



## What's So Great About Grapes?

**G**rapes hold a special place in human culture. This popular fruit has been cultivated for at least 8,000 years, and a wine press discovered in a cave in Armenia dates back to 4100 BC. One of the 12 major Greek deities was Dionysus (Bacchus to the Romans), god of grapes and wine. Noah's vineyard is mentioned in the book of Genesis, and the Old and New Testaments have multiple references to grapes and wine.

Traditional healers used the sap, leaves, and berries of grapevines in folk remedies, and concoctions made with wine are prominent in ancient Egyptian and Sumerian medical texts. Wine was believed to have health-enhancing properties, and because its acidic and antiseptic properties kill microbes, diluted wine was once actually safer than drinking water.

Today, grapes are among the world's most lucrative legal cash crops. More than 70 percent of the 76 million tons of grapes grown each year is earmarked for winemaking, and about a quarter is sold as fresh fruit. The rest mostly ends up as grape juice, raisins, jams and jellies, and natural sweeteners, but a small percentage is still used for therapeutic purposes, namely the production of resveratrol and grape seed extract.



### Remarkable Resveratrol

Grapes contain an array of polyphenols, flavonoids, anthocyanins, and other health-enhancing phytonutrients, and the most famous is resveratrol.

This polyphenol debuted to great fanfare when Harvard researchers discovered that it negated many of the adverse effects of a high-fat, high-calorie diet. Laboratory animals given resveratrol along with an unhealthy diet gained weight but, compared to controls, were much less likely to develop insulin resistance, atherosclerosis, fatty deposits in the liver, and excessive inflammation—problems that typically afflict obese humans who eat a lousy diet. Furthermore, resveratrol-supplemented animals lived about 30 percent longer.

Immediately embraced as the next new thing in anti-aging, resveratrol was heralded as a supplement that would not only turn back the clock and reduce risk of heart disease and diabetes but also “undo” the ill effects of obesity and an unhealthy diet. Ten years later, the dust has settled, and although resveratrol hasn't lived up to that hype—no nutrient or drug ever will—it is a valuable supplement with multiple health benefits.

### The Real Deal

Resveratrol mimics the protective effects of caloric restriction, which, as discussed in the January issue in my article on intermittent fasting, slows age-related decline and increases longevity. A primary mechanism is the activation of SIRT1, a gene which encodes proteins that control DNA repair,

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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](http://drwhitaker.com).

Dear Reader,

Statin drugs are widely believed to prevent heart attacks and save lives—a misbelief reinforced by the American Heart Association, American College of Cardiology, and other organizations and bolstered by recently updated recommendations from the US Preventive Services Task Force (USPSTF).

No symptoms? No history of heart disease? No problem. You don't even have to have a high cholesterol level to get a prescription for a cholesterol-lowering drug. If you're 40–75 years old and you have diabetes, hypertension, or smoke, plus a 7.5–10 percent or greater risk of having a heart attack within 10 years (determined by calculations that many believe overestimate risk), you'll join 56 million other Americans—half of everyone over age 40—who qualify for the “statin club.”

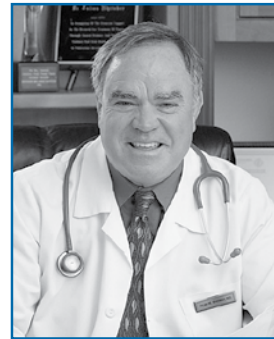
I'm not the only doctor who recognizes the absurdity and dangers of this unwarranted infatuation. Cardiologist Rita Redberg, MD, editor of the conventional medical journal *JAMA Internal Medicine*, recently wrote, “Of 100 people who take a statin for 5 years, only 2 of 100 will avoid a myocardial infarction, and 98 of the 100 will not experience any benefit. There will be no mortality benefit for any of the 100 people taking the medicine every day for 5 years. At the same time, 5 to 20 of the 100 will experience muscle aches, weakness, fatigue, cognitive dysfunction, and increased risk of diabetes. All will have to take a pill every day, and they and their health plans will pay for these medications.”

As for saving lives, you may have heard that statins reduce risk of death by 20–30 percent, but that's just statistical spin. A 2015 analysis of the major clinical trials found that taking a statin every day for five years postponed death by a “surprisingly small” average of 3.2–4.1 days.

