



Key Points

- Do you know what ails you? Infections can lurk undetected in your body
- ‘Silent’ infections can lead to disability — and even death
- Your immune system is key for warding off infections
- Vitamin deficiency can worsen infections — know how to protect yourself
- Toxins can increase the growth of viruses and bacteria
- Vaccines and their role in brain damage

PLUS

- News on Botox
- Flavonoids can reduce non-Hodgkins risk

ASK DR. BLAYLOCK

- Help for healing fractured fingers; supplements to alleviate migraines; news on corosolic acid

Infections That Lurk in Your Body — What You Must Know

As you read this, your body is crawling with millions of bugs.

Inside and outside of your body, microscopic bugs, including bacteria, thrive in places like your eyelashes, intestines, and stomach. Some are good for you — much has been written here about the beneficial effects of good bacteria, or probiotics.

However, as in many aspects of our lives, with the good comes the bad. Bacteria, fungi and viruses, just to name a few, invade our bodies and wreak havoc, causing infections, sometimes even leading to death.

Most of us think of infections in terms of the illnesses we feel as a result of the infections.

The effects of the flu or a cold, the coughing, fever, and chills are all obvious signs of an acute infection. Then there are long, drawn-out infections, such as a leg that will not heal, a common problem for people with diabetes. These are all obvious signs that let us know something is wrong within our bodies.

But there is another, chronic type of infection that does deadly damage to your health and can last a lifetime — and you might not even realize you have it, although the damage done is real and permanent. There may be no outward signs of illness, no fever, achy joints or muscles, no headache or fatigue. Yet, these silent infections can cause devastating disorders and lead to severe disability, even premature death.

These infections are insidious. The number of these persistent, silent infections is growing, and they rarely get mentioned by physicians or by the media.

It’s easy to see why not: Such infections are often precursors to better-understood maladies. They are the silent killers that lead to cancer, autoimmune diseases, Alzheimer’s and Parkinson’s disease, which an ordinary person would not connect to an infection at all. In fact, there is growing scientific interest in the idea that even psychiatric diseases, including schizophrenia, are triggered by persistent infections.

These infections can involve bacteria, mycoplasma, fungi, viruses, or prions, a type of damaged protein best known for its relation to mad-cow disease. Some fungi, mycoplasma, and bacteria can



morph into forms that are invisible to conventional microscopes, becoming “stealth organisms.” Some researchers, for instance, now consider these types of organisms to be the cause of chronic Lyme disease.

The trouble is, these infectious organisms hide very effectively and are extremely difficult for scientists and medical laboratories to detect. This is why it has taken so long to link certain viruses and bacteria to cancer. The same problem exists with linking infections to atherosclerosis.

New technology, such as the PCR (polymerase chain reaction) testing, can detect organisms far more accurately, even in minute amounts.

But the older methods of testing now widely used, such as the ELISA (enzyme-linked immunosorbent assay) and the “Western blot” test, miss a great number because of the high rate of false-negative tests. This is especially true for ELISA.

Persistent Infections: Just How Common Are They?

Many people are surprised to learn they have persistent infections. Indeed, at this very moment, you may be carrying around a number of these **nasty bugs in your tissues and organs, even in your brain.**

Several studies have shown that people carry a significant number of viral DNA segments within their own DNA — and they pass it on to their children and grandchildren.

Virtually everyone is infected by organisms, such as the herpes simplex virus, cytomegalovirus, and others of the herpes virus family, that could be problematic. For most, though, these viruses do not cause problems. Yet, for an unlucky few, the result is disease.

One of the great questions of medical science now is, Why do certain organisms persist in some people? We don't really know, but we have some important clues.

One clue is an immune-system defect in those who are chronically infected and develop diseases as a result. Nutrition is also a vital clue.

People with nutritional deficiency are more likely to develop persistent infections and more likely to suffer chronic illnesses and early death. The basis for continuing infections also may lie in the genetic makeup of the organism itself and even in the genetic makeup of the person.

Keep in mind that nutrition, especially early in life, affects your genes.

A deficiency in any of these vitamins and minerals can worsen

infections and increase the likelihood that an organism will persist and cause disease:

- Vitamin A
- The carotenoids
- Zinc
- Selenium
- Iron

This is the reason infections of all types are much more deadly in developing countries.

