



Key Points

- **Children receive almost 40 vaccines by the time they start school. But is all this vaccinating safe?**
- **Previous generations received far fewer vaccines – and sometimes none for measles, mumps, and chickenpox – yet remained healthy**
- **To develop a healthy immune system, it is important to be exposed to childhood illnesses**
- **Some vaccines contain live viruses – find out why this is a bad idea**
- **Many illnesses were in far decline before vaccinations were widely implemented**
- **The ultimate protection is infection – not vaccinations**

PLUS

- **Cholesterol-lowering drugs are potent immune suppressants**

ASK DR. BLAYLOCK

- **Help for tendonitis; ADHD aid; blenderizing is best**

Inside: Heart Drugs Make Your Immune System Weaker

The Trouble With Vaccines

People today face a massive, invasive assault against their well-being, and it begins at birth.

Children get 24 vaccines by age 1 and almost 40 by the time they start school. The medical authorities – the Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American Academy of Family Physicians – recommend as many as 150 vaccines during our lifetimes.

Things were not always this way. When I was a child, we received just four vaccines. There were no vaccines for common childhood maladies, like measles, mumps, and chickenpox. Like my friends, I contracted most of these minor illnesses and of course got over them.

Despite what the vaccine scaremongers would have you believe, the streets were not filled with dead and dying children. Not a single child in any of my classes in grammar school, junior high, or high school developed a serious complication as a result of having any of the normal childhood diseases that parents are now urged to prevent through vaccination.

Medical journalist Neil Z. Miller has carefully researched the data on childhood deaths during the “scary days of unvaccinated children” in the U.S. and has uncovered some surprising facts:

- The death rate from measles fell more than 95 percent before mass measles vaccination began in the U.S. The same occurred in Great Britain.
- Whooping cough death rates were falling before mass vaccination programs began – by an eye-popping 75 percent in both countries.
- The death rate from the polio scourge was falling – well before the polio vaccine was introduced.

Why were the death rates from these childhood diseases falling so rapidly?

Pro-vaccine elements – the government and big pharma – take credit for that decline in death rates, but the truth is simpler: Better nutrition and sanitation, especially in big cities, account for most of the improvement in death statistics. This information



has been noted in health literature but has been widely ignored.

In the same way, proponents for fluoridating water have conned the public and most dentists into believing that adding fluoride to public water supplies has decreased the number of cavities. But those same improvements in nutrition and sanitation are also responsible for the dramatic fall in cavities.

In fact, cavity rates worldwide began to fall dramatically and to the same extent in both fluoridated and unfluoridated communities at exactly the same time. Why?

Because of better nutrition in cities and a higher consumption of cheese, which is high in teeth-strengthening calcium. This has been confirmed in almost every study on the topic.

We are living cleaner, safer and more nutritious lives, but vaccines and fluoride simply happened at about the same time. As the statisticians say, correlation (two things happening at once) does not prove causation (one thing causes another).

This all-too-common abuse of statistics keeps the public convinced that the vaccine program has saved millions of lives. It also instills an insidious fear that any change in the program will bring back the mythical days of children dying in droves.

I have heard testimony from hundreds of mothers who say they agreed to vaccination only because a pediatrician scared them into it. These scare stories, especially those that warn of impending waves of mass fatalities, are not based on hard science — or even firsthand experience. Instead, doctors make their case using figures culled from impoverished, Third-World countries with high rates of malnutrition, parasitic infections, and poor-to-non-existent sanitation.

Meanwhile, the most cursory review of medical history shows that virtually every case of pandemic death followed a period of widespread poor nutrition. For example, the influenza pandemic of 1917 occurred on the heels of the devastation of World War I.

Medical professionals use the same scare tactic to tell parents that they must vaccinate their newborns against hepatitis B.

The fact is, the vast majority of babies are at absolutely no risk from this disease. Only mothers who are infected with the virus during pregnancy put their children at risk.

Even then, the majority will not transfer the virus to their children. High-risk mothers are those who use intravenous drugs, have received tainted blood transfusions, or who have HIV infections.

Vaccine authorities also know that hepatitis B infections in adults rarely result in liver failure, and the disease is basically harmless in more than 90 percent of cases. They also

ignore the fact that the hepatitis B vaccine only protects for a few years, so they recommend booster vaccines every two years until 18, the age when a patient first faces any real risk from the disease.

Yet three times more children under 14 suffered serious vaccine reactions than the number who actually contract the disease itself.

The most blatant scare tactic is foisted on older folks. The number is horrifying: Supposedly, 36,000 elderly people die each year from the flu.

If true, then the same number of people die from the flu every year as died during some of the worst flu pandemics on record — impossible! Interestingly, there are no records kept of how many elderly die because of the flu vaccine, but this number may be in the thousands.

In this issue of The Blaylock Wellness Report, I will bring you key information about vaccine studies you will never hear from your doctor or the media — for reasons that might shock you.

