



## Hydrogen Water: Drink to Better Health

A businessman in his 60s reports that since he started drinking hydrogen water, he has more energy and his memory is sharper than ever. A runner says it has improved her endurance and sleep, and she has fewer aches and pains.

The daughter of a woman with Alzheimer's disease noticed rapid improvements in her mother's ability to remember names and events, and now she's doing activities such as showering without help and "getting back to her old self."

A young man awoke from a three-month coma following a motorcycle accident with a dire prognosis due to severe cognitive, speech, and mobility problems. Hydrogen water jumpstarted his recovery, and today he is back working as a fitness instructor.

Patients with Parkinson's disease who drank hydrogen water in a placebo-controlled clinical trial had significant improvements in their symptoms, while the placebo group got worse. And in a pilot study of people with rheumatoid arthritis, it caused notable reductions in joint pain and swelling.

If you're thinking this sounds too good to be true, I get it. That's what I thought at first. But the deeper I've delved into the hundreds of scientific papers examining the effects of hydrogen therapy, also called molecular hydrogen or H<sub>2</sub> therapy, on scores of health

challenges, the more I'm convinced this is a true scientific breakthrough.

### What Is Molecular Hydrogen?

Hydrogen, #1 on the periodic table, is the simplest and lightest element, consisting of just one electron and one proton. It is also the most abundant element in the universe, the stuff of stars, nebulae, and gas giant planets like Jupiter and Saturn.

On Earth, however, hydrogen rarely exists in molecular form. Hydrogen gas (referred to as H<sub>2</sub> because each molecule has two atoms of hydrogen) is so light that it easily escapes our planet's gravitational pull. And since hydrogen reacts with nearly all other elements, it mostly

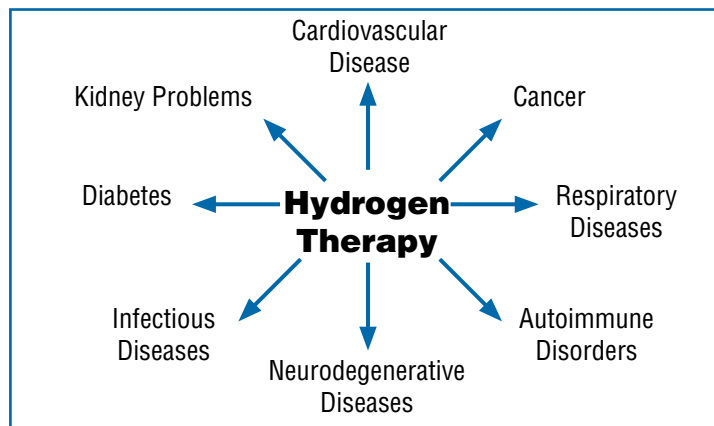
exists in chemical compound form, such as water, oil, and gas, millions of natural and synthetic chemicals, as well as other organic compounds essential for life.

Rare as molecular hydrogen may be, its small size and other unique properties have inspired innovative scientists to research its potential therapeutic uses, and they've come up with some remarkable discoveries.

### Why H<sub>2</sub> Is So Powerful

First, H<sub>2</sub> is an extraordinary antioxidant, a free radical quencher that selectively scavenges the most

*continued on page 3*



Modified from Dixon BJ, et al. *Med Gas Res.* 2013 May 16; 3(1):10.

### Inside This Issue

- Hydrogen Water.....1
- Dear Reader.....2
- Probiotics, *Candida*, and More...4
- Alcohol Cravings.....4
- Works for Me.....5
- Close Eyes, Open Memory...5
- Women and Heart Disease...6
- Success Story.....7
- Wellness Medicine.....8

## 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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**Author:** Julian Whitaker, MD  
**Research Editor:** Peggy Dace  
**Managing Editor:** Larissa Long  
**Associate Research Editor:** Ryann Smith Groseclose

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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](http://drwhitaker.com).

## Dear Reader,

A witch-hunt is underway, and the target is herbal supplements. In February, Attorney General of New York Eric Schneiderman issued a press release charging GNC, Walgreen's, Walmart, and Target with selling herbal products that were "deliberately mislabeled" and "potentially dangerous to public health."

