The healthcare issue is all the rage in news headlines today. It’s impossible to escape them, it seems. But with all the controversy surrounding healthcare and the government’s plans, and all of the changes due to take place, it only makes sense for you to take charge of your own health.

In the three parts of this newsletter, I have outlined how to do just that — no matter what the government has in store for you. But don’t wait. Your good health depends on you.

**Use Prevention to Take Control of Your Healthcare**

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**Protect Your Heart**

People with heart disease, including chronic heart failure, arrhythmias and angina, often end up in the emergency room and hospital because of complications associated with these disorders. Cardiologists have noticed that simple nutritional changes and the use of supplements can prevent many such visits.

Most studies on the nutritional treatment of heart failure concentrated only on one supplement. Even then, there was no control of diet or other known behaviors that increase risk. So the first step is to follow a healthy diet.

Elements of a healthy diet include:

- Eating 5 to 10 servings of fruits and vegetables a day (mainly high-nutrient dense vegetables, such as broccoli, greens, cauliflower, brussels sprouts, and kale)
- Avoiding excess sugar
- Drinking purified water or white tea
- Increasing the intake of good fats (DHA) and avoiding bad fats (omega-6 fats)
- Avoiding seafood high in mercury. See my newsletter “Eating Fish: What You Need to Know” (September 2007)). Studies have shown that people with heart failure have heart mercury levels far higher than normal. Mercury poisons the mitochondria, which supply the heart with most of its energy. Mercury amalgam fillings in the teeth are also a major source of mercury and should be removed by a dentist specially trained in removing mercury fillings (go to www.IAOMT.com for listings of these dentists).
The importance of adequate sleep is often forgotten. Restful sleep reduces stress-induced free radicals and lipid peroxidation products, which can lead to many chronic diseases and worsen heart failure. Sleep also enhances the healing of tissues and organs.

Helpful supplements include:

- **Acetyl-L-carnitine or L-carnitine.** This nutrient strengthens the heart muscle, reduces free radical damage, lowers tissue iron levels (a major source of free radicals), and reduces insulin resistance. Take 500 mg three times a day on an empty stomach.
- **Hawthorn.** Hawthorn has been shown to lower blood pressure and to significantly strengthen the contraction of heart muscles. By lowering the resistance along blood vessels, hawthorn reduces stress on the heart. The dosage is 500 mg two to three times a day. If you are taking cardiac drugs, you will need to work with a cardiologist who is familiar with the use of hawthorn.
- **CoQ10.** CoQ10 is a major energy molecule for the heart, and people with heart failure have lower levels. Statin cholesterol-lowering drugs can severely lower CoQ10 levels. Take 100 mg of the ubiquinol form three times a day.
- **Magnesium citrate/malate.** Take 500 mg twice a day with meals to reduce cardiac inflammation, raise mitochondrial glutathione levels, and improve circulation through the small blood vessels of the heart. Magnesium also helps prevent one of the major causes of sudden cardiac death — vasospasm of the coronary arteries.
- **Taurine.** Taurine has been found to play a major role in heart function, and deficiencies are associated with heart failure. Take 500 mg three times a day.
- **Carnosine.** Carnosine reduces cardiac arrhythmias and dangerous AGEs (advanced glycation end products). It is also a major antioxidant. The dosage is 500 mg three times a day.
- **Multivitamin/mineral** (such as Extend Core). Studies have shown that vitamins and minerals increase heart-muscle function, reduce heart failure, and protect the heart against free-radical damage. Selenium, which protects the heart against dangerous free radicals, is especially important.
- **DHA.** DHA reduces inflammation in the heart muscle and coronary arteries and improves heart-muscle cell repair. The dosage is 1,000 mg twice a day.
- **Natural vitamin E.** Get enough vitamin E. I prefer Unique-E. Take 400 IU a day.

**Protect Your Teeth and Gums**

The single best thing you can do to protect your teeth and gums is to follow a healthy diet, and the two worst things are eating sugar and using tobacco. Sugar feeds the bacteria that can lead to both gum disease and tooth decay.

Chewing gum containing sugar is especially bad because the sugar is constantly in contact with the teeth and gums. Smoking and chewing tobacco also damages the gums and leads to tooth loss. Studies worldwide have shown that following a healthy diet is all that is needed for healthy gums and teeth.