Ultimate Protection Is Infection

Most people presume that taking a vaccine provides the same level of immunity as getting the disease. Actually, science proves the opposite.

A number of compelling studies show that when you contract a disease naturally — chickenpox, for instance — the immune system becomes very active, kills the virus and then quickly goes back into a resting state. These studies show that natural infections give a person lifelong immunity to the disease; no booster shots are needed.

Studies show that natural infections give a person lifelong immunity to the disease; no booster shots are needed.

Lifetime immunity! Compare that to vaccines. A growing number of studies show that, for many vaccines, the length of immunity following vaccination lasts no more than two to 10 years. Booster immunity lasts for even shorter periods, which is why you hear about the need for regular boosters.

Even worse, studies show that many of the vaccines, such as the mixed vaccine against measles, mumps and rubella (MMR) and Haemophilus influenzae type b (known as Hib), actually suppress immunity.

As a result, your child actually becomes more susceptible to infection by any number of viruses and bacteria. This is why mothers are warned to keep their freshly Hib-vaccinated children out of daycare centers, because their risk of developing a severe form of meningitis is actually higher for several weeks after they are given the vaccine than before being vaccinated.

Many vaccines, especially tetanus and DtaP, which is three vaccines mixed to immunize against diphtheria, whooping cough and tetanus, increase the risk of children developing asthma, eczema and even juvenile diabetes, which are autoimmune-related diseases.

Asthma rates continue to climb, and it parallels the growing number of vaccines being given to children. Likewise, mercury has been proven to induce autoimmune diseases in genetically susceptible people.

The Danger of Live Virus Vaccines

Some vaccines, including the MMR, smallpox, and chickenpox vaccines, contain live viruses.

Manufacturers weaken the virus (thus they are called “attenuated” viruses) so that it, in theory, confers immunity rather than trigger the disease. Vaccine proponents assure the public that these vaccines are safe. Scientists are now beginning to question this assurance for many reasons:

- In some people the virus is not killed off. Instead, it is permanently imbedded in the person's internal organs. One autopsy study of elderly people dying of non-infectious diseases found live measles virus in 45 percent of cases in their body organs and in 20 percent of cases in their brains.
- Imbedded viruses (from the vaccines) were highly mutated, a reason for great concern. Virologists have noted that such mutated viruses can cause completely unrelated diseases. Instead of causing typical measles, for example, the mutated measles virus can cause

multiple sclerosis, muscle pains, Crohn's disease, or brain degeneration. It appears that they become mutated by the masses of free radicals (destabilized molecules) we produce over a lifetime — in our own bodies.

- By giving three and sometimes four live viruses together, the risk of developing a lifetime viral infection (a persistent viral infection) increases tremendously. This is especially so with the MMR vaccine, which contains two live viruses known to suppress the immune system for months.

That suppression effect is powerful. It resembles the immune suppression seen with the HIV virus associated with AIDS.

During this prolonged period of immune suppression, both adults and children will be

Why the Breast is Best for Baby

We all know breast milk is the best, most-complete food for an infant, aiding in physical and mental development for years to come. But breast-feeding moms also transfer their immunity to their babies, which protects newborns during the high-risk period following birth, when their immune systems are still immature.

Breast-feeding has also been shown to reduce the incidence of a number of allergies, as well as asthma. Unfortunately, the modern pediatrician and family physician often assure the mother that modern baby formulas are just as healthy as breast-feeding.

It's simply not true, and shameful marketing on the part of formula makers. Worse still, manufactured baby formulas contain a number of contaminants, including high levels of fluoride, manganese, aluminum, and immune-suppressing fats.

In addition, and more importantly, formulas have absolutely no immune protective antibodies — none. Don't let anyone tell you that formula is as good as mothers' milk. Breast-feeding is not just good food — it's good health for your baby.

much more likely to develop other infections. This means that your child might die from meningitis or chickenpox as a direct result of the vaccine — and not because not enough people vaccinated their children, as the vaccine proponents would have you think.

One virus a child might contract during the period of immune suppression is the cytomegalovirus, which commonly infects babies and small children whose immune systems are suppressed. This virus is strongly associated with carotid stenosis, which causes strokes in adults.

Adults who receive boosters with these immune-suppressing vaccines risk developing overwhelming infections from pathogenic bacteria, such as pneumococcus, streptococcus, and staphylococcus. Remember, pneumonia is a leading cause of death in severe flu cases.

Chronically sick elderly people are at a great risk of contracting viruses from children vaccinated with live viruses up to a month after that contact.

College students are now told to get booster shots of MMR, as well as a human papillomavirus (HPV) series, chickenpox, meningococcal (meningitis) and a tetanus booster, if one has not been given in 10 years. That's nine vaccines immediately before starting college. Of these, most universities actually require the meningococcal, MMR, and chickenpox vaccines.

No one stops to think that the MMR vaccine will suppress the person's immunity and thereby increase the risk of getting meningitis. This may explain why the incidence of meningitis is higher only for students who live on campus.