He claimed DNA barcode testing revealed that the majority of several store-brand supplements did not contain the herbs listed on product labels, and many were "contaminated" with other plant compounds, including potential allergens.

These are serious accusations—but they're completely bogus! Experts from the FDA and independent labs agree that DNA barcoding is unreliable for herbal extracts. Looking for specific fragments of DNA is appropriate for identifying living or fresh animals or plants, but to produce extracts, herbs must be crushed, filtered, purified, and otherwise processed.

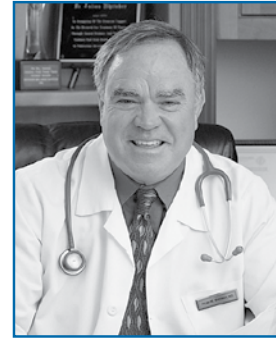
GNC immediately supplied results of independently validated tests confirming the integrity of their products. But Schneiderman still refuses to release his testing protocols and results. He stands by his accusations and continues to slander reputable companies—and an entire industry.

This attention-grabbing politician is now going after additional companies and rallying other attorneys general to crack down on the supplement industry. And although the initial media storm has died down, calls for stricter FDA oversight, legislation to "protect consumers," and class-action extortionist lawsuits are escalating.

Please understand that I am not blindly defending all supplements. As in any business sector, there are bad players who use cheap ingredients and misrepresent their products. That's why I started my own supplement line 21 years ago, so I could formulate products based on scientific research, select the best raw materials, monitor independent testing, and ensure the highest quality control. I'm all for ferreting out adulterated, fraudulent supplements, but taking aim at the thousands of responsible companies that follow these same stringent guidelines and deliver excellent products is just plain wrong.

If nutritional supplements are so "dangerous," where are the bodies—and why do more than half of Americans use them? Do they really think we're that stupid? Sure, you need to do your homework, buy from reputable companies, and recognize that you may have to pay a little more for quality. But I hope you'll see Schneiderman's dishonest, self-serving stunt for what it is. To learn more, visit [anh-usa.org](http://anh-usa.org).

To your health,

**Julian Whitaker, MD**

America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

## Hydrogen Water (continued from page 1)

dangerous and destructive hydroxyl radicals. Hydroxyl radicals initiate their cycle of destruction by stealing electrons from molecules in DNA, proteins, and fats, destabilizing them and setting off a chain reaction of oxidative stress. H<sub>2</sub> readily gives up electrons to hydroxyl radicals, which stabilizes them and stops them in their tracks. It also reduces the toxicity of peroxynitrite, another destructive oxidant, and further boosts the body's defenses by increasing production of natural antioxidants such as glutathione, superoxide dismutase, and catalase.

Second, H<sub>2</sub> has beneficial effects on cell signaling and gene expression. It suppresses TNF-alpha and other proteins involved in inflammation and turns on mechanisms that protect against cell death. But because H<sub>2</sub> is selective, it does not scavenge essential redox signaling radicals that play a key role as cellular messengers.

Third, recent studies show that H<sub>2</sub>-infused water increases the production of a hormone called ghrelin. Secreted in the stomach, ghrelin is best known for stimulating appetite, but it also boosts growth hormone release and has protective effects in the brain, vascular system, liver, and elsewhere.

Fourth, H<sub>2</sub> "nano" molecules are able to diffuse through cellular membranes, enter the mitochondria and nucleus of cells, cross the blood-brain barrier, and exert their positive effects in tissues and organs throughout the body.

Therefore, it's not surprising that benefits of H<sub>2</sub> therapy have been demonstrated in animal models and/or human studies in a wide range of conditions, including traumatic brain and spinal cord injuries, Parkinson's, Alzheimer's, strokes, heart attacks, vascular disease, diabetes, liver and kidney disorders, autoimmune conditions, and lung problems.

## The Best Delivery System for H<sub>2</sub> Water

Three primary avenues of H<sub>2</sub> administration have been used in clinical research: inhaling hydrogen gas, injecting hydrogen-rich saline, and—the easiest, safest, and most cost-effective method—drinking molecular hydrogen-infused water.

