



## How to Heal Like a Pro

Super Bowl XLI champion and Most Valuable Player, five-time league MVP, 14 Pro Bowl appearances, *Sports Illustrated's* 2013 Sportsman of the Year, leader in career touchdown passes and passing yards: Peyton Manning is one of, if not the greatest, NFL quarterbacks of all time.

After 14 seasons with the Indianapolis Colts, he underwent four surgeries, including a spinal fusion, to treat a herniated disk in his neck. He missed the entire 2011 season, and amidst doubts as to whether he would play again, he was released by the Colts.

Signed by the Denver Broncos, Manning obviously recovered from his neck injuries because he led the Broncos to the playoffs in 2012 and the Super Bowl in 2013 and again this year. At age 39 with 18 football seasons under his belt, he's still in the game, which is pretty remarkable considering that the average NFL career is 3.5 seasons and age of retirement is 28.

Injuries are the bane of professional athletes. Pro teams have stables of doctors and trainers and access to every available therapy to keep their players healthy and help them heal faster. You don't have to face down 300-pound linemen, and injuries probably won't affect your livelihood, but there's no reason why you shouldn't tap into the healing arsenal of professional athletes.



© Jwong526 | Dreamstime.com - Peyton Manning Photo

Let's look at a few of the therapies Manning has used during his long and illustrious career.

### The Ultimate Regenerative Therapy

In 2011, Manning flew to Germany for stem cell therapy for his ailing neck. Stem cells may be the most effective treatment for fast-tracking the healing process. When these rejuvenating cells, which are obtained from a patient's own body, are injected into an injury site, they modulate inflammation, stimulate tissue rebuilding, and expedite recovery.

Stem cell therapy has been embraced by pro athletes because it's quick, safe, and requires little to no downtime. It's even more attractive today because you no longer have to go abroad for treatment.

Injuries aren't the only conditions that benefit from this regenerative treatment. At Whitaker Wellness—an early adopter of stem cell therapy in the US—we've also had good success treating patients with degenerative arthritis and neck and back pain. And

when administered intravenously, stem cells migrate to areas of damage or dysfunction and work their "magic" on COPD, Parkinson's, autoimmune diseases, and other common health concerns.

*continued on page 3*

### Inside This Issue

- How to Heal Like a Pro . . . . . 1
- Dear Reader . . . . . 2
- Fermented Foods, Surgery . . . . 4
- Tribute to the "Father" of DMSO . . 4
- Works for Me . . . . . 5
- Antacids and Kidney Disease . . 5
- Urinary Incontinence. . . . . 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*.

**Dr. Julian Whitaker's Health & Healing**® (ISSN 1057-9273) is published monthly by Healthy Directions, LLC, 6710-A Rockledge Dr., Ste 500, Bethesda, MD 20817, telephone 800-539-8219. Please write to us at *Dr. Julian Whitaker's Health & Healing*, PO Box 3314, Lancaster, PA 17604, or call if you have a question concerning your subscription. Periodicals postage paid at Bethesda, MD and additional mailing offices. Postmaster: Send address changes to *Dr. Julian Whitaker's Health & Healing*, PO Box 3314, Lancaster, PA 17604.

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

© Copyright 2016, Healthy Directions, LLC. Photocopying, reproduction, or quotation strictly prohibited without written permission of the publisher. Subscription: \$69.99 per year. *Dr. Julian Whitaker's Health & Healing* is dedicated to providing timely, accurate information by drawing on Dr. Whitaker's expert opinion and experience. *Dr. Julian Whitaker's Health & Healing* cannot offer medical services; we encourage our readers to seek advice from competent medical professionals for their personal health needs. Dr. Whitaker will respond in the newsletter to questions of general interest.

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,

Daylight saving time (DST) begins this month, and you can expect to hear the usual grouching about losing sleep, getting off schedule, and feeling tired and grumpy.

There's some validity to these complaints. Studies have reported jumps in heart attacks the Monday after the springtime shift to DST, as well as small increases in workplace injuries and traffic accidents. You can't avoid the biannual time changes unless you move to Arizona or Hawaii, which don't observe DST. Fortunately, most people adjust within a few days.

