‘Frankenfoods’ and Pesticides: Destroyers of Health

Back in 1996, when I was writing, *Excitotoxins: The Taste That Kills*, my opinion was that most of the tales I’d heard about environmental toxins were just a lot of politically crafted horror stories. But then I got a letter from a Vietnam veteran telling me that I was wrong about the safety of Agent Orange, the powerful defoliant herbicide that was used in the war. He gave me a list of articles in support of his view. I read them, and it changed my mind.

Since then, I have analyzed literally hundreds of such studies of pesticides, herbicides, and other environmental chemicals, and the experience has strengthened my resolve to bring some sense to this debate.

The dangers of these chemicals are very real and each one of us ignores this issue at their own peril — and the peril of his or her family.

In this month’s issue of The Blaylock Wellness Report, I will discuss one of the most important topics in modern health: the environmental toxicity of commonly used pesticides and herbicides, and the harmful effects of eating genetically modified “frankenfoods.”

Dangers All Around Us

Some 34,000 chemical products have been registered with the EPA, many of which have neurotoxic or carcinogenic (cancer causing) effects. Many undergo only minimal testing, often done by the manufacturer of the product.

On average, 1.1 billion pounds of toxic agricultural chemicals are used annually in the United States, and more than 4 billion pounds worldwide. In the U.S., these chemicals are being sprayed over 900,000 farms comprising millions of acres.

It has been estimated that 9 million people come into contact with known neurotoxins (chemicals that damage the brain and nerves) in the workplace every day, and tens of millions of us live with these chemicals in our own homes.

The EPA has reported that 69 million families in the United States store and use pesticides, and that 150,000 to 500,000 pesticide-related illnesses are reported every year.

Pesticides and herbicides that are stored in homes often end up...
being spilled on the floor and the fumes can fill storage areas or garages. Most often, these spaces are attached to the home in some way, so the fumes can then easily enter the living area.

In addition to toxic herbicides and pesticides, modern science has now brought us genetic engineering, in which genes are redesigned to change the fundamental properties of an organism.

It all sounded very progressive — but do scientists really understand enough about plant genes to redesigned them? New studies are shedding light on this incredibly important question.

A Shocking New Study on Genetically Modified Foods

For years, practitioners of natural medicine have been warning people about the dangers of genetically modified (GMO) foods. These foods were first introduced for human consumption in 1994, and by 2003 some 63 percent of crops in the U.S. were GMO.

Estimates for the number of foods now containing a GMO ingredient range from 75 to 95 percent.¹

Now, a shocking new study has been released in the journal “Food and Chemical Toxicology.” Gilles-Eric Seralini and co-workers from the Institute of Biology at the University of Caen in France and the Department of Neurological Sciences at the University of Verona, Italy, performed one of the best analyses yet on the safety of GMO maize (corn) and residues of the pesticide Roundup (a commonly used weed killer).²

The study exposed animals to doses of Roundup-tolerant, genetically-modified corn using doses from 11 to 33 percent of the diet. The corn was cultivated either with or without Roundup.

Crops exposed to Roundup retain small amounts in the plant. They also tested the effects of Roundup alone. The dose of the Roundup alone was 0.1 part per billion (ppb) in water, which is equal to what is found in groundwater and public drinking water.

The control animals were fed a standardized diet free of GMO foods and pesticide residues, whereas the test animals were fed GMO corn (NK603) either without Roundup or treated with Roundup.

This study contains several shocking findings that will have a huge health impact because billions of people are now eating these foods every day.

1. GMO Corn Dramatically Increased Early Death in Males and Females

The researchers followed these animals for their entire lifetimes — normally about two years. The animals fed non-GMO food had a 20 percent (females) to 30 percent (males) death rate before the two-year follow-up. In the whole two-year study, 50 percent of the males and 70 percent of the females eating the GMO corn died before the experiment was concluded — that is, they died prematurely.

Even more terrifying was the fact that the

---

About Dr. Blaylock

Dr. Russell Blaylock 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 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 four books on nutrition and wellness, including “Excitotoxins: The Taste That Kills,” “Health and Nutrition Secrets That Can Save Your Life,” “Natural Strategies for Cancer Patients,” and his most recent work, “Cellular and Molecular Biology of Autism Spectrum Disorders,” edited by Anna Strunecka.

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.

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

² drblaylock.newsmax.com
animals died not only from eating the highest
dose of the GMO corn — they even died eating
the lowest dose.

Among the male rats on the 11 percent GMO
diet (the lowest dose) followed until the 17th month,
the death rate was five times higher than the normal
control rats on a regular diet.