Hydrogen water can be generated by electrolysis (passing an electrical current through water), which splits H<sub>2</sub>O into O<sub>2</sub> and H<sub>2</sub> and dissolves it in the water. Water "ionizers," which sell for thousands of dollars and are supposed to make "alkaline," "structured," or "microclustered" water, actually derive their benefits from the molecular hydrogen they produce.

But there's a more convenient and effective way

to make H<sub>2</sub> water. Dunking metallic magnesium in water produces a chemical reaction that breaks the bonds in water molecules and yields molecular hydrogen. My first introduction to this method was Dr. Hayashi's Hydrogen Rich Water Stick, a five-inch magnesium rod that you keep immersed in a bottle of water, drink, and refill as needed. The sticks last several months, but my wife assumed the "rock" in my water bottle was trash and threw it away. I remember thinking at the time

that someone should come up with a more user-friendly product.

Someone did. A company called Purative has perfected a method of making tablets of micronized elemental magnesium which, when dissolved in water, generate a hefty dose (1.6–2.6 ppm) of molecular hydrogen. You simply drop a tablet in a bottle full of water, close tightly, wait 10–15 minutes as hydrogen micro-bubbles are generated and dissolve in the water, and drink.

Doing this once a day approximates the dose used in the hydrogen therapy research—and literally floods the system with free radical-quenching electrons. And because H<sub>2</sub> is a safe, natural molecule that is common to the body, you can't get too much of it.

Molecular hydrogen water has a promising future as a safe, simple, inexpensive therapy for health maintenance, disease prevention, and treatment of our most common health challenges. I've added a bottle or two of H<sub>2</sub>-saturated water to my daily regimen and suggest you consider doing the same. Bottoms up!

### My Recommendations

- ▶ Molecular hydrogen water is an excellent addition to most everyone's daily health regimen. Place one tablet of [Purative's Active H<sub>2</sub>](#) in a 16-ounce glass or plastic bottle, fill to the brim with water, cap tightly, wait 10–15 minutes, and drink, preferably within 30 minutes. A second bottle later in the day is optional.
- ▶ Look for Active H<sub>2</sub> online or order from the clinic at 800-810-6655.

## Reference

Dixon BJ, et al. The evolution of molecular hydrogen: a noteworthy potential therapy with clinical significance. *Med Gas Res.* 2013 May 16;3(1):10.

# Dear Dr. Whitaker

**Q** For some time I have been wondering what supplement capsules are made of, and how taking handfuls of them daily affects a person. Please advise. — Willard B., Apache Junction, AZ

**A** “Veggie caps” are made from cellulose and other plant polysaccharides. But the main component of most capsules is gelatin, a simple protein derived from animal collagen. Both types rapidly dissolve in the stomach and have no adverse effects. In fact, gelatin is used in numerous food products, and it’s purported to have several health benefits. Some people drink Knox gelatin or take gelatin supplements for healthier hair, skin, and nails, although I’ve never seen any research to support these claims. I too take handfuls of capsules a day—with complete confidence in their safety.

**Q** I know that probiotic supplements help replenish the good bacteria that antibiotics kill along with the bad. But should you wait until the antibiotic course is complete to take probiotics? Wouldn’t the antibiotic kill the beneficial bacteria? — J.B., Kona, HI

**A** This is an insightful question. You should definitely use probiotics, but as you suggest, the antibiotics certainly could affect them. Therefore, timing is key. Start your probiotics on the same day as your antibiotic—but space them out. For instance, if you take the drug twice a day (AM/PM), take your probiotics at noon. Continuous replenishment of beneficial gut bacteria can ease and help prevent

some of the common side effects of antibiotics such as diarrhea and yeast infections. Keep on taking the probiotics for at least two weeks after you’ve finished the antibiotic to further restore healthy intestinal bacteria. Better yet, make probiotics part of your daily supplement regimen. Look for quality products online, or order at [drwhitaker.com](http://drwhitaker.com) or 800-722-8008.

