



Fatigue: What Works/What Doesn't

Fatigue is a very common complaint, and never more so than at this time of year. The hustle and bustle of the holidays is exhausting, especially for people like my wife, Connie, who goes overboard cooking, shopping, and decorating.

Shorter days of winter are another factor. Darkness stimulates the production of melatonin, and 5:00 sunsets ramp up the “sleep hormone” earlier in the evening, making us feel tired and ready for bed. Vitamin D also figures in. Levels of this sunlight-dependent vitamin plummet during the winter, and deficiencies are associated with fatigue and muscle weakness.

The scarcity of sunlight hits some people like a sledgehammer. Seasonal affective disorder (SAD), which comes on only during the fall and winter, is marked by fatigue and lethargy as well as depression, carbohydrate cravings, and weight gain. Most of us tend to slow down during the wintertime, but individuals with SAD just want to curl up in bed.



Many Causes, Many Cures

Flagging energy isn't only a seasonal problem. Fatigue could be an indication you have an underlying issue like sleep apnea. It's a cardinal sign of hormone imbalances, especially low thyroid and testosterone, and a symptom of a wide range of diseases.

Fatigue is also a side effect of several medications, including opiates, sleeping pills, mood-altering drugs,

antihistamines, some blood pressure and stomach acid-reducing meds, and cholesterol-lowering statin drugs.

There are relatively easy solutions for these common causes of fatigue. Slow down, manage your time, and de-stress. Honor your body's circadian rhythms, go to bed at a reasonable hour, and consider sleep apnea testing. Take vitamin D, and treat SAD with full-spectrum light therapy. Optimize hormone levels and swap energy-sapping medications with natural alternatives.

Mystery of Chronic Fatigue

Then there's chronic fatigue syndrome (systemic exertion intolerance disease), a debilitating condition that profoundly affects the lives of millions. The “disease of a thousand names”—which has been mistakenly identified as fibromyalgia, Lyme or Epstein-Barr infection, encephalomyelitis, yuppie flu, hypochondria, and more—has stumped doctors for years.

The official diagnostic criteria are overwhelming fatigue lasting six months or longer that substantially interferes with day-to-day activities and is worsened by exertion, unrefreshing sleep, plus cognitive impairment and/or worsening of symptoms when sitting or standing. Many patients also suffer with muscle and joint pain, swollen lymph nodes, sore throat, headaches, gastrointestinal (GI) problems, and hypersensitivity.

It's an incapacitating condition that can last for years and leaves at least a quarter of patients

continued on page 3

Inside This Issue

- Fatigue 1
- Dear Reader 2
- Nitric Oxide, Itchy Ears 4
- Ginger 4
- Works for Me 5
- Handling Raw Poultry 5
- Diabetic Complications 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 11, Montoursville, PA 17754, 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 11, Montoursville, PA 17754.

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.

Dear Reader,

Do you ever feel like there just aren't enough hours in the day? A 2015 Gallup poll found that 48 percent of Americans report they don't have enough time. Percentages are even higher among working people and parents of young children, but busyness knows no age limit. I have retired friends who say they're more stressed for time now than ever.

Much of our time crunch, however, is a matter of perception. Our culture values punctuality, work, productivity, and money. Therefore, time has value, and valuable things seem scarcer. The Internet, email, and smartphones have also affected our sense of time. I used to spend hours in the medical library locating, reading, and photocopying scientific studies. Today, my staff can hand me a copy of any article in a matter of minutes.

Instant 24-hour access is great, but it also breeds anxiety and impatience. Waiting 15 seconds for a website to download seems like an eternity, and failing to answer a text or email within an hour a personal affront. Furthermore, it is disturbingly easy to while away the hours on digital devices. The average adult spends more than 10 hours a day on smartphones, computers, tablets, video games, etc., including 4.5 hours watching TV shows and movies.

If you find yourself all stressed out about having too much to do and too little time, slow down. You are not a slave to your schedule. Set priorities and spend your time on what really matters. Try to avoid multitasking—it only reduces efficiency, increases stress, and impairs short-term memory.

