



Key Points

- A bad diet leads to bad health and a shortened life span
- Are supplements important?
- Bad fats like omega-6 can crowd out beneficial fats like omega-3
- How you prepare your food is important too
- Think cooking your vegetables destroys their nutrients? Think again
- Blenderizing is best

PLUS

- High-glycemic foods are worse than fatty foods
- Vitamin D-3 and fertility — what you need to know

ASK DR. BLAYLOCK

- Help for Lyme disease sufferers; Meniere's disease and excitotoxicity; more on statin drugs

Eat for a Great Life: Supplements, Diet, and Food Secrets

Part 1 of 2-Part Series

As the celebrations of New Year's Day fade, people tend to turn introspective: What can I do to better myself? How can I lose weight? How can I eat for better health? Thus, the search for answers begins.

Inevitably, the topic of diet and supplements arises. When I speak around the country, it's a topic about which I am often asked: "What is more important, diet or supplements?" This is a very important question. The issue is so weighty, in fact, that I will devote two issues to the matter, this being the first.

The short answer is that supplements are important, especially for those already sick, but the answer comes with this very important caveat: Supplements don't work very well if they are taken in conjunction with a bad diet.

Of course, Americans like quick fixes, and when it comes to their diets, they take the easy way out. If you doubt this, just look at all the headlines and statistics regarding obesity and heart problems.

When I was in practice, women often came to me for a weight-loss pill, usually the latest fad treatment. Instead of writing out a prescription, I would discuss with them a proper weight-loss diet and exercise program. They would look at me with a nervous smile and say, "I really don't want to diet or exercise, I just want a pill that will make me lose weight." I hear the same response when I lecture on preventing chronic disease.

People want a "get-well" supplement, just like they want a weight-loss pill. They don't want to alter their diets — there are just too many "good foods" out there they aren't willing to give up.

It is crucial to understand that what we eat makes the biggest difference in our health and longevity. How much of the wrong foods that we eat is key to maintaining good health. Everyone — including me — occasionally eats unhealthy food, especially when we travel, visit friends or family, or celebrate holidays and birthdays.

Our bodies can adjust to these occasional assaults, but they cannot tolerate continuous deficiencies or harmful products, such as food additives or excess N-6 oils (omega-6 oils). In addition, many people not only eat massive quantities of unhealthy foods; they also rarely eat healthy foods — a combination that kills.



It's important to understand why the long-term habits matter so much: When researchers deliberately produce disease in experimental animals using selected "bad" food products, such as omega-6 fats (N-6 fats), high-sugar diets, or certain food additives, it usually takes long-term exposure to cause disease. This is especially true with cancers.

It's not just eating poorly, though, that causes our health problems. The wrong foods not only expose the cells of your body to direct harm, but also crowd out healthy food components. This is especially true of fats. Fats, among many other uses in the body, help make cell membranes. Eating a lot of bad fats, such as N-6 fats (omega-6), for instance, crowds out the beneficial N-3 (omega-3) fats.

Eating the wrong foods harms our health and lowers our body's resistance to disease in a number of ways:

- Hampers the function of cells and organs
- Lowers our immune systems
- Impairs detoxification
- Makes our brains work inefficiently and erratically

Over the course of time, then, we get sicker and sicker. Unfortunately, as crazy as it may sound, many doctors seldom recognize the connection between bad health and a bad diet. Their solution is to furiously write prescriptions for each symptom. These medications can make you sicker, as well as give you new problems. In addition, medications can further drain essential nutrients from your body and worsen your body's metabolism.

Your doctor's response is an unending process of switching medications, ordering tests, and poking and probing your body with the latest technology.

Unfortunately, most people, including many doctors, do not know that prescription medications can seriously deplete critical nutrients. For example, many cardiac drugs deplete magnesium, which makes heart problems worse, and may make heart attacks and sudden cardiac death more likely.

Diet, therefore, is the foundation on which you will build your house of health. This foundation must be rock-solid. If not, just as Jesus said, the winds and rains will come and your house will fall. To continue the metaphor, the winds and rains of modern life are stress, infections, environmental toxins, and aging.

I often tell people that if we ate diets that were perfectly balanced, and if the foods were all organically grown (not genetically modified or contaminated), and if we drank only purified water and avoided all modern environmental toxins, we could remain healthy on food alone. (This would

require generations of such a diet, since what your mother and father ate also affects your genes and your future.)

Because of the reality of the typical American diet, most people should supplement their diets with special nutrients. Dr. Bruce Ames, a molecular biologist at the Children's Hospital Oakland Research Center in Oakland, Calif., has shown that our cellular enzymes begin to malfunction as we age. By taking high doses of particular vitamins, we can give the enzymes a little kick-start and make them function like young enzymes again.

