



Insomnia: What Works/What Doesn't

You go to bed at your usual time, read until you're sleepy, and turn off the lights. Then it starts. You lie there, looking at the clock periodically, willing yourself to sleep, and thinking about how tired you're going to be in the morning. Or you fall asleep easily but wake up in the middle of the night and spend what seems like an eternity fretting about your inability to get back to sleep.

If you're lucky, this only happens once in a while. But insomnia is a frequent occurrence for a third of adults and a majority of older people—and all too often they reach for a sleeping pill.

Popping a pill may seem like an easy solution, but these drugs are bad news. First, they don't work very well. In placebo-controlled clinical trials, they cut the average time it takes to fall asleep by just 10–15 minutes and increase sleep duration by only 15–20 minutes. Second, their meager benefits pale in comparison to their risks. And third, sleep medications are a temporary fix for a very serious problem that can wreck your health.

The Dark Side of Sleeping Pills

The most popular sleep medications are Ambien, Lunesta, Sonata, and several generics. Classified as sedative hypnotics, they've largely replaced benzodiazepines such as Restoril, Halcion, Valium, and Xanax. Benzodiazepines, which are also used to treat anxiety, are notorious for their adverse effects. They cause daytime grogginess, poor concentration, increased

risk of falls and accidents, rebound insomnia—and they're highly addictive.

But the newer drugs aren't that much better. They too cause next-day drowsiness, decreased alertness, and driving impairment. In the wake of hundreds of reports of drug-related automobile accidents, the FDA ordered manufacturers to halve the starting dose of Lunesta, Ambien, and related generics. Hypnotics also carry a risk of rebound insomnia and dependency, plus they're associated with parasomnias—weird and sometimes risky behaviors such as wandering around, eating, having sex, texting, even driving that occur during sleep and are not remembered the following day.

New Drug in Town

The FDA recently approved Merck's insomnia drug Belsomra (suvorexant). It's expected to be launched early this year, no doubt with great fanfare, compelling ads, and everything else a multimillion-dollar marketing campaign can buy. This medication works on a new and novel mechanism, and the pre-approval clinical trials involved just 500 participants. Until we know more, I suggest you pass on it. Let somebody else be Merck's guinea pig for now.

Most disturbing, hypnotics dramatically increase risk of death. Researchers compared outcomes of more than 10,000 people who had been prescribed these drugs with a control group. Individuals who took fewer than 18 pills in a year were 3.5 times more likely to have died during the two-and-a-half-year study period, and at

high doses the risk of death was five times greater. Sleeping pills were also associated with a 35 percent higher risk of cancer.

Even if sleeping pills were safe and effective, they're a temporary solution, approved only for short-term use and intended to be used for just seven to 10 days. Yet all too often they're taken for months, even years—and that's when you really run into problems.

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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD, has practiced medicine for over 35 years, after receiving degrees from Dartmouth College and Emory University. Dr. Whitaker has long been an advocate of living a healthy life. Dr. Whitaker is compensated on the sales of the supplements he formulates with Healthy Directions, LLC. He is not compensated for other companies' products that he recommends in this newsletter. He is the author of 14 health books including: *The Mini-Fast Diet*, *The Whitaker Wellness Weight Loss Program*, *Reversing Hypertension*, *Shed 10 Years in 10 Weeks*, *The Pain Relief Breakthrough*, *Reversing Heart Disease*, *Reversing Diabetes*, and *Dr. Whitaker's Guide to Natural Healing*.

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Remember, you can read current and past issues of *Health & Healing* when you create or access your account at drwhitaker.com.

Dear Reader,

My wife is a stickler for setting goals and making New Year's resolutions. When the kids see Connie coming with her yellow pad and notes from last year, they run in the opposite direction. I have no place to hide, so I'm forced into introspection.

Actually, our children enjoy and value these sessions, which Connie initiated when they were very young, and so do I. It's good to reflect on our lives, identify what really matters to us, and make plans for achieving our goals. As the inimitable Yogi Berra once said, "You've got to be very careful if you don't know where you're going because you might not get there."

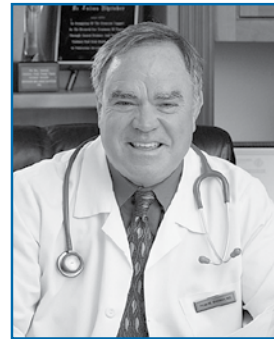
I've learned a few things about resolutions over the years, and I learned them the hard way. Vowing to get in shape, eat healthy, and lose weight are great objectives, but they're too vague. You're more likely to stick with specific, short-term, challenging but achievable goals such as walking for 30 minutes three times a week, limiting sugars and starches to one serving a day, and weighing yourself every morning for one month. Reevaluate your progress after a month and set new goals accordingly.

