



## The Perils of Polypharmacy

Allison came to Whitaker Wellness because her knee pain, urinary incontinence, heartburn, constipation, weight gain, insomnia, weakness in her legs, fatigue, and forgetfulness were getting worse, and all her doctors in Phoenix did was prescribe more and more drugs.

I ordered blood tests, did a physical exam, reviewed her medical records, and determined that she was quite healthy for a 75-year-old. Her most significant problem, which was causing most of her symptoms, was not a disease but her medication load. Allison was taking eight prescription and four over-the-counter drugs daily, plus five more meds on an as-needed basis. She was a victim of polypharmacy: “multiple, excessive, unnecessary, or unindicated drug consumption.”

### Inappropriate, Excessive Medications

Polypharmacy is a serious and increasingly common problem that makes patients sitting ducks for adverse side effects and dangerous drug interactions, raises risk of hospitalization and death, and drives up health care costs.

People of all ages get stuck on this drug merry-go-round, but it's especially common in older people, who are likely to have numerous medical issues, see several physicians, and receive multiple prescriptions. A 2016 study revealed that 36 percent of Americans ages 62–85 are on five or more prescription drugs—many of them inappropriate for their age group—and

15 percent take drug combos that place them at risk of major drug-drug interactions.

Allison is a case in point. One of her meds was Ambien, a “hypnotic sedative” sleeping pill. Because Ambien’s side effects include next-day drowsiness, impaired alertness and cognitive function, and increased risk of falls and accidents, it is on the American Geriatrics Society’s list of potentially inappropriate medications for seniors. Yet it accounts for 21 percent of ER visits for adverse psychiatric drug reactions in people over age 65.



She also occasionally took Sominex to help her sleep. Diphenhydramine, the active ingredient in Sominex, Benadryl, and dozens of other over-the-counter antihistamines and sleep aids, belongs to a class of drugs called anticholinergics that are also inappropriate for older people. Side effects include constipation, sleepiness, confusion, and increased risk of dementia with longtime use. No wonder Allison was tired and forgetful!

### Prescribing Cascades

Polypharmacy also increases the likelihood of prescribing cascades, which result when adverse drug side effects are mistaken for new medical problems and even more drugs are prescribed. That’s exactly what happened to Allison.

For her knee pain, she was taking a prescription nonsteroidal anti-inflammatory drug (NSAID).

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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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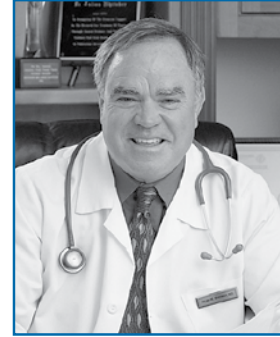
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Remember, you can read current and past issues of *Health & Healing* when you create or access your account at [drwhitaker.com](http://drwhitaker.com).

Dear Reader,

*"I am one of your first subscribers. I have been receiving your newsletters for the past 25 years and have gleaned a lot of helpful advice from them. Thanks to you, I had my doctor prescribe Armour Thyroid and I've been on it for many years now with good results."*

— Constance Tyler



**Julian Whitaker, MD**  
 America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

Happy to hear it, Constance. Our patients at Whitaker Wellness also report good results with Armour and other natural desiccated thyroid preparations—much better, in fact, than with the synthetic thyroid replacement drugs.

There's a good reason for this. Your thyroid gland produces two primary hormones: T3, the most active hormone, and T4, the more abundant form that is slowly converted into T3 and used by your cells. Synthroid (levothyroxine) is a synthetic version of T4, whereas natural thyroid contains both T3 and T4, and therefore can compensate for conversion problems and T3/T4 imbalances.

In a government-sponsored double-blind, clinical trial, patients with low thyroid function were randomly divided into two groups and assigned to take either natural thyroid or Synthroid for 16 weeks. They were then switched to the other therapy for another 16 weeks.

Natural thyroid was the preferred treatment of 49 percent of study participants. They rated their symptoms as "significantly better" and lost an average of four pounds while on natural thyroid. Just 19 percent preferred Synthroid, and there was no weight loss with this drug. The remaining participants had no preference.