We also know that chronic stress, environmental toxins, infections, chronic disease, and aging itself cause a significant depletion of a number of essential nutrients. In many cases, special supplements can replace these lost nutrients and restore health.

Raw or Cooked Vegetables?

It's an age-old question: Does cooking your vegetables destroy their nutrients? Some studies have shown that while cooked vegetables have a potent anti-cancer effect, some raw vegetables don't. The reason is that cooked vegetables release the flavonoids that are found locked inside plant cells, beyond human digestive capabilities alone.

Many people believe that cooking vegetables destroys the nutrients and that many vitamins and minerals are lost in the water they are cooked in. It is true that cooking destroys a number of vitamins and that minerals are lost in the water, but many of the flavonoids, the real powerhouses of anti-cancer nutrients, are resistant to heating. Only a few are destroyed by cooking.

The walls of plant cells are made of cellulose that human digestive enzymes can't digest. Cooking breaks down these cell walls and releases the nutrients, which can then be absorbed.

The Foundation of Health: Diet

For some people, replacing bad foods with healthy foods is next to impossible — the temptation of their favorite foods is just too great.

In many cases, these temptations are driven by the foods themselves. These foods have effects on certain brain structures associated with addictions (see my previous newsletter, “Addiction: Diet’s Hidden Role in Obsessive Disorders,” Nov. 2008), and eating them has an effect on the brain similar to cocaine. Studies have shown that the same areas of the brain are affected by both addictions.

One thing we know about drug addictions is that just seeing pictures of drug paraphernalia is enough to trigger cravings, even years after rehabilitation. The same response can occur with food addictions, and that’s the reason why it’s best to remove favorite offending foods from your house and even avoid watching food ads on TV.

Some hard-line food addicts have asked me if they will benefit from just taking supplements and not changing their diets. Yes, they will benefit, but not nearly as much as if they changed their diet. It’s like having an overflowing sink and calling for more mops rather than shutting off the water. Remember — bad nutrients can crowd out good nutrients.

Think of it this way: Let’s say that for 20 or 30 years you have been feeding your body a regular diet of junk foods that is high in dangerous fats, sugar, excitotoxins, and food additives.

As a result, your cells are composed of the wrong fats and harmful metabolic products (such as AGEs, free radicals, and lipid peroxidation products). Also, your enzymes are sluggish — not just digestive enzymes but the thousands of enzymes that make cells work.

As a result, every cell in your body, as well as every organ, is working below capacity. You barely get through the day. You are tired, listless, and sleepy, but you have trouble sleeping at night.

Your joints ache and you feel like your brain is swirling in a gray fog. (One of the most common responses I get from people who convert to a healthy diet is that their thinking is clearer than it has ever been. They are amazed that changing one’s diet could have such a profound effect.)

In general, I have found that people feel so poorly, as do all their friends and family, that they begin to

think it is normal. The other day I met a man who told me that he was always tired and everything in his body seemed to be broken.

He remarked that he was just getting old. Actually, he was a decade younger than me. People think that it’s natural to feel bad as they reach their 50s. It is sad to think that people waste the best years of their lives feeling bad, when they could have all the vigor and energy that they had as young adults.

The combination of overeating (especially sugars and processed carbohydrates) and a sedentary life style is a prescription for poor health. Overeating also taxes the GI tract. The more you eat, the harder the GI tract has to work to digest and absorb foods and detoxify food contaminants and additives. It needs some rest.

If you watch family members, especially younger ones, you will see that they eat and drink constantly. Snacks are big moneymakers for those who make them. Our kids are bombarded with TV advertisements for a wide assortment of snacks and junk foods, all filled with dangerous oils, trans fats, food dyes, and excitotoxins.

Continuous snacking puts a tremendous strain on our digestive systems. There are multiple problems caused by this overeating:

- Esophageal reflux
- Deficiencies in digestive enzymes
- Malabsorption
- Constipation
- Dysbiosis (microbial imbalances on or in the body)
- Increased risk of food allergies or food intolerances

When I’m at the grocery store, I like to peek in people’s shopping baskets, especially if there are young children tagging along. I am appalled at what

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I see — diet drinks, packs of cookies, red meats, ice cream, snack boxes, and other assorted junk foods. Most baskets have very few vegetables and most of those are canned.

No wonder people are suffering from a growing number of chronic diseases. Our children start life eating dangerous junk and continue to do so throughout their lives.

The frightening thing is that since young girls are also part of this junk-food mania, they pass along the effects of harmful foods during pregnancy, not only in the developing baby's body but in its genes as well. This can, according to research, cause significant changes in future generations and will lead to diseases being passed from generation to generation.

We now know that many foods, or the lack of essential nutrients, can cause harmful genes to be activated, which leads to an increased risk of serious diseases later in life. For example, girls who are deficient in omega-3 fatty acids when they are babies are at a higher risk of breast cancer later in life. The risk is even higher if they have close relatives with breast cancer.