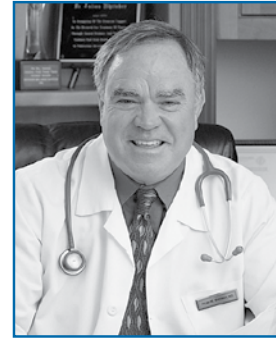
Give some of your time away. A study published in *Psychological Science* found that spending time on others increases feelings of "time affluence." Finally, be more mindful. Remember how slowly time seemed to pass when you were a kid, while the days, months, and years whiz by today? You can actually slow your experience of time down by shifting out of automatic and being more conscious and observant.

Bottom line, you probably have more time than you think. Savor it and use it wisely. I'm not saying you should shirk your work or toss out your TV, but don't let life rush by in a blur. Be aware of the preciousness of the present and the gift of bestowing your time upon others.

To your health,



P.S. Warmest holiday wishes to you and your loved ones.



Julian Whitaker, MD
 America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

Fatigue (continued from page 1)

bedridden or housebound at one time or another. One patient described it as “permanently having the flu, a hangover, and jet lag.”

Good News/Bad News

The only good news about chronic fatigue is that more doctors are recognizing it as a complex systemic disease, rather than a psychological disorder.

The bad news is that underlying causes remain a mystery. Research points to a role of inflammation and immune system disruption, as chronic fatigue is often triggered by an infection or chemical exposure. Changes in specific areas of the brain are also being studied, as are genetic, metabolic, and biochemical abnormalities.

As for treatment, although patients are prescribed a large number and variety of medications, a 2016 meta-analysis concludes, “...no universal pharmaceutical treatment can be recommended.” Graded exercise (starting very slowly and gradually increasing) and cognitive behavioral therapy (short-term, goal-oriented psychotherapy) have demonstrated benefits, but there’s a good deal of controversy over study results.

Research suggests nutritional supplements that support mitochondrial function and address oxidative stress are helpful, and there’s evidence that acupuncture, hyperbaric oxygen, and IV therapies improve symptoms and quality of life. This is the treatment protocol we use at Whitaker Wellness, along with additional therapies to address pain, GI problems, and other symptoms unique to each patient.

Want More Energy and Stamina?

Most of you aren’t dealing with chronic fatigue, but who doesn’t want more energy and stamina?

Start with lifestyle changes. Adequate sleep is a no-brainer, but regular exercise, stress management, weight loss, a good diet, and daily multivitamins also fight fatigue. Coffee, America’s favorite pick-me-up, not only increases alertness, energy, and endurance but has a plethora of health benefits.

“Energy shots” and other products that boast instant or long-lasting energy generally get their oomph from caffeine or caffeine-containing herbs such as guarana. Occasional use is okay, but I recommend getting your caffeine fix from coffee or tea.

B-complex vitamins are famous for their ability to boost energy, especially in people with B12 deficiencies. Coenzyme Q10, an essential cofactor in cellular energy production, has been shown to reduce fatigue and the energy drain of statin drugs. Adaptogenic herbs such as ginseng, ashwagandha, and rhodiola have a long history of enhancing physical/mental energy and stamina. Creatine increases endurance during high-intensity exercise, and L-carnitine has positive effects on fatigue and exercise tolerance in older people.

My Recommendations

- ▶ Recommended supplements: multi-vitamin, vitamin D3 2,000–5,000 IU, vitamin B12 150–400 mcg (up to 5,000 mcg to correct deficiencies), coenzyme Q10 100–300 mg, L-carnitine 2 g, and nicotinamide riboside (Niagen) 500 mg per day. Take adaptogenic herbs and creatine as directed. Look for these supplements online or in stores or call 800-810-6655 to order.
- ▶ Full-spectrum light boxes, lamps, and bulbs are available online or by calling Verilux at 800-786-6850.
- ▶ To learn more about how we treat chronic fatigue at Whitaker Wellness, call 800-488-1500.

Exciting New Supplement

I want to close with a supplement we’ve recently started using at Whitaker Wellness. Nicotinamide riboside, a form of vitamin B3, is a precursor to nicotinamide adenine dinucleotide (NAD+), which, like CoQ10, is required for energy generation in the mitochondria of all cells. Stores of this essential compound decline with age and illness, and increasing levels holds great promise for improving energy, stamina, exercise endurance, and athletic performance.

But that’s not all. NAD+ also promotes the activation of sirtuins, proteins that mimic the anti-aging effects of caloric restriction. Therefore, this supplement may also help with weight control, insulin resistance, metabolic syndrome, and healthy aging.

