

HEALTH REVELATIONS

Free Bonus Report

DR. STENGLER'S GUIDE TO CONQUERING DISEASE

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Table of Contents

The stomach-turning trouble that could be lurking in your next meal. 1

Simple wheat germ extract revealed to be a powerful cancer fighter. 3

The up-and-coming heart health superstar that everyone will be talking about:
Put the MEGA into your OMEGA 5

Protect your brain with the two MUST-HAVE nutrients for fighting Alzheimer’s 8

The bitter truth about artificial sweeteners and cancer 10

The secret sinister cause of heart disease and cancer revealed 12

How to conquer America’s growing super-infection threat—naturally 14

27% lower blood pressure readings with “hypertension soup” 17

References 18

The stomach-turning trouble that could be lurking in your next meal

Millions of Americans will be eating out at restaurants or at loved one's homes this holiday season. But be careful, you may be gobbling down more than just turkey dinner!

More on that dinner-time disaster later, but first let's talk tummy troubles.

Sam, a pleasant forty-five year old attorney sought my help for a decade old struggle with irritable bowel syndrome (IBS). His problem was bloating, gas, and an uneasy sensation in his abdomen. These symptoms were a source of stress for him in an already stressful environment—the courtroom.

I explained to Sam that IBS is a very common condition. It affects approximately 30 percent of the US adult population.¹ Common symptoms include abdominal cramping, gas, bloating, loose stool or constipation (or an alternation of both), and sometimes mucus in the stool. Now according to conventional wisdom IBS can't be cured, but symptoms can be reduced.² My experience is that symptoms can be relieved *and* the condition can be cured when the root causes are treated.

Pinpointing a cause

There are many different causes of IBS. For example, food intolerances can cause havoc in the digestive tract. One of the most common is the milk sugar, known as lactose. By age twenty about 30 million American adults have some degree of lactose intolerance. Another common...

and growing...intolerance I see with patients is gluten, especially wheat. I believe the genetic modification of wheat has changed its molecular structure so much that for many it's now recognized as a foreign invader in the digestive tract. Milk and wheat ate just two of countless foods that can cause IBS symptoms. Your local holistic doctor can give you tests to pinpoint your own trigger foods.

Not getting enough fiber in your diet can also cause uncomfortable IBS symptoms to kick in. But with fiber it always takes a little bit of trial and error to get the balance right. Some patients with IBS respond well to increased fiber in their diet while others need to increase the amount slowly or else their symptoms worsen.

Vegetables, fruits, nuts, and seeds are all good sources fiber. But be careful when it comes to nuts, especially peanuts since they're highly allergenic. Good supplemental sources of fiber include chia seeds, Psyllium, and ground flaxseeds. Make sure to ingest a good amount of water...around 8 to 10 ounces per serving of fiber...so you don't plug up your bowels!

Avoid getting sick from the stress

As is the case with most conditions, stress can be a big factor when it comes to how well your gut is doing its job. Stress can have a negative effect on your digestion. So it's important to tune into the factors in your life that are causing you stress and to look for ways to reduce those sources of strain.

Common IBS symptoms to look out for⁵

- ▶ Constipation
- ▶ Diarrhea
- ▶ Mucus in stools
- ▶ Flatulence and abdominal rumblings
- ▶ Nausea
- ▶ Headache
- ▶ Intolerance to certain foods
- ▶ Gurgling and rumbling of the abdomen
- ▶ Abdominal pain and cramping, usually either relieved by going to the bathroom or brought on by it
- ▶ Burping
- ▶ Heartburn
- ▶ Alternating constipation and diarrhea
- ▶ Occasional vomiting
- ▶ Painful sexual intercourse (dyspareunia)
- ▶ Fatigue
- ▶ Feeling full easily
- ▶ Depression
- ▶ Anxiety
- ▶ Frequent urination
- ▶ Painful periods
- ▶ Irritation of the rectum
- ▶ Insomnia
- ▶ Mental "fog"
- ▶ Unpleasant taste in mouth

But, let's face facts. No one's life is 100 percent stress free. So it's *also* important to have outlets that can help you reduce your stress level like exercise or other activities. The activities you choose to get involved in for stress relief aren't nearly as important as how they make you feel. Just make sure yours don't involve over-eating or other unhealthy activities.

Shine a light on overlooked infections

An undiagnosed intestinal infection can lead to IBS. In fact, it's quite common. Take candida albicans for example. This yeast lives in the digestive tract of virtually every human being walking this earth. Normally candida doesn't cause problems, but if you introduce an antibiotic the tables can suddenly turn. The problem, of course, is that the antibiotic doesn't just destroy the bad bugs it destroys the good ones too. And once your gut flora is out of balance the candida can overgrow and become infectious. A high sugar diet or chlorine laden water supply also contributes to candida overgrowth.

The same type of overgrowth can happen with other bacteria in your small intestine as well. But no matter the bug, bacteria, or yeast that triggers it the results are the same...the classic IBS symptoms of gas, abdominal pain, and distention.

Your doctor can easily diagnose this problem with a procedure known as the Hydrogen Breath Test. You will be given a sugar...either lactulose or glucose...to eat. Then a number of breath samples are stored in a special bag and sent off to the lab for analysis. If it turns out that you have a hidden candida or bacterial infection then herbal antibacterial agents and probiotics can be used to reduce the level of the bacteria in your small intestine.

Look what came with dinner

Now let's get back to that unwelcome dinnertime surprise I hinted at earlier. I admit it's not a popular topic...but it's an important one. I'm talking about parasites that can infect you in a number of ways, including hitching a ride inside on your fork.

Not surprisingly parasites are the number one thing that's guaranteed to gross my patients out when I review their stool test results. Until that point most people think of parasites as a third world problem, and it

The shocking connection between parasites and suicide

A recent study published in the journal *Archives of General Psychiatry* reported that women infected with the parasite *Toxoplasma gondii* (T.gondii) were more likely to attempt suicide than women who were not infected. More specifically, they found infected women were 81 percent more likely to have a violent suicide attempt than non-infected women.³

T. gondii infection is most commonly caused by eating undercooked meat. It's also transmitted from handling infected cat feces, consuming unwashed produce, and handling contaminated soil.

A previous study suggested that T. gondii increases the risk for schizophrenia.⁴ It's thought that this parasite increases inflammation of the brain which disrupts brain chemistry. And it is estimated that 10 to 20 percent of the American population unknowingly are carrying this parasite.

certainly is with hundreds of millions of people harboring parasitic infections, especially poorer nations because of poor sanitation. However, the uncomfortable truth is that in America they're a lot more common than you would expect. In fact, they affect millions here every year.

Most people who have parasites are unaware of their infection. They, and their doctors, assume that since they don't have extreme digestive symptoms such as gushing diarrhea, blood in their stool, fever, or weight loss that it's not a possibility. They're wrong. And, unfortunately, relying on traditional lab tests alone can be tricky because unless it's a severe infection the traditional test can miss detecting the parasites. You see the bugs often attach to the wall of the digestive tract and this means that they may not always be present in the stool.

