



Heart Failure: What Works/What Doesn't

When the ear is held to the chest, and one listens for some time, it may be heard to seethe inside like the boiling of vinegar.

This description from the ancient Greek *Hippocratic Corpus* is a classic sign of congestive heart failure. A weak and failing heart cannot pump with enough force to move blood around the body. It “congests,” and fluids seep through the blood vessels into the lungs (the “seething, boiling” sounds noted by Hippocrates), causing trouble breathing and shortness of breath. Fluids also accumulate in the abdomen and extremities, resulting in weight gain and edema so severe the skin may split.

Heart failure is labeled an incurable condition, but I'm here to tell you it can be slowed and even reversed—if you're willing to go beyond the blunt, toxic tools of conventional cardiology.

Cathey's Story

Just ask Cathey. Three years ago, her ejection fraction (EF, a measure of the heart's pumping ability) was life-threateningly low at 15 percent. Her entire body was swollen with fluids, and even eating tired her to the point of exhaustion. She was on a slew of medications, in and out of the hospital, and her doctors in Tennessee gave her no hope of recovery.

Although she was warned against traveling, Cathey was convinced that treatment at Whitaker Wellness was her only chance. She arrived in a wheelchair, seriously ill with heart failure. After three weeks of treatment, her EF was 37 percent, and she was off half of her drugs and back on her feet.

She returned home, stayed on her supplements and her diet and exercise program, and continued to improve. When she returned to the clinic in February of this year, her EF was a perfectly normal 60 percent. She's now taking only one heart medication, feels great, and is back to hiking, playing a little tennis, cooking and doing housework, and enjoying her art projects. “Everything I did before, plus some!”

CoQ10 Bests “Breakthrough” Drug

So much for “incurable.” What is responsible for Cathey's remarkable turnaround? First and foremost is coenzyme Q10 (CoQ10), a naturally occurring compound required for cellular energy production. The failing heart is starved for energy, so it's no surprise that CoQ10 levels are depleted. Supplemental CoQ10 provides a necessary component for generating energy.

To emphasize just how powerful this supplement is, I want to tell you about Entresto, a new drug for heart failure approved by the FDA in July. Entresto is being heralded as a “blockbuster,” “once-in-a-decade breakthrough” that will help millions of patients. Researchers found that when Entresto was used in place of an ACE inhibitor commonly used in heart failure, along with other medications such as diuretics and beta-blockers, there was a 20 percent improvement in patient outcomes. During the 27-month study period, 21.6 vs. 28.5 percent died of cardiovascular causes or were hospitalized for heart failure.

Compare this to a clinical trial on CoQ10 that came out around the same time. In this study, patients with moderate to severe heart failure took either 100 mg of CoQ10 or a placebo three times a day in

continued on page 3

Inside This Issue

- Heart Failure.....1
- Dear Reader.....2
- Sleep Apnea, Picky Eating...4
- Get Better Sleep.....4
- Works for Me.....5
- Avoid Toxic Triclosan.....5
- Help for Aging Skin.....6
- A+ for Astaxanthin.....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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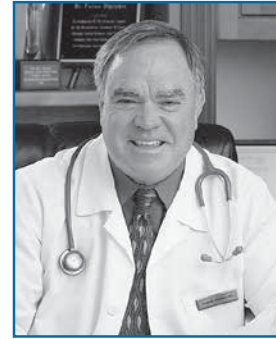
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Remember, you can read current and past issues of *Health & Healing* when you create or access your account at drwhitaker.com.

Dear Reader,

California has passed a bill mandating that all children must be fully vaccinated to attend public and private schools, preschools, and child care centers. The new law no longer allows for parents' religious convictions or personal beliefs that vaccines may be harmful. Only medical exemptions from licensed physicians for conditions that could make vaccines unsafe will be accepted. Otherwise, it's 49 vaccines by age six—or your kid stays home.



Julian Whitaker, MD
 America's Wellness Doctor
 Director of the Whitaker Wellness Institute, Newport Beach, California

Mississippi and West Virginia already have similarly strict laws, and legislation is pending in other states. The feds are also in on the gig. A bill has been introduced to deny federal money for preventive health services to states that don't have mandatory vaccine laws. And 90 members of the US House of Representatives signed a resolution that "affirms vaccines and immunizations save lives and are essential to maintain the public health, economic and national security of the people of the United States."

