which is still speculative in benefits for older people.

In my view, since there is no evidence of harmful side effects of supplemental daily doses of vitamin E, should not the beneficial effects be made better known? How about publishing a summary of the findings of the key international studies on this subject to let people know the risk-rewards of taking antioxidants?

My own experience with synthetic vitamin E supplements is this: I have been taking one 200 IU capsule daily after breakfast for over 35 years. I am attaching the 12-13-90 report of a carotid sound examination which shows no plaque formation with the comment "unremarkable study", which, however, could also be considered "remarkable".

If others could have this experience, there should be a dramatic lowering of heart disease or stroke incidence caused by arterial plaque buildup. I welcome your comments.

Sincerely,


W. Tillar Shugg

SHUGG ENTERPRISES, INC.

6412 Ocean Pines Lane
Spring Hill, Florida 34606
352-683-7822

April 30, 1996

Dennis C. Fill, President
Advanced Technology Laboratories
22100 Bothell Everett Highway
Bothell, WA 98021

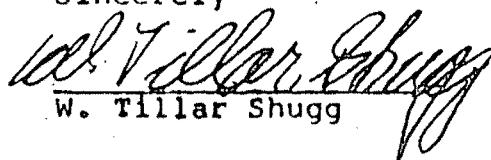
Dear Mr. Fill:

There is increasing evidence that a daily dose of an antioxidant, such as vitamin E, will prevent atherosclerosis in heart and carotid arteries. However, the major medical associations dealing with heart and stroke problems have not yet enthusiastically endorsed antioxidants and await "conclusive" evidence of their effectiveness.

I have suggested to several authorities that a practical way to determine antioxidant effectiveness would be to have patients taking an Ultrasound examination fill out a simple questionnaire asking about their usage of antioxidants. The information obtained would indicate whether patients taking them have significantly less atherosclerosis than those who do not take them.

Attached are copies of my correspondence on this subject.

Sincerely


W. Tillar Shugg

P.S. I am a firm believer that Ultrasound examinations are far more meaningful than electrocardiograms in determining a patient's susceptibility to heart attacks.

Mfgr. of Ultrasound
equipment

No response to 11/13/96



Joseph R. Imperiale
Vice President, Customer Service

The Prudential Insurance Company of America
AARP Operations
P. O. Box 130
Montgomeryville, PA 18936-0130

June 5, 1996

Mr. W. Tillar Shugg
6412 Ocean Pines Lane
Springhill, FL 34606

ID#: 11952368/AARP

Dear Mr. Shugg:

I received your letter regarding the benefits of Vitamin E.

You have requested AARP's assistance in expediting the endorsement of the probable benefits of Vitamin E. Therefore, I am forwarding your letter to the American Association of Retired Persons' Office in Washington, D.C. for review. You should be hearing from them shortly.

Mr. Shugg, thank you for taking the time to write. If I may be of further assistance, please call me collect at 215-653-5370.

Sincerely,

Joseph R. Imperiale
Vice President, Customer Service

JRI:mw

No response to 11/13/96

Study says vitamin E cuts heart attacks 75%

An Associated Press Report 3/26/96

ORLANDO — Doctors are astonished by a British study's conclusion that a dime's worth of vitamin E seems to reduce heart attacks by 75 percent when taken daily by people with bad hearts.

"I'm puzzled. Most of my colleagues are puzzled," said Thomas Ryan of Boston University.

After all, vitamins are sold in health food stores and supermarkets. If one of them really works so well, Ryan asked, why hasn't someone noticed before?

"It's pretty amazing. Unbelievable, really," said W. Douglas Weaver of the University of Washington.

The researchers, led by Nigel G. Brown of Northwick Park Hospital in suburban London, presented their findings to the world's heart specialists Monday at the annual meeting of the American College of Cardiology.

Vitamin E is one of a group of nutrients known as antioxidants. Heart disease often results from the accumulation of lumps of fat in the walls of blood vessels.

However, this fat in the blood may be harmless unless it is oxidized. Oxidation is one of the steps that turn fat and cholesterol into a form that is deposited in the arteries.

Differences in the amounts of antioxidants in the diet might help explain why people who live in Mediterranean countries have less heart disease than Northern Europeans and Americans.