I have had good results using a newer technology which utilizes DNA analysis to identify a variety of parasites. It's a much more sensitive test than what laboratories currently use in their analysis. In the case of Sam that I told you about at the beginning of this article we found he had two different parasites, one of which was a type of worm. Using a combination of medications, anti-parasitic herbs, and a probiotic we were able to eliminate Sam's ten-year-old problem in just four weeks!

References available of page 18

Simple wheat germ extract revealed to be a powerful cancer fighter

There's a natural and powerful anti-cancer therapy hiding in a common food that's practically unknown to almost every oncologist in North America. Yet, if you travel to a country such as Hungary you will find that it's an accepted therapy by cancer specialists. I'm talking about fermented wheat germ extract (FWGE). This special extract is different than the wheat germ oil you'll find on the shelves of your local health food store.

FWGE was developed by Dr. Mate Hidvegi, a Hungarian chemist, in the 1990s. He was following up on the work of Dr. Albert Szent Gyorgyi who received the Nobel Prize in Medicine in 1937 for the discovery of vitamin C and the life-sustaining processes of cellular metabolism. Dr. Gyorgyi theorized that substances known as benzoquinones, (also known as DMBQ's), play a critical role in glucose metabolism. Before completing his work in this area he died in 1986.

Dr. Mate Hidvégi followed up on this research with a team of scientists. He developed a patented process of fermenting wheat germ with baker's yeast. The result was a well-researched natural substance with more than 100 studies described in over 20 peer-reviewed medical journals.

For example, it has been studied at UCLA, General Clinical Research Center and Clinical Nutrition Research Unit as well as The Scientific Program, NATO. Many of those studies explored its use for the complementary treatment of cancer.

How FWGE works

FWGE has unique actions in the body that make it a powerful assistant in the fight against cancer. You see cancer cells thrive on glucose, using the sugar for fuel. But fermented wheat germ blocks those cells from gobbling up the glucose. It accomplishes this by inhibiting an enzyme known as glucose-6-phosphate dehydrogenase (G6PDH) which is required for glucose metabolism. Studies show it can inhibit this enzyme by up to a stunning 95 percent.¹ Without a fuel supply the cancer cells are unable to grow and eventually they die.

But FWGE's anti-cancer actions don't stop there. Not by a long shot. In fact, the wheat germ hits cancer with not just one but two more cancer-killing punches. First FWGE reduces the amount of a specific protein found on tumor cells. When this protein is curbed it gives the body's *own* cancer-killing immune cells the opening they need to attack the cancer cells more effectively. Second FWGE completes the job by supercharging the activity of certain immune cells that target tumors.

There are likely a number of components of FWGE that gives it its unique anti-cancer properties, but the best studied is a group of chemicals called benzoquinones. (I mentioned them earlier.) Wheat germ naturally contains some benzoquinones and the fermentation process causes their levels to skyrocket. And the higher the benzoquinones levels are the higher the anticancer potential of FWGE is.

Regular wheat germ extract doesn't have nearly the levels of benzoquinones that the fermented version has and this is why the run-of-the-mill extracts don't have similar therapeutic activity. And, most importantly, *unlike* chemotherapy and radiation FWGE is able to accomplish its anti-cancer effects *without* doing any damage to healthy cells in the process.

Let's take a look at a couple of those over 100 studies on FWGE that I mentioned earlier. There are plenty to choose from, but let's focus on just a few of the human studies today. These studies show an overall improvement in survival, disease-free survival, and improved quality of life.

Kicking colorectal cancer

Hungarian researchers tested the effect of FWGE on sixty-six patients with colorectal cancer. The volunteers received FWGE supplementation for more than 6 months while 104 control patients received traditional anticancer therapies alone. By the end of the study 23 percent of the patients receiving conventional cancer treatments had their cancer spread. In sharp contrast, only eight percent of the FWGE patients saw their cancer spread.²

Melanoma meets its match

In one randomized clinical trial patients with melanoma were given standard chemotherapy or chemotherapy plus FWGE for one year. After a seven-year follow up period, researchers found that patients who had taken FWGE were *half* as likely to die from melanoma during this time.³

Opting out of oral cancers

There's very little research available on natural products for cancers of the mouth and neck so I was pleased to uncover such positive research on FWGE. Researchers followed 22 patients with oral cancer who took FWGE and compared them with 21 patients not receiving FWGE. Those who took FWGE reduced the risk for cancer progression by a stunning 85 percent.⁴

In fact, FWGEs abilities to fight the spread of oral cancer are so impressive that when the Hungarian Association of Oral and Maxillofacial Surgeons reviewed the research they sung the fermented wheat germ's praises saying:

“For patients suffering from head- and neck tumors—primarily malignant tumorous diseases of the oral cavity, the progression of the disease can be slowed significantly, the five-year survival rate increased considerably, the quality of life improved, and the oxidative stress on the patients reduced by the long-term application of the supplementary formula Avemar (FWGE). The Association considers the supportive treatment with the formula Avemar as an important part of the complex therapeutic protocols applied in stages II, III and IV of malignant tumorous diseases of the oral cavity.”⁵ I'd call that a ringing endorsement.

Curb chemo infections

One of the many risks with chemotherapy is the suppression of your white blood cells which fight infection. FWGE was found, in one study, to have the ability to head infections off at the pass in children and teenagers undergoing chemotherapy. When researchers followed 22 kids and teens who were being treated for different types of cancer they found that those who received FWGE had *significantly* fewer infections and fevers while receiving chemotherapy.⁶

Leave behind lung Cancer

At the Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center an open trial with 16 people with lung cancer who were receiving standard cancer therapy was supplemented with FWGE. Patient's symptoms and quality of life were monitored with a questionnaire. Researchers found a significant improvement in the overall state of health including a reduction in fatigue and pain, and an improvement in appetite and emotional state.⁷

Ban breast cancer

In 2004 Hungarian researchers put FWGE to the test against human breast cancer cells. When the fermented wheat germ was combined with the estrogen-blocking breast-cancer drug Tamoxifen it *increased* the rate of cancer cell death.⁸

Beat rheumatoid arthritis

Over the years I've told you about a number of natural substances that may help with the treatment of rheumatoid arthritis (RA) including collagen, MSM, fish oil, and turmeric. It looks like we might need to add FWGE to that list.

Interestingly, FWGE has been shown in preliminary studies to help people with their RA symptoms. In a year-long study patients with RA had a significant reduction in stiffness at their six- and 12-month follow up. Half of the participants were even able to reduce the amount of steroids they were taking.⁹

Dosage and usage details

In the morning before breakfast I generally recommend, taking one packet containing 8.5 to 9 g of FWGE daily mixed with eight ounces cold water or any other beverage that contains less than 10 mg vitamin C per eight-ounce serving. Store the packets at room temperature or in the refrigerator. It's also available in tablets. The typical tablet dosage is 5 tabs twice a day on an empty stomach.