The first female animal to die did so less than
a year after starting the diet and had a huge breast
tumor. Females on the 22 percent GMO diet for
21 months had a death rate six times higher than
rats on a normal diet — even without Roundup
contamination.

Death in the females was secondary to breast
tumors and in males from liver and kidney damage.

2. GMO Corn and Tumors

As with early death in the animals, development
of massive tumors was not related to the dose —
that is, there were just as many of these tumors in
rats eating the lowest dose of the GMO corn as the
highest.

Tumors occurred in the females five times more
often than tumors occurred in males, and more than
90 percent of the tumors in the females were breast
tumors. The other tumor types included an ovarian
cancer (cystadenocarcinoma) and two skin cancers.

The tumors were unusual because they were
so huge and grew so rapidly. This should terrify
every woman who is eating GMO foods.

The researchers found that the majority of the
tumors occurred after 18 months, well beyond
the World Health Organization’s 90-day limit
recommendation for studying product safety. The
very first large tumor was seen at four months — also
beyond the 90-day limit of previous studies.

Exactly how the GMO corn produced the tumors
is still unknown, but in the U.S., 75 percent of the
corn used as foods and food ingredients is GMO.
It has not been on the market long enough yet
to produce the explosion of tumors seen in these
animals.

But if humans respond like rats, the day of
reckoning is coming.

Most soybeans are also GMO, and millions of
women have been convinced to eat as many soy-
based products as possible with the illusion that it
may prevent breast cancer. I shudder every time I see
a woman putting soymilk in her shopping basket.

Babies Face Dangers From Soy

We should also be concerned that almost 40 percent
of babies are being fed at least some soy-based formula,
and 25 percent are mostly fed soy-based formula. It has
been estimated that soy formula provides soy-based
estrogen-like substances that would be equivalent
to giving a baby five oral contraceptive pills a day.
Development of the male-type sexual brain depends on
circulating specific sex hormones, and this could have a
feminizing effect on male babies.

The effects of GMO soy-based formula is suspected
to be harmful by some researchers, but what this study
could mean is that babies would be consuming the toxic
soy and Roundup contaminants for a much longer period
than an adult just starting on GMO foods.

Soy formula also has been shown to contain toxic
levels of manganese as well as fluoride and glutamate.
Combined, these brain and organ toxins could have a
number of long-term harmful effects.

3. Males and GMO-Induced Liver and
Kidney Damage

While tumors did occur in the male animals, it
was not as high an incidence as in the females. Two
of the tumors in the males were highly malignant
kidney tumors and occurred early in the experiment,
but long after the usual 90-day schedule used by the
regulatory agencies.

Of equal concern was the high incidence of
kidney and liver damage in males that ate the
GMO diet. Previous studies showed that trace
amounts of Roundup caused damage to liver
cells, including damage to the mitochondria, and
these small doses could lead to death of the cells.

The concentrations of Roundup used in
this study were extremely small, well below the
dose considered safe by the EPA. Several studies
have shown that Roundup increased free radical

IMPORTANT

As a subscriber to The Blaylock Wellness Report you may
have opted to get this newsletter with our Convenient
Automatic Renewal program. If you decide not to cancel
your subscription, your credit card will be billed each year
and read NMX*DR BLAYLOCK REPORT on your credit card
statement. Thank you.
generation in cells, which can lead to tumors. One study found that mice fed Roundup-resistant soy (called Roundup Ready GMO soy) for several months developed damage to cell components of the pancreas and liver.

What This Study Means for You

This study (and others) should scare the britches off everyone. The implications are enormous when you consider that most corn and soy products are GMO/Roundup contaminated foods, and the list of GMO altered foods continues to grow.

Three billion acres of crops around the world are now genetically engineered. It has been estimated that some 30,000 processed foods found on market shelves contain at least one GMO ingredient.

These are the foods that most people are eating, especially children and young adults. They include:
- Soybeans
- Corn
- Honey from Canada
- Rice
- Potatoes
- Tomatoes
- Papayas
- Zucchini
- Yellow squash

This study suggests that — at least for GMO corn — the longer a woman eats these products, the greater her risk of developing breast tumors. Equally frightening is the finding that the tumors grow incredibly fast and reach massive sizes.

For men, eating even low amounts of GMO foods, especially if they are contaminated with small amounts of Roundup, increases the danger of mostly liver and kidney toxicity, as seen in the French study. Failure of either of these organs leads to rapid death.

The damage is first detected around early adulthood and becomes lethal during middle age. According to this study, the older a person gets, the more likely they will suffer from GMO-induced organ damage.