Continuous disruption of your internal clock, however, can have serious repercussions. Most physiological functions operate on 24-hour cycles known as circadian rhythms. Clock genes in the brain and in cells throughout the body encode proteins that rise and fall in cyclic patterns, triggered in part by light, temperature, and other environmental cues.

Circadian rhythms influence sleep patterns, appetite, metabolism, mood, alertness, and energy, as well as subtle variations in blood pressure, heartbeat, and blood sugar and hormone levels. Disturbances are linked with a wide range of health problems, including insomnia, obesity, diabetes, metabolic syndrome, hypertension, and depression.

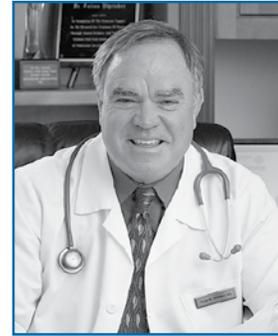
This underscores the importance of supporting your body's natural rhythms, but this may be easier said than done. Our social clocks (work schedules, leisure activities, etc.) are often at odds with our biological clocks. For example, as night falls, your body clock signals that it's time to slow down, sleep, recharge the brain, and burn fat—but your social clock has you staying up, watching TV, and eating late, sending opposing signals to be active, alert, and store calories.

To keep your molecular clock ticking smoothly, try to stay on a regular schedule, waking, sleeping, eating, resting, and exercising around the same time every day. Get plenty of bright light during daytime hours and limit your exposure at night by sleeping in a dark room and turning off your TV and electronic devices.

Avoid shift work, if possible, as it really messes with natural cycles and is associated with increased risk of disease. Optimize your levels of melatonin, an important hormone that plays a key role in the regulation of circadian rhythms, by taking 1–3 mg of supplemental melatonin at bedtime.

Finally, don't forget to turn your clocks forward this month.

To your health,

**Julian Whitaker, MD**

America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

## Oxygen to the Rescue

As part of his post-surgery rehab program, Manning was treated with hyperbaric oxygen therapy (HBOT). HBOT is nothing new in professional sports. Many football, basketball, soccer, and hockey teams use it to speed healing of injuries and accelerate recovery after games and workouts, and a number of athletes even have hyperbaric units in their homes.

Breathing 100 percent oxygen in a pressurized chamber floods the body with oxygen. This influx reduces edema and swelling and mobilizes stem cells, which rev up the recovery process. HBOT also kills bacteria, staves off infection, and boosts the production of fibroblasts and collagen for faster wound healing and tissue repair.

HBOT enhances nerve regeneration and brain health as well. The recent movie *Concussion*, starring Will Smith as forensic pathologist Bennet Omalu, MD, highlights the damage caused by repetitive blows to the head that affects many NFL players. As I wrote in the February 2015 newsletter, another NFL legend, quarterback Joe Namath, has created a foundation to bring attention to this problem and to the therapeutic benefits of HBOT. Namath experienced dramatic improvements in his own memory, cognitive function, and brain scans following treatment with hyperbaric oxygen.

We've been using HBOT at Whitaker Wellness for nearly 20 years and have helped thousands of patients recover not only from injuries and surgery but also strokes, Parkinson's, multiple sclerosis, diabetic ulcers, neuropathy, arterial disease, and dozens of other health challenges.

## EECP as a Regenerative Therapy

Manning was also treated with enhanced external counterpulsation (EECP). I was a little surprised by this. Whitaker Wellness was among the first clinics in the country to offer EECP back in 1996, and we now have eight EECP treatment units. So I'm very familiar with this therapy, which is primarily used for patients with cardiovascular disease.

But EECP is an excellent adjunct therapy in sports medicine. It prompts the release of nitric oxide, which dilates the arteries, increases circulation, and triggers angiogenesis, the formation of new blood vessels. Furthermore, each EECP treatment is like an endurance workout and provides many of the same benefits as intensive exercise.