Vitamin E for hearts

Taking vitamin E seems to be one of the most important things you can do to ward off clogged arteries and heart disease, according to mounting research.

For one thing, compelling evidence shows that vitamin E helps block toxic changes, called "oxidation" that makes bad-type LDL cholesterol dangerous. Such oxidation is a first step in the build up of plaque in arteries.

Numerous studies find that vitamin E dramatically helps defeat this oxidation process, thus reducing the odds of heart attacks and strokes.

However, vitamin E does even more, say researchers at the University of Bern, Switzerland. They find that vitamin E also inhibits the proliferation of smooth muscle cells that is another step in artery-clogging.

In rabbits, those given vitamin E developed only half as much damage to aortas of the heart as rabbits not given vitamin E.

Indeed, vitamin E both prevented the occurrence of so-called fatty streaks that are the earliest sign of artery damage — and kept artery damage from progressing once it occurred later in life.

You simply cannot get enough vitamin E in food to protect arteries. Supplements are needed — at least 400 IU of vitamin E daily — studies show.

Vitamins aid the skin

It makes scientific sense that taking high doses of antioxidants might help prevent sunburn or cell damage that could lead to sun-caused wrinkles or skin cancer.

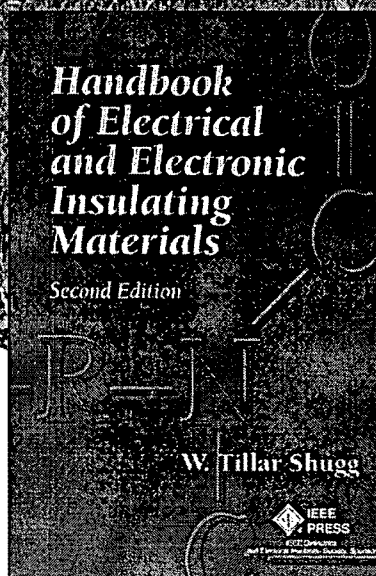
That's because antioxidants help neutralize "free radicals" generated by the sun's rays that cause the skin damage.

Indeed, some research has suggested that an array of vitamins might help prevent skin cancer.

Johns Hopkins investigators found that people who took vitamins in general, especially E and A, had a 70 percent lower risk of skin cancer.

Tampa Tribune 9/14/95

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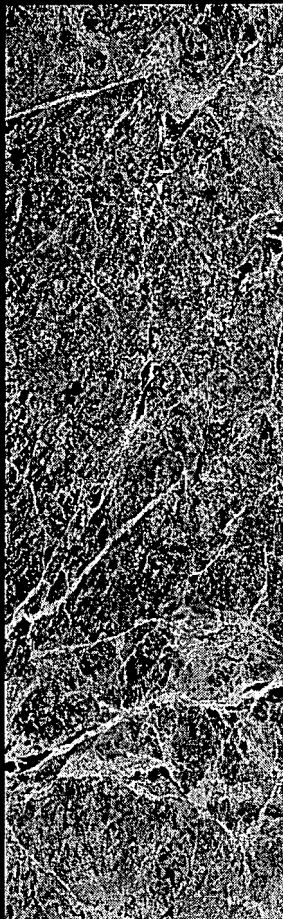
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COLLECTION:

Clinton Presidential Records
Domestic Policy Council
Chris nJennings (Health Security Act)
OA/Box Number: 8993

FOLDER TITLE:

Correspondence [3]

gf68

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Presidential Records Act - [44 U.S.C. 2204(a)]

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- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

C. Closed in accordance with restrictions contained in donor's deed of gift.

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

RR. Document will be reviewed upon request.

Freedom of Information Act - [5 U.S.C. 552(b)]

- b(1) National security classified information [(b)(1) of the FOIA]
- b(2) Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]
- b(3) Release would violate a Federal statute [(b)(3) of the FOIA]
- b(4) Release would disclose trade secrets or confidential or financial information [(b)(4) of the FOIA]
- b(6) Release would constitute a clearly unwarranted invasion of personal privacy [(b)(6) of the FOIA]
- b(7) Release would disclose information compiled for law enforcement purposes [(b)(7) of the FOIA]
- b(8) Release would disclose information concerning the regulation of financial institutions [(b)(8) of the FOIA]
- b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]