The incidence of liver and kidney damage is increasing in our society, and this may be one of the reasons why. Keep in mind that all of us are also exposed to a number of environmental toxicants such as:

- Pesticides
- Herbicides
- Industrial chemicals
- Mercury
- Lead
- Aluminum
- Cadmium
- Alcohol and drugs

These toxicants interact to increase each other’s toxicity (called additive or synergistic toxicity).

A man who drinks moderately, smokes a half-pack of cigarettes a day, and uses pesticides in and around his home is at a much higher risk from GMO foods than is a man who avoids these contributing poisons. Add a poor diet and little exercise, and the risk is even higher.

What’s more, many over-the-counter and prescription drugs — including NSAIDs such as ibuprofen and acetaminophen — damage the liver and kidneys.

The same is true for women, as a number of environmental agents act in concert to trigger breast cancer. For a woman who has a high genetic risk for breast cancer (BRCA 1 and BRCA2 mutations), GMO foods are even more carcinogenic.

Add to that drinking alcohol regularly and having a diet low in folate and vitamin B12, and a woman’s risk becomes incredibly high.

Why Are GMO Foods So Dangerous?

While the French study is perhaps the most compelling, there have been a number of studies done on GMO foods by laboratories from around the world. In addition to kidney and liver damage, researchers have found damage to the adrenal glands, heart, and spleen.

Genetically modified foods can also damage various parts of cells, such as the mitochondria,
cell membranes, and chromosomes, and have been connected to damage to other organs, such as the heart, lungs, intestines, and pancreas. Maybe that’s why GMO foods are outlawed in Europe, Russia, and most of Africa.

In addition, several studies have shown that inserting genes into plants can alter adjacent genes, some of which trigger the production of toxic chemicals by the plant. This occurred when scientists genetically altered celery to resist pests.

When workers picked this genetically modified celery, it burned their hands. Those who ate it in the fields suffered burns inside their mouths.

A number of studies are showing that the toxic effects of GMO foods can be delayed for decades in those who eat the foods. Worse yet, the harmful effects pass through generations, resulting in reduced fertility in even third generations.

The full impact of genetically modifying foods is not known, but what we know so far is terrifying.

For protection against GMO foods, the best option is to avoid them altogether. Remember, studies suggest that the effects are transgenerational, even to your grandchildren.

In my opinion, all foods containing GMO ingredients should be labeled as such. People deserve the right to know what they’re eating.

The Impact of Pesticides

When I pore through the studies concerning agrochemicals — that is, pesticides and herbicides — I am plagued by images of my poor parents and all of the suffering they went through with Parkinson’s disease. I am also haunted by the suffering of many of my patients, and cannot help but feel a sense of panic when I consider just how many unsuspecting people are exposing themselves and their families to these toxins almost daily.

It was a patient who first opened my eyes, a gentleman in every sense of the word, unassuming but quite intelligent. Over the years, I got to know him well; he was honest and moral and free of ideological zealotry.

Some years earlier, he had been poisoned by pesticides and was attempting to sue one of the manufacturers over his severe neurological disability.

At our first meeting, he told me about his exposure to a pesticide. I examined him carefully, and found that he was suffering severe weakness and atrophy in his arms and legs, his hands and feet were numb, and his balance was severely impaired.

In short, his neurological injuries were quite real, and I could find no other explanation for them outside of his pesticide exposure, which had been rather heavy as he was a farmer.

Despite the evidence staring me in the face, I just couldn’t bring myself to admit that such damage could occur with a commonly used pesticide. I told him that I knew of no evidence of a link to pesticides and that the mechanism of action with these chemicals could not explain his condition.

Like many of my colleagues today, I was talking through my hat. I had never read the literature on pesticide injury. One of the characteristics of ideology is that it blinds the person to reality.

Being the gentleman he was, my patient politely asked me if I would look at some medical and research literature that he had collected. I didn’t really want to, but I finally agreed.

He opened his briefcase and handed me a thick stack of articles. I had a very busy practice at the time and was taking a lot of night calls as well, so I wasn’t particularly eager to spend my spare time reading dry scientific material. I regret to say that the articles sat on my desk unread for several weeks.

Then one day, during a rare lull in my activity, I picked up one of the articles and began to read it. It was fascinating.

The authors made a powerful case for neurological toxicity when certain pesticides were encountered even in extremely small concentrations over a prolonged period. Higher concentrations could be devastating.

Soon I found myself poring through the other articles. I searched the medical library for more information, and what I found was that every independent study reported the same thing — people were being poisoned by these commonly used products, and the damage could vary from subtle to severe.

