

Book Reviews

Righteous Indignation: Excuse Me While I Save the World, by Andrew Breitbart, softcover, 288 pp, \$14.66, ISBN-13: 978-0446572835, Grand Central Publishing, 2011.

I still miss Andrew Breitbart: dead suddenly at age 43 on Mar 1, 2012—the night before his announced intention to show a picture of Obama with two members of the leftist radical terrorist group, the Weathermen.

I am skeptical of the coincidence that he would die of natural causes at such an opportune time. Orson Bean, an in-law close to Breitbart, claimed Breitbart had heart disease, and the coroner said he had coronary artery disease. I would say that coronary artery disease is present in most well-fed Jewish-American men by the time they reach their 40s, and I would want to know the details.

The eyewitness to the collapse on the street, reportedly a former army medic, described him as strangely pink for a person dying of a heart attack. The coroner reported the cause of death as heart disease two days later because he found coronary atheroma, no doubt, pending toxicology and drug testing, which came back negative.

Notably, cyanide causes a pink coloration, and miniscule amounts of cyanide are deadly. It is also curious that the case of an unexpected death of a young person who was in serious public conflict with a sitting president was quietly investigated and closed within a week. Additionally, the prosecutor/assistant for the coroner died of arsenic poisoning within a month.

Breitbart was the man who knew how to challenge the leftist media machine and expose leftist misconduct in government. This book is his strategy for neutralizing the Saul Alinsky and the Frankfurt schools of Communist strategies to destroy Western Civilization, America, free-market capitalism, and liberty in a system of limited self-government.

Breitbart was a typical Southern California slacker type when he went to college at Tulane, but he was changed by the hypocrisy of the U.S. Senate and media-orchestrated attempts to destroy Clarence Thomas. He became

a hyperactive, fearless advocate and crusader, but more importantly, an expert with the new social and 24/7 Internet media. Breitbart worked with Matt Drudge, then on the *Huffington Post*, and finally with his own Breitbart news blogs and websites. He sent reporters out to expose corruption and misconduct in government, especially in its social programs.

Undercover cameras are still being used effectively to expose such corruption.

Thanks to Breitbart, the *Huffington Post* became a very powerful Internet presence, now predictably leftist.

This book is candid and fast-moving, with no holds barred, just like Breitbart. His strategies for advocacy, only occasionally applied by conservative advocates and hardly ever by the Republican Party, offers effective tools. Chapter 7, "Programmatic Primer for Realistic Revolutionaries," Chapter 9, "Tea Party Protector," and Chapter 10, "The Big Plan: Join Us," all offer practical guidance for political and media strategies that work. Breitbart's news organization, led by Ben Shapiro, uses the tactics described by Breitbart in his primer:

- Walk toward the fire; don't be afraid to go into enemy territory.
- Expose leftists for their hypocrisy in their own words and by their own rules (Alinsky in action).
- Be open about your secrets and mistakes (cover-ups don't work out well).
- Refuse to let the Left define the terms or control the narrative and label you.
- Control your story and your position; concede nothing to the enemy on what you are and what is the story.
- Be available, be pro-active, be everywhere, and answer every attack.
- Avoid overstating your expertise, and force the opposition to admit their limits.
- Remember that ridicule is the most effective weapon—make fun of them (also an Alinsky method).

The loss of Breitbart was harmful to the conservative cause and we still suffer from the loss.

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The Hidden Truth: Deception in Women's Healthcare, by John T. Littell, M.D., softcover, 74pp, \$16.95, ISBN 978-1-4917-5903-5, Bloomington, Ind., iUniverse, 2015.

The book is based on Dr. Littell's 25 years of experience in practicing family medicine.

Dr. Littell sees all human beings, especially women, as unique and wonderful creations with inherent and inviolable rights, not as a "carbon footprint" that threatens the planet. Unlike Planned Parenthood, he does not consider fertility to be a disease that needs to be suppressed throughout most of a woman's life. His perspective is Roman Catholic, and he is a committed advocate of natural family planning, which he explains very well.

Women have been demeaned by the Sexual Revolution, which has turned them into objects of sexual gratification, he writes, creating many problems that cannot be solved by "comprehensive sex education." A harsh critic of the HPV vaccine, Dr. Littell does not believe that acquiring HPV is inevitable. Moreover, the majority of women who do become infected will eventually clear it if they remain sexually abstinent or monogamous, particularly if they refrain from hormonal contraceptives. He warns of under-reported vaccine adverse effects, including permanent neurologic damage, death, and premature ovarian failure.

Women are also not told, Dr. Littell states, of numerous adverse effects of long-term hormonal contraceptives: an increased risk of breast cancer, depression, migraine, loss of sex drive, and nutritional deficiencies. He states that oral contraceptives increase the requirement for vitamin B12, vitamin C, zinc, and other B vitamins. He states that in users of Depo-Provera, estrogen levels fall to levels that are found in postmenopausal women, creating a potential for loss of bone mass.

Women deserve much better than the "hookup" culture, Dr. Littell believes. Their physicians need to level with them about the hazards of this lifestyle in contrast to the joys of sexual fidelity and traditional family life.

The book is written for patients, but physicians have much to learn from it, too. There are many notes and a useful index. Like all good physicians, Dr. Littell has learned from his patients, and he has done a good job of passing along this wisdom.

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