There’s no such thing as a magic “pill,” but I hope these strategies will put the pep back in your step so you can enjoy life to its fullest.

References

- Chi Y and Suave AA. Nicotinamide riboside, a trace nutrient in foods, is a vitamin B3 with effects on energy metabolism and neuroprotection. *Curr Opin Clin Nutr Metab Care*. 2013 Nov;16(6):657–61.
- Collatz A, et al. A systematic review of drug therapies for chronic fatigue syndrome/myalgic encephalomyelitis. *Clin Ther*. 2016 Jun;38(6):1263–71.

Dear Dr. Whitaker

Q *Is nitric oxide safe to take as a means of lowering blood pressure? If so, what dosage is recommended?*
— E.P., via email

A Nitric oxide (NO) isn't a supplement. It's a signaling molecule produced throughout the body, including the endothelial cells that line the blood vessels. Endothelial NO is a powerful vasodilator, meaning it relaxes and dilates the smooth muscles of the arteries. Therefore, it plays a key role in blood flow and blood pressure regulation. Regular exercise stimulates NO production, and foods that increase levels include beets, dark chocolate, nuts, leafy greens, and watermelon. Supplements such as L-arginine, L-citrulline, potassium nitrate, Pycnogenol, and quercetin also promote NO activity. Look for these NO boosters in standalone supplements or combination products targeting heart health online or in health food stores, and use as directed.

Q *I recently bought your Reversing Diabetes Cookbook. I have been reading it and find it to be very informative but several of the recipes call for sprouted grain bread. This is great as I love bread. However, I am clueless as to what exactly is meant by sprouted grain. How do I identify it?* — Katherine S., via email

A It's actually a pretty literal name. Rather than being made with regular flour, sprouted grain bread is made with grains that have begun the enzymatic process required for sprouting. These

newly sprouted grains are more easily digested and contain an abundance of bioavailable vitamins, minerals, fiber, and protein. They also have a less dramatic effect on blood sugar levels. One good brand is Ezekiel 4:9 by Food for Life. You can find it and other sprouted grain products in grocery and health food stores. Enjoy—but if you're dealing with blood sugar and/or weight concerns, don't go overboard. I recommend limiting bread of any kind to one slice a day. Happy to hear my *Reversing Diabetes Cookbook* is helpful. It's available at Amazon.com and from the clinic (800-810-6655).

Q *The insides of my ears are very dry and itchy. What would you suggest?* — K.P., Whittier, CA

A Itchy ears are a common occurrence that can be triggered by anything from skin diseases like psoriasis to allergies and ear infections. First and foremost, never stick foreign objects (Q-tips, bobby pins, etc.) in your ears in an attempt to scratch the itch. This can damage the inner ear, break the delicate skin, and create a breeding ground for infection. A popular home remedy is dropping a teaspoon or so of equal parts of rubbing alcohol and vinegar into the ear, then letting it drain out. If this burns your ear, it's likely infected and you may require prescription steroid/antibiotic eardrops. As a preventive measure, do your best to keep water, soap, and shampoo out of the ear canal. If your problem persists or becomes painful, see an ear specialist.

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

From My Blog

The Many Benefits of Ginger

For more than 5,000 years, Chinese and Indian cultures have used ginger to cure digestive woes, warm the body from the inside out, reduce pain, and treat gynecological issues. Today, this versatile root does more than give gingerbread cookies and other culinary delights a unique kick. It still shines as a natural treatment for easing indigestion; alleviating nausea related to pregnancy, motion sickness, and chemotherapy; dampening inflammatory conditions such as arthritis; improving circulation; and relieving a host of other health concerns. Ginger can be eaten (fresh, pickled, or dried), brewed as a tea, or taken in capsules or tablets. To learn more about the many benefits of ginger—as well as the easiest, most effective ways to use it in the kitchen and as a health aid—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...

▶ **Allergies** *I suffer with allergies, and my left nostril would run and the channel between my nose and ear would get clogged as soon as I stepped outside. I read about N-acetylcysteine (NAC) on your website and decided to check it out. My local pharmacist gave me a 600 mg sample and I took it around noon. An hour later my nose stopped running and the ear popped open. I was able to spend the entire day outside, and my symptoms were resolved. Thank you very much for your advice. — Eric J., Switzerland*

▶ **ADHD** *I read your recent article about ADHD and wanted to let you know that my son experienced this 40 years ago. I read a book by Dr. Ben Feingold and what a game changer! He had many great recommendations including avoiding artificial coloring, preservatives, and limiting certain types of foods. If you get a chance, check him out and tell other parents as well. — Olga A., via email*

Children with hyperactivity and behavior problems often respond beautifully to diet changes.