What These Chemicals Do to You

That introduction to pesticide toxicity occurred more than 30 years ago. Since then, I have done extensive research in this area, and discovered a number of incredible facts. For example:
Many of these chemicals are toxic for reasons that have nothing to do with how they kill bugs or weeds.\textsuperscript{3} They affect enzymes, cell signaling, and cell membranes in ways that severely interfere with energy production, immune function, neurological function, and the function of kidneys, eyes, peripheral nerves, fat metabolism, and insulin control, among other things.

**Sensitivity to these chemicals varies from person to person**, depending on his or her ability to detoxify poisons. The liver is the major detoxification organ, but detoxification also occurs in the kidneys and within the cells.

**Detoxification is to a great extent controlled by nutrition.** This means that a person can build up resistance to these powerful poisons.

**Sensitivity to poisons varies with age.** The unborn, infants, and the elderly — that is, those at the extremes of age — are at greatest risk. In the very young, protective enzymes, detoxification systems, and antioxidant systems are not fully developed. In fact, a person’s nervous system is undergoing development until age 8. The elderly are vulnerable because they have poorly functioning immune system due to aging and often poor nutrition. In addition, their cells are weaker.

**People with pre-existing diseases are more vulnerable than healthy people.** These toxins can make diabetes, cardiovascular disease, cancer, arthritis, autoimmune diseases, kidney disease, and neurological diseases progress much faster.

**Exposure to other poisons, such as mercury, lead, cadmium, and engine fumes can worsen the effects of pesticide exposure.** Many prescription drugs can magnify this toxicity as well. Acetaminophen, for example, depletes the cell’s main antioxidant, glutathione, and causes damage to the liver and kidney. Statins deplete coenzyme Q10 and suppress immunity.

**Many pesticides, herbicides, and fungicides inflame the brain and spinal cord and can do so for years after just a few exposures.**

**Many of these chemicals are carcinogenic.** When two weak carcinogenic pesticides are mixed (which is common) it forms a very powerful carcinogen. Pesticides can also greatly increase the cancer-causing ability of weakly carcinogenic viruses.

**These chemicals are toxic in extremely small concentrations and can produce permanent damage to cells and organs.** Others accumulate in the body and concentrate in various organs.

**Some pesticides, herbicides, and fungicides accumulate in fat tissue.** This is dangerous because if a person loses weight rapidly, these chemicals will be released into the bloodstream and redistributed to other tissues, such as the heart and brain. To prevent this, people need to boost their detoxification and antioxidant systems before losing fat.

### How Pesticides Affect the Nervous System

One of the strongest links between exposure to these chemicals and neurological diseases is seen with Parkinson’s disease. A number of studies, both on animals and humans, make this connection.

**For example, farmers (who are exposed to high levels of these chemicals for decades) have a much higher incidence of Parkinson’s disease than people living in urban areas.**

Exposing animals to the commonly used herbicides rotenone and paraquat or the fungicide maneb, produces the same brain lesions in animals as seen in human cases of Parkinson’s disease.

**Why does this happen?** Because these agricultural chemicals selectively damage the cells in the midbrain (substantia nigra) that are associated with Parkinson’s disease.\textsuperscript{4,5}

All of these chemicals activate microglia — the brain’s immune/inflammation cells. The midbrain has one of the highest concentrations of microglia in the brain.\textsuperscript{6,8}

---

A note from Dr. Blaylock: Advertisements for various supplements may appear in the newsletter or attached to the newsletter. I have nothing to do with these advertisements and do not endorse them. The only supplements I endorse are those that I list in the newsletter. This is not to say that I object to the supplements; it’s just that I am not familiar with the supplements being advertised.

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.
Magnesium Relaxes Muscles™
Recommended by Dr. Russell Blaylock

“I experienced immediate results. Within the first couple of days I noticed decrease muscle tension, more energy, and a decrease in anxiety. And no diarrhea!” - Scott from California

Magnesium...

is a vital mineral involved in over 325 biochemical reactions in your body. Up to 80% of Americans are deficient in Magnesium.

Symptoms of a magnesium deficiency include:

- Body Aches
- Leg Cramps
- Muscle Twitches
- Restless Sleep
- Headaches and Migranes
- Fatigue / Low Energy
- Chronic Constipation
- Insulin Resistance

Jigsaw Magnesium w/ SRT® may help*:

- Relax muscles and ease athletic injury.
- Boost energy production and reduce fatigue.
- Promote healthy, restful sleep.
- Increase calmness and lessen stress.
- Encourage regularity and healthy digestion.

Why is this better?