Iron deficiency weakens immunity and this increases the likelihood of chronic infections and accompanying high death rates.

Yet taking iron supplements after an infection develops can make the infection spin out of control and become deadly. This is because the infectious organisms use iron for growth. Iron supplements should never be taken except in cases of proven iron deficiency (determined only by direct testing of blood iron levels), and then only until the deficiency is corrected.

There are toxins that increase the growth of viruses and some bacteria.

For example, all glutamate additives, including monosodium glutamate (MSG), and mercury have been shown to significantly increase the growth of viruses in the body.

It is ironic, then, that the medical establishment promotes vaccines containing mercury, such as the

Common Toxins Increase Infections

Avoid the following toxins — they increase the growth of viruses and some bacteria in your body:

- Fluoride toothpaste and mouthwashes
- Mercury (amalgam fillings and high-mercury fish)
- Vaccinations
- Pesticides and herbicides
- Excess iron as supplements or as red meats in the diet

mercury-laden flu shot, that actually increases the risk of developing an overwhelming flu later.

The Herpes Viruses and Brain Disorders

There are a number of live viruses that live in specific parts of the brain. One of the more common is the herpes simplex virus. There are two basic types of these viruses — herpes simplex virus 1 (HSV1) and herpes simplex virus 2 (HSV2).

HSV1 usually infects the oral cavity and lips, and the HSV2 virus is usually, but not always, found in the genital and anal regions.

Recent studies have shown a close correlation between latent HSV1 virus becoming active and the risk of Alzheimer's disease.

The HSV viruses tend to grow in certain parts of nervous tissues called ganglion and remain dormant (called a latent virus). Periodically, the virus will awaken from its slumber and cause such things as mouth ulcers (oral stomatitis) and fever blisters. In rare cases it causes a highly lethal form of encephalitis.

During periods when the virus is reactivated, the result is fever, swollen lymph nodes in the neck, and feeling achy and listless. Mouth ulcers flare up and usually last a week to two weeks and then subside. This cycle of activation and latency can occur several times a year to as often as once or twice a month.

The herpes simplex virus tends to move along nerve tracts (axons) and can enter brain areas commonly affected by Alzheimer's disease. People who experience frequent reactivated virus attacks and have the genetic risk factor for Alzheimer's (the APOE4 gene), are significantly more likely to develop Alzheimer's dementia than those who are not infected.

A number of conditions, such as fever, stress, immune deficiency, nutritional deficiency, and acidic conditions in the body can activate this virus.

About two-thirds of people infected with either form of HSV will have no symptoms, yet they frequently secrete the virus in bodily fluids, which can infect others.

Being a carrier of HSV can complicate surgery and seemingly unrelated conditions.

For instance, one of the common complications associated with cutting the trigeminal nerve when treating trigeminal neuralgia (bouts of

extreme pain in the face and areas supplied by the trigeminal nerve) is the post-operative appearance of blistering skin lesions along the nerve tract in the face. I saw this frequently as a neurosurgeon. These people had no idea they were carrying the virus until the nerve was damaged.

I have also seen people with severe pain radiating down their leg (sciatica) who were diagnosed with a ruptured disc, but the actual problem was an activated herpes simplex virus in the nerve ganglion. The skin rash may not appear until weeks after the onset of pain.

Surgery only makes their pain worse.

Sometimes a ruptured disc in the back or neck can activate the virus. This results in continued pain after surgery and explains in many cases why surgery fails to help.

How Herpes Simplex Virus May Cause Alzheimer's Disease

The incidence of HSV1 and HSV2 infections increases with age. After age 60, most people have the virus embedded in their brain or in a ganglion near the brain. When brain cells are infected with bacteria or with viruses, the cells eliminate the invaders by gobbling them up in a process called autophagy. (The cell's membranes engulf and digest the organisms using special enzymes.)

When this process doesn't work properly, the proteins from the invading virus accumulate in the brain cells and keep the neurons from functioning. Unfortunately, the HSV1 virus has a protein that paralyzes this crucial system.

Of all the viruses that invade the brain, the herpes viruses are the most deadly. They are also the most likely to persist and remain silently in the brain.