Most of the research on EECP involves coronary artery disease and heart failure, and EECP has been shown to successfully relieve angina, reduce nitroglycerin requirements, strengthen the heart muscle, and increase exercise tolerance. In fact, it's often referred to as a "natural bypass." But as you can see, it's a versatile therapy that can benefit a wide variety of patients.

## Growth Hormone?

A couple of months ago, Al Jazeera broke a story accusing Manning of using human growth hormone in 2011 after his neck surgeries. He denies it, and I'll take him at his word. Manning is a class act, and he's forthcoming about the alternative therapies he has used to stay in the game.

That said, growth hormone is a terrific treatment for anyone recovering from injuries or surgery. It encourages cell growth and tissue

repair and increases muscle mass and bone mineralization. Growth hormone is also beneficial for frail elderly people for building strength and stamina, and others with documented growth hormone deficiencies.

Although growth hormone is not an anabolic steroid, it is banned by professional sports organizations because of its ability to increase muscle mass. Whether or not that translates into improved athletic performance is uncertain. Nevertheless, it's a valuable treatment for certain conditions.

As for the allegations, Manning said he was just going to, "Keep my head up above it, keep pressing on, trying to get healthy, trying to get back onto the field..." Good advice for all of us.

## Reference

Peyton Manning 'furious' and 'disgusted' at Al Jazeera report. 2015 Dec 28. [http://espn.go.com/nfl/story/\\_/id/14442651/peyton-manning-denver-broncos-furious-disgusted-al-jazeera-report-again-denies-using-hgh](http://espn.go.com/nfl/story/_/id/14442651/peyton-manning-denver-broncos-furious-disgusted-al-jazeera-report-again-denies-using-hgh)

## My Recommendations

- ▶ Hyperbaric oxygen, stem cells, EECP, oral and IV nutrients (which Peyton Manning also used), and other regenerative therapies are excellent treatments for enhancing recovery from injuries, surgeries, and many degenerative conditions.
- ▶ Locating these therapies in your area may be tricky, but these websites are a good start: [hyperbariclink.com](http://hyperbariclink.com), [stemcellrevolution.com](http://stemcellrevolution.com), [eecp.com](http://eecp.com), and [acam.org](http://acam.org).
- ▶ Whitaker Wellness is one of the few clinics that has all of these treatments under one roof. To learn more, call 800-488-1500 or visit [whitakerwellness.com](http://whitakerwellness.com).

# Dear Dr. Whitaker

**Q** *I am scheduled to have elective surgery, and my surgeon has told me to stop taking all supplements three weeks before the surgery. (He has no idea what supplements I take.) What is your opinion on this? Is this really necessary? If I should stop them, when should I do it and for how long? — S.S., Fullerton, CA*

**A** Making a blanket recommendation to stop all supplements shows that your surgeon hasn't really taken a close look at this issue. Some supplements should be discontinued prior to surgery—but research demonstrates that others actually improve surgical outcomes. The greatest concern is supplements that may increase bleeding such as *Ginkgo biloba*, garlic, curcumin, and high doses of vitamin E (above 400 IU) and fish oil (over 1,500 mg EPA/DHA). These supplements should be stopped two to three weeks prior to any surgical procedure. Some herbal supplements, including kava, St. John's wort, valerian, and echinacea, may affect anesthesia and should also be discontinued.

Other supplements, however, boost the body's natural defenses, enhance wound healing, and can be safely used before and after surgery. They include zinc, selenium, magnesium, and vitamins A, C, and D. A potent multivitamin should provide adequate doses, although some of my patients come to the clinic prior to surgery for high-dose IV vitamin C infusions as well. The amino acids L-arginine (4.2 g) and L-glutamine (2.8 g) are part of a prescription product called Impact Advanced Recovery that is often

recommended five days before and after surgery. (Impact also contains 1,100 mg of EPA/DHA plus supplemental protein.) Probiotics are important because of the extensive use of antibiotics, and bromelain and other enzymes reduce post-surgical swelling and speed healing. Be advised that this is not intended as personal medical advice, simply information taken from the scientific literature that you might want to discuss with your doctor.