Mothers and fathers who opt to deviate even slightly from the required vaccine schedule are accused of being unfit parents and callously endangering others. Pediatricians are refusing to accept patients who have not been vaccinated, and families are encouraged to screen potential playmates' immunization status and keep their kids away from those who are unvaccinated. It's absurd!

I have written in the past about the adverse effects of vaccines and how many of them are either unnecessary, ineffective, or both. I've pointed out the disturbing parallels between the dramatic increases in autism spectrum disorders and numbers of vaccines forced upon our children. I've discussed how drug companies are protected against product liability—the \$3 billion paid out for vaccine injuries has been borne not by manufacturers but by taxpayers.

This is more than a medical issue, folks. It's about personal and religious freedom, parental control, and our right to make choices regarding our health care. If you are a parent facing decisions about vaccinations, I urge you to examine *all* sides of this acrimonious issue—and I wish you luck. In the current climate of wildly unreasonable fears, prejudices, and one-sided debate, you're going to need it. To learn more, visit anh-usa.org.

To your health,

Heart Failure (continued from page 1)

addition to standard medications. After two years, the CoQ10 group had fewer cardiovascular deaths, major events, or hospitalizations (15 vs. 26 percent)—an astounding 44 percent overall improvement.

This wasn't a head-to-head comparison, but both studies were randomized, controlled multicenter clinical trials of similar duration and disease severity. Both demonstrated improvements in symptoms and outcomes, but CoQ10 was twice as effective!

As for cost and safety, they're not even in the same ballpark. Entresto costs \$12.50 per day compared to \$2–3 for 300 mg of high-quality CoQ10. And while the drug has a long list of adverse effects, CoQ10 is a natural compound found in every cell of your body. The fact that Entresto is getting all the attention—worldwide sales are projected to reach \$5 billion—and CoQ10 is more or less ignored is testimony to our broken health care system. It amazes me that the pharmaceutical industry and conventional medicine in general gets away with stuff like this. The probability of any Whitaker Wellness physician ever prescribing this drug is virtually zero.

Powerful Noninvasive Therapies

Additionally, Cathey was treated with magnesium, D-ribose, L-carnitine, taurine, and vitamin D, which also have proven benefits for heart failure, as well as hyperbaric oxygen therapy (HBOT) and enhanced external counterpulsation (EECP).

HBOT, as you can imagine, provides tremendous relief. The inability of the failing heart to deliver oxygen- and nutrient-rich blood is a significant cause of fatigue, organ dysfunction, and overall decline. Because HBOT saturates the cells with oxygen, even in the absence of adequate circulation, patients often report dramatic improvements.

EECP gives the heart a much-needed rest and reduces fluid overload by squeezing blood up from the extremities and throughout the body. It also boosts nitric oxide release and enhances arterial health. A course of 35 EECP treatments has been shown to improve ejection fraction as well as exercise tolerance and other signs of heart failure.

It may astound you to learn that Whitaker Wellness has been successfully treating heart failure with safe, noninvasive, and extremely effective therapies for more than 30 years—and helped hundreds of patients like Cathey turn their lives around. It should also astound you that none of these treatments have been adopted by conventional medicine.

My Recommendations

- ▶ Suggested supplements include coenzyme Q10 (preferably ubiquinol) 300 mg, magnesium 1,000 mg, D-ribose 10 g, L-carnitine 2,000–4,000 mg, taurine 2,000 mg, and vitamin D 5,000 IU (or to optimal blood level). Take daily in divided doses.
- ▶ To learn more about hyperbaric oxygen, EECP, and other treatments for heart failure at Whitaker Wellness, call 800-488-1500.

A Preventable Disease

Heart failure may be tough to treat, but it can be prevented. Researchers from Tufts University followed 4,490 people over age 65 for up to 21 years and found that those who walked briskly, engaged in daily physical activity, watched their weight, didn't smoke, and drank moderately had half the risk of developing heart failure. And another recent long-term study determined that men and women who were free of hypertension, diabetes, and obesity at age 45

were 73–85 percent less likely to develop heart failure.