Side effects are very uncommon with FWGE. Some people occasionally have minor digestive upset and that can be relieved by dividing the dose in half twice daily.

Be sure to not take vitamin C supplements or beverages containing high amounts of vitamin C within two hours of ingesting FWGE. If you are pregnant, a nursing mother, have had an organ or tissue transplant, are suf-

fering from bleeding gastrointestinal ulcers, malabsorption syndrome, gluten sensitive enteropathies (celiac sprue), fructose intolerance, or have hypersensitivity to gluten or wheat germ you should not use FWGE.

As I mentioned earlier, FWGE is very different from the wheat germ granules and wheat germ oil you may be familiar with. It comes in a powder and is sold in many

health food stores, by health professionals, or online as a dietary supplement in the United States. I routinely prescribe it to patients who see me at my clinic for the complementary treatment of cancer because studies clearly show it improves cancer survival rates. Speak to a doctor skilled in natural medicine about adding this to your diet.

References available of page 18

The up-and-coming heart health superstar that everyone will be talking about

Put the MEGA into your OMEGA

It's the biggest success story in natural health: Heart-friendly omega-3 fatty acids are now so widely used that they've become one of the best-selling supplements in the entire nation.

For once this isn't the power of marketing at work. It's a triumph of science—and a triumph for natural health, as the millions of people who take these essential fatty acids see the results for themselves.

But what if I told you there was “another omega” out there...one that's showing so much promise in early research that it might actually turn out to be *even better* than the omega-3s for cardiovascular health you've come to depend on?

I know—that's a little hard to believe. And I wouldn't blame you for a minute for being skeptical. I was a doubter myself... at first. Then I saw the research that made me a true believer—research that could greatly impact the way we approach heart health in the very near future.

And it started in the most unlikely place...

A fried chicken restaurant!

OK, now I know you think I'm pulling your leg... along with your wing, thigh, and drumstick. After all, fried chicken might be delicious—but it's the farthest thing in the world from anything that could ever possibly be healthy.

It's not the chicken itself that's so bad for you. It's the fats in the deep-fryer—fats that are absorbed by the breading, skin, and even the chicken meat itself.

And you should see what they do to deep fryers. Anyone who's ever worked in a restaurant will tell you that

cleaning those things at the end of the night is the worst job in the kitchen.

Well, one restaurant owner who was famous for his fried chicken was tired of the mess. So he asked a friend for help—a biochemist with 30 years of experience who knew a thing or two about how fats and oils work on a molecular level.

And after dumping just about everything he could think of into the deep fryer, he was stumped. Nothing could eat through that greasy buildup.

Then, almost as a last resort, the biochemist tried a completely natural oil he had read about.

Did it work? Did it ever! And if the story ended there, it would be great news for the fast food industry...but I wouldn't be writing to you about it today.

So of course, the story doesn't end there. The biochemist began to wonder what a natural oil that can clean kitchen machines might do if it was used in another “machine.”

That “machine” is YOU...

The human “machine”

The biochemist recruited some of his fellow scientists to look into this—and not just any old scientists. He hired some of the best on the planet to perform this study: The crack research team at the world-famous Cleveland Clinic who are leading researchers in medicine, specifically cardiovascular health.

Now, you know how it is with science. You don't go

right from the deep fryer to experiments on humans. You have to start with something else—something with a similar system to humans, but something that wouldn't be missed if you had to chop them up at the end of the study.

And—sorry, rodent lovers—you start with mice.

More specifically, you start with mice that have been specially bred for cardiovascular research. And after 12 weeks, the same natural oil that cleaned the deep fryer clearly helped support cardiovascular health in these mice.

I saw the study at the time. It came with photos of the arteries, which you can see for yourself online—and believe me, you don't need to be a doctor or a scientist to see the results.

Now this was a mouse study, so I'm waiting to see the results from future human studies to know this natural oil's *full* potential. But trust me when I tell you that what I've seen so far is quite impressive.

So what was this “magical” oil? It was the *other* omega, of course. Specifically...

Omega-7

If you're like most people, you've heard plenty about omega-3 and absolutely nothing about omega-7. But while this might be the first time you've ever heard of omega-7, it certainly won't be the last.

As I write this, nearly all the major supplement makers are rushing to create their own omega-7 formulas. You'll read about them in magazines and see doctors talking about them on television.

In fact, I wouldn't be surprised if “omega-7” quickly becomes the next big buzzword in natural health. And as you have come to expect with *Health Revelations* I typically give you breakthroughs years ahead of any other source.

But there's one thing you won't hear about anywhere else—one thing all the high-priced marketing teams and even some of the TV doctors won't talk about...but I will.

Not all omega-7s are created equal!

The omega-7 used in the study showed such promise in supporting heart health—but it came at a price: The form they used in the mouse study, which came from macadamia nuts, also contained higher levels of palmitic acid, an unhealthy saturated fat.

And, when all is said and done, macadamia nut oil isn't even the best source of actual omega-7 anyway.

That got my own wheels turning, and I set out to find a better source of omega-7—one that's low in unhealthy palmitic acid and high in the actual omega-7 everyone is trying to get.

And it's in a form of fish oil that the other guys were throwing away.

It's called Provincial™, and its levels of palmitic acid are seven times lower than what you'll find in macadamia nut oils. More importantly, it's got 22 percent more omega-7 content than the next highest source on the market today.

I'm not just a believer in this stuff. I'm a big believer—which is why Dr. Stengler's Health Products made an exclusive deal with the creators of Provincial™ to make this available to my customers at the lowest cost possible, and I put it at the heart of my new formula, Provicor.

Because of this exclusive relationship, you won't find this top source of omega-7 in any other doctor's formula—so when you see omega-7 somewhere else, you know you might be getting something less.

Now, I could have just stopped there and called it a day—and it would be a pretty good day, too, since I truly believe omega-7 alone will change the face of natural health.

But that's just not how I operate.

I know many people are tired of swallowing pill after pill—even essential all-natural supplements—and the last thing I want to do is add yet another one to the list. Also, I recognize that there are many factors that contribute to cardiovascular health.

So I've combined the power of omega-7 with some of the biggest superstars in natural cardiovascular support.

Provicor isn't one more pill to take—it's an easy-to-swallow gel capsule that could actually reduce the number of pills you take by combining the great all-natural supplements you *already* depend on with the next big thing in heart health.

That's why I think of this formula as a one stop shop for natural cardiovascular support. And just like a one-stop shop for cars would contain plenty of sparkplugs, Provicor contains plenty of coenzyme Q10.

After all, this essential enzyme is literally...

The sparkplug that powers your heart

That might sound like a wild exaggeration, but co-enzyme Q10 kicks off the reaction that allows the body to convert nutrients into energy. This process is so critical to cardiovascular support that one major study on 2,359 patients found that volunteers who took CoQ10 saw improved heart function in just three months.

In addition, research has shown that, once converted into its antioxidant form in the body, CoQ10 can fight free radicals in the bloodstream.

It's like having a team of trained Navy SEALs on your side.