**Q** *You never mention kombucha when you write about fermented foods. What do you think of it? — B.B., Alameda, CA*

**A** Though it has stirred up a lot of excitement in recent years, kombucha has been around for centuries. Proponents swear by this fermented beverage, which some call kombucha mushroom but it's actually a combination of several strands of cultured bacteria and yeast. Health claims include better digestion, improved immune system function, and increased energy. I don't include it when I write about fermented foods because I feel there are better-researched options, such as yogurt, kefir, sauerkraut, miso, and kimchi. That said, if you want to drink it, look for a reputable bottled brand without a lot of added sugars. Be aware that kombucha does contain a small amount of alcohol. And although you'll find recipes for making your own at home, I don't recommend it. These homemade varieties have been linked to contamination and, in rare cases, serious adverse effects.

 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

### A Tribute to the “Father” of DMSO

Last year, the world lost a good man: Stanley Jacob, MD. Dr. Jacob was my friend, colleague, and the world authority on dimethyl sulfoxide (DMSO). Dr. Jacob was the first to introduce this inexpensive and versatile compound to the medical and scientific community more than 50 years ago. Ever since I first learned about DMSO's anti-inflammatory properties, I have been singing its praises. This therapy has helped me through multiple joint and muscle injuries, and I depended on it during my cross-country bike ride back in 1995. I continue to use DMSO for pain and inflammation and regularly recommend it to patients and subscribers. You can order DMSO by calling 800-810-6655, and learn more about its many uses at [drwhitaker.com](http://drwhitaker.com). Hats off to Dr. Jacob for bringing this remarkable therapy to us all.

 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...

▶ **Ear Pain** My daughters used to complain of ear pain whenever we flew. Then I learned about EarPlanes, silicone earplugs that regulate the pressure changes in the ears during takeoffs and landings. Now we don't leave home without them. They're fantastic! — D.W., Woodward, OK

I'll second that. At Whitaker Wellness, we use EarPlanes during hyperbaric oxygen treatments to avoid the discomfort some people experience in these pressurized chambers. Look for EarPlanes online or order them from the clinic by calling 800-810-6655.

▶ **Vision** I had a cataract removed from my right eye and was worried about my other eye so I went to see the doctor for a follow-up eye exam. He checked all aspects of my left eye, and all were in the normal range. He wants me to continue on my supplements, which I have been taking for 20 years now—including your vision supplement. Hence, I can continue to drive and live an active life at 94. I did give up flying at age 90. Many thanks to you, Dr. Whitaker! — L.E., PA

▶ **Sinus Problems** I have always had sinus problems, ranging from seasonal allergies to sinus headaches to full-blown sinus infections. I am a lap swimmer and prone to ear infections, plus I have toddlers and tend to get sick with all the bugs they bring home. But I recently found a great solution. After years of daily sinus/nasal rinses with one pre-packaged buffered hypertonic salt packet, a friend mentioned that she had been putting two packets of salt and one packet of xylitol in each 8 oz. rinse. After I started using this new rinse every day, I find myself getting sick much less often and for much shorter periods of time—and my ear infections have been eliminated! — Katie S., Austin, TX

Great suggestion. Saline nasal irrigation removes allergens, shrinks swollen membranes, improves symptoms, and reduces medication use, and xylitol has proven antimicrobial properties. NeilMed and NasoPure make good nasal rinse kits, and saline and xylitol nasal sprays are also available. You'll find all these products online and in drug-stores and health food stores. You can also make your own rinse by dissolving ¼–½ teaspoon salt and/or ½–1 teaspoon xylitol in one cup of distilled or boiled (then cooled) water.

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

If you're one of the 15 million Americans who regularly take Nexium, Prilosec, Prevacid, or another proton pump inhibitor for heartburn/acid reflux, listen up. A recent study by researchers from Johns Hopkins found that regular use of these drugs significantly increases risk of chronic kidney disease.

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

## Monthly Health Quiz

What Is the Largest Organ in Your Body?