Dentist Weston A. Price traveled throughout the world in the 1930s and found that even primitive people had excellent health, including oral health, even though they never brushed their teeth. In his excellent book “Nutrition and

**Fluoride Is Dangerous**

Despite what you have been told, fluoride is dangerous to not only your dental health, but to your overall health:

- Fluoride actually destroys the enamel of teeth.
- Fluoridation of drinking water has no dental benefit, and is also a poison that accumulates in the body, damaging numerous organs and tissues.
- In addition, topical fluoride damages the gums and jaw bone and increases the risk of oral cancers.

The best thing you can do for your overall dental health is avoid fluoride toothpastes, mouthwashes containing fluoride and fluoride treatments — especially fluoride varnishes.
Physical Degeneration” (available from the Price-Pottenger Nutrition Foundation www.ppnf.org), he demonstrated this principle in 14 countries he visited over the course of a decade.

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Because of the growing and convincing link between gum disease (infections) and cancer, atherosclerosis, heart disease, and strokes, it is important to practice good oral health, which includes a good diet.

One of the best ways to clear up gum disease is to use my special antibacterial elixir “brown and bubbly.” Years ago, a friend of mine called saying he had a badly infected tooth (gum) and was planning to have it pulled.

I asked why, and he said that he was just tired of fooling with it, since this was the second time it had happened. I suggested the following treatment:

- Mix one ounce of hydrogen peroxide with one ounce of betadine solution in a paper cup.
- Dip your toothbrush in the mixture and brush your teeth and gums thoroughly, making sure you brush all surfaces. Repeat this several times. You will notice bubbling where your teeth meet your gums. Let this bubble for about two minutes but do not swallow the mixture.
- Rinse your mouth with distilled or filtered water.
- Repeat daily until your gum condition clears, then treat your gums weekly.

Because my friend had a deep-seated gum infection, I had him fill a dropper with the mixture and squirt it between his gum and the tooth.

His pain completely disappeared by the next morning and he had no further infections. This saved him a root canal (which I am told by a dentist friend of mine, Dr. David Kennedy, is one of the most abused and unnecessary procedures) and the loss of his tooth.

Vitamin D3 in a higher dose (5,000 IU for adults and 2,000 IU for children) will also strengthen teeth and prevent gum disease. Take 500 mg of calcium citrate a day as well. CoQ10 and the following flavonoids, also strengthen gum tissue:

- Curcumin
- Quercetin
- Ellagic acid
- Grape seed extract
- Pycnogenol
Protect Your Stomach

Stomach pain, indigestion, and acid reflux disease (GERD) are common causes for trips to the doctor’s office or the emergency room. Most can be avoided by some simple preventive measures.

The most important step is to control your diet and eating habits. I know this sounds simple, but it is amazing how much a few basic changes can reduce such problems.

One of the major causes of stomach discomfort, especially in young people, is overeating. We tend to eat hurried meals and consume large amounts of food at one sitting. These habits have a number of harmful effects:

- They put a great deal of pressure on the esophagus, which leads to reflux.
- They make the work of the digestive enzymes more difficult, which also leads to reflux.
- They overwhelm the stomach’s acid, which reduces digestion and increases the risk of infections reaching the lower intestine. This can lead to abdominal pains and chronic infections in the colon.
- They stretch the stomach repeatedly and can cause damage to its lining and musculature, which increases the likelihood of stomach ulcers, cancer, and the malabsorption of nutrients.

To avoid these problems, eat smaller meals, even if you have to eat more often during the day.

One of the major contributors to reflux disorders is our obsession with carbonated drinks. I have had a number of people tell me they cured their reflux problem simply by giving up carbonated soft drinks.

Eating more slowly is also important. Chew your food well before swallowing. I have noticed that people are so rushed in their lives that when they eat, they chew their food a couple of times and then swallow.

The purpose of chewing is to aid the stomach in digestion and to increase the absorption of nutrients.

Vegetable cells differ from those of animals because they have a tough cellulose cell wall which locks in all the valuable nutrients. To release these nutrients, the cell wall has to be broken.

This requires either cooking, blenderizing, or chewing the vegetables thoroughly since we do not have enzymes that can dissolve these cell walls.

Eating more slowly also causes us to secrete more saliva which helps dissolve foods and makes them easier to digest.

While some oppose drinking liquids during a meal because liquids dilute digestive enzymes, I feel that it is important to dissolve the foods thoroughly before they reach the stomach.