Some people pay big money just for a quality CoQ10 supplement on its own. It's worth every penny, too, in my opinion—but you don't have to pay extra for it here. You'll find 100 mg of this essential in every daily dose of Provicor.

And I didn't stop there, either.

One of the things my patients ask me about most is a natural way to support healthy cholesterol levels. They've seen the commercials and read the newspaper reports and know they should be doing something...but what?

Well, there's the usual approach of diet and exercise. And as you know I am not a fan of the conventional approach that only targets cholesterol. But if you're like my patients, you're already doing that—and you want to do more. And if that's your story, I've got just the thing for you:

The ancient secret backed by modern science!

It's called Indian gooseberry, also known as amla. But it's not the name that matters here—it's what it does.

Let's start with triglycerides. If you've been in to see your own doctor lately, he's probably mentioned these blood fats, and with good reason: Triglyceride levels are an important heart health marker.

Clearly, you want to support healthy triglyceride levels naturally—and one recent small study found that AmlaMax may help do just that. In three months, this ancient secret from the Near East cut triglyceride levels by 21 percent in comparison to their starting values.

Think that's good? This gets even better—because over six months, triglyceride levels plunged by 34 percent compared to their starting values.

Along with triglycerides, your doctor has probably also mentioned HDL cholesterol. And again, he's right on the money if he does. HDL is known as the “good” cholesterol because it's like a street cleaner for the arteries, sweeping LDL (“bad”) cholesterol out into the gutter.

Or, more specifically, out into your liver.

Clearly, it's essential to get healthy HDL support—and in one study, volunteers who took AmlaMax saw a 16 percent increase in HDL levels in just 12 weeks.

As a doctor, I can't tell you enough how big that is. HDL can be as stubborn as a cranky old mule. No matter how much you push, sometimes it seems like you just can't get those levels to budge.

Now, if you're a regular *Health Revelations* reader, you know HDL, LDL, and triglycerides are just three pieces of the cholesterol puzzle. They're important—but there's so much more to heart health than just tracking those levels on a chart and watching them rise or fall.

The other pieces of that puzzle involves a few things your own doctor probably isn't talking about—yet—including oxidation and particle size. And in my opinion, one of the most important pieces of all is...

INFLAMMATION

If I could pick just one thing to measure—total cholesterol or inflammation—I'd go with inflammation every time, because those levels tell me so much more than all the cholesterol tests in the world combined.

A critical marker of inflammation is CRP, or C-reactive protein—and once again, AmlaMax is showing great promise here. In one of the studies mentioned above, volunteers who took this extract saw a 35 percent plunge in CRP levels in three months.

Some of the most promising studies on AmlaMax, including the ones I just mentioned, used levels of 500mg a day—and that's exactly what you'll find in each daily dose of my Provicor.

But I'm not a believer in putting all my eggs in one basket, especially when it comes to supporting heart health. So as great as AmlaMax is, I also included some backup—and it's the healthy plant sterols many people already swear by.

Plant sterols inhibit the body's ability to absorb cholesterol in the intestines, which may be why one major

analysis of 84 clinical trials confirmed that they can help support healthy LDL levels.

And believe it or not, I still didn't stop there.

You've heard a lot in recent years about the healthy polyphenols in grapes and especially wine. What you don't hear as much is that wine itself is actually a lousy source of those great polyphenols.

In fact, you'd have to drink hundreds of bottles a day to get some of the amounts used in top studies.

That's not just impossible—it would be deadly to even try.

Well, thanks to Provicor, you can now get healthy levels of grape seed polyphenols without swallowing a drop of alcohol—because I've included some of the best of the best in the form of MegaNatural-BP.

MegaNatural-BP is a blockbuster blood-pressure supporting compound made from the polyphenols found in grape seed extract—and in one double-blind clinical trial, volunteers with normal blood pressure levels who took it enjoyed a significant dip in both systolic and diastolic blood pressure.

Patients who took a placebo, on the other hand, saw no real changes at all.

All-in-one heart support

Provicor—featuring the groundbreaking heart-support of omega-7s—is an all-in-one exclusive formula you won't find anywhere else. It can help support healthy LDL cholesterol, HDL cholesterol, triglycerides, blood pressure, CRP levels, and supercharge your heart's energy all at the same time.

Normally, I'm not one to brag. But I can't help but be proud of Provicor—and I'm so confident that it can help you that I want you to try it risk-free. So here's the deal: Set your expectations as high as you want...and if Provicor doesn't meet or even exceed those expectations, send it back to me.

Even if you're down to the very last capsule—send it back, and I'll refund every penny.

You won't find an offer like that anywhere else. If you're ready to take me up on it—if you're ready to see what Provicor can do for you—give us a call at 1-800-539-1447 and be sure to use your special **promo code G653P201** to make sure to get your exclusive Health Revelations subscriber discount of 10 percent off the regular price of \$69.95.

References available of page 18

Protect your brain with the two MUST-HAVE nutrients for fighting Alzheimer's

Most times when you are treating Alzheimer's, it's the family that sees the improvement—or decline—not the patient. And for one in eight of those families, the drugs promoted by Big Pharma are especially disappointing. The truth is there's little the medical community has to offer to prevent or treat this disease.

But, as I always say, “when in doubt try a natural solution *first*.” You don't need to take an ineffective drug with side effects when two natural ingredients that you can find at your local health food store are so great at fighting Alzheimer's. And unlike those drugs they actually *target* the core of this terrible disease.

Oh, and I should also mention that they do it at a fraction of the cost of those over-hyped Alzheimer's meds. I'll tell you more about these natural brain-savers in just a moment, but first let me explain what's happening inside someone's head when they develop Alzheimer's disease.

Alzheimer's is a progressive brain disorder. It begins with memory loss and eventually leads to dementia and death. Once you reach age 85, you have almost a 50 percent chance of having this dreadful disease. It targets the part of the brain known as the hippocampus, the area responsible for memory and intellect. In a person with Alzheimer's, the brain nerve cells es-

entially die. Protein pieces called beta-amyloid clump together and form plaque. This plaque blocks nerve signals and is thought to cause inflammation. This is where those natural brain-savers that I mentioned earlier come into play. These compounds help to clear away the brain-attacking plaque.

Defend against Alzheimer's with this superstar vitamin

The connection between vitamin D and Alzheimer's risk isn't new. In fact, according to a study published in *Archives of Internal Medicine* in 2010 people with low vitamin D levels are also likely to have cognitive problems.¹ Now exciting new research, published in the *Journal of Alzheimer's Disease*, shows the path that vitamin D and turmeric use to clear beta-amyloid from the brain!

Work done in the researchers' lab showed that vitamin D3 and turmeric extract can help open a specific channel within immune cells. Once the channel is open the beta-amyloid can be swallowed up and removed. Vitamin D is able to open these channels in two types of immune cells and curcuminoids in one type.² This is nothing short of amazing and these exciting findings will fuel the next generation of Alzheimer's research.