**Q** Do you have any suggestions for Candida fungal overgrowth? — S.M., Irvine, CA

**A** Here at Whitaker Wellness, we see a fair number of patients with candidiasis, or overgrowth of *Candida albicans* yeast. Our treatment protocols include starving the yeast by eliminating sugar, milk, fruit, and yeast-containing foods and eating mostly lean protein, nonstarchy vegetables, nuts, and fermented foods. We work on killing off the yeast with supplements such as garlic, oregano oil, and Candicid Forte, which is a powerful blend of sodium caprylate (caprylic acid), botanicals, zinc, and biotin. (Look for these supplements in health food stores or online, or order by calling 800-810-6655.) In some cases, a short course of a prescription antifungal medication may be required. To restore the gut’s microbial balance, we add high-dose probiotics and supplemental fiber. Many doctors overlook this common condition. If you are plagued with bloating and other GI issues, thrush, recurring vaginal infections, skin problems, brain fog, and/or fatigue that you just can’t get a handle on, get tested for yeast overgrowth. To find a doctor in your area, visit [acam.org](http://acam.org), or call 800-488-1500 for an appointment at Whitaker Wellness.

 Read more Q&As online at [drwhitaker.com/featured-questions-and-answers](http://drwhitaker.com/featured-questions-and-answers). Send your own questions to [drwhitakerquestions@drwhitaker.com](mailto:drwhitakerquestions@drwhitaker.com).

## From My Blog

### Vitamins and Minerals Curb Alcohol Cravings

Well over half of American adults drink, but just 20 percent of them consume 80 percent of all alcohol, and the top 10 percent—24 million people—average 74 drinks per week! Alcohol abuse is a huge problem, but there’s a way to avoid and reverse it. Decades ago, Dr. Roger Williams discovered he could alter lab rats’ inclination to drink alcohol simply by adding or subtracting vitamins and minerals in their diets. In other words, optimal nutrition controlled their proclivity toward alcoholism while deficiencies increased it. This works for humans too. Consistent use of vitamin and mineral supplements stops the craving for alcohol. That’s why I recommend that everyone who drinks take a potent daily multivitamin. In my opinion, it is the best way to prevent and cure alcoholism. To learn more, read Joan Mathews-Larson’s book [Seven Weeks to Sobriety](#) or call the Health Recovery Center at 800-554-9155.

 Get the rest of the story—and share your opinion—by visiting my blog at “Connect with Dr. Whitaker” on [drwhitaker.com](http://drwhitaker.com).



# Works for Me...

▶ **Back and Joint Pain** *I am writing about the great results I have experienced using Runovia. Within two weeks, I noticed a reduction in joint and lower back pain, and I was able to taper my use of other supplements. With the second bottle I experienced complete relief. I have been on it a year and only take it once a day now, and I continue to have the same good results. — Dee M., Anaheim, CA*

Runovia is a liquid form of hyaluronic acid or hyaluron, a natural compound that lubricates and cushions the joints and connective tissue. We've been using hyaluronic acid capsules at the clinic for years, and I'm happy to hear this form works so well for you. Look for hyaluronic acid products online or call 800-810-6655 to order.

▶ **Sleep Apnea** *My husband used to fall asleep whenever he sat down, in the car, at a movie, even at the dinner table. We went to a Celine Dion concert, and he slept during the whole thing! Since being treated for sleep apnea, he's wide awake and alert all day long. I didn't suspect sleep apnea in myself since I sleep well. But because of my symptoms my doctor at Whitaker*

*Wellness suggested I get tested. My sleep study was worse than his! We are both thrilled with our results. — J.K., Louisville, OH*

Untreated sleep apnea can lead to a host of serious problems. If you snore or have unresolved health issues, talk to your doctor about this. For more information, visit [sleepapnea.org](http://sleepapnea.org).

▶ **Post-Herpetic Neuralgia** *In 2009 I came down with a terrible case of shingles and suffered with extremely painful post-herpetic neuralgia in the aftermath. Per your suggestion in Health & Healing, I tried hyperbaric oxygen therapy (HBOT) and was able to markedly reduce my pain level from a 10 to a 1. I went to an acupuncturist for additional treatment with cupping and was able to further reduce my pain to a 0.2. — N.L.L., Kiawah Island, SC*

This is a great testimony to the power of HBOT and acupuncture. Our acupuncturists at Whitaker Wellness also use cupping, which involves using small cups to create suction, increase blood flow, and promote healing. For information on treatment at the clinic, call us at 800-488-1500.