To learn more about Dr. Feingold's approach, visit Feingold.org.

▶ **Arthritis** *I work in retail and am constantly using my hands. As a result, I have developed bad arthritis. At the suggestion of a painter, I tried Copper Hands, which are compression gloves embedded with copper. I noticed a difference right away and have worn them since. Because they are so unusual looking, I get asked about them all the time and several customers have come back and reported good results. — A.M., Costa Mesa, CA*

Great suggestion! Copper has been worn for centuries to relieve arthritis pain. These particular gloves can be found at some drugstores and online retailers for about \$15.

▶ **Shoulder Pain** *After years of vinyasa yoga, I developed shoulder pain and limited range of motion. I was convinced I would have to give up yoga for good, but my doctor at Whitaker Wellness recommended high-intensity laser treatment. I was amazed at how much better I was after just three treatments. Better still, I am back in the yoga studio! — M.D., Newport Beach, CA*

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

Healing Tip

If you've been rinsing your raw poultry or meat in the sink prior to cooking, you need to reconsider. Studies show that rather than improving safety, this practice actually increases risk of food poisoning by dispersing bacteria over sinks, work surfaces, and, as water droplets ricochet off the meat, throughout the kitchen.

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

Healthy Holiday Recipe

Indulge your sweet tooth this holiday season with this tasty—and wonderfully guilt-free—treat.

Chocolate Peanut Butter Bites

- 1 small-medium ripe banana
- 1 cup rolled oats (uncooked)
- ½ cup peanut butter
- ½ cup chocolate protein powder
- ¼ cup milk (unsweetened coconut, almond, or dairy)

In a small bowl, mash banana, add remaining ingredients, and stir until thoroughly mixed. Shape into about a dozen 1-inch balls. Place on wax paper and freeze for 10–20 minutes, then store in the fridge until ready to eat.

Now Available at drwhitaker.com

- Holiday Health Facts: Did You Know?
- How to Avoid Holiday Weight Gain
- 5 Essential Winter Health Tips

Visit today for these articles and more in-depth wellness advice to help you achieve optimal health.

Notable Quote

“If you haven't got any charity in your heart, you have the worst kind of heart trouble.”

— Bob Hope, 1903–2003

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

How to Prevent Diabetic Complications

In my four decades of practicing medicine, I have treated thousands of patients with diabetes. Many of them come to Whitaker Wellness in pretty bad shape, missing a couple of toes, half blind with retinopathy, suffering the pain of neuropathy, or in various stages of kidney or cardiovascular disease.

Diabetes can chew you up—but it doesn't have to be that way. If I had seen these people earlier, I am confident I could have helped them avoid or at least minimize these afflictions. This was driven home by a letter I recently received from Diane Dormanen, who wrote to tell me about her daughter Jane, a beautiful young woman who, as you'll see on the adjacent page, has sidestepped the horrendous complications of diabetes.

I appreciate Diane's kind words, but the kudos go to her. She stood her ground against a doctor who predicted "inevitable" catastrophe, did her own research, adopted natural therapies—and changed the course of her daughter's life.

Downside of Drugs

The Holy Grail in conventional diabetes management is blood sugar control. Of course this is important. Chronically elevated blood sugar damages the blood vessels and eventually leads to all manner of complications. But the drugs used in this quest have complications of their own.

Although insulin is a lifesaver for everyone with type 1 diabetes, for those with type 2—nearly one in 10 Americans—aggressive use of diabetes medications can have serious consequences. Weight gain, which worsens blood sugar control; hypoglycemia, a leading cause of emergency room visits; and increased risk of cardiovascular events are all directly linked to overuse of insulin and oral drugs.

That's why the doctors at Whitaker Wellness often replace these meds with berberine, a supplement shown to work as well as metformin, along with vanadyl sulfate and other natural therapies.

Nutrition Is Powerful Medicine

Diet changes make a tremendous difference too. Jane's kidney function rapidly rebounded after

she reduced her protein intake. And eliminating sugars and starches and focusing on nutrient-rich whole foods lowers blood sugar, reduces medication requirements, and helps stave off complications.