Not all magnesium supplements are created equal.

There are many different forms of magnesium, each with a varying degree of absorbability and side-effects. We only use dimagnesium malate from Albion®, one of the most highly absorbable forms available.

Instead of the magnesium being dumped into your system all at once, our proprietary Sustained Release Technology (SRT) slows down the release of magnesium so it’s spread out over 8 hours, which allows your body to absorb the maximum it needs to start feeling your best... without the dreaded digestive discomfort that high doses of regular magnesium supplements can cause.

Jigsaw Magnesium w/ SRT® is:

- Affordable: As low as $0.48 per day.
- Effective: Customers often feel results within 2-3 weeks, some within the first few days.
- Risk-Free: 90-day Money Back Guarantee.
- Recommended by Doctors: Featured in the Naturopathic Medical Buyers Guide.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
This concentrated inflammation and excitotoxicity gradually destroys the neurons in the midbrain, leading to Parkinson’s symptoms.

Interestingly, it has been shown that LPS, an immune stimulant used in many vaccines, can dramatically increase the pesticide-related damage associated with Parkinson’s.9,10

Studies found that if you used a concentration of rotenone that was too low to cause damage by itself and mixed it with LPS also in a dose that alone caused no damage, the two together could cause tremendous damage to these cells.

Worse yet, researchers found that if a person was first exposed to LPS and then later exposed to rotenone, the toxic effect was more than doubled. This could mean that if you had a vaccination as a child and then later were exposed to rotenone, your risk of developing Parkinson’s disease would be dramatically higher than if you had not been exposed to vaccines.

Researchers have also found that if a baby is exposed to LPS while in the uterus, when born the baby will have a loss of neurons in the midbrain.11 This means that an exposed child, as an adult, will be much more sensitive to the damaging effects of pesticides, herbicides, and fungicides.

The Link Between Farming and Cancer

When considering the health risks of agrochemicals, most people automatically think of cancer. And indeed, pesticides, herbicides, and fungicides can cause cancer by generating storms of free radicals, directly damaging cellular DNA, and causing nutritional factors related to carcinogenesis.

The cancers spreading fastest in developed countries — especially in people age 30 and below — are cancers of the lymphatic system. These include non-Hodgkin’s lymphoma, Hodgkin’s lymphoma, and some rarer forms such as multiple myeloma.

Studies have shown that fat taken from people all over the globe contains more than 100 manmade chemicals.

Several of these are carcinogenic. But one that is of particular concern is Roundup, a broad-spectrum herbicide composed of glyphosate and a compound called polyoxyethyleneamine, both of which are toxic to humans.

A 2007 French study reported a significant link between farming and the occurrence of non-Hodgkin’s lymphoma.12

In this study, exposure to pesticides increased the risk for non-Hodgkin’s 270 percent and for Hodgkin’s as much as 220 percent.

Exposure to pesticides increases one’s risk of multiple myeloma, a blood cancer with a high mortality, by a whopping 280 percent.

Protect Yourself From Harmful Chemicals

While all of this sounds quite gloomy, and it should certainly concern you, all hope is not lost. There are some sound principles you can use to protect yourself and your family from pesticides.

Most important is to wash all vegetables, including organic foods, thoroughly with a vegetable wash. Wash those on the dirty dozen list (see sidebar) last — otherwise you will contaminate the others.

---

Dirty Dozen: Foods With the Highest Concentration of Pesticides

All vegetables should be thoroughly washed with a veggie wash before eating. This includes organically grown vegetables.

I am surprised by the number of people who do not wash their vegetables. Organic vegetables, while not exposed directly to these chemicals, are coated by rainfall contamination and contaminants carried in the wind.

Soybeans, unfortunately, cannot be washed and products such as soymilk can contain these residues. Here are the dirtiest dozen foods you encounter every day:

- Apples
- Celery
- Sweet bell peppers
- Peaches
- Strawberries
- Nectarines (imported)
- Grapes
- Spinach
- Lettuce
- Cucumbers
- Blueberries (domestic)
- Potatoes
Agrochemicals and Parkinson’s Disease

Because the brain is made mostly of fatty substances, agrochemicals accumulate and remain in the brain and can easily penetrate into brain cells and glia, such as microglia and astrocytes. This is where these chemicals do the most harm.

The four worst offenders in causing neurological damage are Roundup, paraquat, maneb (a fungicide), and rotenone — all of which are commonly used.

Studies have shown that these chemicals do the most damage in the substantia nigra (site of damage in Parkinson’s disease). They increase free radicals, activate inflammatory microglia, suppress mitochondria, and lower brain cell glutathione levels. All of these mechanisms are associated with Parkinson’s disease and other neurodegenerative diseases.