📧 **Have a Health Tip to share? Send it to [worksforme@drwhitaker.com](mailto:worksforme@drwhitaker.com). Read more tips at [drwhitaker.com/works-for-me](http://drwhitaker.com/works-for-me).**

## Healing Tip

Having trouble remembering something? Close your eyes. When study volunteers were asked questions about a video they'd watched, they recalled more details and answered 23 percent more questions correctly when their eyes were shut. So the next time you're "stuck," close your eyes—and open your memory.

📧 Like my Facebook page at [facebook.com/WhitakerMD](https://facebook.com/WhitakerMD) to receive daily healing tips and join the conversation.

## Monthly Health Quiz

*How Much Do You Know About Your Circulatory System: Which Is False?*

- A) Laid end-to-end, all of your veins, arteries, and capillaries would stretch 30,000 miles.
- B) Fish oil, nattokinase, Pycnogenol, L-arginine, and L-citrulline can help improve circulation.
- C) Your six quarts of blood circulate through your entire body three times per minute.
- D) The smallest capillaries are one-tenth the thickness of a single hair.

**Answer:**

A is false. Believe it or not, the actual distance is an estimated 60,000 miles!



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## Mother's Day Quote

“God could not be everywhere, and therefore he created mothers.”

— Rudyard Kipling, English writer, 1865–1936

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

# A Disease All Women Should Take to Heart

“Well woman” exams have become an annual ritual. Weight, height, blood pressure, medical history update, a brief physical, breast and pelvic exams, and you’re out the door. Every few years, there’s a Pap smear to screen for cervical cancer; beginning at age 40, an order for a yearly mammogram; and at 50, a prescription for your first colonoscopy.

There’s something seriously wrong with this picture. Notice how these “preventive services”—which are considered so important that Obamacare requires all insurers to cover them—are focused on cancer.

Guess what the leading cause of death among women is. Breast cancer? No, just three percent of American women die of this much-feared disease. Cervical cancer? With 12,000 diagnoses and 4,000 deaths per year, it’s not even close. Cardiovascular disease (CVD) kills 10 times more women than breast cancer. In fact, it’s more deadly than all types of cancer combined. So if you really want to reduce your risk of premature death and debility, you need to get serious about your cardiovascular health.

## “H-E-P-P-P”

CVD seems to be viewed as a man’s disease, but after menopause, when estrogen’s protective effects decline, women are actually more vulnerable to heart attacks, heart failure, and sudden cardiac death than men. And their outcomes are worse.

One reason for this is that women rarely have “Hollywood heart attacks,” the chest-clutching, grimacing, keeling-over scenarios seen in the movies. Comedian Rosie O’Donnell recently drove this home in a stand-up routine describing the heart attack she had at age 50. Her symptoms included intense pain in her biceps, extreme fatigue, and the worst hot flashes she’d ever experienced. She was pale as a ghost, and when she tried to eat, she threw up. (She came up with a catchy acronym for these symptoms: H-E-P-P-P—hot, exhausted, pain, pale, puke.)

Although these are typical signs of heart attacks in women, Rosie convinced herself that her arm pain was due to heavy lifting she’d done earlier that day. She joked, “Shouldn’t it feel like Mike Tyson punched me in the...?” Actually, the pain can be anywhere in the upper body—chest, arms, shoulders, back, neck, chin, or jaw.

Furthermore, like many women, Rosie didn’t want to make a fuss or risk overreacting. So, she said, “I did what 75–80 percent of women do when having a major heart attack. I did nothing.” If you think you’re having a heart attack, don’t “do nothing.” Call 911 and chew a full-strength aspirin right away.

## My Recommendations

- ▶ Diet, exercise, weight loss, and optimal nutrition are your best protection against CVD. Recommended supplements include a multivitamin with high doses of B-complex vitamins and antioxidants, magnesium 500–1,000 mg, fish oil 2–4 g, coenzyme Q10 100–300 mg, vitamin D 2,000–5,000 IU, quercetin 200 mg, Pycnogenol 50–100 mg, citrus bergamot 500 mg, and berberine 1,500 mg. Take in divided doses with meals. To order, call 800-810-6655.
- ▶ EECF is an excellent therapy for CVD. To learn more about treatment at Whitaker Wellness—and about our Back to Health Program, which is designed to help patients adopt lifestyle changes—call 800-488-1500.