The Truth About Vaccines

As readers of The Blaylock Wellness Report are aware, the vaccines issue is shrouded in controversy and many believe the complications far outweigh the supposed benefits. In any event, many people want the choice of whether to vaccinate to be theirs — without the government forcing the issue. Slowly but surely, the truth is being brought to light. According to a WorldNetDaily report, "Vaccines may fuel autism epidemic," the statistics are staggering: "During the last two decades the chance of a child being diagnosed with autism has skyrocketed from one in 10,000 to one in 150." Many are blaming childhood vaccinations.

Many states are also making the HPV vaccination mandatory with alarming effects: Eight deaths have been attributed to the vaccine in just the past few months, according to WorldNetDaily, with an astonishing 1,824 adverse reactions to the drug being reported. The rush to vaccinate has led to critical errors as well. Britain's Daily Mail reported that an AIDS vaccine actually increased the chance of getting the deadly disease.

College-age misbehavior also plays a role. The following increase the risk of meningitis:

- Binge drinking
- Street drugs
- A poor diet filled with immune-suppressing omega-6 oils (common in snack chips and fast foods)
- Extreme exhaustion caused by intense partying

Combine this with the profound immune suppression caused by the measles and rubella viruses used in the vaccines, and you have a prescription for disaster.

In the case of polio, there is direct evidence against live vaccines: There is conclusive proof that the live virus vaccine

itself caused all cases of polio after 1965. Polio literally spread from vaccinated children to their parents, classmates, and neighbors.

Live virus vaccines should not be used, especially in immunosuppressed children and in older people. Studies have shown that weakened immune systems in children are much more common than previously thought, and that most doctors fail to recognize it.

Medical authorities agree that immune-suppressed people should not be vaccinated at all. Now we learn that the live virus vaccines themselves are a major cause of the condition.

A Frightening Vaccine Myth

Intelligent parents have asked their doctors, If I choose not to vaccinate my child, how would that endanger someone else's child? After all, if the vaccines are as effective as their advocates claim, one or two temporarily sick kids shouldn't be a danger to a child who has been vaccinated.

It's a reasonable question — and a major problem for the proponents of mass forced

vaccination, until they hit upon the concept of “herd immunity.”

The idea goes like this: You can effectively stop epidemics of contagious diseases if you immunize a “magical” number of the population. I say magical because it keeps changing. When first proposed in 1933, the magic number was 68 percent of the population. Then it became 80 percent and now it stands at 98 percent.

The higher the number, of course, the more vaccines are sold.

If you ask doctors why we have not had an epidemic of diphtheria or tetanus in the last 60 years, they would quickly reply “herd immunity.”

Yet the largest segment of the population, the baby boomers, has not been immunized against childhood diseases since they were small children. That means that roughly half of the U.S. population has been without vaccine protection for these diseases for 50 years!

In essence, this nation has been without herd immunity protection for half a century, yet there has not been one mass outbreak of deadly childhood diseases. For more than a century, the Amish in this country have not vaccinated their children at all, and there has been no record of the wholesale deaths of Amish children.

Believe me, you would have heard about it.

Even more startling is the finding that when small outbreaks of whooping cough and measles do occur, the majority of affected children are found to have been vaccinated.

In the 1986 Kansas whooping cough outbreak, 90 percent of the affected children had been fully vaccinated. In the 1994 outbreak in Ohio, 82 percent had been vaccinated, and 74 percent of kids had their shots in the 1996 Vermont outbreak. I personally had whooping cough as a child after being given the vaccine that was supposed to prevent it.

This means that the majority of infections occur in fully vaccinated kids, not in those who have not been vaccinated. It also confirms that the herd immunity idea is a myth, since even the vaccinated children are not being protected.

Remember, for herd immunity to work the immunization has to be “successful,” meaning that it has to prevent the disease. With vaccine failure

rates varying from 35 percent to 90 percent, not many people have been “successfully” vaccinated.

A number of studies have shown that most vaccines lose their effectiveness within two to five years and that booster shots rarely last even two years. If you check the Centers for Disease Control site under vaccine schedules you will note that, if you were born before 1957, you do not need the MMR vaccine.

Why? Because those of us born before this time have lifelong immunity to all childhood infections – because we were exposed to them.

The truth is, experts know their vaccines are not giving most children protection, so blaming unvaccinated children for outbreaks gives them an excuse. In fact, several of the vaccines are associated with an increased incidence of the very diseases they were designed to prevent.

For example, the rubella vaccine was supposed to prevent physical birth defects in infants born to women infected during pregnancy with the rubella virus, commonly called German measles.

Incredibly, the number of cases of congenital rubella malformations increased after the vaccine was introduced in 1969. In 1966, for example, there were 11 cases reported nationwide and 10 cases in 1967, before the vaccine program started.

One year after the mass vaccination of pregnant women began, the incidence increased to 77 cases – a 600 percent increase. The incidence has remained high ever since.