A healthy diet plus exercise also facilitates weight loss. I've seen many patients say goodbye to type 2 diabetes and its attendant risks simply by getting their weight under control.

Shoring up your vitamin and mineral stores is essential. A daily multivitamin supplement with therapeutic levels of magnesium, selenium, zinc, and C, E, and B-complex vitamins plus lipoic acid, benfotiamine, and extra vitamin D helps curb the metabolic derangements of diabetes and reduce risk of complications.

My Recommendations

- ▶ Suggested supplements include a potent daily multivitamin, lipoic acid 600–1,200 mg, benfotiamine 300 mg, vitamin D 2,000–5,000 IU, berberine 1,500 mg, vanadyl sulfate 100 mg, plus targeted supplements for specific complications. Look for these supplements online and in stores, or call 800-810-6655 to order.
- ▶ Whitaker Wellness specializes in treating diabetes. Call us at 800-488-1500. Visit acam.org to locate a clinic in your area.

Too Late for Prevention?

If you're already dealing with adverse health effects of diabetes, you need to know about powerful treatments that are overlooked by conventional doctors. Sugar dressings, hyperbaric oxygen therapy (HBOT) and intravenous (IV) nutrients successfully heal diabetes-related infections, which lead to 73,000 lower limb amputations per year.

For neuropathy, HBOT, IV lipoic acid, infra-red light, and high-intensity laser reduce pain and restore function. Retinopathy often responds to oral and IV nutrients. And enhanced external counterpulsation (EECP) helps with the most deadly complications of all, heart attack and stroke.

Write Your Own Success Story

Although type 1 diabetes is a challenging condition that requires lifelong treatment, I am convinced that Jane's excellent health would not have been possible had she gone down the usual path. Nor would her father have had had a "full recovery" from type 2 diabetes if he'd followed the same route.

I sincerely hope Diane's letter will inspire you to research alternative therapies, improve your diet, weight, and nutritional status, and take the road less traveled—so you can write your own success story and be an inspiration to others.

Dear Dr. Whitaker,

I am writing this letter to express gratitude on behalf of my daughter Jane, her five sisters, myself, and her father. Jane was diagnosed with type 1 diabetes at the age of three. Nine years later she was diagnosed with early signs of kidney failure. Her endocrinologist said she required a medication to prolong the inevitable kidney dialysis. I explained I needed to do my own investigation before making the decision to place her on the medication.

I began reading books on diabetes and came across *Reversing Diabetes*. I was inspired to call and seek your professional opinion. You returned my call and stated emphatically, "Do not put your daughter on that medication!" You recommended a course of treatment: no more than 25 grams of protein per day, accompanied by fresh vegetables and fruits such as berries. I was so appreciative that you shared your expertise, knowledge and time, all without asking for any form of payment!

I told Jane's endocrinologist I would defer placing her on the medication, explaining our plan and direction, including restricting her protein intake. I was chastised, berated, and fearful he would contact child protective services. However, during my lively exchange with the doctor, I did ask him the question you had so well prepared me for: "What is the first thing you do with patients receiving dialysis?" His answer, "Take them off all protein." I left with just the slightest bit of confidence to proceed with your plan of action, combined with supplements from a local wellness practitioner.

Three months passed and Jane went back in for a follow-up appointment to measure the status of her kidneys and albumin levels. Shockingly, she was in the normal range. The only response from the doctor was, "Well, this is certainly very unlikely and unusual." I said nothing, but was secretly overcome with thankfulness and gratitude. Words cannot begin to describe the joy I felt for Jane's victory.

She still goes in each year to have her albumin levels checked, they continue to remain in the normal range. We were reminiscing several months ago about this life-changing course of treatment. Jane suggested it would be so nice if the doctor who impacted her life in such an immensely positive way could know how one relatively simple act of courage and kindness changed the trajectory of her life forever. Unfortunately I could not remember the doctor I had spoken with, only that he was located in California.

Ironically my husband was diagnosed with type 2 diabetes just weeks ago, and while online researching natural treatments for his recovery, I came across your book, *Reversing Diabetes*. I literally ran through the house looking for the original book I had purchased 16 years ago and there it was, along with my yellow highlighting and your phone number.