Many nutrients regulate the activation of genes. Healthy nutrients, for instance, can turn on genes for good health and turn off genes for

disease. This exciting discovery holds great hope for those with hereditary diseases, which means that

they go from hopeless futures to ones that can be improved simply by changing their diets.

An interesting thing we have learned recently is that it may take a long period of supplementation to see positive effects for many diseases, especially for preventing cancer and neurodegenerative diseases such as Alzheimer's and Parkinson's diseases.

For example, researchers now know that supplementing with vitamin E or carotenoids (such as beta carotene, alpha carotene, and lycopene) may not show benefits unless the supplements are taken for several years.

This explains why so many studies have shown negative results — the subjects did not use the supplement for long enough. The same can be said for our diet. It takes years of eating a healthy diet to substantially improve health.

The Surprising Benefits of Cooking Food

How you prepare your food, as well as the choices you make, determines how much you stand to gain from a healthy diet. Over

Choose Your Food Wisely

You can't always know what's in the food you eat — eating at restaurants and enjoying holiday foods away from home can be particularly troublesome. Now that the holidays are behind us, it's time to focus on eating properly. Here are some tips:

- **Grow your own vegetables and fruits.**

If possible, grow vegetables in your yard or in hydroponic gardens indoors. Using hydroponics would allow you to grow produce in the winter. Likewise, natural insect control is vital, using insects such as ladybugs or praying mantises.

- **Buy locally grown foods.** Talk to local farmers and ask about pesticide and herbicide use. Organic farms are popping up all over the place, and have been growing at a rate of 15 percent a year with no end in sight.

- **Buy organically fed and free-range meats.** But don't expect even organic meats to automatically free you from the fear of mad cow disease. Unfortunately, the government prevents cattle ranches from testing their cattle for mad cow disease.

- **Washing vegetables and fruits is also critical.** To properly wash your vegetables, fill a 2-gallon pot with purified water (filtered) and add two caps of vegetable wash, such as Fit Fruit & Vegetable Wash. When washing leafy vegetables like cabbage or lettuce, separate the leaves and wash each leaf separately. Then rinse it thoroughly and dry in a salad spinner. Hard fruits and vegetables, such as bell peppers and cucumbers, need to be washed and scrubbed with a vegetable brush. Fruits, such as apples and pears, should be peeled.

- **When buying organic produce, make sure that it looks healthy.** Plants with spots, discolorations, and bruises are not safe to eat. Plants infected with molds, viruses, and bacteria secrete powerful toxic substances to protect themselves, and these substances are toxic to people.

the years I have read hundreds of studies on the relationship between diet and certain diseases, mostly cancer. In the beginning I was discouraged to see that many of the reports found only a small benefit or none at all.

Experience taught me to read the details of studies carefully. I discovered that a number of popular vegetables used in many studies have few true anti-cancer nutrients. For example, potatoes have no anti-cancer benefit, and green beans, lentils, and lettuce offer little overall benefit.

When studies were done using only vegetables with a high concentration of anti-cancer nutrients, however, the incidence of cancer was dramatically reduced.

Other studies have shown that while cooked vegetables had a potent anti-cancer effect, some raw vegetables didn't. The reason is that cooked vegetables release the flavonoids that are found locked inside plant cells, beyond human digestive capabilities alone.

Nutrients in raw vegetables are so difficult to release by normal chewing that we have to eat at least five servings to get any benefit. If you eat raw vegetables, it is important to chew them until they are a soft mush.

Steamed vegetables are a better alternative, since steaming avoids high heat and the use of water. Surprisingly, some vegetables contain compounds that can cause joint pains (peppers) and suppress thyroid function (kale, broccoli, and Brussels sprouts). Heating them destroys these harmful substances.

'Blenderize' Your Vegetables

I like to prepare vegetables by blenderizing them. I use a VitaMix blender to break the cell walls and turn the vegetables and fruits into a liquid. This allows the body to absorb a much higher concentration of the beneficial flavonoids, vitamins, fiber, and minerals.

Drinking a cup of blenderized vegetable juice is the equivalent of eating eight to 10 servings of raw fruits and vegetables. It's estimated that the body absorbs only about 30 percent of nutrients from eating raw, chewed vegetables. Blenderized vegetables are absorbed at a rate of 90 percent.

Before blenderizing vegetables, wash them thoroughly in a vegetable wash, spin dry, and add

to the blender. For beginners, add at least 4 cups of filtered or distilled water to the blender first. It is best to use ice-cold water to protect the nutrients. The blender, if left on over two minutes, will start to heat the water.

Make the vegetable blend rather thin to begin with in order to avoid the problem of diarrhea. Add no more than 1 cup of each of the vegetables and/or fruits to the blender. This will keep it thin.