Because many of these chemicals produce storms of free radicals, you must increase your antioxidant protection. In addition, you want to stimulate the detoxification enzymes both in the liver and within cells. Here is how to accomplish that:

• Buffered Vitamin C. Protects against free radicals, increases tissue strength, boosts immunity, and protects against excitotoxicity. The dose is 1,000 mg, taken three times a day between meals.

• Natural Vitamin E (as mixed tocopherols and tocotrienols). These antioxidants primarily protect cell membranes. Take 100 mg tocotrienols twice a day, and 400 IU tocopherols twice a day with meals.

• Vitamin B complex. Stimulate cell detoxification and offer protection against excitotoxicity. It plays a special role in liver health and can counteract some of the toxicity of agrochemicals.

• Magnesium citrate/malate. A powerful anti-inflammatory that protects against fluoride and manganese, both of which are in agrochemicals. Also plays a special role in protecting the nervous system. The dose is 500 mg twice a day.

• R-lipoic acid. Regenerates other antioxidants and stimulates liver and cellular detoxification. It is especially effective against nerve damage. The dose is 100 mg twice a day with meals.

• Silymarin. This extract of the milk thistle plant has been shown to have powerful liver-protecting properties against a number of chemical toxins. The dose is 200 mg once or twice a day.

• N-Acetyl-L-cysteine (NAC). Supplies cells with the antioxidant glutathione, which not only protects against free radicals but also detoxifies many harmful metals. The dose is 750 mg twice a day, always taken after a full meal. Taking it on an empty stomach can cause severe stomach cramping.

• Indole-3-Carbinol. Found in broccoli, Brussels sprouts, and other cruciferous vegetables, it stimulates detoxification and protects the liver and heart. Also a powerful anti-cancer agent. The dose is 250 mg to 500 mg three times a day. Taurine. This amino acid plays a major role in detoxification and counteracts excitotoxicity. The dose is 500 mg twice a day, one hour before a meal.

• Curcumin. Protects all cells against free radicals, stimulates liver and cellular detoxification, and counteracts the endocrine-disrupting mechanism of agrochemicals. The dose is 250 to 500 mg 2 to 3 times a day, taken with meals.

• Quercetin. This plant flavonoid is a powerful antioxidant that stimulates detoxification in the liver and cells. Take 500 mg three times a day with meals.

• Melatonin. Secreted by the pineal gland, melatonin is more than just a sleep aid. It is also one of the brain’s most powerful antioxidants. Adults can take 1 to 9 mg 30 minutes before bedtime.

I discourage using pesticides within the home and would use only natural insecticides in the garden and yard. While pyrethrins are natural (extracted from Chrysanthemums), they are toxic to humans in high doses and should be used with caution.

I would never use Roundup under any conditions. But if you do, wear a chemical grade mask, shoe covers, and gloves. And it should never be stored near your house.

REFERENCES

Each month, I will share a case history from my practice that reveals how alternative approaches can solve major health problems. Names and details have been changed to protect patients’ privacy, but the problems and their resolutions are real.

— Dr. Russell Blaylock

One of the criticisms that comes from mainstream doctors is that natural medicine practitioners do not carry out long-term follow-ups with patients. In fact, a better case can be made for that shortcoming among mainstream medical studies, which are mostly short-term.

I have the advantage of keeping in contact with people I have advised and treated for years, in some cases even decades.

A few years back, a distraught mother contacted me about her young daughter, Emily. At 5 years old, Emily had been diagnosed with acute leukemia. Her oncologist had already begun chemotherapy treatments, which were causing nausea, poor appetite, and severe weakness.

Her poor mother was sick with worry, not only about her child’s survival but also about the effects of these chemotherapy treatments on her daughter’s brain — especially her ability to learn.

**Inhibiting Cancer, Enhancing Chemotherapy**

At the time, I had just reviewed several studies concerning the benefits of natural supplements on leukemia. Most impressive was quercetin, which was so impressive that the author of one study suggested it be used in all cases of leukemia.

The quercetin not only directly suppressed leukemia cells, but also enhanced the effectiveness of the chemotherapy and reduced side effects.

Most oncologists at that time were of the opinion that chemotherapy drugs could not enter or harm the brain — a special concern in small children with still-developing nervous systems.

My research into the topic suggested that this was not true. What the oncologists did not know was that most drugs cannot cross the brain’s protective barrier (blood-brain barrier). Rather, they enter via the circumventricular organs (CVOs).