Jane and I, along with all of her family and friends, owe you a debt of gratitude, which quite frankly we will never be able to repay. I want you to know how deeply you have enriched our family and Jane's quality of life. Jane has grown into a beautiful young woman, both inside and out. She has such a kind soul, and makes everyone around her feel special. And in case you are wondering, John, my husband of 34 years, is now in full recovery. He is on berberine and following your alternative method for reversing diabetes.

I hope this letter finds you well, and gives you peace and comfort knowing how your dedication, experience, knowledge, and singular act of kindness to a complete stranger has changed so many lives for the better. Thank you so very much for all that you have achieved in the manner of assisting diabetics everywhere. Your legacy will live on, continuing to improve the lives of many.

Warm regards,
Diane Dormanen, Minneapolis, MN



Jane (Dormanen) Rembowicz with her five sisters on her wedding day

Innovations in Wellness Medicine

Houseplants for Indoor Air Quality

Instead of bringing a bottle of wine or platter of cookies to your next holiday gathering, why not present your hosts with a unique gift that's good for their health? Earlier this year researchers tested the ability of several popular houseplants to remove volatile organic compounds (VOCs) from the air. VOCs, which are emitted from everything from furniture and paint to dry-cleaned clothing and household products, impact indoor air quality and are linked with adverse health effects, especially in sensitive individuals.

Which plants came out on top? *Guzmania lingulata*, a bromeliad commonly called scarlet star, was the best overall, removing 80 percent of VOCs tested. Spider plants started soaking up pollutants the fastest, and dracaena eliminated a whopping 94 percent of acetone. You breathe approximately 3,000 gallons of air each and every day. Make it the best quality possible by keeping a few of these natural air purifiers in your home and workplace.

Home Treatment for Dry Eye Syndrome

About five million Americans over the age of 50 have clinically significant dry eye syndrome. As I've written before, lubricating eye drops and supplements (omega-3/omega-7 fatty acids plus astaxanthin, lutein, and other carotenoids) are very helpful. But another do-it-yourself treatment recently caught my eye.

One of the most common causes of chronic dry eyes is dysfunction of the meibomian glands, which are located along the eyelids and produce oils that are part of normal tear composition. When these glands are blocked, inflamed, or otherwise compromised, tears evaporate rapidly and eyes feel dry and gritty. Physically clearing and unblocking these glands improves tear quality and often relieves dry eyes. Start by placing warm compresses over the eyes for about 10 minutes once or twice a day. Then very gently massage your closed eyes, concentrating on the upper and lower lids for a minute or so. Finally, carefully clean your eyelids with baby shampoo or a commercial eyelid cleanser. Microwavable eye masks and eyelid scrubs are sold in drugstores, and your eye doctor can give you further instructions if needed. Office-based procedures are also available and recommended for patients with serious symptoms or eye disease.

Did You Know?

- The CDC reports that about half of the 262.5 million antibiotics prescribed to outpatients are inappropriate.
- Texting impairs driving to a degree similar to being drunk.
- Polyphenols in cranberries and other red/blue berries protect against heart attack and stroke.
- New wearable technology converts energy from body heat or physical movement to recharge small battery-operated devices.
- Researchers found that adding vitamin D to standard treatments halved the risk of severe asthma attacks.
- For half of the women in a recent study, acupuncture slashed the frequency of hot flashes by 47 percent.
- On average, adults get 2–3 colds per year and children get 6–10.
- Animal studies suggest that hyperbaric oxygen therapy eases withdrawal from opiate addiction.
- A recent “recount” estimates that our bodies contain about 30 trillion human cells and 38 trillion bacteria.
- Riding on a roller coaster can help pass kidney stones.

Health & Healing Resources

- **Renew Your Subscription** 800-539-8219 (M–F 9 AM–5 PM EST)
- **Buy Supplements** 800-722-8008 or drwhitaker.com
- **Sign Up for My Free E-News** drwhitaker.com
- **Make an Appointment at Whitaker Wellness** 800-488-1500 or whitakerwellness.com

Coming In Future Issues:

- Benefits of Intermittent Fasting
- Can a 10-Minute Workout Really Be Effective?
- What's So Great About Grapes: Resveratrol, Pycnogenol, and More



Become a fan on Facebook at facebook.com/WhitakerMD



Follow me on Twitter at twitter.com/WhitakerMD



Watch me on YouTube at youtube.com/user/drwhitakerinfo