



Help for Flint Water Crisis: Chelation Therapy

Two years ago, Michigan state officials decided to cut costs by sourcing the City of Flint's water supply from the Flint River rather than paying to pipe it in from Detroit. A few months later, the water flowing from the faucets in many homes became discolored and smelly, and there were increasing complaints of skin rashes, hair loss, memory problems, aches and pains, and other unexplained symptoms, especially in children. Despite repeated reassurances that the water met safety standards, residents were concerned.

Lee-Anne Walters, a mother of four, was convinced that the water was making her children sick. Frustrated by the bureaucratic runaround, she had a water sample tested by environmental engineers at Virginia Tech. The lead level was 13,200 parts per billion (ppb), an alarming 880 times the 15 ppb deemed safe by the Environmental Protection Agency (EPA)—high enough to be classified as hazardous waste!

Further investigation revealed that the highly corrosive Flint River water had damaged the city's iron and lead pipes and leached these minerals into the water. After more than a year of stonewalling, officials restored the original Detroit water supply. Things are getting better, but five months later, 9 percent of tested sites still exceeded EPA safety limits, and thousands of children, including Lee-Anne's, have elevated blood levels of lead.

Suffer Little Children

Lead is a potent neurotoxin that damages the central nervous system and causes growth and developmental delays, learning disabilities, impaired

speech and coordination, lower IQ, and behavioral problems such as hyperactivity, impulsivity, and violence. Children and unborn babies are particularly vulnerable because of their small size and rapidly growing brains and nervous systems, but no one is immune to this toxin's devastating effects.

Thanks to the efforts of Lee-Anne Walters and others, the Flint catastrophe has drawn widespread attention and outrage. A state of emergency has been declared, and a Congressional committee investigation is underway. Officials have instituted ongoing water testing and are providing residents with bottled water, filters, and blood tests to determine lead levels.

The federal government has pledged millions of dollars to expand childhood interventions such as Head Start programs, new classrooms, and longer school years on the theory that early education will help kids with learning disabilities caused by lead exposure.

Incredibly, the one thing Flint residents are not being told about, as far as I can tell, is treatment—interventions to reduce elevated lead levels in the body and potentially decrease or prevent long-term damage.

What About Chelation Therapy?

Chelation therapy has been the gold standard for treating lead poisoning for 70 years. Intravenous or oral chelating compounds such as EDTA, DMSA, or DMPS form a tight chemical bond with lead and other heavy metals and make them water soluble so they can be excreted in the urine. When administered by an experienced physician, chelation is a safe, effective, FDA-approved treatment—and is universally

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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

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

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

Dear Reader,

Ten years ago, I read a paper in a medical journal by Burton Berkson, MD, an old friend and colleague, detailing his treatment of a patient who had pancreatic cancer with alpha lipoic acid and low-dose naltrexone (LDN). Four years after this patient's "terminal" diagnosis, he was symptom free and back at work with no appreciable disease progression.

I had been treating patients with alpha lipoic acid for years, but LDN was news to me. So I called Dr. Berkson, who told me he was getting great results with this safe, inexpensive medication, not only for cancer but also for autoimmune diseases.

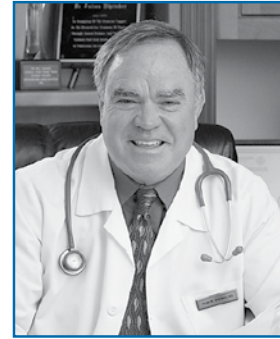
We began using LDN at Whitaker Wellness, and it rapidly became a cornerstone of our treatment protocols for cancer, multiple sclerosis, lupus, rheumatoid arthritis, inflammatory bowel disease, fibromyalgia, chronic fatigue syndrome, frequent infections, autism, depression—essentially any condition involving inflammation and immune dysfunction. We've now treated thousands of patients with LDN, and it consistently gets rave reviews.

The only problem is that many people can't get it. All pharmacies carry 50 mg naltrexone tablets, which doctors prescribe for addiction problems, but low-dose naltrexone (3–4.5 mg) used for these other conditions must be specially made by a compounding pharmacy. The biggest obstacle, however, is that most doctors are unfamiliar with LDN's off-label uses, so they refuse to prescribe it.