The CVOs are small areas scattered throughout the brain in places that need to sample blood — hence there is no barrier. In addition, the cancer itself can open the barrier, allowing these toxic chemicals to harm the brain.

A number of previous studies demonstrated impaired learning in children undergoing treatment for leukemia. In addition, a number of natural products have been found to powerfully inhibit leukemia and enhance chemotherapy effectiveness and safety. These include resveratrol (in grape skins and other food products), green tea extract, curcumin, and ellagic acid.

**Mainstream Doctors Need to Learn More**

I worked with Emily and her mother to develop a complementary alternative medicine program to go along with her chemotherapy. Over the years, she has not only responded well to the chemotherapy treatments, but also had virtually no side effects, and her cognitive ability is excellent.

This sweet little girl is now an active, bright teenager who has excelled in school. Her mother was so impressed with Emily’s natural treatments that she pursued a career as a naturopath.

It is unfortunate that practicing oncologists have not kept up with the advances in the use of natural plant extracts for cancer treatment.

Recent studies have shown that conventional chemotherapy for all cancers can indeed damage the brain and impair cognition. This has been shown in women treated for breast cancer, many of whom complain of difficulty thinking and remembering after their treatments. (The experience is so common it has earned an unfortunate nickname: “chemo brain.”)

Unfortunately, they were ignored for decades until finally someone actually listened.

It is time for physicians to start looking at the research of those of us who practice natural medicine. Millions will benefit, just like Emily.
Study: Cherries Plus Medication Reduces Gout Attacks 75 Percent

I always find it amusing when so-called conventional medicine discovers something that natural health professionals have been saying for years. Well, here they go again.

A new study out of Boston University found that among 633 patients, there was a direct relation between eating cherries and reducing painful attacks of gout, a condition characterized by recurrent attacks of inflammatory arthritis.

Not surprisingly, the more cherries they ate, the better the results were.

For example, those who ate one serving a day reduced their attacks by 35 percent; two servings reduced attacks 48 percent; and three servings by 51 percent.

The researchers also found that patients who combined the cherries with the gout medication allopurinol reduced their attacks by a whopping 75 percent.

Why does this happen? Urate crystals deposited in the joints trigger intense inflammation, and a number of plant flavonoids and compounds called anthocyanins reduce the inflammation.

These substances are also found in curcumin, quercetin, ellagic acid, resveratrol, Jatoba extract, and grape seed extract.

Plant Flavonoids Suppress Cancer

Evidence has been accumulating that stem cells are the primary source of cancer cell development, and that these cancer stem cells are highly resistant to conventional chemotherapy.

I have just written an article demonstrating that in malignant brain tumors, these same cells release factors that suppress the body’s immune cells designed to kill the cancer.

Such localized immune suppression allows tumors to grow and spread unimpeded. This process has also been demonstrated in breast cancers.

A number of plant flavonoids, primarily curcumin, have been shown to powerfully suppress cancer stem cell growth and to restore immune function. Other natural products, including vitamin D3, also play a major role in suppressing breast cancer growth.

A friend of mine, Catherine Frompovich, has put together a book that discusses many of these natural methods to treat breast tumors, including breast cancer.


Soy Worsens Seizures

A new study out of the Waisman Center for Developmental Disabilities, published in the “Journal of Alzheimer’s Disease,” found that feeding high-soy diets to mice caused a greater incidence of seizures than when the animals ate a normal diet.

This was especially true when the mice were given the soy product daidzein, which also made the animals hyperactive.

Other studies have shown that feeding monkeys soy foods early in life led to high rates of violence later in life.

In the study, the researchers used animals that were genetic models for Alzheimer’s disease and Down syndrome.

Soy appears to increase brain production of an amino acid compound call amyloid beta, a product found at high levels in the brains of people with these diseases.

The link may be with excitotoxicity caused by the soy, as other studies have shown that blocking a glutamate receptor prevents the seizures.

Infant soy formulas increase blood levels of the estrogen-like substances (isoflavones) 13,000 to 22,000 times higher than normal estrogen levels.

Mothers should think twice before using a soy-based infant formula for their babies. Once the brain is programmed, it cannot be changed.
Q: I was diagnosed with normal-pressure glaucoma, and have taken various eye drops. Are there any supplements that might be helpful for my condition?

— Martha L., College Station, Texas

A: Recent glaucoma research in glaucoma has shown something quite surprising to ophthalmologists: It is not just pressure that is causing the destruction of the retina, but rather a buildup of excitotoxins in the eye caused by the pressure.

In fact, the process is the same as seen with neurodegenerative diseases such as Alzheimer’s and Parkinson’s diseases.