Start by drinking 8 ounces a day, with a meal. After a week of drinking the thinner blend you can move to the full concentration blend. To make this, add 2 cups of ice-cold water to the blender and 3 or more cups of each of the vegetables.

These are the most important vegetables to include in your blender — vegetables marked with an asterisk need to be steamed before blenderizing:

- Parsley
- Celery
- Collard greens
- Cauliflower
- Red cabbage
- Savoy cabbage
- Spinach
- Broccoli*
- Brussels sprouts*
- Kale*

These vegetables have been shown to be the most powerful in preventing a number of cancers, including cancers of the breast, lung, prostate, brain, and colon. They contain a number of flavonoids that are powerful and versatile antioxidants and anti-inflammatories. They also contain antibacterial and antiviral flavonoids as well as a number of extremely potent cancer-killing flavonoids such as quercetin, apigenin, luteolin, ferulic acid, caffeic acid, kaempferol, and anthocyanidins.

A study released at the annual conference of the American Association for Cancer Research in November found that cruciferous vegetables such as kale, broccoli, Brussels sprouts, and cauliflower gave smokers powerful protection from lung cancer while other vegetables and fruits had little beneficial effect. This study emphasizes the larger point: Not all vegetables are created equal.

Some vegetables, for instance, have the greatest brain-protecting power. Besides the cruciferous vegetables, many berries, such as blueberries,

raspberries, blackberries, and cranberries, are potent brain protectors.

It is always important to eat a variety of berries, fruits, and vegetables, because all have unique health benefits. Like vegetables, all berries and fruits should be thoroughly washed with a vegetable wash before eating or blenderizing.

One of the drawbacks of eating a lot of sweet fruits and berries is that they contain a significant amount of sugar, even though the sugar is healthier than processed white sugar.

What about juicing? Juicing is good, in that it separates the vitamins, minerals, soluble fiber, and flavonoids in the juice for maximum absorption. But I prefer blenderizing. It also preserves the bulk soluble and insoluble fiber as well as many of the glycoproteins that are normally thrown away with juicing. The cleanup is also much easier.

What You Need to Know About Meat Preparation

For those who eat meat, there are certain things you should know in order to protect yourself and your family. I often tell people that if our livestock were raised as they were in biblical times, we would worry a lot less.

Those who eat meat have several major worries:

- Mad cow disease (also called prion disease) and other infections
- Pesticide and herbicide residues in the meat, especially fat tissue
- The effects of genetically modified food on animals and milk

In the near future we can add genetically modified animals to the list as well.

To avoid mad cow disease, shun most beef products unless certified as being grass-fed or eat only beef that has been adequately tested.

Unfortunately, the government will not allow independent cattlemen to have their cattle tested for prion disease, possibly some say, as a favor from the regulatory agencies to the large beef producers.

Also, avoid all cattle byproducts, such as gelatin, broths, brains, and bone products, especially if these products contain nerves, such as ribs. I also caution against eating veal, since the disease does

not manifest until the animal reaches adulthood. A recent GAO study on mad cow disease found that some cattlemen were killing animals early to prevent them from being identified as being infected.

Animals that graze and even those that are permitted outside their pens will absorb a significant amount of pesticide and herbicide residues from the air and contaminated grasses. Most of these chemicals are stored in the animal's fat tissue, so that eating animal fat or heavily marbled meat will increase your intake of these harmful chemicals.

Buy lean cuts of meat and trim all fat. Wild game meat is better.

Avoid smoked and processed meats, which greatly increase your risk of cancer and neurological diseases. This is especially risky for young children.

The method of cooking also determines their cancer-causing risk. Seared meats, especially barbecued and grilled meats, greatly increase the production of harmful chemicals called heterocyclic amines. Cook meats on a lower heat. Slower cooking is safer. Basting meat increases the amount of these residues retained in the cut of meat.

Some of us like bacon for breakfast. Most bacon, except for expensive organic forms, contains cancer-causing preservatives called nitrites and nitrates. In the GI tract, these are converted into carcinogenic amines. Bacon that doesn't contain preservatives doesn't last long, even in the refrigerator, once the

Rx for Poor Health: Bad Diet and Sedentary Lifestyle

A number of recent studies show that certain foods, such as blueberries and spinach, can not only slow aging of the brain but also even reverse some of the changes aging brings.

Regular, moderate exercise such as brisk walking or resistance exercises also can dramatically slow and even reverse brain aging, in addition to increasing energy levels.

The combination of overeating (especially sugars and processed carbohydrates) and a sedentary lifestyle is a prescription for poor health. Overeating also taxes the GI tract. The more you eat, the harder the GI tract has to work to digest and absorb foods and detoxify food contaminants and additives. It needs some rest.

vacuum seal is broken. So, do what I do. Heat a large bowl of distilled water (about 3 cups,) and soak the bacon for about 10 minutes. Drain the water, then cook. Re-salt the bacon to add flavor.