In one well-conducted study, the brains of people who died with Alzheimer's disease were

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This month's password is: brain
(Please remember to use lowercase letters.)

examined. Researchers were able to culture the latent HSV1 virus from the same brain areas as those affected by Alzheimer's. In addition, researchers have shown that the virus also produces the same pathological changes found in patients who have Alzheimer's disease, including an accumulation of beta-amyloid plaques.

Most viruses cause brain damage by triggering the brain's special immune system (called microglia). When activated, these microglia secrete large amounts of inflammatory immune cytokines and brain-destroying excitotoxins, such as glutamate, aspartate, and quinolinic acid. Ironically, the actual brain damage is caused by the brain's own immune system reacting to the virus. In a number of studies, calming the brain's immune system reduced the damage.

The damage HSV1 does to the brain is very important because most people become infected with it over their lifetimes. Poor nutrition — with its accompanying immune suppression — causes the virus to reactivate hundreds of times over a lifetime. The accumulated damage caused by recurring bouts with the virus

eventually leads to serious neurological disorders, such as Alzheimer's disease, Parkinson's disease, and even ALS (Lou Gehrig's disease).

While HSV1 is the most common type of herpes simplex virus that causes these problems, HSV2 can also infect the brain.

With the increasing popularity of oral sex and widespread promiscuity, we can expect to see an increase in both HSV1 and HSV2 infections invading the brain. Shockingly, some high school sex education courses encourage oral sex as a "safer" form of sexual activity.

Immunity, Viral Burden — and the Risk to You

APOE genes regulate brain synapses and cholesterol. The three most common forms of APOE genes are APOE2, APOE3, and APOE4. Many studies indicate that inheriting an APOE4 gene, rather than the more protective APOE2 and APOE3 genes, puts one at a higher risk of eventually developing Alzheimer's disease.

Newer studies have found that having an APOE4 gene alone increases risk only slightly. Likewise, having the HSV1 or HSV2 virus in the brain

Stimulate Your Immune System

Your immune system can get a great boost from these nutrients:

- **Beta-1,3/1,6-glucan** — Beta-1,3/1,6-glucan is a stimulant that enhances cellular immunity, the form of immunity most damaged during aging. It is also the form of immunity that is most effective in killing and suppressing chronic infections. A recent study showed that beta-glucan reduces the release of destructive TNF- α from brain microglia. I would suggest a brand called Life Source Basics Immune System Support (www.lifesourcebasics.com.) There is a chewable formula for children as well
- **Vitamin C (buffered)** — 1,000 milligrams twice a day on an empty stomach. Ascorbate has been shown to suppress and kill a large number of viruses. Ascorbic acid (the acidic form of vitamin C) can have an opposite effect. That is, it can activate latent HSVs causing an outbreak of mouth ulcers and fever blisters
- **Selenium** — 100 micrograms (mcg) a day
- **Zinc** — 15 milligrams a day
- **N-acetyl-L-Cysteine (NAC)** — 500 milligrams to 750 milligrams a day
- **Curcumin** — 250 milligrams three times a day with meals, mixed with extra virgin olive oil
- **Quercetin** — 500 milligrams, mix with extra-virgin olive oil
- **Ellagic acid** — 500 milligrams twice a day
- **Vitamin D-3** — 2,000 international units to 5,000 international units a day
- **Multivitamin/mineral** — such as Extend Core (www.vrp.com)
- **Magnesium citrate/malate** — Choose a slow-release form (www.jigsawhealth.com) or choose the kind in capsules
- **Silymarin** — 200 milligrams twice daily
- **Resveratrol** — one a day with the largest meal of the day (Longevinex at www.longevinex.com)

does not by itself raise risk significantly. But, having the APOE4 gene and the virus at the same time increases the risk of developing Alzheimer's by an astounding 12 times.

You can be tested for the APOE gene types, but many choose not to. In addition to the fear of knowing, some also fear their insurance rates will rise based on confirmation of this very real risk.

You also can be tested for HSV1 and HSV2, but suffering from recurrent mouth ulcers, fever blisters, or having the genital infection is proof that you are infected.

Another recent study found that, in addition to the presence of the infection, an even more important factor is how seriously you are infected. The amount of viruses growing in your body, something called the viral burden, is critical.

Because certain bacteria have been associated with Alzheimer's and Parkinson's disease, researchers have tested for chlamydia and mycoplasma organisms. In one study, chlamydia was cultured in 90 percent of Alzheimer's brains but only 5 percent of normal brains in people the same age.