Other preventive measures include getting a handle on coronary artery disease, thyroid disorders, and sleep apnea—a serious but overlooked risk factor. At Whitaker Wellness, we also test for and treat heavy metal toxicity, which can damage the heart muscle, and get patients off medications linked with heart failure such as oral diabetes drugs (including Actos, Avandia, and Januvia) and statins. And everyone, regardless of health status, should be taking at least 100 mg of CoQ10 daily to protect their heart.

More than 5 million Americans are afflicted with heart failure, and rates are on track to double in the next 20 years. Take action now. You do not want to be one of them.

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Dear Dr. Whitaker

Q *I have had sleep apnea since 2005. I use a CPAP machine and go to sleep with the mask on my face, but I never wake up with it on—it is always on the floor by the morning. What can I do?*

— Barbara K., Pomona, CA

A Mask removal in the middle of the night can be caused by a few things. First, if your mask doesn't fit properly or has a leak, you may feel like you're not getting enough air and unconsciously remove it while you're asleep. Second, the pressure may be too high or too low, which is why automatic (APAP) is more comfortable and easier to tolerate. Whereas continuous (CPAP) devices are set to one specific pressure, APAP makes automatic modifications during the night. Third, these devices need to be adjusted over time, depending on changes in weight, age, health conditions, etc. If your CPAP has been recalibrated recently, or you're using APAP, then the problem can likely be narrowed down to mask fit/style.

Q *My son just turned three and I can't get the kid to eat enough fruits and vegetables. I know he's young, and it may be normal to go through a picky phase, but I feel like he's not getting enough good nutrition. Do you have any suggestions?* — Dayna S., via email

A I asked my daughters and daughter-in-law who have kids around this age about this. One suggested adding a handful of spinach, kale, and other "super foods" to smoothies. It doesn't alter the flavor too much but dramatically boosts

the nutritional content. Another said she fills a plastic ice cube tray with bite-sized pieces of fruit, vegetables, cheese, chicken, etc.—a fun way to give kids variety and choices. I also recommend children's multivitamins to help fill the nutritional gaps. Good brands include Garden of Life, Solgar, and Life Extension.

Q *What remedies would you suggest for swollen knuckles? My left thumb started swelling two months ago and now looks like the size of a hazelnut. I have a history of osteoarthritis.* — Anonymous, via email

A Swelling and pain due to osteoarthritis often respond to NSAIDs such as aspirin and ibuprofen, but these drugs should only be used on a short-term basis. For prolonged use, you're better off with safe, natural anti-inflammatories such as curcumin, fish oil, and boswellia. Topical pain relievers rubbed over affected areas may also be helpful. My patients get good results with OxyRub, an over-the-counter cream, as well as topical NSAIDs and analgesics, which require a prescription. (Look for these products online or call 800-722-8008 to order.) Icing and heating help reduce swelling, while overuse irritates arthritic joints, so try to give it a rest.

Because your swelling is limited to one joint and has lasted for some time, I suggest you consult a doctor. Gout, rheumatoid arthritis, and other autoimmune diseases also cause joint swelling, and these conditions require additional treatment.

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

From My Blog

Want Better Sleep? Cool Off

If you're having trouble sleeping, the answer may be your thermostat. Research reveals that keeping your bedroom cool is the ticket to better slumber. Drops in core temperature signal the brain that it's time to turn in for the night. And several studies found that people with insomnia slept more soundly when they wore "cooling caps," plastic caps with tubes that circulate water to cool down the head. So set your thermostat to 65 or 66 degrees and aim for a skin temperature of around 90 degrees. I suggest a thin pair of pajamas and a light blanket or sheet to help you travel to La-La Land. One caveat: Don't get too cold. Shivering or being chilled leads to restless sleep. For more tips on how to sleep soundly, visit my blog.

 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...

▶ **Tinnitus** *I answered an ad for a free hearing test as I was having trouble with tinnitus. Well, I felt like a fish on the hook. I was told my hearing was bad and I needed two hearing aids at a cost of \$3,500—and if I didn't get them, I could get dementia! So I went to my ENT doctor, who cleaned the wax out of my ears and told me I did not need hearing aids. My issue of Health & Healing arrived shortly thereafter in the mail with an article about Pycnogenol and zinc for tinnitus. It was like an answer to my prayers. — M.H., PA*

I'm happy to hear these supplements helped. The suggested daily doses for treating tinnitus are Pycnogenol 100–150 mg and zinc 30–50 mg. Other supplements that may be beneficial include Ginkgo biloba 120 mg of a standardized extract, taurine 2–4 g, and melatonin 3 mg at bedtime.