Vaccination for measles simply shifted the incidence of infection to newborns and small babies, a time of life when health complications and the chances of death are greatly increased.

The idea of sick newborns then gave pediatricians and the American Academy of Pediatrics a new set of horror stories to justify forced vaccination programs, all the while never admitting that the vaccine program itself caused the problem to begin with.

When young girls catch measles naturally, they in turn are able to pass this immune protection on to their babies when they are older, both by antibody transfer through the placenta and by way of breast milk after giving birth.

Vaccination with MMR prevents girls from getting the measles, and it also keeps their

immunity from being transferred to their future children, who are then born utterly unprotected.

Vaccination Can Worsen Serious Diseases

Newer studies have shown that vaccinations may dramatically increase the toxicity of a number of brain neurotoxins, including mercury and pesticides.

In previous newsletters, I pointed out that one of the strongest links to Parkinson's disease is exposure to pesticides in people who have impaired detoxification enzymes. The worst offenders are the insecticide rotenone and the fungicide maneb.

In one study, it was shown that if you exposed animals to extremely low concentrations of the brain toxin rotenone, no damage associated with Parkinson's disease was seen to the brain cells. But, if you vaccinated the animal first and then exposed it to minute doses of the insecticide, the animal experienced extensive brain damage.

What this means is that if you have been recently vaccinated (within several months) and are then exposed to even very low doses of these common insecticides, your risk of developing Parkinson's disease could go up tremendously, especially if you are older and have a family history of the disorder.

Virtually everyone in the world is exposed to low levels of pesticides, fungicides, and herbicides, but the problem is more widespread in the United States.

Those born with a genetic susceptibility are at the greatest risk of a neurological disorder such as Alzheimer's, Parkinson's, or Lou Gehrig's disease. I reported in a recent newsletter that studies now demonstrate that degenerative neurological disorders are occurring at a higher rate than previously thought.

Worst of all, they are occurring at a younger age. The great number of vaccines we now give people may be why.

Interestingly, pesticides and fungicides have the same effect on the brain as mercury. All activate brain microglia, a cell type that is the primary active immune defense in the central nervous system, to an intense degree. The result is chronic brain inflammation and excitotoxicity.

The reason for the close association to Parkinson's disease is that the part of the brain most closely associated with Parkinson's has the highest concentration of microglia of any portion of the brain. The areas of the brain associated with Alzheimer's disease also contain abundant microglia.

In fact, the activation of microglia explains the association between a number of neurotoxins and degenerative brain diseases. For example, mercury, aluminum, free radicals, MSG, viral infections and even brain injury can increase microglial activation, and all have been associated with brain degeneration.

When a person is vaccinated, the brain's microglia become partially activated, a condition called priming. It's similar to your car being in neutral with the engine running very fast.

A subsequent vaccination will cause the microglia to suddenly react intensely and release very high concentrations of elements that are destructive to the brain – including inflammatory cytokines, free radicals, lipid peroxidation products and two powerful excitotoxins, glutamate and quinolinic acid.

The combination of inflammation and excitotoxicity is very damaging to the brain. With vaccinations, unlike in natural infections, the process becomes chronic and slowly destroys important brain centers and pathways. In children, it prevents normal brain development and interferes with normal brain function.

That vaccines increase the toxicity of commonly found chemicals in our environment puts us all at risk. The more vaccines we take, the greater the danger.

Vaccines, Contamination, and Cancer

Most people assume that vaccines are sterile and free from contamination. Nothing could be further from the truth.

For example, few among the general public are aware that the polio vaccines from the 1950s and 1960s were contaminated with a cancer-causing virus called SV-40. It is estimated that more than 100,000,000 people worldwide were infected.

Vaccine scientists scrambled to see if it was causing cancer in people. They began to do long-term studies on large populations of the

vaccinated to see if incidences of cancer rose. Yet later evaluations of these same studies showed that the studies were designed to obscure any increase. Why? Because linking the vaccine and cancer would have devastated the entire vaccination program.

When the story broke in the 1960s, vaccine manufacturers initially assured the public that the SV-40 virus was harmless to humans. Yet they knew from the work of Dr. Bernice Eddy at the National Institute of Health that this virus caused cancer in primates.

To this day, vaccine defenders declare there is no problem with the SV-40 contamination.

Nevertheless, studies led by Dr. Michele Carbone have conclusively shown that this virus is responsible for a number of human cancers, including mesothelioma and bone cancer. One study involving 58,000 women found a 13-fold higher risk in brain tumors in women vaccinated with the contaminated vaccine compared to those not exposed to the virus.

The polio vaccine, too, was contaminated with cytomegalovirus, which is associated with strokes.

Recent studies of vaccines from a number of manufacturers who supply vaccines to U.S. citizens found them to be contaminated.