I hope this situation gets better with the recent publication of *The LDN Book*, subtitled *How a Little-Known Generic Drug Low Dose Naltrexone Could Revolutionize Treatment for Autoimmune Diseases, Cancer, Autism, Depression, and More*. Written for both patients and professionals, with hundreds of scientific references, *The LDN Book* details the drug's history, mechanisms of action, and broad uses.

Edited by Linda Elsegood of the LDN Research Trust, the book's 10 chapters are written by physicians who are in the trenches, treating patients day in and day out. One of them is Whitaker Wellness' own Dr. Deanna Windham, and her chapter alone, on LDN and autoimmune diseases, is worth the price of the book. I encourage all of you to read this book, pass it on to your doctors, and help spread the word about an extraordinary medication that could restore health to millions. Order online or from the clinic by calling 800-810-6655.

To your health,

Julian Whitaker, MD

America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

Lead (continued from page 1)

acknowledged as the only way to remove toxic heavy metals from the body.

Unfortunately, the Centers for Disease Control and Prevention (CDC) recommends treatment to reduce lead only when a child's blood level is over 44 micrograms per deciliter (mcg/dL), which is life-threateningly high. At the same time, the agency states that levels as low as 5 mcg/dL are cause for concern.

This makes no sense. The EPA states, "Research shows that blood lead levels of 10 mcg/dL... in young children can result in lowered intelligence, reading and learning disabilities, impaired hearing, reduced attention span, hyperactivity, and anti-social behavior. However, there currently is no demonstrated safe concentration of lead in blood, and adverse health effects can occur at lower concentrations. *If caught early, these effects can be limited by reducing exposure to lead or through medical treatment.*"

It's one thing to offer educational and interventional services to help lead-damaged children deal with lower IQs and behavioral problems. Eliminating the need for such services by removing lead with chelation therapy and giving kids a shot at normal development is another thing altogether. Failing to offer medical treatment, or at least inform patients and parents about chelation, is simply unconscionable.

Beyond Flint

The tragic consequences of lead toxicity extend far beyond Flint, Michigan. According to a recent investigation by *USA Today* journalists, unsafe levels of lead have been found in nearly 2,000 communities across the country—and many of the most dangerous levels have been found in schools and day care centers. To make matters worse, unlike most pollutants, lead does not break down over time. Although bans have been in place for decades, lead-based paint is still found in many old buildings, and much of the 7 million tons burned in leaded gasoline over 60 years remains in the soil that we grow our food in, walk and play on, and track into our homes.

Millions of Americans, including including half a million children ages 1–5, have blood lead levels high

enough to damage their health. The number affected is actually much higher. Lead moves in and out of the brain, kidneys, liver, lungs, and other soft tissues, and 90–95 percent ends up in the bones. Therefore, blood tests measure only recent exposure and are not indicative of the true toxic burden.

Toxicity can also occur long after exposure has ended. Most adults have significant lead stores in our bones—stores that may be mobilized as bone is lost with age, menopause, pregnancy and lactation, hyperthyroidism, chronic disease, and calcium deficiency.

In addition to its neurological effects, lead damages tissues and organs throughout the body and is associated with hypertension, heart and vascular disease, kidney dysfunction, gastrointestinal illness, mood and memory disorders, infertility, and miscarriages. At Whitaker Wellness, we measure our patients' heavy metal burden, and if it's high, treat them with chelation, the only therapy capable of mobilizing and eliminating lead. This remarkable therapy effectively reduces angina, lowers blood pressure, enhances circulation, helps heal diabetic ulcers, and improves kidney function.

My Recommendations

- ▶ Visit flintwaterstudy.org to learn more about the dangers of lead and the Flint fiasco.
- ▶ For information on chelation therapy, including physician referrals, visit acam.org. To schedule testing and treatment at Whitaker Wellness, call 800-488-1500.
- ▶ Lead is one of many impurities found in tap water. I strongly recommend filtering your home's drinking water. Visit nsf.org or wqa.org to learn more.

The Right to Be Informed

I consider it the obligation of medical professionals to inform patients of all treatment options. My thoughts keep returning to Lee-Anne Walters, the take-charge mother who was instrumental in drawing attention to the Flint crisis. She's concerned about brain development, cognitive deficits, and other lead-induced problems in all of her kids but especially five-year-old Gavin, who has developed speech problems, has a poor appetite, sleeps a lot, and weighs just 35 pounds compared to his twin brother's 53 pounds. Surely Lee-Anne, of all people, deserves to be told about a therapy that could help.