My experience through testing thousands of patients is that most people require 5000 IU of extra vitamin D daily. Your doctor can monitor your levels. It's certainly one nutrient you don't want to run low on, especially in light of this new research on Alzheimer's disease.

Protect your brain with this treasure from India

Turmeric is a natural subject for Alzheimer's research. It has compounds in it called curcuminoids that fight inflammation. And, in fact, research on how the spice might be able to protect the brain began over a decade ago.

Alzheimer's is much less common in India. The country has one of the lowest rates of the disease in the world. U.S. researchers felt that something in the diet might be the reason for the lower rates.

The researchers looked at people in a town in India who were over 65 and that had signs of the disease, and compared them to a group in a Pennsylvania town, where most people eat little—or no—turmeric. The results were startling: in India, just 4.7 per 1,000 person-years (a common measure of incidence rate)

showed signs of Alzheimer's, compared with a rate of 17.5 per 1,000 person-years in Pennsylvania.³

Another study, from the National University of Singapore, involved 1,010 people over age 60. Those who ate curry "often or very often" or even "occasionally" scored higher on mental performance tests than those who rarely or never ate it.⁴

Turmeric is good for your brain and entire body. I encourage my patients, especially those over age 50, to eat one or two teaspoons a day. There are many ways to use this spice in your regular diet. Sprinkle it into egg salad or over vegetables while sautéing...add it to soups or broths...put it on fish or meat...use it to flavor rice or a creamy vegetable dip...or add it to your favorite protein shake. Be sure to look for an organic source such as, one of my favorites, Great Organic Spices (www.GreatOrganicSpices.com).

If you're not a fan of the flavor of turmeric I've got good news. You can get even more bang for your turmeric buck by taking it as a supplement. In my clinic I usually recommend a time-release formula. Take one tablet two times daily for prevention. And if you or a loved one is already taking a prescription drug for Alzheimer's, you'll be happy to know there's no known risk in mixing turmeric with these medications. Of course, if you're on any meds you should always consult with your doctor before adding something new.

Revitalize brain cells with... rosemary?

A study published in the journal *Therapeutic Advances in Psychopharmacology* didn't focus on Alzheimer's, but is still worth mentioning. Researchers found that healthy volunteers performed better on mental math tasks when exposed to one of the main components of rosemary essential oil.⁵

Volunteers were asked to complete math questions while sitting in a cubicle that smelled of rosemary. It turns out that those volunteers who absorbed more of the rosemary into their bloodstreams were able to complete the questions faster and with more accuracy than those who absorbed less.

I will keep my eyes open for any new research on using rosemary to promote brain health. I have a hunch that it will soon join vitamin D and turmeric on my

“must have” nutrients for fighting Alzheimer’s. You can find rosemary essential oil in health food stores.

Keep your mind super sharp with exercise

My final brain-sharpening tip *is* all natural, but it’s not a food or supplement. According to studies keeping your brain active with reading, crossword puzzles, and other mentally stimulating activities also can help keep it firing on all cylinders.

Cognitive stimulation therapy (CST) is one interesting brain exercise that mainstream medicine often overlooks. Despite the scary name, CST is simply good old-fashioned group talk therapy. The sessions usually revolve around a theme like food, current affairs, or childhood. The conversations are designed to chal-

lenge the participants and exercise their brains, but be enjoyable too.

One group of people with dementia (not necessarily Alzheimer’s) took part in seven weeks of initial CST plus up to six more months of weekly CST sessions saw benefits. The therapy helped improve their cognitive function. And both the patients and their caregivers reported a big jump in their quality of life.⁶

I believe natural medicine will be the key to Alzheimer’s prevention and treatment. Start using vitamin D and turmeric in your daily routine. Try scenting your home or workplace with rosemary oil. And be sure to exercise your noggin daily with brain-stimulating activities.

References available of page 18

The bitter truth about artificial sweeteners and cancer

You probably know aspartame by its brand names NutraSweet and Equal. The popular artificial sweetener is a staple on restaurant tables around the world. It adds the sweet taste to diet soda, instant tea, sugarless candy, and chewing gum. Heck, it’s even dumped into over-the-counter cough syrups and liquid pain relievers to make them syrupy sweet.

Aspartame is popular because it tastes similar to sugar but adds no calories to foods. According to the Calorie Control Council the fake sweetener is used in more than 6,000 products and it’s eaten by more than 200 million people around the world.¹ And while it’s classified by the US Food and Drug Administration (FDA) as a “general purpose sweetener” I prefer to call it “bad news.”

Aspartame sounds fine and dandy—until you start looking at its sordid past and the results of a very concerning recent study. Researchers at Brigham and Women’s Hospital and Harvard Medical School conducted this recent test. It looked at the relationship between drinking regular and diet soft drinks and risks of lymphoma and leukemia in more than 77,000 women and 47,000 men over 22-years. Researchers

found that drinking more than one serving of diet soda a day was associated in certain groups with increased risk of developing leukemia, multiple myeloma, and non-Hodgkin’s lymphomas compared with participants who do not drink as much diet soda.² More specifically it found that greater intake of diet soda was associated with:

- higher leukemia risk in men and women (pooled analysis)
- higher multiple myeloma risk (in men only)
- higher risk non-Hodgkin’s lymphoma risk (in men only)

The type of analysis done in this study doesn’t *prove* by itself that aspartame causes cancer. But it’s another great reason to avoid the sweetener. Or at least, use it sparingly. Aspartame eventually breaks down into formaldehyde a chemical that can cause cancer. The main source of this potential poison is diet soda.

Your brain on aspartame

Aspartame is made of two amino acids, aspartic

acid and phenylalanine *combined* with a methyl ester group. Now you don't need to remember all those 20 cent words. Instead, just remember that according to some reports aspartame may wreak havoc on your brain and nervous system. Some critics of the sweetener believe that it acts as an excitotoxin—a chemical substance that damages neurons by stimulating excess activity. It's also been widely reported that the Food and Drug Administration (FDA) has received more than 10,000 complaints about aspartame. These complaints included headaches, dizziness, and even seizures.

Don't settle for sucralose

Sucralose, known by the retail name Splenda, is a common artificial sweetener in the US. No long-term human studies have been conducted on Splenda. And the studies done on animals aren't reassuring. They reveal links to reduced thymus growth rate...enlargement of the liver and kidneys...decreased packed cell volume...and increased risk of cataracts. Admittedly, the amount of sucralose fed to the study animals was very high—yet there's still a great need for clinical studies on humans.

Saccharin side effects?

Saccharin, sold as Sweet'N Low and Necta Sweet, has been a controversial artificial sweetener since its introduction in the early 1900s. Some users report reactions to saccharin, including itching, hives, headache, and diarrhea. A study done in the late 1970s showed that high doses can cause bladder cancer in male rats. Based on those findings saccharin was banned in Canada (but they're considering lifting the ban). In 1977, Congress required warning labels for products containing saccharin, although this requirement has since been repealed.