- A) Liver
- B) Intestines
- C) Lungs
- D) Skin

**Answer:**

Answer: D, hands down. The average adult's skin weighs 8–9 pounds, covers about 20–22 square feet, and contains miles of blood vessels and millions of nerve endings. In contrast, the intestines weigh around 7.5 pounds, the lungs 2.5 pounds each, and the liver a little over 3 pounds.



## 25 Years of Health & Healing

"I started my subscription in 1993 as a newly minted chiropractor and have not missed an issue since. I have catalogued each of them and refer to Health & Healing as an important part of my continuing education. Thank you, Dr. Whitaker, for your efforts over the last 25 years. I hope you continue for many more!" — Dr. Phil Moreau

## Notable Quote

“If you don't like something, change it. If you can't change it, change your attitude.”  
— Maya Angelou, American Poet, 1928–2014

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

# Urinary Incontinence: What Works/What Doesn't

"I laughed so hard I peed my pants," is a common expression that usually brings a smile. But if you've actually experienced urine leakage, as millions of women have, it isn't so funny.

The most common cause of "accidents" is stress incontinence, which occurs when laughter, coughing, sneezing, or exertion puts pressure on the bladder and supporting muscles.

Pregnancy, childbirth, hormonal changes, weight gain, and aging can weaken the muscles in the pelvic floor and the sphincter (the muscle that opens and closes at the neck of the bladder) to the point they're not always able to hold back urine.

Urge incontinence, or overactive bladder, is characterized by involuntary contractions of the bladder muscles, frequent urination, and the feeling that you need to go *right now*. It is linked with a number of underlying causes, including medication side effects, nerve damage, infection, stroke, Parkinson's, and multiple sclerosis. Many women have symptoms of both types of incontinence.

## Try These First

Urine leakage is a distressing problem, and nobody wants to suffer embarrassing accidents or be dependent on absorbent pads. The good news is that lifestyle changes can make a big difference.

Cut back on fluids, especially alcohol and caffeine, and drink less before bedtime. Weight loss is a proven strategy for stress incontinence, as demonstrated by studies of bariatric surgery.

Bladder training, which involves going to the bathroom on a regular schedule (every two to four hours or so, whether you need to or not), improves control. Get a handle on constipation, smoking, chronic cough, and other conditions that worsen symptoms. And talk to your doctor if you're taking diuretics, muscle relaxants, sleeping pills, antidepressants, alpha-blockers, or narcotic painkillers. All these meds list incontinence as a side effect.

As you know, the best way to strengthen any muscle is exercise. Regular practice of pelvic floor exercises, or Kegels, tones these supporting muscles and is a proven method for reducing and preventing incontinence. Kegels seem easy, but many women don't do them correctly—or remember to do them at all. Biofeedback can help you learn to isolate the

proper muscles, and getting into the habit of doing them during specific activities such as driving or brushing your teeth improves compliance.

Pessaries, devices placed in the vagina to provide bladder support, are also safe and effective for stress incontinence. The FDA recently approved Impressa, an over-the-counter product that doesn't require a doctor's visit for special fitting. In a study involving women of all ages with this problem, 85 percent of them had a 70 percent or greater reduction in leakage and dramatic improvements in quality of life while using this product.

Another option is electrical stimulation, which sends mild electrical currents to stimulate and stabilize nerves and muscles involved in urination. Treatments range from implanted devices that stimulate the sacral nerve in the lower back to home units placed in the vagina.

## Drawbacks of Drugs and Surgery

Urinary incontinence is a fertile market for Big Pharma. Although there are no medications for stress incontinence, a number of drugs target overactive bladder. Unfortunately, these drugs are only modestly effective, and they have serious side effects. Fewer than half of patients stay on them longer than six months.

Most of these meds, including Detrol, Ditropan, Oxytrol, and Enablex, are anticholinergics. They inhibit involuntary bladder muscle contractions by blocking acetylcholine, a neurotransmitter active in nerve cells throughout the body. Anticholinergics are notorious for their adverse effects of constipation,

## My Recommendations

- ▶ Don't underestimate the power of lifestyle changes. Kegels are especially important for all types of incontinence, and women of all ages should do at least 10 reps twice a day.
- ▶ Go-Less, BetterWoman, and cranberry extracts are available in stores, online, or by calling 800-810-6655. Take as directed. Impressa is available in drugstores and at [poise.com](http://poise.com).
- ▶ For information on the safe, natural treatment of urinary problems at Whitaker Wellness, call 800-488-1500.

dry mouth, vision changes, dizziness, confusion, and memory loss. And when taken for prolonged periods, they are associated with increased risk of dementia.