Dr. Redberg concluded her editorial with this advice: “Given the serious concerns about the harms of the reliance on statins for primary prevention, it is in the interest of public health and the medical community to refocus efforts on promoting a heart-healthy diet, regular physical activity, and not smoking.”

Bottom line, there's a good chance your doctor will recommend a statin. But remember that the primary beneficiary is Big Pharma, which already reaps the spoils of a \$20 billion per year global statin market.

To your health,

**Julian Whitaker, MD**

America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

## Grapes (continued from page 1)

inflammatory pathways, insulin secretion, and the generation of new mitochondria.

No wonder resveratrol has such broad effects! Research reveals that this supplement has significant cardiovascular/metabolic benefits, including enhanced endothelial function, lower LDL cholesterol, reduced inflammation, decreased risk of blood clot formation, and improved insulin sensitivity and glucose intolerance. It also enhances brain function by stimulating the growth of neurons and discouraging the buildup of plaque. It even inhibits the proliferation of cancer cells.

Most of the 9,000-plus scientific papers on resveratrol are preclinical, involving laboratory testing or animal studies. However, the human clinical trials performed to date demonstrate resveratrol's therapeutic potential for reducing the burden of heart disease, diabetes, neurodegenerative disorders, and cancer.

### Power to the Pips

The skin of red grapes is the primary source of resveratrol, but the seeds—the “pips” that are generally removed or spit out—also contain protective phytonutrients. Chief among them is oligomeric proanthocyanidin (OPC), a potent antioxidant and nitric oxide (NO) booster.

This one-two punch provides exceptional benefits for the vascular system. NO is a signaling molecule produced in cells throughout the body, including the endothelium, the thin layer of cells lining the blood vessels. NO is a powerful vasodilator that relaxes the smooth muscle cells of the arteries and plays a regulatory role in circulation and blood pressure.

In a 2016 study published in the *British Journal of Nutrition*, middle-aged men and women with “pre-hypertension” (blood pressure 120–139/80–89, which is often treated with drugs) were randomly assigned to take 300 mg of grape seed extract or a placebo every day for six weeks. In the group taking the grape seed extract, systolic/diastolic blood pressure declined by an average of 5.6/4.7 percent—and individuals whose blood pressure was highest

initially had nearly twice the reduction. Insulin sensitivity improved as well. Previous studies also showed positive results in people with hypertension in the 150/95 range.

Grape seed extract strengthens the capillaries and is a proven treatment for chronic venous insufficiency, which is characterized by swelling, pain, and pooling of blood in the legs caused by weakened blood vessels and valves. In addition, it reduces edema from other causes and helps improve varicose veins.

OPCs are also abundant in the bark of maritime pines, which is sold in supplement form as Pycnogenol®. Research on grape seed extract and/or Pycnogenol suggests that OPCs enhance additional aspects of cardiovascular health, improve erectile function and diabetic retinopathy, boost the immune response, and have antimicrobial and cancer prevention properties as well.

### A Toast to Grapes

Grapes are a tasty, portable, low-cal snack and an especially good source of potassium and vitamin K. Like all fruits, most of the calories come from sugars. Although the glycemic load of grapes is fairly low, don't go overboard, especially if you have blood sugar issues. Red-skinned

varieties, including Concords, are far better sources of resveratrol, and if you can tolerate eating the seeds, so much the better. You can also get your grape fix in juice, raisins, peanut butter and grape jelly sandwiches, and, of course, wine. As W.C. Fields once said, “I cook with wine, sometimes I even add it to the food.”

So enjoy your grapes, PB&Js, and an occasional glass of red wine. (Pinot noir has the highest resveratrol content.) But for the real therapeutic punch of resveratrol and grape seed extract, take supplements.

### References

- Kuršvietienė L, et al. Multiplicity of effects and health benefits of resveratrol. *Medicina (Kaunas)*. 2016;52(3):148–55.
- Park E, et al. Effects of grape seed extract beverage on blood pressure and metabolic indices in individuals with pre-hypertension. *Br J Nutr*. 2016 Jan 28;115(2):226–38.

### My Recommendations

- ▶ The suggested daily dose of trans-resveratrol, the best studied form, is 100–200 mg. Note that supplements often contain Japanese knotweed, which is an excellent source of resveratrol. Quality extracts include ResVinol and Longevinex.
- ▶ The research dose of grape seed extract is 300 mg per day. Look for a standardized extract such as MegaNatural, which was used in the blood pressure studies.