That brings up another major cause for both esophageal and stomach problems: drinking hot liquids. This can be a special problem with the elderly because their temperature sensors are less sensitive, meaning they want their coffee or tea really hot.

This can burn the lining of the esophagus and stomach. Even if there are no actual burns, very hot liquids will damage delicate proteins in the cells of the GI tract.

This damage can lead to impaired function, indigestion, reflux, and high levels of free radicals, things that can lead to cancer.

Dr. B.J. Marshall won the Nobel Prize in medicine for discovering that most stomach ulcers are caused by an infection with Helicobacter pylori. Recent studies have suggested that over half of the population may be infected with this organism. Vitamin C, curcumin, quercetin, and epigallocatechin gallate from white and green tea all reduce the risk of infections and have been shown to suppress the growth of H. pylori.

It is my opinion, and the opinion of other professionals, that the medical profession’s obsession with reducing stomach acid levels is responsible for many of the GI problems we see.

Medications that keep stomach acid levels artificially low not only impair digestion (many stomach enzymes require the acid to function), but also increase the risk of developing reflux.
 Millions of Americans suffer daily from any one of a number of types of arthritis, including osteoarthritis, rheumatoid arthritis, and post-traumatic arthritis. In an effort to gain some relief from the suffering and disability of joint destruction, they have plowed through a number of expensive and often-dangerous prescription medications, as well as every form of concoction known to man.

Through our research we have put together Arthritis Triple Stack™, one of the best-formulated combinations to not only relieve the suffering, but to repair the damage that has been done. Arthritis Triple Stack™ is not available anywhere else. The combination is composed of three powerful natural products that dramatically reduce the inflammation of arthritis and promote healing. It not only heals the joints, but all of the tissues surrounding the joint, including muscles, tendons and ligaments.

**Curcumin 95% Extract** This is a flavonoid compound that has been studied extensively by research scientists. Flavonoids are complex chemicals, some 5000 in number, found in various concentrations in plants and are thought to be responsible for the ability of fruits and vegetables to prevent cancer, as well as many other degenerative diseases. Curcumin has received a lot of attention by scientists because of its remarkable properties. As written in the July 2009 Issue of The Blaylock Wellness Report, curcumin has been shown to quiet activated microglia, reduce immunoexcitotoxicity and reduce pathological brain plaque. Resveratrol, grape seed extract and curcumin reduce liver damage and inhibit viral replication. A mixture of flavonoids, magnesium, DHA, curcumin, and quercitin dramatically reduces brain inflammation. Researchers have shown that curcumin also prevents other problems common with atherosclerosis, such as smooth muscle proliferation, activation of the inflammatory COX and LOX enzymes, and a buildup of inflammatory immune cytokines. It also reduces the release of inflammatory cytokines and dramatically lowers TNF-alpha levels from macrophages, the main immune regulator cell. It has been shown to dramatically reduce the damage from free radicals and lipid peroxidation. In one study of mice that were fed inflammatory fats, curcumin dramatically reduced the buildup of atherosclerotic plaque in their arteries.

**Glucosamine Sulfate** Most are now aware of glucosamine sulfate. This product is a natural product, called a glycoprotein, and is used by the body to synthesize the building blocks for joints, ligaments, tendons and other connective tissue. It also makes up the lubricant for the joint, called synovial fluid. Studies have shown that glucosamine sulfate stimulates the cartilage cells (chondrocytes) to produce more cartilage, allowing the joints to be repaired. It also stimulates the cells that produce the joint lubricant and lining of the joints. In one three-year study on 212 people suffering from knee arthritis, a significant number improved, not only in terms of pain relief, but also in terms of joint repair. A recent study demonstrated that it also improved joint function in those with rheumatoid arthritis. The effect of glucosamine sulfate may take several months before the full benefits are seen. This is the importance of adding the curcumin to Arthritis Triple Stack™, since it will produce immediate results in relieving joint pain and inflammation, giving the glucosamine sulfate and MSM more time to maximally repair the joints. The curcumin will also be repairing the tendons, ligaments and muscles during this time. As with our other two ingredients, the glucosamine sulfate is added in a dose that has been shown to actually produce these healing effects.*

**MSM** Also known as methylsulfonylmethane. MSM is found naturally in green plants, some species of algae, fruits and vegetables, and in grains. It is a normal product found in human tissues. Tests have shown that it reduces inflammation, swelling and promotes healing of tissues. Wide-spread use has shown it to be effective in relieving the chronic pain of rheumatoid arthritis, bursitis, tendonitis, tenosynovitis, muscle pains, and has even been effective in some cases of scleroderma.