Botox is also used for urge incontinence. Injected directly into the bladder, it causes temporary paralysis of some of the muscles, allowing the bladder to relax and store more urine.

Women with severe stress incontinence may opt for surgery. The most common type is a “sling” procedure, which involves the creation of a sling from tissue or synthetic mesh to support the neck of the bladder and/or the urethra (the tube that carries urine from the bladder out of the body). These procedures often relieve symptoms. However, painful complications such as tissue erosion and organ perforation are not uncommon with mesh slings, and tens of thousands of complaints have been filed with the FDA and the court systems.

## Good to Go

Like all drugs and surgeries, these should be used only as a last resort. If you’re still having problems after giving lifestyle changes a serious try, consider the following treatments, which you probably won’t hear about from your conventional physician.

Acupuncture has been used to treat urinary symptoms for thousands of years, and recent studies support its effectiveness, especially for urge incontinence. Supplements that have been shown

in clinical trials to reduce leakage, urgency, and frequency include Go-Less, a combo of pumpkin seed extract and soy isoflavones, and BetterWoman, a blend of Chinese herbs. Cranberry extracts help stave off urinary tract infections, which irritate the bladder and often increase the urge to urinate.

Hormonal declines following menopause increase risk of vaginal atrophy, urinary tract infections, incontinence, and pelvic floor disorders. Fortunately, estrogen can help keep pelvic tissues healthy. Boosting hormone levels with topical bioidentical estrogen is a safe and effective therapy, especially for reducing vaginal atrophy but also symptoms of overactive bladder and stress incontinence.

I’ll close with what is likely the most effective treatment of all: stem cell therapy. Treatment with your own stem cells, concentrated and returned to the body, stimulates repair of muscles, nerves, and other tissues, and early clinical trials demonstrate benefits in both women and men. I’ll keep you posted as research progresses.

## References

- Chancellor MB, et al. Long-term patterns of use and treatment failure with anticholinergic agents for overactive bladder. *Clin Ther.* 2013 Nov;35(11):1744-51.
- Forde JC, et al. The role of acupuncture in managing overactive bladder; a review of the literature. *Int Urogynecol J.* 2016 Jan 6. [Epub ahead of print]
- Tran C, et al. The potential role of stem cells in the treatment of urinary incontinence. *Ther Adv Urol.* 2015 Feb; 7(1): 22-40.

## Whitaker Wellness Success Story

### Sugar Dressings Heal Stubborn Wounds

*“I had a serious infection in the second toe of my right foot due to diabetes. Despite lengthy treatment, including wound care and antibiotics at a local hospital, there was no improvement, so my doctors decided the best option was to amputate the toe. After the surgery, I received more treatment, but six weeks later, the wound still had not healed. In fact, it got worse.*

*“That’s when I decided to make the trip to Whitaker Wellness. Right away, they packed the wound with sugar. In less than two weeks, the infection was gone and the wound was almost healed, and in three weeks, it was completely healed.*

*“I also had platelet-rich plasma therapy (PRP) on my right knee, which has helped immensely with pain and function. I thank God and Whitaker Wellness for my recovery. I will be going back in the future for more treatments if need be.”*  
— Philip B., Colorado

Infected ulcers on the lower extremities are a common complication of diabetes. Philip came to us in a last-ditch effort to avoid further surgery and save his foot. We covered the gaping, oozing wound with sugar, bandaged it, and changed it every few days. Because no bacteria can survive in the osmotic environment created by sugar, it healed without complications. Sugar (or honey) dressings are dirt cheap, easy to apply, and relatively painless, since they naturally clean wounds and avoid the need for debridement. Yet virtually no doctors, hospitals, or wound care centers use this time-tested treatment. It’s inexcusable. Visit [drwhitaker.com](http://drwhitaker.com) for step-by-step instructions you can implement at home.