▶ **Anxiety/Hyperactivity** *After having a “brain map” at Whitaker Wellness, I was started on a neurofeedback treatment protocol for my hyperactivity. It really helped. I'm less anxious and*

am now able to relax. Also, the food at the Back to Health Program was wonderful, and I am confident I will be able to keep this lifestyle up for the long term. My friend and I saw some amazing results at the clinic, including a man with Parkinson's go from a wheelchair to walking after just two days of treatment. It's been a wonderful and beautiful experience!” — Elizabeth V., Kansas City, MO

Neurofeedback, which helps normalize brain waves, is also an excellent therapy for depression, insomnia, ADHD, and more. To learn more, visit whitakerwellness.com or call 800-488-1500.

▶ **Toenail Fungus** *I had a severe case of toenail fungus a few years ago. I tried expensive prescription salves and ointments but they did not solve my problem. Then I soaked my toes in hydrogen peroxide—no dilution—for about five minutes. Lo and behold, this began cleaning up the fungal infection at once. Within a short time, approximately 2–3 weeks, the fungus was gone. My toenails were white again and have remained so. — E.H., CT*

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

Healing Tip

Triclosan, an ingredient found in 75 percent of antibacterial liquid soaps, has serious adverse effects including hormone disruption and antibiotic resistance (a.k.a the emergence of “superbugs”). Avoid soaps containing triclosan and support the proposed ban on this toxic ingredient. To learn more, visit beyondpesticides.org.

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

Monthly Health Quiz

The Goods on GERD: True or False

- A) Gastroesophageal reflux disease (GERD) is just a fancy name for heartburn.
- B) Though symptoms are annoying, GERD is not serious.
- C) Nexium, Prilosec, and other acid-reducing PPI drugs are safe and effective.
- D) Losing weight can alleviate GERD.



Answer:

A, B, and C are false; D is true. Heartburn is just one symptom. GERD also causes esophageal ulcers, chronic cough, throat problems, and even asthma. PPIs only mask symptoms and regular use is associated with a 16–20 percent increased risk of heart attack.

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Notable Quote

“Always do right. This will gratify some people and astonish the rest.”

— Mark Twain

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

Help for Aging Skin—Inside and Out

Do you ever look in the mirror and marvel at the old person looking back at you? You may have the energy and endurance of a 30-year-old, but skin bears witness to the march of time.

Most of the visible changes are due to a decline in collagen, the fibrous protein in the dermis that structurally supports and nourishes the outer epidermis. Free radical damage, inflammation, and other degenerative processes reduce the fibroblasts' ability to produce new collagen while increasing the activity of collagen-degrading enzymes.

The dermis also loses elastin, a protein that allows skin to resume its shape after being stretched, and hyaluronic acid, which hydrates the skin. As the underlying scaffolding deteriorates, the skin thins, sags, puckers, and wrinkles. You can't turn back the clock, so what can you do?

What About Botox?

You could have a cosmetic procedure, like 15.6 million Americans did last year. Some of these were surgeries on the eyelids, nose, brow, or entire face and breast or buttock augmentations. (Butt lifts, implants, and fat grafting are among the fastest-growing procedures.) But nearly 14 million were minimally invasive Botox injections for forehead furrows and crow's feet, hyaluronic acid and other fillers for lines around the mouth and bags under the eyes, and laser treatments, chemical peels, or microdermabrasion for age spots, fine lines, and skin tone and texture.

Some people belittle such procedures, and I agree that our culture places too much emphasis on beauty and youth. However, it's normal to care about how you look. Although I wouldn't necessarily encourage anyone to go this route, if you feel it would improve your confidence and self-esteem, I say go for it. Although surgery is a big step that shouldn't be taken lightly, minimally invasive cosmetic procedures are quite safe. In a 2015 study involving 20,399 procedures performed by experienced dermatologists, adverse events occurred in less than 1 percent, and most were minor and transient.

Skin Care Products: What Works

As for daily skin care, no cream or lotion can make your wrinkles disappear, but a few products and ingredients have pretty good supporting research.

We've known for years that topical antioxidants protect the skin and promote collagen production.