In one study, 60 percent of the vials were contaminated. One of the viruses found in the vaccines was the pestivirus, which is associated with severe brain birth defects. In addition, viral fragments (like viral DNA, RNA, and proteins) have been found in a number of vaccines. Vaccine proponents assure us there is no danger, but the science says otherwise.

A number of studies have shown that the viral and bacterial fragments can become incorporated in other microorganisms, creating entirely new viruses and bacteria. Some result in dementia and degeneration of the brain.

One would think that vaccine sterility would improve with the passage of time but, in fact, it has gotten worse. The main reason is that the communist Chinese have entered the biotechnology market. They are now one of the world's leading manufacturers, producing 41 of the vaccines used in this country. Soon, they will manufacture the great majority of vaccines.

Abundant evidence has shown that China's pharmaceutical and biotechnology industries, all controlled by the Chinese Communist Party, produce contaminated products that have resulted in tens of thousands of deaths worldwide and even more in China itself.

The FDA inspects most pharmaceutical plants in the United States that manufacture vaccines, but a recent report disclosed that it inspects Chinese facilities only once every 13 years.

To make matters worse, the U.S. government must depend on local Chinese officials to supply them with data and to translate it from Chinese to English. Reports indicate that the translated data

the Chinese provide are suspect.

Worse still, the FDA inspects only a tiny fraction — 1.8 percent — of Chinese pharmaceutical and biotechnology sites.

Our leaders seem to forget that communist China has declared the

United States to be its main enemy and has drawn up detailed military plans to take over the United States by the year 2020. Only a complete idiot would hand over virtually all vaccine and pharmaceutical manufacturing to an enemy state.

Protect Yourself and Your Loved Ones

A compelling amount of research and clinical experience confirms that the best way to prevent death or harm from infections is good nutrition.

Improving nutrition, in fact, was responsible for the dramatic fall in death rates from all of the major infectious diseases in the 20th century. We also know that the decline in immunity in the elderly, diabetics, those with metabolic syndrome and a number of other diseases, is mostly related to poor nutrition or factors that can be corrected by changing diets and with supplements.

A study of African children found that just by adding vitamin A to their diets, deaths from measles were reduced by half.

When they looked only at children who had the highest risk of dying — those under the age of 2 — mortality rates fell by 75 percent. Adding zinc lowered the death rate even more. Unfortunately, U.S. doctors, obsessed with pharmaceutical treatments and vaccines, do not know this.

The complications caused by vaccines are

The best way to prevent death or harm from infections is good nutrition.

reduced by supplementing the mother with prenatal vitamins, by giving the baby vitamins, and by breast-feeding. There are many things in the Western diet that increase the risk of infections as well as vaccine complications.

These include a high intake of omega-6 fats (corn, safflower, sunflower, peanut, soybean, and canola oils), eating foods with excitotoxic additives (MSG, hydrolyzed proteins, caseinate, soy proteins and soy isolates, and yeast enzymes), high sugar and refined carbohydrate diets, and eating too few fresh vegetables. These things are all backed up by hard science.

Regular exercise, getting plenty of sleep, and avoiding aggravating stress also reduce risk.

A recent study challenged a long-held myth of how flu spreads. Most of us are taught that flu spreads in crowded places, such as schools, hospitals, and shopping malls.

This study found that, instead, cold temperatures and low humidity played the major

roles. The spread of infection was greatest at 41 degrees and at a humidity of 35 percent or less. Keeping your office, home or other sites warm and humid prevents the spread of flu.

Forced vaccination is just around the corner, with Maryland, Texas, and New Jersey leading the way.

If a national order to mandate vaccination is enacted, citizens should insist that all government officials, including the president, judges, pharmaceutical CEOs and board members, and media personalities and their families be vaccinated for every recommended vaccine, and demand that compliance be officially certified.

For more information on vaccines, see my Web site — www.russellblaylockmd.com, and pick up Neil Miller's newly released book, "Vaccine Safety Manual: For Concerned Families and Health Practitioners." I wrote the forward to this book and completely agree with its content. Every parent should own it.

Health and Nutrition Updates

Common Heart Drugs Make Your Immune System Weaker

A great number of doctors who prescribe cholesterol-lowering pharmaceuticals do not know that they are also potent immune-suppressants.

This drug-induced immune suppression is so profound that transplant experts have suggested it be used to prevent patients from rejecting transplanted organs (Li Y et al. Eur J Cardiothoracic Surg 2006; 30: 515-524).

Studies have shown that several of the statin drugs potently inhibit one of the body's most important weapons against viral infections and cancer-immunity (Ghittoni R et al. FASEB J 2005; 19: 605-607; Ghittoni R et al. Eur J Immunol 2006;36: 2885-2895).

I'm concerned that people are being told by their doctors to take these drugs for the rest of their lives. Recently, the American Academy of Pediatrics suggested that children be given these drugs for resistant elevated levels of cholesterol.

The consequences of a lifetime of immune

suppression are significant, both in terms of cancer risk and risk of developing a number of infections.