## Dear Dr. Whitaker

**Q** I recently read an article on the differences between “natural plant-based supplements” and “laboratory manufactured supplements.” The supplements mentioned (from Standard Process) are in tablet form, dissolving very quickly, and not in plastic capsules like the ones you recommend. I would appreciate your comments and clarification.  
— Walter M., Boston, MA

**A** The article you reference contains a lot of misinformation. Claims that synthetic vitamins “cannot be used by your body,” “are immediately excreted,” and “lead to serious enzyme and trace mineral deficiencies and imbalances” are utter nonsense. I have nothing against plant- or food-based supplements, but it’s hard to get the therapeutic doses I often recommend from food concentrates. Sure, you’ll get beneficial cofactors, but you’d have to take bowlfuls of acerola cherry or rose hips extract to get the 1,000 mg of vitamin C in a single capsule of ascorbic acid—which is chemically identical and often contains added bioflavonoids.

My research team scours the scientific literature to find the best clinically researched ingredients for my products. I always opt for natural ingredients when it matters (such as vitamin E, beta-carotene, and many herbal extracts), but the forms used in scientific research are often “laboratory manufactured.” Regarding your final comment, Standard Process is a reputable company, and I’m not sure where you heard this, but capsules are not made of plastic but of gelatin or plant cellulose,

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which rapidly dissolves in the stomach. I hope this answers your questions and clears up any confusion.

**Q** I would like to know what I should look for in a multivitamin for my husband. He has controlled prostate cancer, and for the last year has had atrial fibrillation and takes warfarin. What supplements should he avoid? — Pam V., via email

**A** Vitamin K should not be taken with warfarin (Coumadin), but few multis contain this vitamin. DHEA is also contraindicated because it is a precursor to testosterone, which could fuel prostate cancer. However, it is not an ingredient in multivitamins either. Rest assured that most multis are perfectly safe and likely therapeutic for your husband.

**Q** I saw a holistic doctor who recommended bioidentical hormone pellets, which are implanted under the skin. I like the idea that they only have to be inserted three or four times a year. What is your opinion about this? — W.P., Phoenix, AZ

**A** I am aware that some physicians recommend this mode of delivery for testosterone and estrogen for both men and women, but I am not a fan. We have had patients come to the clinic shortly after pellet implantation with sky-high hormone levels and significant side effects. The other downside is that unlike creams and gels, you can’t modify the dose or discontinue it altogether. Once they’re in, they’re in. I suggest sticking with estrogen and testosterone creams or gels and oral progesterone.

## From My Blog

### When the Spirit Is Willing But the Body...

Chocolates, heart-shaped candies, and romantic dinners are popular Valentine’s Day gifts, but as Robert Byrne said, “Anybody who believes that the way to a man’s heart is through his stomach flunked geography.” Sex is an important aspect of romantic love, but sometimes the spirit is willing but the body is less than cooperative. For men, the main issue is erectile dysfunction, as discussed in the June 2016 newsletter.

For women, vaginal dryness is a common concern, especially after menopause. Bioidentical hormones are an effective therapy, and lubricants are an option—plus the FDA recently approved Intrarosa, a topical DHEA preparation for easing vaginal atrophy and pain with intercourse. Actually, this is old news. Compounding pharmacies have been making similar products for years, and some women report improvements with 25 mg/day of oral DHEA, available in health food stores. For other tips on improving sexual function and boosting libido, 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](http://drwhitaker.com).



# Works for Me...

▶ **Digestive Problems** *I have had bloating, pain, and other stomach and intestinal issues for many years. I had blood and stool tests several years ago but nothing was abnormal. I am vegetarian and eat a very healthy diet, so I never considered food as a culprit. Then eight months ago, I did a food allergy test and my sensitivity to gluten was off the charts. I immediately eliminated gluten from my diet and things turned around almost overnight. Going gluten-free is easy with the products available these days. — Rochelle, Dallas, TX*

▶ **Colds and Flu** *I always find myself a victim of the cold/flu season. Recently I heard about Whitaker Wellness and IV therapy and decided to give it a try. Well, let me tell you, their wellness drip makes you feel amazing! I'm over the moon that I have found a solution that isn't taking an antibiotic (which wrecks my system). I plan to come back every few months to keep my immune system healthy. — N.E., Costa Mesa, CA*

IV vitamins and minerals, which can be delivered in high doses, bolster the immune system

and prevent/treat several health concerns. Look for a local IV center, or if you're in our area, check out the Whitaker Wellness Hydration Room (800-488-1500).