Stevia is safe and sweet

Americans have been tricked to believe that artificial sweeteners pose no risk. Here's the truth: In susceptible people, artificial sweeteners may be associated with variety of health problems, from weight gain to headaches to mood changes to possibly cancer. Why take unnecessary risks? There are all-natural alternatives that can satisfy the pickiest sweet tooth, without adding unwanted calories.

Stevia rebaudiana (stevia) has been a popular natural sweetener in the US health food industry for the past 17 years. The plant grows in the rain forests of Brazil and

Paraguay, and in Asia. Stevia is up to 300 times sweeter than table sugar and has almost no calories. I have found it has no detrimental effects on blood sugar readings.

In studies, stevia lowered blood pressure in people with mild hypertension and reduced blood glucose levels in patients with type-2 diabetes. Also, an extract from stevia leaves contains antioxidant polyphenol flavonoids which protect against DNA damage, according to a study published in *the Journal of Agricultural and Food Chemistry*.³

Stevia is available in liquid, powder, and tablet form. To sweeten an eight-ounce beverage, such as coffee, tea, or lemonade, you generally need to use only one tablet, a pinch of the powder, or three to five drops of the liquid. Follow directions on the label.

You can bake with stevia, substituting one teaspoon of powder or liquid extract for each cup of sugar. Stevia can have a bitter aftertaste, depending on the brand and amount used. Fortunately recent stevia extracts have less of the bitter aftertaste that was once a problem. Even soda pop conglomerates Pepsi and Coca Cola are introducing products sweetened with stevia.

The xylitol option

Xylitol is a white substance that looks and tastes like sugar. You find the natural sweetener in fruits, vegetables, and the bark of some trees. The human body also produces xylitol naturally while breaking down other food sources. In the 1960's it was approved as a food additive by both the World Health Organization and the FDA. Xylitol has 40 to 50 percent fewer calories than sugar. It has no detrimental effects on blood sugar levels and is safe for people with diabetes.

Xylitol has another surprising benefit. The sweetener reduces the formation of cavity-causing plaque. It does this by preventing bacteria from adhering to the mucous membranes of the mouth and sinus and helps to build tooth enamel. Xylitol is used in sugar-free chewing gums, mouthwashes, and toothpastes—products I buy for my own family.

This natural sweetener works very well for beverages. However, xylitol should not be used for baking breads or other foods that contain yeast. In some people, xylitol can trigger diarrhea. To avoid this, start with a small amount and let your digestive tract adjust

to it gradually. Xylitol is available in powder form. One popular product is Xylosweet.

The zero calorie fruit extract

Lo han kuo (also spelled luo han guo) is the fruit of *Momordica grossvenori* plant, a member of the cucumber family that grows in southern China. For several centuries, the fruit has been used by practitioners of Chinese medicine to treat dry coughs, sore throats, skin conditions, digestive problems, and to calm the nervous system. People make tea, juice, soup, candy and cake from the dried fruits.

It contains no sugar or calories, and it's safe for peo-

ple with diabetes and hypoglycemia (low blood sugar). It doesn't lose its sweetness when heated, so it can be used in baking and cooking. The FDA has approved lo han kuo as a "generally regarded as safe" (GRAS) food ingredient. There's no known toxicity associated with this fruit extract. Lo han kuo products I find have a taste similar to maple syrup and leave no aftertaste.

One product that's been popular with my patients is Lo Han Sweet made by the company Jarrow. It's a combination of Lo Han and Xylitol. It can be found online and in health food stores.

References available of page 19

The secret sinister cause of heart disease and cancer revealed

For years conventional and holistic doctors have been measuring a blood marker known as C-reactive protein or CRP. The reason is that this protein, produced by the liver, *reflects* the amount of inflammation occurring in the body. And we know that chronic inflammation is associated with almost every chronic disease from cancer to arthritis, diabetes to heart disease, macular degeneration to osteoporosis, and more. When your body is in a state of chronic inflammation it leads to immune system dysfunction and cell/organ destruction. So the level of CRP on a blood test lets you know what your general level of inflammation is. An ideal value is less than 1.0 mg/L.

Going where no test has gone before

Like many things in medicine, laboratory testing is constantly progressing. And while CRP has been helpful in identifying acute and chronic inflammation, there's another blood marker that helps us peer into the world of inflammation. And it's one your doctor might not have even heard of before. The marker has a kind of futuristic Star Trek sounding name. It's known as galectin-3. Galectins include a group of proteins that bind to carbohydrates (molecules containing long sugar chains) known as beta-galactosides. Galectins play an important role both inside and outside of human cells.

So far there have been 15 different types of galectins identified. And we now know that galectin-3 plays an important role in inflammation and our body's immune response. More specifically it *promotes* inflammation, fibrosis (excess fibrous connective tissue in an organ or tissue), kidney disease, obesity, and cancer metastasis. And as it turns out, it's an excellent marker for cardiovascular risk such as heart failure.

Remember I said earlier that CRP *reflects* inflammation in the body? Well galectin-3 is somewhat different. Instead of just *reflecting* inflammation galectin-3 is actually a direct marker of it. And since it's involved in creating the inflammatory response it can be a better *predictor* of the outcome of a disease. This is so important because it means that doctors like me that practice preventative medicine can use the marker to see how well our interventions are working and to adjust our approach. In other words, we can try to head diseases like cancer and heart disease off at the pass and keep them from getting worse.

Helping to head off heart problems

Now let's look at some of the research behind galectin-3 and heart health. One study that caught the attention of the medical world, well some cardiologists at least,

was the 2011 PREVEND study. This study—made up of over 8,000 people—spanned approximately 10 years. And it looked at the association between galectin-3 levels in the blood and risk factors for cardiovascular disease and.

The researchers found that higher galectin-3 levels were associated with increased mortality rates.¹ And ongoing research confirmed that that an elevated level of galectin-3 is a good predictor of heart failure.²

If you have heart disease, galectin-3 is an FDA cleared blood test and your cardiologist may use it to monitor the progression of your disease. Knowing your blood levels of galectin-3 can help with the following:

Frequency of doctor visits—Knowing your galectin-3 levels will help your cardiologist determine the frequency of your follow up visits. If you have an elevated galectin-3 level you will likely need more frequent visits to be monitored properly.

Hospital discharge—If you have an elevated galectin-3 level you are more likely to be readmitted to the hospital. And if you are *already* in the hospital a high level can help your doctor determine when you are ready for discharge.

Referrals—Your general practitioner, family doctor, or other specialist can use galectin-3 to determine if you are at risk for heart failure related problems and make timely referrals to a cardiologist if you are.

Evaluate treatment options—Your galectin-3 level can help your doctor determine if you need advanced heart failure treatments such as implanted heart defibrillators, pacemakers, or surgery. And it will help your holistic doctor determine what natural therapies will work best. (See the sidebar on page 8 for more on this.)