They found the strongest correlation with dementia to be HSV1, HSV2, or cytomegalovirus in the brain. There was no correlation with chlamydia or mycoplasma. The decline in mental ability (or dementia) correlated strongly with the viral burden in the brain. The incidence of dementia rose to 26.9 percent with the highest viral burdens and 4.9 percent with low amounts of the virus. Again, the strongest correlation was with the HSV1 and HSV2 viruses.

Both the herpes simplex viruses and the cytomegaloviruses (CMVs) are neurotropic viruses, which means they prefer to live in brain cells. CMV also live in the cells lining blood vessels and are strongly correlated with stroke risk. (In one study, 70 percent of stroke patients had CMV infections.)

CMV infection also is related to vascular dementia, which is dementia caused by damage that accumulates from micro-strokes.

Because the highest levels of viruses were found in the midbrain (the site of major damage in Parkinson's disease), logically one would expect a strong correlation between HSV infections and the disease. The reason both Alzheimer's and Parkinson's would be more common with aging is that, as we age, the incidence of HSV infection rises dramatically, immune abnormalities are more common, and brain cells become weaker.

How Vaccinations Can Worsen HSV Brain Damage

I remember patients who experienced the rapid onset of dementia following an infection

or vaccination. At the time, we were at a loss to explain the apparent link. The phenomenon resembles autism, a condition that develops when a normal child undergoes a series of vaccinations or develops recurrent infections and then rapidly loses mental functions.

In one often-quoted study, researchers injected the brains of animals with a viral-like protein. They then vaccinated some of the animals and found they underwent mental deterioration at a much faster rate and to a much

greater degree than the unvaccinated animals.

The viral-like protein injected into the animals' brains would have an effect similar to that of people who have a latent HSV viral brain infection. The virus activates the brain's microglia, something called priming, which makes the immune cells highly reactive. When vaccination stimulates these same cells, the reaction becomes considerably more intense and leads to significant brain damage in the infected areas of the brain.

It is important to note that studies have shown

Your Diet and Your Brain

A sure way to boost your immune function and reduce brain inflammation begins with your diet.

- Reduce the omega-6 oils in your diet (corn, safflower, sunflower, soybean, and peanut oils). Avoid canola oil, since the omega-3 and omega-6 oils will oxidize very easily.
- Use extra-virgin olive oil or extra-virgin coconut oil, especially for cooking. Add turmeric to the oil.
- Avoid sugar, especially high-fructose corn syrup.
- Avoid processed foods.
- Eat five to 10 servings of vegetables and some fruits every day.
- Drink only purified water (no fluoride).

that the HSV virus infects the same areas of the brain that are affected in Alzheimer's and Parkinson's disease. Remember this the next time you are encouraged to get your flu shot.

I remember a friend of mine, a very intelligent businessman, who was bright and very active until he had a mild head injury. After his initial recovery, he quickly became severely demented. Most neurosurgeons have seen this phenomenon. We now know that head injuries, even mild ones, quickly activate the microglia, which in turn sets off destructive reactions that destroy brain cells.

There is also evidence that brain injuries can activate latent HSV viruses in the brain, which may explain why some people experience dementia following a head injury and others do not. The presence of the APOE4 gene also makes dementia more likely after a head injury.

It is absolutely vital to understand that most vaccines used in the United States are manufactured in China. These Chinese facilities are "ghost inspected" only once every 13 years. These inspections mean very little. With "ghost inspections," FDA inspectors are not allowed to physically inspect the facilities. They are required to take the word of the communist factory officials.

Vaccines and ghost inspections present a major security risk for the United States, since contamination of these vaccines could produce chronic disease in over 100 million Americans.

Hidden Infections and Cardiovascular Disease

A growing number of studies show that infections inside the lining of blood vessels play a major role in atherosclerosis and hence heart attack and stroke risk. The two major culprits of these infections are the herpes group of viruses, (herpes simplex virus, cytomegalovirus and Epstein-Barr virus), and the bacteria chlamydia pneumoniae.

When these organisms infiltrate the walls of blood vessels, they set up silent infections that persist for a lifetime. Chlamydia is a very common infection caused by an organism that lives inside cells. In most cases, the person is never aware of the infection, just as with the herpes family of viruses.