Other meats should be soaked in distilled water to remove toxins and contaminants. This is especially true for commercial poultry, which is often soaked in bleach. Do not use meat tenderizers or other enzymes, since they release the glutamate from the meat and expose you to excitotoxicity.

Avoid meats that are injected with broth, stock, or juices. This is a sneaky way to add glutamate to the meat to enhance flavor.

Spice Up Your Life

Add flavor to meats by using spices. As an added benefit, many spices have strong antibacterial properties and anti-cancer effects. Some of the healthiest and most flavorful spices are probably already in your kitchen:

- Garlic
- Sage
- Thyme
- Cumin
- Turmeric
- Onion (fresh or powdered)
- Oregano

Prepackaged sauces present many problems. For instance, most barbeque sauces contain glutamate extracts, often in disguised forms. This is also true of many creamy sauces, especially white sauces. Many commercial sauces contain a number of glutamate additives, using such disguised names as hydrolyzed protein extract, soy protein, soy protein isolate, natural flavors or flavoring, sodium or calcium caseinate, autolyzed yeast, enzymes, and many more. See my newsletter on MSG (“Food Additives: What You Eat Can Kill You,” Oct. 2007) for more information on food additives that are excitotoxins.

I am often asked about eating meats cooked rare or medium rare. Most people are unaware that most cattle are infected with cancer-causing viruses. In fact, over 80 percent of many herds are infected with leukemia and lymphosarcoma viruses, the most common malignancies in cattle. The virus is

distributed throughout the animal’s body, including the muscle tissue (the meat).

Studies have demonstrated living viruses in meat not completely cooked. In addition, studies have shown that those who come in contact with carcasses, such as workers in slaughterhouses and meatpacking houses as well as butchers, have a higher incidence of leukemia and lymphosarcoma than the general population. Don’t sear meat, and cook beef slowly until it is completely cooked.

So, some ask, what about organically raised cattle — is that meat safe to eat when cooked rare or medium rare? It may be, but until studies are done to see how many of these herds are infected, these meats should be cook thoroughly as well.

These viruses are natural to cattle. Severe crowding conditions and poor diets used in commercial ranches encourage their spread, so grazed animals might have less of a problem. In some herds, 100 percent of the animals were found to be infected with these cancer viruses.

Vegetables With Special Qualities

Certain vegetables contain very powerful health-promoting components, in particular the cruciferous vegetables (mustard family) of the genus Brassica:

- Brussels sprouts
- Cauliflower
- Broccoli
- Cabbage
- Kale

These vegetables contain high concentrations of selenium and glucosinolates, the latter in the form of **isothiocyanates sulforaphanes and glucoraphanin.**

Sulforaphanes have been extensively studied, mostly for their ability to inhibit cancer growth and development. These chemicals have been shown to powerfully stimulate detoxification in cells, especially in the liver. Sulforaphanes also increase antioxidant protection and inhibit specific enzymes needed by cancer cells to grow and spread.

Recently, researchers discovered that broccoli also protects the heart and prevents heart attacks. While not extensively studied in people, broccoli may be a very powerful way to prevent heart attacks,

Please note that this advice is generic and not specific to any individual. You should consult with your doctor before undertaking any medical or nutritional course of action.

two studies indicate. In one study, subjects who ate broccoli sprouts for one week demonstrated a reduction in LDL-cholesterol and total cholesterol, and an elevation in HDL-cholesterol.

While this study doesn't prove a reduction in heart attacks because of the actual weak association between heart attacks and cholesterol, the second study, which involved 34,492 postmenopausal women, found a strong association between broccoli consumption and a reduced risk of coronary heart disease.

A recent animal study found that feeding blenderized broccoli soup to rats protected their hearts from heart attack damage.

Chemicals in broccoli increased one of the heart's primary antioxidants, called reduced thioredoxin, and increased the heart cells' production of protective molecules.

Something as simple as eating broccoli every day could dramatically reduce your risk of heart attacks and protect you against other heart-related problems. As an added benefit, it would also reduce your risk of getting cancer and improve your ability to detoxify internal and environmental poisons. Broccoli protects your brain as well, which is pretty impressive for eating just a cupful of broccoli a day.

What About Supplements?

The medical profession, through its elite spokesmen in academia and medical societies, has repeatedly stated that people do not need to take vitamin and mineral supplements because they get all the nutrients they need from their food. I always thought this was a particularly troublesome statement, especially since mountains of evidence indicate severe deficiencies in a great number of people of all ages and they ignore the fact that most people eat junk foods.