▶ **Anxiety** *I have suffered from anxiety for about 15 years. I never wanted to be on a prescription medication because I only want natural substances in my body. When my doctor recommended gabapentin, I was incredibly skeptical but I decided to give it a try to ease the angst I was constantly feeling. I was amazed! Not only is my anxiety relieved, but I still feel like me—no changes in my personality, just at ease in my own skin. — S.F., Newport Beach, CA*

Gabapentin (Neurontin) is approved for the treatment of seizures and neuropathic pain, but studies show it is an effective therapy for anxiety—and a heck of lot safer than benzodiazepines and antidepressants. It works by increasing the production of GABA, a calming neurotransmitter. GABA is also available as a supplement (PharmaGABA), so you might give that a try. For more suggestions for relieving anxiety, including Dilantin, another prescription anti-seizure med, refer to the October 2016 newsletter.

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).

## f Healing Tip

Need to get rid of garlic breath before you kiss your Valentine? Eat an apple or a little lettuce. In a recent study, researchers found that enzymes and phenols in these raw foods help break down and neutralize odiferous garlic compounds—and freshened breath better than water, green tea, or mint leaves.

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

## Monthly Health Quiz

*Pucker up! Which of the following facts about kissing are true?*

- A) Burns calories
- B) Lowers blood pressure
- C) Affects hormone levels
- D) Spreads millions of germs



### Answer:

All are true. While A is a bit of a stretch, a passionate kissing session does burn a few calories. Smooching revs up heart rate and dilates blood vessels, increasing blood flow and lowering blood pressure. And when you kiss someone, feel-good brain chemicals like serotonin, oxytocin, and dopamine are released. Kissing does spread germs, but a handshake is "germier" than a quick peck on the lips or cheek.

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## Valentine's Day Quote

“Spread love everywhere you go. Let no one ever come to you without leaving happier.”

— Mother Teresa

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# Memory Loss: What Works/What Doesn't

The quest for a cure for Alzheimer's disease has been long, expensive, and frustrating. Billions have been spent testing hundreds of compounds, but 99.6 percent of the clinical trials have failed to slow progression or improve symptoms, let alone cure the condition.

Two types of medications have been approved: cholinesterase inhibitors (Aricept, Exelon, and Razadyne) and memantine (Namenda). Their effects are modest at best. In fact, it's hard to even tell if they're helping at all due to the progressive nature of dementia. But doctors prescribe them anyway because they have nothing else to offer.

Because amyloid plaques, which riddle the brains of people with Alzheimer's, begin developing years before symptoms appear, most of the new drug research focuses on reducing these plaques. So far, they've struck out. Part of the problem is that there's much we still don't know about the disease, what causes it, and how to diagnose it in its early, potentially treatable stages.

Another issue is Big Pharma's focus on a magic bullet for a specific target. Amyloid plaques aren't the sole characteristic of Alzheimer's. This disease has multiple causes and true breakthroughs can only be realized by addressing the bigger picture.

## A Holistic Approach to Memory Loss

To that end, Dale Bredesen, MD, Director of Easton Laboratories for Neurodegenerative Disease Research at UCLA, has developed a multifaceted treatment program he calls metabolic enhancement for neurodegeneration (MEND), which includes diet changes, exercise, mental stimulation, sleep enhancement, stress reduction, hormone replacement therapy, and nutritional supplements.

Each of these modalities, as I've written in *Health & Healing*, has been shown in scientific studies to enhance various aspects of brain health. While no single entity can claim to have much of an effect on dementia or Alzheimer's disease, Dr. Bredesen's research has demonstrated that a comprehensive approach, consisting of multiple therapies, can.

In a 2014 paper published in *Aging*, he reported that within six to nine months of starting the MEND protocol, 90 percent of patients with early Alzheimer's or mild cognitive impairment, which is

often a precursor to dementia, had notable improvements. Those who had quit working or had job-related issues due to memory problems were able to return to work or step up their job performance.

Recognizing the importance of verifiable data, Dr. Bredesen followed this preliminary report with a 2016 series of case studies that included brain scans and neuropsychological testing before and after starting on the MEND protocol.