## Don’t Wait

“Doing nothing” also pertains to prevention, which is something far too many people ignore. Two-thirds of women who die suddenly of heart disease have no previous symptoms or diagnosis of CVD. That’s why it’s important for everyone—women and men of all ages and states of health—to take action now, starting with lifestyle changes.

Earlier this year, Harvard researchers published a study that showed just how significant an impact a healthy lifestyle has on CVD. They evaluated 20 years of data on 69,247 women and focused on six healthy

habits: no smoking, normal weight, two and a half or more hours per week of physical activity, seven or fewer hours of TV weekly, no more than one alcoholic drink per day, and a good diet.

The women who adhered to all six had a 92 percent reduced risk of heart attack and a 66 percent lower risk of developing CVD risk factors such as type 2 diabetes, hypertension, and abnormal blood lipids. I hope this inspires you to take a close look at your day-to-day habits. Working on just one at a time is a step in the right direction, as the study found that weight, exercise, diet, and smoking cessation were independently protective.

## Supplements for Heart Health

The Harvard team did not include nutritional supplements in their analysis, but thousands of other studies have demonstrated positive effects of various vitamins, minerals, and other nutrients for the prevention and treatment of CVD.

Magnesium relaxes the arteries, and B-complex vitamins protect against the damaging effects of homocysteine. Coenzyme Q10 energizes the cardiac muscle and enhances heart function. Fish oil has a plethora of cardiovascular benefits, as do the gamut of antioxidant vitamins and minerals. Higher blood levels of vitamin D are associated with lower risk of heart disease and death. Pycnogenol, quercetin, and other nitric oxide boosters dilate the arteries and improve arterial health. Citrus bergamot and supplemental fiber lower lipid levels, and berberine helps control diabetes, a significant CVD risk factor.

The foundation of any supplement program is a good daily multivitamin. In a March 2015 study, researchers associated with the National Institutes of Health found that women who had taken multivitamins for at least three years were 35 percent less likely to die from CVD over the next 18 years, compared to those who had not taken a multi.

## Beware of Overtreatment

I want to close with a warning, and I hope you'll take it seriously. This approach to CVD is not the norm. Most doctors have bought Big Pharma's hype hook, line, and sinker and simply prescribe medications—one in five women is now deemed an appropriate candidate for statin drugs—or push patients into invasive procedures.

There's no substitute for physical activity, proper nutrition, weight loss, and other natural therapies that give your body a chance to repair itself and function at its best. And despite what conventional doctors may say, medications like statins can only make you worse.

I urge you to do your own research, then do your heart a favor and get started on a cardiovascular health regimen today.

## References

Bailey RL, et al. [Multivitamin-mineral use is associated with reduced risk of cardiovascular disease mortality among women in the United States. J Nutr. 2015 Mar;145\(3\):572-8.](#)

Chomistek AK, et al. [Healthy lifestyle in the primordial prevention of cardiovascular disease among young women. J Am Coll Cardiol. 2015 Jan 6;65\(1\):43-51.](#)

## Whitaker Wellness Success Story: Beware the Minefield of Conventional Cardiology

Symptomatic cardiovascular disease is a serious condition that must be addressed. Unfortunately, it's easy to get caught up in the minefield of conventional cardiology. But as Mary Morton's story illustrates, there are safe, effective options.

"Two years ago, I had a very scary episode of shortness of breath and pain in my chest, back, arms, neck, and jaw. The symptoms continued during the next few days, though not as severe. I know Dr. Whitaker, so the first clinic I consulted was Whitaker Wellness. I was recommended to begin a course of EECP as soon as possible, so I went home to make arrangements.

"Meanwhile, at a friend's suggestion, I got a second opinion. This doctor sent me to a well-regarded cardiologist, who did a stress test and told me I would have a major heart attack within 30 days. He prescribed two drugs and wanted to admit me for surgery that day. He later called to say he had misread the results. I did not need surgery but should follow up with my Kaiser doctor.