Don't overlook the healing power of the little things we discuss in every issue of *Health & Healing*. Easy, practical resolutions that most everyone can adopt will go a long way toward making you healthier and happier in 2015. Take a daily multivitamin, omega-3 supplement, and, if you're over age 50, coenzyme Q10. Spend at least 15 minutes outside every day, weather permitting. Have your vitamin D blood level tested and take enough vitamin D3 to keep it in the 50–80 ng/mL range.

Exercise most days a week and make sure you include strength training. Skip breakfast and exercise on an empty stomach if you're trying to lose weight. Eat more vegetables and lean protein and fewer starches, sugars, and processed foods. Avoid sodas, go easy on alcohol, and drink more water, coffee, and tea.

Smile more and get in several belly laughs every day. Watch less TV, read more books, and do Sudoku, crossword puzzles, or other mentally challenging activities. Learn a new skill or take up a new hobby. Volunteer your time or donate to a charity. Relax more, worry less, and spend time daily in quiet reflection. Take responsibility for your health—and resolve to make 2015 your best year ever!

Happy New Year,

Julian Whitaker, MD
 America's Wellness Doctor

Director of the Whitaker Wellness
 Institute, Newport Beach, California

OTC Sleep Aids

What about over-the-counter sleep aids? Most contain diphenhydramine (Sominex, Benadryl, Nytol, Advil PM, and Tylenol PM) or doxylamine (Unisom and NyQuil), antihistamines that have sedative effects. These drugs are safer than prescription sleeping pills, but they also cause daytime drowsiness and memory impairment and shouldn't be used regularly.

You're much better off with supplements such as melatonin, valerian, and theanine. Melatonin is the "sleep hormone" that regulates our biological rhythms. Production naturally declines with age and is also disrupted by erratic bedtimes, time zone changes, and nighttime light exposure. Boosting levels helps reset sleep-wake cycles and reduce the time it takes to fall asleep. And because melatonin is a potent antioxidant, it benefits other aspects of health as well.

Valerian, a popular herb in Europe, boosts concentrations of the neurotransmitter GABA, which has calming effects on the brain. It does have a mild sedative effect, but it's much weaker than the drugs and rarely causes morning drowsiness. L-theanine is a naturally occurring amino acid that increases alpha-wave activity, which calms the mind, relaxes the body, and facilitates sleep. All these are safe, gentle, and can be taken for prolonged periods.

Solve Underlying Problems

It's important to realize that insomnia is almost always a symptom of an underlying problem. For permanent relief, you need to figure out the cause and correct it—which is exactly what we do at Whitaker Wellness.

Anxiety and ruminating thoughts can keep you awake at night. One of our most reliable treatments for anxiety is Dilantin, an anti-seizure drug with a number of off-label uses. (I take 100 mg of Dilantin when I wake up at 3:00–4:00 in the morning and can't get back to sleep. It works every time!) Prostate problems that necessitate nighttime trips to the bathroom improve with saw palmetto and beta sitosterol. Night sweats and other menopausal symptoms can

be controlled with bioidentical hormones. When pain, allergies, chronic cough, restless leg syndrome, and other conditions that interfere with slumber are successfully treated, sleep dramatically improves.

The most serious sleep-related disorder is obstructive sleep apnea. It occurs when the airways in the throat collapse during sleep, causing periodic cessation of breathing. Your body goes into survival mode, waking you out of the deep, restorative stages of sleep so you'll start breathing again—and throwing your sleep cycles all off kilter. Sleep apnea is associated with weight gain, thickening of the carotid arteries, hypertension, memory loss, mood disturbances, and increased risk of diabetes, heart attack, stroke, even premature aging and death.

All these risks recede when sleep apnea is treated with continuous or automatic positive airway pressure (CPAP or APAP).

You have no idea how much better you feel once high-quality sleep is restored. A Whitaker Wellness patient I'll call Jane came to us with complaints of fatigue, brain fog, anxiety, panic attacks, and very poor sleep. Because she's thin and reported little snoring (snoring is a cardinal sign of sleep apnea), we didn't think to test her until we'd exhausted all other therapeutic options. It turned out she had mild sleep apnea, so we treated her with APAP. Within days, Jane felt like her old self—energetic, cleared headed, relaxed...and she got off her anxiety drug.