## Reversing Cognitive Decline

One of his patients is a 66-year-old professional who complained of a two-year history of "senior moments" such as forgetting appointments and misplacing keys as well as difficulties at work. He had an ApoE 3/4 genotype, which is linked with an increased risk of Alzheimer's. A PET scan revealed amyloid plaque and other signs of Alzheimer's, and an MRI showed brain shrinkage, with hippocampus volume in the 17th percentile for his age.

This gentleman started the MEND program, and within three months both he and his wife reported significant subjective improvements in his memory. On follow-up MRI after 10 months, his hippocampus volume had increased to the 75th percentile.

Another patient, a 69-year-old entrepreneur with well-documented Alzheimer's disease, was in the process of closing his business because of 11 years of progressive and accelerating memory problems.

Six months after beginning treatment, his wife and coworkers observed an increased ability to remember schedules, recognize faces, and add columns of numbers in his head. Twenty-two months into the program, his neuropsychological test scores improved so much that the psychologist who administered them said they exceeded anything he'd seen in 30 years. Rather than shutting down his business, he decided to expand it.

Dr. Bredesen further reported that the patients who stuck with the MEND program, some for as long as four years, had no further memory decline, and in a number of cases, tests of cognitive function returned to the normal range.

## MENDING the Brain

The degree of improvement these patients achieved is unprecedented. Cognitive decline didn't just slow down or stop—it reversed.

I want to make it clear that the MEND protocol is not a cure-all for dementia. Patients with late-stage Alzheimer's continued to decline, suggesting interventions must be started early, as soon as symptoms appear—or better yet, as a preventive program.

There are other challenges as well. Making diet changes, exercising, and adhering to a daily supplement regimen is a chore for anyone, let alone those with memory problems, and the burden to stay on track falls not only on patients but also on family members or caregivers.

Furthermore, no matter how impressive, case histories of small numbers of patients are unlikely to be endorsed by conventional doctors until results are replicated by additional research. Larger studies are in the works, but results won't be available for years.

If you or a loved one has memory problems, you don't have years. That's why I'm so enthusiastic about the MEND program. It's safe, has no side effects other than weight loss and better overall health—and it's the only therapeutic approach I'm aware of that has ever actually reversed Alzheimer's disease.

Therapies for Cognitive Enhancement	
Therapy	Rationale
<b>Optimal diet:</b> whole foods, lots of vegetables, healthy fats, fish; no sugars, refined carbohydrates, gluten, or processed foods	Minimize inflammation, insulin resistance, adverse effects of sugar; reap benefits of omega-3s, vitamins, minerals, phytonutrients
<b>Intermittent fasting:</b> no eating for 12+ hours between dinner and breakfast, including 3 hours before bedtime	Enhance ketosis (fat-burning), turn on neuroprotective genes, reduce insulin and amyloid
<b>Stress reduction:</b> yoga, meditation, music, etc.	Reduce cortisol, other stress hormones
<b>Optimal sleep:</b> 8 hours/night, melatonin .5–3 mg or tryptophan 500 mg, if needed; rule out/treat sleep apnea	Clear toxins from brain, slow plaque development
<b>Exercise:</b> 30–60 minutes/day, 4–6 days/week	Improve brain blood flow, increase BDNF, trigger neuronal generation and repair
<b>Mental stimulation:</b> speed-training brain exercises (brainhq.com)	Improve cognitive function, reduce long-term risk of dementia
<b>GI health:</b> optimal diet, fiber, probiotics	Enhance digestion/nutritional status, reduce inflammation, autoimmunity
<b>Optimize hormones:</b> thyroid, testosterone, estrogen, progesterone, DHEA, pregnenolone, cortisol	Enhance overall brain function
<b>Inflammation, insulin/blood sugar control:</b> diet, supplements	Curb critical links between inflammation, type 2 diabetes, and Alzheimer's
<b>Chelation therapy:</b> test for heavy metals, treat with chelation, if indicated	Reduce neurotoxic effects of lead, mercury, and cadmium
<b>Nutritional supplements:</b>	
• Curcumin 400–1,000 mg, ashwagandha 250–500 mg	Reduce inflammation, inhibit amyloid
• Vitamin D (to blood level of 50–80 ng/mL)	Optimize vitamin D status
• Vitamin C 1,000 mg, vitamin E 400–1,000 IU, selenium 200 mcg, NAC 600 mg, lipoic acid 600–1,200 mg	Optimize antioxidant status
• Resveratrol 100–200 mg	Activate protective effects of SIRT1
• Methyl-B12 500–1,000 mcg, B6 (P5P) 35 mg, 5-MTHF (folic acid) 1–5 mg	Reduce homocysteine, optimize B12 level, support nerve function
• CoQ10 200–500 mg, L-carnitine 2–3 g	Enhance mitochondrial function
• DHA/EPA 1–2 g, phosphatidylserine 200–300 mg	Reduce inflammation, provide structural support for neurons
• Choline (PC, CDP, etc.) doses vary by form	Increase acetylcholine synthesis
• Huperzine A 100 mcg, vinpocetine 10–20 mg, bacopa 300 mg	Enhance focus and memory
• MCT oil 20 g or coconut oil 7 teaspoons with 2–3 meals per day	Provide ketones for brain energy
Note: This is a comprehensive list of therapies included in the MEND protocol, along with a few additional supplements and suggested dosages used at Whitaker Wellness. Each patient is prescribed a personalized, manageable program that includes some, but not all, of these modalities. For treatment at Whitaker Wellness, call 800-488-1500.	
Adapted from Bredesen, DE. <i>Aging</i> . 2014 Sep;6(9):707–17 and Bredesen DE, et al. <i>Aging</i> . 2016 Jun;8(6):1250–8.	