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

# Innovations in Wellness Medicine

## Curcumin for Depression

We all feel down in the dumps from time to time, but for the millions of Americans suffering with major depression, sadness, hopelessness, and loss of pleasure make day-to-day life an uphill battle. Fortunately, recent studies suggest that a safe, natural herbal extract may provide relief.

Researchers divided people with major depression into three groups and treated them with 20 mg of Prozac, 1,000 mg of curcumin, or daily doses of both. When the patients were reevaluated, symptom improvements were similar in all three groups. In other words, curcumin worked every bit as well as the prescription antidepressant! This doesn't surprise me. Depression is linked with excessive inflammation that interferes with neurotransmitter activity and affects normal brain function—and curcumin has extraordinary anti-inflammatory properties. Two good brands of bioavailable curcumin are Meriva and LongVida, available online, at [drwhitaker.com](http://drwhitaker.com), or by calling 800-810-6655. Use as directed.

## Vitamin D for Autism

Autism is increasing by leaps and bounds. In 2000, 1 in 150 American children were diagnosed. Fast forward to 2010 and that number skyrocketed to 1 in 68. The latest stats now show that 1 in 45 kids are affected. What the heck is going on? A new study suggests that mothers who take antidepressants during pregnancy increase their risk of having a child with autism by 87 percent. Vaccines have long been blamed, and environmental toxins may also be implicated.

As researchers continue to comb through the scientific evidence, they are learning that low levels of vitamin D, which plays a key role in brain development and function, are likely involved. In a meta-analysis comparing 870 children with autism spectrum disorders (ASD) to 782 controls, blood levels of vitamin D were markedly lower in the ASD group. The takeaway? Prenatal and childhood supplementation with vitamin D3 may help curb this epidemic of autism. The Vitamin D Council recommends that women who are pregnant or breastfeeding maintain blood levels of 40–80 ng/mL through adequate sun exposure or by taking at least 5,000 IU of vitamin D daily. The Council's recommended dose for infants and children is 1,000 IU per 25 pounds of body weight, and even more for children with autism. To learn more, visit [vitamindcouncil.org](http://vitamindcouncil.org).

## Did You Know?

- You're half to three-fourths of an inch taller in the morning than at night.
- Over 90 percent of US adults fail to consume the RDA of vitamin E.
- More than 341,000 motor vehicle accidents per year involve drivers who are texting.
- Hyperbaric oxygen therapy is used to help elite racehorses recover from injuries after races.
- Vitamin D3, 10,400 IU per day, was shown to improve hyperactive immune responses in people with multiple sclerosis.
- One to two cups of coffee per day during pregnancy does not lower IQ or cause behavior problems in offspring.
- Supplemental zinc, as well as calcium and magnesium, slows bone loss in postmenopausal women.
- North America has the world's highest rate of obesity-related cancers.
- Fifteen percent of older Americans have obstructive lung disease; one-fifth of them have never smoked.
- Taiwan has outlawed iPads and similar devices for kids younger than two.

## Health & Healing Resources

- **Renew Your Subscription** . . . . . 800-539-8219
- **Buy Supplements** . . . . . 800-722-8008 or [drwhitaker.com](http://drwhitaker.com)
- **Sign Up for My Free E-News** . . . . . [drwhitaker.com](http://drwhitaker.com)
- **Make an Appointment at Whitaker Wellness** . . . . . 800-488-1500 or [whitakerwellness.com](http://whitakerwellness.com)

## Coming In Future Issues:

- What Works for Prostate Problems
- Natural Therapies for Seasonal Allergies
- The Truth About Supplement Bashing



Become a fan on Facebook at [facebook.com/WhitakerMD](http://facebook.com/WhitakerMD)



Follow me on Twitter at [twitter.com/WhitakerMD](http://twitter.com/WhitakerMD)



Watch me on YouTube at [youtube.com/user/drwhitakerinfo](http://youtube.com/user/drwhitakerinfo)