We now test most of our patients for sleep apnea with small monitors worn overnight in their own homes. You'd be surprised at how many test positive—and how dramatically they improve with treatment.

To Recap...

Do whatever it takes to get a handle on insomnia. As the old saying goes, "A good laugh and a long sleep are the best cures in the doctor's book."

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My Recommendations

- ▶ Recommended doses of sleep-enhancing supplements are melatonin 3 mg, valerian 500 mg, and L-theanine 200 mg. Take 30 minutes before bedtime. To order my Restful Night Essentials, call 800-722-8008 or visit drwhitaker.com.
- ▶ For more information about treatment of sleep apnea and other conditions that contribute to poor sleep, call Whitaker Wellness at 800-488-1500.

Dear Dr. Whitaker

Q *I've been hearing a lot about *Garcinia cambogia* for weight loss. Does it really work? — K.N., Oklahoma City, OK*

A Since Dr. Oz described *Garcinia cambogia* as a “revolutionary fat burner” a couple of years ago, it's been hyped as an effortless way to lose weight. Cynics say it's worthless, but the truth lies somewhere in between. The active ingredient, hydroxycitric acid (HCA), does stimulate fat burning in the liver and has been shown to facilitate weight loss in clinical trials. *Garcinia* is no magic bullet—nothing is—but it is a useful adjunct to diet and exercise. We use it at the clinic as part of the mini-fast with exercise protocol because it enhances endurance and makes fasting easier. Look for a standardized extract and take 1,500–2,000 mg per day. To learn more about the mini-fast, which is the best weight loss program I've ever come across, visit whitakerwellness.com.

Q *I take Armour thyroid and I am wondering if I could take iodine and other thyroid supplements too because I am cold all the time. — R.S., via email*

A I suggest you ask your doctor to retest your thyroid hormone levels. If your current dose of Armour thyroid is too low, increasing it would likely rectify your symptoms. As for supplements, a little iodine in a multivitamin is fine, but because you're on a replacement drug, you don't need a product to boost thyroid function. Most of them aren't very effective anyway, and some actually contain

thyroid hormones, which could raise your levels too high. Speaking of supplements, if you take calcium, iron, or soy, be sure to take them a couple of hours before or after your thyroid drug, as they can affect absorption. By the way, I'm happy to hear you're on Armour natural thyroid. It's far superior to Synthroid, the usual thyroid replacement drug.

Q *I have just been sold HGH in a spray formula for under the tongue. My husband has read online that it is impossible for HGH to pass into the system with this method. Is there a way that you can advise me about this? It was VERY expensive unless I purchased a year's supply, which I have done. I have used your formulas in the past and have a notebook filled with your newsletters. — P.D., via email*

A Your husband is right. Human growth hormone (HGH) is a large molecule that must be injected. It cannot be absorbed orally, sublingually, or in spray, “nano,” or homeopathic form. I don't recommend HGH “enhancers” or “releasers” either. These products generally contain arginine, glutamine, and other amino acids that may temporarily boost HGH levels. However, it's a leap to assume this translates into health benefits. I can find no evidence to support the lofty claims made for any HGH supplement. In fact, although injected HGH has several clinical uses, it has lost its luster as an anti-aging therapy. If you want to boost your HGH level, exercise. It's safe, proven, and costs nothing.

 Read more Q&As online at drwhitaker.com/featured-questions-and-answers. Send your own questions to drwhitakerquestions@drwhitaker.com.

From My Blog

Does Milk Really Do a Body Good?

Three cups of milk a day has been a fixture in US dietary guidelines for 80 years. Problem is, it's bum advice. Swedish researchers recently added to the growing research on the downside of milk with a 20-year study involving more than 100,000 people. They found that high milk consumption had no effect on risk of fractures in men—and actually increased risk in women. Furthermore, death rates were higher in men and women who drank a lot of milk. The suspected culprit isn't fat but galactose, a sugar in milk that promotes inflammation and oxidative stress. A little milk in your coffee or cereal is fine, as are reasonable amounts of cheese, yogurt, and other fermented dairy products, which were associated with lower rates of fracture and death in the study. But drinking three cups of milk a day is “udder” nonsense.