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Dear Dr. Whitaker

Q *I have been cooking in a cast iron skillet for years, but someone recently told me it is not safe because it leaches iron into food. Is this true? — E.D., Torrance, CA*

A Cooking in cast iron does leach varying amounts of iron into food. Acidity (tomatoes, citrus, etc.), high moisture content, and prolonged cooking cause the greatest release, although a well-seasoned, properly treated pan dramatically reduces the amount of iron transferred into food. However, I can find no solid research suggesting that this negatively impacts health. Studies show that using cast iron cookware doesn't even correct iron-deficiency anemia, so it's unlikely to cause toxicity. People with hemochromatosis (iron overload) should avoid cast iron, but in general, I don't see any safety issues with appropriate use.

Q *I bruise very easily. Sometimes bruises appear on my skin and I don't even recall being bumped. I have always had this problem but it is getting worse as I get older. — Dorothy J., Enid, OK*

A Some people are just more prone to bruising. However, as we get older and the rate of collagen breakdown in the skin increases, this problem becomes more common. Several supplements can help. Start by taking collagen-supporting vitamin C, at least 1,000 mg per day. Next, take a look at your intake of the "blood clotting supplement," vitamin K. Be sure to eat plenty of vitamin K-rich foods such as kale, spinach, broccoli, and

Brussels sprouts, and consider supplementing with MK-7, the most bioavailable form of vitamin K, 150–300 mcg daily. (Do not take vitamin K if you are on warfarin/Coumadin.) Other supplements that bolster capillary strength include bioflavonoids (quercetin, rutin, and hesperidin). For existing bruises, I recommend topical vitamin K cream or the homeopathic remedy *Arnica montana*. Look for these products online or in health food stores, or call 800-810-6655 to order. One final note: Several medications, including but not limited to steroids, warfarin, clopidogrel (Plavix), aspirin, and ibuprofen, can also cause skin to bruise more easily.

Q *My eyes start to burn and turn red every afternoon at work. My ophthalmologist prescribed Patanol, but I have not seen any improvement after six months. Do you have other suggestions? — Janice B., via email*

A Patanol is an antihistamine eye drop typically prescribed for itching and redness related to allergies. Since it isn't helping, your problem may not be allergies but eyestrain and dry eyes, which are common complaints of people who spend hours on a computer. Lutein, zeaxanthin, bilberry, black currant, astaxanthin, and essential fatty acids have proven benefits for eye health. I suggest you try these ingredients, either alone or in combination products like Vision Essentials and Eyedrate, which are available at drwhitaker.com or by calling 800-722-8008. For immediate relief, I recommend over-the-counter lubricating eye drops that are sold in drugstores.

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

From My Blog

The Goods on Garlic

How is a bulb of garlic like a bottle of fine wine? It appears they both get better with age. Research published in the *Journal of Agricultural Food Chemistry* revealed that five-day-old sprouted garlic had a much higher antioxidant capacity than younger, fresher bulbs. Furthermore, the older bulbs contained far more protective compounds. It makes sense. In the wild, when new seedlings sprout into green plants, they are vulnerable to pathogens and other stressors. Boosting natural defenses at this time helps ensure the new plant's survival. The benefits of sprouted grains, seeds, beans, and legumes are well known. Now we can add garlic to the "sprouting" bandwagon and stop tossing those nutrient-rich bulbs with the little green shoots in the trashcan. For more information on the health benefits of garlic—and a few pungently delicious recipes—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...

► **COPD** *My COPD had become very severe. Literally any activity resulted in shortness of breath verging on panic and lung constriction that felt like an elephant was sitting on my chest. The changes following stem cell therapy were dramatic! Normal activities no longer leave me out of breath, and I can even climb stairs. I feel alive again and I am eternally grateful to Dr. Whitaker and his entire staff for giving me my life back and for this wonderful stem cell procedure, which has amazing potential to help many people. — Ann K., Oak Harbor, WA*

Stem cell therapy, which uses patients' own fat-derived stem cells, has wide-reaching healing benefits for a variety of health concerns. To learn more, call 800-488-1500.