The cancer connection

But the benefits of knowing and understanding your galectin-3 levels don't stop at heart health...not by a long shot. In fact, studies have shown that galectin-3 has a diverse involvement in the *formation* of cancer. For example, it is involved in the clumping and migration of cancer cells to tissue, the formation of blood vessels that feed tumors, the prevention of cancer cell death, and the metastasis (spreading) of cancer.³ And it also helps cancer cells survive chemotherapy treatment. In other words, elevated galectin-3 is bad news if you have cancer.

Of course pharmaceutical companies are doing re-

Know your natural options

Your holistic doctor has a number of natural options available for treating your heart disease and knowing your galectin-3 levels will help him make the choice that's best for you. This includes therapies such as enhanced external counterpulsation (EECP). EECP uses mechanical cuffs that gently but firmly compress the blood vessels in the lower limbs to increase blood flow to your heart allowing your heart to pump blood more easily and efficiently. Your doctor may also use heart specific nutritional supplements such as coenzyme Q10, L carnitine, magnesium, hawthorn extract, ribose, and taurine.

search on patentable ways to block the effects of galectin-3 for cancer prevention and treatment. But the good news is that we *already* have a natural, non-toxic substance that accomplishes this. It is a nutritional supplement known as modified citrus pectin (MCP).

Conquering cancer with citrus

MCP is derived from pectin, which is extracted from the peel and pith (the white threadlike part between a citrus fruit and its peel) of citrus fruits—and is also found in the peel and core of other fruits, such as apples. But the problem with pectin is that in its straight-from-the-fruit state its molecules are just too large for us to digest.

So even if we were to suddenly start chowing down on citrus peels we wouldn't be able to benefit from the pectin. But researcher Isaac Eliaz MD solved this "big molecule" problem by developing a smaller form that can be absorbed and concentrated in a supplement.

MCP actively helps to fight cancer in a number of powerful ways including:

- Binding and interfering with the activity of galectin-3 fighting cancer on several fronts including: preventing tumors from metastasizing.⁴
- Blocking galectin-3's ability to stimulate the formation of blood vessels in new tumors (known as anti-angiogenesis).⁵
- Inducing cancer cell death (*apoptosis*) by interfering with important signaling pathways related to cancer cell proliferation and survival.⁶
- Aiding chemotherapy helping it do its job more effectively.⁷

- Improving immune cell activity.
- Helping reduce heavy metals in the body including lead and mercury, both of which are considered cancer causing agents.^{8,9}

Time to get tested

If you have heart disease or cancer you should speak with your doctors about testing your galectin-3. Knowing your blood levels will allow your medical team to

access your level of inflammation or cancer progression.

If you have cancer, especially breast or prostate cancer, work with your oncologist and holistic practitioners to incorporate modified citrus pectin into your program. A typical dosage is 5 grams two to three times daily with meals. The brand I recommend is PectaSol-C, a proprietary formulation developed and manufactured by EcoNugenics.

References available of page 19

How to conquer America's growing super-infection threat—naturally

Imagine you go to the hospital to get some stitches for a cut, antibiotics for an infection, or God forbid something more serious like a heart attack or a surgery. You receive excellent treatment and you're on the way to recovery...but then you notice your abdomen starting to swell like a balloon. Soon severe abdominal pain causes you to writhe in pain and you have a fever and diarrhea accompanied by blood or pus in your stool.

You've just become yet another victim of a growing health problem that kills almost as many people as car accidents each year in the US. And while it kills approximately 30,000 people a year the problem actually affects 500,000 people a year.¹ I'm talking about *Clostridium difficile*, often referred to as *C. difficile*.

Are you at risk for this super infection?

C. difficile bacteria can cause a variety of digestive symptoms ranging from diarrhea to life-threatening inflammation of the colon known as colitis. Rates of infection from this nasty bug have been increasing at an alarming rate the past decade. If you don't know someone who has had this problem you will.

The fact is *everyone* is susceptible to this infection, but you're even more at risk if you fall into any of the following groups:

- you have cancer or another immune-compromising condition

- you are hospital bound or in a long-term care facilities
- you are taking antibiotics
- you have recently had abdominal surgery or a gastrointestinal procedure
- you have a colon disease such as inflammatory bowel disease or colorectal cancer
- you have had a previous *C. difficile* infection

Seniors are even more susceptible to the bug than other adults with 25 percent of frail elderly people who get a *C. difficile* infection dying from it.² And, frighteningly, the number of kids getting these infections is skyrocketing. A recent study found a 12-fold increase in *C. difficile* among children with a stunning 3 out of 4 of the infections contracted *outside* of hospital settings!³

Incredibly, about 20 percent of people who are hospitalized acquire *C. difficile* during hospitalization. More than 30 percent of those infected go on to develop diarrhea.⁴ If you have diarrhea within two months of receiving antibiotics, or if you experience diarrhea within 72 hours after being hospitalized, you should be tested for *C. difficile* infection.

Bacteria...the good, the bad, and the ugly

These bacteria exist throughout the environment in soil, water, and animal and human feces. *C. difficile* is

present in two to three percent of healthy adults and in as many as 70 percent of healthy infants who never develop symptoms and do not require treatment.⁵ This red flag tells me that the *balance* of our good bacteria (flora) plays an important role in protecting us against this opportunistic villain.

When levels of good bacteria in our gut get too low, *C. difficile* thrives and produces toxins that inflame the colon. This is why consuming cultured foods rich in good bacteria known as probiotics (yogurt, miso, tempeh, kefir, sauerkraut) as well as prebiotics that feed your good bacteria (Jerusalem artichoke, onions, leeks, peas, beans, garlic) are so important in preventing intestinal infections.

As conventional medicine has learned the hard way, when you overuse antibiotics bacteria can literally become resistant to the drugs. This is one of the biggest challenges we face with *C. difficile*. The bug has become resistant to most of our common antibiotics making it much more difficult to treat. And that's not the only harm antibiotics cause. These drugs also alter your gut flora by wiping out the protective good bacteria. This turns your gut into the perfect, breeding ground for *C. difficile* to thrive. You should always avoid antibiotics unless they're absolutely required!

How the creeping crud spreads

As disturbing as it is to think about *C. difficile* is spread through fecal contamination. When someone doesn't wash their hands well enough after using the bathroom they can quickly contaminate surfaces such as telephones, remote controls, medical equipment, bathroom fixtures, light switches, chairs, tables, door knobs, and other frequently touched items. The spores from the bacteria are hearty and can survive for months on these types of surfaces. If you happen to touch a contaminated surface and then later touch your mouth the bugs can end up in the intestines where the damage occurs. This is why frequent hand washing with soap and lots of scrubbing is so important and why the surfaces of hospitals, clinics, nursing homes, and other frequented centers should be cleansed regularly.