 Get the rest of the story—and share your opinion—by visiting my blog at “Connect with Dr. Whitaker” on drwhitaker.com.



Works for Me...

▶ **Diabetes** *I have been using berberine since it first came out and have to say it works better than metformin or glipizide ever did—without the digestive side effects. It lowers my blood sugar by 30 to 50 points, which is great since I am very insulin resistant. My husband has started to use it and he is amazed at how well it works too. This is the first nutrient that has ever worked at truly lowering our blood sugar. Thank you!! — Anonymous*

▶ **Crohn's Disease** *I wanted to tell you that my husband has been on low-dose naltrexone (LDN) for 30 days now. He is 100 percent symptom free and has been since the second or third day of taking it—no more diarrhea or stomach pain that has plagued him for 14 years. He can even eat spicy food, which would have been a death sentence before. He feels great and has loads of energy as well. — Rhonda T., Lake Forest, CA*

LDN is a fantastic treatment for autoimmune diseases. The only drawback is that many doctors don't know about it, won't take the time to learn,

and refuse to prescribe it. Search online for an open-minded doctor or call 800-488-1500 for an appointment at Whitaker Wellness.

▶ **Smoking Cessation** *I started smoking in high school. By the time I came to my senses and realized what a stupid habit it was, I was hooked and couldn't stop. I tried nicotine gum but continued to smoke. Then my mother suggested acupuncture. In addition to the needles, which were surprisingly painless and relaxing, the acupuncturist taped little seeds over pressure points in my ears and told me to squeeze them when I wanted to smoke. It worked for me and I am forever grateful. — A.B., Kamuela, HI*

▶ **Gout** *I checked the Internet to see if I could help a friend relieve painful gout with natural methods. I found multiple references to drinking ample water, eating cherries, and taking cherry extract. My friend upped his daily water intake to half his body weight in ounces and ate 40 cherries a day. The results were quick. Now he's doing fine and is happy to have avoided another drug prescription! — Donna L., Costa Mesa, CA*

 Have a Health Tip to share? Send it to worksforme@drwhitaker.com. Read more tips at drwhitaker.com/works-for-me.

Healing Tip

Falls are serious business, especially as we get older, and most of them happen at home. But New Zealand researchers recently discovered that making simple and relatively inexpensive home modifications, such as better lighting and stair railings, reduced injuries related to falls by 26 percent over three years.

 Like my Facebook page at facebook.com/WhitakerMD to receive daily healing tips and join the conversation.

New Year's Recipe

Good Luck Black-Eyed Peas

Southern tradition has it that eating black-eyed peas on New Year's Day will bring you good luck all year. This recipe will also bring you plenty of fiber, protein, and great taste.

1 15-ounce can black-eyed peas, rinsed and drained
2 tablespoons extra-virgin olive oil
1½ tablespoons red wine vinegar
1 clove minced garlic
½ cup each chopped green onions, bell peppers, and tomatoes
Dash each salt/salt substitute and dried red peppers

Combine all ingredients in a bowl. Stir well, cover, and refrigerate overnight. Serves 4.

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Notable Quote

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

— Helen Keller

No computer? Mail your question or health tip to *Health & Healing*, 6710-A Rockledge Dr., Ste. 500, Bethesda, MD 20817.

Tomorrow's Medicine Today

The Whitaker Wellness Institute recently celebrated its 35th anniversary, and to mark the occasion, patients from all over North America joined the Whitaker Wellness team for a memorable evening of dining and dancing, reminiscing about the past, and toasting to the future.

Anniversaries are a time for celebration but also for reflection, and this one got me thinking about how much medicine has changed over the years—how the therapies used by physicians and viewed as effective change over time and why some fade into oblivion while others have remarkable staying power.

Treatments Come and Go...

Most therapies have a shelf life. Bloodletting was the first-line treatment for everything from headaches to infections for thousands of years. Physicians used opium for coughs and arsenic for syphilis well into the 20th century. Tonsillectomy was once practically a rite of passage, and radical mastectomy was routine for any stage of breast cancer until the mid-1970s. For decades Darvon and Darvocet were popular painkillers, and Vioxx was prescribed to more than 20 million people.

All these therapies, which were once the standard of care, have either been discarded or their use dramatically curtailed as their dangers and lack of efficacy were revealed, and hundreds more have met similar fates. I predict that in 50 years, many of the “cutting-edge” treatments of today will be viewed as ineffective and barbaric.