Chlamydia infections are prevalent worldwide. The percentage of people infected reaches as high

as 70 percent. The older we are, the more likely we have been exposed.

The organism can enter the body by two major routes, either through the lungs or via the olfactory (smell) nerves in the nose, which lead straight to the brain. Some people develop pneumonia following exposure, but far more are never aware they have been exposed. Chlamydia can also be spread sexually, and again, oral-sex exposure can lead to chronic, silent infections.

Chlamydia has been associated with a number of diseases:

- Asthma
- Sarcoidosis
- Reactive arthritis
- Meningoencephalitis
- Alzheimer's disease
- Multiple sclerosis
- Lung cancer
- T-cell lymphoma

Chlamydia also worsens chronic lung disease (COPD).

Once chlamydia takes up residence in the cells lining the arteries (endothelial cells), a low-grade inflammation begins, which progresses over time. The immune system sends white blood cells and antibodies to try to remove the organisms but is unable to do so.

Since the immune system's ability declines substantially with aging, the inflammation is magnified. This inflammation causes the fats in the walls of the blood vessels to oxidize, which creates lipid-peroxidation products and free radicals. All types of fats, not just cholesterol, are oxidized. In fact, the most abundant oxidized fat in blood vessel walls is omega-6 type fats, not cholesterol.

Some studies have found chlamydia and herpes-type organisms — sometimes both — actively growing in the arterial crud (plaques) in arteries, such as the coronary arteries and carotid arteries. The more organisms that are found in arteries, and the higher the viral burden, the higher the risk of cardiovascular disease, stroke, and death.

Several studies have shown that when animals are infected by spraying chlamydia into their noses, it quickly spreads to the brain, heart, and blood vessels of the heart. In older animals it spread to the brain and heart faster, and the concentration

of these organisms was 10 times higher than in younger animals.

Studies have also shown that injecting chlamydia into the noses of animals leads to a progressive accumulation of beta amyloid in the animal's brain. This is the same microscopic brain crud seen in human cases of Alzheimer's disease. In animal models, these same organisms have been shown to cause Parkinson's disease-like damage.

Incredibly, chlamydia can spread silently to the brain and heart without any symptoms. Over decades these organisms cause heart failure, atherosclerosis, and neurodegeneration.

And, like the herpes simplex viruses, chlamydia causes greater brain damage if the person also has the APOE4 gene.

Studies have shown that people who have the APOE4 gene have much higher counts of the chlamydia bacteria in their brains than those with APOE2 or APOE3 genes.

An interesting discovery is the finding that people who have Epstein-Barr virus or HSV2 infections (the genital form) have a very high risk of dying from cardiovascular disease. Those with high amounts of organisms had five times the risk of dying from cardiovascular disease when compared to those with the lowest levels. The highest risk was 18.3 times higher.

A number of studies, too, have linked chronic gum infections with cardiovascular disease and strokes. In fact, several studies have used very sophisticated techniques to prove that gum bacteria are the source of the atherosclerotic plaque. Each time you brush your teeth or chew food, these organisms are released into the blood stream and end up in the endothelial cells of the arteries. This emphasizes why good oral hygiene is essential to good cardiovascular health. Mercury fillings and fluoride can make gum infections worse.

Is Psychiatric Disease an Infection?

Some infectious organisms have been associated with various psychiatric disorders, including the following:

- Obsessive-compulsive disorder
- Schizophrenia
- Bipolar psychosis
- General psychosis

The startling implication is that psychiatric disorders, at least in some cases, may be something you can catch.

The most consistent link between psychiatric disorders and infections is the herpes simplex virus and schizophrenia. In one of the largest studies done to date, scientists at the Collaborative

Perinatal Project looked at 55,000 pregnancies and followed the babies until adulthood. They found that the strongest association with schizophrenia was with exposure of the mother and baby to HSV2 (the genital herpes form).

Adults born of infected mothers who had the highest IgG immunoglobulin

reactions to HSV2 had the highest incidence of schizophrenia. Shockingly, their risk was 4.4 times higher than non-infected persons. Other infections such as toxoplasma, chlamydia, cytomegalovirus, and human papillomavirus were not related to risk, according to this study.