Retin-A, a prescription vitamin A derivative and one of the best-studied ingredients, increases skin cell turnover and collagen synthesis. Over-the-counter antioxidants, including retinol (a weaker form of vitamin A), vitamin C, and plant-based antioxidants are also effective. Hyaluronic acid helps with skin hydration because it retains hundreds of times its weight in water. And alpha-hydroxy acids act as an exfoliant to slough off dead skin cells and encourage new growth.

Plant stem cells are another popular ingredient, but their scientific rationale just doesn't make sense. Human growth factors, on the other hand, do, which is why we've been using TNS Recovery Complex at the clinic for 13 years. This unique product contains proteins and amino acids that are used to stimulate growth factors in skin grafting. A team of dermatologists tested it on aging, sun-damaged skin and found dramatic improvements in collagen production, skin texture, and wrinkle depth. My wife Connie uses TNS Recovery religiously, along with other products from the same company (Skin Medica). They're pricey, but she feels they're well worth it—and everybody says she looks much younger than her age.

Aminocare cream, developed by Stanislaw Burzynski, MD, is my personal favorite. More than a moisturizer, it contains peptides (amino acid derivatives) that enhance skin health at the genetic level. In addition to improving visible signs of skin aging, it also protects against DNA damage.

If you're looking for natural, organic products, I recommend SophytoPRO. Because of patient demand, I searched far and wide for a "clean, green" skin care line, and this one came out on top. It consists of a gentle, pH-balanced cleanser, a plant-based antioxidant serum, and a moisturizer that

My Recommendations

- ▶ If you're interested in cosmetic surgery or minimally invasive procedures, talk to an experienced dermatologist, be prepared for sticker shock, and, above all, have realistic expectations.
- ▶ To order TNS Recovery Complex, SophytoPRO, or any of the supplements discussed in this article, call the clinic at 800-810-6655. To order Aminocare, visit drwhitaker.com or call 800-722-8008. Use as directed.

contains natural oils such as sea buckthorn, evening primrose, and jojoba, plus protective plant extracts. Before bringing it into the clinic, we tested it with a number of our employees, and it got rave reviews.

From the Inside Out

What you put in your body is as important as what you put on it. Smoking and excess alcohol make you look old long before your time, and drinking lots of water helps keep your skin hydrated. A healthy diet is obviously important and should include green tea, flavanol-rich cocoa, soybeans, brightly colored fruits and vegetables, fish, nuts, and seeds, which are particularly good for the skin.

On the supplement front, start with a daily multivitamin with robust doses of vitamins A, C, D, E, and zinc. If dry skin is an issue, consider omega-6 oils (borage, evening primrose, and black current seed). We get good feedback on orthosilicic acid (RegeneMax), a stabilized form of silicon that has been demonstrated to boost collagen synthesis by 12.5 percent. An inflammation-curbing omega-3 supplement is also recommended—and if you make it krill oil, you'll get the added benefit of astaxanthin.

Astaxanthin is an exceptionally potent antioxidant with numerous therapeutic uses (see below). When the skin is exposed to UV radiation, it sets off a chain reaction of free radical and singlet oxygen

damage that dramatically accelerates skin aging. Astaxanthin accumulates in all layers of the skin, where it acts as an internal sunscreen by neutralizing these harmful molecules before they can do any damage.

Because oxidative stress curtails collagen synthesis, this carotenoid also improves the appearance of damaged skin. Studies have shown that taking 6 mg of astaxanthin a day for six to eight weeks resulted in measurable reductions in crow's feet wrinkles and age spots, along with increases in skin elasticity, texture, and moisture content.

Realistic Expectations

Everything we've discussed can, to varying degrees, improve the appearance of aging skin.

But let's be honest. We're never going to look like we did when we were 30 or 40. I hope you'll get great results from some of these suggestions, but heed this sage advice from Ellen DeGeneres. "Beauty is about being comfortable in your own skin. It's about knowing and accepting who you are."

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My Personal Regimen

Males have an advantage in skin aging. We have thicker skin, denser collagen, and slower collagen loss. (Hormones play a significant role, and while estrogen production drops sharply after menopause, testosterone declines gradually.) Men's skin is also much less dry. My wife slathers lotion all over her face and body after showering, something I couldn't imagine doing.

Like many men, my daily regimen consists of washing with soap and shaving. However, I do use Aminocare cream and topical vitamin C on sun-damaged areas, a combo that works far better for me than prescription creams.