The best test to find out if you're infected with *C. difficile* is a stool culture. If you are infected speedy treatment is required. First, if you're taking an antibiotic that has caused this problem it should be stopped. For

Mainstream medicine goes natural

One "natural," and perhaps cringe-worthy, solution that's been accepted by conventional medicine is a "stool transplant." A healthy donor's stool (and of course the friendly bacteria it contains) is placed in your colon by a gastroenterologist with a scope or special tube that goes down the nose. This increasingly popular procedure increases the good bacteria locally within the colon allowing them to overtake the *C. difficile*.

mild cases of diarrhea without a fever, abdominal pain, and no increase of white blood cells (determined by blood test) this alone can sometimes resolve the symptoms. (I of course would add probiotic supplementation into the picture, but more on that later.) If your symptoms are more than mild, one of two antibiotics that still work against *C. difficile* are generally used: metronidazole (oral or intravenous) or vancomycin (oral) for 10 days.

Unfortunately, about one-third of people treated with antibiotics have a relapse within 3 to 21 days after the treatment is discontinued. One desperate patient who came to see me had been having relapses on and off for almost an entire year! Repeated rounds of antibiotics could not clear her infection. Fortunately my natural treatment eradicated the problem within just a couple of weeks.

Probiotics to the rescue

In my experience using probiotics during and after antibiotic therapy will *dramatically* decrease the relapse rate. It's a shame that it's not standard protocol. Without changing the environment of the gut and populating it with "intestinal soldiers" you are often fighting a losing battle.

If you have a current infection or a history of infection I can't stress how important it is for you to supplement with the probiotic *Saccharomyces boulardii* (*S. boulardii*). This non-harmful yeast has been shown in studies to prevent antibiotic-associated diarrhea. A review of studies published in the highly respected *American Journal of Gastroenterology* found that yeast was effective in preventing antibiotic-associated diarrhea found in *C. difficile* infection.⁶

The probiotic has also been shown to reduce the risk of recurrence of *C. difficile* when taken in combination with the antibiotics metronidazole or vancomycin.^{7,8,9} Research even suggests that *S. boulardii* helps decrease the toxicity of *C. difficile* by producing a protein-digesting enzyme that neutralizes the toxins produced by the *C. difficile*.¹⁰

But, unfortunately, despite all the research that clearly shows how beneficial *S. boulardii* is in these super infection cases it's rarely ever used by conventional doctors. That's a real shame since this inexpensive probiotic could greatly reduce the suffering of many and may even save lives.

To prevent *C. difficile* infection...especially if you're taking antibiotics in an environment such as a hospital or nursing home or if you've had a previous *C. difficile* infection...I recommend taking 5 billion *S. boulardii* organisms twice a day. If you have an active *C. difficile* infection you should take 5 to 10 billion organisms twice a day a few hours apart from your antibiotics.

More effective natural solutions

C. difficile is a serious matter. Don't settle for antibiotic therapy alone to treat this super infection. In addition to *S. boulardii* I also recommend taking a broad spectrum probiotic to boost the levels of immune-enhancing probiotics in your gut. A good choice is one containing the well-studied *Bifidobacterium longum* BB536 strain.

Another natural compound that has helped my patients eradicate *C. difficile* is colloidal silver. It has a broad-spectrum antimicrobial effect that doesn't seem to damage the good intestinal bacteria like antibiotics do. A good choice is Sovereign Silver. Take one teaspoon three to four times a day.

I have also found certain homeopathic remedies can help get symptoms such as diarrhea and abdominal pain under control quickly.

Three of the more common ones are:

- Arsenicum album—for symptoms of diarrhea accompanied by blood, fever, and chills
- Mercurius—for burning and spasming of the digestive tract.
- Sulphur—for explosive, burning diarrhea that has a very foul odor.

A local naturopathic doctor or practitioner schooled in homeopathy can help you make the choices that are best for you.

Lastly, millions of Americans take acid-suppressing medications known as proton pump inhibitors (PPIs) for acid reflux. Common examples include Aciphex, Dexilant, Nexium, Prevacid, and Prilosec. The FDA issued a statement in February of this year warning that their use may be linked to an increased risk of *C. difficile* diarrhea.¹¹

The reason for the link between *C. difficile* and PPIs is not entirely clear. It's possible that stomach acid acts as a natural barrier to bacteria like *C. difficile* preventing them from easily entering the digestive tract. Remember, the infection normally makes its way in through the mouth and down through the stomach and intestines. When you suppress your stomach acid you have removed an important barrier to intestinal infections. If you're taking these medications and have diarrhea see your doctor immediately. And, of course, since most people can resolve their acid reflux with diet changes and weight loss I recommend working with a holistic doctor to resolve your acid reflux naturally.

References available of page 19

27% lower blood pressure readings with “hypertension soup”

Hippocrates once said “Let food be thy medicine.” Now a new study allows us to follow that sage advice when it comes to high blood pressure. Recent research has uncovered a food so powerful that it actually competes with the strongest of pharmaceutical hypertension medications. It’s the traditional Spanish cold vegetable soup called Gazpacho.

According to researchers, people who consume this soup on a regular basis have overall blood pressure readings that are 27% lower than people who eat little or no gazpacho.¹ The scientists believe the benefit comes from the nutrients found in the raw vegetables, namely carotenoids, vitamin C, and antioxidants that reduce the damage done by free radicals in other foods we eat and in the air we breathe.

I believe the soup is also effective because of the large amount of potassium it contains. Potassium is a proven blood pressure lowering nutrient. The researchers believe that the synergistic blend of the foods

is more powerful than any one ingredient and I absolutely agree.

Elevated blood pressure is the leading risk factor for death worldwide. It affects one in four adults globally and is expected to increase by 60 percent between 2000 and 2025.² The statistics in America are even worse as this silent killer affects approximately one in three adults.³ Approximately 70 percent of Americans with high blood pressure take drugs to treat the condition.⁴

I see patients all the time who are taking those medications and suffering their notorious side effects including fatigue, dizziness, and dry coughs. My goal is always to reduce or eliminate their need for these drugs using natural therapies. I’m adding Gazpacho to my list of effective natural approaches.

Making gazpacho at home is easy. Just choose organic produce and use a light hand with the saltshaker. For a nutritional boost, you can garnish the soup with slices of ripe avocado.

Heart Healthy Gazpacho

- ▶ 4 cups tomato juice
- ▶ 1 onion, minced
- ▶ 1 green bell pepper, minced
- ▶ 1 cucumber, chopped
- ▶ 2 cups chopped tomatoes
- ▶ 2 green onions, chopped
- ▶ 1 clove garlic, minced
- ▶ 3 tablespoons fresh lemon juice
- ▶ 2 tablespoons red wine vinegar
- ▶ 1 teaspoon dried tarragon
- ▶ 1 teaspoon dried basil
- ▶ 1/4 cup chopped fresh parsley
- ▶ 1 teaspoon white sugar
- ▶ Salt (preferably low sodium salt substitute) and pepper to taste

Directions

In a blender or food processor, combine tomato juice, onion, bell pepper, cucumber, tomatoes, green onions, garlic, lemon juice, red wine vinegar, tarragon, basil, parsley, sugar, salt, and pepper. Blend until well combined but still slightly chunky. Chill at least 2 hours before serving. Makes 10 servings



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The stomach-turning trouble that could be lurking in your next meal

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