Other studies, however, have linked the risk of schizophrenia to cytomegalovirus, HSV1, and toxoplasma. Notably, none of the babies who grew up to develop schizophrenia had any signs of being infected. Clinically, the infection was silent.

A special retrovirus (similar to HIV virus), called the HERV virus, was closely linked to schizophrenia. This virus is especially scary because it incorporates itself within the brain cell's DNA, causing prolonged disruption of brain

Exercise Regularly — but Correctly

Not all exercise regimes are created equal. Follow these guides to get the most out of your routine:

- Avoid aerobic exercises and high-intensity exercise, except for short bursts
- Do weight lifting and resistance exercises
- Take long, brisk walks

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.

function. It can also interact with viruses such as the HSV to cause even more damage. Such viruses can then be passed on to children and grandchildren.

Another virus closely linked to psychiatric disease is the Borna disease virus (BDV). At one time it was thought to infect only cattle and other farm animals, but now we know it is widespread among humans all over the world. The virus seeks out the brain and tends to inhabit the limbic system and hippocampus, areas important to personality and behavior. It is a persistent virus, meaning it tends to stay in the brain for a very long time.

BDV infections can be silent as well, especially in newborns and small children.

In stealth-like infections, it can significantly affect how the brain develops, and it can produce long-term abnormalities in brain function.

One of the main mechanisms BDV uses to destroy connections in the brain is to cause an accumulation of the excitotoxin glutamate. Like many brain viruses, it triggers intense brain microglial activation, which then triggers intense destructive immunoexcitotoxicity.

How these viruses and other infectious organisms trigger psychiatric disease is not fully understood, but we know infections alter neurotransmitter levels, destroy synaptic connections, activate microglia, and trigger immunoexcitotoxicity.

Often, it is the brain's immune reaction to the invader that causes most of the problem and not the organism itself.

We also know there is a strong genetic connection for bipolar disorder and schizophrenia. The flawed gene makes the person's brain more susceptible to infection. Without the infection, the psychiatric disorder may never occur.

How to Prevent and Reduce Your Risk

As stated, the incidence of all of these infections increases with aging.

By age 80, almost all people are chronically infected with one or more of these organisms. The process really takes off after the age of 60.

With the dramatic increase in sexual promiscuity, the infection rates for chlamydia and the herpes family of viruses has skyrocketed, and young people are at considerable risk.

The most important factors involved in risk are:

- Age
- Presence of infection
- The number of organisms in tissues
- The APOE4 gene

There is nothing anyone can do about having the APOE4 gene, but we can change the influence of the first three. The biggest weapon we have is good nutrition. Poor nutrition is why older people have higher infection rates and weaker immune systems.

Studies have clearly shown that nutritional supplementation can restore lost immune function in most elderly people. I had a neighbor who was a runner. He always had colds, and the flu would last for weeks, if not months. I suggested he supplement with a few vitamins and minerals. A year later he said that since he began taking the supplements he never gets sick. I have heard this story many times.

I would also caution against vaccinations, especially for the elderly and for pregnant women. As we have seen, stimulating the immune system when infections already exist in the brain can trigger destructive, chronic brain degeneration. Since the brains of most elderly are infected with HSV1 and possibly other organisms, the risk becomes very high.

And, studies have shown that it is not the infection in the pregnant woman itself that causes the damage to the baby's brain but rather the mother's immune reaction to the infection. This means that vaccinations during pregnancy would be expected to increase the risk to the baby.

Here is a special note to those having recurrent fever blisters or mouth ulcers. Acidosis is a major reason the herpes virus becomes activated. It is most often caused by eating or drinking acidic foods and drinks, such as tomato ketchup, orange juice, and citrus fruits. They should be avoided. Special, low-acid orange juice is available.

Here's how to terminate a mouth ulcer attack and clear outbreaks rapidly: Mix one teaspoon of baking soda in 4 ounces of water and drink twice a day for three days. Or use Alka-Seltzer Gold, two tablets in 4 ounces of water twice a day. (Consult your doctor if you have a persistent condition.)

The supplement carnosine also acts as an acid buffer. Take 500 milligrams 30 minutes before a meal, twice a day.

Health and Nutrition Updates

Facial Expressions Can Mean a Lot

New studies by neuroscientists are uncovering very interesting things about the face. The brain has a special area designated just for the face.

If that area of the brain is damaged, you cannot recognize anyone's face, not even your own in a mirror.