# Innovations in Wellness Medicine

## Vicks VapoRub for Toenail Fungus

For nearly a century, Vicks VapoRub has been a go-to for cough, congestion, and other cold symptoms. But it also has an “off-label” use as a treatment for onychomycosis, an unsightly, notoriously stubborn fungal infection of the nails. The buzz about Vicks—plus the antifungal properties of its ingredients (camphor, menthol, eucalyptus, and thymol)—inspired a group of physicians to test it in their patients. After rubbing Vicks into infected nails daily for 48 weeks, 83 percent of participants had marked improvements in their nails’ appearance, texture, and color, and the fungus was eradicated in 28 percent.

I’m not saying Vicks is a slam-dunk, but this small study suggests it is at least as effective as pricy oral drugs, which are linked with liver toxicity, and better than topical treatments, including two newer prescription lacquers that cost \$600 a bottle. Any treatment takes time and diligence—daily use for nine months to a year, or until the nail grows out.

## Medications That Increase Fracture Risk

If you want to prevent fractures, you need to take a close look at what’s in your medicine cabinet. According to a recent study in *JAMA Internal Medicine*, several drugs are problematic, especially for high-risk patients who’ve already had a fracture. They include medications that impair balance and increase risk of falls such as antidepressants, sleeping pills, opiate painkillers, anxiety meds, and some antihypertensive drugs. Others, such as corticosteroids, acid reflux drugs, and anti-seizure meds, weaken bones, making them more prone to fractures. The researchers reported that 76 percent of the patients who had “fragility” fractures were taking one or more of these drugs—and most doctors neglected to discontinue them after a fracture occurred.

This suggests that it may be up to you to mention these medication risks to your doctor. There are safe natural alternatives for most of the above conditions as well as for bolstering bone density. Proven therapies for stronger bones include weight-bearing exercise, calcium 1,000 mg, magnesium 500 mg, vitamin D 2,000–5,000 IU, vitamin K2/MK7 150–300 mcg, MBP milk peptide 40 mg, and strontium 680 mg. To learn more, visit [drwhitaker.com](http://drwhitaker.com). To order these supplements from the clinic, call 800-810-6655.

## Did You Know?

- Even small amounts of grapes and raisins are toxic to dogs.
- Drug overdoses, most from prescription/illegal opioids (52,000), cause more US deaths annually than car crashes (38,000).
- The world’s oldest person, Emma Morano of Italy, is 117.
- All exercise is beneficial, but racquet sports, swimming, and aerobics seem to be especially protective against cardiovascular death.
- Nearly three-fourths of American adults who are online use Facebook.
- Canadian researchers found that physical therapy was no more effective than self-care for ankle sprains.
- Acetaminophen tops the list of over 1,000 drugs associated with liver damage.
- Americans eat about 15 g of fiber per day; recommended intake is 25–38 g.
- Egg and peanut allergies may be reduced by introducing these foods to babies as early as four months.
- Addictive use of video games, social media, and digital technology is closely linked with inattention and hyperactivity.

## Health & Healing Resources

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## Coming In Future Issues:

- Pros and Cons of Daily Low-Dose Aspirin
- Are AGEs in Your Food Aging You?
- Mercury: Fish, Fillings, and Your Health



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