Yet because Synthroid is the standard treatment dictated by clinical practice guidelines, most doctors prescribe it exclusively. The bias against natural thyroid is getting worse. Medicare has dropped coverage of Armour and similar medications in favor of synthetic drugs, and insurance companies generally follow suit. In addition, the FDA is going after compounding pharmacies—a devastating move that will leave patients who require nonstandard doses and formulations high and dry. (To learn more about these issues and how you can help, visit [anh-usa.org](http://anh-usa.org).)

One in 12 Americans—and one in eight women—will develop a thyroid condition during their lifetime. If you're one of them, you deserve the treatment that works best for you, and it may not be Synthroid. If your doctor disagrees, visit [acam.org](http://acam.org) for physician referrals, or make an appointment at Whitaker Wellness by calling 800-488-1500.

To your health,

## Polypharmacy (continued from page 1)

NSAIDs are notorious for their gastrointestinal (GI) toxicity, especially in older people. Sure enough, Allison ended up with serious heartburn, so her doctor had her take Prilosec, a proton pump inhibitor that protects the GI tract but increases risk of dementia, heart attack, and bone loss.

She had also been prescribed Aricept, a drug that may help slow memory loss but has numerous side effects, including urinary incontinence. Not surprisingly, her incontinence worsened, so she was started on Enablex, another anticholinergic drug that is associated with constipation and cognitive impairment.

In other words, this patient was prescribed medications to treat drug-induced side effects (heartburn and urinary incontinence) that actually worsened her original problems!

### “Deprescribing”

The first thing I did for Allison was get busy “deprescribing”—tapering or stopping her unnecessary drugs. I discontinued her sleeping pills, tested her for sleep apnea, and started her on APAP to keep her airways open during sleep.

We treated her arthritic knees with platelet-rich plasma (PRP) and laser therapy and started her on glucosamine, fish oil, and curcumin to help rebuild cartilage and relieve inflammation. Our nutritionist helped her clean up her diet, and she began exercising.

Guess what? Now that she was getting deep, restful sleep, she felt so much more energetic and clearheaded that she discontinued her “memory pills.” Over the next month, her urinary incontinence and constipation improved and she stopped the meds she had been taking for those conditions as well. As her knee pain improved and she weaned herself off NSAIDs, her heartburn cleared up and she discontinued Prilosec.

We also stopped the statin drug Allison had been prescribed, even though her total cholesterol had never been above 186 and she had no history of heart problems. Finally, we changed her Synthroid to natural thyroid. The weakness in her legs improved, and she began losing weight.

Bottom line, we cured Allison’s primary problem—polypharmacy—by discontinuing the bulk of her medications. As a result, most of her symptoms subsided and her quality of life dramatically improved.

### Serious Problem, Simple Solution

Adverse reactions to properly prescribed drugs result in 1.9 million hospitalizations every year, and another 840,000 patients experience life-threatening adverse medication events while in the hospital. All told, prescription drugs are responsible for 128,000 deaths per year, making this America’s fourth leading cause of death.

Polypharmacy obviously plays a central role in this colossal failure of conventional medicine. But there is a solution.

We need to start thinking beyond medications. As Allison’s story demonstrates, there are many helpful, even curative non-drug interventions. Other examples include EECF, which dramatically reduces angina and medication requirements in patients with heart disease. Weight loss and lifestyle changes lower blood sugar and allow patients to get off insulin and oral diabetes drugs. Prolotherapy, PRP, acupuncture, and other pain-

relieving treatments reduce or eliminate reliance on painkillers. And targeted nutritional supplements can replace a whole slew of medications.

Patients need to step up as well—even if it means second guessing doctors’ recommendations. As Allison said, “One thing I learned at Whitaker Wellness was that I am in charge. I used to be afraid to question my doctors’ orders because I assumed they knew what they were doing. Now I know that isn’t always true. My health care is my responsibility and mine alone.”

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### My Recommendations

- ▶ Keep a current list of all your medications, doses, potential side effects, and reasons for taking them and review it periodically with your primary care physician.
- ▶ Question the necessity and safety of any new drug order and ask about non-drug alternatives. Assume any symptoms that begin after adding a new drug are side effects.
- ▶ If you need help getting a handle on polypharmacy, consider coming to Whitaker Wellness. Call 800-488-1500 to learn more.

