

WORLD TRIBUNE MAILBOX

We All Need New Thinking

In response to the Dec. 19, 1997, *World Tribune* "Editorial," "Beyond the Usual," I must say I have nothing but praise. It was very encouraging to hear [SGI-USA General Director] Zaitso say that new thinking is exactly what the SGI-USA needs. As a member of the "post-NSA era," I am sometimes frustrated with the lack of creative input from those senior in faith. I can understand that directions in the past were from senior leadership downward to the general membership. I also appreciate the fact that many cultures that make up the SGI-USA come from this type of structure. Since this is not how the SGI-USA is at the present, we all must come up with suggestions, opinions and comments to help Mr. Zaitso, along with our local leaders. We must customize our local areas' structure and be flexible enough to accommodate the needs and desires of all members. While some may view this change as radical or unauthorized, I believe we will all benefit by each one of us contributing with our own unique and heartfelt input.

— KYLE THOMA, Palm Bay, Fla.

Supplements Are Needed

I have a comment regarding the installment of "Buddhism and the Art of Medicine," dated Sept. 12, 1997. I understand [SGI President Ikeda's] intent to use this dialogue to build healthier lives. As someone who has worked as a chiropractic doctor for the last 14 years, I applaud this, and in that same spirit would like to make the following observations.

It was mentioned regarding the use of nutritional supplements that none were needed (except in the case of fatigue or lack of sleep), because people could get all the nutrients they wanted from their diet. This came across as a fact but is actually a very controversial opinion and something I would disagree with for the following reasons:

- 1) The soils that the plants we eat get their nutrients from have steadily been depleted, especially in the past century. There is very abundant evidence that points this out.
- 2) People have to deal with an increasing amount of stress in this world that gets more and more fast-paced. Although as a 22-year SGI member, I well understand the value of our Buddhist practice in helping use stress in a positive way, still, there is much evidence showing that our bodies have a much greater need for nutrients (such as vitamins and minerals) than 100 or even 50 years ago.
- 3) Food becoming more depleted of nutrients combined with the fact we need more nutrients than in earlier years because of the stress and fast pace of our current age is an important reason why supplementation with the basic vitamins and minerals, in addition to what we can get in our foods, is so important.

In my years as a practicing chiropractor, I have had ample proof to see the benefits of nutritional supplementation, not only to assist the resolution of a wide variety of health problems but also on a daily basis to provide good health and prevent the onset of many potential problems. I appreciate your taking the time to listen.

— JOE CARR, St. Louis Park, Minn.

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