The average Western diet is filled with harmful fats, loads of processed sugar, dangerous artificial sweeteners, iron-loaded meats, assorted junk "foods," tons of food additives, fluoridated water, and food dyes. Worst of all, their diets contains very little in the way of fresh vegetables. Most vegetables in the average American diet come from cans or are in packaged, heavily processed foods.

To top it all off, the government and dieticians

concocted the worst food pyramid one could possibly dream of — a pyramid that, in fact, promotes poor health and could promote disease. These are the same elite diet specialists who completely ignored the harmful effects of trans-fats for over 50 years, despite abundant research showing they were enormously harmful. And now they are promoting soy, another harmful product which could damage people of all ages, from infants to the elderly.

The fight by the medical elite and dieticians against nutrient supplementation has erupted into an all-out war. As with all things, there is the seen

and the unseen. We see the medical elitists extolling the virtues of conventional medicine and their unending criticism of nutritional supplementation. What is not seen is who pulls the strings — the giants of the pharmaceutical industry.

I have been convinced that most diseases can be prevented or conditions improved by a simple change in diet and the use of a few supplements. Many brilliant men and

women working in the field of human health agree.

So, why have we not made these suggestions? It would not only prevent an enormous amount of human suffering but also save our country trillions of dollars in health costs and lost wages.

Consider the economic impact of such a program. First, a great number of hospitals would close their doors. Tens of thousands of medical workers would lose their jobs.

Makers of medical and surgical equipment would see a dramatic loss of business. Medical insurance companies would lose billions. And those who print medical forms and sell enormously overpriced computer equipment to doctors' offices and hospitals would lose millions as well.

Politicians would no longer be able to use Medicare and Medicaid to buy votes, and worst of all, from their viewpoint, most of the giant pharmaceutical companies would collapse.

Despite what you hear, pharmaceutical companies are making billions in profits. If you have any doubt, check out the top earners on the Forbes magazine list of corporations. To keep making these billions, they need to stifle preventive medicine and nutrition. They do this by an unending, intense propaganda attack on the use of nutritional supplements and by

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carefully engineered promotions of the benefits of newly developed drugs.

John D. Rockefeller and his sons devised a clever way to control the media without outright buying newspapers, magazines, and broadcasting media.

They demonstrated that if they bought expensive advertisements in all of these media outlets, the media would soon be so dependent on their advertising dollars that they could control what the public saw and heard.

Because they owned or controlled hundreds of corporations, each buying advertising, they gained extensive control.

Notice how many publications and TV programs are sponsored by pharmaceutical ads. They are everywhere. The most extensive ads are for statins, which are the biggest moneymakers in pharmaceutical history.

The pharmaceutical companies have specially “designed research” that says everyone in the United States should take statin drugs regularly. One such article appearing in *The New England Journal of Medicine* was written by a long list of authors, most of whom have extensive financial connections to a number of pharmaceutical companies.

For example, the lead author of the article lists grant support from AstraZeneca, Novartis, Merck, Abbott, Roche, and Sanofi-Aventis pharmaceutical companies. He also acknowledges having received consulting fees or lecturing fees from the same companies, as well as Merck/Schering-Plough, Isis, Dade Behring, and Vascular Biogenics.

In addition, the author holds a patent for a biomarker for inflammation testing. Some of the other authors have even more extensive pharmaceutical connections.

In many instances, these companies and individuals are not looking out for your best interests. So the burden falls upon you, the consumer, to find out all you can in your search for good health.

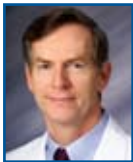
In virtually all of my newsletters, I have shown that nutritional supplementation, with specifically chosen nutraceuticals, can correct deficiencies and often lead to a dramatic reduction in disease.

Now that chronic inflammation is gaining recognition as the basis of most diseases, we should be using our diets and selected supplements to reduce inflammation instead of dangerous, expensive drugs.

About Dr. Blaylock

Dr. Russell Blaylock edits Newsmax.com's **Blaylock Wellness Report**. He is a nationally recognized board-certified neurosurgeon, health practitioner, author, and lecturer.

He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, S.C.



For the past 26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored three books on nutrition and wellness, including “Excitotoxins: The Taste That Kills,” “Health and Nutrition Secrets That Can Save Your Life,” and his most recent work, “Natural Strategies for The Cancer Patient.” An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition-related subjects.

Also, Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation.

Dr. Blaylock serves on the editorial staff of the *Journal of the American Nutraceutical Association* and on the editorial staff of the *Journal of American Physicians and Surgeons*, official publication of the Association of American Physicians and Surgeons.

He previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss., and is currently a visiting professor of biology at the Belhaven College, also in Jackson.