* These statements have not been evaluated by The Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
This is because poor digestion delays stomach emptying, which pushes the food and remaining acid upward toward the esophagus.

One of the major problems facing many elderly people is incomplete digestion, because as we age, we produce fewer digestive enzymes and less stomach acid.

In general, I feel people over age 55 should take digestive enzymes with each meal. Simple testing can determine stomach acid production. If low, take betaine hydrochloride, a readily available supplement, before each meal to restore acid levels to normal.

Enzalase (made by Therabiotics, Inc.), is specially formulated for maximum activity and contains 12 digestive enzymes of plant origin. You can get it at Amazon.com. I also believe that eating raw vegetables is important, because plant enzymes also help digestion. Some studies have suggested that using supplemental enzymes reduces stress on the pancreas, which lowers the risk of pancreatitis and pancreatic cancer.

If ulcers are causing you pain, DGL (deglycyrrhizinated licorice) can bring quick relief. It also works quite well for gastritis, and several studies have shown that DGL enhances the healing of stomach ulcers. Amazon.com carries several brands.

Finally, probiotics are also important for a healthy GI tract and immune system. For maintenance, I would suggest taking one capsule twice a week.

Probiotics should always be used when taking an antibiotic. Take one capsule twice a day while on the antibiotic, and then one daily for a week before going back to the maintenance schedule.

For more information on GI health, see my newsletters “Stomach Health: Stop Acid Reflux, Prevent Cancer & Improve Your Life” (Oct 2005), and “Probiotics: The Answer to Many Mystery Illnesses.” (Oct 2006).

Keeping Diabetes Under Control

Diabetes is widespread in the United States. Naturally, maintaining your diet is absolutely vital in order to control diabetes. Some conditions interfere with the functioning of insulin on the cellular level, which is where its work takes place.

You should avoid an excess of omega-6 type oils, such as corn, safflower, sunflower, peanut, soybean, and canola oils. Canola is a mix of omega-3 and omega-6 fats, but it tends to oxidize very easily and becomes harmful when it comes in contact with air. Saturated fats in excess also interfere with insulin function.

The following bulleted items are also essential for those who have diabetes:

- Exercise daily. Avoid excessive exercises such as long-distance jogging and aerobics. Instead, do resistance exercises, boxing exercises, and take short, brisk walks. Exercise increases glucose utilization, mainly because muscles do not need insulin to use glucose like other cells and tissues. This is why resistance exercises are so important. Exercise also increases circulation.

- Get plenty of good, restful sleep. A good night’s sleep gives you more energy the next day and reduces stress. It also protects the brain from free-radical damage and promotes brain healing.

- R-lipoic acid. This is the most potent form of lipoic acid. It is a natural antioxidant found throughout the body, and one of its major
effects is to improve insulin function. In many cases, it can dramatically improve glucose (sugar) levels in diabetics, even in those who are insulin-dependent. I have had many diabetic patients who improved so much they were able to dramatically reduce their insulin, and some were even cured of their diabetes. The usual dose of R-lipoic acid is 200 mg to 300 mg three times a day with meals.

Unlike most antioxidants, R-lipoic acid works even when it is oxidized. One of its major functions is to restore the antioxidant power to the other antioxidants such as the carotenoids, vitamin E, and vitamin C.

**Curcumin and quercetin.** I put these two flavonoids together because they complement each other. They must be dissolved in oil to enhance absorption. They dramatically reduce inflammation, which is how diabetes causes damage in the body. Inflammation triggers the generation of enormous amounts of free radicals and lipid peroxidation products. It is important to reduce these inflammatory products because as diabetes worsens and complications begin to appear, the free radical and lipid peroxidation levels rise appreciably.

**Magnesium citrate/malate.** Magnesium plays a major role in protecting us from insulin resistance (Type-2 diabetes). Recent studies have shown that it also protects people from developing metabolic syndrome, a condition affecting over 50 million Americans. This syndrome can include Type-2 diabetes, hypertension, obesity, and abnormal blood lipids. Take magnesium either as a capsule (Pure Encapsulation) or as a time-release tablet (www.jigsawhealth.net). The dose is 500 mg twice a day with meals.