Mary Morton now has a second chance at good health

"A week later, I suddenly felt nauseous and dizzy, so I went to see my GP at Kaiser. This physician referred me to another cardiologist, who also determined that I needed an angiogram immediately. I asked about EECP, but he said it was for 'last resort' patients and could be prescribed only after bypass surgery, which was not true.

"At that point, I did what I should have done in the first place. I went back to Whitaker Wellness for EECP and other treatments (hyperbaric oxygen, chelation, acupuncture, supplements, and lifestyle changes). The transformation has been extraordinary. During the worst of my symptoms, I could not walk more than 50 feet. Just two months after I left the clinic, I was walking two to four miles a day, kayaking—and taking no drugs.

"Dr. Whitaker and his wonderful staff have given me a second chance at health and a great life. I will always be deeply grateful to him and everyone at the clinic for their effective treatments, kind care, and gracious humor."

To make an appointment at the Whitaker Wellness Institute, call 800-488-1500 or visit [whitakerwellness.com](http://whitakerwellness.com).

# Innovations in Wellness Medicine

## Lutein for Brain Health, Memory, and Learning

Lutein, a carotenoid in spinach, kale, and other leafy greens, is renowned for its role in eye health. Concentrated in the retina and macula, lutein reduces oxidative stress, inflammation, and risk of age-related vision loss. But lutein has another important benefit: It also supports brain function and enhances memory and learning.

Recent research reveals that lutein is the dominant carotenoid in the brain, where it influences visual processing and other neural functions. Individuals with mild cognitive impairment have been shown to have reduced lutein status, and boosting levels with supplements is associated with improvements in memory. In a study of older women who took 12 mg of lutein per day, with or without 800 mg of DHA, verbal recall scores significantly improved. Lutein also enhances visual processing speed, which is related to overall brain efficiency and tends to slow down with age. My father had macular degeneration, so I've been taking a vision supplement with 30 mg of lutein for years. It's gratifying to know I'm protecting not only my eyes but my brain as well.

## Meditation for Health and Well-Being

Though naysayers might write off the benefits of meditation as a placebo effect at best and complete hogwash at worst, evidence supporting meditation's benefits in physical and mental well-being continues to pour in. One type, Transcendental Meditation, has been proven to lower blood pressure, improve insulin sensitivity, and slash the risk of heart attacks and stroke by nearly 50 percent. The American Heart Association is even on board, suggesting that physicians consider meditation as an adjunct therapy for treating hypertension.

A review of more than 150 studies concluded that another type, mindfulness meditation, has positive effects on anxiety, stress, neuroses, attention, and memory. Meditation even improves sleep! If everyone practiced just 10 minutes of meditation every day, we'd all be better off. After all, who couldn't use a mini-vacation from stress? For free guided recordings that will walk you through mindfulness meditation, visit [mindfulness-solution.com](http://mindfulness-solution.com). You can also find books in your library, how-to apps on your smartphone, and videos and other instructional resources online.

## Did You Know?

- Well-trained athletes who took 100 mg of Pycnogenol per day had significant improvements in speed, endurance, and recovery.
- Dark-roast coffee has more protective phytonutrients than light roast.
- Taking probiotics while on Prilosec or other PPIs reduces bloating and other drug side effects.
- A study found that people who garden had a 27–30 percent lower risk of stroke, heart attack, and death.
- Contrary to popular belief, early exposure to peanuts and other allergenic foods reduces children's risk of developing allergies.
- Al dente (firm to the bite) pasta is more slowly digested and has less of an effect on blood sugar.
- Exposure to pesticides that contain pyrethroid is linked with higher risk of ADHD.
- Inactivity is as great a risk factor for premature death as obesity.
- Coffee reduces depression risk, whereas sweetened and diet drinks increase it.
- The biggest contributors of sodium in kids' diets are cereal and bread.

## Health & Healing Resources

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## Coming In Future Issues:

- What Works/What Doesn't for Back Pain
- How to Maintain Muscle Mass, Strength—and Independence
- All About Avocados



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