## Dear Dr. Whitaker

**Q** *In your article last month on hay fever, you did not mention allergy shots. Do they work and are they safe? — Audrey B., Dallas, TX*

**A** Some of my patients have had good success with allergen immunotherapy. It involves regular injections or sublingual doses of gradually increasing concentrations of targeted allergens that, over time, desensitize patients so they're no longer allergic. This therapy takes commitment—regular treatments for several years and close monitoring by a physician, as side effects can include rashes at the injection site and, in rare cases, anaphylactic shock. However, because it modifies the underlying cause of allergic disease, it's a proven treatment with lasting benefits. To learn more, visit [aaaai.org](http://aaaai.org).

**Q** *What can be done for tough, cracked skin on the heels? — B.B., Newport Beach, CA*

**A** Healing ointments such as Aquaphor get rave reviews for cracked heels. You can treat these painful fissures by applying a layer of ointment over the affected areas in the morning, and another thick layer along with a pair of socks at night. After about a week of this routine, the skin should soften. At this point, you can safely and easily exfoliate with a pumice stone or other tool. Once healed, you can maintain soft, healthy feet by applying the ointment every other day.

**Q** *I've been a reader and customer since the early 1980s. Your teachings and my conclusions from*

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*my own experiences and studies are almost always in agreement. However, I have a comment about DMSO. I always carefully clean any surface to be treated with alcohol. Because DMSO is an excellent solvent, it seems it could carry skin contaminants with it during treatment. Could you please comment on the necessity of cleanliness when using DMSO? By the way, I find that DMSO provides great relief from my arthritis. I also used it along with vitamin E to minimize scarring at a surgical site on my knee. — M. Haverstraw, via email*

**A** Thanks for pointing this out. DMSO should definitely be applied to clean skin, and I regularly give this advice to my patients and subscribers. As noted, DMSO is an excellent topical treatment for arthritis as well as muscle strains and other aches and pains. Look for it in health food stores, online, or order by calling 800-810-6655.

**Q** *I've read somewhere that amino acid supplements are best absorbed on an empty stomach, particularly in the absence of protein. Is that really necessary? — Mark M., via phone*

**A** Because amino acids share the use of certain transport proteins in the intestinal mucosa, theoretically there could be competition for absorption from the amino acids in protein foods. I'd suggest following the empty stomach guidelines (two hours after eating or 30 minutes before) unless it overcomplicates your supplement regimen. After all, the most important thing is to take your supplements on a regular basis.

## From My Blog

### Is Microwaved Food Safe?

Microwaves are a fast and convenient way to steam vegetables, reheat coffee and leftovers, and defrost meat. But rumors have swirled for years about their harmful effects on food. One concern is that microwaving destroys nutrients. It's true that some nutrients are lost—but they're lost during any type of cooking. And other nutrients, such as antioxidant-rich carotenoids in brightly colored vegetables, respond favorably to a rise in temperature. Furthermore, compared to steaming and boiling, microwaves' short cooking time and low water requirements preserve much more of the vitamin C and other protective compounds in vegetables. Another claim is that microwaves "denature" proteins. Again, all cooking methods cause changes in proteins, but that doesn't mean they're harmful. I certainly don't recommend using a microwave exclusively, but rest assured that it's a safe, convenient addition to a healthy kitchen.

 [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...

▶ **Sunburn** Seeing my suggestion about Adolph's meat tenderizer for insect bites in the newsletter was a great 15 seconds of fame. I have another one for sunburns. Get vitamin A and E gel caps and squeeze out enough oil to make around a teaspoon of the combined vitamins. Gently rub into the affected area. The pain will subside and after a good night's sleep, it should be lessened considerably. Use as often as necessary to keep the skin "oily." This will also keep the skin soft so if it peels there will be no itch. — Paul Sumida, via email

▶ **Weight Loss** I want to give a nod to Weight Watchers. I started on the program five years ago, lost 70 pounds over two years, and have kept them off for three years now. For the first year or so, I didn't exercise much but just watched what I ate. Since I started exercising, I look and feel even better. — Matthew, California

Congratulations! There's a reason why Weight Watchers has been around such a long time. The support and guidance really work.