We know that prolonged immune suppression, as happens with transplant patients, significantly increases their risk of several cancers. Likewise, it has been established that all statin drugs can cause cancer or promote the growth of cancer.

No one is informing the people who take these dangerous drugs about this horrifying effect.

It is also known that people with chronic immune suppression are at a dramatically increased risk of developing a number of infections, including pneumonia, meningitis, and the flu. The irony is that the medical profession is promoting the widespread use of a powerful immune-suppressing drug while at the same time promoting vaccines to prevent — you guessed it — pneumonia, meningitis and the flu.

The immune system is further suppressed by mercury, which is still in the flu vaccine.

Yet by suppressing the immunity in tens of millions of people, especially older people, its

defenders can find stories of infectious tragedies to frighten people into getting the vaccines. Ironically, immune suppression caused by statin drugs will substantially reduce the effectiveness of the vaccine and dramatically increase vaccine complications — more business for drug makers.

When the Immune System Kills

Most people, including doctors, assume that the immune system is the only thing that stands between us and death from a raging infection. For the most part, that is true.

Yet, in many cases people die after an infection, not because the microorganism attacks and kills us but because our own immune system kills us.

A growing amount of research shows that with certain infections, such as those that cause Lyme disease, syphilis, mycoplasmal pneumonia, and especially viral infections of the nervous system, death and severe neurological damage comes from an attack by our own body's immune system and not from the damage done by the invading microorganism.

Activation of the body's immune system, as discussed, triggers the release of glutamate which slowly kills brain cells by a process called excitotoxicity.

A recent study examined a viral infection of the central nervous system of mice that resembles eastern, western and Venezuelan equine encephalomyelitis and bird flu in humans.

This virus produced severe damage to the hippocampus area of the brain and to the spinal cord and resulted in death in all of the mice in a little over a week. In some of the mice, researchers used one of two types of drugs that block glutamate receptors, NMDA receptor or AMPA type glutamate receptor blocker.

They found that an NMDA receptor blocker protected the animals' hippocampus but did not prevent death from spinal cord destruction. Using the AMPA glutamate receptor blocker, they were able to prevent death in most of the animals, as well as preventing spinal cord damage.

Ironically, at the time the animals were protected from the damage by the glutamate receptor blockers, the virus concentration in the brain was actually

higher than in untreated animals that died, meaning it was not the virus itself that was causing the damage and ultimate death. Instead, it was the immune-triggered excitotoxicity.

To their amazement, when the sick animals were treated with vaccination using an immune serum, the progressive degeneration

of the nervous system was much worse, not better. Vaccination may actually worsen brain and spinal cord damage in cases of viral and bacterial infections of the nervous systems, such as seen with bird flu, Lyme disease and measles infection.

It may also explain the 200-fold increase in Lou Gehrig's disease seen in soldiers who received the anthrax vaccine.

There are a number of drugs (namely, doxycycline, minocycline, lamotrigine, and dextromethorphan) and natural supplements (DHA, methylcobalamin, curcumin, resveratrol and silymarin) that block excitotoxicity. Unfortunately, most physicians are unfamiliar with this important research.

Your Future Health

Scientific literature is producing ever more evidence indicating that our future health can be programmed even before we are born.

For example, one study found that when mothers were fed the fish oil component DHA, their female children had far fewer breast cancers as adults. Another analysis discovered that mothers who were given higher doses of choline (a vitamin-like substance) during pregnancy gave birth to children who had higher IQs and better memory as adults.

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.



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: I have been diagnosed with tendonitis. Are there natural remedies that might help?

— Stephen F., Saugus, Mass.

A: Cure of tendonitis depends on the cause. In most cases, localized tendonitis is caused by over use and weak connective tissue. If it is exercise induced, rest of the involved part for a week and then light exercises followed by a gradual increase in weight-bearing will help. A warm compress applied three times a day will also help. A number of natural products can be effective.

The top anti-inflammatories include boswellia, curcumin, quercetin, omega-3 oil (high in DHA), vitamin C (buffered), natural form vitamin E (with gamma-E), and magnesium. Combined, they can dramatically reduce inflammation. It is also important to strengthen the connective tissues that make up the tendon.

Most important in accomplishing this are buffered C, hylauronic acid, hydrolyzed collagen II, and curcumin. All of these supplements can be found on www.vitacost.com. The best brands include Douglas Laboratories and Pure Encapsulations.

Q: I have severe myopia and my eye doctor is now monitoring me for the possible onset of glaucoma. I have elevated intraocular pressure in both eyes with enlarged optic nerves. Is there anything that I can do to reduce the intraocular pressure via diet modification, vitamin, herbal, or mineral supplementation?

— Douglas W., Pittsburgh, Pa.