► **Xylitol Candy** *I was at the dentist recently with my young children and the doctor offered them ZolliPops, xylitol-based lollipops. Given xylitol's antibacterial qualities, they are actually good for their teeth, and the kids truly enjoy them. It is a win-win! I have found that they tend to melt, even at room temperature. Storing them in the refrigerator makes*

them harder, less messy, and longer lasting. — K.S., Bee Cave, TX

Look for ZolliPops, the brainchild of a 9-year-old girl, online or in health food stores.

► **Heart Disease** *Thirty years ago, my husband had chest pain and a heart surgeon wanted to do bypass. I went to the bookstore and found Dr. Whitaker's Reversing Heart Disease. I read it, called the clinic, and when I told the lady who answered the phone our story, she said, "Just a minute," and the next voice was Dr. Whitaker's. He said, "Do not let them do a bypass on a 44-year-old." So we followed the book's recommendations. My husband—who will be 75 on his next birthday—has watched his diet, taken the recommended vitamins, and is still going strong, no bypass required. Thank you for taking the time to help us and for all the advice in Health & Healing, which we ordered as soon as it was available 25 years ago. — Kathy Hoffman, via email*

If you or a family member is facing a similar situation, come to Whitaker Wellness for a second opinion. To order the latest version of *Reversing Heart Disease*, call 800-810-6655.

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

Healing Tip

Does it matter when you take your medications? Sometimes it does. New research demonstrates that patients who take their blood pressure medication at bedtime—as opposed first thing in the morning—have lower nighttime blood pressure as well as a dramatically reduced risk of developing diabetes.

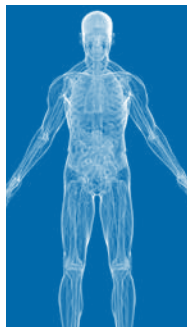
📧 Like my Facebook page at facebook.com/WhitakerMD to receive daily healing tips and join the conversation.

Monthly Health Quiz

Motherhood and Health

Giving birth has long-lasting effects on a woman's body, including which of the following:

- A) Reduced risk of breast cancer
- B) Bigger feet (shoe size increases by an average of half to a full size)
- C) Increased likelihood of bladder/urinary problems
- D) Lower lifetime risk of hip fracture
- E) More efficient brain cells and connections (at least temporarily)
- F) Higher odds of hemorrhoids



Answer:

All are true.

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Notable Quote

“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” — Henry Ford, 1863–1947

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

Airborne Allergies: What Works/What Doesn't

It's been a crazy year for weather. El Niño was expected to bring cool temperatures and lots of rain here in California. Instead, we had one of our warmest winters ever. The Northeast, which got hammered with snow and bitter cold the last couple of years, was also unseasonably warm, and record highs were recorded across the nation.

Although most of us enjoyed the mild weather, allergy season came as early as January in some parts of the country, as trees began budding and pollen counts soared. Many of the "lingering colds" that were so prevalent this year were actually allergic reactions.

Twenty-five million Americans suffer with seasonal flare-ups, and millions more have respiratory allergies year-round. Let's take a look at prevention and treatment.

Avoid Allergens

The first step in the treatment of any allergy—airborne, contact (skin), or food—is to minimize exposure to the irritants or allergens that trigger symptoms. That's a little tricky if pollen is your hot button. After all, you can't control Mother Nature. However, you can take preventive measures.

Pollen counts are highest between 5:00–10:00 AM and at dusk, so close your windows and avoid exercising outdoors during those times. Be aware that pollen sticks to your shoes, clothes, and pets—dogs in particular are pollen magnets—and take care not to bring it into your home. Use a vacuum cleaner with a HEPA filter, which picks up minute particles like pollen, and wash or rinse your hair often, especially before you turn in for the night so you don't take allergens to bed with you.

Remove irritants from your nasal passages with sinus rinses, neti pots, saline sprays, facial dips, or my favorite method, simply sucking up a little diluted salt water into your nose and sinuses and expelling it through your mouth. You can also try rubbing a little Vaseline under and just inside your nostrils to trap pollen before it has a chance to be inhaled.

For serious allergies, I recommend a HEPA filter air purifier for your home and possibly your workplace to help control pollen and other common triggers such as dust, dust mites, pet dander, mold spores, and environmental chemicals.

