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WESTCOAST Newslines

Father pens book following young man's death from nutritional supplement

SAM RAO

Fremont, Calif.

THE sad demise of a young man, raised in Fremont California as a result of unfortunate choice of taking non-prescription pills, in a ill advised attempt to improve health, has spurred an Indian American father to pour his anguish in a book chronicling his life, which the author Jeevan Zutshi decided could be put to best use in educating the general public. Proceeds from book sales will go to the Amit Zutshi Foundation, which will help educate young people about the dangers posed by nutritional supplements, which have no industry oversight or FDA regulations.

Amit Zutshi (30), passed away on March 19, 2008 of apparent cardiac arrest in Fremont, which surprised many, as externally he looked quite physically fit. However, the technology professional was apparently ingesting a cocktail of over-the-counter health supplements — with no physician oversight, a factor that greatly contributed to his heart failure at his residence in Fremont. Amit went to mission San Jose High school and was active in the Indian American community and the Fremont Hindu Temple.

61-year-old Jeevan Zutshi, who is active member of the community in the SF Bay area and who had to oversee the funeral of his son yet kept his head high and went on with his annual Unity Dinner program last year, with many invited politicians and local leaders, addressed the same topic at the event, as did Chief guest US Congress member Pete Stark . They both chastised



Author Jeevan Zutshi at the book signing.

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the health supplement and diet industry for their lax preparations, unregulated status and also “the fine print” which often keeps hidden from plain sight the many dangers of such supplements, especially in unknown combinations used by vulnerable youth. “I wrote the book to keep the memory of my son alive,” said Jeevan Zutshi adding that he hoped it would warn others about the health supplement industry. “When you combine these supplements, they become like poison and I believe my son died because he didn’t read the fine print. He was a physically fit man who worked very hard to fulfill his American dream but missed the fine print on over-the-counter health supplements, which he consumed,” said Jeevan.

After the death of his son, Zutshi read a lot of books, papers and general research on the topic, the health supplement industry and even lobbied the political leadership, Jeevan Zutshi, currently a real estate broker and business consultant and former engineer with Pacific Gas & Electric, recently

held two open house and ‘meet-the-author’ sessions to promote his book which sells for \$25.99. The self-published 200-page book ‘The Last Smile: A Father’s Love Story’, available on the Amazon website, lays out the author and father Jeevan Zutshi’s early childhood in Jammu and Kashmir, where he was also educated.

The book release and signing in the Fremont main Library was received with a great interest and applause by nearly 100 participants, including a former Assembly member, two County Supervisors, three Mayors, a host of City Council members and a State Senator. Another book signing was also held at NAZ 8 in Fremont. “My book shares a real life story of a consumer in the loosely regulated US health Supplements market and sheds light on the dire consequences from being uninformed. I wrote the book to keep the memory of my son alive,” said Jeevan Zutshi.

An open forum enabled a Q&A and concerns by intelligent audience members. “This book will save my grandson hopefully”, said former Assembly member John Dutra. Also attending was Dr. N. L. Zutshi, a Chemist with decades of experience in drugs who said, “The Last smile should convey the message about herbals and so-called naturals. I, for one, suggest that the reason to shun herbals & so-called naturals is for the reason of the complexity of their chemical composition, where for each useful component there will be several toxic components. Moreover it is not possible to have a standard Herb all the time because adulteration is rampant.”



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