A+ for Astaxanthin

A decade ago, when I first started recommending astaxanthin, it was a little known supplement with a name nobody could pronounce. Today, it's one of the hottest natural products on the market—and for good reason.

This reddish-colored carotenoid, produced in *Haematococcus pluvialis* algae and abundant in salmon, shrimp, krill, and other fish and crustaceans that feed on it, is the most effective natural antioxidant for protecting cellular and mitochondrial membranes. It's also exceptionally adept at neutralizing singlet oxygen, a damaging molecule generated by UVA light exposure in the retina and skin, which explains its beneficial effects on vision and skin health.

Astaxanthin also crosses the blood-brain barrier, and research suggests a protective role in Parkinson's

and other neurodegenerative disorders. Additionally, astaxanthin lowers triglycerides, raises protective HDL cholesterol, improves endurance, boosts the immune response, and reduces inflammation. Study volunteers who took 4 mg per day for eight weeks had a 20 percent reduction in C-reactive protein, a marker of inflammation and risk factor for cardiovascular disease.

You'll get about 4 mg of astaxanthin in a 4-ounce serving of wild Pacific salmon. But your best bet is supplements, and the highest quality products, backed by the most research, contain natural astaxanthin derived from algae. Doses depend on the condition, but 6 mg per day is an excellent addition to most everyone's supplement regimen.

Innovations in Wellness Medicine

Weight Loss for Urinary Incontinence

Urinary incontinence is a troubling symptom that affects more than 25 million Americans. Losing weight, however, can help prevent and perhaps overcome it. In a study of overweight women with diabetes who were enrolled in an intensive lifestyle changes program, every kilogram (2.2 pounds) of weight lost resulted in a 3 percent reduction in the odds of developing incontinence, and modest loss (5–10 percent of initial body weight) reduced risk by 47 percent. In a similar study, men with diabetes who lost weight also reported fewer new cases, and a significant number who were already afflicted actually had a resolution of their incontinence.

Kegel pelvic floor exercises are also helpful, and GoLess, a proprietary blend of pumpkin seed extract and soy isoflavones, has proven benefits for overactive bladder and urinary incontinence in both men and women. Look for it in supplements that target urinary tract health.

Beets for Health

Beets are one of those vegetables people have strong feelings about. Love them or hate them, their health benefits can't be beat. Beets are an abundant source of nitrates, which are converted in the body into nitric oxide (NO). NO is a signaling molecule that relaxes the arteries, improves circulation, and lowers blood pressure. Beets are also rich in fiber, folate, potassium, and betalain pigments, which have anti-inflammatory effects and may help ward off cancer. Studies show that two cups of beet juice per day not only have profound effects on blood pressure but also increase stamina and endurance during exercise. Furthermore, a single two-cup dose was recently found to increase blood flow and oxygen delivery to the brain and improve performance on tests of cognitive function.

I'm so keen on beets that I try to drink a cup of juice every day. Biotta is a good brand of fresh juice (I add a little stevia to improve the taste), and Eclectic Institute makes a great dehydrated product. You can also reap some of the benefits by taking potassium nitrate supplements; 600 mg is equivalent to the nitrates in two cups of beet juice. To order, call 800-810-6655. Be aware that a cup or more of beet juice gives a red hue to both urine and stool. This is no cause for concern.

Did You Know?

- Duke researchers found that people who eat out often are more likely to have high blood pressure.
- In a recent study, two glasses daily of tart cherry juice, rich in melatonin and tryptophan, increased sleep by an average of 87 minutes.
- Bracing is an underused but helpful treatment for osteoarthritis of the knee.
- Caffeine reduces risk of not only Parkinson's and Alzheimer's but also MS.
- The FDA has approved Vyvanse, an ADHD stimulant drug, for binge eating.
- Two-thirds of Americans with Alzheimer's are women.
- Two weeks of drinking lots of fructose-sweetened beverages significantly raises triglycerides and cholesterol.
- Walmart loses \$3 billion per year from shoplifting.
- Personal care products with non-biodegradable microbeads pollute waterways and harm wildlife.
- Pepsi has removed aspartame from their diet soda but replaced it with other chemical sweeteners.
- A healthy lifestyle offsets the negative effects of work-related stress.

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