What scientists discovered is that not only do your facial expressions convey your mood to others, but you unconsciously imitate the facial expressions of others, even if just for a fraction of a second. If they smile, you smile.

When scientists prevented people from using their facial muscles, they had difficulty determining the mood of others by looking at their faces, especially happy faces. To understand what was happening, they scanned the brains of people who had Botox injections.

They found that when those with paralyzed facial muscles tried to make an angry face, there was less reaction in the parts of their brains that register and react to anger than in those who had not used Botox.

Other studies have shown that smiling

unconsciously makes you feel happier — another way to treat depression without drugs.

Flavonoids May Reduce Risk of Non-Hodgkins Lymphoma

Several studies have indicated that people who eat a lot of fruits and vegetables have a significantly lower risk of developing deadly non-Hodgkin's lymphomas, the fifth-most common cancer among men and women.

In this new study, researchers found that people who had the highest intake of flavonoids, in particular epicatechins (teas), anthrocyanadins, and proanthrocyanadins (grapes and grape seed extracts), had a 73 percent lower risk of developing these malignancies (Amer Jour of Clin Nutr 2008; 87: 1439-1445).

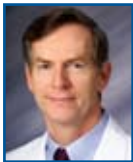
Antipsychotic Drugs May Increase Stroke Risk

Previous studies have shown that taking antipsychotic medications increased the risk of coronary heart disease (heart attacks), especially in younger patients. The risk increased 3.22-fold

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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in those 18 to 49 years of age who took the medications. Since these earlier studies, scientists looked at a large number of people taking such medications, which include haloperidol (Haldol), loxapine (Loxitane) and perphenazine (Trilafon), and found that there was a substantial increase in their risk of having a stroke, beginning within three months of taking the medication.

Their risk increased an astounding 75 percent.

Of even greater concern was the finding that those who were taking atypical antipsychotics, such as clozapine (Clozaril), risperidone (Risperdal) and quetiapine (Seroquel), had risks that were 2.32-fold higher than normal.

In this study 81 percent of those taking atypical antipsychotics were on risperidone.

Researchers also observed that those who had strokes while taking antipsychotics were older (over age 50) as compared to those having heart attacks.

The incidence of strokes were also substantially higher in those having dementia.

While some patients benefit from these medications, and in fact need them, a great number of people can use safer, non-pharmaceutical methods, such as psychotherapy and nutraceuticals that have been shown to have antipsychotic effects, such as hesperidin, curcumin,

St. John's wort, carnosine, omega-3 oils (high in DHA).

A diet devoid of excitotoxin additives and excess sugar is also essential.

(For more information, see my DVD, "Nutrition and Behavior," at www.russellblaylockmd.com.)

The cause of the increased strokes is unknown, but a number of these

medications are fluorinated, meaning that they contain fluoride, a known brain toxin and may increase inflammation in the walls of blood vessels, a major cause of atherosclerosis.

They can also deplete magnesium, which greatly increases one's risk of having a stroke.

A number of these medications . . . can also deplete magnesium, which greatly increases one's risk of having a stroke.



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: Can corosolic acid significantly reduce blood-sugar levels? Would you recommend it for Type 2 diabetics?

— Ken T., Lockeford, Calif.

A: Corosolic acid, an extract from a number of herbs, has been shown in animal and human studies to improve glucose utilization in diabetics and those with insulin resistance. There are questions about proper dosage and whether available extracts supply that dose.

Some suggest that a dose of 24 milligrams is optimal, but a Japanese study in humans used a dose of 10 milligrams of purified corosolic acid.

I would wait for better studies involving more diabetics, not only for effectiveness but also for safety.

There are a great number of available supplements that improve insulin function and lower blood glucose in Type 2 diabetics, including R-alpha-lipoic acid, ellagic acid, curcumin, quercetin, cinnamon extract, resveratrol and pycnogenol. They also neutralize free radicals and lipid peroxidation products, the things that actually do the damage in diabetes.

Several, such as resveratrol and curcumin, also reduce advanced glycation products (AGEs), which also produce much of the damage in diabetics.

Q: Can you suggest anything to speed the healing of a finger fracture?

— Reece B., Henderson, Nev.

