

What is the average life expectancy of Americans? For a long time it has been the low seventies for men and upper seventies for women. So it comes as a shock to learn that the average life expectancy for Americans has dropped to 69.3 years, according to the America's Health Rankings report, issued at the American Public Health Association's annual meeting.

This figure is exceeded by 28 other countries, including Britain, France and Germany and is about five years less than the life expectancy in Japan. According to Dr. Reed Tuckson, this dismal number reflects increasing obesity, fewer people quitting smoking (although only 20.8 percent of Americans smoke today, down from almost one-third in 1990), and increasing numbers of people without health insurance. Officials made no mention of the increasing consumption of processed foods containing refined sweeteners, processed vegetable oils and toxic additives, and certainly did not allow even a whisper about the almost complete absence of nutrient-dense foods such as organ meats, shellfish and butterfat and eggs from grass-fed animals from the American diet (December 13, 2005).

TVNL Comment: Another Bush legacy.