My Recommendations

- ▶ Average doses of suggested supplements (to be taken three times a day) include vitamin C 500 mg, quercetin 500 mg, nettle extract 200 mg, bromelain 500 mg, N-acetyl-cysteine 300 mg, butterbur (Petadolex) 50 mg, and Pycnogenol 50 mg. I also recommend a daily probiotic and 2,000 mg EPA/DHA. You can find these supplements or combination products in stores, online, or by calling 800-810-6655. For maximum protection, begin taking a month or so before allergy season, or as soon as symptoms appear.
- ▶ Look for HEPA filters online or at drwhitaker.com.

The Gut Connection

You also need to clean up your diet. What does this have to do with respiratory allergies? Plenty, as it turns out. If your allergies are acting up, your immune system is already on overdrive, and bombarding it with food allergens makes matters even worse.

More important is the close relationship between the gastrointestinal, respiratory, and immune systems. Approximately 70 percent of your immune system resides in your gut, and a robust microbiome—a good balance of intestinal bacteria—is critical for all aspects of health. Hundreds of studies link

alterations in the gut microbiome with a hyperactive immune response and increased sensitivity to allergens. Much of this research involves children and illustrates how early exposure to dirt, pets, siblings, etc., improves bacteria diversity and reduces risk of developing allergies. However, a 2016 study found low diversity and imbalances in the gut bacteria of adults with seasonal allergies and concluded this might be targeted to improve allergy treatment and prevention.

Support your gut bacteria by eating lots of healthy fiber-rich and fermented foods, avoiding unnecessary antibiotics, and taking a probiotic supplement daily.

Pros and Cons of Allergy Drugs

Prevention is great, but if you're dealing with a runny nose, scratchy throat, sneezing, coughing, or itchy eyes, you want relief and you want it now. These symptoms occur when your immune system overreacts to allergens and signals the release of histamine and other inflammatory chemicals from mast cells. Histamine binds to receptors on other cells and initiates an inflammatory response that causes tissues to

swell and leak fluid. Antihistamines provide relief by preventing histamine from attaching to these receptor sites—but they do have a downside.

Benadryl (diphenhydramine) and other first-generation antihistamines are notorious for causing drowsiness, slower reaction time, and higher risk of accidents. Newer “non-drowsy” Allegra, Clarinex, and Zyrtec have fewer side effects, but like all antihistamines, they may cause mouth, nose, and throat dryness; low blood pressure; headache; urination problems in men with enlarged prostates; and confusion, especially in people over age 60. Furthermore, antihistamines are anticholinergic drugs, and a 2015 study linked long-term use of all anticholinergics with increased risk of dementia.

Many combination allergy products contain decongestants, which most allergy sufferers do not need. Decongestants such as pseudoephedrine have amphetamine-like effects and can leave you feeling wired and jittery, interfere with sleep, and cause palpitations and high blood pressure. If you're really stopped up, nasal irrigation—plus corticosteroid sprays (Flonase, Nasacort) for the short term—may be helpful. But stay away from nasal sprays like Afrin and Dristan (oxymetazoline) that promise 12-hour relief. Overuse leads to serious “rebound” congestion and promotes dependency.

Symptom-Relieving Supplements

Several supplements also reduce allergy symptoms, and I suggest you try them first. Quercetin, a flavonoid in onions and apples, inhibits the release of histamine from mast cells. Bromelain, an enzyme from pineapple, is a potent anti-inflammatory that reduces tissue swelling. N-acetyl-cysteine (NAC) thins mucus and helps reduce congestion. Vitamin C is sometimes referred to as nature's antihistamine, and vitamin D deficiency is associated with increased risk of allergies.

In clinical trials, butterbur (*Petasites hybridus*) relieved symptoms as effectively as a popular antihistamine drug. Nettle extract (*Urtica dioica*) reduced sneezing and itching in people with hay fever, and Pycnogenol dampened the immune system's reaction to pollen when taken several weeks prior to exposure.

These natural therapies may not work as rapidly as antihistamines and decongestants, but they help blunt your body's response to allergens—and may get you through allergy season with fewer sniffles and sneezes.

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Whitaker Wellness Success Story

A Mother's and Daughter's Journey Back to Health

“Two years ago, I was in severe congestive heart failure. I couldn't even walk across the room without stopping to breathe or rest, and there were days I could hardly even move. After two hospitalizations, my doctors back home told me there was nothing else they could do and warned me not to do anything too strenuous to try to prolong my life. I was only 44 at the time!