**Flavonoids, plant extracts.** A number of flavonoids and plant extracts can lower blood sugar and improve insulin function. They include white tea, green tea, ellagic acid, resveratrol, silymarin, beta-sitosterol, hesperidin, cinnamon extract, quercetin, and curcumin. Green tea and white tea extract also protect against the metabolic syndrome. Diabetics should drink at least three cups of strong white tea a day.

**Pycnogenol.** Pycnogenol protects the blood vessels of diabetics. As does curcumin, hesperidin, ellagic acid, and quercetin. Damage to blood vessels is very common in diabetes and atherosclerosis and complications which include strokes, heart attacks and peripheral vascular disease. A 150 mg dose of pycnogenol twice a day will significantly protect blood vessels. Curcumin, ellagic acid, and quercetin have been shown to dramatically reduce atherosclerosis. The dose is 500 mg of each three times a day. These extracts will also help protect against thromboembolism (blood clots).

**DHA (docosahexaenoic acid).** DHA, a component of fish oil, reduces inflammation and is vital for healthy blood vessels. Unlike the EPA (eicosapentaenoic acid) component, it will not thin the blood too much and will not suppress immunity. It was commonly held that fish oils can disrupt blood sugar and glucose control in diabetics. Studies have shown this is due only to the EPA component and not DHA.
Dealing With Insomnia

Drugs to treat insomnia have poured billions into the coffers of pharmaceutical companies. Sleeplessness is a major problem in the industrialized world. I have found some interesting solutions that not only solve the sleep problem, but also protect the brain and enhance its functions. Here are the best:

• **Chinese skullcap** (*Scutellaria baicalensis*). This herb contains powerful anti-inflammatory extracts called wogonin, baicalein, and baicalin. It will calm the nervous system, make you slightly drowsy, and will allow you to fall asleep quickly. Most people feel well-rested in the morning. The dose is one 200 mg capsule taken 30 minutes to one hour before bedtime. If needed, the dose can be doubled. The brand I use is made by New Chapter and can be found on www.vitacost.com. Chinese skullcap has also been shown to have anti-cancer effects, and it protects the brain.

• **Muscle cramp/tension formula**. (Pure Encapsulation company). The main ingredients of this product are passion flower, lemon balm, and chamomile. Taking one to two capsules with the skullcap will help those with difficult sleep problems. It allows a restful night’s sleep and lets you awake feeling refreshed.

• **Melatonin**. This natural substance, one of the brain’s most protective antioxidants, is secreted from the pineal gland as you prepare for sleep. It should not be taken unless you have difficulty sleeping. The dose is 1 mg to 6 mg 30 minutes before bedtime. It can be taken with the above two supplements. Most melatonin is short acting, so morning fatigue is not a problem. Taking very high doses can cause fatigue that lasts all the next day, so always use the lowest effective dose. Time-release forms are available, but may not release enough melatonin to initiate sleep.

• **Ibuprofen**. I have found ibuprofen to be of great benefit for very resistant cases of insomnia. A dose of 400 to 600 milligrams 30 minutes before bedtime will induce restful sleep in most people, but avoid it if you have an active ulcer or gastritis. Taking DGL with ibuprofen will reduce stomach irritation. For those with gastric irritation, take boswellia 30 minutes before bedtime to reduce brain inflammation, the major cause for insomnia.

• **Theanine**. Theanine is an amino acid extracted from green tea, and it has been found to induce restful sleep in most people. It is safe and effective and does not cause morning hangover. In fact, most report waking up refreshed and clear-headed. Studies have shown that it also reduces excitotoxicity. The dose is 100 mg to 200 mg 30 minutes before bedtime. If used, it should be taken instead of the skullcap and muscle cramp formula, and not with them.

• **Magnesium/calcium**. Take your magnesium and calcium supplements at bedtime, since both reduce brain activity and induce drowsiness.

• **Avoid excitotoxins**. Avoid foods containing excitotoxin additives (a powerful brain excitant). Also avoid diets high in sugar or those containing large amounts of high glycemic foods (potatoes, white rice, and white or potato breads).

• **Lights out**. Keep the room cool and avoid all lights.

Taking control of your health doesn’t have to mean a steady reliance on pharmaceutical drugs. With the tips included in this newsletter, and the two that precede it, you will be well on your way to doing just that — taking control of your health — and feeling good about it.

