

EDITORIALS

invest responsibly and personally acknowledge stewardship of the land.

And some of us can amplify the message in an editorial. ■

—Cynthia Verchere, MD

Additional reading: Land acknowledgments

Gehl L. Land acknowledgment. The Canadian Encyclopedia. Last updated 6 May 2022. Accessed 21 February 2023. www.thecanadianencyclopedia.ca/en/article/land-acknowledgment.

Native Governance Center. A guide to Indigenous land acknowledgment. 22 October 2019. Accessed 21 February 2023. <https://nativegov.org/news/a-guide-to-indigenous-land-acknowledgment>.

Additional reading: Climate change

Bressler RD. The mortality cost of carbon. *Nat Commun* 2021;12:4467.

Brousselle A, McDavid J. Evaluation for planetary health. *Evaluation* 2021;27:168-183.

Lautensach A. Sustainable health for all? The tension between human security and the right to health care. *J Hum Secur* 2015;11:5-18.

Letters to the editor

We welcome original letters of less than 500 words; we may edit them for clarity and length. Letters may be emailed to journal@doctorsofbc.ca, submitted online at bcmj.org/submit-letter, or sent through the post and must include your mailing address, telephone number, and email address. Please disclose any competing interests.

Re: Are vitamins a complete waste of money?

In her January/February editorial, Dr Caitlin Dunne points out that there is no good evidence for adding vitamins or supplements to most people's diet [*BCMJ* 2023;65:4]. People are misled to believe there is a benefit and fall victim to the relentless power of advertising.

I would like to add a suggestion that we encourage adequate intake of omega-3 fatty acids from healthy food and not from proprietary products. Most of us already have good intake of omega-3 fatty acids from fish, oils, nuts, and vegetables, and we could suggest redirecting the high cost of these supplements to pay for wild fish and organic vegetables available from local

providers across BC to those who do not eat enough of these foods.

The vitamin and supplement industry, in my opinion, is an unnecessary and highly successful scam that wastes the precious income of too many people. People would be healthier with a better unsupplemented diet.

Finally, pelagic krill should be left in the ocean for natural predators, who deliver all the benefits to us when we eat wild fish. There is a risk of overfishing krill in Antarctica, which could further advance the demise of wild fish stocks. Humanity should do better than to cause that completely unnecessary loss.

—Rick Potter-Cogan, MB BCh BAO
Comox

doctors
of bc

T 604 638 2908
E insurance@doctorsofbc.ca
W doctorsofbc.ca/insurance

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