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Health and Nutrition Updates

High-Glycemic Food vs. Fatty Food

The medical elite experts never tire of warning the public about fatty foods, especially those laden with cholesterol and saturated fats. However, many studies support what was said over a half century ago — that sugar and other high-glycemic foods, such as white bread, white rice, and other highly processed carbohydrates, have a far stronger link to cardiovascular disease than any fat.

For example, studies show that people with Type 2 diabetes have up to four times the risk of having a heart attack than those with normal blood sugars. In fact, even having higher than normal glucose, called pre-diabetes, dramatically increases risk.

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The Nurses' Health Study, which followed 75,000 women for 10 years, found that those who ate the most sugar and high-glycemic carbohydrates (called their glycemic load), doubled their risk of having a heart attack, even after adjusting for other risk factors. After 20 years of follow-up, researchers found that the glycemic load was a better predictor of heart-attack risk than any type of fat intake.

In this most recent study (Am J Clin Nutr 2008; 87: 1188-93), they examined 17 volunteers, ages 18 to 30, who had similar body weights assessed using the body mass index. In part one of the study, the subjects ate white bread or pasta. In part two of the study, volunteers ingested a glucose solution each morning in addition to their diet.

Researchers discovered that the combination of white bread and glucose increased inflammation in the subjects' bodies and also raised insulin and glucose levels. The white bread and glucose also increased free radical generation (peroxynitrite), which leads to atherosclerosis, cancer, and other diseases. Studies have shown a direct link between the glycemic load and heart-attack risk, some cancers, and even age-related macular degeneration.

Vitamin D-3 and Fertility

Throughout my newsletters I have stressed the benefits of vitamin D-3, the functional form of vitamin D. A new study, first presented at the American Society for Reproductive Medicine in San Francisco and conducted by a team of researchers from Yale University School of Medicine, found that

of 67 infertile women examined, only 7 percent had normal vitamin D levels.

All of the women who had abnormal ovarian function and polycystic ovarian syndrome had levels of vitamin D-3 that were below normal. Almost 40 percent had severe vitamin D-3 deficiencies. Making sure prospective moms have optimum levels of vitamin D-3 may offer an inexpensive way to reverse infertility. I recommend at least 5,000 international units (IU) of vitamin D-3 and probably as much as 10,000 units, which has been shown to be safe.

Statin Mania

The statin mania among physicians has reached new heights. Researchers have announced that according to a new study, the statin drug Crestor (AstraZeneca) reduced deaths, heart attacks, and other events among 17,802 patients. According to the study, released at the recent American Heart Association's annual meeting in New Orleans, these people had normal LDL-cholesterol levels but elevated levels of CRP — which indicates inflammation, the real cause of atherosclerosis.

This study tells us several things. First, it's financially rewarding for the pharmaceutical companies that make statins to sponsor such studies.

Second, it shows again that elevated cholesterol, even LDL-cholesterol, is not the cause of heart attacks or strokes; the real cause is inflammation. Third, it shows the gullibility of American physicians. Finally, this study shows how the medical elitists have ignored the least expensive and most impressive ways to reduce inflammation — nutrition and exercise.

A Harvard cardiologist estimated that this study will justify doctors putting 30 million new, unsuspecting people on these, in my opinion, dangerous statin drugs. These new consumers will mean hundreds of millions of additional dollars in sales for the statin makers.

Previously, these medical elitists suggested that even children should be placed on statin drugs for a lifetime, completely ignoring the destructive brain effects, high incidence of nerve and muscle destruction, immune suppression, and progressive heart failure that can accompany the use of statins.



Ask Dr. Blaylock

Attention Blaylock Readers:

Dr. Blaylock welcomes any questions or comments you would like to share.

Each month, he will select a few to be published and answered in the newsletter.

Please remember that he cannot answer every question.

When submitting a question or comment, please include full name, city, and state.

Please e-mail the doctor at: askblaylock@newsmax.com.

Q: What can be done for chronic Lyme disease accompanied by leg-muscle contraction?

— Joan S., North Attleboro, Mass.

A: Chronic Lyme disease causes neurological damage by a chronic activation of microglial (immune) cells in the spinal cord and brain stem. This produces chronic inflammation that damages neurons and their connections. It is the damage to neurons in the brain stem and axons in the spinal cord that causes leg-muscle spasm. The key to repairing this problem is to increase GABA activation, suppress microglial activation, and block excitotoxic reactions (which cause massive free-radical generation).

This requires several things:

1. Stop your intake of excitotoxins. (See my newsletter on MSG, “Food Additives: What You Eat Can Kill You,” Oct. 2007.)

2. Take DHA, which reduces excitotoxicity and inflammation and promotes repair of damaged neurons and synapses.

3. Your doctor will probably want to prescribe the antibiotic doxycycline to not only kill the Lyme organism but also suppress microglial activity. You may have to take it for a lifetime. Take two berberine capsules three times a day (200 milligram capsules). This reduces inflammation, kills the Lyme organism, and Candida and enhances effectiveness of the antibiotic.