“That's when I decided to go to Whitaker Wellness. After treatment with EECF, hyperbaric oxygen, and supplements, I could not believe how much more energy I had. I had come with wheelchair assistance, taking the highest dosages of 15 different prescriptions. Three weeks later, I went home walking on my own two feet and on low doses of four drugs. I also changed my lifestyle and stuck to the Whitaker diet, and in two years, I've lost almost 90 pounds and kept it off. When my local doctor saw my dramatic improvements, he told me he guessed my heart wasn't ever as bad as he thought. But I know I wouldn't be alive if I had not received the help that I did.

“My daughter Grace was my companion for both of my trips to Whitaker Wellness. Grace had gone through four brain surgeries by the time she was 20, including a successful shunt placement to remove extra fluid and pressure. She was still having some problems with her short-term memory, so she had a course of neurofeedback. What a drastic improvement in her memory! She's looking forward to her next semester in school because she is more on point, clearer with her thoughts, and will be able to retain more. She's really excited about that, and I'm excited for her! She can get back on her life path again and catch up on the things she has missed out on. It's been a real blessing.” — Ann Marie Marsman, West Olive, MI



Ann Marie and Grace Marsman
“Mother daughter trip! We love to do things together, and I am so thankful she came to Whitaker Wellness with me.”

To make an appointment at the Whitaker Wellness Institute, call 800-488-1500 or visit whitakerwellness.com.

Innovations in Wellness Medicine

Weight Loss Reverses Type 2 Diabetes

Most diabetes research focuses on drugs, but at least one group is studying the safest, most effective treatment for this increasingly common condition. Excess weight is the greatest contributor to type 2 diabetes, and studies show that sustained weight loss not only prevents diabetes from developing but also improves blood sugar, blood pressure, lipids, and complications in patients with existing disease.

The goal of the Diabetes Remission Clinical Trial (DiRECT) is to demonstrate that a structured, intensive weight management program is a viable treatment for diabetes. I'm glad to see this get the attention it deserves. Diet, exercise, and targeted supplements have helped thousands of Whitaker Wellness patients lose 25, 50, even 100 pounds—and say goodbye to diabetes. We've had excellent success with the mini-fast with exercise program. (Visit whitakerwellness.com or read *The Mini-Fast Diet* for details.) But any program or diet plan can work as long as you stick with it. Diabetes currently afflicts 29 million Americans and is predicted to affect 40 percent of adults during their lifetime. Make losing weight a priority—before you lose your health, your vision, or your limbs to diabetes.

Regular Physical Activity for Alzheimer's Prevention

Everyone knows that exercise benefits virtually every aspect of health. But did you know that regular physical activity also makes your brain bigger—and dramatically reduces risk of Alzheimer's disease?

In a recent study published in the *Journal of Alzheimer's Disease*, researchers evaluated the cognitive function, exercise and leisure activities, and brain MRIs of 876 participants, average age 78, in the long-term Cardiovascular Health Study. They found that the individuals who reported the greatest amount of physical activity had increased brain volume in the hippocampus, frontal, temporal, and parietal lobes and other areas associated with learning and memory. Even more remarkable, their risk of developing Alzheimer's disease was slashed in half! An active lifestyle also benefited those with mild cognitive impairment. Common activities of study participants included walking, swimming, riding an exercise bike, dancing, and gardening. The take-away? Find some activities you enjoy and get moving.

Did You Know?

- Snacking on 1.5 ounces of almonds per day was shown to reduce hunger and overall caloric intake.
- Roses, geraniums, daffodils, petunias, begonias, snapdragons, impatiens, and irises produce little airborne pollen.
- One in three adults have at least one sugar-sweetened drink per day.
- Raw cashews contain an irritating resin and must be steamed or roasted before eating.
- In a recent study, the most active older people had a fivefold lower risk of death than the least active.
- Height and weight guidelines for editorial/fashion models are 5'8"–6'0" and 90–120 lbs. The average American woman is 5'3" and 166.2 lbs.
- Lead poisoning from cooking pots and water pipes may have contributed to the erratic behavior and decline of the Roman aristocracy.
- Drinking at least six cups of coffee per day reduces risk of multiple sclerosis.
- Folic acid supplements during pregnancy may reduce the risk of autism.
- Hypnosis improves hot flashes and night sweats.

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