The process is called immunoexcitotoxicity, but instead of occurring in the brain, the damage is localized in the retina.

Based on this new information, ophthalmologists are searching for ways to reduce excitotoxicity and inflammation in the eye. Most important is avoiding excitotoxins in foods.

Remember, these excitotoxic food additives come in a number of disguised names, such as natural flavoring, autolyzed yeast, and hydrolyzed vegetable protein.

The next thing you can do is to take plant extracts and vitamins that reduce immunoexcitotoxicity. These include curcumin, quercetin, ellagic acid, resveratrol, mixed tocopherols, and vitamin C.

Q: I would like to do a 7 to 10 day fast, but am not sure if it is really a good thing to do. Is fasting a good way to help detoxify your body?

— Robin B., Clovis, N.M.

A: Studies have shown that a fast one day a week is just as beneficial as prolonged fast, so there is no need for such a prolonged fast.

In addition, there are risks to a prolonged fast, such as significant hypoglycemia and fainting, which can lead to a head injury. It is also difficult to function when you are so weak.

Q: I have had heavy, regular menstrual cycles for five years since my last child was born. I am anemic and take a whole food iron pill. During my last two cycles I lost two pounds of blood. Do you have any advice?

— Kristen C., Muncie, Ind.

A: In nature, balance is everything. Low iron levels are almost as damaging as too high a level, because it increases free radical generation and risk of infection, and impairs wound healing. To maximize iron absorption, take your iron with vitamin C. This also reduces oxidative damage by the iron.

Avoid things that bind iron when you are taking your iron supplement. This includes vegetables, flavonoids, and especially tea — all of which prevent iron absorption.

Taking vitamin C with iron will prevent blocking. The best iron supplement is carbonyl iron. It is well-absorbed, causes no gastrointestinal distress, and improves bowel action. It is vital to keep tabs...
on your iron levels, not just hemoglobin levels. This should be repeated every month until stable.

**Q: My son will be transferred to Afghanistan soon. Do you know which vaccines are given for that region and what the implications are?**
— Jojuan C., Forest Grove, Ore.

**A:** First, I want to thank your son for his brave service to our country. Unfortunately, soldiers cannot avoid military vaccines, and most are harmful — especially the anthrax vaccine.

The best solution is to make sure he takes a balanced multivitamin/mineral such as Extend Core, mixed tocopherols, and niacinamide (500 mg twice a day), which reduces immune hyperactivity.

Another trick of the trade is to apply a cold compress on the site of the vaccine as soon as possible and repeat every hour for the first day and several times a day for the first week. This reduces the immune reaction.

A product called Jatoba (10 drops in 4 oz. of water twice a day) will also reduce the immune overreaction. May God bless and protect your son.

**Q: I have a friend who has Myasthenia gravis, and is beginning to develop slurred speech. What supplements do you recommend for this disease?**
— Nikki K., Oneida, Tenn.

**A:** Myasthenia gravis is an autoimmune disorder frequently associated with flu vaccines. The most important thing is to reduce immune reaction. This can be done by increasing intake of omega-3 oils, reducing omega-6 oil intake, using Jatoba extract, and avoiding vitamins that are immune stimulants, such as beta-carotene and astaxanthin.

Luteolin has been shown to reduce immune overreactions and this is found in artichoke extract. Curcumin and quercetin also reduce the immune reaction of MG and reduce inflammation.

**Q: My husband is being treated for hyperglycemia. Is there any whey protein that is OK to take?**
— Marcia P., St. John, Ind.

**A:** Whey protein has become a nutritional fad — and in my view a dangerous one. Whey protein is high in the excitotoxin glutamate.

There are many supplements that lower blood sugar, especially the flavonoids — curcumin, quercetin, luteolin, cinnamon, EGCG (white and green tea extract), and baicalein (skullcap extract). R-lipoic acid and niacinamide also lower blood sugar, and the latter boosts energy in the brain.

**Q: Do you have any new information on treatment for tinnitus?**
— Paul A., Charleston, S.C.

**A:** Tinnitus is a persistent ringing sensation in the ears that can result from a wide range of causes. Ginkgo treatment works only with early onset.

Other things that may help include avoiding excitotoxins, DHA in a dose of 2,000 mg twice a day, magnesium citrate/malate, curcumin, high dose vitamin B-complex, methylcobalamin (10,000 mcg a day), folate (400 mcg a day), and pyridoxal-5-phosphate (50 mg a day). Baicalein is a powerful protectant for nerves.

All of these things have also been shown to improve nerve function.