In contrast, the therapies we use at Whitaker Wellness have withstood the test of time. And I can say with complete confidence that they'll still be around—and still be effective—50, 100, even 1,000 years from now. Why? Because instead of aggressively blocking, speeding up, slowing down, cutting out, or otherwise altering physiological function, natural therapies simply give the body what it needs to restore and maintain optimal health.

...But the Basics Endure

“If we could give every individual the right amount of nourishment and exercise, not too little

and not too much, we would have found the safest way to health.” This advice is even more valid today than it was when Hippocrates gave it 2,000 years ago.

Obesity, diabetes, metabolic syndrome, hypertension, heart disease, osteoporosis, and many other previously rare but increasingly common chronic conditions are what experts call “mismatch diseases,” meaning they arise because the human body is poorly adapted, or mismatched, to the environment we now live in.

For example, we crave energy-dense fats and sugars, and our bodies are exceptionally efficient at storing excess calories as fat. This served us well when access to food was uncertain and honey was the only concentrated source of sugar. Today, foods rich in processed fats, sugars, and starches are abundant and enticing. But because the body cannot efficiently metabolize them in large quantities, they are detrimental to our health.

We're also hardwired to conserve energy whenever possible, an important adaptation when food was scarce and physical exertion was required just to stay alive. Modern life, however, places few physical demands on most of us, and the innate urge to sit on the couch is hard to overcome.

The solution is simple: exercise and eliminate excess calories, unhealthy fats, sugars, and starches. Simple, yes; easy, no, because these healthy habits fly in the face of our most basic instincts. That's why a major focus of Whitaker Wellness' Back to Health Program is helping patients adopt permanent lifestyle changes.

With diet and exercise alone, Debi lost 80 pounds and has kept the weight off for years. Ned lowered his blood pressure and William got his blood sugar under control without medications. These are not isolated experiences. Virtually all our patients report improvements in chronic conditions, energy and vitality, and overall well-being with these powerful, inexpensive, usually overlooked therapies.

Harnessing the Healing Power of Nature

Optimal nutrition has always been and will always be a basic requirement for human health. The typical American diet is woefully inadequate in



Dr. Whitaker speaking at Whitaker Wellness' 35th anniversary celebration

omega-3 essential fatty acids, B-complex vitamins, magnesium, calcium, potassium, and other vitamins and minerals, not to mention all the health-enhancing phytonutrients, fiber, and trace minerals absent in processed foods. And because few of us get enough sun exposure to produce healthy levels of vitamin D, deficiencies in this vitamin are rampant.

Again, there's a simple solution. I believe everyone, young and old, healthy and ill, should take a good daily multivitamin, fish oil, and vitamin D to cover basic nutritional requirements. But the clinic's use of supplements goes way beyond this. Tens of thousands of scientific studies demonstrate the therapeutic benefits of specific vitamins, minerals, fatty acids, amino acids, herbs, and other natural compounds for a wide range of health challenges.

Rather than addictive painkillers, we prescribe natural anti-inflammatories such as curcumin and fish oil. We energize failing hearts with coenzyme Q10 and L-carnitine and ease depression and anxiety with amino acids that help normalize neurotransmitter activity. For type 2 diabetes, we enhance insulin sensitivity with berberine and vanadyl sulfate in place of the combo of oral drugs and insulin, which causes weight gain and ultimately worsens blood sugar control.

When John arrived at the clinic, he was on 12 medications for hypertension, diabetes, heart disease, and pain. He somehow lost the bag of meds he'd brought with him, but rather than refilling them I suggested he start on targeted supplements and refill his prescriptions as needed. Long story short, John felt so much better on his new regimen that he never restarted the bulk of his drugs.

Although nutritional medicine has been kicked to the curb by Big Pharma, safe, natural substances were used for medical purposes long before recorded history, and they'll endure long after most of the current crop of pharmaceuticals are gone.

Excessive Surgery: A Dangerous Fad

More than 50 million surgeries are performed in the US every year. We've come to accept this unprecedented explosion of invasive procedures as normal and necessary. It's not. I can't begin to

count the number of patients who have consulted Whitaker Wellness over the years for a second opinion on an "urgently needed" surgery.

Cecil was days away from amputation due to an infected ulcer on his foot. We treated him with sugar dressings and hyperbaric oxygen, and he's walking around with his limbs intact. Mel opted for stem cell therapy over a hip replacement and Chris for PRP instead of wildly overhyped back surgery. Both are doing just fine. Dorothy, who was hospitalized after a heart attack, was told over and over again that her heart would stop if she didn't agree to an angioplasty. I suggested she come to the clinic for a course of EECF, and she's alive and well six years later.