A: While it is accepted that glaucoma is associated with a buildup of pressure within the eyes, newer research indicates that the actual damage to the retina is caused by inflammation/

excitotoxic reactions within the retina itself. Medications can be used to lower the intraocular pressure, but protection of the retina requires the use of anti-inflammatories and blocking of the excitotoxic reaction. Magnesium, curcumin, quercetin, ellagic acid, resveratrol, ginger, lutein, bilberry, natural vitamin E (high gamma-E), buffered vitamin C, and DHA are essential.

Combined, they not only reduce inflammation but also protect the nerve cells in the retina from excitotoxicity. Silymarin (from milk thistle) also calms the main inflammatory cell in the retina (the microglial cells). In addition, it is important to avoid all dietary excitotoxins (such as MSG, hydrolyzed protein, vegetable protein, soy products, caseinate, and autolyzed yeast).

Never consume aspartame in any product. Aspartame forms formic acid and formaldehyde in the tissues, both of which are powerful toxins to the retina and optic nerves. Omega-6 oils, such as corn, safflower, peanut, and canola also induce inflammation and should be avoided.

A high intake of fresh vegetables and avoiding high fructose corn syrup and other processed sugars and carbohydrates is also critical. Avoid fluoridated water and other sources of fluoride and aluminum (baking powder, black tea, and toothpaste). Drinking two to three cups of white tea will also add protection.

Q: Two of my children were diagnosed with ADHD during middle school and were prescribed Ritalin and anti-depressants. Both are now in their 20s and have had some serious problems including drug addiction, poor impulse control, lack of motivation, and depression. What can be done to help restore their mental health?

— Elizabeth L., Atlanta, Ga.

A: The medical profession has dropped the ball in the treatment of this condition. They have traded temporary improvement in some symptoms for long-term worsening of behavior and brain function.

Studies are now showing that for many children the damage is not permanent and in many cases development will catch up over time if left alone. Nutrition helps significantly.

Most important is eliminating excitotoxin food additives, all processed foods, omega-6 oils, and sugar (as well as processed carbohydrates) from the diet.

These can have a profoundly negative effect on behavior and brain healing. (My DVD, "Nutrition & Behavior," explains this in greater detail: Go to www.russellblaylockmd.com.) DHA is especially important in repairing damaged brain structures.

A well-balanced multivitamin/mineral, such as Extend Core from www.vrp.com, will supply all the major vitamin and minerals. Extra magnesium, such as the extended release form from www.jigsawhealth.com, will also protect and heal the brain. Natural form vitamin E, buffered vitamin C, and eating fresh fruits and vegetables will also promote brain healing.

Many children with neurodevelopmental disorders will have dysbiosis and improve on probiotics. Exercise is always important.

Q: On your advice a year ago I started blending raw fruits and vegetables. The results, according to ongoing blood tests, are extraordinary. Before and after figures show across-the-board reduction of all negative parameters. Thank you!

— Edward P., Seaside, Calif.

A: I am pleased that you have benefited from the diet. As I try to emphasize in all my newsletters, the most important health changes you can make in life are through your diet and not through supplements. Supplements are used mostly for people who have existing disease or are at a high risk. Even then, diet is the foundation.

Critical is a high intake of vegetables and some fruits. Vegetables contain vitamins, minerals, enzymes, fiber, and hundreds of special disease-fighting chemicals called flavonoids.

These nutrients are best preserved in raw vegetables. Just eating raw vegetables is healthy, but to release these healthy chemicals for maximum absorption you have to break into the plant cells, since we do not have the enzymes necessary to do that.

Blenderizing the vegetables and fruits releases these chemicals in high concentrations so they can easily be absorbed. It is critical to thoroughly wash the vegetables before they are blenderized.

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.

PLEASE NOTE: All information presented in The Blaylock Wellness Report is for informational purposes only. It is not specific medical advice for any individual. All answers to reader questions are provided for informational purposes only. All information presented in The Blaylock Wellness Report should not be construed as medical consultation or instruction. You should take no action solely on the basis of this publication's contents. Readers are advised to consult a health professional about any issue regarding their health and well-being. While the information found in The Blaylock Wellness Report is believed to be sensible and accurate based on the author's best judgment, readers who fail to seek counsel from appropriate health professionals assume risk of any potential ill effects. The opinions expressed in The Blaylock Wellness Report do not necessarily reflect those of Newsmax Media.

★ ★ ★ PLUS ★ ★ ★

Exclusive to Current Subscribers

As a new feature, all current subscribers have instant access to any and every past edition of **The Blaylock Wellness Report**. Simply go here: <http://www.newsmax.com/blaylockreports>

This month's password is: pain (Please remember to use lower-case letters.)