4. You can take GABA as a supplement (try the Pure Encapsulation brand www.vitacost.com). It is to be taken three times a day. Melatonin also protects the nervous system from damage and enhances antioxidant enzymes.

5. A mixture of antioxidants, buffered vitamin C (2,000 milligrams three times a day on an empty stomach), resveratrol (Longevinex brand, one a day), ferulic acid 500 milligrams three times a day, and

silymarin 200 milligram capsules, take two capsules, three times a day. (This also powerfully suppresses microglial.)

Finally, take a multivitamin/mineral, such as Extend Core, as directed. Magnesium citrate/malate 500 milligrams twice a day should also be taken. This will block excitotoxicity, reduce inflammation, and relax the muscles.

Q: Is there any new research or curative dietary processes for Meniere’s disease?

— Al L., Little Rock, Ark.

A: Meniere’s disease is linked to excitotoxicity. I have treated a few cases and found the following combinations to be of help. Avoid all food-based excitotoxins. Take high dose B-vitamins, especially vitamin B-6 (as P5P), thiamine (vitamin B-1, a more potent form called benfotamine is available), niacinamide, and riboflavin.

Pure Encapsulation makes a B-complex vitamin, available from www.vitacost.com. A high dose of vitamin B-12 as methylcobalamin is essential: 5,000 micrograms to 10,000 micrograms a day orally. Magnesium also plays a role in blocking excitotoxicity, reducing inflammation and preventing the nerves from “shorting out.” Finally, follow the dietary guidelines in this newsletter.

Q: You have mentioned the immune suppressing side effects of statin drugs, which can lead to cancer. Is the same true of red rice yeast which contains a naturally occurring statin?

— Andrea K., Oakland, Calif.

A: As far as I know, no one has looked at the immune-suppressing effects of red rice yeast. I would suggest taking CoQ10 with the red rice yeast for the same reason as the statins, they both block the

formation of CoQ10, an essential nutrient, and it may be related to its immune-suppressing effects.

Q: Do you have any suggestions for sleep apnea? Is it linked to obesity?

— Joe B., Denver Colo.

A: Sleep apnea is linked to abdominal obesity by chronic inflammation. The fat cells release powerful inflammatory chemicals called cytokines (adipokines). These in turn activate microglial in the brain stem and this is where the control of breathing is located. Reducing inflammation, by a combination of losing the fat and an anti-inflammatory diet, plus supplements, will reduce the inflammation.

The diet is in this newsletter. The supplements include curcumin, quercetin, ellagic acid, buffered vitamin C, natural vitamin E (Unique E), silymarin, resveratrol and ferulic acid. The oil CLA reduces abdominal fat cells rapidly, but some studies have also shown an increase in inflammation — others show a decrease in inflammation.

I would not use it for over two months. Life Extension Foundation has a new fat reduction supplement that has shown tremendous results. It is called Integra-Lean Irvingia (www.lef.org).

Finally, magnesium citrate/malate reduces inflammation, blocks excitotoxicity in the brain stem, and reduces microglial activation.

Q: Do you have suggestions to help a child with fever blisters?

— Kristin G., Beachwood, N.J.

A: See my newsletter on hidden infections (“Infections That Lurk in Your Body — What You

Must Know,” Dec. 2008). The basic finding is that the virus responsible for the fever blister is activated in an acidic environment. Therefore, avoid acidic foods and drinks, such as tomato ketchup, oranges, orange juice, and other citrus fruits.

Boosting immunity, as with beta-glucan, can also help. I would caution that ascorbic acid (vitamin C) should be avoided as it is quite acidic. Instead one should use buffered vitamin C.

Q: Are there supplements to treat giant cell arteritis?

— Jane B., Feeding Hills, Mass.

A: Giant cell arteritis is an immune-based inflammation of arteries. As such, the treatment is usually based on reducing inflammation, using either immune-suppressing anticancer type drugs or steroids, both of which can increase your risk of cancer as well as a number of other complications. Because of the significant immune suppressing effects of omega-3 oils, especially EPA, I would put it at the top of the list for treatment.

The Carlson brand of Norwegian fish oil is very good (www.vitacost.com). Magnesium would also play a major role in reducing the inflammation and improving blood flow in the affected vessels.

The dose is 500 milligrams twice a day of magnesium citrate/malate. Other anti-inflammatories should be useful as well.

Dietary changes to reduce inflammation are essential — even if you go on a vegetarian or mostly vegetarian diet. I recommend the vegetable blenderizing discussed in this newsletter and the recommendation listed in my previous newsletter on inflammation (“Inflammation: The Real Cause of Most Diseases,” June 2008).

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