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.
Health and Nutrition Updates

New Discoveries in Prostate Cancer Prevention and Treatment

Several studies have shown a link between infection with a common sexually-transmitted organism, Trichomonas vaginalis, and prostate cancer. Trichomonas is a single-celled parasite that can live in the vagina, cervix, or male lower genital tract. A new study looked a little deeper and found that the greatest risk was for prostate cancers that invaded tissues outside the prostate gland and eventually spread to the bones and other organs — the worst-case scenario for prostate cancer.

In fact, those with the infection had a 2.19- to 2.6-fold increased risk of the deadly form of the disease. Once again, research shows a link between chronic inflammation and cancer. Both sexual partners should be tested for trichomonas.

While the link between prostate cancer prevention and zinc is not completely clear, recent studies indicate that it may play an important role. Those with a recurrent history of prostatitis or prostate hypertrophy should get a study of their red-cell zinc levels.

I would not recommend high-dose zinc supplementation on a daily basis, but if you are found to have low levels, I would supplement with 60 mg for two weeks and then 15 mg a day thereafter. Have your levels checked within at least six months after beginning supplementation.

There is growing evidence that a high intake of glutamate-containing foods (red meats, cheeses, and glutamate additives) can increase the growth and invasion of prostate cancers — that is, glutamate can make them more aggressive and deadly. Prostate cancer cells have glutamate receptors that react with glutamate. This reaction triggers growth and signals the cancer to invade surrounding tissues. Most processed foods contain glutamate additives.

There is also a link between prostate cancer and too much calcium — anything above 1,500 mg a day. High intakes of calcium, either by cheese, cow’s milk, or supplements, mainly affected the more advanced, aggressive types of prostate cancers — the ones that kill. Most people need only 500 mg to 1,000 mg of calcium a day. There is some indication that high-dose vitamin D3 may help prevent prostate cancer, but a multicenter study didn't find a strong link.

A newer study may explain why. It found that when vitamin D3 blood levels fluctuated erratically, protection was significantly reduced (Vieth R., Anticancer Res 2009; 29: 3675-84). Vitamin D3 blood levels fluctuate drastically between winter and summer.

This would support supplementation with vitamin D3 to keep blood levels high all year long, which can require intakes of 2,000 IU to as high as 10,000 IU a day, depending on the individual. Get a baseline study for blood levels and then repeat the study after three weeks of supplementation. Levels should be above 80 nMol (nanomole).

Studies also consistently show that a high intake of meats, especially red meats, increases risk. This may be due to a number of factors such as hormone treatment of animals, eating seared meats (which produce heterocyclic amines), high irons levels in meats, and high glutamate levels in meats.

Several studies have shown that eating nutrient-dense vegetables and fruits lowers prostate cancer risk and slows cancer growth. Several flavonoids extracted from fruits and vegetables have been shown to be potent against prostate cancers. Luteolin (found in celery and artichokes), apigenin (found in celery, parsley, and Ginkgo biloba), procyanadin (found in grape seeds), epigallocatechin gallate (from white and green tea) and silymarin (found in milk thistle) all demonstrated powerful anticancer effects.

Luteolin and apigenin inhibited a factor essential to prostate cancer growth called insulin-like growth factor-1 (IGF-1). In the case of apigenin, reduction in prostate cancer growth has been shown in human prostate cancer cells and in human prostate cancers implanted in animals.

White and green tea (equal to six cups a day) powerfully inhibited invasive prostate cancer by inhibiting the tumor invasion factors. We know that high levels of these invasion factors make a cancer deadly, and they suggest a poor prognosis
Dear Friend:

I would like to extend my personal invitation to join me on an unforgettable spring vacation. The 2010 Newsmax Media’s cruise will feature key speakers on health, politics, and finance. Of course, our special health panel will be led by our very own Dr. Russell Blaylock and Dr. David Brownstein.

Famous Fox News commentator Dick Morris heads the list of other well-known panelists.

One of the great aspects of this cruise is there will be opportunities for us to get to know each other during this week-long trip. As a Blaylock Wellness Report subscriber, you’ll appreciate this first-class program.

Newsmax Media has reserved wonderful staterooms aboard Holland America’s MS Westerdam. We’ll depart from Ft. Lauderdale on March 21, 2010, sailing for 7 days through the enchanting Caribbean. Our ports of call include: Turks and Caicos, Puerto Rico, St. Maarten, and the Bahamas. I look forward to meeting you!