Cholesterol Drugs Are Dangerous	Issue 3.....	Aug 2004
Why Fluoride Is Toxic	Issue 4.....	Sept 2004
Heart Saver: Protect Yourself From Heart Attacks and Strokes	Issue 5.....	Oct 2004
Survive Your Hospital Visit	Issue 6.....	Dec 2004
Health Exams That Can Save Your Life.....	Issue 7.....	Jan 2005
Prevent Cancer Before It's Too Late: Part 1.....	Issue 8.....	Feb 2005
Prevent Cancer Before It's Too Late: Part 2	Issue 9.....	Mar 2005
Omega-3: Nature's Miracle Panacea	Issue 10.....	Apr 2005
Autism: The Silent Enemy	Issue 11.....	May 2005
The Diabetes Solution	Issue 12.....	June 2005
Eliminate Hypertension Forever! The Natural Approach to Curing High Blood Pressure	Issue 13.....	July 2005
The Fat Cure: Health Secrets to Losing Weight Permanently.....	Issue 14.....	Aug 2005
Extend Your Life: 4 Supplements That Will Help You Live Longer	Issue 15.....	Sept 2005
Stomach Health: Stop Acid Reflux, Prevent Cancer & Improve Your Life	Issue 16.....	Oct 2005
Better Digestion: Protect Your Intestines, Colon and Vital Organs from Disease and Cancer.....	Issue 17.....	Nov 2005
Stop Aging Naturally: Part 1	Issue 18.....	Dec 2005
Keeping Young: Your Sex Life, Looks and Health!	Issue 19.....	Jan 2006
Sleeper Germs: Hidden Infections and Their Link to Disease.....	Issue 20.....	Feb 2006
Good Sleep: Stop Insomnia, Reduce Stress, Boost Your Total Health.....	Issue 21.....	Mar 2006
Prevent a Heart Attack: The Truth About Coronary Disease, Cholesterol Medication	Issue 22.....	April 2006
Protecting Your Eyes	Issue 23.....	May 2006
Anxiety, Panic Disorder & Migraines: Fight Back Using Nature's Elixirs	Issue 24.....	June 2006
Arthritis: Confronting Chronic Joint Pain	Issue 25.....	July 2006
Mercury: Save Your Body From Nature's Deadly Poison	Issue 26.....	Aug 2006
5 Secrets They Don't Teach Doctors	Issue 27.....	Sept 2006
Probiotics: The Answer to Many Mystery Illnesses	Issue 28.....	Oct 2006
Health Dangers Lurk Within Your Home	Issue 29.....	Nov 2006
Detoxify Your Body	Issue 30.....	Dec 2006
Is the Modern Health-Care System Killing You?	Issue 31.....	Jan 2007
Maintaining Your Memory	Issue 32.....	Feb 2007
Breast Cancer: Beating the Odds	Issue 33.....	Mar 2007
Prostate Cancer: Fighting Back — What Every Man (and Woman) Needs to Know	Issue 34.....	April 2007
Colon Cancer: The Hidden Dangers	Issue 35.....	May 2007
Key Vitamins That Save Your Heart, Prevent Cancer, and Keep You Living Long	Issue 36.....	June 2007
How to Avoid Poisonous Foods	Issue 37.....	July 2007
Miracle Tea: Protects Your Heart and Brain While Preventing Cancer.....	Issue 38.....	Aug 2007
Eating Fish: What You Need to Know.....	Issue 39.....	Sept 2007
Food Additives: What You Eat Can Kill You.....	Issue 40.....	Oct 2007
Are You the Victim of Hidden Allergies?.....	Issue 41.....	Nov 2007
Winter Health Worries.....	Issue 42.....	Dec 2007
Is Your Drinking Water Fit to Drink?	Issue 43.....	Jan 2008
What Drug Companies Don't Want You to Know about Heart Disease, Cholesterol, and Obesity	Issue 44.....	Feb 2008
Overcome Depression and Its Deadly Effects.....	Issue 45.....	March 2008
Are You Suffering from Hypothyroidism and Don't Know It?.....	Issue 46.....	April 2008

The Blaylock Wellness Report offers these informative reports on a variety of topics. They can be mailed to you for a charge of only \$15 per report. For details, contact customer service at 800-485-4350.

The Blaylock Wellness Report (#47) is a publication of Newsmax Media, Inc., and Newsmax.com. It is published monthly at a charge of \$48.00 per year and is offered online and in print through Newsmax.com.

Our editorial offices are located at 560 Village Boulevard, Ste. 120, West Palm Beach, Florida 33409.

The owner, publisher and editor are not responsible for errors and omissions. Rights of reproduction and distribution of this newsletter are reserved.

Any authorized reproduction or distribution of information contained herein, including storage and retrieval system posted on the Internet, is expressly forbidden without the consent of Newsmax Media.

For permission, contact the publisher at PO Box 20989, West Palm Beach, Florida 33416.

Publisher Christopher Ruddy

Editor Russell L. Blaylock, M.D.

Contributing Editor David Alliot

Art/Production Director Elizabeth Dole

To contact **The Blaylock Wellness Report** send e-mail to: askblaylock@newsmax.com.

Subscription/Customer Service contact 1-800-485-4350 or wellnessreport@newsmax.com

Send e-mail address changes to wellnessreport@newsmax.com

© 2008 Newsmax Media, all rights reserved.