▶ **Diabetes** Before Whitaker Wellness, I was a mess—overweight, diabetic, and frustrated. Everyone at the clinic welcomed me with open arms and taught me how to deal with my problems. I began to see the importance of diet and walking. I met some great people and realized my life wasn't so bad. I have been implementing what I learned for years now, and life is great. — Irene N., San Francisco, CA

▶ **Anxiety and Depression** Five years ago, I had so much fear and anxiety I could not eat, get dressed, or leave the house. I was down to 94 pounds and was taking medications that caused me to have suicidal thoughts. You saved my life by mentioning 5-HTP. It was the turning point in my life. I became a normal, healthy person again. GABA has also been a godsend. You have saved me many trips to the doctor and lots of money. — D.E., Virginia

Fantastic! The starting dose of 5-HTP is 100–200 mg, taken between meals. The best-absorbed form of GABA is PharmaGABA and the usual dose is 100 mg as needed. Call 800-810-6655 to order. We also have great results at the clinic with low doses of the prescription drug Dilantin, 100 mg once or twice a day.

📧 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

Can burning the midnight oil make you fat? Inadequate sleep is clearly associated with weight gain, but going to bed late is also a risk factor, no matter how much sleep you get. In addition to messing with circadian rhythms, studies show that night owls consume more calories, and weight gain is a predictable result.

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

## Monthly Health Quiz

### Sunscreen Facts: True or False?

- A) All sunscreens help prevent sunburn and skin aging.
- B) A bottle of sunscreen is good for one year.
- C) One application of sunscreen equals a tablespoon.
- D) You should never go outdoors in the summer without sunscreen.



All are false. Only broad-spectrum sunscreens with an SPF of 15+ that block UVA and UVB rays prevent skin aging. Sunscreens keep their potency for three years. An application should be an ounce—the amount in a shot glass. And everyone should get about 15 minutes of unprotected sun exposure daily to stimulate vitamin D production.

**Answer:**

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## Notable Quote

“Be careful about reading health books. You may die of a misprint.” — Mark Twain

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

# Erectile Dysfunction: What Works/What Doesn't

When Viagra debuted in 1998, erectile dysfunction (ED) came out of the closet. Men flocked to their doctors, and half a million prescriptions were written its first month on the market, making Viagra the most successful drug launch in history.

The unprecedented success of “potency pills,” which now include Cialis, Levitra, and others, underscores the extent of the problem: An estimated 30 million American men are affected by ED.

## Why I Prescribe Viagra

It may surprise you to learn that my top recommendation for ED is not a natural product but Viagra and related drugs.

Erections occur when the penis is engorged with blood. Sexual arousal triggers the release of nitric oxide (NO) in the penis. This leads to the production of cyclic guanosine monophosphate (cGMP), which relaxes and dilates the smooth muscles of the penile arteries and erectile tissues and allows them to fill with blood.

One problem in ED is that as much blood flows out of the penis as flows in. An enzyme called phosphodiesterase-5 (PDE5) breaks down cGMP before erections have a chance to arise. Viagra and other ED drugs, which are called PDE5 inhibitors, simply inhibit PDE5 so cGMP remains active, the arteries stay open, the penis engorges, and erections can develop.

These drugs can't be taken with nitroglycerin and other nitrite drugs, and some men experience headaches, nasal congestion, vision problems, upset stomach, flushing, and other side effects. However, they are generally well tolerated and actually have cardiovascular benefits. (Viagra was originally developed as a treatment for heart disease.) PDE5 inhibitors are used to treat pulmonary hypertension, and studies show positive effects on cardiomyopathy, heart failure, and overall heart function. Research also suggests these medications protect against some types of cancer.

## When Viagra Doesn't Work

Big Pharma claims that oral ED drugs are effective 75–85 percent of the time. Independent research,

however, suggests it's lower, especially in older men and those who have underlying conditions such as diabetes, heart disease, hypertension, obesity, sleep apnea, neuropathy, multiple sclerosis, and nerve damage related to prostate cancer treatment.