Sincerely,

Christopher Ruddy
Publisher
Blaylock Wellness Report

Go To: www.newsmaxcruise.com
Call: 800-707-1634
for many cancers. The tea extract also stopped the cancer cells from dividing and triggered their deaths (called apoptosis). Of real importance, it worked with both androgen-sensitive and insensitive-type cancers.

Silymarin also stopped the cells from dividing and induced cancer-cell death as did the grape seed extract, procyanidin. Silymarin also protects the liver and reduces brain inflammation. Diindolylmethane (DIM), an extract from brassica vegetables (broccoli, brussels sprouts, etc.) halted prostate cancer growth in both androgen-sensitive and insensitive types of cancer.

Finally, selenium has been shown to inhibit prostate cancer development and to stimulate a suppressor of cancer-cell survival called the PTEN gene. PTEN is found to be low in many types of cancer, and selenium was found to increase its levels as high as three-fold in prostate cancer cells. PTEN triggers the cancer cells to die.

All of these extracts, except for apigenin, are available without a prescription from natural supplement suppliers. Blenderizing celery and parsley and then drinking the juice several times a day can increase apigenin intake significantly. Celery is also high in luteolin.

Chronic Stress Causes Reorganization of the Brain

A new study reported in the journal Science (Science 2009; 325: 621-625) found that subjecting rats to chronic stress triggered a reorganization of the brain. These modifications lead to a change in decision-making so that the animals tended to resort to habitual behaviors rather than using judgment. What this means to us is that chronic stress can increase the likelihood of becoming addicted to abusive substances or behaviors — including drugs, sex, or gambling.

This study shows, once again, that chronic stress is not just a psychological problem, it can cause a change in the circuits of the brain and lead to other behavioral problems. It also helps explain why stress and addictive behaviors are so commonly linked. Treating depression quickly is of the utmost importance, especially in the young.

Major Blow to Traditional Cancer Treatment

Oncologists, who have become little more than specialized pharmacologists, have railed against their patients taking antioxidants and even eating a diet high in antioxidant-containing fruits and vegetables. They defend their position by saying that antioxidants interfere with chemotherapy treatments, implying that the major mode of action of most chemotherapy is through their production of massive amounts of free radicals.

While most do produce massive storms of free radicals, they also interfere with cell signaling, a process critical to cell function and survival.

A new study has found that free radicals actually play a major role in making cancers invasive, which is what makes cancers deadly. In the study, scientists at Burnham Institute for Medical Research in California found that when human cancers are exposed to free radicals, they become more invasive.

This allows these cells to migrate, eventually creating the metastasis that kills. It is accepted in the field of oncology that once a cancer metastasizes, traditional chemotherapy is of little benefit.

Antioxidants markedly reduced the ability of cancers to generate pseudopodia, meaning they reduce the likelihood that cancer will spread. The California study was done using human melanoma, breast cancer, and head and neck cancer cells.

A number of studies have shown that antioxidants, especially flavonoids, can reduce cancer growth and invasion, but these studies have been routinely ignored by traditional cancer specialists. Worse, they continue to advise their cancer patients not to take antioxidants.

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.
**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](mailto:askblaylock@newsmax.com).

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**Q:** Do you have any suggestions to help a teenager with obsessive-compulsive disorder?

— Robyn L., Fair Oaks, Calif.

**A:** There is evidence that in some cases OCD is triggered by an infection, usually a streptococcus organism — a common skin microbe. In some individuals, such infections trigger immunoexcitotoxic lesions in a particular part of the brain that leads to OCD. Recurrent infections can trigger a worsening of the symptoms.

In fact, in many cases treating these infected individual with antibiotics can reduce or even stop the attacks.

There is also evidence that a buildup of the neurotransmitter glutamate within certain parts of the brain triggers the syndrome. Diets high in glutamate and aspartate additives would make symptoms worse, and it makes sense that avoiding glutamate, aspartate, and other excitotoxins should reduce symptoms.

This means avoiding aspartame, MSG, hydrolyzed proteins, caseinate, protein isolates, vegetable protein concentrates, soy foods, and other types of such food additives.

Since this also has an immune effect, one should avoid vaccinations, foods that increase inflammation (omega-6 oils, sugar, high fructose corn syrup, and trans-fats) and foods that trigger food allergies or intolerances. Vitamin D3 in higher doses protects the brain and reduces immune overactivity. I suspect it would be very helpful. It will also reduce one’s risk of infections. Curcumin, quercetin, ellagic acid, and grape seed extract also reduce immune overactivity.