Experts agree that a significant percentage of surgical procedures are not medically indicated but are motivated by profit, fear of lawsuits, habit, and ignorance of the medical literature. I'm not holding my breath, but I hope that increasing recognition of the tremendous harm this inflicts on patients and the enormous waste of health resources will make us come to our senses.



Connie with Oscar-winning actor Jon Voight, the "star" attraction of the night

Looking to the Future

Medical breakthroughs are occurring at a blistering pace: advances in stem cell therapy, minimally invasive surgical techniques, 3-D printing of "bionic" body parts, personalized genetic-based medications, and less toxic cancer treatments, to name a few. As a result, many of today's drugs and surgeries will eventually disappear.

No drug or surgery, however, will ever replace the human body's need for appropriate diet and exercise. No patented pharmaceutical will ever match the safety record of natural compounds. And every surgery is fraught with risk.

Adopting lifestyle changes isn't easy, but it is possible, especially with a little help. There are safe, natural alternatives to almost every prescription drug and noninvasive options for many surgical procedures. Whitaker Wellness has pioneered and championed the use of these timeless therapies for 35 years, and we will remain on the forefront in coming decades. What we do at the clinic isn't integrative, holistic, or alternative—it's just good medicine. And that will never go out of style.

Innovations in Wellness Medicine

Probiotics for Sore Throat

Alfred Hitchcock, the “master of the macabre,” once said, “I have a perfect cure for a sore throat: cut it out.” He was joking, of course, but the truth is there is no cure for most sore throats. Bacterial infections like strep may respond to antibiotics, but the majority of painful, scratchy throats are caused by viruses, and all you can really do is ease symptoms by gargling with warm salt water, sucking on lozenges, etc.

But what if sore throats could be prevented? Italian researchers treated children with recurrent viral and/or bacterial throat infections with oral lozenges of *Streptococcus salivarius* K12, a probiotic strain that safely colonizes the oral cavity and antagonizes pathogenic organisms. The kids had 80/90 percent fewer viral/strep infections compared to the previous year and far less sick days and antibiotic prescriptions. In contrast, illness rates in a control group of untreated children remained high. If you or a loved one is prone to sore throats—or colds or ear infections—make *Streptococcus salivarius* K12 part of your daily supplement regimen. It can be ordered from the clinic at 800-810-6655.

Light Therapy for Depression and More

“Happy New Year” is a rallying cry at this time of year, but for many people, January is anything but happy. That’s because we’re smack in the middle of the dark days of winter. For millions of individuals, depression, fatigue, lethargy, and weight gain arrive like clockwork every winter—and disappear just as predictably with the coming of spring. Seasonal affective disorder (SAD) is all about light, or rather the lack thereof. Sunlight plays a profound effect on our physical and mental well-being. In addition to stimulating vitamin D production, it promotes the release of serotonin, a neurotransmitter that affects mood and appetite, and melatonin, the sleep hormone and regulator of our circadian rhythms.

The solution? Light therapy. Exposure to bright light that mimics the full spectrum of sunlight is a very effective intervention for SAD—and benefits are noticed within days. Safer, faster, and less expensive than medications, light therapy has also been shown to improve non-seasonal and postpartum depression, some sleep problems, and circadian rhythm disorders. Look for light boxes that deliver 10,000 lux of full-spectrum light. Good brands include Verilux and Otlite.

Did You Know?

- Vitamin D supplementation lowers CRP and other markers of inflammation.
- By age 80, men and women shrink an average of 2 and 3.1 inches, respectively.
- Drinking several cups of green tea per day reduces diabetes risk by 20 percent.
- Duke researchers found that women need more sleep than men and suffer worse effects of sleep deprivation.
- Whether you like cilantro or think it tastes like soap is a genetic trait.
- Men who exercise are less likely to have to get up at night to urinate.
- College students spend an average of 8–10 hours per day on their cell phones.
- Beet juice reduces blood pressure and improves aerobic fitness in athletes.
- Areas with more magnesium in the water have lower rates of hip fractures.
- Pycnogenol was shown to improve pregnancy-related varicose and spider veins.
- Forestry surveys estimate the Amazon is home to 16,000 species of trees.
- Eating a Mediterranean diet halves the risk of developing chronic kidney disease.

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