But before you give up on them, I suggest trying a “sister” medication. For example, if Levitra isn't helping, Cialis might. A higher dose may also do

the trick. And make sure you're taking the real deal. The World Health Organization estimates that counterfeit prescription drugs are a \$431 billion a year business, and Viagra is one of the most popular fakes.

You should also be aware that PDE5 inhibitors only work if you're sexually aroused. Low libido is often associated with low testosterone, and many Whitaker Wellness patients have excellent success with testosterone replacement. In addition to boosting sexual desire, mood, and energy,

it may also improve erectile function.

## When All Else Fails...

Don't despair if none of these drugs work for you. There are alternative treatments. One of them is local injections of prostaglandins, which promote erections by relaxing the smooth muscles and dilating the arteries of the penis. I understand that the idea of sticking a needle in your penis is enough to make grown men cringe. However, it's not as painful as it sounds. You simply self-inject the drug 10–15 minutes before sex and generally get an erection that lasts 30–60 minutes. These drugs are also available as suppositories and gels, but their success rates are considerably lower.

Another oldie but goodie is vacuum constriction. The penis is placed in a cylinder, air is pumped out to create a vacuum that draws blood into the penis, and a constriction band around the base of the penis helps maintain the erection. It takes some practice, but it works and has few side effects.

Finally, there are penile implants, which involve surgical implantation of a pump in the scrotum and cylinders in the penis. You simply activate the pump, which is connected to a reservoir that fills the

### My Recommendations

- ▶ Talk to your doctor or urologist about oral ED drugs as well as testosterone replacement, injections, vacuum devices, and surgery.
- ▶ Purchase sexual enhancement supplements only from reputable manufacturers. The product we use at the clinic, Prelox Plus, is a combination of Pycnogenol, L-arginine, and L-citrulline. To order, call 800-810-6655.

cylinders with sterile water. It does require surgery, but most men are happy with the results.

## Improve ED with Lifestyle Changes

Many of the lifestyle measures for cardiovascular health go a long way toward enhancing erectile function. Exercise is particularly important. In addition to boosting NO and improving vascular function—key components of erections—exercise strengthens the pelvic floor muscles, which helps decrease the outflow of blood from the penis, another critical factor in maintaining erections.

On the dietary front, leafy greens, beets, and other nitrate-rich vegetables increase NO synthesis, and a recent study showed that a diet rich in flavonoids, abundant in berries, citrus, green tea, red wine, and dark chocolate, reduced risk of ED by 21 percent.

Another lifestyle factor that merits mentioning is smoking. If you want to encourage the young men in your life to stop smoking, tell them it's the leading cause of ED in men under age 40.

## Do Sex Supplements Help?

I'm often asked if "natural Viagra" works. Buyer beware. Last fall, former NBA star Lamar Odom was hospitalized after losing consciousness in a Nevada brothel. He had taken, along with other licit and illicit substances, 10 tablets of a "sexual performance enhancer supplement" that was spiked with Viagra.

Some natural ingredients do help. The amino acids L-arginine and L-citrulline increase synthesis of NO, which is the trigger for erections. Herbs such as ginseng, ginkgo, maca, tribulus, horny goat weed, and yohimbe have a history of traditional use. I'm most impressed with Pycnogenol because, unlike many of the other botanicals, this extract from French maritime pine has been studied in controlled clinical trials.

The most recent was a 2015 study involving men with moderate ED, which showed that taking a combination of Pycnogenol, L-arginine, L-citrulline, and roburins (extracted from French oak) for one month normalized erectile function.

Intimacy is an important part of life, and although this can be expressed in many ways, most men would agree that erectile function plays a central role in a satisfying sexual relationship. Rest assured that although ED is more common in older men, it is not a normal aspect of aging. Erections may not be as firm or spontaneous as they once were, but healthy men can expect to have active sex lives well into their golden years.

## References

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## Whitaker Wellness Success Story

### Help for Parkinson's Disease: Hyperbaric Oxygen Therapy

Dave, an executive from the Chicago area, was in his late 40s when he first noticed shakiness in his left arm and leg. He discussed these symptoms with his primary physician, who suggested he try sleeping on his right side. Six months later, he went back to this physician and insisted on a referral to a neurologist, who diagnosed him with early-onset Parkinson's disease. Dave was started on Azilect, a drug that slows the loss of dopamine, which is the underlying problem in Parkinson's, but he continued to have symptoms.