A: Vitamin D-3 in a dose of 10,000 international units a day for one month, followed by 5,000 international units a day thereafter when combined with calcium citrate 1,500 milligrams a day, will speed the healing of fractures. In the long run, it will also reduce osteoporosis, a major cause of

fractures. Vitamin K, zinc, curcumin, quercetin, and a high vegetable diet will also speed bone healing.

Q: At my recent physical, I requested that my Vitamin D level be tested. It came back deficient. My doctor then did a test to check my parathyroid hormone level, and it came back as elevated. Can you tell me what that means? What are the possible treatments?

— Patty D., Seattle, Wash.

A: When vitamin D levels are deficient, it interferes with calcium metabolism, leading to low calcium levels in the blood. The body reacts by secreting more parathyroid hormone, which attempts to improve calcium absorption from the gut. The answer, in most cases, is to improve vitamin D-3 intake (the active form of vitamin D).

Most authorities recommend a minimum dose of 2,000 international units a day, but recent studies have shown that only doses of 5,000 international units to 10,000 international units a day increase blood vitamin D-3 levels. I would start at 5,000 international units for a month and then recheck the parathyroid and calcium levels. I would also suggest adding 1,000 milligrams to 1,500 milligrams of calcium citrate a day to your supplements.

Q: Can anything stop a migraine headache attack?

— Linda P., Monroe, La.

A: There is a good remedy based on the central causes of migraines that stop attacks within a couple of minutes. Mix the contents of four capsules of magnesium citrate/malate (from Pure Encapsulation — www.vitacost.com) and one capsule of calcium pyruvate (1,000 milligrams)

with 4 ounces of water and mix well. Drink this and then eat a complex carbohydrate with some type of meat, such as whole grain bread and organic turkey or chicken. Just a half a sandwich will do.

The supplement mixture reduces the vasospasm and vasodilation cycle, blocks excitotoxicity, raises energy levels in the brain and reduces inflammation, which are the causes of the attack. Hypoglycemia is a major trigger for a migraine attack since it increases brain glutamate levels and lowers magnesium levels, which are the reasons for the attack.

Q: Do you have any recommendations for treating trigeminal neuralgia (pain in the nerves that carry sensation from the face)?

— Lisa K., Hastings-on-Hudson, N.Y.

A: As a neurosurgeon, I have treated a number of cases of trigeminal neuralgia. I was trained and did research for one of the leading neurosurgical experts on this very painful problem, Dr. Peter Jannetta.

He demonstrated that the problem was caused by compression of the trigeminal nerve (which carries sensation from the face) by an artery or occasionally a vein.

This compression causes the protective fatty sheath (the myelin) of the nerve to erode away, resulting in a “shorting out” of the nerve.

This “shorting-out” process causes the jolting and very excruciating pain associated with this disorder. After treating trigeminal neuralgia with the Jannetta surgical technique, with a major modification by my mentor, Dr. Ludwig Kempe,

I decided to try a more conservative approach — that is, through the use of nutritional nerve repair.

I had great success in using a combination of lipids found in myelin, such as phosphatidylcholine, phosphatidylserine and phosphatidylinositol. These can be taken as a combined supplement containing 1,000 milligrams of each.

I use this mix three times a day to repair the damaged myelin. Because inflammation plays such an important role in the process, I used a combination of bromelain, pycnogenol and silymarin in the recommended doses. Omega-3 oils, high in DHA, also reduce the inflammation and repaired the damage.

Finally, and most importantly, magnesium as magnesium citrate/malate, in a dose of 500 milligrams twice a day was used. This reduced the inflammation, reduced the “shorting-out” process and blocked excitotoxicity, also a major player in the disorder.

Later, I added methylcobalamin, 5,000 micrograms a day, along with a multi-B vitamin. This also promotes healing of the damaged nerve and reduces excitotoxicity.

There is growing evidence that a number of other nutraceuticals can also help, such as alpha-lipoic acid, acetyl-L-carnotine and vitamin D-3 in a dose of 5,000 international units a day. I suspect that L-carnosine (not to be confused with L-carnotine) will also prove to be of major benefit, because it has been shown to reduce nerve excitability, prevent seizures (trigeminal neuralgia is similar to a seizure) and block excitotoxicity. Of great importance is to avoid all food additive excitotoxins, such as aspartame, MSG, hydrolyzed proteins, and caseinate.

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