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**Q:** What can be done for elevated glucose levels?

— Jeannette P., Bellevue, Neb.

**A:** In most cases elevated blood glucose levels are secondary to insulin resistance. What this means is that your insulin is not working properly in carrying out its job of transferring glucose from outside your cells to the inside, where it can be used to make energy. Insulin resistance is growing at an alarming rate in the United States, especially among the young.

One of the main culprits is consuming foods and drinks containing high fructose corn syrup (HFCS). Also a diet high in saturated fats has been implicated. One of the strongest links is with abdominal obesity, that is, fat accumulation around the intestines, which can even occur in skinny individuals.

Regular exercise, a low sugar intake, avoiding HFCS, avoiding glutamate food additives, and eating at least 5 to 10 servings of fruits and especially vegetables a day will go a long way to accomplishing your goals.

A number of supplements discussed in this newsletter lower blood glucose and correct insulin resistance. You can also read my newsletter on diabetes: “The Diabetes Solution,” June 2005.

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**Q:** Can you recommend any supplements that could help with polymyalgia? The joint pain, fatigue, and overall stiffness is overwhelming.

— Lyn E., Alberta, Canada

**A:** This is often a self-limiting condition, that is, it can disappear within one to four years. There is evidence that it is an inflammatory disorder and can evolve into some inflammatory arterial diseases, such as temporal arteritis or giant cell arteritis. Because of its inflammatory link, a curcumin/quercetin mix would be very beneficial.

This mix is made by adding 500 mg of curcumin and 500 mg of quercetin to one tablespoon of...
extra-virgin olive oil and mixing well. This dramatically improves absorption. Curcumin and quercetin are anti-inflammatories equal in strength to steroids without the complications.

The mix should be taken three times a day with meals. Vitamin C (buffered) 1,000 mg, taken between meals three times a day, reduces inflammation and strengthens tissues.

Vitamin E as a natural form (Unique-E) 400 IU a day also reduces inflammation. Omega-3 oils, such as the Carlson Norwegian Fish Oil (www.vitacost.com) in a dose of one teaspoon a day will also reduce the inflammation. I suspect that the disorder is linked to low vitamin D3 levels and taking vitamin D3 in a dose of 2,000 IU to 5,000 IU a day may help. Vitamin D3 plays a major role in preventing immune overactivity and inflammation.

There is some link to one’s intake of glutamate as a food additive. Avoid all NutraSweet (aspartame), MSG, soy products, hydrolyzed proteins, caseinates, vegetable proteins, autolyzed yeast, and carrageenan. You diet is also critical, so see my previous newsletter on diet.

**Q: Do you have any recommendations for dry macular degeneration?**

— Rob J., Ormond Beach, Fla.

**A:** Both the wet and dry forms of macular degeneration are caused by chronic activation of the microglial cells in the retina, with release of toxic concentrations of glutamate, which in turn damage the retinal neurons — a process called immunoexcitotoxicity.

A number of studies have shown that antioxidants and anti-inflammatory help block these destructive reactions. There are also supplements of plant extracts that help protect the retina and promote healing. The wet form is most associated with smoking, and smoking dramatically increases free radicals in the retina.

The most helpful anti-oxidants/anti-inflammatory are 500 mg each of curcumin and quercetin mixed with a teaspoon of extra-virgin olive oil and taken three times a day. Lutein 6 mg a day, lycopene 20 mg a day, grape seed extract 100 mg twice a day, and bilberry 1,000 mg twice a day all protect the retina.

One should avoid a high meat diet (meats are high in iron and the excitotoxin glutamate). Avoid all foods containing excitotoxin additives (MSG, hydrolyzed proteins, vegetable proteins, soy products, carrageenan, yeast extract, caseinates, or protein isolates).

Magnesium citrate/malate reduces immunoexcitotoxicity as will the curcumin and quercetin. Vitamin E (natural form — Unique-E) and vitamin C (buffered) as well as a balanced multivitamin/mineral, such as Extend Core, all help protect the retina in cases macular degeneration.

White tea contains a number of protective flavonoids called catechins. One should drink three cups of strong white tea a day. Finally, vitamin D3 in a dose of 2,000 IU to 5,000 IU a day is very protective against immunoexcitotoxicity.