About a year later, on the advice of a family friend in the medical field, Dave came to Whitaker Wellness. He underwent a course of hyperbaric oxygen therapy (HBOT), IV infusions of glutathione and alpha lipoic acid, and brain-nurturing supplements, including coenzyme Q10, curcumin, and acetyl-L-carnitine. Within days, he noticed improvements in his tremor.

Dave is particularly enthusiastic about hyperbaric oxygen. "I came here with no preconceived bias, but I really do believe hyperbaric oxygen helps. I feel so much better. My gait has improved and I'm walking better. Although my tremors are not gone, they're less noticeable. Typing on my computer is much easier, and I can now hold objects like a cup of coffee with my left hand. My horse trainer has also noticed better balance between my left and right sides."

"One of the wonderful things about the clinic is the great job they do at helping us make lifestyle changes. They have also been willing to extend their services even after I returned 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

## Glucosamine for Pain Relief, Longevity, and More

In the June 1993 issue of *Health & Healing*, I wrote an article titled “Reversing Arthritis” that featured glucosamine. This natural compound, which stimulates the production of connective tissue and reduces inflammation and pain, has withstood the test of time. A 2016 study showed that for patients with osteoarthritis of the knee, supplements containing glucosamine along with chondroitin worked as well as or better than celecoxib (Celebrex), a prescription COX-2/nonsteroidal anti-inflammatory drug (NSAID)—with a much better safety profile. Another clinical trial revealed that coupling glucosamine with Meriva (curcumin), another natural anti-inflammatory, not only provided rapid pain relief but also reduced inflammation throughout the body and lowered C-reactive protein (CRP) and markers of oxidative stress.

The glucosamine/chondroitin duo also appears to protect against colorectal cancer if taken four or more days a week for at least three years. Finally—and perhaps most exciting of all—a study of nearly 78,000 people found that regular use of glucosamine was associated with a significantly reduced risk of death from cancer and respiratory disease. With all these benefits, why not do what I do and add 1,500 mg of glucosamine to your daily supplement routine?

## Magnesium and Potassium Reduce Stroke Risk

Every 40 seconds, someone in America has a stroke. Stroke is our third leading cause of death and main cause of long-term disability, but it can be prevented. New data from the Nurse’s Health Study (NHS) I and II, which examined the mineral consumption of more than 178,000 women over more than two decades, reveals that a robust intake of magnesium and potassium significantly reduces stroke risk.

Though this study focused solely on women, these minerals are protective for men as well. Shore up your stores by eating plenty of magnesium-rich dark leafy greens, nuts and seeds, beans and peas, and fish. To increase your potassium intake, incorporate a broad range of vegetables and fruits into your diet, drink Low-Sodium V8 juice, and use “Whitaker salt,” a combination of one part regular salt and three parts potassium salt (Morton’s Salt Substitute or Nu-Salt). In addition, everyone, regardless of health status, should take a daily multivitamin and mineral supplement to fill in any nutritional gaps.

## Did You Know?

- Long-term aspirin use significantly reduces cancer risk, especially colorectal.
- Menopause increases the likelihood of new-onset asthma.
- The FDA requires labels warning of increased risk of heart failure for diabetes drugs Nesina and Onglyza.
- Eating a diet rich in vitamin C cuts risk of developing cataracts by one-third.
- Australian researchers found that people sleep better, sit less, and are more active after retirement.
- Insulin resistance is associated with higher risk of hearing loss in middle-aged men.
- Simple home-based exercises are an effective therapy for rheumatoid and osteoarthritis of the hand.
- The calorie count of the average meal in US restaurants rivals that in many fast food meals: nearly 1,200.
- Oklahoma is now one of the most earthquake-prone areas on earth.
- A large waist is a stronger predictor of serious heart disease than weight or BMI.
- Diabetes cases worldwide have quadrupled in the past 35 years.

## Health & Healing Resources

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## Coming In Future Issues:

- Declare Independence From Unnecessary Medical Treatment
- Reader Solutions for Arthritis, GERD, and Heart Disease
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